



### Events

#### October

Sat. Oct 6

#### Black Mountain of Maine Bike Tour -

Address: 39 Glover Road,  
Rumford

Distance: 100 mile, 50 mile &  
25 mile

Contact: Kristy White E-mail:  
info@rivervalleychamber.com  
Event Website: www.skiblack-  
mountain.org  
Phone: 207-364-3241

The first annual Black Mountain of Maine bike tour is scheduled for October 6, 2007. The route will take the rider through eight of the ten towns in the River Valley in a scenic tour of the area. rest stops are planned in the each of the towns. Riders will have the option to ride routes of 100, 50 or 25 miles. All rides begin and finish at Black Mountain of Maine parking lot. Rest room, shower, and refreshments will be provided. A Pasta feed will also be available. Proceeds from the event will be shared with Black Mountain and the River Valley C of C

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# BIKE WAY

NEWSLETTER OF THE CASCO BAY BICYCLE CLUB  
SERVING THE SOUTHERN MAINE BICYCLING COMMUNITY

Steve Gordon - Editor, 828-7990 stevogordo@hotmail.com

Vacant - President,

on the web: [www.cascobaybicycleclub.org](http://www.cascobaybicycleclub.org)

## Rocky Mountain High

by Kathy Potrepka

Three national parks, Glacier-Banff-Jasper in late July with their spectacular mountain scenery, glaciers, waterfalls, and wildflowers were the setting for my latest bicycle trip. I joined a group of 13 riders and 2 guides for 8 days and 300 miles of fantastic cycling and hiking. In Glacier National Park in Montana, I did pedal (and walk) the Going-to-the-Sun Road with its 12 mile climb to Logan Pass reaching the summit by the required 11:00 time. My room-



mate and I hiked around the lake at the historic Many Glacier hotel. Two bears stopped traffic as they romped by a large lake on our way to Prince of Wales Hotel in Canada in Waterton Lakes National Park. In the Canadian Rockies, I cruised downhill at 34 mph on the Bow Valley Parkway. A layover

day at Lake Louise was awesome. We hiked along the turquoise lake to a 1924 teahouse. The itinerary allowed for 3 outstanding days to pedal the Icefields Parkway. Crossing Bow Summit to see Peyto Lake, climbing Sunwapta Pass (1900 feet over 7 miles) to see the Columbia Icefields and a rest break at Athabasca Falls were among the highlights. The group enjoyed a final picnic lunch in downtown Jasper and rested during a van shuttle ride to Calgary for the plane trip home.

*Kathy Potrepka*

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**Casco Bay  
Bicycle Club  
Officers:**

President  
Vacant

Executive Vice President  
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799-0757  
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kob2@maine.rr.com

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Membership Coordinator  
Jody O'Farrell  
207-657-5854  
loonsong@maine.rr.com

Newsletter Editor  
Steve Gordon 828-7990  
stevogordo@hotmail.com

Events

**18 Thursday:**  
CBBC Club meeting and elec-  
tion of officers.  
O'Naturals - Exchange St. Port-  
land

December

**Hold this date!**  
**Casco Bay Bicycle Club**  
**"Annual Holiday Party"**

**Thursday, December 20,  
2007**

Verrillo's Convention Center  
York Room, Behind Howard  
Johnson's, Maine Turnpike -  
Exit 48 (Formerly exit 8) Port-  
land,

Happy Hour 5:30 PM  
Dinner 6:00 PM

\* CBBC SPONSORED EVENT

\*Cost to CBBC Members: \$10  
Non-members: \$20 per person

Look for your personal invitation  
which will be mailed to mem-  
bers. Payment must be sent by  
December 13 to Patty Medina.

Dinner: Homemade Soup  
Tossed Garden Salad  
PLEASE SELECT: (choice of  
one entrée p/p)

\_\_\_ Baked Fresh North At-  
lantic Haddock with Lemon  
Butter Crumbs

\_\_\_ Sautéed Breast of Chicken:  
Marsala Wine Sauce w/ Garlic &  
Mushrooms

\_\_\_ Charbroiled Filet Mignon  
with Port Wine Sauce \$18.95

All entrees include Chef's pota-  
to, vegetables, rolls & butter  
Dessert \*\*Baked Apple with  
Caramel and whipped cream\*\*

**Bike Shops Offer Member Discounts**

*Support the bike shops listed below. All offer CBBC members a ten percent dis-  
counts on gear and accessories (unless otherwise specified).*

Allspeed Bicycle & Ski  
1041 Washington Ave. Portland, ME  
878-8741, www.allspeed.com

Cycle Mania  
59 Federal St. Portland, ME  
774-2933, www.cyclemania1.com

Back Bay Bicycle  
333 Forest Ave., Portland, ME  
773-6906, www.backbaybicycle.com

Cycle Mania  
59 Federal St. Portland, ME  
774-2933, www.cyclemania1.com

Bath Cycle & Ski  
U.S. Route 1, Woolwich, ME  
1-800-245-3626, www.bikeman.com

Gorham Bike & Ski  
1440 Congress St. Portland, ME  
773-1700, www.gorhambike.co

Cape Able Bike Shop  
83 Arundle Rd. Kennebunkport, ME  
1-800-220-0907 www.mnetwork.com/  
cape-ablebike

Rainbow Cycle Center  
1225 Center St. Auburn, ME  
1-800-244-7576, www.rainbowbike.com

## CBBC 2006 Ballot

### **President**

Ron Levere

Write in \_\_\_\_\_

### **Executive Vice President**

Kathy Potrepka

Write in \_\_\_\_\_

### **Operations Vice President**

Ken O'Brien

Write in \_\_\_\_\_

### **Treasurer**

Dave Clements

Write in \_\_\_\_\_

### **Secretary**

Jody O'Farrell

Write in \_\_\_\_\_

### **Board Members**

Steve Gordon

Write in \_\_\_\_\_

Barbara Stebbins

Write in \_\_\_\_\_

Please mail or bring to the October meeting

October 2007

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Tape or staple trifold

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Return Address

PLACE  
STAMP  
HERE

**BIKE WAY**  
CBBC - P.O. Box 10523  
PORTLAND, ME 04104

## Weekly Rides

Wednesdays— Casco Bay Bicycle Club ride (Yarmouth) ; 6:00 PM (2/3-L/M - 13/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, call Barbara Stebbins or Ron Levere. 846-4844

stebbins@usm.maine.edu

**Rides are done for the year. They will return in May.**

Thursdays - CBBC ride (Portland) 2nd and 4th Thurs. of the month

Leave from *Back Bay Bicycle Shop* on Forest Ave. in Portland.

20-30 miles 2/3 /M For Info call Steve Gordon: 828-7990 e-mail [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com) or talk to Kris Clark at Back Bay Bicycle

Saturdays-----CBBC ride (Yarmouth); 9:00 AM All year ride (2/3-M-15/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, contact Dave Clements. 657-5854

Sundays—9:00 AM. (2/3-L/M/B-20-50 miles), CBBC ride (Gorham); meet at the USM Field House on the Gorham Campus. Take Route 114 North from the intersection with Route 25 in the middle of town. At the blinker, 1/4 mile, turn left, field house is the second house on the right. FMI, contact Ken O'Brien 839-5468

Sundays - CBBC - Easy Ride. Ride slowly, see the scenery and just take it easy. I planned to have a ride for beginners or those who just want to spend a relaxed Sunday afternoon on their bicycles. The ride will leave from the basketball courts in Payson Park, Portland. (It is the Park between Baxter Blvd and Ocean Ave). The start time is set for 2:00 PM. Call me, Steve Gordon: 828-7990 or e-mail me, [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com).

### Ride Key

#### TERRAIN

- 1 = Flat with a few easy grades
- 2 = Flat with a few rolling hills
- 3 = Rolling to moderate grades
- 4 = Rolling with some steep grades

#### PACE

- F = Family (less than 9 mph)
- L = Leisurely (9 - 12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

## Get Well Soon Jeff

We were all very happy and relieved to see Jeff and Jayne Merrill at the End of Summer Picnic at Crescent Beach last Saturday. In case anyone did not hear: Jeff had a bad fall during the White Mountain Century on September 8th. Lots of road rash, cuts and bruises, a separated shoulder and 4 broken ribs later... he is on the mend and talking about his next bike ride. 'Probably sometime in November' was his prediction. We all wish Jeff a speedy recovery (and Jayne gets lots of hugs and sympathy from us as well!)

## CBBC Picnic 2007

In spite of the weather we had a great turnout for the Tour du Beaches. The ride was great and the food was excellent. Patty did a fabulous job of organizing the event and it came off without a hitch. Steve W. and Dave C. were the cooks and the smell of the food cooking welcomed us into the parking lot at the end of the ride.

Below are a few of the photos that I took. I'll make a Fotoshow at a future date. With some luck I'll get some of the pictures that others took and make it a grand show.



**Patty at Higgin's Beach**



**A Family Rides Together**



**Yes We Ate Well**



**Three Happy Campers**



# BIKE WAY

CBBC - P.O. Box 10523  
PORTLAND, ME 04104

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First Class

**Notice:** check the date below your address on the mailing label of this newsletter and renew before that date.

**CBBC meetings** are held on the third **Thursday** of the month at 7:00 PM. FMI, Call Dave Galbraith 829-4447

**Casco Bay Bicycle Club Application Form**

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_

**(E-Mail)** \_\_\_\_\_

Include me on the CBBC e-mail distribution list: Yes\_\_No\_\_

I acknowledge that there is inherent risk of bodily harm in participation in any bicycling event and agree to assume all such risks. I hereby release and hold harmless Casco Bay Bicycle Club as well as their officers, organizers, ride leaders, sponsors and individuals for all claims, causes of action liabilities out of my participation in Casco Bay Bicycle Club events. I am at least 16 years of age and agree to obey traffic laws and rules of the road.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Membership:** Individual rate - \$15.00 Family Rate - \$25.00 Business rate negotiable

Renewable annually in the month originally joined

New \_\_\_\_\_ Renewal \_\_\_\_\_

**For Club use:**

Member # \_\_\_\_\_

Date paid \_\_\_\_\_

Amt. Paid \_\_\_\_\_

Expires \_\_\_\_\_

**Mail to:**

CBBC  
P.O. Box 10523  
Portland, ME 04104