



Events

October

4 October

Tour du Beaches and club picnic

Fun !!! Fun !!!

The CBBC Club Ride and picnic Saturday, October 4th, 2008. The picnic will be after "The Annual Tour Du Beaches" in Cape Elizabeth.

Location: Crescent Beach State Park, Rt. 77 Cape Elizabeth. **GROUP SITE:** 3/10 of a mile from park entrance, take Right to far end of parking lot, Left onto the first parking row closest to the beach.

Time: Meet at Group Site for the 9:00 AM Ride: The ride will start from the Site around 9:30 AM. There are several distance options: 16, 20 and 35 Miles.

Cost: CBBC members free entrance to to park, picnic and ride

non-members: \$6.00 suggested donation to cover food and park fee (\$4.50) Food: There are 5 grills at the group site. Continued on Page2

BIKE WAY

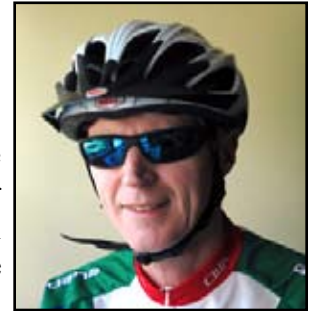
**NEWSLETTER OF THE CASCO BAY BICYCLE CLUB
SERVING THE SOUTHERN MAINE BICYCLING COMMUNITY**

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

Ron Levere - President, 846-4844 levere@maine.edu

on the web: **www.cascobaybicycleclub.org**

President's Column



The club picnic has been postponed twice this year due to rain. It's now scheduled for Saturday October 4. This means that we will have to postpone Mike Detscher's pancake breakfast ride for the time-being.

The annual picnic and Beaches ride is coming up on October 4th. Be sure to RSVP to Patty Medina so she can plan the food purchase. There is no charge for members and a \$6 charge for nonmembers. This includes admission to Crescent Beach State Park. There is no admission charge if you're over 65, so if you are over 65 and willing to admit it, let Patty know so we can save the club money.

Food donations are welcome, so bring your favorite dish to share. For full details about the picnic and other rides and events refer to the CBBC calendar on the web at: <http://cascobaybicycleclub.org/calendar.htm>.

In case your membership has lapsed, bring a check to the picnic to renew your membership – it will save you \$6.42 immediately. Club membership pays for itself with a healthy discount on the holiday banquet, no charge for club-sponsored rides like the Fryeburg Frolic and White Mountain Century, bike shop discounts, and a sense of belonging.

The Fryeburg Frolic Century ride went off as scheduled on September 20. It was a cold beginning (it was 34 degrees outside here in Yarmouth), but it warmed up during the day and people enjoyed the ride. Thanks to Ken O'Brien for organizing the ride and to the volunteers who helped.

The White Mountain Century was a success with 52 riders. I heard about some sore muscles and a just-in-time refueling stop.

The 2008 nominating committee is being headed up by Patty Medina so continued on page 3

**Casco Bay
Bicycle Club
Officers:**

President
Ron Levere
levere@maine.edu
846-4844

Executive Vice President
Kathy Potrepka
799-0757
kcp@gwi.net

Operations VP
Ken O'Brien
839-5468
kob2@maine.rr.com

Treasurer
Dave Clements
233-0393
dclements@maine.rr.com

Secretary
Jody O'Farrell
239-7757
loonsong57@yahoo.com

Board Members

Steve Gordon

Barbara Stebbins

Committee Chairs

Events Coordinators
Patty Medina
pmedina@usm.maine.edu

Mick McGinn
mainemick@msn.com

Wed. Ride Coordinators
Barbara Stebbins/Ron Levere
846-4844
stebbins@usm.maine.edu
levere@usm.maine.edu

Membership Coordinator
Dave Clements
207-657-5854
dclements@maine.rr.com

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

Tour du Beaches

The Club will provide burgers, hotdogs, vegetarian burgers, potato salad, chips, soft drinks and cookies. Cake for September birthdays !! Feel free to bring your favorite dish if you want. Bring your friends.

RSVP: Please let Patty know if you are coming and if you are a vegetarian.
pmedina@usm.maine.edu
780-4642
Home that morning: 767-2844.

Directions: Go over the Casco Bay Bridge towards South Portland. Follow signs to Rt. 77. Take a right at the Yield Sign (Pizza Joint) this is Rt. 77. Follow that road straight all the way, passing the CE town's fire station, town hall, Pond Cove shopping Center, High School, then the ice cream stand, big hotel and then on your Left is the Crescent Beach State Park.

Events

**16 CBBC Meeting
O'Naturals - Exchange St.
Portland**

Board meeting - 6:00 PM
Club meeting - 7:00 PM

This is the annual meeting where club officers are nominated, re-nominated, or thrown out of office with the expectation of hope and change.

Every Friday is "Green Streets Day". Wear green and get discounts from area merchants. Eg. \$2.00 pints at Slaints

**31 6:00 PM Monument Square
Critical Mass Ride ---- Ride**
courteously, legally and safely.
Bring lights.

December

18 CBBC Holiday Party
Patty is organizing another fantastic event. This should be a great time for the whole family and all your friends so hold the date.

Bike Shops Offer Member Discounts

Support the bike shops listed below. All offer CBBC members a ten percent discounts 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

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

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

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

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 and will start in May 2009

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 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. 233-0393

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.

Riders of the Night

Don't give up group riding when the regular Wednesday rides are over. Get your lights and join us for our Wednesday night rides
We will be leaving from Payson Park in Portland. Meet at the basketball courts which have lights. (2/3 - L/M). Rides will continue until snow and or ice make the riding too dangerous. We usually stop for supper at the end of the ride. Call 828-7990 for info.

Presidents Column

if you are interested in nominating someone for a position or volunteering yourself you can contact her via email at pmedina@usm.maine.edu. I hope that her email box doesn't get overloaded with messages.

Patty has been working on arrangements for the holiday party on December 18 and will be getting food options and reservation information out to club members.

I am happy to report that Jane Danielson is recovering well from her surgery and is gradually getting back on her bicycle. She is planning to join the ride up the Hudson River Valley which she had signed up for

before her surgery. Jane expressed her thanks for the plant, visits, and messages from club members during this ordeal.

The bike shop discounts have been confirmed but it is possible that some clerks in the shops may not be familiar with the policy. One simple way to deal with it is to bring a printout of your newsletter describing the discount along with your membership card.

The Wednesday evening rides have ended for the season. The last ride was a short one due to the earlier sunset. Patty Medina spearheaded a thank you to the Romeo's staff; we all pitched in for a big tip. The other part of the finale was a celebration of Jean McGinn's birthday. Mick brought a birthday carrot cake and Romeo's staff contributed some ice cream to go with the cake.

Steve Gordon will be taking over as ride leader on Wednesdays with the Wednesday night rides starting in October. If you are going to participate then this is a good time to get your night riding equipment in order. Steve does a lot of night riding and is a good person to ask about equipment and riding techniques. Rides will leave from Payson Park in Portland at 6:00 pm on Wednesdays.

The next club business meeting is scheduled for 6 pm, October 16 at O'Natural's in Portland. This is the annual meeting where club officers are nominated, re-nominated, or thrown out of office with the expectation of hope and change.

Ron Levere

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 = Leasurely (9 -12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

WMC 2008 Starts Out Bumpy, but Winds up Successfully!

*By Amy J. Barnes, co-organizer
of the White Mountain Century*

As a co-organizer of the White Mountain Century, there are a number of things you don't want to hear on ride day.

1. There's been an accident (luckily, everyone finished the ride safely this year!).
2. It's going to rain all day (while the forecast called for afternoon thunderstorms, the weather ended up being absolutely perfect for the ride on Saturday, September 13).
3. I thought you were going to bring the food (when you thought the person asking you this question was bringing the food).

Anyone who knows Gary Davis, who I have co-organized the WMC with for the last few years, knows that he has a very dry sense of humor. So, it took me a while to realize that he wasn't kidding when he said this to me around 7 a.m. on ride day. I was registering riders and couldn't be bothered with his "joke".

When it finally dawned on me that he wasn't kidding, I went straight to panic! Gary noted succinctly "there must have been a miscommunication." It makes me laugh now to think about it, but I wasn't laughing that morning.

My response was akin to: NO KIDDING (ok, I cleaned this up for prime time). At the time, I couldn't imagine a bigger miscommunication. I guess I should have been thankful that we both showed up at the same spot on the same day!

This is where our awesome volunteers stepped in and saved the day! While I was absorbing the news, Ken O'Brien jumped in with a plan of attack. Volunteers Jayne Merrill and Kathy Potrepka should head to the Bartlett Store, at the base of Bear Notch, and buy everything they could to provide food for riders at Rest Stop 1. I handed them a tray of brownies, and Ken and I jumped into his car and sped in search of the nearest grocery store. Volunteer Steve Rines (Rest Stop 3) stayed at the start to finish registering riders.

Ken and I sped by riders who had no idea that, as they set out on the challenging 100-mile ride, all we had to feed them were brownies, baked potatoes, and shrimp! Who says you need bagels, pretzels, Fig Newtons, fruit, Gatorade, water.... Yikes!

Luckily, the Bartlett store opened soon after Jayne and Kathy's arrival for provisions at Rest Stop 1, and by the time the riders got to Rest Stop 2, Ken and I were back from the fastest grocery shopping trip on record and ready to rock and roll. Ken suggested we do the shopping on the fly every year so we know how much food to buy, but I don't think Gary's nerves could take

it (and by Gary I mean ME)!
Ha ha!

While a few things didn't go as planned, we recovered nicely and none of our 44 riders saw us sweat. We got lots of compliments about what a great ride folks had and about how great all the volunteers were. Our volunteers truly went above and beyond what was expected of them. When a rider from Ipswich, Mass., had some mechanical problems with his bike near the first stop, volunteer Mary Jacobsen drove him into North Conway to a bike shop where he was able to quickly rent a bike and get back to the route to finish the ride.

The majority of our riders were from Maine, New Hampshire, and Massachusetts. We also had riders from Rhode Island, New York, and even Wisconsin. Our youngest rider was 17-year-old Dan Keller, who rode with his mom, Elaine. Way to go Dan and Elaine!

Thanks to riders Colleen Koch, Joanne Rawlings-Sekunda, Anton Gulovsen, and Jeff Merrill and our volunteers for representing the CBBC so proudly!

View a slideshow from the 2008 WMC at:

<http://www.flickr.com/photos/9551087@N08/sets/72157607332367471/show/>

For information about next year's WMC, email Amy Barnes at wmc@cascoabaybicycleclub.org.



BIKE WAY

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

PLACE
STAMP
HERE

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 Ron Levere 846 - 4844

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