



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0608

www.nscyc.org

August 2006

SKI MARKET OFFER

"Did you know that Ski Market sells and services bikes? Head on over and check them out for any of your cycling needs. And as an introduction to their services, they have agreed to offer NSC members a 50% discount on bike tune ups through August, 2006. In addition, they are offering a generous 20% discount on clothing and accessories through the month of July, 2006 (this applies to regularly priced items). We look forward to future support during specific rides throughout the season."

CENTURY UPDATE

"Calling all volunteers - calling all volunteers!!"

Preparations continue for our annual Blazing Saddles Century to be held on Saturday, August 26th. We still need to fill some volunteer spots so if you haven't yet signed up with me, you still have time! Remember that volunteers ride free! Spend a few hours helping out. Shifts are available pre-ride or after-ride. Or come spend the day with us and ride on Sunday. We plan to have fun! Check the web www.nscyc.org for full details about the century.

Additionally, since Tony and Donna's annual July ride and cookout were rained out, they have graciously offered to run the ride on Sunday, August 27th, with a cookout and swimming afterward at Tony's house.

This will be a volunteer appreciation ride and everyone is welcome.

We look forward to a successful year and appreciate your help!

Paula Bossone
978-887-0688
paulajbossone@comcast.net

WELCOME NEW MEMBERS!

Mike Dixey - N. Reading
Jillian Davis - Saugus
Dan Mc Kee - Reading
Lynn Reaser - Watertown
Paul Secinaro - Lee, NH
Faith Delaney - Newburyport
Susan Dunkerley and family - Amesbury
David Nedde - Andover
John Hart and Family - Topsfield
Terri Martell - Jamaica Plain
Alexander Gershaw - Middleton

WHAT'S INSIDE

- 2 Blazing Saddle Century Information
- 3 Century Registration Form!
- 4 Close Encounters (part 1)
- 5 Weekly Ride Schedule
- 6 August Rides
- 7 NSC application

WHO'S WHO

President - Howard Wack (978) 887-6338
Vice-President - Paula Bossone (978) 887-0688
Treasurer - Nancy Cole (781) 899-7187
Clerk - Pam Houck (978) 388-2986
Secretary - Jim White (978) 689-9847
Ride Coordinator - Eric Shaktman (978) 948-7156
Membership - Emmett Halpin (781) 246-5268
Web Master - Mike Habich (978) 664-0187

Blazing Saddles Century



Go to www.nscyc.org for more information and to register online

Start Location

Georgetown High School

11 Winter Street, Georgetown, MA

Start Times

8am - Century & Metric Century

9am - Half Century & Half Metric

Sponsored by



JOIN US FOR ONE OF THE EARLIEST RIDES OF THE FALL CENTURY SEASON

Travel through the tranquil rural towns of Boston's North Shore and southern New Hampshire. Cycle along beautiful rivers, lakes, and scenic back roads. The route features rolling hills and long flats. See the best of New England!

Route Options

- Century
- Metric Century
- Half Century
- Half Metric

Support

- Arrowed routes
- Maps & cue sheets
- Rest stops (PB&J, fruit, cookies, energy drinks and water)
- After-ride refreshments
- Massage therapists after the ride (nominal fee)

Registration

- \$14 by August 15
- \$15 day of event
- Event day registration opens at 7am
- T-shirts available for \$15 to those registering by Aug 15

North Shore Cyclists Blazing Saddles Century

Saturday, August 26, 2006

Please print. Use a separate form for each rider.

Name:		
Street address:		
City:	State:	Zip:
E-mail:*		
Emergency contact:		Emergency contact phone:
Did you ride last year? <input type="checkbox"/> Yes <input type="checkbox"/> No	Distance planned: <input type="checkbox"/> 100 <input type="checkbox"/> 62 <input type="checkbox"/> 50 <input type="checkbox"/> 35	

* For follow-up and ride notification next year; will not be shared.

Registration fee (check category): <input type="checkbox"/> NSC Member (\$12) <input type="checkbox"/> Non-member (\$14)\$ _____ T-shirt (\$15): <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL\$ _____ Total\$ _____	<i>Make checks payable to:</i> North Shore Cyclists <i>Mail to:</i> Nancy Cole 29 Cabot St Waltham, MA 02453
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***** Pre-registration must be postmarked by August 15, 2006 *****

In consideration of being permitted to participate in any way in the North Shore Cyclists (NSC) Blazing Saddles Century; I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree and represent that I understand the nature of bicycling activities and am qualified to participate in such activity. I further acknowledge that this activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. Fully understand that (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death. (b) These risks may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the other participants. (c) There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time: and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity.
3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless NSC, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, and any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, (each considered one the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature. I intend it to be a complete and unconditional release or all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Signature: _____ **Date:** _____

(Parent or Guardian if rider is under 18)

CLOSE ENCOUNTERS OF THE ADVENTUROUS KIND

It was a cool but perfect cycling day on October 28, 2001. I had just circled Lake Quannapowitt and was heading towards home when I saw him. He was coming out of the Route 129 rotary and I knew I had to meet this guy. His had panniers, rolls of supplies and necessities covering his bicycle. He was dressed warmly with a rain coat for outerwear. I could tell from his long hair and unshaven face that this man was on a long distance trip. What we both did not know was what an odyssey it would be. As he approached, I waved him down and asked where he was from and where he was going. That is how I met Rob Cassibo.

Rob told me he was from Canada and was traveling around the world by bicycle. He had just come from Maine and was headed towards New York but wanted to spend a couple of days in this area to look at the sights. He asked me if there was a cheap hotel around. The closest two were out of his price range and I started to tell him how to get to Route 1 and maybe find a cheaper motel in Saugus or Revere when I had an idea. I told him to follow me and brought him home. Now you have to remember the world and especially the United States was still reeling in the aftermath of 9-11-01. My wife Dot was a bit taken aback by Rob's appearance. I had gone out alone but returned with "Scruffy, the cat". I informed Dot that I had not only brought him home but had invited him for a shower (he hadn't had one in days, a fact he did not have to tell us), dinner and a night's lodging!! Dot was not amused and took me aside. I will leave you to imagine what she said to me about foreign invaders and terrorists, et al. Not only that, she had to go shopping for dinner. She got a bicyclist's favorite repast pasta and meat sauce with French bread smothered in butter.

While we ate he told us about his plan to cycle around the world in two years. He had won the money for his trip by being awarded the prize as Canada's Teacher of the Year. As I recall he talked of teaching science on an island in one of the Great Lakes but whose name escapes me at the moment. Buy his book when he comes back and writes it and I am sure he will tell the details of his past.

After dinner, we settled in and watched the Patriots play a Sunday night game. He said he was a fan of American Football and the Pats in particular. We speculated on their chances and hoped for the best. The team had yet to win a Super Bowl. Oh yeah, and the Red Sox hadn't won a World Series since 1918.

After getting a good night's sleep Rob was off again on his adventure. He thanked us for our hospitality and we bid him good luck and to keep in touch during his travels. Dot took a couple of pictures of Rob and me for posterity.

Rob's next message was a postcard from North Carolina in December of 2001. He had visited New York City and went to the top of the Empire State building and was currently enjoying the outer banks of NC in 80 degree weather. He was hoping to spend Christmas in Cuba.

OOPS! A curb, a car and Rob's bike all met on his way to Key West and he missed his boat to Cuba. He decided to go around to Mexico and next wrote us from Brownsville, Texas in February of 2002. He had traveled through New Orleans a week before the Super Bowl and inquired about tickets. At \$4000 each, he took a pass and kept on going. The Pats had won their first Super Bowl and Rob was headed into Mexico, Cuba, and South America. Next month adventures in Latin America.

Emmett Halpin

WEEKLY RIDE SCHEDULE

These rides occur each week as listed until otherwise noted. Non-members are always welcome on all NSC rides.

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**MONDAY \*\*\* Starts 6:30 PM \*\*\***

**Topsfield Plaza**, Topsfield. Leaders: Paula Bossone (978)-887-0688 paulajbossone@comcast.net and Dianalyn Sirota. *All ride levels are welcome!!!*

This is an arrowed ride through the quiet roads of Topsfield and the surrounding towns. The loops are approximately 15, 20 & 25 miles. The slowest riders will be accompanied by a leader. We will group riders by speed as we usually have a large turnout. Focus is on having a good time. New members are encouraged to attend. We usually gather afterwards to refuel. Come join us!

Directions: From Rte 95 N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At Topsfield Center, go left (Rte 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

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TUESDAY * Starts 6:30 PM *****

Union Congregational Church, North Reading, MA Leader: Jimmy White (978) 689-9847 jdwhite.2@netzero.com, Peter McCann (781) 245-8115 mccann_peter@yahoo.com

This location is only an 1/8 of a mile north of the previous Batchelder School location and the route will be the same. The Tuesday Night ride accommodates both experienced paceline riders at 18-21 MPH as well as novice to intermediate riders at 14-17 MPH. It is a hilly 15 mile ride that provides a good conditioning workout in an hour or less thru the Harold Parker State Forest yet is minutes from Rt. 128 and I-93. We always have someone to pair you off with so no one rides alone. Try us out!

Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Continue straight across Rte 62 and turn left on Hill St; the second street on the left and just after the Union Congregational Church. Park in the upper Church parking lot; your first left on Hill St. From I-93, Take Rt. 62 EAST to Haverhill St, (cross Rt 28 to North Reading H.S.), left on Haverhill, 2nd Left on Hill St., left into Church parking lot.T

WEDNESDAY * Starts 6:30 PM *****

Topsfield Plaza, Topsfield. Leader: Eric Shaktman (978) 948-7156 ericnsc@verizon.net

Average pace for these 18-35 mile rides ranges from 15-21 mph; an easy group is now riding. Length depends on daylight. An alternate shorter route is available each week. Cue sheet and map. Mix of flat, rolling, and hilly terrain. Routes vary from week to week. Bring \$\$\$ for pizza after ride.

Directions: From Rte 95 N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At Topsfield Center, go left (Rte 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

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**THURSDAY \*\*\* Starts 6:30 PM \*\*\***

**Bill & Tom's Excellent Bike Ride**

**Wakefield Center**, Wakefield. Leaders: Tom Keane huknpuff@comcast.net 781-477-0834; Bill Cioni 978-397-5675

This is a fun ride with a great club feel; we go for pizza and laughs several times during the season. It is a 20 mile loop with multiple groups, come try to beat an hour! There is also a 13 mile cut off for our beloved turtles; you too should try for the hour! We usually finish together.

Directions: Rte 128 to Exit 40. Follow Rte 129 south (Wakefield) to the south end of the lake. Meet at or near the gazebo.

## SATURDAY ROAD RIDES

Masconomet Regional High School, Boxford. Start time 8:30 am throughout the summer. Leaders: Mike Habisch (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jaturpel@verizon.net. 40-60+ miles at 17-19 mph during the summer. Maps? Cue sheets? Arrows? Nope. Directions to Masco: From Route 95, take Exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot (at the far end from I-95).

## UP COMING ROAD RIDES

### **Sunday, August 6 Pigs, Ponds and Potholes**

**Who:** Sarah Weaver (978) 664-1370 sarah.weaver@comcast.net

**Where:** Ipswich River Park, North Reading

**When:** 9:30 for 34 or 50 miles.

**Directions:** From Route 93, take Exit 39/Concord St. toward North Reading (right off exit if you're heading north); bear right at stop sign; cross Rt. 28 at the light; bear right at stop sign onto Park St./Rt. 62; turn right onto Central St; turn left into park. From Rt. 128 take exit 40/Rt. 129 and turn off on the Haverhill Street/Camp Curtis spoke of the rotary; turn left on Chestnut St (about 3 mi); bear right around curve; turn right on Central St; park is on your right.

**What to expect:** Serene back roads, farmstands, pond and potholes of the northern burbs. Have a picnic lunch at Ingaldsby Farm. Terrain is moderately rolling. Short ride tours N. Reading, N. Andover, Boxford, Middleton. Long ride adds Groveland and W. Newbury. There aren't many food options before Ingaldsby at 34 miles and they don't sell Power Bars, so bring snacks to keep you going.

### **Sunday, August 13 North Toward Newburyport**

**Who:** Arnold Nadler 978-745-9591 ardnadler@aol.com

**Where:** Commuter RR Station, South Hamilton, MA

**When:** 9:30 for 50, 10:00 for 27 miles

**Directions:** Route 1A to South Hamilton; Right into shopping center where RR tracks cross 1A; straight through shopping center to RR parking lot.

**What to expect:** Enjoy some of the nicest cycling in our area. Generally quiet, scenic country roads through Hamilton, Topsfield, Ipswich, Georgetown & Boxford. Long ride adds Newbury & Newburyport; Generally flat to rolling with a few small hills; Because the Dodge St. bridge in Rowley is closed, about 8 miles on the long ride will be on Route 1A.

### **Sunday, August 20 Let's Go Coastal**

**Who:** Scott & Dianalyn Sirota (978) 502-4697 sds5774@comcast.net

**Where:** Cushing Park, Newburyport, MA

**When:** 9:00 AM for 70 miles; 10:00 for 35 & 50 miles

**Directions:** From Route 95, take Exit 57 for Route 113 East. Go for 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right. From Route 1 go onto Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go j mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

**What to expect:** Beautiful ocean views, and Portsmouth NH. Mostly flat with a few small hills. All rides feature NH coastline and rural inland. Long ride goes to Fort McLary, Maine; Cookout at Scott & Dianalyn's house following the ride; Bring chair and call for food ideas or donate \$5.00.

### **Saturday, August 26 North Shore Cyclists Blazing Saddles Century**

**Who, What, Where, When:** See our brochure inside this issue for all details!

### **Sunday, August 27 Ride To The Sea**

**Who:** Tony Salerno (978) 352-2524 litespd1@hotmail.com and Donna Ventura donna.ventura@ssdmc.com

**Where:** Perley School, Georgetown

**When:** 9:00 for 58 miles, 9:30 for 24 and 45 miles

**Directions:** From Rte. 95 take exit 54/Route 133 West to the first set of lights and take a right. School is on your right. What to expect: Scenic ride through Georgetown, Rowley, Boxford and Ipswich. Medium and long rides go out to the Neck. Cookout and swimming is at Tony's house after the ride. Bring salad, dessert (call for ideas) or \$5.00 donation.

**What to expect:** Scenic ride through Georgetown, Rowley & Ipswich. Medium & long rides go out to Ipswich Neck. This is a chance for the century volunteers (and anyone else) to ride and then enjoy the BBQ and swimming in the pond at Tony's house after the ride. Bring salads or desserts (call Tony for ideas) or \$5.00 donation.