



# The North Shore Cyclists Newsletter

Visit the NSC website at: [www.astseals.com/nsc](http://www.astseals.com/nsc)

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December 2001

## 2002 ESSEX COUNTY HERITAGE RIDE DATE ANNOUNCED

*RIDE DESIGNED TO INCREASE VISIBILITY OF HISTORIC, NATURAL AND  
CULTURAL RESOURCES*

November 12, 2001 (Salem, MA) ... The Essex National Heritage Commission (ENHC) has announced the second annual "Essex County Heritage Ride" will take place on **Sunday, June 2, 2002**. Building on the success of the inaugural event, the non-competitive bicycle ride will tour through parts of Essex County on the area's scenic byways and will culminate with a post-ride festival at the Cummings Center in Beverly. This event is designed to promote visitation and create more visibility and understanding of the historic, cultural and natural resources within Essex County.

"Helping residents experience Essex County in new ways is an important aspect of what the ENHC does," explained Annie Harris, Executive Director of the ENHC. "Cycling is a great way to give people a different perspective on the area's resources. Many of this year's riders marveled at the scenic roads and the number of historic, natural and cultural sites throughout the area that they thought they knew so well! We believe if they have fun while enjoying these unique virtues - they are more likely to help take care of them. Education and preservation of area resources are a large part of our mission."

Riders are encouraged to enjoy the ride at their own pace and may select from three distances (60 miles, 40 miles and 15 miles) through terrain that includes rolling hills, long flats and rural roads. Beginning and ending at the Cummings Center in Beverly, the routes travel through the coastal and interior communities of Beverly, Manchester, Gloucester, Rockport, Essex, Ipswich, Hamilton and Wenham. The two longer routes will stop at Castle Hill in Ipswich, while the 15-mile route will stop at the Wenham Museum. Maps, written directions and road markings will be provided, as will rest stops with snacks and restrooms.

"Cycling is an ideal way to experience Essex County and this ride is an excellent opportunity for both cycling enthusiasts and casual riders to connect with the natural and historic resources in the area," said Jim Trudeau, member of the North Shore Cyclists cycling club. "The stop at the Crane Estate at Castle Hill in Ipswich was a highlight of the inaugural ride. No other ride has ever been invited onto the magnificent grounds of this historic mansion."

Helping the ENHC to organize the event are North Shore Cyclists, Landry's Bicycles of Danvers, Cummings Properties, Trustees of the Reservations, and the Wenham Museum.

A post-ride festival includes displays, demonstrations, door prizes, food

and music as well as antique bike demonstrations, will follow the event.

For registration information, please call the ENHC at 978-740-0444, or visit the ENHC website at [www.essexheritage.org](http://www.essexheritage.org).

### *About the Essex National Heritage Commission*

Established in 1997, the Essex National Heritage Commission (ENHC) is the non-profit management entity of the federally designated Essex National Heritage Area. The ENHC's goal is to bring together resources to focus on regional initiatives that relate to the thousands of nationally significant historic, cultural and natural resources located throughout the 34 cities and towns that fall within the Area. Working in collaboration with the National Park Service, the ENHC develops and implements programs and promotes public/private partnerships that enhance, preserve and encourage regional awareness of the Area's unique resources. For more information, visit the ENHC web site at [www.essexheritage.org](http://www.essexheritage.org) or call (978) 740-0444.

**-Press release by Jim Trudeau**

## Odds and Ends

Here's something we haven't had in a few years...a December newsletter. Lenny and Francesca have a schedule and there's always a little news, so the decision was made to publish. January and February will probably be combined.

The membership directory finally went out. It was a little late, but it made it for the majority of the 2001 fall/winter MTB season. I created the report from the club's membership database, sent to me with labels by Emmett. Only trouble is, with the limited formatting allowed by our database program, the most compact I could make the report was 13 pages. And I could not get the program to print to my hardware printer or to a file. I had to print to Adobe PDF writer to create a PDF I could read in Adobe Acrobat. From there, I was able to copy the whole thing to the Windows clipboard and paste it into Word. From there, it was easy to format it to get a 4 page document. It took me longer to figure this procedure out than it should have, but the next one will go smoother.

As of this writing Eric has assembled a team to redesign the club clothing. The design has not changed in several years and has not changed much in about five years. A number of members have been promoting a re-look at the design.

As usual, the Nov. 3 banquet was a great time. I recognized a number of

*(Continued on page 2)*

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## NSC Mountain Biking News

We have a full schedule of Sunday Mountain Bike rides in this issue. For January any rides that develop will be posted on the email list. These rides will develop if members step forward and want to host a ride weather permitting.

The first 3 November rides got off to a great start with the weather. Many new faces are trying out the rides and inquiring about road riding as well. At Great Brook Farm, a record 32 mountain bikers showed up! The other 2 rides were attended by 18-22 riders. After the first ride at Lynn Woods, the night after the banquet, riders were invited to a great pasta/chicken-and-more buffet at Chuck Hales house provided by his wife. This set a standard that Lenny and Jim came nowhere close to matching the following week with pretzels and Gatorade.

We will try to schedule rides on the Sundays of February and March weather permitting and if ride leaders step forward. Otherwise show and go biking or x-c ski events will be posted on the email list. Contact the mountain bike ride coordinators to schedule an event. In the past, the fall rides have 1-2 dozen

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riders show up with 6-12 riders showing up in the winter months. Come April the regular road riding season resumes.

To be a mountain bike ride leader, pick a date and location. If we biked there before we have all the info to list the ride. If you have a new location provide us with the directions and ride description. No arrowing or cue sheets to prepare. Handouts of trail maps if available are helpful. Knowledge of the trails required. Contact us if you would like to lead a ride.

Mt. Bike ride coordinators:

Lenny Sullivan (978) 689-2884 Lsulli7079@aol.com

Francesca Lewis fjlewis@thepersonaltrainer.net.

### Lenny Sullivan and Francesca Lewis

*(Continued from page 1)*

people for their contributions through the year. The next newsletter will have a complete list. The Century Yoda even made an appearance with his (unlicensed?) Light Saber.

As of this writing we've had some excellent Sunday weather and corresponding great turnouts on the MTB rides. Let's hope the weather continues.

**Ed Bolton**

**President, NSC**

Jan/Feb 2002 Newsletter:  
Deadline is 12/31/01  
Mail date 1/14/02

Contributions after the deadline may not make it!

Send to Ed Bolton  
ebolton@ttlc.net  
41 Maple Ave.  
Newton NH 03858

## Saturday Road Rides

Masconomet Regional High School, Boxford. Start time 10:00 AM.  
Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jat@nii.net.

We'll ride about 40-50 miles at average 17-19 mph--conversational pace, but with a bit of speedplay when the pavement's just too smooth to resist. We might visit the llamas, go out to Ipswich neck for the view, or cruise along the Manchester-Beverly coast--wherever the sun shines and the wind is at our back. Maybe a quick stop for water, but otherwise we'll just pause to regroup. We'll be back at Masco by noon or so. Maps? Yup, you might want to bring one. 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).

# In the Woods

Mt. Bike ride coordinators: Lenny Sullivan (978) 689-2884 & Francesca Lewis Francesca\_fjlewis@thepersonaltrainer.net

Contact ride leaders if weather is questionable.

## **Sunday December 2 Harold Parker State Forest**

**Who:** Dave Smith (978) 887-6511 bikedave@juno.com Bob Moccaldi (978) 685-1859

**When:** 10:00am

**Ride Start:** Harold Parker State Forest

**How to get there:** NEW START LOCATION. Rt. 93 to exit 41 Rt.125 North. Take right at 3<sup>rd</sup> set of lights (State Police Barracks on right) bear left into HPSF and park in dirt lot 300 yards down on left.

**What to expect:** Variety of fire roads, single track and pavement for all levels surrounding many roads we ride during our road riding season.

## **Sunday December 9 Dogtown Gloucester,MA**

**Who:** Dan Streeter (978) 462-4605 (978) 618-8596cell dwstr@shore.net Derrick Click (781) 581-1302

**When:** 10:00am

**How to get there:** Meeting place is O'Malley School, Cherry St. - Take Route 128 north towards Gloucester. Before you get into the city limits of Gloucester you will pass over a large bridge spanning a salt water river. Shortly after you pass over this bridge, Route 128 will enter a large traffic circle (Grant Circle). Follow this circle 270 degrees around and exit off on Route 127 (towards Annisquam). Turn immediately right on Poplar Street then left onto Cherry Street. The O'Malley school is approximately a half mile down, on the left. There are two lots - park in the one nearest Cherry Street. 2 minute ride to trails.

**What to expect:** Weather permitting! - call if it looks questionable. Try this one if you enjoy an intermediate mix of fast bermed double wide, twisty singletrack, and some technical rock gardens. The entire interior of Cape Ann is uninhabited, laced with trails, and has some unique scenery. Trip will go all the way to some interesting quarries in Rockport where you will get a glimpse of the Atlantic and visit the famous inscribed boulders("Get a Job," "Tranquility," et al.). Not suitable for beginners but we will try to run an intermediate and advanced group. Plan on about 2.5-3 hour ride.

## **Sunday December 16 Boxford State Forest**

**Who:** Bob Moccaldi (978) 685-1859

**When:** 10:00am

**How to get there:** From Route 114 in North Andover take Sharpners Pond Road all the way to end. Entrance and parking located here.

**What to expect:** Bald Hill has a mix of fire roads and single track trails. Good riding for all abilities.

## **Sunday December 23 Fork Rock, Exeter, NH**

**Who:** Dave Smith (978) 887-6511 bikedave@juno.com Mark & Amanda Davis (603) 895-4049 motocows@metro2000.com

**When:** 10:00am

**How to get there:** Take Route 95 North into N.H to Exit 2 (Hampton Tolls 50 cents) and get onto Rt. 101 west. Take exit 10 off Rt.101 onto Rt. 85 South. Go ½ mile and turn right into dirt parking lot immediately before RR overpass.

**What to expect:** Popular NH mountain bike park with new trails to explore in a town that many of the summer road rides pass through.

## **Sunday December 30 Willowdale State Forest, Topsfield & Ipswich, MA**

**Who:** Paula Bossone (978) 887-0688 pjbossone@mediaone.net Jim White (978) 689-9847 jdwhite@mathbox.com

**When:** 10:00am

**How to get there:** From Route 95 Take Exit 53A - Route 97 South for 1.6 miles to Topsfield Town Beach entrance (on Left). From Route 1 Take Exit Route 97 North for 2.3 miles to Topsfield Town Beach entrance (on Right). There is no sign at the entrance so look for cars with MTB's.

**What to expect:** Nestled between Bradley Palmer State Park and Georgetown-Rowley State Forest is the lesser-known Willowdale State Forest. Divided by Route 1, the 2,400 acre forest features roughly 40 miles of marked trails which are mostly double track and novice rideable. The well marked Bay Circuit trail will take adventurous riders across the 3 state forests. There will be snacks after the ride.

**NSC APPLICATION FORM**

Membership in the North Shore Cyclists(NSC) includes the monthly newsletter, club meeting events, bike shop discounts and a number of other social activities. The NSC is affiliated with the League of American Bicyclists.

Dues (Payable to North Shore Cyclists): Individual \$15 Family \$20 Supporting \$35 Patron \$75

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Optional: E-mail \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Include in Membership directory (circle): Yes No

**Release Form**

***Notice: The Release Form Is A Contract With Legal Consequences.***

***Please Read It Carefully Before Signing.***

In consideration of being permitted to participate in any way in North Shore Cyclists ("Club") sponsored Bicycling Activities("Activity") 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 that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards or 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 invoke risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and Dangers may be caused by my own actions, or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "release's" named below; (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 the club, the LAB, their respective administrators, directors, agents, and employees other participants, any sponsors, advertisers, and, if applicable, owners and leases of premises on which the Activity takes place, (each consideration one of the "release's" 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 "release's" or otherwise, including negligent 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 assurances of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by 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: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Parent/Guardian (if rider is under 18): \_\_\_\_\_ Please circle: New Member Renewal Address Change

Please Circle: I can help with: Rides Newsletter Special Events Publicity Map Making  
Other \_\_\_\_\_

Please Circle: Interest: Mountain Biking Road Biking Both Road and Mountain Newsletter Format: Paper Electronic

Mail to: NSC c/o Emmett Halpin, 541 Lowell St., Wakefield MA 01880. If possible mail this whole page to Emmett.

***The North Shore Cyclists strongly recommends that all riders wear helmets, obey the rules of the road, keep their bikes in good working order and ride defensively.***

North Shore Cyclists  
c/o Emmett Halpin  
541 Lowell Street  
Wakefield, MA 01880

# Extra E-Newsletter Page

Worth 1000 words...



Jimmy White's September 2 ride visited this site. Is it a tribute to the game of golf? Photo: Lenny Sullivan



From the Sirota's August 12 Coastal ride. Tim Dixon is holding the railing, Tony Salerno is turned away from the camera, Mike Habich has the red-white striped jersey, Marie Doyle is getting ready to mount her bike, and Barry Grenier looks out over the water. Photo: Lenny Sullivan



Presented to Mike Habich at the banquet. Photo: Ed Bolton



Presented to Jimmy White at the Banquet. Photo: Ed Bolton



Right: 139 Membership Directories were sent out. Here they are ready to mail. Photo: Ed Bolton