



# The Spoke'n Word Newsletter

Spring 2009

VOLUME 9, ISSUE 5

## *Leaders, Followers, and Membership Expectations...*

Let me start by thanking Jennifer Berube, Bob Bruce as well as Elly and Charlie Cary for their dedication to our bicycle club and bicycling in general. Without them, we would not be in the positive position we are today. Maine and especially the mid-coast Maine area is a great place to enjoy and promote cycling.

For those who have renewed their club membership, please see me at the first club ride on May 6th for your MWBC bumper sticker. If you have a single membership, take one, if you have a family membership, take two. If you want to purchase more, they are on sale for \$1.

I want to take a moment to introduce you to our enhanced MWBC Leadership Structure and mention some changes that you may or may not notice. You can click on the link for more information, but briefly our main goal is to create an inclusive environment for members by defining roles and responsibilities and emphasizing membership involvement.

Why is this so important? This is actually pretty simple...

We are all very busy and that includes those with formal club positions. This is why we need your help and why my first message is entitled "Leaders, Followers, and Membership Expectations".

To use a simple cycling analogy, when you ride in a pace line it is difficult to maintain the momentum of the line if the same person(s) are doing all the leading. Followers take their place and enjoy the rewards of coasting along. Only when the members of the pace line take turns leading the line does the group as a whole prosper. This does not mean that each member needs to pull for the same number of miles or minutes; it does mean you do what you can to pull the line when it is your turn.

Many members of our club are involved in local initiatives such as Bath Safety Days, Brunswick Bike Rodeo, Maine Bike Rally, Maine Hospice Ride, as well as fundraising events such as the Trek Across Maine and the MS Ride to the Breakwater. Please take time to review the schedule page as many of these events need riders as well as volunteers. Take a turn pulling the line forward by offering to participate in an event by either riding or volunteering to assist those who are. If no one is currently leading the volunteers for a given event, volunteer to pull.

I am very proud to hear how well we are doing with new recruits to our club. This is especially true for those riders who were afraid they were not fast enough or had enough ability to ride the distances posted on our upcoming rides web page. Please invite new riders (regardless of age or cycling ability) to join our Sonics group if they fit this scenario. The Sonics group emphasizes basics and rides at a pace and distance that varies based those participating.

I am excited to see new members joining our Facebook group. This is an exciting new way to meet new riders as well as communicate with existing members. It is pretty easy to join the Facebook group, so try it out on your own. It takes some time to get used to it and get things configured the way you want, but after a while you will begin to enjoy it. If you have trouble getting set up, as a friend or member for assistance. For me, I asked my teenage daughter Danielle so you can still learn things from your kids.

If you haven't figured it out, the club is just that, a membership club. We have formal positions to keep us moving forward and organized, but the club gets its strength from its members. You don't need permission or a formal request to get involved. You don't need permission or a formal request to lead a ride or volunteer within the club or the bicycling community. Don't wait to be asked i.e. lead vs. follow; don't do it by yourself since it is much harder to ride by yourself; ask others to get involved with a goal of pulling the line forward.

Thank you for the opportunity to serve as your club president.

*Rick Smith*

## CLUB INFO

### *New leadership info:*

#### **President:**

Rick Smith - 207-666-8300  
email: rickvickdani@suscom-maine.net

#### **Vice President:**

Rich Cromwell - 207-798-0474  
email: richcromwell1@gmail.com

#### **Secretary & Treasurer:**

Bob Bruce - 207-882-7206  
email: bobbiker@roadrunner.com

#### **Member Services Director:**

Jennifer Berube - 207-798-9916  
email: myasertscycler@yahoo.com

[www.merrymeetingwheelers.org](http://www.merrymeetingwheelers.org)



## RIDE OF SILENCE

Wed., MAY 20, 2009 7 PM

A free and silent bike ride, no faster than 10-12 MPH, honoring cyclists lost or injured due to motorists, promoting 'Share The Road'. Particularly in memory of Randall Vye, bicyclist killed on Bath Road, May 11, 2001.

Ride will start at the Gazebo on Park Row, Brunswick and travel ~10 miles in Brunswick & Topsham. You must have a helmet. Lights and black **arm-band recommended**. Please be ready to ride by 6:50 PM. FMI: 833-0939  
[greenways@suscom-maine.net](mailto:greenways@suscom-maine.net)

## *Letter to the editor...*

### **Share the road goes two ways**

Spring has started and so has the cycling season in Maine. Bicycles in Brunswick, Bath, and Topsham will start to appear in increasing numbers as the snow melts and the temperatures rise. The term "Share to road" will be on the lips of all, motorists and cyclists alike. Maine passed a new law requiring motorists to give cyclist 3 feet while passing them. We are all still trying to adjust to that law. It is simple for motorist. If they can not give the cyclist three feet while passing them than they are to wait until they can. The law allows motorist to cross the yellow line when it is safe to do that.

Cyclists also have an obligation to the law. They are to ride as far to the right as practicable. That is a wonderful word. It leaves a lot to interpretation. I would replace the word with "safe". Shoulders or lack of shoulders and pavement condition control that. Cyclists need to do some other things. Wearing bright colored clothes is important. The most frequent statement with accidents that involve two wheeled vehicles is "I didn't see them".

I am automobile driving defensively is important. Riding a bicycle predictable is the same thing. Motorists need to be able to tell what cyclists are going to do by their posture and their signals.

Cycling is many things to those that do it. I don't like the term recreation. It is too generic. We ride for exercise, transportation, and socialability. All of these things are important but survival is the most important part of it. There is room and time for motorist and cyclists to be on the road at the same time. Over half of our trips are three miles or less. That is doable on a bike for most of us. As we look at reducing or carbon footprint we need to look at all ways to do that. Cycling is only one of them. But to do that safely motorists and cyclists need to respect each other on the road.

We can make this work and make this area a better place to live and work in.

*Bob Bruce, Wiscasset Maine*

Congratulations to all who won door prizes and Raffles at the banquet!



Christine Detroy \$25 Hannaford card  
Bill Peabody \$25 Pedro's card  
Candace Meyers \$25 Applebee's card  
Tina Cromwell \$25 Frontier card  
Jenn Berube \$25 Richard's card  
Tom Trytek 4 Seadogs tickets  
Betty Welt 4 Seadogs tickets  
Brenda Trytek Prompto Oil change  
Bob Bruce \$20 Eveningstar Cinema card  
Anne Krebsbach \$20 Broadway Deli car  
Vicki Smith \$10 Little Dog card  
Maggie Guthrie \$10 Wild Oats card  
Corey Favreau Reflexology session  
Sue Kennedy Elephant paper

Raffle winners:

Trish Arnold – Night at the HarpSWELL INN  
Maggie Guthrie – Handmade quilt

**FOR  
SALE**

**Have something  
You Want To Buy,  
Sell or Trade?**

Send info to:

Jennifer @myasertscycler@yahoo.com

# Coming Up!

## Weekly rides:

Saturday group ride: Leave from the Gazebo in Brunswick. Time, route and distance to be determined. All riders/abilities welcome. Watch weekly update for details.

## Monday Women's ride:

6:00 from the Gazebo in Brunswick. Route and distance determined the night of the ride

## Wednesday club ride:

6:00 from the Gazebo in Brunswick. 3+ ride options available for all ability levels. (see club website for a listing of all rides and cue sheets scheduled for the 2009 season)

[Watch the weekly update for changes or additional ride options.](#)

## Special Rides:

May 9: York Beach Ride. Leave Brunswick Gazebo at 8:00 and drive to York Harbor. Leave York Harbor at 9:00 and travel to Perkins Cove in Ogunquit and back with a side trip to Nubble Light House. Contact Bob Bruce @ [bobbiker@roadrunner.com](mailto:bobbiker@roadrunner.com) 319-8009

May 31: Eighth Annual Women's Ride for Heart Health: at 9 a.m. at L.L. Bean's Casco Conference Center, Casco Street, Freeport, Maine (<http://www.bikemaine.org/womensride/index.html>)

June 7: Tour De Cure Kennebunk. Diabetes fundraiser.

June 13: Around the Bay 45 Miles.

Leave the Gazebo in Brunswick at 9:00 going to Bowdoinham, Richmond, and Dresden and returning via Bath and the Bike Path. Stores in Bowdoinham, Richmond, and Woolwich. Contact Jennifer Berube @ [myasertscycler@yahoo.com](mailto:myasertscycler@yahoo.com) 798-9916

June 19-21: TREK Across Maine: Fundraiser for the American Lung Association of Maine. <http://www.mrsnv.com/evt/home.jsp?id=2078>

June 28: Pemaquid Ride with picnic to follow ride. Leave Hannaford's on Route 1A north of Damariscotta. Travel through Chamberlain and New Harbor to Pemaquid Light House. Travel back through Bristol and Walpole. There will be a picnic following the ride free to members and \$5 to non-members. Contact Bob Bruce [bobbiker@roadrunner.com](mailto:bobbiker@roadrunner.com) 319-8009

## Monthly meeting:

(May meeting will be held 1 week early.)

5/18/09, Midcoast Presbyterian Church, Main St. Topsham

The Bicycle Coalition of Maine will be presenting at the meeting to promote the Maine Bike Rally. Come hear about what's to come, volunteer opportunities will be discussed as well.

## Winter 2009, Cocoa Beach to Key West

In January, as snow lay deep in Harpswell, Elly, Margaret, Toni and Pat from Chicago met up with Wandering Wheels ready to bike 400+ miles in 9 days from Cocoa Beach to Key West..

On the first day of riding, we left Cocoa Beach with temperature in the 70's, palm trees waving and blue sky. The highest "hill" we biked that day was the Sebastian Inlet Bridge one of more than 100 bridges we crossed on our way to Key West. The longest was the Seven Mile Bridge that we flew across several days later, buffeted by side winds and a chasing rain squall. Bridge railings all seemed to be only knee high and fear of being catapulted into the water made our pedals fly! The first night, at dinner, Margaret and I sat with a couple who celebrated retirement by joining 250 other riders on a year long, round the world bike trip costing \$36,000 each.

Days sped by. Each day started with a map meeting for the 40 Wandering Wheels riders. Directions were reviewed on multiple pages of maps, all in different scales and without mileage indicators! Those who had travelled this way before, suggested places to stop, for example, "Don't miss the Disney resort to watch dolphins train"; See the McLarty Treasure Museum where in 1715 Spanish galleons sank laden with gold"; "Bike a couple of miles past the church where we are staying and go to the airport restaurant for the best Key Lime Pie"; "Stop at the Florida Keys Wild Bird Center where injured birds are treated and released"; etc. Scenery was lovely and we took the time to stop at all the sights. Apart from bridges, it was flat, but head winds created the impression of some very steep hills! Some nights we camped, some we slept in churches where snores were echoed and amplified.

Some days we rode only 30 miles, others we rode 70. Memorable moments included waking at 6:00am at the Mount Sinai Methodist Church in Juno to hear raised English voices as Margaret talked to her mother in England and used her laptop to show her mother the Florida sun rise and watch as Margaret packed up her tent. Road work on the Keys forced us off a bike path. Margaret hit a 3 inch high lip of tarmac and her bike went one way, Margaret went another. Judy, a former nurse (and our bridge partner with Elly) helped clean Margaret up by pouring peroxide onto her bleeding arm and knees.

The one day we really needed tail winds we got them. At the map meeting that morning we were warned of a 20 mile stretch of narrow road with high speed traffic. We were told, if two cars head towards us: "Fall into the canal running ran along side the road even though there are gators in it." With tail winds, we flew along that dangerous road at 19 mph!

Weather was terrific except for our next to last night as we camped at Big Pine Key. That evening, as Elly, Judy, Margaret and I played cards with some other bikers in a recreation hall, a TV bulletin flashed "Get inside a sturdy building and keep away from windows". As wind howled and rain lashed, Margaret, Judy and Elly returned to their tents. A campground official tried to evict us and close the rec. room. As we argued with him a soaking wet Elly arrived clutching her soggy sleeping bag, saying her tent had blown completely over! We stayed in the rec. room all night.

Some days we rode through beautiful upscale neighborhoods of mansions including one where Tiger Woods lives. Another day we rode through Fort Lauderdale weaving through traffic and around busses. We had the usual adventures of bicyclists, getting lost, filthy dirty, flat tires, eating enormous quantities of food, cleaning up and getting dirty again. Showers were taken wearing swim suits in parking lots where a flapping tarp screened a hose and spigot strung up on a pole.

The loveliest night was spent star gazing from our sleeping bags on a screened-in porch in Pirates Cove. Manatees swam up to the dock where we squirted fresh water into their mouths. Manatees have big grey tongues, three large "fingernails" on their front flippers and tiny teeth-like bristles around their gums.

On the 9th day, Elly, Margaret, Toni and Pat finally rode in to Key West together. We lined up with people from all over the world to pose for photos in front of a buoy-shaped monument at the southernmost point of the USA, only 90 miles from Cuba. More photos at the "Mile 0" sign showed our smiling faces, happy with our 9 day adventure.

*by Elly Cary, Margaret Morrison and Toni Rees*



## TREASURER'S REPORT

<b>Beginning Balance</b>	<b>\$7713.30</b>
Interest	7.16
Raffle	259.00
Banquet	990.00
Dues	580.00
Total	\$9549.46
Expenses	
Banquet	\$1610.00
<b>Total</b>	<b>\$7939.47</b>

*A full financial report for 2008 is available upon request.*

## Shop Locally & Save!



### Bath Cycle & Ski

Rte 1

Woolwich, ME

1-800-bikeman

***10% off all bike parts &  
crosscountry ski equipment***

### *A word from your parting president:*

I wanted to say thank you to everyone for the great send-off at the banquet. I have really enjoyed being the club president over the past four years; it has been a rewarding and valuable growth experience for me. The club is like family to me and I have become too attached to let go, that being said I will still be actively involved as the Director of Member Services. My new role will keep me busy overseeing our membership base and my goal will be to build and enhance our numbers.

I will also continue to publish the newsletter and weekly updates. The newsletter will now run quarterly, if you have an article you'd like published please send it my way. If you have an announcement you'd like to share, Thursday morning is the deadline for me to include it in the weekly update.

Don't forget that the weekly club rides start the first week in May. My Saturday morning rides are already underway and will continue throughout the season. The Women's ride starts May 4th and the regular Wednesday rides start May 6th.

I would like to extend the invitation, to anyone interested, to join the MWBC Team on the Trek Across Maine, a fundraiser for the American Lung Association of Maine. This is a fun ride and one of many great fundraisers of the season. So far we have eight registered team members (Austin Watts, Charlie Cary, Elly Cary, David Olsen Pietrowski, Lori Cloutier, Margaret Morrison, Toni Rees and myself). We have room for plenty more and if you'd like to join us or would like more information please let me know.

Lastly, it's not too late to get your membership dues paid. If you've forgotten to send them in I have attached the membership form to the newsletter for your convenience. Your membership dues help keep us insured, pay for affiliate memberships, supplement the cost of the banquet; inter-club rides and now includes a club bumper sticker.

Thank you again and I'll see you on the road.

*Jennifer R. Berube*