



The Spoke'n Word Newsletter

October 2008

VOLUME 9, ISSUE 1

Greetings Merrymeeting Wheelers,

I can hardly believe that our summer is gone and we are already seeing the changing leaves of autumn.

Just because the days are a little shorter and the weather's a little cooler doesn't mean we are ready to get off our bikes just yet. Though leaving at a later time, the Saturday morning rides are still taking place. As the weather continues to cool we will switch to Saturday morning hikes and then, the inevitable, Saturday morning ski, but that is a ways off. This Saturday in fact, there are several options for those looking to ride. The Casco Bay Bike club will give the Tour de Beaches another shot, and it actually looks like the weather may hold out this time. For those interested, lets meet at the Hannaford parking lot, in Brunswick, by Bohemian / Bamforth Marine. We'll plan to leave at about 8:00 and follow / car-pool to Crescent Beach State Park. The ride starts around 9:00 / 9:30, after check in and sign-up for the barbeque.

Saturday afternoon, 10/4, at 2:00 the Brunswick Bicycle and Pedestrian Advisory Committee will be holding its annual public ride. The ride will be a tour of the East Coast Greenway in Brunswick going from the Freeport line to the Bath line (about 8 or 9 miles). The pace will probably be fairly slow and there will be opportunities to discuss the Greenway and long-distance bike routes. Folks can peel off at any point along the way. The ride will begin at the home of Josh Katz, at 98 Bunganuc Rd. (we'll have some kind of sign out). Please spread the word to anyone you know.

Joan Gray will be hosting those looking to bike, kayak and camp for some or all of the weekend in Southport this weekend. Please visit the website at www.graysoceancamping.com or call Joan for more information at 841-3405.

Rich and Tina Cromwell are hosting an end of season party for all "bikers, runners, swimmers, athletes and friends thereof". The party is this Saturday, 10/4, and will start around 4:00, with dinner around 6:00. BYOB and a dish to share. Please call Rich at 798-0474 or email Tina at christinacromwell@gmail.com for directions or more information.

Our monthly club meetings are back on regular schedule for the season. This past Monday Dave Boyle presented a wonderful slide-show on his kayak trip in Newfoundland. We had a great turnout and hopefully we'll continue with some great topics and good attendance throughout the cooler months of fall and winter.

Have a great October and see you on the road.

Jennifer

CLUB INFO

PRESIDENT:

Jennifer Berube, Cell 798-9916,
Work 353-3050, e-mail:
myasertcycler@yahoo.com

VICE PRESIDENT:

Rick Smith, Home 666-8300,
e-mail:
rickvickdani@suscom-maine.net

SEC./TREASURER:

Bob Bruce, Home 882-7206,
e-mail: bobbiker@gwi.net

www.merrymeetingwheelers.org

Coming Up!

Saturday morning ride / hike
9:00 am

Gazebo in Brunswick

Steering Committee 10/27 6:00 pm
(Midcoast Presbyterian Church, Main St.
Topsham)

Club meeting 10/27/08, 7:00 pm
(Midcoast Presbyterian Church, Main St.
Topsham)

Watch for weekly update FMI

The MWBC is a non-profit educational organization dedicated to the encouragement of bicycle riding in the mid-coast Maine region.

MWBC intends to stimulate the interests and activities of riders by the pursuit of the following types of programs: Creating and encouraging safe biking conditions and practices; Supporting accessible biking opportunities for riders of all abilities; Providing information concerning the health benefits of bicycle riding; and Promoting the community benefits realized by increased ridership

New memberships are always welcome

Trail Etiquette

In these days of multi-use trails overlap usage becomes a common issue.

Most recently a friend returned from horseback riding in Acadia... those infamous carriage trails. She encountered inexcusably rude behavior from some of our fellow bikers.

A few tips:

When overtaking horses on the trail or roadways, announcing yourself in advance by simply stating "Bike on left" or some verbal warning would be appropriate.

When approaching horses on the trail a slow quiet passage works well if the trail has plenty of width. On narrow trails it would be best to stop and let the animals pass.

Some horses can be easily spooked by those noisy two-wheeled contraptions, flying by, controlled by screaming kids or yelling adults. A spooked horse could injure all those in the immediate area.

An inappropriate response (as my friend experienced) would be to whiz at great speed between horses, middle finger extended yelling "F___ Y___".

Such behavior gives us all a black eye. Common sense and good horse sense should prevail.

Ray Youmans



We are lucky again this year to confirm The Harpswell Inn as our venue for this years banquet on Saturday, March 28. Make sure you mark your calendars ahead of time so you don't miss out on this fun event.



Planning next year's vacation?

How about joining the club's annual bike trip to the county, from 7/18 through 7/25? This ride, the "Tour de County", is fully supported and will go into Canada. (passport recommended). Itinerary and more details to come.

Skowhegan Trip

August saw us in Skowhegan during the Fair time. The weather had been rainy the week before we left but the sun managed to shine all of the day with rain a couple of evening. Dana & Marilyn Cary, John Elliott, Louise and I were there for the whole time. Ellen Call and Toni Reese were there from Wednesday until Friday. Elly Cary was there most of the time but left to help deliver a grand niece in Massachusetts. Charlie Cary joined on Friday night and left Monday morning when we all left.

We had four kayaks with us and some people went kayaking several times. Ellen, Toni, Elly, and I started Wednesday with a short ride. Dana rode from Topsham, a ride of 72 miles.

Thursday saw us going to Canaan for breakfast at the Canaan Family Restaurant. As usual the place rang with laughter while we were there. John and Dana chose to do the short version of the ride while Elly, Ellen, Tine, and I went to Benton and back up Rt 201. We all met at the New Balance Tent Sale. Louise carried all of our wares back to camp.

Friday was supposed to be a 54 mile ride to Cambridge. A wrong turn in Heartland by yours truly added another 10 miles onto the ride. It was a great detour but the 10 miles did not set well with the girls when they found that they were actually extra miles. It was still a good day.

Saturday saw the group ride to Big' G's for breakfast and a stop at the fair. While they were enjoying the fair the heavens opened up in torrential rain. They opted to get a taxi back to the campground and you guessed it, the rain stopped just as they arrived there. Louise and I had a wedding to attend in Limington.

Sunday saw us riding into Oakland for breakfast at the Early Bird Restaurant. It was a fun meal with talk and laughter. The ride out of Oakland was a little tough on a full stomach as we had two big hills to ride over. The rest of the ride was pretty flat.

On Monday Charlie left early to ride back to work in Bath and Elly and John left for home. Dana and I rode to Winslow where we parted company. Dana rode to Augusta for lunch with Marilyn and chose to ride with her in the car the rest of the way home. Louise and I drove to her house in China so we could drive out all the camping gear. There was a lot of dew on everything when we broke camp.

I think everyone agreed that it was a successful trip. Next year's trip will again see us in Aroostook County for a week of the friendliest cycling in the state. It will be the third week in July again so that we will share the Potato Blossom Time. The two previous trips rank high in all the trips we have taken. Stay tuned for more information.

Bob Bruce

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11 Center Street
Brunswick, ME 04011

10% off all parts & accessories

Bath Cycle & Ski

Rte 1
Woolwich, ME
1-800-bikeman

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

TREASURER'S REPORT

<i>Beginning Balance</i>	\$5599.24
Interest	3.82
Dues	15.00
Total	\$5618.06
<i>Expenses</i>	
Flowers	99.50
Total	\$5518.56

A full financial report for 2008 is available upon request.

**FOR
SALE**

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

Send info to:

Jennifer @ myasertscycler@yahoo.com

OR

Bob @ bobbiker@gwi.net