



The Spoke'n Word Newsletter

SPRING 2010

VOLUME 9, ISSUE 6

I hope this spring message finds you in good health and fine spirits.

Before moving on to discuss thoughts on the upcoming season, I want to thank those who helped put on our annual banquet and again congratulate Tony Barrett on his Golden Cluster award, representing his commitment to the club and cycling in general. In addition, thank you to Rich Cromwell for keeping the "Spinning at Fort Andross" program operational this winter and early spring. Finally, a special thank you to Bob Bruce for his commitment and a welcome to Lou Brown who will be taking over as our club Secretary.

It is hard to believe that we are about to begin our 2010 riding season. Make sure you have submitted your annual dues so that we can keep the bills paid and the programs moving forward. Bring them to the first ride if you must... Bring a friend if you can, as this is a perfect opportunity to reintroduce someone to riding.

Hopefully, with the early onset of spring and unusually warm temperatures you have found time to get out and ride, even if only for a short one... While our riding officially starts on May 5th, there are opportunities to get started now. Stay tuned to our weekly updates via email or facebook.

Speaking of opportunities to get started now, many of you know that Vicki, Danielle and I spent the last 10 days cycling in Hungary. We spent several days in Budapest, touring the city on foot and a week at a resort at Lake Balaton on bicycles. At our May club meeting, we will present a slide show of our trip so please mark your calendar for May 31st (Memorial Day).

Today, I had the pleasure of having lunch with the president of the Dartmouth College Cycling club. She discussed the college's club sport (not a funded varsity sport) and their mix of participants that includes some Cat 2 riders as well as those just starting out. She said it is all about providing opportunities and removing intimidation of those who want to join the club. Adding new members helps keep things fresh. She also revamped the web site and pushes getting the members involved in community programs. This sounds very familiar given it really represents what MWBC stands for...

In closing, I hope to see you and a friend at one of the club rides or out on the road very soon.

Rick

President, Merrymeeting Wheelers Bicycle Club
www.merrymeetingwheelers.org

COMING UP!

Ongoing:

Monday - Women's ride 6:00

Wednesday - Open club ride
6:00

Saturday - Open club ride -
9:00 unless otherwise specified

All club sponsored rides leave
from the Gazebo in Brunswick
unless otherwise specified

5/19/10 Ride of Silence 7:00 pm

5/31/10 MWBC club meeting

Our next club meeting will be on Monday, May 31st, yes, that's Memorial Day. Rick, Vicki and Dani Smith will be hosting a slide-show presentation on their recent trip to Hungary. We will meet at a new location, Brunswick House of Pizza on Maine Street in Brunswick. The meeting will start at 7:00 and the steering meeting will start prior to at 6:00. Please watch for future updates for more details, including parking. There will be no women's ride that evening.

**SEE PAGE TWO FOR THE
REMAINDER OF THE COMING
UP SECTION.**

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 rideship.

NEW MEMBERS ARE ALWAYS WELCOME!



**Wednesday,
MAY 19, 2010, 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

COMING UP CONTINUED....

6/13/10 Ride around Merrymeeting 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

6/13 9th Annual Women's ride

Ninth 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>

6/13 Tour De Cure Kennebunk. Diabetes fundraiser.

Start Location: Kennbunks High School Event Manager: Emily Silevinac

Email: esilevinac@diabetes.org For more information, call 1-888-342-2383 x3720 <http://tour.diabetes.org>

6/18-20 Trek Across Maine fundraiser for the Maine Lung Association.

TREK Across Maine : Fundraiser for the American Lung Association of Maine . <http://www.mrsnv.com>

6/27/10 MWBC annual Pemaquid ride and picnic Pemaquid Ride with picnic to follow.

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

Treasurer's Report

Beginning Balance	\$7475.45
Dues	930.00
Interest	5.72
Banquet	624.00
Raffle	94.00
Total	9129.17

Web fees	367.56
Will-Dale Press	106.00
Insurance	149.00
Non-profit Fee	35.00
Service charge	4.30
Banquet Gift Certificates	250.00
Banquet	1375.00
Banquet Tip	40.00
Total	6802.31

A full financial report for 2009 is available upon request.



CLUB INFO

PRESIDENT:

Rick Smith, 939-6694,
e-mail: rickvickdani@suscom-maine.net

VICE PRESIDENT:

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

TREASURER:

Bob Bruce, 319-8009, e-mail: bobbiker@roadrunner.com

SECRETARY:

Lou Brown, e-mail: lbrown92@myfairpoint.net

DIRECTOR OF MEMBER SERVICES

Jennifer Berube, 798-9916,
e-mail: myasertscycler@yahoo.com

www.merrymeetingwheelers.org

FOR SALE

Have something You Want
To Buy, Sell or Trade?

Send info to Jennifer at:
myasertscycler@yahoo.com

Save the Date!

2010 Cycle North Carolina Fall Ride
"Mountains to the Coast"

Registration is now open
for Cycle North Carolina.
The "Mountains to the
Coast" ride will be Sept
25- Oct 2 ,2010. There are
a few club members who
are registering and are
hoping to have a larger
group attend. Please
check out the website for
more information.

<http://www.ncsports.org>



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