



The Spoke'n Word Newsletter

WINTER 20010

VOLUME 9, ISSUE 5

Greetings Merrymeeting Wheelers,

I hope this early winter message finds you in good health and that the holiday season was joyous for you and your family. A special "thank you" to Elly and Charlie Cary for yet again hosting this year's New Years Eve dinner.

As the snow continues to fall and the north wind blows cold, you may find it hard to imagine riding your bicycle is anywhere in the near future. I would like to again challenge you to remain active by taking advantage of any opportunities to exercise whether at the local gym or YMCA, spinning at Fort Andross, or training on your bicycle in the comfort of your living room. And of course, if skiing is your winter sport of choice, take the time to enjoy some of the club led trips. It certainly is looking like we will have plenty of snow this year.

Looking ahead, your leadership team has already mapped out the 2010 riding season schedule and will soon begin to prepare for the upcoming annual banquet. If you are interested in working on the banquet plans, be sure to contact Jenn Berube.

In addition, we are working on new club wear and our brand new club web site. Stay tuned for news on all of these items in weekly updates but if you are interested in getting a sneak peek at the web site or the upcoming ride schedule, please visit www.mwbc-me.org. The new site has many pictures of the club participating in various year round activities, so click on the pictures and scroll through them.

For those who are MWBC fans in Facebook, continue to stay tuned for Jenn's weekly posts. If you are not a Facebook member, you can still view the posts, so feel free to click the link on our new web site.

We also continue to work with the Casco Bay Bicycle Club on the details of the Maine Bike Rally, which will be a great opportunity to showcase our local area this coming July 9-11th. The rally is one of our main sources of club fundraising, so any assistance in planning or volunteering would be welcome. Contact Kirk Kennedy, Bob Bruce, or Charlie Cary if you are interested in finding out more.

We are planning to host Rich Cromwell's Great Divide presentation so please make plans to attend the meeting on January 25th. Our meetings are a great opportunity to introduce potential new club riders to the club, so feel free to bring a friend and/or point them to our new web site.

I hope to see you soon at our January club meeting if not before. In the meantime, enjoy the time...

Rick

COMING UP!

Weekend Bike, Hike or Ski

Please note that the group xc ski or hikes are subject to change based on weather and conditions, please check the weekly update or call Jenn Berube (798-9916) for up to date information.

Meeting schedule - located at Midcoast Presbyterian Church in Topsham, starting promptly at 7:00

- * January (01/25/10) Great Divide presentation - Rich Cromwell
- * March (our club banquet on 03/29/2010)
- * May (05/24/2010) Topic / presentation TBD (note this meeting is one week earlier due to the holiday)

The steering committee meetings will be held prior to the regular meetings at 6:00 sharp, when there is a meeting scheduled. Meetings are open to members if they are interesting in participating in the club's leadership. When there is no regular meeting scheduled we will meet at 6:00 at Pedro's in Brunswick.

Meetings will be held on the following dates:

Located at Midcoast Presbyterian Church in Topsham, starting promptly at 7:00

January (01/25/10)

February (02/22/10)

No meeting in march - club banquet

April (04/26/10)

May (05/24/10)

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!



Team recruitment for the 2010 Trek Across Maine

As the captain for the Merrymeeting Wheelers team for the Trek Across Maine, a fundraiser for the Maine Lung Association, I would like to invite you to join us this year to be a part of our team.

The Trek is a great experience. A three day bike ride from Sunday River in Bethel to the waterfront park in Belfast. The ride is fully supported and is an incredibly beautiful way to see the wonderful state of Maine, all while raising money for a great cause.

At this time we currently have four members to our team; Austin Watts, Charlie Cary, Elly Cary and myself. I am extending a challenge to you all in hopes of getting at least 15 team members to participate and join the team. I'm also hoping we can raise \$10,000 as well, a hefty but attainable goal.

As a thirteen year Trek veteran I would be more than happy to answer any questions you may have about the ride and offer tips for training, what to expect and assist with fundraising. Please consider showing your club support and check out the web site for additional details or just shoot me an email. <http://www.lungusa.org/associations/charters/new-england/events/cycle/trek-across-maine/>

Jenn Berube

Beginning Balance **\$7528.48**

Total **\$7530.45**

LAB Dues **55.00**

Total **\$7475.45**

A full financial report for 2009 is available upon request.



FOR SALE

Have something You
Want To Buy,
Sell or Trade?

CLUB INFO

PRESIDENT:

Rick Smith, (h) 939-6694

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VICE PRESIDENT:

Rich Cromwell, (207) 798-0474

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SEC./TREASURER:

Bob Bruce, Home 882-7206, e-mail:

bobbiker@roadrunner.com

DIRECTOR OF MEMBER SERVICES

Jennifer Berube, Cell 798-9916, Work 353-3050,

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www.merrymeetingwheelers.org

CROSS COUNTRY SKIS FOR SALE:

Size 200, like new, 3 hole binding,
w. poles, \$25 o.b.o. For more info
contact Toni Rees at 721-0642.

Send info to Jennifer at :
myasertscycler@yahoo.com

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