



The Spoke'n Word Newsletter

FALL 2010

VOLUME 9, ISSUE 7

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

Yes, it is late summer already so I hope that you have enjoyed the great weather this summer and with that some of your favorite rides and bicycling events. If you have still not yet reached your peak form, you still have time to get in many miles as Maine and New England offers some of the best fall cycling around. Certainly the Maine Hospice Event, Tri-State Century, and Dempsey Challenge are notable events, but there are great opportunities to make your own route and ride with friends.

Speaking of great opportunities, I'm sure many of you have heard by now that my riding partner and daughter Dani has received her host family assignment in Spremberg, Germany. Her host family has several bicycles so I would expect bicycling to continue to be part of her life. If you wish to follow her blog, become a follower at: <http://danideutschland.blogspot.com>. Please join me in wishing her well as she leaves on September 7th.

Earlier in the month, I had dinner with our very own Vice President Rich Cromwell where we discussed the club and where we would like to do as we look to transition leadership at our upcoming spring banquet. As part of this, we discussed the need to identify someone willing to step forward to be nominated as Vice President as well as others to serve on various committees. While we are still formulating plans and have not set any long-term agenda items, please be open to the opportunity of helping move the club forward.

The club will continue to focus on providing opportunities and removing intimidation of those who want to join the club. Adding new members helps keep things fresh and vibrant. Getting the members involved in community programs and the helping set club direction reduces the effort of club officers. Its like riding in a pack, it is easier to draft and coast along but we should each take a turn in front. The overall speed of the group is greatly increased if we all stay involved.

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

COMING UP!

Club Meeting

9/27/10

5:45 pm Steering Committee meeting

7:00 pm Topic/Presenter TBD

Weekend Bike, Hike or Ski

The Monday and Wednesday rides will continue through September ending on 9/27 (last Women's ride) and 9/29 (last group Wednesday ride).

The Saturday rides will continue for as long as the weather permits then we will change over to Saturday morning hikes followed by cross-country skiing when the snow flies. As usual watch for the weekly updates for current / up-to-date information

9/11/10 Maine Lighthouse Ride:
<http://eastertrail.org>

9/12/10 Senior Games Cycling event.
Beside participants volunteers
are needed.
Please see web link FMI:

www.smaa.org/smevents.php

www.smaa.org/documents/Cycling.pdf

9/18/10 Loon Echo Land Trust 10th
Annual Bike Trek

www.loonecholandtrust.org

**Please see back page for additional
events.**

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!

A Few Words From Doug and Rich.....

There have been many reports of bicycle/motor vehicle interaction locally, lots of talk about road rage, and sadly, an uptick in bicycle injuries and fatalities in New England. Near misses are a disturbing topic of conversations after nearly every ride.

As members of a close-knit local biking community we need to be aware that our good behavior and bad behavior contribute to the overall attitude towards bikers, and by extension, the safety of our families, friends and neighbors on bikes.

We have the same rights and responsibilities as motor vehicle operators.

Some useful tools:

1. Your Hearing! Don't listen to music while you are riding. Looking forward leaves you with only your ears for a sensory warning.
2. Riding into the wind or at high speeds, you'll not hear vehicles approaching – be on high alert.
3. Making 4 ½' out of the 3' rule! Don't ride directly on the edge of the asphalt where a sneeze can put you in the ditch. Ride 18" to 24" from the edge. As you hear a car approach, hold your 18" until the vehicle has calibrated the 3 feet of separation and then you gently steer to the edge of the road, and voila, you have 4 ½' of separation. If the driver has miscalculated, the 18" could be a life saver. Remember, hold your position long enough so the driver doesn't recalibrate.
4. If the car is approaching from the front, the danger from the rear increases exponentially. The car approaching from the rear is often confused and conflicted, and the car coming from the front is most likely oblivious or doesn't perceive the developing situation as his or her problem. If you have a 'car up' situation, look back and see what's coming from behind. Use tactic #3.
5. Where there is one, there is likely more. Have you noticed that cars come in clumps? After that 'car back' has passed, don't swerve out to continue your conversation or reestablish your 18" to 24" safety margin. Look back first!
6. Practice looking over your shoulder without swerving. How many riders have perceived a car approaching from the rear and in looking back, swerved into its path? It's just good bikemanship to be able to look back, left or right, and be able to continue riding straight.
7. Riding two and three abreast? You need to decide what's more important – your safety or socializing? In addition, we really piss drivers off and that could have a dilatory effect on another rider down the road. Bad attitude is cumulative.
8. The law in Maine states that:
29-A MRSA §2063, sub-§2 Riding to the right. A person operating a bicycle upon a roadway at a speed less than the normal speed of traffic moving in the same direction at that time and place shall drive on the right portion of the way as far as practicable except when it is unsafe to do so or:
 - When overtaking and passing another bicycle or other vehicle proceeding in the same direction;
 - When preparing for or making a left turn at an intersection or into a private road or driveway;
 - When proceeding straight in a place where right turns are permitted; and
 - When necessary to avoid hazardous conditions, including, but not limited to, fixed or moving objects, vehicles, bicycles, pedestrians, animals, broken pavement, glass, sand, puddles, ice, surface hazards or opening doors from parallel-parked vehicles, or a lane of substandard width that makes it unsafe to continue along the right portion of the way. For purposes of this paragraph, "lane of substandard width" means a lane that is too narrow for a bicycle and a vehicle to travel safely side by side in the lane.
9. The last ten miles of a 50-miler are plain and simple more dangerous than the first ten. You are tired, your guard is down and your neck is likely sore. Your vulnerability increases. Nutrition plays a large role here as well; keep up with fluid and carbohydrate needs throughout training as compromised glycogen stores in the brain contribute to delayed or poor decision making at the latter stages of a ride.

Contributed by Doug Welling, owner of the Sustainable Athlete and MTC member; and Rich Cromwell, VP of the Merrymeeting Wheelers Bicycle Club and MTC member.



Treasurer's Report

Beginning Balance	\$6802.31
Dues	465.00
Interest	4.99
Banquet	12.00
Picnic	5.00
Bike Rally	1000.00
Total	\$8289.30
Web fees	62.97
Will-Dale Press (shirts)	133.56
Banquet	62.00
Flowers	60.85
Folding Table	36.26
Picnic	74.35
Total	\$7859.31

A full financial report for 2010 is available upon request.

Have something
You Want To
Buy,
Sell or Trade?



Send info to Jennifer at:
myasertscycler@yahoo.com



Shop
Locally
& Save!

Bath Cycle & Ski

Rte 1, Woolwich, ME
1-800-bikeman

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

CLUB INFO

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www.merrymeetingwheelers.org

COMING UP CONTINUED.....

9/19 Tour du Beaches w/ Casco Bay Bicycle club. This is a great ride open to all with a picnic to follow after the ride. There are 3 ride options (16, 20 and 35 miles). The ride leaves from Crescent Beach in Cape Elizabeth. Meet at 9:00 leave by 9:30. The ride/cookout is free to Casco Bay club members and \$6.00 for non club members. There are a lot of MWBC members who attend this ride and we often car pool or follow along together, there will be info about that in the update that week.

<http://cascobaybicycleclub.org/>

9/25 & 26 Tri-State Seacoast Century

www.granitestatewheelmen.org

10/2-3 The Dempsey Challenge

www.dempseychallenge.org