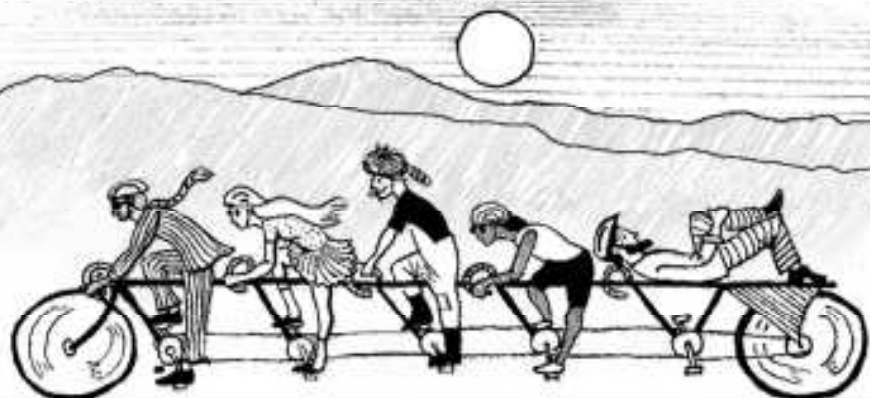


2009 Maine Bike Rally Program

JULY 10-12



FRYEBURG



Schedules, Activities, and Information

21st Maine Bike Rally

All the good information you need to make your weekend enjoyable!

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Welcome to the 21st Annual Maine Bike Rally!

We're delighted you could join us this weekend! The tone of the Rally is one of informal, laid-back fun with other bicyclists. While you are welcome to go at your own pace, most rides emphasize bicyclist camaraderie, giving you a chance to also look around the beautiful landscapes of the region. We do ask that you be sure to sign up for each ride you wish to participate on and also to sign in when you return so that we know you have made it back safely.

All rides start from the Fryeburg Academy unless otherwise noted. You are also most welcome to any of the maps and to go on a ride of your own any time you wish—just be sure you are self-sufficient for anything you may encounter.

Friday evening you are on your own to explore the beautiful town of Fryeburg and to find a place to eat. Besides the local eateries, there will be a Spaghetti Dinner at St. Elizabeth Seton sponsored by the Historical Society and St. Elizabeth Seton for the price of \$8, 6-8 pm.

There will be some evening rides to get the Rally started as well as the slide show by Rick Churchill. *See page 14*)

The Maine Bike Expo is back. Test ride some cool bikes and check out the other exhibits anytime between 1 and 5 on Saturday (See page 33).

Special treats await riders returning Saturday afternoon at Fryeburg Academy base-camp from 3:30-5pm. Music by Homemade Jam will welcome you back with music for your ears. Then our renowned Ice Cream Social starts at 4:00 pm and be sure to check out the bicycle blender smoothies.

On Saturday evening shortly after dinner, The Bicycle Coalition of Maine will give a short welcoming address and acknowledge some very special folks who've done amazing things to improve bicycling. Then the evening's entertainment will commence with music and dancing to Al Hospers' Sounds Clever and the Valley Horns.

We all hope that you have a safe and wonderful time. We would like to thank and recognize our many sponsors who have also made the Rally possible. Please fill out the evaluation form and give us your feedback and suggestions for how we can improve on the Rally. Thanks again for joining us here in Fryeburg. We hope you have a glorious time!

Special Notes: *Snow School is not available for camping or the playground this year. However, there is a play area for kids. See page 33 for details. Also, our rides do not use marks on the road. Only the Time Trial has road markings.*

The Town of Fryeburg
Settled in 1753, Incorporated in 1777
www.fryeburgmaine.org

July 1, 2009

Dear Rally Participants:

Welcome bicyclists to the beautiful town of Fryeburg. Fryeburg has a rich history and was the first town to be settled in Oxford County. Throughout the town there are historic houses many of which are on the National Historic Register. We also have many working farms, farm stands, eateries, and retail stores. It is also home to the Maine Blue Ribbon Classic Fryeburg Fair and the prestigious Fryeburg Academy.

While out riding enjoy the beautiful scenery and character of our town. Please enjoy your time in Fryeburg and patronize our wonderful establishments.

Be safe,

Edward Wilkey

Chairman, Board of Selectman



Fryeburg Academy
Fryeburg, Maine

June 4, 2009

Dear Bicycle Enthusiasts:

Welcome to Fryeburg Academy. We are pleased and excited that the Bicycle Coalition of Maine has once again chosen our campus for their 2009 rally. We certainly enjoyed having the state and national rally here last July! We are looking forward to an exciting weekend, and we know that you will enjoy our campus and the beautiful environs of the surrounding Mount Washington Valley and the foothills of the White Mountains.

Since 1792, the Academy has served the local community and families from around the world, and we are happy to be a part of the Maine bicyclist community, as well.

Again, welcome to Fryeburg; have a great weekend!

Sincerely,

David B. Sturdevant
Principal

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Visit the BCM Table if you are looking for cool biking merchandise or if you would like to join BCM.

Biking Shirts and other cool stuff for sale

**Maine Bike Rally T-Shirts
\$12.00 while they last**

**Bicycle Coalition of Maine Biking Jerseys
\$75.00**

Menu

Meals: Dinner Friday night is not provided but do visit Fryeburg area eateries. Or for only \$8.00, a Spaghetti Dinner at St. Elizabeth Seton sponsored by the Historical Society and St. Elizabeth Seton will be served 5-7 pm.

Breakfast both Saturday and Sunday will be served by Fryeburg Academy in the dining hall.

On Saturday, a pack a picnic lunch will also be put out at breakfast time for you to assemble and take with you for your day's ride(s).

Dinner on Saturday night will be a variety of tasty delicacies:

- 🍽️ Green salad
- 🍽️ Pasta salad
- 🍽️ Grilled Portobello mushrooms
- 🍽️ Ratatouille
- 🍽️ Chicken teriyaki with pineapple salsa
- 🍽️ Homemade Macaroni and Cheese



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2009
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Mountain Bike
Association**



NEMBA is a recreational trails advocacy organization. Our mission, which we've chosen to take, is to ride on the best trails that the world has to offer. Luckily, most all of them are in New England, so we don't have to travel far. We dedicate ourselves to taking care of the places that we ride, preserving open space, and educating the mountain bike community about the importance of responsible riding.

www.nemba.org

What to Expect at the Maine Bike Rally

Bike Rides and Leaders: Sign up sheets will be available at registration for each of the nearly 30 bike rides. Each ride will be assigned a ride leader and a sweep. A support vehicle will only be on rides 50 miles or greater and covering these larger distances will make their passing infrequent. We encourage all bicyclists to be as self-sufficient as possible with your own water, snacks, and basic repair supplies (i.e. tubes, patch kit, pump, multi tool). The ride leaders are experienced bicyclists who have donated their time to make the ride safe and enjoyable. As a courtesy, if you feel you must deviate from the course or group, please let the ride leader know. All rides meet and depart from Fryeburg Academy.

Accommodations: Camping is included with registration at the Rally. Campers will have shower facilities available to them at the Fryeburg Academy.

Maine State Law prohibits smoking and alcoholic beverages on school grounds. *Please don't place yourself or the event in jeopardy by using these substances on school premises.*

Meals: Dinner Friday night is not provided but there are many nearby restaurants to choose from or a spaghetti dinner put on by the Historical Society and St. Elizabeth Seton.

Breakfast both Saturday and Sunday morning will be provided at the dining hall on campus.

Lunch, Saturday only, will be pack your own with foods available at the dining hall during breakfast.

Dinner Saturday night will be in the gym.

Minors: Youth under the age of 18 must be accompanied by a parent, legal guardian, or a 'parent appointed guardian' to participate on our rides. If the minor is to be accompanied by someone other than a parent or legal guardian, a Parental Consent Form needs to be signed by the parent or legal guardian and by the appointed guardian.

Gear: Bicycle helmets are required at all times when you are bicycling (even just "scooting around" the rally). Your bicycle should also be in good working order. A mechanic will be available for only limited times to make adjustments that happen during the event and

they will be charging for parts. Clothing for the days' weather should be carried either in a backpack or secured to your bicycle's rack or basket. If you don't bring it, you can't wear it, so you best hope you don't need it, if you leave it behind. Here in Maine, they say 'if you don't like the weather, wait five minutes. Ayah.'

Wrench: Mechanical Services will be provided on site by these local area bike shops: The Bike Shop – N. Conway Red Jersey Cyclery – Intervale, Joe Jones – North Conway, Ski & Sports Outlet – N.Conway

Ice Cream Social: A regular feature of the Maine Bike Rally. This tasty ritual will help replenish those burned up calories. Keep it simple or deck it out with your choice of toppings. 4:00 pm, Saturday outside the Field House at Fryeburg Academy.



www.coffeebydesign.com



A rectangular logo for 'PEARL izumi FACTORY OUTLET'. The top half features a large, stylized 'iQ' in white on a dark background. Below this, the words 'PEARL izumi' are written in a bold, sans-serif font, with 'PEARL' in all caps and 'izumi' in lowercase. Underneath that, 'FACTORY OUTLET' is written in a smaller, all-caps sans-serif font. The bottom half of the logo is a solid black bar containing the website address 'www.pearlizumi.com/factory.php' in white text.

1946 White Mtn. Hwy
North Conway, NH
603-356-5183

www.pearlizumi.com/factory.php

Ride with Pride! Share the Road

We are all ambassadors to bicycling when riding. Please help make a positive impression on the other road users when on the roadways by obeying all traffic laws and driving your bicycle in a responsible and courteous manner.

Bicyclists fare best when they act and are treated as drivers of vehicles. Below are a few extra tips we ask you to follow.

Thanks for your help!

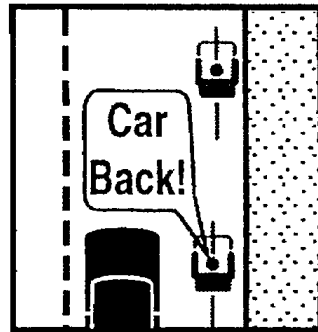
Safe Bike Driving Reminders

Be Predictable — Act Like a Vehicle

Drive your bicycle in a smooth and predictable manner. Look ahead to allow time to calmly avoid obstacles. Communicate your intentions and signal before changing lanes or direction. Avoid abrupt maneuvers. Anticipate not only your actions, but the actions of others.

Ride Single File

Ride single file except when passing others. Notify other bicyclists of approaching cars.

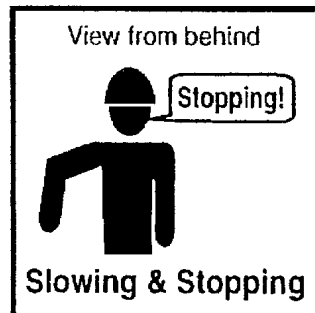


Watch for Potential Hazards

Scan the road 100 feet ahead for hazards such as debris, tracks, drains, or potholes. Allow time to maneuver around these hazards and negotiate with traffic. Avoid riding into an opening car door by giving yourself 3 or 4 feet.

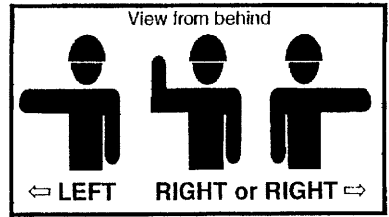
Signal Stops

When you are preparing to slow or stop, indicate your intentions to others using hand and verbal warnings.



Signal All Turns

Look back before you make a lane change or turn. Signal safely in advance using hand signals.

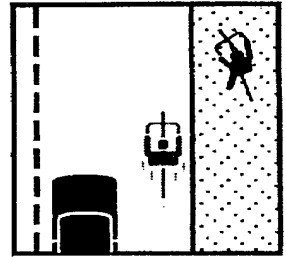


Communicate with Other Cyclists

Let other cyclists behind you know when you approach hazards. Inform cyclists in front when you are drafting. Call out with a friendly greeting when you are passing. **Do not shout “All Clear” at stop signs** as each cyclist must take personal responsibility and obey traffic laws.

Pull Off Road When Stopped

If you need to stop for any reason, pull completely off the road to avoid obstructing other bicyclists and other road users.



Trail Riding Rules

Share the Trail

- **Ride on Open Trails Only**
Check with property owners or managers if uncertain.
- **Leave No Trace**
Do not leave skid marks. Carry out your trash.
- **Control Your Bicycle**
Always be prepared to stop.
- **Always Yield Trail**
Greet hikers and horseback riders with a friendly greeting.
- **Never Spook Animals**
Use special care around horses and other animals. Stop and follow the directions of horseback riders.
- **Plan Ahead**
Prepare for Maine weather and carry extra supplies.



We are very fortunate that we have such excellent trails at Bradbury Mountain State Park and Pineland. Please respect the land and recognize that our access is a privilege. Be a good mountain bike ambassador and always yield to other trail users. These simple rules by the International Mountain Bike Association will help ensure that we can enjoy trails for years to come!

Thanks for your help!

10 Tips for Safe Group Riding

Bicycling with friends is great fun. But it is also very easy to have a bike crash with other bicyclists (far more common than crashes with cars) if you are not communicating and following group riding etiquette. Here are some good guidelines and tips to ensure that your group ride is fun and safe.

1. **Be Predictable** - Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.
2. **Use Signals** - Use hand and verbal signals to communicate with members of the group and with other traffic. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out or put your left arm out and up.
3. **Give Warnings** - Warn bicyclists behind you well in advance of changes in your direction or speed. To notify the group of a change in path, or speed, the ride leader should call out "left turn," "right turn," or "stopping," in addition to giving a hand signal.
4. **Only Pass on Left** - Slower traffic stays right, and you should only pass on their left. Notify someone you are about to pass with "on your left" or "passing." Never pass on the right as it is a common reaction to pull to the right when startled and a crash can easily be caused.
5. **Announce Hazards** - When riding in a group, most of the bicyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, gravel, grates, and other hazards. The leader should indicate road hazards by pointing down to the left or right, and by shouting "hole," "bump," "gravel," etc., where required for safety.
6. **Watch for Traffic Coming from the Rear** - Since those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying "car back." Around curves, on narrow roads, or when riding double, it is also helpful to warn of traffic approaching from the front with "car up."
7. **Watch Out at Intersections** - When approaching intersections that require vehicles to yield or stop, the lead rider will say "slowing" or "stopping" to alert those behind to the change in speed. When passing through an intersection, some bicyclists say "clear" if there is no cross traffic - this is a dangerous practice. It encourages riders to blindly follow and creates a mob mentality. Each bicyclist needs to make their own decision and is responsible for verifying for themselves that the way is indeed clear.
8. **Leave a Gap for Cars** -When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bicycles. That way a motorist can take advantage of shorter passing intervals and eventually move piecemeal around the entire group.
9. **Move Off the Road when You Stop** - Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the road so you don't interfere with traffic or other passing bicyclists. When you start up again, each bicyclist should look for, and yield to, traffic.
10. **Share the Road** - When traffic is present it is more courteous to ride single file and to leave gaps for cars to pass. While in some instances riding two abreast is acceptable it is important you be mindful of other road users.

Remember, every time we are out, we are ambassadors for all bicyclists. Follow all the rules of the road just as other vehicles must. When we all drive safely and are considerate of others, it's easy to Share the Road!

For more riding tips, check out www.BikeMaine.org

Bicycle Coalition of Maine 7/05

Schedule of Events

Friday, July 10, 2009

8 am – 1 pm	League Cycling Instructor Training
3 pm – 11 pm	Rally Registration
4 pm	Short Rides on and off road
5 pm	Dinner rides
6 – 8 pm	Spaghetti Dinner at St. Elizabeth Seton sponsored by Historical Society and St. Elizabeth Seton Price \$8
8:00 pm	Return from Dinner and watch a movie in the Performing Arts Building on FA's campus, "Il Postino" selected by Michael Dana
8:30 pm	Rick Churchill slide show in the gym
10 pm	Star Gazing Night Ride— Jim Gibson

Saturday, July 11, 2009

4:30 am	Sunrise rides
6:00 – 9:00 am	Breakfast Buffet and picnic packing
7 am – 7pm	Registration in lobby of gym
7 am	Century Ride
8 am	Rides begin
1 – 5 pm	Bike Expo Bike Repair Clinic
3-5 pm	Music by Homemade Jam
3:30 pm	Bike Parade about 1 mile left on Bradley St., right on Pine St., right on Main Street, right on Bradley past the gym to athletic field and once around the track
4 pm	Ice Cream Social Best dressed Campsite Judging
5 pm	BCM Board Meeting
6:00 – 7 pm	Buffet line for dinner Field House begins
8:00 pm	Bike Rally Presentation MC Marty Basch
8:15 pm	Music and dancing to Al Hospers' Sounds Clever and the Valley Horns
10 pm	Star Gazing — Matt Krug location TBA

Sunday, July 12, 2009

4:30 am	Sunrise rides
7 am – 9 am	Breakfast and picnic packing
8 am	Rides begin
8 am – noon	Ride to Fairgrounds and browse the Flea Market
8 am	Registration for the Rally Time Trial at Weston Town Beach—Volunteers needed 7:30 am
9 am	Time Trial begins at Weston Town Beach

Other

Classical Performances Friday and Saturday night at Fryeburg
Academy 8-10 pm \$20

Bowling Saco Lanes

Saturday Flea Market in Bridgton 9 am to 2 pm

Thomas the Tank @ Schouler Park, North Conway, NH 7/10- 7/12

North Conway Library Gigantic Book Sale, Saturday 9-3 pm

Potatoes Turf Corn & Beans Cold River Vodka



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Wear Your Helmet the Right Way

Maine Law requires everyone under the age of 16, when riding a bicycle, to wear a bicycle helmet "of good fit, positioned properly, and fastened securely upon the head by helmet straps." The "Eyes, Ears, and Mouth Test" will help you make sure your helmet fits correctly and comfortably.

1st be sure your helmet fits snugly on your head. Adjust the sizing band that circles your head (or change the pads) until your helmet fits without sliding around on your head when it is unbuckled.

Eyes

Your helmet should sit level on your head. When you look up past your eyebrows, you should be able to see the front edge of your helmet.



Ears

The side straps should meet under your ear lobes to form a "Y," and should be snug and flat against your head. Proper adjustment of these straps will keep the helmet level on your head.



Mouth

Buckle the helmet. The strap under your chin should be comfortable, but snug enough so you feel the helmet pull down on the top of your head when you open your mouth wide.



Other Tips with Your Helmet

- **Take good care of your helmet:** Helmets are made of lightweight materials so they will be comfortable. This means your helmet should be handled with care so that it will absorb the impact of a crash. Treat your helmet with care! Throwing or dropping your helmet may cause damage (which might even be invisible).
- **Replace helmets every 5 years or less:** The foam in a helmet, designed to absorb the energy of a crash, becomes brittle over time due to basic environmental exposure. For best protection, it is recommended that helmets be replaced every 5 years or less, even if undamaged. For more help, visit your local bike shop.
- **Keep it out of the sun and away from heat:** Leaving your helmet in the sun or in a hot place may also damage your helmet, making it brittle and less able to protect your head in a crash.
- **Helmets are good for only one crash:** Be sure to replace your helmet if you damage it or if it is ever in a crash - helmets are good for one crash only.

SHOW INFO

Friday Night

8:00 pm

Movie, "Il Postino" will be shown in the Performing Arts building on Campus.

8:30 pm

Rick Churchill slide show in the gym

This past fall Rick Churchill, Barbara Berger, and Bill and Nancy White-BCM board member—took off on their bikes to ride the Blue Ridge Parkway (BRP) which is a 400 plus mile journey with 40,000 feet of vertical. It is known as a ride with a lot of "ups." For a botanist this was just what makes the ride so enjoyable because on those ups there is plenty of time to observe the flora. Barbara and Rick returned this spring and did the Great Smokies, BRP from the South to North and the Skyline Drive just to get a better look and over 50,000 feet of climbing.

The presentation will look at some interesting plants ranging from the almost extinct American chestnut to the sassafras with mitten shaped leaves and shining black fruit.

But who wants to just hear about plants? So you'll get inside information on stealth camping, Bill's beer runs using his Billy Bob trailer, encounters with two tropical storms, the laurel and rhododendrons in bloom, climbing the highest peak east of the Mississippi, shared time with druggies with black painted fingernails and the tricks of starting the evening fire with wood wetter than a fish! Yes, you'll see some plants but there will be much more and of course a few folks in the audience might get a "Rick's Stick" if they have brushed up on their plant identification before the presentation!

Saturday Night

7:30 pm

Master of Ceremonies Marty Basch, author of "The White Mountain Ride Guide" is on the Rally's steering committee and has bicycled from Maine to Alaska and Maine to Georgia. He will get things kicked off for the evening with some introductions and presentations along with his wit and rugged good looks.

8:00 pm

Sounds Clever and the Valley Horns return to the Maine Bike Rally with its danceable rock, funk, blues and swing. Based in the White Mountains, the band features bassist and vocalist Al Hospers who has played on reunion tours of Blood Sweat and Tears and jazz great Buddy Rich. Hospers is also an avid cyclist who rides in the Fryeburg area. Rounding out the band are Steve Cooney (guitar), drummer Jared Steer, keyboardist Glenway Fripp and Mike Sakash on saxophone.



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Group Riding Safety

Tips - Revisited

- Signal or Call Out Stops
- Alert others when approaching by calling out or using your bell.
- Only pass on the LEFT and call out a friendly greeting to alert others.
- Create gaps in the line to allow space for passing cyclists or cars to advance.
- Think for yourself—Fight Mob Mentality. When riding in a group, the “strength in numbers” can be intoxicating — remember that individual thinking and action are essential for everyone’s safety.

Maine Bike Rally-

Locations

1989	Union
1990	Duck Puddle Campground, Nobleboro
1991	North Monmouth
1992	Newport High School
1993	Berwick High School
1994	Telstar High School, Bethel
1995	Telstar High School, Bethel
1996	Bar Harbor at the High School
1997	Bar Harbor at the High School
1998	The Goodwill Hinckley School
1999	The Goodwill Hinckley School
2000	Bath (downtown)
2001	Bath YMCA
2002	Bethel, Gould Academy
2003	Bethel, Gould Academy
2004	Belfast, Troy Howard School and the YMCA
2005	Belfast, Troy Howard School and the YMCA
2006	Yarmouth, Harrison Middle School
2007	Yarmouth High School
2008	Fryeburg Academy
2009	Fryeburg Academy



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Maine Bike Rally 2009, ROAD Ride Schedule			
Day/Ride #	Name	Depart Time	Distance
Friday 1	Downeaster to Rally Direct Bicycling directions from Portland Maine Downeaster station to Maine Bike Rally		48.2
Friday 2	Downeaster to Rally Scenic Bicycling directions from Rally back to Portland Maine Downeaster station. Most of this route follows the marked Saco Century route. Note where to stop following marks. Do not follow any marks on the road after that point.		59.6
Friday 3	Leg Stretcher Looking for a quick flattish loop to stretch your legs between longer rides?	4:00PM	16.5
Friday 4	The Succotash Ride This beautiful laid-back ride through West and North Fryeburg features beans growing on one side of the road and corn on the other.	4:15PM	19.7
Friday 5	Farms, Fields and Forest Some of the most pleasant country roads around are found among the rolling hills and farms of the Maine/New Hampshire border. Here, the roads dart between the two states. The atmosphere is rural and the scenery changes from fields to mountain vistas. The beauty of this ride is that it has some of the most gentle roads in the area. There are a few rolling hills (particularly on Green Hill Road), but nothing terribly demanding. See if you can find the reversing hill section of the ride. Looks like you are going up hill but the pedaling is easy. Green Hill Road is the forest portion of the ride, while Route 113 is the farm and field section. There are potato and corn fields, stone walls, weathered barns, the old Saco River and mountain vistas. For a novice rider looking to step up to intermediate this one's for you.	4:30PM	20.8

Friday 6	Brownfield is Beautiful This is an out-and-back ride to a quiet, little visited corner of Brownfield. While there is a climb at the halfway point, there is no shame in just a little walking to visit such a pretty site. So don't let that scare you off, advanced beginners.	4:45PM	21.7
Friday 7	Cornshop Hop A short flat loop, past local farm fields and farm markets. Famous Fryeburg Fairgrounds to right near end of ride.	5:00PM	11.8
Friday	Moonlight Ride Route to be determined. Yes, of course, lights are required.	8:00PM	
Saturday 7	Sunrise Ride (Lights required) Up and out early in the morning. With the birds so noisy it's hard to sleep any way. It's a great way to start the day. We'll be using the Cornshop Hop ride for the route.	4:30AM 5:07AM sunrise	11.8
Saturday 8	The Wicked Hilly Triple Notched Century The winding Kancamagus Highway is one of the area's most scenic roadways. It stretches for over 30 miles and even has an annual time trial to its top. The century uses a portion of the Kanc (that's local speak.) The Kanc is a slow steady climb just to warm you up, but Bear Notch Rd off the Kanc is the first serious climb. Pinkham Notch past the Mt Washington Visitor's Center entrance is your second serious climb and the highest and longest climb of the ride. Recharge with a shady lane ramble along the Androscoggin River, and then finish your day of notch climbs with glorious Evans Notch. Watch that last descent. Some tough curves will sneak up on you after a long day of climbing. Ride starts with the well traveled route over to Conway village so we can get the ride-proper underway.	7:00AM	101.7

<p>Saturday 9</p>	<p>Saco River Century The Saco River Century attempts to be a kinder, gentler century even though it passes through the hills of western Maine. The route winds through pine woods and small villages; past lakes and around the Burnt Meadow Mountains. The ride parallels the Saco River even though you get to glimpse the Saco only now and then. The route includes River Road from Hiram to Cornish, a classic stretch of understated Maine beauty - though as is the case here, Maine beauty isn't always accompanied by the smoothest of paved road surface. Still, any style road-bike will be fine for this ride, since all the route is paved, with only a few rougher sections. Lots of turns, so the road will be marked. However, please follow the cue sheet too. If you miss a mark, the cue sheet will help alert you. See examples of white markings for Saco Century at bottom of cue sheet.</p>	<p>7:00AM</p>	<p>100.8</p>
<p>Saturday 10</p>	<p>Bethel Loop Visit the pretty village of Bethel, base for past Maine Bike Rallies and a major center for winter sport activities.</p> <p>This advanced excursion tackles Evans Notch, a winding mountain road with copious tree canopies. Much of the ride is on Route 113, which dances between Maine and New Hampshire.</p> <p>Return route follows Route 5, as it twists and turns, threading its way past hills and lakes.</p>	<p>7:30AM</p>	<p>78.4</p>



Moat Mountain is a brew pub, restaurant, and inn located in one of North Conway's historic buildings. Come enjoy our award winning ales and lagers brewed on site along with some of our smokehouse favorites - pulled pork and beef brisket.

*3378 White Mountain Highway (RT 16)
North Conway, NH 03860
603-356-6381*

<p>Saturday 11</p>	<p>Androscoggin Bound Roll through the narrowest notch in the White Mountains to the edge of a pond rimmed by alpine scenery. This advanced excursion tackles Evans Notch, a winding mountain road with copious tree canopies, from both directions. Much of the ride is on wiggling Route 113 which dances between Maine and New Hampshire.</p> <p>Farms, potato fields and the Saco River. There is opportunity to stop in for a swim along the river, get some chocolate milk from a farm stand and pop into a country store.</p> <p>The Basin, in the White Mountain National Forest, is a spot to cool off, or have a picnic. This is an out and back ride so a shorter version turns back at The Basin.</p>	<p>7:45AM</p>	<p>64.4/4.4</p>
<p>Saturday 12</p>	<p>Ride to Freedom Emancipate yourselves from mental slavery with this ride to Freedom. Freedom NH, that is. Another ride that straddles the Maine-New Hampshire border. Travel gentle grade roads that follow beautiful lake chains characteristic of this part of New England. Some climbing along Brownfield Rd. section of ride.</p>	<p>8:00AM</p>	<p>54.3</p>
<p>Saturday 13</p>	<p>Famous Maine Signpost Ride As resorts developed in the 1800s, somebody must have had a good time naming the towns. This ride passes one of the iconic images of Western Maine: a tall signpost pointing every which way, with a jumble of foreign-and-domestic town names.</p> <p>You also pass through the high apple orchards of Sweden. Waterford is as pretty now as in its heyday as a secret getaway for 1940's Hollywood stars.</p> <p>There are a number of significant climbs on this ride.</p>	<p>8:15AM</p>	<p>58.1</p>

Saturday 14	Hills and Harbor Slight hills with one longer climb. Great tar, little traffic, woody.	8:30AM	35.1
Saturday 15	Cornish Ride Cornish is home to a fun apple festival each autumn. Cornish Village has antique shops, snacks, restaurants and a pretty little village green. Get an ice cream from Rosemary's and enjoy it on one of the park benches. Water available on the green. The return ride along River Road passes the most up-river of a number of older hydro-power plants still functioning on the Saco River.	8:45AM	51.1
Saturday 16	Fish and Corn Chowder Ride Fryeburg and Lovell have some bucolic back roads. They can be hilly or flat, thick with forest or rich with views. The potatoes are growing, the horses are grazing. There is corn on Cornshop Road, but no fish on Fish Street. Still, beat some hills, and enjoy a rich reward.	9:00AM	29.0
Saturday Garden	Farm and Garden Rick Churchill associate editor, <i>People, Places and Plants</i> magazine and owner, Churchill Horticultural & Arbicultural Consultants will lead a tour of the Farms and Gardens of Fryeburg. This is a highly sought after ride or should we say stops — multiple stops.	9:00AM	~20
Saturday 17	Scandinavian Ride Visit Denmark then Sweden on this ride, and do it by traveling less than 50 miles. We don't take you to Norway... but we could have! Somebody had a lot of fun naming the towns around the western Maine hills.	9:15AM	44.5



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Saturday RR1	Gibson Girl Gallop Sally Gibson, local bicyclist, that is. Join Sally for a short ride that mixes pavement and dirt roads in and around the village of Fryeburg.	9:30AM	~13
Saturday 18	Kranc Some Kranc' The winding Kancamagus Highway is one of the area's most scenic roadways. It stretches for over 30 miles and even has annual time trial to its top. This fun loop only uses a portion of the Kranc (that's local speak) and then a glorious country lane that goes over a covered bridge worthy of a stop for pictures and a bit of history. In addition there are opportunities to see two other covered bridges, as well as a chance to ponder life's meaning at scenic stops or grab a bite in Conway village. We start with the well traveled way over to Conway village so we can get the ride-proper underway. Don't worry, you can stop and visit Conway on the return. You turn right onto the Kranc just after the village peters out.	9:45AM	33.3



*Welcomes the
 Maine & National
 Bike Rally
 to the
 Mt. Washington Valley Area*

<p>Saturday 19</p>	<p>Two State Boogie Boogie over the (bumpy) roads in Fryeburg. Cruise into Brownfield, Maine. Then boogie over to New Hampshire where the road smoothes out.</p>	<p>10:00A M</p>	<p>20.0</p>
<p>Saturday 20</p>	<p>Conway Lake Beach Ride Conway Lake is one of the largest bodies of water in the area, ringed by mountains and dotted with islands. Just over the border in New Hampshire, a sandy beach is the launching point into a cove where anglers, swimmers and paddlers congregate. Along the way there, catch glimpses of the Saco River as it winds its way to the Atlantic. Bring a towel and ride two states.</p>	<p>1:00PM</p>	<p>11.0</p>
<p>Saturday 21</p>	<p>Raising 'cane Hurricane Mountain Road's a killer. In these parts, some roads are closed in winter. This steep, winding road is one of them. Too tough to plow, perhaps. Hurricane Mountain Road includes a nearly two mile stretch with an eleven percent grade, shorter stretches up to 16-17%. Ouch. The downhill side's steep too, so make sure the brakes are working.</p> <p>From Fryeburg, the ride is a rural pedal, but also goes quickly by a busy section of North Conway, New Hampshire with a few big box retailer stores. North Conway village is a short block away at spots for those who want to take some local culture, and the ride passes near the village's in-town ski area of Mount Cranmore.</p>	<p>1:15PM</p>	<p>24.3</p>



<p>Saturday 5</p>	<p>Farms, Fields and Forest Some of the most pleasant country roads around are found among the rolling hills and farms of the Maine/New Hampshire border. Here, the roads dart between the two states. The atmosphere is rural and the scenery changes from fields to mountain vistas.</p> <p>The beauty of this ride is that it has some of the most gentle roads in the area. There are a few rolling hills (particularly on Green Hill Road), but nothing terribly demanding. See if you can find the reversing hill section of the ride. Looks like you are going up hill but the pedaling is easy.</p> <p>Green Hill Road is the forest portion of the ride, while Route 113 is the farm and field section. There are potato and corn fields, stone walls, weathered barns, the old Saco River and mountain vistas. For a novice rider looking to step up to intermediate this one's for you.</p>	<p>1:30PM</p>	<p>20.8</p>
<p>Saturday 3</p>	<p>Leg Stretcher Looking for a quick flatish loop to stretch your legs between longer rides?</p>	<p>2:00PM</p>	<p>16.5</p>
<p>Saturday -</p>	<p>Moonlight Ride Route to be determined. Yes, of course, lights are required.</p>	<p>8:00PM</p>	
<p>Sunday 7</p>	<p>Sunrise Ride (Lights required) Up and out early in the morning. With the birds so noisy it's hard to sleep any way. It's a great way to start the day. We'll be using the Cornshop Hop ride for the route.</p>	<p>4:30AM 5:07AM sunrise</p>	<p>11.8</p>



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<p>Sunday 22</p>	<p>Bear Notch Ride Bear Notch done from this direction is a great introduction to notch climbs. Once you hit the winter closure gates the grade stays consistent the rest of the way up. Pick your level of exertion (pain) and it will stay the same all the way to the top.</p> <p>Please note: Barlett Store, the traditional landmark for bicyclists and bicycling groups riding the White Mountains of NH, burned down this winter. Make sure you have food with you for long middle stretch.</p> <p>Bear Notch is a fine climb. But many have commented that the second half of this ride feels like a coast all the way home. Use the gravity assist to enjoy the stupendous scenery along the "Kanc."</p> <p>Three covered bridges thrown in at the end just for show.</p>	<p>8:00AM</p>	<p>53.2</p>
<p>Sunday 11b</p>	<p>Basin Bound Roll through the narrowest notch in the White Mountains to the edge of a pond rimmed by alpine scenery. This advanced excursion tackles Evans Notch, a winding mountain road with copious tree canopies, from both directions. Much of the ride is on wiggling Route 113 which dances between Maine and New Hampshire.</p> <p>Farms, potato fields and the Saco River. There is opportunity to stop in for a swim along the river, get some chocolate milk from a farm stand and pop into a country store.</p> <p>The Basin, in the White Mountain National Forest, is a spot to cool off, or have a picnic. This is an out and back ride be sure to turn back at The Basin.</p>	<p>8:15AM</p>	<p>41.4</p>

<p>Sunday 17</p>	<p>Kranc Some Kranc' The winding Kancamagus Highway is one of the area's most scenic roadways. It stretches for over 30 miles and even has annual time trial to its top. This fun loop only uses a portion of the Kranc (that's local speak) and then a glorious country lane that goes over a covered bridge worthy of a stop for pictures and a bit of history. In addition there are opportunities to see two other covered bridges, as well as a chance to ponder life's meaning at scenic stops or grab a bite in Conway village.</p> <p>We start with the well traveled way over to Conway village so we can get the ride-proper underway. Don't worry, you can stop and visit Conway on the return. You turn right onto the Kranc just after the village peters out.</p>	<p>8:45AM</p>	<p>33.3</p>
<p>Sunday RR2</p>	<p>Hemlock Covered Bridge Ride Includes some travel on quiet dirt lanes along the Saco River, out to Hemlock Covered Bridge. Great for cross bike or any wider tire bikes like hybrid or touring. Bring bug dope. Sometimes bugs are bad at bridge.</p>	<p>9:00AM</p>	<p>27.0</p>
<p>Sunday RR3</p>	<p>Dirty Hills Ride Kinda hilly (OK, quite hilly) with some dirt roads. Great for cross bike or any wider tire bikes like hybrid or touring.</p>	<p>9:15AM</p>	<p>35.0</p>
<p>Sunday 24</p>	<p>Brownfield is Beautiful This is an out-and-back ride to a quiet, little visited corner of Brownfield. While there is a climb at the halfway point, there is no shame in just a little walking to visit such a pretty site. So don't let that scare you off, advanced beginners.</p>	<p>9:30AM</p>	<p>21.7</p>

Sunday 25	Eaton Ride Straddles the Maine/ New Hampshire border. Take the back way home to Fryeburg from Conway.	9:45AM	30.6
Sunday 19	Two State Boogie Boogie over the (bumpy) roads in Fryeburg. Cruise into Brownfield, Maine. Then boogie over to New Hampshire where the road smooths out.	10:00AM	20.0
Sunday 20	Conway Lake Beach Ride Conway Lake is one of the largest bodies of water in the area, ringed by mountains and dotted with islands. Just over the border in New Hampshire, a sandy beach is the launching point into a cove where anglers, swimmers and paddlers congregate. Along the way there, catch glimpses of the Saco River as it winds its way to the Atlantic. Bring a towel and ride two states.	10:30AM	11.0
Sunday 4	The Succotash Ride This beautiful laid-back ride through West and North Fryeburg features beans growing on one side of the road and corn on the other.	11:00AM	19.7
Sunday Village Map	Fryeburg Fair History Ride A self guided tour steeped in local history.	11:00AM	<5
Sunday 24	Rally to Downeaster Scenic Bicycling directions from Rally back to Portland Maine Downeaster station. Most of this route follows the marked Saco Century route. Note where to stop following marks. Do not follow any marks on the road after that point.		61.7



Maine Bike Rally 2008, Bike and Hike - bike to the trailhead

Day/Ride #	Name	Depart Time	Distance
Route 11	East Royce		See signup sheets for more information on these self guided adventures.
Saturday Village Map	Jockey Cap Family Hike		
Route 14	Burnt Meadow Mountain		
Route 11	Blueberry Mountain White Cairn Trail		
Route RR2	Mt Tom		

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Day & Date	Start Time from Academy	Ride Description	Difficulty	Duration	Shuttle or Cycle from Academy	Trail Head
Friday	4:00 pm	Porter Road Trail Network: intermediate and advanced single-track. This is the prime Rally mountain biking site within a mile of Fryeburg Academy featuring miles of bike-specific trails along ridges, through open forests, and by sandy ponds. Plenty of climbing to "the Rock", Long Hill, and Bald Hill.	Int.	2-3 hours	Academy	Academy Gym Driveway
10 July						

Day & Date	Start Time from Academy	Ride Description	Difficulty	Duration	Shuttle or Cycle from Academy	Trail Head
Saturday 11 July	9:00 am	Side Hill Loop: This 3-4 hour ride features challenging single-track along the mountain sides east of North Conway. These trails will take your breath away	Int./ Adv.	3-4 hours	Drive to trailhead N. Conway area, 10- 12 miles west of Fryeburg.	Pudding Pond parking lot off Thompson Road
	9:00 am	Moats and Mineral Site: This is the classic North Conway ride through bottom-land forests on sinuous single-track, then climb to 1000 feet on the Eastern Slope of Moat Mountain for a grand descent on the famous Mineral Site Trail.	Int./ Adv.	3-4 hours	Drive to trailhead N. Conway area, 10- 12 miles west of Fryeburg.	Echo Lake
	2:00 pm	Porter Road Trail Network: intermediate and advanced single-track. This is the prime Rally mountain biking site within a mile of Fryeburg Academy featuring miles of bike-specific trails along ridges, through open forests, and by sandy ponds. Plenty of climbing to "the Rock", Long Hill, and Bald Hill.	Int.	2-3 hours	Academy	Academy Gym Driveway

Day & Date	Start Time from Academy	Ride Description	Difficulty	Duration	Shuttle or Cycle from Academy	Trail Head
Sunday						
12 July	9:00 am	Porter Road Trail Network: intermediate and advanced single-track. This is the prime Rally mountain biking site within a mile of Fryeburg Academy featuring miles of bike-specific trails along ridges, through open forests, and by ponds.	Int./ Adv.	3 hours	Academy	Academy Gym Driveway
	9:00 am	Davis Hill Trails - intermediate and advanced double and single track. Located about 1.5 miles west of Fryeburg. Ride to the site. This is an ever-changing network of woods roads interlaced with clean, rolling single-track.	Int./ Adv.	3 hours	Academy	Academy Gym Driveway
	9:30 am	Three Dips and a Strawberry - beginner/intermediate family fun ride. This is a fun-paced ride to three different swimming holes capped by a strawberry smoothie. <i>Family Fun Ride</i>	Beg./ Int.	½ Day	Drive to trailhead North Conway 12 miles west of Fryeburg.	Drive to North Conway Parking Lot

Fryeburg Time Trial

8 of the 2009 Maine Time Trial Series

Presented by the Bicycle Coalition of Maine

15-Mile Course - Sunday, July 12, 2009 - in Fryeburg, Maine

Registration: 7:30 AM - 1st Rider Starts: 9:00 AM, \$20 registration fee if not already registered by July 3.

Course: 15-mile clockwise loop with Start and Finish at Green Thumb. 95% flat with one medium climb, 200 meters in length near mile 10, flat finish.

- Race start – Green Thumb Farms: 123 West Fryeburg Rd (Route 113) – Registration 7:30 to 8:45 AM
- Open course: racers ride with traffic and are solely responsible for their own safety at all times
- NO support vehicles or parking allowed on course
- Helmets required
- The Race Director's decision in all matters is final
- The Race Director reserves the right to combine fields
- You must sign a release form at the race – written parental consent is needed if under 18 years of age

Directions: From Fryeburg Academy – go west on Route 302, past town traffic light, turn right onto Route 113 by the Fryeburg Post Office, make right at stop sign by Sherman Farms, to continue on Route 113 – make right at Webster's store – Green Thumb Farms will be approximately 1-mile on right.

Garden ride

Rick Churchill associate editor, *People, Places and Plants* Magazine and owner, Churchill Horticultural & Arboricultural Consultants will lead a tour of the Farms and Gardens of Fryeburg. This well attended and enjoyed "ride" is more a series of stops and discussions about the plants.

Activities Table

Be sure to visit the Activities Table, located inside the field house for the latest on local area activities, Lost and Found, Message Board, and other late breaking information.

2009 Maine Bike Expo

Saturday, July 11, 1 pm – 5 pm

There will be a variety of exhibits to see, a clinic on bike repair, arts and crafts and bikes to test ride. Oh, and let's not forget—there will be a contest for the loudest (visually) helmet. It all comes together outside the field house.

Bike Parade

This is a wonderful time for kids of all ages to decorate their bikes and themselves. Join the fun and pageantry of this two wheeled extravaganza as it travels through the town and back to the campus. Allow plenty of time for proper decorations of you and your ride.

Play Area

Bretton's Woods is a small pine grove at the end of the Fryeburg Academy's field complex to the left of the track. This play area for kids has a playhouse, climbing wheels, dirt diggers, and more. There is a picket fence separating the play area from the nearby homes.



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Bicycle Coalition of Maine

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www.BikeMaine.org

Letter for Rally Program

Dear Bicyclists,

The Bicycle Coalition of Maine (BCM) is the statewide voice of bicyclists working for bicycle safety, education and access. Since 1992, we have advocated for bicyclists at the Statehouse in Augusta, in Washington, D.C. and in communities throughout Maine.

Our accomplishments include passage of landmark laws such as the requirement that motorists give three feet of clearance when passing bicyclists, increasing shoulder paving on Maine roads, statewide “Share the Road” media campaigns conducted with state and federal agencies, successfully working to increase funding for trails, teaching bicycle safety to 10,000 Maine schoolchildren each year and much more.

BCM played a major role in the League of American Bicyclists’ recent ranking of Maine as the third most bike-friendly state in the country. Currently, we are working for state and federal Complete Streets policies ensuring that roads are built for bicycling and walking as well as motorized vehicles. We also serve as a resource for local advocates working on projects such as mountain bike trails, bike paths and rebuilding bridges to make them bicycle-friendly.

If you are a BCM member, thank you for your support. If you are not yet a member, please join our effort to make Maine an even better place to bicycle. Sign up at www.BikeMaine.org, and you’ll receive discounts at events such as the Maine Bike Rally, our quarterly newsletter, “Maine Cyclist” and regular updates about Maine biking news. Your support for BCM makes a real difference for you, our community and the environment.

Thank you!

Allison Vogt
Executive Director

P.S. I hope you’ll join us on July 25 for the Maine Lobster Ride & Roll in Rockland, a gorgeous ride with a delicious lunch at the end.



The Casco Bay Bicycle Club (CBBC) was founded in 1980. They started the Maine Bike Rally in 1989 as a way for members to come together for a weekend of riding.

In 1997 the Bicycle Coalition joined with CBBC in the organization of the rally.

The CBBC organizes on-road rides and other social activities, in the greater Portland area.

Some are weekly scheduled rides and some are

special one-time rides, often with an opportunity to socialize over a meal after the ride.

Rides cover a variety of distances and speeds. A moderate, 12-16 mph pace is most popular. Particularly popular are the Wednesday evening Yarmouth rides with different routes each week. Longer rides include the Fryeburg Century, the White Mountain Century, and some specially scheduled rides.

The Casco Bay Bicycle Club web-based calendar has the dates and specifics of rides and events.

Often, there is a wide range of riding speeds among the bicyclists so the route is described by the ride leader at the start and care is taken so that no one is left behind.

Business meetings are scheduled on the third Thursday of the month. Some programs include a speaker who shows slides and recounts an interesting bicycle trip. Others involve biking equipment and techniques or discussions about bicycling issues.

Some of the annual events include a ride and picnic usually in September; a holiday party in December; and a pot-luck dinner in February.

The CBBC maintains a web site at www.cascobaybicycleclub.org which has a link to a calendar of rides and events, usually with map links to the starting point and links to the newsletters which are published electronically.

Also the club maintains a Facebook page listed under Casco Bay Bicycle Club - become a fan.

Currently, the club membership has around 85 members. Yearly memberships are \$15 for one person or \$25 for a family. For more information, check out www.cascobaybicycleclub.org, write to the CBBC, P.O. Box 10523, Portland, ME 04104.



The Merrymeeting Wheelers Bicycle Club, based in Brunswick Maine, is dedicated to safety, bicycle advocacy, and riding.

From May through late September, our club rides offer varying distances and degrees of effort each Monday and Wednesday evening at 6:00 pm and Saturday mornings at 9:00 am. Starting from the Gazebo on the Brunswick Mall, we travel around the mid coast area of Maine.

Wanting to bring more adventure to our cycling trips, we have initiated several inter-club rides that start from different locations in the state. Also, each summer an extensive week-long trip is planned. In past years, members and guests have enjoyed overnight trips to Cape Cod, Prince Edward Island, St. Andrews New Brunswick, Central Maine, Western Maine, and Aroostook County. This year's adventure will take us to Skowhegan.

Besides bicycling, eating and socializing are popular pastimes of our club members. Generally, after the evening ride, many of our members meet at a local restaurant for further camaraderie and refueling. Also, we enjoy gathering for Pot Luck dinners on a semi regular basis and are planning our 6th annual club banquet for next March.

Club meetings are usually the last Monday of each month at the Midcoast Presbyterian Church in Topsham, at 7:00 pm. During the summer months, our Monday night ride on the club meeting night will go as scheduled with a short meeting to follow at a local eatery chosen prior to the ride.

Meetings between October and April feature guest speakers and or slide shows to add some excitement to the bicycling off-season.

The Maine Hospice Event, formerly the Dan Michaud Memorial Ride, will be taking place on August 29 this year. Even though this is now a program of the Maine Hospice Council, the Merrymeeting Wheelers are still very much involved and we ask that you join us in supporting this worthy cause. Our club members support many other rides and fundraisers throughout the season including the MS 150, Trek Across Maine, The Diabetes Ride, the ride for Women's Heart Health and more.

Once again, it has been a pleasure for the Merrymeeting Wheelers Bicycle Club to work alongside Casco Bay Bicycle Club, the originators of the Maine Bike Rally. Thanks to all who have helped in making this event a success! For more information about MWBC go to www.merrymeetingwheelers.org.

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