



BIKE TO THE SEA NEWS

NORTHERN STRAND COMMUNITY TRAIL

Connecting Everett, Malden, Saugus, Revere and Lynn to the Sea and Boston

Special Thanks to all of our sponsors!



- **Malden Councilor Martin Gately**
- **Malden Animal Hospital**
- **Central Cycle of Revere**
- **New England Coffee Co.**
- **Dr. Howard Stranger**
- **Wheelabrator Technologies**
- **Fay, Spofford and Thorndike Inc.**
- **C-Tel**
- **Weir Funeral Home**
- **Malden Taxi**
- **The Malden Irish American Club**

Bike to the Sea Day XIII – June 12, 2005

The weather was absolutely gorgeous for our 13th annual Bike to the Sea Day on Sunday June 12.

The ride got off to a great start with an escort from the Middlesex Sheriff's motorcycle unit and assistance from the Everett, Revere, Saugus and Malden Police Departments, including regulars Sgt Zaino from Everett and Lt. Ford from Revere. The theme was "Back to Revere this Year" as more than 80 participants enjoyed much the route we used on our first Bike to the Sea Day. Not only did the number of riders increase we had a lot more kids riding this year!

The beach was spectacular with a cooling mist rising from the sand and even cooler

ocean water. EMT Rob Soffa kept riders cool with a fine water mist. After bananas and a few bike adjustments by the marshals we were on our way back to Malden.

Participants enjoyed a nice lunch at the Dockside Restaurant courtesy of our sponsors Malden Councilor Martin Gately, Malden Animal Hospital, Central Cycle of Revere, New England Coffee, Dr. Howard Stranger, Brown & Green LLC, Wheelabrator Technologies, Fay, Spofford and Thorndike Inc. C-Tel, Weir Funeral Home, Malden Taxi and the Malden Irish American Club.

Thanks again to all our wonderful volunteers. We'll look forward to seeing you at B2C Day XIV.



Bicycling in Holland

Holding
space for
Holland
photos

For 10 days in July 2004, my fiancé and I visited in Holland. We stayed in Amsterdam, walking and taking the trolley in the city. We also rented a car for 3 days and took day trips into the countryside.

Biking is very prevalent there. Upon stepping out of the airport, we first noticed businessmen riding their bikes (in suits no less!). Then, we realized that there are constant streams of bicyclists throughout the city and in the countryside as well.

Almost everyone rides bikes- from older persons to the young. Most often the children were with their mothers- one balancing on the basket in front and the other on the rack over the back wheel! We don't know how they did it. It was also common for two people to be on the same bike. Since they rode bikes all the time, they could do other things we've never seen in the U.S., such as:

- 1) Riding two abreast, with one person's hand on the other's shoulder and
- 2) Bicycling while holding an umbrella. (It rained at least some portion of every day we were there! It was said that it

was the worst weather in 30 years. That is why we never rented bikes during our vacation in Holland. We often saw bicyclists (often without umbrellas) riding in downpours.)

Although surely some rode bikes for their health, it was mostly just the way they got around, as evidenced by the number of bicyclists riding around while puffing on cigarettes, pipes and cigars. The number of smokers is much greater in Europe than in the United States. Never mind restaurants that prohibit smoking, we never even encountered a no-smoking section, except in our hotel.

A huge number of people leave a bike in a parking garage by the central train station in Amsterdam. After they get into the city on their train, they pick up their bike and ride it to work and reverse the process to take the train home. Taking a sunset cruise in a canal boat afforded us a close-up view of this enormous garage filled to capacity with bikes. It has to be seen to be believed!

As I'm sure you've guessed by now, Holland is very bike-friendly. In Amsterdam, every street either has a bike lane on the side of the street, usually separated by a divider, or, most often, there is a marked bike lane in the sidewalk. The whole time we were there, Leonard kept on thinking it was part of the sidewalk, and kept on walking in it, much to the bicyclists' consternation. We thought he might be killed, not by a car, but by a bicyclist who didn't see him soon enough!

There were well-marked and well-used bike paths from town to town in the countryside as well, as well as bike lanes on the roads.

They even have laws prohibiting drunken bicycling as well as riding at night without lights on. It is also prohibited to ride anywhere but in the designated bike lanes. However, I never saw anyone wearing a helmet, not even the children.

The last night we were there, we were sitting outside a pub/restaurant having dinner. A bicyclist and two police officers were having a heated discussion, in Dutch, of course, near us. Then, he left with them. The waitress explained afterwards that the police were indeed escorting him home, as we suspected. It turns out that they were citing him for riding drunk. They usually just give someone a ticket and leave it at that. However, since he gave them a hard time, they escorted him home.

In short, the Netherlands is a biker's paradise and we could learn a lot from the Dutch.

Rides Coming UP

A Really Cool Ride

Marblehead — Sunday August 14, 2005

Wondering where to take advantage of ocean breezes on a hot day in August? Come out for one of our favorite local rides — a trek to Marblehead on Sunday August 14. We'll head up the coastline along Lynn Shore Drive through Swampscott, take a jaunt along the Marblehead rail trail and then head over to Marblehead Neck for a lunch break (bring your own). Hopefully we'll catch a sailing race or two. This is a great ride since it takes you to some out of the way places that are best visited on two wheels.

Even better — you can choose the length of the ride based on where you begin. If you want to do the whole 30+ miles, meet us at 9:00 am at 83 Jacob Street in Malden. You can meet us at 9:30 am at Riverview Park on Boston Street at the Lynn Saugus line (~25 mile ride) or at the Nahant Rotary at 9:45 am (20+ mile ride). Bring a lunch, water and don't forget your helmet.

This ride is free and open to the public.

For more information call 781-397-6893

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5	6
	7	8	9	10	11	12	13
August	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

Founders Day Saugus

Saugus — Saturday September 10

East Bay Bike Path* Ride Sunday

Providence, RI — Sunday September 18

Want to see what a ten-mile long bike path running along the water through 5 communities look likes? Please join Bike to the Sea for a ride along the East Bay Bike Path that runs from Providence to Bristol Rhode Island. The motto for this path is "If the path be beautiful, let us not ask where it leads."

This path is truly an inspiration for what the Northern Strand Community Path will look like. You can even enjoy a ride on the Loofe Carousel that is a short ride from Trail.

Ride leaders Clay and Naomi Larsen ask riders to meet at 9 am at 100 Cedar Street in Malden. From there a group will car pool to the start of the trail in Providence. If you would like to meet us at the trail, take I-95 to Providence, then take I-195 east. Go over the bridge and take the first exit onto Veterans Memorial Parkway. We'll be parking in the first parking area on the Parkway.

For more information call Clay and Naomi at 781-321-4680

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3
	4	5	6	7	8	9	10
Sept.	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
	2	3	4	5	6	7	8
Oct.	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

Sunday
October 16th
Fall Colors Ride

Thursday
November 10
Bike to the Sea Annual
Dinner
Location and time to TBA
Sunday
November 13th
Group Ride

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	5
	6	7	8	9	10	11	12
Nov.	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

Volunteers Needed for all Events and Rides

Bike to the Sea is sponsoring monthly group bike rides this season. Each month a different member chooses and leads a bike ride. If you would like to sponsor a monthly ride, please contact **781-397-6893** or email nbrave8@hotmail.com. Monthly rides are also posted on our newsgroup at groups.yahoo.com/group/biketothesea/

Address sticker here



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**For more information on the
East Bay Bike Path check out*

*[http://riroads.com/archive/
eastbaybikepath.htm](http://riroads.com/archive/eastbaybikepath.htm)
and*

<http://www.eastbaybikepath.com/>

**If You are not a Member and Would like to become one,
You can Complete the Membership Form Below**

Yes, I want to join Bike to the Sea

- Family \$20.00
- Individual \$15.00
- Supporting \$50.00 (receives a gift bike map)
- Contributing \$75.00 (receives a gift t-shirt)

Name(s) _____

Address _____

Town/Zip _____

Phone _____

Email _____

Make check payable to Bike to the Sea and send to:

**Bike to the Sea
c/o Eden Garhart Smith
44 Greystone Road
Malden, MA 02148**



Scramble answer is: When riding always wear a bike helmet

**FOR MORE INFORMATION AND CALENDAR UPDATES
CHECK US OUT**

www.biketothesea.com