



## An Annual Cycle: Pedaling the Penobscot

by Michele Benoit & Lynn Bolduc  
Co-Chairs, PtP 2016

The 10th Annual Pedal the Penobscot rolled out in style, offering a new 10-mile course, special anniversary tech shirts, a new finish celebration venue--and a dash of drama from Mother Nature.

Cyclists from age 7 to 70+ took to the road on a warm, cloudy Sunday to support the preserves and mission of Bangor Land Trust.

Riders found a ride to meet their needs and challenge, from the 18 riders registering for the 10-mile event to the 23 long haulers in the century, and everything in between. Maine riders brought their bikes from as far away as Fort Kent and Portland. Cyclists from Vermont, Pennsylvania, New Hampshire, California and Hawaii joined the ranks of locals.

The ride had its heroes.

Earning the spot for top fundraiser was 10-year-old Lukas Modrusan, who rode 50 miles with his parents!

With 20 members, Team USA was recognized for entering the largest team and received gift cards to Orono Brewing Company. Special congratulations go out to David Barnett (Much Ado About Biking) and Linda and John Poirier (Team USA). They've ridden all 10 PtP events, over changing routes, sun and rain, from Frogs, Logs & Bogs to Pedal the Penobscot. See you all back for the 11th and more!

Rain dampened the riders but not their spirits. Ten milers were half-way through their effort when the skies

opened, but smiled and laughed through the puddles. Special thanks to Ray Bolduc, sweep for the 10-mile ride, who kept everyone together and moving. We caught our breath for a few hours when the 76- and 100-mile riders met a rumble and light display along with heavy rains. These most experienced riders weathered this storm and arrived at High Tide

ready to enjoy warm food and drink. Riders kept their sense of humor and perspective: "It was wet, but at least it was warm!"

A special show of support and gratitude occurred along the route. Adjacent to the PtP start was the 9/11 Heroes Run, honoring first responders to September 11th, 15 years ago. Riders waiting for their start cheered and shouted words of encouragement to runners as they turned into the final stretch of the race. As the 50-mile cyclists began, they were sent off with cheers and applause by the runners and

walkers gathered to honor those who'd served.

This year's ride brought together established traditions and new elements. New sponsors and long-time supporters. Beginner riders and experienced cyclists. A traditional start along the Bangor Waterfront and a finish celebration at High Tide.

Pedal the Penobscot has become a fall tradition that creates a community of riders, volunteers, sponsors and donors, all coming together to do what they love. Thanks to everyone who shared.

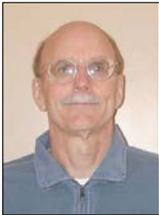


ANNUAL

September 11, 2016



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Dear Friends,

One of the great pleasures of working on this newsletter is getting to read Nature Notes. This issue made me think about seeds. They contain so much information in such a tiny package. I look at a fully-grown 90-foot pine tree, think of how small its seed is, and marvel that the instructions for growing a tree that big could be contained in such a tiny seed.

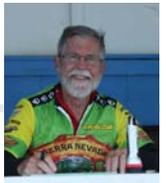
Then I think about all the Bangor Land Trust preserves, the information in all their seeds and spores and in the hundreds of insects and other invertebrates, and many trillions of microbes, not to mention the more familiar birds, reptiles, amphibians, and mammals. How could one ever begin to measure all the information contained in Bangor's Wild Back Yard?

As a first step, one could begin by making lists of plants; perhaps that is like cataloguing books in a library. But the amount of information found in even the largest library is relatively limited. It is all created by humans, imagined or discovered at some point by human minds. The amount of information found in Bangor's Wild Back Yard is immeasurably more vast. In fact, that is one of the greatest attractions of the natural world. There is always more to learn, more to discover, right in our back yards.

Undaunted and ever enthusiastic, your land trust has boldly started to catalogue the plants on Bangor Land Trust preserves. Professional and amateur botanists have helped us make lists. We started by creating Natural Resources Inventories, usually our first project for each new property. Now we are calling on all of you, our friends and supporters, to help collect photographs of the listed plants. Donne is posting these photos at [www.bangorlandtrust.org](http://www.bangorlandtrust.org), which is gradually becoming an online field guide to Bangor's Wild Back Yard.

As a supporter of Bangor Land Trust, you are helping to catalog this vast collection of information in nature, making it possible for more of us to call the flowers and leaves by name, to remember them as friends from season to season, to watch them leave tiny packets of instructions for their renewal, and to know that they will be here as we human generations renew ourselves as well.

Sincerely,



Seeds are now tucking themselves away for the winter, ready to spring to life next year when the soil becomes warm and moist. Seeds are great food for many birds and animals, helping them to survive the winter, and an excellent food for people too, with lots of nutritious fats, carbohydrates, and protein. Seeds are great tasting when mashed (e.g., peanut butter) and spread with jelly on bread that is also made



from seeds. In fact, seeds and the fruit that surrounds some seeds in one form or another make up much of our diet.

Seeds were an evolutionary breakthrough that has greatly dominated plant life on this planet for hundreds of millions of years since its first appearance. They first emerged from a type of fern around 400 million years ago, appropriately called seed ferns. Seed ferns are now extinct, and all surviving ferns now reproduce with spores. But within 10 million years or so of the appearance of seed ferns around 400 million years ago, Gymnosperms (e.g., conifers) evolved with seeds and have been on earth ever since. Angiosperms (flowering plants), which evolved from Gymnosperms only about 100 million years ago, kept this evolutionary innovation, so they too have seeds. Angiosperms also added another layer to the seeds, which sometimes develops into a fleshy fruit. The seed ferns are thought to have evolved during a period of drying on earth, and seeds enabled them to survive periods of drought better, since seeds could wait years of dry conditions until wetter times allowed the seeds to germinate.

Four hundred million years is a tremendous time span for evolution to work its wonders. On an incredibly varied and changing planet, seeds have

changed to meet the needs of plants specializing and thriving under wide-ranging conditions. By containing an embryo, a food source, and protective coat, some of these wonders are able to live for centuries before germinating to adult plants. The current record holder for the oldest seed able to grow a new plant is an arctic member of the pink family (*Silene stenophylla*), one of about 600,000 seeds found in 70 arctic ground squirrel nests in Siberia many meters below the permafrost. Three of the 600,000 seeds, which were dated at about 31,800 years, had viable embryos, which were grown in the lab and produced plants. The oldest seed that germinated

on its own (without lab intervention) was a Judean date palm dug up during archeological excavations in Israel; it was around 2,000 years old. A common phenomenon in Maine is the profusion of brambles (raspberries and blackberries) that appear almost as soon as a forest is cut down; the seeds of the brambles have waited patiently in the soil for decades, until suddenly the trees are down and the sun can warm the soil more.

Most seeds go through a dormant period when they absolutely will not germinate and a period where they can remain viable and able to germinate in days, weeks, years, or centuries in the future, depending on the species and conditions. The dormant period prevents seeds from germinating when conditions are probably not suitable for survival. Triggers that break dormancy are as incredibly varied as the plants themselves. Some triggers for seed germination include smoke, heat, cold, water, oxygen, no oxygen, animal digestive systems, ethylene, successive heat and cold etc. The triggers are nearly endless as befits the tens of thousands of specialized plant species.

I especially admire some of the common weed species that require as little as 1/100 second of light to spring into action. It makes my cultivation of the gardens an endless task.



## PtP Sag Wagon Volunteers

Pedal the Penobscot owes huge thanks to the Pine State Amateur Radio Club (PSARC) for their volunteer work to make Pedal the Penobscot truly a fully supported road ride. Back in 2011 Steve Jordan (pictured center above) was the Bangor Police Officer who led the riders out of town. When he noticed what a challenge we were having communicating with the sag wagons about riders needing assistance, he volunteered the services of the Pine State Amateur Radio Club. Beginning in 2012, a ham radio operator has ridden in each sag wagon, making communication among the sag wagons and responses to rider calls for assistance much more efficient.

Who are these wonderful folks? The 100 PSARC members are almost all federally licensed amateur radio operators. They come from widely diverse backgrounds (e.g., physicians, firefighters, police officers, engineers, students, professors, electricians, trades people, teachers), and they volunteer at many community events including a variety of walks, parades, and races, on roads, snow-covered trails, and water. Were the Bangor area to be hit by a major emergency, PSARC would be available to assist the Red Cross, MEMA, FEMA and other local agencies, using their own equipment that they can operate without infrastructure or commercial power.

Nine riders received assistance this year from the radio-staffed sag wagons, including riders with flat tires, some who had gone astray, and one who wisely sought refuge from the electrical storm. Given the challenges posed by the weather on Pedal the Penobscot day, we are extra-appreciative to have had the additional measure of safety provided by the Pine State Amateur Radio Club. A resounding thank you for sharing.





**Thank You** to all Pedal the Penobscot 2016 riders, volunteers, sponsors and donors.

**Prize Donors**

- A New Beginning Therapeutic Massage
- Balance Massage Therapy
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- Blue Heron Center
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**Food Donors**

- Frank's Bakery, Sam's Club, Walmart, Broadway Hannaford, Shaw's Supermarket and Broadway Rite Aid

**Thanks to these sponsors for making PtP 2016 possible:**

Guardian



Titanium



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- Maine Distributors • Maine Trailer Inc. • Rose Bike • St. Joseph Healthcare
- SGC Engineering, A Lloyd's Register Co. • Ski Rack Sports

## Be Careful Out There!

We'd like to remind hikers and hunters that BLT preserves are used for multiple recreational purposes. During hunting season it is especially important that users be aware of others using the land.

For a current list of Hunting Season Dates and Bag Limits please visit Maine IFW's website. Hunting is a traditional use of open space lands in Bangor. It is allowed on two BLT preserves (Northeast Penjajawoc and Central Penjajawoc). We ask that hunters register at the BLT office so we know who is hunting on our preserves and so we can request hunters' help in reporting any unusual occurrences. Hunters are expected to abide by all state and local hunting regulations, to avoid heavily used hiking areas, and to be courteous to any non-hunters they may encounter. State law permits hunting from 1/2 hour before sunrise to 1/2 hour after sunset for most of the open hunting seasons. Please see Maine IFW's website for a chart of legal hunting hours. Hunting is not allowed on Sundays.

Hikers should wear blaze orange (front and back) as a safety measure, just as hunters do. Dogs at Northeast PJJ should remain leashed (as always) and should also be wearing some visible article of blaze orange. Hikers are expected to be respectful to the hunters with whom they share the woods during this time of year. During the month-long deer hunting season with firearms, Sundays are the best days to hike.

Please contact the office, 942-1010, if you would like to register to hunt or have other questions.



## UPCOMING PROGRAMS

Saturday November 5 at 7 pm

### Owl Prowl

Walden-Parke Preserve Leader: Lucy Quimby

Saturday December 3 at 10 am

### Winter Weeds

Location TBA Leader: Grace Bartlett

Thursday December TBA

### Invasive Species

BLT Board Room, 8 Harlow Street 4B Speaker: Brandon Delano

Saturday January 7 at 10 am

### Beaver: Ecosystems Engineers

BLT Board Room, 8 Harlow Street 4B Speaker: Christy Stout

Saturday January 28 at 10 am

### Polar Bears

BLT Board Room, 8 Harlow Street 4B Speaker: Christy Stout

Thursday February 23 at 6:30 pm

### Annual Meeting

Dysart's Broadway Restaurant  
Dinner 6:30 - Short Business Meeting 7:00 - Speaker 7:30

Saturday, April 29 at 10 am

### Connections - Roaming the Trails

Meet at the Walden-Parke Preserve Kiosk Leader: George Elliott

Some details and additional programs are still to be determined. Check out the website, email or call 942-1010 to find out more.

**H**ave you been thinking about a way to make a difference that will last even after you're gone? You can give an enduring gift of Bangor's wild back yard to future generations by making a bequest to Bangor Land Trust in your will.

For more information call 942-1010 or send a message through [info@bangorlandtrust.org](mailto:info@bangorlandtrust.org).

*"Nature is not a place to visit,  
it is home."*

*Gary Snyder*

## Introducing New BLT Board Member

Greg is a graduate of Bangor High School and UMaine, and is a Staff Accountant and Marketing Manager at Edwards, Faust, and Smith. His free time is spent mostly in the kitchen, on a bike, in the garden, lost in the woods, or imagining his life as a 19th century lumber baron in the Queen City. We met him at Greendrinks, he helped make this year's Pedal the Penobscot a great success, and we are very happy to have him on our board!



*Greg Edwards*

## Farewell

BLT bids a fond and appreciative farewell to three board members: Lori Gettler who moved back to Virginia, Kathy Billings who moved to Portland, and Shirley Ellis who heroically masterminded Pedal the Penobscot for at least six years. Thanks to all three departing board members and extra special thanks to Shirley and all that she did to make Pedal the Penobscot such a remarkable and enjoyable event!



Thanks to the children and staff with KidsGiveBack Forestry Program of KidsPeace New England (especially Jesse, Jimmy, Billy, Jayden, Brooke, Kassie, Joe, Dylan, Kaelab and Isaac). They made, stained and donated five sawhorses, like the one pictured above, to Bangor Land Trust in June.



Turn your returnable bottles into a donation for Bangor Land Trust. Call the office (942-1010) for your labels and bags, collect your empties and drop them at a participating Hannaford near you.

Here are some helpful tips:

- 1) Bags come in two sizes - CLYNK has a 20 lb limit, (for safety based on tensile strength of the bags) so if your favorite beverages come in glass returnable bottles, a small bag is the right size. The large size bags are better for metal and plastic returnables.
- 2) Use the bar code on the bag label that you get from Bangor Land Trust to open the little door through which you send the bags down the chute.

For a color email version (pdf) of *Bangor Land Trust News*, and/or to receive future versions of the newsletter by email, contact the office at [info@bangorlandtrust.org](mailto:info@bangorlandtrust.org).

► *Pedal the Penobscot* planning committee members - from left to right: Linda Perkins, Carolyn Eaton, Michele Benoit (co-chair) and Lynn Bolduc (co-chair). Thank you, team, for all of your work! AND, thanks to Jeff Kirlin for taking this and many other great photos that day.





# BANGOR LAND TRUST

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## BANGOR LAND TRUST'S MISSION:

“Protect for public benefit land and water in the Bangor region that have special ecological, natural, scenic, agricultural, or recreational significance while increasing public understanding of the value of land and water conservation.”



*Linda Perkins shared these photos from the parking gig at People's United Bank for the Luke Bryan/Little Big Town concert on July 17. We'd like to extend a great big thank you to People's United Bank for supporting Bangor Land Trust in this and many other ways through the years.*