

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XX, Number 12 - December, 1996

Bicycling in The Alps

by Dave Vickers

Just got back from our beautiful 2 week bicycling trip in the Alps. Here is short summary about the group, the route, the scenery, the mountain passes, the riding, the campgrounds, and the off days.

The Group. Let's start with the most important thing first, the people. We had a very compatible and friendly group of 18 people. All were strong riders, and had done many bike trips in the past. Of the 18, 10 belonged to the "Tolman Entourage". Thanks Lynne for finding this trip for us! The trip was run by an organization called Cyclevents.

The Route. Basically we were going through the northern Alps. We started in Geneva Switzerland and spent the first week bicycling in Switzerland. After that we were in Austria for a few days, then on to Southern Germany (Bavaria) leading to Munich Germany.

The Scenery. The scenery in the Swiss Alps was unbelievably beautiful. A lot of places I have visited have not meet up to my expectations, but the Swiss Alps were even more beautiful than I had imagined! At times we would be biking through lush green valleys with wild flowers everywhere, snow peaked mountains on both sides with glaciers and waterfalls, and cows with giant bells that provided music along the way. We expected Julie Andrews to pop out at any minute singing the "Sound of Music".

The Mountain Passes. The mountain passes were very tough, especially the ones in Switzerland. On one day we did 2 mountain passes in a 42 mile ride with 10,000 feet of elevation gain! To give you some perspective, that would be like bi-

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Hills, Headwinds and Hospitality - Vermont Style

by Ken Hablow

It was cool at 8:00 Sunday morning as we waited for Jerry to join us on yet our third century of the weekend. Our starting point was the Hyde Away Inn right on Route 17 in Waitsfield Vermont, on the road past the Mad River Ski Area and on to Appalachian Gap. As we started up the Gap (AP Gap as it is called by the natives) Jerry was in the big chain ring. We watched from behind as his long braided ponytail swayed with every effortless pedal stroke. Pete Knox turned to me and said, "I think we are in deep do-do." ... or something like that.

Jerry is about 30 years old, very fit, climbs AP Gap in the big chain ring for something to do before he goes to work at the Mad River Bike Shop, and looks more

at home on a bicycle than Pete does with a Coke in his hand. We met Jerry on Saturday afternoon at the barbecue at the Hyde Away after the Mad River Century. When he asked if he could join us on the ride, we made it perfectly clear this ride was not going to set any speed records. The only record we set that day was the slowest paced ride we had done since last April - Vermont hills and Vermont headwinds.

As Pete, Jim Cavanaugh and myself got into our rhythm on the climb up AP Gap, Jerry, whose rhythm was a lot faster, kept riding back down to check on our progress; that is up and down the top of the Gap in the big chain ring. He prob-

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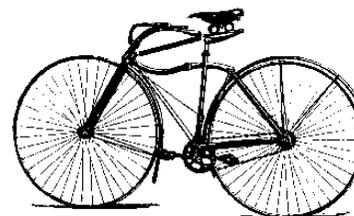
Government Relations Report

I attended two transportation seminars in October. The first one was organized by the Conservation Law Foundation and the second by the Bicycle Coalition of Massachusetts. The first by CLF looked at how communities could find better ways to improve transportation. They studied intermodal links, traffic calming and bicycle/pedestrian related subjects. Speakers came from Portland, Oregon to Portland, Maine.

The second a retreat by BCOM had representative Anne Paulsen from Belmont, Alan McLennen, Jr, from Arlington and Charlie Gandy for speakers. We were organized into small teams which studied future possibilities for bicycling in Massachusetts and our communities. More information can be obtained by calling Steve Barrington at CLF (617)

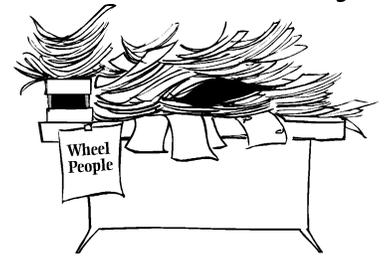
350-0990 and BCOM at (617) 491-RIDE. Draft recommendations of the Massachusetts Statewide Bicycle Transportation Plan will be available on line at www.vhb.com prepared by Vanasse Hangen Brustlin, Inc.

*Robert B. Sawyer
Government Relations Advocate*





Editorial Policy



The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The routes are arrowed in advance and the leaders stay in the rear to ensure that nobody is left behind. Our Winter rides program, The Second Season, is more informal; the route and pace are decided by those who show up. We also hold social events and related activities.

CRW is an LAB 100% affiliated club, so our dues include membership in the League Of American Bicyclists. Members receive *Bicycle USA*, the LAB magazine, as well as *WheelPeople*, the Club's newsletter. CRW is also an associated club of the Adventure Cycling Association. Address correspondence to:

The Charles River Wheelmen - 19 Chase Avenue - West Newton, MA 02165

Officers And Coordinators

Acting President	Ken Hablow	(617) 647-0233
Vice-President	Tom Lynch	(508) 877-2238
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Sunday Rides	Ilna Blossfelds	(617) 965-9570
Winter Rides	Eric Ferioli	(617) 235-4762
Tuesday Rides	Peter Knox	(617) 731-5944
Thursday Rides	Peter Mason	(617) 862-5063
Introductory Rides	Tom Lynch	(508) 877-2238

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Susan Broome	1996	(617) 965-4586
Ralph Galen	1998	(617) 497-8287
Susan Genser	1996	(617) 899-3929
Tom Lynch	1998	(508) 877-2238
Bob Sawyer	1998	(617) 862-6517
Peter Serratore	1996	(617) 643-1893
Marty Weinstock	1997	(617) 491-6523

We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in *WheelPeople*, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of *WheelPeople*.

Mail handwritten or typewritten documents or articles on floppy disk to Jack Donohue, 26 Fox Run Road, Bedford, MA 01730. *Note: floppy disks will not be returned.*

Documents produced on computer may be sent electronically via Internet to Jack at JDONOHUE@world.std.com. Your document must be in "text" mode.

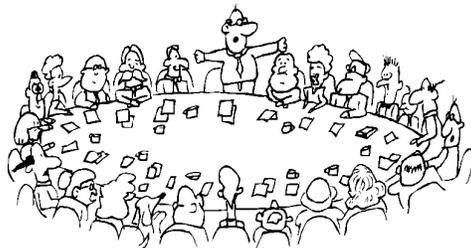
Insurance

If ride leaders or others have questions about insurance, contact Ken Hablow at (617) 647-0233. Please do *not* contact the insurance company.

Advertising Rates

Half Page	\$65.00	Third Page	\$45.00
Quarter Page	\$35.00	Eighth Page	\$20.00
Call Noreen Powell at 617-863-1277 for more information			

Board Meeting Minutes



November 5, 1996

Membership report: 1,008 current members.

Treasurer's report: October expenses were slightly higher than income, but our net income YTD is better than last year's.

Positions filled: Andy Meyer and Laura Sipser are the new Wheel People production editors. Peter Serratore is taking over as Saturday ride coordinator. The Century Committee chair is still open.

Banquet: To speed up the raffle process, ticket holders will have an opportunity to examine all raffle items before numbers are called. Any items over \$100 will not be part of the raffle, but will be auctioned off instead.

Holiday party: The party will be held on December 13 at last year's venue, St. Paul's Church in Bedford.

Charitable donations: The board passed a motion making up to \$2,500 available for charitable donations during 1996-1997. This amount will come out of interest income, not capital. The Finance Committee will be re-established with the task of determining, on a yearly basis, how much funding to make available for charitable causes.

One of the special cases this year is a donation to the Wayne Ross Recovery Fund. Wayne, a CRW member, was paralyzed in a bicycling accident in Guatemala City during an Alaska-Tierra del Fuego charity ride. The board passed a motion to contribute the proceeds from the banquet auction to Wayne's fund. Another motion that CRW match the auction amount with charitable funds also passed.

Board meetings are held on the first Tuesday of each month. The next board meeting will be on December 3 at 7:30 in the Hancock United Church of Christ, 1912 Mass. Ave., Lexington Center.

Board of Directors Election

Candidate Statements

Barry Nelson

I wish to serve on the CRW Board of Directors. I have been a CRW member for 6 years. After benefiting from the hard work of so many volunteers, I decided to become more active 3 years ago. I responded to an appeal in the Wheel People. I started with a simple job - I brought the bananas to the Century ride. Last year I answered the second call for help. I became the club secretary which required that I attend all the board meetings and take minutes. This job is an excellent way to discover how much work is required to maintain a club as successful as ours. My new job is Vice-President of Rides. Certainly CRW would have no purpose without its fabulous rides. Nevertheless I have another goal in mind for the club. We have a surplus in our treasury. I think we should use some of this excess for the benefit of our members and the remainder for the local bike community. If you have ideas on this subject, call me at 964-5727, or you can send e-mail to barryn@world.std.com.

Peter Serratore

I'm trying to make the rides program more enjoyable, and responsive to a broader swath of members. Last season, I introduced and led the Friday Night Ride Series, which will continue next season. (They were fun- I miss them.) I recently wrote to my fellow CRW board members, detailing some flaws that I see in our rides, and asking that we start discussions over the winter to try to make the rides meet the needs of more members, and to promote group riding. Group riding is good for its own sake, and it also provides a "ladder" that allows riders to become stronger and faster if they want to. A lot of this will be up to our ride leaders and the members themselves, but I'm starting the discussion. Re-elect me to the Board if you'd like to see this continue.

Bob Hug

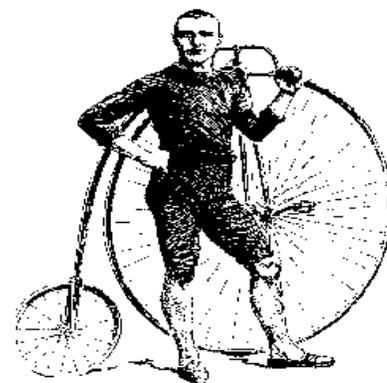
In the year that I have been CRW Membership Coordinator, I have regularly attended Board meetings. I now better appreciate just how important the Board of Directors is to CRW, and hope that I will receive your vote to become a member of the Board.

In general I would seek to continue the fine work the current board has done. For example, I support the questionnaire being drawn up that will help the board determine just what you, the members, really want. I also support the current efforts to host GEAR. But there are other areas where I would like to see greater emphasis given.

I would like to see greater emphasis given to getting more members involved as volunteers. One way this might be done is to have a Volunteer Coordinator who could concentrate on lining up new blood for various volunteer activities including leading rides, helping with events, and all the work that goes into keeping the club going. For those that do volunteer, I would like to see more tangible rewards. The Volunteer T-shirts we started giving out last year are a great start, but other "Thank You's" such as a banquet for volunteers should be considered.

I would also like to see more CRW articles available for purchase such as club jerseys, window stickers, bike stickers, bumper stickers.... You get the idea!

I hope that you will vote for me and give me the opportunity to help CRW become an even better, more enjoyable club for us all.



**CRW Bike Hotline
325-BIKE**

The Rides Calendar December, 1996



On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map.

During the "arrowed" ride season, CRW recommends Saturday at 10AM as an opportunity to follow the arrows of the previous Sunday ride. You should also

call the leader to determine the correct arrow shape and color to follow, and other pertinent details. Call 617-325-BIKE to find out about last minute changes or special announcements.

The CRW Fitness Rides Program

CRW's Fitness Rides Program is designed to assist intermediate and advanced riders to improve their skills and learn cooperative paceline riding techniques.

Every Saturday at 8:30 AM Sharp, the Fitness Ride departs from Nahanton Park in Newton for routes of 19, 28 and 42 miles. The routes are arrowed and cue sheets are available. The ride may occasionally go "leaderless" but someone who knows the route almost always shows up. We often go for coffee afterwards. If severe weather cancels the ride, we may go out on Sunday at the same time.

Leaders: Dave McElwaine (617) 821-8643 (McElwaineD@aol.com), Mark Dionne (617) 965-5558

Directions: Take the Highland Avenue exit off route 128 toward Needham. Turn left at Hunting Road, and left at the next light onto Kendrick St. The park is on your left immediately after crossing the Charles River.

First Frost Bite Ride (Second Season) - Something in Common

Sunday, December 01, 1996 - 10:30 A.M

Ride Type: Map and/or Cue sheet. Leader: Eric Ferioli (617-235-4762) Start: Cambridge Common, 1/2 mile north of Harvard Square on Massachusetts Ave. Meet at the monument in the middle of the Common. Highlights: Eric will give us a taste of winter rides to come. Join us for the first Winter Ride of the Second Season. This is the season to share in the fun.

Sixth Annual Christmas Lights Ride *December 3, 10, or 17 - 7:00 P.M.*

Ride Type: Show & Cold, No maps, arrows, or cue sheets. Leader: Jacek Rudowski (617) 224-2565. Start: From I-95/Route 128 take exit 15A (this interchange is on the Dedham/Westwood town line). Take the Boston-Providence Pike northbound, this is not route 1, to the third traffic light, turn left there onto Eastern Avenue. There are signs indicating this is Eastern Avenue. The Dedham Municipal Parking Lot will be immediately on your right. Highlights: This will be a ride of approximately 15 miles length to review the Christmas lights in Dedham, Westwood and Hyde Park. There are no maps, cue sheets or arrows. We will ride as a group and stop to look at the lights. I will decide the night before whether we will go on the 3rd, 10th or 17th. Twice, when we finished the ride the temperature was still in the 30's. Lights are required.

Fitness Ride - Nahanton Park *Saturday, December 7 - 8:30 A.M. SHARP!*

Procrastinator's Holiday

Sunday, December 08, 1996 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet Leader: Ken Hablow (617-647-0233) Start: Weston Town Hall, Weston Center Directions: From Rt. 128 take Rt. 20 and head west to the first traffic light, turn right into Weston Center and park on the far side of the green. Highlights: Ken has just the antidote for avoiding the holiday shopping rush. Note to bagel lovers: there is now a Bruegger's in Weston Center.

Fitness Ride - Nahanton Park *Saturday, December 14 - 8:30 A.M. SHARP!*

Donut Ride

Sunday, December 15, 1996 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet Leader: Jamie King (617-325-1433) Start: Dedham Center Municipal Parking Lot at the intersection of Eastern Ave. and High St. Directions: From Rt. 128 take Rt. 1 North, get in the left lane after Lechmere's and make a left on the next light onto Eastern Ave., the parking lot is immediately on the right. Highlights: An early winter ride up Great Blue Hill and a post-ride party at the ride leader's house. Cool.

Fitness Ride - Nahanton Park *Saturday, December 21 - 8:30 A.M. SHARP!*

Bare Natick

Sunday, December 22, 1996 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet Leader: Eric Ferioli (617-235-4762) Start: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Annual Christmas Day Bike Ride *Wednesday, December 25th*

If you're looking for something to do on Christmas Day or someone to spend the day with, join us. We'll probably ex-

plore parts of Boston you wouldn't want to go near the rest of the year, such as Downtown Crossing store windows, Faneuil Hall, the waterfront, etc. We will bike about 20 leisurely miles from approx. 11 am to 2 pm, stopping for North End pastries and a tour of Old Ironsides, and finish up with Dim Sum & hot tea in Chinatown. Maybe even take in a movie afterwards. Bring warm clothes (this will be a leisurely exploration, not a fast ride), a bicycle lock, and some cash for food/entertainment. Helmets required. (Might be changed to a local XC ski if it's a white Christmas.) Call Bonnie Friedman, (617)783-0358, 'til midnight for details.

Winter Solstice Ride

December 25 1996 - 1:30 PM

Ride Leaders: Jack Donohue, Susan Grieb Start: Jack's and Susan's house, 26 Fox Run Road, Bedford, Ma Call 617-275-3991 for directions Celebrate the Winter Solstice with a Currier and Ives ride through Concord, Carlisle and Bedford followed by a bowl of soup, bread and the company of kindred spirits in front of a warm fire. Feel free to bring festive food and beverages to share with others.

Fitness Ride - Nahanton Park

Saturday, December 28 - 8:30 A.M. SHARP!

The Last Ride of 1996

Sunday, December 29, 1996 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet Leader: Jim Merrick (617-361-2051) Start: Cunningham Park, Edgehill Road, Milton Directions: From Rts. 128/93 South take Rt. 28 North about 3 miles, turn right on Pleasant St. 1 1/2 miles to Cunningham Park on the right. Highlights: A pre-New Year ride along the Quincy shore guaranteed to add some color to your nose. Note: if there is snow, there is the option of cross-country skiing in Cunningham Park.

Happy New Year

Monday, January 01, 1997 - 11:00 A.M.

Ride Type: Winter, but who cares. Start: Boston Common at the intersection of Park Street and Tremont Street Leaders: Eric "Bicycle Bozo" Ferioli (617-235-4762) Highlights: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body (of that hangover) in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Last year we had over 125 riders! Start the New Year off right with friends old and new. See you on the Common!

Other Rides and Trips

Sixth Annual Winter Tour de Quebec

February 18 - 23, 1997

Chase away those winter blues with an international ski adventure to Canada. Enjoy the French style and restaurants of

Quebec City, and some of the best downhill and crosscountry skiing in eastern North America. 4 days of skiing in Quebec plus 1 day in Stowe/Mt. Mansfield, Vermont. Travel by luxury charter bus (no airport hassles). Stay in the 4 star Loews LeConcorde Hotel overlooking Quebec City. Leave Boston area on Tuesday at 6:30 PM. Return Sunday at about 10:00 PM. Estimated \$410 includes 5 nights lodging, chartered bus for 6 days, trail lunch food each ski day, 2 dinners and wine on the bus, 1 breakfast and 1 restaurant dinner.

For more information, contact leader: Arnold Nadler, 43 Waiter St. Salem, MA 01970 (508) 745-9591 or co-leader: Jenny Robbins, 617-969-2924 (before 9:30 PM),

Tandem Bikers of New England (T-BONE) Rides

We suggest calling the ride sponsors to confirm a ride, especially if weather is doubtful. Rides may not have lunch stops. We suggest that you carry food. For an update to this schedule or if you would like to sponsor an event or ride, write to T-BONE c/o Linda & Bob Harvey, 16 Clinton St, Salem, NH 03079-2052. Please include a self addressed stamped envelope.

Seven Hills Wheelmen Mountain Bike Rides

Sunday, December 8, 9:00 AM novice-intermediate, 18 miles
Sunday, December 15, 10:00 AM novice-intermediate, 22 miles
For more information, contact leader Tom Swenson, 869-3408, tomswen@ix.netcom.com,

Martin Luther King Weekend XC Skiing Wonalancet Cabin Jan 17-20, 1997

Enjoy backcountry skiing right out the door. Rustic heated cabin has cold running water, kitchen, unheated bunkroom and outdoor facilities. Intermediate-advanced skiers, also snowshoeing a possibility. Cost for weekend is \$40 including meals.

Leader: Tom Waddell (617) 837-5537 until 8 pm
Coleader: Melinda Lyon (508) 887-5755

Third Annual Bikers on Skis

February 14-17, 1997

Try your hand at gliding instead of rolling. This cross country skiing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing in the Zealand Falls area. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike — we will not be stopped. We're expanding the trio this year to span the three day President's Day weekend Cost of \$145 for the weekend includes three nights lodging, three breakfasts, two dinners, and happy hour vittles. To register send the a check for the full amount to: Jack Donohue 26 Fox Run Road Bedford, MA 01730-1104

Leaders: Susan Grieb and Jack Donohue (617) 275-3991 (before 9pm)

Hills, Headwinds, and Hospitality - Vermont Style

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ably felt ill at ease with the pace us "flatlanders" were keeping because he left us in Richmond to return to Waitsfield. We continued on. The weather was the best of the weekend with a bright beautiful Vermont sky. The wind was blowing strong from the south.

Our route took us through Richmond and further north as we rode through quaint Vermont towns like Underhill. Our back road route took us up over some very pretty hills with "magnificent views" then down into Jeffersonville. We made a quick stop for fluid replacement and started the long 8 mile climb up the back side of Smuggler's Notch. Part way up the climb we could see the face on the Old Man of the Mountain which makes up Mount Mansfield. At the top of the Notch we watched the rock climbers on the 90 degree vertical face of the mountain. I think they are nuts. Of course, they look at us and think we are nuts.

The ride down the Stowe side was, well interesting. There are three narrow, steep switchbacks at the very top which we had to descend slowly, but then so did the cars. When we reached Harlow Hill (this is not a typo) the sign read "10% grade" and down we went. Pete and I leapfrogged the descent at about 45 mph. This was fast enough so the cars behind us never beeped as we were well over the speed limit. This reminded me of the tee-shirt that reads, "Faster and faster we go until the thrill of speed overcomes the fear of death." Great fun. What was not fun was fighting the headwinds on Route 100 as we headed back to Waitsfield.

But I digress. The reason for the weekend in Vermont was to ride the Mad River Century organized by Bruce Hyde of the Hyde Away Inn. In its 6th year, this great ride drew almost 200 riders. I was amazed at the number of cyclists from the Boston area that attended since none of them were CRW or North Shore members. There was even one rider from Worcester. Bruce missed the best piece of advertising he could have done for this ride as it is truly "The Flattest Century in Vermont" and a great tandem ride. The total accumulated vertical is just a couple of hundred feet more climbing than our spring century out of Wakefield, which is flat to rolling. The cue sheet was a

whole lot simpler, though, with only six lines. Well, it is Vermont.

The ride started fast, especially when the hammerheads got warmed up. The first rest and food stop, emphasis on the food, was in Montpelier only 22 miles into the ride. The lead group arrived at a 24 mph pace. I dropped off the lead group after about 15 miles and still averaged over 21 mph. Pete and Jim hung in strong with the lead group. But this is where Pete had his second flat of the day. The first was in the room before we left. Once he replaced the tube we took off and chased down many of the people who left the stop before us.

The route took us south on Route 12 through Northfield then onto Route 12A which is very quite and almost dead flat. Disgustingly flat. Even for us "flatlanders." We rode with a young couple from Hanover NH at about 22 mph as we approached the second stop in Randolph. More great food. Leaving this stop, which Pete did in record time, at least for Pete Knox, he had his third flat of the day. Conveniently he did so at the very top of a hill (well, there are a few in Vermont). This time I told him I would not stop again unless he used my spare tire and one of my tubes. Since he wanted company he gave in to my kindness. So the chase was on again. (Note: Hallow's rule of long distance riding - always carry one spare tire, two tubes and a patch kit.)

We then rode into Bethel where we finally turned west on Route 107 to cross the mountains. Route 107 has small hills compared to most east-west mountain crossings in this section of Vermont. These were so easy I stayed in the big chain ring as Pete and I climbed at over 17 mph. As we passed riders with our new CRW jerseys flashing loudly in the bright sun, I looked behind me and saw a small group of riders approaching very fast. I turned to Pete and said, "We are about to be eaten for lunch!" Pete looked back and said, "Let's give them a run for their money." So off we went as this small group got closer.

We were finally gobbled up by this group from Burlington and we immediately jumped on the wheel of the last rider. Having read Jack Donohue's article on wheelsucking, we very comfortably sat

at the back of the pack and let these native Vermonters pull us at over 20 mph into the famous "Route 100 Headwind." After a while they realized we were not going to go away and we were serious riders so they let us inside the pack. Sorry Jack, we got caught and had to take our turn at the front. However, after only one turn each, we came steaming into the last food stop on the town green at Rochester. Wow, what a ride - at the 75 mile mark we were averaging over 19 mph. Gee, I have not mentioned Jim through all of this. It seems he managed to stick with the lead group, as Pete and I addressed flat tires, or at least with the second group and he finished in 5 1/2 hours. I heard the lead group finished in 4 1/2 hours. This route was reaaaally flat.

The best part of the ride up Route 100 back to Waitsfield was going through Granville Gulf. On the lead side of this short climb we were shielded from the head wind. I hate head wind. I will take hills any day over a head wind, Hills end and are followed by a downhill. Headwinds just grind me into the ground. Thankfully, once over this bump in the road (a small hill in Vermont) it was mostly downhill to flat on the final leg back to Waitsfield.

The after-ride barbecue at the Hyde Away was sensational. Bruce and his kitchen staff really know how to feed cyclists. There was plenty of food including chicken, hot dogs, beef burgers and veggie burgers on the grill; two pasta salads; potato salad; plenty of green salad, gobs of fresh baked bread and plenty to drink. When the chocolate brownies came out they were inhaled. We ate all we wanted and the food kept coming.

Did I mention the food all day was great? What else do cyclists talk about? Food and gears - in that order.

Mark your calendar now for next summer, the last weekend in August just before Labor Day. You will never ride an easier century than this in Vermont. Take an extra day and enjoy the Mad River Valley with all its beauty and charm. Just up Route 100 is the Green Mountain Chocolate Company and, oh yes, you can take a short trip to the "Biker's Shrine" and enjoy a pint of Ben & Jerry's. After all this riding, you deserve it.

Little Jack's Corner

by Jack Donohue



I've never had much luck with fenders. This is not a recent development, I've had this problem all my life. I remember my bright college days,

when I had a variety of three speeds. The would start out all new and shiny, and gradually execute a striptease worthy of Gypsy Rose Lee, as one by one the fenders, the chainguard, etc., would come off because it was dinged beyond recognition. This was not the result of spectacular crashes, but just general attrition. I came to the conclusion that I was very hard on equipment.

When I entered the ten speed arena, fenders were not an issue since your basic "racer" didn't have them and they were considered very uncool. As I got more deeply embroiled in biking, and acquired a semi-permanent stripe up the back of most of my cycling garb, I thought about fenders again,

I first tried one of those cheapo plastic

things that attached to the seat tube, and is about nine inches long. Its claim to fame was that it was light and easy to take on and off. Needless to say, it was pretty useless, aside from the placebo effect. Might as well hold your hand over the rear wheel. But it was easy to take off when I decided to retire it.

My next foray into fenders were Zefal fenders with the little metal struts. These have the advantage of being extremely malleable. That is, you could bend them to about any shape you wanted. The drawback was that they seemed to bend by themselves to shapes I didn't want usually in close proximity to the tire. I would discover a problem of adjustment shortly after the tire had worn a nice hole in the fender. So I would bend up the front just enough so it wasn't touching the tire anymore, which inevitably resulted in the other end touching the tire and creating a matching hole in the fender at the other end.

I went fenderless for a number of years, till I was enticed by a sale at Nashbar to buy another set, which I installed on #3

commuting bike. This bike is pretty much dedicated to riding in the rain, so it needed them. I managed to ride these for a good while without trashing them, but I eventually did away with the rear fender since I couldn't figure out a good way of brushing broken glass off the tire with it on. So now I have one bike with fender on the front only.

Those of you who are fender literate realize that a fender is really half an item without a mudflap. Now I really wanted one of those mudflaps you see on Mack trucks with a little guy with two six guns and a sign that says "Back off." But I figured that if I mounted one of those I might have a problem with pedal clearance. So, I had this pair of jeans from days of yore. They were bell-bottoms and had a rather large stain from where I spilled salad dressing on them, so I eventually succumbed to spouse pressure and stopped wearing them. Being a thrifty Yankee, I converted them into a pair of cutoffs and a lifetime supply of mudflap material. Who says I don't recycle?

Biking in the Alps

continued from page 1

cycling up Mount Washington twice! Actually if you started at Pinkham Notch and biked up Mount Washington, then were magically teleported back to Pinkham Notch and biked up Mount Washington again, the elevation gain would have been less than what we did that day. That was one killer day. At the end of that day, my legs felt like spaghetti. To understand the mountain passes from another perspective, we had a beautiful long-legged twenty-something X-NY woman, who was well educated and extremely articulate; but suddenly was limited to a one word vocabulary, the F word, as we struggled over Susten Pass at 2300 meters (7500 feet)! Another person, Harold, had done 50,000 miles of bicycle touring and had never pushed his bike up a hill, until this trip. Typically we would start our climbing in a nice warm green valley, then we would climb more, then we would hit switch backs with more climbing, then we would be at snow level, then with more climbing we would finally hit the top. We would be sweating (except for Brenda who only glistened) in

short-sleeved shirt and shorts, while the people getting out of cars would be shivering in long pants, sweaters and coats. In fact, one day I was really getting hot, so put my head in a waterfall coming off a glacier ... now that really revived me fast.

The Riding. Most of the rides were between 40 to 60 miles, which does not sound that long, but when you add in all the elevation gains these were some very hard rides. The one thing that made them bearable was that it was so serene to the mind, that you noticed the physical exertion less. The biking in Switzerland was the hardest, Austria started to get a little easier, and Germany with 400 to 500 meter elevation gains on the passes felt like nothing. When we were planning this trip, Ginny and I were fat dumb and happy eating Thai food in Maynard, looking over the itinerary and thinking that this riding was not going to be that bad. But when got there, we found out otherwise.

The Campgrounds. This was a camping

trip. The campgrounds in Europe were immaculate and had all kinds of facilities. In one, we had restaurant, snack bar, beer garden, gift shop, convenience store and even a church! In another the bathrooms and showers had MARBLE. Another campground was situated on an Alpine Lake (what do you expect in the Alps?), that I was able to swim in it for about 3 minutes. Terry was able to stay in for a half hour, but was cold all night after that. Only bad day was the first day when it rained all day and we stayed in hotel that night. Otherwise the camping was a real pleasure.

The Off days. We had 2 off days during the trip. One at the base of the Eiger in Switzerland. That day we did some great hiking around that area. The other off day was in Schwangau Germany. That day we visited Neuschwanstein Castle built by King Ludwig II, the one that Walt Disney used as his model.

All in all it was one great trip and a lot of fun!



September Mileage Totals

1 7 2 5 0 8

	M	C	K		M	C	K	
Melinda Lyon	15015	9	9	8	Jim Goldman	2498	4	1
John Bayley	11597	7	9	5	Irving Kurki	2143		
Gerald Goode	10265			6	David Vickers	2027	3	
Jack Donohue	10170			5	Jean Jones	2026	3	1
Osmon Isvan	8532	9	8	4	John Kane	1989		
Bruce Ingle	8368	9	5	3	Susan Grieb	1987		
Peter Knox	7879	7	7	3	Harry Wolf	1603		
Pamela Blalock	7479	7	9	4	Elisse Ghitelman	1582		
Ed Hoffer	5438	3	1		Jacek Rudowski	1299	4	
Jim Merrick	5616	5	3		Jim Rosato	1217		
Robin Schulman	5538	3	3	2	Jim Broughton	1210		
Ken Hablow	5360	8	7	1	John Allen	1122		
Glenn Ketterle	4726	5			Jeff Luxenberg	1076		
Larry Alford	4210	9	6	2	George Caplan	893		
Joe Repole	4186	10	10		John Loring	848		
Bob Sawyer	4054	1	1		Jacob Allen	370		
Richard Buck	3671	6	4		Jared Luxenberg	224		
Kitty Farago	3498	3	1		Rosalie Blum	206		
Ken Hjulstrom	3393	1	1		Sara Luxenberg	66		
Ed Trumbull	3381				Sandra Merrick	7		
Jamie King	3316	4	3					
Joe Marcal	2511	3						

Annual Holiday Party

Our Christmas season party will be held from 7 to 11 PM on December 13 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 62 and 4/225 split, turn right onto 4/225. At the next split just ahead, stay to the right on route 4. Pine Hill Road is about 3/4 mile ahead on the right. The church is near the top of the hill on the right.

The 1997 ride calendar will be available for ride leader signup and for planning purposes. Volunteers are needed for basic tasks like buying food, helping with decorations and, of course, cleanup. Last year's pot luck format produced many delectable treats. Here's your chance to unmask yourself as successor to Julia Child! Bring food based on the following categories:

- A-F: Appetizers & Salads
- G-L: Desserts
- M-Z: Main Courses

This is a great opportunity to socialize with your riding buddies and see what they look like without Lycra casings.

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the fifth of each month to:

Ed Trumbull
19 Chase Avenue
West Newton, MA 02165
617-332-8546

Welcome New Members

Steven Graubard	Needham
Brian Hendricks	Boston
Fred & Alex Mueller	Southboro
Robert Newby	Arlington
Ron Randall	Marlborough

Club Classifieds

For Sale: Thule ski rack attachment. Holds four pair of skis. With locks. \$100 value for \$35. Call Bob Sawyer(617) 862-6517

□□□□ □□□□ □□□□□□□□

Call these numbers to find out what's going on in other area clubs:

North Shore Cyclists
508-256-7282
Nashoba Valley Pedalers
508-266-1NVP



A Day at the Races

On Dec. 1 there will be cyclocross race in Franklin Park in Boston starting at 11 and running into the mid-afternoon which should attract some top professionals who compete in cyclocross racing in the off-season. Last year, the McCormack brothers who race for the Saturn team were amongst the leading contenders. I don't know who will be at this race.

The first CRW Second Season Ride is scheduled for Dec. 1 to start at the Cambridge Common which is an easy ride from Franklin Park. We are going to try to arrange a route to go to the race and then continue on a loop back to the start. We don't have details yet.

I See You
December,
January, February

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

Ace Wheelworks
145 Elm St., Somerville 776-2100

Ames Family Cycle
180 Main St., Marlborough 508-481-8147

Back Bay Cycles
333 Newbury St., Boston 247-2336

Belmont Wheelworks
480 Trapelo Rd., Belmont 489-3577

Bicycle Bill
253 North Harvard St., Allston 783-5636

Bicycle Classics
1329 Highland Ave, Needham 455-0590

Bicycle Exchange at Porter Square
2067 Mass. Ave., Cambridge 864-1300

Bicycle Workshop
259 Mass Ave., Cambridge 876-6555

Bike Express
96 N. Main St. Randolph 800-391-2453

Brookline Cycle Shop
324 Washington St., Brookline 232-0775

Burlington Cycle & Fitness
330 Cambridge St., Burlington 272-8400

Chelmsford Cyclery
7 Summer St., Chelmsford 508-256-1528

Community Bicycle Supply
496 Tremont St., Boston 542-8623

Cycle Center
910 Worcester Rd, Rt. 9, Natick 508-653-6975

Cycle Lodge
1269 Washington St., Hanover 829-9197

Cycle Loft
28 Cambridge St., Burlington 272-0870

Cycle Sport
1771 Mass. Ave., Cambridge 661-6880

Dedham Cycle and Leather
403 Washington St., Dedham 326-1531

Farina Cycle
61 Galen St., Watertown 926-1717

Fat Dog Pro Shop
940 High St., Westwood 251-9447

Ferris Wheels Bicycle Shop
64 South St., Jamaica Plain 522-7082

Frank's Bicycle Barn
123 Worcester Tpk., Westborough 508-366-1770

Frank's Spoke 'N Wheel
1164 Worcester Rd., Framingham 508-872-8590

82 Boston Post Rd., Sudbury 508-443-6696

877 Main St., Waltham 894-2768

Freewheelin' Cyclery
38 North St., Hingham 749-9587

Harris Cyclery
1355 Washington St., West Newton 244-1040

Highroad
80 Montvale Ave., Stoneham 438-5433

551 Washington Street, Weymouth 331-2453

International Bicycle Center
89 Brighton Ave., Allston 783-5804

66 Needham St., Newton 527-0967

King Cycle
198 Great Rd., Bedford 275-2035

Landry's Cycling and Fitness
303 Worcester Rd., Framingham 508-875-5158

276 Turnpike Rd., Westborough 508-836-3878

Lincoln Guide Service

152 Lincoln Rd., Lincoln 259-9204

Marblehead Cycle
25 Bessom St., Marblehead 631-1570

National Ski and Bike
102 Washington St., So. Attleboro 508-761-4500

Northeast Bicycles
102 Broadway, Rt. 1, Saugus 233-2664

Peter White Cycles
114 Central St., Acton 508-635-0969

St. Moritz
475 Washington St., Wellesley 617-235-6669

Ski Market, Ltd.
Boston, 860 Commonwealth Ave. 617-731-6100

Danvers, Endicott Plaze 508-774-3344

Braintree, 400 Franklin St. 617-848-3733

Burlington, CrossRoads Ctr. 617-272-2222

Framingham, 686 Worcester Rd. 508-875-5253

Auburn, 322 South Bridge St. 508-832-8111

Town and Country Bicycle
67 North St., Medfield 508-359-8377

Travis Cycles
1 Oak St., Taunton 508-822-0396

722 N. Main St., Brockton 508-586-6394

Two For The Road
Georgetown Plaza, Georgetown 508-352-7343

Charles River Wheelmen
19 Chase Avenue
West Newton, MA 02165

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Join The Charles River Wheelmen

Charles River Wheelmen (CRW) dues include membership in the League of American Bicyclists (LAB). Do NOT make payments to LAB directly.

In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

- acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected; I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
- fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions; the actions or inactions of others participating in the Activities; the conditions in which the activities take place; or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
- herby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein), from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

We sometimes allow bicycle-related companies the use of our membership list. Check this box if you don't want to receive mailings from these companies.

CRW Membership Fees*	1 year	2 years	3 years
Individual	\$35	\$67	\$99
Household	\$40	\$76	\$112

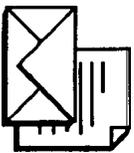
Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!

*Contact Bob Hug at 617-899-3929 if you are an LAB life member.

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Bob Hug, P.O. Box 854, Bedford, MA 01730

I'd like to help with the activities checked below. Please have someone contact me:

- | | | |
|---|---|---|
| <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Publicity | <input type="checkbox"/> Legislative Action |
| <input type="checkbox"/> Safety | <input type="checkbox"/> Membership | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Host a post-ride party | <input type="checkbox"/> Special Events | |
| <input type="checkbox"/> Other _____ | | |



Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:
Bob Hug, P.O. Box 854, Bedford, MA 01730