



Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXI, Number 2 - February, 1997

A Message from the (New) President

by Tom Lynch

Hi! CRW is in great shape largely due to the exemplary efforts of our previous president, Ken Hablow, for the past three years. I spent the past year learning the ropes as Ken's VP and now it's my turn.

In many ways, I'm not the ideal CRW president. I don't have the business experience of Ken or the cycling experience of many of my predecessors. I've been a CRW member for over 10 years but my club riding conflicted with my dance schedule for the first five years and with my children (ages 3 and 5) for the last five. Most of my riding has been my commute from Framingham to Waltham.

I am dedicated to having CRW continue as the premier cycling club in the area. With the help of Susan Broome (our new VP), Ken, Jamie and others, we'll have more great years.

I've been a board member for 4 years and have handled membership info requests as well as running the (dormant) video library. I've led numerous rides and have run the Intro Ride program for two years.

My agenda for the coming year is fairly simple: social riding, basic skills, a map repository and GEAR '98. Peter Serratore will lead the effort to encourage more social riding. One thing we can try is to have individuals announce on club rides that they intend to ride in groups at certain paces. While a solo ride is a great way for clearing the mind, there are lots of interesting people in the club who can enhance any ride. We will encourage post ride parties and picnics.

As for basic skills, I feel that anyone who wants to be aware of basic bike maintenance

should have the opportunity. We can do this through evening classes at bike shops or other sites. I'm in favor of having simple hands-on clinics before club rides.

Paul Cronk and Jack Donohue are creating a repository on the Internet for our maps and cue sheets. I'm in favor of this since we can transfer our routes to the DeLorme mapping program which will produce high quality maps and automatically produce cue sheets. Eventually, I would like to see all of our rides have these high quality maps and cue sheets.

Ken is in charge of organizing CRW's commitment to GEAR '98. We will need to map out about 25 routes in the area and provide the people to lead them.

If you have any comments or want to help, I can be reached at (508) 877-2238 or by email at toml@kurzweil.com.

Have a great winter and a glorious cycling season. See you then. - Tom

CRW at GEAR-South

GEAR-South this year is in Williamsburg, Virginia 6-9 June. In 1992, GEAR was in Williamsburg and was very well attended, as a matter of fact was sold out by April. So people who would like to attend GEAR in a room block with other CRW members should get their registration forms (from *Bicycle USA* magazine) by March 18 to:

Jacek Rudowski
One Belnap Road

Hyde Park, MA 02136-1104

We Don't Care

(Ride Leader Meeting)

by Peter Serratore

Even if Joey Buttafuoco invited you to the soiree of the season at his body (hmmm) shop... The ride leader meeting will be more glam!

This is the ride leader meeting to make sure you come to - even if you've been leading CRW rides since the first Indians crossed the Bering land bridge on their primitive mountain bikes. We're going to cover some topics designed to improve our rides, and ways to help you get a better turnout, as well as quickly going over stuff that we all should know (but just because you've heard it already doesn't mean you should blow off the meeting).

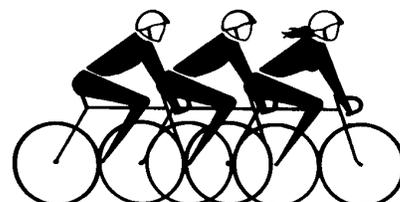
So mark your calendars:

Thursday, March 20 at 6:30 pm, with a firm adjournment at 9:00 pm. Hancock United Church (cafeteria), 1912 Mass Ave, Lexington Center, near the Minute-man Statue in Lexington.

Gift certificates to all who attend, plus pizza.

Call Barry Nelson for further info: 964-5727.

RSVP please, to Peter Serratore, 643-1893 or to Barryn@world.std.com



The Charles River Wheelmen



Board Meeting Minutes



January 7, 1997

Presidential election: The meeting began with the ceremonial passing of the presidential shorts from Ken Hablow to Tom Lynch, newly elected president of CRW. Susan Broome was elected vice president. Both Susan Broome and Sue Genser were appointed to the Board to replace Tom, who resigned to become president, and Lee Bardin, who also resigned. Their terms expire in 1997. Susan Broome, taking over from Tom Lynch, will also act as coordinator of the introductory ride program.

Membership report: 1,004 current members.

Treasurer's report: December expenses exceeded income by less than \$200. CRW finished 1996 in a good financial position.

Map and cue sheet database: Paul Cronk and Jack Donohue will create an on-line repository for CRW maps and cue sheets. A motion was passed to purchase the DeLorme mapping program, which automatically generates cue sheets from high-quality maps. The long-range goal is to archive all CRW rides.

Membership survey: Ilona Blofelds and Susan Broome drafted a membership survey on ride preferences, club name change, and other topics. A final version of the survey will be approved at the February board meeting and distributed in the spring.

Newsletter: Tom Lynch proposed a series of regular features in the newsletter, including cycling fitness and simple bike repairs. An announcement in *WheelPeople* will ask for volunteers to write stories.

Bicycle safety: Tom also suggested running basic repair clinics, probably before introductory rides. Bike shops will also be asked if they are interested in conducting evening bike clinics.

Ride program: The ride calendar is bare, especially for the spring. Ride program coordinators will contact ride leaders.

Century Committee: We need volunteers for the spring and fall centuries! An announcement will be published in the newsletter.

Thanks for three great years: The meeting adjourned with a round of applause for Ken Hablow, retiring president of CRW.

Correction to December minutes: \$500, not \$100 as stated, was donated to the Bicycle Coalition of Massachusetts.

Board meetings are held on the first Tuesday of each month. The next board meeting will be on February 4 at 7:30 in the Hancock United Church of Christ, 1912 Mass. Ave., Lexington Center.

Government Relations

Do we need a better bottle bill? A bill that would cover all drinkable liquids, not just soda and beer. How many times last year did you get a flat from broken glass? How many times did you wipe your tires after nearly running over a broken bottle? I think we do need a better bill and that we should fight for it.

I am older than most CRW members and can remember when coke cost a nickel and the reusable bottle was worth two cents. A milk bottle was worth a nickel on a fifteen cent purchase. That equates to twenty cents and fifty cents today. If we could afford that in the depression years, why can't the post manufacturing society afford it today?

Bottlers and recyclers say they are going broke on our five cent deposits. Let us make the litterers pay for the privilege of trashing our environment.

E-mail, snail mail or call your representative today and say that you are for the new bottle bill.

*Robert B. Sawyer
Government Relations Advocate*

Map Committee Formed

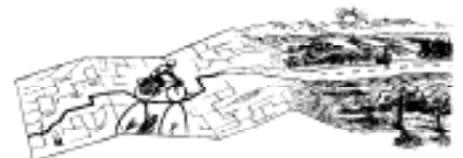
At the last board meeting, it was decided to have a more coordinated effort toward producing a library of maps and cue sheets of CRW rides. Paul Cronk and Jack Donohue volunteered to do the computer work needed to get this off the ground. Paul (the Enforcer) Cronk will hound ride leaders for maps and cue sheets each week, digitize the maps, and scan the cue sheets into a Web format. Jack Donohue will continue processing maps and cue sheets from previous rides using the DeLorme Street Atlas program.

CRW is planning to buy a copy of the DeLorme Street Atlas program for the committee. With this program it is possible to make cue sheets without leaving home. Of course, we need our usual band of mileage mavens to go out and check the route. Massachusetts is pretty stingy with street signs, and even though a street may really be named East Tidwater, there's no clue at the turn and we'd need to modify the cue to say something like "left at the old barn that burned down in 1986." Also there are some facts that the computer won't tell you (like it doesn't say you can't go through the Hanscom Air Force base).

Sharon Block has volunteered to be our woman on the street, doing the hard work of riding the mapped routes and coming up with cue sheets. We could use some more volunteers for this. I've already had valuable feedback on routes already on the Web site.

Anyone interested in being a map jockey with the DeLorme program, or who already has a copy and would like to spend some time helping the club, contact us. If you want to borrow the club copy of the DeLorme CD to do maps for CRW, I'll give you a free home (my home) demonstration of how to use it. To use the program, you'll need an IBM PC type computer running some flavor of Microsoft Windows.

To volunteer to help with any of the above, call or E-mail Jack (617-275-3991, jdonohue@world.std.com)



The Rides Calendar

February, 1997



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.

Colder and Goeller

Sunday, February 02 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet

Leader: John Goeller (617) 326-4641

Start: Municipal parking lot in Islington Square (Westwood)

Directions: From Rt.128 exit 14, take East St. toward Westwood for 1 mile (go under railroad tracks). Turn right at light onto 1A (Washington St.). Parking lot is on immediate left, across from CVS.

Highlights: A tour of Westwood, Norwood, Walpole, Medfield, and Dover. After ride get together at Cafe Diva in Islington. Jessica Goeller (age 2) has volunteered to lead a winter tricycle ride.



Escape From the Village

Sunday, February 09 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet

Leader: Number 6, Eric Ferioli - 617-325-4762

Start: The Village of Newton Centre

Directions: at the intersection of Beacon & Centre Streets.

Highlights: Don't let winter keep you a Prisoner! Dust off those Number 6 buttons and see if we can't escape the Village (or Villages) of Newton.

Bare Natick again

Sunday, February 16 - 10:30 A.M.

Ride Type: Map and/or Cue Sheet

Leader: Eric Ferioli (617-235-4762)

Start: Natick Common

Directions: Rt 128 to Rt 9 west. Take Rt 27 South to the intersection of Rt. 135 and Rt. 27.

Chilly, Hilly and Hot Chili

Sunday, February 23 - 10:30am

Ride Type: Map and/or Cue Sheet Winter ride, hilly terrain

Leader: Harry Wolfson 617-484-6063 (before 9:30pm)

<HarryWolfson@LL.MIT.EDU >

Start: Payson Park Playground; Payson Rd. & Elm St; Belmont
Directions: Payson Rd. is off Belmont St, between Belmont Wheelworks and Harvard Square. From 128: exit 28 East - Trapelo Rd. towards Belmont. Go about 5 1/2 miles until Trapelo Rd. merges into Belmont St. (just past Brighams) Take 2nd left onto Payson Rd. The park is 2 blocks up, on the right. (Contact Harry for directions from the city.)

Highlights: A hilly 20 mile ride including Belmont Hill (twice), Trapelo Rd & Bedford Rd. in Lincoln, and Page Hill Rd. in Bedford (30 mile option) plus a few smaller climbs. Party at Harry and Denise's house afterwards with hot chili. Notes: Please RSVP for party before Feb 20. This is a hilly ride, especially for winter. Please make sure your bike & body are ready before coming.

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 cross country 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, L: Arnold Nadler, 508-745-9591. CL: 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.

T-Bones Planning Meeting

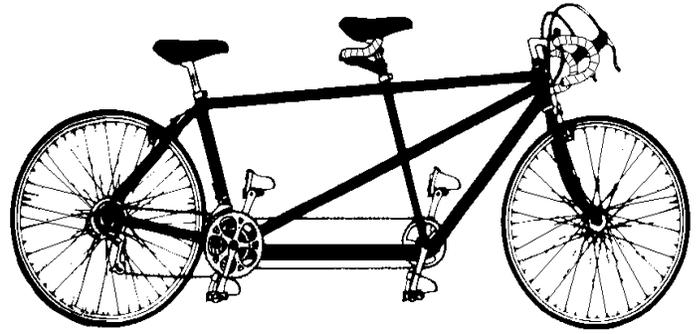
Saturday, February 8 - 5:00 pm

We're having a T-Bones (Tandem Bicyclists of New England) planning meeting and pot-luck at our house at 5:00pm on Saturday, February 8, 1997. The purpose of the meeting is to develop the rides and weekend events for the 1997 riding season. If you would like to lead or help co-lead a ride for T-Bones, or just want to meet some of the group, come along. Just bring some food to eat (entrees are nice, but if you can't manage that, something from the dessert, salad or snack food groups).

Directions: From US-3, take Concord St. exit toward Bedford. After approx. 1 mile, turn left onto Spring Rd. (where Concord St. makes a sharp right). Take first right onto Fox Run. we live about 6 houses down on the right (cannot be seen from the road)

Sponsors: Jack Donohue & Susan Grieb, 26 Fox Run Rd., Bedford, MA 01730. Telephone 617-275-3991 (before 9 PM).

CRW Bike Hotline
325- BIKE



Babes in Cyberspace

I know a lot of you are wondering what to do with that brand spanking new computer you got for Christmas. Well, wonder no more. CRW can help you become the computer nerd you always wanted to be.

If you have an E-mail address, you can subscribe to our mailing list. Here you can exchange ideas with a group of some 200 gearheads like yourself. This is also the place for late breaking news about events of interest to the biking community. Harry Wolfson has also been posting the CRW Ride of the Week for those can't find their *WheelPeople* and can't remember 325-BIKE. The list is also available in digest form if you're suffering from E-mail overload.

If you remember there was a scintillating discussion of derailleur adjustment or would like to review the facts surrounding the squirrel menace, you can go to Paul Cronk's mailing list archive, where all mail list messages are stored on web pages, and searchable. You can link to the archive directly, or from a link on the main CRW web site.

If you have a web browser and a surfboard, try riding the web at the CRW site. For the web enabled, the CRW web site is where you will find more than you ever wanted to know about our club, links to info on other clubs and shops, ride cue sheets, and a gearing calculator to help you wile away the winter while you're waiting to take your road bike out again. Stroll through our Rogue's Gallery and see pictures of famous CRW personalities you know only through legend. Who knows, you may be in there.

Details on joining the mailing list and the location of the web sites are given below.

How to Get Connected

Anybody with an E-Mail address can sign up, including subscribers to online services as well as the academic and corporate users with internet access. To sign up to the mailing list, send a message to majordomo@world.std.com (the agent in charge of the list) as follows:

continued on page 6

Babes in Cyberspace

continued from page 5

SUBSCRIBE CRW
INFO CRW
END

The first line subscribes you (obviously), the second line gives you a mail message with general information about the club. Get an updated version of this at any time by repeating the "INFO CRW" message. The "END" command is needed after the list of commands, so that it doesn't try to interpret your signature as commands.

Other useful commands are:

UNSUBSCRIBE CRW	Take yourself off the list
HELP	Obtain help on Majo domo
INFO CRW	Retrieve info file for 'CRW'
WHO CRW	Ascertain who else is on CRW
LISTS	Show all available lists

Make sure to end all lists of command with the "END" statement.

Once you've joined, to send E-mail to the list, address it to crw@world.std.com, and everyone on the list will get a copy. The volume of mail the list produces is low, but if you prefer, you can get it all stuffed into one mail message, the digest. To sign up for the digest version of the list, use

SUBSCRIBE CRW-DIGEST

instead of SUBSCRIBE CRW. Similarly, to unsubscribe, send majordomo the message

UNSUBSCRIBE CRW.

To access the World Wide Web location for CRW information use the following URL address:

<http://www.menlo.com/bike/crw/>

(all lower case). To access the mailing list archives on the Web use the URL:

<http://www.SoftWin.com/CRW/>

or you can access it from a link on the main CRW page.

Snowmobilers this Winter

I have led two mountain bike trips for the CRW and the Appalachian Mountain Club on former railroad beds of the Boston and Maine. One was a fifty mile round trip from Winchendon to Keene and the other was an overnight century round trip from Winchendon to Bellows Falls, Vt. Both Keene and Winchendon were small railroad hubs until the mid 1950s when the industrial base fled south. One may also refer to the US GS map that shows a fourth railroad grade paralleling Route 101 to Manchester that the B&M abandoned around the 1930s.

Since the late 1980s, when scrappers removed all the rails and ties from these beds, many people have used them for several purposes. Horsemen, bicyclists, snowmobilers, hikers, hunters, and other outdoorspeople have used these beds without much coordination and attention to maintenance and stewardship. Others with less than admirable intentions have used these beds as dumping grounds. That appears to be changing as several local and national organizations have become involved with the railroad beds in southwestern New Hampshire.

I went on day trip with two other friends in mid-November and met three men from the Keene Sno-Riders SnowMobile Club (KSR-SMC). One of the three was the trail administrator, Brian Bohannon. He told me that the KSR-SMC has been busy getting ready for winter by building bridges and improving the trails for all to use. The Ashuelot Recreational Trail to the southwest of Keene along Route 10 is probably where the most activity is now. The club cleared a lot of brush from the trail to the north going towards Bellows Falls, Vermont along Route 12 earlier in the year. The Winchester SMC has redecked two bridges. The clubs from Troy/Rindge area have been making improvements to the Cheshire Recreational trail that is southeast of Keene along Route 12. They have completely rebuilt two bridges in Troy that were dismantled several years ago.

These three trails allow travel to and from Keene, NH to two points on the Massachusetts border and one point on the Vermont border with very few road crossings. The scenery is fantastic throughout the year. The beds cross large open

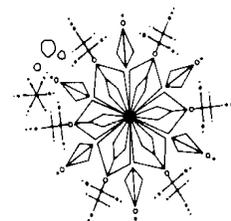
fields, skirt a few lakes and ponds, go through several hard rock cuts, and cross several rivers. A very large granite arched bridge crosses the Otter Brook a few miles west of Keene along Route 101. Ample opportunities exist for swimming, photography, side trips on back roads, and food stops in the towns.

Because Winchendon is around sixty miles from Boston, I strongly encourage those interested in day trips to ride these beds. Just because these beds are relatively flat (grade not more than three percent), do not expect them to be a cake-walk. Some sections have generous amounts of sand, glacial rock, and mud. Do not expect your average speed to be much above nine miles per hour unless you are a hammerhead.

Naturally, the effort involves expense. Donations from individuals, the National Rails-To-Trails Association, and grant-in-aid funds have provided funding. That's because snowmobilers are an important interest group. According to a recent study, snowmobilers last winter spent \$120 million dollars in New Hampshire. (Refer to Dr. Robert Robertson of the Department of Resource Economics and Development at the University of New Hampshire).

If you are interested in getting more information, here are Bruce's particulars.

*Bruce Bohannon
Trail Administrator Keene Sno-Riders Inc.
SMC 315 Matthews Road
W. Swanzey, NH 03469*



Become Famous Now

Fame, fortune, and immortality are awaiting you. Millions, or at least hundreds, will see and admire your name in print. How? Use the chart on the next page to track your mileage and report it Ed Trumbull. Your name will appear on the monthly mileage totals along with all those other famous CRW personalities. Refer to page 11 for details on reporting your mileage.

Notable and Favorite Rides for 1997

The dates of some of the trips are tentative. It's best to contact the ride leader to double check the dates.

Mar 18	Deadline for getting GEAR in Williamsburg registrations to Jacek for CRW room block		
Apr 6	Daylight Savings Time Begins: "Spring Forward"		
May 10-11	TOSRV in Ohio Info in <i>Bicycle USA</i>		
May	Biannual Tour to Mystic, CT	Jerry Campbell	508-478-0490
May 17	Boston Brevet Series - 200K	Dave Jordan	617-641-2484
May 18	CRW Spring Century, Wakefield	Call	617-325-BIKE
May 22-26	Memorial Day Dash to Montreal	Charles Hansen, work	617-572-0277
May 24-26	Tour of New England	Jamie King	617-325-1433
May 31	Boston Brevet Series - 300K	Dave Jordan	617-641-2484
June 6-9	GEAR in Williamsburg, VA	Registration forms in <i>Bicycle USA</i>	
June 14	Quabbin Century - 7HW	Rich Whalen	508-756-3148
June 20-22	Quabbin Country Weekend Tour	Jeanne Kangas	508-263-8594
June 21-22	Cape in A Day Plus 1 - AYH	AYH Eastern Mass. Council	
June 27-29	TOSRV - East	Robin Schulman	508-897-5906
June 27-29	Mini TOSRV - East	Jacek Rudowski	617-361-5273
June 28	Boston Brevet Series - 400K	Dave Jordan	617-641-2484
July 3-6	National Rally, W Lafayette, IN	Registration forms in <i>Bicycle USA</i>	
July 3-6	Tour de Bovine (VT)	Arnold Nadler	508-745-9591
July 3-6	Velo New Hampshire	Pam Blalock	508-256-1169
July 18-20	Velo Vermont	Jack & Susan	617-275-3991
July 18-20	International Century - GSW	Bob & Linda Harvey	603-898-5285
July 19-20	Boston Brevet Series - 600K	Dave Jordan	617-641-2484
July 27	CRW Climb to the Clouds	Ken Hablow	617-647-0233
July 19-30	Wenham, MA to Quebec City	Arnold Nadler	508-745-9591
Aug 8-10	Quabbin Country Weekend Tour	Jeanne Kangas	508-263-8594
Aug 8-10	Wonalancet Death March Century	Avrim Baskin	
Aug 14-17	Boston - Montreal - Boston	Dave Jordan	617-641-2484
Aug 23	Mt. Washington Hill Climb	Tin Mnt. (Aug 24 rain date)	603-447-6991
Aug 23-24	NSC Fall Century	Phil Hertz	508-664-5007
Aug 23-Sep 2	Boston to Ottawa Tour	Charles Hansen, work	617-572-0277
Aug 30-Sep 1	Hills and Hollows	Info in <i>WheelPeople</i>	
Aug 30	Mad River Century, Waitsfield, VT	Hyde Away Inn	802-496-2322
Sep 6	Nashoba Valley Century - NVP	Call	508-266-1NVP
Sep 7	Flattest Century - NBW	Info in <i>Bicycle USA Almanac</i>	
Sep 12-14	Quabbin Country Weekend Tour	Jeanne Kangas	508-263-8594
Sep 20-21	Seacoast Century - GSW	Dave Topham	603-898-9926
Sep 21	CRW Fall Century, Carlisle	Call	617-325-BIKE
Sep 26-28	Apple Bike	Jack Donohue	617-275-3991
Sep 28	7HW Century - 7HW	Rich Whalen	508-756-3148
Oct 5	Great River Ride		
Oct 10-11	C/Fall, Berkshires, W Ma	Karen Saltus	508-845-5571
Dec ??	Christmas Lights Night Ride	Jacek Rudowski	617-361-5273

Little Jack's Corner

by Jack Donohue



There's a good reason why cycling shorts used to be black. The reason is, that anything associated with a bicycle either starts out black or ends

up black. Those of you that know your history (or, like me, are history) may point out that in the old days of leather bike seats smeared with neatsfoot oil, the black shorts were de rigeur. Basic black is still a good idea today.

Case in point, the other day I was running around in my u-trou (don't ask why), and decided I needed to mess with my lighting system. So I threw on some shorts, since it seemed unseemly to be working on my bike in my u-trou (just old-fashioned, I guess). Now, when I embark on a session in the garage, I usually don one of a collection of grease laden clothes. I have my complete outfit, shirt and pants, from my auto mechanic days. Sometimes if I'm feeling frisky I wear my road find shirt, blue shirt from a Chevrolet dealer that says "Bob" (Doesn't really say

"Bob" — that was for you Cosby fans). This outfit is suitable for an all day adventure in the garage. For shorter sessions, I have my lab coat and coveralls. Then there's the Channel 2 auction apron, that at least keeps grease off my pants. When I go in to do something particularly nasty, like working on the chain, I always gird my loins with one of these outfits. Since I was only doing a short stint working on lights, which have relatively little grease associated with them, I didn't bother. With reckless abandon, I just sauntered into the garage in my khaki shorts.

My garage is beginning to look like a scene from the Addams family. In addition to the fact that you can't find an empty area three inches square on my workbench, which is covered with nasty, greasy things, our resident spider has taken to spinning cobwebs from the window to some of the taller objects on the bench. I'll occasionally hack away at them, but next week they're back in force. I also suspect the cat has found a litter box alternative somewhere in the garage. So I realized I had to be careful. Of course

the job turned out to be more complicated than I had first anticipated, due to the corrosion and dirt on all parts, but I didn't consciously wallow in grease. Still, after the ordeal, my formerly pristine khaki shorts were now sporting a pattern of grease stains across the front.

The tandem is a grease magnet. It has chains on both sides so you have the opportunity of getting grease tattoos on both legs. Also, invariably in hoisting the tandem in and out of the car, grease is also deposited on my upper body clothing.

One golden rule I learned while touring is never carry white (underwear included). Despite what your mother told you, if you're in an accident, it's much better to show up at the hospital in paisley underwear than greasy white underwear. I'd go so far as to say never carry anything light colored. I don't know what clothes do when they're alone in the panner, but no matter how many bags you put them in, any light colored clothing will find a way to snuggle up to the nasty greasy bits.

Letters to the editor

An Open Letter to the Membership

I want to thank the Board of Directors and the Membership at large for honoring me at the Annual Banquet with a plaque and a CRW jersey on the anniversary of the 30th birthday of the Charles River Wheelmen. On our 60th, I hope I will again be remembered in a similar manner. At the age of 101 I plan to still be riding with the club.

*Sincerely,
Ralph Galen, Co-founder*

Dear CRW Members:

On behalf of the American Diabetes Association I am trying to recruit volunteer committee members to help us with Tour de Cure, our largest cycling fund-raiser.

Last year the Massachusetts Affiliate raised over \$125,000 through our four tours across the state to support diabe-

tes research. Currently, diabetes is the 4th leading cause of death by disease in the United States. Tour de Cure offers participants the choice of three routes - 25K, 50K or 100K.

Our eastern Massachusetts Tour dates for 1997 are:

Needham - greater Boston
Sunday, May 18

Danvers - North Shore
Sunday, June 1

Marshfield - South Shore
Sunday, June 1

Our Tour Committee has 3 primary functions: team and individual rider recruitment, sponsorship solicitation, and logistical support. The Committee meetings are held in our office in Framingham beginning in January. We meet approximately every three weeks through the Tours. Pizza and soda are served.

Any interested individual can call me directly at 508-879-1776 x127. Our Affiliate has a statewide staff of 10 so we rely heavily upon the generosity of vol-

unteers. Please call me if you have any questions. We would be grateful for the Charles River Wheelmen's support. Thanks for your consideration.

*Kind regards,
Paula J. Settimelli
Tour de Cure*

Dear CRW Members:

On Wayne's behalf, Mrs. Ross and I wish to extend our gratitude and sincere thanks to each and every one of you who contributed to Wayne's Recovery Fund.

The spirit of your organization is the spirit that keeps Wayne active, alert, and willing to push as hard as he can to do the best with what he has to work with.

I will wish everyone the very best this holiday season, and continued success in your biking adventures.

Again, Wayne and his family appreciate your thoughtfulness, and send our warmest regards,

*Love,
Wayne, John, and Mary Ellen*

Wayne Ross Update

On June 12, 1996, CRW Member Wayne Ross and Spike Ramsden left Prudhoe Bay, Alaska for Cape Horn, Chile, on a 16,000 mile, nine month bike odyssey on behalf of the Multiple Sclerosis Foundation. In Guatemala City, on October 23, Wayne crashed into a bus that suddenly stopped in front of him. The accident left him paralyzed from the waist down.

At this writing, Wayne is still working very hard in rehabilitation at Boston University Medical Center. He expects to be home by the end of January. His father says the outpouring of support for him - from his cycling, running and SCUBA diving friends - has been phenomenal and absolutely critical to his recovery.

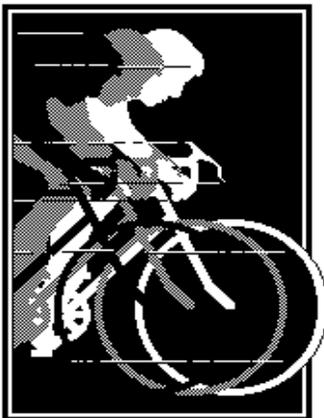
Friends have set up the Wayne Ross Recovery Fund which so far has helped with the Guatemala hospital bill, necessary remodeling of Wayne's house, and purchase of a racing wheelchair. CRW contributed \$560 to the fund, raised in part through our auction at the November banquet.

Spike Ramsden, Wayne's partner, has continued the ride. In December he was set upon by thieves who stole everything but his bike. Equipped once again at Christmas time, Spike is now well down the coast of Peru.

Wayne ran in last year's Boston Marathon, and he'll be in it again this year with friends pushing him in his chair.

Letters and cards may be mailed to Wayne's home: 42 Chittenden Road Scituate, MA 02066

Individual contributions to the Wayne Ross Recovery Fund may be mailed c/o Rockland Trust Co., Front Street, Scituate, MA 02066



Tips For Winter Riding

Winter cycling can open up an exciting new world for you. Get out, ride, and explore! The following are just a few tips for safe, enjoyable winter riding. If you have any other tips of value to the winter cyclist, share them on rides and send them to the *WheelPeople* editor.

Dress appropriately. This cannot be overemphasized! Wear several layers of clothing. Unlike natural fibers, man-made materials don't absorb perspiration. A good approach is to keep a layer of man-made material like polypropylene next to your body followed by layers of natural fiber. This will allow you to perspire through the synthetic to the natural clothing, wicking away moisture and keeping your body drier - and the drier you are, the warmer you will remain. Wool is the warmest natural fiber.

Protect your extremities. Keep your head, hands, and feet protected and warm. Your body can lose a great deal of heat through these areas. A ski band or

hat under your helmet (remove the helmet pads if necessary), warm gloves that don't impede shifting and braking, and several layers of socks and booties all help. You can cut the wind's chilling effect by plugging the holes in your helmet. A scarf will warm your neck.

Keep your bike in top condition. In bitter weather, repairing a simple flat tire can be an ordeal. Thoroughly check your equipment before each ride.

Dress to be seen. With the winter sun low in the sky, a driver can easily lose you in the sun's rays. Wear bright clothing that calls attention to you so that approaching

drivers will have the best possible chance to see you.

Beware of road conditions. Potholes grow in winter, and ice and wet leaves are very slippery. When snow falls, rideable pavement narrows, so adjust your riding style accordingly.

Carry a map. CRW winter rides aren't arrowed, so a map can pull you through if you become separated from the group. We try to stay together and look out for one another more intently during the Winter, but you may nonetheless go astray.

If you get in trouble, get help! If your bike breaks down or you begin to feel chilled, stop and ask for help. Don't press on unless you're sure you're okay. Keep telephone change handy so that you can place a call if necessary.

Consider an off-road ride. Off-road cycling is often sheltered from the wind and that 25 mph breeze you create just by speeding down the road. You still have to watch out for water, snow, and ice, but off-road riding can keep you much warmer.

Bike Express

February, March

1996 Mileage Totals

2	2	0	4	1	1
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		M	C	K		M	C	K
Melinda Lyon	16493	11	10	8	Joe Marcal	2793	3	
John Bayley	14292	10	12	6	Irving Kurki	2484		
Jack Donohue	11661			5	Larry Goldberg	2424	2	
Gerald Goode	11611			6	Bruce MacDonald	2386	4	2
Pamela Blalock	9659	10	12	4	John Kane	2220		
Bruce Ingle	9264	9	5	3	Susan Grieb	2171		
Osman Isvan	9046	10	9	4	David Vickers	2062		
Mike Kerrigan	8647	6	5	4	Jean Jones	2026	3	1
Peter Knox	8585	8	8	3	Harry Wolf	1852		
Jean Orser	7474	10	3	3	Mike Hanauer	1741		
Jim Merrick	6537	5	3		Elisse Ghitelman	1703		
Ed Hoffer	6391	3	1		Sheldon Brown	1526		
Dave Jordon	5925				Jim Broughton	1447		
Robin Schulman	5834	3	3	2	Jacek Rudowski	1438	4	
Ken Hablow	5778	9	7	1	Jim Rosato	1325		
Glenn Ketterle	5562	5			John Allen	1250		
Bob Sawyer	5151	2	1		Jeff Luxenberg	1239		
Peter Brooks	5055	7	3		John Loring	986	1	
Joe Repole	5006	12	12		George Caplan	942		
Jerry Campbell	4337				John Springfield	921	1	1
Richard Buck	4247	7	4		Jacob Allen	375		
Ken Hjulstrom	3741	1	1		Rosalie Blum	257		
Kitty Fargo	3728	1			Jared Luxenberg	238		
Jamie King	3721				George Brown	130		
Ed Trumbull	3505				Sara Luxenberg	81		
Jim Goldman	3089	4	1		Tova Brown	55		

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.

I See You
December,
January, February

Report mileage by the fifth
of each month to:

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

Bike Club Hotlines

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



Welcome New Members

Diane Daniel	North Quincy
Victor Evdokimoff	Needham Heights
Steven Smith	Jamaica Plain
David Wean	Roslindale

Club Classifieds

For Sale:

GT mountain bike, 17" chromoly frame, Shimano Alivio gearing. Excellent condition. Includes rear rack and water bottle. \$200

Haro Race BMX, chromoly frame, forks and cranks, alloy wheels, hand brakes. Excellent condition. A true racing BMX \$125 (\$250 new).

Call Eric Ferioli at 617-235-4762

For Sale:

Performance Wind Trainer Variable magnetic resistance, hardly used - \$50 or best offer. Call Rich at 617-924-5199



Backroad Travel
February