



# Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXI, Number 4 - April, 1997

## Stand Up and Be Counted

So maybe you didn't vote in the last election, and you're a registered agnostic, but here's your chance to be heard. CRW is conducting a survey to find out what you, John Q. Member, like or dislike about the club. Turn to the insert in the middle of this issue, for an explanation by our President, Tom Lynch. The pros and cons of several issues in the survey are discussed on page 6.

## Don't Worry About Us ....

We'll be all right, trying to put on another fantastic century with just a handful of tired, bedraggled volunteers. But don't worry, go ahead, enjoy yourself, ride, ride, ride. If you're feeling a tiny bit of guilt, then maybe you'd like to help.

We have a Century Committee, that divvies up the tasks required to stage the century. We could use a couple of new faces on the committee. But we really need volunteers down in the trenches to help the committee members with their respective responsibilities.

This is your chance to help CRW, meet the movers and shakers in the club, and make your mother proud. You may even get your fifteen minutes of fame by having your name printed in the Wheelpeople. Volunteering doesn't mean that you won't get to ride. Though some stalwart souls stick it out all day, many volunteers do their bit, and then do one of the shorter rides (or vice versa

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## The Case for Group Riding

**...and what we're gonna try to do.**

*By Peter Serratore*

I feel that too many people on CRW rides ride alone for no good reason, and I've been put in the enviable position of trying to do something about it. It seems that many members feel the same as I do, and a bit of effort on many peoples' part will be needed to change things.

Group riding serves more than just a social function. It also can provide a "ladder" for riders who want to become better and stronger. And the miles seem to go by a lot faster when you're riding and interacting with other cyclists. I came here from another large club that practices group riding, and I've seen this all; I'm not just blowing smoke.

Here's what we have to do to bring this about: Everyone should have some idea what average speed they normally do. Mind you, this is average speed, not top speed. Anyone can do 22 for a quick sprint, but try to maintain that over a 30-mile ride.

We should then group ourselves in speed groups at the beginning of a ride. Maybe a good division would be 18 and over, 17, 16, and 15 and under. That's four groups. Each group would need an unofficial leader to help keep them together (this will have been covered at the ride leader meeting).

It's important that the faster groups leave first, and in speed order. This way a faster group doesn't have to pass a slower group, with the resultant uproar.

This is important for another reason — it provides the "ladder" for riders to get stronger. It gives an individual the luxury of starting with a faster group, and drop-

ping back if the pace is too fast. Just wait a few minutes, and the next speed group will be along, so you're not stuck riding alone if you pick too high a speed. Then comes the magic day that you start with a fast group, and stay with them for the entire ride. Not bad, eh?

If you're riding with a group that's a bit too slow for you, exercise some self-control for that ride and slow down a touch for the sake of group unity (just pick a faster group next time). Don't make a habit of riding ahead of the group leader and "pulling" the group — that divides it.

Similarly, if the pace is too fast for you, don't try to hold the main body of the group back. Drop out and wait for the next-slower group. Real slow riders should probably just accept that they'll be riding alone anyway (as they have in the past).

The group leader should ride near the front, and try to maintain the stated pace. Occasionally, and especially after bad hills, the leader should regroup. Usually, the slower the group the more frequent the regrouping.

So, at the beginning of each ride, the ride leader should ask for group leaders. Please — especially those of you who are or have been ride leaders — step forward and help in this effort. I'd ask everyone else to please follow these principles — pick a group and do your part to keep it together.

Try it for a season, and I'll bet you'll see that it's worth it.



## 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

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Sunday Rides	Iiona Blossfelds	(617) 965-9570
Winter Rides	Eric Ferioli	(617) 235-4762
Tuesday Rides	Peter Knox	(617) 731-5944
Thursday Rides	Peter Mason	(508) 369-8451
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Century Committee Chair	Susan Grieb	(617) 275-3991
GEAR '98	Ken Hablov	(617) 647-0233

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Bob Sawyer	1998	(617) 862-6517
Peter Serratore	1999	(617) 643-1893
Marty Weinstock	1997	(617) 491-6523

Visit our web site at <http://www.menlo.com/bike/crw/>

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.



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](mailto:JDONOHUE@world.std.com). Your document must be in "text" mode.

### Insurance

If ride leaders or others have questions about insurance, contact Don Blake at (617) 275-7878. 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



March 4, 1997

**Membership report:** 993 current members.

**Treasurer's report:** February expenses exceeded income by approximately \$1,500. February's main expense was the annual insurance premium of \$1 per member.

**Calendar of bicycle-related meetings:** Tom Lynch proposed publishing a list of meetings, including hearings on bicycle-related bills, on the Internet. He will check if BCOM is willing to publish a calendar on its home page.

**Ride program:** Thanks to Ilona Blosfelds and Peter Serratore, this year's ride calendar is nearly full.

**Spring Century:** The Century Committee still needs volunteers to help with the spring century, May 18.

**Joint club ride:** Due to ride conflicts the date of the joint club ride has not yet been decided. The tentative date is August 24. Barry Nelson will resolve the conflict.

**Member survey:** The survey will be distributed in the April issue of WheelPeople.

**GEAR Rally:** Ken Hablow will chair the GEAR '98 Committee. The rally is scheduled for August 7-10, 1998.

Board meetings are held on the first Tuesday of each month. The next board meeting will be on April 1 at 7:30 in the Hancock United Church of Christ, 1912 Mass. Ave., Lexington Center.

## GEAR '98 Wants You!

by Rosalie Blum

CRW has finally taken up the challenge to bring a GEAR (Great Eastern Area Rally) to the Boston area! The beautiful Babson College campus will be the site of the "GEAR by which all future GEARS will be measured" August 7-10, 1998 (mark your long-term calendars now)! For the expected crowd of 1000+ bicyclists and their families, we hope to provide the kind of event only the CRW can offer - the best-ever rides, workshops, vendors, entertainment, lodging and oh, yes, FOOD!

A planning committee has already been working with the LAB on this event. During 1997 we need to "test ride" some of the two dozen rides we are developing for GEAR. If you'd like to lead a test ride during our regular Saturday or Sunday ride season this year, please contact Barry Nelson (617-964-5727). We'll give you the maps and cue sheets - all you need do is pick an open date, arrow the route and lead the ride!

As 1998 approaches, we will also be asking for volunteers in the following categories: ride dispatchers and escorts, water stop hosts/hostesses, sag drivers, and day-of-event information desk staff. If we have enough workers, we'll only need you for one day out of the four; you can enjoy the rest of the event as you wish. And, of course, everyone can beseech the weather gods for sunny skies and moderate temperatures!

Please think about how you would like to help your fellow members make this a memorable event. And watch this space for more GEAR '98 news!

## Government Relations Report

The five bicycle bills mentioned in last month's Wheelpeople have been assigned numbers as follows: H3580 Bikeways and Bicycle Parking Facilities was Docket # 3685. H3581 Incorporates bicycle requirements into the highway design manual. Was Docket #3686. H3105 Requires off street parking for bicycles at state owned facilities. Formerly Docket # 3212. H31647 The car door bill - formerly Docket #3209. H3529 The local speed limit bill - formerly Docket #3692.

Bills H3105 and 3164 were sponsored by Rep. Kevin Fitzgerald. The other three

*Don't Worry about Us...*

for people helping with checkin or cleanup).

Here are some specific tasks you could sign up to do:

Registration — check people out on the rides, take their money

Checkin — check people in after the ride, give out water bottles

Food — pick up one of the major food groups (fruit, bagels, etc) and deliver it to the start at 7:00AM (groan); food people could actually do the century

Water Stops — help person the water stops; this involves handing out food and water at one of the two water stops; this is typically a half day job, and some people ride to or from the water stop

Sweeps/Sag Driver — we need people to ride at the back and watch out for people having trouble on the ride. Also we could use someone with a car that could pick up broken bikes and people if the need arises.

Cleanup — not glamorous, but necessary, clean up the site at end of day (5:30-6:00PM); you could definitely ride the century and be back for this.

General Gopher - help with registration, food setup, table setup, moral support, etc as needed

To volunteer for one of these jobs, call:

Anne Marie Starck at 617-923-6409: Registration, checkin, cleanup

Tom Lynch at 508-877-2238: Food

Dave Jordan at 617-641-2484: Water stops, sweeps

Also, if you have a pickup truck or van,  
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were by Ann Paulsen.

E-mail your comments on these five bicycle bills to your state senator and representatives.

You can obtain your state senator and representatives E-mail address by clicking on the Commonwealth of Massachusetts home page. The address is <http://www.magnet.state.ma.us/legis/legis.htm>. There is then an alphabetical Member Directory and also a listing by city and town.

*Robert B. Sawyer  
Government Relations Advocate*

## The Rides Calendar

April, 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.

**Starting This Month: Every Tuesday at 6 PM Sharp,** the Fitness Ride departs from Nahanton Park in Newton for routes of 19, 28 and 42 miles. *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.

**Every Thursday at 6 PM Sharp,** the Fitness Ride departs from the parking lot at the Civil Air Terminal at Hanscom Field, for routes of 16, 25, and 35 miles. From Route 128, take Route 2A West for about 2 miles. Turn right on Airport Road and follow it to the parking lot at its end.

**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.

## Not Quite the Friday Night Ride

Saturday, April 05 - 10:00 A.M.

**Ride Type:** Chalked arrows weather permitting/ maps and cue sheets regardless.

**Route & Time:** 10:00 for route of approximately 32 miles  
Leader: Peter Serratore (617-643-1893)

**Start:** Municipal parking lot next to the Minuteman Bikeway, behind Depot Square, next to Mass. Ave. in Lexington Center

**Description:** Brave the Minuteman Bikeway for the four miles from Lexington to Bedford. Then we'll ride to the start point of the Friday Night Ride, and pick up the Friday Night Ride's 21-mile route - the prettiest one. If the ride leader can work it out in time, we'll be on the improved route (one section of the ride will change).

### South Shore Coastal Loop

Sunday, April 06 - 6:45 AM

**Ride Type:** Arrowed with map and cue sheet

**Leaders:** Ted Lewis H:617-396-7286 W:508-777-5203 x131 tedL@microscript.com, Mel Stoler H:617-277-5180 W:617-727-4923 x360 mstoler@state.ma.us

**Start:** Rockland Park'n Ride lot

**Directions:** Take Rt. 3 to Exit 14 (Rt.228) in Rockland. Turn left at end of exit ramp and park in the Park'n Ride lot.

**Highlights:** Are you looking for a ride with shady, quiet roads, beautiful scenery and coastline stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. Choose the 33 or 45 mile loop both departing at 6:45 AM. The 33 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 45 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Ideal for fast and moderate riders with paceline experience or desire to learn. You won't regret setting the alarm.

### Spring Ahead!

Sunday, April 06 - 10:00 & 10:30 A.M.

Daylight Savings Time Begins- don't forget to move your clock ahead!

**Ride Type:** Arrowed with cue sheet

**Routes & Times:** 10:00 A.M. for about 50 miles with some fun hills; 10:30 for about 35 rolling miles

**Leaders:** Lisa LeRoy (617-964-1751), Andy Meyer (617-646-4647), Ilona Blosfelds (617-965-9570)

**Start:** Bedford Public Library

**Directions:** From Rt.128 take Rt.4/225 (Exit 31B) to Bedford. Go approx. 3 miles through Bedford Center. Shortly after Bedford Center, take a LEFT onto Mudge. The library is on your RIGHT, just past the Police Station.

**Highlights:** The short ride passes through Bedford, Concord, Acton, Littleton, Westford, and Carlisle. The long route adds Harvard. Bring a lunch as there are no food stores at the lunch stop.

### Fitness Ride - Nahanton Park "Debut"

Tuesday, April 08 - 6:00 P.M. Sharp

**Ride Type:** Arrowed routes of 19, 28 & 42 miles.

**Leader:** Pete Knox (617-731-5944)

**Start:** Nahanton Park, Newton.

**Directions:** Take the Highland St. exit off Rt.128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Note: Lights on your bike, as well as reflective clothing and helmet, are recommended. These rides will be set up to run with or without a leader so be ready to go on time. At 6:00 we're gone.

## **Framingham Bike & Hike**

**Saturday, April 12 - 10:30 AM**

**Ride Type:** Arrowed

**Leader:** Tom Lynch (508-877-2238)

**Start:** Tom Lynch's house, 16 Carter Drive, Framingham

**Directions:** Going west on Rte. 20 - In Sudbury, watch for stoplight at Union Street (Sudbury Farms shopping mall is on left). At 0.1 miles further on, turn left at sign reading "Framingham/Nobscot" onto Nobscot Road. Continue for 2.5 miles to first stop light (Nobscot shopping mall on left). Turn right on Edmands Road and go 1.0 miles to top of hill. Turn right onto Carter Drive. We're at the top of the first hill. Going west on Rte. 9: Take Rte. 30 exit at Framingham Common. Go up ramp to stoplight and turn right onto Edgell Road. Go 2.3 miles to first stoplight at Nobscot Plaza. Turn left on Edmands Road and continue as above.

**Description:** 35 rolling miles through Framingham, Southborough, Hopkington and Ashland. Bring your lunch to a post-ride party at Tom's house and consider a very pleasant one hour walk through the adjacent reservation with great views to the east.

## **Which Way to the Wayside**

**Sunday, April 13 - 10:00 & 10:30 AM**

**Ride Type:** Arrowed

**Routes and Times:** 10:00 for 46 miles, 10:30 for 22 miles

**Leader:** Greg Przybyl 508-685-6394

**Start:** Brophy School, Framingham

**Directions:** Rte 9 West to Rte 30 West at Framingham Center. Brophy School is on the right about 2 miles after the center.

**Highlights:** Framingham, Marlborough, Hudson, Stow, Bolton, and Berlin. Lunch will be at the Grist Mill, so bring a lunch

## **Fitness Ride - South Coast Loop**

**Sunday, April 13 - 6:45 AM**

See April 06 for details.

## **Fitness Ride - Nahanton Park**

**Tuesday, April 15 - 6:00 PM SHARP!**

## **The First Fitness Ride of the Season - Hanscom Field**

**Thursday, April 17 - 6:30 PM SHARP!**

**Ride:** Arrowed routes of 16, 25 & 35 miles.

**Leader:** Peter Mason (508-369-8451)

**Start:** Hancoc Air Force Base Civil Air Terminal

**Directions:** Rt.128 to Exit 30B (Rt.2A West) — do not take the exit for Rt.4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the Civil Air Terminal (about 3/4 miles). Highlights: The short ride winds through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford.

## **Burnt Swamp Boogie**

**Saturday, April 19 - 10:00 AM**

**Ride Type:** Cue Sheet, may be arrowed

**Routes & Times:** 10:00 A.M. for your choice of 34, 55, or 75 miles of scenic but hilly back roads. A century option is available for those interested (if this is you (a century type) meet at the intersection of Cypress and Walnut in Brookline at 8:10 AM SHARP!).

**Leader:** Pete Knox (617-731-5944)

**Start:** Dover/Sherborn Regional High School Directions: From Rt.128 take Rt.109 West to Medfield Center. Make a right at the light onto North St., in about 1 mile stay right at the triangle, then in about .8 mile bear left onto Farm St., then in .7 mi. make a left on Junction St. The High School and parking lot will be on your right.

**Highlights:** Very quiet back roads with lots of great water towers and eventually the burnt swamp in Rhode Island. Ride includes Franklin, Medfield, Norfolk, Plainville and Woonsocket R.I. to name a few. A perennial favorite.

## **Blue Moose Hill**

**Sunday, April 20 - 10:00 AM**

**Ride Type:** Arrowed & Cue Sheet

**Routes & Times:** 10:00 A.M. for rides of 25 & 47 miles

**Leader:** Jean and Ken Zaniewski (617-784-1845)

**Start:** Sharon Shopping Center, Shaw's Market Directions: From Rt.128 take Rt.95 South to (exit 8) Mechanic St./S.Main St. Take a left from the exit ramp - the shopping center is about 1/4 mile ahead on the right. Please park as far from the stores as possible, close to South Main street.

**Highlights:** All Sharon highlights including Whaling Museum and Bird Sanctuary, long ride adds the Boston Skyline View from Big Blue Hill. There will be an after-ride party at Ken's and Jean's home.

## **Fitness Ride - South Coast Loop**

**Sunday, April 20, 1997 - 6:45 AM**

## **Fitness Ride - Nahanton Park**

**Tuesday, April 22 - 6:00 PM SHARP!**

## **Fitness Ride - Hanscom Field**

**Thursday, April 24 - 6:30 PM SHARP!**

## **Mean Streets: Fenway Plus**

**Thursday, April 24 - 6:00 PM**

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## CRW Club Survey: Introduction

CRW is conducting a membership survey covering a number of topics. Two of the topics are controversial: the continuation of LAB affiliation and the possibility of changing the club name. To provide some background, we've solicited PRO and CON arguments for each of these questions. Please read these before answering the survey and do talk about these questions with your fellow club members.

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### **Question: Should we remain a 100% LAB affiliated club**

PRO:

#### **Keep LAB affiliation!**

by Tom Lynch

A successful bicycling community consists of many parts - the riders themselves, a good cycling club, good bike shops, good roads, and good government relations. We have great riders, our many volunteers make us one of the premier bike clubs in the country and we have good bike shops. The roads could be improved and that takes government relations.

CRW supports two advocacy organizations. The League of American Bicyclists provides us with discounted memberships at \$20 per year per member and we are exploring an affiliation with BCOM.

In the March newsletter, the new LAB director, Cosy Simon, wrote an article talking about LAB and its affiliation with CRW. This article explains LAB's programs and shows a new attitude for the organization. Unfortunately, the article was tucked in the back of the newsletter. If you missed it, I can provide copies (877-2238 or at the April 12 ride or !!! toml@kurzweil.com).

Should we continue LAB affiliation? Yes, they are about the only national bicycling advocacy organization around, and we need advocates to promote ISTEAs and other legislation.

Is \$20 per member too much? A couple of years ago, I would have said yes but many of the problematic LAB leaders are gone and the new leadership is showing a much more responsive attitude. On the other hand, CRW provides its members with excellent bike shop discounts and thousands of miles of arrowed roads each season. I think that \$35 is a very good deal for the benefits CRW members receive.

Should we question our LAB affiliation? Yes. Every year we need to monitor LAB's activities. We are giving them a large

amount of money each year and we are responsible for seeing that the money is being well spent. I feel that LAB is doing very well this year but have no intention of closing my eyes.

Should we better fund BCOM (Bicycle Committee of Massachusetts)? Yes. Their leadership also has changed in the past year and they look like they'll be more much more effective than in the past. However, we will approach an affiliation with them very cautiously.

So, I am in favor of CRW running GEAR '98 as a 100% affiliated club.

CON:

#### **Let's Keep the LAB Affiliation... But Stop Forcing Every CRW Member to Join!**

by Dave Jordan

Do you ever wonder why CRW is the ONLY bike club in the entire country that forces all of its members to join the League of American Bicyclists? I do.

I think that CRW should remain an LAB-affiliated club (which requires that we identify 6 CRW members who are also members of LAB) but I don't see any reason why we should send more than half our dues (\$20/member, or about \$20,000/year, every year) to LAB.

While we're busy sending boatloads of money down to LAB in Baltimore, back home we struggle with the costs of getting WheelPeople out. We used to keep the costs down by reducing or eliminating content. Now we keep the costs down by using bulk rate mailing, which sometimes results in late or missing issues. How about using some of the \$20,000 we send to LAB to make improvements on something that we can all benefit from here at home? And then return the rest to our members?

I have nothing against LAB - I'm sure they're a fine organization doing whatever it is that they do. I'd probably be a member anyway. But I have a real problem with the current CRW policy which limits the funds available for local efforts, despite having dues which are among the

highest around, and forces us all to join LAB whether we want to or not.

### **Question: Should the club name "Charles River Wheelmen" be changed?**

PRO:

#### **It's Time to Change the Club Name**

by Susan Broome

It is 1997. Words like flight attendant and firefighter are now part of our vocabulary. We are affiliated with the League of American Bicyclists, not the League of American Wheelmen. However, the name of the largest cycling club in the Boston area and one of the largest and most active in the country continues to be gender specific. It is time to change the name of the club to reflect the fact that club membership includes both men and women. Changing the name to one that is more descriptive of the membership will make the club more welcoming to all and encourage more active participation. These benefits require a small effort and minimal cost, primarily a couple hours of a lawyer's time to change the bylaws. Finally, the fact that "Wheelmen" has been used for years to refer to cyclists does not make it the right term.

It is 1997 - time for this club to join the rest of the country in using language that does not alienate groups of people.

CON:

#### **Keep CRW!**

by Rosalie Blum

It seems every five years or so, CRW members are asked to vote whether to keep the traditional "Wheelmen" title or change it to something more generalized. In 1982, shortly after I joined CRW, the senior members of the club told me about this phenomenon. I expect to be able to tell new members in 2002 about it when they bring it up for a vote then! I didn't look up any of the past newsletter ar-

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**Ride Type:** Urban evening ATB (follow the leader)  
**Leader:** Charles Hansen 617-734-0720[h] 617-572-0277[w]  
<chansen@jhancock.com>  
**Start:** B.U. Metcalf Building, 590 Commonwealth Ave. (At the 'Explosion' sculpture)

**Directions:** Storrow Drive to Kenmore exit. Take Comm. Ave west to the first traffic light past Kenmore Square and park.

**Lowlights:** Ride about 10 miles on a mixture of streets, alleys, bike paths, steps, sidewalks, and dirt. Explore the Fens, the Longwood medical complex, and parts of the Jamaicaway and Brookline Village. ATB's or sturdy tires recommended for rough pavement and frequent glass.

## **Emerald Necklace Ride**

**Saturday, April 26 - 9:30 AM**

**Ride Type:** Map/group urban exploration + interpretation  
**Leader:** Charles Hansen (617-734-0720[h] 617-572-0277[w]) <chansen@jhancock.com>  
**Start:** Call leader to register

**Highlights:** Starting in the Back Bay, we will ride through the Fenway, Riverway and Jamaicaway - mostly on bike paths - to and through Arnold Arboretum. We will visit the Frederick Law Olmstead (landscape architect of the Emerald Necklace) National Historic site in Brookline - on his birthday - and get a tour. We will also explore beautiful Forest Hills Cemetery, one of the few open to cyclists. Our return will be via the South-west Corridor bike path. Although the mileage is not great (30+/- miles), this ride will likely take a good part of the day; bring lunch. Registration required due to tour limit at the Olmstead site.

## **Another Side of Carlisle**

**Sunday, April 27 - 9:30 AM**

**Ride Type:** Arrowed rides of 50, 40 and 25 miles with cue sheet available

**Routes & Times:** 9:30 for routes of 40 and 50 miles, 10:00 for a route of about 25 miles

**Leader:** Rich Fields (617) 646-4601 <richard@belv.com>  
**Start:** Brighams, Mill St. in Arlington Center

**Directions:** From 128; exit 29A East (Route 2 toward Cambridge. Take Route 2 East to Exit 59 (Route 60). Take left onto Route 60 and go about 1 mile to Mass Ave. in Arlington Center. Take left onto Mass Ave. toward Lexington and go to first traffic light which is Mill St. Entrance to Brighams is on the left down the hill.

**Highlights:** A scenic ride through the towns surrounding Carlisle including Arlington., Lexington, Bedford, Chelmsford, Acton, Concord and Lincoln. This ride is flat to rolling with a few hills, notably Page Hill in Bedford and Trapelo Rd in Lincoln. A good ride for those just getting back into the saddle after this winter's (???) layoff. Lunch stop at either Great Brook Farm or Concord Center.

## **Mean Streets: Providence**

**Sunday, April 27 - 9:00 A.M.**

**Ride Type:** Map/group urban exploration  
**Leader:** Charles Hansen (617-734-0720[h] 617-572-0277[w]) <chansen@jhancock.com>  
**Start:** (for carpooling) Pillar House restaurant on Rt. 16 in

Newton Upper Falls Directions: Take Rt. 128 to Rt. 16 west exit

**Highlights:** Join us for a Mean Streets extended trip! In the spirit of this series of urban exploration rides, we'll cycle the streets, alleys, sidewalks, bike paths and whatever else we find in Providence. We'll also seek out the city's institutions of culture, and spend time in museums on the RISD and Brown campuses. If you've never been to Providence before, it may surprise you with its range of attractions. Bring a bike lock; U-type strongly recommended. Lunch will be at a restaurant in Providence. This is an all-day event; 35 +/- slow speed miles.

## **Fitness Ride - South Coastal Loop**

**Sunday, April 27 - 6:45 A.M.**

## **Fitness Ride - Nahanton Park**

**Tuesday, April 29 - 6:00 P.M. SHARP!**

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## **Other Rides and Trips**

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### **Memorial Day Dash to Montreal**

**May 22-26**

MDDM+97 - 13th Annual edition of a classic New England tour; special +reversed+ route (for good luck!). Thursday night stay at Schoolhouse Cabin near Montpelier, VT. Friday drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van, and cycle 80 absolutely flat miles - including the beautiful Lake Champlain Islands -to Montreal, where we stay in the Youth Hostel (Couples rooms available at extra cost - call early). Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride 75 miles through Quebec and New York state, then return by ferry to the cars. We hope the +reverse+ route will reverse the traditional head winds, which we often experience in both directions. \$135 trip fee includes 4 nights lodging, 3 meals, sag support, tour T-shirt and extensive literature. Call for info or to register. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277

### **VERMONT BIKING & HIKING**

**May 23-26**

This is the 2nd annual spring trip to the Smuggler's Notch Inn in Jeffersonville, Vt. located 20 miles north of Stowe. The location is great for road and mountain biking and hiking. The Inn has private rooms and baths and an outdoor hot tub and swimming pool. There is also a bar and restaurant. CRW members, Jon Day and Cynthia Barber, are the Innkeepers. \$145 per person covers 3 bed and breakfasts and 2 dinners. A \$25 deposit will hold your spot. Call Lainie Epstein 396-0680.

### **21st Annual Tour of New England**

**May 24 to 26**

This trip begins and ends in West Roxbury, MA. and will visit all six New England states covering approx. 365 miles in three days. Be forewarned, this is a difficult ride. The non-refund-

able fee of \$75.00 for members and \$80.00 non-members covers two nights motel style lodging, one in Brattleboro, VT. and the other in Dover, N.H., along with maps, cue sheets, limited sag and an after ride pizza party. The total fee is due May 9th, 1997. You must be at least 16 years old or accompanied by a parent or guardian. Please make check payable to the Charles River Wheelmen.

For further information, mail a self-addressed, stamped envelope to: TONE, 31 Pleasantdale Road, West Roxbury, MA. 02132.

## **26th Annual Tour of Scenic and Rural Vermont (TOSRV-East) 7th Annual Mini TOSRV-East**

**June 27-29 1997**

Sponsored by Eastern Massachusetts Council of American Youth Hostels. The full tour rides 102 miles from the HI-AYH hostel in East Jamaica, VT north to Waitsfield, VT on Saturday, and back on Sunday. The mini tour rides approximately 69 miles north from East Jamaica to Rochester, VT on Saturday and back again on Sunday. Both tours cover three moderate climbs en-route, not difficult with a triple chainring. We do not ride through any of the gaps, which are the most challenging climbs in Vermont. The scenery and beauty of these rides are unsurpassed, and the rides pass through many classic Vermont small towns and eateries. Some people have been coming back on this ride for 20 years.

Cost of \$75 covers Friday night at hostel, Saturday B & B, Saturday dinner, Sunday breakfast, baggage and sag van, cue sheets and patch. Showers at the hostel will be available after the ride on Sunday. For complete information and a release form, which you need to fill out to come on the ride, send a self addressed stamped envelope to:

Jacek Rudowski  
One Belnap Road Hyde Park, MA 02136-1104  
617-361-5273.

Registration checks and completed release forms should be sent to: Robin Schulman for the Full TOSRV-East and to Karen Bashaw for the Mini TOSRV-East, both at: 28 Third St., Maynard, MA 01754. Call Robin or Karen at (508) 897-5906 for registration info.

## **The 1997 Boston Brevet Series**

The Boston Brevet Series is a set of four long distance randonneuring rides which are also qualifiers for Boston-Montreal-Boston. This year's schedule is as follows:

Event	Distance	Start		Time Limit	Fee
		Date	Time		
200k	125 Mi.	05/17	7:30 am	14 hours	\$ 15
300k	190 Mi.	05/31	4:00 am	20 hours	\$ 20
400k	250 Mi.	06/28	0:01 am	27 hours	\$ 25
600k	375 Mi.	07/19	3:00 am	40 hours	\$ 45

All rides start at the Civil Air Terminal at Hanscom Field in Bedford, MA (plenty of free parking!) All rides except the 200k

require sufficient lighting.

Though the rides vary in difficulty, none are easy. Expect about 3000 feet of climbing for each 100k ridden. The 200k goes into southern New Hampshire; the 300k goes into Rhode Island and eastern Connecticut; the 400k goes out to the Connecticut River Valley; and the 600k goes through the Bershires to New York and back. This years schedule is designed to help riders peak for Boston-Montreal-Boston (1200k, 750 Mi., 90 hour limit), August 14-17.

All rides are supported with checkpoints every 40 to 60 miles. Checkpoints are stocked with water and a variety of food (fruit, sandwich makings, cookies, etc.). Bags will be transported to and from some checkpoints on the longer rides. A "real" meal is provided late on the first day of the 600K and spartan sleeping accommodations will also be available.

For more information, contact:

Dave Jordan  
Boston Brevet Series  
19 Rockmont Rd.  
Arlington, MA 02174  
617-641-2484

or: <http://cycling.org/freeweb/bbs/> or send email: [dmj@odi.com](mailto:dmj@odi.com)

## **Tandem Bikers of New England**

### **(T-BONE) Rides**

For a complete 1997 schedule, send \$3 to T-BONE c/o Linda & Bob Harvey, 16 Clinton St, Salem, NH 03079-2052.

### **Mt. Washington Valley Weekend,** Conway, NH May 30 - June 1

This weekend is great for both new riders and experienced riders looking for an early season challenge. Rides vary from gently rolling along the rivers to long climbs through the notches. If it's too yucky to ride (rain?), try shopping at North Conway discount stores, hiking, or canoeing from the B&B.

Rides: Start about 8:30 AM from the Merrill Farm Resort B&B. One-day riders are welcome; please park in the back. Choices include short (15 miles) to long (90+ miles). Easy rides include the scenic Covered Bridge loop using the lower part of the Kankamagus; the West Side ride, which gets into the fun part of North Conway; and some rides into Maine. Challenging rides include a round trip on the Kankamagus, the 90+ mile Pinkham/Evans Double Notch ride (our favorite, which we plan to do on Saturday), and the 35+ mile Bear Notch ride (another favorite). Maps/cue sheets will be provided for suggested rides.

Lodging: The Merrill Farm Resort B&B is about 1 mile north of the Conway traffic light on Rt. 16. Special group rates start at \$49 plus tax, per room/night (one double bed, private bath, double occupancy). They also have larger rooms - up to four beds. Rates include a continental breakfast (cereal, muffins, juice, coffee), afternoon snack (cookies and tea or lemonade), and towels for a Sunday after-ride shower. A hot tub is available for an additional charge. Make your own reservation: call 1-800-445-1017 and mention the GSW weekend special rates.

Ride Leaders: Nate and Mary Ellen Carmen, RR #1 Box 639, Bethlehem, NH 03574. Telephone 603-444-6887

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## NEW RACER DEVELOPMENT SERIES

by Mark McMaster

As it has every year since 1993, NEBC will host a series of early-season rides whose objective is to introduce new racers to the sport, ultimately taking them to a real event (MRC/Sterling, Saturday 10 May, and/or the BRC Wells Ave. Sunday morning race series). This year's series begins Sunday, April 6, 9:30 AM in the Bedford High parking lot; the first few rides won't be too demanding, and can pretty easily be ridden on fat tires. These may be the best choice if the roads are still a little sandy or snow covered.

The early focus is on riding a straight line, riding predictably, becoming comfortable in a slowly-moving paceline, then advancing to the mechanics of more aggressive pacelines, where other riders appear beside you (as well as in front and behind). Speed may pick up as the weeks go by but it will never really be the main point; the point is to develop a smooth and steady riding style, the NEBC trademark. Week two will work on team time trial technique, just a simple extrapolation of the preceding paceline studies. Subsequent weeks, beginning with week three in late April, will take on cornering, climbing and descending, sprinting, incidental contact, then spend a morning on a series of short races to practice starts and finishes. These races are very instructive; for many, they're a one-time opportunity to be close enough at the end to actually experience the frenzy of a winner-take-all sprint.

So, set aside Sunday mornings from 6 April through the middle of May for a little practical instruction. And tell your friends; if you know someone who might want to race or simply improve bike handling skills, this is a major opportunity to learn in an (almost) stress free environment. Even if they can't make early April rides, catching up isn't hard to do. We're hoping for appearances by well known "guest lecturers," experts in everything from frame building to proper care of racing shorts. See you there, Sunday, 6 April 9:30 AM.

For more information and/or directions to the start, call Bob Evans at 617-275-0573 or Mark McMaster at 617-272-8421.



the hibernating cyclist emerge, squinting in the unaccustomed sunlight, a little bit wobbly as their white spindly legs once more become one with the pedals. The lycra fits a bit tighter than it used to, and the hills are steeper and longer. The headwind that was once considered a zephyr is now promoted to a raging gale.

Now I know some of us are highly motivated overachievers who spend the winter cross country skiing or spinning endless virtual miles on a wind trainer, or if you like to live dangerously, rollers. Some of us have been riding the frozen tundra on mountain bikes (reminds me of the Rocky & Bullwinkle episode "Light bulbs in permafrost, or mazdas in de cold cold ground"). But if you're like most of us, your idea of a serious winter workout is getting up to change the channel when the remote craps out. One of my personal cross-training exercises is weight training with sixteen ounce glasses of beer. So come spring, you're not exactly sporting buns of steel (buns of marshmallow would be more accurate).

Winter commuters have a significant leg

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### *Don't Worry about Us...*

we need someone to haul the tables and chairs to/from the event. Someone who lives in the Wakefield area would be ideal. We usually have them delivered and picked up from someone's house, and the someone brings them to the century and takes them home (another 6:30AM job).

We would like the use of one or two cell phones for communication among the sweeps, the sag, and command central. They would probably be used very little if at all, and CRW would reimburse the cost of the calls.

We thought it might be fun to have an apres ride volleyball game, so if anyone has a ball and net, and would like to lend it to the club, bring it along.

To volunteer for any of these other tasks, call Susan Grieb or Jack Donohue 617-275-3991

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## Little Jack's Corner

by Jack Donohue

Ah, spring is here. This signals a re-birth of plant life, etc, but most importantly, the start of the biking season. We herald the event by watching

up (no pun intended) this time of year, since if they've managed to get through the winter without breaking too many important body parts, they have logged quite a few road miles, and are ready to take on the big guys. At least until the big guys get a couple of hundred miles under their belt, and then they get smoked as usual.

One solution to the out of shape problem is to buy new components. If I'm about as fast as a slug, at least I can make my bike faster, we reason. This is a good time of year for component fallout, as the market gets flooded with eight speed components as everyone goes to nine speeds. I'm still blissfully ignorant in the seven speed world (I've even got a six speed setup lurking around), but a bargain's a bargain.

Those of you who were instilled from birth with a healthy dose of guilt will start thinking about nutrition again. Wearing sackcloth and lycra, you will atone for your sins by subsisting on power bars and water. You will eschew the chocolate chocolate double mocha goodies in favor of celery sticks. Penance will continue until mid season, when you've been pounding the pedals religiously for hundreds of miles, and start feeling really good again. You will reward yourself with one of those chocolate squared tidbits and start the cycle all over again.

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## Long Distance Cycling leads to More Cyclists?

Ken and Jean (Jones) Zaniewski are pleased to announce the birth of Eric Fancis Zaniewski on February 19, 1997, weighing in at a hearty 10 pounds 1 ounce. Ken and Jean met training for the Boston/Montreal/Boston ride in 1994, and also completed Paris/Brest/Paris in 1995. Eric is the latest of a mini CRW population boom: joining Jamie & Lindy King's Jesse; Charlie Lamb's and Linda Lee's Andrew; and John Tobin's and Cathy Ellis' Sarah. Perhaps the sleep deprivation associated with ultra-distance cycling predisposes one to caring for an infant?

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Century Flier April/May

# February Mileage Totals

**0 1 3 9 8 0**

Miles	M	C	K	Miles	M	C	K
Jack Donohue	1365			Ed Trumbull	259		
Melinda Lyon	1141	1		Jim Goldman	251		
Ed Hoffer	925			Robin Schulman	240		
Joe Repole	850	2	2	Susan Grieb	220		
Jim Merrick	712			Ken Hjulstrom	216		
Rich Fields	690	1		Harry Wolf	213		
Fred Kresse	688	1		Jim Broughton	141		
Peter Brooks	670			John Allen	130		
Gerald Goode	647			John Kane	125		
David Wean	578			Jeff Luxenberg	118		
Osman Isvan	561	1		Rich Whalen	113		
Bob Sawyer	543			Telford Tandem	105		
Ken Hablow	505			Jim Balsou	57		
Tony Richard	441			Jean Zaniewski	41		
Irving Kurki	381			Jacob Allen	40		
Joe Marcal	357			Jacek Rudowski	9		
Richard Buck	339			Jared Luxenberg	3		
Elisse Ghitelman	303			Sara Luxenberg	3		

## 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



## Club Classifieds

Ride/Travel Companion Wanted

I want to attend the 20th anniversary Five Boro Tour in New York City in May. I am looking for someone to share my driving and hotel expenses. I had such a great time at the Tour de L'Île de Montreal that I want to do New York. Ron Messier 1-207-784-8264 (leave message)

Wanted: Specialized 24" Expedition in decent condition. Charles Hansen 572-0277w

CRW Club Survey continued:

articles that argued for keeping "CRW", but here's how I see it:

1. Is there anyone out there who doesn't think women participate on an equal basis with men in the club? Do we need to change the name to make it even more obvious? All it takes to participate is time and good ideas. Look at the Wheelpeople masthead - nearly half the "movers and shakers" are women. And there have been at least two female presidents in recent memory, and several female VPs. Let's fight the equality battle where it makes a real difference - on the job and in crucial social, medical and legal areas.

2. What would the new name be? "Cyclists" calls to mind gasoline-powered two-wheelers (believe me, I've gotten some strange looks when I say I'm a "cyclist"). "Wheelfolk" is a bit too homey. "Bicyclists" is a little too straightforward. And "Wheelpeople" is just plain cumbersome.

3. "Wheelmen" is a title with noble origins; Boston is rich in bicycling history. "Wheelmen" has a cachet not found in more generic club names. If we can't keep traditions going in Boston, where can we?

4. Surely there are more important ways to spend club time and money than in revising our masthead, stationary, web site, merchandise logos, maps, and correspondence. And, it's costing several hundred dollars just to send out this survey. Let's keep the Wheelmen the Wheelmen! (See you in 2002!)

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**WELCOME NEW MEMBERS**

Avram Baskin	North Quincy
Christopher Bruton	Waltham
Linda & Jerry Eidelman	Jamaica Plain
Rex Gilmore	Belmont
Mary Jackson	Waltham
Anne Joynt	Newton Centre
eith Miller	Medfield
Richard Moffat	Watertown
Joe Palmero	Wilmington
Jennifer Powell	Brighton
Prentice Zinn Gabrielle Cobbs	Jamaica Plain

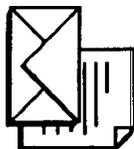
**THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS**

<b>Ace Wheelworks</b> 145 Elm St., Somerville	776-2100
<b>Back Bay Cycles</b> 333 Newbury St., Boston	247-2336
<b>Belmont Wheelworks</b> 480 Trapelo Rd., Belmont	489-3577
<b>Bicycle Bill</b> 253 North Harvard St., Allston	783-5636
<b>Bicycle Classics</b> 1329 Highland Ave, Needham	455-0590
<b>Bicycle Exchange at Porter Square</b> 2067 Mass. Ave., Cambridge	864-1300
<b>Bicycle Workshop</b> 259 Mass Ave., Cambridge	876-6555
<b>Bike Express</b> 96 N. Main St. Randolph	800-391-2453
<b>Brookline Cycle Shop</b> 324 Washington St., Brookline	232-0775
<b>Burlington Cycle &amp; Fitness</b> 330 Cambridge St., Burlington	272-8400
<b>Chelmsford Cyclery</b> 7 Summer St., Chelmsford	508-256-1528
<b>Community Bicycle Supply</b> 496 Tremont St., Boston	542-8623
<b>Cycle Center</b> 910 Worcester Rd, Rt. 9, Natick	508-653-6975
<b>Cycle Lodge</b> 1269 Washington St., Hanover	829-9197
<b>Cycle Loft</b> 28 Cambridge St., Burlington	272-0870
<b>Cycle Sport</b> 1771 Mass. Ave., Cambridge	661-6880
<b>Dedham Cycle and Leather</b> 403 Washington St., Dedham	326-1531
<b>Farina Cycle</b> 61 Galen St., Watertown	926-1717
<b>Fat Dog Pro Shop</b> 940 High St., Westwood	251-9447

<b>Ferris Wheels Bicycle Shop</b> 64 South St., Jamaica Plain	522-7082
<b>Frank's Bicycle Barn</b> 123 Worcester Tpk., Westborough	508-366-1770
<b>Frank's Spoke 'N Wheel</b> 119 Boston Post Rd., Sudbury	508-443-6696
<b>Freewheelin' Cyclery</b> 877 Main St., Waltham	894-2768
<b>Harris Cyclery</b> 38 North St., Hingham	749-9587
<b>Highroad</b> 1355 Washington St., West Newton	244-1040
<b>International Bicycle Center</b> 80 Montvale Ave., Stoneham	438-5433
<b>King Cycle</b> 551 Washington Street, Weymouth	331-2453
<b>Landry's Cycling and Fitness</b> 89 Brighton Ave., Allston	783-5804
<b>Lincoln Guide Service</b> 66 Needham St., Newton	527-0967
<b>Marblehead Cycle</b> 198 Great Rd., Bedford	275-2035
<b>National Ski and Bike</b> 25 Bessom St., Marblehead	631-1570
<b>Northeast Bicycles</b> 102 Broadway, Rt. 1, Saugus	233-2664
<b>Peter White Cycles</b> 114 Central St., Acton	508-635-0969
<b>St. Moritz</b> 475 Washington St., Wellesley	617-235-6669
<b>Ski Market, Ltd.</b> Boston, 860 Commonwealth Ave.	617-731-6100
<b>Town and Country Bicycle</b> Danvers, Endicott Plaza	508-774-3344
<b>Travis Cycles</b> Burlington, CrossRoads Ctr.	617-272-2222
<b>Two For The Road</b> Framingham, 686 Worcester Rd.	508-875-5253
<b>Westwood Cycle</b> Auburn, 322 South Bridge St.	508-832-8111
<b>Worcester Cycle</b> 67 North St., Medfield	508-359-8377
<b>Worcester Cycle</b> 1 Oak St., Taunton	508-822-0396
<b>Worcester Cycle</b> 722 N. Main St., Brockton	508-586-6394
<b>Worcester Cycle</b> Georgetown Plaza, Georgetown	508-352-7343

**Charles River Wheelmen  
19 Chase Avenue  
West Newton, MA 02165**

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**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

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		

**CRW Membership Fees\***

Individual	1 year \$35	2 years \$67	3 years \$99	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Household	\$40	\$76	\$112	

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

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.

Signature(s) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone (eve.) \_\_\_\_\_ (day) \_\_\_\_\_

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:

1. 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;
2. 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;
3. hereby 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.

**Join The Charles River Wheelmen**