

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXI, Number 10 - October, 1997

Ride Coordinators Needed

Are you looking for the ultimate in power and authority? Then you might be interested being the Coordinator for either the Saturday or Sunday Rides Program. Please contact Barry Nelson (617-964-5727 or BarryNelson@alum.MIT.edu) to learn more about these exciting opportunities.

Some Good News, Some Bad News

The good news is that we've found a replacement for Fred Kresse as Bike Shop Program coordinator. Gretchen Garniss, a new member from Melrose, will be taking over the position. If you'd like to help her by handling your favorite bike shop, you can call her at (781) 662-4058.

The bad news is that we still haven't found a membership coordinator to replace Bob Hug and Sue Genser. Without a membership person, you don't get newsletters, membership cards, the very fabric of CRW unravels. This is a good time for the changing of the membership guard, as the work load is pretty light, and by next summer rush, you'll have the whole thing down. You just need an IBM-PC (i.e., non Macintosh) computer.

For more details, call Bob or Sue at (617) 899-3929, or Jack Donohue at (617) 275-3991. For more than you ever wanted to know about membership, a copy of the Membership Coordinator Manual is available on-line at

<http://world.std.com/~jdonohue/mduties.htm>

If you'd like to volunteer, call Tom Lynch at (508) 877-2238.

Annual Banquet and Awards Presentation

The annual CRW banquet will be held on Thursday, November 13 at the Joyce Chen restaurant in Cambridge. We will have the same private function room as last year with a full buffet including several vegetarian dishes. Dinner will be served at 7:00 sharp this year. Arrive between 6:00 and 6:30 for cocktails and appetizers, socializing and Tour de France videos. Joyce Chen is located at 390 Rindge Ave. which is on the corner of the Alewife Brook Parkway, across from the Alewife T station and at the end of the Minuteman Bike Path. There are two parking lots for the restaurant.

The cost for the banquet is \$15.00 per person. Please send your reservations by November 9 with your check to Don Blake, One Gleason Road, Bedford MA 01730.

Board of Directors Candidate Statements

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It's time to choose your board of directors. Statements from each of the candidates for the board of directors are on page 7. Ballots will be included in a subsequent issue of WheelPeople.

Two Hereos, Two Journeys

Alaska to Argentina

with Wayne Ross & Spike

Ramsden Monday, Nov. 3, 7 p.m.

Wayne Ross and Christopher "Spike" Ramsden, friends from Scituate who set out last year on a long-distance bicycle trip from the top of Alaska to the tip of South America, will present their personal perspectives on the odyssey at the November membership meeting of the Seven Hills Wheelmen.

The pair began the bike trip in Prudhoe Bay, Alaska, on June 12, 1996, as a fundraiser for the Multiple Sclerosis Foundation. Ramsden, 32, had sailed in the Whitbread Round the World Race in 1994 but had no long-distance cycling experience. Ross, 31, a former Air Force officer, has biked more than 80,000 miles, touring and racing all over the United States, Australia, New Zealand and Europe.

Ramsden dipped his front wheel into the Beagle Channel off Ushuaia, Argentina, on March 3, 1997, shaving seven weeks off the record time for the 15,500-mile bike trek and earning a place in the Guinness Book of World Records. Meanwhile, Ross, 31, was just getting home from 17 weeks in the hospital after a catastrophic crash with a bus in Guatemala City, the halfway point of the bike trip. His neck was broken, and he is now a quadriplegic.

With Ross' encouragement and Ramsden's determination, both men decided the injury could not stop the ride.

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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

President	Tom Lynch	(508) 877-2238
Vice-President	Susan Broome	(617) 965-4586
Secretary	Larissa Hordynsky	(617) 527-5620
Treasurer	Don Blake	(617) 275-7878
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	Sue Genser	
	Sharon Gowan	
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Mileage	Edson Trumbull	(617) 332-8546
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Bike Shop Program	Fred Kresse	(617) 444-1775
Special Events Coordinator	Sue Genser	(617) 899-3929
CRW Webmaster	Paul Cronk	webmaster@crw.org

Ride Program Coordinators

Vice-President of Rides	Barry Nelson	(617) 964-5727
Saturday Rides	Open	
Sunday Rides	Ilona Blosfelds	(617) 965-9570
Winter Rides	Eric Ferioli	(617) 235-4762
Tuesday Rides	Peter Knox	(617) 731-5944
Thursday Rides	Peter Mason	(617) 646 5106
Introductory Rides	Susan Broome	(617) 965-4586
Century Committee Chair	Susan Grieb	(617) 275-3991
GEAR '98	Ken Hablow	(617) 647-0233

WheelPeople Staff

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Board of Directors

Don Blake	Term Expires 1997	(617) 275-7878
Susan Broome	1997	(617) 965-4586
Ralph Galen	1998	(617) 497-8287
Susan Genser	1997	(617) 899-3929
Bob Hug	1999	(617) 899-3929
Barry Nelson	1999	(617) 964-5727
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.crw.org>

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

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

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



How To Send Us Your Article

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

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

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

Insurance

If ride leaders or others have questions about insurance, contact 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



October 2, 1997

Membership report: 931 current, 60 expired, 8 new, and 59 renewed. There is a disturbing downward trend in membership. We are not sure if it is due to the backlog in processing membership forms.

Treasurer's report: The summer may have been good for bicycling, but it was bad for our financial position. We ran a deficit of over \$5000 for the last two months. Don Blake will analyze the accounts and present a report to the board at the next meeting in October to explain the differences from last year.

Ride Program: The ride calendar for the rest of the regular season is full. We will try a new addition to the ride calendar. We will publish the shape and color of the arrow so that members can try the ride on another date if they can not make it on the scheduled day. We need two volunteers for the Saturday and Sunday ride coordinator.

Survey update: Tom Lynch is looking for a someone to analyze the survey data and write a report for publishing in the WheelPeople.

CRW web site: www.crw.org is attracting a lot of attention around the world. In August alone there were 2688 visits by 1778 visitors. The GEAR 98 pages are also starting to get a lot of visibility. See <http://www.crw.org/stats.htm> for more details.

Special events: The awards banquet will be at Joyce Chen on Thursday November 13.

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.

South Shore Coastal Loop Fitness Ride

by Mel Stoler and Ted Lewis

It's been six months now since this ride began in the Spring. Many of us remember the cold, wet spring we had which seemed especially cold and wet along the coast of the South Shore at 6:45 in the morning. We spent several of our Scituate Harbor coffee breaks inside the Coffee Connection, a takeout coffee shop with virtually standing room only.

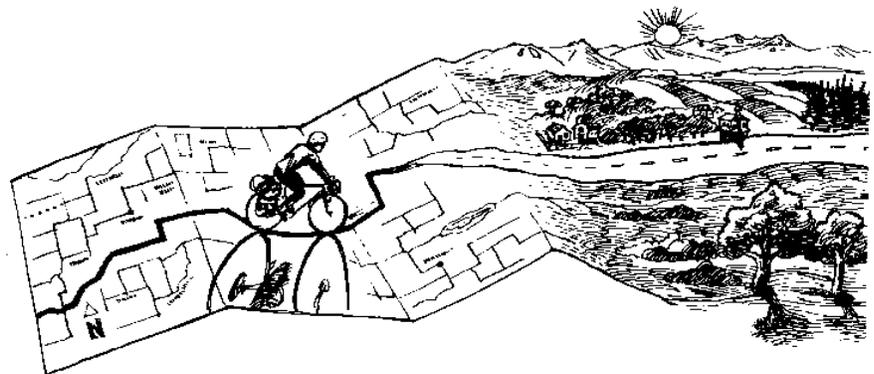
I remember the morning that Dave McElwaine made his debut ride. The sky appeared to be clearing and the temperature rising, so we left our booties in our cars. By the time we arrived at the coffee shop, Dave's feet were so cold from the unforeseen rain and plummeting temperature that he asked the proprietor for plastic wrap and proceeded to remove his water soaked socks and wrap his bare feet in an effort to warm them up. It's a good thing we're regular customers.

Sundays in April and May attracted a whopping half dozen or so riders on any given damp and dreary morning. As the sun began to rise earlier in the morning and we were able to shed the heavier clothing, attendance began to grow. We listed the ride as a training ride for the Boston to New York AIDS Ride 3, the Pan Mass Challenge and for International Bicycle Center. While several CRW members (such as Mark Dionne) came by to check us out once (and only once), we began attracting some regulars. When the docks were placed in the water in Scituate Harbor and the Coast Guard house opened, we knew Spring had TRULY arrived.

In August and early September (press time) we peaked with about 30 riders. We've consistently had a range of faster riders averaging over 20 mph, others

holding the upper teens and usually several coming in at 14-16 mph. The stops in Scituate Harbor at mile 15 and Hull Gut at mile 30 (for those doing the 45 mile loop) allowed us to regroup and check in with one another.

So, has it been easy being ride leaders? I suppose the answer is similar for most ride leaders. There is a lot of time involved. It took a while to prepare the cue sheet. We dutifully arrowed the loops, only to discover that particular stretches of road were re-paved during the week. Of course, this was most apt to happen the week AFTER we devoted a chunk of time to re-arrowing other new pavement! There were those mornings when it was wet or threatening rain but not pouring. Will someone show up and wonder where the leaders are? Should both of us go down? Do I dare call anyone (including my coleader) at 5:45 in the morning to call off the ride or confirm it is on? And then there are the phone calls and inevitable calls to return . . . and e-mail messages . . . and requests for cue sheets and monthly listing updates with Wheel People. (Will we ever get those Ride Leader jerseys we've been hearing about for months?) You get the picture. The bottom line is that we love this ride and have no regrets (even though approximately 98% of you have never checked us out). Oh well, you're forgiven. But if you change your mind, we plan on leading this ride every Sunday until the Sunday before Thanksgiving, weather permitting. Just let us know if you want us to call at 5:45 in the morning to confirm if the ride is on or not. And by the way, you won't regret setting the alarm.



October 1997 Recurring Rides Calendar

These rides are held every week unless indicated

Fitness Ride at Hanscom Field Thursday - 6:00 PM SHARP!

The last Thursday ride of the season is October 16. **Ride:** Arrowed routes of 16, 25 & 35 miles. **Leader:** Peter Mason (617-646-5106) **Start:** Hanscom 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.

Saturday Morning Fitness Ride Nahanton Park Saturday - 8:30 SHARP!

Ride: Arrowed routes of 19, 28 & 42 miles. Cue sheet available. **Leaders:** Dave McElwaine (617-821-8643) [McElwaineD@aol.com] or Mark Dionne (617-965-5558) [mdionne@tiac.net] **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:** You will ride scenic rolling roads through Needham, Dover, Sherborn, & Medfield. These rides will be set up to run with or without a leader so be ready to go on time. At 8:30 we're gone. This ride runs all year 'round.

South Shore Coastal Loop No leader on October 5 Sunday at 7:00 AM - new time

Ride Type: Arrowed with cue sheet and map **Leaders:** Ted Lewis (617-396-7282 [h]) (508-777-5203 x131 [w]) <TedL@microscript.com> Mel Stoler (617-277-5180 [h]) (617-727-4923 x360 [w])

<Mel.Stoler@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:** Yes, we are riding in October and well into November. As long as the roads are clear of snow and relatively dry, this ride will depart the Park' N Ride lot at 7 am (new time) beginning October 5th and run every Sunday until November 23rd. 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.

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

The Rides Calendar October, 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.

Rhode Island/Massachusetts Shoreline Ride

Saturday, October 4 - 10:00 AM

Ride Type: Cue Sheet and Map. **Leader:** Rita Long (617-739-3230, 7:00-10:00 p.m., before Oct. 3). **Times:** 10:00 for 44 and 56 miles (split is at 33.7). **Start:** Tiverton High School, Tiverton, RI (only 1 1/2 hrs. from Boston!). **Directions:** Take Rt. 24 South through and beyond Fall River, MA. At Exit 5, take Rt. 77 S (Little Compton). Bear right at first split, and make a left at "T" with water visible (both intersections unmarked). Make a left on 177E (Bulgar Marsh Road). At a flashing light, turn left on North Brayton Road. Tiverton High School is a few blocks down on the right hand side. **Highlights:** This road tracks ocean and river shorelines in Tiverton, Little Compton, and Westport. It generally follows the route of "The Flattest Century". Possible lunch stops are on a beach at the Atlantic Ocean or at the working harbor at Westport Point. Bringing lunch is recommended, although some food is available along the way.

Saturday Family Ride to Lookout Farm

Saturday, October 4 - 10:00 AM

Ride type: Follow the leader with a map as well. **Leaders:** Jamie, Lindy, and Jesse King (617-325-1433) before 10 PM. **Start:** Caryl Park, Dover, by the tennis courts. **Miles:** 25-35 miles - can easily be shortened. **Description:** We will do a short ride through Dover and Sherborn to South Natick and visit Marino's Lookout Farm. The kids can enjoy seeing and petting the usual farm animals - cows and sheep; as well as unusual "farm" animals: emus, rheas, bison, reindeers etc. You can have lunch (great food choices available at the store) and then go apple-picking if you like. We will return directly to Dover and enjoy Caryl Park which has a nice playground for the kids and hiking trails.

Colors Of Fall

Sunday, October 5 - 9:00 AM and 10:00 AM

Ride Type: Arrowed (WHITE with tail and no head) **Leader:** Leonard Cline, 508/429-6429 (until 9:00 p.m.) **Routes and Times:** 9:00 for 48 miles, 10:00 for 21 miles. **Start:** Holliston High School, Hollis Street, in Holliston, MA. **Directions:** From easternmost junction of Routes 126 and 16, in Holliston (near Bertucci's Restaurant), follow routes west into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left. **Highlights:** See the colors of the Metro West area on this ride through Holliston, Ashland, Hopkinton, Upton, and Milford. The long ride has some steep, but short, climbs, while the short ride is more rolling. Post-Ride Party - cider and cookies at the Leader's home after the ride. Co-leader needed! Call Leader if interested.

Harvard Hill Climb

Saturday, October 11 - 9:30 AM

Ride Type: Arrowed (simple WHITE traditional shape), with cue sheet **Leader:** Patrick Ward (617-646-9196 evenings before 9:30) [PGWard@aol.com] **Mileage and Time:** 35 miles, starting at 9:30. **Start:** XRE parking lot at Taylor St., Littleton. **Directions:** Take Exit 39, (Taylor Street—Littleton/Boxboro) from Route 2 West just after Route 495 cloverleaf. At end of ramp, turn right up the hill. In 0.5 mile, pass a street going left. Next driveway at left enters XRE lot. **Highlights:** Tour "Big Thigh" country at its colorful best, visiting Littleton, Harvard, Bolton, and Lancaster. View fall foliage to take your mind off the climbs, and enjoy the smooth, fast descents!

Sweet Sounds on the Mountain

Sunday, October 12 - 10:00 A.M. & 10:30 A.M.

Ride Type: Arrowed (straight line segments in bright ORANGE) **Leaders:** Osman Isvan (508-651-3186) and Ric Carreras (508-481-5497). **Routes and Times:** The 10:00 AM ride is 45 rolling miles, while the 10:30 route is 30 rolling miles. **Start:** Bose Corporation, The Mountain, Framingham. **Directions:** By bike, Take Rt. 30 West. Approximately 3 miles west of Framingham Center turn left onto New York Ave. (first left after school bus yard). At end turn left onto California Avenue. At the end of that (RR tracks) turn left onto Mountain Road. At top of hill turn right into Bose parking lot before glass building. Alternate directions by car: Take Mass Pike to exit 12. After the tolls take the left ramp onto Rt. 9 West. At 0.2 miles (Ground Round) turn right onto California Ave. (Framingham Industrial Park) and follow directions for bikes. **Note:** This is not the same location as last year. Ignore other Bose facilities. **Highlights:** Tree covered lanes, Longfellow's Wayside Inn, views of orchards and farms. The 30 mile ride passes by Erickson's Ice Cream and The Creamery (more ice cream), and the 45 mile ride passes by Erickson's and Uhlman's. Towns include Southboro, Sudbury, Maynard, Stow, Marlboro, Westboro, and Hopkinton.

We Cover the Waterfront

Saturday, October 18 - 10:00 AM

Ride Type: This is more an urban exploration than an aerobic ride. **Leader:** Charles Hansen (H:617-734-0720, W: 617-572-0277) [chansen@jhancock.com] **Route:** We work our way from South Boston to the downtown waterfront, then through Charlestown to Everett, Chelsea and finally East Boston, always staying as close to the harbor as we can by going out on piers, etc. **Start:** Meet at snack stand at Castle Island, South Boston. **Directions:** Take Broadway or Day Blvd. in S. Boston to the very end. **Lowlights:** This ride is a delight for aficionados of the urban maritime/industrial environment. The distance is about 30 miles at relatively slow pace. Due to glass and other debris on the route, ATB's or sturdy touring tires are recommended. Please bring your lunch!

Ride to Hide Fall foliage mountain bike ride

Saturday, October 18 - 10:30 AM

Ride type: mountain bike **Ride leader:** Graham Eacock (508-898-1846) **Start:** Callahan State park in Framingham **Directions:** Take Mass pike to exit 13, route 30 west to Route 9 west to Framingham Center. Left on Edgell Road, one mile left on Belknap Road. One mile right onto Millwood Street and 3/4 of a mile to the parking lot on the left. **Rider ability:** Solid intermediate mountain bike skills required. **Highlights:** With the fall colors nearly at peak, we will ride the trails at the Callahan State park in Framingham. Climb the spleen buster, fly over the launch ramp but don't ride off the ridge trail cliff. Wear your most colorful cycling clothes for the best autumnal camouflage! The ride will be about 12 miles of all single track trails with rocks, roots, other obstacles to negotiate. Solid intermediate mountain biking skill required, very important. Ride is subject to cancellation if heavy rain has fallen within 24 hours.

Apple Hill Tour

Sunday, October 19 - 9:30 & 10:00 AM

Ride Type: Arrowed (WHITE arc with a straight line, similar to a pitchfork) **Leader:** Peter Brooks - (617-926-5735). **Routes & Times:** 9:30 for 55 hilly or 10:00 for 40 rolling miles. Both rides feature some old hilly, bumpy and twisting classic routes. **Start:** Concord Carlisle High School **Directions:** Rt. 128 to Rt. 2 West. Go right on Rt. 126 North towards Concord Center. The School will be on your left in 1/4 mile. Park in the first lot on the left. **Highlights:** Lunch will be at the Harvard Green opposite the general store. The short ride goes through Concord, Acton, Stow, and Littleton. The long ride adds Sudbury, Bolton, Westford, Carlisle. Limited food opportunities, so bring a lunch, and sorry no toilets available at the stop. See HILLS, apples, Shaker Village, and Sherman's Bridge.

On The Road "Lowell"

Saturday, October 25 - 9:30 AM

Ride is cancelled if there is inclement weather. **Ride Type:** Follow the leader. **Leader:** Paul Corriveau (617-449-9666) **Routes & Times:** Start at 9:30 for about 20 miles. **Start:** Lowell National Historic Park Parking lot. **Directions:** Take Rt. 3 north to the Lowell Connector, exit at Thorndike Street. Right on Dutton. Right into visitor center parking lot (free). Plenty of signs to help you find your way. Meet near the visitor center. You can also use your bike pass (see <http://www.mbta.com/bikepass.html>) and board the 8:00 at North Station for an arrival in Lowell at 8:43. **Highlights:** A sturdy bike is recommended for this relaxed ride with many stops for interpretations. This Lowell Tour passes many historic mills and canals and their locks. Take a canal boat ride and view sites such as "Pawtucketville", the haunting "Grotto", or the ponderous chertreuse "Cathedral of the Slums".

Knees For Knobbies Revisited

Saturday, October 25 - 10:00 AM

Ride type: Intensely colorful fall foliage mountain bike tour. **Leader:** Graham Eacock (508-898-1846) **Ride location:** Groton Town Forest **Directions:** Route 2 west to route 495 north to route 119/225 west. Drive through Groton Center and bear left following the route 225 signs. Turn right after about 2 miles again following the route 225 signs. Cross the river and look for Town Forest Road on the left. Continue onto the dirt road section and meet at the parking area at the edge of the trees. **Rider ability:** Very important! Solid intermediate mountain bike skills required! **Highlights:** The Groton Town Forest is one of the best kept "secret" mountain bike spots in eastern Massachusetts. Let's keep it that way! Participants will be sworn to secrecy... Today's ride will cover 12 to 15 miles of superb single track and dirt roads with many short, steep climbs and nose dive descents. The area offers a wide variety of trail types and conditions, surprisingly free of rocks and major obstacles. Great place for skiing too. All riders must have helmets and be fully self sufficient with water, tubes, tools etc. The fall colors will be at their best, bring a camera. Heavy rain within 24 hours might cancel the ride. Call leader with questions.

The Birthday Ride

Sunday, October 26 - 10:00 and 10:30 AM

Ride Type: Arrowed (YELLOW chevron) **Leaders:** Gene, Linda, and Barry Nelson (617-964-5727 before 9 PM) [BarryNelson@alum.MIT.edu] **Mileages and Times:** Long ride at 10:00 for 47 miles and Short at 10:30 for 27 miles. **Start:** Auburndale commuter rail station parking lot. **Directions:** From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd. **Highlights:** We take serene and lightly traveled back roads through Weston, Wayland, Sudbury, and Lincoln. The lunch stop is at the DeCordova Museum and Sculpture Park in Lincoln. There is an admission charge for the museum gallery, but the sculpture park is free. See <http://www.decordova.org/>. There is no place to buy food there, so bring your own lunch. The

long ride adds Acton, Concord, and Carlisle. Both rides feature a birthday cake party after the ride at the home of the leaders who celebrate their three birthdays all in the same week!

Tour de Metro West Waterways

Saturday, November 1 - 9:30 & 10:00 AM

Ride Type: Map and Cue Sheet **Leaders:** Iris Wiener (508-872-3717) and Rich Whalen (508-756-3148) **Times:** Long Ride: 9:30 AM - Short 10:00 AM **Terrain:** Flat to rolling **Mileage:** Long, approx. 40 miles, short approx. 27 miles **Start:** Framingham Center Green between Edgell Rd. and Vernon St. Parking around the common or in John Maynard Corporate lot at corner of Vernon and Grove Streets **Directions:** From the East: Take Rt. 9 West. Approximately 1 mile past junction of Routes 9 and 126 (see Staples shopping plaza) bear right at Rt. 30 split. Take a right at first traffic light onto Edgell Rd. See Green on your left. From the West: Take Rt. 9 east. Approximately 2 1/2 miles past Sheraton Tara hotel bear right at Framingham State College Exit. Take a left at first traffic light onto Edgell Rd. Green is on your left. **Highlights:** Come join us for a fun filled ride through the best scenery of metro west. Pass peaceful horse farms, rivers, ponds, and reservoirs, as well as historical sights, and hopefully some fall foliage color. Short ride includes the towns of Framingham, Sudbury, Lincoln, and Wayland. (Please note: the two rides do not share a common lunch stop.) The Long ride adds Concord. Both rides have about 1 mile on hard-packed dirt road (no problems with 23 cm tires). Places of interest include: The Wayside Inn Grist Mill, Concord Center, National Historic Park, Walden Pond, the DeCordova Museum (Sculpture Garden!), Drumlin Farm, Heard Pond. Great Bagels and ice cream available post-ride. This is a joint ride with the Seven Hills Wheelmen. A n Artsy Ride - Waltham Open Studios Sunday, November 2 - 10:00 AM **Ride Type:** Arrowed **Leader:** Charles Hansen (617-734-0720 H), (617-572-0277 W) [chansen@jhancock.com] **Start:** City of Waltham Embassy parking lot on Pine St. **Directions:** Route 95/128 to Exit 26 - Rt. 20 east. Turn right on Moody St. at Waltham Common - City Hall after about 1.5 miles. Turn left on Pine at the first light after crossing the Charles River, then left into the lot. **Route:** 28 or 36 miles through Waltham, Weston, Lincoln, and Concord. **Highlights:** The purpose for starting this ride in Waltham is the post-ride event, which is a self-guided tour of the 50-some artists studios in two of the old brick mill buildings in downtown Waltham. The studios are open from 12-5 PM.. There is always a very wide range of artwork on display, which can make this event more interesting than a museum visit. The Charles River Museum, at the site of America's industrial birthplace, is also nearby (including a 7 person bike!). **NOTE:** If you're planning on visiting the studios, bring a lock for your bike!

Listings for other trips on page 9

CRW Bike Hotline
325- BIKE

Board of Directors Election Candidate Statements

The following statements are from members seeking election to the Board of Directors. Ballots will be included in a subsequent issue of Wheelpeople.

Paul Cronk

I am seeking a seat on the CRW Board of Directors. You may know me from the many club programs and activities that I have been involved with over the past five years. They include: Board of Directors for two years, public relations coordinator, originator of the Intro. Rides program and the New Years Day Century, Safety Committee Member, Safety Marshal, Century Volunteer (most recently driver of the red van for Climb to the Clouds), Ride Leader of many rides, and a few after ride parties.

More recently I have assumed the role of Web Master for the CRW web site, which has included increasing the content of the site by over 50%. I also host the CRW web and e-mail services on my systems at no cost to CRW. To keep the web and mail services up to date I am already in contact with many of the current directors and coordinators on a regular basis. With this and my past involvement in the club, I am very knowledgeable in the daily operation and management of the club.

I have been a cyclist since my teens. In the past I averaged 3K to 5K miles per year. More recently I have not cycled much due to an accident, yet I have continued to stay active in CRW and keep in touch with many other cyclists involved in the Boston cycling community. Prior to the accident I was nearing completion of the LAB Effective Cycling Instructor Certification as part of the CRW safety program, which I intend to complete as my recovery progresses.

As a member of the CRW Board of Directors my focus will be centered on continued improvement of the Ride Programs, Safety and Education to suit the needs of our ever changing membership. Oh and by the way, I live in Lexington now.

George Eckert Jr.

I am currently Chair of the Natick Bicycle & Pedestrian Advisory Committee, and Secretary of The Bedford Friends of Minuteman Bikeway. My cycling affiliations include Adventure Cycling Association, Rails to Trails Conservancy, Natick Cy-

cling Association, CRW, League of American Bicyclists (prior to joining CRW), and Chicagoland Bicycle Federation.

As a long time cycling enthusiast and a 3-year Tandem Cycling Coconspirator (and commuter) I have recently broadened my horizons through affiliations with groups such as CRW and LAB. I love to ride and a significant part of my enjoyment comes from sharing the achievement of skillful riding with others. The CRW is a great way to introduce both newcomers and accomplished bicyclists to the outstandingly diverse sport we call riding.

The next twelve months will be an exciting year as CRW prepares to host GEAR North at Babson College in Wellesley. Our affiliation with the League of American Bicyclists and the League's support of "Effective Cycling" make this a unique opportunity to publicize and advance the role, rights, and responsibilities of cyclists as we share the roads of New England. I look forward to helping the CRW make daily riding in New England and GEAR North a success for all participants, spectators, and neighbors.

Jack Donohue

I've been a club member since 1983, and a kibitzer at the board meetings for most of those years, so I'm aware of what makes CRW tick. I was membership chairman for about six years, and am currently copy editor for WheelPeople. I've been involved with the Century Committee since its inception, and together with my wife Susan lead two of the regular weekend trips, Velo Vermont and AppleBike, as well as a winter ski trip.

I'm a perennial bike commuter, an occasional tourist, and am active with many of the other area clubs (NEBC, Appalachian Mountain Club, TBONE).

I've seen CRW grow from a 400 member club a little rough around the edges to the well oiled machine it is today. There are a couple of areas that need work, though. One is getting and keeping volunteers, and related to that is developing ways to help new members find their niche in the club.

Larger is not necessarily better, and now

that we're a 1000 member club, we have to tweak our rides program to accommodate this. We have to make sure that our rides are well organized events and not an unruly mob. That our members know how to be effective but not obnoxious cyclists.

These are problems for which there are no easy solutions, but as a Board Member, I would strive to improve what is otherwise an exemplary club.

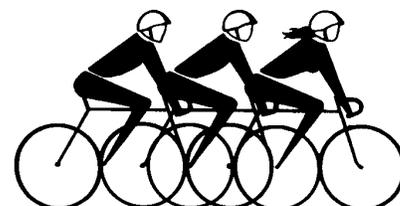
Marty Weinstock

I have been a member of The Charles River Wheelmen for over a decade. For most of that time I have led rides, been a bike shop representative, and helped out with various special events. For the past three years I have served on the Board of Directors as well.

The core of our club is our ride program which has grown throughout this time. Our Ride Leaders and Ride Program Coordinators deserve a lot of credit. Without their efforts this would not happen. This growth has amongst other things called for making decisions and setting up procedures so things run smoothly, resolving conflicts, etc. These are roles of the Board of Directors.

I have been a regular attendee at Board meetings, have assisted in decision making and setting procedures as well as avoiding our reinventing the wheel (no pun intended) a couple times. I have often been a moderating influence in resolving issues, helping all to see the other side(s) as well as offering innovative solutions. However, I have not been afraid to step on toes on occasion. I have also helped us keep our fiscal situation in focus.

In short I am helpful, enthusiastic, creative and decisive. Please re-elect me so that I shall continue this role for the club.



The Charles River Wheelmen

Little Jack's Corner

by Jack Donohue



It's time to talk about arrows. Arrows are the life's blood of CRW. What I first heard about CRW was that they led arrowed rides (actually what I first heard about CRW was that they were a bunch of animals — sounded right up my alley). Arrowing was a new concept for me, and when I found that all you had to do was show up and follow the arrows on the ground, I was in heaven.

You can learn a lot about a person from their arrowing style. I suspect that one's arrowing style, like one's handwriting, tells a lot about that person's personality. A while ago, I helped arrow a CRW ride. It was a pretty simple arrow, just a line with a ball at the bottom. There were three of us and each had a different take on this simple arrow. Ken's arrows had a long shaft, with a tiny ball at the bottom. Jim's were bigger in all directions. Mine of course, were perfectly sized and proportioned, a masterpiece in spray can art (perhaps I have a bright future in a street gang). Still, maybe we shouldn't

read too much into this, to paraphrase Freud "sometimes an arrow is only an arrow."

There's the artistic arrower, who comes up with an arrow design that belongs in the Metropolitan Museum of Art. Only problem with the expressionist arrow, is that you really can't tell which direction it's pointing in. At the other extreme is the spartan arrow, which is barely more than a shaft. But if you do see it, you know which way to go. Then there's the famous Serratore arrow, which looks like a house and is only slightly smaller than one. If you can't follow his route, you probably shouldn't be let out alone.

There's a wide gamut of arrow placement. There's the "I'm really hope this won't offend" arrow that starts out close to the curb and winds up buried in a pile of sand, trash and general debris, if a car doesn't come and park on top of it first. Contrast this with the three foot "in your face" arrow that's positioned just to the right of the center strip and causes many motorists to think it's a lane divider.

Some people tend to take arrows a bit too literally. I can't say how many people

(myself included) have wound up riding up someone's driveway because the first arrow for a turn happened to be placed ahead of the driveway.

No matter how good the arrows, you're going to lose some of the hammerheads. This group uses the lemming technique of riding. One person will get out in front not because he knows where he's going, but because he's very fast. Fifty people follow blindly as he blows by every two foot arrow, not thinking to look on the ground themselves, because "I was only following the leader." We regularly have a crew that does the "Shortest Century in the East" on the Spring Century when they blow by the split and continue on the 25 mile route, despite the fact that by now we have everything but a neon billboard pointing the way.

Then there's the type of person who doesn't feel comfortable venturing out on a ride unless they have arrows, a cue sheet and a map. And woe to the ride leader if the cues are more that +/- 0.01 mile off. This type of person could really use a Global Positioning System, or perhaps some intensive therapy.

Welcome New Members

Matthew Begg	Waltham	Gregory Klanderman	Cambridge	Geoffrey & Carol Seidel	Belmont
Melissa Bennett	Medford	William Lanigan King	Arlington	Kristen Severson	Cambridge
Ann Berman	Cambridge	Kathleen Leavey, DVM	Arlington	Peter Sheridan	Brookline
Le Ann Breol	Dedham	Sam & Liane Lehrer	Lexington	Richard Simmons, Jr.	Lynnfield
Thomas Burke	Allston	Gayle Leinberry	Southboro	David Steacie	Boston
James & Mary Burns	Belmont	Jody Lisberger	Belmont	Dean Stewart	Waltham
Eric Cho	Malden	Susan Maclure	Brighton	Paul Taylor	Ashland
Lawrence Coblenz	Chestnut Hill	J. Lawrence Mawn	Woburn	Rosanne Thomas	Boston
Daniel Cronin	Medfield	Bob McCormick	Marlborough	Mark Twelves	Somerville
Susan Dolphin	North Quincy	Jean Mitchell	Arlington	Dan Tyszka	Chestnut Hill
Bob Elliott	Rutland	Peter Nazzaro	Belmont	Aileen Whitney	Cambridge
Bradford & Dorothea Endicott	Dedham	Jon Nelson	Arlington	Susan Wilcox	Brookline
Lori Fermano	Tewksbury	Susan Nylan	Natick	Marjorie Woodwell	Arlington
Peter Fiedler & Family	Boxford	Patricia O'Brien	Boston		
Hilary Garland	Brookline	Kenneth O'Gara	Milton		
Janis Genchauski Jaimie	Sharon	Linda Ofria	Dedham		
Kenetchy David Payne		Charles Ornsteen	Woburn		
Cheryl Gordon	Melrose	Marcos Paiva	Framingham		
Julia Heskell	Cambridge	Lee Paradis	Jamaica Plain		
Jessica Hodge	Framingham	Theresa & William Poule	Dedham		
Phillip Hubbard	Salem	Louis Romm	Wellesley		
Kirk Hutcheon	Derry	David & Laura Scarbro	Carlisle		
Greg Kandare	Cambridge	Dr. Karin Schmitt	Cambridge		

Letter to the Editor

I like what you've been doing with the web pages. It's nice to have so much information available in one place. Keep up the good work!

David Wean

Other Rides and Trips

C/FALL (Cycle Fabulous Autumn Leaf Loops) 1997

October 10-13, 1997

Fantastic riding through the beautiful, but hilly, Berkshires; cycle up the hairpin turn on the Mohawk Trail for incredible autumn vistas; see the Bridge of Flowers and enjoy orgasmic baked goods in Shelburne Falls/Buckland; challenge yourself to Mt. Greylock; ride all or part of the Great River Ride; mountain bike or hike on dirt roads or wooded trails. The \$160 fee includes rustic accommodations (including bunk beds), and a "go ahead and put your feet on the coffee table attitude", 3 VERY hearty breakfasts, 3 lunches packed to go, and 3 sumptuous home cooked, all-you-can-eat dinners (BEWARE: the food here is absolutely incredible!), hot tub (finally!), and all cue sheets. Laminated maps are available for rent (\$1 refundable) or to buy (\$3). Friday dinner is available for an additional \$15 and by calling in your reservation. Monday's dinner is held early (usually around 4 p.m.) to allow everyone plenty of time to get home, unpack, and unwind.

For more information or an application, please call Karen Saltus or Glen Pirro at 508-845-5571.

Great River Ride Century

Sunday, October 12, 1997

Choose between four rides: the full century, a metric century, 35 mile or 20 mile tour. All rides include a post social with musical entertainment and a chicken and pasta buffet. You will encounter knee-popping hills, breathtaking views, and gorgeous Fall foliage as you tour Western Massachusetts' Berkshire Hills. For more information, call New Horizons Sport at: (413) 562-5237.



April Mileage Totals

1	2	4	9	5	9
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	Miles	M	C	K		Miles	M	C	K
Melinda Lyon	11863	7	6	6	Jamie King	2250	3	1	-
Mike Kerrigan	8897	6	5	5	Jim Merrick	1948	1	-	-
Jack Donohue	8399	-	-	5	Ed Trumbull	1876	-	-	-
Gerald Goode	7458	-	-	4	Susan Grieb	1778	-	-	-
Peter Knox	6710	5	5	3	Elisse Ghitelman	1734	1	-	-
Osman Isvan	5911	7	5	3	Harry Wolf	1687	-	-	-
Ken Hablow	5442	5	5	2	Jim Broughton	1686	1	-	-
Ken Zaniewski	5305	-	-	1	Justin Kuo	1669	-	-	-
Rich Fields	5260	7	4	2	Ted Hamann	1660	-	-	-
Ed Hoffer	4640	3	1	-	Telford Tandem	1615	3	1	-
Rich Whalen	4048	4	4	-	John Allen	1261	-	-	-
Joe Repole	3875	8	8	-	Phyllis Mays	1207	-	-	-
Robin Schulman	3419	-	-	-	Jacek Rudowski	1170	2	-	-
Peter Brooks	3266	4	3	-	Jeff Luxenberg	917	-	-	-
Gabor Demjen	3202	4	3	-	George Caplan	729	-	-	-
Richard Buck	2749	3	3	-	John Springfield	723	-	2	-
Joe Marcal	2629	1	-	-	Jacob Allen	246	-	-	-
Doug Cohen	2525	1	-	-	Jean Zaniewski	198	-	-	-
Irving Kurki	2471	2	1	-	Sara Luxenberg	140	-	-	-
Jim Goldman	2263	1	-	-	Jared Luxenberg	133	-	-	-

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).

Two Heroes continued from page 1

They both picked up where the accident had left them and began the second halves of their respective journeys.

"Wayne was with me all the way," Ramsden told The Boston Globe. "Wayne was coming with me in a very real sense, and I could not quit because I was doing this for him as much as for me."

"I sometimes can't believe that I was doing this to help people in wheelchairs and now I'm one of them," Ross told the Globe. "But I have no regrets. I just will always wish I made it to the end of the earth." Ross and Ramsden look forward to sharing their inspiring stories with bicyclists and all pioneers-at-heart. Their presentation includes film footage, slides, maps, anecdotes and advice for other adventurers. The meeting will take place at Westboro High School, Route 30, Westboro. A \$10 donation to benefit Multiple Sclerosis Foundation and Wayne Ross Recovery Fund is requested.

For more information, contact Steve Blum, steve2@ultranet.com, 508-366-0818.

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Bicycle Classics 1329 Highland Ave, Needham	455-0590
Bicycle Exchange at Porter Square 2067 Mass. Ave., Cambridge	864-1300
Bicycle Workshop 259 Mass Ave., Cambridge	876-6555
Bike Express 96 N. Main St. Randolph	800-391-2453
Bikeway Source 111 South Road, Bedford	275-7799
Brookline Cycle Shop 324 Washington St., Brookline	232-0775
Burlington Cycle & Fitness 330 Cambridge St., Burlington	272-8400
Chelmsford Cyclery 7 Summer St., Chelmsford	508-256-1528
Community Bicycle Supply 496 Tremont St., Boston	542-8623
Cycle Center 910 Worcester Rd, Rt. 9, Natick	508-653-6975
Cycle Lodge 1269 Washington St., Hanover	829-9197
Cycle Loft 28 Cambridge St., Burlington	272-0870
Cycle Sport 1771 Mass. Ave., Cambridge	661-6880
Dedham Cycle and Leather 403 Washington St., Dedham	326-1531
Farina Cycle 61 Galen St., Watertown	926-1717
Fat Dog Pro Shop 940 High St., Westwood	251-9447

Ferris Wheels Bicycle Shop 64 South St., Jamaica Plain	522-7082
Frank's Bicycle Barn 123 Worcester Tpk., Westborough	508-366-1770
Frank's Spoke 'N Wheel 119 Boston Post Rd., Sudbury	508-443-6696
Freewheelin' Cyclery 877 Main St., Waltham	894-2768
Harris Cyclery 38 North St., Hingham	749-9587
International Bicycle Center 1355 Washington St., West Newton	244-1040
King Cycle 89 Brighton Ave., Allston	783-5804
Landry's Cycling and Fitness 66 Needham St., Newton	527-0967
Lincoln Guide Service 198 Great Rd., Bedford	275-2035
Marblehead Cycle 303 Worcester Rd., Framingham	508-875-5158
Marblehead Cycle 276 Turnpike Rd., Westborough	508-836-3878
Marblehead Cycle 152 Lincoln Rd., Lincoln	259-9204
Marblehead Cycle 25 Bessom St., Marblehead	631-1570

National Ski and Bike 102 Washington St., So. Attleboro	508-761-4500
Northeast Bicycles 102 Broadway, Rt. 1, Saugus	233-2664
Peter White Cycles 114 Central St., Acton	508-635-0969
St. Moritz 475 Washington St., Wellesley	617-235-6669
Ski Market, Ltd. Boston, 860 Commonwealth Ave.	617-731-6100
Town and Country Bicycle Danvers, Endicott Plaza	508-774-3344
Travis Cycles Burlington, CrossRoads Ctr.	617-848-3733
Travis Cycles Burlington, CrossRoads Ctr.	617-272-2222
Travis Cycles Framingham, 686 Worcester Rd.	508-875-5253
Travis Cycles Auburn, 322 South Bridge St.	508-832-8111
Travis Cycles 67 North St., Medfield	508-359-8377
Travis Cycles 1 Oak St., Taunton	508-822-0396
Travis Cycles 722 N. Main St., Brockton	508-586-6394
Two For The Road Georgetown Plaza, Georgetown	508-352-7343

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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.

Date _____ Date of Birth _____

Signature(s) _____
Name(s) _____
Address _____

Phone (eve.) _____ (day) _____

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

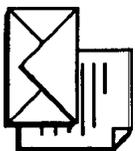
CRW Membership Fees*	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$35	\$67	\$99	
Household	\$40	\$76	\$112	

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

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

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

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



Renewal or Change of Address?

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