

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXI, Number 12 - December, 1997

Annual Holiday Party

Our Christmas season party will be held from 7 to 11 PM on Friday, December 12 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 4 and 225 split, stay to the right on route 4. Pine Hill Road is about 3/4 mile ahead on the right. The church is near the top of the hill on the right.

The 1998 ride calendar will be available for ride leader sign-up and for planning purposes. Volunteers are needed for basic tasks like buying food, helping with decorations and, of course, cleanup. Last year's pot luck format produced many delectable treats. Here's your chance to unmask yourself as successor to Julia Child! Bring food based on the following categories:

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

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

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.



Gearing Up for Gear

by Ken Hablow

Now that our 1997 riding season is winding down it is time for us to wind up for GEAR. Aside from all the great attributes of a GEAR, there is a lot of work that lies ahead as we approach next August. Although much of the first level organizational work has been completed, well, it is never really completed until after the event, we need to organize the individual work groups that will participate in and make the event great!

The organization will break this into the following groups with the person responsible named if one currently exists. If there are "??" after the heading, we still need a chair person for this area of responsibility.

Ride Related

Ride Escorts - Rick Lawrence:

Rick has the task of organizing a large group of folks who will ride with, not lead

nor sweep, every ride we offer. Some of the rides will only need one escort and others may need several. Since we may have as many as 10 rides in any one day, we will need a lot of help with this. What are your responsibilities? Once the routes are finalized we will want the escorts for each route to ride the route both to become familiar with the roads and to check the cue sheet. Then we will ask them to ride the route(s) a week, or even a few days before the event to check the arrows. Ride Escorts will be expected to answer questions about the route and about any local attractions. When this group is assembled we will discuss what we will provide to set our escorts apart from the maddening crowd. At least we will provide GEAR 98 Escort helmet covers. We are open to any ideas from here.

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Black Sheep Of The Family?

by Dave McElwaine

Lets face it, mountain bikers have become the largest part of our cycling family. Sure, they look dirty, and a few even have tattoos but you can't choose who your relatives are.

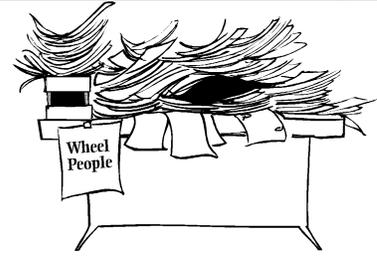
In fact, mountain biking and road riding are in a blend mode. Road racers are hitting the mountain bike racing scene in unprecedented numbers, and many serious mountain bikers are taking to the road to build endurance and foot speed. Recreational riders are doing the same, with mountain biking taking over as the "off season" alternative to road riding.

Why is mountain biking the second fastest growing sport in the country, behind roller blading? Anyone who has been in a bike shop can sense that mountain biking is where the action is. It's all got to do with the bikes being more comfortable to ride. Mary Poppins looks a lot more comfortable on her bike than Greg LeMond does on his. The average New England mountain bike race seems to attract around 1000 racers while a USCF event caters to a fraction of that. What do these masses know that us

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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
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Ride Program Coordinators

Vice-President of Rides	Barry Nelson	(617) 964-5727
Saturday Rides	Open	
Sunday Rides	Ilna Blossfelds	(617) 965-9570
Winter Rides	Eric Ferioli	(781) 235-4762
Tuesday Rides	Peter Knox	(617) 731-5944
Thursday Rides	Peter Mason	(781) 646 5106
Introductory Rides	Susan Broome	(617) 965-4586
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Ralph Galen	1998	(617) 497-8287
Susan Genser	1997	(781) 899-3929
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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

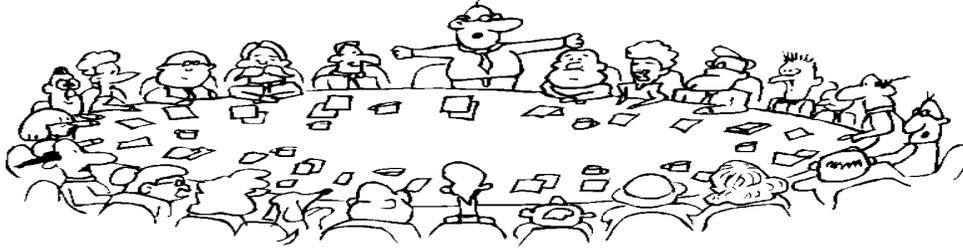
If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

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 7, 1997

Dave Balzotti was introduced as our new membership coordinator.

Treasurer's report: Our cash flow is improving, although the club is still \$1,000-3,000 in the red compared to the same time last year. The dues backlog is being processed, and we will recover the money expended for club jerseys. The Board discussed ways to reverse a continuing downward trend in century ride profits.

Ride program: The November calendar is full. Eric Ferioli will act as winter ride coordinator, but the Saturday and Sunday ride coordinator positions are still open.

Fall century: Despite the beautiful weather and awesome ride, only 232 participants showed up for the century. In the past we have had 400. Due to the increased number of century rides locally, all cycling clubs' century numbers are going down. Tom Lynch proposed moving the century closer to Boston to attract more riders, and the Board discussed raising the registration price.

There was one accident during the century-Fred Glantz sustained a broken collarbone and partially collapsed lung. He is recovering just fine.

Board of Directors elections: Larissa

Hordynsky is replacing Peter Serratore, who resigned from the Board last summer. Four candidates are running for the other four open positions. Ballots will be included in November's WheelPeople.

Awards banquet: The banquet will be held on November 13 at Joyce Chen's in Cambridge. Annual awards will be presented at the banquet, and all present at the meeting nominated and voted on award candidates.

Winter party: The CRW winter party is scheduled for December 12 at St. Paul's Church in Bedford.

Survey report: Larissa Hordynsky wrote a report on the results of CRW's survey. The Board approved the report for publication in November's WheelPeople.

Liaison with other clubs: Relations between the cycling clubs in the area are not well organized. Tom Lynch will contact other clubs to make sure that, at a minimum, we all publicize each other's rides.

GEAR 98: CRW met with LAB in September to plan next summer's GEAR rally. The LAB representatives were very impressed with our planned routes and other preparations. The GEAR committee is doing a great job!

Board meetings are held on the first Tuesday of each month at 7:30 in the Hancock United Church of Christ, 1912 Mass. Ave., Lexington Center.



Saturday Fitness Ride Turns 100!

by Dave McElwaine

The Saturday Morning Fitness Ride celebrated its 100th birthday on September 27th. Nearly 60 riders joined in the gala event by riding the 42 mile loop on a perfect fall day. The leaves were just becoming brilliant which made the ride one of our best ever.

Spirits were high as the riders pulled into Coursebrook Farm in Sherborn for Cider and baked goodies, including cookies baked by Mark. Unfortunately, as he and his son Sam were riding sweep, all of Mark's cookies had been gobbled up by the seemingly famished riders up front. So, they settled for "store bought".

After the ride, a festive breakfast was held at the IHOP in Needham. Once again Wheelworks partially sponsored the ride and everyone present received some useful swag. Mark detailed some amazing statistics for the Fitness Ride:

Total Miles Ridden- 49,410 Total Riders - 1764 Busiest Month(s)- June Least Busy Month(s)- January Total Calories Burned- 2,100,000 Pounds of Fat Lost- 604 Pounds of Fat Gained (at the "official" bagel shops)- 604 Number of weeks with no riders- 3 (blizzards) Total number of crashes -3 (pothole, ice, tangled handlebars) Safe Rider Miles Between Crashes- 16,470

We're particularly proud of the last statistic. That's equivalent to about five trips across the US between accidents. It speaks to the skill level of the riders and their commitment to safe riding.

Amusing things have happened along the way. Bob Hug was given an award the first year for having the noisiest bike. Kayo De Oliveira won an award for having the most outrageous footwear. At least 50 different people tried to get Joan McLaughlin to lower her seat. And we've actually gotten to watch Andrew Miller grow up...he was only 8 when he did his first ride. Now he's 10 and sports his own Oakley's.

Ridership was up 50% in 1997. Also, the Saturday Morning Fitness Ride has the longest streak going of any CRW ride with the same ride leaders. We'll be riding (slowly) again right through the winter. Don't wait until the 200th ride celebration to give the Saturday Morning Fitness Ride a try!

December 1997 Recurring Rides Calendar

These rides are held every week unless indicated

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.

** 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

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. Call 617-325-BIKE to find out about last minute changes or special announcements.

First Frost Bite Ride (Second Season) Something in Common

Sunday, December 7 - 10:30 AM

Ride Type: Map and/or Cue sheet. **Leader:** Eric Ferioli (781-235-4762) **Start:** Cambridge Common, 1/2 mile north of Harvard Square on Massachusetts Ave. Meet at the monument in the middle of the Common. **Highlights:** Eric will give us a taste of winter rides to come. Join us for the first Winter Ride of the Second Season. This is the season to share in the fun.

Procrastinator's Holiday

Sunday, December 14 - 10:30 AM

Ride Type: Map and/or Cue Sheet **Leader:** Ken Hablow (781-647-0233) **Start:** Weston Town Hall, Weston Center **Directions:** From Rt. 128 take Rt. 20 and head west to the first traffic light, turn right into Weston Center and park on the far side of the green. **Highlights:** Ken has just the antidote for avoiding the holiday shopping rush. Note to bagel lovers: there is now a Bruegger's in Weston Center.

Sometimes Annual Christmas Lights Night Ride

Tuesday, December 16 OR Dec. 23 - 7 PM

Ride Type: No arrows or cue sheets, we will stay together. **Leader:** Jacek Rudowski (617-361-5273 [H]), (781-224-2565 [W]) **Start:** Dedham Municipal Parking Lot on Eastern Avenue **Terrain:** Mostly gently rolling, there are four slightly steep up-hills. **Mileage:** approx. 15 miles **Directions:** From route 128/1-95 take exit 15A to the third traffic light and take a left onto Eastern Avenue (there are signs). The parking lot is immediately on the right. **Highlights:** This will be a 1 1/2 hour or so ride to look at the Christmas light displays in Dedham and Hyde Park. Headlights and taillights are mandatory. Reflective wear is strongly recommended. Call (617)325-BIKE the day before the ride to see if we are going, this is dependent on the weather. If there is any question whether we will go, give Jacek a call at home in the evening or at work during the day. Jacek may decide to go just 12 hours before the ride. You can call him in early December to register and leave a daytime phone number. He will call you either way.

Donut Ride

Sunday, December 21 - 10:30 AM

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

Bare Natick

Sunday, December 28 - 10:30 AM

Ride Type: Map and/or Cue Sheet **Leader:** Eric Ferioli (781-235-4762) **Start:** Natick Common, at the intersection of Rt. 135 and Rt. 27. **Directions:** Take Rte 128 to Rte. 9 West. At the intersection of Rte 27, take Rte. 27 South to the intersection of Rte. 135.

Happy New Year

Monday, January 1, 1998 - 11:00 AM

Ride Type: Winter, but who cares. **Start:** Boston Common at the intersection of Park Street and Tremont Street **Leaders:** Eric "Bicycle Bozo" Ferioli (781-235-4762) **Highlights:** This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body (of that hangover) in the crisp,

clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Last year we had over 125 riders! Start the New Year off right with friends old and new. See you on the Common! Eric will lead this ride no matter what the weather conditions are.

Other Rides and Trips

Fourth Annual Bikers on Skis

February 13-16, 1998

Try your hand at gliding instead of rolling. This cross country skiing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing in the Zealand Falls area. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike — we will not be stopped. The trip spans the three day President's Day weekend. Cost of \$160 for the weekend includes three nights lodging, three breakfasts, two dinners.

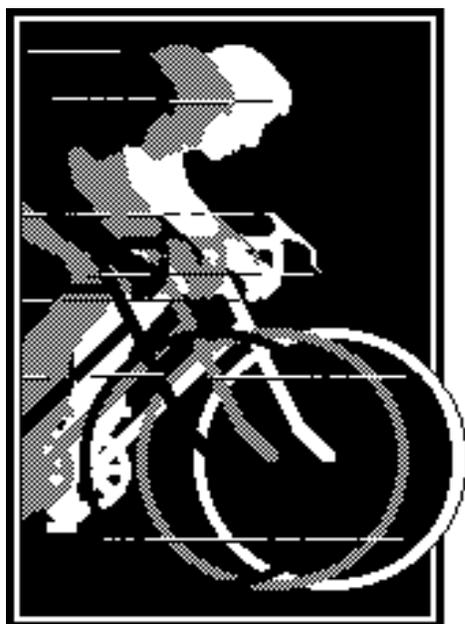
To register send the a check for the full amount made out to Charles River Wheelmen and a stamped self-addressed envelope by January 12 to:

Jack Donohue
26 Fox Run Road
Bedford, MA 01730-1104

Registration fee non-refundable after this date unless we can find someone to take your place.

For more information, you can contact the leaders:

Jack Donohue and Susan Grieb (781) 275-3991 (before 9 PM)
jdonohue@world.std.com



What is the MS Bike Tour Across America?

The MS Bike Tour Across America is the product of Jay Gurian, a sophomore at St. Lawrence University (SLU) in Canton, NY. One day, while working in the SLU Admissions and Financial Aid Office, Jay met a prospective student who was on her way to participate in the Register's Annual Great Bikeride Across Iowa (RAGBRAI). Jay's inclination was to go along on the RAGBRAI. However, he wanted to do something more...something for the good of mankind. From that conversation came the seed of what is now the only transcontinental ride across America to combat Muscular Sclerosis, the MS Bike Tour Across America (MSBTAA).

The 1998 MSBTAA is limited to 12 riders. Minimum donation will be \$1000. For that you will receive two meals a day (breakfast & dinner), cell phone equipped SAG support (baggage transportation), campground accommodations, and a jersey. Tents & cooking gear will also be provided. Every four or five days, the group will stop for 2 nights to rest up, do laundry, sight see, and do fund raising for MS. Midday lunches will be the riders' responsibility. Van transportation for riders and bicycles between Canton and the start/end points (Seattle & Boston) will be available for an additional donation of \$200.

Starting on or about May 28, 1998, with a traditional dipping of the wheels in the Pacific ocean near Seattle, the MSBTAA will generally follow the approximately 4000 mile Adventure Cycle route through the states of Washington, Montana, North & South Dakota, Minnesota, Iowa, Illinois, Indiana, Ohio, Pennsylvania, New York and Massachusetts. Upon reaching western New York, the group will depart the Adventure Cycling route and follow instead New York's Bike Route 5 along the Erie Canal across the state into Albany. >From Albany the group will cycle a tested bicycle route to Boston and a final dipping of the wheels in Boston's harbor. During a stopover at Glacier National Park in Montana, it is planned to give the riders the opportunity to ride the Highway to the Sun.

Everywhere along the route, Jay Gurian will be collecting pledges on behalf of the Syracuse New York chapter of the National MS Society.

Average daily mileage will be from 60 to 100 miles, contingent upon the terrain, weather, etc.

A top quality, multi-speed bicycle, in top condition will be the prime mode of transportation. Each rider should be prepared to supply spare parts and repair his/her own bicycle. Helmets will be required. In addition, riders will be expected to bring their own eating utensils and sleeping bags and, in general, assist with general camp chores, including setup, cooking, and cleanup and SAG driving.

For information contact Jay Gurian, SLU Class of 2000, at 315/229 6149. Via e-mail at msbike98@rocketmail.com. Jay can also be reached via snail mail at CMR 220, St. Lawrence University, Canton NY 13617. The organizers reserve the right to make any necessary route, arrangement or equipment changes.

Black Sheep continued from page 1

roadies are missing?

Is it that mountain biking is easier? Nope. You need better bike handling skills. Can you be less fit? I don't think so....the word "mountain" is inherent in the sport. Is it safer? Maybe. Do you commune with nature more? Possibly. Is it more of a family activity? Probably. Are there more thrills? Definitely. Is it more fun overall? Hey, I'm not ready to trash my roadie roots yet!

For years I thought mountain biking wasn't aerobic enough or fast enough. Plus, I knew that crashes were inevitable. Then one year I tired of the winter winds in my face (along with my regular bout of bronchitis) and decided to get a mountain bike but only for "cross training Purposes". After all, rumor said that you felt 20 degrees warmer on a mountain bike. I was up for that.

On my first ride, I immediately flipped over backwards going up a small hill and sprained an ankle. Oh yeah, this happened while leaving my driveway! Maybe that's why the "how to" guides say to lean forward? But, when I finally took to the woods, I was hooked. There were no cars, stop lights, storm grates, or even other people. Just trails, rocks, trees, and me.

On the flats I found it to be surprisingly aerobic. On the hills, it was often anaerobic, and my upper body was suddenly being asked to do some work! Flying down a trail at 25 mph felt like 45 mph on my road bike. There were new challenges every minute. There was no time to dwell on the problems of the day...only the next rock in the path.

So what's the difference between roadies and our brothers and sisters of dirt? It's mostly a mindset. Mixing metaphors from Bike Magazine with my own, consider the following family traits:

Mountain Clan

Fabrics from Mother Earch
Loose Clothes
Pop Tarts
Instinct
Cleaning Singletrack
Jumping Rocks
Braking for Trees
Carrying Momentum
Airwalks
Dodging a branch
Catching some air
Singletrack Mind
Speed is your friend
Live to ride

Road Clan

Fabrics from Chechemicals
Tight Clothes
Energy Bars
Heart Monitors
Cleaning your bike
Jumping on a Wheel
Breaking Awa
Carrying as little as possible
Sidi's
Dodging a Dodge
Catching the pack
Follow that behind
Speed is your enemy
Ride to live

At the elite level, mountain bike racers look more like all-around athletes. There are exceptions like Ned Overend, but most look like they could play any number of sports. Road racers on the other hand have great legs and lungs but often are 98 lb. weaklings above the waist. I recently read that Tour De France racers do their best climbing late in the race, after their chest and arms have atrophied (doesn't sound like fun to me!).

So you crash a little more...actually a lot more, but serious injuries are few. There is still no documented case of a death in the US due to mountain biking. The only exceptions I know of

are falls off cliffs and deaths due to dehydration. On the other hand, you can point to hundreds of cyclists who have died on the road; largely due to head injuries, and often due to run-ins with cars.

So, the next time you see some mountain bikers, give 'em a wave. They may look a little different but they're family.

Think you want to give mountain biking a try? You can rent bikes at the following shops.

Belmont Wheelworks (617) 489-3577
Lincoln Guide Service (617) 259-1111

Tips For Winter Riding

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

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

Protect your extremities. Keep your head, hands, and feet protected and warm. Your body can lose a great deal of heat through these areas. A ski band or hat under your helmet (remove the helmet pads if necessary), warm gloves that don't impede shifting and braking, and several layers of socks and booties all help. You can cut the wind's chilling effect by plugging the holes in your helmet. A scarf will warm your neck.

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

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

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

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

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

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

Gear continued from Page 1

Arrowing - Ken Hablow:

A monumental task at least as this group, the unsung heroes, will start around July 4th weekend and try to make as much a mess of the roads as is possible -and we are good at this! The commitment will be to take a route, or a portion of a route, or more than one route, and try to keep your bikes from turning white or yellow. We will have about 30 different rides but they will all branch off specified trunk routes out of and back to Babson College. All the arrowing will conform to a specified set of standards so we have consistency in the arrowing over the entire event. These folks can also be Ride Escorts as some of the duties will overlap.

Sag - Ann-Marie Starck:

We all know what this is. We will request several vans to be available Friday afternoon, all day Saturday and Sunday and again Monday morning. Since we may or may not need the services of these volunteers we have other tasks to help keep you busy during your elected time segment.

Ride Starters - ??:

With rides starting from 7:00 in the morning until about 2:00 in the afternoon, we need a revolving crew to be sure our designated ride escorts are present and point people to the escort who will lead the ride. The escorts will be the ones to give a short safety speech and get everyone started. So here is your chance to play dictator for a few hours.

Special rides -

Jeanne Kangas is in charge of organizing a Historic Tour of Concord. This will coincide with a for-fee guided tour for those who want to attend. We will need ride escorts well versed in Concord history to help with this key ride. We are planning this ride both Saturday and Sunday. On one of the days, Saturday or Sunday, it will coincide with a general open picnic at DeCordova Museum in Lincoln. On this day rides of varying lengths will all descend on DeCordova.

Another special ride will be a tour to Longfellow's Wayside Inn in Sudbury. Here again, we need a few people who can talk about the Inn, the old mill and the church.

NON-RIDE RELATED -

Registration Desk - Rosalie Blum:

Rosalie has to assemble a group to do event registration starting at 4:00 on Thursday, all day Friday, then most of the day Saturday.

Information Desk - ??:

This group will be available to answer local questions, such as how to get to Route 128 and exactly where is Bertucci's anyway? You get the idea. We want to make the stay as comfortable as possible for our visitors. We will have to staff an information desk with one or two people and have folks wandering aimlessly around campus looking like they know the answers to everything.

Workshop Coordinator - ??:

Although the actual scheduling of the workshops and seminars is done by LAB, we would like to have a few folks available in the early evenings to direct our visitors to the particular workshop they have chosen.

Kids Programs - Jamie King

We need to provide programs for kids that range from short local rides, on-campus activities, and possibly a bus trip to Drumlin Farm. Jamie needs help organizing this and folks to run the actual events. This is not a full day commitment as each program will only last for a specific length of time.

Social - Susan Grieb:

The responsibility of the social coordinator takes place now, long before the event itself. Various types of entertainment need to be lined up for Friday, Saturday and Sunday nights. And, no, we do not have a budget for Aerosmith.

Advertising - ??

We have the responsibility to solicit ads from local merchants in the GEAR directory. We need folks to "work" Wellesley in particular, and the towns of Weston and Concord. We also need to gather ads from some of our local supporters, like the local bike shops.

HOW CAN I LEARN MORE?

We are planning a general informational meeting on Thursday January 15, 1998 at the Hancock United Church in Lexington, where we hold the board meetings. This will be at 7:00 with light refreshments. You can meet the GEAR committee, hear some more details about the jobs to be filled, ask questions and then -volunteer!! After this open meeting each of the committee heads will schedule their individual group meetings as nec-

essary.

If you cannot attend the meeting but would like to volunteer, or be kept informed about any particular type of job, you can contact the individual listed above who is in charge of the specific function.

Rosalie Blum 781-272-7785
blum@cfa.harvard.edu

Susan Grieb 781-275-3991

Ken Hablow 781-647-0233

hablow@khgraphics.com

Jeanne Kangas 978-263-8594

Rick Lawrence 781-297-5048

Ann-Marie Starck 617-923-6409

Lyn Pohl & Jim McGarry 978-369-4690

To volunteer as a chairperson for any of the areas of responsibility please contact Ken Hablow.

We look forward to seeing all of you attending this very important meeting and lending your time and support.



Little Jack's Corner - by Jack Donohue



A while back I wrote an article on how to snare a mate. Now it's time to provide an update on how to keep her once found.

So, you've followed my previous sage advice and got yourself a sweetie. After the initial period of euphoria, you settle down to the comfortable stage where you start wondering "Do I really want to spend my life with someone who flicks her toenail clippings into the bed." This is a critical period because she is pondering similar questions about you.

Despite the fact you met her on a bike ride, she may in fact have another life. After the Lycra comes off you may be surprised to find she has Other Interests. Her idea of a getaway weekend may not be doing Tour of New England. You should tolerate, nay embrace, these extracurricular activities (at least try to fake it). You may find you develop more scintillating topics of conversation than optimum gear ratios. You should try to schedule at least

one non-biking activity per weekend (eating and drinking don't count).

You have to make some adjustments at home as well. She might not agree that her mother's casserole would be great for cleaning bike parts. And she might not think the living room is a good place to air out your sweaty bike clothes, no matter how many sponsors logos are on your jersey. She may actually prefer watching Masterpiece Theater to reruns of Tour de France videos.

You can only push love so far. Strange as this may seem, the highest aspiration of your SO may not be to become captain of your crew and designated driver of the support vehicle. "I'll just do this double century, and you can wait for me every twenty five miles of so with power bars and gatorade, and then when we get home after my massage you can make dinner and clean the bike since I'll obviously be too wasted to lift a finger to do anything but open the pop-top on a beer can." Legend has it that there were actually Real Men who could get away with this, but I wouldn't count on it.

It's generally not good form to drop your sweetie while out on a ride. Circling at the top of hills doesn't curry favor either. This is the beauty of a tandem. But failing this, you must at least make it appear that you're happy with the sheer joy of being with her, at whatever speed. Phrases like "Well, I just thought I'd climb the hill a couple more times to work on my mileage while I was waiting for you" may not make her gasp in awe at your obvious prowess, but grit her teeth and wonder what would happen if she rammed her pump into your rear wheel.

Unless of course, you happened to snag a hammerette who can smoke you on every climb. In this case, you have to avoid being sullen and morose, and making excuses. Another reason to get a tandem — she can push your sorry butt up the hills, while you take credit for it (have you ever heard anyone say "He's not pedalling"). You can assuage your male ego by rationalizing that you can at least drink more beer than she can. Bet she can't belch the Star Spangled Banner either.

Welcome New Members

August Baker	Boston
Michelle Brauner	Boston
Gail Drobynk	Brookline
Ruth Greenholz	Melrose
Richard O'Gara	Melrose
Sheila & Hyman Kempler	West Newton
Robert Mckenney, Jr.	Worcester
Hal Strausberg	Waltham
Jawed Wahid	Framingham

Letters to the Editor

I had a pretty serious crash in Acton during the Fall Century on October 21st. Thanks to all of the CRW riders who stopped to offer assistance and to all of you who called to offer support and encouragement. While I was seriously injured and spent six days in Emerson Hospital, the prognosis is very good. I'm looking forward to getting back on the road next Spring.

Thanks Again,
Fred Glantz

New York October 15, 1997

Dear CRW,

I am writing to compliment you on your wonderful web site, www.crw.org, and to give my sincere thanks for its listings of rides and cue sheets. I'm a New York City resident and a board member of the New York Cycle Club, and made a trip to Boston this past weekend. I followed the cue sheet for the Lexington "T" ride listed on the web site and had a fabulous ride. Your web site serves as a model for what I envision the New York Cycle club's web site becoming. Until that time, I invite all CRW members to contact me at goldberg@cs.nyu.edu if they are coming to New York and would like to ride with the club. The rides here are surprisingly great.

Sincerely,
Benjamin Goldberg

Thanks a lot for maintaining the web site. It's looking good! I like the way you can get to most everything from the home page, which is fast because it's not loaded with graphics

Mark Dionne
<mark@kurzweiled.edu>

October Mileage Totals

1	2	4	9	5	9
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	Miles	M	C	K		Miles	M	C	K
Melinda Lyon	14863	9	8	8	Ed Trumbull	2385	-	-	-
Gerald Goode	10987	-	-	6	Jim Merrick	2326	1	-	-
Mike Kerrigan	10547	8	6	5	Harry Wolf	2288	1	-	-
Jack Donohue	10521	-	-	6	Jim Broughton	2267	2	-	-
Peter Knox	8236	7	7	3	Elisse Ghitelman	1958	1	-	-
Glenn Ketterle	7821	2	-	-	Susan Grieb	1954	1	-	-
Ken Hallow	7024	7	7	3	John Kane	1776	-	-	-
Osman Isvan	7013	9	7	3	John Allen	1637	-	-	-
Rich Fields	6735	9	6	2	Phyllis Mays	1533	-	-	-
Ken Zaniewski	6532	-	-	1	Bruce Ingle	1447	1	-	-
Robin Schulman	6103	8	4	3	Tracy Ingle	1421	4	1	-
Ed Hoffer	5831	4	2	-	Jeff Luxenberg	1170	1	-	-
Rich Whalen	5109	6	5	1	George Caplan	979	-	-	-
Joe Repole	4722	10	10	-	John Loring	733	-	-	-
Gabor Demjen	4468	6	4	-	John Springfield	723	-	2	-
Joe Marcal	3620	6	-	-	Jean Zaniewski	664	-	-	-
Kitty Farago	3376	2	1	-	Bruce MacDonald	461	-	-	-
Doug Cohen	3370	1	-	-	Jacob Allen	323	-	-	-
David Wean	3040	-	-	-	Rosalie Blum	270	-	-	-
Jamie King	3040	3	2	-	Jared Luxenberg	245	-	-	-
Irving Kurki	2988	3	1	-	Sara Luxenberg	155	-	-	-
Jim Goldman	2843	2	-	-	Sandra Merrick	86	-	-	-

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).

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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.

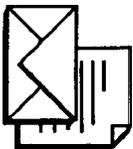
CRW Membership Fees*	1 year	2 years	3 years
Individual	\$35	\$67	\$99
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Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!

*Contact Bob Hug at 617-899-3929 if you are an LAB life member. Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Bob Hug, P.O. Box 854, Bedford, MA 01730

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

- Ride Leader Publicity Legislative Action
- Safety Membership Newsletter
- Host a post-ride party Special Events
- 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