

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXII, Number 6 - June, 1998

Arrowers Needed

On Wednesday, June 10, there will be a meeting at the United Hancock Church in Lexington for all those who have volunteered and/or want to volunteer to help arrow the rides for GEAR. This will be a meeting to coordinate the arrowing schedule and define how the rides will be arrowed. We plan to do most of the arrowing during the month of July and then go back in August to touch up what the construction crews have destroyed.

If you have any questions or cannot attend, please contact Ken Hablow by phone at 781-647-0233 or e-mail at khallow@khgraphics.com. See the directions for the board meetings if you do not know where the church is located.

Bigger Yet

by Eric Ferioli

The Big Event was another big success. Plenty of junk, excuse me, merchandise, passed on to new owners.

Thanks to everyone that helped, Paul Corriveau and his many witticisms, the lovely Jean Orser, Fred Kresse, Rick Lawrence, Jamie King, who covered the outside bike sales. Doug Kline, and our VP of Rides, Barry Nelson. And anyone else I may have missed. A special thanks to our RAAM racer, Ed Kross, for being the overall organizer of the Big Event.

As usual, I sold more items than anyone else. The Wellesley dump was well represented. Jim and Jan Kuhn came in second. They must have done a good job cleaning out their basement. Jamie and Lindy King were third. They, too, cleaned out their basement getting ready for their

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A Few Good People Needed

We need at least four people to staff the two water stops for Climb To The Clouds on Sunday, July 19. One stop is in Sterling and the other at Berlin Orchards. The Sterling is open from 10:30 until 1:30. The Berlin stop is open from 11:30 until about 3:00. This is a lot of fun because almost every rider will stop so the folks at the water stops keep very busy.

If you would like to help out on this event contact Ken Hablow at 781-647-0233 between 8:30 AM and 9:00 PM, or by email at khallow@khgraphics.com.



Still Looking ...

We're still looking for Saturday and Intro rides coordinators. It'd be nice to have these positions filled before the warm weather ride season gets into full swing, and now is a good time to learn the ropes. To discuss the positions or sign up call Tom Lynch, (508) 877-2238, or Jack Donohue (781) 275-3991.

Ride Leaders Wanted

Ride Leaders needed for the following dates: June 14, July 4, 5, 11, 18, 25. Already the May calendar has a repeat ride. There will be even less variety in the summer unless members volunteer to be ride leaders.

Please contact Jim Sullivan (781-245-1772) or Barry Nelson (617-964-5727).

Ride Leader Workshop

Wednesday, June 17 - 7:00 pm

We've come up with a seminar for prospective leaders covering "Everything You Wanted to Know about Ride Leading but Where Afraid to Ask." The workshop will cover that basics of ride leading: planning a route, picking a start, arrowing, day of ride talk, etc. If you want to get your feet wet, we'll try to find you a ride leader to colead with. If you want to take the plunge and be a ride leader, we'll make sure to hook you up with experienced leaders for help and advice. You can choose an established route from our extensive rides database if you don't have one in mind, or we can get Ken "Rides'r'us" Hablow to custom design you a ride. We'll talk for about an hour, followed by question and answer period, after which you can check out the rides calendar for dates and locations.

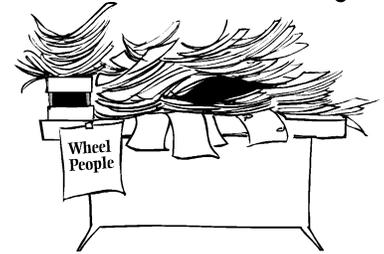
The workshop will start at 7:00 on Wednesday, June 17th at the United Hancock Church in Lexington Center.

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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

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President	Tom Lynch	(508) 877-2238
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Thursday Rides	Peter Mason	(781) 646 5106
Friday Rides	Position Open	(Your) Number-Here
Introductory Rides	Position Open	(Your) Number-Here
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Bob Hug	1999	(781) 899-3929
Barry Nelson	1999	(617) 964-5727
Bob Sawyer	1998	(781) 862-6517
Marty Weinstock	2000	(617) 491-6523

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

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

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



How To Send Us Your Article

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

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

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

Articles submitted to *WheelPeople* may also be published on the CRW web site unless the author instructs otherwise.

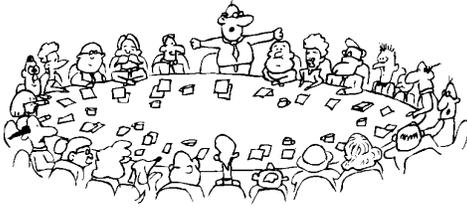
Insurance

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

Board Meeting Minutes



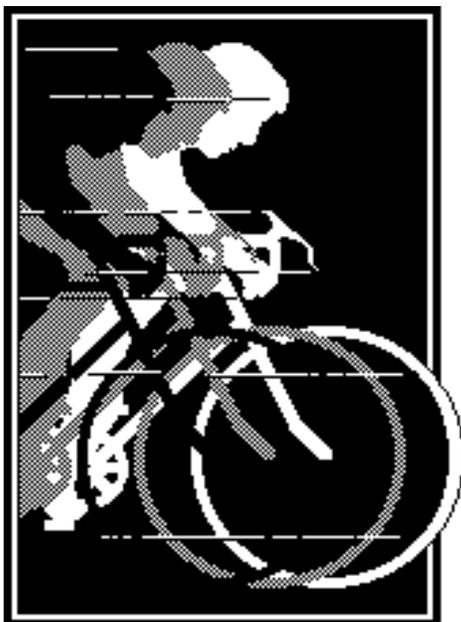
May 5, 1998

Membership Report: The current membership total is 951, with 26 new, 44 renewed, and 77 expired members.

Treasurer's Report: April's income exceeded expenses by \$48. There is a disturbing trend in the income generated by the Spring and Fall Centuries. In 1997 the income from the two rides was only 50% of what we earned in 1996. The board will consider raising the registration fee for the day of the ride for the Fall Century. The advance registration price will probably remain the same.

Rides Program: We are still looking to fill two positions: a Saturday and Introductory rides coordinator. What is more worrisome is that we have no new ride leaders this year. So far all the ride leaders in 1998 led rides last year. Without a fresh supply of new volunteers the club will lose one of its strengths - the variety of rides. Jim Sullivan and Barry Nelson will call members who checked the Ride Leader box on their membership form.

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.

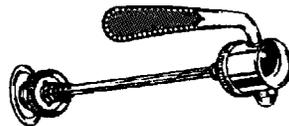


Bigger yet continued from page 1

big move and their second big event. Jack Donohue, amazingly, sold only one item, and didn't buy much either. Jack, what happened? John Goeller rode sweep with merchandise. He sold one item for 50 cents. Paul Corriveau gets the Ghost of the Big Event Past award. He brought a frame to the Big Event. It was recognized as a frame that had been thrown out after the last Big Event. Guess where it went this time?

Some of the non-cycling items that sold included a stereo receiver, an orbital sander, and a chess board. An item that didn't sell was one of John Goeller's disk drives. Another item that didn't sell was Jim Merrick's bowling balls. The most unusual item sold was one of my jokes. It was a slim Jim (not the edible variety), with a tag that read "New essential tool for cyclists. Now when your bike breaks down at the farthest point of your ride, you no longer have to contend with greasy chains, dirty tires and all those heavy tools. Using this one amazing tool, you can now get home in comfort and style.

A good time was had by all. See you again at the next Big Event.



Commuter Chronicles

by Jack Donohue

I see a lot of people biking to work with panniers. Panniers are appropriate for a week long camping tour, but for day to day commuting are a bit of overkill. If you have so much stuff to carry to work that you need panniers, you have too much. Panniers increase your frontal area which is not good for aerodynamics or negotiating tight traffic situations.

Leave the big stuff like shoes, pants, etc. at work. Then you need only carry what needs to be changed daily (or weekly in my case). Use the days you don't commute to restock the wardrobe. You should be able to leave your lock at work as well, unless you routinely run errands on the way home.

You need to carry minimal tools. I carry a pump, spare tube, and tire irons and that's it. You might want to supplement this with those triangular 4,5,6 millimeter allen tools and the 8,9,10 millimeter socket one. That will handle most of the parts you find on your bike (unless for some reason you see the need to field strip your rear derailleur).

You should be able to fit all you need into a small duffel bag. Mount this on the rack parallel to it and you get minimum air resistance. I use those fat black rubber bungees to hold it in place. May sure it's secure by shaking the bike side to side violently with the bag on. If it doesn't show signs of shifting, you're set to go.

Happy 35th Birthday, Bike

by John Springfield

In June or 1963 I bought my first (and only) ten-speed bike at Mike Walden's Continental Bike Shop in Detroit. And I still ride it! It's been on 25 TORSV-Eastes, a 1976 trip from Seattle to Boston, and a 1994 trip from Boston to Florida. This year I'll take it across Pennsylvania. It's been in 25 states and 2 Canadian provinces.

For those of you into details, it's a red Frejus (Italian made) that originally came with a somewhat odd combination of steel cranks, sew-up tires, and aluminum fenders. Because I was more interested in touring than racing, in the early 70's I changed the wheels to take clincher tires. This allowed me to carry a load without

worrying about blowouts.

The initial cost was \$116.50 of my hard-earned money. I saved every penny during my 8th and 9th grades. Every night I would look through a Schwinn catalog wondering if I would have enough money to buy a Continental for \$89. If not, I figured I could afford a \$66 Varsity. Well, when the magic day came (last day of 9th grade), I had exactly \$66.50 in every denomination imaginable. My older brother was 17 and was going to drive me to the shop in Detroit. As we were about to leave, I was hoping my father would "loan" me about \$20 so I could buy the Schwinn Continental. Just like a

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June 1998 Recurring Rides Calendar

*These rides are held every
week unless indicated*



South Shore Coastal Loop

Sundays - 6:45 am

Are you looking for a ride with shady, quiet roads, beautiful scenery and coastline stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. Choose the 33 or 45 mile loop both departing at 6:45 AM. The 33 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 45 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Maps and cue sheets available in addition to arrowed routes. Ideal for fast and moderate riders with pacerline experience or desire to learn. If you're interested in riding to the ride from the Boston area, call Mel. **Leaders:** Ted Lewis (h) 617-396-7282 (w) 508-777-5203 x131 TedL@microscript.com Mel Stoler (h) 617-277-5180 (w) 617-727-4923 x360 Mel.Stoler@state.ma.us **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. You won't regret setting the alarm. Call to confirm. Space unlimited.

Pace Line Clinic at Nahanton Park

Tuesdays - 6:00 pm sharp!

What: A set of organized, cooperative, and friendly pace line clinics designed to demonstrate and practice smooth and safe group riding techniques. Multiple clinics will accommodate different groups at various average speeds. "Attacking", racing, and other aggressive, or disruptive behavior is frowned upon. **Ride:** Arrowed routes of 19 and 28 miles. **Leader:** Pete Knox (617-731-5944) **Start:** Nahanton Park, Newton. **Directions:** From Route 128 take Needham Street exit towards Newton. Take second right at the light and meander through the industrial park. At the end of the park, turn left onto Kendrick Street (becomes Nahanton Street at the river). Cross the Charles River and park on the left in the SECOND parking lot for Nahanton park. Rides leave from the main parking lot. Note the City of Newton has requested that we park our cars in the satellite parking lot and not the main lot where the ride starts. Note: Many evenings we will return after sunset. N.B. State law requires a white front light, a red rear light, and ankle reflectors after sunset. Be safe. Be seen.

Wednesday Wheelers

Wednesdays - 10:00 am

A group that enjoys exploring a variety of scenic routes and lunch spots, mostly in the western suburbs but occasionally to the north or south. We stay together, following the leader for the day, while being careful not to drop anyone. (Generally there is no cue sheet handed out.) The typical ride distance is about 30 miles. The pace is about 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. **Start:** Location Varies **Directions:** For more information, including the next ride start location, call the ride coordinator Bill Widnall at 781-862-2846 day or early evening or e-mail to BillWidnall@ibm.net.

Wednesday Evening Ride

Wednesdays - 6:15 pm sharp!

Times and Routes: Every Wednesday in June and July (except for July 1) at 6:15 PM SHARP for approximately 20 rolling miles. **Ride Type:** Cue sheet. **Leader:** Jacek Rudowski (617-361-5273). Do not call the day of the ride because I will go to the start directly from work. **Location:** Duck Feeding and parking area in Weston. **Directions:** From Route 128 take exit 24. The first traffic light west of route 128 on Route 30 is River Road to the north. The second right on River Road is the access road to the Duck Feeding and parking area. There is a sign. The above mentioned traffic light is at the end of the Route 128 southbound on and off ramps. **Highlights:** The route goes through the towns of Weston, Wayland, and Lincoln. There is a one mile section of unpaved road. The surface is such that it can be negotiated on 25 mm wide tires. There is a slightly longer all paved option. I plan to ride at such a pace that we will finish no later than 8:15 PM. If you are going to be out later than 8:30 PM, particularly in July, you should have lights. This ride will not go if it's raining, but the leader will try to show up at the start every Wednesday.

Fitness Ride at Hanscom Field

Thursdays - 6:00 pm sharp!

Ride: Arrowed routes of 16, 25 & 35 miles. **Leader:** Peter Mason (781-646-5106) **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.

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

Friday Night Unwinder

Fridays - 6:15 & 6:00 pm

Leader: Dave Johnson (603-490-7581) **Time:** May 15—July 31 6:15PM, Aug 7—Sept 11 6:00PM **Location:** Bedford High School-Library complex on Rte 4/225 in Bedford center. **Directions:** From Rte 128 take exit 31, Rte 4/225 west for approx. 2.5 miles. Look for Bedford high school & library sign on the left. Turn left into the parking lots. Friday traffic on Rte. 4/225 is pretty bad so seek an alternate route or call the ride leader. **Distance:** 17, 22 or 27 miles, all arrowed. **Highlights:** Begin the weekend with an evening tour of the pretty back roads of Concord, Carlisle & Acton. The pace is a bit more relaxed than the weekly fitness rides.

Saturday Morning Fitness Ride Nahanton Park

Saturdays - 8:30 am sharp!

Ride: Arrowed routes of 19, 28 & 42 miles. Cue sheet available. **Leaders:** Dave McElwaine (781-821-8643) [McElwaineD@aol.com] or Mark Dionne (617-965-5558) [mark@kurzweiledu.com] **Start:** Nahanton Park, Newton. **Directions:** From Route 128 take Needham Street exit towards Newton. Take second right at the light and meander through the industrial park. At the end of the park, turn left onto Kendrick Street (becomes Nahanton Street at the river). Cross the Charles River and park on the left in the SECOND parking lot for Nahanton park. Rides leave from the main parking lot. Note the City of Newton has requested that we park our cars in the satellite parking lot and not the main lot where the ride starts.

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.



The Rides Calendar June, 1998

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.

Mean Streets Boston Proper

Thursday June 4 - 6:30 pm

Times and Routes: 6:30 PM for 10 miles **Ride Type:** Urban evening ATB about 10 diverse miles; mountain or hybrid bikes recommended. **Leader:** Charles Hansen, H: (617-734-0720), W: (617-572-0277) **Location:** Boston City Hall Plaza, at the Gov't Center T-stop. **Directions:** Intersection of Court, Cambridge, and Tremont streets. Call if more info needed. Come early to find parking. Ride to the ride if possible. **Lowlights:** Explore Government Center, the Fort Point Channel area, North End, Chinatown, financial district and more. We will attempt to discover alleys and nooks and crannies you never knew about. Cool off by riding under the fountain at Post Office Square park!

Tour de MetroWest Waterways

Saturday June 6 - 9:30 & 10:00 am

Times and Routes: Approximately 40 miles starting at 9:30 AM. Approximately 27 miles starting at 10:00 AM. Flat to rolling **Ride Type:** Map and Cue Sheet **Leader:** Iris Wiener (508-872-3717) and Rich Whalen (508-756-3148) **Location:** Framingham Center Green between Edgell Rd. and Vernon St. Park around the common or in John Maynard Corporate lot at the corner of Vernon and Grove Sts. **Directions:** From the East: Take Rt 9 West. Approximately 1 mile past junction of Rts 9 and 126 (see Staples shopping plaza) bear right at Rt 30 split. Take a right at first traffic light onto Edgell Rd. See the 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. The Green is on your left. **Highlights:** Come join us for a fun filled ride through the best scenery of metrowest. Pass peaceful horsefarms, rivers, ponds, and resevoirs, as well as historical sights. 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 routes contain 1 mile of hard-packed dirt road. 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.

Lexington Revolutions

Sunday June 7 - 9:30 & 10:00 am

Times and Routes: 9:30 for 50 miles, 10:00 17 or 32 miles **Ride Type:** Arrowed (Inverted yellow pitchfork) with map and cue sheet **Leader:** Sharon Gowan (617-489-5682) **Location:** Lexington High School **Directions:** From Lexington Center, turn south on Waltham Street, across from CVS Pharmacy. School parking lot is 0.5 mile on the right. From Route 2 west, take exit 54B Waltham Street. School parking lot is 1.4 miles on the left. **Highlights:** Ride beautiful roads of Lexington, Concord, Carlisle, Lincoln, Chelmsford, and Westford. Lunch for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass. There will be no lunch stop for the short ride. Things to see include The

Olde North Bridge, Hanscom Field, horse and dairy farms. There is a surprising hill at the end of the ride so save some energy.

Gearing up for GEAR - Part 1

Saturday June 13 - 9:30 am

Times and Routes: 9:30 for rides from 20 - 75 miles **Ride Type:** Cue sheet and map **Leader:** Ken Hablow (781-647-0233) **Location:** Babson College, Wellesley MA. **Directions:** From Rte 128 take exit 19 toward Needham on Highland Street. At the traffic light at Muzi Motors turn right onto Gould Street. At the end of Gould turn left onto Central Ave. Go through 1st traffic light and turn right onto Forest Street at Volante Farm. After the farm bear left staying on Forest. Turn into the main entrance to Babson and park in the first lot to the right behind the post office. From Natick, take Rte 135 into Wellesley then stay on Rte 16 east. Turn right on Forest at the old movie theater which is now a shopping center with a Bertucci's. **Highlights:** These two Saturday's (June 13 & 27) will be devoted to checking the accuracy of the cue sheets our team of ride designers and computer geeks have assembled. The cue sheets have been computer generated so we need you to check them for us and note any specific points of interest. Some of the rides head South out of Babson and some North. We have 75 mile rides in both directions. The middle range of rides will head South through towns like Millis, Norfolk, Ashland, Hopkinton. So bring your bike, bring a pencil or pen to make notes - we will provide the cue sheets and maps.

A Hill or Two in Ashlandia

Sunday June 14 - 9:30 & 10:00 am

Times and Routes: Long (hilly 64 miles) & Medium (very hilly 38 miles) at 9:30 AM. Short (rolling 26 miles) at 10:00 AM **Ride Type:** Arrowed (Yellow Arrow) **Leader:** Linda & Wes DeNering (508-881-9117) **Location:** Ledgemere Plaza, Intersection of Rt. 126 & Eliot St. in Ashland. **Directions:** From Route 9 Framingham: take Route 126 South for 4.0 miles. From Route 135: take Route 126 south for 2.5 miles. Corner of Rt 126 and Eliot St. **Highlights:** The short ride goes through the scenic, rolling hills of Sherborn, Dover, Medfield, Millis, and Ashland on quiet roads. The medium ride is for lovers of hills (2000 feet of vertical in 38 miles). It goes through Ashland, Hopkinton, Upton, Milford, and Holliston via very quiet backroads that parallel many state forests. (There is a 1/4 mile section of dirt road that is unavoidable.) The medium and short rides combine to create the long ride. Only the long ride has a lunch stop, so plan accordingly. Start your training for Climb to the Clouds early this year!

A Serene Ride

Saturday June 20 - 10:30 am

Times and Routes: 10:30 for approximately 26 & 17 miles **Ride Type:** Cue sheet **Leader:** Jacek Rudowski (617-361-5273). Do not call the morning of the ride. **Location:** Dover-Sherborn Regional High School **Directions:** From Route 128 take exit 16B. Take route 109 West about 7 miles to Medfield Center. Take a right at the traffic light where there is a Mobil station on the corner onto North St. If you come to the intersection with Route 27, you have gone too far. Go 0.8 miles on North

St. and stay right at the triangle. Then in 0.9 miles bear left onto Farm St. In 0.8 miles make a left onto Junction St. The High School and parking lot will be on your right. **Highlights:** The routes travel the serene and charming back roads in Dover and Sherborn that have light auto traffic. The lunch stop is C&L Frosty (no rest room) in Sherborn that some cyclists say that the fried clams are better than Woodmans in Essex.

Groton Country Tour

Sunday June 21 - 10:00 & 10:30 am

Times and Routes: Long ride, 10 AM, 50 miles of rolling terrain with some hills. Short ride, 10:30 AM, 25 miles, few hills. **Ride Type:** Arrowed (yellow chevron) **Leader:** Jeanne Kangas, (978-263-8594) evening before 9:30 PM. [AK0001@aol.com] **Party:** At leader's home after the rides. Hot dogs, chips, soda, and cake. **Location:** XRE parking lot on Taylor Street, Littleton. **Directions:** Take Exit 39 ("Taylor Street - Littleton-Boxborough") off route 2 West. It is just after Rte. 495 cloverleaf. At the end of ramp, go right, up the hill. In 0.5 mile, pass street going left. Next driveway on left goes into lot, visible from street. **Highlights:** The rides are scenic, through pretty horse and apple country. The short ride passes through Harvard, Littleton, Ayer, and Groton. The long ride adds Pepperell, Dunstable, and Hollis in New Hampshire. Both rides go through scenic Shaker Village in eastern (not hilly) Harvard, and to historic colonial Groton Center, where the short ride lunches (get food here) on the Common. The long ride continues through Pepperell, over the covered bridge in East Pepperell, and up to Hollis, New Hampshire, where the lunch stop is at a local pizza & ice cream parlor. The long ride returns in a scenic loop through Hollis, Dunstable, and rural Groton, where it joins the short ride in a roller coaster ride through campy Lost Lake. Everyone is invited to the leader's home at 959 Hill Road, Boxborough, only 0.7 mile from the start/finish, after the ride for hot dogs, chips, soda, and cake.

Gearing up for GEAR - Part 2

Saturday June 27 - 10:00 & 10:30 am

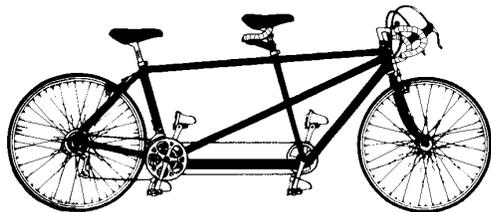
See the ride description for June 13.

Which Way to the Wayside

Sunday June 28 - 10:00 & 10:30 am

Times and Routes: 10:00 for 46 miles, 10:30 for 22 miles **Ride Type:** Arrowed (white arrow with a squiggle through it s->) **Leader:** Greg Przybyl (978-685-6394) **Location:** Brophy School, Framingham **Directions:** Rte 9 West to Rte 30 West at Framingham Center, Brophy School is on the right about 2 miles after the center. **Highlights:** Framingham, Marlborough, Hudson, Stow, Bolton, and Berlin. Lunch will be at the Grist Mill, so bring a lunch.

Tandem Bicyclists of New England (TBONE) rides



This is a series of rides for tandemists. Unless otherwise indicated, these are CRW rides led by CRW members. Other cyclists interested in tandems are welcome at these rides as well — you might get to try one out, or at least get some good advice on tandemabilia. The schedule for up and coming rides is below.

We suggest calling the ride leaders to confirm a ride, especially if weather is doubtful. Rides may not have lunch stops. We suggest that you carry food.

To be included on the 1998 mailing list, please send a \$3.00 subscription fee with your names, address, telephone number and e-mail address to: T-BONE c/o Linda & Bob Harvey 16 Clinton St. Salem, NH 03079-2052. For information, call us at 603-898-5285. (Checks should be made payable to Linda Harvey)

White Mountains Weekend

June 5-7 Littleton New Hampshire

Several rides including the Franconia-Easton ride with option of returning through two notches, or along the Ammonusuc River. Rides will start about 8:30 am each day from the Continental 93. Sponsored by Granite State Wheelmen (GSW). **Special Event:** The Santana demo team will be in Littleton on June 7 for demo rides on their new bicycles. Test rides of Cannondale tandem bikes also available. **Lodging:** Continental 93 Motel. Special room rate of \$49, plus tax, per night, double occupancy, includes an expanded continental breakfast. Make your own reservation, mention TBONE or GSW for the special rates. 603-444-5366. For more information, check the web site: <http://www.continental93.com> **Other accommodations:** Snowy Mountain Campground, Bethlehem, 603-869-2600; Mulburn Inn, Bethlehem, 603-869-3389; or Thayers Inn, Littleton, 603-444-6469. **Directions:** Take exit 42 from I-93 north. The Continental 93 is on Rte. 302 at the junction. Leaders: Nate & Mary Ellen Carmen, 155 Davidson Ridge Rd, Bethlehem, NH 03574, 603-444-6887 Barry Fields, Littleton Bike Shop, Littleton, NH 03561, 603-444-3437.

Camping Trip Weekend

June 6-7 New London, CT to Long Island, NY

Here's a chance to get in some early season touring! Join the Pequot Cyclists of Southeastern Connecticut on a "loaded" cycle-camping weekend. We'll take the 10 a.m. New London - Orient Point ferry, then ride from Orient Point to Shelter Island and across to Montauk Point, where we will camp at Hither Hills State Park. We'll cycle with tents and sleeping bags and

eat at area restaurants. Care to join us? The projected mileage for each day is approximately 35-40 miles. It should be lots of fun, and it's a great way to get ready for those summer tours, or to try touring if you've never done it! If interested, please contact Ray for more details. **Leaders:** Ray & Kristie Foss, 92 Kendall Rd., Lisbon, CT 06351. 860-376-2717. rfoss@groton.k12.ct.us

Woodstock, Connecticut

Sunday June 14 - 10:00 am

40 Miles, with shorter option Quiet Corner of Connecticut! Enjoy an exceptionally lovely ride along the back roads of the Northeast corner of Connecticut. We'll pedal up and down the rolling hills of Pomfret, Woodstock and Eastford for approximately 40 miles — a shorter option will also be available. Part of our ride will be on Route 169, recently nominated as one of the 10 most scenic roads in the United States. Just 4 miles short of the cars, we'll stop at The Vanilla Bean for a great home-made lunch - and wonderful desserts! After the ride, you may want to visit Roseland Cottage at the Bowen House. Sponsored by the Pequot Cyclists. **Directions:** Ride starts at 10:00 a.m. from the Woodstock Town Hall, Route 169, just north of the junction of Routes 169 and 171. If in doubt about the weather, in need of more detailed directions, or just curious, call or e-mail. **Leaders:** Ray & Kristie Foss, 92 Kendall Rd., Lisbon, CT 06351. 860-376-2717. knrf@ctol.net

Newton, Massachusetts

Sunday June 14 - 10:00 & 10:30 am

20 & 40 miles A ride around the area. Bring your beverage and a dish to share for a pot luck afterwards. A to L: snack or dessert; M to Z: salad or main dish. **Directions:** Meet at our house. 10:00 for 40 miles; 10:30 for 20 miles. From Rt. 128, take Rt. 16 east (toward Waban). Right at 1st traffic light (Beacon). Follow through 1 blinker and 2 traffic lights. Warren Rd. is the 3rd and 4th streets on the left (a loop road). No. 11 is a yellowish-green house. **Leaders:** Kevin Soll & Judi Burten, 11 Warren Rd., Newton, MA 02168. 617-630-5104 JBurton@aol.com

Connecticut River Father's Day Weekend

June 19-21 Fairlee, Vermont

This has been a wonderful weekend of riding in the past, An opportunity to ride in some of the most scenic areas of the northeast. The roads are well maintained, traffic is light, and it's a great place to complete a century as there are very few climbs along the river route. If you want more challenging rides with spectacular views, you can head for the hills. Of course shorter and easier rides are also available. Rides start from the Silver Maples about 8:30 am each morning (earlier Saturday for the century). Sponsored by Granite State Wheelmen (GSW). **Lodging:** Silver Maples Lodge and Cottages. Staying with Scott & Sharon is like going to visit old friends. Four rooms in the house, and five cottages, are being held until April 15. \$54-74 per night, double occupancy, includes a full continental breakfast. Make your own reservation, mention GSW for special rates: 800-666-1946 or 802-333-4326. Overflow lodging will be arranged by the innkeepers. For more information, check the web site: www.travelassist.com/reg/vt111.html **Directions:**

Take I-91 north to exit 15. Go to Rte. 5, then approximately 1/2 mile south to the Silver Maples. **Leaders:** Don & Carolyn Lane, 45 School Street, Salem, NH 03079. 603-893-4766

Warehouse Point, Connecticut

Sunday June 21 - 10:00 am

25 & 40 miles Ride through the rolling, rural tobacco valley of Connecticut. Easy with a couple of small hills. Possible stop at Trolley Museum. Potluck lunch after the ride. Bring your own beverage, and a favorite dish to share. **Directions:** Meet at the home of Len & Liz at 10:00 a.m. From Rt. 91 take exit 45 onto Rt. 140 west. At the first light, go left onto South Main St. Then take the 2nd left onto Spring St. (yellow brick house on the right). **Sponsors:** Len & Liz Chapman, 29 Spring St., Warehouse Pt., CT. 06088. 860-627-0729.

Around (Great) Lake Champlain

June 25 - July 1 Vermont & New York

We will be pedaling our loaded (carrying all equipment) tandem around Lake Champlain June 25 through July 1, and invite anyone interested to join us. We plan to do about 50 miles per day and stay in campgrounds (with a possible motel or two thrown in). The route length is up for discussion. We are looking at approximately 350 miles, which will take about 7 days to complete. However, if there is interest in a shorter route, it would be possible to start the ride further north or take a ferry to shorten the loop. If you are even remotely interested, please contact us for more information. **Sponsors:** Ray & Kristie Foss, 92 Kendall Rd., Lisbon, CT 06351. 860-376-2717. rfoss@groton.k12.ct.us

Northeast Kingdom Weekend

June 26 - 28 Island Pond, Vermont

Mapped Rides start from the Lakefront Motel about 8:30-9:00 am each morning. Featured ride is a 65 mile loop, from Island Pond to the Connecticut River and back. Sponsored by Granite State Wheelmen (GSW). **Lodging:** Lakefront Motel, on the water. No rooms are set aside, so call early to reserve a room. Some efficiencies. \$59-\$84 plus tax per night, double occupancy, includes a limited continental breakfast. Make your own reservation: call 802-723-6507. No bikes in rooms; garage available. Several restaurants are located nearby. **Directions:** Take Route 105 to Island Pond. The motel is on Cross St., overlooking the pond. **Leaders:** Anne and Emery Glass, 1 Dodge Rd., Marblehead, MA. 01945. 781-631-3239.

Bedford, Massachusetts

Saturday June 27 - 9:00 am

Approx. 50 miles From the leader's house in Bedford, ride to Fruitland's museum in Harvard, MA for brunch. Please RSVP if you plan to attend, so we can let the restaurant know how many to expect. **Directions:** From US-3, take Concord St. exit toward Bedford. At about one mile, turn left onto Spring Rd. (Concord St. makes a sharp right). Take first right onto Fox Run. Jack and Susan live about 6 houses down on the right (can barely be seen from the road) **Leaders:** Jack Donohue & Susan Grieb, 26 Fox Run Rd., Bedford, MA 01730. 617-275-3991 (before 9 PM). jdonohue@world.std.com

CRW Extended Trips

VELO NH

July 2-5

Velo NH is an annual trip held on the July 4th holiday weekend. We base ourselves in Jefferson, NH, booking both B&B's in town for a total capacity of about 50-60 riders. The official rides are about 130 miles long, with between 4,000 and 9,000 feet of climbing. There are longer and shorter options. (as well as different climbing options)

The cost is \$200 per person, based on double occupancy. The dates are July 2-5 (lodging is Thursday, Friday and Saturday nights - riding days are Friday, Saturday and Sunday)

The fee includes 2 fabulous dinners (a traditional New England Clambake and a gourmet barbecue, along with an ice cream sundae bar), three breakfasts, and three nights lodging (B&B style), plus cue sheets and maps, and a surprise commemorative memento. Riders are expected to be self-supported, and able to complete any ride they start, or take care of themselves. "We don't do no stinkin' sag" OK! But we do try to let you know where the ice cream shops are.

We typically get about half tandems and half singles, and the tandems typically hit some pretty impressive top speeds! It is a truly fun weekend, with lots of riding, lots of scenery and NO complaining (well, you can complain, but then we won't invite you back. So there!) Many riders have come and truly surprised themselves with the distances they can ride. There have been many who have done their first century and/or longest ever ride on this weekend. There's also hiking, shopping and sitting around in the wood fired hot tub for diversion, days off or non-cyclists.

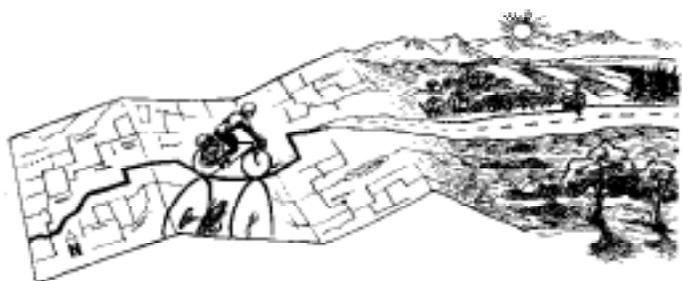
We have a good core group that keeps coming back every year, and get newcomers as well. A few of our regulars have moved really far away, so we may not get to see them this year. We get some hard-core racers and long distance riders, and low key long distance tourists, and every other flavor of cyclists.

The trip is already filling (veterans get first shot, of course), so if you want to come, call or e-mail FIRST to confirm space (and determine type of room/roommate),

pamelab@pcdocs.com 978-256-1169

and then mail that check.

(\$200 per person) payable to CRW mail to Velo NH c/o Pamela Blalock and John Bayley 114 Robin Hill Rd Chelmsford, Mass, 01824



Other Rides and Trips

AYH Cape in a Day (plus one) Century Bicycle Weekend

Sat - Sun, June 20-21

Join the Boston Council of American Youth Hostels on their annual Cape Cod ride. The trip consists of a century bicycle ride from Boston to North Truro (120 miles) or Eastham (100 miles) on Saturday, time to tour Provincetown or relax on nearby beaches Sunday morning, and a ferry ride back to Boston late Sunday afternoon. The cost of \$75 includes four meals, lots of snacks, hostel lodging, sag wagon support for luggage and breakdowns on Saturday, the ferry and a T-shirt. Send full payment (refundable until June 1st along with name, address, phone #'s and hostel choice (if any) to trip leader Seth Davis, 186 Palmer St., Arlington, MA 02174. For more information, call Shari at (617) 776-6618, or send a self-addressed stamped envelope to the trip leader.

Narraganset Bay Wheelmen Drummond Double Century 1998

June 21 - 2:45 am

(That's right, riders leave at 3:00 A.M. sharp) **Start:** Will be announced with the confirmation. The ride will start near the East Providence and Seekonk line. **Fee:** \$20.00 - NBW Members / \$25.00 LAB only Members: includes maps, food, patch and complete sag wagon. **Requirements:** must have completed a sanctioned century in 1997, and completed a century in 1998. Bicycle must have lights and be in excellent condition. Riders must carry spare tubes or sew-ups and be at least 18 years old. Entries must be received no later than June 10th. Please give us 48 hour notice if you must cancel. This ride is open to NBW members and LAB members only and limited to thirty riders. You should have felt upon completing your last century "good" and "strong" and able to ride some more miles. This is not to scare or dismay you from doing the ride but one must be both physically and mentally prepared in order to enjoy this type of challenge. Advantage:.. Enjoyable (one's opinion), endurance ride to test and/or train oneself for one's own benefit beyond the normal 100 mile ride. The ride has several scenic views including an early morning view of Plymouth Harbor without tourists! Also Cape Cod Canal, cranberry bogs and plenty of roads and woodlands. However, the route has been kept simple so map reading skills is at a minimal. Ride can be both enjoyable and fun if prepared. Sag Wagons Needed! If you have ridden the "Double" before and are not planning to ride this year (no reasons asked) or want to assist (which is greatly needed for those double minded riders), we would appreciate your help. Sag time will be compensated. If you can help, please contact Rick. For a registration form, contact:

Rick Schwartz c/o Drummond Double 1756 South Main St., Fall River, MA 02724-2100 (508)675-1405 (before 9 PM)

TALCAM - Tour Around Lake Champlain

July 18-26 Adirondacks & Montreal

Join us for a midsummer tour circumnavigating beautiful Lake Champlain, with two nights in downtown Montreal. Starting from Whitehall, NY (the southern tip of Lake Champlain, between Albany and Rutland) we cycle north on the Vermont side of Lake Champlain, staying close to the shore and generally following the Lake Champlain Bikeways route. After a free day in cosmopolitan Montreal, we return south along the New York shore, with two days of riding in the Adirondacks and a night in Lake Placid. Daily mileage is usually 60-70 miles; longer options always available. Lodging will be in hotels, motels and inns. Cost of \$700 includes lodging, sag van, road lunches, some breakfasts, T-shirt, and extensive tour literature. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 E-mail: chansEn@jhancock.com

Tour de BOVINE

Bicyclists Over Vermont In Near Ecstasy

July 1-5

Third edition. We'll take the train north from White River Junction to St. Albans, Vermont. Train carries bike rack (no bike boxes needed). Then we'll bike back with side trips into Quebec and New York. Various options include "the flattest century in Vermont," the foothills of the Adirondacks and mega-challenging Appalachian Gap. Average 60 miles/day over varied, beautiful, quiet terrain. Shorter and longer options available. See the fourth of July fireworks over Lake Champlain. Trip cost of \$375 includes four nights lodging (including two in the Radisson Burlington), trail lunch food each day, some breakfasts, sag van support, train fare, trip tee shirt, maps and cue sheets. Leader: Arnold Nadler, 978-745-9591 Coleader: Charles Hansen, 617-734-0720

MassBike Tour '98

Ride the Roads of the Revolution

July 19-25

The Massachusetts Bicycle Coalition is proud to announce the inauguration of MassBike Tour, our annual statewide bicycle tour. As a rider, you will pass through some of the state's most beautiful landscapes, parallel sparkling waterways, breathe in cool air from the lush green Berkshire forests, and stop at some of the historic towns you may have thought existed only in textbooks. Each day will be filled with the extraordinary landscape and lore of Massachusetts, exploring the quiet back-country roads that can be best appreciated on a bicycle.

The inaugural ride will limit registration to 200 riders, traveling through the counties of Middlesex, Worcester, Franklin, Hampshire, Berkshire, Hampden, Bristol and Norfolk. We'll begin on the Minuteman Bikeway in Arlington and head immediately west. We'll camp in Holden, Northfield, Northampton (2 nights), Dudley, and Taunton before returning to Arlington. Mass Bike Tour '98 will be your guide for what promises to be a positive, well-organized and energizing event — with an element of personal challenge — for people of all ages.

Bicycle Commuting in Thailand

by Bob DeRoeck

(Ed: Bob is an ex-CRW member, and old friend of mine. His contracting career takes him to some exotic places...)

There are many aspects to bike commuting which are common to most countries of the world, such as dealing with man's best friend (4 legged) and man's worst friend (the internal combustion engine). I biked to work in Boston during the 1970's and the early 80's. Since then my bike commuting has been confined to foreign countries such as Scotland, Japan, Houston, Thailand, and New Jersey.

I've come to one conclusion after all these miles, commuting to work by bicycle is one of the best ways to see the worst of a country. Road congestion, half-awake drivers, exhaust fumes belching in your face, dogs in need of counseling, kamikaze drivers, the never-ending turf battle between buses and bikes... these are pretty much universal. But, there are always unique features which vary by route, city, and country.

Now I'm living and bike commuting in Thailand. Some people call Thailand the "land of the smile" and in many ways it is. But, I can guarantee that these people never bicycled to work here. I have more of a Disney-esque viewpoint -I'm biking in the Rude Kingdom. When going to work the Thais make the people of New York City look patient. There is no such thing as waiting for a green light, waiting for a safe gap to pass, waiting until you are over the hill to pass, waiting until you have rounded the hill to pass, etc. I guess the inoperative word is "waiting". Then there are the classic signs of impatience, such as blocking an intersection to cross-flow traffic while the road ahead is blocked solid ("Well, if I can't move, then no one else will either."). So, the bike commuter's credo "expect anything from anyone at any time" serves me well in Thailand.

There is one and only one rule of the road, The Right of Way by Mass. The heaviest object always has the right of way. The undisputed King of the Road is a fully-loaded concrete truck. But, a large bus or trailer truck will demand deference if the concrete truck is empty. How does the bus driver know whether the concrete truck is loaded or not? I haven't figured that one out yet. One of the mysteries of the Orient I guess. I've seen a concrete truck going 60 mph down the wrong side of a four lane divided highway and everything was getting out of her way. It must have been loaded.

The roads in the area where I live were nice at one time, being relatively wide, well-paved, and many even have a half break-down lane. Unfortunately, "maintenance" is a foreign word that has yet to be translated into Thai. Trucks and buses are badly overloaded and the roads rapidly deteriorate. The pot holes begin to form and then nature begins to reclaim the road, converting pavement to dirt. My commute has a half-mile stretch of ex-paved road. About 25 % of the pavement remains in scattered patches. The rest of the surface varies from gravel to clay to sand to fine dust. To combat the dust on this stretch of road I use a gauze mask similar to that worn by surgeons. The challenge is donning it while pedaling. The mask hooks around the ears. Fortunately, I'm blessed with protruding, stiff ears that appear to be tailor-made for the task.

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At the end of each day's ride, a Tent City will bloom on the grounds of a local school. Your bedding and other belongings will be delivered to each night's destination. Your concerns about meals are OUR responsibility while you are expected to think about rotating your tires around the state as you make new friends, have fun, and enjoy the beauty of Massachusetts.

If you can't find time for the entire Tour, there are two one-day options: 1) the Mini Tour on Sunday, July 19, a family-oriented 25-mile outing through Arlington, Lexington, Bedford, Concord and Lincoln, or 2) an aggressive century in the Berkshires on Wednesday, July 22, a loop from Williamsburg to Williamstown and back (50-mile option also).

This annual event is organized by MassBike, the Massachusetts Bicycle Coalition, whose mission is to improve conditions for cycling, to make our communities more livable, and to encourage more people to ride bicycles more often — and safely!

Looking to the future, there will be a new route each year to explore different parts of the state, and to underscore the message that Bikes Belong in every community. Over the years the MassBike Tour will provide an opportunity for every one of the 351 cities and towns in the Commonwealth to extend hospitality, to learn about touring cyclists' interests and needs, and to promote their community. Join us for the beginning of this fine tradition.

For information call the MassBike office: 617-491-RIDE



Happy Birthday Bike continued from Page 3

scene from the "Wonder Years" TV show, the old man says, "So, I hear you're off to buy a new bike. Here's a little something to help you out". Well, by now, my heart is racing as I watch my father dip into his pocket for that \$20 bill that I so desperately need. But wait, something's wrong. He must have made a mistake. He places a new fifty dollar bill in my hand and says something like "get a good one." I was flabbergasted. In 1963 you just did not see \$50 bills. In fact, you hardly saw \$20's.

To make a long story short, when we got to the bike shop I ended up getting a lightweight Frejus, not the Schwinn. Mike Walden saw a skinny kid with bicycle fever and sold me a \$125 European beauty for all of the \$116.50 in my pocket.

The rest is history. I never repaid the "loan" to my Dad. But somehow he and I knew that there was more than money involved. It involves dreams. And unspoken words between fathers and sons.

Flier

The downside of the mask is breathing my own exhaust. With the garlic, chili, and fish sauce-laced Thai food I'm eating, this is often worse than breathing truck diesel exhaust fumes.

The breakdown lane would be perfect for bicycling, but, like most breakdown lanes they act as collection sites for road debris. This consists of tire bits, plastic bottles, broken glass - the common road detritus of every country. But, Thailand has the added flavor of road kill, mostly rats and dogs. There must be something sacred about a dog's death site, because dead dogs are never removed. Instead, they slowly deteriorate, adding to the sights and smells of the country. Monday's commute, a large dead dog is lying in the breakdown lane. Tuesday's commute, it's fly city with the corpse bloated and the sweet stench of corruption filling the air. (Note, there are two distinct stench associated with corruption in Thailand. One belongs to the dogs, the other to the generals and politicians). Wednesday's commute, it's the beginning of the scene from the movie "Time Machine" where a Morlock is killed by the hero and then decomposes in fast forward in front of his eyes. The only difference is in Thailand the dog decomposes in slow forward. Thursday, the bloating is over and the bones start protruding through the skin. Friday, the tail is gone, the eyes are going, and, blissfully, so is the smell. Within another 1-2 weeks there is nothing left but a stain in the road and a few tufts of fur. Fido has gone to Nirvana.

Meanwhile the commute continues, over the dirt road, weaving in and out of the breakdown lane as the debris allows and killer motorists mandate. Another joy of biking in Thailand is the constant buzz of 125 cc motorbikes, the most prevalent form of transportation here. While designed as two-seaters, it's common to see a family of five being carried along, 5 year old son in front surrounded by dad's arms, grandma flattened in the middle, followed by mom with infant in her arms. Fortunately, Thai butts have evolved over the years into these tiny little things that allow such motorbike packing. But, family-outing motorbikes are seen only at night or on weekends. The typical commuting motorbike is lean and mean. Carrying one or two flip flop-shod workers, it screams past at 60 mph, weaving in and out between cars and trucks. Multiply this by 50 or so and you have a swarm of angry bees surrounding you as you pedal down the road. Along with the piercing noise of their two-stroke engines comes the blue exhaust of the lube oil. I've gotten to the point I can differentiate the brand of motor oil from the taste.

So, past the stain in the breakdown lane, the blue-hazed intersection of motorbikes jockeying for position and on past the first chemical plant cooling tower. The drift (mist) from the cooling tower is carried by the wind across the road. Cooling towers are the prime source of Legionnaire's disease so hold your breath for 50 yards. I seldom make it for the full 50 yards.

I'm approaching the deadliest part of the commute, the roadside stir-fry kitchen. Regardless of the time of day chili peppers are being fried in oil and the pepper-laced mist also drifts across the road. Now I know why women carry pepper spray to ward off rapists. Holding your breath for 50 yards while biking is one thing - closing your eyes for 25 yards is another. It's not easy when there are screaming motorbikes on one side and a breakdown lane full of killer debris on the other. Fortunately, the bike commuter develops survival senses. After a

short period you learn to gauge your position with your eyes closed based on the decibel level and the Doppler effect from the motorbikes. If the whine appears to be coming from your butt, you're too far out into the road. If the whine is less than 95 dB, you're too far into the breakdown lane. As the pitch of the motorbike drops you know it safe to edge back into the road a bit. Using these acquired skills I can usually make it through the danger zone with only a slight peppering of my peripheral vision.

Another joy of Thai bike commuting is the prospect of snake bite. The breakdown lane holds pan-caked snakes of all sizes, hues, and color patterns. I made the mistake of describing some of these snakes to my Thai friends. They calmly explained that most are quite poisonous, but there is antiserum for many types such as the cobra. However, there are some snakes that will kill you within 10 seconds of being bitten. My friends said that the scientists are working to develop an antiserum for these types. I failed to see the point. Maybe NSF grants are also awarded to Thai professors.

Since I sometimes bike home after dark I've given a little thought to what I'd do if a snake appears in my headlight beam, 15 feet in front of the bike. Raising my legs up to the handlebar seems the most practical action, but in doing so I could fall off the bike and land directly on the snake. I've tried this maneuver a few times while pedaling along and received the "crazy farang" look from nearby Thais ("farang" is the Thai word for "foreigner"). In the event I'm unlikely to get my legs off the pedals and will probably just run over the reptile, hoping his head ends up caught in the spokes or sprocket instead of buried in my calf.

It's a little over 5 miles from my apartment to the construction site where I work. I can't say the trip is pleasant, and it doesn't get any better when I arrive at the site. A pack of dogs has made a home there. My arrival at 6:45 a.m. either disturbs their sleep or arouses their hunger, and I'm the only thing on the menu. These dogs have retained their ancient hunting instincts. The first morning I showed up some attacked me from one side of the bike and the remainder from the other side, making it impossible to kick-out properly from both sides at once. Somehow I made it to the sanctuary of the administration building, but it was a near thing. Rabies is prevalent in Thailand so there was a bit of the old "life flashing before ones eyes" thing. I tried the old standby of yelling at them, but apparently they could not understand English. Fortunately, I found a language they do understand. It's called "rebar". That afternoon I picked up a two foot long piece of rebar steel from the job site and tucked it neatly into the side pocket of my pannier with the end protruding out and within easy reach. Errol Flynn never drew his sword any quicker than I can withdraw my trusty (and rusty) rebar when Lassie and company threaten. Now, as I pull into the site and the pack trots forward with slathered jowls, I brandish Excalibur a few times and they get the message. They stop about 15 feet from the bike as if hitting a force field, still barking fiercely, but clearly they have no interest in pursuing the matter, which, apparently, is me.

You're likely to ask "why with all the danger, irritants, rudeness, and general grimness does anyone commute to work by bicycle, especially in Thailand"? Is it for the exercise? To some

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Spring Century

Little Jack's Corner - by Jack Donohue



Little Jack's Corner
by Jack Donohue

There are a lot of commercial outfits with "Adventure" in their name. Going to a foreign

land is adventure enough and it's nice to have someone do all the legwork and planning for you. But there's another element of adventure in setting out on your own, with no fixed destination, and winging it.

Cycle touring allows the ability for adventure but within limits. I'm not talking about the round the world on a mountain bike, across miles of muddy dirt roads, through hostile territories replete with wild animals. This is Adventure with a capital 'A', this stuff books are made of. I prefer the kinder gentler adventure, with a small 'a', that bike touring affords. Basically as long as you travel on paved roads, chances of perishing from hunger, thirst, or being eaten by wild animals is relatively low.

Some people like to have things pretty well laid out. They like to know where they're going to sleep at night, where they're going to eat, and maybe even would like a fax of the menu so they can plan what they're going to eat. The little-A adventure that bike touring affords is not for them, much less the big-A Adventure.

The self-supported tour comes in several flavors. The credit card tourers travel light and plan on sleeping with a roof over their heads each night. The next level involves carrying enough gear (sleeping bag, tent) for a bivouac in the great out of doors. In this respect, the credit card tourer is somewhat more of an adventurer, since they absolutely have to end up somewhere with lodging, while traveler type two can pretty much stop where the spirit moves them.

The adventure afforded by impromptu bike touring can sometimes raise the stress level, though. Susan came close to declaring a citizen's divorce on one trip to Ireland where we were contemplating the setting sun without having found lodgings. We did find a very nice hotel in the end, and marital bliss returned.

I'm definitely not interested in the Adventure trip, but I really enjoy the adventure part of cycle touring. It's interesting to compare the different tolerance to uncertainty in my family. Susan has less tolerance than I, and I definitely have less tolerance than my son, Colin. He and I were cycle touring in Ireland, and we found the town we were planning to stay in had a rather large festival that evening, and all the B&B's were booked. I was getting pretty worried, but Colin was taking it in his stride. And, sure enough, we rode a few miles out of town and found a very nice B&B run by a German couple.

I started a tour in Spain after an assignment there for work. I dropped off the rental car at the Madrid airport, and rode off into the sunset. I was about forty miles out of Madrid, and sunset was nigh, so I figured it was time to look for a place to stay. I had picked out one from the tourist guide, but when I got there, there was no room at the inn. Or so they said, although I did suspect that a scruffy, somewhat malodorous cyclist was not in their profile of an ideal guest. So I had pretty much convinced myself I would be sleeping in the train station, and had even picked out a bench, when I managed to find another place that had room.

Then there was the time my friend Peter and I did a bike tour of the Dominican Republic. As we were riding out of the airport, Peter was complaining of nasty noises coming from his rear wheel. Turned out to be a broken axle (Peter's idea of bicycle maintenance parallels mine, which can roughly be described as, if it ain't broke, wait till it is). I figured this was the end of the trip, since I really didn't think we were going to find a Shimano rear axle anywhere on the island. But I was wrong, we did in fact find the local bike repairman. His "shop" was more like a hut, with a tree covered with bicycle tires in the back yard. He produced a brand new Shimano hub and took it apart to sell us the axle. Not much of a businessman, but an awfully nice fellow.

Thailand continued from page 12

extent, but any positive health effects are negated by the polluted air. Is it convenience? No, it would be faster to drive a car to work, and I wouldn't arrive a sodden mass of sweat. Is it pleasant? If you've asked this question, your reading comprehension skills need work. I guess it comes down to stubbornness. I'm not going to give in to the car culture: sitting at traffic lights, depending on a complex machine to work every time, absolutely stuck in gridlock traffic jams, sitting in 3500 pounds of air-conditioned steel while burning nonrenewable fuel, having to deal with mechanics, etc. None of that is going to happen to me! Instead I'll probably end up in a ditch on the side of the road with the snakes and dogs fighting over my remains. Yeah, it's stubbornness.

Ride Slow to Burn Fat? NOT!!!

George DeVeney

In the past few years, much the bicycling press has (mis-) reported that long, slow rides were the way to burn fat. That reporting was based on a misunderstanding of the research. The February 23 issue of VeloNews, p. 42, presents an extensive article on this question. This is a summary report of that article.

What is a fact is that at lower riding intensities, you body burns about 50% fat calories. The percentage drops to about 33% at higher intensities but the total calories burned rises so much that the number of fat calories burned remains the same. Here's one set of research results:

An experienced bicyclist rode at a lower intensity for 30 minutes and burned a total of 222 calories, of which 111 were fat calories. Another day, he rode at a higher intensity for 30 minutes and burned a total of 332 calories, of which 110 were fat calories BUT he also burned an extra 110 calories. That means the rider either gets to eat more (one of the fundamental reasons I ride) or lose weight (one of the fundamental reasons others ride) but the total fat calories burned remains the same. So the excuse for riding slow, "I want to burn fat today", will no longer work.

Welcome New Members

Denise Angwin	Chelmsford
David Armstrong	Arlington
Janet Braggs	Natick
Richard Brooks & Mary Leary	Salem
Karen Claire	Cambridge
Richard Crowley	Boston
Amy Hutchings	Arlington
Lori Kasher	Waltham
Steven Kirincich	Cambridge
Richard Levine	Newton Centre
Luuk Mandjes, Robin Powell	Cambridge
Kimberly McAllister	Wellesley
Matthew & Marianne Metcalf	Acton
Arthur O'Neill	Newton Corner
Mara Prelack	Boston
Suzanne Robinson	Jamaica Plain
Ellen Roscoe	Watertown
Peggy Schmidt	Wollaston
Robert Sutherland	Lincoln
David VanAmeijden	Needham Heights
Sharon Vandolman	Boston
Laura Weiss	Boston
Rong-Rong Zhu	Worcester

April Mileage Totals

0	4	6	2	9	9
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	Miles	M	C	K		Miles	M	C	K
Jack Donohue	3737	-	-	2	Ed Hoffer	1026	-	-	-
Dave Balzotti	3388	2	-	2	Jim Goldman	1013	-	-	-
Gerald Goode	2495	-	-	-	Gabor Demjen	1008	3	-	-
Mike Kerrigan	2305	4	3	-	Jim Broughton	698	-	-	-
Lee Howard	2182	1	-	-	Kitty Farago	554	-	-	-
Mel Stoler	2116	4	3	-	John Kane	537	-	-	-
Rich Fields	1962	4	-	-	Jim Merrick	474	-	-	-
Larry Alford	1705	3	1	-	Irving Kurki	468	-	-	-
Elizabeth Campbell	1640	1	-	-	Doug Cohen	407	-	-	-
Peter Brooks	1620	1	1	-	Ed Trumbull	397	-	-	-
Glenn Ketterle	1548	-	-	-	Jeff Luxenberg	383	-	-	-
Joe Repole	1526	4	4	-	Ted Hamann	369	-	-	-
David Wean	1476	-	-	-	Tracy Ingle	199	-	-	-
Peter Knox	1454	3	4	-	Phyllis Mays	167	-	-	-
Bob Sawyer	1449	1	-	-	John Springfield	148	-	-	-
Bill Widnall	1385	1	-	-	Susan Grieb	147	-	-	-
Dick Arsenault	1353	1	-	-	Jacek Rudowski	115	-	-	-
Robin Schulman	1243	-	-	-	Sandra Merrick	6	-	-	-
Bruce Ingle	1213	1	-	-	Sara Luxenberg	6	-	-	-
Ken Hablow	1197	2	-	-	Jared Luxenberg	2	-	-	-
Joe Marcal	1181	-	-	-					

CRW Bike Hotline

(617) 325-BIKE

Interesting Web Site

www.cyclingscience.com

by George DeVeny

For those of you with an interest in the technical research side of bicycling, an interesting site is www.cyclingscience.com. All sorts of scientific research is included from materials properties to brake reaction time. The most recent research presents a method for the average person to determine the rotational inertia of a wheel. This latter research is relevant to us because we climb a lot on the average ride. Less rotational inertia makes for easier climbing. No results were presented in the summary but when I either find some or do some studies on my own, I'll report the results.

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.

Someone called in miles of 688 and I confused his name with a later call. Please accept my apology for this stumble. Call again for may and I will try to rectify this.

Ed Trumbull

Letters to the Editor

Dear editor:

Following up on John Likin's suggestion, in the April newsletter, that we change our name to EMPOW (Eastern Massachusetts Persyns of wheel), here are a few more ideas for moving the CRW boldly into the 21st century.

BAGEM: Bicyclists of All Genders of Eastern Massachusetts

WAMBOME: Women and Men Bicyclists of Massachusetts East

HOBOME: Homosapiens on Bicycles over Massachusetts East

Sincerely,
Arnold Nadler

For Sale

56 cm Serotta Cr Road Bike. 3 Seasons old, Red fade to Yellow frame, Shimano Dura-Ace 8 sp, Dean Titanium stem & seatpost, Serotta FI Carbon Fiber front fork, Mavic CXP-30 wheels, Avocet 40 computer, \$1600 Firm. Contact David Ilsley at 781-862-7101 for more info, or send e-mail to: david22@earthlink.net.

TREK 1420 FOR SALE: 1992 aluminum 52 cm road bike with Deore DX triple, Look pedals, Trek's "sour grape" color. For sale for \$375. Excellent condition. Call 781-674-1396 or e-mail member9061@aol.com