



Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXII, Number 11 November, 1998

Annual Banquet and Awards Presentation

The annual CRW banquet will be held on Thursday, November 19 at the Yangtze River restaurant in Lexington. We will have a full menu including several vegetarian dishes. Dinner will be served at 7:00 sharp. Arrive between 6:00 and 6:30 for cocktails and appetizers, socializing and Tour de France videos. The Yangtze River Restaurant is located in Depot Square off Massachusetts Avenue in Lexington Center. The cost for the banquet is \$15 per person, children nine and under are half price. Please send your reservations by November 12 with your check to Don Blake, One Gleason Road, Bedford MA 01730.

It Just Don't Get Better Than This

by Ken Hablow

In a perfect world the weather will always be warm, the winds light, the sky crystal clear and the roads free of traffic; not to mention sprawling vistas and magnificent views. (OK, OK, so this translates into hills.) When I left my house at 6:15 on the morning of September 20 in shorts and a tee-shirt, on my way to pick up the supply of bagels we would need for the day, I knew this

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Annual Holiday Party

Our Christmas season party will be held from 7 to 11 PM on Friday, December 11 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 62 and 4/225 split, turn right onto 4/225. At the next split just ahead, 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 1999 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, not to mention getting first dibs on the choice dates for leading rides.

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Bike Shop Reps Needed

The Bike Shop Program is back headed by Ed Hoffer. We still have a number of shops that are not represented by anyone. The job is pretty simple, visit them once a month or so (you'd do that anyway, you gearhead you). Make sure that our membership brochures are stocked, and talk to the owner about CRW and them. If they want to advertise in Wheelpeople, for instance, put them in touch with Marty Weinstock. Once a year, we go begging for donations to the club banquet. That's all there is to it, and you'll be helping the club attract new members and maintaining rapport with our local bike shops.

The shops that are currently unrepresented are:

Back Bay Bicycles	Boston
Pro Cycles	Melrose
Marblehead Cycle	Marblehead
National Ski & Bike	South Attleboro
Northeast Bicycles	Saugus
Ski Market Limited	Auburn
Ferris Wheels Bicycle Shop	Jamaica Plain
Ski Market Limited	Boston
Ski Market Limited	Danvers
Two for the Road	Georgetown
Landry's Cycling & Fitness	Danvers
Wakefield Schwinn	Wakefield
Chelmsford Cyclery	Chelmsford

To volunteer to take over one or more, call or e-mail Ed Hoffer (781) 235-4171 ehoffer@warren.med.harvard.edu





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:

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.

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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Sunday Rides	Jim Sullivan	(781) 245-1772
Winter Rides	Eric Ferioli	(781) 235-4762
Tuesday Rides	Peter Knox	(617) 731-5944
Thursday Rides	Peter Mason	(781) 646-5106
Friday Rides	Dave Johnson	(603) 490-7581
Introductory Rides	Position Open	(Your) Number-Here
Century Committee Chair	Melinda Lyon	(978) 887-5755

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Board of Directors

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George Eckert Jr.	1999	(508) 653-6913
Ralph Galen	1998	(617) 497-8287
Larissa Hordynsky	1998	(617) 527-5620
Bob Hug	1999	(781) 899-3929
Barry Nelson	1999	(617) 964-5727
Bob Sawyer	1998	(781) 862-6517
Marty Weinstock	2000	(617) 491-6523

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.

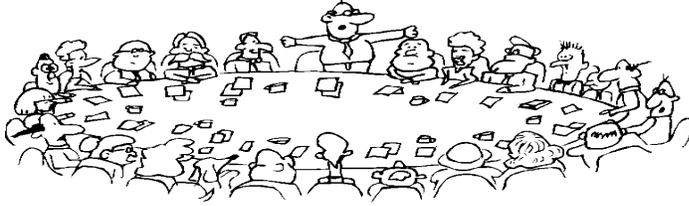
Insurance

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



October 6, 1998

Membership Report: The current membership total is 933, with 35 new, 60 renewed, and 42 expired members. The Board discussed several ways to stimulate club membership. One suggestion was for ride leaders to hand out CRW brochures and past issues of WheelPeople to nonmembers.

Treasurer's Report: Income exceeded expenses by \$3,025 in September. The third quarter profit and loss comparison with last year's also shows a healthy surplus.

Rides Program: CRW will rerun GEAR rides on Sundays in November. The rides will start in Concord, not at Babson.

Committees: CRW needs Committees to tackle two major needs: (1) new ride leaders and (2) an orientation program for new members.

Century Wrap-up: September 20 was a beautiful-and hot!-day. About 220 people showed up to ride.

Awards: The Board voted on club awards, to be presented at our annual banquet on November 19 at the Yangtze River restaurant in Lexington. As usual, the proceeds of the merchandise auction will be donated to charity. The

Board will select a suitable charity next month.

Vice-president of Publications: Ken Hablow, who has been fulfilling this role for years, was officially appointed VP of Publications.

Bike Shop Program Coordinator: Thank you, Ed Hoffer, for volunteering for this job!

CRW Bylaw Revision: Jack Donohue, Larissa Hordynsky, and Marty Weinstock presented suggested revisions to the CRW Bylaws. Board members will review the revisions and discuss them next month.

Limited Memberships: The Board reviewed CRW's list of honorary, promotional, and courtesy memberships.

Budget: CRW should establish and operate within an annual budget. As a first step in this process, the Board discussed reviving the moribund position of Vice-president of Finance.

LAB: LAB sends all our members renewal notices even though we are automatically members through CRW. George Eckert will contact LAB to discuss discontinuing this wasteful, and confusing, practice.

Government Relations Report

by Bob Sawyer

Last month I wrote about watching out for Massachusetts highway projects in your town. Little did I know that one would pop up practically in my back yard.

Sun Micro Systems is coming to Burlington bringing 3000 jobs (read that commuters) to the area. Thus, the roads needed to be "improved." Route 62 and the Middlesex Turnpike are being widened to four lanes. A two lane access ramp to Rt. 3 will replace the existing one in Bedford. These roads will have no shoulders. Curbs and guard rails will border the outside lanes. A 1.8 meter sidewalk will be built on one side. Bicycle access — gone forever!

Both Burlington and Bedford have Bicycle Advisory committees. Neither to my knowledge was contacted regarding this construction. Action is now too late! These "improvements" are popping up everywhere. A country road suddenly becomes a highway for a short distance. This creates a cycling inconvenience, if not a disaster. We have to be vigilant!

WheelPeople History

Ten Years Ago

Jack Donohue and Susan Grieb led the Charles River Wheelmen's first mountain biking weekend in Brookfield, Vermont October 21-23. A good time was had by all, despite rain mixed with snow flurries. It was on this weekend that Mike Hanauer earned the name "bridgewipe."

Starting with the December issue, Steve Simon volunteered to layout the Wheelpeople "using his Pagemaker layout system." This heralded the beginning of the electronic era.

Five Years Ago

Ken Hablow describes his experience with the Mount Greylock Century, "The Mother of All Centuries." A lot of centuries have been begat since then.

Doug Jensen teams up with NEBC to host a mountain bike ride series.

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.

New on the Web

We got a raft of pictures from the Fall Century, taken and captioned by Teresa Lawson. We've also added some recent ride cue sheets to the library, maps to follow. And with the Christmas season fast approaching, you can show on-line at our merchandise page for a natty CRW tee-shirt or jersey. As always, send comments, suggestions, etc. to Bob Hug (BobHug@Hotmail.com).

Oops!

Well the exhaustive list of GEAR volunteers in last month's Wheelpeople wasn't as exhaustive as it should have been. We forgot to mention David Darman who worked on registration and Don Blake who worked at the CRW merchandise booth and did other odd jobs.

Board of Directors Election Candidate Statements

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

ROSALIE BLUM

Many of you know me from the registration table at the century rides over the past n years, others from GEAR '98, and still others from my board duties years ago. A member since 1980, I've seen the club grow in membership, activities and influence. Since I'm not an ace rider, I know we offer a lot more than our wonderful rides to our members and the bicycling community at large. If elected, I would work to keep the club strong, make good decisions about our functions and policies, and increase opportunities for volunteers to get the most out of the club by helping their fellow members, well into the next millennium! Thank you!

DONALD G. BLAKE

My name is Don Blake. I reside in Bedford, MA. Have four children and six grandchildren. Although officially retired, I am now working a 40 hour week.

My bicycling interests are many and varied: When I was younger I owned and operated the "Bedford Bicycle Shop". I gave up the business when I found that I could not combine bicycling as a vocation and as a form of recreation. I am a Life member of LAB (#294) and AYH. And a member of MassBike. Since the early '80 I have been involved in the planning of the Minuteman Bikeway and am presently Chairman of the "Bedford Friends of the Minuteman Commuter Bikeway" and a member of the "Lexington Friends of the Minuteman Commuter Bikeway". I am a bicycle commuter. For 22 years it was 18 miles each way, but now only 3. I have been Bedford Coordinator of pledge rides with the American Diabetes Association, and a bicycling merit badge councilor for the Boy Scouts.

I have been an active member of CRW for 29 years (and Trea-

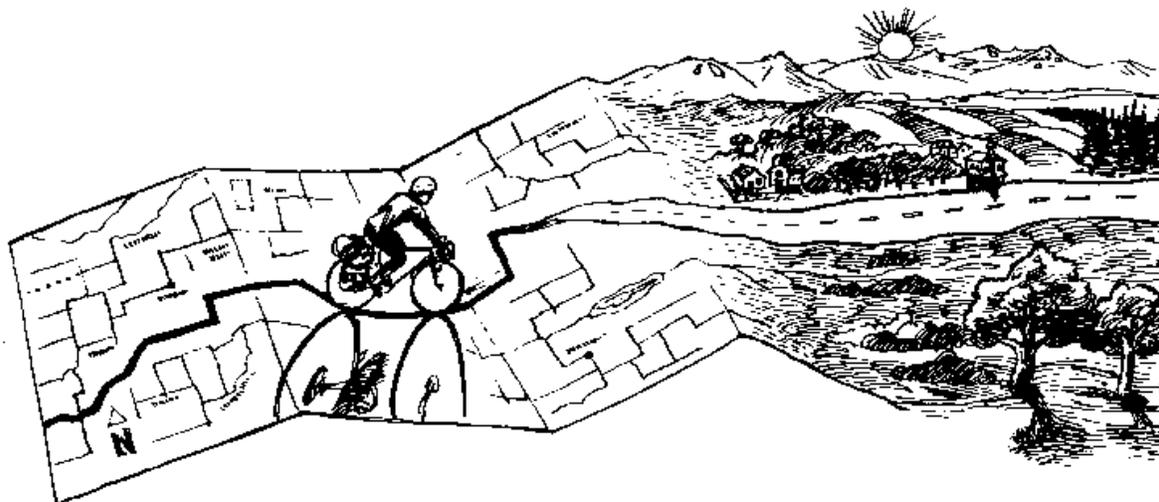
surer for 28 years). I have seen the good times as well as the "not so good". I can bring before the Board an accurate knowledge of our past history. The past, modified by the present will guide us in planning our future goals. Our financial position is strong, but to remain profitable in today's uncertain economy requires much study and determination. I believe that I can provide the Board with the necessary tools and knowledge to attain our future goals.

BOB SAWYER

I would like to serve another term on the CRW board of directors. I have also been the CRW Government Relations Advocate for about ten years. I am a strong believer in maintaining the bicycle's place on the road as a legitimate vehicle. We need constant vigilance to insure our rights. I commuted by bike before my retirement and am now a daily rider. Other bicycle related activities include being a member of the Lexington Bicycle Advisory Committee and the Friends of the Minuteman Bikeway.

BILL WIDNALL

In recent years I've enjoyed cycling about 4000 miles a year, many of those miles on CRW club rides. This year I've enjoyed starting the "Wednesday Wheelers", for those who, besides having the time free, enjoy cycling as a group at an intermediate social pace. I co-organized the CRW Sunday Sept. 27 arrowed Cape Ann Tour, and within that day's ride led a "guided ride" at an intermediate pace, which was very well received. As a CRW board member I will encourage the club to be more welcoming toward new members and to develop new programs and procedures to serve those who would like to have more organized intermediate paced social riding.



November 1998 Recurring Rides Calendar

*These rides are held every
week unless indicated*



South Shore Coastal Loop

Sunday - 7:00 AM

Sunday Morning Fitness Ride on the South Shore Start Time: 7:00 AM. Ride: Arrowed routes of 33 & 45 miles. Maps and cue sheets available in addition. Description: Are you looking for a ride with shady, quiet roads, beautiful scenery and coast-line stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. The 33 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 45 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Ideal for fast and moderate riders with paceline experience or desire to learn. If you're interested in riding to the ride from the Boston area, call Mel. Leaders: Mel Stoler (h) 617-277-5180 (w) 617-727-4923 x360 Mel.Stoler@state.ma.us and Ted Lewis (h) 781-396-7282 (w) 978-777-5203 X131 TedL@microscript.com, and assorted volunteer leaders. Location: Park'n Ride lot, Rockland 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.

Tuesday Pace Line Clinic at Nahanton Park

Tuesday - 6:00 PM

Start Time: 6:00 PM SHARP! Ride: Arrowed routes of 19 and 28 miles. Description: 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. Leader: Pete Knox (617-731-5944) Location: 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 parking lot for Nahanton park. Rides leave from the main parking lot. Note: Many evenings we will

return after sunset. N.B. State law requires a white front light, a red rear light, and ankle or pedal reflectors after sunset. Be safe. Be seen.

Wednesday Wheelers

Wednesday - 10:00 AM

Start Time: 10:00 am Ride: Distance varies, follow the leader, no cue sheet Description: 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. Location: 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.

Saturday Morning Fitness Ride

Saturday - 8:30 AM

Nahanton Park Start Time: 8:30 SHARP! Ride: Arrowed routes of 19, 28 & 42 miles. Cue sheet available. Description: 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. Leaders: Dave McElwaine (781-821-8643) [McElwaineD@aol.com] or Mark Dionne (617-965-5558) [mark@kurzweiled.edu.com] Location: 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 parking lot for Nahanton park. Rides leave from the main parking lot.

** 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 November, 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.

Bagels and a Buffalo

Sunday November 1 - 9:30 & 10:00 AM

Times and Routes: 9:30 for 50 or 40 miles and 10:00 for 20 miles.

Ride Type: arrowed, white standard.

Leader: Melinda Lyon (978-887-5755)

Location: Masconomet High School, Boxford.

Directions: Rte 95N to Exit 51 - "Endicott Rd., Topsfield". High school is on right at the end of the exit ramp.

Highlights: North Shore at the height of fall foliage. Short ride includes Boxford, Topsfield, and Rowley. The long and medium rides include N. Andover, Ipswich, Newbury, and Newburyport. Lunch Stop: Short ride at Topsfield House of Bagels. Long and medium rides are in downtown Newburyport at Abrahams Bagels. Additional Side Trips: Out and back to Plum Island for long and medium rides (before lunch stop). Also the Topsfield Fair is this weekend. This is a very optional stop for those interested in massive crowds and cotton candy. This is one mile from the end of all rides. There is an admission fee. Bring a lock.

An Artsy Ride

Waltham Open Studios

Saturday November 7 - 10:00 AM

Route and Time: 28 or 36 miles through Waltham, Weston, Lincoln, and Concord at 10:00

Ride Type: Arrowed

Leader: Charles Hansen (617-734-0720 H), (617-572-0277 W) [chansen@jhancock.com]

Location: 144 Moody St., Waltham

Directions: Route 95/128 to Exit 26 - Rt. 20 east. Turn

right on Moody St. at Waltham Common - City Hall after about 1.5 miles. Just after the commons look for a large white sign for Waltham Mills Picture Warehouse on the left between the MBTA tracks and the Charles River Bridge. This is the ride start location, BUT note that there is NO parking available at the actual ride start location! There is lots of free on-street parking available on Moody St. and the side streets off it. Park your car elsewhere and ride to the start.

Highlights: The purpose for starting this ride in Waltham is the post-ride event, which is a self-guided tour of the 50-some artists studios in two of the old brick Mill buildings in downtown Waltham. The studios are open from 12-5 PM. There is always a very wide range of artwork on display, which can make this event more interesting than a museum visit. The Charles River Museum, at the site of America's industrial birthplace, is also nearby (including a 7 person bike!).

NOTE: If you're planning on visiting the studios, bring a lock for your bike!

A Hill or Two in Ashlandia

Sunday November 8 - 10:00 & 10:30 AM

Routes and Times: 10 for the 60 mile (hilly) and 36 mile (very hilly) rides, 10:30 for the 24 mile (rolling) ride.

Ride type: arrowed (YELLOW)

Leaders: Wes & Linda DeNering (508-881-9117)

Location: Ledgemere Plaza, intersection of Elliot St. and Rt. 126 in Ashland.

Directions: From Route 9, follow 126 south through Framingham about 4 miles. Turn right at light just before Shaw's plaza. Ledgemere Plaza is on the right.

Highlights: This ride is a repeat of a ride that was rained out in June. The medium ride is for hill-lovers: it has 2000 feet of vertical in 36 miles. It is also a beautiful route that travels very quiet roads and parallels many state and town forests in Ashland, Hopkinton, Upton, Milford, and Holliston. (Note that there is a 1/4 mile long section of hard-packed dirt road on the route.) The short ride has some hills, but no major climbs. It goes through Sherborn, Dover, Holliston, and Ashland on quiet roads. The long ride is the medium plus the short ride. Only the long ride has a lunch stop, so plan accordingly. There will also be a post-ride party at the ride leaders' home.

Harvard Hill Climb

Saturday November 14 - 9:30 AM

Route & Time: 35 miles at 9:30.

Ride Type: Arrowed (simple WHITE traditional shape), with cue sheet.

Leader: Patrick Ward (781-646-9196 evenings before 9:30) [PGWard@aol.com]

Location: XRE parking lot at Taylor St., Littleton.

Directions: Take Exit 39, (Taylor Street— Littleton/Boxboro) from Route 2 West just after Route 495 cloverleaf. At end of

ramp, turn right up the hill. In 0.5 mile, pass a street going left. Next driveway at left enters XRE lot.

Highlights: Tour "Big Thigh" country, visiting Littleton, Harvard, Bolton, and Lancaster. View panoramas to take your mind off the climbs, and enjoy the smooth, fast descents!

Apple Pi Ride

Sunday November 15 - 9:30 & 10:00 AM

Times and Routes: 9:30 for 50 miles and 10:00 for 35 miles.

Ride Type: Arrowed (upside down pi)

Leaders: Jack Donohue & Susan Grieb (781-275-3991 before 9 PM)

Location: Parking lot across from VA Hospital, Springs Road in Bedford.

Directions: From 128 Take Rt. 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital / Middlesex Community College. Meet at first parking lot on right.

Highlights: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills. Both rides stop for lunch at Bumblebee Park. (no store).

Fitness ride later in the morning

Saturday November 21 - 10:30 AM

Time and routes: 10:30 for 19, 28, or 42 miles.

Ride Type: Arrowed (upside down WHITE T)

Leaders: Linda and Barry Nelson (617-964-5727 before 9 PM BarryNelson@alum.MIT.edu)

Location: Parking lot at 95 Wells Avenue

Directions: Take the Highland St. exit off Rt. 128 toward Needham and Muzi Ford. Take a left at the first light onto Hunting Rd. At the next light take another left onto Kendrick St. At the next light, take a right on Wells Avenue. The 95 Wells Avenue parking lot is on the right hand side.

Highlights: This ride uses the same route as the recurring Tuesday evening and early Saturday morning rides. The gently rolling route goes through Needham, Dover, Sherborn, and Medfield. Social riders who prefer a slower pace have the opportunity to discover the fantastic route that attracts hundreds of riders throughout the winter. Bring your own lunch since the route does not pass any stores.

Old North Andover Ride

Sunday November 22 - 9:30 & 10:00 AM

Times and routes: 9:30 for 48 and 10:00 for 26.

Ride type: arrowed (BLUE chevron with a dot).

Leader: Jim Sullivan (781-245-1772).

Location: North Andover Green, corner of Andover St. and Massachusetts St., North Andover.

Directions: Rt. 93 North to Exit 41, Route 125 North (toward Andover). Bear left where Rt. 125 joins Rt. 114 and take a right before the Bertucci's at the next light. Take a right at the next light and follow to the Green. Park on the left side of the Green only.

Highlights: The long ride travels through the lakes and farms of No. Andover, Boxford, Topsfield, Ipswich, Georgetown, Groveland, and Haverhill. The lunch stop is in Ipswich. The short ride cuts out Topsfield and Ipswich, with a lunch stop in Boxford Center. Please note that there are no stores in Boxford or anywhere on the short ride.

Merrimack River Ramble

Saturday November 28 - 10:00 AM

Route & Time: 10:00 for 40 miles

Ride Type: Map and Cue Sheet

Leader: Glenn Ketterle (781-396-1351) before 10:30 PM

Location: Georgetown Center Park and Ride Parking Lot

Directions: From Route 95 take Route 97 North (Exit 53B) for 3.2 miles. Turn right on Library St. The Park and Ride Lot is on your left.

Highlights: A tour of the rolling countryside along the lower reaches of the Merrimack River. The ride passes through towns on both sides of the Massachusetts/New Hampshire Border. We'll pedal along the shores of the Merrimack River, Lake Gardner, Tuxbury Pond, and Kenoza Lake. We'll visit Wennekenni Park and Castle. Lunch is on the Common in Plaistow. We suggest you bring a lunch, since food selection there is limited. Rain may postpone this ride. Call leader for rain date.

Quiet Roads North of Boston

Sunday November 29 - 10:00 & 10:30 AM

Times and Routes: 10:00 for 48 miles; 10:30 for 28 miles. All flat to rolling.

Ride Type: arrowed (white ball at tail of arrow).

Leader: Jim Sullivan (781-245-1772).

Location: REI/Registry of Motor Vehicles, Reading

Directions: Route 128 to exit 40. Go around rotary to Route 129 West (Salem Street). REI parking lot is the third left. Please park away from the shops.

Highlights: Short ride goes through Reading, Wilmington, North Reading, Middleton, and Lynnfield. Short ride includes Harold Parker State Forest. Medium ride adds North Andover, Boxford, and Topsfield. Long ride adds Groveland, West Newbury, and Georgetown. Lunch is in Middleton.

Confessions of a Ride Guide

by Bill Widnall

(Ed: the Ride Guide Program is a concept to help new riders get assimilated into the club. Bill describes a very successful illustration of this concept on his and Steve Kolek's Cape Ann Ride)

Steve Kolek and I got involved in response to the earlier call for new persons to come forward to be ride leaders. The experienced leaders and volunteers were particularly busy this year planning for and executing the CRW hosting of GEAR, so we were happy to help fill one of the holes in the Sunday ride schedule. In recent years, both Ann Marie Stark and Dick Locke had planned and led rides on the North Shore and Cape Ann, so we coordinated with Ann Marie and Dick, reviewing their cue sheets and maps, and absorbing their suggestions.

The Sunday CRW rides by tradition are fully arrowed. We wanted to honor that tradition, plus we wanted to encourage riders to branch off into some of the semi-private neighborhoods that lead to some of the best views. Some of these neighborhoods have intimidating signs saying at the gate "Residents Only". Steve and I decided we would not spray paint arrows into these neighborhoods, but would provide directions on the cue sheet on how to proceed, for those wanting to see all the sights.

We offered a "guided ride" option on this ride. Many of us have heard comments from other cyclists that CRW is not new-member friendly nor does it make much of an effort to help the intermediate pace social riders find each other to enjoy riding together. Jack Donohue recently commented on some of this with his article (Wheelpeople, Sept. 98, p5) proposing a program of "ride guides". Sharing these concerns, I decided to offer a "guided ride" within the ride. First at the 9:00 Beverly start and later at the 10:30 Gloucester start, after Steve had given the normal pre-ride briefing, I got up and announced that I would be leading a guided ride, which would include all the unarrowed scenic loops, with frequent short stops to enjoy the sights, and would be riding at an intermediate pace of 15 to 17 mph on the flats, slowing down considerably on the few short hills, and expecting a rolling average of about 13 mph. Carol Glod, one of our "Wednes-

day Wheelers" regulars and a new CRW member, volunteered to be the sweep for the guided ride. The response was very good. About a dozen of the Beverly starters and another 10 or so of the Gloucester starters chose to join the guided ride. I explained how we would do "human arrowing" for the no-painted-arrows portion of the ride, to avoid losing people, and off we went.

The guided-ride stops included Manchester Harbor, Manchester's Singing Beach, the Stage Fort Park ride start location, the state fishing pier in Gloucester Harbor, the Eastern Point lighthouse, Rockport for lunch, Lanes Cove in Lanesville, the Annisquam lighthouse, the Stage Fort Park shorter ride finish, and on return to the Beverly finish a stop for ice cream at The Junction in Hamilton. Our lunch stop in Rockport was for 45 minutes, giving enough time for some to do a sit down lunch at Roy Moore's Fish Shack, with others eating takeout in the park in front of the Rockport Baptist Church. Some elected not to spend so much time in Rockport and proceeded ahead of the guided group. My impression is that a large majority of the 30 milers that had started with us were still with us on return to their cars at Stage Fort Park, and there were six of us together completing the 60 miler. With the leisurely intermediate pace and with the several sight-seeing stops and the long lunch stop, we got back our cars in Beverly about 4:00 PM. Rolling average was almost exactly 13 mph as promised. We got several enthusiastic expressions of appreciation for offering the guided ride. Three of the newcomers told me they were not CRW members, but would definitely join. (I am sorry I did not have applications in my pocket to hand to them.)

From the guided ride experience, I am even more convinced that there is a large pool of potential members for CRW that will join, and there are new members that will more likely renew their memberships, if they perceive that the club does offer a good program for folks who want to enjoy the social aspect of riding. As some have said to me, "Why join a club if you will wind up riding alone anyway?"

Commuter Chronicles

by Jack Donohue

When discussions of commuting come up, I often hear the reason for not commuting given as "my workplace doesn't have any showers." Now, perhaps my standards of personal hygiene are not as strict as some, but I've managed to commute quite happily to a job without showers for years. I find that I can do quite well with a washcloth and the bathroom sink. For a period, I would sprinkle on some baby powder after my ablutions, but I decided that this was overkill. You won't end up being as "fresh" as the TV commercials, but you won't have people fainting dead away either.

Many companies do have a shower, you just have to find out

where it is. My previous place of employment was reputed to have a shower for "union people" but they would let executives who stumbled into the office after taking a red-eye flight back from god knows where use it. They really need to get their priorities straight.

You have to be a little thick-skinned to turn the rest room into a dressing room, but after the initial shock, your coworkers will get used to it, and chalk that up as one of the more benign of your eccentricities. Now, you just have to figure out where to hang your smelly cycling shorts.

would be one of those perfect days. Jim Cavanaugh always tells people, "Every day is a good day to ride, some are just better than others." This was certainly one of the better ones.

Over 200 riders enjoyed another fabulous CRW fall century event with just over 100 on the century route and most of the others spread out on the quiet and scenic 62 and 50 mile routes. Riders enjoyed the virtually trafficless roads that wander from Carlisle through Groton, Dunstable, Pepperell and Westford with the century route adding Lunenburg and West Townsend MA; and Wilton, Milford and Brookline New Hampshire.

With most of the century committee still recovering from GEAR, Melinda Lyon volunteered to put together the great group of volunteer personnel including the support stops, people to check in riders throughout the day, and then the cleanup crew. Those who deserve a special thanks for their efforts include Rosalie Blum and her totally reliable registration crew consisting of Janet Blake and Delphie Andrews, who are always ready to go by 6:45 AM; Tom Lynch who has taken on the task of making sure riders eat well on the road and when they return; Peter White for providing annual tech support; and Ann-Marie Starck for her usual skill at keeping

the day's activities on track.

We always know it is a good event when people hang around to socialize after they finish the ride. This year there was a good size group of "socializers" right up to 5:00. Some even stayed to help with the cleanup.

Here is the list of people who helped make this a memorable day for all of us:

Registration: Delphie Andrews Janet Blake Rosalie Blum

Support Stops: Glen Coffman Susan Goetcheus John Kohl Mary O'Brien Jim Sullivan

Sag: Susan Grieb

Food: Ken Hablow Larissa Hordynsky Tom Lynch

Tables and Chairs: Don Blake Rich Fields

Check-in: Stacy Barker Paul Corriveau Rich Fields Gerry Goode Jean Orser Marty Sterman Jeff Stone

Route Sweeps: Melinda Lyon Pete Mason

Arrowing: Jim Cavanaugh Jack Donohue Susan Grieb Ken Hablow

Merchandise Ad

Little Jack's Corner - by Jack Donohue



This month's topic is Bike Skeletons. You've seen them around Cambridge, the remains of bicycles locked up to some immovable object.

The bikes are usually only frames with maybe a few twisted battered pieces still attached. This is the bicycle equivalent of cars up on blocks in the South Bronx. Or maybe it's just modern art, I know there are a fair number of rust exhibits over at MIT.

This is a common sight in Cambridge, but I just saw one in Arlington Center for the first time, and started wondering about the relative safety of bike parking

out in the 'burbs.

So I'm suggesting that we compile a list based on your favorite parking places.

Estimates of amount of time for a bicycle left unattended at various spots around town to be vandalized or removed. I have my own personal estimates:

Union Square, Somerville 2 hrs
Harvard Square, Cambridge 1 hr
MIT, Cambridge, 5 minutes

This is of course highly speculative. I think we need some hard evidence to support this. So I suggest that you take your old trashmo bike, and lock it outside in your favorite parking place overnight.

You can do the accelerated test, leave the bike unlocked. This may test the limits of your timepiece, since most don't register nanoseconds.

Don't worry that your bike is already pretrashed and nothing more can be done to it. I had an old three speed that someone gave me, which had already seen better days, and was completely covered with rust. I used to ride the Oxide Express to a class I was taking at Harvard. This bike was such a trash heap that I stopped locking it, and sure enough, one day it was gone. Of course, I was never sure if someone stole it or if it happened to be garbage day and it got collected.

Welcome New Members

Annemarie Altman	Sharon	Roger Feinstein	Newton Upper Falls	Kelly Lynch	Waltham
Boris Balson	Irina Balson	Sharon	Newton Highlands	Linda Mackillop	Arlington
Joanne Barker	Cambridge	Amarnick		Mary Ann Marino	Hull
Pamela Bayne	Somerville	Marva Figura	Needham Heights	Robert Maselek	Framingham
Enid Beal	Cambridge	Michael Fisher	Newtonville	Laurel Mayhew	Amherst
Michael Benari	Newton Centre	Edward and Patricia Foss	Lexington	R. Robert Meaney	Somerville
Ellen Berry &		Susan Frigoletto	Charlestown	Luis Melendez	Boston
Alexandra Andino	Marblehead	Kathleen Furlong	Newtonville	Michele Millon	Cambridge
Gregg Blackburn	Brookline	Katherine Garate	Somerville	Kathleen Mitchell	Boston
Michael Bordogna	Shrewsbury	Warren Goldstein-Gelb	Somerville	Richard Morello, Jr.	Boston
Josh Brand Cheryl Keenan	Arlington	Marcy Goldstein-Gelb	Somerville	John Murray	Randolph
Diane Bray	Watertown	Gerald Grace	Quincy	Kim O'Neil	Cambridge
Suzanne Brazeau	West Boylston	Elaine Grossman &		David Oliver	Medford
Helen Bronk	Cambridge	Kate Grossman	Brookline	Rebecca Paolino	Jamaica Plain
Meg Campbell	Dorchester	Jeffrey Hadden	Wellesley	Harry Parsekian	Watertown
John Carusone III &		Simon Halpern	Lincoln	Lisa Pellow	Boston
Lisa Keer	Newtonville	David and Ava Hardman	Lyman	Lisa Pendenza	Everett
Regina Cati	Newton Corner	Meredith Harrison, DVM	Medway	Glenn Pelrine	Weymouth Landing
Sarah Cochran &		Stephen & Sandy Harte	Medford	Cary Pfeffer Ruth Cherneff	Brookline
John Totman	Sherborn	Ardyce Henderson	Raynham	Ann Pokora	Newton Corner
Carolyn Connolly	Newton Upper Falls	James Hooper	Dover	Todd Pritz	Dover
Patricia Conry	Needham	John Hunter	Framingham	Graham Rae	Oxford
David Cooper &		William Ingraham	Scituate	Julie Randall	Winthrop
Renee LaFontaine	Medford	Larry Isaacson	West Newton	Jeffrey Resnik	Medfield
Miriam Cremer	Cambridge	Louis Kaplan &		Ronald Rinaldi	North Reading
Peter Crimmin	Watertown	Catherine Goode	Newton Centre	Coleman Rogers	Newton Highlands
Judith Curby &		Paul Johnson	North Grafton	Duane Roth	Waltham
Gayle Smalley	Newtonville	Willie Jones	Boston	Jeffrey Rothschild	Newton Highlands
Kirke Curtis	Brookline	Michael Katin	West Newton	Stuart Sadick	Newton Corner
Elliot Davis	Winchester	Mary Kennedy	Randolph	Donna Saultter &	
Rary Delaney	South Boston	Beverly LaFoley	Cambridge	Harvey McGee	Farmington
Eowyn Driscoll	Brighton	Margaret Lally	Dorchester	Janell Scannell	Brighton
James Dunlea &		Ronald Leong	Westboro	Michael Selva	Cambridge
Catherine Quincy	Cheetham	Renee LeVerrier	Amesbury	Andrew Shact	Brookline
Claire Eilertsen	Norfolk	Larni Levy	Cambridge	Adam Shyevitch	Nicole Lamberg
Martin Estner	Newtonville	Stan Lisowski	Quincy	Laurence Slotnick	Boston

For Sale

Women's Bellwether cycling suit, Size Large brand new -Tags still intact. Supplex/Lycra with Chamois padding new \$80 sell for \$40. Call Nancy 781 341-2871.

Diamondback 23" Carbon Fiber 1998 Frame, Fork, Shimano RSX Front Derailleur, Avenue Seat Post and handlebars. Only used one season, I needed a smaller frame. Sell for \$200 or best Offer. Call Nancy 781-341-2871.

new members continued

H. Smith, Jr.	Medford
Albert Sokol & Marianne Hessner	Brookline
Adam Solomon & Mary Gaughan	Brookline
Teresa Strong & Rob Goldman	Jamaica Plain
Frank Taylor Jr. & Andrea Taylor	Framingham
Linda Taylor	Boston
Bob Taraschi & Kathy Taraschi	Sherborn
Charles Towe	Charlestown
Elanah Uretsky	Brookline
Miguel Villanueva	Malden
David Wederspahn	Cambridge
Jean Welsh	Boston
Charles Williams	Charlestown
Jonathan Wolfarth	Arlington
Isil Yasar	Boston
Anne Zawacki	Avon

September Mileage Totals

1	7	1	5	9	7
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	Miles	M	C	K		Miles	M	C	K
John Bayley	10754	7	9	6	Doug Cohen	3303	1	-	-
Pamela Blalock	10322	7	9	6	Jim Broughton	2686	4	-	-
Jack Donohue	9810	-	-	7	Kitty Farago	2529	-	-	-
Mike Kerrigan	8164	8	8	3	Jim Goldman	2332	2	-	-
Jean Orser	7605	-	-	-	Ted Hamann	2302	-	-	-
Peter Knox	7296	7	7	2	John Kane	2017	-	-	-
Mel Stoler	7051	9	8	3	John Springfield	1610	1	4	1
Bruce Ingle	6850	6	4	2	Irving Kurki	1591	1	-	-
Larry Alford	6594	8	6	1	Susan Grieb	1456	-	-	-
Lee Howard	6398	5	4	2	Harry Wolf	1326	-	-	-
Gerald Goode	6230	-	-	3	Jeff Luxenberg	1283	1	-	-
Rich Fields	5812	9	5	1	Jim Merrick	1264	1	-	-
Elizabeth Campbell	5432	4	1	-	Tracy Ingle	1117	1	-	-
Ken Hallow	5302	6	3	-	Jacek Rudowski	1082	2	-	-
Glenn Ketterle	4475	4	-	-	Ed Trumbull	994	-	-	-
Joe Repole	4286	9	9	-	George Caplan	746	-	-	-
Bob Sawyer	4212	3	1	-	John Loring	531	-	-	-
Dick Arsenault	4046	6	2	-	Jean Zaniewski	417	-	-	-
Joe Marcal	3891	3	1	-	Jared Luxenberg	286	-	-	-
David Wean	3871	1	-	-	Sara Luxenberg	167	-	-	-
Peter Brooks	3520	7	6	-	Julia Wean	90	-	-	-
Bill Widnall	3514	6	3	-	Greg Tutunjian	89	-	-	-
Ken Zaniewski	3497	1	-	-	Sandra Merrick	63	-	-	-
Ed Hoffer	3384	2	-	-					

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

Do you know about the CRW Helmet Rebate Program?

CRW will send you a check for \$5.00 when you buy a helmet. It doesn't have to be the first one you ever bought - we just want to make it as easy as possible for everyone to own a good helmet - it can save your life.

The helmet must be ANSI, ASTM or SNELL approved, and must be purchased from one of the participating bike shops listed on the back page of *WheelPeople*. You must have a current membership in CRW - present your card at time of purchase. Some brand or style restrictions may apply. Send your receipt and proof of purchase from the helmet box along with a stamped, self-addressed envelope to:

Don Blake
1 Gleason Road
Bedford, MA 01730

Many shops have matched our offer with an additional discount of their own.

