

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIII, Number 3 March, 1999

Member Directory

We are planning to publish an annual directory of club members that would be available to any club member that requested it. If you do not want your name, address and home phone number available, call or e-mail Dave Balzotti (jdscribe@mediaone.net, (617) 576-9878). Note that this is different from the option to not be included in mailing lists that the club sells to commercial organizations, this list will only be distributed to CRW members who request it. The list will be available on-line on a password protected page on the web site, or you can obtain a printed copy by paying the postage and handling cost.

Ride Program Pizza Party

The CRW Ride Committee invites you to a pizza party on Sunday, March 28 at 5 PM at the Hancock United Church at 1912 Massachusetts Avenue in Lexington
continued on page 3

Socialized Cycling

We've got ourselves a chair of the Social Committee, Barbara Bix. Barbara's been a CRW member forever, and was Special Events Coordinator for several years. Her charter is for CRW members to have fun! If you're interested in helping her, and maybe even having fun yourself in the process, call her at (617) 964-8193 or e-mail hcmkgplus@world.std.com.

Bikers with Forks

March 11 6:30PM

The series continues at "Not Your Average Joe's" Restaurant in Watertown Square. Our roving gourmets report back on good food cheap and a staggering selection of beer on tap.

Directions: the restaurant is located in Watertown Square, 55 Main Street, phone number 926-9229. Parking is available in the rear.

Call Adele (617-628-8757) by Wednesday, March 10 to let her know you're planning to attend.

Cycling Safari Africa

Slide Show/Pizza Fest

March 12, 1999

Steven Krich will present a slide show of his 1996 cycling trip with Bike Africa in Uganda, Kenya, and Tanzania plus a hike up Kilimanjaro (19,300 ft.) Come early around 6:30, and we'll order some pizza, otherwise 7:30 for the main event. If you also have Africa slides, bring them. The show will be held at 58 Baskin Rd., Lexington. If you are interested in pizza, call Steven at 781-861-9809 or krich@il.mit.edu so we'll know how much to order.

continued on page 4



Take this Job and Do It!

So you're chafing at the bit to volunteer, but are afraid to bite off more than you can chew (dentally speaking)? Well, we've prepared a list of the tasks that each volunteer position entails. You can read about your potential job and find out that it's not so scary after all.

This information can be obtained from the web site:

<http://crw.org/VolunteerJobs.htm>

or if you'd like some bedtime reading, you can get a printed copy by mailing a self-addressed stamped envelope to:

Larissa Hordynsky 365 Cherry ST. West Newton, MA 02165

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Getting to Know You

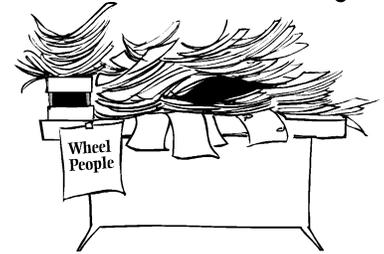
We'd like to find out some general information about new members, like how they learned about the club, cycling interests, etc. New members will receive a printed questionnaire in their letter with their membership card. This information can also be submitted online by filling out the form at:

<http://crw.org/surveycard.htm>

If you've joined CRW within the last year, we'd like to hear from you as well. So take a moment to fill out the form, it will help us in figuring out how best to serve you.



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 Sunday rides, are arrowed in advance, and maps or cue sheets are generally provided. There are also rides each Saturday and during the week. 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.



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.

The Charles River Wheelmen - 19 Chase Avenue - West Newton, MA 02465

Officers And Coordinators

President	Jack Donohue	(781) 275-3991
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Special Events Coordinator	Adele Ferreira	(617) 628-8757
Volunteer Committee Chair	Susan Grieb	(781) 275-3991
Social Committee Chair	Barbara Bix	(617) 964-8193

Ride Program Coordinators

Vice-President of Rides	Barry Nelson	(617) 964-5727
Saturday Rides	Open	
Sunday Rides	Jim Sullivan	(781) 245-1772
Winter Rides	Eric Ferioli	(781) 235-4762
Tuesday Rides	Peter Knox	(617) 731-5944
Wednesday Wheelers	Bill Widnall	(781) 862-2846
Thursday Rides	Peter Mason	(781) 646 5106
Friday Rides	Dave Johnson	(603) 490-7581
Century Committee	Melinda Lyon	(978) 887-5755
Ride Hosts	Barbara Bix	(617) 964-8193

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Bob Hug	1999	(781) 899-3929
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Bob Sawyer	2001	(781) 862-6517
Marty Weinstock	2000	(617) 491-6523
Bill Widnall	2001	(781) 862-2846

Advertising Rates

Half Page	\$65.00	Third Page	\$45.00
Quarter Page	\$35.00	Eighth Page	\$20.00
For more information please contact Marty Weinstock at 617-491-6523			

Board Meeting Minutes



January 5, 1999

Membership: 929 current members, 1 new member, 23 expired

Treasurer's Report: Don Blake explained how the Financial Statements for 1998 and 1999 have been revised for ease of use and readability. Michael Fisher, our new VP of Finance, is reviewing the categories for income and expense to further refine our reporting.

Government Relations: Bob Sawyer highlighted legislation submitted by representatives Paulsen and Stasik. In addition, Bob discussed roadway "improvements" planned for Kendrick Street and Needham and the importance of becoming involved with your town and Mass Highway Dept. early in the design process. Bob plans to spend more energy on cycling issues in Lexington, including Transportation Management Associations, advocacy, and social riding. As a result Bob will pass the Government Relations torch along to George Eckert.

Rides: Barry Nelson indicated that our Sunday Ride schedule is fully booked until April. Ride Leader Program Meeting will be March 28th, 1999 at the Hancock United Church of Christ, 1912 Mass Ave. in Lexington. Workshops and follow-up meetings are planned for April.

Invitational Ride: Rosalie Blum reported that invitations have gone out to area clubs for this inter-club event on August 21, 1999. This will be a great opportunity to meet old friends from other clubs as well as to make new friends! Preregistration is \$11.00 with an outstanding Lunch Service. Showers facilities are an additional \$2.00 per person.

Spring Century: May 16, 1999 in Wakefield. Century Committee meeting scheduled for early March.

Publicity: Steve Kolek is working on publicity through major media outlets in Boston.

Committees: Volunteer Committee: Will hold a Volunteer Party at Jack Donohue's home, tentative date is March 13, 1999. Social Committee: Barbara Bix is planning monthly activities. Rides: See above.

New CRW Officers: Welcome Jean Kangas, VP of Legal Affairs, and Barbara Bix, Social Committee Chair.

Web Site: Second notice about the online Member Directory to be prominently placed in WheelPeople before directory is released on Web. Password protection will be activated before the list is released. Job Descriptions for CRW Volunteers are now complete and are available on the CRW Web Pages.

Enforcement: Rosalie Blum presented a summary of "Bicycle Crackdowns" around Metropolitan Boston and restated importance that all CRW rides be conducted in accordance with state traffic laws.

WheelPeople: The possibility of offering first class mailing of Wheelpeople for an additional \$10 annually was explored. It was decided that this would create a large administrative burden for a relatively small benefit. The only time sensitive material is the ride calendar, which is available on the web site and 325-BIKE. Since we now try to publish the first ride in the next month on the ride calendar, receiving WheelPeople late is less of an issue.

Respectfully Submitted,
George P. Eckert Jr.,
Acting Secretary.

Government Relations Report

by Bob Sawyer

There are two bills being prepared for the Mass. legislature this year. Anne Paulsen, Belmont, is submitting a bill to change the Bicycle Advisory Committee of the Mass. Highway Dept., to include some private citizens. John Stasik, Framingham, is submitting a bill to increase the helmet use requirement from 12 to 18 year olds. Tom Gardella, a Needham bicycle activist, alerted me to the proposed reconstruction of the Kendrick St. bridge over Rt. 128. Mass. Highway Dept. wants to increase it from 2 lanes to 4. They need to include bike lanes. If you want to help, contact him at Gardella@Helix.MGH.Harvard.edu.

(Bob is retiring from a ten year position as the CRW Government Relations advocate. We'd like to thank him for his years of service, and welcome his replacement, George Eckert, to the post.)

Ride Program Pizza from page 1

ton Center. We seek your suggestions and comments on our new and traditional ride programs. We also need your help to staff some of the programs. After studying the tactics of the International Olympic Committee, we have decided that they represent an excellent model for our club. We will bribe club members who attend this party and volunteer by giving them \$10 gift certificates good at any of the bike shops listed on the last page of the Wheel People.

If you are interested in helping with Weekend Rides, Ride Hosts, the new Wheeler Rides(*), Weekday Rides, or simply learning more about these programs and how they operate, join us on March 28. We won't have enough food for you if you do not let us know you're coming. So if you plan on partying with us, please RSVP to Barry Nelson (BarryNelson@alum.MIT.edu). For those without e-mail, leave a message at 617-618-3460.

* The new Wheeler Rides program will add the Wednesday Wheelers style of intermediate pace group social riding to our Saturday and Sunday offerings.

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.

Planning for the Boston Brevets and Paris-Brest-Paris

Thursday, March 25 - 7:30 PM

Are you thinking about doing the Paris-Brest-Paris 1200k, a once-every-four-years event, or the Boston Brevet PBP qualification rides this year? This evening session, Thursday, March 25, at 7:30 PM will provide a variety of information to help you plan for these events. Some of the topics we expect to cover include: - Training - What to take with you...what to leave at home - Sleep and nutrition - Lighting for night riding - Other equipment issues - Logistics of getting to France and riding P-B-P - Support: personal support for one rider or neutral support for many riders

The evening will consist of short presentations followed by general socializing, offering attendees an opportunity to talk to experienced participants one-on-one.

The seminar is being held at the First Baptist Church of Lexington, 1580 Massachusetts Ave., Lexington, MA. (The church is on the Arlington side of Lexington center, about 2 blocks from Waltham St.)

Please join us if you're interested in riding, or interested in providing support, or if you'd just like to learn more about these kinds of events. Refreshments will be served!

Contact Dave Jordan, 781-641-2484, for more information.

Africa Slide show from page 1

Directions: From 128 and Bedford St. (4&225): Bedford St. to Lexington, 3rd light (Fire Station) R on Worthen Rd. Cross Mass. Ave. (1st light). 2nd R (opposite High School) on Baskin Rd. (if you reach Waltham St. turn around). 1st L is still Baskin (Baskin is a loop) 5th house on right. White Colonial. From 128 AND 2A: 2A to Lexington. 1st traffic light L (2 gas stations) Waltham St. 1st light L Worthen Road. 2nd L (very, very short blocks) Baskin Rd. 1st L is still Baskin (Baskin is a loop). 5th house on R. White colonial. From Cambridge: Rt. 2 to Waltham St. to Lexington (Exit 54). 3rd traffic light left on Worthen road. (if you reach Lexington center turn around). Continue with directions from 128 & 2A.

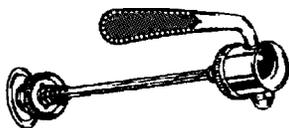
New on the Web

The CRW Rides Calendar is now on the web at <http://crw.org/1999Rides.htm>. Feel free to contact the ride leader if you want to fill in the empty spaces for coleader and ride host. Arrowers are also needed, not to mention ride leaders.

We've got the new member questionnaire online (<http://crw.org/surveycard.htm>). If you've joined within the last year, please take a moment to fill it out.

Our cue sheet database has been expanded to include the cue sheets for the GEAR '98 rides and our dedicated mapmaker, Sharon Gowan, is making maps for same. She's already worked her way from A to L.

Check out other early breaking news items in our "CRW News" sidebar —articles often appear there before you read it here.



Ten Years Ago

Jamie and Lindy King describe their cycling tour of the Baja Peninsula "You can't get lost. Directions: Take Route 1 south for 1620 km following the never ending exodus of Californians to the beautiful blue waters and warm sun of the peninsula."

Five Years Ago

WheelPeople goes to bar coded bulk mailing. Jack Donohue takes over as copy editor. We're looking for a Saturday rides coordinator, an INTRO rides coordinator, and a Social Committee Chairperson — talk about *deja vu*. On the other hand, we printed the Sunday rides for the year and ALREADY had only four vacancies through October! Where are the ride leaders of yesteryear?

Tip of the Month

from Phyllis Mays

Help! Your chain fell off while you were pedaling uphill. Find a level area and mount your bike and pedal while shifting down. The chain will reposition it self saving you greasy hands and much annoyance.

Hosts with the Most

by Jack Donohue

This is a gentle reminder about the rides host program, seeing as the phone hasn't exactly been ringing off the hook with volunteers.

Remember your first CRW ride. Wouldn't you have liked someone to explain things to you and ride with you for a few miles? This someone could be you. We're not looking for a long term commitment here, just enough interaction so they don't think CRW is a bunch of surly hammerheads. All you have to do is form a nucleus for riders new to the club. Make sure they don't get lost in the shuffle on their first ride, and maybe it won't be their last. Impart sage advice about how to spot arrows, what "car back" means, etc., and ride with them for a few miles. When they seem happy and contented, you can blast away and chase down all your usual riding buddies.

So, here's how to sign up. Call or e-mail Barbara Bix (617-964-8193, hcmkgplus@world.std.com) and tell her you're willin'. She'll try to find a ride for you to host. Even better, check out the rides calendar for the year on the web site:

<http://crw.org/1999Rides.htm>

and pick a ride to host yourself. Or you could be a "Ride Host at Large" not committing to a specific ride, just let Barbara know you'll be an ad hoc host. That's it, then just show up and do your thing, and go home with a warm feeling you get from having helped your fellow cyclist.

Spice Up Spring!

Curry up! Cumin join the CRW at Little India at 475 Moody Street in Waltham to kick off spring.

Date: Monday, April 5 (by April 2)

Time: 7:00 P.M.

Directions: From Route 128, take exit 20 towards Waltham. Make a right on Moody Street. Travel several blocks. Restaurant is on right before traffic light. Phone: 1-781-894-8755

Call Barbara Bix by April 2 at 617-964-8193 or e-mail hcmkgplus@world.std.com to reserve your space.

March 1999 Recurring Rides Calendar

*These rides are held every
week unless indicated*



The Rides Calendar March, 1999

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.

Wednesday Wheelers

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

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) [mdionne@mediaone.net]

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.

Brookling Bubble

March 7 - Sunday

Time: 10:30

Ride Type: Map and/or Cue Sheet

Leader: Eric Ferioli (781-235-4762)

Start: Wellesley High School Directions: From Rt. 128 exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Rice St. after the traffic light at Forest St. (on left)/Rt. 16/ Rockland to Linden St. (on right). There is a white with red letters sign saying "Wellesley High School" on the right, just before Rice St.

Highlights: Recycled GEAR ride. Approximately 21 and 29 miles.

Fat and Skinny (Tyre)

March 14 - Sunday

Time: 10:30

Ride Type: Map and/or Cue Sheet

Leader: Tim Cantwell (508-668-0489 before 9 PM)

Start: Fat Dog Pro Shop, 940 High St. (Rte. 109) Westwood Directions: 3 miles west from Rte. 128 on Rte. 109. Store on left. Park to side of store.

Highlights: A tour of Westwood, Walpole, and Sharon.

The Great White Metrowest

(if there's snow)

March 21 - Sunday

Time: 10:30

Ride Type: Map and/or Cue Sheet

Leader: Joe Repole (508-879-6340)

Start: Framingham Center. Meet at the Common which is 1/4 mile North of Route 9 at Edgell Road.

Highlights: See the Wayside Inn, the Grist Mill, Martha Marys Chapel, and maybe visit the highest point in Framingham.

A Serene Ride

March 28 - Sunday

Time 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.

Start: 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., 2.5 miles total from the Mobil station. 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. Mostly rolling with three steep climbs that are very short. The lunch stop is C&L Frosty (no rest room) in Sherborn that some cyclists say has better fried clams than Woodmans in Essex.

The Bolton Orchards

April 4 - Sunday

Time and Routes: 10:00 for 35 and 51 miles.

Ride Type: Arrowed (Orange Arrow)

Leaders: Andy Meyer (603-427-5001) [asm@world.std.com]
Penny Karr (617-661-9720) [pkarr@world.std.com]

Start: XRE Parking Lot, Littleton Terrain: Rolling Hills Directions: Take Rt. 2 West to exit 39, 1/4 mile west of the I-495 Interchange. Go right on Taylor street. In a half mile, turn left off Foster Street. Take the first right into the XRE parking lot. Drive around the front of the building and to the top of the hill and park near Taylor street.

Highlights: A scenic tour through Harvard, Bolton, Littleton, and Berlin. The short ride features rolling hills, small back roads, and a some great views. The long ride features lots more hills, and goes past the Clinton Dam.

Tandem Bicyclists of New England (TBONE) rides T-BONE Planning Meeting

We're having a T-BONE (Tandem Bicyclists of New England) planning meeting and potluck at our house at 5:00 PM on Saturday, March 6, 1999. The purpose of the meeting is to develop the tandem rides and weekend events for the 1999 riding season. If you would like to lead or help colead a ride for T-BONE, or just want to meet some of the group, come along. Just bring some food to eat (entrees are nice, but if

you can't manage that, something from the dessert, salad or snack food groups).

Directions: From US-3, take Concord St. exit toward Bedford. After approx. 1 mile, turn left onto Spring Rd. (where Concord St. makes a sharp right). Take first right onto Fox Run. We live about six houses down on the right (black mailbox with number 26 in front)

Sponsors: Jack Donohue & Susan Grieb, 26 Fox Run Rd., Bedford, MA 01730. Telephone 781-275-3991 (before 9 PM) or e-mail jdonohue@world.std.com.

CRW Trips

Memorial Day Dash to Montreal

May 27-31, 1999

MDDM '99 - 15th Annual edition of a classic New England tour. Thursday night stay at a ski lodge near Montpelier, Vermont. Friday drive to Gordon Landing on Lake Champlain; park cars, put gear in sag van, and cycle north through the beautiful Lake Champlain Islands. Ride 75 flat miles to Montreal, where we stay in the downtown Youth Hostel. Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride 75 miles back to the cars on the New York side of the lake, ending with a short ferry ride. NOTE: Although there are no hills, this can be a tough ride due to strong headwinds! \$150 trip fee includes 4 nights lodging, 4 meals, sag support, tour T-shirt and extensive literature. Call for info or to register. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 E-mail: chansEn@jhancock.com

Other Trips

Memorial Day Weekend

May 28-31

This will be the 4th year we are going to Jeffersonville, VT, located 20 miles north of Stowe and near Mt. Mansfield. This is a great weekend for road and mountain biking as well as hiking. The Smuggler's Notch Inn has private rooms and baths and an outdoor hot tub and swimming pool. There is also a bar and restaurant. A locked storage area is provided. The Inn's owners are Jon Day and Cynthia Barber, CRW members. \$145 per person covers 3 bed and breakfasts and 2 dinners. Call the Inn to make reservations (800)845-3101 or e-mail smuginn@pwshift.com For more information call Cheryl Houston (508)753-4471 or Lainie Epstein (781)396-0680 before 9 PM.

Cape In a Day (Plus One)

Century Bicycle Weekend

Sat - Sun, June 19-20

Join the Eastern New England Council of Hostelling International - American Youth Hostels on their annual Cape Cod ride. The trip consists of a century bicycle ride from Boston to N. 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, 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 02474. For more information, call Shari at (617) 258-1814, or send a self-addressed stamped envelope to the trip leader.



MassBike speaks for Boston Cyclists

(This is a reprint of an e-mail sent to the CRW mailing list concerning MassBike's recent letter to Mayor Menino concerning the conditions for bicycling in the city of Boston.)

Dear fellow cyclist,

In an effort to draw attention to the poor conditions for cycling in Boston, Massbike board members wrote up the following press release and distributed it to local news media outlets, including local TV, newspapers, and radio stations. We are pursuing the reinstatement of the Boston Bicycle Committee and seeking direct meetings with Mayor Menino to discuss what Boston can do to become more bike-friendly. MassBike is also working towards better bicycling accommodation statewide through members' efforts to have cycling-friendly changes made to vehicle law and roadway design for the benefit of all cyclists in our state.

Lisa Williams
Board of Directors
MassBike
44 Bromfield Street, Suite 207
Boston MA 02108
ljw@ultranet.com
www.massbike.org

Release Date: 1/21/99

Contact: Conrad Willeman, Executive Director, MassBike 617 524-2453 bikexec@massbike.org

Press Release

Bicycle Advocacy Group Says Boston Must Take Steps to Become Bicycle-Friendly, following its "Worst" Ranking by National Magazine

MassBike, the Massachusetts Bicycle Coalition, says that the City of Boston must act now to improve bicycling, following

Wouldn't Magellan be Jealous?

The subject of computer aided bicycle navigation came up on the CRW e-mail list recently, and after a bit of to and fro, Steve Kolek came up with an attractive add-on idea:

"C'mon, I know you guys (an ace graphics and programming team) can do far better than that. I'd like to submit specs for cycling's answer to the taguchi pet, a far more sophisticated simulacrum to run on the vastly more capable Palm Pilot. I'd call it something like "Bikin' Buddy". Better put a (TM) next to that right now.

You could prototype maybe just two personalities to start: the friendly and supportive Buddy, call 'em Gunga Spin, and the ever obnoxious Buddy, Cat Five.

Not only would you download the Street Atlas, you'd feed your Buddy a trip elevation profile from Topo!, your vital statistics (weight, height, % body fat, how many Guinness pints consumed the night before the Sunday morning ride) and anything else you might, in a vulnerable moment, actually admit to a ride partner.

Good ol' Gunga Spin, would offer friendly words of encouragement when the goin' got rough. Gunga knows just where you are (GPS), knows how tough that hill ahead is (Topo!), can guess just how useless you are feeling today (pints), and understands that with just a little help you can be motivated to vastly improve your effort — doggin' at 8 mph is a 33% improvement over a 6 mph dog! And Gunga would cheer!

Cat Five, on the other hand, is your training partner from hell. Cat has the same initial info stashed away and uses real time inputs (cadence, blood pressure, bladder pressure, etc.) to continually assess your vulnerability over the trip duration. Audio one liners are pretty obvious, but graphics capabilities can really be exploited by Cat Five. Imagine: you've fought that headwind for the last 4 miles and Cat has just been sitting back there, toward the bottom of the screen, grinning. As you begin your attack on the hill Cat pulls to the left side of the screen, floats on up toward the screen top, and calls back, "I'll wait for you up the road, Sluggo!"

Yup, the possibilities are endless. Something for everyone. At least start by having the Buddies memorize the ride leader speech.

Eagerly (anxiously) awaiting the prototypes, Steve"

Lest people get the wrong idea, Steve adds:

"I want to apologize for my choice of name for the supportive Bikin' Buddy. I admit to admiring the character alluded to when I was a boy, but as an adult am aware of the political and social context of Kipling's work."

**CRW Bike
Hotline
(617) 325- BIKE**

Continued on page 8

Notable and Favorite Rides for 1999

The dates of some of the trips are tentative. It's best to contact the ride leader to double check the dates.

May 8	Boston Brevet Series - 200K	Dave Jordan	781-641-2484	
May 16	CRW Spring Century, Wakefield *		617-325-BIKE	
May 22 B	oston Brevet Series - 300K	Dave Jordan	781-641-2484	
May 27-31	15th Annual Memorial Day Dash to Montreal *	Charles Hansen	617-572-0277	
May 29-31	Tour of New England *	Gerry Goode	781-843-6283	
June 12	King's Tour of the Quabbin - SHW	Steve Blum	508-366-0818	steve2@ma.ultranet.com
June 12	Boston Brevet Series - 400K	Dave Jordan	781-641-2484	
June 18-21	LAB GEAR North, Saratoga Springs, New York LAB			bikevent@aol.com
June 19-20	Cape in A Day Plus 1 - AYH	Shari	617-258-1814	
June 26-27	TOSRV '99 - AYH	HI-AYH	617-779-0900	
July 3-5	4th Annual Tour de Bovine (VT)	Arnold Nadler	978-745-9591	
July 3-5	Velo New Hampshire *	Pamela Blalock	978-256-1169	
July 10-11	Boston Brevet Series - 600K	Dave Jordan	781-641-2484	
July 17-19	International Century Weekend - GSW	Dave Brown	603-889-5088	DBrown3128@aol.com
July 18	CRW Climb to Clouds *	Ken Hابلow	781-647-0233	
July 18-24	MassBike Tour '99	MassBike		tour@massbike.org
July 23-25	Velo Vermont *	Jack Donohue	781-275-3991	
July 25	Harvard Classic Race - NEBC	Kurt Hackler	617-924-7942	
July 25-31	MOOSA Can-Am Wheelers		207-743-9018	
Aug 7-8	Pan Mass Challenge			http://www.pmc.org/
Aug 14-22	TALCAM (Tour around Lake Champlain and Montreal)*	Charles Hansen	617-734-0720	
Aug 21	CRW Invitational *	Rosalie Blum	781-272-7785	
Aug 28	Mad River Century, Waitsfield, VT	Hyde Away Inn	802-496-2322	
Aug 28-29	NSC Blazing Saddles Century	Tony Salerno	781-289-3934	litespd1@aol.com
Sep 4-6	Hills and Hollows *	Gerry Goode	781-843-6283	
Sep 11	Nashoba Valley Century -	NVP	978-266-1NVP	
Sep 12	CRW Fall Century *	CRW	617-325-BIKE	
Sep 12	Flattest Century - NBW	Ray Naughton	401-781-6963	
Sep 25-25	Seacoast Century - GSW	Dave Topham	603-898-9926	
Sep 26	Major Taylor Century - SHW	Lynne Tolman	508-831-0301	LTolman@ultranet.com
Oct 8-11	Apple Bike *	Jack Donohue	781-275-3991	
Oct 8-11	C/Fall, Berkshires, W Ma	Karen Saltus	508-845-5571	
	* CRW Event			

Massbike from page 7

its last-place ranking in Bicycling magazine's annual rating of bicycle-friendly cities.

In its just-released March 1999 issue, the national cycling publication has singled out Boston as the nation's worst cycling city, ranking below both Las Vegas and Tampa for the least bike-friendly city in the US.

Citing their reasons for Boston's rating, the editors of Bicycling said, "This otherwise progressive city has earned a special place of dishonor on our list — because we know it can do much better." The editors went on to express disappointment in local government: "bikes don't even make a blip on city hall's radar screens. Racks and lanes are virtually non-existent, and there's no full-time city bike coordinator."

MassBike has sent a letter to Mayor Menino asking that he take the following actions to improve bicycling without delay:

- Issue an executive order creating a Boston Bicycle Program staffed by at least 1 full-time bike coordinator to bring Boston's commitment on a par with other cities.
- Re-appoint the Bos-

- ton Bicycle Advisory Committee, whose two-year terms expired in June 1998, and give it a mandate to advise the Bicycle Program.
- Train the police in bicycle safety enforcement and direct them to increase Boston's minuscule amount of traffic enforcement. Police must issue more tickets for moving violations committed by both motorists and cyclists.
- Officially adopt the city's Street Design Guidelines, which have been in draft form since July 1997.
- Work with the MBTA to remove onerous restrictions on taking bicycles on rail cars and to add bicycle racks to some MBTA buses.
- Install 1,000 bicycle racks over the next year.
- Develop a city bicycle education and training program for children and adults.

MassBike urges state and local officials to put quality-of-life issues at the forefront of their legislative agenda, and recognize that cycling is an important part of a livable city.

According to Bicycling, among the many cities outstripping Boston in creating bike facilities are Austin, Chicago, and Philadelphia.

Continued on page 11

March, 1999

Fixed Up

by Mel Stoler

In the middle of January, I got fixed up. Perhaps I shouldn't be telling all of you about this affair, but it's too good to keep to myself. Now as a committed man and one I might add, to have never dreamed or aspired for there to be "another" in my life, I find myself feeling unusually excited and at the same time confused, perhaps even guilty.

After all, like many of you who have been around the block a few times, I gave careful thought (not to mention considerable investment) to my current partner and always presumed that we would be with one another for better or worse. If there ever were to be another, I always expected she would be, well, something of a beater (not that I am a masochist, mind you). At most, she would be something to fool around with if ever my first love experienced any "mechanical" problems that couldn't easily be fine tuned. Those of you who have forked over some serious cash to find just the right partner know what I mean when I say that my other caring love (OCLV) can be high maintenance. I've done my best to treat her well. If there is one lesson I learned the hard way, it is knowing which parts need to be lubricated regularly and knowing when too much grease can interfere with performance.

I wish I could keep my frame as slender as she does year 'round. I suppose it really isn't fair for me to put on an extra few pounds in the off season and expect to sweat them off while I'm out with her. Like many of you, I take pride in her appearance— frequent rubdowns help— though for my trouble all I've gotten in return is a sore butt! (But let's not go there now. . . Which reminds me, a chain whip is a useful gadget to have around but it can leave some nasty marks.)

On the subject of transgressions, it's only fair to admit that from time to time I feel I have something to prove, either to myself or others. Sometimes I'll push her just to see what I can get out of her. She responds, but not without demanding something in return. If I had a dime for every silver chain, ring or cassette I've had to buy. . . . Once during sweeps week she even had me run out for a cable guide.

I met number two at Bikes, Not Bombs where her previous partner had dumped her. I could see she was independent— never had any bosses. I had her stripped down to bare basics— as cruel as that might sound, there was no point in us getting together only to find out that she was all bent out of shape. Her heydays were back in the 70's. I was looking for Ms. Right; she went by the name "Dawes". She was everything I was looking for— simple, mature and most importantly— built for horizontal play. It was as if she were waiting for someone like me to come along and build her up from scratch.

We left behind many things that had been weighing her down

and headed on over to my home where I shamefully hid her in my basement, telling no one. I imagined that we'd go places where others wouldn't recognize us— kind of a Wade/Margo thing (only more discreet). Only my closest friends would need to know. I even considered going incognito, you know, with a handlebar mustache. I just figured it would be the type of relationship where we wouldn't want or expect much from each other.

But Nnnnnnnnnnooooooo! Once I had her standing on her own, something happened between us and it happened fast. How fast, you ask? I'm talking about the first time I straddled this dynamo! Before I knew it my wheels were spinning and believe me, I didn't know how to stop. After all, most of us aren't in the habit of applying the brakes while the foot is on the gas pedal, if you catch my draft. The safest thing to do seemed to be to keep riding her though I quickly realized that I was going to be the first one to tire out. I was feeling great and I wish I could have kept on going but I figured we were just getting to know each other. I decided to hop off before I fell flat on my face.

It wasn't long before we hooked up again. I was eager to find out what it would be like down the road, once we approached those inevitable ups and downs with me over her for several consecutive hours. Would I be able to keep up with her? Her with me? Would this be a lasting relationship or one that would just run its course. This was a new experience for me and one I dare say, I won't forget— Lord knows she won't let me forget. No more coasting along whenever I feel like slacking off with this babe. I can steer her in any direction, but she goes when she's ready and I'd better be ready to follow or put the brakes on fast. Sounds kind of Zen, but we are like 'one' when we're together. I feel very grounded with her though sometimes I wonder who really is in charge.

To date, we've been out together three times— most recently covering 75 miles on a cold Sunday morning in late January. I can honestly say I'm hooked on this one and won't be derailed. Who would have thought?

The bottom line is that I'm not ashamed to be with her. Heck, more and more folks are getting fixed up all the time. I want us to go places, eventually do a two or three-day trip where we can be together all the time, spending nights in cheap motels. If nothing else, I know I can count on getting a good workout. Who knows, maybe some day you, too will want to have one of your own and take the plunge. You've got little to lose and lots to gain ratio. But I warn you, you might be so impressed with yours that you'll decide to flip-flop no more, and go out with your fixed gear. . . more often than your freewheel bike!

The Three Hares and the Tortoise

by Martin I. Estner

Once upon a time, in fact quite recently, just this past January 31, there were three hares and one tortoise. There was Mel Hare, Ted Hare, Marty Hare, and Elizabeth Tortoise. And the four of them thought it would be great fun to cycle a century every month. Elizabeth Tortoise was very excited, and she said, "We can call it The Century of the Month Club or COMCL for short, or maybe CENMCL or maybe CENTOMO. And Marty Hare looked at her kind of funny and said, "Elizabeth Tortoise, you need more to do," and they laughed and thought that was really funny.

So January came and was almost gone, but only Mel Hare had ridden a century. So Marty Hare said, "Last chance this weekend." And everybody said, "OK," even Mel Hare who wanted to do another.

So they made their plan, and everyone met at Newton City Hall at 7:30 in the morning; and it was very cold. The three hares had all their hare cycling stuff on to keep warm, and Elizabeth Tortoise had all her tortoise cycling stuff on to keep her warm. Everybody was happy, and they said, "Let's go to Concord first" and off they rode.

Now Mel Hare is a very fast little hare indeed. And Ted Hare is also a very fast little hare. But Marty Hare is only a medium fast little hare. Actually, some people think he's not really a hare at all. He looks like a hare going downhill; but going uphill, he looks an awful lot like a tortoise. Some people think maybe his mother was a hare but his father was a tortoise, or maybe the other way around, but nobody would say that because these are very nice hares and a tortoise, and that just wouldn't be nice.

And Elizabeth Tortoise is not a hare as you could tell, she's a tortoise; but everybody likes Elizabeth Tortoise. And hares and tortoises can get along real well if they just respect each other.

So Mel Hare sometimes would jump out in front and sometimes Ted Hare would jump out in front. Marty Hare didn't jump out in front very much, except on the downhills. And every once in a while Mel Hare and Ted Hare and Marty Hare would say "Where's Elizabeth Tortoise?" And they'd look back and couldn't see her. So they'd slow down until they saw her, and then they'd start up again. And that was fine because everybody likes Elizabeth Tortoise and she always does that and she always says very sternly, "Don't wait for me, I'm fine." And everybody says OK and then they wait for Elizabeth Tortoise because, as I said, everybody likes Elizabeth Tortoise. Besides, it was cold, and she really didn't know the route (although Mel Hare and Ted Hare and Marty Hare weren't too sure either) and it wouldn't have been nice. And these are very nice hares and a tortoise.

After about 30 miles and two hours, they all got to Concord and stopped at a coffee shop to get some hare food and tortoise food and caffeine and warm their little hare toes and their little tortoise toes, and that was good. Then Mel Hare said, "Let's do a loop around Carlisle and then stop back here for a quick water stop before we head out to Natick." And they all said "OK, Mel Hare, that's a good idea." And off they rode.

So they did that and stopped for water and had ridden about 42 miles at that point and headed toward Natick. Then a funny thing happened. Mel Hare really started going fast.

And Marty Hare tried to stay with him but he fell about 200 yards behind, and Elizabeth Tortoise fell about 200 yards behind him, but nobody could see Ted Hare. So at the next turn everybody waited for Ted Hare. And Ted Hare said, "I think I've bonked." And everybody said, "Uh, oh! Ted Hare thinks he's bonked." So Ted Hare decided he was going to go home, and everybody felt bad about that. Mel Hare said he'd go back with Ted Hare. And everybody thought that was good and even Mel Hare said that since he had already done his century that month, he didn't really need it. So off they rode back home.

They had gone about 52 miles at that point, and Marty Hare said to Elizabeth Tortoise, "Well, it's you and me, let's go." And Elizabeth Tortoise said she felt fine and Marty Hare said he felt fine, and that was good. And off they rode.

So they got to Natick and stopped for more hare food and tortoise food and caffeine and to warm their little hare toes and tortoise toes, and they had gone 65 miles. So while they ate, they decided the rest of the route would be the back part of the CRW 42 mile Saturday fitness ride. They said that it should be just about perfect for 100 miles. So they were happy and anxious to get on their way.

So they bundled themselves up again in all their hare cycling stuff and tortoise cycling stuff and off they rode.

Uh oh! No they didn't. Marty Hare said "Something's wrong with my bike." And Elizabeth Tortoise said, "Oh no, what's wrong with your bike?" And Marty Hare said, "This is weird; my crank goes around, and my chain moves and the cassette moves, but the wheel doesn't move." And Elizabeth Tortoise said, "Oh no, that's not good at all."

So they took Marty Hare's wheel off, and then they put the wheel back on, but that didn't change anything. So Marty Hare said I'll call my special friend Judy Nicewoman and maybe she'll come get me. And they were both very sad, but Elizabeth Tortoise said "OK, I guess you should." So Marty Hare called Judy Nicewoman, but she wasn't at home. And Elizabeth Tortoise said "I'll call my special friend Paul Niceman, and maybe he'll come get us." And Marty Hare said, "OK, I guess you should." So Elizabeth Tortoise called Paul Niceman, and he was home and he said, "Sure, I'll come get you" because Paul Niceman had a son who was a bicycle racer, and he just understood this kind of problem. And that was nice. But that would figure. Since these were such nice hares and a tortoise, they would have nice special friends.

Well, Paul Niceman found his way to Marty Hare and Elizabeth Tortoise, and they were very relieved, although disappointed. Marty Hare was really upset because it was a brand new cassette, and that just should not happen. "I'm going back to that store and I'm really going to let them have it," he said. Then he said, "No, I think I'll wait until tomorrow when I'm not so upset. I might say something not nice, and that wouldn't be right. Even if they made a mistake, it's not nice to yell at someone." And Elizabeth Tortoise and Paul Niceman said, "That's a good idea." And they all felt better. Remember, these are very nice hares and a tortoise, and Paul Niceman is very nice too.

Now, I know you all know the story of the tortoise and the hare and how the hare took a nap and the tortoise won the

Continued on page 12

Hanging In Honor Roll for 1998

To qualify, you must have sent in your mileage continuously for the last five years or more.

Name	Years	Average	Total	Name	Years	Average	Total
Melinda Lyon	14	15464	216499	Kenneth Hjulstrom	12	4028	48340
Jack Donohue	17	10014	170232	Edward Hoffer	9	5069	45624
H. James Merrick	13	9008	117100	Jeff Luxenberg	18	2331	41949
Edson Trumbull	19	5837	110910	John Kane	19	2088	39667
Jerry Campbell	13	7639	99306	Peter Brooks	7	5244	36706
Jamie King	15	6146	92195	Kitty Farago	7	5061	35425
Robin Schulman	11	6721	73929	Elise Ghitelman	11	2762	30387
Paul Corriveau	8	9184	73475	John Allen	11	2690	29595
David Jordan	9	8160	73442	Susan Grieb	13	2039	26507
John Bayley	5	14560	72798	George Caplan	17	1396	23725
Gerald Goode	8	8906	71251	John Springfield	19	1043	19825
Glenn Ketterle	11	6468	71143	Jean Zaniewski	6	3032	18189
Jim Broughton	17	4109	69861	Joe Marcal	5	3597	17987
Pamela Blalock	7	9946	69619	Dave Vickers	5	2879	14395
Ken Hablow	8	7957	63653	Harry Wolf	5	1942	9711
Joseph Repole	13	4737	61580	Rosalie Blum	18	473	8508
Bob Sawyer	12	5095	61144	John Loring	5	1014	5069
Peter Knox	7	8343	58401	Sandra Merrick	6	615	3687
Michael Hanauer	17	3406	57902	Jared Luxenburg	12	211	2535
Jacek Rudowski	18	2845	51217	Jacob Allen	6	370	2221
Mike Kerrigan	5	10199	50996	Sara Luxenberg	6	105	629
			Total				2247334

We are sad to announce that two of our "Hangers" for personal reasons dropped off the list. We are, however pleased that there are six new people on board. We are now into our twentieth year, so it is onward and upward.

Incedentally, it took 464 rider years to accumulate the two million plus miles, that's an average of 11 years apeice for the 42 reportees.

Massbike from page 8

- Austin, home to over 110 miles of bike lanes, also is home to two hundred "Yellow Bikes," which are free for the public to borrow for transit downtown, with many conveniently located return racks. - Led by cycling-enthusiast mayor

Richard M. Daley, Chicago cracked the top ten this year with strong support from City Hall. The Mayor's Bicycle Advisory Council has played a pivotal role in making Chicago a bike-friendly city, including installing over 5,000 racks.

- Philadelphia has committed \$2.4 million to bike accommodation in 1999, and also has the cooperation of public transit, where bike racks are being mounted on the fronts of city buses.

These cities overcame hurdles in the form of traffic congestion and busy streets largely due to strong support from City Hall and local cyclists. Becoming a world-class cycling city is within grasp for Boston.



La Corsa Tours

Little Jack's Corner - by Jack Donohue



I've discussed the Serious Cyclist, now its time to explore the demographics of yet another breed of cyclist, the ultramarathoner.

The ultramarathoner makes the Serious Cyclist look like a wimp. While most of us feel proud to have done a century, your ultramarathoner does that before breakfast.

You can tell ultramarathoners by their equipment. They always carry lights. Who knows, you might just pop down to the grocery store for a quart of milk and decide to come back by way of Montreal. The ultramarathoner's saddle is easy to spot. It's a super expensive super lightweight job that is mostly worn through and supplemented with duct tape and Doctor Scholl's pads. You

see a lot of saddles with holes in them these days, the ultra crowd have saddles with holes that they WORE through. The ultramarathoner dashboard usually consists of aero handlebars, aero clip-ons, and an assortment of tubes and other devices that rivals the life support system of the intensive care unit at the local hospital.

On a ride, normal people would like to know what time it is. Your ultramarathoner would ask what day it is. The ultramarathoner buys power bars by the case. The owner of the bike shops they frequent put their children through college on the proceeds of their business.

How does the ultramarathoner log the megamiles needed to do this and still hold a job? A workday in the life of the ultramarathoner goes something like this. First a bike commute to work. The ultramarathoner really only lives ten

miles away from work, but takes fifty to get there. Shower, check voice mail, e-mail, then its time for the lunch ride. Since lunch consists of several power bars from a jersey pocket, no riding time is wasted in the actual eating process. Back to the office for recovery followed shortly by the commute home.

There's a word for these people, "randonneur," which is French for "my bikes wear out before I do." The French really started this sort of thing with Paris-Brest-Paris. This ride, as you might suspect, consists of getting on your bike, riding to Brest (which is a long way off), turning around and riding back to Paris. Not much sightseeing here. For the French this is often a family affair, "Let's go watch daddy ride his bike 1200km." I suspect the average American teenager, if they had a father like that, would go to great lengths to hide the fact.

Three hares from page 11

race and everybody learned to say, "Slow and steady wins the race." So what happened here? It wasn't a race, but two hares went home early, and the last hare's bike broke down.

Well, there they were in Paul Niceman's van with the two bikes and their hare cycling stuff and tortoise cycling stuff and feeling very glum, and Elizabeth Tortoise said, "Stop! Pull over! I'm going to finish; there's nothing wrong with my bike and I feel fine." And Marty Hare and Paul Niceman said, "Good idea." And everybody got happy and Marty Hare helped Elizabeth Tortoise get ready and said "Good luck. Have fun!" And she said, "Thanks," and off she rode. And Elizabeth Tortoise finished the century, the only one of the three hares and the one tortoise.

Now do not go off thinking after all this that the moral of this story is "Slow and steady wins the race." It's not. If you believe that then you have been preconditioned and need a reorientation to reality.

Later on that night, about 80 million people plunked themselves down in front of TV sets and watched great big men who make a lot of money hit each other real hard for an hour in order that those 80 million people could be entertained and pretend that they were doing something and think that this was really im-

portant. That this was a big game. There are no big games. If it's a game, it can't be big (meaning important). While all those great big men hit each other, a lot of regular sized men and women spent a lot of big money on advertising time during this big game and a lot of other regular sized men and women made a lot of big money because of this big game, and a lot of other regular sized men and women would later go out and spend a lot of big money on all that stuff that those other regular sized men and women told them they should have. And I guess that's OK, but I can speak only for Marty Hare, whom I know pretty well.

It seems to Marty Hare, that while 80 million people are pretending that they are involved in something important and while lots of great big men who make a lot of money hit each other real hard for an hour, and while lots of regular sized people spend a lot of money on advertising and lots of regular sized people make a lot of money and lots of regular sized people will go out and spend a lot of money soon because they've been convinced that they need to own this thing or that thing so that they will feel happy, there are three hares and a tortoise who really are happy. They did something that was about themselves and was real. It was not vicarious.

One hare is happy because he tried to ride a century on a freezing cold January day and even though he didn't make it, he had the support of the others with him and a friend who was willing to cut off his century to make sure he got home safe. Another hare is happy because he already had a century and had a very good sense of perspective of what is important and being a nice hare, he wanted to be sure his friend would be OK. And the third hare just had bad luck. That sometimes occurs, and if one has a sense of consciousness and personal awareness, he or she will understand that and surrender to the fact that sometimes stuff happens. Maybe it just was not meant to be that the third hare would have that century. And that's OK.

And Elizabeth Tortoise. Well, she got her century. It's not that she won the race, because it wasn't a race. It was just her day. Sometimes you just know it's your day, and it feels great and you embrace it, and that's a real thing and good, too. And everybody was really happy for Elizabeth Tortoise. Because, as I said, these were very nice hares and a tortoise. Besides, everybody really likes Elizabeth Tortoise.

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For Sale

19.5 Specialized Rockhopper Mtb. Good condition Shimano 400 exage rapidfire shifters \$225 or BO Swedesport Roller skis Salomon bindings hardly used \$100.00 Rick Hardy, 781-449-4262

1996 Serotta Csi frame with steel fork and Campagnolo "Record" headset. Frame dimensions are 60 cm seat tube, with 58 cm seat tube. Frame color is "Big Boy" Blue/"Competition" Red. Ridden @ 5,000 miles. Price \$1,200

Contact Rich Fields (781) 646-4601, or richfields@mediaone.net

Welcome New Member

Laura Sacks

Waltham

January Mileage Totals

007705

Miles	M	C	K		Miles	M	C	K	
JJack Donohue	770	-	-	-	Dick Arsenault	278	-	-	-
Bruce Ingle	740	-	-	-	Joe Repole	275	1	1	-
Pamela Blalock	538	-	-	-	Bob Sawyer	243	-	-	-
John Bayley	532	-	-	-	Ken Hjulstrom	223	-	-	-
Jim Hill	530	1	1	-	Robin Schulman	124	-	-	-
Lee Howard	388	-	-	-	Jim Merrick	99	-	-	-
Ken Hallow	373	-	-	-	Peter Knox	94	-	-	-
Mel Stoler	356	1	1	-	Greg Tutunjian	89	-	-	-
Glenn Ketterle	344	1	-	-	John Kane	64	-	-	-
Martin Estner	332	1	-	-	Jeff Luxenberg	63	-	-	-
David Wean	317	-	-	-	Irving Kurki	35	-	-	-
Ed Hoffer	289	-	-	-	Gerald Goode	32	-	-	-
Bill Widnall	281	1	1	-	Jared Luxenberg	16	-	-	-
Peter Brooks	280	-	-	-					

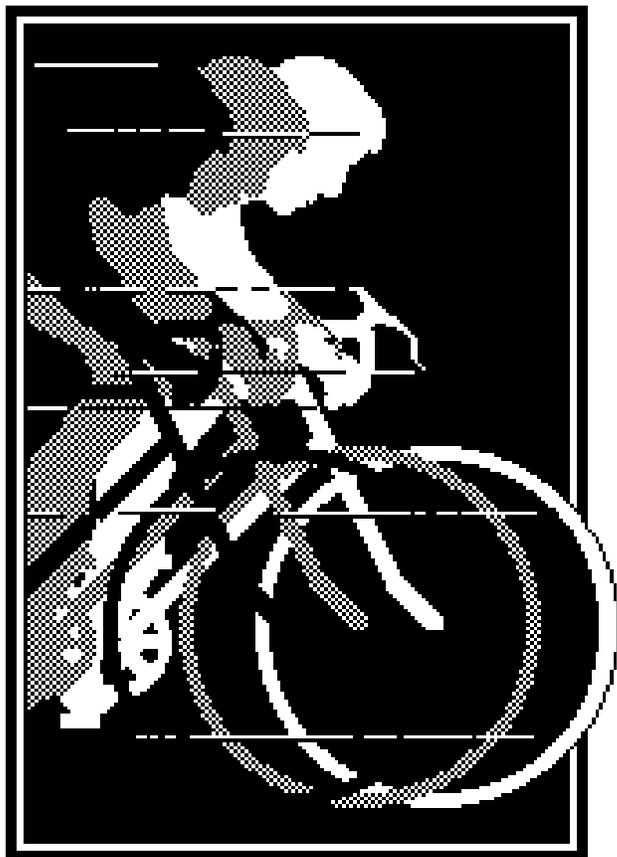
Mileage Table Explained

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).



The Charles River Wheelmen



Massbike Tour Ad