

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIII, Number 5 May, 1999

Forks, Froth, and Fun

Tuesday May 18, 7:00 PM

Celebrate the new biking season with CRW buddies new and old at the Watch City Brewing Company on Moody St. in Waltham (781-647-4000, www.watchcitybrew.com). DIRECTIONS: From Route 128, take exit 26 to Rt. 20 East toward Waltham. After about 1 1/2 miles, turn right at the green onto Moody St.. Restaurant is on the left just across the Charles River, at the corner of Moody and Pine. (Parking behind the restaurant on Pine.) Call Steve Hoffenberg (617-969-2130) or e-mail to stevehof@earthlink.net by May 14 to reserve a space.

Errata

Please note that technical support for the Spring Century will be supplied by Cycle Loft, not Peter White Cycles as indicated on the printed brochures.

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"Roll Your Own"

Touring Workshop and Slide Show

Wednesday, May 12, 7:30 PM

Charles Hansen will present a shortened version of "Planning Your Own European Bike Tour," previously given as a three-evening class at the Cambridge Center for Adult Education. Despite the session title, the discussion will also be beneficial for those planning tours in the US or other countries. Topics will include the reasons for organizing your own tour, the trip planning process and suggested timeline, selecting your country(s) and tour objectives, available planning resources, detailed itinerary planning, lodging choices and food. We'll also discuss the touring bicycle, gear and packing, as well as security and traveling with your bicycle by plane and train. The evening will include slides from a European "sampler" tour that covered seven countries in three weeks with several train connections.

A comprehensive information booklet will be given to those attending, and this resource is also available at Sheldon Brown's cycling web-site as www.sheldonbrown.com/euhansen.html.

The workshop will be held at Jerry Green's house, 28 Winchester Dr., Lexington (781-862-5971). Join us for carbo-loading before the main event at 6:00 PM at Mario's Italian Restaurant, 1733 Mass. Ave., at your option.

Directions: From 128 take exit 30, route 2A east. At 2nd stop light (about 3.5 mi.) go straight ahead onto Winchester Drive .4 mi. to 28 on your left. From Boston take rt. 2 to exit at route 4 & 225 into Lexington. Left at 1st rotary, Mass Ave. Go to Shell Station and turn right onto 2A and proceed to stop light. Go straight ahead onto Winchester Drive .4 mi. to 28 on your left.

Introductory Rides Take Off

Despite a morning drizzle and unseasonably cold weather, some 15 riders showed up on the morning of April 3rd for the first of the Saturday Introductory Rides. These rides were arranged for people who wanted to improve their skills, build endurance or those who just wanted to go easy. Ride Leaders Fred Kresse, Eli Post, Elizabeth Wicks, and Kris Frieswick were on hand.

Several riders were beginners who wanted to ride in a "less intimidating" environment, and others just wanted to start the season in a more relaxed way. The rides will continue in May on Saturday the 1st and 15th. Rides start at 9 AM. Learn more about the rides at: <http://www.crw.org/RecurringRide.htm>



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.



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:

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

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Sunday Rides	Jim Sullivan	(781) 245-1772
Winter Rides	Eric Ferioli	(781) 235-4762
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Friday Rides	Dave Johnson	(603) 490-7581
Ride Hosts	Larissa Hordynsky	(617) 964-8193
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Thursday Fitness Rides	Peter Mason	(781) 646 5106
Saturday Fitness Rides	Dave McElwaine	(781) 821-8643
	Mark Dionne	(617) 965-5558
Sunday Fitness Rides	Mel Stoler	(617) 277-5180
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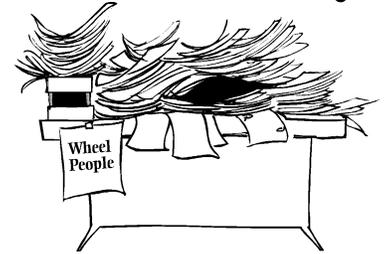
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Bill Widnall	2001	(781) 862-2846

Editorial Policy



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

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

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



How To Send Us Your Article

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

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

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

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

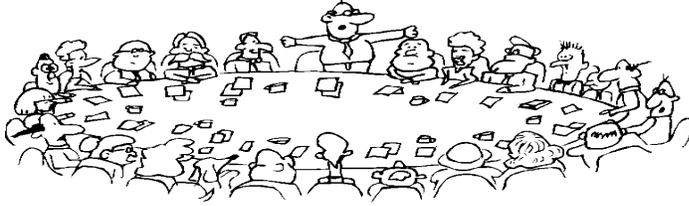
Insurance

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

Advertising Rates

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

Board Meeting Minutes



April 6, 1999

Membership Report: The current membership total is 956, with 33 new, 75 renewed, and 21 expired members.

Finance: Expenses exceeded income by \$859 in March, normal for this time of year. Michael Fisher is continuing to develop a budget format.

Rides Calendar: There are still two open Saturdays in May. The only open Sunday in June-July is July 4.

Ride Sweeping: The Board reviewed CRW's ride-sweeping policy and agreed that, while sweeping all rides is a goal, it is not always possible for ride leaders to do so.

Committees: Volunteer Committee: Susan Grieb and Jack Donohue hosted a great party for club volunteers. Rides Committee: 32 people attended the Ride Leaders' Meeting on March 28. Eight new ride leaders signed up. Larissa Hordynsky is replacing Barbara Bix as the ride host coordinator. Social Committee: Charles Hansen will conduct a workshop on bicycle touring in Europe on May 13. Jack Donohue and Susan Grieb will host a New Member's Party in July. Special Events: Marty Serman has volunteered to host an after-ride barbecue in June. Thank you, Marty!

Advertising: Marty Weinstock is doing a great job raising advertising revenue.

Club Affiliations: The Board decided not to renew CRW's affiliation with Adventure Cycling. We are exploring the possibility of affiliating with AYH.

Membership Directory: The Board decided to postpone publication of a Member Directory until May 2000. This will give all new and renewing members the opportunity to indicate on their membership form whether they want to be included in the directory.

T-BONE Rides: T-BONE has their own Web site now. CRW will continue to publish T-BONE ride dates and contact information.

Publicity: Steve Kolek has been working hard to publicize CRW in the media. We are now listed on several Web sites, and Steve is trying to interest the Globe in an article.

Major Taylor Centennial: Major Taylor, from Worcester, was the first African-American world cycling champion in 1899. Several cycling events this summer will honor the centennial of his achievement. Bob Sawyer is researching the possibility of making a donation to the Major Taylor Humanitarian Association.

BikeBrain: A company called Velotrend has developed BikeBrain, a system to display bicycle route directions on palm computers that mount on bikes. Velotrend would like to publish CRW cue sheets on its Web site in exchange for a link to CRW. The Board decided to provide Velotrend with two rides.

Bicycle Action Plan from Federal Highway Administration

Washington, DC — The Federal Highway Administration has issued an Action Plan to encourage the use of Federal TEA-21 funding for bicycling, and to increase the safety and use of cycling as a mode of transportation.

The Action Plan was sent to League of American Bicyclists' Executive Director Jody Newman by FHWA Administrator Kenneth R. Wykle, in response to a meeting held by the League last November with US Department of Transportation Secretary Rodney Slater, Congressman James L. Oberstar, and Administrator Wykle. The Plan details 12 steps that the FHWA has pledged to take, based on suggestions made by the League at the November meeting.

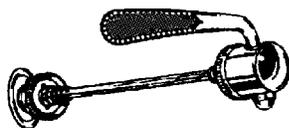
"We are delighted with the commitment to bicycling that Slater and Wykle have expressed," said Newman, "and look forward to a strong and meaningful implementation of the Action Plan. TEA-21 makes \$3 - 4 billion potentially available for cycling, and we would like to see every penny spent. Although FHWA and the US Department of Transportation cannot dictate to the states as to how to spend the funds, they can certainly bring a great deal of weight and influence to the process."

In the letter to Newman, Wykle wrote: "we are strong advocates of bicycling and walking as modes of transportation, and look forward to implementing almost all of your suggestions We are committed to working with States and localities to encourage the use of Federal-aid funding for projects and programs to increase the use and safety of bicycling and walking."

Steps detailed in the Plan include a memorandum that will go out to all FHWA field offices from Wykle, reaffirming strong agency support and guidance language for bicycling projects and programs; a training course on bicycle facility planning and design; reviews of state transportation plans to make sure that bicycle and pedestrian goals are included; and dissemination of "best practices" for implementing bicycle projects and programs to all states and municipalities.

Congressman Oberstar, ranking member

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.



Continued on page 11

May 1999

Recurring Rides

Calendar

These rides are held every week unless indicated



Sunday Morning Fitness Ride

South Shore Coastal Loop

Start Time: 6:45 AM Ride: Arrowed routes of 37 & 50 miles. Maps and cue sheets available in addition. Description: Are you looking for a ride with shady, quiet roads, beautiful scenery and coastline stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. The 37 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 50 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Ideal for fast and moderate riders with pacerline experience or desire to learn. If you're interested in riding to the ride from the Boston area, call Mel. Leaders: Mel Stoler (h) 617-277-5180 (w) 617-727-4923 x360 Mel.Stoler@state.ma.us and Ted Lewis (h) 781-279-4909 (w) 978-777-5203 X131 TedL@microscript.com. 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

Start Time: 6:00 PM SHARP! 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. Ride: Arrowed routes of 19 and 28 miles. Leader: Pete Knox (617-731-5944) Location: Nahanton Park, Newton.

Directions: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride 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 reflectors after sunset. Be safe. Be seen.

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 Varies Directions: For more information, including the next ride start location, call the ride coordinator Bill Widnall at 781-862-2846 day or early evening or e-mail to BillWidnall@ibm.net.

Wednesday Evening Ice Cream Ride

Start time: 6:30 starting on May 12 Ride: Arrowed rides of approx. 15 & 20 miles, cue sheet available Description: Scenic rolling roads through the towns of Wellesley, Weston & Lincoln at a leisurely pace with the new rider in mind. Bring money for ice cream or pizza after the ride. Leaders: Al Bolea (617-484-0851) Sheldon Cooperman (791-647-4597) Steve Kolek (781-674-1090) Location: Former Grossman's Lumber parking lot on Rte. 16 at the Newton Lower Falls/Wellesley town line.

Directions: From Rte 128, north or south, take Rte 16 west/Wellesley exit, follow signs to Newton Lower Falls/Wellesley, stay on Rte 16 for approx. 1/2 mile, just after light look for Grossman's Lumber sign and lot on the right. Ride starts from the parking lot.

Thursday Fitness Ride at Hanscom Field

Start Time: 6:00 PM SHARP! Ride: Arrowed routes of 16, 25 & 35 miles. Leader: Peter Mason (781-646-5106) Description: The short ride winds through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Location: LG Hanscom - General Aviation Airport

Directions: Rt. 128 to Exit 30B (Rt.2A West) - do not take the exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport (about 3/4 miles).

Thursday French Picnic Rides

Start Time: 10:30 AM Description: Join us for a mild paced 20-30 mile ride through the New England country side and stop for a classic French picnic in beautiful spots. Silver, crystal, and table cloth are a must. This ride is not for brown baggers. Call Scott Chamberlain (508-785-0214) for ride starting point. The ride goes rain or shine.

Friday TGIF Unwinder Ride

starts May 14 Start time: 6:30 PM through July; 6:00 PM starting in August Leaders: David Johnson : [davidjoh@concentric.net] (978-256-9984 x128) Sheldon Cooperman (617-647-4597) Ride: 18, 22 and 27 mile rides. Fully arrowed, cue sheet & map. Description: New this year will be once-a-month seminars on New Rider Topics to start half-an-hour before the ride. Topics will be "How to fix a flat," "Bicycle Fit", "Roadside repairs," and "Wheels." Dinner afterward if riders are interested. Location: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the driveway on the left. Route 4/225 through Bedford Center has very tough traffic, so try to figure an alternate route, or call the ride leader.

Saturday Morning Fitness Ride

at 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] Location: Nahanton Park, Newton.

Directions: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leave from the main parking lot.

Saturday Introductory Ride

May 1 and 15, and continuing 1st and 3rd Saturdays, through July Start Time: 9:00 AM SHARP! Please arrive early enough to be ready to go at 9 AM Ride: This is a group ride. We will stay together. The ride follows arrowed routes used on the Tuesday and Saturday Fitness Rides. We'll do the 19 miler, but the 28 and 42 are options. The roads are scenic and rolling mainly in Needham and Dover. Description: These rides are for new people or those who just want to go easy. We will introduce you to club riding, to bike safety, and to cycling techniques such as spinning and riding in a paceline. From these rides you will be able to "graduate" to CRW's fitness rides and to the Sunday rides. Leaders: Fred Kresse (781-444-1775/drz@xpres.net) Eli Post (617-547-6778/elipost@mediaone.net) Elizabeth Wicks (617-928-0447/Etwicks@aol.com) Kris Frieswick (617-965-5758/krisfrieswick@cfopub.com) Location: Nahanton Park, Newton

Directions: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride 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 May, 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.

Brookling Bubble

Saturday May 1 10:30 AM

Time and Routes: 10:30 for approximately 21 and 29 miles Ride Type: Map and/or Cue Sheet Leader: Eric Ferioli (781-235-4762) Highlights: Recycled GEAR ride. 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.

Tour de Carlisle "BTB" Before the Bugs

Sunday May 2 10:00 & 11:00 AM

Times and Routes: The long ride at 10:00 is about 50 miles of rolling countryside with a few good climbs (60 mile option available), while the short ride at 11:00 is about 30 miles and mostly rolling. Ride Type: Arrowed (white chevron) Leaders: Jim McGarry and Lyn Pohl - 978-369-4690. Highlights: The long ride includes a climb to a radio telescope (great views) and back roads in Westford, Groton and Dunstable. The short ride highlights Carlisle's scenic back roads. There is a swimming option on the long ride, as well as an extra loop into New Hampshire. This will be an excellent pre-Spring Century training ride. Party Alert: There is no lunch stop on the ride because of the after ride party at Jim and Lyn's house. After the party there's always ice cream at Great Brook Farm. As on all CRW rides, we strongly request you wear a helmet. Start: Hart Barn, Ski Touring Center at Great Brook Farm State Park in Carlisle. Directions: Take 128 to exit 31B to Rts 4/225 West (Bedford). Stay on 225 for 7.1 miles to the traffic circle in Carlisle center. Turn right onto Lowell Rd (follow sign marked Chelmsford 5) for 1.8 miles. Stay straight at the sign for the park, continue about 100 yards to Hart Barn (Ski Touring Center) parking lot on the right. PLEASE NOTE: The ride will begin from the Hart Barn, not the pond at the farm. Also, this is a gravel parking lot, so if mud season is particularly bad or if it's a rainy week, parking may be limited or difficult.

A Hill or Two in Ashlandia

Sunday May 9 9:30 & 10:00 AM

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

North Shore Coast to Coast

Saturday May 15 10:00 AM

Time and Route: 10:00 for 50 miles Ride Type: cue sheet and map. Possibly arrowed as well. Leaders: Arnold Nadler (978-745-9591), Steve Kolek (781-674-1090) Highlights: We'll cycle from the Atlantic coast in Beverly back to the ocean/lower Merrimack River in Newburyport. Lots of natural scenery plus historic, architectural charm. Includes 8 miles on Rt. 1 (2 lanes with cross street access, good shoulder, generally light to moderate traffic, but fast moving). Lunch in Newburyport in waterfront park. You can buy food or bring your own. Start: Montserrat Commuter RR station. On Rt. 22/Essex St. 1 mile Northeast of downtown Beverly. Directions: Rt. 128, Exit 19, Brimbal Ave. (in Beverly East of where I-95 and Rt. 128 separate). After exiting, immediate left, then right onto Brimbal. Ave. for about 1 mile. Right on Rt. 22 South 0.1 mile to Montserrat RR station. Check new schedule to Montserrat, or to Beverly and bike 1 mile to the Montserrat station.

CRW Spring Century

Sunday May 16

Mean Streets - East Cambridge

Thursday May 20 6:30 PM

Time and Route: 6:30 PM for about 10 diverse miles Ride Type: Urban evening ATB; mountain or hybrid bikes de rigueur. Leader: Charles Hansen, H:(617- 734-0720), W:(617-572-0277) Lowlights: Explore retro-grunge industrial sub-culture, including North Point, the Lechmere area, Kendall + Tech Squares, and the MIT campus. Lots of dirt, gravel, glass, steps, ramps and other choice terrain. Start: Boston - Copley Square Park, Boylston Street between Clarendon and Dartmouth. Directions: Mass Pike or Storrow Drive to Copley Square exits. Parking is difficult if not impossible. Call for details if needed.

Cape Ann Coaster

Saturday May 22 9:00 & 10:30 AM

Times and Routes: 9:00 for 60 miles (Beverly start) or 10:30 for 30 miles (Gloucester start). Ride Type: Map & Cue Sheet. Leaders: Steve Kolek (781-674-1090) & Sheldon Cooperman (781-647-4597). Highlights: Come join us for a tour of Cape Ann. Both rides cover a magnificent 30 mile coastal stretch that includes Gloucester, Rockport, and Annisquam. The long ride passes through Manchester and Magnolia on the way to joining the short ride start at Stage Fort Park, and on return passes through Essex, Hamilton, and Wenham. Both rides share a common lunch stop at a park in the center of Rockport. Start locations: The Centerville School (Beverly) and Stage Fort Park (Gloucester). Directions to Beverly start: Route 128 N Exit 18. Turn left onto Route 22 N. At 0.9 miles bear right onto Hull St. Centerville School is about 200 yards on the right. Directions to Gloucester start: Route 128 N Exit 14. Turn right onto Route 133 towards Gloucester. Go 2.5 miles to the end of Route 133. Turn right (West) onto Route 127, then immediately left into Stage Fort Park. Parking is 0.2 mile up the hill on the right, opposite the Gloucester Visitors Welcoming Center.

Lakeville Lark

May 23 8:00, 9:00 & 9:30 AM

Times and Routes: 8:00 SHARP for 100 miles. 9:00 for 55, and 9:30 for about 27. Ride Type: arrowed Leader: Pete Knox (617-731-5944) co-leader: Barry Nelson (617-964-5727) [BarryNelson@alum.MIT.edu] Highlights: Scenic, flat, fast, quiet (mostly) back roads through Canton, Easton, Lakeville, Middleborough, Bridgewater, Walpole, Dover, et. al. If you missed the CRW Spring Century last weekend, here's your chance to ride a century. Start: Nahanton Park, Newton Directions: Take the Highland St. exit off Rt.128 toward Needham, take a left at the light onto Hunting Rd. at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot.

The Bolton Orchards

Sunday May 30 10:00 AM

Routes and Time: 10:00 for 35 and 51 miles. Ride Type: Arrowed (Orange Arrow) Leader: Jim Sullivan (781-245-1772) Terrain: Rolling Hills 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. Start: XRE Parking Lot, Littleton 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.

Boston Sculpture Bike Tour

Saturday June 5 10:00 AM

Time and Route: 10:00 Ride Type: Map/group urban exploration and interpretation Leaders: Charles Hansen H:(617-734-0720) W:(617- 572-0277) [chansEn@jhancock.com]; Bonnie Friedman (617-253-2685 Work) [bonnie@math.mit.edu] Highlights: More of an urban exploration than an aerobic ride, as we visit a wide range of outdoor sculpture - from classical statues of the (once) famous to the whimsical Arthur Fiedler bust on the esplanade. Bring lunch or purchase at P.O. Square Park. Slow pace and frequent stops for viewing/interpretation. Start: Magazine Beach, Cambridge - off Memorial Drive (river side) immediately west of the B.U. Bridge at the soccer field.

The Berlin-Bolton Country Tour

Sunday June 6 9:30 & 10:00 AM

Times and Routes: Long (approximately 56 miles) & Medium (40 miles) 9:30 in South Acton - Short (25 miles) 10:00 in Bolton Ride Type: Arrowed Leaders: Ken Hablow, (781-647-0233) and Jim Cavanaugh (508-667-7006) Terrain: Moderately hilly Highlights: This exquisite tour of Bolton, Berlin and Northboro winds and roams on mostly back roads past Spooky World in Berlin, then through Northboro and back into Bolton. The long and medium routes continue to the Fruitlands in Harvard before returning to South Acton. The medium route by-passes Northboro. The common lunch stop for the long and short is at BagelMakers in Northboro. The medium splits off in Berlin. There are several food stops along each route. Lunch for the medium route is in Berlin. You will experience some beautiful vistas and magnificent downhills. Long & Medium start: South Acton "T" station, Central Street @ Route 27 - The parking meters are not active on weekends. Directions: Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner. Short start: Bolton Corners Professional Building, Route 117, 1/4 mile west of Route 495 on the right.

Tandem Bicyclists of New England (TBONE) rides

This is a series of rides for tandemists. Unless otherwise indicated as CRW rides, these are rides hosted by other clubs or individuals. Helmets are mandatory, and are recommended for all riders (and passengers in trailers). Riders will be required to sign disclaimer forms when participating on club sponsored rides.

We suggest calling the ride sponsors to confirm a ride, especially if weather is doubtful. Rides may or may not include lunch stops; we suggest that you carry food. One-day riders are welcome on any weekend trips.

Further details on the rides can be obtained from the T-BONE web site: <http://members.home.net/wwwtbone>

A mailing list for impromptu rides, and discussion can be joined from this web site.

For information on how to obtain a printed copy of the season's rides, call Linda or Bob Harvey, 603-898-5285.

May 2, Sunday, 9:30 AM

Amesbury, Massachusetts 28 and 48 mostly flat miles, also 57 moderately hilly miles. Cue sheets & Xerox maps provided Sponsors: Ted & Terry Bailey 978-388-9255, tedbaile@seacoast.com

May 7-9

Cape Cod Mother's Day Weekend Harwichport, Massachusetts Sponsors: Jean-Marie & George Lambert, PO Box 81, Milford, NH 03055. 603-673-5975 (7-9 PM), GBLKlein98@aol.com

May 14-19

Mt. Washington Valley Weekend Conway, New Hampshire Sponsors: Nate & Mary Ellen Carmen. 603-444-6887 or teamcarmen@anotchabove.com.

May 28-31

Southern VT Memorial Day Weekend Londonderry, VT Sponsors: Bob & Carol Anderson. Telephone (before 9:00 p.m.): 401-846-6344. andersonrr@npt.nuwc.navy.mil

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

CRW Bike Hotline

(617) 325-BIKE

Tour of New England

May 29-31, 1999

Every year on Memorial Day weekend the CRW runs a three day bike ride through the six New England states. The first day the ride will start in MA and then it goes through RI and CT, back through MA and the ride will end in Brattleboro VT. The second day we ride from Brattleboro to Dover NH. On the third day we return to Braintree MA via ME.

On the first day most of those riding stop for breaks in Uxbridge, Oxford, and we stop for lunch at the country store in Petersham. After cleaning up at the motel in Brattleboro many of the riders walk to the Steak Out restaurant for the all you can eat buffet. On the second day the Stoddard NH fire department runs an all you can eat breakfast that cost \$5. Stoddard is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. On the third day we go from Dover into ME and then down the coast of NH and MA. Upon finishing there is a pizza party in Braintree.

There are two starting points for the ride they are Uxbridge MA (314 miles) and Braintree MA (356 miles).

The cost of the ride will be \$85. The cost includes two nights in a motel (double occupancy), baggage transportation, detailed queue sheets and a party at the end of the ride.

Anyone interested please call Gerry Goode at (781) 843-6283 or e-mail at Wsworked@aol.com.

Bicyclists Over Vermont in Near Ecstasy (BOVINE)

July 1 - 5, 1999

Fourth annual edition of this popular tour. We'll take the AMTRAK train north from White River Junction to St. Albans, VT. Train carries bike rack (no bike boxes needed). Then we'll have four days of beautiful, mostly quiet cycling in northern Vermont, with optional excursions into the foothills of New York's Adirondacks, into Quebec, and over the mega-challenging Appalachian Gap. Average about 60 miles/day with hills. Shorter and longer options available. \$375 includes four nights lodging with 2 persons/room (including two nights in the Radisson Burlington overlooking Lake Champlain), trail lunch food each day, some breakfasts, sag van support, train fare, trip T-shirt, and maps and cue sheets. Leader: Arnold Nadler, 978-745-9591. Coleader: Charles Hansen, 617-734-0720.

Velo New Hampshire

July 2-5, 1999

Come join us for the 7th annual VeloNH held over the July 4th holiday weekend. The event is based in Jefferson, NH, USA. We book both B&B's in town for a total capacity of about 50-60 riders. The official rides are about 200 kilometers long, with between 4,000 and 9,000 feet of climbing. The rides start and finish in Jefferson, allowing for great flexibility. There are longer and shorter options (as well as different climbing options). You can ride all three days or take a day off. We have 8 different long routes to choose from. We try to come up with a new route every other year or so, while also keeping popular favorites from the past! We select three

official rides for the event, but provide maps and cue sheets for all variations (so you may extend your stay, or ride different routes).

The cost is \$250 per person, based on double occupancy.

The dates are July 2-5 (lodging is Friday, Saturday and Sunday nights - riding days are Saturday, Sunday and Monday). The fee includes 2 fabulous dinners (a traditional New England Clambake and a gourmet barbecue, along with an ice cream sundae bar), 3 breakfasts, and 3 nights lodging (B&B style), plus cue sheets and maps and a commemorative surprise.

To allow for ultimate flexibility, riders are expected to be self-supported, and able to complete any ride they start, or take care of themselves, but we do tell you where to find the ice cream shops (and other food dispensing facilities as well.)

The weather can vary quite a bit. Riders should bring clothes for a variety of conditions. The routes cover a large part of the White Mountains, so come prepared to climb. And carry what you need to repair your bike (including the knowledge to do it.) There are a few bike shops in the area, but again, there is no sag.

It is a truly fun weekend, with lots of riding, lots of scenery and NO complaining (well, you can complain, but then we won't invite you back!) Many riders have come and truly surprised themselves with the distances they can ride three days in a row. There have been many who have done their first century and/or longest ever ride on this trip. A lot of randonneurs and ultra folks use this as a low-key training ride for other events (like BMB or PBP). Unlike these other events, the only time constraint is getting back in time for dinner, so if the brevet time constraints have burned you out or you just need a break, this is a great way to "relax." Of course, you are also welcome to hammer and finish early in the day, or even do extra miles. (John Ashby can offer advice for doing double centuries on the trip.)

There's also hiking, shopping and sitting around in the wood fired hot tub for diversions or for non-cyclists partners. The trip is already filling (veterans get first shot, of course), so if you want to come, phone (978.256.1169) or e-mail (pamelab@mediaone.net) to confirm space (and determine type of room/roommate.)

Then make the check (\$250 per person) payable to Charles River Wheelmen and mail it to:

VeloNH c/o Pamela Blalock and John Bayley 114 Robin Hill Rd Chelmsford, MA 01824

VELO Vermont '99

July 23-25, 1999

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont. We'll be staying at an inn in Warren, Vermont with swimming pool and hot tub. Accommodations are two and four person units, with kitchenette and balcony.

Saturday and Sunday riders will choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben & Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of

scenic central Vermont. Total cost of trip is \$100 per person quad occupancy, \$115 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone, any dietary restrictions. Call after that for last minute availability. Make checks out to CHARLES RIVER WHEELMEN, and send a SASE. We will send out a poop sheet with trip information a week before the trip.

Leaders: Jack Donohue & Susan Grieb 26 Fox Run Road Bedford, MA 01730-1104 617-275-3991 E-mail: jdonohue@world.std.com

TALCAM

Tour Around Lake Champlain, Adirondacks & Montreal

August 14-22, 1999

Join us for a midsummer tour circumnavigating beautiful Lake Champlain, with two nights in downtown Montreal. Starting from Whitehall, NY (the southern tip of Lake Champlain, between Albany and Rutland) we cycle north on the Vermont side of Lake Champlain, staying close to the shore and generally following the Lake Champlain Bikeways route. After a free day in cosmopolitan Montreal, we return south along the New York shore, with two days of riding in the Adirondacks and a night in Lake Placid.

Daily mileage is usually 60-70 miles; longer options always available. Lodging will be in hotels, motels and inns. Cost of \$775 includes lodging, sag van, road lunches, five breakfasts, one dinner, T-shirt, and extensive tour literature. E-mail or call for info or to register. Please make check payable to the Charles River Wheelmen.

Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277

Other Trips

The 1999 Boston Brevet Series

The Boston Brevet Series is a set of four long distance randonneuring rides which are also qualifiers for Paris-Brest-Paris. This year's schedule is as follows:

Event	Distance	Date	Time	Time Limit	Fee
200k	125 Mi.	05/08	7:00 am	14 hours	\$ 15
300k	190 Mi.	05/22	4:00 am	20 hours	\$ 20
400k	250 Mi.	06/12	1:00 am	27 hours	\$ 25
600k	375 Mi.	07/10	3:00 am	40 hours	\$ 45

All rides start at the Civil Air Terminal at Hanscom Field in Bedford, MA (plenty of free parking!) All rides except the 200k require sufficient lighting.

Though the rides vary in difficulty, none are easy. Expect about 3000 feet of climbing for each 100k ridden. The 200k goes into southern New Hampshire; the 300k goes into Rhode Island and eastern Connecticut; the 400k goes out to the Connecticut River Valley; and the 600k goes through the Berkshires to New York and back. This years schedule is designed to help riders peak for Paris-Brest-Paris (1200k, 750 Mi., 90 hour limit), August 23-27.

All rides are supported with checkpoints every 40 to 60 miles. Checkpoints are stocked with water and a variety of food (fruit, sandwich makings, cookies, etc.). Bags will be transported to and from some checkpoints on the longer rides. A "real" meal is provided late on the first day of the 600k and spartan sleeping accommodations will also be available.

For more information, contact: Dave Jordan Boston Brevet Series 19 Rockmont Rd. Arlington, MA 02474 (781) 641-2484 or see our web page: <http://www.gis.net/~bbs/> or send e-mail: dmj@odi.com

The Charles River Wheelmen invites members of local cycling clubs to join us for a day of riding in the beautiful country northwest of Boston, on Saturday, August 21, 1999, starting at 9 a.m. at the Littleton Youth Hostel (Friendly Crossways Hostel and Conference Center), in Harvard, MA. Three arrowed rides of approximately 20, 40 and 60 miles will be offered, with cue sheets and maps. A freshly-prepared sumptuous luncheon will be available for \$11 per person at the hostel, starting at 1:30 p.m. Showers will also be available at \$2/each (bring your own soap and towel). Those wishing to stay at the hostel the night before (and/or after) should contact

the hostel directly to make arrangements in advance (978-456-9386).

Pre-registration and payment is required for lunch. Please use the form below and send it with a check made out to Charles River Wheelmen for \$11 per person by July 15. (Form may be duplicated.) Please note that the luncheon is limited to 60.

Come join us on August 21 to ride, socialize, eat, trade ideas for new rides, and relate experiences!

Name	_____		
Address	_____		
City	State	Other	Zip Code
Phone Number	_____		
Club Affiliation	Vegetarian Meal _____		

Print and mail completed form with a check for \$11 made out to Charles River Wheelmen to:

Rosalie Blum
11 Humboldt Ave.
Burlington, MA 01803

For more info, or to check on last minute availability, call or email Rosalie at 781-272-7785

Double Century Cape Cod & Woods Hole

Saturday, June 26, 1999

The Cape Cod Double Century is back with a new and improved route (those long stretches down Route 6 are history). 200 miles, with bailouts at 55, 100, & 162 miles. The new route is on scenic, flat, fast, and quiet (mostly) back roads passing through Canton, Easton, Lakeville, Wareham, Woods Hole, Falmouth, Plymouth, Carver, Walpole, Dover, et. al. Perfect for tandems and fixed gears. Registration in the Putterham Circle Golf Course parking lot, Brookline, MA at 4:15 am, and departure at 4:40 am SHARP. Flashers suggested, lights not required, sunrise is at 5:09 am, civil twilight ends at 9:00 PM. Leader: Pete Knox, (617) 731-5944.

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.

New England Blind Stokers Tandem Ride

June 12, 1999

Calling all captains - we need you and your tandem(s) for this 15/30 mi. ride from Lincoln Guide Service, Lincoln, MA. Sponsored by New England Region Ski for Light, a group that introduces blind people to vigorous outdoor activities by pairing with sighted enthusiasts. Contact: Mark Remaly at (781) 646-5861 or e-mail: mkremaly@tiac.net

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.

28th Annual Tour of Scenic Rural Vermont

TOSRV-East 9th Annual Mini TOSRV-East

Friday-Sunday, June 25-27, 1999

This classic Vermont tour, sponsored by Hostelling International/Eastern N.E. Council of American Youth Hostels, returns with a unique mix of new and familiar cycling routes for 1999. Starting from the HI-AYH hostel in White River Junction, VT, the Full tour travels 100 miles to a B&B in Waitsfield, VT, returning via an all new Century route the next day. The Mini tour offers an all new 50 mile tour to a B&B in Rochester, VT, and then rejoins the Full tour for another half-Century back to White River Junction on Sunday.

TOSRV-East traverses many of the hills and river valleys of Central Vermont, featuring classic small towns and farms, quiet roads, and popular eateries. Optional attractions en route range from the Billings Farm & Museum in Woodstock to the Ben & Jerry's Festival in Warren. Bikes with low gears are recommended, and signed release forms and helmets are required for all participants.

The trip fee of \$80 includes Friday night accommodations at the hostel (as space permits), Saturday B&B, Saturday dinner & Sunday breakfast, sag van, cue sheets, and patch. NOTE: the hostel rooms are reserved for the first 35 registrants; other rooms are available at additional cost (contact the ride leader for details).

For registration materials and release forms send a SASE to: James Merrick, 200 Clare Avenue, Hyde Park, MA 02136. Additional questions may be directed to the leader at 617-361-2051 or jmerrick@bpl.org.



A Glimpse at the LAB Rallies

“Bourbon, Barns & Bluegrass” Louisville, Kentucky

June 4-7, 1999

What do Muhammad Ali, Tom Cruise and Thomas Edison have in common? All three are from Louisville, which is also home to more parklands per capita than any other US city. Located on the banks of the Ohio River, Louisville offers a wealth of fabulous biking terrain to suit all cycling tastes. But don't take our word for it - come find out for yourself, at the League's "Bourbon, Barns, and Bluegrass" rally on June 4-7.

The planned rides for this rally are as diverse as the city's landscape. One such ride is the Lockport Century, which will pass through the hamlets of local farm country before sloping down into the Kentucky River Valley, only to sweep back up again. If all the riding leaves you with a hankering for some down-home grub, be sure to check out the 60-mile Ride to Eminence. A favorite of the Louisville Bicycle Club, this ride will lead you to the charming town of Eminence and will include a stop at the Chat n' Nibble Cafe, where you should make sure to stock up on the famously delicious home fries.

There are a ton of other rides, too, each offering at least a glimpse at Louisville's proud history, from the Falls of the Ohio fossil beds to the legendary Churchill Downs (home of the Kentucky Derby). And don't miss the myriad of workshops, which will include such intriguing presentations as The Nuts & Bolts of Club Management, Cycling for Women and a special look back at the League of American Wheelmen's 1897 Rally in Louisville.

“Springs, Spokes, & Saddles” Saratoga Springs, New York June 18-21, 1999

Though it is perhaps best known for thoroughbred racing, Revolutionary War battle sites and restorative mineral baths, Saratoga Springs will no doubt soon add “flawless cycling conditions” to its list of tourist attractions. Whether you dream of gliding along the Hudson River Valley at a horse's trot, battling the steep foothills of the Adirondacks or simply basking in the serenity of the idyllic environs, Saratoga Springs is an ideal place for pedaling.

Highlights of the rally include a 46-mile flat ride to the world-renowned Serotta bicycle factory for an open house and a unique opportunity to meet the minds behind bicycle fit. Equally exciting for history buffs are the three rides through the battlefields of Saratoga National Historical Park, complete with Revolutionary War-era military reenactments.

Other rides include a 52-mile trip to the Sacandaga River for whitewater rafting and a fascinating “Petrified Sea Gardens” ride, which will bring you face to face with an ancient sea floor. Riders on the Tomhannock Reservoir and Mighty Mohawk Meander rides, meanwhile, may witness the dedication of a trail under the Route 9 Crescent Bridge that will enable bicyclists to safely cross this four-lane highway.

Among the many workshops at the rally will be a presentation by Saratoga Springs native Jeff Olson, program director for the national Millennium Trails Project, which hopes to develop 2,000 trails throughout the country in the next few years.

“Wines, Vines & Valleys” Sonoma County, California July 23-26, 1999

Upon visiting Sonoma County in 1833, General M. G. Vallejo pronounced that he'd “made a visit to paradise . . . the fairest land in all the world.” While other communities may quibble with the General's assertion, you'd be hard-pressed to find a place with more bike-friendly natural splendor, from the redwood forests to world-famous vineyards to stunning views of the coast. No wonder this is one of the top cycling destinations in the world, with more pay-to-ride events per year than any other region in the country.

You'll certainly have a lot of scenic rides to choose from at the League's July 23-26 rally, including a winding 81-mile trip through California's most prestigious and beautiful vineyards. Serious cyclists will get a thrill out of the 46-mile trek to the factories of three of Sonoma County's own bicycle manufacturers: Ibis, Salsa and Bruce Gordon. If challenging climbs and rushing descents are your cup of tea, you'll love the steep wooded flanks of the 16-mile Sonoma Mountain Loop. Yet another ride will lead you to the home of a fellow adventurer - Jack London - in the quaint little town of Glen Ellen.

In addition to the rides, there will be a number of captivating workshops at the rally, on topics ranging from proper bike fit techniques to the ins and outs of cooperative touring. And don't miss biking bard Willie Weir's presentation, where he will entrance you with tales of his cycling adventures through Cuba.

So what are you waiting for? Whether you want to race through 1776 in Saratoga, float like a butterfly in Louisville, or sweep through the vineyards of Sonoma County, our rallies can make it happen. For more information, be sure to call 202-822-1333, e-mail bikeleague@bikeleague.org or write 1612 K St., Suite 401, Washington, DC 20006. You can also check out our web page at www.bikeleague.org.



Bicycle Action Plan continued from page 3

of the House Transportation Committee and a leading advocate for cycling on Capitol Hill, has committed to holding follow-up meetings for the League in his office with the Department of Transportation and the FHWA to check on the progress that is being made. Under the plan, all steps are to be completed by December 15, 1999.

“Our goal is to make America more bicycle-friendly,” said Earl Jones, President of the League of American Bicyclists, “and we will continue to work on the federal and local levels to increase the use and safety of bicycling for both recreation and transportation.”

Yucatan Tour Report February 13-22, 1999 - Part 2

by Charles Hansen

I had a tailwind riding west and it continued as I turned north for the coast. However, I could tell when I was approaching the Gulf because it suddenly turned into a headwind with a scent of the sea. Just before I arrived in the small town of Telchac Puerto (the port as opposed to Telchac Pueblo) I passed through an area of salt marsh and saw a goodly number of egrets and other shore birds. I rode right up to a small plaza next to the beach and just sat there for perhaps a half-hour taking it in. In general I'm much more of a mountain/woods person than a beach person, but I truly enjoyed sitting there looking at the bright blue water and watching pelicans dive for their lunch. One of the pelicans had a smaller scavenger bird following every move for leavings, and sometimes it looked like this other bird would actually sit on the pelican's back while it rested in the water. I've since gotten this description of these birds: "The locals call them El Pelequeno Pajaro Diablo (The Pelican Devil Bird). If you ask about them, they will just shrug their shoulders, point to their eye and say, "Muy Malo." That means they are so evil you don't even want to look at them."

I had read that the coastal road was nice, with the ocean on one side and the salt marshes on the other, but in practice neither was often in sight. There were many beach houses, most of them seasonal - I'm told the area is packed in July and August when hordes of folks from Mexico City arrive here to escape the midsummer heat. The headwind I had approaching the coast became a quartering tail wind, so I was making excellent time along this stretch. Getting closer to Progreso I saw a gathering of several hundred flamingos in a lake on the inland side of the road. There was a dirt/sand drive leading down to it so I cycled over. As I got close some smaller birds started making noise and taking off, and the flamingos were soon to follow, but I already had my camera out and think I got several good shots of the sky filled with pink wings. I then noticed narrow pink bands along the shore some two miles across the lake and realized that there were thousands of flamingos in the area in several huge flocks.

There were a lot more visitors in Progreso than I expected, and the first hotel I checked was already full for the night. I got a room overlooking the Gulf, but the downside was the jukebox in the cafe below me, and they said they didn't have any other rooms. Little did I know that the jukebox was to be a minor irritation compared to the disco next door that was still going strong at 3 AM. Fortunately my left ear is deaf so I can frequently just dig my right ear into the pillow, but this doesn't do anything for vibrations coming in through the

building structure. I went to a beach-front restaurant and had a huge platter of Ceviche Mixte with shrimp, octopus and conch. If I had known how large the serving would be I wouldn't have bothered ordering a main course of fish. I toyed briefly with asking them to package up half of the ceviche for me, but wasn't at all sure how well it would survive for breakfast. I went back to my room and finally wrote a large batch of postcards that I had been carrying around with me for days.

There is a direct road from Progreso to Merida, but my senses told me to avoid it. Instead, I backtracked east about five miles to Chicxulub Puerto before turning south to Merida. This turned out to be a very small road with almost nonexistent traffic and was clearly better than a dead-straight four-lane highway. I hadn't fully realized how far-flung Merida was previously and was amazed by how long I had to ride through industrial and residential suburbs before arriving back in the Centro. I had hoped to visit all the museums that had been closed the previous Sunday, but found the archeology and folk-craft museums closed again although they were scheduled to be open. The museum of contemporary art located on the main plaza was open, and I spent a good amount of time wandering through their extensive galleries. There was also a beautiful perspective of the towers of the next-door cathedral through trees in the museum's courtyard. I spent the remaining hours of daylight riding around the city Mean Street style, enjoying my last cycling in Mexico - at least for this trip.

I had dinner in a restaurant that I had enjoyed the previous week, then walked back to the hotel. I retrieved my battered bike box from the luggage room and patched it as best I could with the packing tape I brought with me, but wondered how it would ever survive three more flights the following day. I asked the desk clerk to confirm my morning pickup with Alejandro, my taxi driver, and everything seemed set. I went to bed somewhat restless and not looking forward to the 16-hour travel day I faced in the morning. The way the flight schedules worked out I was leaving Merida at 9:45 AM and not getting back to Boston until 10:45, but it ended up being almost midnight when we landed. It was a good tour and I'm not as set against going back as I indicated earlier, but there are so many other places to go and so little time! If anyone is interested in going to the Yucatan I'd be happy to share information with them, and if someone with space would like to host a CRW slide show please let me know.

WheelPeople History

Five years Ago

Doug Jensen and Paul Cronk start the CRW Effective Cycling clinics.

The Outreach Committee is formed under Sue Genser to help improve CRW's image with the world at large.

Tip of the Month

Oncoming truck traffic can kick up a lot of dust, which has a way of getting in your eyes. I wear glasses and still manage to get stuff in my eyes. Nothing more annoying than riding for miles with a bit of grit stuck in your eye. When I see one of the big rigs passing, I will shut my eyes momentarily. Don't do this in traffic of course. Also, when riding into one of the monsoon headwinds we've been experiencing lately, squinting is helpful when a big gust comes along.

Spring Century Flier

Little Jack's Corner - by Jack Donohue



The other day I had the opportunity to visit a cycling sanctum sanctorum, the two wheeled equivalent of Mecca. That is, Pamela and John's

basement. They opened the door, and there as far as the eye could see were bicycles and bicycle parts in various states of repair.

They have more inventory than many bike shops. Take shoes for instance, Pamela could give Emelda Marcos serious competition. There was a whole wall of shoes, each neatly placed in its cubbyhole. Susan remarked it looked a lot like a bowling alley, except they didn't

have the size painted on the back in magic marker.

Susan had wanted to get a clipless pedal system, but was uncertain about which one. No problem, Pamela and John had them ALL. We were outfitted with several varieties for a free home trial. But it looked like all this loot would exceed the capacity of our rack pack. No problem, we just headed over to the Pannier Department, and finally chose one from the bewildering collection of sizes, models, and designer colors. John fitted us out with a set of Speedplay pedals for the ride home, and two other kinds to try out later. We then started discussing my shoe needs, but decided we'd better stop there, or we'd have to hit the Bike Trailer Department.

The equipment that Pamela casts off could outfit a small Latin American country. John is no slouch either, as I viewed the remains of a fine Cilo racing bike he'd bought "for parts."

They do make an honest effort to reduce inventory periodically. I had the pleasure of overseeing their sale items at the Big Event last year, since they were off riding somewhere. Since they had lots of "Good Stuff Cheap" it almost all sold, unlike my collection most of which ended up in the dumpster at the end of the day. So it looked like they were going to have a positive balance of trade, until they showed up at the 11th hour, and purchased a few tidbits, like the aforementioned Cilo.

Flea Market, Tag Sale, Get Rid of Your Old Stuff, Event

by Eric Ferioli

The Spring Century is coming and this year it will have the added attraction of a tag sale. So tag up your stuff and come to the Spring Century in Wakefield May 16.

What can you sell there? Anything (so long as it's legal, we don't want the polizia of Wakefield paying us a visit). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, computer hardware and a stereo receiver. Just remember, it is the responsibility of the owner to pick up any unsold merchandise at the end of the sale (4 PM). Any items left will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same side of the tag as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on a hanger. There will be a rack. There will be a roped off area for bicycles.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for

damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

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John & Jesa Damora Bailes	Somerville
Mike & Jackie Benson	Hingham
Toby Bernstein Gerald Cohen	Boston
Mike Blackwell	Milton
Tracy Boulter	Brookline
Robert Bower	Wellesley
John Cloninger	Dover
Deb Corti	Dorchester
John Crisley	Melrose
Richard Cryan	Needham
Martha Dassarma	Cambridge
Arthur De Beun	Norwood
John Droege	North Plymouth
Greg Fallon	Ashland
Jack Fallon	Quincy
Troy Fulton	West Newton
Mary Lee Gupta	Belmont
Rini Kester	Stow
Helen Long	North Quincy
Elizabeth McLaughlin	Boston
Brad Neiman	Somerville
Mia Alice Pacik	Goffstown
Leonard Palmer	Acton
Stanley Powers	Chelmsford
Marc Seigle	West Roxbury
Elaine Stansfield	Tewksbury
Sharon Streif	Chestnut Hill
Richard Taylor	Concord
Charlie Theriault	Millis
Steven Thomas	Stow
Vito Visconte, Jr.	South Weymouth

March Mileage Totals

0	2	9	8	7	2
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	Miles	M	C	K		Miles	M	C	K
Bruce Ingle	2603	2	1	1	Joe Marcal	634	-	-	-
Jack Donohue	2416	-	-	1	Gerald Goode	501	-	-	-
John Bayley	1911	2	1	-	David Wean	501	-	-	-
Martin Estner	1852	3	2	-	Michael Fisher	350	-	-	-
Pamela Blalock	1718	2	1	-	Jim Merrick	271	-	-	-
Ken Hablow	1437	2	1	-	Larry Dolinsky	245	-	-	-
Mel Stoler	1369	3	3	-	John Kane	236	-	-	-
Bob Sawyer	1281	-	-	-	Jeff Luxenberg	232	-	-	-
Peter Brooks	1278	2	-	-	Peter Knox	224	-	-	-
Robin Schulman	1197	1	1	-	Joan Dolinsky	202	-	-	-
Mike Kerrigan	1092	2	-	-	Doug Cohen	179	-	-	-
Joe Repole	1055	3	3	-	Jim Broughton	161	-	-	-
Kitty Farago	1024	1	-	-	Harry Wolf	152	-	-	-
Lee Howard	1004	-	-	-	Susan Grieb	111	-	-	-
Bill Widnall	1001	3	3	-	Phyllis Mays	95	-	-	-
Glenn Ketterle	954	1	-	-	Tracy Ingle	51	-	-	-
Dick Arsenault	905	-	-	-	Jared Luxenberg	12	-	-	-
Ed Hoffer	831	-	-	-	Sara Luxenberg	3	-	-	-
Irving Kurki	784	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 02465 (617) 332-8546.



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- Dedham Cycle and Leather** (781) 326-1531
403 Washington St., Dedham
- Farina Cycle** (617) 926-1717
61 Galen St., Watertown
- Fat Dog Pro Shop** (781) 251-9447
940 High St., Westwood
- Ferris Wheels Bicycle Shop** (617) 522-7082
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- Frank's Spoke 'N Wheel** (978) 443-6696
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Charles River Wheelmen (CRW) dues include membership in the League of American Bicyclists (LAB). Do NOT make payments to LAB directly. In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin: 1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities. I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. 2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities. 3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Signature(s) _____ Date _____ Date of Birth _____

Name(s) _____ Address _____

Phone (eve.) _____ (day) _____

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

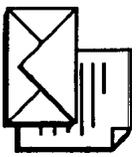
We publish an annual member directory that is available only to club members. Check this box if you don't want your name, address and home phone number on this list.

CRW Membership Fees*	1 year	2 years	3 years
Individual	\$35	\$67	\$99
Household	\$40	\$76	\$112

*Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!

***Contact David Balzotti, 617 576-9878 if you are an LAB life member. Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to David Balzotti, 84 Trowbridge St. 1st Floor, Arlington MA 02474**

- I'd like to help with the activities checked below. Please have someone contact me:
- Ride Leader
 - Safety
 - Host a post-ride party
 - Other _____
 - Publicity
 - Membership
 - Legislative Action
 - Newsletter
 - Special Events



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