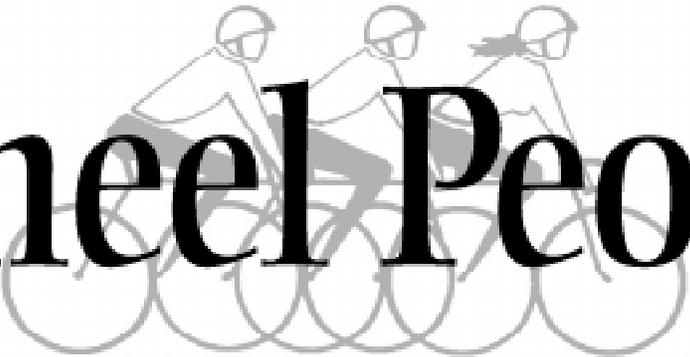


WheelPeople



Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXIII Number 6 June, 1999

Consideration

by Jack Donohue

What's the biggest problem with our rides? I'd say it's riders riding three and four abreast and refusing to pull in for passing cars. This demonstrates a basic lack of consideration for others. There seems to be a mentality that when they're in a group they can do what they want. These same people would probably be extremely annoyed by walkers blocking all the lanes on the bike path, and would probably be on the horn in a nanosecond if they encountered a group of cyclists like this when they were driving.

I suspect that a lot of the offenders are new members or non-club members, though I know a few old time club members who are not as attentive as they should be. CRW rides have always been open to all, and this policy should continue, this is how we attract new members, and improve their riding skills by example.

You don't drive your car in the passing lane, totally oblivious to all around you (well, maybe you do but that's another story). The same rules apply when you're cycling on roads with traffic, and you've got a lot more

continued on page 3

Come and Meet the New Members

Make sure to keep July 10 free, since we're planning an introduction party for all our new members. All the old members are invited to attend and mingle with the new folks. The party will be at Jack & Susan's house in Bedford, details in the July issue of *WheelPeople*.



RAAM Bon Voyage Party Friday, July 9, 7:00 PM

This year's effort is dedicated to the Memory of Ed's brother, Vic Kross.

A Pasta Fest will be held at the First Baptist Church of Lexington, 1580 Mass Ave, Lexington, MA (across from the Police Station). RSVP is highly recommended by Wednesday, July 7. Cost: \$5 per person, \$2 for children 3 to 12, under 3 free!

Make check payable to Ed Kross RAAM '99 and send to 559 Union Ave, Framingham, MA 01702-5820. Call (508) 872-4592 if you have questions.

Vic has generously covered the race expenses for this year. If you would like to offer further support in this effort, please make a tax-deductible contribution in Vic's memory to:

Leukemia Society of America
Massachusetts Chapter
495 Old Connecticut Path - Suite 220
Framingham, MA 01701-4567

Come and talk to Ed and his Crew about this year's route, tactics, logistics and competitors!

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 bail-outs 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.

Ambassadors for CRW

All the ambassadors aren't located at the UN. In fact, you could be one yourself with a little effort. Don't throw out that old issue of *WheelPeople*, bring it to work and put it on the bulletin board. Post it at health clubs you frequent, grocery stores, anywhere. We've got some extra brochures floating around—if you can find a good home for some, give a shout. Club officers should get in the habit of bringing these to rides. When your co-workers are asking what it's like to be a bike fanatic, tell them you belong to this neat club that creates arrowed rides you can ride at your own pace. Give them a brochure. If you don't have one, point them to crw.org. Spread the gospel of CRW whenever you can.

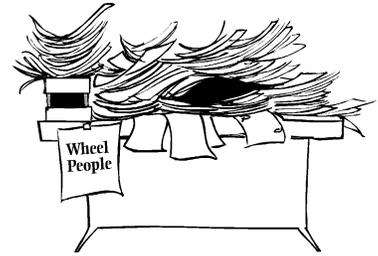
By the same token, next time you feel the need to commit some heinous act, it would be well if you weren't wearing your CRW jersey.

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Editorial Policy



The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The 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
Tuesday Rides	Peter Knox	(617) 731-5944
Wednesday Wheelers	Bill Widnall	(781) 862-2846
Thursday Rides	Peter Mason	(781) 646 5106
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Ride Hosts	Barbara Bix	(617) 964-8193

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Visit our website at <http://www.crw.org/>

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

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

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



How to send us your article

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

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

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

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

Insurance

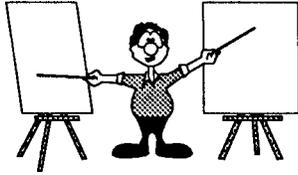
If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do *not* contact the insurance company.

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



May 4, 1999

Membership Report: The current membership total is 941, with 41 new, 79 renewed, and 45 expired members in April.

Treasurer's Report: April income exceeded expenses by \$604.

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

Climb to the Clouds: Ken Hablow still needs a few good volunteers for CTTC on July 18.

Ride Etiquette: There have been complaints that cyclists on CRW rides don't always follow the rules of the road. Riding several abreast is the most common transgression. Jack Donohue will discuss proper etiquette and safety in a *WheelPeople* article. Ride leaders will be reminded and encouraged to talk about safety at the beginning of each ride.

Social Committee: Jack Donohue and Susan Grieb will host a party for new members on July 10.

Newsletter: Barry Nelson changed the ride description format as discussed during April's board meeting.

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.

WheelPeople History

Twenty-five years ago (provided by John Kane)
"INFLATION"—Certain new bikes (not custom-built) equipped with Campagnolo Super Record components are approaching \$800! Remember the days of \$160 Paramounts? There was also a tip about using a 34 tooth cog on a Suntour freewheel.

Five years ago

- The new bicycle bill requiring bicyclists to be licensed is announced. Needless to say, it didn't get very far. - Our foreign correspondent, Ralph Galen, sends us an installment from what will become his book on his travels round the world.

One Down, One to Go

In days of old, CRW had two traditional events, the Invitational and the CRW barbeque. We've successfully revived the Invitational, thanks to Rosalie Blum and the fine folks at the Littleton Youth Hostel, but the barbeque is still missing. This could be an event at someone's house, or if you didn't feel like having the thundering hordes descend on your abode, at a public picnic ground. Anyone with ideas on this, or who'd like to help or volunteer a venue, should contact our Social Committee Chair, Barbara Bix at (617)964-8193, or you can send email to hcmkgplus@world.std.com.

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.

Consideration

continued from page 1

exposure. I personally swear by my helmet mirror, and scan the rear at least once a minute for cars approaching from the rear. Even if you don't have a mirror, you need to be aware of other vehicles, and respect their right to the road.

Aside from being basically inconsiderate, aggravating motorists creates a bad reputation for CRW, and may even cause people to try to curtail our rides. We have the famous lady of Carlisle who regularly goes out and blacks out our arrows. Maybe she had an unpleasant encounter with a CRW group.

So what to do about this. A word to the wise is sufficient, but I suspect these people are neither wise nor too receptive to criticism. Some people like being CRW cop, but they are in the vast minority. One answer is simply not to ride with them. It's hard for them to ride four abreast if they're alone. When you encounter someone like this, either ride ahead or fall back. These people are liable to be rather squirrely as well, so staying clear of them makes sense from a safety standpoint as well. Maybe given this sort of peer pressure, they will take the hint.

Little Jack's Corner

by Jack Donohue

The act of ingesting food for most people is called eating, but for cyclists I think a more apt term is feeding.

You notice this when you sit down to eat with them. Some bicyclists are congenitally cheap (present company excepted). To the waitperson's horror, they've consumed Five loaves of bread and a quart of ketchup before the serious feeding starts. You really notice this in a group.

While most people look at the menu for taste, the cyclist tries to determine how to get the maximum amount of food for the minimum amount of money. You can see them studying the menu as if their life depended on it. And in fact, it does. A wrong choice here may result in an inadequate meal, the dreaded Calorie Deficit. A cyclist does not skip meals. In fact, cyclists have been known to have extra meals. On my last tour, I got into the routine of ride for a while, have breakfast, ride some more, have breakfast #2, etc.

A cyclist at a buffet is not a pretty sight. They will select the largest plate available (maybe two), and proceed to heap mounds of food on it in a bewildering display that seems to defy gravity. In a feat of civil engineering to rival the Aswan Dam, they will shore up the lower levels with saltine crackers, creating a cantilever effect that increases the effective plate diameter by 20%. There is a splinter group that uses many small plates. These are usually neophytes, since they spend a lot of time shuttling back and forth to the trough that could otherwise be spent eating. Bicyclists are one of the few people who have ever asked for a doggy bag at a buffet.

Cyclists, like dogs, have a keen sense of smell. I personally claim to be able to smell a french fried onion ring at 500 yards.

As trip leaders we are keenly aware of cyclist's nutritional requirements. The first year we led the Velo Vermont trip, the innkeepers didn't have a good grasp of the nutritional requirements of cyclists, which could be summed up as massive quantities of pasta, and prepared a rather elegant if somewhat insubstantial meal. We were getting angry stares, and I thought it was going to be the Donner party all over again. Fortunately, we had anticipated a possible underrun in the food department and had bought a bunch of bread and cheese which served to keep the natives moderately restful, and bloodshed was avoided.



The Rides Calendar

June, 1999



On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring a pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map. during the "arrowed" ride season, CRW recommends Saturday at 10 a.m. as an opportunity to follow the arrows of the previous Sunday ride. You should also call the leader to determine the correct arrow shape and color to follow, and other pertinent details. Call (617) 325-BIKE to find out about last minute changes or special announcements.

RECURRING RIDES

Sundays

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 paceline experience or desire to learn. If you're interested in riding to the ride from the Boston area, call Mel. Leaders: Mel Stoler (h) 617-277-5180 (w) 617-727-4923 x360 Mel.Stoler@state.ma.us and Ted Lewis (h) 781-279-4909 (w) 978-777-5203 X131 TedL@microscript.com. Start: 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.

Tuesdays

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) 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. 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.

Tuesdays

SoBroNew Unfit Ride

Start Time: 6:30 PM SHARP! (June & July)

First ride is June 8

Ride: Arrowed routes of 14 and 20 miles Description: Moderately paced social ride on pleasant suburban streets and roads with generally light traffic. We explore a lot of scenic South Brookline before crossing into Newton. Optional loops through two scenic cemeteries. Both loops return to the start on Beacon Street from Newton Center. Aggressive riders should do the Nahanton Park ride the same evening instead. Leader: Charles Hansen (617-734-0720), chansEn@jhancock.com (Please NOTE spelling) Start: Cleveland Circle, Boston Directions: Cleveland Circle is the intersection of Beacon Street and Chestnut Hill Avenue. Given that riders will probably be coming from all directions, check a map to determine the best route for you. Contact leader if necessary. Parking is somewhat limited so you're encouraged to ride to the ride. Meet near the public parking lot at the SW corner (small -additional parking on Beacon St.).

Wednesdays

Wednesday Wheelers

Start time: 10:00 a.m.

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

Wednesdays

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) Start: 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.

Thursdays

Fitness Ride at Hanscom Field

Start time: 6:00 PM SHARP!

Ride: Arrowed routes of 16, 26 & 36 miles. Leader: Peter Mason (781-646-5106) [pbm@ssae.com] Description: The short ride winds through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. With the help from some other volunteers from CRW, the fitness ride will have people available to lead intro/easy-pace group as well as a paceline group. Start: 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).

Thursdays

French Picnic Rides

Start time: 10:30 a.m.

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.

Fridays

Friday TGIF Unwinder

Start time: 6:30 PM through June; 6:00 PM starting in July.

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," "Bi-

cycle fit", "Roadside repairs," and "Wheels." Dinner afterward if riders are interested -- it's NOT a school night!

Seminars:

June 4th: Peter White, "Bicycle Fit," 5:45PM

July 9th: Cycle Loft, "Fixing your Shifting," 5:30PM

Start: 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.

Saturdays

Morning Fitness Ride at Nahanton Park

Start time: 8:30 a.m. 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@kurzweiledu.com] 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.

Saturdays

Saturday Introductory Rides

June 5 and 19

continuing 1st and 3rd Saturdays through July

Start time: 9:00 a.m. SHARP!

Saturday Introductory Ride, 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) 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.

CRW RIDES

June 5 - Saturday

Boston Sculpture Bike Tour

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. Discover places you never knew about. 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.

June 6 - Sunday

The Berlin-Bolton Country Tour

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.

Thursday - June 10

Mean Streets - Boston Proper

Time and Route: 6:30 PM about 10 diverse miles; mountain or hybrid bikes recommended. Ride Type: Urban evening ATB Leader: Charles Hansen, H: (617-734-0720) Lowlights: Explore Government Center, the Fort Point Channel area, North End, Chinatown, financial district and more. We will attempt to discover alleys and nooks and crannies you never knew about. Cool off by riding under the fountain at Post Office Square park! Start: Boston City Hall

Plaza, at the Government Center T stop. Directions: Intersection of Court, Cambridge, and Tremont streets; call if more info needed. Come early to find parking. Ride to the ride if possible.

Saturday - June 12

Essex County by land and sea

Time and Routes: 10 AM about 53 rolling miles, or 33 mostly flat miles Ride Type: Arrowed Leader: Adele Ferreira (617-628-8757) Highlights: Lovely views of ocean, estuaries, and farm land. The long ride covers Topsfield, Ipswich, Hamilton, Wenham, Manchester-by-the-Sea, and Beverly. Short ride misses Topsfield. Lunch is in Manchester. Cranes Beach nearby for after-ride relaxation. Bring lock and/or car and money). Start: Thorpe School, Danvers Directions: From Rte 128 North, take exit 22 West (Middleton). Take right at lights onto Rte 62. Take next right onto State Street. Follow signs with airplanes, veer left at fork, cross intersection onto Burley Street, turn right onto Avon Street. At next right go into Thorpe School.

Sunday - June 13

Apple Pi Ride

Times and Routes: 9:30 for 50 miles and 10:00 for 35 miles. Ride Type: Arrowed (upside down pi) Leaders: Pamela Blalock and John Bayley (978-256-1169) Jack Donohue & Susan Grieb (781-275-3991 before 9 PM) Highlights: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills. Both rides stop for lunch at Bumblebee Park. (no store) Start: Parking lot across from VA Hospital, Springs Road in Bedford. Directions: From 128 Take Rt. 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital / Middlesex Community College. Meet at first parking lot on right.

June 19 - Saturday

Cape in a Day

Time and Route: 4:30 AM for 120 miles. Ride Type: Cue sheet Leader: Dick Arsenault (781-272-1771). Highlights: Ride Boston to Provincetown and return by boat the same day. The boat leaves Provincetown at 3:30 PM and arrives in Boston at 6:30 PM. Tickets, with bike, are \$23.00. This is a direct point to point ride with lots of good scenery but without scenic detours. Please arrive at 4:15 latest for instructions. We leave at 4:30 sharp. Start: Gillette parking lot. Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is ahead on right.

June 20 - Sunday

Which Way to the Wayside

Times and Routes: 10:00 for 46 miles, 10:30 for 22 miles Ride Type: Arrowed (white arrow with a squiggle through it s->) Leaders: Greg Przybyl & Debbie Hawks (W) 617-886-4943, greganddeb@mediaone.net Highlights: Come and visit the school-house where Mary's little lamb followed her to school. Bring a picnic lunch and enjoy it in the shadow of a working, water powered Grist Mill. Visit the inn made famous in Henry Wadsworth Longfellow's "Tales of a Wayside Inn" in 1863. Relive a bit of Americana while enjoying some beautiful scenery biking through the towns of Framingham, Marlboro and Sudbury on the mostly flat (for New England) Short Ride. If you care to stretch your legs a little more, the long ride includes the fair towns (and some hills) of Hudson, Bolton and Stow. The ride is completely arrowed and a cue sheet and map are available as well. Start: Brophy School in Framingham Directions: Take Rt. 9 West to Rt. 30 West. The School is on the right about 2 miles after Framingham center.

June 26 - Saturday

Cape and Woods Hole Double Century

Time and Routes: Register at 4:15 AM, depart at 4:40 AM SHARP for 55, 108, 162, or 200 miles. Ride Type: cue sheet and arrows (mostly or fully arrowed) white chevron Leader: Pete Knox (617-731-5944) Highlights: Scenic, flat, fast, 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. This is a mostly new route since the last Cape Cod Double Century. Registration: Please register by calling the leader by 9:00 PM, on June 24. Cue sheets only for registered riders. Start: Putterham Circle Golf Course parking lot, Brookline Directions: From Rte. 128, take Rte. 9 East for about 3 miles. Just as the Chestnut Hill Mall passes on your left, exit right onto Hammond Pond Parkway. Go South through the next traffic light and take the third exit from the rotary on to Newton St. Eastbound. Immediately after the rotary turn left into the parking lot at the Putterham Meadows public golf course.

June 27 - Sunday

TOSRV Middlesex

Time and Route: 10:00 31 miles, 10:30 15 miles Ride Type: Arrowed with cue sheet Leader: Don Blake (781-275-7878) coleaders: Jan Blake and Rosalie Blum Highlights: Scenic Views of Minuteman National Historic Park, Hanscom AFB, Edith Norse Rogers VA Hospital and the Shawsheen River. There is no designated lunch stop because of the great after ride party at Don and Jan's home at 1 Gleason Road in Bedford. Start: Bedford High School Directions: From Rt. 128 (I-95), exit 31B (Rt-4/225), 2.6 miles to left on Mudge Way. First right into parking lot. Please park away from buildings. From terminus of Minuteman Bikeway, right on South Road up hill to traffic lights. Left approx. 1/4 mile to Mudge Way.

July 4 - Sunday

Lexington Revolutions

Times and Routes: 9:30 for 50 miles, 10:00 17 or 32 miles Ride Type: Arrowed (Inverted yellow pitchfork) with map and cue sheet Leaders: Jim Sullivan (781-245-1772) and Sharon Gowan. Highlights: Ride beautiful roads of Lexington, Concord, Carlisle, Lincoln, Chelmsford, and Westford. Lunch for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass. There will be no lunch stop for the short ride. Things to see include The Olde North Bridge, Hanscom Field, horse and dairy farms. There is a surprising hill at the end of the ride so save some energy. Start: Dana Clark Middle School in Lexington. Directions: Take Route 2A East from Rte. 128. Take a right at the light at Waltham St. After 0.2 mile take a left on Brookside Ave. and follow the road to the parking lot at the school.

T-BONE RIDES

Tandem Bicyclists of New England (T-BONE) 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.

June 6, Sunday, 10:00 a.m. Little Compton, Rhode Island

25 or 45 Miles Ride in a quiet area of the Sakonnet and Westport Rivers through working farms, tidal marsh and beaches. Mostly back roads with a few rolling hills. There are opportunities for stops at a Vineyard and several open ocean sandy beaches. Also it is not unusual to observe Osprey and other birds along the river bays. Binoculars would enhance viewing lots of interesting sights. Light lunch, fruit etc. is at one stop along both rides; however, it is recommended that you bring some food along. Directions: Both rides start at the Little Compton Commons / Town Hall on Meetinghouse Lane, just off Rt. 77. Take the Tiverton - Little Compton exit off of Route 24 south shortly after crossing into Rhode Island from Massachusetts. Sponsors: Paul Taranto & Karen Bresnahan, Daytime (work) Phone 617-423-9035 ext. 176 ptaranto@PAYTON-CONSTRUCTION.COM (CRW Ride).

June 12, Saturday Annual Blind Stoker Ride

Sponsored by New England Ski for Light - Lincoln Guide Service, Lincoln, MA. For more info, contact Mark Remaly at 781-646-5861, mkremaly@tiac.net.

June 13, Sunday, 10:00 a.m. Bethel, Connecticut

Sponsors: For information and directions call, Lisa and Jerry at 203-790-4256.

June 18-20 Vermont Inn Weekend

Fairlee, Vermont Sponsors: Carolyn and Don Lane, 603-893-4766, Donandcal@aol.com.

June 27, Sunday, 10:00 Framingham, Massachusetts

Approx. 20 and 45 miles. Come and visit the schoolhouse where Mary's little lamb followed her to school. Bring a picnic lunch and enjoy it in the shadow of a working, water powered Grist Mill. Visit the inn made famous in Henry Wadsworth Longfellow's "Tales of a Wayside Inn" in 1863. Relive a bit of Americana while enjoying some beautiful scenery biking through the towns of Framingham, Marlboro and Sudbury on the mostly flat (for New England) Short Ride. If you care to stretch your legs a little more, the long ride includes the fair towns (and some hills) of Hudson, Bolton and Stow. The ride is completely arrowed and a cue sheet and map are available as well. Directions: Meet at the Brophy School in Framingham. From Boston, take Rt. 9 West to Rt. 30 West. The School is on the right about 2 miles after the center. Sponsors: Greg Pryzbyl & Debbie Hawks (W) 617-886-4943, greganddeb@mediaone.net. (CRW Ride)

July 2-5 Northeast Kingdom Weekend—Island Pond, Vermont

Sponsors: Anne and Emery Glass, 781-631-3239.



CRW TRIPS

Velo New Hampshire

July 2-5

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. We don't do no stinkin' sag OK! 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.

Bicyclists Over Vermont In Near Ecstasy (BOVINE)

July 1-5

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. Co-leader: Charles Hansen, 617-734-0720.

Velo Vermont '99

July 23-25

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; email: jdonohue@world.std.com.

TALCAM Tour Around Lake Champlain, Adirondacks & Montreal

August 14-22

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 \$750 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.

Boston To Quebec City

August 21-31

Join us for the 8th almost annual tour to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day for eight consecutive days, then enjoy three days in Quebec City. En route we'll cycle through some of the most attractive country and towns in New Hampshire and southern Quebec, plus northeast MA, southwest Maine and Vermont's Northeast Kingdom. Terrain varies from flat to decidedly hilly. Three of the nights en route are on lakes. \$840 includes 10 nights lodging in inns, motels and hotels, most breakfasts, lunch food on seven riding days, three dinners, sag van sup-

port, return transportation to our start point, cue sheets and maps, and trip T-shirt.

Leader: Arnold Nadler, 978-745-9591. Co-leader: Kim Lennon, 781-275-8640.



Come Join Us for a Super Summer Saturday!

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).

Preregistration 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.

Directions to the hostel will be posted on the CRW web site (www.crw.org) in early August.

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

Name	_____		
Address	_____		
City	_____	State	_____ Zip _____
Club Affiliation	<input type="checkbox"/> CRW	<input type="checkbox"/> NSC	
	<input type="checkbox"/> GSW	<input type="checkbox"/> NVP	
	<input type="checkbox"/> HI-AYH	<input type="checkbox"/> SHW	
	<input type="checkbox"/> NEAC	<input type="checkbox"/> Other	_____
Vegetarian meal?	<input type="checkbox"/>		
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; rblum@cfamisa.harvard.edu .			

OTHER TRIPS

New England Blind Stokers Tandem Ride

June 12

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.

Smug-a-Thon, a Fun-Filled Triathlon

June 18-20

Join us for the weekend and participate in the second Fun-Filled Triathlon: A Fun-Filled Triathlon in Jeffersonville, Vermont. Designed by CRW members Jon Day and Cynthia Barber and sponsored by Smugglers' Notch Inn (www.smugglers-notch-inn.com) and the Smugglers' Notch Area Chamber of Commerce, this is a recreational event for hard-core competitors and slog-along sports folks alike. Two different start times allow for both competitive and noncompetitive athletes to participate. The event consists of a 3-mile walk/jog, a 4-mile downstream paddle (canoe or kayak, no whitewater), and a 9.5 mile bicycle ride (paved but somewhat hilly road with spectacular views of Mt. Mansfield). An updated description of the event can be found on the inn's web page. The triathlon takes place on Saturday. On Sunday, there will be a choice of bike rides, hikes, or lazing about in the hot tub or in-ground swimming pool.

Trip cost is \$115 per person for group occupancy (two or three per room) and \$150 for single occupancy. Cost includes 2 nights' lodging with private bath, 2 breakfasts, after-event BBQ, Saturday evening supper, Vermont tax, gratuities, triathlon registration, T-shirt, water bottle, and a contribution to the Cambridge (VT) Greenway. Canoe rentals extra. Camping option available.

Leaders: Liz Kripke (781-322-9047 - until 9:30 PM) and Ruth Carson (ruthcarson@yahoo.com). To register for the trip, contact Liz or

Ruth. For further information on the triathlon, contact Smugglers' Notch Inn (800) 845-3101 or info@smugglers-notch-inn.com).

28th Annual Tour of Scenic Rural Vermont - TOSRV-East

9th Annual Mini TOSRV-East

Friday-Sunday, June 25-27

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.

Vermont Vistas Weekend

July 2-5

Bike some of the quietest roads in New England and stay at our cozy, friendly country inn. Come see why CRW members Jon Day and Cynthia Barber moved to the tiny, rural village of Jeffersonville, on the quiet side of Mt. Mansfield. Bike through the idyllic landscape of the Lamoille River Valley on roads with few cars, over rolling terrain, where there is only one traffic light in the whole county! More than 21 bike rides right from the door, long and short. For the adventurous, try our Jeff-Jay Challenge, with a vertical elevation gain of more than 4,000 ft in about 90 miles. Or warm up before breakfast with a ride up Smugglers' Notch. Cue sheets will be provided for a wide range of rides. Lots of mountain biking is also available, as are a number of good hikes. A canoeing option will be arranged for one day if there is enough interest.

Trip cost is \$145 per person (two or three people per room) or \$205 for single occupancy; all rooms have private baths. This rate includes three nights' lodging, three full country breakfasts, two four-course dinners, Vermont state tax, and gratuities for our staff. Ca-

noeing option extra. Outdoor hot tub and in-ground pool on the premises. Carpooling information provided on request. Leaders: Jon Day and Cynthia Barber. \$50 deposit by June 19 to reserve a space. Send checks to Smugglers' Notch Inn, PO Box 280, Jeffersonville, VT 05464; (800) 845-3101; e-mail: info@smugglers-notch-inn.com. Web page: <http://www.smugglers-notch-inn.com>.

The 11th Rochester Bicycling Club's 24-Hour Challenge Ride

Saturday, July 10 at 7 am

Where: Farmington Town Park (approx. 25 miles south of Rochester, NY). Event Description: Ride two 25 mile loops continuously in a figure-eight then get on the 12.5 mile night loop. There are a few hills to get you out of the saddle every so often but no long climbs. Some food/soda provided. The bike club picnic is held simultaneously. This is a FREE event! Contact: Dan McKenna, 239 Colebrook Dr., Rochester, NY 14617, 716-338-9076, dan.mckenna@gte.net.

MASSBIKE TOUR '99

July 18 - 24

Ride the Roads of the Revolution. Treat yourself to a wonderful and rewarding vacation experience and join only 200 riders for 360/460 miles of pedaling through Massachusetts' beautiful rolling countryside and historic villages. This is a fully-supported, reasonably-priced tour that will offer camping and non-camping options. Price range is \$400 to \$500 including everything. Enjoy wonderful food, people and scenery. This is a ride with a message to improve bicycling conditions, that supports the Massachusetts Bicycle Coalition, a non-profit bicycle advocacy organization. Contact MassBike at 44 Bromfield Street, Boston, MA 02108 or call 617-542-BIKE (2453) or e-mail: tour@massbike.org or visit www.massbike.org for registration form and pricing.

Quadzilla & The Finger Lakes 555k (100 and 350 miles)

July 24-25 Ithaca, NY

Randonneur-style event circling all eleven of the scenic Finger Lakes and traversing Letchworth State Park, the 'Grand Canyon of the East'. You'll experience daunting climbs on quiet back roads leading to stunning vistas of crystal clear lakes. Over 22,000 ft. total elevation gain. Hot food provided at some checkpoints, bag drop to the sleep stop in Auburn, map and cue sheet, finisher's memento. Entry fee of \$75 is used exclusively for event expenses.

Visit our web site at <http://www.win.net/~rbcbbbs/flindex.htm>.

Contact: Mark Frank, 59 Bay Knoll Rd., Rochester, NY 14622, 716-544-1039, mark.frank@rbcbbbs.win.net.

century flier

I Bike NY

by Steve Hoffenberg

I HATE NEW YORK CITY. It's not just that I don't like place, because to say that you do not like something merely implies the absence of positive feelings. In the case of New York City, I actively despise the place. I have been known on occasion to say, "If I never set foot in New York City again, I won't be disappointed." I know there are people who disagree with me. Some of them actually utter statements such as "I love New York." Since this is America, they are entitled to their opinions, even if they are all wrong and I am right. Even the Giants football team fled town for a landfill in New Jersey of all places rather than remain in New York City.

The reasons for my attitude about New York City are many and varied, but I'll elucidate just a few. First, there's that awful New Yawwwk accent, that horrible-sounding oral fixation on vowels that chafes at the core of one's consciousness as though it were a dry and rusty chain weaving through the pulleys of a crud-encrusted derailleur. It's the only accent on the planet that is more irritating than the Baaaston one. Then, there's the street noise, that incessant honking of horns, blaring of sirens, whining of car alarms, and swearing of bike messengers that I refer to collectively as the New York Symphony. And of course, there's the traffic. Manhattan's streets are the very thoroughfares that the term "gridlock" was invented to describe. These streets are about the last place on Earth that any sane cyclist would want to ply his or her trusty steed. The potholes can disable even Spinergy composite wheels in a single thud. Attempts to avoid the potholes will force a rider into the strategically strewn shards of broken glass. Attempts to avoid the glass will force a rider into one of numerous parked car doors that are flung open at the worst possible moments. And attempts to avoid the doors will

force a rider into the path of an oncoming taxicab, on the front bumper of which is mounted a ramming grate already adorned with shreds of bloodied Pearl Izumi fabric and mangled Shimano bits. But the piece de resistance of New York City is the crime. Not only is it the world's capital of mugging, rape, murder, and corruption, it is also the world's capital of bike theft. It is a place where stripped bike carcasses festoon parking meters by the thousands, and even the makers of indestructible U-locks void their antitheft insurance if a bike is stolen in this, the great city of cities, The Big (Rotten) Apple.

Thus, it was not without some serious trepidation, that I reluctantly agreed, along with CRW coconspirator Lisa LeRoy, to sign up for this year's Bike New York event. (Lisa does not, by the way, share my attitude about New York. Of course, this is America, and she is entitled to her opinion....) Bike New York, also known as the Great Five Boro Bike Tour, is a testament to the fact that no one in this supposed intellectual capital of the world knows how to spell borough, even though they have five of them there.

Bike New York, the annual 42-mile ride of New York City's highways and byways, is the saving grace of the place. Bike New York is the one day of the year that any sane cyclist would actually want to ride in the really big city. It is the one day of the year that a cyclist can stand in full bike regalia including lycra shorts on a New York subway car and not be accosted either verbally or physi-

cally by gangs of teenage hooligans. It is the one day of the year that police actually give bicycles the right of way over not only cars but also over pedestrians, dogs, and cockroaches. And Bike New York is the one and definitely only day of the year that cab driv-



ers may actually wave to cyclists with something other than just an extended middle finger.

This year's Bike New York, held Sunday, May 2nd, was the 22nd annual incarnation of this laudable event, drawing an estimated 29,000 participants. In planning to attend, the biggest challenge faced by out-of-towners such as us was getting into the city to the start area, at Battery Park on the southernmost tip of Manhattan, in time for the 8:00 AM start. Tour organizers suggest several possible options, including staying in Manhattan the night before. The tour literature even describes two housing alternatives available especially for tour riders. One was at the spartan American Youth Hostel for \$45 per night. (Proceeds from Bike New York registration fees help fund AYH activities.) The

continued on next page



I Ride NY

continued from previous page

other suggested housing option was at the plush Marriot World Trade Center Hotel for \$175 per night plus state sales tax, city sales tax, hotel occupancy tax, and the just-because-we-can tax, which comes to a total of \$3411.68. Neither of these options seemed particularly desirable to us, and the thought of driving into Manhattan on any day of the year, even a Sunday, is enough to try the patience of even a diehard Boston driver, especially when many major avenues are cordoned off with police barricades for the event, and the roads are completely clogged, and I mean completely clogged, with those pesky cyclists. (Don't they know that bicycles don't belong on the streets?) No, the only real alternative for Lisa and me was to take a train into the city. But the closest train to Boston that could get us to the start on time was the Metro North leaving New Haven for New York City at 4:40 AM. Not wanting to awake at an hour when we are usually going to sleep in order to catch that train, we managed to wangle accommodations with a friend in Pelham, NY, just north of the city. From Pelham, we were able to catch a train, departing at 6:30 AM, which was already loaded with other cyclists. At 7:15, we bikers emerged from the newly renovated Grand Central Station, without even awakening the sleeping homeless folks, into the dawn of a day of cycling unlike any other.

The Bike New York route is virtually dead flat, but if anyone has any illusions about setting any personal best records during the Bike New York ride, I can assure you that it will be the slowest 42 miles that you ever ride. At 7:45 AM, we pedaled into Battery Park, from where the utterly jammed pack of cyclists alternately, stood, walked, and occasionally rode their bikes at a snail's pace up Church Street and Avenue of the Americas over the next two and half hours, just to get to the actual starting point of the ride, near Central Park. During this period, our average speed as shown on Lisa's cyclometer, was 2.6 miles per hour (that's right, two point six). In fact, the day after the ride, my calf muscles were sore, not at all from riding, but from walking that six mile distance in cycling shoes. Likewise, at the end of the ride, we stood around with our bikes, along with 29,000 of our closest friends and their bikes, waiting in line for an hour and fifteen min-

utes to catch the ferry from Staten Island back to Battery Park. But I'm getting way ahead of myself.

After the prolonged prolog, the bike riding, once it started, was not strenuous, but it was stressful. The streets were filled to capacity with novice cyclists bobbing and weaving every which way. We were forced to pay constant attention to the most minute actions of all the other cyclists around us, just to avoid being taken down in an instant by a bozo on wheels. If you think dodging the slow pokes on the Minuteman Bike Path is hazardous, trying calling out "On your left," 29,000 times.

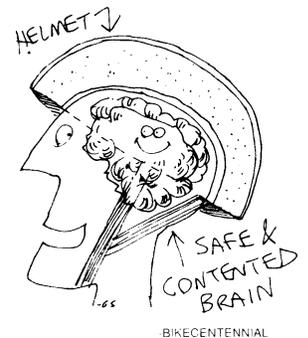
But alas, now that I've bashed New York City sufficiently and given the Bike New York ride it's own lashing, I'll get to the good news. The ride itself is indeed a wonderful experience. The mere sight of a sea of cyclists, stretching as far as the eye can see in either direction, is enough the warm the cockles of even this New York hater's heart. To observe the thousands of families riding together, with children eagerly pedaling on their add-a-bike trailers, leads you to believe that there is hope for the future of cycling. To witness the assortment of characters of all shapes, sizes, and ethnic persuasions who pedal all manner of wheeled contraptions, and to hear the variety of music, from rap to rock to goth to punk to salsa to country and western (and that's just from the boom boxes blaring away strapped to bicycles), you begin to understand the true diversity of the human species. And to roll down the most urban of urban streets such as FDR Drive on Manhattan's east side, or across the Verrazano Narrows Bridge between Brooklyn and Staten Island, on multiple paved lanes totally devoid of automobiles, is an overwhelming experience in the most positive sense of the expression.

For the entire population of New York City, on the day of the Bike New York event, bikes rule the city. But for those who are actually participating, on that day, bikes rule the universe.

Those interested in riding next year's Bike New York can point a web browser to www.bikenewyork.org for info.

A Hostel Environment

Many of you may not be aware that CRW is an affiliated club of Hostelling International/American Youth Hostels (HI-AYH). They maintain a network of hostels providing inexpensive lodging and cooking facilities designed for travellers who get their on their own steam. Don't be put off by the youth part, the facilities are open to travellers of all ages. CRW's affiliation includes a group hostel pass, which means that CRW trips, or even private groups of 10 or more CRW members, can stay at the hostels for the normal member rates. Barry Nelson, our VP of Rides, will be the keeper of the pass, so you should contact him if you'd like to use it (617-964-5727, or email BarryNelson@alum.MIT.edu). For more information on HI-AYH, you can contact Bonnie Friedman (617-253-2685 Work) or check out their web site: <http://www.tiac.net/users/hienecl/>.



Do you know about CRW's Helmet Rebate Program?

CRW will send you a check for \$5 when you buy a helmet. It doesn't have to be the first one you ever bought - we just want to make it as easy as possible for everyone to own a good helmet. It can save your life.

The helmet must be ANSI or SNELL approved, and must be purchased from one of the participating bike shops listed on the back page of *WheelPeople*. You must have a current membership in CRW. Present your card at time of purchase. Some brand or style restrictions may apply. Send your receipt and proof of purchase from the helmet box along with a stamped, self-addressed envelope to: Don Blake, 1 Gleason Road, Bedford, MA 01730. Many shops have matched our offer with an additional discount of their own.

APRIL 1999 MILEAGE TOTALS

0
5
6
5
3
9

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	4145	3	2	2	Gerald Goode	1505	-	-	1	Dana Dedek	455	-	-	-
Bruce Ingle	3828	3	2	2	Lee Howard	1491	-	-	-	John Kane	411	-	-	-
Jack Donohue	3686	-	-	2	Joe Repole	1484	4	4	-	Jim Merrick	389	-	-	-
John Bayley	3382	3	2	1	Dick Arsenaunt	1374	-	-	-	Harry Wolf	388	-	-	-
Pamela Blalock	3201	3	2	1	Bill Widnall	1371	4	4	-	Susan Grieb	380	-	-	-
Martin Estner	2930	4	3	1	Glenn Ketterle	1325	1	-	-	Jeff Luxenberg	328	-	-	-
Mike Kerrigan	2340	3	1	1	Irving Kurki	1324	3	1	-	Greg Tutunjian	298	-	-	-
Ken Hablow	2335	3	2	-	Ed Hoffer	1226	-	-	-	Phyllis Mays	251	-	-	-
Robin Schulman	2167	2	2	-	Joe Marcal	1080	-	-	-	Coleman Rogers	246	1	-	-
Mel Stoler	2105	4	4	-	Peter Knox	943	1	1	-	Jim Broughton	194	-	-	-
Debbie Kirchwey	2001	4	4	-	Marc Baskin	740	-	-	-	George Caplan	119	-	-	-
Bob Sawyer	1791	1	-	-	Jim Goldman	705	-	-	-	Jared Luxenberg	87	-	-	-
Rich Fields	1731	3	1	-	Larry Dolinsky	508	-	-	-	Tracy Ingle	79	-	-	-
Peter Brooks	1656	3	1	-	Joan Dolinsky	464	-	-	-	Jacek Rudowski	73	-	-	-
										Sara Luxenberg	3	-	-	-

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.



**Welcome
New Members**

	Amanda Galtman	Framingham
	Kelly Gillen	Arlington
	Paula Heggerick	Concord
	Bruce Jansen	
	Doreen Lynd	
	Patrick Marceline	Franklin
	Joseph Mathieu	Brooklyn
	Donna Sandri	
	& Lynn Meaney	South Boston
	Al & Rita Sauvageau	Prides Crossing
	Paul Schimek	Jamaica Plain
	James & Jeanne Smyth	
	Tewksbury	
	Lane Turner	Brookline
	Robert Volpe	Woburn
	Marc Wilson	Jamaica Plain
	Elaine Wood	



CLUB CLASSIFIED FOR SALE

23" 1997 Lemond Alpe-d'Huez 2 ring with Campagnolo hardware - \$575 E-mail if interested to wkaden@uhs.harvard.edu.

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

- Ace Wheelworks**
145 Elm St., Somerville (617) 776-2100
- Back Bay Cycles**
333 Newbury St., Boston (617) 247-2336
- Belmont Wheelworks**
480 Trapelo Rd., Belmont (617) 489-3577
- Bicycle Bill**
253 North Harvard St., Allston (617) 783-5636
- Bicycle Classics**
36 Park Street, Medfield (508) 359-1941
- Bicycle Exchange at Porter Square**
2067 Mass. Ave., Cambridge (617) 864-1300
- Bicycle Workshop**
259 Mass Ave., Cambridge (617) 876-6555
- Bike Express**
96 N. Main St. Randolph (800) 391-2453
- Bikeway Source**
111 South Road, Bedford (781) 275-7799
- Burlington Cycle & Fitness**
330 Cambridge St., Burlington (781) 272-8400
- Chelmsford Cyclery**
7 Summer St., Chelmsford (978) 256-1528
- Community Bicycle Supply**
496 Tremont St., Boston (617) 542-8623
- Cycle Lodge**
1269 Washington St., Hanover (781) 829-9197
- Cycle Loft**
28 Cambridge St., Burlington (781) 272-0870
- Dedham Cycle and Leather**
403 Washington St., Dedham (781) 326-1531
- Farina Cycle**
61 Galen St., Watertown (617) 926-1717
- Fat Dog Pro Shop**
940 High St., Westwood (781) 251-9447
- Ferris Wheels Bicycle Shop**
64 South St., Jamaica Plain (617) 522-7082
- Frank's Bicycle Barn**
123 Worcester Tpk., Westboro (508) 366-1770

- Frank's Spoke 'N Wheel**
119 Boston Post Rd., Sudbury (978) 443-6696
877 Main St., Waltham (781) 894-2768
- Harris Cyclery**
1355 Washington St. W. Newton (617) 244-1040
- International Bicycle Center**
89 Brighton Ave., Allston (617) 783-5804
66 Needham St., Newton (617) 527-0967
- King Cycle**
198 Great Rd., Bedford (781) 275-2035
- Landry's Cycling and Fitness**
151 Endicott St., Danvers (978) 777-3337
574 Washington St., Easton (978) 230-8882
303 Worcester Rd., Framingham (508) 875-5158
276 Turnpike Rd., Westborough (508) 836-3878
- Lincoln Guide Service**
152 Lincoln Rd., Lincoln (781) 259-9204
- Marblehead Cycle**
25 Bessom St., Marblehead (781) 631-1570
- National Ski and Bike**
102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**
102 Broadway, Rt. 1, Saugus (781) 233-2664

- Peter White Cycles**
666 Mass Ave., Acton (978) 635-0969
- Pro Cycles**
458 Main St. Melrose (781) 662-2813
- St. Moritz**
475 Washington St., Wellesley (781) 235-6669
- Ski Market, Ltd.**
Auburn, 322 South Bridge St. (508) 832-8111
Boston, 860 Commonwealth Ave. (617) 731-6100
Braintree, 400 Franklin St. (781) 848-3733
Burlington, CrossRoads Ctr. (781) 272-2222
Danvers, Endicott Plaza (978) 774-3344
Framingham, 686 Worcester Rd. (508) 875-5253
- Town and Country Bicycle**
67 North St., Medfield (508) 359-8377
- Travis Cycles**
1 Oak St., Taunton (508) 822-0396
722 N. Main St., Brockton (508) 586-6394
- Two For The Road**
Georgetown Plaza, Georgetown (978) 352-7343
- Wakefield Schwinn**
16 Albion Rd. Wakefield (781) 245-2342

**Charles River Wheelmen
19 Chase Avenue
West Newton, MA 02465**

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO.
54601
BOSTON, MA

Join The Charles River Wheelmen

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.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

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

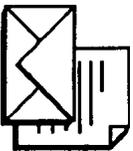
CRW Membership Fees*	1 year	2 years	3 years
Individual	\$35	\$67	\$99
Household	\$40	\$76	\$112

*Contact David Balzotti, 617 576-9878 if you are an LAB life member.
Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!

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 02174

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



Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:
David Balzotti, 84 Trowbridge St. 1st Floor, Arlington MA 02174