

Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIII, Number 7 July, 1999

Sermon from the Dismount

by Jack Donohue

I've been hearing rumors of unpleasantness on the fitness rides, and I decided it was time to see for myself. So I showed up at the Thursday night fitness ride. My assessment of rider behavior was that it was OK, at least the group I was in, I'd give them a B+. Most everyone would make some effort to pull in when a car was behind, though for some this meant going from riding the yellow line to the middle of the lane. Anyway, it's the thought that counts. The real problem is that there are too many riders for a car to pass safely even if they are all in single file, since the route uses very scenic, but also very narrow and twisty roads. So you get the poor motorist who is too timid to pass and follows the group for miles, or the aggressive driver who roars on by as close as possible to "teach us a lesson." Neither is a good situation. In some ways, the old Lexington start was better, since you had a

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The Gods are Our Friends

by Ken Hablow

CRW member Rick Lawrence once referred to cyclists in a religious manner as "Holy Rollers." I have also heard that outdoors folks who do not visit a house of worship at least pay homage on Sunday afternoons to REI. I tell people that I see more churches on a Sunday than they have ever been in.

Whatever you believe, the Sun God was good to CRW on Sunday May 16. About 100 hearty riders completed the Spring Century out of Wakefield, some in 5 hours led by our 1999 Century Chair, Melinda Lyon. Another 150 rode the combination 50/62 mile route and 20 people rode the 25 mile route. The day was picture perfect with a good amount of sunshine and only a slight

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Safety Committee Rides Again?

A few years ago, CRW formed a Safety Committee to encourage safe riding practices. We had a team that would show up to the rides and give a talk on safety and proper group riding techniques to supplement the ride leader announcements, and try to provide pointers on the ride itself. The committee sort of fell by the wayside, but since we've had recent reports of unruly riding and conflicts with motorists, it wouldn't be a bad idea to revive it. Anyone interested in helping on the committee, or, even better, chairing the committee should contact Jack Donohue (781-275-3991, jdonohue@world.std.com).

New Member's Party

July 10, 4 PM

We're having an introduction party for all our new members. All the old members are invited to attend and mingle with the new folks. Here's your chance to meet other club members face to face (as opposed to face to back which is the usual paceline configuration). The party will be at Jack & Susan's house in Bedford. All club members are invited, but we especially hope those new to the club will be able to attend and meet the regulars. We'll provide hamburgers, hot dogs, and veggie burgers, and the associated trimmings which you can cook on our barbecue. Bring your own beverage. Party will be held on Saturday, July 10, starting at 4:00 PM. RSVP before July 7 if you plan on coming, so we'll know how much food to buy. Contact Jack Donohue, 781-275-3991 or e-mail jdonohue@world.std.com.

Directions: From Route 62/Concord: L on Routes 4/225; where 225 bears left to Carlisle, stay straight on Route 4 for about 2 miles, at V in road Route 4 goes left (sign to Chelmsford) bear right on North Road till road bears left, turn R on Springs Road, take 1st R on Fox Run Road, we are #26 on right.

From Route 3: Take Concord Street exit toward Bedford; in 1 mile Technology Park on left, another 1/10 mile road bears R, go L on Springs Road, take 1st R on Fox Run Road, we are #26 on right.



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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

Officers And Coordinators

President	Jack Donohue	(781) 275-3991
Executive Vice-President	Barry Nelson	(617) 964-5727
Vice President of Finance	Michael Fisher	(617) 965-2334
Vice President of Publications	Ken Hablow	(781) 647-0233
Vice President of Legal Affairs	Jeanne Kangas	(978) 263-8594
Secretary	Larissa Hordynsky	(617) 527-5620
Treasurer	Don Blake	(781) 275-7878
Insurance Coordinator	Don Blake	(781) 275-7878
Membership Coordinator	David Balzotti	(617) 576-9878
	Sharon Gowan	(617) 489-5682
Information	Tom Lynch	(508) 877-2238
Touring Information	Jacek Rudowski	(617) 361-5273
Publicity Coordinator	Steve Kolek	(781) 674-1090
Merchandise	Ken Hablow	(781) 647-0233
Mileage	Edson Trumbull	(617) 332-8546
Government Relations	George Eckert Jr.	(508) 653-6913
Bike Shop Program	Ed Hoffer	(617) 552-5126
Special Events Coordinator	Adele Ferreira	(617) 628-8757
Volunteer Committee Chair	Susan Grieb	(781) 275-3991
Social Committee Chair	Barbara Bix	(617) 964-8193

Ride Program Coordinators

Vice-President of Rides	Barry Nelson	(617) 964-5727
Saturday Rides	Bill Aldrich	(617) 964-5184
Sunday Rides	Jim Sullivan	(781) 245-1772
Winter Rides	Eric Ferioli	(781) 235-4762
Wednesday Wheelers	Bill Widnall	(781) 862-2846
Friday Rides	Dave Johnson	(603) 490-7581
Ride Hosts	Larissa Hordynsky	(617) 964-8193
Century Committee	Melinda Lyon	(978) 887-5755
Tuesday Fitness Rides	Peter Knox	(617) 731-5944
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
	Ted Lewis	(781) 279-4909

WheelPeople Staff

Copy Editor	Jack Donohue	(781) 275-3991
Production Editors	Andy Meyer	(603) 427-5001
	Laura Sipser	(781) 444-6549
Advertising	Marty Weinstock	(617) 491-6523

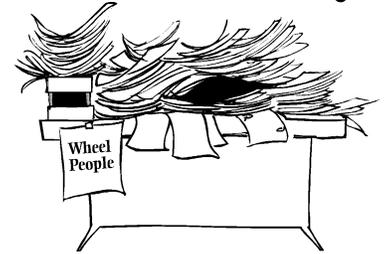
Internet Staff

Web Site	http://www.crw.org
Webmaster	Bob Hug bobhug@hotmail.com
Picture Gallery	David White-lief whitelief@bwglaw.com
Graphics	Ken Hablow khablow@khgraphics.com
Map Library	Sharon Gowan sgowan@bbn.com
Email List	crw@world.std.com
Administrator	Jack Donohue jdonohue@world.std.com

Board of Directors

Don Blake	2000	(781) 275-7878
Rosalie Blum	2001	(781) 272-7785
Jack Donohue	2000	(781) 275-3991
George Eckert Jr.	1999	(508) 653-6913
Bob Hug	1999	(781) 899-3929
Barry Nelson	1999	(617) 964-5727
Bob Sawyer	2001	(781) 862-6517
Marty Weinstock	2000	(617) 491-6523
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.

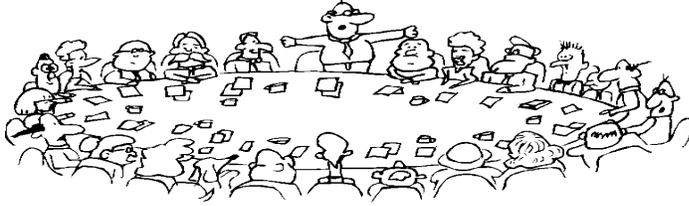
Insurance

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



June 1, 1999

Membership Report: The current membership total is 932, with 43 new, 47 renewed, and 49 expired members in May.

Treasurer's Report: May was a profitable month, due in large part to increased Century registration fees for non-CRW members.

Rides Calendar: There are still two Saturday openings in July and three in August. The calendar for Sunday is almost full. In contrast to weekends, the weekday rides program is growing ever stronger.

LAB Membership Coordination: LAB is updating their membership program. Once done, they will send us a list so we can compare memberships. CRW needs to check LAB's membership list periodically because it often shows discrepancies with ours.

Special Events: The August Invitational Ride will be listed in other clubs' newsletters and Web sites.

The Spring Century attracted 273 riders. The weather was perfect and the food great. The Century was a cycling, social, and financial success.

Gerry Goode, leader of the Memorial Day Tour of New England, reported that 28

enthusiastic cyclists participated. The Board discussed starting the ride from a more central location next year.

Ride Safety and Etiquette: Jack Donohue proposed resuscitating the Safety Committee, whose members used to give the safety talk at ride starts. The Club has received several complaints recently about ride safety and etiquette. Jack will solicit volunteers in the next WheelPeople. The Board also discussed weekday fitness rides—the paceline is often so long that cars find it difficult to pass.

Major Taylor Fund: CRW will contribute \$100 to this Fund, which is celebrating the centennial of Major Taylor's world cycling championship. Taylor was the first African-American to win the championship.

CRW Bike Hotline: The quality of the outgoing message on the hotline answering machine has deteriorated. We'll clean the tape head and invest in a new tape. If that doesn't work, the Board will investigate switching to another technology.

The Gods continued from page 1
easterly wind. The ride back along the Merrimack River was absolutely delightful.

Thanks to the following people for their untiring efforts to make the day so great for all the participants:

Registration & Check-in:	Rosalie Blum Janet Blake Teri Loewenthal Stacie Barker Bill Fine Arnold Nadler
Selling Merchandise	Phyllis Mays
Food	Tom Lynch Larissa Hordynsky
Water Stops	Mary O'Brien Glen Coffman Susan Grieb Susan Goetcheus
Ride Sweeps	Pete Mason Vernon James
Tables & Chairs	Don Blake Rich Fields
Arrowing	Melinda Lyon Mary O'Brien
Clean-Up	Paul Corriveau Jean Orser
Water	Ed & Karen Frank Jim Sullivan
Tech Support	Cycle Loft of Burlington

Thanks to Two For The Road Bicycle Shop in Georgetown for allowing us the use of their parking lot for the water stop, and we cannot forget Eric's Mini-Event flea market.

As usual Ann-Marie Starck did a wonderful job as our resident Day-Of-The-Event Coordinator making sure none of you saw our mistakes and mishaps, kept all the volunteers on schedule and directed people to the misplaced portajohns.

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.

Sermon continued from page 1

big hill right away, which tended to split up the pack. Now it looks like the whole fast group stays together for the entire ride.

So why can't we break up into smaller groups? This is the NEBC model, and it works well. Problem is, everyone wants to be with the lead group. It's not a

race, and there's no money at stake, but everyone who can hang on as long as they're able to the front group.

So we really need to get more organized. We need a few strong riders who will each take charge of a smaller paceline group. If you feel frisky, you can chase the group ahead, just don't catch them.

If you're looking to improve fitness, you'll get a better workout doing your share of the work in a well coordinated group of six or eight than being sucked along by the thundering hordes in a big pack. And you'll make life easier for the rest of the road users, which will benefit us in the long run.

July 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. 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.

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) 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.

Tuesday SoBroNew Unfit Ride

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

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

Wednesday Evening Ice Cream Ride

Start time: 6:30 Ride: Arrowed rides of approx. 15 & 20 miles, cue sheet available Description: Join us for a fully arrowed evening bike ride through the back roads of Wellesley, Weston and Lincoln. Everyone is welcome! The 3 ride leaders head up groups ranging from leisurely to moderately paced. Nobody gets "dropped"! Afterwards, join us for pizza/ice cream at nearby shops and the weekly post ride trivia contest. Leaders: Al Bolea (617-484-0851) <abolea@nortelnetworks.com>, Sheldon Cooperman (781-647-4597) <sheky@webtv.net>, Steve Kolek (781-674-1090) <kolek@ll.mit.edu> 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.

Thursday 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 pacerline 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).

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

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 — it's not a school night! 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.

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@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.

Saturday Introductory Ride

July 17 Only

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'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 July, 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.

Lexington Revolutions

Sunday, July 4

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.

Mean Streets - Harvard Square

Thursday, July 8

Time and Route: 6:30 PM for about 10 diverse miles. Mountain or hybrid bikes recommended. Ride Type: Urban evening ATB Leader: Charles Hansen, H: (617-734-0720, W: (617-572-0277) Lowlights: We'll explore the Harvard, Radcliffe

and Leslie campuses, and whatever streets, alleys and sidewalks we can find connecting them. Ride through the middle of a building designed by Le Corbusier! Start: Weld Boat-house at corner of Memorial Drive and JFK Street. Directions: call leader if you can't figure it out yourself.

Just West of Boston

Saturday, July 10

Time and Route: 10:00 for 36 miles. Ride Type: Map and Cue sheet Leader: Marty Weinstock (617-491-6523) Highlights: For a start near the city, a particularly large part of this ride is on quiet country roads; there are some high traffic sections. Rolling terrain including Cambridge, Belmont, Lexington, Lincoln, Wayland, Weston, Waltham, and Watertown. Lunch is on the Weston Town Common. Sights of interest include historic houses on Brattle Street, conservation land in Lincoln, and the Charles River Bike Path with river views. After riding the group may go for ice cream or frozen yogurt in Harvard Square. Start: Cambridge Common by the large statue in the middle.

Directions: Just North of Harvard Square on Massachusetts Ave. Parking is scarce so riders should park in nearby towns and ride to the start.

Framingham Root Beer Ride and Pool Party

Sunday, July 11

Time and Routes: 10:00 for 55 miles, 10:30 for 35 miles, 12:30 pool opens. Ride Type: Arrowed (WHITE chevron with bar) Leader: Tom Lynch (508-877-2238) Highlights: Beautiful rolling ride through north Framingham, Hopkinton and Ashland. The long ride has a loop into Wayland. We will find some new roads to avoid the potholes of years past. Bring a towel and bathing suit and a lunch for a post-ride party by the pool. Light refreshments (including root beer floats and lemonade) will be provided. Start: Tom Lynch's house, 16 Carter Drive, Framingham

Directions: Going west on Rte. 20 - In Sudbury, watch for stoplight at Union Street (Sudbury Farms shopping mall is on left). At 0.1 miles further on, turn left at sign reading "Framingham/Nobscot" onto Nobscot Road. Continue for 2.5 miles to first stop light (Nobscot shopping mall on left). Turn right on Edmands Road and go 1.0 miles to top of hill. Turn right onto Carter Drive. We're at the top of the first hill. Going west on Rte. 9: Take Rte. 30 exit at Framingham Common. Go up ramp to stoplight and turn right onto Edgell Road. Go 2.3 miles to first stoplight at Nobscot Plaza. Turn left on Edmands Road and continue as above.

Interstate Ride

Joint Ride with Seven Hills Wheelmen

Saturday, July 17

Time and Route: 9:30 AM, 70 miles Ride Type: Follow the leader Leaders: Lisa Caledonia, lcaledonia@wellesley.edu, Steve Blum Highlights: Join Lisa on this hilly and scenic SHW ride through Woodstock, Mansfield, Scotland, Pomfret, and other nice towns. Start: Quinebaug, Connecticut

Directions: Intersection of Routes 197 & 131 at the Seventh Day Adventist Church

Climb to the Clouds

Sunday, July 18

Times and Routes: 8:00 for 105, 90, or 80 miles. 9:30 for 60, 45, or 35 miles. Ride Type: arrowed Leader: Ken Hablow (781-647-0233) See insert elsewhere in this newsletter for details. Note that the remote start is at the Nashoba Regional High School 2.5 miles west of Rte 495 on Rte 117 @ Green Street, not at the Bolton Office Park. The 35 mile ride from Bolton is very hilly and not one for beginners.

A Serene Ride

Saturday, July 24

Time and Routes: 10:30 for approximately 26 & 17 miles Ride Type: Cue sheet Leader: Jacek Rudowski (617-361-5273). Do not call the morning of the ride. Highlights: The routes travel the serene and charming back roads in Dover and Sherborn that have light auto traffic. Mostly rolling with three steep climbs that are very short. The lunch stop is C&L Frosty (no rest room) in Sherborn. Start: Dover-Sherborn Regional High School

Directions: From Route 128 take exit 16B. Take route 109 West about 7 miles to Medfield Center. Take a right at the traffic light where there is a Mobil station on the corner onto North St. If you come to the intersection with Route 27, you have gone too far. Go 0.8 miles on North St. and stay right at the triangle. Then in 0.9 miles bear left onto Farm St. In 0.8 miles make a left onto Junction St., 2.5 miles total from the Mobil station. The High School and parking lot will be on your right.

Groton Country Tour

Sunday, July 25

Times and Routes: Long ride, 10 AM, 50 miles of rolling terrain with some hills. Short ride, 10:30 AM, 25 miles, few hills. Ride Type: Arrowed (chevron) Leader: Jeanne Kangas, (978-263-8594) evening before 9:30 PM. [AK0001@aol.com] Party: At leader's home after the rides. Hot dogs, chips, soda, and cake. Highlights: The rides are scenic, through pretty horse and apple country. The short ride passes through Harvard, Littleton, Ayer, and Groton. The long ride adds Pepperell, Dunstable, and Hollis in New Hampshire. Both rides go through scenic Shaker Village in eastern (not hilly) Harvard, and to historic colonial Groton Center, where the short ride can have a pre-lunch snack (get food here) on the Common. The long ride continues through Pepperell, over the covered bridge in East Pepperell, and up to Hollis, New Hampshire, where the rest stop is at a local pizza & ice cream parlor. The long ride returns in a scenic loop through Hollis, Dunstable, and rural Groton. Everyone is invited to the leader's home at 959 Hill Road, Boxborough, only 0.7 mile from the start/finish, after the ride for hot dogs, chips, soda, and cake. Start: XRE parking lot on Taylor Street, Littleton.

Directions: Take Exit 39 ("Taylor Street - Littleton-Boxborough") off route 2 West. It is just after Rte. 495 cloverleaf. At the end of ramp, go right, up the hill. In 0.5 mile, pass street going left. Next driveway on left goes into lot, visible from street.

Tour de Metro West Waterways

Saturday, July 31

Times and Routes: Approximately 40 miles starting at 9:30 AM. Approximately 29 miles starting at 10:00 AM. Flat to rolling Ride Type: Map and Cue Sheet Leaders: Iris and Rich Whalen (508-756-3148) Highlights: Come join us for a fun filled ride through the best scenery of metro west. Pass peaceful horse farms, rivers, ponds, and reservoirs, as well as historical sights. Short ride includes the towns of Framingham, Sudbury, Lincoln, and Wayland. (Please note: The two rides do not share a common lunch stop.) The Long ride adds Concord. Both routes contain 1 mile of hard-packed dirt road. Places of interest include: The Wayside Inn Grist Mill, Concord Center, National Historic Park, Walden Pond, the DeCordova Museum (Sculpture Garden!), Drumlin Farm, Heard Pond. Great Bagels and ice cream available post-ride. This is a joint ride with the Seven Hills Wheelmen. Start: Framingham Center Green between Edgell Rd. and Vernon St. Park around the common or in John Maynard Corporate lot at the corner of Vernon and Grove St.

Directions: From the East: Take Rt. 9 West. Approximately 1 mile past junction of Rts. 9 and 126 (see Staples shopping plaza) bear right at Rt. 30 split. Take a right at first traffic light onto Edgell Rd. See the Green on your left. From the West: Take Rt. 9 east. Approximately 2 1/2 miles past Sheraton Tara hotel bear right at Framingham State College Exit. Take a left at first traffic light onto Edgell Rd. The Green is on your left.

South Shore Coastal Loop

at a Reasonable Hour

Sunday, August 1

Time and Routes: 9:30 for 37 or 50 miles. Ride Type: arrowed Leaders: Jim Sullivan (781-245-1772), Linda Nelson (617-964-5727), and Barry Nelson [BarryNelson@alum.MIT.edu] Highlights: Did you ever wonder why people get up every Sunday morning before 6 AM to experience this ride? Now you can find out what the attraction is without sacrificing your beauty sleep. You will have the opportunity to greet these riders since they will be finishing just as we get started. Who knows, maybe you'll decide to join this crazy crew the following week at 6:45. This ride has shady, quiet roads, beautiful scenery, and coastline stretches. 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 a view of Boston. Start: Park'n Ride lot, Rockland

Directions: Take Rt. 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the exit ramp and park in the Park'n Ride lot.



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.

International Century Weekend

July 17-19 Lancaster, New Hampshire

Details elsewhere in this issue Sponsors: Dave & Christina Brown, 603889-5088, DBrown3128@aol.com.

Mont Vernon, New Hampshire

July 17, Saturday 10:00 a.m.

Sponsors: Carolyn & Earle Rich, 603-673-8695. ERICH10983@AOL.COM

Velo Vermont '99

July 23-25 Warren, Vermont

Details elsewhere in this issue Sponsors: Jack Donohue & Susan Grieb, 26 Fox Run Road, Bedford, MA 01730-1104, 617-275-3991, jdonohue@world.std.com (CRW Event)

Eastern Tandem Rally

July 23-25 Gettysburg, Pennsylvania

For details, send SASE to ETR '99, c/o Rodney & Verna Moseman, 101 E Main St., Lititz, PA 17543 T2moseman@juno.com

Wrentham, Massachusetts

August 8, Sunday 10:00 a.m.

Sponsors: Don & Regina Fisher, 477 Franklin St. (Rt. 140), Wrentham, MA 02093. 508-384-6328, DFISHER@NORFOLKC

CRW Trips

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

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

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 through some of the most scenic country in New England and southern Quebec province, then enjoy three days in Quebec City.

En route experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (with a possible ice cream stop at the Mt. Washington Hotel), and the remote and quiet Connecticut Lakes region. In addition, we'll cycle through northeast Massachusetts and southwest Maine, along the upper Connecticut River in Vermont's Northeast Kingdom to the river's headwaters on the Canadian border, and through Quebec's upper Appalachian Mountains which extend almost to Quebec City. Three of the nights en route are on lakes (Winnepesaukee, Back Lake in far northern New Hampshire, and 20 mile long Lake Megantic, Quebec).

Terrain varies from flat to decidedly hilly — from sea level to 2,400 feet at the Canadian border crossing (or an optional 2,900 feet at the top of the Kancamagus Highway).

\$840 includes 10 nights lodging in inns, motels and hotels, most breakfasts, lunch food on seven riding days, three dinners, sag van support, return transportation to our start point, cue sheets and maps, and trip T-shirt.

Because this tour is during summer high season, I'll need to have a fairly accurate room count well before the trip takes place. Please register early.

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

Hills and Hollows

September 4-6, 1999

A 335 mile three day ride on Labor Day weekend

This challenging three day tour traverses some of the most scenic areas of New England. Starting in Braintree, MA on Saturday September 5, we will ride 130 miles to Greenfield MA. Sunday we will ride 100 miles from Greenfield to Windsor Locks CT. On Sunday we start by riding along the Connecticut river valley and then we will challenge some of the hills of western Massachusetts and ride into the state of Connecticut. Monday we ride 105 miles back to Braintree, there will be some more good climbs in northeastern Connecticut. When we finish there will be an after the ride party.

The cost for the ride will be approximately \$85. The cost covers two nights in a motel (double occupancy), baggage transport, detailed cue sheets and the after the ride party.

If this ride interests you please call Gerry Goode at (781) 843-6283 or via e-mail at wsworked@aol.com.

Other Trips

Granite State Wheelmen (GSW) International Century Weekend

Lancaster, New Hampshire, July 17-19

Rides leave from the Cabot Motor Inn about 8:00 am each day, except the century which starts at 7:00 am Saturday. The primary ride is an easy century loop along the Connecticut River into Canada; but many other cue sheeted rides are available in New Hampshire and Vermont. Lodging: Cabot Inn or Cabot Motel (across the road). Rates are \$70 room/night, double occupancy, plus tax at the Inn; and \$65 room/night, double occupancy, plus tax at the motel. www.whitemtn.org/lodging/lodging11.html Rogers' Campground is nearby; call 603-788-4885. Reservations: Make your own reservations (mention GSW): call 603-788-3346. Directions: Exit 35 off I-93 to route 3; then route 2, about one mile east of the route 3 junction in Lancaster. Sponsors: Dave & Christina Brown, 603889-5088, DBrown3128@aol.com.

Seven Hills Wheelmen Rides

SHW invites CRW members to join them on these rides:

Royalston Ride Saturday, July 10th, 1999 Time: 10:00 AM Start: Royalston Town Common, Rt. 68, Royalston (not S.Royalston!)

Join your 7 Hills Wheelmen friends on this popular 50 mile excursion through a variety of spectacular scenery. Highlights

include the Coombs Covered Bridge, Village of Warwick, and Doane's Falls. Snacks and drinks are available at several places along the route but NOT at the start in Royalston or at our traditional rest stop at Warwick. Call leader Steve Blum (508-366-0818) the evening before if the weather appears doubtful.

Rutland/Paxton Sunday, July 11, 1999 Time: 9:30 AM Start: Naquag Elementary School, Rt. 122A Rutland Distance: about 50 miles

Join me for this moderately hilly ride on mostly back roads through Rutland, Paxton, and all the Brookfields. A stop at the Brookfield Orchards cannot be ruled out! Leader: Steve Blum 508-366-0818 for details.

Quadzilla & The Finger Lakes

555 km (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

Other trips continued on following page

Come Join CRW 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 _____ 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

MassBike Tour '99

Ride the Roads of the Revolution

July 18 - 24

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 nonprofit 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.

CRW Bike Hotline

(617) 325- BIKE

Three States, Two Countries

Seven Hills Wheelmen Weekend

September 2-6, 1999

Over this weekend, you will explore the lesser known and visited regions of Vermont and New Hampshire North of the White Mountains and Outlet Centers. We start at a very nice, motel with full facilities in Gorham, NH on Thursday evening. You are welcome to get there earlier to enjoy the indoor and outdoor pools, health club and Jacuzzi. Friday morning, we bike to Colebrook NH via Bethel, Maine, coursing over Grafton Notch, Maine. One piece of luggage will be transported to Colebrook and will meet you in your room at the Colebrook Country Club Motel. Friday evening, Sat and Sunday evenings will be spent in Colebrook, where an interesting variety of rides awaits us for Saturday and Sunday. On Labor Day, Monday, we cycle back to Gorham, where we are reunited with our vehicles and luggage. Cost of APPROXIMATELY \$160 will include 4 nights lodging (double occupancy), 4 breakfasts (buffets), 2 hearty dinners, luggage transport, tax and gratuities. Call leader Steve Blum (508-366-0818) for more information. Friday-Monday option starting in Colebrook available.

A Smile and a Wave

By Andrew Bodge, President, Nashoba Valley Pedalers

(reprinted from the NVP newsletter with permission)

At the May meeting, Anne Anderson gave us a great presentation on the Effective Cycling course. EC is designed to teach cyclists how to coexist with motorists in such a way that the chances of an accident are greatly reduced. Anne brought along a quiz to test our knowledge. The quiz exposed some common misapprehensions and misconceptions. For example, many cyclists fear being struck from behind, but this turns out to be a relatively rare accident. You are more likely to be hit by an oncoming driver making a left turn. One purpose of the presentation was to assess the interest in an EC course within NVP. Judging from the show of hands, there is a lot of interest. We will start work on this now with the intention of sponsoring a class sometime in the fall, after the Century. You'll be hearing more about EC in the coming months, but if you are interested now let me know via phone (978/263-4885) or e-mail (abodge@us.oracle.com). I'll keep an interest list. (Let me know even if you were at the meeting and raised your hand.) EC consists of a number of techniques that allow you to behave in a predictable way so that motorists see you and are not surprised by your moves. (The course also teaches evasive maneuvers for when the motorist isn't paying attention.) I have not taken the course and I look forward to it. But in the meantime, there are other techniques we can practice to improve motorist relations and make the Nashoba Valley area a friendlier place for bicycles. I recall an early-season ride a couple of years ago. A gaggle of NVP riders stands at the stop sign on South Acton Road in Stow, waiting to cross West Acton Road at that busy intersection. A driver cedes the right-of-way and waves us through. Stony-faced, staring straight ahead, we ride through the intersec-

tion, myself at the rear. As I pass in front of the waiting car, the driver bellows a sarcastic, "YOU'RE WELCOME!" I remember this every time I ride through that intersection. A couple of things stand out. First, I'm often surprised at how considerate of bicyclists many local drivers are. Frequently, I've had drivers stop and wave me through when I'm waiting to turn left or cross a busy street. They don't have to-I'm a vehicle too. And we've all had the experience of a driver exercising, well, extreme caution when passing on a narrow road. Second, on this one occasion at least, that considerate behavior was not acknowledged. I doubt that we made a life-long enemy for bicyclists that day, but we didn't do anything to advance the cause, either. Ever since then I've tried to at least smile and wave when a driver is helpful, just to let them know it is appreciated. It is a small thing and I bet most of us do it most of the time. That morning we didn't. Another way we can help drivers like bicyclists is to be aware of drivers coming up behind and make it as easy as possible for them to pass, without compromising our safety. I think NVP is already pretty good in this regard. We pass the "honk test"- in a year of NVP rides, I almost never hear a horn from behind. When I ride with some friends who tend to ride abreast, there are plenty of horns. We've all had our run-ins, and we all complain, about obnoxious and just plain dangerous drivers. They are memorable but happily they are not legion. Most drivers around here are at least willing to share the road without complaint, and some go out of their way to make our rides a little easier. We have the rules of the road, which oblige us to obey the law. We have, or will have, EC procedures to enhance our safety. To this we can add a smile and a wave in the name of good public relations.

Commuting in New York City on a Folding Bike

By Cordelia Rose

Until I bought my folding bicycle a few years ago, I had not ridden a bike for 40 years, so I may not be a typical bicyclist. My daughter, Anna, always worked as a bicycle messenger in London or New York during her high-school and college vacations and got me to ride a bike again when she moved her umpteen bikes from New York to Berkeley, CA.

It was she who called me and said she had found the perfect bike for New York City, one that would fit in our fifth-floor walk-up apartment and under my desk at work... so I flew to California, then flew back home as the proud owner of a Brompton L3, a folding bicycle manufactured in England. I arrived in New York on the red-eye, dropped my suitcase at the apartment, hopped on my new Brompton and wobbled off to work.

Riding a bike in Manhattan is very different from riding in Berkeley. Now, I am more of an old pro. I can make hand signals without swerving, and I know how to stand up on my pedals over the potholes. I admit I once fell off by not obeying Anna's advice: "Always coast over the 4-by-8 foot steel plates that conceal the bigger potholes. They're very slippery in the rain."

I know that car drivers with Massachusetts license plates turn right or left without indicating, even from inside lanes. I know that limousine drivers - they have license plates beginning with T - seem to aim for bicyclists. But I have always found cab drivers courteous and friendly. The clue that someone is about to open a taxi door is that they always lean backwards and slightly sideways first. Tourists gazing at skyscrapers step off the sidewalk without warning, and in-line skaters are dangerous when they have telephones pressed to their ears.

I have learned to fold my Brompton out of sight of the doorman at "no-bike" buildings. I am usually on my way out by the time they have figured out what I am carrying, and by then, they are intrigued. In the summer heat, the tarmac melts in the bus lanes, and you have to negotiate big waves when turning right across those lanes.

There is so much hustle and bustle happening on Manhattan streets and sidewalks that I think one of the most important things besides riding courteously is to be visible. A friend gave me good advice: "Never try and make yourself small so cars can get by in a tight place. Ride in the middle of the lane so you can be seen."

At Christmastime, I decorated my helmet with a bunch of red ribbons. So many cab drivers commented that they could see my ribbons fluttering way ahead that I have kept them and have since seen a couple of other riders with ribbons aflutter!

I have a combination of warnings I aim at tourists, starting with the ring of a lovely round bicycle bell I got in London on my last visit, then a friendly warning yell escalating into a piercing call derived from my years living in Kenya - the greeting call that women use from rooftop to rooftop on Lamu Island in the Indian Ocean.

Despite all these hazards and warnings, I have been "doored"

once so far, and the driver was so appalled that he put my bike in his trunk and drove me home. Another advantage of having a folding bike!

I have a lovely ride to work each day - straight up Sixth Avenue for 13 blocks, then into Central Park and all the way up to 90th St. There is one big hill behind the Metropolitan Museum of Art, but it has a bronze sculpture of a panther on a rock three-quarters of the way up to remind you to be lithe and strong, then a manhole cover at the top to let you know you made it one more time. Riding home is a breeze: through the park, down Seventh Avenue, turn left in Times Square and I'm home. (At least I am after I have carried my Brompton up five flights of stairs.)

I often have to go to Washington, DC, for meetings with my fellow Smithsonian colleagues. And of course, I can do it without using four wheels. I bicycle to the 34th Street pier and catch the Delta Water Shuttle to La Guardia Airport's Marine Air Terminal. The terminal is right across the road from baggage check-in. I bag my Brompton and check it. The Delta staff all know me now and take great care of my bike. They even gave me a special "Handle with Care" tag, and they never charge me for a bike. The pilots tend to ask why I think I need a crash helmet to ride in their airplanes but are delighted to learn they are carrying a folding bike in the belly. When we land, I collect my Brompton from the baggage carousel, unfold it then and there, and - as they now have big new automatic doors at National Airport - I can easily ride right from the baggage carousel onto the bike path from the airport to the Smithsonian. There is nothing like the feeling of freedom you have when you pedal past the long taxi queue or when a taxi window opens on Independence Avenue and a passenger calls out, "Way to go, Bike Lady! Saw you at the airport".

(excerpted from A to B magazine. A to B magazine specializes in news and reviews of folding bicycles. The magazine is available by airmail subscription for US\$26 per year for six issues. Checks should be payable to: 'A to B', 19 West Park, Castle Cary, Somerset BA7 7DB, England)

(reprinted by permission)



Tip of the Month

After riding in heavy rain, be sure to store your helmet right side up (like when it's on your head). If not, water will collect in the bottom, and you'll have another shower the next time you use it.

Twenty Five Years Ago

(provided by John Kane) July 1974

Rides listed this month included one starting at The Wheel Dealer Bike Shop, 339 Main St., Malden, (it's now a road.) Another favorite was the Invitational with the Narragansett Bay Wheelmen on their annual ride around Jamestown Island.

Emerald Necklace Grant

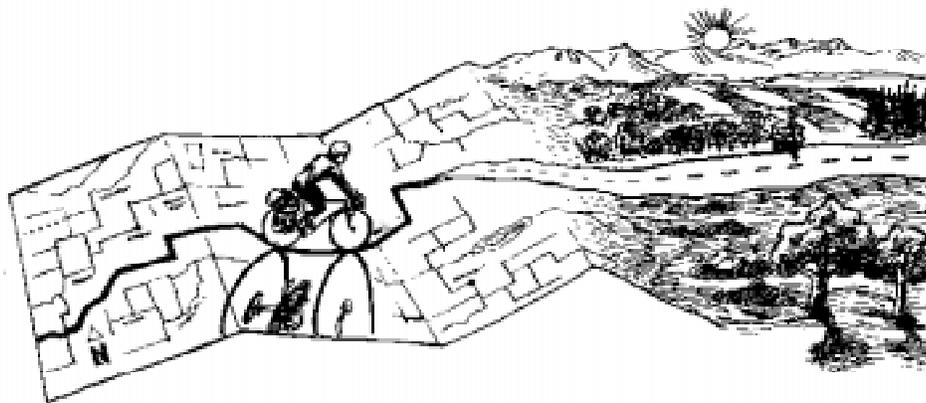
The BikeBoston chapter of Bicycle Coalition of Massachusetts was recently awarded a \$10,000 Greenways and Trails grant from the Massachusetts Department of Environmental Management to help create the "Emerald Necklace Greenway." The grant will assist BikeBoston's work to improve Boston and Brookline's Emerald Necklace parks from Charles River to Franklin Park, including intersection improvements, signage, and public awareness of the Emerald Necklace.

Projects that will be undertaken with the grant money include completing a preliminary engineering analysis of the problem intersections and substandard cross sections to identify problems and propose solutions for additional study. BikeBoston will also undertake a campaign to build awareness of the resources along the Emerald Necklace and its potential as a greenway. A walk-bike-roll event along the Emerald Necklace is planned for the late summer to both celebrate Frederick Law Olmsted's signature park and to help create a long-lasting constituency to push for making the improvements.

The project will be completed at the end of September 1999. Rizzo Associates a transportation planning and engineering firm, has been chosen to conduct the intersection analysis. Rizzo Associates' recommendations on improving the connectivity of the park for pedestrians and cyclists are expected in July.

Jeffrey Ferris, owner of Ferris Wheels Bicycle Shop in Jamaica Plain and a project coordinator of the Emerald Necklace Greenway Project, said the project is exciting, because the Department of Environmental Management grant is providing an opportunity to look comprehensively at the connections between some of Olmsted's most famous parks. "The grant will allow us to prepare a feasibility study for all the jurisdictions involved along the Necklace to use for preparing improvements. We are looking forward to working with people who live along the Emerald Necklace in Boston and Brookline, walk and bike through it, and enjoy its beauty to help make the grant projects successful. We know we'll need their ongoing support and involvement to help us work with the appropriate agencies to get actually get the improvements done."

Ferris said volunteers are needed to help with a number of tasks outlined in the grant - DEM requires that volunteers and/or in-kind service supplement the grant. Contact Jeffrey Ferris at Ferris Wheels Bicycle Shop, 522-7082. BikeBoston and its predecessor organization, Boston Area Bicycle Coalition, have worked with city and state agencies on cycling issues since 1977. BikeBoston represents the greater Boston area for the Bicycle Coalition of Massachusetts.



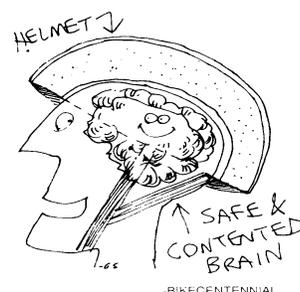
Do you know about the CRW Helmet Rebate Program?

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

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

Don Blake
1 Gleason Road
Bedford, MA 01730

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



BIKECENTENNIAL

Climb to the Clouds

Little Jack's Corner - by Jack Donohue



This year I did the 300K brevet. Actually, this year I did the 247K.

I've been doing the 200K brevet for a few years now.

The 200K has appeal since it really isn't much more than a regular century, it starts at a reasonable hour, and it starts really close to where I live. But I've had no desire to do any of the others. Don't get me wrong, I have profound admiration for all the ultra people who do the 200, 300, 400 and then 600K brevets, for the privilege of doing a 1200K ride, but I long ago decided this was not for me, for several reasons.

I like cycling, but I also like sleep. I like to ride my buns off, but I also like to knock back a cold one at the end of the day (or a warm one if you're fond of English ales, as I am). Riding 600K gives little opportunity for either.

Also, I have no ability to pace myself, I have one speed, which is about 90% of meltdown, and I ride this way whether I'm doing a ride to the store, or a 200K. Having done this for so many years, I know that 200K is about as far as I can go like this without ambulance support. But Susan had signed up to help Dave with the 300K. Which meant Susan was getting up at 3 AM, a hour somewhere in the nether region between very early and very late. My first thought was

"Don't make too much noise when you leave." But then I devised a plan whereby I could be a good husband, spend time with Mrs. D, and get some riding in myself. I would ride with her to the start, send all the real riders on their way, then ride in the van to the first checkpoint, where I would join the ride. By then it would be daylight, so I wouldn't need to mess around with lights. Since I would be fresh when everyone else was forty miles into the ride, I could latch onto a fast group that would have dropped me like a stone had I started with them. I would end up riding not much more than the 200K, so I had a reasonable chance of finishing without reducing myself to a drooling, quivering mass of protoplasm.

Not only that, but we would have time between the start and when we were due at the first checkpoint to stop for a nice breakfast. I had visions of cheese omelets, hash browns, the works. This was beginning to sound really good. Alas, the fatal flaw with the plan was that there really aren't that many breakfast places open at 4:30 in the morning. Plus we didn't have enough time between start and when we were due at the checkpoint for a proper breakfast. So, breakfast was at chez Store 24. Hot food was not to be had there, so I had to settle for a box of those little chocolate covered doughnuts ("Donettes" said the box). That and massive quantities of caffeine and I was ready to ride.

The plan worked out beautifully. I latched (or should I say leached) onto the first group through. This group was headed by a tandem powered by Jodi and Charley, who had both finished in the first group on the 200K. So I spend most of the ride admiring their rear wheel. I did have an occasional qualm of guilt for bringing shame onto the House of Donohue with my Rosy Ruiz start and unabashed tandem wheelsucking, but I got over it. I did think the Lord was punishing my evil ways when I ran straight over a beer bottle, shattering it into a million pieces. Miraculously, I did not go down, or flat, so I guess God was on my side after all.

On the third leg (second for me), I did find myself out in front some, so when we got to the third checkpoint I was getting tuckered out. So I decided to keep Susan company for a while, and avoid the shame of being dropped on the last leg. Melinda and crew showed up shortly thereafter, and I considered affixing myself to their group, but decided that that would entail a bit too much effort. So I enjoyed a leisurely turkey sandwich and waited for another riding companion. John LePage showed up and I took off with him, arriving back at Bedford without ever having looked at the cue sheet.

So while there were a couple of DNF's (Did not finish) on the ride, I think I was the only DNS (Did not start).

Smugglers' Notch Inn

is offering a 15% discount* if you mention this ad when making a reservation for 2 or more nights

*holidays and peak season excluded

- Hot tub & in-ground pool
- more than 20 rides right from the door

For further information:
call (800) 845-310 or visit:

Present this ad at dinner and
get a FREE dessert! limit 2
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John Chute	Cambridge
David Colclough	Stoneham
Sandra Crane	Somerville
Leland & Linda Crawford	Hallowell
Susan Derr	Somerville
Vincent Donndelinger	West Bridgewater
Matthew Dustil	Gardner
Jon Falabella	Townsend
William Ferellec,	Walpole
Kathleen Kubit	
Michael Furey	Bedford
Paul Girard	Boston
Susan Gordon	Natick
Diane Heller	Charlestown
Margaret Henehan	
Harry Ford	Boston
Amanda Hosmer	Somerville
Richard Kearney	Saugus
Edward Kloman	Cambridge
Brenda Krafft	Somerville
Beth Murphy	Walpole
Constance Shanks	South Boston
Joseph Stewart	West Newton
Ron Whitehead	Gloucester
Marcus Wiedmann	Providence
Pat Wyatt	Natick

May Mileage Totals

0	8	8	3	1	9
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Miles	M	C	K		Miles	M	C	K
5361	-	-	3	Dana Dedek	1071	-	1	-
5281	4	3	3	Marc Baskin	1058	-	-	-
5200	4	2	3	Jim Goldman	1021	-	-	-
4993	4	3	2	Ed Foster	971	1	-	-
4719	4	2	2	Doug Cohen	945	-	-	-
4113	4	2	2	Larry Dolinsky	865	-	-	-
4005	5	4	2	Joan Dolinsky	842	-	-	-
3550	4	3	1	John Kane	713	-	-	-
3365	3	3	1	Harry Wolf	674	-	-	-
3346	-	-	2	Coleman Rogers	668	2	-	-
3161	5	5	1	Jim Merrick	640	1	-	-
2798	4	2	1	Susan Grieb	633	-	-	-
2300	1	-	-	Greg Tutunjian	583	-	-	-
2242	2	2	1	Jeff Luxenberg	490	-	-	-
2111	4	2	-	Jacek Rudowski	464	1	-	-
2070	5	5	-	Mike Hanauer	417	-	-	-
2048	5	5	-	Phyllis Mays	362	-	-	-
2043	1	-	-	Gabor Demjen	319	-	-	-
1984	-	-	-	John Springfield	306	-	-	-
1974	4	2	-	Jim Broughton	240	-	-	-
1972	1	-	-	Tracy Ingle	157	-	-	-
1761	-	-	-	Jared Luxenberg	111	-	-	-
1580	-	-	-	Shahed Aziz	78	-	-	-
1319	-	-	-	Emily Wean	70	-	-	-
1316	-	-	-	Sara Luxenberg	9	-	-	-

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.

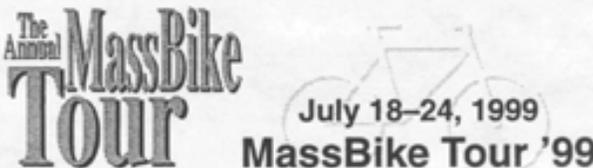
Report mileage by the fifth of each month to: Ed Trumbull, 19 Chase Avenue, West Newton, MA 02465 (617) 332-8546.

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Bike For Sale! 1998 Trek 2120 High Performance Triple (52/42/30). Carbon Frame (50 cm), Aluminum Fork, STI Shifters. Excellent Condition - Responsive Comfortable Ride! Over \$500 in high quality extras: Max Flite Saddle, Syncros Seatpost, Shimano Titanium Cassette, Shimano 535 SPD Pedals, Cinelli Stem and Handlebars, Vrenstein Tri Comp Tires. Bike cost \$1,400 new. Total Value with extras \$1900. Selling for less than half price: Only \$799! Call Harry at 781-643-1812, Hskii@aol.com

Bertone Italian bike- good condition - purchased from Cycle Loft. Well Maintained. \$200. Details: 51 cm top tube, 49 cm seat tube, steel with lugs, Downtube 7 speed shifters 700 cc Mavic Open 4CD Aluminum Clincher rims Shimano 105 aero brake levers Shimano 600 cranks Time pedals 39/52 chain rings Contact Kitty (781-229-6009) if interested.

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403 Washington St., Dedham
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Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

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- 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.

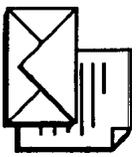
CRW Membership Fees*	1 year	2 years	3 years
Individual	\$35	\$67	\$99
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*Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!

***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, 53 Dogwood Road North, Hubbardston, MA 01452**

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