

Wheel People

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXIII Number 8 August, 1999

Fun in the Sun

August 28, 1999 12:30-4:30PM

The CRW Barbecue is back—only bigger and better!

CRW member John Cloninger has generously offered to host the CRW Barbecue at Camp West Woods in Stoughton, MA. Camp West Woods has it all: grills, a picnic area, basketball courts, volleyball, a soccer field, a softball field, and a swimming pool.

The club will supply burgers, veggie burgers, hot dogs, rolls and paper goods. Please bring your own beverage (no alcohol) and let us know what you can bring to share when you RSVP. We'll need salads, munchies, and desserts.

If you'd like to join us, please RSVP by August 24, let us know what you can bring, and pack your own sports equipment, beverage, and a swimsuit. Please also consider volunteering to help out with preparation, activities, cooking, or clean up. This is a great opportunity to contribute to the club—especially for those of us who don't feel comfortable leading rides.

We'll need a count for food planning purposes. E-mail Barbara Bix at hcmkgplus@world.std.com to RSVP or volunteer to help (shopping, food preparation, grilling, cleanup, activities coordination, hosts, etc.). If you don't have e-mail, you may call Barbara at 617-964-8193 between 5 p.m. and 9 p.m. weeknights.

We'll cancel if it rains. Please check the CRW phone line at 617-325-BIKE or the web site that day if there is any question.

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).

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Courtesy Committee

by Jack Donohue

Well, it's really the Safety Committee, but our major problem has to do with courtesy (or lack thereof). We need to learn how to be courteous on our rides to the other life forms, as well as each other. This is motivated not out of higher moral considerations but for purely selfish reasons. If we don't behave on our rides, we will earn the ire of the good citizens of the towns we ride in, who may try to make it difficult for us to ride there any more. While there is an element of safety here, in that the most egregious offenders have a high probability of winding up as a hood ornament, the real thrust is co-existing with the rest of the world.

The good news is that the Safety Committee is off and running with a new chairperson, Greg Tutunjian. Greg plans to start by checking out the fitness rides to find out who's naughty and nice. For starters, the committee will develop a before-ride safety talk and to get a group of volunteers willing to get up and deliver it before the ride. If you'd like to help with this or other aspects of the committee, you can call Greg at (617) 969-7726.

We especially need some strong riders to try and break up the fast groups on the fitness rides into more manageable subgroups. The Saturday morning fitness ride is a good example of how this is done. To help with this, you can call Greg or just show up at the fitness ride and offer your services to the ride leader.

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Affiliated Club

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. Address correspondence to:

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

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Safety Committee	Greg Tutunjian	(617) 969-7726

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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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Century Committee	Melinda Lyon	(978) 887-5755
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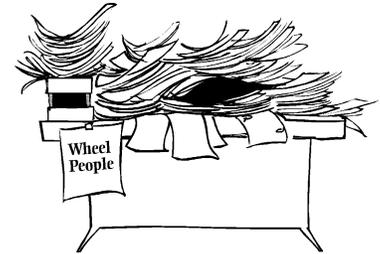
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Visit our website at <http://www.crw.org>

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

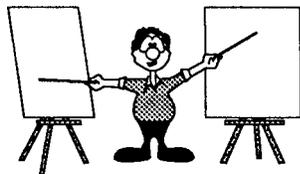
If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do *not* contact the insurance company.

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



Tuesday, July 6, 1999

In attendance: Jack Donohue, George Eckert, Bob Sawyer, Marty Weinstock, Bill Widnall, Cindy Sragg, Tom Lynch, Barry Nelson, Don Blake, Greg Tutunjian.

Recording Secretary: Cindy Sragg (for Larissa Hordynsky).

Membership: Statistics for July 99 are as follows: Current members, 939; Expired members, 43; New members, 35; Renewed members: 81.

The results of the new member survey were distributed. The results didn't show anything very surprising: people primarily join CRW because they want to cycle with other people. It was observed that few find out about CRW in bike stores, most finding out about us from friends. These results are preliminary since the bike shop program has just gotten going. We will revisit the results in the fall. Some of the questions are redundant, we will revise them for next year.

Finances: June's costs remained steady. The total inflow showed a negative balance, but a large check for an extended trip came in late which would have changed the total inflow to a positive number. Perhaps we should consider figuring all extended summer trips separately at the end of the year from now on.

Government Relations: George Eckert gave a hearty "thank you" to Jerry Campbell of Franklin for working so diligently with the staff at South Station to rectify some difficulty cyclists were having while using the "Bikes on the T" program.

Advice from CRW on bicycle-friendly road improvements in Needham was sought by a Needham bike planning group.

Rides Calendar: The Sunday August and September rides calendar is full. Saturday rides calendar is empty, but for the August invitational and Marty Weinstock's Martha's Vineyard ride. Sign-ups have been slow for the 8/21 invitational.

Barbecue, 8/28: Barbara Bix reports that a CRW member has offered to throw a barbecue at Camp Westwood in Stoughton. The facility has a pool (a lifeguard will cost \$20/hour - figure 3 hours). We could clean up ourselves or pay \$50 to have this done for us. CRW would supply hot dogs, hamburgers, veggie burgers, rolls, condiments and ice. Members would be asked to bring chips, salads, desserts, salads. If the day is rainy, we could cancel and there would be no cost to us. We will try to get a ride for that day (the ride start will

not be at the camp.) We will need insurance for the day of the event. This should be a big item (front page) in *WheelPeople*. It will be an RSVP event; directions will be given only to people who RSVP.

Special Events: Our Climb to the Clouds event is next weekend. There is a new members' party at the home of Jack Donohue on July 10th.

There have been no new volunteers for the Rides Committee. Barry Nelson will once again begin cold calling new members to look for potential volunteers.

Safety: We welcomed Greg Tutunjian as our new Safety Committee Chair. Safety is an ongoing concern for the leaders of fitness rides. CRW is not a racing club, but these rides tend to attract people who want to race. Peter Knox has expressed an interest in having a safety marshal at his ride on Tuesday.

Marty pointed out that the asterisked section in the recurring rides section describing the purpose of fitness rides should be in large, prominent print, not small print.

Greg Tutunjian is going to concentrate his efforts on recurring rides to start. He also suggested that a member of the safety committee be at the beginning of every ride start, along with the regular ride leader, to give a safety rap separate from the ride leaders' remarks.

Website: Jack Donohue backs up Bob Hug if he is out of town for time-critical issues on the website.

Major Taylor Statue: Bill Widnall is looking for fundraising suggestions (as well as money from CRW!). We will consider making an additional donation to the one we have already made at the end of the year.

Tour de Framingham: scheduled for October. Does CRW want a presence there? A table could be nice. They probably don't need volunteers. (Tom Lynch said they are a very well-organized event.)

Could we get a table at the Pan Mass Challenge (August 7-8th)? Barry Nelson will check this out.

Finally, the Board voted unanimously on behalf of all members to wish Bob and Ruth Sawyer a happy 50th anniversary!!!



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.



-BIKECENTENNIAL

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.



The Rides Calendar

August, 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

These rides are held every week unless indicated.

√ CRW's Fitness Rides Program is designed to assist intermediate and advanced riders to improve their skills and learn cooperative paceline riding techniques.

Sundays

Morning Fitness Ride √ - South Shore Coastal Loop

Start time: 6:45 a.m.

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 Ride

Start time: 6:00 p.m. in August,
5:30 p.m. in September

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. 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 p.m.

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.

Thursdays

Fitness Ride ✓ at Hanscom Field

Start time: 6:00 p.m. 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: 6:00 p.m.

Leaders: David Johnson [davidjoh@concentric.net], (978-256-9984 x128); Sheldon Cooperman (781-647-4597)

[sheky@webtv.net]. 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.

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.

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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
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Present this ad at dinner and get a FREE dessert!
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For further information:

<http://www.smugglers-notch-inn.com>
or call (800) 845-3101.

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CRW RIDES

August 1 - Sunday

South Shore Coastal Loop

(at a reasonable hour)

Time and routes: 9:30 a.m. 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 a.m. 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.

August 5 - Thursday

Mean Streets: South End

Time and route: 6:30 p.m. for about 10 miles. Ride type: Urban Evening ATB. About 10 miles of streets, alleys, bike paths, steps, sidewalks, and dirt - mountain or hybrid bikes recommended. Leader: Charles Hansen (H:617-734-0720) (W:617-572-0277) Lowlights: Explore the Northeastern campus, Dudley Square (real mean streets!), City and University Hospital areas, and the architectural splendor of the South End. Start: Boston - Copley Square Park, Boylston Street between Clarendon and Dartmouth. Directions: Mass Pike or Storrow Drive to Copley Square exits, parking chancy, call for details if needed.

August 8 - Sunday

Spring Century Revisited

Times and routes: 9:30 a.m. for 62 miles and 10:00 a.m. for 26 miles. Ride type: arrowed Leader: Jim Sullivan (781-245-1772). Highlights: This ride repeats two of the four beautiful routes from our Spring Century on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts. The long route travels through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest. Start: Wakefield High School, Rt. 129 & Farm Street, 1 mi. east of Wakefield Center. Directions: Take Rt. 95 (128) to exit 40, Rt. 129 East. Follow signs for Rt. 129 East for 1.5 miles to Wakefield center. Follow Rt. 129 East as it turns left. Go approximately 1 mile past Wakefield center. Turn right onto Farm Street. Go .25 miles and turn left into Wakefield High School.



August 15 - Sunday

New Devens-Shire And New Hampshire

Times and routes: 9:30 a.m. for 56 miles, 10:00 a.m. for 28 miles. Ride type: Arrowed (lower case "i") plus map and cue sheet. Leader: Tod Rodger (978-456-8654 before 9 p.m. or deerfoot@ma.ultranet.com). Highlights: This brand new route features very quiet and scenic roads rolling through Shirley Common, Lunenburg, Townsend Harbor, and the new "Devens." Short ride has modest hills (950 feet in 28 miles). Long ride adds more scenic hills (2,800 feet in 56 miles) and even quieter roads through Ashby, New Ipswich, and Willard Brook State Park. Lunch on the Common in Townsend; bring your own or stop at the Ice Cream Factory (sandwiches, pizza, great ice cream) or other stores right in Townsend. You may also want to bring food for a picnic and cool off with a swim at Mirror Lake (1 mile from Devens parking lot) after the ride. Start: Devens Sports Arena parking lot at corner of Sherman and Grant. Directions: Take Exit 37B (Jackson Road, Devens) from Route 2 westbound and go north 1.4 miles. At T intersection make quick left, right, left to Devens Sports Arena.

August 22 - Sunday

Blue Moose Hill

Times and routes: 9:30 a.m. for 50 miles, 10:00 a.m. for 25 or 15 miles. Ride type: Arrowed & cue sheet. The arrow is an orange upside down 'V'. Leaders: Jean and Ken Zaniewski (781-784-1845). Highlights: Visit the Whaling Museum and Bird Sanctuary. The long ride adds the Boston Skyline View from Big Blue Hill. Bring extra water and food for the long ride since there are no convenient places along the route to obtain them. Start: Sharon Shopping Center, Shaw's Market. Directions: From Rt. 128 take Rt.95 South to (exit 8) Mechanic St./S.Main St. Take a left from the exit ramp—the shopping center is about 1/4 mile ahead on the right. PLEASE PARK AS FAR FROM THE STORES AS POSSIBLE, CLOSE TO SOUTH MAIN STREET.

August 28 - Saturday

Ride TBD. Please call the CRW Ride Hotline at (617) 325-BIKE or check the web site (<http://www.crw.org>) for more up-to-date information.

August 29 - Sunday

Sixth biennial (CW) Northwest Passage Ride

Times and routes: 9:30 a.m. for 50 miles, 10:00 a.m. for 33, and 10:30 a.m. for 23 miles on rolling terrain, except long ride, which is hilly. Ride type: Arrowed. Leaders: Joe Repole (508-879-6340) and Gail Piatkowski (617-333-9742). Highlights: All rides pass through Framingham, Ashland, Southboro, and Marlboro; plus Northboro for the medium and Berlin and Boylston for the long. Points of interest: Callahan State Park, golf courses, reservoirs, aqueducts, farms, horses, cattle, and ducks on mostly quiet residential and rural tree shaded roads. Start: 15 Gryzboska Circle, Framingham. Directions: From Mass Pike take exit 12, go east on route 9 to Temple St. (2nd traffic light), take right on Temple St. If

you are taking route 9 west, go left (south) on Temple St. At the end of Temple St. take a right onto Salem End Rd, then the first right off Salem End onto Gryzboska Circle. Park on Gryzboska, not on Salem End.

September 5 - Sunday

Wachusett Wheelabout

Times & routes: 9:30 a.m. for 65 (approx.) & 50 miles, 10:30 a.m. for 30 miles. Ride type: Arrowed (white chevron w/dot) with cue sheets. Ride leader: Sheldon Cooperman (781-647-4597); sheky@webtv.net. Highlights: An end of the summer country tour of the beautiful backroads of Stow, Boylston, Sterling and Bolton. Medium and long rides circle Wachusett Reservoir, long ride passes Harvard and Fruitlands, all rides lunch at Nashoba Valley Winery (no food, carry some in). Terrain is rolling with some great views (& some great hills!). Start location: South Acton "T" station, Central St. @ Rte. 27. Directions: Route 2 West, exit left onto Rte. 111 @ exit 43, turn left onto Rte. 27 at light. Central St. is a sharp right turn .95 miles past the light at Rte. 111. Look for Mobil station, then the yellow tower of the Acton Music Center on the corner. Turn sharp right, immediate left into the "T" parking lot.

SUPER SUMMER SATURDAY - continued from page 1

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. Those without web access can call Rosalie Blum at 781-272-7785.

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.	

T-BONE Rides



Tandem Bicyclists of New England

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.

August 8, Sunday 10:00 a.m.

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

August 15, Sunday, 10:00 a.m.

Cambridge, Massachusetts. 30-35, & 60 miles Rides go into the Groton, MA area. Cookout follows the ride. Bring your own meat plus a salad or desert to share. We will provide a grill. Directions: Start at 2210 Mass. Ave. (Rt. 2A), Cambridge. Sponsors: Ralph Galen, Tel 617-497-8287; Fax 617-497-8822 (CRW Ride)

August 22, Sunday, 10:00 a.m.

Mattapoisett, Massachusetts. Sponsors: Bill & Sandy McIlmail 508-758-6022

August 29, Sunday, 9:00 AM.

Union, Connecticut. Sponsors: For information and directions, call Bob and Pam at 860-828-8514, RAKENNEDY@SNET.NET

September 3-6

Smuggler's Notch Labor Day Weekend, Jeffersonville, VT. Sponsors: Lois & Jim Hollow (603) 774-5609, HOLLOWLO@MHCGM.ORG.

September 9-12

Acadia Park Weekend, Bar Harbor, Maine. Sponsors: Don & Carolyn Lane 603-893-4766. Donandcal@aol.com.

CRW TRIPS

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

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.

APPLE BIKE '99

Columbus Day Weekend, October 8-11

Join us for the sister event to the "Bikers on Skis" weekend. We'll be staying at our favorite B&B, Applebrook, and will offer a selection of rides in this prime cycling area of Northern New Hampshire to suite all tastes. This year the weekend will be the three day Columbus Day Weekend. The weekend cost of \$160 includes three nights lodging, three breakfasts, and two dinners. Prepare yourself for fine biking, fine eating, and don't forget to bring your bathing suit for the outdoor hot tub. To register, send a check for full amount made out to CHARLES RIVER WHEELMEN, and a SASE (or E-mail address) by September 4th to: Applebike '99, c/o Jack Donohue, 26 Fox Run Road, Bedford, MA 01730-1104.

Registration fee nonrefundable after this date unless we can find someone to take your place.

Include any dietary restrictions, and whether you'd like to arrange carpooling. If there's not enough room, we'll call you. Otherwise, you will receive an information poop sheet some time before the weekend.

For more information or for last minute availability, you can contact the leaders: Susan Grieb and Jack Donohue (781) 275-3991 (before 9pm) E-mail: jdonohue@world.std.com.



OTHER TRIPS

Mount Greylock Century Berkshire Cycling Association

August 8

Rides of 50 and 100 miles, both going over Mount Greylock. There will be full support, food, prizes, drink, rest stations and plenty of fun. Preregistration, \$15, additional \$2 for late registration. This route is extremely hilly.

Details are available at: <http://bcn.net/~jskulpin/century.html>, or mail J. Bazzano, 29 Harding Street, Pittsfield, MA 01201.

Larz Anderson Bicycle Show and Swap

Sunday, August 15, 10 a.m.-4 p.m.

An extraordinary exhibit of bicycles from all periods, featuring a centennial salute to Major Taylor, 1899 world cycling champion. This is New England's largest bike swap meet with displays and clinics by cycling vendors and organizations. Admission is \$5 per person, \$3 for students, children and over 65, which includes admission to the museum. Held at Larz Anderson Park, 15 Newton Street, Brookline. For more information call Peter Naiman, (617) 469-4581, or the Major Taylor web site www.majortaylorassociation.org.

Three States, Two Countries Seven Hills Wheelmen Weekend

September 2-6

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, Saturday 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.

Nashoba Valley Pedalers Fall Century Classic

Saturday, September 11

The Nashoba Valley Pedalers (NVP) will be hosting their annual Fall Century Classic on Saturday, September 11 (raindate: Sunday, September 12). All routes start and end at the Wayland Pool, Wayland, MA. The Wayland Pool is located on Old Connecticut Path (Route 126), two miles south of the junction of Routes 20 and 126. Registration begins at 7:00 a.m. This year, we are offering four routes of 25, 50, 75 and 100 miles. The 100 mile route travels to Hollis, NH

and back. Two water/rest stops are on route in Harvard and Dunstable. All routes are arrowed and cue sheets are available. Pre-ride mechanical support will be provided by Cycle Loft. Preregistration rates are \$10 members, \$12 nonmembers. On-site registration rates are \$12 members, \$15 nonmembers. The 25 mile route is \$8. Preregistrations must be received by Saturday, September 4. All riders are required to wear helmets and to sign a release form.

Registration forms may be downloaded from the NVP website at www.ultranet.com/~nvp, or send a self addressed stamped envelope to NVP Century, P.O.Box 2398, Acton, MA 01720 and request a form. Riders can call the NVP phone at (978) 266-1NVP the night before the event for weather-related cancellation information.

Two Ferry Metric Century

Sunday, September 19

Sponsored by the Middlesex Bicycle Club, this ride offers the intermediate cyclist a challenging yet scenic tour of the Connecticut river valley. Registered rides will receive a map, cue sheet, and souvenir water bottle. The hilly route will be marked and patrolled by sag wagons. A rest stop with food and facilities will be provided. Fee is \$13 until September 16, \$15 after and day of the event. Fee includes ferry crossing fare. Make checks payable to Middlesex Bicycle Club. For more information, call Cheryl or Mike Parker at (860) 563-6667 or web site cyclingconcepts.com.

MAJOR TAYLOR CENTURY

Seven Hills Wheelmen

Sunday, September 26, Rutland, MA

Bicycle 25, 62 or 100 miles on quiet, rolling back roads in central Massachusetts as the seasons change. All new routes this year!

All rides leave from Sovittaja Finnish Society (Finn Park) on Demond Pond, Finn Park Road off Pleasantdale Road, Rutland, Mass.

Directions: From Worcester, follow Route 122 north through Paxton and turn right at Four Corners ice cream stand onto Pleasantdale Road. Finn Park Road will be on your right. Or take Route 122A north through Holden, into Rutland, and turn left after Route 56 onto Pleasantdale Road. Finn Park Road will be on your left.

CENTURY (100 miles) check-in 7:15-8 a.m., depart 8 a.m.

METRIC CENTURY (62 miles) check-in 8:30-9 a.m., depart 9 a.m.

QUARTER CENTURY (25 miles) check-in 9:30-10 a.m., depart 10 a.m. RAIN OR SHINE

\$10 at the start; no preregistration.

Entry fee covers continental breakfast, cue sheet, arrowed route and snacks. Helmets required.

POST-RIDE COOKOUT to benefit the Major Taylor Humanitarian Association, which is raising money to put up a statue of Major Taylor in Worcester. Tickets: \$15, available only at ride sign-in, 7:15-10 a.m. Sept. 26 at Finn Park.

See next page to find out 'Who was Major Taylor?'

WHO WAS MAJOR TAYLOR?

Marshall W. "Major" Taylor (1878-1932), who lived in Worcester, was world cycling champion in 1899 and American sprint champion in 1900. Known as "the Worcester whirlwind" and "the colored cyclone," he was the second black world champion in any sport (the first was bantamweight boxer George Dixon in 1891).

More about Major Taylor can be found at <http://www.majortaylorassociation.org>.

Century information: Kyle Haggerty, (508) 248-0982, khaggert@aol.com. Seven Hills Wheelmen: <http://members.aol.com/shwworc/index.html>.

Cape in a Day Ride Report

by Dick Arsenault

It was a beautiful day with comfortably cool temperatures, bright sun and little wind. We started from the Gillette parking lot with 18 strong riders at 4:35 a.m. One rider did not respond to the alarm clock and missed the start. He drove his car and joined us in Plymouth. So we had 19 riders total, including two women. We all finished well ahead of the scheduled time for boarding the boat back to Boston. The first riders came in about 1:20 p.m. and the last rider about 2:00 p.m. For the distance of 117 miles the faster riders averaged a little more than 17 mph riding time. I think we are to thank the weather somewhat for the fast pace. (We had one rider who road 7 miles to the start and 7 miles return for a total of about 130 miles for the day.) We had some difficulty with flat tires; one rider needed to purchase a tire from a bike shop in Orleans. Otherwise the trip was trouble free. I provided everyone with a cue sheet that had a bus schedule printed on the back which was not needed.

We stopped twice for food. First at the Cape Cod Canal where 13 riders went into Friendly's for breakfast and second at the Cumberland Farms in Orleans. We took more food when we arrived in Provincetown. The size of the group and the capability of the riders was such that each time we stopped the group reassembled. In effect, we pretty much stayed together for the entire trip.

Of the 19 riders, I believe 9 were CRW members. I have the release signatures for the nonmembers. I passed out a few membership applications so others may be joining. All the riders told me they greatly enjoyed the ride and want to repeat it next year.

The Bike Geek Quiz

by Greg Przybyl

Grab a pencil and paper and let's see how much of a bike geek you really are!

- 1) To get to work, you ...
 - A) Drive your car.
 - B) Bike commute.
 - C) Share a tandem with co-workers, telling them not to pedal as you need the exercise.
- 2) You are at work and a severe thunderstorm alert has been posted for your area. Your reaction is ...
 - A) No problem, you drove in today.
 - B) Leave your bike at work and get a ride home.
 - C) Check to see if you are going to get a good tailwind out of it.
- 3) You get caught in the rain while riding. You think ...
 - A) Seek shelter/abandon ride/call for rescue.
 - B) Nuts, now I have to lube the chain!
 - C) Wahoo! My clothes get an extra wash this week.
- 4) Your bike commute route overlaps a T-Bus route, so you ...
 - A) Plan your trip so you don't encounter a bus.
 - B) Draft them to improve your speed.
 - C) Race them to improve your speed.
- 5) Your S.O. says it's time for a new vehicle. You say ...
 - A) "What do you want, a car, a minivan, or an SUV?"
 - B) "Thank you dear, I have been thinking about upgrading my commuting bike to that nice new carbon fiber number I saw in the bike shop."
 - C) "You're right, that car burns way too much gas. What brand of tandem should we replace it with?"
- 6) Your biking attire consists of ...
 - A) What's biking attire?
 - B) Two sets of jerseys, shorts, and socks in case one is dirty/wet.
 - C) You have one drawer full of jerseys, another for shorts, another for socks and gloves, the remaining dresser drawer is marked "other."
- 7) The snow starts to fall, so you ...
 - A) Hibernate.
 - B) Book bike trips to warmer climates.
 - C) Say, "Yup, time for cross training" and haul out the studded snow tires for the bike.

8) Your girlfriend wants a chain for Christmas, so you ...

- A) Go down to the jewelers and buy her a nice gold rope chain.
- B) Buy her a gold chain equipped with a bike pendant.
- C) Buy her a new Sachs PC-61 chain.

9) The reason your tire is flat is ...

- A) You never ride your 1970's vintage bike.
- B) You ran over glass on your ride.
- C) You have no tread left on your tires.

10) A Brevet is ...

- A) That funny looking French hat?
- B) A ride that you might want to do some day.
- C) A mere leg stretch of a ride, a warm up if you will, for your ride across Russia in a week.

Scoring: 1 for every A answer (heck, at least you're in a bike club); 5 for every B answer; 10 for every C answer.

Rating: 10 or less: It's spelled b-i-c-y-c-l-e, go use it; 11-30: A weekend warrior wannabe; 31-50: Welcome to the weekend warrior club; 51-70: Welcome to the bike commuting club; 71-95: Truly a bike geek; 100: You are a Bike God.

WheelPeople History

Twenty-five years ago: (provided by John Kane)

AUGUST 1974: Don Blake, the CRW Treasurer, offered Club Goodies of a set of decals of the club logo in blue, green and yellow for \$1 per sheet and a sewn patch featuring a ten-speed bike in an oval, surrounded by the CRW name, also for \$1. Being a clever treasurer, Don offered both for \$2. The Federal Highway Administration has agreed to release \$1.4 million in highway money for the construction of paved bicycle paths! The Dept. of Public Works plans to start construction this fall, beginning with the 5 miles from Oak Bluffs to Edgartown, on Martha's Vineyard. Other paths planned: 14 miles from Charlestown to Concord; 45 miles from the South Shore to Cape Cod Canal; 9 1/2 miles in Boston-Brookline-Cambridge; 8 miles in Concord-Lincoln-Wayland; 25 miles in the Connecticut River Valley.

Five years ago: The New England Area Rally (NEAR) is held over Labor Day in Colchester, Vermont. Our Safety Committee chair, Scott Weaver's "main thrust is trying to get riders to ride single file or at least pull in when there's a car back." Deja vu all over again.

fall century flyer

Little Jack's Corner

by Jack Donohue



We'd been running Velo Vermont for a few years, when I saw an announcement for Velo New Hampshire. Sounded good, three day weekend at one of our favorite B&Bs, etc. Then I read the fine print. Seems the rides were on the order of 150 miles a day, climbing any large inclines they could find along the way. At which point I started to lose interest rapidly. The trip in its infancy was designed for the those members of the cycling world who like to push the envelope. The sort of person this would appeal to would get up and do another fifty miles before breakfast, since a day without a double century is hardly worth getting out of bed. So I wrote off Velo NH.

Then one year, it seemed there was a deficiency of serious riders, so Pamela opened it up to the great unwashed. Still, there were those 150 mile days. But then I reasoned, there was no way they could MAKE me do those rides. I could sign up for the trip under false pretenses, and do my own thing, coming in well under 100 miles. I would have to fill those extra hours showering (before the hot water ran out), drinking beer and languishing in the hot tub. I proposed this to Susan, who had long ago discarded this trip from the realm of possibility, and she said OK. So we decided to infiltrate Velo NH. The first year we were in the vast minority.

The thundering hordes would depart for parts unknown, and when the dust settled, there would be us and maybe a handful of similar wimps. But over the years, word spread of the Velo NH Lite group, and since less stigma was attached to not doing the "Official" Ride de jour, we achieved a significant following.

This is not to say that the rides were easy. Standing in the shadow of the giants of the cycling world, we would usually end up attempting a bit more than we would have in a vacuum. Several years ago, for instance, we did the famous Mousilakee Death March. This was billed as having some "hard packed" dirt. Susan and I would have ridden the tandem, but there was a fellow on the trip who showed up with a tandem and no stoker. Somewhat overconfident, he did not bring a single bike at all. He was having trouble finding a stoker, so Susan volunteered to stoke, while I borrowed a single bike. Well, the "hard packed" dirt turned out to be somewhat looser than advertised, coupled with some rather steep inclines, made for an interesting ride. There were several times when I wasn't sure I could maintain traction, but was way too late to clip out, so I just soldiered on, and managed to make it through. The tandem had a bit more difficulty, and I was beginning to wonder if I would end up in the dog house that evening. But we all survived, and I remained persona grata. Certainly did make for some interesting conversation after the ride. Suffice it to say, that

due to popular demand, that ride was remodeled in future years.

This year, which may be the last year for Velo NH (see below), even the hard core seemed to have mellowed somewhat. The Saturday ride was barely over 100 miles (still had 4000 of feet of climbing, though). And the wimp ride was hardly worth mentioning. On Sunday, no one to my knowledge attempted the 150 mile Mousilakee Death March Mark II.

Of course, the real attraction of Velo NH is the apres ride activities. I mean, you can ride anywhere, but where else can you get a New England clambake imported by Woodman's of Essex, and a barbecue that can't be beat. As an added attraction this year, P&J provided beer. Not your generic Miller Lite, but real beer, including a case of Guinness Stout, several cans of which had my name on them. I figured they were safe, since not that many people have a liking for the black creamy brew, but when I arrived back, much to my horror, I found that team NEBC had descended on them like locusts. Fortunately, there was enough for all, and suitably fortified, I set out to attack the lobsters. Could barely wolf down a plateful of ice cream sundae after that feed. Sunday night was a repeat of same, with a cornucopia of barbecued goodies and all the trimmings. Oh, yes, and did I mention, we also did some bike riding that weekend.

Velo NH - an Endangered Trip

This the seventh Velo New Hampshire may be the last as Pamela and John have retired as trip leaders. So, unless we can convince them to lead it "just one more time" we need new leaders or this wonderful trip will become just a memory. If interested in taking it over, or if you just want to beg them to do it again, contact Pamela at (978) 256-1169 or e-mail pamelab@mediaone.net.

Tip of the Month

When a car pulls into a driveway in front of you, don't assume you're in the clear. A frequent maneuver is backing up to get a better shot, so give them a wide berth anyway lest you be backed into.

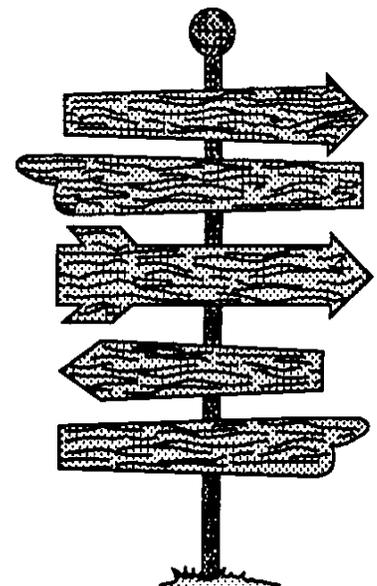
Letters to the Editor



by e-mail:

Just wanted to drop a short note to tell you what a great job Dick Arsenault did leading the Cape in a Day ride. I've done many organized rides in the past and I have to say that this was one of the most enjoyable I've taken. Applauds to Dick for a job well done!

- Jim Gordon



JUNE 1999 MILEAGE TOTALS

1
0
9
0
7
3

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	8205	4	4	4	Joe Repole	2681	6	6	-	Greg Tutunjian	767	-	-	-
Jack Donohue	6595	-	-	4	Dick Arsenault	2603	2	1	-	Jeff Luxenberg	634	-	-	-
Bruce Ingle	6475	5	4	4	Lee Howard	2436	-	-	-	Gabor Demjen	599	1	-	-
Gerald Goode	6347	-	-	3	Ed Hoffer	2361	-	1	-	Phyllis Mays	598	-	-	-
John Bayley	6324	5	4	3	Joe Marcal	2083	-	-	-	Elisse Ghitelman	571	-	-	-
Pamela Blalock	5743	5	3	3	David Wean	1740	-	-	-	John Springfield	505	-	-	-
Mike Kerrigan	5266	5	3	3	Ted Hamann	1501	-	-	-	George Caplan	439	-	-	-
Martin Estner	4892	6	5	2	Ed Foster	1427	2	-	-	John Allen	404	-	-	-
Robin Schulman	4720	4	4	2	Jim Goldman	1390	-	-	-	Jim Broughton	312	-	-	-
Ken Hابلow	4630	5	4	2	Larry Dolinsky	1129	-	-	-	Tracy Ingle	280	-	-	-
Mel Stoler	4229	6	6	2	Joan Dolinsky	1117	-	-	-	Jared Luxenberg	235	-	-	-
Rich Fields	3833	5	3	2	Susan Grieb	1100	-	-	-	Ed Trumbull	97	-	-	-
Peter Knox	3463	3	3	2	John Kane	972	-	-	-	Emily Wean	83	-	-	-
Bob Sawyer	2970	2	-	-	Harry Wolf	823	-	-	-	Jacob Allen	40	-	-	-
Bill Widnall	2861	6	6	-	Jim Merrick	808	1	-	-	Julia Wean	25	-	-	-
Irving Kurki	2746	5	3	-						Sara Luxenberg	14	-	-	-

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

Jay Bazzinotti	Norwood	Nancy Loughran	Shrewsbury
James Bernstein	Beverly	Brian Mardirosian	West Roxbury
Ann Brazier	Medfield	Alan Miller	Boston
Glenn Collins	Freeport	Linda Neary	Belmont
Nelson Corchado	Somerville	Stephen Oldach	Ashland
Jean Desjardins, Sandy Payne	Medford	Carol Parks	Brookline
Thomas Devlin	Somerville	Janet Raskin	Cambridge
Michael Dohan	Lexington	Fiona Ritchie	Salem
Evelyn Duesterwald	Boston	Pamela Schoeppner	Brookline
Shelley Fitzgerald	Medway	Dan Siagel	Southborough
Jeffrey Flynn	Brighton	Susan Taylor	Holliston
Dan Ginsburg	Wellesley	Deborah Trainor, Todd Flanagan	Framingham
Dyan Goodwin Robert Serio	Boston	Enrico Vecta	Boston
Sharon Harrison	Randolph	Winona Wall	Worcester
Kresimir Josic	Brighton	Holly Whitaker-Kenney	Brookline
Ann Marie Kamensky	Roslindale		
Marion Kasaian	Charlestown		
Catherine Kennedy	Boston		
Judith Lamb	Boston		
Marc Lipson	Wilmington		

CLUB CLASSIFIED

FOR SALE
 Klein 25" Quantum; excellent condition; Shimano 600 group Dura-Ace seat post; Avocet R20 seat; Matrix ISO C-12 700 rims; Shimano SPD pedals; Cinelli bar clinchers. Mike Dohan, 781-861-1291, mcdohan@massmed.org.



CRW Ride Hotline
(617) 325-BIKE

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**

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

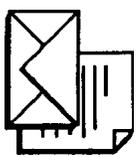
We sometimes allow bicycle-related companies the use of our membership list.
 Check this box if you don't want to receive mailings from these companies.

CRW Membership Fees*	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$35	\$67	\$99	
Household	\$40	\$76	\$112	
*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.

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 53 Dogwood Road North Hubbardston, MA 01452