

Wheel People

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXIII Number 10 October, 1999

Annual Holiday Party

Our Christmas season party will be held from 7 to 11 p.m. on Friday, December 10 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 62 and 4/225 split, turn right onto 4/225. At the next split just ahead, stay to the right on Route 4. Pine Hill Road is about 3/4 mile ahead on the right. The church is near the top of the hill on the right.

The 2000 ride calendar will be available for ride leader sign-up and for planning purposes. Volunteers are needed for basic tasks like buying food, helping with decorations and, of course, cleanup. Last year's pot luck format produced many delectable treats. Here's your chance to unmask yourself as successor to Julia Child! Bring food based on the starting letter in your last name from the following categories: A-F: appetizers & salads; G-L: desserts; M-Z: main courses.

This is a great opportunity to socialize with your riding buddies and see what they look like without Lycra, not to mention getting first dibs on the choice dates for leading rides.

Annual Banquet and Awards Presentation

The annual CRW banquet will be held on Thursday, November 11 at the Yangtze River restaurant in Lexington. We will have a full menu including several vegetarian dishes. Dinner will be served at 7:00 sharp. Arrive between 6:00 and 6:30 for cocktails, appetizers, and socializing. The Yangtze River Restaurant is located in Depot Square off Massachusetts Avenue in Lexington Center. The cost for the banquet is \$15 per person, children nine and under are half price. Please send your reservations by November 4 with your check to Don Blake, One Gleason Road, Bedford MA 01730.

All A-Board

It's that time of year again, the CRW board elections. We have three board positions that need to be filled. The CRW board consists of nine members, and together with the other officers are responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend monthly meetings where CRW issues are discussed. Board members may optionally participate in other activities or committees within the club.

Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to *WheelPeople*, c/o Jack Donohue, 26 Fox Run Road, Bedford, MA 01730; e-mail: jdonohue@world.std.com.

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by November 5, for the December issue of *WheelPeople*.

The top three candidates will receive three year terms starting in January and expiring at the end of 2002.

What if we gave a party and nobody came?

by Jack Donohue

Well, we did. Twice. The first non-event was the Invitational. This was my apparently futile attempt to revive an old CRW tradition, a get-together with members of other area clubs. Not only did we get very few CRW members to sign up, we got almost no one from other clubs, despite the fact we had advertised this for months. The next fiasco was the club barbecue. We didn't have a lot of advance notice on this one, but this doesn't seem to make a whole lot of difference since no one signs up until the last minute anyway. Well, practically no one signed up at any minute.

I keep hearing people want social events, an opportunity to mingle with their fellow club members while not riding down the road, but based on these results no one seems to want to attend when we do. We have limited volunteer resources, and this season we seem to have misdirected a lot of this effort.



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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 Satur-

day 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

Board of Directors

	Term Expires	
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

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 Hallow	(781) 647-0233
Vice President of Legal Affairs	Jeanne Kangas	(978) 263-8594
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Insurance Coordinator	Don Blake	(781) 275-7878
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	Sharon Gowan	(617) 489-5682
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Special Events Coordinator	Adele Ferreira	(617) 628-8757
Volunteer Committee Chair	Linda Nelson	(617) 964-5727
Social Committee Chair	Barbara Bix	(617) 964-8193
Safety Committee Chair	Greg Tutunjian	(617) 969-7726

Ride Program Coordinators

Vice President of Rides	Barry Nelson	(617) 964-5727
Saturday Rides	OPEN	(Your) number-here
Sunday Rides	Jim Sullivan	(781) 245-1772
Winter Rides	Eric Ferioli	(781) 235-4762
Wednesday Wheelers	Bill Widnall	(781) 862-2846
Ride Hosts	Larissa Hordynsky	(617) 527-5620
Friday Rides	David Johnson	(603) 490-7581
Intro Rides	Fred Kresse	(781) 444-1775
Century Committee	Melinda Lyon	(978) 887-5755
Sunday Fitness Rides	Mel Stoler	(617) 277-5180
	Ted Lewis	(781) 279-4909
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

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Visit our web site 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

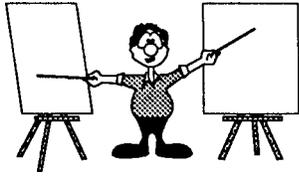
If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do *not* contact the insurance company.

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



September 7, 1999

Membership Report: The current membership total is 93, with 18 new and 52 expired members in August. Club membership continues to decline.

Treasurer's Report: August expenses exceeded income by \$273.

Rides Calendar: Good news! All Saturday and Sunday slots are filled for October. November still has open dates.

Fall Century: The Century Committee is doing its usual superb job organizing the Century. Tom Lynch will order food for 175.

Hills and Hollows Trip: 10 people participated in the 335-mile ride over Labor Day weekend. A challenge, but a great success.

Canceled events: Two events were canceled due to lack of interest: the CRW-sponsored invitational ride, scheduled for August 21; and the barbecue, scheduled for August 28.

Rides Committee: Thank you, Linda Nelson, for recruiting two new ride leaders and two coleaders!

Safety Committee: This committee no longer exists. Due to the escalating number of complaints about cyclists participating in the Tuesday and Thursday Fitness Rides, these rides will no longer be posted on the CRW Web site.

Strategic Planning Steering Committee: Jack Donohue relayed a suggestion from Ken Hablow that the Club form a steering committee to deal with two pressing problems: decline in membership and lack of new ride leaders. Ken Hablow, Barry Nelson, Marty Weinstock, and Bill Widnall volunteered.

Social Events: Thank you, Ed Hoffer, for volunteering to host a bike shop reps party on October 10. Also in the planning stage: volunteer party and ride leader party.

CRW Banquet: Marty Weinstock will do his usual great job of organizing this event, scheduled for November 11 at the Yangtze River in Lexington. The cost will be \$15 per person. As always, we will present awards to deserving CRW members. Larissa Hordynsky will accept nominations by e-mail and prepare ballots for the October board meeting.

Holiday Party: Scheduled for December 10.

Board Elections: Three board members' terms expire at the end of 1999. A call for nominations will appear in the October *WheelPeople*, candidate statements in November, and ballots in December.

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.

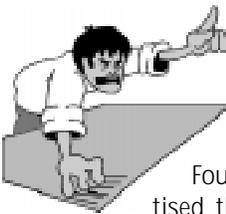
Government Relations Report

by George Eckert Jr.

Fellow CRW Riders, I invite you to take a critical look at the roads in your neighborhood, especially streets or intersections that have been recently rebuilt. Are the traffic light sensors able to detect your bicycle? They should. Are proper shoulders being marked? They should. Is there a continuity of well-designed and properly-maintained streets uninterrupted by municipal boundaries? There should be. These are the considerations that make the difference between an enjoyable ride for CRW members and an unpleasant ride. These designs are neither experimental, nor theoretical, nor rocket science, nor are they expensive. All of these items are supported by published roadway design manuals and are consistently installed in other states, but only sporadically in Massachusetts.

MassBike asked me, as Government Relations Officer, to write a letter to the Secretary of the Executive Office of Transportation and Construction (EOTC) specifically asking him to direct the Massachusetts Highway Department (MHD) to implement the long-anticipated Bicycle Improvement Plan for the Commonwealth.

This plan for Better Bicycling has been underway for quite some time, but now seems to be missing-in-action. It represents an important extension of Massachusetts laws which define your rights as cyclists: Chapter 85, Section 11B: "Every person operating a bicycle upon a way, as defined in section One of Chapter 90, shall have the right to use all public ways in the commonwealth except limited access or express state highways where signs specifically prohibiting bicycles have been posted", and Chapter 90E, Section 2A: "Accommodation of bicycle and pedestrian traffic".



After attending a 1996 rally at the Alewife Station where MassBike and the Conservation Law Foundation severely chastised the MHD for failing to meet cyclists' needs, I am reluctant to approach the EOTC or the MHD waving a MassBike banner. Even though MassBike was factually correct, an absence of good etiquette severely offended many state officials. However, for the benefit of over 900 fellow

CRW riders, I know the importance of politely, tactfully, and graciously continuing to urge the commissioners to make concrete progress on improving conditions for cyclists.

I need your help to accomplish this. The next time a ride gets rained-out, please take a few minutes to write your own letters to the following state officials as either a taxpaying citizen, or as a member of the CRW family. Feel free to cut out their address and glue it on an envelope. I welcome your ideas, comments and copies of your letters for the CRW files. Thank you for taking your pull at the front of this political paceline!

The Honorable Kevin J. Sullivan, Secretary Executive Office of Transportation and Construction 10 Park Plaza, Room 3170 Boston, MA 02116.

The Honorable Matthew J. Amorello, Commissioner Massachusetts Highway Department 10 Park Plaza, Suite 3510 Boston, MA 02116.

Respectfully submitted,

George Eckert, Jr.

Government Relations Officer

ggeckert@worldnet.att.net; 508-653-6913.



The Rides Calendar

October, 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., 7:00 a.m. on October 31

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. These rides are set up to run with or without a leader. LEADERS: Mel Stoler (h) 617-277-5180, (w) 617-626-9261; 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.

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

√ 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.

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.

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.

Saturdays

✓ 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), [mdionne@mediaone.net]. START: Nahanton Park, Newton. DIRECTIONS: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot.

Saturdays

Fall Introductory Rides Series Five

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

Rides on the following Saturdays: Sept. 11 and 25, October 2 and 16, and November 6th. Please arrive early enough to be ready to go at 9 a.m. 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. DESCRIPTION: The roads are scenic and rolling mainly in Needham and Dover. 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), Beth McLaughlin (617-563-9522, elizabeth.mclaughlin@fmr.com), Jenny Craddock (617-332-4092). START: Nahanton Park, Newton. DIRECTIONS: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot.

CRW RIDES

October 2 - Saturday

South Shore Cranberry Cruiser

TIMES AND ROUTES: Long (approximately 55 miles) at 9:30; Short (27.2 miles, with optional .8 mile climb to top of Standish Monument for beautiful views of Duxbury Bay) at 10:00. RIDE TYPE: Arrowed, with cue sheet and map. LEADER: Ann Callanan (781-934-2484). HIGHLIGHTS: Pleasant, winding, shaded back roads of Pembroke, Kingston, Plympton and Middleboro with pastoral views of horse farms, corn fields, cranberry bogs and ponds. The return trip offers beautiful ocean and bay views, as well as a trip through the historic district of Duxbury. There are a couple of small country stores to refill your water bottles, and one gas station with a rest room. (The short ride stays mainly in Duxbury, Pembroke and Kingston, but still offers quiet back roads and spectacular water views). Pizza or barbecue (to be determined) after the ride at Ann Callanan's home, 208 Chestnut St., Duxbury. Any questions, please call Ann at 781-934-2484. Directions to Ann's home: Take left out of H.S. parking lot. At flag pole (approx. 1/2 mile from H.S.), take right onto Washington St. Follow Washington St. to end, at stop sign and flag pole there is a 5-way intersection. Go straight across, bearing slightly right. This is Chestnut St. Follow approximately 2/3 mile to 208 Chestnut. Bungalow house on left side of road. Park in semicircle driveway, and if it's full I'll direct you to another spot down the street. START: Duxbury High School, on St. George St. in Duxbury. DIRECTIONS: Route 3 South, to exit 11 (Duxbury/Pembroke exit). Go right at end of exit toward Duxbury. This is route 14. Follow approximately 4-5 miles to high school complex on left side of the street. (Be sure to bear right just after the Police Station at the intersection of route 139 and route 14; and go straight through the traffic light at intersection of route 14 (now called St. George St.) and route 3A. High school is about 1-1/2 miles after this on the left.

October 3 - Sunday

The Fall Foliage Berlin-Bolton Country Tour

TIMES AND ROUTES: Long (56 miles) & medium (40 miles), 9:30 a.m. in South Acton; Short (25 miles), 10:30 AM in Bolton. RIDE TYPE: Arrowed. LEADERS: Ken Hablow, (781-647-0233), Jim Cavanaugh (508-667-7006), Jim Sullivan (781-245-1772). HIGHLIGHTS: The common lunch stop for the long and short is at BagelMakers in Northboro. The medium splits off in Berlin. There are several food stops along each route. This exquisite tour of Bolton, Berlin and Northboro winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. Don't forget to stop at Phil's for award winning apple cider. The medium route by-passes Northboro. Lunch for the medium route is in Berlin. You will experience some beautiful vistas, magnificent down hills and, hopefully, some gorgeous foliage. Terrain: Moderately hilly. START: Long and medium ride, South Acton "T" station, Central Street @ Route 27. The parking meters are not active on weekends. Short ride: Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station. DIRECTIONS: Long and medium ride—Route 2 West, exit left

onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner.

October 9 - Saturday

In Search Of The Llamas

TIMES & ROUTES: 9:30 a.m. for 65 miles, 10:00 a.m. for 42 & 30 miles. RIDE TYPE: Arrowed with cue sheets. LEADER: Lisa Wilk (508-376-2457 or E-mail: lwilk@capaccio.com). HIGHLIGHTS: All rides are primarily along quiet backroads. Short ride passes through Dover, Sherborn, and Holliston. Medium and long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some llamas, burros, and horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). The 42 mile ride is a repeat of a summer Wednesday Wheelers ride. Lunch is in Holliston. START: All rides begin at Caryl Park (Noanet Woodlands Reservation) on Dedham Street in Dover. DIRECTIONS: Caryl Park is about 0.5 mile northeast of the center of Dover on Dedham St. From Rt. 128/95, Exit at Rt. 135W (heading towards Needham). Needham Avenue (Rt. 135) becomes Dedham Avenue in Town of Needham. Take left onto Chestnut Street at end of Dedham Avenue. Follow Chestnut Street, and bear right as it becomes Dedham Street when you cross town line into Dover. Just before Caryl Park on Dedham St. you will see Mill Farm (White Barn) on left side of road. Take first left after Mill Farm (about 0.1 miles from Mill Farm) into Caryl Park/Noanet Woodlands Reservation (parking lot adjacent to tennis courts). Note: Caryl Park has two entrances from Dedham Street, each with separate parking lots—we'll meet at the parking lot adjacent to the tennis courts. Additional parking available at Chickering Fields across the street.

October 10 - Sunday

North Shore and Cape Ann Tour

TIMES & ROUTES: 60/80 mile rides at 9:00, 30 mile ride at 10:30. RIDE TYPE: Arrowed (white chevron with dot) with cue sheet. LEADERS: Steve Kolek (781-674-1090 [kolek@ll.mit.edu]), Bill Widnall (781-862-2846 [BillWidnall@ibm.net]), Ann Marie Starck (617-923-6409). HIGHLIGHTS: Come join us touring the North Shore and Cape Ann, enjoying the delightfully varying views of harbors, light houses, beaches, and salt marshes. All route options include Gloucester, Rockport, and Annisquam. The longer rides, which start from Beverly, pass through Manchester and Magnolia on the way to joining the short ride start at Stage Fort Park, and on return pass through Essex, Hamilton, and Wenham, with the 80 mile option extending north to include Ipswich. Suggested lunch stop is at a park in the center of Rockport. Bring your own or buy from places nearby. This is a joint ride with the North Shore Cyclists. START: North Beverly's Centerville School for 60 or 80 miles. Gloucester's Stage Fort Park for 30 miles. DIRECTIONS: To the Beverly start: Route 128 N Exit 18. Turn left onto Route 22 toward Essex. At 0.9 miles bear right onto Hull St. Centerville School is about 200 yards on the

right. (No rest rooms.) To the Gloucester start: Route 128 N Exit 14. Turn right onto Route 133 towards Gloucester. Go 2.5 miles to the end of Route 133. Turn right (west) onto Route 127, then immediately left into Stage Fort Park. Parking is 0.2 mile up the hill on the right, opposite the Gloucester Visitors Welcoming Center. Rest rooms at the Visitor's Center.

October 16 - Saturday

Harvard Hill Climb

TIME AND ROUTE: 35 miles at 9:30. RIDE TYPE: Arrowed (simple WHITE traditional shape), with cue sheet. LEADER: Patrick Ward (781-646-9196, evenings before 9:30), PGWard@aol.com. HIGHLIGHTS: Tour "Big Thigh" country, visiting Littleton, Harvard, Bolton, and Lancaster. View panoramas to take your mind off the climbs, and enjoy the smooth, fast descents! START: XRE parking lot at Taylor St., Littleton. DIRECTIONS: Take Exit 39, (Taylor Street—Littleton/Boxboro) from Route 2 West just after Route 495 cloverleaf. At end of ramp, turn right up the hill. In 0.5 mile, turn left and then right into XRE lot.

October 16 - Saturday

We Cover the Waterfront

TIME AND ROUTE: 10:00 a.m. for 30 miles. RIDE TYPE: Urban. LEADER: Charles Hansen (617-734-0720); chansen@jhancock.com. HIGHLIGHTS: This is more an urban exploration than an aerobic ride. We work our way from South Boston to the downtown waterfront, then through Charlestown to Everett, Chelsea and finally East Boston, always staying as close to the harbor as we can by going out on piers, etc. This ride is a delight for aficionados of the urban maritime/industrial environment, and provides varying views of the harbor. The distance is just over 30 miles at moderate pace. Due to glass and other debris on the route, ATB's or sturdy touring tires are recommended. Please bring your lunch (if you want one)! START: Meet at snack stand at Castle Island, South Boston. DIRECTIONS: Take Broadway or Day Blvd. in S. Boston to the very end.

October 17 - Sunday

Apple Hill Tour

TIMES AND ROUTES: 9:30 for 55 hilly or 10:00 for 40 rolling miles. Both rides feature some old hilly, bumpy and twisting classic routes. RIDE TYPE: Arrowed (WHITE arc with a straight line, similar to a pitchfork). LEADER: Peter Brooks - (617-926-5735). Coleader Deb Kirchwey (617-497-4943). HIGHLIGHTS: Lunch will be at the Harvard Green opposite the general store. The short ride goes through Concord, Acton, Stow, and Littleton. The long ride adds Sudbury, Bolton, Westford, Carlisle. Limited food opportunities, so bring a lunch, and sorry no toilets available at the stop. See HILLS, apples, and Shermans Bridge. START: Concord Carlisle High School. DIRECTIONS: Rt. 128 to Rt. West. Go right on Rt. 126 North towards Concord Center. The School will be on your left in 1/4 mile. Park in the first lot on the left.

October 23 - Saturday**Western Wheelabout**

TIMES AND ROUTES: 9:30 for 39 miles, 10:00 for 19 miles. RIDE TYPE: Map and cue sheet. LEADER: Ed Foster (H: 781 237-4865, W: 617 258-4432). I'm looking for a coleader to run the short trip. If interested, please call. HIGHLIGHTS: A few new roads. The short ride goes through Wellesley, Wayland, Natick, Weston, and Newton. The long ride adds Lincoln and Sudbury. Lunch is at the end of the ride at a small park along the Charles River. Local food options include Wellesley Hills House of Pizza, Ice Cream Club, Dunkin' Donuts, Loui's Cafeteria, and a Convenience store. START: Former Grossman's 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 Rt. 16 for approximately 1/2 mile, just after the light look for the Grossman's sign and lot on the right. The ride starts from the parking lot. Park at your own risk at the Grossman's lot. The Wednesday evening Ice Cream Ride has been using it with no problems, but there is a sign saying you will be towed. Or take your first left after the light, and before a Sunoco station, onto River Street and then a right into the municipal lot. Meters are free on weekends.

October 24 - Sunday**The Northern Light(house) Tour**

TIMES AND ROUTES: 10:00 for 35 and 55 miles. RIDE TYPE: Arrowed. LEADERS: Andy Meyer, Renee Le Verrier (603-427-5001); asm@world.std.com. HIGHLIGHTS: The tourists are gone. Come and enjoy the scenic shoreline and rural roads of historic Portsmouth, York, and Ogunquit. We will ride along the ocean, past the Nubble lighthouse, and through quiet back roads. START: Portsmouth Park & Ride, 15 miles north of 495 & 95). DIRECTIONS: Take 95N to Exit 3 (just past the toll booth). Turn right at the end of the ramp onto Rte. 33. The Park and Ride will be about 1 mile on the left.

October 30 - Saturday**Which Way to the Wayside**

TIME AND ROUTE: 9:30 for 45 miles. RIDE TYPE: Cue sheet. LEADER: Mike Katin (617-964-3078). HIGHLIGHTS: Enjoy a mid-autumn ride through back roads of Marlborough, Hudson, Stow, Bolton and Sudbury with a rest stop at the Wayside Inn and Grist Mill in Sudbury. START: Brophy Elementary School on Pleasant Street (Rte. 30) in Framingham. DIRECTIONS: From the Mass. Pike, take Exit 12 (Route 9 Exit). Take Route 9 West; at end of ramp, move to the left lane of Route 9 and take left lane exit following sign for Route 30, Natick/Southborough). At the second light, take sharp right turn on to Rte. 30 East. Brophy School will be 1.8 miles on the left side of street. (N.B. Brophy School can also be reached on Route 30 going west from Framingham Center—the school is 1.5 miles west on Rte. 30 from Framingham Center, but the turns are tricky unless you are very familiar with the area.)

October 31 - Sunday**Bagels and a Buffalo**

TIMES AND ROUTES: 9:30 for 50 or 40 miles, 10:00 for 20 miles. RIDE TYPE: arrowed, white standard. LEADER: Melinda Lyon (978-887-5755). HIGHLIGHTS: Short ride includes Boxford, Topsfield, and Rowley. The long and medium rides include N. Andover, Ipswich, Newbury, and Newburyport. The short ride lunch stop is at Topsfield House of Bagels. The long and medium ride lunch stop is in downtown Newburyport at Abraham's Bagels. Additional side trip is out and back to Plum Island for the long and medium rides before the lunch stop. START: Masconomet High School, Boxford. DIRECTIONS: Rte. 95N to Exit 51, "Endicott Rd., Topsfield." High School is on the right at the end of the exit ramp.

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.

October 3, Sunday

New Hartford, Connecticut. Sponsors: For information and directions call Nancy and Jim 860-793-1255, or Bob and Pam 860-828-8514, RAKENNEDY@SNET.NET.

October 17, Sunday

Hingham, Massachusetts. 9:30 & 10:00 a.m. Sponsors: Jane & Phil Shute, 427 Gardner St., Hingham, MA 781-749-6518, shutehing@erols.com.

Rides Calendar continued on page 9

Nova Scotia on Two Wheels

by Arthur Weitzman



Our two wheels needed no inducement as they rolled out of the hot and diesel smelling belly of the ferry. A cool ocean wind cheered us on as we pedaled out of the Yarmouth harbor north for a two week bicycle jaunt around Nova Scotia in the mid-Atlantic. The first leg brought us along the western coast, the so-called "Evangeline" route that faces the Bay of Fundy. We had started out early that morning boarding the new fast catamaran ferry from Bar Harbor, which took only two and a half hours. Our destination that day was Church Pointe, about 40 miles from Yarmouth, a mostly flat terrain, and relatively easy afternoon ramble because of the tail wind pushing us along. Wife Catherine and I anticipated no sag wagons coming to our aid to carry our pajamas, maps and black shorts in the panniers, and besides, we traveled light. Not for us folks over 50 bivouacking in tents, sleeping on hard ground, preparing our food and worrying about rain. Our destination at Church Pointe supported a decent little Bed and Breakfast oddly named the Samson Inn.

Food is always an obsession with a cyclist, who usually consumes about 300 calories an hour simply breezing along on flat roads. We emerged from our showers after our afternoon pedal famished and in need of serious sustenance, which we found a very long walk away at the Tides, half a bar-pizzeria and half a restaurant. Though not gourmet the fish chowder and haddock meal was tasty, ample and homey. We ate as much as we liked even after the ice cream and other high-caloric food along the way that day. Nevertheless we lost weight, firmed up muscles and reduced girth.

Church Pointe received its name, we discovered next morning in an orgy of picture taking, as the largest wooden church (St. Mary's, Catholic) in North America right along the highway. The interior, a stunningly light and airy building, is obviously constructed to compare with the European versions built of stone. This town is, however, a golf mecca as we learned at breakfast chatting with a group of golfers from Halifax, who came for a tournament at the local country club. They could not believe we were traveling on two wheels until we produced our machines.

We could hardly believe ourselves struggling along that day up some tough climbs until reaching Digby and Annapolis Royal (try lunch at the Fiesta Cafe), where the road flattens out on the Evangeline trail. This part of Nova Scotia takes its name from the heroine of Longfellow's poem of the same name, which tells the story of the French Acadians who were forced to leave their homes—talk of ethnic cleansing, this is a shameful chapter in British history—and emigrate to Louisiana, where the word Acadia was corrupted to Cajun. So why did we see so many French flags? Not every French person refused allegiance to the British crown, and a sizable population stayed on. They fly the standard of France today with a gold star in one quarter to offer solidarity with their heritage.

This suggests a revival of French identity, though talking to a waitress with a French-Germanic name, we discovered she knew nothing of Alsace-Lorraine though her family came from this region of France. So thoroughly have the Acadians been assimilated that French food is almost totally forgotten. Exception: rappie pie (pate a la rapure), a pie of potato and chicken, which you see advertised everywhere. UnFrench, breakfasts are decidedly English consisting of bacon and eggs and toast. The food delicacies for the other meals tend to come from the ocean: scallops, mussels, haddock and lobster. One dish we had never eaten before, smoked haddock chowder, was delicious at the King's Arms Pub in Kentville.

Most nights were spent at ubiquitous B&B's that dot the landscape, like the Grand Street Inn in Kentville, which at one time was, yes, a grand mansion of one of the leading citizens on the crest of a hill. The newly installed swimming pool was pure bliss at the end of torrid day on the road. At one B&B in Petite Riviere along the eastern shore, we luxuriated in a Jacuzzi and were given an excellent dinner by the hostess Joan Patterson, who had a fund of information about the region. All of these night stops are listed in a very large and free book published by the tourist service of the island.

As we approached Halifax the weather turned rainy forcing us to take four-wheel transportation into the capital city, which was probably safer because of the fast traffic. Stow-

ing the bikes in our spacious room at the Holiday Inn, we circulated around the newly developed harbor and the nautical museums of this cosmopolitan city for two days. However, the macadam beckoned, and we were soon ready for biking adventures along the eastern shore of this geographically varied island.

The change of landscape was dramatic as our high-tech machines rambled through coves, fishing villages and hilly roads with the water now on our left. This eastern shore is also sparsely inhabited, and there are long stretches of primitive wilderness with no restaurants, B&B's or snack bars.

A cyclist covering this territory must plan carefully during the summer season when rooms fill up quickly. We used the unique system of the Nova Scotia Visitor Services to locate appropriate accommodations and secure a reservation, a service which is free. You simply call them on the free number, quote your assigned number (given to you the first time you used the system) or name and tell the agent where you expect to be that night, and she will reserve a room within your budget for that night.

It worked quite well when bedding down at Liverpool, where the hotels were filled because of a town celebration of its origins. The reservations service secured a room a few miles distant on a quiet back road. This celebration of the town's founding amused us as we rolled in that afternoon, because the parade's focus on its pirate past in the eighteenth century—"port of the privateers." In 1780, fed up with this government-sanctioned brigandage, American privateers attacked the town causing much damage. It's all built up since then, and many 18th and early 19th-century buildings remain for tourists to wander through.

Another Tory town we stayed the night is Shelburne, founded in 1783 by disaffected or disgruntled British who would rather live under the union jack than the stars and stripes after the Revolutionary War. The Shelburne we discovered cycling through its historic district looks like a town out of a Sinclair Lewis novel, but its waterfront preserves an eighteenth-century rural simplicity. We also discovered a truly gourmet restaurant, very French, The Charlotte Lane

continued on next page

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 suit 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 9 PM); e-mail: jdonohue@world.std.com.

What ... party?*continued from page 1*

The events we did hold were cliffhangers as well. I don't know much French, but I know what RSVP means. We had RSVP or preregistration for these events because we really truly need to know how many people are coming. For the Invitational, we needed to give the owners an estimate, and a deposit based on that estimate. We did in fact lose some money when we had to cancel. For the other events, we need to know how much food to buy, etc. Waiting until the Wednesday before the event to see what the weather's going to be like just doesn't cut it.

So, what's the conclusion to all this? CRW folks can't seem to make up their minds more than half an hour before an event, so we might as well forget about any activities that require a commitment ahead of time? Or maybe CRW people don't want no steenkin' parties, period, they just want to ride, ride, ride.

(PS: The next event on the calendar is the club banquet, so you can atone for your sins by signing up early for this one, if you plan on attending.)

continued from previous page

Cafe, that banished rural artlessness. Here we consumed some excellent fish furnished with a dreamy Gallic sauce and washed down with the very good vin blanc produced by the local Jost Vineyard. Every restaurant in Nova Scotia seems to stock this inexpensive but tasty wine. We could hardly believe our good fortune when the bill came to \$76 Canadian, or \$52 American.

One important discovery: Nova Scotia, contrary to report, is not flat, so the adventure-seeking cyclist should be prepared for some hefty climbs, some nasty winds from the ocean and long stretches without services. Nevertheless a two-week pedal rewards the intrepid two-wheel traveler with many sublime natural sights, helpful people and wonderful seafood. The tiny odometer mounted on the handlebar registered 416 mostly scenic, occasionally boring but often exhilarating miles.

Scenic Pennsylvania, Minnesota, and Washington State Will Lure Cyclists to League's Rallies Next Summer

Flip your calendar to the next millennium and start dreaming of Rallies 2000! Reserve the dates now for another fun-filled summer of League Rallies, and stay tuned for further details.

Covered Bridge Rally; Bloomsburg University, Bloomsburg, Pennsylvania. June 2-5, 2000

Join the League in covered bridge country! Madison County has nothing on Columbia County, Pennsylvania. Columbia County, located just north of Harrisburg in Central Pennsylvania, is home to 22—that's right, 22—covered bridges, including the nation's only twin span. And as if that's not enough, neighboring Montour County has another two, for a total of 24 covered bridges, many of which are within biking distance. Rumor has it that a certain 50-mile route leads to ten of those picturesque treasures. Come to the Covered Bridge Rally in Bloomsburg and find out for yourself. And who knows? You might find yourself sharing a bridge with an Amish horse & buggy.

Minnesota Lakes and Rivers Rally, University of St. Thomas, St. Paul, Minnesota. June 30-July 3, 2000

The Twin Cities Bicycling Club invites you to St. Paul for a fabulous Fourth of July Holiday Weekend! Experience an outstanding combination of city and country riding, bicycling along roads or paved trails, or leaving the beaten path entirely. See twenty-five lakes on a 35-mile ride and bike for miles along the Mississippi's green river bluffs and valleys. Visit historic sites such as Fort Snelling and St. Anthony Falls, and marvel at such modern delights as the Minneapolis Sculpture Garden, the Walker Art Center and, of course, the Mall of America. And lest we forget what is most near and dear to the cyclist's heart—each year on the July Fourth weekend, St. Paul plays host to the Taste of Minnesota—a food lover's dream come true!

Cascades to the Coast Rally, Western Washington University, Bellingham, Washington. August 18-21, 2000

The Mount Baker Bicycle Club and the Skagit Bicycle Club invite you to their Pacific Northwest paradise. The charming town of Bellingham, known as the Gateway to the San Juan Islands, awaits discovery. Ride roads, paved trails, and mountain bike trails under the watchful eye of snowcapped Mount Baker. Pedal on fabulous country roads through farm and forest, along seashores and out to a few islands. Swim in sparkling lakes that are easy rides from town. A weekend isn't long enough to become immersed in this breathtaking scenery, so make it a real vacation and stay for the Cascade Bicycle Club's Ride Around Washington, immediately following the Rally.

Brochures will be available in January 2000. For more information, contact the League of American Bicyclists at 1612 K Street NW, Suite 401, Washington DC 20006, (202) 822-1333. bikeleague@bikeleague.org; <http://www.bikeleague.org>.



Little Jack's Corner

by Jack Donohue

Susan had taken a leave of absence from work, which I thought would be an opportunity for her to take even better care of me than before. But, noooooo, she actually started to engage in activities which had nothing to do with my comfort or well being. One of those activities was crewing for Ed Kross on RAAM (Race Across America). Now driving across the country at 12 mph, getting 3 hours of sleep a night is not my idea of a good time, but Susan was excited about it, and it is definitely a unique experience. So I became a RAAM widower.

I was a little nervous about her driving the behemoth mobile home. The DMobile had acquired a few dings on the leeward side, and the RV is much wider. But she managed it without incident. I, on the other hand, found myself in the driver's seat of the DMobile, a place I rarely occupy. My driving style could euphemistically be called "aggressive," so over the years Susan had pretty much taken over the driving. Another disturbing fact I realized was that though I was occasionally allowed to drive, it had been a

very long time since I'd driven without her. Those of you that have ridden with me know that I have absolutely no sense of direction, and if it weren't for those little arrows on the road, I would probably never find my way home. In the car, Susan is the dedicated navigator, and when I got in to drive to Ken's house, where I'd been many times before, I realized I had no idea how to get there. So I made myself a map, and away I went. I actually got there OK, but on the way back, rather than sticking to the numbered roads, I was feeling frisky and tried to follow my carefully mapped out backroads route. Many turns and miles later, I found myself in Wayland, and was pretty sure I had gone off course. I did eventually get home, but after that the car wasn't subsequently moved until Mrs. D. got home, by which time there was a cobweb extending from her bike to the car aerial.

Fortunately, Susan had stocked the fridge well before she left, so I had no need for the DMobile. We had just given the New Member party, so I had a stash of leftover hot dogs and potato salad. This was dinner for the first week. Then I got into the leftover

cheese and bread, and it was grilled cheese sandwiches for week two.

Since I was temporarily a bachelor again, I decided to exercise my new found freedom. In a particularly rebellious move, I went down to the tandem in the garage and removed the Black Bag. The Black Bag, or the Black Hole, as I am fond of calling it, is a rack trunk pack, which has the uncanny ability to suck in any object that comes near it. It also seems to have black hole like properties of an incredible amount of mass, much more than you'd think looking at it. So there's been an ongoing argument in the DonoGrieb family. It usually starts out with me saying "Do we really need that #### thing, it's just a short ride." to which she replies "Yes." This is generally the end of the discussion. Suffice it to say that since we (she) bought it, we have never been able to remove the black bag from the rear of the tandem for any reason. But, when Mrs. D's away, Mr. D will play, so I whisked it off with reckless abandon. But I did wake up in a cold sweat a few nights wondering if she somehow knew, and suffice it to say, it was back in place upon her return.

"I did OK"

by Jack Donohue

WHILE RIDING WITH MELINDA LYON a few years back, I asked her how she did in the Boston-Montreal-Boston (BMB) ride. She replied, "I did OK." Upon closer questioning, she admitted that she had, in fact, won. Most people would consider that more than OK, being the first woman finisher in this 1200 km ride. The BMB web site states: "Melinda Lyon's time of 57:58 established a new course record for women, eclipsing Lindy King's record from 1993. Melinda's record is especially impressive as she relied solely on neutral support throughout the ride." (Lindy King is another CRW celebrity, former *WheelPeople* editor, leader of many rides, and first lady when hubby Jamie King was CRW president.)

Melinda doesn't make a big deal of her accomplishments, but beneath that sweet exterior beats the heart of a fierce competitor. She just doesn't gloat over her victories.

Melinda has lots of followers. Mostly, her fan club follows her rear wheel. The wise

wheelsucker knows to stay behind Melinda. She doesn't blast out of the starting gate at 30 mph, but like the Eveready bunny, at the 200, 300, 400, 600 kilometer mark, she's still going strong. I've seen a lot of Melinda on the Brevet series, and while most of the riders come in looking like grim death, Melinda looks like she could whip off another hundred miles without missing a step (and sometimes does, since she often rides to and from the Brevets).

She could be a Race Across America (RAAM) contender, but the logistics involved in putting on a RAAM effort don't interest her. She just wants to ride her bike. In that respect Melinda is a quintessential randonneur (or randonneuse). Randonneuring originated in France long before ultra-marathons and the -athlons. Not quite touring and not quite racing, it is basically a group of riders who liked to ride long distances. Melinda fits the model very well, since she loves to ride incredible distances. The fact that she does so

very fast is just a fringe benefit.

I first met Melinda riding with Robye, another CRW legend, on CRW rides. As Robye tells it, he kept running into Melinda on rides, and long after he had dropped everyone else, there was Melinda. That was the beginning of a beautiful relationship.

Besides being a premier cyclist, Melinda is a runner, skier, snowshoer and together with Robye enjoys all manner of outdoor activities.

Well, Melinda "did OK" yet again, this time in France. She was the first woman to finish the 1999 Paris-Brest-Paris ride, the original 1200 Km ride that BMB was modeled after. Melinda's time of 53:11 shattered the previous American woman's record in this event, and was the second best woman's time ever.

PS: If you're interested in reading a fascinating account of the PBP ride by another CRW member, check out Harriet Fell's web page: <http://www.ccs.neu.edu/home/fell/PBP1975.html>.

AUGUST 1999 MILEAGE TOTALS

1
3
3
5
7
1

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Mike Kerrigan	9880	5	5	5	Peter Brooks	3629	7	5	-	Coleman Rogers	1703	3	2	-
Bruce Ingle	9477	7	6	6	Ed Hoffer	3402	1	-	-	Richard Dweck	1652	1	-	-
Jack Donohue	9243	-	-	6	David Wean	3155	1	-	-	John Kane	1530	-	-	-
Gerald Goode	9061	-	-	5	Lee Howard	3033	-	-	-	Harry Wolf	1217	-	-	-
Martin Estner	7007	8	7	4	Joe Marcal	3014	1	-	-	Jacek Rudowski	1004	2	-	-
Ken Hابلow	6424	7	6	3	Doug Cohen	3004	2	1	-	Dave VanAmeyden	1003	2	-	-
Mel Stoler	6291	8	8	3	Marc Baskin	2550	-	1	-	Phyllis Mays	988	-	-	-
Peter Knox	5377	5	5	3	Ted Hamann	2412	-	-	-	Jim Merrick	916	1	-	-
Bob Sawyer	4305	4	1	-	Jim Goldman	2177	1	1	-	George Caplan	795	-	-	-
Bill Widnall	4082	8	8	-	Jim Hill	2152	3	3	-	Ed Trumbull	368	-	-	-
Joe Repole	3782	8	8	-	Larry Dolinsky	1866	3	1	-	Tracy Ingle	256	-	-	-
Dick Arsenault	3742	3	2	-	Susan Grieb	1819	-	-	-	Emily Wean	147	-	-	-
Kitty Farago	3726	1	-	-	Joan Dolinsky	1791	2	-	-	Julia Wean	135	-	-	-
Irving Kurki	3684	7	4	-	Gabor Demjen	1772	2	-	-					

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

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

WELCOME NEW MEMBERS!

Bill Bartin	Dorchester
Randall Cahill	Boston
Mark Casey	Burlington
Donald Cassidy	Natick
Miriam Deraney	Roslindale
Phyllis Doig	Lexington
Dale Duet	Brighton
Patrick Feldman	Cambridge
Jacqueline Page	Somerville
Regina Powers	Boston
Carolynn Purpura	Boston
David Reed	Watertown
Paul Samson	Newton Centre
Michael Shea	Needham
Marc Stutman	Brookline
Jessica Truslow	Cambridge
James Woodard	Jamaica Plain
Peter Zeigler,	
Melissa Infurna	Stoneham

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CLUB CLASSIFIED

Wanted to buy/barter/trade: Burley (or other good quality) trailer for 2 kids—we have the Burley Solo in excellent condition for 1 kid. We are also looking for a tandem rack carrier that can accommodate 2 tandems. Please let us know if you are selling either of these items or are willing to trade or barter for them. Call Lindy or Jamie at 978/448-0533 by 9 p.m. or e-mail GNIKKING@aol.com.

Century Rider wanted: I have a brand new Ibis tandem, and I'm looking for someone to partner up this fall for some (hopefully) brisk centuries. Old UMCA guy likes to ride distance. Call Bill Ingraham at 781-545-6130 (Scituate).

CRW Ride Hotline
(617) 325-BIKE

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

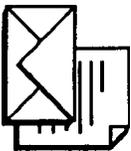
- Ace Wheelworks** (617) 776-2100
145 Elm St., Somerville
- Back Bay Cycles** (617) 247-2336
333 Newbury St., Boston
- Belmont Wheelworks** (617) 489-3577
480 Trapelo Rd., Belmont
- Bicycle Bill** (617) 783-5636
253 North Harvard St., Allston
- Bicycle Classics** (508) 359-1941
36 Park Street, Medfield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

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

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

Charles River Wheelmen
19 Chase Avenue
West Newton, MA 02465

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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

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
Individual	\$35	\$67	\$99
Household	\$40	\$76	\$112

*Contact David Balzotti: 617 576-9878 if you are an LAB life member.

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

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to: David Balzotti, 53 Dogwood Road, North Hubbardston, MA 01452.

I'd like to help with the activities checked below. Please have someone contact me:

<input type="checkbox"/> Ride Leader	<input type="checkbox"/> Publicity	<input type="checkbox"/> Legislative action
<input type="checkbox"/> Safety	<input type="checkbox"/> Membership	<input type="checkbox"/> Newsletter
<input type="checkbox"/> Host a post-ride party	<input type="checkbox"/> Special events	
<input type="checkbox"/> Other _____		

Signature(s) _____ Date _____ Date of Birth _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

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:

- 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.
- 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.
- 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.