

WheelPeople

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIV, Number 1 January, 2000

Portugal and Pizza

Slide Show/Pizza Fest
Friday, Feb. 4, 2000

Andy Meyer and Renee LeVerrier will present a slide show of their trip last year to Portugal. Come early, around 6:30, and we'll order some pizza, otherwise 7:30 for the main event. As a special attraction, we're going to have a belated Yankee swap, so bring some bike goodie that you'd like to exchange for another equally precious item. The show will be held at 26 Fox Run Road Bedford. If you're interested in the pizza, call Jack or Susan at 781-275-3991, so we'll know how much to order. Directions: From Route 62/Concord: L on Routes 4/225; where 225 bears left to Carlisle, stay straight on Route 4 for about 2 miles, at V in road Route 4 goes left (sign to Chelmsford) bear right on North Road till road bears left, turn R on Springs Road, take 1st R on Fox Run Road, we are #26 on right. From Route 3: Take Concord Street exit toward Bedford; in 1 mile Technology Park on left, another 1/10 mile road bears R, go L on Springs Road, take 1st R on Fox Run Road, we are #26 on right.

Bikers with Forks

Thursday, Jan 6 6:30PM

The series continues at "Not Your Average Joe's" Restaurant in Watertown Square. Our roving gourmets report back on good food cheap and a staggering selection of beer on tap. Directions: the restaurant is located in Watertown Square, 55 Main Street, phone number 926-9229. Parking is available in the rear. Call Adele (617-628-8757) by Wednesday, January 5 to let her know you're planning to attend. Adele will be coordinating the Bikers with Forks series. If you have a favorite restaurant you'd like to share with 900 of your closest friends, call Adele with the details, make the reservations, and see who shows up.



Tour, Train . . . Toodle?

By Renée Le Verrier

I wear the outfit: the Lycra, the bright colors. I click into my pedals. I note how my average speed increases as the season peaks and test how early on I can get my trip distance into triple digits. I tour. I train. I don't just toodle around town. Or, I didn't. Until I discovered something in the basement of the house we bought recently.

The morning after the closing, Andy and I paced the empty rooms waiting for the
continued on page 4

Click . . . Click

by Ken Hablow

You are reading this article. That's good. That means you have probably finished "Little Jack's Corner" and are browsing. It also means you have received the January issue of WheelPeople. This means we survived the Y2K problem. Give or take an occasional glitch at your local post office, you receive one of these multi page newsletters every month. Magic! Well, not quite. In the beginning there was the typewriter. WheelPeople was 4 pages. Stamps had to be wetted (licked). CRW members affixed the labels, put on the stamps and dumped the lot into a mailbox. Then, as the membership grew, and the size if the newsletter grew; it was time to make some changes. Several years ago we decided we really needed more than 4 pages, and since 8 pages was over the one ounce single stamp weight restriction, the board made the decision to go with the larger size and

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Rides Committee Reorganization

Because of personal commitments, Barry Nelson is unable to continue in the post of VP of Rides. Jim Sullivan, who has been his right hand man as Sunday Ride Coordinator will take over. Barry will be able to serve as Saturday Ride Coordinator, and Tod Rodger is going to take over as Sunday Ride Coordinator. Tod is a new ride leader this year, and brings enthusiasm and some fresh ideas to the position.

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The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheets are generally provided. There are also rides

each Saturday and during the week. Our Winter rides program, The Second Season, is more informal; the route and pace are decided by those who show up. We also hold social events and related activities.

CRW is an LAB 100% affiliated club, so our dues include membership in the League Of American Bicyclists. Members receive *Bicycle USA*, the LAB magazine, as well as *WheelPeople*, the Club's newsletter. CRW is also an associated club of the Adventure Cycling Association. Address correspondence to:

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

BOARD OF DIRECTORS

	Term Expires	
Don Blake	2000	(781) 275-7878
Rosalie Blum	2001	(781) 272-7785
Jack Donohue	2000	(781) 275-3991
Rich Fields	2002	(781) 646-4601
Steve Kolek	2002	(781) 674-1090
Bob Sawyer	2001	(781) 862-6517
Ann-Marie Starck	2002	(617) 923-6409
Marty Weinstock	2000	(617) 491-6523
Bill Widnall	2001	(781) 862-2846

OFFICERS AND COORDINATORS

President	Jack Donohue	(781) 275-3991
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	Sharon Gowan	(617) 489-5682
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Social Committee Chair	Barbara Bix	(617) 964-8193

RIDE PROGRAM COORDINATORS

Vice President of Rides	Jim Sullivan	(781) 245-1772
Saturday Rides	Barry Nelson	(617) 964-5727
Sunday Rides	Tod Rodger	(978) 456-8654
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

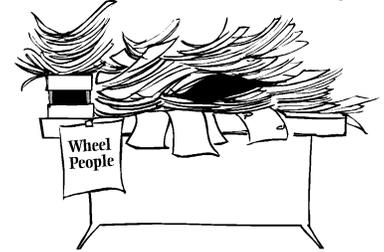
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Editorial Policy



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.

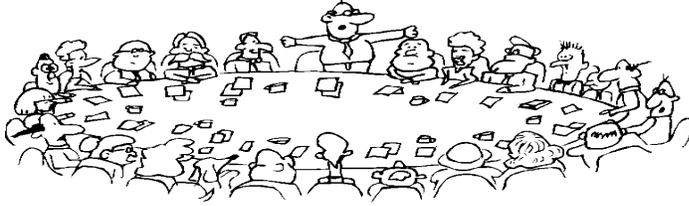
Insurance

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



December 7, 1999

Membership Report: 870 current members, with 20 renewed and 21 lapsed memberships. There are ZERO new members for the first time in CRW's history! Jack Donohue pointed out that all local bike clubs are experiencing a similar decline in membership. To boost membership, ride leaders will distribute club brochures to non-CRW riders.

Rides Committee: Tod Roger is our new Sunday ride coordinator. Barry Nelson will be takeover as Saturday coordinator. Jim Sullivan will be our new VP of Rides.

WheelPeople: Laura Sipser Segel has resigned as production editor. Jack Donohue has already spoken with a possible replacement.

Social Committee: Our winter social season is in full swing. Andy Meyer will present a slide show on his bike trip in Portugal on February 4. Melinda Lyon will be scheduled to talk about her victory at Paris-Brest-Paris '99 later in the year. The first of CRW's winter dinner series will take place on January 6 at Not Your Average Joe's in Watertown, and Adele Ferreira is working on a February event.

Web site: Jack Donohue has contacted Web site sponsors for renewals. The board discussed the possibility of affiliating our Web site with REI's in return

for a commission on sales through a link with our site. Marty Weinstock will investigate and report to the Board.

Banquet Recap: Over 60 members attended the banquet on November 11 - a great turnout! Thanks to the generous contributions of bike shops, everyone got a door prize. The food at Yangtze River was copious and excellent. The auction raised \$185, which will be donated to the Friends of Bedford Bikeway for a bike rack.

Boston Bicycle Advisory Committee: Mayor Menino of Boston wants to set up this new committee and is looking for members. Several CRW members have expressed interest in participating.

Board of Directors Elections: Since there are three candidates for three open positions, elections will not be held. Our new board members will be Rich Fields, Steve Kolek, and Ann-Marie Starck.

CRW merchandise: The board decided to reissue CRW stickers, a classic old favorite. An ad for CRW merchandise will appear in winter issues of *WheelPeople*.

Bike shop reps: Currently five bike shops do not have CRW reps. We will solicit volunteers in *WheelPeople*.

Government Relations

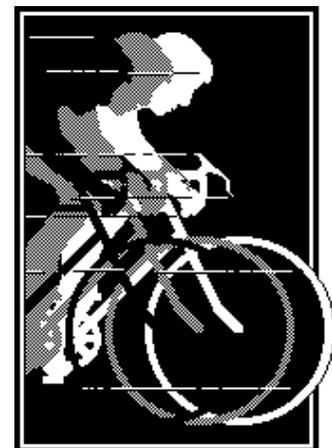
By George Eckert

The following dialogue with my State Representative illustrates the importance of letting our elected officials know what issues are important to CRW Cyclists. Most of our Representatives and Senators are great people, however, they are not good at reading minds. As few as 5 letters on a subject like cycling is all it takes to get their attention, and to have them choose the priorities well. Dear Representative, I noticed a few weeks ago that you voted against legislation that would compel the Commissioner of the Highway Department to accept and use properly "TEA-21" federal transportation funds. I am very disappointed to learn this, especially in light of the fact that we are generously spending \$11 Billion on the Central Artery Project. Were you aware that Massachusetts ranks 51st (that's right) in the Nation for progress on "Transportation Enhancements"? I hope next time a "Non Automobile" transportation issue arises— especially with "Federal Money"— that you consider accepting and using the money. Reply from Legislator: Dear George: Thank you for your note. This is a vote that I candidly do not feel good about, because I agree with the sentiment. Sometimes in the Legislative business we have to take certain votes in order to get another and more important measure passed. I knew when this vote was about to be taken that it was going to fail badly. . . and I did not want to risk another and more important project for [insert your town here] on a vote that was going to lose no matter what I did. I'm trying to be very pragmatic at what I'm doing here and some times I have to take these kind of votes. I hope you can understand.

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.

New on the Website

Check out the pictures from the Fall Century, and also a potpourri of other CRW events of 1999. Also, don't miss the picture of Ed Trumbull on his new recumbent. <http://www.northeastnet.com/crw/gallery/index.htm> Thanks to David White-lief for hosting and designing the CRW picture gallery portion of the web site.



January 2000 Recurring Rides Calendar



Wednesday Wheelers

TIMES: 10:00 AM

Routes: 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.

Thursday French Picnic Rides

TIMES: 10:30 AM

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

toodle continued from page 1

moving truck to arrive. Lingering on the deck, we breathed in the salt air of this seaside town and contemplated the bike loops we'd take right out our back door. I envisioned fast, flat rides with tailwinds. We wandered down into the basement. As Andy inspected things like copper piping and insulation, I saw it in the back corner. Propped at an angle on its kickstand stood a turquoise, shiny-fendered, 1969 three-speed Schwinn Collegiate, complete with chain guard. It seemed to notice me too. The wicker basket was tilted impishly toward the door coaxing me to c'mon outside with it and play. So I took it for a spin.

I zoomed up the street and vroomed back down. *Er-eee-er. Er-eee-er.* The seat, big and fat and also bright blue, squeaked the whole way. I aimed for the bumps on the next loop. *Er-, bump, EEEE-er. Wheee!* Thump-a-bump, right out of the saddle. My Aunt Nora had a green bike just like this one except for a few patches of rust. But she didn't ride it much. In fact, she gave it to me when I graduated from my Sting-Ray. Wow, a three-speed, I'd thought back then, how *grown up*.

I commute to work now on this two-wheeled vehicle. It's only a mile-and-a-half, but it's more fun than walking and way more fun than driving. I sit upright and look around as I

Saturday Morning Fitness Ride at Nahanton Park **

TIMES: 8:30 SHARP!

Routes: 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.

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

pedal and boing through town. I see flower gardens. I wave to neighbors. I coast, my skirt flapping behind me in the breeze. The streets are more alive in the morning than I'd noticed from behind the steering wheel. Moms stroll the park paths with baby carriages. Dog walkers murmur *heel, good boy*. Truckers make deliveries down narrow alleys, chatting with shop owners out the window. People bustle about holding paper coffee cups away from their bodies like instruments in a marching band. And I bounce along taking it all in.

Mid-week is a bit crazy, though. I dodge traffic in the late afternoons in a hurry to get home. Quickly, I change into shorts and a jersey and switch to my lightweight 21-speed, all in time to connect up with the Wednesday night crew. We paceline along the shore, not noticing it. Sometimes, it's enough to focus on only the wheel in front of me and concentrate on a steady speed when it's my turn to pull. It makes me feel strong. On weekends or vacations, I slow down a touch and look around a bit. I tour new roads and explore towns I'd never been in. It makes me feel adventurous.

But travelling to work is another story. After smiling and squeaking across town, I bump down a hill and through the back parking lot. Then, I cut over on a side path to the front door where I hop off and toe down the kickstand. My commute makes me feel like, well, like I'm riding a bike.



The Rides Calendar January, 2000

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map.

Call 617-325-BIKE to find out about last minute changes or special announcements.

First ride of the Millennium

January 1 - Saturday

TIMES: 11:00 AM

RIDE TYPE: Winter, but who cares.

LEADERS: Eric "Bicycle Bozo" Ferioli (781-235-4762)

HIGHLIGHTS: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body (of that hangover) in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common! There are those of you that claim that 2000 is not the real new millennium. Well, according to a computer's numbering system, the year 2000 is indeed the new millennium. And, since at least 99% of the international time clocks are really run by computers, who are we lowly humans to question their authority?

START: Boston Common at the intersection of Park Street and Tremont Street

Bare Natick

January 2 - Sunday

TIMES: 10:30

RIDE TYPE: Map and/or Cue Sheet

LEADERS: Eric Ferioli (781-235-4762)

HIGHLIGHTS: Warm temperatures.

START: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Northern Exposure

January 9 - Sunday

TIMES: 10:30

RIDE TYPE: Map and/or Cue Sheet

LEADERS: Jack Donohue (781-275-3991)

HIGHLIGHTS: A tour through the northern towns of Bedford, Concord, and Carlisle. START: Bedford Center

DIRECTIONS: Take Rt. 128 to Rts.4/225 to Bedford Center, turn left onto Mudge Way to the Bedford Library Parking Lot.

Larz Anderson

January 16 - Sunday

TIMES: 10:30

RIDE TYPE: Winter ride with snow covered arrows and a cue sheet

LEADERS: Barry Nelson (617-964-5727)
BarryNelson@alum.MIT.edu

HIGHLIGHTS: Visit Larz Anderson Park, Brookline, West Roxbury, Dedham, Needham, and Newton on mostly quiet secondary roads.

START: Putterham Circle Golf Course parking lot, Brookline

DIRECTIONS: From Rt. 128 take Rt. 9 East for about 3 miles. Just as the Chestnut Hill Mall passes on your left, exit right onto Hammond Pond Parkway. Go South through the next traffic light and take the third exit from the rotary on to Newton Street going east. Immediately after the rotary turn left into the parking lot at the Putterham Meadows public golf course.

Willett's Pond Gear Ride

January 23 - Sunday

TIMES: 10:30

RIDE TYPE: Map and/or Cue Sheet

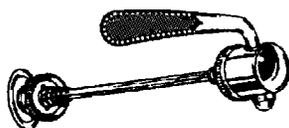
LEADERS: Eric Ferioli (781-235-4762)

HIGHLIGHTS: Ride through Westwood, Norwood, Medfield, and Dover. Approximately 31 or 22 miles.

START: Wellesley High School

DIRECTIONS: From Rt. 128 exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Rice St. after the traffic light at Forest St. (on left)/ Rt. 16/ Rockland to Linden St. (on right). There is a white with red letters sign saying "Wellesley High School" on the right, just before Rice St.

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Medway Meander

January 30 - Sunday

TIMES: 10:30

RIDE TYPE: Map and/or Cue Sheet

LEADERS: Eric Ferioli (781-235-4762)

HIGHLIGHTS: Recycled GEAR ride. Approximately 30 and 37 miles.

START: Wellesley High School DIRECTIONS: From Rt. 128 exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Rice St. after the traffic light at Forest St. (on left)/ Rt. 16/ Rockland to Linden St. (on right). There is a white with red letters sign saying "Wellesley High School" on the right, just before Rice St. February 6 - Sunday - Bridges of Sudbury TIMES: 10:30 RIDE TYPE: Map and/or Cue Sheet LEADERS: Eric Ferioli (781-235-4762) HIGHLIGHTS: Ride meanders across 8 of the 10 bridges across the Sudbury River. Towns include Concord, Sudbury, Wayland, and Lincoln. Lunch stop will be in Concord center after the ride. START: Concord-Carlisle High School DIRECTIONS: Rt. 2 to Rt. 126 North (the opposite direction from Walden Pond). The high school is at the bottom of the hill on the left.



Seventh Annual Bikers on Skis

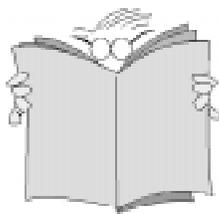
February 18-21, 2000

Try your hand at gliding instead of rolling. This cross country skiing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing in the Zealand Falls area. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike — we will not be stopped. The trip spans the three day President's Day weekend. Cost of \$170 for the weekend includes three nights lodging, three breakfasts, two dinners. To register send the a check for the full amount made out to Charles River Wheelmen and a stamped self-addressed envelope or e-mail address by January 11 to: Bikers on Skis c/o Jack Donohue 26 Fox Run Road Bedford, MA 01730-1104 Registration fee non-refundable after this date unless we can find someone to take your place. For more information, you can contact the leaders: Susan Grieb and Jack Donohue (781) 275-3991 (before 9 PM) jdonohue@world.std.com

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use third class mail. This was sort of like going from a five speed freewheel to a 9 speed cassette. Many of you know there were initial problems that needed to be sorted out, but they were, and it all works now, mostly. However, this meant our deadline dates were more critical because our target date to mail is around the 20th of the month since the average delivery time for third class is 10 days. So let's look at what it takes to put out one issue of this newsletter every month. Page 2, the Recurring Rides page, and the back page with the mail label are "boiler plate." That means they very seldom change. Jack collects all the copy for each issue. Articles that appear in WheelPeople are sent to Jack first. He has "editorial privileges" and can change, delete or choose not to publish an article. If you are low tech and need to send hard copy, Jack scans the article with OCR (Optical Character Recognition) software, which converts this to electronic text. If you are really low tech, send handwritten copy, Jack retypes it. Jack also keeps track of the extended trips, other clubs' rides, and the T-BONES calendar. Larissa e-mails Jack the board minutes. Dave Balzotti e-mails Jack the new member list. About the 15th of the month, Dave also e-mails an electronic file with all the current names and addresses to the mail house. Ed Trumbull is not electronically connected. Those of you who call in your mileage every month may or may not know Ed keeps track of these on index cards. About the time some of you realize you forgot to call Ed, he mails his tabulation to Jack. The figures are then inserted into a spreadsheet table and sorted. Barry Nelson "leans" on ride leaders to get their ride descriptions in on time. Even though there is a deadline of the first of the month, Barry still needs to arrange the rides in a schedule and insert all the necessary text for each ride. If you are merely repeating a ride he can use an old chunk of text from a database of ride descriptions and change the date. Still, this is time consuming. If you do not send your description by e-mail, Barry needs to manually type this into his list. He then e-mails the calendar to Jack. Now comes the real time consuming part. All this raw text is e-mailed to one of our two layout editors, Laura or Andy (they alternate months), who then spends hours trying to make the text fit into the format of our newsletter. Once complete, the final electronic file is e-mailed to our printer, Kwik Kopy, in Waltham. Kwik Kopy prints, assembles and folds the newsletters. They are then delivered to Compu-Mail in Newton, who prints out the bar coded, presorted third class labels. They use a machine to affix the labels at the same time the little white wafer seal is applied. Miraculously, it then shows up in your mailbox. So, for those of you who do in fact think this is miraculous, remember; there are at least seven people involved in getting WheelPeople out every month, not including those who actually write articles or our two outside suppliers. Many clubs our size outsource their newsletter, but CRV does it all with 100% volunteer labor - sort of like slave labor. Whew! I get tired just thinking about all this work. Excuse me, but my copy just arrived and I gotta go see what Jack wrote about this month.

Little Jack's Corner - by Jack Donohue



In most of my previous close encounters of a vehicular kind I've always managed to get up, dust myself off, straighten the handlebars, put the chain back on and ride off into the sunset. On the few occasions when the bike was unrideable, I'd try to cadge a ride out of the offending motorist, playing on their guilt. The question usually comes up "do you want to go to the hospital?" to which I reply, in true John Wayne fashion, "No, ma'am, I'll just fashion a tourniquet out of my handkerchief, and I'll be all right." On my last encounter with a car, there was no question I would be visiting the emergency room, as I gazed down at the proverbial pool of blood that was accumulating in front of me, and as it felt like some important part of my face was not at-

tached quite as well as it had been. Visiting the emergency room as a cyclist has some interesting ramifications. Your mother always told you to wear clean underwear for just such occasions. Well, my bike shorts could never have passed any mother's inspection. As they were x-raying various body parts, they decided that my jersey had to come off. Unfortunately, they decided to take it off with scissors. So I'm thinking, "What am I going to do for a shirt now that the jersey has been reduced to a single dimension?" The other concern was when I was released, my only walking apparel were cleated bicycle shoes. Lacking a bike, these really aren't too useful for getting around. The really did all the ER stuff, just like on ER, all except for the paddles. They asked me my name about fifty times, just to make sure I was still on planet earth. After #30 or so, I was tempted to ask "Is this a trick question?"

but I figured I'd better be good. I was lying there bemoaning my fate, when I heard a discussion about the proper handling of severed fingers, so I decided my condition wasn't quite so bad after all. In a futile attempt at levity, referring to my stitched upper lip, I asked one of the attending "Am I going to scare small children?" To which he responded "Do you have small children?" Tough crowd. After sewing me up, it was time to discharge me. It turned out that it was a cool morning, so I had a flannel shirt in my bag that I had taken off after warming up. At least I didn't have to go topless. The other alternative was one of those slipcover affairs with no back, which might be useful if I were a flasher. I managed to finagle a pair of styrofoam slippers out of one of the nurses, so I cut quite a striking figure as I padded out of the ER. Eric Ferioli would have been proud.

FOR SALE

Thule Roof Rack or two bikes. 48" cross bars, long tray set up, Fairing, Lockable Tower clamps. Towers are for a car with gutters. (My car was an 87 Nissan Sentra) \$40 or BO Rick Hardy 781-449-4262.

Long wheel base recumbent, \$100, Unicycle, \$50. Call 781-862-6517

CRW Bike Hotline (617) 325- BIKE

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.

September Mileage Totals

216452

	Miles	M	C	K		Miles	M	C	K
Jack Donohue	12519	-	-	8	Howard	4483	-	-	-
Bruce Ingle	12096	10	6	7	Joe Marcal	4103	4	1	-
Mike Kerrigan	11973	7	7	5	Ted Hamann	3121	-	-	-
John Bayley	11863	10	9	6	Ed Foster	3096	5	2	-
Pamela Blalock	10654	10	9	5	Jim Goldman	2741	2	-	-
Gerald Goode	10447	-	-	5	Larry Dolinsky	2720	4	1	-
Martin Estner	9916	11	10	6	Gabor Demjen	2673	3	2	-
Peter Knox	8596	8	8	4	Joan Dolinsky	2646	3	-	-
Mel Stoler	8343	9	9	3	Susan Grieb	2545	-	-	-
Rich Fields	7807	10	7	3	Nancy Butler	1976	1	1	-
Ken Hallow	7795	9	8	3	John Kane	1965	-	-	-
Jean Orser	7522	9	6	4	Dave VanAmeyden	1608	4	-	-
Bob Sawyer	5654	4	1	-	Harry Wolf	1534	-	-	-
Bill Widnall	5537	11	11	-	John Springfield	1398	-	4	-
Irving Kurki	5499	8	5	-	Jeff Luxenberg	1090	-	-	-
Joe Repole	5302	11	11	-	Richard Lynch	809	-	-	-
Kitty Farago	5065	2	1	-	John Loring	755	-	-	-
Joan Larsen	5050	5	1	2	Ed Trumbull	496	-	-	-
Dick Arsenault	4952	5	2	-	Rosalie Blum	320	-	-	-
Debbie Kirchwey	4897	11	11	-	Jared Luxenberg	290	-	-	-
Doug Cohen	4741	3	1	1	Tracy Ingle	259	-	-	-
Ed Hoffer	4653	-	1	-	Emily Wean	190	-	-	-
David Wean	4612	2	-	- Lee	Julia Wean	141	-	-	-

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

Broadway Bicycle School
351 Broadway, Cambridge (617) 868-3392

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

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

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

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, advisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Signature(s) _____ Date _____ Date of Birth _____

Name(s) _____ Address _____

Phone (eve.) _____ (day) _____

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

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

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

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

***Contact David Balzotti, 617 576-9878 if you are an LAB life member. Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to David Balzotti, 53 Dogwood Road North, Hubbardston, MA 01452**

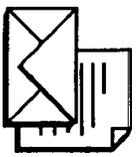
I'd like to help with the activities checked below. Please have someone contact me:

Ride Leader Publicity Legislative Action

Safety Membership Newsletter

Host a post-ride party Special Events

Other _____



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