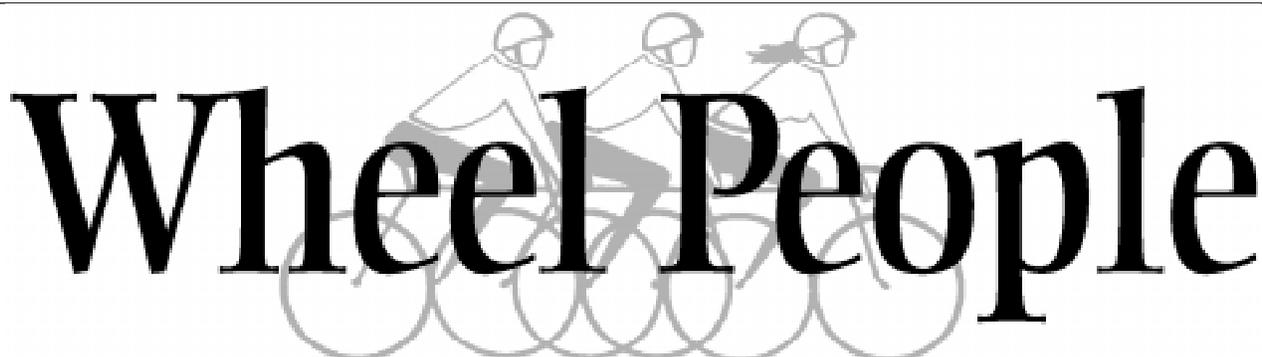


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# Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIV, Number 3 March, 2000

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## Would you like to get more out of your club?

by *Tod Rodger*

If you're satisfied with attending a few rides, saying hello to a few people, and skimming through *Wheel People* each month, stop reading this now and go on to something else. But if you'd like to get more out of your club— really get to know new and interesting people and feel more involved in something worthwhile— then consider putting more into your club. Religious people may tell you "it's more blessed to give than to receive," but look at the people around you from a practical point of view: those who are "giving" the most are also "getting" the most. If you would like to get more out of your club, Barry and Linda Nelson have offered to host a pizza party on Sunday, March 26 at 5 PM at their home. Several club officers will offer suggestions for getting more involved— helping an experienced ride leader, arrowing, developing routes and

*continued on page 3*

## An Evening with Melinda Lyon

Friday, March 17

By now you all have heard of Melinda Lyon's triumph last summer, winning the women's division of the Paris-Brest-Paris nonstop 1200 kilometer (750 mile) race. How on earth did she do it? What training prepared her? What were her strategies, such as when to start and what pace to set? What did she eat and drink? How did she get by on only a few brief minutes of shut eye? What was her mental state? Well, here is a chance to find out.

Friday evening March 17 we are having a get together at the Hancock Church in Lexington to hear Melinda speak on her amazing experience. And if

*continued on page 4*



## Fix a Flat Workshop

Tuesday, March 28

Many of the club's members are accomplished bicycle mechanics who can perform all the maintenance their bike requires, while others - often new to cycling - struggle with the most basic operations. If you ride your bicycle more than occasionally, sooner or later you're going to have a flat tire. Instead of standing by the side of the road looking helpless and hoping another rider will notice

*continued on page 3*

## Century Committee Meeting

Tuesday, March 28

The committee will be meeting to discuss this years events, and particularly the upcoming Spring Century. We can use some new volunteers to help with the committee, so anyone who would like to help out should plan to attend. We'll have pizza before the meeting, so you should RSVP that you plan to come and show up at 6:30PM for the pizza, or 7:30PM for the main event.

The committee plans the centuries, and distributes the tasks of coordinating food, tables, route planning and arrowing, sag, etc. among the committee members. It's not all work and no play since we also have a pretty good time at these meetings socializing and eating pizza. You'll get to help the club, meet new people, and share in the camaraderie of being on the team who makes all these events possible. RSVP for pizza by e-mail ([jdonohue@world.std.com](mailto:jdonohue@world.std.com)) or phone (781-275-3991). If you're not planning on eating, you needn't RSVP.

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## Click . . . Click

By *Ken Hablow*

Here it is the end of January. Winter finally arrived. The die-hards are still on the road but many of you have hung your bikes up for the winter. Time to check things out and find out why the drive train goes Clunk . . . Grind rather than Click . . . Click. After all, we need to get the bike ready for the next season, which is only a month away.

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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
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Bob Sawyer	2001	(781) 862-6517
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Marty Weinstock	2000	(617) 491-6523
Bill Widnall	2001	(781) 862-2846

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### 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

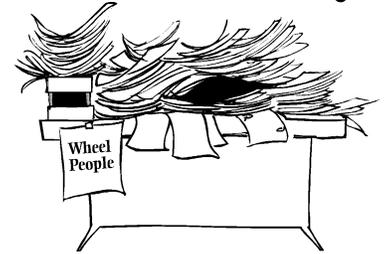
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Administrator	Jack Donohue	jdonoehue@world.std.com

## 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](mailto: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



**February 1, 2000**

*Recording Secretary: Cindy Sragg (for Larissa Hordynsky)*

Membership Current Members : 870  
Renewing Members : 0 New Members :  
7 Expired Members : 9

Electronic Wheelpeople Trial run is planned, and will be announced in WheelPeople.

Budget Michael Fisher presented a preliminary budget for 2000, but he didn't have correct information for membership revenue/expense.

The Big Event will be scheduled for April 2000.

The Social Committee didn't spend a lot in 1999 due to an apparent lack of interest from the membership in social activities.

Philanthropy: in 1999 we donated money for a bike rack to "Friends of the Minute Man Bikeway." It was agreed to earmark \$500 in 2000 for philanthropy. An extra \$200 will be spent on a Red Cross training class for ride leaders.

Events in 1999 brought in a lot of money. It was a banner year with great weather for each special event and therefore great attendance, but we can't count on making that amount in 2000; we should figure on making about 75% of that amount.

Bike shop program: we discussed allocating \$600 for the printing of new brochures.

Social Events: we discussed the allocation of \$1,000 for big social events like a barbecue. Bill Widnall reported that on March 17th (St. Patrick's Day) Melinda Lyon will speak and show a video (at Hancock Church) on Paris Brest Paris.

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.

## The Big Event is Coming Again!

It's the biggest bicycling and sporting goods tag sale around. Brought to you by the CRW, NEBC, NVP and other area clubs. By the time you read this, the date and location will have been chosen, probably late April in Concord. For information, tagging instructions, or to volunteer to help with the sale, call Eric Ferioli 781-235-4762. Further information will also be in the April issue of WheelPeople.

**CRW Bike Hotline**  
**(617) 325- BIKE**

*Fix a flat from Page 1*

your plight and stop to help, this evening has the goal of making you totally self-reliant (not to mention self-confident) when it comes to this most essential of all bicycle repair skills.

This hands-on workshop is designed to simulate the real-life scenario to prepare you for this situation when it happens on the road. Translated, this means we're asking you to bring your front wheel with (inflated) tire which we will proceed to puncture. This may seem Draconian to some and prompted President Jack Donohue to generously offer his extensive collection of pre-punctured tubes to spare club members this ignominious treatment of their perfectly fine front wheels. However, our intent is to teach the entire process of removing the tire and tube, locating the puncture and repairing it, and then reassembling everything. In fact, it was only with the greatest reluctance that we were discouraged from having participants bring their entire bike to also practice removing the wheel. However, this preliminary task will be demonstrated and discussed.

Besides your front wheel, here's what you'll need to bring: \* Tube repair kit, including sandpaper, glue and patches (NOT the glueless type). If the kit was not purchased recently, check to make sure the glue is still usable. \* 3 tire irons - most contemporary ones are

*Continued on page 8*

## NEBC Introduction to Bicycle Racing 2000

**A four week program designed to provide basic racing skills**

As it has every Spring since 1993, the Northeast Bicycle Club will be offering its Introduction to Bicycle Racing Clinic Series to the public during the month of April. This four week program will introduce you to the exciting world of bicycle road racing, and will prepare you to enter, and be competitive, in your first race. Among the things you will learn are: Bike handling; Racing skills; Tactics and strategies; Training and equipment; etc.

*continued on page 10*

## Cyber WheelPeople

We've had a number of inquiries over the years as to electronic distribution of WheelPeople. So we've decided to start a trial program for people who would like to receive their WheelPeople electronically instead of hard copy.

If you'd like to try out this method of distribution, send an e-mail to [jdonohue@world.std.com](mailto:jdonohue@world.std.com) from the e-mail address to which you'd like the WheelPeople sent. You will receive an e-mail containing the WheelPeople as a PDF file. You'll need Adobe Acrobat Reader 3.0 or greater to read this attachment. You can download this program from: <http://www.adobe.com/products/acrobat/readstep.html>

*Get more out of Club from Page 1*

maps, helping new people on ride days, after ride refreshments, social events, etc. There are many ways you can help make our rides and events richer for both other members and yourself. Several experienced ride leaders of 2000 rides will also be at the party to both share their experience and look for new helpers. Please RSVP to Barry Nelson at [BarryNelson@alum.MIT.edu](mailto:BarryNelson@alum.MIT.edu) or 617-964-5727 by March 19 to get directions and provide a count for food.

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## March 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.

### 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.

### Sunday Morning Fitness Ride - South Shore Coastal Loop

TIMES: 7:00

Routes: Arrowed routes of 37 & 50 miles. Maps and cue sheets available in addition.

HIGHLIGHTS: 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 (w) 617-626-9261 (h) 617-277-5180 Mel.Stoler@state.ma.us and Ted Lewis (h) 781-279-4909

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.

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

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## Odyssey 2000

### Report of a Round the World Tour Chapter 2

by Larry & Joan Dolinsky

(Ed: Larry and Joan will be periodically sending back reports of their round the world bike trip with Odyssey 2000)

So here it is about 2 weeks into our trek, and we are enjoying a well earned day of relaxation in a villa like atmosphere, in a small town (Mulage) well down into the Southern Baja. After many days of chugging up and down mountains, passing through regions supporting various species of cactus, riding by a volcano and its lava field and on through some of the remotest landscape we have ever seen, the surroundings now betray a somewhat tropical look. We are now on the Sea of

*Evening with Melinda from Page 1*

it is received in time from France, Melinda hopes to show the official video of the event. We'll also have a representation of the other CRW entrants in the PBP to add comments and different perspectives. Come early for some supper or come later for the presentation.

The supper and talk will be in Clark Hall (2nd floor rear) of the Lexington Hancock United Church of Church, which faces the Lexington Green at 1912 Massachusetts Ave. If you would like some supper, come at 6:30 for some lasagna and fruit salad and maybe some green cake in honor of St. Patrick. Otherwise the talk will start about 7:30. If you do want to have supper with us, so that we know how much food to buy, please RSVP no later than the Wednesday two days before the event to Bill Widnall at 781-862-2846 or BillWidnall@attglobal.net

*Continued on page 7*

## The Rides Calendar

March, 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.



### Bruce's Birthday Ride

March 5 - Sunday

TIMES: 10:30

RIDE TYPE: Map and/or Cue Sheet

LEADERS: Bruce Ingle (508 877 1045 — please don't call after 8 PM; [ingle@gis.net](mailto:ingle@gis.net))

HIGHLIGHTS: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkinton and Ashland. The long ride is 35 miles with 2010 feet of climbing and adds Millis and Medway. Post-ride party at Bruce's house.

START: Framingham Center Green at Edgell Rd and Rt. 9.

DIRECTIONS: From the east: Take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126 bear right at the Staples/Walgreen's plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left. From the west: Take Rt. 9 east. Approximately 2 1/2 miles past the Sheraton Tara hotel bear right at Framingham State College Exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.

### Larz Anderson without the snow

March 12 - Sunday

TIMES: 10:00

RIDE TYPE: Winter ride with sand covered arrows, a map, and a cue sheet

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

HIGHLIGHTS: Visit Larz Anderson Park for a fine view of downtown Boston, Brookline, West Roxbury, Dedham, Needham, and Newton on relatively 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.

## Northwest Passage (CW) Revisited

March 19 - Sunday

TIMES AND ROUTES: 10:30 for approximately 29 miles

RIDE TYPE: Arrow assisted

LEADERS: Joe Repole (508-879-6340)

START: Framingham Center. Meet at the Common which is 1/4 mile North of Route 9 at Edgell Road.

HIGHLIGHTS: Rolling terrain through Framingham, Ashland, Southborough, and Marlborough. Points of interest: Callahan State Park, golf courses, reservoirs, horse farms, on mostly quiet residential and rural roads.

### A Serene Ride

March 26 - Sunday

TIMES AND ROUTES: 10:30 for approximately 26 & 17 miles

RIDE TYPE: Cue sheet

LEADERS: Jacek Rudowski (617-361-5273). Do not call the morning of the ride.

HIGHLIGHTS: The routes travel the serene and charming back roads in Dover and Sherborn that have light auto traffic. Mostly rolling with three steep climbs that are very short. The lunch stop is C&L Frosty (no rest room) in Sherborn that some cyclists say has better fried clams than Woodmans in Essex. START: Dover-Sherborn Regional High School

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

### MWF Crack O' Dawn ride

April 1 - Saturday

TIMES AND ROUTES: 9:30 for approximately 28 miles

RIDE TYPE: Cue sheet and map

LEADERS: Linda and Barry Nelson (617-964-5727)  
[BarryNelson@alum.MIT.edu](mailto:BarryNelson@alum.MIT.edu)

HIGHLIGHTS: Discover the famous route that attracts 20 - 30 riders every Monday, Wednesday, and Friday at 5:45 AM. The Newton Tab had a feature article last fall about this group of early morning riders, mostly from Newton and Brookline. The route covers the low income neighborhoods of Newton, Weston, Lincoln, and Wayland. The terrain is rolling with one fairly steep (11% grade) hill for just 23 meters.

START: Newton City Hall, 1000 Commonwealth Avenue

DIRECTIONS: From Route 128, take Route 30 (Commonwealth Avenue) East toward Boston for about 3.5 miles. City Hall is on the right, and there is free parking in the carriage lane on the left.

*continued on next page*

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## The Bolton Orchards Ride

*Sunday - April 4, 2000*

TIMES and ROUTES: 10:00 for 35 and 51 Miles

RIDE TYPE: Arrowed (Orange Arrow)

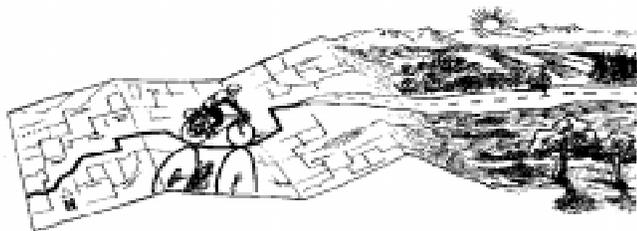
LEADERS: Andy Meyer (603 427 5001) [asm@asm.nu], Renee Le Verrier [rleverrier@asm.ne.mediaone.net]

START: XRE Parking Lot, Littleton

TERRAIN: Rolling Hills

DIRECTIONS: Take Rte. 2 West to exit 39, 1/4 mile west of the I-495 interchange. Go right on Taylor Street. In 1/2 mile, turn left off Foster street. Take the first right into the XRE parking lot. Drive around the front of the building and to the top of the hill and park near Taylor street.

HIGHLIGHTS: A scenic tour through Harvard Bolton, Littleton, and Berlin. The short ride features rolling hills, small back roads, and some great views. The long ride features lots more hills, and scenic views over the Wachusett Reservoir



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## CRW Trips

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### Tour of New England

*May 27-29, 2000*

Every year on Memorial Day weekend the CRW runs a three day bike ride through the six New England states. The first day the ride will start in MA and then it goes through RI and CN, back through MA and the ride will end in Brattleboro VT. The second day we ride from Brattleboro to Dover NH. On the third day we return to Braintree MA via ME. On the first day most of those riding stop for breaks in Uxbridge, Oxford, and we stop for lunch at the country store in Petersham. After cleaning up at the motel in Brattleboro many of the riders walk to the Steak Out restaurant for the all you can eat buffet. On the second day the Stoddard NH fire department runs an all you can eat breakfast that cost \$5. Stoddard is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. On the third day we go from Dover into ME and then down the coast of NH and MA. Upon finishing there is a pizza party in Braintree. There are two starting points for the ride they are Uxbridge MA (314 miles) and Braintree MA (356 miles). The cost of the ride will be \$90. The cost includes two nights in a motel (double occupancy), baggage transportation, detailed queue sheets and a party at the end of the ride. Anyone interested please call Gerry Goode at (781) 843-6283 or e-mail at Wsworked@aol.com.

## MDDM2000

### 16th Annual Memorial Day Dash to Montreal

*May 25-29, 2000*

Thursday night stay at a ski lodge (motel option) near Montpelier, Vermont. Friday morning drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van, and cycle north through the beautiful Lake Champlain Islands. Ride 77 absolutely flat miles to Montreal, where we stay in the downtown Youth Hostel (couples rooms available). Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride 73 miles back to the cars on the New York side of the lake, ending with a short ferry ride. NOTE: Although there are no hills, this can be a tough ride due to strong headwinds! \$150 trip fee includes 4 nights lodging, 4 meals, sag support, tour T-shirt and extensive literature. Call for info or to register. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 E-mail: velotrain@peoplepc.com

## TALCAM

### Tour Around Lake Champlain, Adirondacks & Montreal

*July 29 - August 6, 2000*

Join us for our third annual midsummer tour circumnavigating beautiful Lake Champlain, with two nights in downtown Montreal. Starting from Whitehall, NY (the southern tip of Lake Champlain, between Albany and Rutland) we cycle north on the Vermont side of Lake Champlain, staying close to the shore and generally following the Lake Champlain Bikeways route. After a free day in cosmopolitan Montreal, we return south through the beautiful Lake Champlain Islands and along the New York shore with two days of riding in the Adirondacks and a night in Lake Placid. Daily mileage is usually 60-70 miles; longer options available. Lodging will be in hotels, motels and inns. Cost of \$825 includes lodging, sag van, excellent picnic-style road lunches, five breakfasts, two gourmet dinners, T-shirt, and extensive tour literature. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 E-mail: velotrain@peoplepc.com

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## Other Trips

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### Cape in a Day (Plus One)

*Sat - Sun, Jun 24-25, 2000*

Join HI-AYH on a 100 mile ride from Boston to N.Truro or Eastham on Saturday, tour Provincetown or relax on nearby beaches Sunday, and take the ferry back to Boston late Sunday afternoon. Cost of \$75 includes four meals, lots of snacks, hostel lodging, sag wagon support, and the ferry. Send full payment (refundable until June 1st) to Seth Davis, 60 Albemarle Ave., Lexington, MA 02420 or SASE for more info.

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## Bikers with Paddles

The Rogue River Runners and the SubSig Outing Club invite CRW members with whitewater paddling experience to join them for their spring trips. You will need to provide your own canoe, except for the Run of the White where we use an outfitter service. The two earlier trips both use semi-primitive cabins. We will be running extended stretches on each river ranging from quick water to occasional class 3, with most rapids in the class 1-2 range. Leader: Charles Hansen (617) 734-0720h velotrains@peoplepc.com

April 14-17 Dickerman Cabin (NH) whitewater weekend: Saco from Silver Spring to West Side Road; Upper Ammo (possibly two runs); third river to be chosen (Pine, Pemi ?)

April 21-23 Mad-Dog weekend at Schoolhouse Cabin (VT): Sections run to be determined by water levels on the rivers of these names.

May 12-14 Run of the White (VT): With sufficient water we'll run from Granville to Royalton (30 miles) on Saturday and to White River Junction (20 miles) on Sunday. Outfitter service available with canoe drop off/pick up. Friday night B&B, Saturday night lodging at inn on the river - call early for limited space.

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## Commute By Bike This Spring

by Bob Sawyer

There are several common excuses for not commuting by bike. Let's look at them. It's too far.- Why not drive part way? Find someone who lives an easy biking distance from work, preferably another rider and ride in with him/her. There is no shower.- Carpool with someone and ride your bike home. Then when asked "do you ride to work" you can say "no I only ride home". HUH? I need my car at work.- Car pooling as above will reduce this to a scheduling problem. However, most families have two cars. Why not leave one at work? You can then bike and have an alternate way home in bad weather. What? Drive in that traffic.- There is usually an alternate route. Check a map or ask another bike rider about a good route. I commuted for many years by bike before my retirement. I made one car last 20 years that way. Think of the savings in gas, pollution, and money, not to mention the improvement in health and well being you will gain. Have fun and write an article in "Wheel People" and tell us all about it.

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## WheelPeople History

### Twenty Five Years Ago

The CRW holds a joint meeting with AYH and NEBC at the Hotel Commander in Cambridge featuring the Olympian John Allis. The evening is sponsored by The Bicycle Exchange (then on Bow St.) and New England Motobecane, even though John works for Raleigh Bicycle Co.

### Five Years Ago

Ed Kross presents a slide show on his second RAAM. For the first time in many years, CRW raises dues by \$5. Hablow Country is revealed in Little Jack's Corner.

*Odyssey 2000 from page 4*

Cortez the place is like something out of a Hemingway novel, complete with an ex-patriot American community.

Our trip began at the Rose Bowl parade, with some degree of chaos. Some overanxious parade official began us about three minutes early, at the head of the entire parade. Because of that, we apparently did not get picked up on TV. Although that was disappointing to all of us, the parade was a wonderful interactive experience. We were warmly greeted and cheered for all six miles of the parade route, by a very supportive crowd, which had been briefed over the radio and by a PA system as to what we were all about.

Crossing into Mexico, at Tijuana, brought its expected confusion. We had to lift our bikes through narrow turnstiles, but we helped each other out and all got through. Immediately, the sights and odors of our surroundings were noticeably different. The odors were more ripe, the roads more narrow with abrupt drop-offs at roads edge of 1 to 4 feet. Litter is a way of life down here. The entire outdoors is a receptacle for trash. That's difficult enough on ones sense of aesthetics, but included is an abundant quantity of broken glass on the roadways... resulting in a high flat tire rate (The two of us have been blessed... neither of us have had a flat while riding, although Larry had two flats in camp one morning while preparing to depart).

As we travel south in the Baja, the landscape becomes more and more remote, services become infrequent or nonexistent and even the roadside litter diminishes somewhat. The people are extremely friendly, supportive and courteous. Big rig truck drivers all wave or at least return a wave. The bus drivers are rude and so are those who drive for Coca Cola & Pepsi; the American RV drivers are the worst.

Services in the Baja are sparse. Toilet facilities are few and toilet paper practically non-existent so we must carry our own. Of course, because the plumbing is crude, we are instructed never to put the used toilet paper in the toilet, but rather to place it in a basket nearby.

The biking has been very challenging. The distances are long, the terrain rugged and the days short. When sunset comes it gets dark abruptly. One day we got overtaken by darkness and stopped by the side of the road to await a rescue from one of our support vehicles. We had to wait over an hour and a half for the pickup in extremely cold temperature (The desert can be very hot during the day and frigid at night). We were "adopted" by 3 lovely children. We shared our snacks with them and they built a fire to keep us warm. When we finally got picked up there were hugs all around as well as tears. Needless say all communication took place without traditional language skills.

Our destination on the Baja is the resort community La Paz, whence we are due to fly by charter to San Jose, Costa Rica. We'll close this update for now with warm regards and good wishes for the new year.



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*Click Click from page 1*

So it's back to arrowed rides. to make up your mind which rides you are going to do for the month all you need to do is look in the current issue of WheelPeople, or check out the website calendar. Just remember though, this all comes with a high price tag - in volunteer labor.

Jack has already started to line up meetings for the Century Committee (a notice appears elsewhere in this issue). The Rides Committee already met once and has started to plan the season. Jim Sullivan, our VP of Rides, began soliciting for calendar listings as far back as November, at the annual banquet.

CRW probably has a more intense ride program than most other clubs of our size. For the past few years we have had an organized ride 6 out of 7 days, or evenings as the case may be. Rick Lawrence once called us Holy Rollers since we spend Sunday's on our bikes; so I guess Monday is our official Day Of Rest.

The fixed venue rides are the easiest to schedule and maintain, although they take a lot of work and effort on the part of a very few people. Officially, these include the four evening rides and the Saturday morning rides. A fast paced Saturday group is led by David McElwaine and Mark Dionne with a second slower and more social paced group later hosted by Fred Kresse. These both use the Tuesday evening route originally laid out by Pete Knox several years ago. Talk about getting mileage from one set of arrows.

Then there are the unofficial organized Sunday morning rides, early morning; populated by the Crack 'O Dawn group and run by Mel Stoler and Ted Lewis. These folks are back home before most of us are even up.

But the bulk of the work on a continuing basis goes into maintaining our aggressive and ever changing Saturday and Sunday schedules. Simply, because they involve many more ride leaders, over 70 in total. Scheduling all these rides and signing up ride leaders is almost a full time job; well, almost. At best it is a labor of love.

Several years ago, post Jamie King, there was a decision to break up the responsibilities of the ride program into three areas: Saturday and Sunday ride coordinators, and the VP of rides. The coordinators are the ones responsible to solicit the membership for ride leaders and fit them into the schedule. The VP of Rides is responsible to be sure the coordinators are doing their job. This person then collects all the information that eventually appears in the newsletter and on the website and makes sure it gets to the right person for each posting

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*Fix a flat from page 3*

made of plastic and not metal. Check both the stiffness and strength of the material. I've seen some that are so spongy as to be useless or so brittle that they break easily when working with a tight tire. \* Your ROAD pump. Unless you regularly carry a foot-pump on your bicycle DO NOT bring one to this workshop. Again, our intent is to simulate the situation you'll actually face on the road so you'll feel confident in your skills and equipment when you get a flat. For those who have never used it, this will be a wonderful opportunity to find out if their road pump actually works.

We request that you register with Charles Hansen at (617) 572-0277(W); (617) 734-0720(H) or velotrain-

and publication. Since we have a deadline for WheelPeople that is a full month in advance of publication, some of the ride leaders need to have this done eight weeks before their ride. These three jobs are never ending since there are always conflicts, problems, people dropping out and rescheduling that needs to be done.

With a little reshuffling this year, Barry Nelson has become Saturday Ride Coordinator, and a new face, Tod Rodger, has taken on the Sunday job. As a side note, Tod ran a great ride out of Fort Devens last year that was unfortunately rained out. Jack and I previewed the ride with Tod earlier in the year and enjoyed it immensely. Bummer - this is in contention for one of CRW's best.

Tod has been very active on the CRW board e-mail bringing forth some great new ideas. With the assistance of the other Ride Committee members, you should see some interesting changes in our ride program. These will take some time to implement, but when YOU are tapped, y'all had better cooperate. After all, this is a member driven organization.

Every year, CRW holds an open meeting for ride leaders and potential ride leaders, and any one else who is at all interested in our ride program. The people on the Rides Committee explain some new or continuing club policies and go over some of the more general details of leading a ride. From time to time we hold special clinics on route selection and the fine points of leading a ride. We have also held clinics on route arrowing.

Above any project CRW as a club takes on, the number one priority is always the rides program. After all, you didn't join CRW just because we are nice people. This is all done for your enjoyment and tends to be a labor of love for most of the people involved.

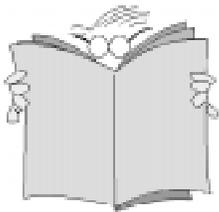
Hopefully you now have a better understanding of what it takes to provide you the means to enjoy your hobby (or obsession). We also hope some of you may step up to the task of learning what it takes to be a ride leader and help out this year in our "mentoring" program. We always need new ride leaders with fresh ideas and new routes.

The temperature tonight will drop into the single numbers and it is still winter. It might even snow a bit. I guess that means CRW's favorite winter die-hard, Eric "Bicycle Bozo" Ferioli is salivating about another cold, snowy, windy CRW winter ride. But Eric, and the other winter die-hards are another story. But I still gotta figure out the Clunk . . . Grind in my drive train.

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@peoplepc.com so we have a sense of how many people are coming. I'm also looking for experienced folks who are willing to assist with the workshop. This event will take place on Tuesday, March 28, 7-9 PM at the home of Jerry Green.

Directions: From 128 take exit 30, route 2A east. At 2nd stop light (about 3.5 mi.) go straight ahead onto Winchester Drive .4 mi. to 28 on your left. From Boston take rt. 2 to exit at route 4 & 225 into Lexington. Left at 1st rotary, Mass Ave. Go to Shell Station and turn right onto 2A and proceed to stop light. Go straight ahead onto Winchester Drive .4 mi. to 28 on your left.



## Little Jack's Corner - by Jack Donohue

After toughing out the last few winters, I decided it would be nice to take a winter vacation somewhere

warm. We'd been to Costa Rica, and enjoyed it, so we decided to go there. I, of course, suggested a bike tour, and much to my amazement, Susan agreed. The last time we were there I came to the conclusion that biking in Costa Rica would be an extremely dicey proposition, due to the rather spotty nature of paving on the allegedly paved roads, and the fact that you could hardly go in any direction without encountering monster climbs. I decided it might be more reasonable if we were to treat it like a mountain bike trip only on roads. It got to looking more feasible when we found a description of a tour someone had taken there. He did three weeks, but we decided we could do a portion of this, which involved going around a lake at one point, so how bad could it be?

Our timing was almost perfect, as we managed to depart just as the first snow of the season was approaching, and the temperature was about to plummet into single digits. I said almost, since it started to snow the day we had to leave, so after a harrowing drive, we got to sit on the runway at Logan for about four hours as we waited for the single deicing truck. The bad news was that we missed our connection in Miami. The good news was that there was another flight leaving soon. The bad news was that it left so soon, the bikes didn't have a chance to come along. So we spent an extra day in San Jose, which we used to go into the city to get maps. Since I thought the detailed topo maps were too big to carry, we opted for some less detailed ones, which turned out to be a big mistake.

I had contacted a local mountain biker over the internet, and asked if he could dig up some information for us. Since we had an extra day in San Jose, we ended up going out to dinner with Javier and his wife. Our discussion of the area we were about to cycle in was a bit of an eye opener. He mentioned that it was an extremely windy area, so much that you had to worry about being blown over. At one point he suggested we carry some rope. This was so we could

tie the bikes to ourselves when we forded the rivers. This was beginning to sound more like an Indiana Jones trip than Butterfield and Robinson.

Next day, our bikes showed up, and we were off to Monte verde which was an all day cab ride. Monte Verde is in a cloud forest, which should have been a pretty good indication to expect some precipitation. Everyone else there was a bird watcher, and it would have been a nice place to hang out for a couple of days, but we had miles to go before we slept. The hotel staff were encouraging about our biking plans, but muttered something about the weather. The weather didn't seem so bad when we started out, but that was to change. Susan had been looking forward to this ride for a while, since it was described as a four hour descent to our destination. The term roller coaster was used, and that was more accurate. While it was generally downhill, the route was punctuated with an endless series of steep hills, whose chief benefit was to momentarily shield the gale force winds. Javier's predictions came true, as at one point I was literally blown off the road. I was relatively unscathed, except for being completely covered in dirt. The road was volcanic rock, so we went almost as slowly on the downhills as the uphill, being not too fond of faceplants. The 35 kilometer downhill run turned into an all day affair.

Since we had set out in the morning, we were on roads that did not appear on our maps (should have bought the topos). We used PPS (People Positioning System). That is, you get to a fork in the road, then wait for someone to come by and ask them which way to go. At one point we asked two guys in a pickup truck with mountain bikes which way to go, and they were pretty nearly as clueless as us, so we ended up turning the 35 km ride into about 50. There were never any signs for the place we wanted to go, but periodically, we would see signs the other way for Monte Verde, which seemed to be a constant 35 km from wherever we were.

After several hours, we got to a "population center," which I opined was near our final destination, Tilaran. "Let's wait until we get to Tilaran for lunch," said I. As it turned out, this was only the first in a series of false Tilarans, and at the

point we were probably only half way into the ride. This was the last good feeding opportunity, so in fact we never ate lunch, and the only food we had with us was a plastic wrapped almond cookie which was dessert on the flight down. This came to be known as the "emergency cookie" which I carried through most of the trip, until it had been reduced to crumbs. I guess, this is, as they say, how the cookie crumbles. The gale force wind was shortly accompanied by torrential rain, as we slogged on to the mythical Tilaran. We finally got to a section that was paved, and it was beginning to look like we could finally make good time, letting the speed creep up to double digits. At this point Susan's front tire exploded, and she ended up executing a faceplant. After dragging the bike off her, and her off the road, it turned out she had a nice series of bruises, but was basically OK. But there was a mondo hole in the tire, and we had no spare, so we got to walk.

We were pretty close to the true Tilaran by then, so we found a house with a phone and ordered a cab. When we finally got to Tilaran, we got out our reservation information, and found that the place we were staying wasn't actually in Tilaran, but in the Tilaran "area" which seemed to encompass most of Central America. It was in fact another 35 km away, the last 3 km of which was uphill on the worst rocky road we had seen yet. Can you say "cab?"

Next day, we awoke to more rain, and with Susan's bike broken and Susan a hurting unit, it was another cab day to our next destination. We were able to stop at a bike store en route and pick up a new tire for Susan.

As we were being driven to Fortuna, we noticed cars coming the other way blinking their lights. Since there generally seemed to be a pretty cavalier attitude toward speed, I didn't think they were signaling for a radar trap. They were in fact signaling that there had been a landslide, and you can't get there from here. So we took the great circle route, which was fine since it was pouring rain anyway. And so it continued for our stay in Fortuna. Fortuna is very close to an active volcano, Arenal, and a tourist attraction since in the evenings you can watch the lava flowing down the moun-

*continued on page 10*

tain. For the entire time we were in Fortuna we never even SAW the mountain.

After holing up for a day or so, subsisting entirely on gallo pinto (rice and beans) and rum, I got cabin fever and decided to go for a ride. There was a waterfall that was allegedly only five kilometers away from where we were staying, so I girded my loins with rain gear and set out. The five kilometers was mainly steep uphill (surprise, surprise).

The nice thing was that the steepest sections were paved. Of course, road maintenance or lack thereof being what it is in Costa Rica, by now most of the concrete had cracked exposing jagged pieces of rebar, making it slightly more hazardous than the dirt would have been.

After the third of these 20% grades, I started thinking what it would be like to go down, and decided to abort the mission. Had I gotten to the waterfall, I probably wouldn't have gotten to see it anyway, since it sounded like it had been converted into a tourist shrine, with an admission charge, and probably a gift shop.

As I was coming down one of these precipices, wet, ragged and covered in mud, I watching a busload of happy smiling tourists being conveyed to the waterfall and gift shop, wondering "what's wrong with this picture?". At this point I was wondering why we had gone to great effort and expense to put ourselves in life threatening situations, and began thinking maybe tour buses weren't all that bad.

Costa Rica is surrounded by two oceans, so the beaches are popular with the tourists. I'm not a beach person, so elected to stay in the mountains, which in retrospect may not have been such a hot idea, as reports came back that there was actually sun in the lowlands. So we decided to give up on the concept of ever seeing the volcano, and head down. I picked a destination town pretty much at random, secured another cab, and off we went. It turned out to be a pretty good choice, we stayed at a very nice place, where it wasn't even raining, and managed to do a bit of cycling in the coffee plantations.

We were within striking distance of San Jose, so the next day we actually rode our bikes back to the B&B we'd stayed the first night. We had dinner at what was now our favorite restaurant, and next day back to Boston.

I hope this tale does not deter anyone from going to Costa Rica, since most of our travails were self induced. There are a number of companies that offer mountain biking trips, with the added advantage of sag support, people who know where they're going, and someone to fix things that break. One that sounded particularly interesting was a trip from the Caribbean side of the country to the Pacific, by mountain bike, whitewater raft, and horseback. The horse part put me off, but this sounds like a pretty neat adventure for the more equestrian types. Of course, what Costa Rica is noted for is its vast diversity of species, so leaving the bike behind and taking the hiking boots is an attractive alternative. It is possible to rent mountain bikes there, and the ones I saw seemed to be pretty decent.

The NEBC Introduction to Racing program consists of 2 evening classroom sessions and 4 Saturday morning riding sessions. The classroom sessions will cover fundamental information on bicycle racing and training. The riding sessions will concentrate on riding and racing skills and drills. The graduation exercise is an actual USCF race, for students to put to use what they have learned.

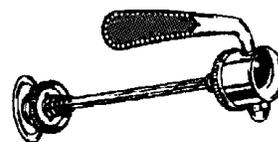
This year's clinics are by preregistration only, and class sizes will be limited, so sign-up today! Last year's Clinics filled a week before the deadline!

The clinic series is designed as a progressive program, with each new skill building upon the foundation of the previous skills. Due to the limited time available it is difficult to make up missed sessions, so please be able to attend all sessions.

For more information, please contact the Clinic organizer, Mark McMaster at 781-272-8421; or MMcmstr@ix.netcom.com

Please note: Preregistration forms must be received by Fri., March 31, 2000 !!!

Juniors: The Introduction to Bicycle Racing program has a limited number of spaces for separate groups of juniors (ages 10-14 and 15-18 year old). All juniors interested in participating must contact Harry Wolfson to reserve a spot. phone: 617-484-6063 e-mail: HarryWolfson@LL.MIT.EDU The complete flyer (with more info & Clinic schedule), and registration form, are available online at: <http://world.std.com/~nebiclb/NebcInfo/NewRacerClinic00.html> or go to Yahoo, and search for "Northeast Bicycle Club"



## Classified Ads

Free Bicycle Tune-up at Ski Market in Waltham. Certificate won at the CRW banquet: Call Ralph Galen at 617-497-8287.

Interested in going to TOSRV 2000 - May 13-14 . I have room for one person in my RV van. Call Ralph Galen at 617-497-8287. Limited to the first 4,000 who are registered. 2 Days, 210 Miles and 7 Food stops.

### For Sale

Trek 2300 bicycle, 56 cm frame, Shimano 600 components, STI shifters, Look Arc pedals. Less than 200 miles. \$750. Dave Colclough, 781-279-2200 or e-mail colclod@gis.net

Schwinn Voyager hybrid, 62 cm (24 1/2") cromoly frame, 12 speed index shifting, excellent shape, \$80 Falcon mountain bike, 51 cm (21") cromoly frame, 18 speed index shifting, excellent shape, \$150 New Trek knobby 700x35c and 700x40c tires, \$10 each Further info - Eric Ferioli 781-235-4752

# January Mileage Totals

**008712**

## 1999 Mileage Double Digit % Increases

	Miles	M	C	K		Miles	M	C	K
Larry Dolinsky	1282	1	-	-	Melinda Lyon	248	-	-	-
Joan Dolinsky	870	1	-	-	Bob Sawyer	212	-	-	-
Bruce Ingle	824	1	-	-	Peter Brooks	205	-	-	-
Irving Kurki	683	1	-	-	Glenn Ketterle	195	-	-	-
Martin Estner	500	1	1	-	Marc Baskin	141	-	-	-
Tod Rodger	489	1	-	-	John Allen	124	-	-	-
Ed Hoffer	409	-	-	-	Jeff Luxenberg	86	-	-	-
Jack Donohue	375	-	-	-	Jim Broughton	78	-	-	-
David Wean	369	-	-	-	Susan Grieb	65	-	-	-
Rich Fields	323	1	-	-	Jim Merrick	56	-	-	-
Joe Repole	317	1	1	-	Ed Trumbull	30	-	-	-
Avram Baskin	271	-	-	-	Elisse Ghitelman	19	-	-	-
Bill Widnall	264	1	1	-	Tracy Ingle	9	-	-	-
Peter Knox	259	-	-	-	Jared Luxenberg	9	-	-	-

Name	% Increase
Irving Kurk	209.0
Emily Wean	92.6
Martin Estner	58.8
Kitty Farago	58.2
Bruce Ingle	43.4
Marc Baskin	34.7
Julia Wean	31.8
Rosalie Blum	30.0
Gerald Goode	28.4
Susan Grieb	28.4
Paul Corriveau	28.3
Doug Cohen	24.9
John Loring	23.0
Peter Brooks	15.6
Ted Hamann	14.5
Ed Hoffer	14.4
Robin Schulman	13.2
Bob Sawyer	11.1

### 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.

A very impressive list some of which are spectacular. I guess the enthusiasm is alive and well. The mileage report has now entered its 21st year. 2000 would be a good year to set new records.

## Hanging In Honor Roll for 1999

To qualify, you must have sent in your mileage continuously for the last five years or more.

Name	Years	Average	Total	Name	Years	Average	Total
Melinda Lyon	15	15562	233429	Edward Hoffer	10	5071	50714
Jack Donohue	18	10199	183587	Jeff Luxenberg	19	2269	43111
Jim Merrick	14	8450	118300	Peter Brooks	8	5240	41921
Ed Trumbull	20	5573	111458	John Kane	20	2089	41776
Jerry Campbell	14	7651	107109	Kitty Farago	8	5080	40642
Jamie King	16	5809	92949	Jean Orser	5	7832	39159
John Bayley	6	14222	85334	Elise Ghitelman	12	2620	31445
Robin Schulman	12	6942	83307	John Allen	12	2553	30638
Paul Corriveau	9	9164	82477	Susan Grieb	14	2082	29142
Gerald Goode	9	9102	81919	George Caplan	18	1370	24664
Pamela Blalock	8	10108	80862	Joe Marcal	6	3714	22284
David Jordan	10	7912	79121	John Springfield	20	1061	21223
Glenn Ketterle	12	6351	76210	Doug Cohen	5	4085	20423
Ken Hablow	9	7939	71448	Jim Goldman	5	3227	16135
Jim Broughton	18	3919	70535	Irving Kurki	5	3185	15927
Joseph Repole	14	4818	67452	Harry Wolf	6	1874	11245
Peter Knox	8	8415	67322	Rosalie Blum	19	465	8828
Bob Sawyer	13	5138	66798	John Loring	6	982	5892
Mike Kerrigan	6	10514	63082	Tracy Ingle	5	943	4715
Bruce Ingle	5	12377	61886	Jared Luxenberg	13	219	2842
Michael Hanauer	18	3342	60158	Jacob Allen	7	339	2371
Jacek Rudowski	19	2771	52655	Sara Luxenberg	7	99	692
Kenneth Hjulstrom	13	4018	52228	Total			2,555,415

The 45 riders listed above have amassed 516 rider years while accumulating 2,555,415 miles making an average contribution of 4952 each. Now don't get too high or low because you have to remember that you can't have a whole without the each. Congratulations to all!



## Welcome New Members

Tracy Bennett	Nashua
Andrew Copelotti	West Newton
Jerome Erickson	Holbrook
Jerry Lemmon	Andover
Rick & Roberta Longley	Eastham
Elise Maiberger	Concord
Alfonso Navarro, Jr.	Lexington

**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 Loft**  
28 Cambridge St., Burlington (781) 272-0870

**Dedham Cycle and Leather**  
403 Washington St., Dedham (781) 326-1531

**Farina Cycle**  
61 Galen St., Watertown (617) 926-1717

**Fat Dog Pro Shop**  
940 High St., Westwood (781) 251-9447

**Ferris Wheels Bicycle Shop**  
64 South St., Jamaica Plain (617) 522-7082

**Frank's Bicycle Barn**

123 Worcester Tpk., Westboro (508) 366-1770

**Frank's Spoke 'N Wheel**  
119 Boston Post Rd., Sudbury (978) 443-6696  
877 Main St., Waltham (781) 894-2768

**Harris Cyclery**  
1355 Washington St., W. Newton (617) 244-1040

**International Bicycle Center**  
89 Brighton Ave., Allston (617) 783-5804  
66 Needham St., Newton (617) 527-0967

**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  
1 Oak St., Westborough (508) 836-3978

**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, Cross Roads 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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BOSTON, MA

**Join The Charles River Wheelmen**

Charles River Wheelmen (CRW) dues include membership in the League of American Bicyclists (LAB). Do NOT make payments to LAB directly. In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

- 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 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.
- herby 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.

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

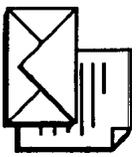
I'd like to help with the activities checked below. Please have someone contact me:

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