


WheelPeople

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 6 · June 2000

CRW in Cyberspace

There are two ways you can use your computer to interact with CRW, the mailing list and the web site.

CRW Internet Mailing List

CRW maintains a mailing list for exchange of information among members, and for posting notices in addition to Wheelpeople. Anybody with an E-Mail address can sign up, including subscribers to online services as well as the academic and corporate users with internet access. To sign up to the mailing list, send a message to majordomo@world.std.com (the agent in charge of the list) as follows:

```
SUBSCRIBE CRW
INFO CRW
END
```

The first line subscribes you (obviously), the second line gives you a mail message with general information about the club. Get an updated version of this at any time by repeating the "INFO CRW" message. The "END" command is needed after the

list of commands, so that it doesn't try to interpret your signature as commands.

Other useful commands are:

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UNSUBSCRIBE CRW Take yourself
off the list
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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 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>

In addition to saving trees, you'll get the WheelPeople several days earlier than the mailed version.

This program is experimental at this stage. We will only make the necessary modifications to the membership program to support this if we get enough people to warrant this.

Century Committee Meeting

Tuesday, June 13

The committee will be meeting to discuss this years events, and particularly the Climb to the Clouds. 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 6:30 PM for the pizza, or 7:30 PM 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 meet-

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Member Directory

We are planning to publish an annual directory of club members that would be available to any club member that requested it. If you'd like a copy send \$3 to cover postage and handling cost to:

Larissa Hordynsky 365 Cherry ST. West Newton, MA 02165

If you do NOT want your name to appear in the directory and have not checked the box on the membership form requesting this, call Dave Balzotti at (508) 341-1587 or e-mail jdscribe@earthlink.net.

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A 100%



Affiliated Club

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

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

CRW is an LAB 100% affiliated club, so our dues include membership in the League Of American Bicyclists. Members receive *Bicycle USA*, the LAB magazine, as well as *WheelPeople*, the Club's newsletter. 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
Executive Vice President	Barry Nelson	(617) 964-5727
Vice President of Finance	Michael Fisher	(617) 965-2334
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Mileage	Edson Trumbull	(617) 332-8546
Government Relations	George Eckert Jr.	(508) 653-6913
Bike Shop Program	Ed Hoffer	(617) 552-5126
Special Events Coordinator	Adele Ferreira	(617) 628-8757
Volunteer Committee Chair	Linda Nelson	(617) 964-5727
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
Wednesday Ice Cream Ride	Gabor Demjen	(781) 237-0602
Ride Hosts	Larissa Hordynsky	(617) 527-5620
Friday Rides	OPEN	
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 or 617-331-9299

CRW BOARD MEETING MINUTES



Tuesday, May 2, 2000

Recording Secretary Cindy Sragg (for Larissa Hordynsky)

Membership - Current: 884

Renewals: 81 New: 25 Expired: 51

Finance Expanded (more detailed) reports were generated in response to a request to do so at the last board meeting.

Bulletin production is our biggest expense; hopefully good century income will offset this.

Extended trip income/expense confuses the budgets/financials - Jack Donohue suggested they be left out from this point on, and reviewed separately at year end.

The budget seems to track actual income/expense pretty well at this point.

Rides Weekend rides are off to a slow start due to a couple of rain-outs. 6/4 and 6/25 are open - Rich Fields offered to lead 6/25 ride.

The REI event is not going to happen for now - we are too late to make the 5/24 date - we are leaving this issue open for possible rescheduling/republicizing.

The Cycle Loft event had to be canceled - nearly no one signed up for it! The date could have had something to do with first night of Passover, or school vacation week. We will try again in the fall.

Ride Leader Kit - since several pieces of the Ride Leader Kit are available off the CRW website, we have gotten out of the habit of distributing these kits which consist of ride lead brochures, insurance waiver forms, membership brochures. New ride leaders should at least be aware of the availability of these materials, and can receive them by mail if the so request.

There will be a Century Committee meeting on 6/13 at 6:30 (pizza will be served) to discuss the Climb to the Clouds and the Fall Century.

Steve Kolek raised the idea of distributing commemorative patches for century riders who complete their ride in under a

certain amount of time. CRW used to do this but stopped do it some time ago.

Dave Johnson is not TGIF ride coordinator - his name should be removed as such from Wheelpeople.

Electronic Wheelpeople Present interest stands at 30-40 requests. We will continue to advertise this in Wheelpeople in the hopes of getting more people to sign up. As said at the previous board meeting, we need 50-100 to make it work.

Regular Wheelpeople (mail) will be VERY late this month due to production problems.

Website The Change of ISP has happened! We've gone from HarvardNet to Dell. We have a lot more room now - Jack Donohue may consolidate the pictures on the website currently hosted by David White-lief.

Membership Directory We agreed that the member directory should not be put on the website, that it will be printed once a year, and that we will charge \$3. The board voted in favor of producing a membership directory.

Steve Kolek will pursue the Red Cross training class previously discussed AFTER his wedding when he expects his time to be somewhat freed up!

Marty Weinstock brought an issue of a LAB publication in which CRW's website is printed incorrectly, ditto for our address, and there is no mention of our organization in the "Special Acknowledgment/Thank You" section. He is going to write a letter on behalf of the club to address this less than special treatment considering our support of LAB.

The next board meeting is on June 6th at 7:30 p.m.

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.

CRW in Cyberspace - continued from page 1

HELP Obtain help on using Major-domo

INFO CRW Retrieve the info file for 'CRW'

WHO CRW List who else is on 'CRW'

Make sure to end all lists of command with the "END" statement.

Once you've joined, to send E-mail to the list, address it to crw@world.std.com, everyone on the list will get a copy.

The volume of mail the list produces is low, but if you prefer, you can get it all stuffed into one mail message, the digest. To sign up for the digest version of the list, use

SUBSCRIBE CRW-DIGEST

instead of SUBSCRIBE CRW. Similarly, to unsubscribe, send majordomo the message UNSUBSCRIBE CRW-DIGEST.

CRW Web Site

To access the World Wide Web location for CRW information use the following URL address:

<http://www.crw.org/>

The web site has the current ride calendars, calendar of weekend events, news items of interest to club members, cue sheet library, and much more.

Century Committee Meeting - continued from page 1

ings 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) or phone (781-275-3991).

If you're not planning on eating, you needn't RSVP.





June 2000 Recurring Rides Calendar

These rides are held every week unless indicated

Tuesday Pace Line Clinic at Nahanton Park***

Time: 6:00 PM SHARP!

Description: A set of organized, cooperative, and friendly pace line clinics designed to demonstrate and practice smooth and safe group riding techniques. Multiple clinics will accommodate different groups at various average speeds. "Attacking", racing, and other aggressive, or disruptive behavior is frowned upon. Routes: Arrowed routes of 19 and 28 miles. Leader: Pete Knox (617-731-5944) Start: Nahanton Park, Newton.

Directions: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot. The City of Newton has requested that we park our cars in the satellite parking lot and not the main lot where the ride starts. Note: Many evenings we will return after sunset. N.B. State law requires a white front light, a red rear light, and ankle reflectors after sunset. Be safe. Be seen.

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.

Wednesday Evening Ice Cream Ride

Start Time 6:30

Ride: Arrowed rides of approx. 15 & 20 miles, cue sheet available.

Description: Scenic rolling roads through the towns of Wellesley, Weston, & Lincoln at a leisurely pace with the new rider in mind. Bring money for ice cream or pizza after the ride.

Leader: Gabor Demjen 781-237-0602

Start: Former Grossman's Lumber parking lot on Rte. 16 at the Newton Lower Falls/Wellesley town line. Directions: From Rte. 128, north or south, take Rte. 16 west/Wellesley exit, follow signs to Newton Lower Falls/Wellesley, stay on Rte. 16 for approx. 1/2 mile, just after light look for Grossman's Lumber sign and lot on the right. Ride starts from the parking lot. Note: Gabor is looking for people to ride out to the ride from Boston. If interested you can call him at work at 617-266-8114.

Thursday - Fitness Ride at Hanscom Field***

Start Time: 6:00 PM SHARP!

Ride: Arrowed routes of 16, 26 & 36 miles.

Leader: Peter Mason (781-646-5106, pbm@ssae.com)

Description: The short ride winds through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. With the help from some other volunteers from CRW, the fitness ride will have people available to lead intro/easy pace group as well as a pacyline group.

Start: LG Hanscom - General Aviation Airport.

Directions: Rt. 128 to Exit 30B (Rte. A West)- do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport.

Friday TGIF Unwinder

Start time: 6:30 PM through July; 6:00 PM starting in August

Leaders: There is no designated leader this year, we will rotate ride leaders, or if no one volunteers, the ride will be run as a show and go. If interested in leading, call or e-mail Jack Donohue (781-275-3991, jdonohue@world.std.com) Ride: 18, 22 and 27 mile rides. Fully arrowed, cue sheet & map.

Description: Begin the weekend with an evening tour of the pretty back roads of Concord, Carlisle & Acton. The pace is a bit more relaxed than the weekly fitness rides. Dinner afterward if riders are interested — it's NOT a school night! Location: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the driveway on the left.

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.

Saturday Introductory Ride

Six Saturdays: April 8 & 22, May 6 & 20, June 3 & 17 Start Time: 9 AM SHARP!

Please arrive at least 20 minutes early. Rides depart promptly at 9.

Description: Start the first Spring of the new Millennium right. Come out and ride your bike, meet some interesting people, get some good exercise, learn more about CRW, become street smart, and just generally get INTO IT! These rides are for CRW newcomers or for anyone who is getting back to bike riding or who just wants to start off the season with a more casual ride. We do a scenic, essentially flat 19 - mile route in Needham and Dover. The focus is on group riding skill, safety, general cycling technique and good old fun. We generally break into smaller groups so that everyone can ride at their own comfort level. After the ride we hang out at Starbucks. You do not have to be a club member to participate, but EVERYONE must wear a helmet. Feel free to call any of the ride leaders with questions. Leaders: Eli Post (617-547-6778, elipost@mediaone.net) Fred Kresse (781-444-1775, drz@xpres.net) Jenny Craddock (617-332-4098, jenny_craddock@newton.mec.edu) Beth McLaughlin (617-542-2319, elizabeth.mclaughlin@fmr.com) and occasional Special Guest Leaders.

Start: Nahanton Park, Newton

Directions: From Rt. 128 take Exit 19B (Highland Ave.) toward Needham. At the very first light, turn left onto Hunting Rd. At the next light, turn left again and cross over Rt. 128. Go barely 1/2 a mile, cross the Charles River and make an IMMEDIATE left into the Nahanton Park lot. We'll see you there. C'mon down!

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 (617-626-9261(W), 617-277-5180(H), Mel.Stoler@state.ma.us) and Ted Lewis (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.

CRW Cycling Jersey

Fieldsensor



\$55



Do the web at www.crw.org
click on "merchandise"

CRW T-Shirt

100% cotton



\$10

Sizes: Small, Medium, only comparable to European sizes 2,3

6 color GEAR 98 T-shirts available, L & XL

\$10 or 2 for \$15.00

Name _____

Address _____

City/State/Zip _____

Telephone _____

Quantity _____ Size(s) _____

Sizes: Medium, Large, X-Large
Colors: Yellow & Apricot

Specify T-Shirt or jersey
Add \$3.00 postage for each order.

Mail your check made out to CRW and this order form to:
Ken Hابلow, 35 Longmeadow Rd., Weston MA 02493
Please include your phone number
For info: (781) 647-0233 - or - khابلow@khgraphics.com



The Rides Calendar

June 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.

Mean Streets - Boston Proper

June 1 - Thursday

Time and Route: 6:30 PM for about 10 diverse miles; mountain or hybrid bikes recommended.

Ride Type: Urban evening ATB Leader: Charles Hansen, H: (617) 734-0720. Start: Boston City Hall Plaza, at the Government Center T-stop.

Directions: Intersection of Court, Cambridge, and Tremont streets; call if more info needed. Come early to find parking; ride to the ride if possible.

Lowlights: Explore Government Center, the Fort Point Channel area, North End, Chinatown, financial district and more. We will attempt to discover alleys and nooks and crannies you never knew about. Cool off by riding under the fountain at Post Office Square park!

Leftover Apple Pi

June 3 - Saturday

Times and Routes: 9:30 for 50 miles and 10:00 for 35 miles.

Ride Type: Arrowed (upside down pi)

Leader: Connie Farb - 617-497-0641

Highlights: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills. Both rides stop for lunch at Bumblebee Park. (no store)

Start: Parking lot across from VA Hospital, Springs Road in Bedford.

Directions: From 128 Take Rt. 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital / Middlesex Community College. Meet at first parking lot on right.

North Shore Coast to Coast

June 4 - Sunday

Times and Routes: 10:00 for approx. 55 and 33 miles.

Ride Type: Arrowed plus cue sheets and maps.

Leaders: Arnold Nadler (978-745-9591) and Dale Duet Highlights: The long route takes us from the coast in Beverly back to the ocean/lower Merrimack River in Newburyport, where we'll have lunch in a waterfront park (a number of places to buy food). The shorter route has lunch in Georgetown. Lots of natural scenery plus historic charm, including the Parsen Capen House built in 1683. Both routes include a few miles on Rt. 1 (one lane northbound here,

good shoulder, light to moderate but fast moving traffic).

Start: Montserrat Commuter RR Station. On Rt.22/Essex St. 1 mile northeast of downtown Beverly.

Old North Andover Ride

June 10 - Saturday

Times and Routes: 9:30 for 48 and 10:00 for 26. Ride type: arrowed (white A).

Leader: Jim Sullivan (781-245-1772).

Highlights: The long ride travels through the lakes and farms of No. Andover, Boxford, Topsfield, Ipswich, Georgetown, Groveland, and Haverhill. The lunch stop is in Ipswich. The short ride cuts out Topsfield and Ipswich, with a lunch stop in Boxford Center. Please note that there are no stores in Boxford or anywhere on the short ride. Start: North Andover Green, corner of Andover St. and Massachusetts St., North Andover.

Directions: Rt. 93 North to Exit 41, Route 125 North (toward Andover). Bear left where Rt. 125 joins Rt. 114 and take a right before the Bertucci's at the next light. Take a right at the next light and follow to the Green. Park on the left side of the Green only.

Berlin-Bolton Country Tour

June 11 - Sunday

Times & Routes: Long & Medium 9:30 AM in South Acton - Short 10:30 AM in Bolton. Long, 60 miles (2450 vertical feet); medium, 48 miles (1800 vertical feet); short, 25 miles. The common lunch stop for the long and short is at BagelMakers in Northboro. The medium splits off in Berlin. There are several food stops along each route.

Ride Type: Arrowed

Leader: Ken Hallow (781-647-0233) or khallow@khgraphics.com

Terrain: Moderately hilly

Start: Long & Medium Ride: South Acton "T" station, Central Street @ Route 27 - The parking meters are not active on weekends. Directions: Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner. Short Ride: Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Highlights: This exquisite tour of Bolton, Berlin and Northboro

winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. Don't forget to stop at Phil's for award winning apple cider. The medium route by-passes Northboro. Lunch for the medium route is in Berlin. You will experience quiet back roads, some beautiful vistas, and magnificent downhill.

Cape In A Day

June 17 - Saturday

Time and Route: 4:30 AM for 120 miles.

Ride Type: Cue sheet Leader: Dick Arsenault (781-272-1771)

Highlights: Ride Boston to Provincetown and return by boat the same day. The boat leaves Provincetown at 3:30 PM and arrives in Boston at 6:30 PM. Tickets, with bike, are \$23.00. This is a direct point to point ride with lots of good scenery but without scenic detours. Please arrive at 4:15 latest for instructions. We leave at 4:30 sharp.

Start: Gillette parking lot. Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is ahead on right

Lakeville Lark

June 18 - Sunday

Times and Routes: 8:00 am SHARP, distances: 19, 28, 42, 57 and 108 miles

Ride Type: arrowed

Leader: Pete Knox (617-731-5944)

Highlights: Scenic, flat, fast, quiet (mostly) back roads through Canton, Easton, Lakeville, Middleborough, Bridgewater, Walpole, Dover, et. al. 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.

Another Side of Carlisle

June 24 - Saturday

Times and Routes: 9:30 for routes of 62, 40, and 25 miles.

Ride Type: Arrowed rides of approx. 62, 40 and 25 miles with cue sheet available. Arrow is white with a circle at the bottom.

Leader: Rich Fields <richfields@mediaone.net> (781-646-4601)

Start: Brighams, Mill St. in Arlington Center Directions: From 128; exit 29A East (Route 2 toward Cambridge. Take Route 2 East to Exit 59 (Route 60). Take left onto Route 60 and go about 1 mile to Mass Ave. in Arlington Center. Take left onto Mass Ave. toward Lexington and go to first traffic light which is Mill St. Entrance to Brighams is on the left down the hill.

Highlights: A scenic ride through the towns surrounding Carlisle including Arlington, Lexington, Bedford, Chelmsford, Acton, Westford, Concord and Lincoln. This terrain of this ride is rolling

with a few hills, notably Page Hill in Bedford and Trapelo Rd in Lincoln. This ride should serve as a good tune up for the Spring Century which is only weeks away. The lunch stop will be at the Green in Concord Center, but save lots of space for ice cream at the end of the ride.

In Search Of The Llamas

June 25 - Sunday

Times and Routes: 9:30 AM for 65 miles, 10:00 AM for 42 & 30 miles.

Ride Type: Arrowed with Cue Sheets.

Leaders: Lisa Wilk (Tel. 508-376-2457, lwilk@capaccio.com) and Andree Lerat (617-738-9553, andreepphoto@aol.com)

Highlights: All rides are primarily along quiet backroads. Short ride passes through Dover, Sherborn, and Holliston. Medium and long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). The 42 mile ride is a repeat of a summer Wednesday Wheelers ride. Lunch is in Holliston.

Start: All rides begin at Caryl Park (Noanet Woodlands Reservation) on Dedham Street in Dover.

Directions: Caryl Park is about 0.5 mile northeast of the center of Dover on Dedham St. From Rt. 128/95, Exit at Rt. 135W (heading towards Needham). Needham Avenue (Rt. 135) becomes Dedham Avenue in Town of Needham. Take left onto Chestnut Street at end of Dedham Avenue. Follow Chestnut Street, and bear right as it becomes Dedham Street when you cross town line into Dover. Just before Caryl Park on Dedham St. you will see Mill Farm (White Barn) on left side of road. Take first left after Mill Farm (about 0.1 miles from Mill Farm) into Caryl Park/Noanet Woodlands Reservation (parking lot adjacent to Tennis Courts). Note: Caryl Park has two entrances from Dedham Street, each with separate parking lots — We'll meet at the parking lot adjacent to the Tennis Courts. Additional parking available at Chickering Fields across the street.

Quiet Roads North of Boston

July 2 - Sunday

Times and Routes: 9:30 for 66 miles; 10:00 for 48 miles; 10:30 for 28 miles. All flat to rolling.

Ride Type: Arrowed.

Leaders: Bill Fine (617-247-3804)

Highlights: Short ride goes through Reading, Wilmington, North Reading, Middleton, and Lynnfield. Short ride includes Harold Parker State Forest. Medium ride adds North Andover, Boxford, and Topsfield. Long ride adds Groveland, West Newbury, and Georgetown. Lunch is in Middleton. Start: REI/Registry of Motor Vehicles, Reading

Directions: Route 128 to Exit 40. Go around rotary to Route 129 West (Salem St.) REI Parking lot is the third left. Please park away from the shops.

Cape Cod & Woods Hole Double Century

Saturday, July 8, 2000

The Cape Cod Double Century 203 miles, with bailouts at 57, 108, & 164 miles. The route is on scenic, flat, fast, and quiet (mostly) back roads passing through Canton, Easton, Lakeville, Wareham, Woods Hole, Falmouth, Plymouth, Carver, Walpole, Dover, et. al. Perfect for tandems and fixed gears. Registration in the Putterham Circle Golf Course parking lot, Brookline, MA at 4:15 am, and departure at 4:40 am SHARP. Flashers suggested, lights not required. Leader: Pete Knox, (617) 731-5944. Download your cue sheet from the website (<http://www.crw.org>) when it's available or call the leader in advance to reserve a cue sheet.

BOVINE 2000 Bicyclists Over Vermont In Near Ecstasy

JULY 1-5, 2000

Fifth annual edition of this popular tour. We'll meet in White River Junction, VT and take the AMTRAK train north to St. Albans, VT, near the Canadian border. The luggage car has bike racks, so no bike box is needed.

Enjoy 4 days of beautiful, mostly quiet cycling in Vermont, plus one day in New York's Adirondacks with great views of its high peaks. Options include a loop into Quebec and over the mega-challenging Appalachian Gap. Average about 60 miles/day with hills. Shorter and longer options available. A truly multi-modal tour: Bicycling, train and ferry across Lake Champlain. See the spectacular fireworks in Burlington on July 3.

\$390 includes 4 nights motel and hotel lodging with 2 persons/room (incl. 2 nights in the Radisson Burlington overlooking Lake Champlain and 1 in Montpelier's Capitol Plaza), trail lunch food for 4 days, 2-3 breakfasts, sag van support, train fare, trip T-shirt, 5 days off-street parking, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591.
E-mail: ardnadler@aol.com

Velo Vermont 2000 July 21-23, 2000

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont. We'll be staying at an inn in Warren, Vermont with swimming pool and hot tub. Accommodations are two person units, with bedroom, living area, kitchenette and balcony.

Saturday and Sunday riders will choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad

King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben & Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$110 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone, any dietary restrictions. Call after that for last minute availability. Make checks out to CHARLES RIVER WHEELMEN, and send a SASE or e-mail address. We will send out a poop sheet with information a week before the trip.

Leaders: Jack Donohue & Susan Grieb
26 Fox Run Road
Bedford, MA 01730-1104
E-mail: jdonohue@world.std.com
Phone: 781-275-3991 (before 9 PM)

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 NOTE: Leader is touring June 2-25, please contact coleader Jenny Robbins at (781) 893-0840 or jenny_robbins@meei.harvard.edu

Wenham MA to Quebec City August 12-22, 2000

Join us for the ninth almost annual tour through northern New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day (plus longer options) for eight consecutive days, through some of the most scenic country in New England and Quebec. Then enjoy Saturday afternoon to Tuesday morning in and around Quebec City. En route, experience the full range of New Hampshire's landscapes includ-

ing the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the Mt. Washington hotel?), and the remote quiet Connecticut Lakes. Also northeast MA to Newburyport, southwest Maine, Vermont's Northeast Kingdom and Quebec's upper Appalachians. We'll enter Canada at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat terrain. Three nights en route are on lakes. See last year's trip on the web courtesy of Rich Salter (<http://rts3.home.sprynet.com/main.htm>).

\$890 includes 10 nights lodging in comfortable inns, motels and hotels (2 persons/room), 4-6 breakfasts, lunch food on 7 riding days, 2-3 dinners, sag van support, return transportation to start point, 11 days off-street parking, cue sheets and maps, and T-shirt.

Leader: Arnold Nadler: 978-745-9591. ardnadler@aol.com
Coleaders: Mike Barry: 781-762-2784, Steve Kolek: 781-674-1090

Tunbridge World's Fair cycling weekend

Sept. 16 - 18

Saturday we'll ride 30 somewhat hilly miles to the oldest World's Fair in the US, some 160 years worth of merriment in the Vermont hills. There are plenty of the traditional animals and 4H craft exhibits, but also a demolition derby and roasted corn still in the cob and working steam farm machinery and all sorts of stuff. We'll ride the 30 miles back to the hostel with nary a hill at all as we follow the White River all the way. Sunday we'll do a shorter ride including a visit to the Augustus St. Gaudens National Historic Site in New Hampshire and ride through the Quechee covered bridge. We'll be staying in youth hostel rooms (no bath in room) at the Hotel Coolidge in White River Junction, \$32 per person for the two nights. Saturday dinner will be at a restaurant in the Lebanon area.

E-mail or call for info or to register. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277, velotrain@peoplepc.com

Other TRIPS

Tandem Bicyclists of New England (T-BONE) Rides

This is a series of rides for tandemists. Unless otherwise indicated as CRW rides, these are rides hosted by other clubs or individuals. Helmets are mandatory, and are recommended for all riders (and passengers in trailers). Riders will be required to sign disclaimer forms when participating on club sponsored rides.

We suggest calling the ride sponsors to confirm a ride, especially if weather is doubtful. Rides may or may not include lunch stops; we suggest that you carry food. One-day riders are welcome on any weekend trips.

Further details on the rides can be obtained from the T-BONE web site: <http://members.home.net/wwwwtbone>

A mailing list for impromptu rides, and discussion can be joined from this web site.

For information on how to obtain a printed copy of the season's rides, call Linda or Bob Harvey, 603-898-5285.

June 4, Sunday, 10:00 am Little Compton, Rhode Island 28 or 45 Miles

Ride in a quiet area of the Sakonnet and Westport Rivers through working farms, tidal marsh and beaches. Mostly back roads with a few rolling hills. There are opportunities for stops at a Vineyard and several open ocean sandy beaches. Also it is not unusual to observe Osprey and other birds along the river bays. Binoculars would enhance viewing lots of interesting sights. Light lunch, fruit etc. is at one stop along both rides; however, it is recommended that you bring some food along.

Directions: From Rt. 24 south, take the Tiverton/Little Compton exit (shortly after crossing from Massachusetts into Rhode Island). Turn left at the bottom of exit ramp and follow Rt. 77 about 10.6 miles. Turn left on Meetinghouse Lane about 0.9 mile. Both rides start at the Little Compton ball fields.

Sponsors: Paul Taranto & Karen Bresnahan,
Daytime (work) Phone 617-423-9035 ext. 176.
ptaranto@PAYTONCONSTRUCTION.COM
Joint ride with Charles River Wheelmen (CRW)

June 10, Saturday Annual Blind Stoker Ride

Captain your tandem for a blind stoker. Sponsored by New England Ski for Light - Lincoln Guide Service, Lincoln, MA. For more info, contact Mark Remaly at 781-646-5861. mkremaly@rcn.com

June 16-18 Eastern Tandem Rally Lenox, Massachusetts

In the Berkshires of western Massachusetts. Register early. For details, send SASE to ETR 2000, c/o Sue & Al Berzinis, 190 Hubbard St., Lenox MA 01240. Suchele@berkshire.net

June 23-25 Vermont Inn Weekend Fairlee, Vermont

Rides leave from the Inn about 8:30-9:00 am each day, except the century which starts at 7:00 am Saturday. These have been wonderful rides in the past, with the opportunity to ride in one of the most scenic areas of the Northeast. The roads are well maintained and the traffic is light. It's a great place to complete a century, with few hill climbs along this river route. If you want more challenging rides with spectacular views,

you can head to the hills. Of course, shorter rides are available. Lodging: Inn type rooms, or cabins at the Silver Maples Lodge. Rates are \$54-76, double occupancy, which includes a continental breakfast Saturday and Sunday. www.obs-us.com/chesler/silvermaplelodge

Reservations: Make your own early. Call Scott Wright at 800-666-1946 or 802-333-4326 (VT).

Directions: From I-91, take Exit 15 (Fairlee). The Silver Maple Lodge is on Rt. 5, 1/2 mile south on the right. Camping: Pastures Campground is located across the river in Orford, NH on Rt. 10 (about 2 miles from the Lodge). Call for more information 603-353-4579.

Sponsors: Carolyn and Don Lane, 603-893-4766, Donandcal@aol.com Joint event with GSW

June 30 - July 4 July 4th Maine Bike Camping Weekend Tour Western Maine

Explore the lakes and mountains of west central Maine, on a challenging, scenic, and fun tour through small towns, and isolated forest areas! This is a mixed tandem and single bike trip.

The Itinerary: Camp Friday night in the Sebago/Long Lakes area. Saturday will be about 40 miles to Hanover, in the Sunday River area. Sunday is approx. 55 miles up 'through the woods' to our campsite at Rangely Lake State Park. From Rangely, on Monday, we'll ramble back south for about 70 miles and camp at Littlefield Beaches camp in Locke Mills. We'll return to our cars on Tuesday the 4th, about 50 miles across the countryside.

The Plan: Travel fully self-contained (no sag), and camp each night at a modern campground with showers, swimming, etc. Food and meals will be at the individual's option, possible group meals depending on group consensus. The tour emphasis will be on fun, exploration, and a quality touring experience, not on speed

or mileage. Call or e-mail for further info and details. The group size will be limited to 12, and a \$20 deposit towards campground fees is due by June 1. Hope to hear from you!

Sponsors: Jim & Paula Faist, 97 Goodhue Rd., Derry, NH 03038, 603-870-9692 (6:30-9:30 pm) jfaist97@aol.com Joint ride with GSW

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BBQ and bag lunch upon request

For reservation, call 800-894-4004 or email towserhal@rover.net.

AMC Annual Spring Bicycle Rally

Saturday, June 3

Join the Appalachian Mountain Club Bike Committee at the Littleton Hostel in Littleton, MA for the 22nd annual Bike Rally. Rides of 25, 50, & 70 mi., plus a Mountain Bike Workshop. Registration incl. rides, showers, happy hour, chicken BBQ, and eve. presentation. Speaker: Melinda Lyon. Estimated cost \$20 w/dinner \$15 without. Register by Sun. May 27. For info. and reg., call Dick Simmons (781-334-7003 before 9 PM). On site registration for rides and happy hour only available on day of event.

The King's Tour of the Quabbin

Saturday, June 10, 2000

Bicycle 62, 100 or 125 miles on a challenging road route around the Quabbin Reservoir, a pristine jewel in the heart of Massachusetts. Not much traffic; plenty of hills; and, of course, a special welcome from the King himself.

All rides start from Naquag Elementary School, Route 122A (Main Street), Rutland, Mass.

DIRECTIONS: Interstate 190 to Exit 2; follow signs to Holden (left on West Mountain Street/Doyle Street, left onto Shrewsbury Street, right onto Main Street/Route 122A); stay on Route 122A north into Rutland. School is at top of hill on left. ALTERNATE DIRECTIONS: Interstate 290 to Exit 13 (Kelley Square, Vernon Street, Worcester); north on Route 122 about 10 miles to center of Paxton; turn right on Route 56 north to Rutland center (about 5 miles); turn left onto Route 122A south. School is about 1/2 mile on your left.

8 a.m. CENTURY (100 miles) and DOUBLE METRIC CENTURY (200km = 125 miles) 9 a.m. METRIC CENTURY (100km = 62 miles) RAIN OR SHINE

\$5 at the start; no preregistration. Entry fee covers cue sheet, arrowed route and snacks. Helmets required.

Information: Steve Blum, (508) 366-0818, steve2@charter.net

Description, map & cue sheet: <http://members.aol.com/shwworc/centuries.htm>

29th Annual Tour of Scenic Rural Vermont - TOSRV-East

10th Annual Mini TOSRV-East

Friday-Sunday, June 16-18, 2000

This classic Vermont tour, sponsored by Hostelling International/Eastern N.E. Council of American Youth Hostels, returns with a unique mix of new and familiar cycling routes for 2000. Starting from the HI-AYH hostel in White River Junction, VT, the Full tour travels 100 miles to a B&B in Waitsfield, VT, returning via an all new Century route the next day. The riders selecting the Mini tour will stay two nights in White River Junction and explore two shorter routes (of 50 miles or

less) through rolling farm-lands and the Connecticut River Valley.

TOSRV-East traverses many of the hills and river valleys of Central Vermont, featuring classic small towns and farms, quiet roads, and popular eateries. For 2000, the trip coincides with the nearby Quechee Hot Air Balloon Festival and Crafts Fair, a perennial Summer highlight. Bikes with low gears are recommended, and signed release forms and helmets are required. The trip fee of \$80 includes Friday night accommodations at the hostel (as space permits), Saturday B&B or hostel, Saturday breakfast & dinner and Sunday breakfast, sag van, cue sheets, and patch. NOTE: the hostel rooms are reserved for the first 30-35 registrants; other rooms are available at additional cost (contact the ride leader for details).

For registration materials and release forms send a SASE to: James Merrick, 200 Clare Avenue, Hyde Park, MA 02136. Forms may also be obtained via e-mail by contacting the leader at: <hjmerrick@alum.colby.edu>, phone: 617-361-2051.

AYH "Cape in a Day (Plus One)" Century Bicycle Weekend Sat - Sun, Jun 24-25

Join the New England Council of Hostelling International - American Youth Hostels on their annual Cape Cod ride. The trip consists of a century bicycle ride from Boston to N.Truro (120 miles) or Eastham (100 miles) on Saturday, time to tour Provincetown or relax on nearby beaches Sunday morning, and a ferry ride back to Boston late Sunday afternoon. The cost of \$75 includes four meals, lots of snacks, hostel lodging, sag wagon support for luggage and breakdowns on Saturday, and the ferry. Send full payment (refundable until June 1st) along with name, address, phone #'s and hostel choice (if any) to trip leader Seth Davis, 60 Albemarle Ave., Lexington, MA 02420. For more information, call Shari at (617) 258-1814, or send a self-addressed stamped envelope to the trip leader.

MassBike 2000 July 23-29

Be the first in your neighborhood to register for MassBike Tour 2000: Coasting Into the New Millennium! Early registration discounts apply for registrations received by April 29, 2000.

Go to: <http://www.massbike.org/events/mbt2000/>

to read more about Tour 2000 and to download the early registration form in Adobe PDF format. If you don't already have the free software Adobe Acrobat Reader (necessary for displaying and printing the form), we provide a convenient link to download that first.

If you can't deal with a downloadable form (and are willing to risk using a slower option) send your snail mail address to:

e-mail: <tour@massbike.org> fax: 978-626-1002 regular

mail: MassBike Tour PO Box 555 Wenham, MA 01984 and you will receive the form by return mail.

Touring with the Seven Hill Wheelmen

I am leading a series of weekend bicycle tours for the Seven Hills Wheelmen. The series runs from May to October with one trip per month. All tours are self-contained camping trips with no SAG. The purpose of the series is to introduce self-contained touring to people who have never tried it. Experienced tourists who can share their knowledge and love of touring are welcome to participate. All trips depart within a two hour drive from Worcester, MA. You can get more details and sign-up online at

<http://tomswenson.com/shwtour.htm>.

I hope to see you on one of these trips.

Tom Swenson tomswen@ix.netcom.com

<http://www.tomswenson.com>

Maine Wheels Bicycle Club Trips

**8th annual Moose Tour
July 30-August 4, 2000**

This six day 330 mile tour takes you through beautiful western Maine. You will enjoy home cooked meals and hot showers. We limit our ride to 150 riders. Enjoy the small New England towns, swimming holes, and lightly traveled roads as you soak in the scenery. For information: www.moosetour.com or call Brian McLaughlin at 207-743-5993 or e-mail moosetour@ctel.net Summer time in Maine, can't beat it!

**Coastal Tour
July 9-14, 2000**

A six-day 300 mile ride along the beautiful Maine coast. Enjoy a true Maine Lobster Bake as just one of the meals that are provided. The rider limit is 65. This is a fully supported tour. For information contact www.coastaltour.com or call Brian McLaughlin at 207-743-5993.

Cycling The Erie Canal 2000

August 13-20, 2000, Buffalo to Albany NY

The New York Parks and Conservation Association invites you to join us for 8 days, August 13-20, for a fully supported bike ride along the canalway trail. Celebrate the 175 anniversary of the Eight Wonder of the World, the Erie Canal (1825-2000). On and off road cycling, tent camping, luggage transport and more. See our Web Site: www.nypca.org/canaltour. For questions contact: Suzanne Toomey Spinks, Ride Director, suzanne147@juno.com

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

NEBC KIDS ONLY BIKE RACE

Winchester, MA

Saturday, June 3, 2000

As part of Winchester Town Day, the Northeast Bicycle Club and Cycle Loft are promoting the fourth annual "NEBC Kids Only Bike Race". The race will be held on Saturday, June 3rd (rain or shine) at Manchester Field, Winchester, MA.

The "NEBC Kids Only Bike Race" is intended for kids who want to try bicycle racing, perhaps for their first time ever! Our emphasis in designing this race is safety, creating a fun atmosphere, and providing adequate opportunities for all participants to race at an appropriate level. There will be separate races for kids between 7-14 year olds, in 2 year age categories. There will also be separate events for bmx and mountain/

road bikes. All racers will receive ribbons and a free water bottle. Trophies will also be awarded to the top three finishers in every category.

For more information, call Harry Wolfson at 617-484-6063 or see the race flyers posted at the Winchester Recreation Department, the Cycle Loft in Burlington, or on the NEBC web site:

http://world.std.com/~nebikclub/RaceEvents/00Events/kids_crit00.html

Letters to the Editor

Dear Jack:

The Friends of the Minuteman Bikeway offer these very belated thanks to you, your organization, and the people in it who worked to raise the % I 85 so generously donated to fund bicycle racks for Bedford's new Depot Park. It appears the Park will, after many delays, actually come to fruition this summer and, when it does, the Bikeway will no longer end with a whimper but with a wonderful green space where we users can sit in the shade, relax for a moment, and watch the world go by. If they are cleverly situated, the racks will not only provide a secure place to park while enjoying this moment, but will also help to keep order about the Park and do it in a wholly unobtrusive way. That's our challenge. Hope we can bring it to pass. Thanks again,

Robert D. Evans
Vice President
Bedford Friends of the Minuteman Commuter Bikeway
16 Hemlock Way
Bedford, MA 01730

First let me introduce myself. My name is Joe Messina and I moved to Scituate six months ago. I have been a member of CRW for several months, but have not yet joined a club ride. I am looking for some direction as to whom to contact to help me find potential candidates for a ride that I've put together for this summer.

I call it Challenge 2000, because it will be. The route goes from the Canadian border in Montana, through Glacier National Park, through Yellowstone, crosses the Continental Divide five times in Colorado, then scoots across New Mexico

to end in El Paso on the Mexican border. 2100 Miles, 41,000 vertical feet and 40 days!

A challenge, yes, but also fun, averaging about 50 miles per day with a rest day once a week. There will only be six riders. We'll have our own van support vehicle and we'll have our own bed every night. The ride starts August 14th and ends September 23rd.

All lodging accommodations have been made, the van is reserved and I am one of three confirmed riders. Hard costs to date for lodging and van are \$55 per day per person. To that a serious candidate would have to add travel expenses and food.

I'm excited about the ride and personally committed. And would enjoy having one or two folks from CRW to train with and then to ride with from Canada to Mexico...

Know anybody that might be interested? Who should I contact to extend my search?

I can be reached as follows:
e-mail jtmessina@tcrworld.com
phone 781-545-6423
fax 781-545-5872
website www.tcrworld.com

Looking forward to your reply...

Joe Messina





for the 9th annual

Climb to the Clouds



A Century Ride to Mt. Wachusett Sunday July 16, 2000 Rides from 35 to 105 miles

Spend the day touring the apple orchard country of east central Massachusetts. Magnificent views, mostly country roads, great company!



START TIMES:

8:00 from Concord Carlisle High School for 105, 90 or 80 miles

9:30 from **Emerson/Sawyer School, Bolton** for 60, 45 or 35 miles

COST:

A **\$5.00** event fee per entrant is payable the day of the event.

DIRECTIONS:

Concord: Rt. 2 to the route 126 intersection. This is the intersection for Walden Pond.

Heading West on Rt. 2, turn right at the second traffic light past Concord Subaru at Crosby Corner

Heading East on Rt. 2 turn left at the sixth light past the Concord circle.

The High School is at the bottom of the hill on the left.

Mass Turnpike to exit 14, "Route 128/95" Route 128/95 North to the Route 2 exit heading West.

Bolton: Emerson School, Rte 117, Bolton, ½ mile west of Route 495 on the left opposite the Bolton Police station. Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West for ½ mile.

ROUTES:

The long rides from each start point include a climb up the mountain. The Concord riders pass through Bolton Center but not directly past the remote start point. All routes join together in Lancaster. The 35 & 80 return from Sterling. The 45 & 90 mile routes go to East Princeton. The 106 & 58 mile routes continue to Mt. Wachusett.

All rides return along the Wachusett Reservoir passing through West Boylston & Boylston. We ride through Berlin back to Bolton with a stop at Berlin Orchard. The route back to Concord passes along the high ridge in Harvard. All routes are mostly on back country roads, all are arrowed and a map is supplied.

TERRAIN:

All routes are hilly. The long rides from each start point includes a one mile climb at a steady 9% grade and the mountain access road itself. From Concord the total vertical for the long ride is 5,500 feet and from Bolton it is 3,500 feet. The other routes are very hilly but no mountain climb.

SUPPORT:

Bananas, bagels & water will be available at the start points and at two staffed points along the routes, including a stop at Berlin Orchard. There are convenience stores in Sterling, East Princeton, West Boylston, Boylston and Berlin. Water is available at the visitors center at Mt. Wachusett.

INFO:

For this ride only:

Ken Hablow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

On the web @ www.crw.org

Little Jack's Corner - by Jack Donohue



Sometime in the life of every relationship, the conversation will inevitably come up that there are "other things" to

life than riding a bicycle. You mentally agree with this, but you're thinking "yes, there's repairing my bike, recovering after a crash so that I can ride again, and eating and sleeping to make me go faster." This is best left unsaid, as it will probably not advance your cause in the argument. Rather, you should agree with the premise, then revert to subterfuge to avoid those "other things." When the "there's more to life than cycling" issue rears its ugly head, do not protest. This is an argument you cannot win. Instead try to figure out how best to cut your losses. I'll outline several of my favorite ploys, but I'm sure you can think of others.

Capitulation. Agree to go to a cultural event (Harpoon Ale night at Redbones is not considered a cultural event in this context). Say that you will meet your significant other there. You will of course

ride there, showing up hot, sweaty, and generally unkempt, clad in your best skin tight lycra. All the non-cyclists will shrink away from you as if you were a leper, and your SO will be so mortified, you won't be asked to attend another of these affairs in quite some time, if ever.

Selective Memory. When your partner suggests an alternative activity, say "well, sure we could do that, but we just did that last week." Of course, you really just did that last summer, but you can hope that your SO's memory is as spotty as yours.

Obligation. You have to emphasize that you really NEED to ride today to fulfill some cycling goal. You need the mileage, despite the fact you've already ridden more miles this month than your car's been driven.

Bluffing. Figure out something that's sufficiently odious you would never want to do in a million years, like bungee jumping or ice climbing. just make sure it's something your SO would be even less likely to want to do. Then when the offer is refused, you will have garnered

many brownie points for having suggested a non-cycling activity.

Martyrdom. When all else has failed, agree to participate in some non-cycling activity. But be sure that your partner is well aware of the travail you are suffering, so that they will think twice before asking you to do it again. Cross country skiing is a good example in my case. This is a bit different since I was actually doing this when I met Susan. This is before I discovered that cross training is bad for you. So this activity is sort of grandfathered in. Still, you can amass sympathy points by emphasizing your suffering. My muffled cries of "don't worry about me, I'll be all right" as I lay with my head buried in three feet of snow after the last FDGB, are enough to melt the heart of the cruelest. Unfortunately, Susan is wise to my tricks so this gets me little mileage (so to speak).

Addiction. When all else fails, just admit that you've got a serious addiction problem, and you'll be jonesing badly if you can't get on your bike for a century or so today. Maybe you could even get a note from your doctor.

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eliminate back and neck pain



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WELCOME NEW MEMBERS

Vincent Apruzzese, Jr.	Boston	Neal Maxymillian,	
Gretchen Bergstresser,		Hillery Hinds	Cambridge
Thomas Neenan	Cambridge	James McLaughlin	West Newton
Cathy Collins	Medford	Bradley Munroe	Jamaica Plain
Becky Copeland	Providence	Steven Noonan	Auburndale
Patricia Cronin	Auburndale	Ted Packard	Arlington
Celia Donatio	Arlington	Joyce Purslow	Abington
Priscilla Frappier	Waltham	Pamela Russo	Sharon
Karen Fullerton,		David Sachs	Waltham
David Hendry	West Newton	Jeffrey Schlaffer	Framingham
Stephen Gilman	Woburn	Linda Shahood	Ashland
Paula Gould	Leominster	Gary Smiley	Cambridge
Walter Hartel	Waltham	David Spear	Dedham
Patrick Jeffrey	Greenwich	Howard Stone	East Providence
Dr. Sumner Kagan	West Newton	Andrea Stracciolini	Jamaica Plain
Lionel Kervella	Belmont		
Donald MacFarlane	Stow		
Rick Martinec	North Weymouth		

April Mileage Totals

5 1 6 7 6

	Miles	M	C	K		Miles	M	C	K
Bruce Ingle	3778	4	1	2	Peter Knox	782	-	-	-
Irving Kurki	3281	2	1	1	Ted Hamann	769	-	-	-
Martin Estner	3176	4	4	1	Suzanne Brazeau	741	2	-	-
Jack Donohue	3135	-	-	1	Gabor Demjen	654	1	-	-
Larry Dolinsky	3107	4	2	-	Gerald Goode	564	-	-	-
Pamela Blalock	3072	4	2	2	John Allen	558	-	-	-
John Bayley	2638	4	-	-	John Kane	493	-	-	-
Tod Rodger	2098	2	-	-	Ed Trumbull	400	-	-	-
Joan Dolinsky	1849	4	-	-	John Springfield	331	-	-	-
David Wean	1648	1	-	-	Jim Broughton	327	-	-	-
Ed Hoffer	1606	-	-	-	Elisse Ghitelman	323	-	-	-
Joe Repole	1533	4	4	-	Susan Grieb	309	-	-	-
Bob Sawyer	1455	1	-	-	Dave VanAmeijden	289	1	-	-
Mike Kerrigan	1417	-	-	-	Doug Cohen	271	-	-	-
Kitty Farago	1329	-	-	-	Cynthia Snow	209	-	-	-
Ken Hablow	1310	2	1	-	Harry Wolf	144	-	-	-
Robin Schulman	1201	1	-	-	Shahed Aziz	124	-	-	-
Glenn Ketterle	1196	-	-	-	Phyllis Mays	116	-	-	-
Coleman Rogers	1124	3	-	-	Elaine Stansfield	97	-	-	-
Bill Widnall	1116	4	4	-	Tracy Ingle	74	-	-	-
Joe Marcal	1036	-	-	-	Rosalie Blum	45	-	-	-
Dick Arsenault	1007	1	-	-	Emily Wean	22	-	-	-
Marc Baskin	917	-	-	-	Jacob Allen	5	-	-	-

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.



Shop Profile: Dedham Bike and Leather

by Rick Hardy

Located in the heart of Dedham Square, Dedham Bike and Leather has a long and continuous history serving area cycling enthusiasts. The shop was open near the turn of the last century and has been owned by the same family for over three generations. The shop's name comes from the fact that the shop originally also supplied leather for horse saddles dating back to the civil war. Besides being a bike shop the building has served as a laundry, and as a bakery. The brick ovens can still be found in the basement. As a youth growing up in West Roxbury in the early sixties, I can remember visiting the shop and talking to the owner - Dan Sullivan, the father and grandfather of the current proprietors. The shop was incorporated in 1932.

I can remember back then the shop being dark, dusty and cluttered, the old wooden floor worn and stained with the years. Dan who must have been approaching 60 years old at the time would emerge from the shadows in the back of the shop to come to your aid, often fixing your bike as you waited. If you needed a spare tube he would find one amongst the dingy clutter. I can still clearly remember my summertime visits to the shop after the long ride from West Roxbury. I was particularly impressed with the fact that there was an old gas pump located on the sidewalk outside the shop.

Today Dedham Bike and Leather is bright and modern with two floors (the upper apartment being converted to office an additional floor space) with an extensive inventory. The shop was one of the first Schwinn and Raleigh dealers in the area. Today the shop still carries Schwinn and Raleigh as well as Fuji lines, and contains an extensive selection of Road and Mountain bikes and accessories. Carrying on its long tradition of serving area cyclists, Dedham Bike and Leather still offers personal service for all ages/levels of riders and has a strong following among area families due to the shops varied offerings of bikes for children. The shop also sponsors a racing team.

Matt Donovan, the third generation proprietor of Dedham Bike and Leather accounts for the shop's continued success in the personal service that the shop can provide to its customers. In the same location as when the shop was founded, and with the shop's long history in the community, Dedham Bike and Leather has been able to endure and to continue to thrive in competition with the larger Greater Boston shops. If you do go to visit the shop make sure you look for the old gas pump on the street, it is still there!

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 and 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, Westborough (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 Bicycles**
151 Endicott St., Danvers (978) 777-3337
574 Washington St., Easton (508) 230-8882
303 Worcester Rd., Framingham (508) 875-5158
1 Oak Street, 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, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.
I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

We sometimes allow bicyclerelated 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, 508 341-1587 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