


WheelPeople

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 8 · August 2000

Landry's Customers Helping to Write Shop's Website

Since launching its "Best Ride" contest this spring, Landry's Bicycles has published two winning ride stories on its website each month.

Customers are invited to e-mail their best ride stories to Landry's, and contest winners are named monthly. The winners receive a \$25 gift certificate from Landry's, and they get their story published on the company's website. Each winning story has its own customized web page.

Current "best rides" on LANDRYS.COM feature the Southern New England Trunkline Rail-Trail, the Blue Hills Reservation, a summer camp ride, a "first century" ride, and the Boston-New York AIDS Ride. Preference is given to local on-road and mountain biking rides.

"The website contest is a great way to involve our customers in promoting cycling," says Landry's marketing manager and webmaster Jack Johnson. "We've received some really wonderful ride stories. And the winners are totally thrilled when they hear that they won!"

In other news at LANDRYS.COM Webmaster Jack Johnson has recently posted a ride journal on Landry's website, titled "Me and My Litespeed," about his personal adventures on his new touring bike (which he purchased through Landry's this spring). He's planning to post new journal entries on LANDRYS.COM every few weeks or so.

Landry's Bicycles website is at <http://www.landrys.com>. Contact: Jack Johnson at Jack2Bike@mediaone.net, tel. 781-646-1486.

CYBER WHEELPEOPLE

If you'd like to receive an electronic copy of WheelPeople instead of the printed version, send an e-mail to Dave Balzotti (jdscribe@earthlink.net) from the e-mail address to which you'd like the WheelPeople sent with your name as it appears in the membership database. 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.

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

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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
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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

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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
Ride Hosts	Larissa Hordynsky	(617) 527-5620
Intro Rides	Fred Kresse	(781) 444-1775
Century Committee	Melinda Lyon	(978) 887-5755
Tuesday Fitness Rides	Peter Knox	(617) 731-5944
Wednesday Wheelers	Bill Widnall	(781) 862-2846
Wednesday Ice Cream Ride	Gabor Demjen	(781) 237-0602
	Eric Evans	(617) 527-0517
Thursday Fitness Rides	Peter Mason	(781) 646-5106
Friday Rides	OPEN	
Saturday Fitness Rides	Dave McElwaine	(781) 821-8643
	Mark Dionne	(617) 965-5558
Sunday Fitness Rides	Mel Stoler	(617) 277-5180
	Ted Lewis	(781) 279-4909

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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 in CyberSpace - continued from page 1

@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.

CRW BOARD MEETING MINUTES



There was no Board Meeting in July, next board meeting is Tuesday, August 1.

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.

Other useful commands are:

UNSUBSCRIBE CRW Take yourself off the list

HELP Obtain help on using Majordomo

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.

North Shore Cyclists

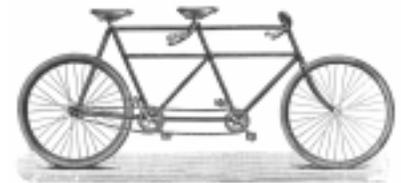
Blazing Saddles Century

August 26 and 27, 2000

The 10th Blazing Saddles Century ride will be held on both Saturday, August 26 and Sunday, August 27. It will start and end at Georgetown High School in Georgetown, MA. The arrowed route goes from N.E. MA to S.E. NH and back. Check in starts a 7:00 A.M. each morning and riders are free to start after that. The cost is \$12.00 for North Shore Cyclists members and \$14.00 for nonmembers if they sign up before Aug. 26, 2000. After Aug. 26, 2000 the entry fee is \$15.00 for all.

There are water stops at 50 and 75 miles and an on call sag wagon and cycle mechanic. All who enter will receive a free water bottle.

For more information, e-mail Peter Del Sette at PDELSETTE@netscape.net



CRW Cycling Jersey
Fieldsensor



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Size: Small only
comparable to European size 2

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Back shown

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

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click on "storehouse"

6 color GEAR 98 T-shirts
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Specify T-Shirt or jersey
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Mail your check made out to CRW and this order form to:
Ken Hallow, 35 Longmeadow Rd., Weston MA 02493
Please include your phone number
For info: (781) 647-0233 - or - khalow@khgraphics.com

Name _____

Address _____

City State Zip _____

Telephone _____

Quantity _____ Size(s) _____

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508-620-1508
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Framingham, MA 01702



August 2000 Recurring Rides Calendar

These rides are held every week unless indicated

Tuesday Pace Line Clinic at Nahanton Park***

Start Time: 6:00 PM SHARP!

Description: A set of organized, cooperative, and friendly pace line clinics designed to demonstrate and practice smooth and safe group riding techniques. Multiple clinics will accommodate different groups at various average speeds. "Attacking", racing, and other aggressive, or disruptive behavior is frowned upon.

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

Start Time: 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; Eric Evans 617-478-6559 (Days), 617-527-0517 (Eve), Eric_Evans@MSDW.com

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 pacerline 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.

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

Start Time: 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.

WELCOME NEW MEMBERS

Gwen Acton	Cambridge	Roger Greene	Lexington	Eric Mazur	Concord
Sal Albanese	Cambridge	Doug Harris	Cambridge	Charles McDonald	Stoneham
Wayne Anderson	Bridgewater	Kenyon Hodge	Dover	Kate McGovern	Natick
David Bennett	Lowell	Ann Hughes	Brookline	Tony Mistretta	Holliston
Abbe-Jane Blair	North Providence	Curtis Johnson	Westford	Amy Nostrand	Watertown
Andrew Brand	Boston	Susan Kahn	Brookline	Ronald Pawlowski	Boston
G. Robert Bristow	Mansfield	Ivor Kaklins	Brookline	Donald Peck	Winchester
D.M. Therese Byrne	Boston	Larry & Mary Kernan	Lexington	David Reier	Lexington
Derek Callaway	Jamaica Plain	Sarah Kline	Cambridge	Diane Sagnella, Feliciano Protasi	West Roxbury
John Cento	Foxboro	David Krigman Highlands	Newton	Joan Shankle	Maynard
James Curran	Cambridge	Shelly Loustaunau	Somerville	Robert Stupp, Christy Foote-Smith	Lincoln
Nicole Delbou	Norwood	Laurie Martinelli	Brighton	David Walker	Cambridge
Mary Doorley	Concord	Giovanni Marzot	Concord	Charlie Watt	Waltham
Mallory Duquesne	Brookline	Steve Mashl, Kate Zeisler-Mashl	Chelmsford	Gail Whitcomb	Boston
Sheelah Feinberg	Jamaica Plain				
Sarah Gillespie	Somerville	Roger Matar	Lawrence		



The Rides Calendar

August 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.

Framingham Root Beer Ride and Pool Party

August 6 - Sunday

Time and Routes: 10:00 for 55 miles, 10:30 for 35 miles, 12:30 pool opens.

Ride Type: Arrowed (WHITE chevron with bar)

Leader: Tom Lynch (508-877-2238)

Highlights: Beautiful rolling ride through north Framingham, Hopkinton and Ashland. The long ride has a loop into Wayland. We will find some new roads to avoid the potholes of years past. Bring a towel and bathing suit and a lunch for a post-ride party by the pool. Light refreshments (including root beer floats and lemonade) will be provided.

Start: Tom Lynch's house, 16 Carter Drive, Framingham

Directions: Going west on Rte. 20 - In Sudbury, watch for stoplight at Union Street (Sudbury Farms shopping mall is on left). At 0.1 miles further on, turn left at sign reading "Framingham/Nobscot" onto Nobscot Road. Continue for 2.5 miles to first stop light (Nobscot shopping mall on left). Turn right on Edmands Road and go 1.0 miles to top of hill. Turn right onto Carter Drive. We're at the top of the first hill.

Going west on Rte. 9: Take Rte. 30 exit at Framingham Common. Go up ramp to stoplight and turn right onto Edgell Road. Go 2.3 miles to first stoplight at Nobscot Plaza. Turn left on Edmands Road and continue as above.

Mean Streets: South End

August 10 - Thursday

Times: 6:30 P.M.

Ride Type: Urban Evening ATB

Route: about 10 miles of streets, alleys, bike paths, steps, sidewalks, and dirt - mountain or hybrid bikes recommended.

Leader: Charles Hansen H:(617) 734-0720 W:(617) 572-0277

Start: Boston - Copley Square Park, Boylston Street between Clarendon and Dartmouth.

Directions: Mass Pike or Storrow Drive to Copley Square exits, parking chancy, call for details if needed.

Lowlights: Explore the Northeastern campus, Dudley Square (real mean streets!), City and University Hospital areas, and the architectural splendor of the South End.

Which Way to the Wayside

August 12 - Saturday

Time and Route: 9:00 for 45 miles.

Ride Type: Cue sheet

Leader: Michael Katin (617-964-3078)

Highlights: Enjoy a midsummer ride through the back roads of Marlborough, Hudson, Stow, Bolton and Sudbury with a rest stop at the Wayside Inn and Grist Mill in Sudbury.

Start: Brophy Elementary School on Pleasant Street (Rte. 30) in Framingham.

Directions: From the Mass. Pike, take Exit 12 (Route 9 Exit).

Take Route 9 West; at end of ramp, move to the left lane of Route 9 and take left lane exit following sign for "Route 30, Natick/Southborough). At the second light, take sharp right turn on to Rte. 30 East. Brophy School will be 1.8 miles on the left side of street. (N.B. Brophy School can also be reached on Route 30 going west from Framingham Center— the school is 1.5 miles west on Rte. 30 from Framingham Center, but the turns are tricky unless you are very familiar with the area.

Blue Moose Hill

August 13 - Sunday

Times and Routes: 9:30 for 50 miles, 10:00 for 25 or 15 miles

Ride Type: Arrowed & Cue Sheet. The arrow is an orange upside down 'V'.

Leaders: Jean and Ken Zaniewski (781-784-1845)

Highlights: Visit the Whaling Museum and Bird Sanctuary. The long ride adds the Boston Skyline View from Big Blue Hill. Bring extra water and food for the long ride since there are no convenient places along the route to obtain them.

Start: Sharon Shopping Center, Shaw's Market

Directions: From Rt. 128 take Rt.95 South to (exit 8) Mechanic St./S.Main St. Take a left from the exit ramp - the shopping center is about 1/4 mile ahead on the right. PLEASE PARK AS FAR FROM THE STORES AS POSSIBLE, CLOSE TO SOUTH MAIN STREET.

CRW Bike Hotline
(617) 325-BIKE

South Shore Cranberry Cruiser

August 19 - Saturday

Times and Routes: Long (approximately 55 miles) at 9:30; Short (27.2 miles, with optional .8 mile climb to top of Standish Monument for beautiful views of Duxbury Bay) at 10:00.

Ride Type: Arrowed, with cue sheet and map

Leader: Ann Callanan (781-934-2484)

Highlights: Pleasant, winding, shaded back roads of Pembroke, Kingston, Plympton and Middleboro with pastoral views of horse farms, corn fields, cranberry bogs and ponds. The return trip offers beautiful ocean and bay views, as well as a trip through the historic district of Duxbury. There are a couple of small country stores to refill your water bottles, and one gas station with a rest room. (The short ride stays mainly in Duxbury, Pembroke and Kingston, but still offers quiet back roads and spectacular water views). Pizza or barbecue (to be determined) after the ride at Ann Callanan's home - 208 Chestnut St., Duxbury. Any questions, please call Ann at 781-934-2484. Directions to Ann's home: Take left out of H.S. parking lot. At flag pole (approx. 1/2 mile from H.S.), take right onto Washington St. Follow Washington St. to end, at stop sign and flag pole there is a 5-way intersection. Go straight across, bearing slightly right. This is Chestnut St. Follow approximately 2/3 mile to 208 Chestnut. Bungalow house on left side of road. Park in semicircle driveway, and if it's full I'll direct you to another spot down the street.

Start: Duxbury High School, on St. George St. in Duxbury.

Directions: Route 3 South, to exit 11 (Duxbury/Pembroke exit). Go right at end of exit toward Duxbury. This is route 14. Follow approximately 4-5 miles to high school complex on left side of the street. (Be sure to bear right just after the Police Station at the intersection of route 139 and route 14; and go straight through the traffic light at intersection of route 14 (now called St. George St.) and route 3A. High school is about 1-1/2 miles after this on the left.

Seventh Biennial (CW) Southwest

Passage

August 20 - Sunday

Times and Routes: 9:30 for 55 miles and 10:30 for 34 miles, on rolling terrain

Ride Type: Arrowed (standard WHITE with head and tail)

Leaders: Joe Repole (508-879-6340) and Gail Piatkowski (617-333-9742)

Location: Framingham, 15 Gryzboska Circle

Directions: From the Mass pike take exit 12. Go east on Rt. 9 to Temple St. (2nd traffic light), right on Temple St. (if taking Rt. 9 west, go left on Temple St.) At the end of Temple, take a right onto Salem End Rd, then the 1st right off Salem End onto Gryzboska Circle. Park on Gryzboska, not on Salem End Rd. The commuter rail leaves South Station at 8 AM and ar-

rives Framingham at 8:45. It departs Framingham at 2:40 and arrives at 3:25 in South Station.

Highlights: The short ride passes through Framingham, Ashland, Southborough, Hopkinton, and Upton. The long ride adds Northbridge and Uxbridge. Points of interest include golf courses, Upton State Forest, Whitehall State Park, horse farms, and sheep, as well as scenic brooks, tree shaded roads, Charlie Chan's summer home, and one traffic light. Lunch stop is in Upton for both rides.

The East European Ride

August 27 - Sunday

Times and Routes: 9:30 AM for approx. 45 miles and 10:30 AM for approx. 35 miles.

Ride Type: arrowed with map of Concord center.

Leaders: John Allen (781-891-9307) and Jacek Rudowski (617-361-5273 until 10:30 PM). Do not call the morning of the ride.

Location: Weston High School

Directions: Exit 24 from I-95/Rt. 128. The first traffic light west of Rt. 30 is at the end of the southbound off ramp. Travel 2.3 miles on Rt. 30 west to the fifth set of traffic lights (the traffic lights in front of the fire house are blinking). Turn left onto Wellesley Street. Weston High School is on the left side.

Terrain: rolling

Highlights: The Short ride travels through Weston, Waltham, Lincoln, Wayland, and Sudbury. The Long ride adds Acton, Carlisle, and Boxford. The lunch stop is in Concord Center.

New Devens-shire & New Hampshire

September 3 - Sunday

Times and Routes: 9:30 for 56 miles, 10:00 for 28 miles

Ride Type: Arrowed (lower case "i") plus Map and Cue Sheet

Leader: Tod Rodger (978-456-8654 before 9 PM or deerfoot@gis.net)

Highlights: This brand new route features very quiet and scenic roads rolling through Shirley Common, Lunenburg, Townsend Harbor, and the new "Devens." Short ride has modest hills (950 feet in 28 miles). Long ride adds more scenic hills (2,800 feet in 56 miles) and even quieter roads through Ashby, New Ipswich, and Willard Brook State Park. Lunch on the Common in Townsend; bring your own or stop at the Ice Cream Factory (sandwiches, pizza, great ice cream) or other stores right in Townsend.

Start: Devens Sports Arena parking lot at corner of Sherman and Grant.

Directions: Take Exit 37B (Jackson Road, Devens) from Route 2 westbound and go north 1.4 miles. At T intersection make quick left, right, left to Devens Sports Arena.

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/wwwtbone>

loop, there's a store that sells great homemade soup & sandwiches. Picnic across road on the lawn, or just down the road at a scenic pond.

Directions: Start at the commuter's parking lot off I-195 at exit 19 (Mattapoissett exit). Turn right off the exit; the parking lot is approx. 1/8 mile on the right.

Sponsors: Bill & Sandy McIlmail 508-758-6022 shm@ici.net
 Joint ride with GSW

**August 27, Sunday 10:00 am
 Newmarket, New Hampshire**

Surf and Turf, 45 and 35 miles respectively

Meet at the Mitchell Farm (Homestead Woodworking School). Ride quiet country roads skirting Great Bay or take a more ambitious trip over the rolling hills of Deerfield and Nottingham. Bring snacks for after-ride socializing.

Directions: From Rt. 125 north, turn right on Rt.87 in Epping. After 3 miles turn left on Bald Hill Rd. The school is 1.1 miles on left. From Rt. 108 south, turn right on Rt. 152 in Newmarket. Go past the high school and turn left on Grant Rd. After 3.5 miles turn left on Bald Hill Rd. The school is .5 miles on the right.

Sponsors: Phil & Sharon Mitchell. Sootski@aol.com
 Joint event with the GSW

**September 1-4
 Smuggler's Notch Labor Day Weekend
 Jeffersonville, Vermont**

See the description of this trip in the Granite State Wheelmen trips.

**September 6-9, Acadia Park Weekend
 Bar Harbor, Maine**

See the description of this trip in the Granite State Wheelmen trips.

**Lodging
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 Experience Vermont as a couple or a group

Come to our Village and lodge in one of our three Historic Hospitality Houses

Great biking in 3 directions, many scenic routes of 40 to 80 miles or more

Relax on our porches, gardens, in our hot tub or by a fireplace

6 miles to AMTRAK station

Let us help plan your trip
 Breakfast included
 BBQ and bag lunch upon request

For reservation, call 800-894-4004 or email towerbat@soover.net.

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

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

**August 6, Sunday,
 10:00 am
 Mattapoissett,
 Massachusetts**

15, 30 & 50 miles, cue sheets available.

These rides travel past the Mattapoissett Harbor, then inland past numerous cranberry bogs and ponds. At mile 25 on the 50-mile

Fall Century



The Charles River Wheelmen

Souhegan River Tour

Sunday

September 17, 2000

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH. The quarter century route is so rural it does not pass a store—just great country roads!

START - Hart Barn Ski Touring Center at Great Brook Farm State Park in Carlisle.

Take 128 to exit 31B to Rts 4/225 West. Stay on 225 for 7.1 miles and turn right onto Lowell Road at the rotary in Carlisle Center. Follow this for 1.8 miles. The barn is on Lowell Road, not in the park. The lot at the barn is not paved.

TIMES -	8:00 - 100 miles	Full Century
	9:30 - 62 & 50 miles	Metric & Half Century
	10:30 - 25 miles	Quarter Century

Please arrive at least ½ hour prior to the start for a mandatory pre-ride meeting. All riders are required to register and sign our liability waiver.

COST -	Pre-registration:	CRW members - \$8.00	Non members - \$10.00
		Refunds available until September 4, 2000	
	Day of the event:	CRW members - \$12.00	Non members - \$15.00

- Fully arrowed routes with CRW precision with a map and cue sheet for each ride
- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support

Please arrive at least 45 minutes early if you want your bike checked before a ride

- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase



PRE-REGISTRATION FORM

This form must be received by September 4, 2000

There are no confirmations sent, once this form is mailed you are automatically registered.

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50 25

CRW Member - \$8.00 Non Member - \$10.00

Please include your check made out to CRW and mail with this completed form to:

CRW Century, Jack Donohue, 26 Fox Run Rd., Bedford MA 01730

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Total Enclosed

Granite State Wheelmen Events

Here's a potpourri of centuries and weekend trips brought to you by the Granite State Wheelmen.

Smuggler's Notch Labor Day Weekend

Jeffersonville, Vermont

September 1-4

Snuggled in the foothills on the west side of the Green Mountains east of Burlington, Vermont, our location for this weekend has lots of rides with spectacular views of the Green Mountains. There are fairly easy rides available for those who don't mind riding on major roads, but those who prefer the back roads should expect hills. There are a lot of dirt roads in this area for anyone wanting to explore off the hardtop. Also nearby are hiking and canoeing. Rides start from the inn about 8:30 each day. Lots of cued rides from 11-100 miles.

Lodging: Smugglers Notch Inn. Rates per room (two people) are from \$276 to \$358 (in-room jacuzzi) and include 3 nights lodging, 3 full breakfasts, 2 full dinners, tax, tips, and use of the hot tub and swimming pool.

www.pbpub.com/smugglers/smuginn.htm

Reservations: All eleven rooms will be held only until July 15. Make your own reservation (mention GSW): call 800-845-3101 (or in VT 802-644-2412) or e-mail smuginn@pwshift.com. Overflow lodging is available and will be arranged by the innkeepers.

Directions: The inn is on Church St. Take Rt. 108 from Stowe. In Jeffersonville, go straight at the stop sign. The inn is just ahead on the left.

Sponsors: Lois & Jim Hollow 603-774-5609, Lois233@aol.com

Bar Harbor Weekend

Mount Desert Island, Maine

September 6-9, 2000

The spectacular scenery of Acadia National Park is some of our nation's finest. Head "Down East" and join the fun for a great biking, eating and shopping weekend on Mt. Desert Island, Maine.

Headquarters:

The Town Motel & Guest House

Atlantic Avenue

Bar Harbor, Maine 04609

800-458-8644 1-207-288-5548

Your Hosts Joe & Paulette Paluga

Directions: From Ellsworth, Maine, proceed south on Rt. 3 to Bar Harbor. At the "T" intersection with Main Street, turn right block on the left is Atlantic Ave.

Ride Plans: From Bar Harbor, there is easy access to the Park Loop Road rides and the Carriage Trails for Off-road rides. Road rides from 25-80 miles; Off-road from 10-30 miles.

Accommodations: Town Motel & Guest House: The Guest House is a Victorian Summer Home where old-fashioned comfort has been successfully combined with modern conveniences. The Motel offers large, comfortable, private rooms with wall-to-wall carpeting. There are large rooms in the Guest House and the Motel that would be suitable for sharing with friends. Our hosts have requested that camping vehicles not be parked at the Motel & Guest House. All rooms are \$75 + tax/2 people, \$10/extra person. Continental breakfast will be served to our entire group, normally this is only provided to people staying in the Guest House. Call for reservations all rooms will be held for GSW members until July 1st.

There is a garage available for bike storage. Bikes are not allowed in Guest House rooms.

Camping: There are many campgrounds in the area: Hadley Point Campground, (207) 288-4808 RFD #1-Box 1790, Bar Harbor, ME 04609 Blackwoods Campground in the National Park. Information is available from the Bar Harbor Chamber of Commerce, PO Box 158, Bar Harbor, ME 04609 (207) 258-5103

Coordinators:

Don and Carolyn Lane

603-893-4766

Tri-State Seacoast Century

Hampton Beach, New Hampshire

September 23 & 24, 2000

7:00 a.m. to 6:00 p.m.

For an application form and more information contact Peter DeSantis at Granite State Wheelmen, 128 Critchett Rd., Candia, NH 03034

Fabulous Fall Foliage

Franconia Weekend

September 29-October 1, 2000

Cycling in vibrant colorful areas of northern New Hampshire and Vermont.

Spectacular rides of 25-65 miles over hills and in river valleys. Hiking available. Comfortable accommodations for \$124 including 2 nights lodging, private bath, pool, and hot tub.

Please register by September 12th with Marguerite Orazi (603) 894-7294.

WheelPeople History

Twenty Five Years Ago

Bike Train! Bikes and riders rode the B&M (remember that?) from North Station to Rockport, rode around Cape Anne and returned to Boston by train in the early evening, all for \$5.00.

Little Jack's Corner - by Jack Donohue



There's been a lot of innovations in bicycling equipment in recent years, and this has caused me a lot of confusion.

For many years, I would cruise the Big Event for a new used bike to replace one that had been crashed or stolen. I could almost count on picking up a fairly decent used bike in the \$100-200 range. I've been disappointed the last couple of times, the low price bikes were too low end even for me, and the good stuff was out of my price range.

of days, I end up clutching my naked bar ends (which are usually fitted with an old wine cork) in a futile search for a shifter. When I spring for an STI setup and then confusion will really reign supreme.

I have a stable of bicycles. I'm sort of like the Arnold Palmer of bicycling. While Arnold selects his putter, I select the bike de jour. I've got a bicycle for every conceivable situation. I've got two commuting bikes not counting the mountain bikes (three of them). Two tandems, a racing bike, a touring bike, you get the picture. I'm not exactly sure how I arrived at this happy state. Usually because of a bargain. I can't pass up a bargain, and since at any time I've got a collection of bicycle parts accumulated from sales of yore, they sort of agglomerate and form a new bicycle, not unlike the fabled Phoenix rising from its ashes.

In any event, all my bicycles are fitted with wide variety of components, ranging from the prehistoric to the nearly modern. In the area of shifters, I've mostly moved to index shifting. This used to be hot stuff, but now everyone's moved to STI and its friends. A couple of my commuting bikes have been demoted to friction mode, and of course I've got the thumb shifters on the mountain bike. So I'm never quite sure whether to expect that happy "click" or push the lever around searching for that sweet spot that will make it actually shift. Then the tandem has barend shifters, so after riding that for a couple

I've got a variety of aero bars, ranging from the infamous Sark bar to myriad Profile bars, and one set of Scott drop-in handlebars. These are the ones that come all the way around and double back in so you basically lean on the end of the bar behind the regular handlebar. One of these days I'm going to hunker down of the drop-in bars when I'm riding a bike with Profiles and end up grasping air.

Pedal systems are another area of confusion. I've mostly standardized on Look pedals, but I've got toe clip and straps on my commuters still, and every once in a while I try to click out of my toe clips. Going the other direction works even worse.

June Mileage Totals

9	5	7	4	9
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	Miles	M	C	K		Miles	M	C	K
Melinda Lyon	7694	5	5	4	Marc Baskin	1576	-	-	-
Bruce Ingle	6522	5	3	4	John Springfield	1188	-	2	-
Jack Donohue	5396	-	-	2	John Allen	1073	-	-	-
Martin Estner	5219	6	6	3	Sid Kadish	1017	1	-	-
Larry Dolinsky	5086	6	4	-	Jim Goldman	915	-	-	-
Pamela Blalock	4952	5	1	3	Mike Hanauer	807	-	-	-
John Bayley	4827	6	2	2	Elaine Stansfield	640	-	-	-
Irving Kurki	4651	4	3	1	Jim Broughton	616	-	-	-
Mike Kerrigan	3676	4	3	2	Susan Grieb	593	-	-	-
Tod Rodger	3390	4	1	-	Ed Trumbull	496	-	-	-
Peter Knox	3208	2	2	2	Elisse Ghitelman	479	-	-	-
Joan Dolinsky	3179	6	-	-	Jeff Luxenberg	469	-	-	-
Robin Schulman	2967	2	1	1	Harry Wolf	453	-	-	-
Joe Repole	2559	6	6	-	Cynthia Snow	435	-	-	-
Glenn Ketterle	2483	-	-	-	Jacek Rudowski	344	-	-	-
Bob Sawyer	2474	1	-	-	Jim Merrick	253	-	-	-
Gabor Demjen	2417	3	1	-	George Caplan	193	-	-	-
Kitty Farago	2362	1	-	-	Jared Luxenberg	169	-	-	-
Coleman Rogers	2351	5	1	-	Tracy Ingle	74	-	-	-
Ed Hoffer	2323	-	-	-	Jacob Allen	45	-	-	-
Dick Arsenault	2206	3	1	-	Sara Luxenberg	40	-	-	-
Bill Widnall	2009	6	6	-	Katie Caplan	32	-	-	-
Joe Marcal	1885	1	-	-	Sandra Merrick	6	-	-	-

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.



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**
669 Main St., Wakefield (781) 246-8858
- Quad Cycles**
1346 Massachusetts Ave., Arlington (781) 648-5222
- 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
- St. Moritz**
475 Washington St., Wellesley (781) 235-6669
- 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

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 bicycled-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, 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:

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

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

