


WheelPeople

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIV, Number 9 September, 2000

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.

A two day tour of Bicycle-friendly Vermont and Quebec

by Adam Solomon

"What a tail wind!" I thought as my wife and I cruised along the shore of Lake Champlain. We were on route 2 on the islands in the middle of the lake heading north. Suddenly, something odd appeared in the right side of my field of view.

Continued on page 11

In This Issue:

Board Meeting Minutes	3
Classified	15
CRW Century Flier	14
CRW Trips	8
Little Jack's Corner	13
Mileage Calendar	15
Other Trips	8
Recurring Rides	4
Rides Calendar	6
T-Bone	10
WheelPeople History	7

RAGBRAI :

10,000 Riders Proving Iowa is Not Flat!

by Dave VanAmeijden

"That's gotta be easy, Dave", a coworker quipped when I said I was going to bike across Iowa this summer. Little did I know what I was in for! I had been accepted on the Team "Aim High" Air Force to spread goodwill by riding across Iowa in the last week of July as part of the 28th Register's Annual Great Bicycle Ride Across Iowa, or RAGBRAI. From my CRW rides this year, including many Ken Hablow specials, I felt I was ready for this. After meeting up with 13 other riders in Dayton, Ohio, I drove out to Council Bluffs, Iowa, across the Missouri River from Omaha, Nebraska. My, there seems to be a lot of corn in Iowa!

I met with 123 Air Force riders and a dozen support crew, some from as near as Omaha and some from as far away as Hawaii and South Carolina. This is the 6th year the Air Force had a team at RAGBRAI. Along with us was CRW's favorite celeb, the Honorable Dr. Sheila Widnall, who gave us a great pep talk as we got our cool-looking team jerseys. I teamed with a group of 10 riders from a Dyess Air Force Base, a small base near Abilene, Texas; who came with a great attitude. They weren't alone - far from it - there were 10,000 other riders out here!

The first day was a tremendously beautiful biking day. Sunny, 80 degrees, the Iowa State Patrol blocked off the traffic, and miles of freshly paved blacktop. I saw wacky teams like "The Whiners"

Continued on page 12

All A-Board

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

Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to Wheelpeople, c/o

Jack Donohue 26 Fox Run Road Bedford, MA 01730 e-mail: jdonohue@world.std.com

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

The top three candidates will receive three year terms starting in January and expiring at the end of 2003.





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 pro-

gram, 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
Vice President of Publications	Ken Hablow	(781) 647-0233
Vice President of Legal Affairs	Jeanne Kangas	(978) 263-8594
Secretary	Larissa Hordynsky	(617) 527-5620
Treasurer	Don Blake	(781) 275-7878
Insurance Coordinator	Don Blake	(781) 275-7878
Membership Coordinator	David Balzotti	(508) 341-1587
Information	Sharon Gowan	(617) 489-5682
Information	Tom Lynch	(508) 877-2238
Touring Information	Jacek Rudowski	(617) 361-5273
Publicity Coordinator	Steve Kolek	(781) 674-1090
Merchandise	Ken Hablow	(781) 647-0233
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
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
Thursday Fitness Rides	Eric Evans	(617) 527-0517
Friday Rides	Peter Mason	(781) 646-5106
Saturday Fitness Rides	OPEN	
Sunday Fitness Rides	Dave McElwaine	(781) 821-8643
	Mark Dionne	(617) 965-5558
	Mel Stoler	(617) 277-5180
	Ted Lewis	(781) 279-4909

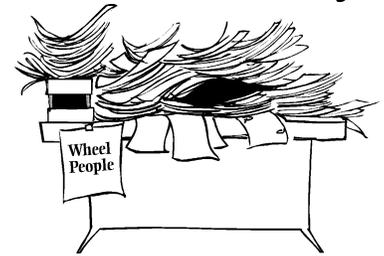
WHEELPEOPLE STAFF

Copy Editor	Jack Donohue	(781) 275-3991
Production Editors	Andy Meyer	(603) 427 5001
	David Cooper	(781) 483-6960
Advertising	Marty Weinstock	(617) 491-6523

INTERNET STAFF

Web Site (http://www.crw.org)		
Webmaster	Bob Hug	bobhug@mediaone.net
Graphics	Ken Hablow	khallow@khgraphics.com
Map Library	Sharon Gowan	sgowan@bbn.com
E-Mail List (crw@world.std.com)		
Administrator	Jack Donohue	jdonohue@world.std.com

Editorial Policy



We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in *WheelPeople*, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of *WheelPeople*.

Mail handwritten or typewritten documents or articles on floppy disk to Jack Donohue, 26 Fox Run Road, Bedford, MA 01730. *Note: floppy disks will not be returned.*

Documents produced on computer may be sent electronically via Internet to Jack at JDONOHUE@world.std.com. 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			

Board Meeting Minutes



August 1, 2000

Membership Report: 865 current members, with 45 new, 50 renewed, and 35 lapsed memberships. Membership has not declined for the first time in months. Jack Donohue modified the membership program to print "renew now" on newsletter mailing labels for memberships about to expire.

Financial Report: June finances broke even. In July we suffered a temporary loss due to several large bills that came due during the month. Climb to the Clouds, usually a good source of income, did not generate a profit this year. The Club is breaking even.

January Elections: Jack Donohue and Marty Weinstock must be replaced on the Board of Directors. Jack's term as president also expires at the end of this year.

Government Relations: Boston University is planning to rebuild its boathouse. The bike path will be affected during construction and will have to be moved permanently once the new boathouse is finished. A CRW member who lives in Fall River reported a "bicycles prohibited" sign on a state route in that town, contrary to state law. Josh Lehman, State Bicycling Coordinator, will be informed. Bike racks on buses are becoming more frequent outside Boston, but the MBTA maintains that they slow down service.

Rides: No report this month.

Trips: Velo Vermont attracted 53 riders-the biggest crowd ever. The Tour of New England also had a good showing of 25 riders. About 200 people participated in Climb to the Clouds. Due to a bad weather forecast, food and other amenities were canceled beforehand and participants rode for free, so no income was generated. An announcement for Apple Bike in October was inadvertently left out of August WheelPeople.

Electronic WheelPeople: More members are signing up for electronic distribution.

CRW Website: The site has seven sponsors, so it will generate a small profit. The picture gallery has been moved to the main Website.

325-BIKE: Our ride information line has been discontinued. There have been no complaints.

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.

A Perfect Storm-CRW Flashback

by Melinda Lyon

The recent hype over the hit movie (and book) "The Perfect Storm" has reminded me of the CRW involvement in the story. My details are sketchy but maybe another member can help out! A Sunday ride of the classic North Shore loop through Beverly, Manchester, Gloucester was scheduled for Nov 1 (not sure of exact date), 1991. Robye Lahlum and I rode to the ride start in Beverly having heard of some damage to coastal locations the previous Wednesday. I am not sure who the leader was but we were told at the start that some of the roads were closed along the coast. The roads were passable by bike but we were to expect "large rocks and pieces of houses in the road". It was a nice fall day so we set out with our fellow cyclists to view the storm damage. The roads right along the ocean were indeed closed but we were able to scoot by the barriers and see the awesome damage that had occurred that week.

Many of the waterfront homes had window damage from boulders and waves that had flown through second story windows. One rather enormous mansion in the Magnolia section of Gloucester had been severely damaged by a fire when waves and rocks had short circuited some wiring. We rode along the coast roads dodging large boulders, sand, gravel and tree limbs. This was actually fun because the car traffic was non existent and we had the roads to ourselves! Finally we reached Stage Fort Park in Gloucester. This is a nice grassy park overlooking the ocean. That day it was covered in huge boulders as much as 100 yards inland that had been thrown in by the raging sea. I haven't seen the movie but are there any CRW extras in it?

First Solo Tour - a trip report.

by Jeff Stone, Copyright 2000

I promised myself that this summer I'd teach myself something about bicycle touring. I've had a bike - and until last summer, the same bike - for 25 years. I'd done a few reasonable all day rides, and once, even a century to visit my parents when one Labor Day weekend fell in the midst of rebuilding my car's engine. I was 25 years younger

(dumber?) at the time, and even then I wasn't too anxious to repeat it. Since then I hadn't ridden very regularly until a few years ago when I started to accompany a cyclist/girlfriend for local rides and occasional bicycle club weekends. I hadn't ever just ridden away to "go touring".

I had been following the messages on an bike touring e-mail discussion group for a year or more, finding lots of good advice and being inspired by other people's travelogues. During the spring I'd been gradually equipping the new bike but there was more to do (isn't there always?) before I thought it and I would

continued on page 5

September 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: 6:00 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 paceline 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.

Continued on next page

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

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!

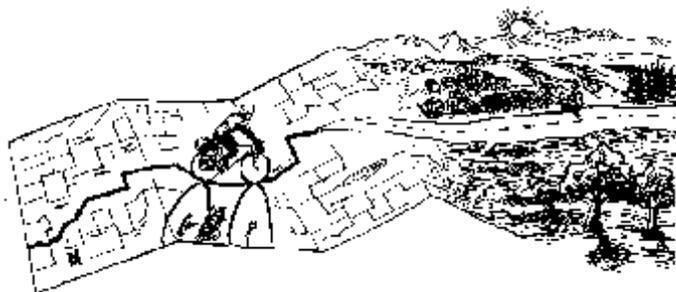
Routes: Arrowed routes of 19, 28 & 42 miles. Cue sheet available.

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.

Solo Tour from page 3

be ready. Now, a week into a break from my consulting job, it was time to get on with it.

Of course, there were lots of house and yard chores that *had* to be taken care of before I could go, and somehow that list never seemed to get any shorter. I was starting to think I'd better throw away the chores list and just go someplace - anyplace - when my friend Carla invited me to her house in Vermont for the weekend. I was torn between a few days of quiet reading and country walks, and making progress toward a cycling goal, but progress won. As much as I would enjoy that, I decided I really needed to focus on getting away for a shakedown ride. Carla offered to drive me and the bike in her car so I could ride back home to Massachusetts, and I finally got the message: it's time to go!

I had just picked up a set of touring wheels from Peter White and I needed to put them on and calibrate the odometer, install fenders, clean the chain, pack, load the bike, ... and adjust my attitude. I was stalling - why? The weather looked good - decent, anyway. The bike was less than a year old and in great shape and the rider was, well, "good enough" might have to be good enough. I was pretty confident I could ride 50 miles in a day, even on a loaded bike, though I hoped I would be able to do 75. That left enjoying it. Maybe I won't like touring. What if halfway into the first day I hate it? Maybe it will rain buckets, I'll have lots of flat tires, get lost, have a mechanical breakdown and become exhausted, just a few miles into the trip. Would I press on regardless? Or let it go and call someone to come get me? Would anyone come? — That's no way to start a vacation. I stuffed those thoughts back into the closet.

continued on page 7

The Rides Calendar

September, 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.



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.

Mean Streets Waltham

September 7 - Thursday

Ride Type: Sub/Urban Evening ATB

Route: about 10 miles of varied terrain - mountain or hybrid bikes de rigueur.

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

Start: Waltham City Hall on the common, Main St. (Rt. 20) at Moody.

Directions: Rt. 95/128 to exit 26, east on Rt. 20 for about 2 miles.

Lowlights: Explore streets, alleys, single-track, the Brandeis campus, Waterfront Park, Mt. Feake cemetery, industrial areas, and other features of Watch City.

21st Annual Martha's Vineyard

September 9 - Saturday

Times and Routes: 9:15 for 52 miles or less. Note ride is canceled if there is inclement weather.

Ride type: Show & Go.

Leader: Marty Weinstock (617-491-6523)

Highlights: We will provide a map of the island and a suggested route which includes a 52 mile loop, but there are numerous shorter options. The recommended return ferry leaves Vineyard Haven at 5:00 PM. Remember the ferry trip is about 45 minutes so you may want to take a light for the ride back to the lot in Falmouth. Traditionally, the club meets for dinner after the ride.

Start: Meet at Woods Hole Ticket Office, Woods Hole Steamship Authority Ticket Office. The ferry will leave at 9:45. Buy your ticket at the ticket office. It will be \$16 round trip for you and your bike. Parking at Woods Hole is an additional \$7.50, but you can park for free at the Falmouth Municipal Lot and ride the 4 mile Shining Sea bike path to the ferry.

Directions: Driving instructions to the municipal lot: Follow Rt. 28 past The Steamship Authority overflow lot. Turn left on Main St. and look for the parking sign on the left hand side of the street. The lot is behind the buildings on Main Street.

Old North Andover Ride

September 10 - Saturday

Times and Routes: 9:30 for 48 and 10:00 for 26 miles. 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.

FALL CENTURY

September 17 - Sunday

Carlisle, MA

See details on page 14 in this newsletter



Cape Ann Coaster

September 24 - Sunday

Times and Routes: 60/80 mile rides at 9:00. 30 mile ride at 10:30

Ride Type: Arrowed (white chevron with dot) and cue sheet

Leaders: Steve Kolek (781-674-1090 [kolek@ieee.org]), Bill Widnall (781-862-2846 [BillWidnall@ibm.net]), Ann Marie Starck (617-724-0136)

Highlights: Enjoy the delightfully varying views of harbors, light houses, beaches, and salt marshes on the North Shore and Cape Ann. If you haveread or seen "The Perfect Storm" you may also appreciate visiting some of the places in Gloucester that were highlighted in that tragic true story. All rides include Gloucester, Rockport, and Annisquam. The longer rides, which start from Beverly, pass through Manchester and Magnolia on the way to joining the short ride start at Stage Fort Park, and on return pass through Essex, Hamilton, and Wenham, with the 80 mile option extending north to include Ipswich. The suggested lunch stop for all rides is at a park in the center of Rockport. Carry your lunch or buy one there.

Directions to the 9:00 Beverly start: Route 128 north to Exit 18. Turn left onto Route 22 (north toward Essex). After 0.9 miles bear right onto Hull St. The Centerville School is about 200 yards on the right.

Directions to the 10:30 Gloucester start: Route 128 north to Exit 14. Turn right onto Route 133 towards Gloucester. Go 2.5 miles to the end of Route 133. Turn right (West) onto Route 127, then immediately left into Stage Fort Park. Parking is 0.2 mile up the hill on the right, opposite the Gloucester Visitors Welcoming Center.

Northern Light(house) Tour

October 1 - Sunday

Times and Routes: 10:00 for 35 and 55 miles.

Ride Type: Arrowed

Leaders: Andy Meyer, Renee LeVerrier (603-427-5001) asm@ameyer.org

Highlights: The tourists are gone. Come and enjoy the scenic shoreline and rural roads of historic Portsmouth, York, and Ogunquit. We will ride along the ocean, past the Nubble lighthouse, and through quiet back roads.

Start: Portsmouth Park & Ride - 15 miles North of 495 & 95)

Directions: Take 95N to Exit 3 (just past the toll booth). Turn right at the end of the ramp onto Rte. 33. The Park and Ride will be about 1 mile on the left.

WheelPeople History

Ten Years Ago

Lindy King ends her long run as newsletter copy editor. Sally Cyclist explains the mysteries of sports massage. Jim Merrick beats out Melinda for top monthly mileage by one mile.

Twenty Five Years Ago

The Granite State Wheelmen host the LAW New England Rally in Keene, NH. One Sunday's ride features the Tandem Ride for the Blind and a cookout at the home of Mrs. (and the late Col.) Sherwood; an event held for a couple of years. Mid-September saw the faux 10th anniversary ride (it was really only the 9th.) Later in the month there was the annual Sunrise Tour of the South Shore and breakfast at the Corea's home and then the LAW National Century ride which started from Lincoln Guide Service. Member Howard Moore wrote an article about his October 1926, 138 mile ride in southern New Hampshire. Howard's write-ups were always popular.

Solo Tour from page 5

A day and a couple of deep breaths later, everything was as ready as it was going to be (meaning I shut my eyes to whatever wasn't). Carla picked me up the next morning at 8:30. That evening, with a gray sky and a fire in the wood stove, I spread my maps on the kitchen table and listened hopefully to the forecast which promised improving weather for the next three days before it would go sour again. I thought I could get home in two days (riding out of the mountains should be pretty easy, shouldn't it?) so that ought to leave me a comfortable margin.

Day 1 - Monday June 12

The next morning the mist still hadn't lifted by eleven but I decided to ride out to meet that improving weather. The first challenge came 100 yards out of the driveway when I shifted into the highest gear and the pedals locked. The rear rack mounting bolt extended a millimeter through the eyelet; the chain clearance was about half a millimeter. When I'd mounted the fenders I had to use another bolt and I hadn't noticed the difference. I walked back to the house where we scrounged up a couple of thin washers to take up the offending millimeter.

The first hill came right away as I climbed over Eagle Hollow Rd. in the 20-inch low gear, the one I'd thought was the 'insurance' gear for mountain passes, but needing it for just plain hills on back roads? This might take some getting used to.

I've enjoyed driving this part of VT 113 but riding toward Thetford today, I could take that much more time to enjoy the scenery — and the smells! The lilacs, already gone by in Massachusetts, were still going strong here and these, along with the honeysuckle and some flower fragrances I couldn't identify (and a few barnyard ones I certainly could) kept my attention and delight.

Fifteen miles into the ride I dropped the chain to the inside where it got wedged. I fixed that in a few minutes but got a bit grimy in the process. I wiped up my hands the best I

continued on page 9



CRW Trips

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

AppleBike 2000

October 6 - 9, 2000

Join us for a weekend of cycling in the fall foliage. We'll be staying at our favorite B&B, Applebrook, and will offer a selection of rides in this prime cycling area of Northern New Hampshire to suite all tastes. This year the weekend will be the three day Columbus Day Weekend. The weekend cost of \$180.00 includes three nights lodging, three breakfasts, and two dinners. Prepare yourself for fine biking, fine eating, and don't forget to bring your bathing suit for the outdoor hot tub.

Please make check payable to the Charles River Wheelmen. Send check for full amount, and a SASE (or E-mail address) by September 9th to:

Applebike 2000 c/o Jack Donohue 26 Fox Run Road Bedford, MA 01730-1104 jdonohue@world.std.com

Registration fee nonrefundable after September 9th unless we can find someone to take your place.



Other Trips

NVP Fall Century Classic

Saturday, Sept. 9th

The Nashoba Valley Pedalers Bicycle Club of Acton, MA is holding their century ride starting at the Wayland Pool parking lot, route 126, Wayland, Mass. The pool is 2 miles south of the junction of routes 20 and 126. Preregistration (before Saturday, 2 Sept.) for nonmembers is \$12. and on-site registration is \$15. Registration opens at 7 a.m. In addition to the 100-mile ride, we are offering 25, 50 and 75-mile routes.

For a registration application, please visit the NVP web site <http://www.ultranet.com/~nvp/> or contact Vic LaChance, e-mail viclac@juno.com, tele. 978/263-1565.

Seven Hills Wheelmen Major Taylor Century

Sunday, September 24, 2000 Rutland, Mass.

Bicycle 25, 62 or 100 miles on quiet, rolling back roads in central Massachusetts as the seasons change. All rides leave from Sovittaja Finnish Society (Finn Park) on Demond Pond, Finn Park Road off Pleasantdale Road, Rutland, Mass.

Directions: From Worcester, follow Route 122 north through Paxton and turn right at Four Corners ice cream stand onto Pleasantdale Road. Finn Park Road will be on your right. Or, take Route 122A north through Holden, into Rutland, and turn left after Route 56 onto Pleasantdale Road. Finn Park Road will be on your left.

Century (100 miles) check-in 7:15-8 a.m., depart 8 a.m. Metric Century (62 miles) check in 8:30-9 a.m., depart 9 a.m. Quarter Century (25 miles) check-in 9:30-10 a.m., depart 10 a.m.

Event held rain or shine. Pay at the start; no preregistration. Seven Hills Wheelmen members, \$10, Nonmembers, \$15 (\$5 of that may be applied to new membership fee). Entry fee covers Continental breakfast, cue sheet, arrowed route and snacks.

Helmets required.

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

continued on next page

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.

Bike, Hike & Roll for Sight

Saturday, September 23

The Foundation Fighting Blindness will hold its eighth annual Bike Hike & Roll for sight at Wompatuck State Park in Hingham. The Foundation is a nonprofit medical research organization dedicated to discovering the causes, treatments, preventative measures and cures for degenerative retinal diseases.

There is a 25 and a 40 mile cycling route along the South Shore coastline. The routes are arrowed and maps are provided. In addition there are paths in the park for walking, and inline skating will be available on marked routes from 6 to 12 miles, entirely within the park. Starting time for bicyclists is 9:30, walkers and skaters 10:30.

Participants are encouraged to raise a minimum of \$50.00 in contributions. Complimentary picnic lunch, prizes and entertainment is provided. To request an application send an e-mail request to crichmond@worldnet.att.net or call Carol Richmond at 781-843-4205.

Solo Tour from page 7

could, which is to say, not much. The scenery was going to have to do 'pretty' enough for both of us.

It was still overcast, and even misted or drizzled briefly a couple of times. No real water fell but the promised sunny breaks never materialized.

I crossed the Connecticut River into New Hampshire at Thetford, took the River Rd. to bypass a few miles of NH 10 and was rewarded with a lazy and quiet ride along the east bank. Route 10, when I did join it, was noticeably busy but it had a comfortably wide shoulder for the few miles into Hanover. I skirted east of the town center on NH 120 then south through Lebanon toward Claremont. I was starting to tire on the hills (lesson: the more digits in the NH state highway number, the steeper the grades!) and once in an inattentive moment I dropped onto the unpaved shoulder but I held it and regained the pavement. Fortunately the gravelly shoulders were relatively hard.

I'd been hoping to stay with my sister and brother-in-law south of Sunapee Lake that night but she wasn't feeling well so I planned instead to camp in a nearby state park. By mid afternoon it was becoming clear that I was not going to get to Sunapee tonight and I thought I'd better start looking for a camping spot somewhere off the road in a little while. Even-

tually I convinced myself that a hot shower and a bed in Claremont would do very nicely, thank you! With that settled, the developing twinges of white-line fever lifted. Now that I didn't "need" to make distance, I could focus a little more on the here and now (as in: it hurts *here* and I'd like to stop *now*!) It should take about two more hours to get there but I could get my mind around that.

I got to Claremont about 6 and stopped at a convenience store to ask for directions to a motel. There was one just 3/4 mile away. Mr. and Mrs. Patel who run the it were from Kenya and had lived there during the time I was a Peace Corps high school teacher in nearby Malawi. We compared our recollections of southern Africa from the time when so many former colonies were becoming independent nations. There was no need to sneak my bike into the room. They had seen me ride it into the lot and when Mrs. Patel opened the room she moved the chair aside and offered the space for it. A quick shower and the walk to dinner were pretty uneventful, and by now, both were quite necessary.

I thought I could get far enough into southern NH the next day to visit my friends Lisa and Bart in Wilton so I stopped to phone them on my way back from dinner. I could stay there, Lisa said, and why didn't I plan to have dinner with them, too, if I was early enough? That gave me more incentive to make an early start on Tuesday. I didn't need a whole lot of incentive to go to sleep early.

58 miles, 6-1/4 hours, 9 mph Cool, cloudy and humid, 2 brief drizzles

Day 2 - Tuesday June 13 At the diner around the corner the next morning, the music was early 50's and the pancakes were sized for a biker's appetite. Mine wasn't quite awake at quarter to seven on this particular morning but I made a brave attempt anyway and managed to get halfway through them. And then there was the whistler who, sitting at the counter accompanying Johnny Cash, must certainly have been tone deaf.

I'd made an early start and I was feeling pretty good as I rode out of Claremont, and I knew the 60 or 70 miles I had to go was in the bag. The 10 miles to Newport went quickly and I turned south on NH 31 toward Hillsborough and Antrim. South of Goshen where 10 and 31 split the road rolled but mostly climbed until Washington, keeping me in the lowest gear for long stretches. In Hillsborough Upper Village I stopped at a lunch counter and ate a sandwich for a change from my hourly snacks of cookies and granola bars and to take a break from the saddle on a nice soft counter stool.

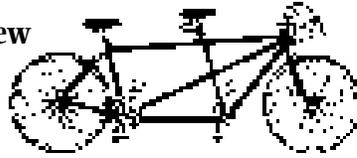
Taking NH 202 to Antrim gave me a brief respite from the steeper hills on the secondary roads and for the first time I found myself climbing in the middle chain ring at something faster than a quick walk. I'd been prepared for lots of traffic close by on my left but it was quieter than I'd expected and there was a comfortably wide shoulder. In Antrim, during a snack and map break outside the Shop and Save, a man came over to offer directions, ask about my trip, and tell me a little about his bike/camping tour in New Zealand some years before.

I had some more long climbs leaving Antrim, but then it was mostly a descent toward the border towns of southern NH. At 3:30, and earlier than I had expected to, I knocked at Lisa's door. After a hot shower and a short rest I felt (nearly) human again and went with Lisa to do a couple of errands and

continued on page 12

T-BONE

**Tandem Bicycles of New
England**



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

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

Further details on the rides can be obtained from the T-BONE web site:

<http://members.home.net/wwwtbone>

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

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

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, 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 \$265 to \$325 (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

Acadia Park Weekend

Bar Harbor, Maine
Joint event with GSW
September 6-9

The spectacular scenery of Acadia National Park is some of the nation's finest. Head "Down East" and join the fun for a great biking, eating, and shopping weekend on Mr. Dessert Island, Maine. From downtown, there is easy access to the park loop of paved roads, and the carriage trails for easy off-road riding. Rides leave about 8:00 to 8:30 daily from The Town Motel.

Lodging: The Town Motel and Guest House. Rates are \$75.00 plus tax, per night, double occupancy, and includes continental breakfast. There is a garage available for bicycles, which aren't allowed in the guest house. www.sourcemaine.com/townmotel

Reservations: All rooms are reserved until July 1. Make your own reservation, mention the GSW: 800-458-8644 or 207-288-5548.

Directions: From Ellsworth, Maine, proceed south on Rt. 3 into Bar Harbor. Turn right at the T intersection with Main Street. After one block, turn left to the motel at 12 Atlantic Ave. Sponsors: Don & Carolyn Lane, 603-893-4766. Donandcal@aol.com Joint event with the GSW

GSW Sea Coast Century Weekend

Hampton Beach, New Hampshire
September 23 & 24, Saturday and Sunday, 7:00 am

This one or two day ride, sponsored by the GSW, is listed because it is a "tandem friendly" ride attracting many tandem riders from New England and the East Coast. Bicycle 25, 50, 62, or 100 miles. Same rides both days along the coastlines of Massachusetts, Maine, and New Hampshire. Registration is \$15 each. Check the web site or send SASE to Peter DeSantis for registration form and additional details. Information Contact: Peter DeSantis, 4R Walton Circle, Londonderry, NH 03045. 603-432-7540 Web site: www.geocities.com/Colosseum/Loge/9605/ Joint event with GSW

Hingham, Massachusetts

October 15, Sunday, 9:30 & 10:00 am

Approx. 25 and 40 miles Rides through South Shore coastal communities of Hingham, Hull, Cohasset, Scituate, and Norwell. View Boston harbor islands from Ft. Revere, snack at pastry shop near Cohasset Common. Pot Luck dinner after the ride; please call to coordinate contributions.

Directions: Meet at the home of Phil and Jane Shute. Take Rt. 3 to exit 15 (So. Weymouth, So. Hingham). Proceed toward So. Hingham. At second traffic light take sharp right onto Gardner St., No. 427 is a gray cape, close to the road on the right (0.9 mi. from light). Sponsors: Jane & Phil Shute, 427 Gardner St., Hingham, MA 781-749-6518, shutehing@erols.com Joint ride with GSW

sion. Something not green standing very still. A deer. Not six feet away from me as we passed. I think I was as stunned as the deer while we stared at each other. Briefly, the thought passed through my mind that a frightened deer might bound across the road and not pause to avoid hitting me. Fortunately, this was not the case, and the deer continued to stare at us after we passed.

My wife and I were riding from the ferry dock in Grand Isle, Vermont to Saint Jean Sur Richelieu in Quebec, Canada. The ferry runs 24 hours a day from Plattsburgh, New York and the people working at the parking lot had no problem with me leaving my car there for a couple days. We were following a route cobbled together from a web site, an excellent cycling map, and our own sense of where we wanted to go.

The first day we planned on riding up through the Champlain Islands, taking a back road into Canada, and riding up the Richelieu river to Saint Jean where we had reservations at the wonderfully bike friendly Auberge Harris. Crossing an international border by bike was one of my big cycling goals of my life. Maybe it sounds silly, since the border wasn't that far from our rented cabin in Milton, Vermont. Nevertheless, crossing an international border isn't something one gets to do often here in Massachusetts.

While cycling through Grand Isle we passed a couple signs which said "Construction Prepare to Stop". They weren't kidding. The roads were completely torn up for a short distance, and we were forced to dismount and walk. I believe they were the only bad roads we saw the whole time. We did a beautiful circuit of Isle Le Motte where we stopped for a picnic lunch at a small Catholic Shrine. Fortunately, there was a sign asking people not to picnic in the stations of the cross. Being Jewish, I didn't realize the significance of the sign pointing to Calgary. The cafeteria on the grounds offered the opportunity to buy sodas and refill out water bottles.

A mile down the road I was able to purchase a spare tube at a bike rental store, the only bike store on our route until we got to St. Jean. I had to replace the tube whose valve I had broken the night before while topping off my tires. For the first 20 some odd miles I was convinced that I would get a puncture and it would simultaneously start raining, so I would have to get real creative with my patch kit.

After leaving Isle Le Motte, we continued northwards to the border. For much of the ride we were treated to the wonderful aromas of the local small dairies. For my Cooperstown, New York born and bred wife it is a nostalgic smell. Likewise, it never fails to remind me of ice cream at Crescent Ridge Dairy in Sharon, Mass, and my summers on Kibbutz Or Ha-Ner in Israel.

Before we knew it, we were crossing the border into Canada. We stopped at the small customs checkpoint to answer a couple quick questions from "Monsieur Douanier". If you would like to smuggle something across the US/Canadian border, I would suggest doing it on a touring bike. The quick questions were cursory, even by the friendly standards of the world's longest undefended border ("Where are you from? You're just biking around? Have a good time.").

Cycling along route 223 in Quebec we came along signs for "La Route Verte", a signed route which is a bit more circuitous, but is very quiet and beautiful. Since the broad shoulder we had been cycling on disappeared, we decided to take La

Route Verte, even though we weren't sure if it would take us to St. Jean. Without the shoulder, there wasn't an awful lot of room to share the road, and I wasn't in Quebec on a cycling freedom of navigation exercise. The Route Verte was well worth the couple extra miles. It took us through incredibly quiet flat terrain. All around all we saw were fields of corn, wheat, and soybeans. The last hour of our ride was dominated by a torrential downpour, but we made it through to our hotel for the night, the Auberge Harris. We had ridden a wonderful 68.8 miles for the day, but who was counting? There was secure parking available for our bikes in the hotel's interior courtyard and the people in the hotel were nice enough to volunteer to give us a lift through the rain to a nearby restaurant. The rooms in the hotel were large, clean, and warm.

The next morning, after a nice continental breakfast, we hit the road south, this time taking the New York side of Champlain. We retraced the previous day's route following La Route Verte and soon came to the border crossing opposite Rouses Point, New York. Before crossing back into the US, I had to avail myself of the duty free shopping opportunities. When I finished shopping and went to the counter, the clerk asked me for my license plate number. I wasn't sure how to respond. When I said that I didn't have a car, the clerk was flustered as well. She said that she would have to get the manager. "Are they not going to allow me to buy my champagne, Grand Marnier, and chocolate because I'm on a bike?" I thought to myself. The manager came out, smiled, and asked if I had a license plate on my bike. Before I could even answer, she laughed and made it clear she was kidding around. All they had to do was put "en velo" in the computer and we'd be all set.

As I was packing my purchases a couple other cyclists going into Canada stopped by and we talked for a while about routes, road conditions, and what not. We recommended the Auberge Harris and told them to fill their water bottles, as there wasn't too much between the next intersection and St. Jean. After a very brief stop with US Customs ("Where are you from? Anything to declare? Have a good day."), we were back in the USA. Rouses Point offered a nice place for a picnic and while we had our lunch, the weather, which had been a bit threatening, cleared up nicely.

The rest of the ride down to Plattsburgh was great, even if it turned a bit warmer and we faced a headwind the whole way. The New York Historical Society had placed a number of markers on the route and we stopped or slowed as necessary to read them ("Benjamin Franklin stopped here in 1779 on his way to Montreal and said 'What a dump!'"). There were also a number of interesting lawn/mailbox decorations including a metal spider and a very large sculpture of a high wheeler bike. Along the way we ran into some fellow CRW'ers who were doing the TALCAM trip.

Soon we hit route 9 and descended into Plattsburgh. The road from route 9 to the ferry was not enjoyable riding as it was quite twisty and the motorists were zipping along at well above the speed limit passing us on blind turns. Nevertheless, I was happy as we had had a great two day tour and ice cream awaited us in Vermont.

Resources:

<http://champlainbikeways.org/>

<http://homepages.together.net/~ncarto/products.html#LCM>

<http://www.aubergeharris.com/>

RAGBRAI from page 1

with swine-theme jerseys, another team wearing Tutus, two roller-bladers, a guy towing a canoe with his bike, a 19th-century "penny-farthing", and, yes, even a kitchen sink strapped to a bike rack. The Dyess group was taking it slow, so I took advantage of the pristine riding conditions and raced ahead at 25 mph. I never saw so much corn.

I flew into camp, pitched my tent, and relaxed. Well, I was bored, actually, now realizing this is not a race. The Dyess group rolled in two hours later, laughing, singing, and just plain having a great time. I decided to stick with them and enjoy the ride, and I'm glad I did!

Each day's ride varied from 56 to 109 miles. The first five days were rolling hills, and rolling hills, and rolling hills, of - you guessed it - corn. The first twelve 8% grade hills of the day were easy, but after that... ouch. All the roads were straight for miles, with only a dozen turns the whole day. That's about how many arrows we lay down in a typical CRW ride just to get out of the parking lot!

The Dyess group kept a pretty good pace, even with the hills. We took time to stop into the small towns and by roadside vendors to fuel up with sandwiches, Gatorade, and cookies; and to talk with other riders and our Iowa hosts. Each town had a party, with Elvis impersonators, polka-bands, home-made pies and cookies. My favorite was a big pink bus with Paul "Mr. Pork Chop" Bernhard, who was selling juicy, 1 1/2" thick, well, pork chops. Periodically he would bellow out "Pork Choooooooooooooop!!" When my group (and many others) decided to skip the Pork Chop Special that day, we would ride by and yell in unison at the top of lungs, "Pork Choooooooooooooop!!!" The crowd there always hooted in response. At the last town before camp, we would stop in to have a couple of beverages, or "apple juice", or "carbo-loading", as we called it. Darn, there's a lot of corn out here!

We rotated sag support and dinner cooking within the Dyess group. It soon became a contest, everyone topped yesterday's dish. The other Aim High groups were jealous as they headed to town to get their vendor-supplied dinners; like corn-on-the-cob, for example. I wondered what they did with all that corn!

At night the entertainment varied from third-rate garage bands to none other than Iowa-native Tom Arnold (of "Roseanne" fame) leading a cover band. The host towns rolled out the red carpet and partied along with the RAGBRAI riders, many complete with fireworks!

On the last day, the entire Team "Aim High" Air Force rode into Burlington, Iowa by the Mississippi River in a two-by-two formation, with the crowds cheering us on. It was a great feeling!

It was a very neat experience, everyone was friendly and warm, and not once did a yuppie-driving SUV pull up and tell riders to get off the road! If you like riding and camping with a recreational attitude in the Midwest with people who have, well, a different pace of life, you'll love RAGBRAI. To find out more about RAGBRAI, you can visit <http://www.ragbrai.org> and <http://DesMoinesRegister.com/extras/ragbrai> Now, does anyone have a good recipe for corn? I picked up a couple of bushels...

Solo Tour from page 9

to see a little bit of the town. After a wonderful home cooked meal, Lisa, Bart and I watched a videotape and I crashed gratefully very shortly afterward.

Cloudy with occasional bright breaks, no rain. 60 miles, 7 hours, 8-1/2 mph

Day 3 - Wed June 14

I started riding just after 9 and went looking for a secondary road I'd seen on the map. I didn't find it where the map showed it to be so I asked two gentlemen working on a house nearby if they knew of it. Discussing between themselves for a bit they (each) gave me (mostly consistent) directions (simultaneously) but they didn't quite agree on whether it was paved the whole way. I hadn't come very far out of my way so I gave it up and went back to the better road. Again the riding was much easier, staying in the middle chain ring on most of the inclines. Surely these weren't even hills compared to those I'd been climbing for the previous two days.

I approached a road crew and a one lane restriction on a long incline where the flagman had stopped the traffic from our side. I rode past the line of cars and as I was about to put my foot down, the flagman checked the approaching traffic and beckoned me on. "You can keep going", he said, looking at the loaded bike (or could he see my white hair?), "I don't want you to have to stop on this hill".

In Brookline I stopped by the side of the road to turn the map over and pick my route home through central Massachusetts. As I was about to resume riding I paused for a green sports car which signaled an approach and stopped right in front of me. The driver said she'd seen me studying my map and, remembering having been lost on bike tours herself, had stopped to offer directions. As she left in the direction she'd come from I realized she must even have turned around and come back to offer her help!

A few miles later as I was climbing toward Townsend, MA, the thumbs-up I got from two motorcyclists coming the other way and the friendly toot and a wave from a passing motorist boosted me to the top of the hill. I hadn't realized until then how much such seemingly small gestures could mean.

The rest of the way home to Boxborough I was on the familiar roads of central Massachusetts and I could pretty much navigate by the seat of my pants (perhaps unwise, considering the condition of that part of my anatomy) And it was just as well that I knew the roads since I had to give much more attention to traffic and the increasing intensity on the road as I pushed into eastern Massachusetts. For that reason alone, I would have been glad to have chosen the more rural areas I did for my first tour. I rode into my driveway shortly after 1, ready for lunch and a nap.

Cloudy, occasional sunny breaks, and one brief drizzle. 46 miles, 4-1/2 hours, 10 mph.

I don't call myself a bike tourist yet but I had set a goal for myself - to learn something about touring - and I had met it. I found another, fun way to take a break from my usual routines, one that I can take at my own pace and change it, extend it, or end it at will. And I'd discovered just how interested and willing people are - cyclists, net-heads, and just plain folks - to offer a smile, a wave, or some assistance to speed a traveler on his way.



Little Jack's Corner - by Jack Donohue

I have to admit to being the Emelda Marcos of CRW when it comes to shoes. I have boxes of shoes,

most of which I will never wear, that I got for a good deal. I had my Nashbar period when I bought every pair that was on sale for some fantastically discounted price. Occasionally some of the shoes I bought would even fit, but this was of secondary importance, if they were cheap, and reasonably close to my shoe size, they were mine. I had one pair that I could only wear with a modest amount of pain if I cut my toenails to the quick. I realized I had a serious problem when I recently bought a pair of Detto Pietro cleated shoes at the Big Event. I probably already have a couple of pairs of these very shoes kicking around, which I would find if I ever bothered to take inventory, but the main motivation for

my purchase was that they were \$2 (that's \$1 per shoe, for those of you that can't do the math). This was probably an even worse purchase than the 35 spoke wheel, but I was caught up in the heat of the moment.

Now, basically, from all the pairs of shoes I own, I wear about three pair. One is a pair of cycling shoes I bought from Osman at a Big Event a long time ago. They're pretty ratty now, but still comfortable, and my main commuting shoe. For weekend riding, I usually wear my Specialized shoes. I've had these for quite a few years as well, and thought they were history when the velcro wore out. But being a clever lad, I realized I could lash them together with an old set of toe straps and get another ten years or so out of them. In this case, it wasn't mere frugality, but the fact that they were very comfortable shoes. My other pair are a set of Sidis that I bought at the Big Event two years ago. This was an ac-

tual bargain, and they are very good shoes. So good, in fact, that I only wear them for serious events. I'm rather picky about what I consider a serious event, so they don't see much service.

So, I realized shortly after I purchased the \$2 shoes (on the drive home, actually) that there was not the slightest chance that I would ever wear these shoes. The telling blow was the fact that they had shoelaces, and I am too lazy to deal with shoes that have to be laced. Now the Osman shoes have laces, but I found experimentally that if you didn't bother to lace them up, that they wouldn't in fact fall off (the beauty of toe clips). I'm fairly confident that the Detto Pietros would not function well at all sans laces. So, here we are, \$2 down the tubes. Well, I guess I could wait till the next Big Event, maybe I could even sell them for \$3. So I guess this can be considered a wise investment...



Trusted Gear. Expert Advice. Since 1938.

www.rei.com

Seek Adventure
Seek Adventure

Recreational Equipment, Inc. is distinguished as one of the nation's leading retailers of quality outdoor gear and clothing and is recognized as "one of the 100 best companies to work for in America" for three years in a row. REI is looking for enthusiastic people who love the outdoors and can deliver great customer service. Our Reading & Framingham stores are now hiring for full-time and part-time positions. These include:

- Bicycle & Ski Technician Sales • Cashiering •
- Customer Service • Stocker



We offer opportunities for everyone - whether you are looking for additional income, flexible scheduling, career opportunities, great co-workers, the chance to learn new skills or develop your outdoor interests. Benefits include competitive wages, generous discounts, profit sharing, and the opportunity for comprehensive health and retirement packages. Contact Kelly Stathos at REI, Reading 781/944-5103 or Doug Schmidt at REI, Framingham, 508/270-6325. REI is proud to be an equal opportunity employer.

THE CYCLING CHIROPRACTOR Dr. Jeffrey Schlaffer Certified Personal Trainer

Understanding the needs of a cyclist, enhance your performance, eliminate back and neck pain



508-620-1508
223 Walnut St., Suite 14
Framingham, MA 01702

**Fall Century Flier
goes
here**

May Mileage Totals

1 2 9 3 9 5

	Miles	M	C	K		Miles	M	C	K
Melinda Lyon	9561	6	6	5	Joe Marcal	2317	2	-	-
Bruce Ingle	7752	6	4	5	Marc Baskin	2109	1	-	-
Pamela Blalock	6782	7	3	5	Doug Cohen	2024	2	-	-
Jack Donohue	6357	-	-	3	Dave VanAmeyden	1867	4	3	-
Martin Estner	6352	7	7	4	Sid Kadish	1338	1	-	-
John Bayley	6090	7	3	3	Jim Goldman	1250	-	-	-
Larry Dolinsky	6055	7	5	-	John Kane	1224	-	-	-
Mike Kerrigan	5854	5	4	3	John Allen	1193	-	-	-
Irving Kurki	5560	5	4	1	Susan Grieb	1067	-	-	-
Tod Rodger	4533	7	2	-	Elisse Ghitelman	983	-	-	-
Peter Knox	4223	3	3	3	Shahed Aziz	834	-	-	-
Joan Dolinsky	3890	7	-	-	Jim Broughton	796	-	-	-
Robin Schulman	3485	2	1	1	Harry Wolf	704	-	-	-
David Wean	3304	2	-	-	Elaine Stansfield	696	-	-	-
Joe Repole	3163	7	7	-	Cynthia Snow	569	-	-	-
Coleman Rogers	3149	6	2	-	Jeff Luxenberg	555	-	-	-
Gabor Demjen	3102	4	1	-	Ed Trumbull	496	-	-	-
Glenn Ketterle	3029	-	-	-	George Caplan	420	-	-	-
Bob Sawyer	2980	1	-	-	Rosalie Blum	143	-	-	-
Suzanne Brazeau	2903	5	1	-	Jacob Allen	115	-	-	-
Dick Arsenault	2834	4	1	-	Tracy Ingle	79	-	-	-
Ed Hoffer	2728	-	-	-	Jared Luxenberg	61	-	-	-
John Springfield	2435	-	2	1	Sara Luxenberg	61	-	-	-
Bill Widnall	2324	7	7	-	Katie Caplan	49	-	-	-

Mileage Table Explained

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

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

WELCOME NEW MEMBERS

Neil Barron	Needham	Stephanie Krokidas	Somerville
Michele Berry	Tewksbury	Jimmy Lam	West Newton
Susan Brennan	Arlington	Teresa Loftin	Marlborough
Edward Cameron	Jamaica Plain	Michael MacDonald	Auburndale
Robert Clark	Somerville	Polly Maxon Tritschler	Marblehead
Victoria Coburn	Dorchester	Madeleine McGarry	Brighton
Brenda Conaway	Roslindale	Charles McVinney	Brookline
Chad Ferrari	Winchester	Bradley Paster	Brookline
Robert Goodearl	Lincoln	Jeremy Spohr	Brighton
Milada Gorecki	Medford	Robert Thornburg	Cambridge
Marianne & Hans Heer	Littleton	Patricia Wheeler	Cambridge
Barbara Heubel	Boston	Randolph Williams	Medford
Allen Houston	Carver	Rebecca Wolfe	Somerville
Leah Johnson,			
Ron McDonald	Brookline		

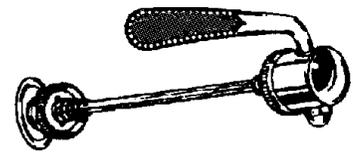
Classified Ads

CRW members may submit ads at no charge. Submit the copy to the editor as described on page 2.

For Sale

SAAB, original equipment roof rack for 9-3 or late model 900 with mounting holes in the door well. This takes all Thule accessories. \$50.00, installed.

Ken Hallow, 781-647-0233 or khalow@khgraphics.com



Lodging
Central Vermont / Lake Region



Poultney, VT 05764
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 towerhal@sover.net.

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

Ace Wheelworks
145 Elm St., Somerville (617) 776-2100

Back Bay Cycles
333 Newbury St., Boston (617) 247-2336

Belmont Wheelworks
480 Trapelo Rd., Belmont (617) 489-3577

Bicycle Bill
253 North Harvard St., Allston (617) 783-5636

Bicycle Classics
36 Park Street, Medfield (508) 359-1941

Bicycle Exchange at Porter Square
2067 Mass. Ave., Cambridge (617) 864-1300

Bicycle Workshop
259 Mass Ave., Cambridge (617) 876-6555

Bike Express
96 N. Main St. Randolph (800) 391-2453

Bikeway Source
111 South Road, Bedford (781) 275-7799

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

Burlington Cycle & Fitness
330 Cambridge St., Burlington (781) 272-8400

Chelmsford Cyclery
7 Summer St., Chelmsford (978) 256-1528

Community Bicycle Supply
496 Tremont St., Boston (617) 542-8623

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

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

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

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

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

Frank's Bicycle Barn
123 Worcester Tpk., Westboro (508) 366-1770

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

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

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

Landry's Cycling and Fitness
151 Endicott St., Danvers (978) 777-3337
574 Washington St., Easton (978) 230-8882

303 Worcester Rd., Framingham (508) 875-5158

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

Marblehead Cycle
25 Bessom St., Marblehead (781) 631-1570

National Ski and Bike
102 Washington St., So. Attleboro (508) 761-4500

Northeast Bicycles
102 Broadway, Rt. 1, Saugus (781) 233-2664

Peter White Cycles
666 Mass Ave., Acton (978) 635-0969

Pro Cycles
458 Main St. Melrose (781) 662-2813

Quad Cycles
1346 Mass Ave, Arlington (781) 648-5222

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

**Charles River Wheelmen
19 Chase Avenue
West Newton, MA 02465**

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO.
54601
BOSTON, MA

Join The Charles River Wheelmen

Charles River Wheelmen (CRW) dues include membership in the League of American Bicyclists (LAB). Do NOT make payments to LAB directly.

In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

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 travel 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.

Signature(s) _____ Date _____ Date of Birth _____

Name(s) _____ Address _____

Phone (eve.) _____ (day) _____

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

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

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

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

***Contact David Balzotti, (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**

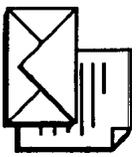
I'd like to help with the activities checked below. Please have someone contact me:

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