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# Wheel People

Newsletter of The Charles River Wheelmen

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On the roads of New England since 1966

Volume XXV, Number 4 • April, 2001

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## The Streak Hits 200!

by Dave McElwaine

What a perfect day. We saw temperatures hovering around 50 degrees for the start of the 200th consecutive Saturday Morning Fitness Ride. Ok, so the roads were very wet, but we could have cared less. Twenty-five enthusiastic riders took to the course. A couple people were even wearing shorts! Pictures of the event will be available on the CRW website.

Although the Saturday Fitness Ride is now in its sixth year, the "Streak" began after the April Fools Day storm of 1997 when the roads were littered with tree branches and snow. There has been a ride every week since then. It is a lot of fun to roll out of bed on Saturdays to check the weather, make the right clothing choices, select the right bike and tires, and then head off for another chapter of this big adventure called a Fitness Ride.

My recollection is that the lowest temperature for the ride was 4 degrees. That happened on a couple occasions. Of course we have had many challenging days due to snow, but nothing that our mountain bikes could not handle. Ice is a constant challenge in the winter, but usually it just

forces us a bit farther out into the road. The windiest day may actually have been the 200th ride, when the return trip up Greendale Ave. was like a salmon fighting its way upstream to spawn. As for rain, it is

amazing how many times the weatherman has been wrong, allowing us to squeeze in a good ride. Of course there have been a few torrential downpours along the way. We have taken several of Mother Nature's best shots and are still standing!

Most of the group headed to Starbucks, our usual hangout, after the ride. Mark Dionne, the ride co-leader, provided freshly

baked cookies for all. The atmosphere was festive as we reminisced about days gone by and looked forward to warmer days ahead.

Our next big celebration will be sometime this summer when we hit our 300th total ride (as opposed to consecutive). Stay tuned for details.

Mark and I would like to thank everyone who has made the "Streak" possible. There are some very hearty souls in this club.



*The superhuman crew completing their 200th consecutive Saturday Fitness Ride on a gorgeous day in February.*

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## Century Committee Meeting

April 5

Join the century committee for its first meeting of 2001 on April 5, Thursday at Jack and Susan's house in Bedford. RSVP and directions with Melinda Lyon; melindalyon@juno.com; 978-887-5755. Pizza @ 6:30P with the meeting @ 7:30P. This is very informal planning of the year and particularly the spring century in Wakefield. We welcome new members to the century committee!

## Six Introductory Rides - Spring 2001

Saturdays: April 14 & 21,  
May 5 & 19, June 2 & 16

Fred Kresse and friends (Jenny and Ed Craddock, Beth McLaughlin, and Eli Post) are presenting their ride series aimed at new riders again this season. Check the Recurring Rides section for more info.

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 members receive *WheelPeople*, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to:

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

## Editorial Policy



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

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

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



## How To Send Us Your Article

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

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

Documents produced on computer may be sent electronically via Internet to Jack at [JDONOHUE@world.std.com](mailto:JDONOHUE@world.std.com). Your document must be in "text" mode.

Articles submitted to *WheelPeople* may also be published on the CRW web site unless the author instructs otherwise.

## Insurance

If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do *not* contact the insurance company.

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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	Steve and Kate Mashl	(978) 244-0286
Saturday Fitness Rides	Dave McElwaine	(781) 821-8643
	Mark Dionne	(617) 965-5558
Sunday Fitness Rides	Mel Stoler	(617) 277-5180
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### 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			

## NEBC Introduction to Bicycle Racing 2001

A four week program designed to provide basic racing skills

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

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

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

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

For more information, please contact the Clinic organizer, Mark McMaster at 781-272-8421; or [MMcMstr@ix.netcom.com](mailto:MMcMstr@ix.netcom.com)

Please note: Pre-registration forms must be RECEIVED by Fri, March 30, 2001 !!!

Juniors: The Introduction to Bicycle Racing program has a limited number of spaces for separate groups of juniors (ages 10-14 and 15-18 year old). All juniors interested in participating must contact Harry Wolfson to reserve a spot. phone: 617-484-6063 email: [hwolfson@wolfpup.org](mailto:hwolfson@wolfpup.org)

The complete flyer (with more info & Clinic schedule), and registration form, are available online at: <http://world.std.com/~nebiclb/NebclInfo/NewRacerClinic01.html> or go to Yahoo, and search for "Northeast Bicycle Club"



## CRW BOARD MEETING MINUTES



The March board meeting was cancelled due to the snow emergency. Next board meeting will be Tuesday, April 3.

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.

## Springfield Claims Dubious Distinction

by Jimmy Olsen

In a recent interview at his plush Newton home, John Springfield claims to have ridden the fewest miles in year 2000 in order to have a 1000-mile month.

"Yeah", says Springfield, "there was a typo in the Wheelpeople. I qualified for a 1000-month, but I was listed as only a century qualifier. My total miles were 2465, but I rode over 1200 miles in July."

In a quick perusal of the final stats for year 2000, this reporter has verified that Springfield is correct. When asked what kind of distinction this would be, Springfield replied:

"I call it the Least-Rode-For-The-Thousand. Ya take yer total months in the K category, multiply it by 1000, and then subtract that from the total miles. So in my case you get:  $2465 - (1 \times 1000) = 1465$ . The winner is the one closest to zero. So if one were to ride a total of 1000 miles all in one month (or 10000 miles with 10 months of K's) you would get the ultimate winning answer of zero."

This reporter, somewhat perplexed, pondered the significance of such a calculation.

"Why not the Total-Number-of-Miles-on-a-Red-Bicycle-Over-35-years-old?"

Springfield replied, "Good idea... I claim that one too. I got a 1963 red Frejus 10-speed that keeps on goin."

And there you have it, folks. We'll call it the Ratio Alger Story.

## Flea Market, Tag Sale, Get Rid of Your Old Stuff, Event

by Eric Ferioli

The Spring Century is coming and this year it will have the added attraction of a tag sale. So tag up your stuff and come to the Spring Century in Wakefield May 19.

What can you sell there? Anything (so long as it's legal, we don't want the polizia of Wakefield paying us a visit). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, computer hardware and a stereo receiver. Just remember, it is the responsibility of the owner to pick up any unsold merchandise at the end of the sale (4 PM). Any items left will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same side of the tag as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on a hanger. There will be a rack. There will be a roped off area for bicycles.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).



April 2001

# Recurring Rides Calendar

*These rides are held every week unless indicated*

## Tuesday Pace Line Clinic at Nahanton Park

**Times:** 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.

**Leaders:** Pete Knox (617-731-5944)

**Start:** Nahanton Park, Newton.

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

## Wednesday Wheelers

**Times:** 10:00 AM

**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.

**Routes:** Distance varies, follow the leader, no cue sheet

**Start:** Location Varies

**Directions:** For more information, including the next ride start location, call the ride coordinator Bill Widnall [BillWidnall@ibm.net] at 781-862-2846 day or early evening.

## CYBER WHEELPEOPLE

If you'd like to receive an electronic copy of WheelPeople instead of the printed version, send an e-mail to Sharon Gowan (sgowan@bbn.com) 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.

## Saturday Morning Fitness Ride at Nahanton Park\*\*

**Times:** 8:30 SHARP!

**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.

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

**Leaders:** Dave McElwaine [McElwaineD@aol.com] (781-821-8643) or Mark Dionne [mdionne@mediaone.net] (617-965-5558)

**Start:** Nahanton Park, Newton.

**Directions:** Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot.

## Saturday Introductory Ride

**Times:** Six Saturdays: April 14 and 21, May 5 and 19, June 2 and 16, 9 AM. Please arrive 30 minutes ahead. Rides leave promptly.

**Description:** These rides are for CRW newcomers, or anyone just getting back to cycling or who simply wants a more casual ride. The focus is on group riding, safety, cycling technique and fun. The rides average 10 to 12 miles per hour. After the ride we hang out at Starbucks. We may also offer some post-ride clinics if there is interest.

**NOTES:** CRW membership is not required, but a HELMET is; Bikes should be ready to go, i.e., proper tire pressure, chain lubed etc., seat adjusted; And please bring a water bottle, a pump and spare tube if you have them. Heavy rain cancels the ride. Feel free to call any of the ride leaders with questions.

**Routes:** We do an essentially flat 19 mile route in Needham and Dover.

**Leaders:** Jenny and Ed Craddock [jenny\_craddock@hotmail.com], 617-332-4098; Fred Kresse [drz@xpres.net], 781-444-1775;

Beth McLaughlin [elizabeth.mclaughlin@fmr.com], 617-542-2319;

Eli Post [elipost@mediaone.net], 617-547-6778

**Start:** Nahanton Park, Newton

**Directions:** From Rte 128 take Exit 19B (Highland Ave) toward Needham. At the very first light turn left onto Hunting Rd. At the next light turn left again and cross over Rte 128. Go barely 1/2 a mile crossing the Charles River into Newton. Make an immediate left after the bridge into the Nahanton Park lot. And we'll see you there!

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



# April Rides Calendar

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.

## So. Acton Regular Season Opener

*April 1 - Sunday*

**Time:** 9:30

**Ride Type:** Arrowed, Map, Cue Sheet

**Leader:** Tod Rodger (978-456-8654 before 9)

**Start:** South Acton train station

**Directions:** South Acton "T" station, Central Street @ Route 27 (The parking meters are not active on weekends.) Directions: Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner.

**Highlights:** Think you pedaled hard on your trainer all winter? Start the season with a relatively easy 45 and 25-mile rides on quiet and scenic roads through Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir.

## Battle Road Tour

*April 7 - Saturday*

**Time:** 9:00 for 30 miles. (Please arrive at 8:45 for instructions). We will finish mid afternoon.

**Ride Type:** Follow the Leader.

**Leader:** Dick Arsenault (781-272-1771), RFArsen@aol.com

**Highlights:** We will ride the route the British took on April 19, 1775 when they marched to Concord in search of military supplies thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from the stores in the center.

**Start:** The Minuteman Statue on Lexington Green in Lexington Center. Directions: From route 128 take Exit #31 east (Rts. 4 & 225) to Lexington Center. Park in the surrounding neighborhoods and bike to the start. Rain Cancels.

## Willet's Pond Wayfare

*April 8 - Sunday*

**Time:** 9:30 for 42 miles; 10:00 for 20 miles

**Ride Type:** Arrowed

**Leader:** Eric Ferioli (781-235-4762)

**Start:** Wellesley High School- Beaver St entrance. (Note: Because of pre-Patriots Day race, the Rice St. and Smith St. entrances may be blocked).

**Directions:** From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). Turn right at Seaver St. (3rd right). Turn right at High School (across from Peck Ave). Narrow entrance—watch for cyclists and cars.

## After the Crack O' Dawn ride

*April 14 - Saturday*

**Times and Routes:** 9:30 for approximately 28 miles

**Ride Type:** Cue sheet and map

**Leaders:** Linda and Barry Nelson (617-964-5727) BarryNelson@alum.MIT.edu

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

**Start:** Newton City Hall, 1000 Commonwealth Avenue

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

## Knees For Knobbies

*April 14 - Saturday*

**Time:** 9:00 for 10-12 mile of mixed bag intermediate to advanced mountain biking.

**Ride type:** Intermediate Mountain Bike

**Leader:** Graham Eacock (508) 898 1846

**Start:** Callahan State Park, South Entrance, Framingham, MA.

**Directions:** From Boston: Route 9 West to Framingham Center, Right at Edgell Road. One mile to a left at Belknap. One mile to a right at Millwood. One mile to the parking lot on the left.

**Highlights:** Ride the single track at Callahan State Park in Framingham with loads of challenging twists, turns, ups and downs. Climb the Spleen Buster but don't fall off the Ridge trail cliff. No need to Knacker the Knees.

## Old North Andover Ride

*April 15 - Sunday*

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

**Ride type:** arrowed

**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.

**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.

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## April Rides Continued

### Another Side of Carlisle

*April 21 - Saturday*

**Time:** 10:00 AM for 27, 42, and 63 miles

**Ride Type:** Map and cue sheet

**Leader:** Connie Farb (617-497-0641) chfarb@yahoo.com

**Highlights:** A scenic ride through the towns surrounding Carlisle including Arlington, Lexington, Bedford, Chelmsford, Acton, Westford, Concord and Lincoln. The terrain is rolling with a few hills, notably Page Hill in Bedford and Trapelo Rd in Lincoln. The lunch stop will be at the Green in Concord Center, but save space for ice cream at the end of the ride.

**Start:** Brighams, Mill St. in Arlington Center

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

### Airbrakes in Ayer

*April 21 - Saturday*

**Time:** 10 AM (flexible)

**Ride Type:** MTB & road

**Leader:** Bill Aldrich, 617-964-5184, wpa@mediaone.net. Please call/e-mail ahead so I have an idea of the group's size. The police asked me to inform them.

**Highlights:** 30 miles round-trip, views of Nashua River, large snapping turtles, one large sand pit

**Start:** Ayer Railroad station

**Directions:** West on Rte 2 to Rte 110 north to Rte 2A east

**Note:** Leader has Word doc with imbedded maps (Street Atlas), railroad trivia. Send your request to wpa@mediaone.net and you'll get the document. MBTA-accessible: via the Purple Line from North Station. Check the website for intermediate stops using the Saturday schedule at <http://www.mbta.com/schedmaps/commuter-rail/schedules/fitchburg/fitchst.cfm>. An 8:35 AM train leaves North Station and arrives in Ayer at 9:44 AM.

### TORSV Middlesex

*April 22 - Sunday*

**Time and Route:** 10:00 31 miles, 10:30 15 miles

**Ride Type:** Arrowed with cue sheet

**Leader:** Don Blake (781-275-7878)

**Highlights:** Scenic Views of Minuteman National Historic Park, Hanscom AFB, Edith Norse Rogers VA Hospital and the Shawsheen River. There is no designated lunch stop because of the great after ride party at Don and Jan's home at 1 Gleason Road in Bedford.

**Start:** Bedford High School

**Directions:** From Rt 128 (I-95), exit 31B (Rt-4-225), 2.6 miles to left on Mudge Way. First right into parking lot. Please park away from buildings. From terminus of Minuteman Bikeway, right on South Road up hill to traffic lights. Left approx. 1/4 mile to Mudge Way.

### Go To Groton

*April 28 - Saturday*

**Time and Route:** 9:00 for 10-12 miles of the serious intermediate single track

**Ride type:** Intermediate Mountain Bike

**Leader:** Graham Eacock (508) 898 1846

**Highlights:** Ride at one of the best kept secret mountain bike spots in the Boston area. The Groton Town Forest has an excellent variety of twisting single track, dirt road, and tough climbs. Interesting feature, no rocks. Start: Groton Town Forest, Groton MA.

**Directions:** From Boston; Route 2 West. To Route 495 North. To Route 119 West to Groton Center. Left onto Route 225 after the center. Two miles to a right, continue on Route 225. Cross the river and look for Town Forest Road on left. Town Forest road will turn to a dirt road, Park at the edge of the woods.

### Falmouth and Sandwich, Cape Cod

*April 28 - Saturday*

**Times and Routes:** 9:45 for 50 miles, 10:15 for 30 miles

**Ride Type:** Cue sheet and map

**Leader:** Ed Foster, erfoster@mediaone.net, Ph: 508 420-7245

**Highlights:** The short ride, mostly in Falmouth, follows part of the route of the Cape Cod Marathon. There are rolling hills coming into Woods Hole and then 5 miles of pretty flat road right on Vineyard Sound with great views of Martha's Vineyard. The long ride adds Sandwich, the Cape Cod Canal, and Buzzards Bay.

**Start:** Mashpee High School, off Rte 151. **Directions:** Figure about 75 miles from Boston. Via Bourne Bridge. Take Rte 24 to Rte 495 and Rte 25 to the Bourne Bridge. Once over the bridge continue around the circle to Rte 28 south. Go 7 miles to Rte 151 south (right off the exit ramp.) Go 5.5 miles to Old Barnstable Road (at light), turn right and then take the first left into Mashpee High School. Via Sagamore Bridge: Take Rte 3 to the Sagamore Bridge to Rte 6 (Mid Cape Highway.) Take exit 2 (Rte 130 south, Cotuit, Mashpee) and after 7.2 miles turn right onto Great Neck Road. One mile further onto turn right on Lowell Road. Lowell Road becomes Old Barnstable Road and after 1.9 miles crosses Rte 151 at a light. Turn left into Mashpee High School just after the light.

### Mean Streets Providence

*April 28 - Saturday*

**Times and Routes:** 9:00 AM/10:00 AM

**Leaders:** Charles Hansen (617) 734-0720H velotrain@peoplepc.com

**Description:** Join us for a Mean Streets extended trip! In the spirit of this series of urban exploration rides, we'll cycle the streets, alleys, bike paths and whatever else we find in Providence. We'll also seek out the city's institutions of culture, and spend time in museums on the RISD and Brown campuses. If you've never been to Providence before, it may surprise you with its range of attractions.

**Start:** Meet at the Pillar House restaurant on Rt. 16 in Newton Upper Falls (junction with Rt. 128) at 9 AM for carpooling. Optional start in Providence at 10 AM - call or e-mail for directions. Bring a bike lock; U-type strongly recommended. Lunch will be at a restaurant in Providence. This is an all-day event.

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## Apple Valley Ride

*April 29 - Sunday*

**Times:** Long at 9:30; Short at 10:00

**Ride Type:** Arrowed with Cue Sheet

**Leader:** Peter Brooks, (617-926-5735)

**Highlights:** Nashoba Valley, Apple blossoms?, Great Brook Farm

**Start:** Commuter Rail Parking Lot, South Lincoln, next to shopping center.

**Description:** Both rides are rolling, Long ride is 50 miles through Sudbury,

Boxborough, Littleton, Carlisle, & Concord. The short ride is 25 miles including Sudbury Maynard, Acton, & Concord.

**Directions:** From 128 take Rt. 2 west to Bedford Rd south to Lincoln Center. (This is the five corner intersection at Trapelo Rd, the library and a big flower pot at the intersection) Continue straight on Lincoln Rd to South Lincoln. The Lincoln Guide Service (bike shop) will be on the left, shopping center on the right. Take the second right into the RR parking lot. If you cross the RR tracks, you just missed it. Arrow shape is the letter A

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## CRW TRIPS

### Tour of New England

*May 26-28, 2001*

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA, then it goes through RI and CN, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover NH. On the third day we return to MA via ME and the seacoast of NH.

There are two official starting points for the ride they are Medfield MA (325 miles) and Braintree MA (366 miles). Many of the veteran riders start at their own houses and meet us on the route.

On the first day most of those riding stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Stoddard NH fire department runs an all you can eat breakfast for \$5. Stoddard is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. The motel has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA and stop for lunch in Georgetown MA. Upon finishing there will be a pizza party in Medfield or Braintree.

The cost of the ride is \$99. Please make checks out to the CRW. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a detailed queue sheets and a party at the end of the ride.

Anyone interested please telephone Gerry Goode at (781) 843-6283 or email him at [Wsworked@aol.com](mailto:Wsworked@aol.com).

includes 4 nights lodging, 4 meals, sag support, tour T-shirt and extensive literature. Call for info or to register. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 Email: [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com)

### VELO VERMONT 2001

Mark your calendars for the date of this year's Velo Vermont weekend, July 20-22, 2001. More details will be available in May, or you can check the web site calendar, <http://crw.org/2001calendar.htm>.

### TALCAM - Tour Around Lake Champlain, Adirondacks & Montreal

*July 28 - August 5, 2001*

Join us for our fourth annual (and final) mid-summer tour circumnavigating beautiful Lake Champlain, with two nights in downtown Montreal. Starting from Whitehall, NY (the southern tip of Lake Champlain, between Albany and Rutland) we cycle north on the Vermont side of Lake Champlain, staying close to the shore and generally following the Lake Champlain Bikeways route. After a free day in cosmopolitan Montreal, we return south through the beautiful Lake Champlain Islands and along the New York shore with two days of riding in the Adirondacks and a night in Lake Placid. Daily mileage is usually 60-70 miles; longer options available. Lodging will be in hotels, motels and an inn. Cost of \$850 includes lodging, sag van, excellent picnic-style road lunches, four breakfasts, two dinners, T-shirt, and extensive tour literature. Make checks out to Charles River Wheelmen. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 Email: [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com)

### MDDM 2001 - 17th Annual Memorial Day Dash to Montreal

*May 24-28, 2001*

Thursday night stay at a ski lodge (motel option) near Montpelier, Vermont. Friday morning drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van, and cycle north thru the beautiful Lake Champlain Islands. Ride 77 absolutely flat miles to Montreal, where we stay in the downtown Youth Hostel (couples rooms available). Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride 73 miles back to the cars on the New York side of the lake, ending with a short ferry ride. NOTE: Although there are no hills, this can be a tough ride due to strong headwinds! \$160 trip fee

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### WheelPeople History

#### Five Years Ago

Sue Genser's article "In the Beginning" announces the 30th anniversary of CRW, with a special reenactment of the original ride on April 28.

#### Ten Years Ago

John Allen, then BABC (to become BCOM and Massbike) president gives a course on bicycling skills. A new evening rides program coordinated by Lindy King is announced. The rest is history. Jack Donohue gives the lowdown on bike commuting.

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## Little Jack's Corner - by Jack Donohue



Arrows are my lifeline. I'm not talking lifeline as on the millionaire show, these are truly a lifeline. Without them, I would probably have perished by now in some obscure town in western MA.

This was brought home on a ride. I had gone out to do the outer part of the famous Tipperary ride, and was returning from Hollis. I was doing fine following the shamrock arrows, except for a momentary lapse of reason when I decided to follow the tail of the shamrock rather than the head. Then, I got to a town where a left turn was indicated. There were a couple of possible roads, and I must have gone up the wrong one, but, not to worry, I found another arrow I recognized, one from Ann-Marie's ride. So rather than backtracking a couple of hundred yards, I decided to follow it, since it went to the same place anyway. So I was merrily following these arrows, and they were joined by other arrows, BMB arrows, NVP century arrows, all heading vaguely in the right direction. Got a little worried when I came to a choice between the medium and long ride of Ann-Marie's, since it occurred to me that I

might not be homeward bound, but outward bound. I picked medium, figuring it was at most a 30 mile ride anyway. At one point I lost the Ann-Marie arrows, but there were enough other familiar arrows to see me through. Then, horror of horrors, the unspeakable happened, new pavement. There I was, stranded, arrowless, I would have to fly on instruments. After a worrisome mile or so, though, I returned to old pavement cum arrows. Actually, I had more arrows than I needed. I'd get to a turn and there'd be an arrow going left, and another going right. I decided to go with the majority. By this time I had at various times shamrocks, Ann-Marie arrows, Jim McGarry's chevrons, and the NVP century, all of which would land me close to home, except for the last, which would deposit me in Wayland. Having run out of water a few miles ago, I was quite happy to bail if any of the rides got me onto Route 225, the great bicycle superhighway. Finally, I found a Rich Field arrow, which I knew would get me there. Somehow my dehydrated brain reasoned that it was better to go over three major hills than ride 1/4 mile of construction. But I did indeed find my way home, whereupon I, camel-like, consumed about a gallon of water and lemonade, and all was well again. God bless those arrows.

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## The Giro d' Gelato

By Kimberly Kleinfeldt, Director of Tour Operations for La Corsa Tours

I believe in being honest. With that being said, I have a confession to make. World class cycling on legendary roads weren't the reasons behind my recent Italian vacation with La Corsa Tours. I bow my head with shame, for it wasn't my longing to conquer the famous Tuscan hills

from the seat of my Pinarello. Nor was it the allure of the warm Italian people. Sadly, it wasn't even the Italian's rich history and respect for the sport of cycling that carried me and my bike eight hours across the Atlantic. It was the food. More specifically, it was gelati.

The Italians have produced a miracle in the world of dairy. Gelati, unlike ice cream, is a soft, intensely flavored, colored creation. Typically enjoyed on a summer night, gelati is a driving force in Italian culture. Gelati brings people together, providing a reason to go out and meet others. One might say it's spiritual, infusing a tiny slice of heaven on the tip of your spoon. I went on La Corsa's Tour di Toscana intent on riding my bike to the best gelati.

Figline Val d'Arno. Located in the heart of the Chianti region along the Arno River, Figline is a still undiscovered secret. The gelateria is a vibrant green shop on the main piazza, where Italian men, resembling my grandfather, congregate eager to make conversation. Here I sample nocciola (hazelnut) gelato. I enjoy my treat with the afternoon sun shining down, illuminating the surroundings. Delicious.

The Ride of the Seven Bridges. A beautiful ride through fragrant vineyards and rolling hills of silver olive groves. The store is at the foot of a bridge overlooking a gorge, complete with an

ancient mill. I sit on the terrace, absorbing my cioccolato (chocolate). Sumptuous.

We continue on to Arezzo. While most cyclists left their saddles for the sights of this charming medieval city, I headed for the true epicenter of Arezzo. Here I dive into a crispy wafer cone filled with three perfectly formed swirls, each a different flavor: pistacchio, castagna & noca (pistachio, chestnut & walnut) Delightful.

By the time I reached Montepulciano I was ready for a break from gelato to enjoy another of the region's specialty, Vino Nobile wine. This full-bodied red originally devised for royalty was a sublime compliment to the gastronomic perfection the Italians call dinner. But that's a whole other story!

I am filled with awe as we approach Siena, surrounded by it's magnificent, fortified walls. I could have spent days here, exploring the craft workshops, sampling restaurants, visiting museums and soaking up the history. In the center of the town, in the campo where the famous horse race takes place, I enjoy my final gelati. Caffè, straciatella and vaniglia (coffee, chocolate chip and vanilla). Unforgettable.

Now if only I could bring some home...



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# BIKEFEST 2001

August 3-5  
In Conjunction With  
Tour de Toona,  
July 31- August 5

The League of American Bicyclists National Rally, BikeFest 2001, will be held on the beautiful Penn State Altoona campus August 3-5, 2001 in conjunction with the Tour de Toona, America's premier stage race, July 31-August 5.

BikeFest 2001 will be an unprecedented combination of challenging and family-oriented recreational road and mountain bike riding with the thrilling spectacle of stage racing action. The official racecourses will be open to participants for their cycling pleasure. Blue Knob Mountain ski resort (<http://www.blueknob.com>) will offer outstanding mountain biking. Former professional male and female cyclists will lead road and mountain bike rides. The program will also include coaching seminars and USCF dietetic instruction for participants.

Lance Armstrong's personal coach, Chris Carmichael, of Carmichael Training Systems (<http://www.ridefast.com>) will be a featured guest at BikeFest 2001. Carmichael is a former 7-Eleven pro, was named to the 1984 Olympic team and was the 1999 United States Olympic Committee's Coach of the Year.

The Southern Alleghenies offer fantastic mountain and road riding for all levels of ability, featuring low-traffic roads traversing thick oak forests, sweeping valleys, rolling hills and

brehtaking mountains. For more information visit <http://www.bikeleague.org/events/index.html>, e-mail [bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org), or call (202) 822-1333.

## February Mileage Totals

0 0 9 8 9 9

Name	Miles	M	C	K	Name	Miles	M	C	K
Jack Donohue	1287	-	-	-	Jim Broughton	59	-	-	-
Jeff Luxenberg	1009	-	-	-	Greg Tutunjian	56	-	-	-
Bruce Ingle	969	-	-	-	Jared Luxenberg	37	-	-	-
Robin Schulman	864	-	-	-	Elisse Ghitelman	36	-	-	-
Melinda Lyon	785	-	-	-	Susan Grieb	26	-	-	-
Irving Kurki	766	2	-	-					
Joe Repole	719	2	2	-					
David Wean	702	1	-	-					
Avram Baskin	645	1	1	-					
Ed Hoffer	396	-	-	-					
Dick Arsenault	283	-	-	-					
Bob Sawyer	251	-	-	-					
Joe Marcal	216	-	-	-					
John Allen	214	-	-	-					
Jim Goldman	197	-	-	-					
Bill Widnall	159	-	-	-					
Cynthia Snow	152	-	-	-					
John Kane	71	-	-	-					

### 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.

## CLASSIFIED ADS

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

### FOR SALE

Jandd serious panniers with heavy duty racks, red, front and rear, almost new, \$200 or negotiate for parts (Tod@deerfootpublications.com or 978-456-8654)

### FOR SALE

Set of Campagnolo "Omega" wheels w/Dura Ace 13-23 cassette. \$100 Handbuilt Roval Aero Front wheel - 16 bladed spokes. \$50

Vetta "Lugano" Wind trainer w/side foot platforms & toe clips. \$75

Call David at (781)-862-7101 or email: [davidi22@yahoo.com](mailto:davidi22@yahoo.com)

### FOR SALE

2000 Fuji Finest Road Bike in new condition. 46cm. steel frame. 24 speed Shimano Sora drivetrain, brakes, and levers. Mavic wheels, Michelin tires, Ritchey headset and bar, Profile Design stem, clipless pedals, Gary Fisher computer. Bike is sharp looking with a white pearl/black pearl paint job with red trim. Excellent entry level road bike with less than 400 miles on it. Asking \$475 or b.o. Harley Erickson (508)872-2470

### FOR SALE

Yakima roof rack with 4 towers, 2 crossbars \$35. Call Cynthia 978-263-1959.

### FOR SALE

One Continental super sport road tire foldable never used, 1 silver Cinelli road stem, 1 black Cinelli road stem, 1 Richie mtn stem new black \$7 each item. Call Steve at 617-926-4226 or email: [creckles@yahoo.com](mailto:creckles@yahoo.com)

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- 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 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 Cycle and Sport**  
3 Bow Street, Lexington (781) 861-1199
- 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
- Ferris Wheels Bicycle Shop**  
64 South St., Jamaica Plain (617) 522-7082
- Frank's Bicycle Barn**  
123 Worcester Trnprk, 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., West 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
- Lincoln Guide Service**  
PO Box 100 152 Lincoln Rd., Lincoln (781) 259-9204
- 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.**  
322 South Bridge St., Auburn (508) 832-8111  
860 Commonwealth Ave., Boston (617) 731-6100  
400 Franklin St., Braintree (781) 848-3733  
CrossRoads Ctr., Burlington (781) 272-2222  
Endicott Plaza, Danvers (978) 774-3344  
686 Worcester Rd., Framingham (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**  
7 Oak St., Taunton (508) 822-0396  
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## Join The Charles River Wheelmen

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, 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) \_\_\_\_\_

email \_\_\_\_\_

We sometimes allow bicyclist-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

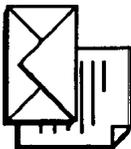
Individual	1 year \$20	2 years \$38	3 years \$55
Household	\$25	\$48	\$70

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

**Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Sharon Gowan, 504 School St., Belmont, MA 02478**

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 postride 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:

Sharon Gowan, 504 School Street, Belmont, MA 02478