


Wheel People

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXV, Number 5 May, 2001

Essex County Heritage Ride

June 3, 2001

The North Shore Cyclists invites all area riders to a new ride this year on June 3, organized in conjunction with the Essex County Heritage Council. The ride showcases many of the historic, cultural, and natural sites within the Essex County National Heritage Area, one of 17 such federally designated Heritage Areas in the United States. The NSC calendar listing for the ride is at the end of this message. This arrowed ride will be more of an 'event' than the typical NSC ride is. There will be food, sag support, T-shirts, water bottles, and a number of exhibitors at the start/finish area and at the stops. There will be a nominal charge for this ride, with family groups and North Shore Cyclists members eligible for a discount. Of particular interest to the cycling community is the stop on the 40 and 60 mile routes at the Crane Mansion at Castle Hill in Ipswich. No other ride has ever been invited onto the grounds of this beautiful and historic mansion. The

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The 2001 Boston Brevet Series

The Boston Brevet Series is a set of four long distance randonneuring rides. Each ride is a standalone event - you can do any one or two or do the entire series. The rides also serve as qualifiers for Boston-Montreal-Boston. This year's schedule is as follows:

Event	Distance	Date	Time	Time Limit	Fee
200k	125 Mi.	May 19	7:00 am	14 hours	\$20
300k	190 Mi.	June 2	4:00 am	20 hours	\$ 25
400k	250 Mi.	June 24	1:00 am	27 hours	\$ 30
600k	375 Mi.	July 21	3:00 am	40 hours	\$ 45

All rides start at the Civil Air Terminal at Hanscom Field in Bedford, MA (plenty of free parking!) All rides except the 200k require sufficient lighting.

Though the rides vary in difficulty, none are easy. Expect about 3000 feet of climbing for each 100k ride. The 200k goes into southern New Hampshire; the 300k goes into Rhode Island and eastern Connecticut; the 400k goes out to the Connecticut River Valley; and the 600k goes down into Connecticut before heading north to the Berkshires and back. This year's schedule is designed to help riders peak for Boston-Montreal-Boston (1200k, 750 Mi., 90 hour limit), August 16-19.

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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 20.

What can you sell there? Anything (so long as it's legal, we don't want the polizza 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.

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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 on page 4 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 dues include *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

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	Cheryl Young	(617) 625-6362
Sunday Rides	Tod Rodger	(978) 456-8654
Winter Rides	Eric Ferioli	(781) 235-4762
Intro Rides	Fred Kresse	(781) 444-1775
Century Committee	Melinda Lyon	(978) 887-5755
Tuesday Fitness Rides	Peter Knox	(617) 731-5944
Wednesday Wheelers	Dick Arsenaault	(781)-272-1771
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	Carl Howerton	(781)-837-9777

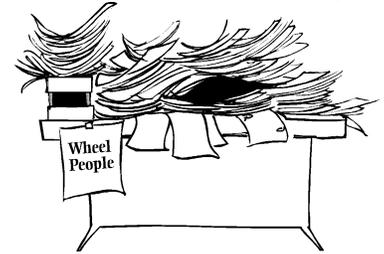
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Editorial Policy



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

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

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



How To Send Us Your Article

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

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

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

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

Insurance

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

Advertising Rates

Half Page	\$65.00	Third Page	\$45.00
Quarter Page	\$35.00	Eighth Page	\$20.00
For more information please contact Marty Weinstock at 617-491-6523 or 617-331-9299			

Board Meeting Minutes



April 3, 2001

Membership: 893 current members, 16 expired members, 8 new members, 36 renewals

Finance: Account balance total for the month of March is \$22,464.60

LAB fees remitted to CRW in error (by people unaware that we have dropped our affiliation and lowered our membership dues) are being returned by Don Blake.

Government Relations: Rep. Gerry Campbell of Uxbridge has been instrumental in getting traffic sensors placed around the town for the benefit of cyclists. Whether or not these have been placed in the most strategic locations remains to be seen, but in any event, it's a positive move for bicycle safety.

Boston University's attempt to build a boathouse on the Charles without having the plan undergo any scrutiny has come to light. There will now be hearings on the plan, the impact it may have on the bike path, and at least there will be a vote on it instead of it just happening without any public opinion to consider.

Rides Calendar: The May rides calendar is full! Barry Nelson will lead a Memorial Day Weekend ride.

Century Committee: We have our permit. The flyer for the Spring Century should have gone out in April's WheelPeople but it didn't. It will be in the May issue for sure.

WheelPeople: Cyber WheelPeople has about 60 subscribers now.

Website: Per Don Blake, our website's latest sponsor is Equipment Shop of Bedford, MA.

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.

May 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 Dick Arsenault [RFarsen@aol.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

Times: 6:00PM **Description:** Scenic rolling roads through the towns of Wellesley, Weston, and Lincoln at a leisurely pace. Riders of all abilities are encouraged to participate. Bring money for pizza or ice cream after the ride. **Routes:** Arrowed rides of approx. 17 & 23 miles **Leaders:** Gabor Demjen, 617-266-8114(days) 781-237-0602 (eves); Eric Evans [Eric.Evans@morganstanley.com] 617-478-6559(Days), 617-527-0517(eves) **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.

Thursday - Fitness Ride at Hanscom Field **

Times: 6:00 PM Sharp! **Description:** The short ride winds through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. With the help from some other volunteers from CRW, the fitness ride will have people available to lead intro/easy pace group as well as a pacerline group. **Routes:** Arrowed routes of 16, 26 & 36 miles. **Leaders:** Peter Mason [pbm@ssae.com] (781-646-5106) **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.

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

Continued on next page

Friday TGIF Unwinder

Times: 6:30 PM First ride of the season May 11 **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! **Routes:** 18, 22 and 27 mile rides. Fully arrowed, cue sheet & map. **Leaders:** Steve and Kate Mashl [smashl@shell3.shore.net] (978-244-0286) **Start:** 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! **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!

Sunday Morning Fitness Ride - South Shore Coastal Loop **

Times: 7:00AM **Description:** 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. **Routes:** Arrowed routes of 37 and 50 miles. Maps and cue sheets available in addition. **Leaders:** Carl Howerton [carl_howerton@putnaminv.com] (W) 617-760-6712 (H) 781-837-9777 **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.

The Rides Calendar

May, 2001



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.

Wayland to Wayside

Saturday May 5

Time: 9:30 for 52 & 42 miles; 10:00 for 30 miles **Ride type:** Cue sheet **Leader:** Steve Hoffenberg 617-969-2130 stevehof@bellatlantic.net **Highlights:** Short ride winds through backroads of Sudbury, Maynard, Marlboro, and Framingham. Long and medium rides add hilly stretches of Stow and Hudson rarely visited by CRW, including secluded Lake Boone on the long ride. All rides stop for lunch at the Grist Mill at Wayside Inn. Start place: Wayland Business Center, 400 Boston Post Rd (Rt. 20), Wayland **Directions:** Route 128 Exit 26 to Route 20 West. Go 5.5 miles (1/2 mile past intersection of Route 27). Turn right into parking lot at Polaroid sign. Park in far corner away from buildings.

Whistles in Winchendon

May 5 - Saturday

Times and Routes: 10:00 for 25 or 50 miles **Ride Type:** Mountain bikes ONLY on the bed; description and maps on word document. Pre-registration Required - Since the police would like an attendance number, please pre-register so you can get a word doc of explicit directions and map. I also need to contact the owners of land where we can park. **Leader:** Bill Aldrich (617-964-5184) wpa@mediaone.net. **Highlights:** Discover part of New England that had relatively high speed rail service until the mid-1950s. See the towns of Winchendon, Fitzwilliam, Troy (sans Helen) and the city of Keene. The railbed is quite smooth. The route passes by several ponds and streams, so swimming may be possible. Coffee, doughnuts, and munchies are available in Troy and Keene. Photo ops of Mount Monadnock, granite bridges, and your fellow riders. Bring fat tires, helmet, tools, sense of adventure, and humor. The grades will not be more than 3% but the railbed can get quite soft and muddy. Optional century for those who wish to continue beyond Keene to Bellows Falls (call ahead for details)! **Start:** Winchendon, MA **Directions:** From junction of Routes 2 and 128, take Route 2 West to Route 140 North. At junction with Route 12 go north to Winchendon, then check the map I sent you!

West of Harvard

Sunday - May 6

Times and routes: 9:30 for 50 and 10:00 for 35. There will also be a group ride at 10:30 that is co-listed with the Appalachian Mountain Club. **Ride type:** arrowed with cue sheet **Leaders:** Patrick Ward (781-646-9196, PGWard@aol.com), Rita Long, (781-899-9177, RitaLong@aol.com) **Highlights:** Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop by Ken Hablow through the town of Lancaster. Both rides stop for lunch at the Nashoba Valley Winery. **Start:** XRE parking lot, Taylor Road, Littleton. **Directions:** Take Route 2 West to Exit 39, 0.1 miles west of the I-495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into XRE lot. Go around to the back of the building and park near Taylor Road.

Pilgrims' Progress

Saturday - May 12

Time and Duration: 10:00 start for a 24 mile 3 to 4 hr historic tour. Rain cancels- In case of doubt, call the ride leader between 7:00 and 8:00 am. **Ride type:** Follow-the-leader, intermediate pace, frequent stops at points of interest, some short off road segments, hybrid or wider tires recommended. Map and cue sheet also available. **Leader:** Bill Widnall, 781-862-2846, BillWidnall@attglobal.net **Highlights:** An exploration of beautiful and historic Duxbury. Duxbury was settled in the early 1600s by members of the original Plymouth Colony including Miles Standish, John Alden and his wife Priscilla Mullens, and Elder Brewster. We will visit the sites of their original homesteads. We will also see some of the beautiful homes built by the ship builders and sea captains during the early 1800s. There will be several sightseeing stops during the ride, and I'll share with you some of the things I've

learned about these places during my scouting and research. Because of the many stops this "short" 24 mi ride will take from three to four hours so dress warmer than usual. The ride is doable on a skinny tire road bike, but if you have a choice, bring a fatter tire bike, because there will be a few sites where I will go off road. Please bring your own lunch, and munch during our short stops. For those wanting to get together after the ride, please join me at Hall's Corner (South Duxbury) indoors at the Thymes Square Deli, 35 Depot St, where they have delicious soup and gourmet sandwiches. **Start:** Duxbury Town Hall. **Directions:** Take Rt 3 south to Exit 11 and turn onto Rt 14 east to Duxbury. After about 2 miles, at a traffic light, turn right onto Rt 3A south. After about 1 mile, the Duxbury Town Hall and the First Parish Church will be on the right. Park beside the Town Hall or behind the First Parish Church.

A River Runs Through It

Sunday - May 13

Times and Routes: 9:30 for 50 miles and Metric Century option (64 miles). 10:30 for 28 miles. **Ride Type:** Arrowed **Leaders:** Sheldon Cooperman (781)359-9332, Jim Pearl (781)275-8603 **Highlights:** All rides pass through beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet Rivers. All rides go through Sudbury, Wayland, and Lincoln with the 50-mile ride adding Stow and Hudson and a few hills. There is a beautiful metric century option that adds Boxborough and Acton and a few more hills. This is a great option as a warm up for next weeks spring century. This ride is returning after several years vacation. **Start:** Concord-Carlisle High School, Concord, MA **Directions:** Route 2 to the Route 126 intersection. This is the intersection for Walden Pond. From Route 128 take Route 2 West until you come to Walden Street at a traffic light. This light is about 1 mile past the Mobil Gas Station at Crosby Corner. Take a right turn from Route 2 onto Walden Street. The High School is about 1/3 of a mile down on the left before the fork with Thoreau Street.

Mean Streets - East Cambridge

May 17 - Thursday

Times and Routes: 6:30 P.M., about 10 diverse miles; mountain or hybrid bikes de rigueur. **Ride Type:** Urban evening ATB **Leader:** Charles Hansen, H: (617)734-0720, W: (617) 572-0277 **Lowlights:** Explore retro-grunge industrial sub-culture, including the MBTA engine terminal, Lechmere area, Kendall and Tech Squares, and the MIT campus. Lots of dirt, gravel, glass, steps, ramps and other choice terrain. **Start:** Boston - Copley Square Plaza, Boylston Street between Clarendon and Dartmouth. **Directions:** Mass Pike or Storrow, Drive to Copley Square exits, parking chancy, call for details if needed.

Continued on next page



The rides calendar from previous page

Charles River West Loop

May 19 - Saturday

Time: Meet at 09:30 for 57 mi, 10:00 for 41 mi and 10:30 for 25 mi **Ride Type:** Cue sheet and map. **Leaders:** Mike Barry, H: 781-762-2784 with Mike Blackwell & Nina Siegel (email barry.michael@epa.gov) Prefer calls over email for questions, call until 10 pm. **Highlights:** Charles River basin tour on back roads from just west of Rt 128 to near it's source west of I-495 - 25, and 41 mi rides will be led. Terrain is rolling hills with more on the optional loop. Moderate/self Pace of 13-18 mph with plenty of rest stops to enjoy the views. Helmet required, mirror and patch kit/spare tube/tire irons and frame pump recommended. Bring lunch or \$ and be able to carry lunch several miles. Short loop covers Westwood, Natick, Sherborn, Dover; medium adds Ashland and Holliston; long adds Westborough and Hopkinton. **Start:** Westwood HS **Directions:** Take rt.109 west approx 2.5 mi from rt 128. After passing Mobil and Starbucks on left, turn left on Nahanton St. Go 0.5 mi. and turn left into parking lot just after high school (Please DO NOT park in football field parking lot).

Spring Century Sunday - May 20

Not Too Close to Cape Cod

which is Too Crowded on Memorial Day Weekend

May 26 - Saturday

Times and Routes: 9:44 for 44 or 27 miles. **Ride Type:** Cue sheet and map. **Leaders:** Gene and Barry Nelson, 617-964-5727 before 9 PM or BarryNelson@alum.MIT.edu **Highlights:** Salt marshes, stone walls, sandy beaches, seaside mansions, solitude, and salt air. If you've never ridden on the South Shore, you're missing a real treat! Short ride skirts the charming coastlines of Scituate (lots of snack options in Scituate Harbor) and Cohasset (opulent mansions). Long ride adds the Marshfield shore. The terrain is flat with a few inclines. **Start:** Wompatuck State Park, Hingham, MA **Directions:** Take Route 3 South to Exit 14 (Route 228). Take a left off the exit ramp and follow Rt. 228 toward Hingham for 4 miles to Free Street. Take a right on Free Street (there will be a sign for Wompatuck State Park), then right again into the park in .9 miles. Park in lot on left.

A Hill or Two in Ashlandia

Sunday - May 27

Times and Routes: Long (hilly 62 miles) & Medium (very hilly 38 miles) at 9:30. Short (rolling 24 miles) at 10:00. Ride Type: Arrowed (Yellow Arrow) **Leader:** Linda & Wes DeNering (508-881-9117) **Highlights:** The short ride goes through the scenic, rolling hills Of Sherborn, Dover, Medfield, Millis, and Ashland on quiet roads. The medium ride is very hilly (2000 feet of vertical in 38 miles). It goes through Ashland, Hopkinton, Upton, Milford, and Holliston via very quiet backroads that parallel many state forests. (There is a 1/4 mile section of dirt road that is unavoidable.) The medium and short rides combine to create the long ride. There will be a post-ride barbecue at the ride leaders' house. **Start:** Ledgemere Plaza, Intersection of Rt. 126 & Eliot St. in Ashland.

Directions: From Route 9 Framingham: take Route 126 South for 4.0 miles. From Route 135: take Route 126 south for 2.5 miles. Corner of Rt 126 and Eliot St. Party is at 53 Bay Colony Drive- from ride start, take right out of parking lot and go about 1/2 mile. Take rt. onto Fruit St. Take 2nd right onto Wayside Lane. At end, take rt onto Bay Colony and follow to end.

Another Dam Ride

June 2 - Saturday

Times: 9:30 Long (50 miles), 10:30 Short (25 miles) **Ride Type:** Map and Cue Sheet **Leaders:** Sue Genser (suegenser@hotmail.com (781) 899-3929; Bob Hug (bobhug@mediaone.net); & Debra Longo (debra_longo@hotmail.com) (978) 263-1545 **Highlights:** The ride meanders through Newton, Wellesley, Dover & Sherborn largely on back roads. Long ride adds Medfield & Millis and includes some roads new to CRW rides. Rolling terrain. Lunch for both rides is at the South Natick Dam. **Highlights** include historic Millis, Farm Pond, the South Natick Dam, and a stop at Lookout Farm for their world-famous gelato. **Start:** Weston Town Hall, Weston Center **Directions:** From Rt. 128 take Rt. 20 and head west to the first traffic light. Turn right into Weston Center and park on the far side of the green. PLEASE BE ADVISED that there may be construction around Town Hall. Be prepared to park on nearby streets and ride to the start.

Boston Sculpture Bike Tour

Saturday - June 2

Time: 10:00 A.M. **Leader:** Charles Hansen (tel. 617-734-0720; velotrain@peoplepc.com) **Highlights:** More of an urban exploration than an aerobic ride, as we visit a wide range of outdoor sculpture - from classical statues of the (once) famous to the whimsical Arthur Fiedler bust on the esplanade. About 20 miles over four hours with a slow pace and frequent stops for viewing and interpretation. Discover places you never knew about. Please bring your lunch. Children are welcome if they can ride 10-12 MPH over this distance. **Start:** Magazine Beach, Cambridge - off Memorial Drive (river side) JUST west of the B.U. Bridge at the playing fields (not the pool).

Wachusett Wheelabout

June 3 - Sunday

Times & Routes: 9:30AM for 50 miles (with possible 65 mile option), 10:30 for 30 miles. **Ride type:** Arrowed with cue sheets. **Leader:** Ann-Marie Starck (508-877-0178) before 9:30 PM. **Highlights:** An early summer country tour of the beautiful backroads of Stow, Boylston, Sterling and Bolton. Long ride circles Wachusett Reservoir, both rides lunch at Nashoba Valley Winery (no food, carry some in). Terrain is rolling with some great views (& some great hills!). **Start location:** South Acton "T" station, Central St. @ Rte. 27. **Directions:** Route 2 West, exit left onto Rte. 111 @ exit 43, turn left onto Rte. 27 at light. Central St. is a sharp right turn .95 miles past the light at Rte. 111. Look for Mobil station, then the yellow tower of the Acton Music Center on the corner. Turn sharp right, immediate left into the "T" parking lot.

CRW TRIPS

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 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

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.

Smuggler's Notch Weekend

June 29 - July 4, 2001

Enjoy five days of cycling on quiet roads amidst the beauty of rural Northern Vermont, followed by relaxing in the hot tub or by the pool in the early evening. Choice of rides varying in

length from 25 to 100 miles with maps and cue sheets provided. We will be staying in Jeffersonville, Vermont at the Smugglers Notch Inn. The trip includes 5 nights lodging, 5 breakfasts and 4 dinners. The cost for is \$340.00 per person based on double occupancy. Trip limited to 20. Deadline June 1st. Please make checks out to Charles River Wheelmen.

If interested, contact Rick Lawrence at (781) 297-5048 or Rlawr10280@aol.com or Frann Bennett at (781) 662-2597 before 9:30 pm.

Velo Vermont

July 20-22, 2001

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

Saturday and Sunday riders will choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben & Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

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

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

TALCAM

Tour Around Lake Champlain, Adirondacks & Montreal

July 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

Wenham, MA to Quebec City

August 11-22, 2001

Join us for the 10th almost annual sag van supported tour through northern New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day, plus some longer options, for eight days. En route, experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the classic Mt. Washington Hotel?) and the remote, quiet Connecticut Lakes. Also, northeast MA to Newburyport, southwest Maine, Vermont's Northeast Kingdom and Quebec's upper Appalachians. We'll enter Canada at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat terrain. Three nights are on lakes. New this year: After Day Five, a layover day at Back Lake, NH to hike, swim, go boating, bike, look for moose, etc. We'll arrive in Quebec City on Sunday and leave Wednesday morning. Time to play tourist and enjoy the city's great restaurants, plus opportunities for hiking and more bicycling.

Price of \$975 includes 11 nights lodging, one more than last year, in comfortable inns, motels and hotels, with 2 persons/room. Also 7-10 breakfasts, lunch food on 8 riding days, 3 dinners, sag van support, return transportation to our start point, 12 days off-street parking, cue sheets, maps and T-shirt.

Leader, Arnold Nadler, 978-745-9591, ardnadler@aol.com.
Co-leaders: Chris Cassels, 781-259-4396 and Jack Vergados, 508-799-0377.

Other TRIPS

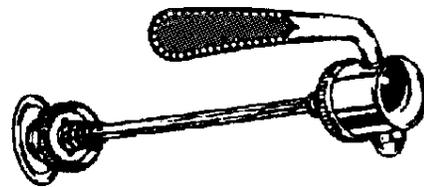
AYH "Cape in a Day(Plus One)" Century Bicycle Weekend

Sat - Sun, Jun 23-24

Join the New England Council of Hostelling International - American Youth Hostels on their annual Cape Cod ride. The trip consists of a century bicycle ride from Boston to N.Truro (120 miles) or Eastham (100 miles) on Saturday, time to tour Provincetown or relax on nearby beaches Sunday morning, and a ferry ride back to Boston late Sunday afternoon. The cost of \$80 includes four meals, lots of snacks, hostel lodging, sag wagon support for luggage and breakdowns on Saturday, and the ferry. Send full payment (refundable until June 1st) along with name, address, phone #'s and hostel choice (if any) to trip leader Seth Davis, 60 Albemarle Ave, Lexington, MA 02420. For more information, visit our website at www.hi-travel.org/activities_capeday.shtml, call Shari Spadafora at (617) 258-1814, or send a self-addressed stamped envelope to the trip leader.

Essex Heritage ride from page 1

ride is also an excellent opportunity for club riders to reconnect with their kids and family, with entertainment for the kids available at the Wenham Museum stop on the 15 mile route. Pre-registration forms will be available in the near future. In the meantime, I hope you will keep this date free to join us on this exciting ride. Contact: Eric Shaktman 603-580-1010, ericnsc@mediaone.net; Ed Bolton 603-382-6989, ebolton@ttlc.net Where: Cummings Center, Beverly When: 9:00 for 60 miles, 10:00 for 40 miles, 11:00 for 15 miles Directions: From 128 take exit 23 East towards Beverly. Take a left at the fork .75 miles down following Rte. 62 The Cummings Center is 2 miles from Rte 128 on the left. Description: As you cycle through our historic cities and towns and natural areas, you will ride by the historic seaports and New England town commons; industrial mills and pristine beaches; renowned museums and wildlife refuges; working farms and inviting natural trails. The long routes travel along the coast with a rest stop at Crane Castle. Then follow along some of our beautiful scenic country roads back to the start. The short route travels through Beverly Farms with a stop at the Wenham Museum. There will be an antique bicycle exhibit at the Wenham Museum for all to see.



Flee market from page 1

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).



I have a problem with inventory. Mostly I have no idea what I have and furthermore, where it is.

Take bike computers for instance. I go through bike computers like water. They have a pretty limited half life, and when I did in fact manage to roll one over (10,000+ miles), there was dancing in the streets. Lately, though, I've been lucky if I get into three digits before the thing craps out. So, whenever I see a sale, I buy a bunch. Unfortunately, with advancing age and failing memory, I often don't remember when I bought the last bunch. The other day I was rooting around in the garage and happened to take stock of my bike computers. I counted roughly ten computers, enough to outfit a small fleet. I decided I'd gone over the edge on bike computers. Though considering I only buy the cheapest models available, and only when

Little Jack's Corner - by Jack Donohue

they're on sale, maybe it won't take me too long to run through even this massive amount.

Then there are freewheels. For the benefit of the non-techo-geeks, there are two kinds of rear wheels, the freewheel kind, where the gears and the thing that holds them unscrew from the wheel, and cassette, where the cogs themselves come off and the rest stays behind. Anyway, the cassette has pretty much dominated the market, sort of like VHS and Betamax (remember that?). Not being exactly in the vanguard, I decided I needed to horde freewheels, against the day when they would be no longer available. So, I would raid the big event for these beauties, and whenever I heard of one that needed a good home, I was there. I even went so far as to buy two from someone on the internet. I was set. Unfortunately, when I totalled up the store of spare freewheels, I decided it would take me a very long time indeed to work down this inventory. The other sad fact is that

as wheels wear out and get trashed, I have found the dreaded cassette wheel infiltrating my rolling stock, so I may eventually not have anywhere to put these fine freewheels.

Many years ago, I bought a couple of sets of aero brake levers, which were on sale. These are of course now obsolete, with the advent of STI and their ilk, but when I bought them, they had just hit the market, and I thought they were cool. Some of you are probably wondering what else is there besides aero brake levers. Well, it happens that round about the dawn of creation, the brake cables actually stuck straight up out of the brake levers, and had to be artfully coerced into turning back to meet the brakes. You can see examples of this in some of the great classic cycling videos, like "A Sunday in Hell." Or, if you're lucky enough to see me commuting to work, you can see a real live example. So, I've had these neat brake levers in their original boxes for what must be approaching a decade. I guess I was waiting for my other brake levers to wear out. If you think about it, that doesn't happen very often. Of course, now the reason I don't put them on is sheer laziness, it involves more work than fixing a flat. So these fine levers will probably be passed down to future generations without ever having been actually used.



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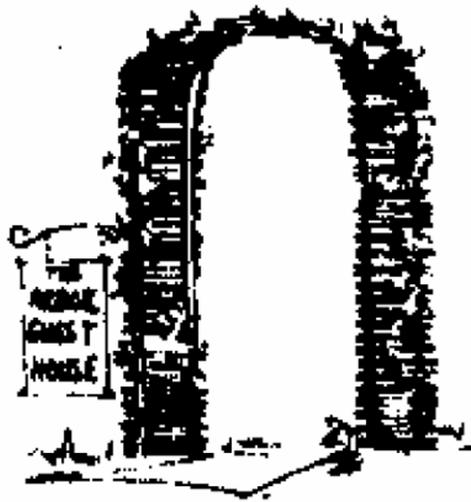
**223 Walnut St., Suite 14
Framingham, MA 01702**

March Mileage Totals

0 1 6 8 7 3

Name	Miles	M	C	K
Jack Donohue	1801	-	-	-
Bruce Ingle	1690	-	-	-
Tod Rodger	1303	2	-	-
Robin Schulman	1270	-	-	-
Irving Kurki	1261	3	-	-
Joe Repole	1133	3	3	-
Gerald Goode	1125	-	-	-
David Wean	1065	1	-	-
Avram Baskin	785	1	1	-
Glenn Ketterle	533	-	-	-
Bill Widnall	528	1	1	-
Dick Arsenault	463	-	-	-
Joe Marcal	434	-	-	-
Bob Sawyer	429	-	-	-
Cynthia Snow	405	-	-	-
Marc Baskin	398	-	-	-
John Allen	383	-	-	-
Jim Goldman	325	-	-	-
Mike Byrne	255	-	-	-
Jeff Luxenberg	195	-	-	-
Jim Broughton	194	-	-	-
Gabor Demjen	181	-	-	-
John Kane	141	-	-	-
Doug Cohen	101	-	-	-
Greg Tutunjian	93	-	-	-
Susan Grieb	75	-	-	-
Elisse Ghitelman	73	-	-	-
Jared Luxenberg	56	-	-	-
Dave VanAmeijden	49	-	-	-
Ed Trumbull	24	-	-	-
Tracy Ingle	9	-	-	-
Jacob Allen	6	-	-	-

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Brevet series continued from page 1

All rides are supported with checkpoints every 40 to 60 miles. Checkpoints are stocked with water and a variety of food (fruit, sandwich makings, cookies, etc.). Bags will be transported to and from some checkpoints on the longer rides. A "real" meal is provided late on the first day of the 600k and spartan sleeping accommodations will also be available.

For more information, contact: Dave Jordan Boston Brevet Series 37 Concord Rd. Acton, MA 01720 (978) 266-1707 or see our web page: <http://www.gis.net/~bbs/> or send email: dmj@exceloncorp.com

For Sale

Colnago Master Olympic Frame and straight fork, size 54cm blue and white. This is a demo model in excellent condition. Price \$1100 with fork. Trevor Nathan 781 659 0330 ext 243 (work) 781 293 2636 (home)

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

Welcome New Members!

Robert Bello	Brookline
Lisa Brewer	Boston
Lisa Davis Lewis, James Lewis	Carlisle
Dave Fox, Mary Ellen Chaney	Boxboro
Kenneth Girard Carolyn Collie	Arlington
Randy Hencke	Dunstable
Jonathan Hertz	Somerville
Dick Hill, Paula Hill	North Attleboro
Kendall Kubilius	Dedham
Jean Martel	Holbrook
Jodie Portman	Natick
Roland Price	Somerville
Richard Punko	Boston
Toni Slade	South Dennis
Jeremy Symonds	Acton
Tony Triano	Natick
Beth Wasserman	Winthrop
Ginny Wholley	Worcester
Patricia Zeifang	Charlestown

Mileage Table Explained

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

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



THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

- AceWheelworks**
145 Elm St., Somerville (617) 776-2100
- Back Bay Cycles**
333 Newbury St., Boston (617) 247-2336
- BelmontWheelworks**
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
- 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
- Cambridge Bicycle**
259 Mass. Ave., Cambridge (617) 876-6555
- 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 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 Bicycles**
151 Endicott St., Danvers (978) 777-3337
574 Washington St., Easton (508) 230-8882
303 Worcester Rd., Framingham (508) 875-5158
1 Oak Street, Westborough (508) 836-3878
- Marblehead Cycle**
25 Bessom St., Marblehead (781) 631-1570
- National Ski and Bike**
102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**
102 Broadway, Rt. 1, Saugus (781) 233-2664

- Peter White Cycles**
666 Mass. Ave., Acton (978) 635-0969
- Pro Cycles**
669 Main St., Wakefield (781) 246-8858
- Quad Cycles**
1346 Mass Avenue, Arlington (781) 648-5222
- Ski Market, Ltd.**
322 South Bridge St., Auburn (508) 832-8111
860 Comm Ave., Boston (617) 731-6100
400 Franklin St., Braintree (781) 848-3733
CrossRoads Ctr., Burlington (781) 272-2222
Endicott Plaza, Danvers (781) 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
722 N. Main St., Brockton (508) 586-6394
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Georgetown Plaza, Georgetown (978) 352-7343

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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, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations. I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

email _____

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.

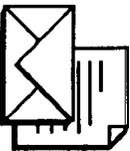
CRW Membership Fees	1 year	2 years	3 years
Individual	\$20	\$38	\$55
Household	\$25	\$48	\$70

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 Street, Belmont MA 02478

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

- Ride Leader
- Safety
- Host a post-ride party
- Other _____
- Publicity
- Membership
- Legislative Action
- Newsletter
- Special Events



Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:
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