


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXV, Number 6 · June, 2001

Tuesday Night Paceline Clinic Canceled

The CRW board unanimously decided to cancel the Tuesday Night Paceline Clinic. The Board was concerned about traffic near the start location and other safety related issues. The Rides Committee hopes to schedule a ride starting in a less congested area to fill the Tuesday night slot in the near future. The Board wishes to thank Peter Knox for conducting the clinic and leading this ride for many years.

Is Our Open Ride Website Impacting Membership?

The CRW Board of Directors is considering removing critical information (such as start directions/location) from the ride descriptions on our website. There appear to be some cyclists who regularly enjoy our rides but do not join and support the club because "the information is all on the web for free".

If we were to remove critical information, these riders could no longer freeload and (hopefully)

would join. Of course, members who consult the web (rather than the newsletter) for ride information might not approve. Do you have an opinion? Please let us know by calling your favorite board member or by sending an email to Connie Farb (chfarb@yahoo.com). You may also present your views at the CRW board meeting on August 7 when the board will decide how to resolve this issue. Thanks!

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

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, Ph:(978) 266-1707

or see our web page: <http://www.gis.net/~bbs/> or send email: dmj@exceloncorp.com

A Few Good People

We need a few people Sunday, July 15 to help with the 10th anniversary of Climb To The Clouds. We need volunteers for the two water stops and to help with registration in both Concord and Bolton. To volunteer, please contact Ken Hallow, 781-895-1927 or khalow@khgraphic.com.

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 (page 4) for more info.

Highlights Inside:

Board Meeting Minutes	3
Recurring Rides	4
June Rides Calendar	5
CRW Trips	8
Climb to the Clouds	8
Other trips	9
Little Jack's Corner	10
Insite Race Across America	10
April Mileage Totals	11

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

BOARD OF DIRECTORS

Term Expires

Don Blake	2003	(781) 275-7878
Rosalie Blum	2001	(781) 272-7785
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Steve Kolek	2002	(781) 674-1090
Tod Rodger	2003	(978) 456-8654
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Ann-Marie Starck	2002	(508) 877-0178
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	Cheryl Young	(617) 625-6362
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Winter Rides	Eric Ferioli	(781) 235-4762
Intro Rides	Fred Kresse	(781) 444-1775
Century Committee	Melinda Lyon	(978) 887-5755
Wednesday Fitness and Masters Ride	Dave McElwaine	(781) 821-8643
Wednesday Wheelers	Dick Arsenaull	(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.

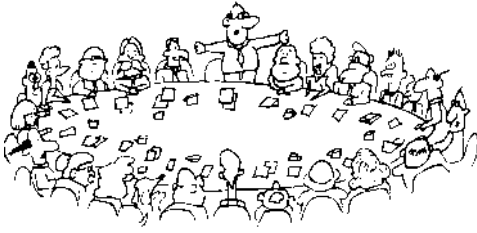
Insurance

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			

CRW BOARD MEETING MINUTES



May 1, 2001

In attendance: Barry Nelson, Cindy Sragg, Connie Farb, Ann-Marie Starck, Bob Sawyer, Tod Rodger, Don Blake, Rosalie Blum, Jim Sullivan, Dave VanAmeijden, Steve Kolek

The meeting commenced at 7:38PM

Membership

878 - current 48 - expired
19 - new 62 - renewed

"Why should I become a member when I can get everything I need to know about rides off the website?" This sentiment was recently expressed at the beginning of a ride by a non-member to Barry Nelson. The Board discussed this issue. Connie Farb makes a plug for membership part of her pre-ride talk ("If you're joining us for the first time, welcome. If you come on a few rides and decide you like us, please join. The fee for membership is really nominal and supports this all-volunteer club, etcetera, etcetera..."). It was suggested that this should be made part of every ride leader's pre-ride talk. Rosalie Blum will write an article regarding this issue; it will be in the June newsletter. She will solicit comments from the membership on this (to be sent to Connie Farb). Connie will report to the Board on the comments she receives.

Board Meeting Schedule: We will decide in June if we have pressing issues to discuss at the July Board meeting. (The meeting falls, inconveniently, the day before July 4th and will most likely be poorly attended.) We will determine in June if the July meeting will be dispensed with or if we should meet on an alternate date in July.

Finance: Our account balance is healthy; our cash flow for April is good, due mainly to membership money coming in. We have made our initial payment for CRW hats the logo has been digitized and 100 will be ordered at a cost of \$8.95 each. These hats are to be given as gifts to club volunteers; if there are any left over they will be offered for sale to the general membership.

We forgot to announce the "Annual Meeting" for April 2001 (which is when it would normally

occur). We will have it in August instead; there will be an item about this in Wheelpeople.

Wheelpeople: Our complimentary e-mail list needs to be updated. Sharon Gowan does not know how to access this list; we will wait on this for Jack Donohue's return from sabbatical.

If a bike club asked for a copy of our newsletter, we will send it to them as a courtesy. We will not solicit theirs, however. (Ed Trumbull has received and kept other clubs' newsletters in the past.) Tod Roger pointed out that sending out and receiving physical (paper) issues of newsletters to and from other clubs make little sense when it would be more practical to instead have reciprocal website links with friendly clubs. Bill Widnall has ridden with the Grizzly Peak Riders in California and thinks our club should have a relationship with them; Tod Rodger can recommend several clubs in Florida as well. We will discuss this further in June and involve Bob Hug in the discussion insofar as setting up website links goes.

Century: The permit from the Town of Wakefield is all set.

Rides: Jim Sullivan commented that ride descriptions were becoming too verbose and that in the interest of saving Wheelpeople space, he was going to begin editing them.

Rides are great so far this year; we've been blessed with great weather and good attendance.

We are going to start soliciting ride "reviews" from ride leaders after they occur. (i.e., just a line or two commenting on any high points of the rides, low points: particularly difficult construction areas to get past or poor road conditions, parking issues at the ride start, ways the ride could be improved or if it is just fine as is, etc.)

Tuesday Pace Line Clinic at Nahanton Park

This recurring ride generated a good deal of discussion prior to the Board meeting and at the Board meeting. The issues raised were ride leadership, ride safety, good community relations, and club liability due to the oft-reported problems with this ride. The Tuesday night ride has lost any resemblance to the pace line clinic it purports to be and has instead become more of a racers training ride.

The Board voted unanimously to cancel the Tuesday Pace Line Clinic. Written notice of this decision will be in the June Wheelpeople (Jim Sullivan will write the item) and the listing will be dropped.

Do we want to offer an alternative recurring ride for the one being canceled? Dave McElwaine is

willing to lead a recurring ride starting at St. Sebastian (intersection of Great Plain and Needham) on Wednesday nights.

The meeting adjourned at 8:50 PM Our next Board meeting will be held on Tuesday, June 5th at 7:30 PM.

Minutes submitted by Cindy Sragg, Secretary.

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.

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.

WELCOME NEW MEMBERS

Arleen Ahearn, Scott Cavanaugh	South Boston
Margot Balboni	Brookline
Jane Boulet	Quincy
Diana Combs	Cambridge
David Fairman	Waltham
Robert Faltus	Newtonville
Michael Fitzpatrick	Shirley
Sheli Fliieger	Winthrop
Jodi Groesbeck	Keene, NH
Nancy Honohan	Arlington
Carl Howerton	Marshfield
Janel Jorgensen	Boston
Chuck Kadis	Newtonville
Michael Kardok	Needham
Frank Konesky	Dover
Allegra Martin	Somerville
Frederick Robert Paris	Waltham
Daphne Petri, Paul Schwartz	West Newton
Laura Riegelhaupt	Watertown
Jeffrey Schwartz	Watertown
Don Watson	Waltham



June 2001

Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times: 10:00 AM

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 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. In fairness to the group, we require that prospective riders be capable of maintaining this pace.

Routes: Locations vary. Distances are typically between 30 and 40 miles.

Start: Location Varies

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, call or e-mail the ride coordinator Dick Arsenault [RFarsen@aol.com] 781-272-1771 day or early evening.

Wednesday Fitness and Masters Ride**

Time: 6:00 PM Sharp!

Description: This Fitness Ride offers you the opportunity to ride with others in a paceline format. Groups of not more than six riders will be started at intervals of two minutes. This ride also welcomes Masters riders over the age of 40 who would like to ride with their peers. On this ride, we encourage waiting for others to catch up if you happen to become separated. You will ride scenic rolling roads through Needham, Dover, Sherborn, & Medfield. Along the route we pass many historic farms and a lovely waterfall on the Charles River.

Lights are recommended in early April and late September. This ride will only run in the months during daylight savings time. Coffee at Starbucks in Needham after the ride.

Routes: Arrowed routes of 14, 23, or 28 miles. Cue Sheets available. Leaders: Dave McElwaine

[McElwaineD@aol.com] (781-821-8643), or Mark Dionne [mdionne@mediaone.net] (617-965-5558), or Gerry Goode [wsworked@aol.com] (781-843-6283), Fred Kresse [drz@xpres.net] (781-444-1775), Siobhan Spillane [siobhansp@aol.com] (617-364-4891), and Coleman Rogers [coleman@tolmanrogersdesign.com] (617-969-3403)

Start: Saint Sebastian's School at the corner of Greendale Ave. and Great Plain Avenue, Needham.

Directions: From Routes 128/95, take the Great Plain Avenue Exit #18 and head west towards Needham. The school will be immediately on your left. Please park as far from the school buildings as possible. If you can ride to the school, it would be appreciated to minimize the number of cars.

Wednesday Evening Ice Cream Ride

Times: 6:30PM

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! First ride of the season April 19

Description: The short ride winds through

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

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

Leaders: Peter Mason [pbmason@mediaone.net] (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.

Friday TGIF Unwinder

Times: 6:30 PM

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.

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

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 (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.



June 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.

Another Dam Ride

June 2 - Saturday

Time: 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. Terrain is rolling with some great views (& some great hills!).

June Rides Continued

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.

A Serene Ride

Saturday - June 9

Time and Routes: 10:30 for approximately 26 & 17 miles

Ride Type: Cue sheet

Leader: Jacek Rudowski (617-361-5273). Do not call the morning of the ride.

Start: Dover-Sherborn Regional High School

Directions: From I-95/Route 128 take exit 16B. Take route 109 West about 7 miles to Medfield Center. Take a right at the traffic light where there is a Mobil station on the corner onto North St. If you come to the intersection with Route 27, you have gone too far. Go 0.8 miles on North St. and stay right at the triangle. Then in 0.9 miles bear left onto Farm St. In 0.8 miles make a left onto Junction St., 2.5 miles total from the Mobil station. The High School and parking lot will be on your right.

Highlights: The routes travel the serene and charming back roads mostly in Dover and Sherborn that have light auto traffic. The lunch stop is C&L Frosty (no rest room) in Sherborn.

The Berlin-Bolton Country Tour

Sunday - June 10

Times: Long & Medium 9:30 AM in South Acton - Short 10:30 AM in Bolton Ride Type: Arrowed

Description: Long, 60 miles (2450 vertical feet); medium, 48 miles (1800 vertical feet); short, 25 miles. The common lunch stop for the long and short is at BagelMakers in Northboro. The medium splits off in Berlin. There are several food stops along each route. Moderately hilly.

Leaders: Ken Hablow, 781-647-0233 or khablow@khgraphics.com

Start: Long & Medium: South Acton "T" station, Central Street @ Route 27 - The parking meters are not active on weekends. Short:

Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Highlights: This exquisite tour of Bolton, Berlin and Northboro winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. Don't forget to stop at Phil's for award winning apple cider. The medium route bypasses Northboro. Lunch for the medium route is in Berlin. You will experience quiet back roads, some beautiful vistas, and magnificent downhills.

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.

Scenic Byways of the Mid-North

Saturday - June 16

Times: 9:30 for about 50 miles; 10:00 for about 35 miles.

Ride Type: Map and cue sheet

Leader: Sarah Weaver, svw@mediaone.net; 978-664-1370 before 9:00 PM **Highlights:** Serene back roads, farm stands, and lakes of the northern burbs. Have lunch or a snack at Ingaldsby Farm and peruse all the plants yearning to have a home in your garden. We'll explore some less-traveled routes along with scenic favorites. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury, Georgetown. **Start:** Ipswich River Park, North Reading

Directions: From Route 93, take Exit 39 toward North Reading (a right off the exit if you're heading north). Bear right at the stop sign (1.3 mi); cross Rt. 28 at the light; bear right at stop sign onto Park Street/Rt. 62 (1.8 mi); turn right onto Central Street (2.5 mi); turn left into park.

Cape In A Day

Saturday - June 16

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

Ride Type: Cue sheet

Leader: Dick Arsenaault (781-272-1771).

Highlights: Ride Boston to Provincetown and return by boat the same day. The boat leaves Provincetown at 3:30 PM and arrives in Boston at 6:30 PM. Tickets, with bike, are \$23.00.

This is a direct point to point ride with lots of good scenery but without scenic detours. Please arrive at 4:15 latest for instructions. We leave at 4:30 sharp.

Start: Gillette parking lot.

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

Follow the Dots

Sunday - June 17

Ride Type: Arrowed Routes and Times: 9:30 a.m. for 55 miles, 10:30 a.m. for 25 miles

Leader: Leonard Cline, 508-429-6429 (until 9:00 PM)

Highlights: See the sights in the MetroWest area. The long ride provides some long, fast downhills, while the terrain on the short ride is rolling. There is no designated lunch stop for the short ride.

Start: Placentino-Miller School Complex, on Woodland Street, in Holliston. **Directions:** From Route 9, take Route 126 South to Route 16 in Holliston. Take a left onto Route 16 East. Take the second right onto Woodland Street (in Holliston). The Placentino-Miller Schools are the first schools on the right, in about 3/4 of a mile.

Quabbin Country Ride, 'Round Quabbin

Saturday - June 23

Time: 10:00

Leader: Jeanne Kangas (978-263-8594)

Ride Type: Map (no Cue Sheet, no arrows)

Highlights: A 60 mile scenic ride around the Quabbin Reservoir from New Salem clockwise through parts of Petersham, Hardwick, Ware, Belchertown, Pelham, and Shutesbury, including a loop through Quabbin Park with overlooks of what was Enfield, one of the four vanished Towns swallowed up by the reservoir. This ride is very scenic and hilly, especially the ride back to New Salem on Route 202. Water stops in Hardwick and Quabbin Park, where a small museum at the Headquarters is worth a visit. Lunch in Belchertown, several choices.

Start: Gate 29 in New Salem.

Directions: Go West on Rt. 2 to Exit 16. At end of ramp, go Right (south) on Rt. 202. Pro-

ceed about 4 miles. See Rt. 122 intersection on Left. Stay on 202 for about 1/2 mile, where Elm Street is on your Right and Gate 29 is on your Left. Park in the dirt lot next to the Gate. **NOTE:** Those who want to spend the night in the area and ride Clockwork Orange on Sunday, please contact leader.

In Search of Llamas

Sunday - June 24

Times & Routes: 9:30 AM for 60 miles, 10:00 AM for 42 & 30 miles.

Ride Type: Arrowed with Cue Sheets.

Leaders: Lisa Wilk (508-376-2457 or Email: lwilk@capaccio.com) and Andree Lerat (andreephoto@aol.com)

Highlights: Join us for the 2nd Annual Llamas Ride! All rides are primarily along quiet backroads. Short ride passes through Dover, Sherborn, and Holliston. Medium & long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH is in Holliston.

Start: All rides begin at Chickering Fields (across from Caryl Park/Noanet Woodlands Reservation) on Dedham Street in Dover.

Directions: Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B (Highland Avenue heading towards Needham). At intersection of Highland Ave and Great Plain Ave, turn right and then after approximately 0.1 miles turn left onto Chestnut Street. Follow Chestnut Street (past Glover Memorial Hospital), and bear right as it becomes Dedham Street when you cross the town line into Dover. After approximately 2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first right after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodlands Reservation).

Quabbin Country Ride, Clockwork Orange

Sunday - June 24

Time: 10:00

Leader: Jeanne Kangas (978-263-8594)

Ride Type: Map and Cue Sheet (no arrows)

Highlights: A 40 mile scenic ride through nearly uninhabited backwoods hill country, just east of the Connecticut River and just south of the New Hampshire border. Features

include the Millers River and mountain views as we go up the back side of Northfield Mountain and down into elegant Northfield (food, water). Also Warwick Center, and miles of country roads lined with stonewalls. This ride goes CLOCKwise, is a bit of WORK, and passes through ORANGE; hence its name.

Start: Gate 29 in New Salem.

Directions: Go West on Rt. 2 to Exit 16. At end of ramp, go Right (south) on Rt. 202. Proceed about 4 miles. See Rt. 122 intersection on Left. Stay on 202 for about 1/2 mile, where Elm Street is on your Right and Gate 29 is on your Left. Park in the dirt lot next to the Gate.

Mean Streets - Charlestown

Thursday - June 28

Time: 6:30pm

Ride Type: Urban Evening ATB ride of about 10 diverse miles; mountain or hybrid bikes recommended.

Highlights: Explore the Navy Yard area, the piers along the Mystic River and quiet residential streets with fine old houses; many harbor views. Group ringing of the Bells of Charlestown!

Leader: Charles Hansen, H: (617) 734-0720
velotrain@peoplepc.com

Start: Boston National Historical Park Visitor Parking, near the Bunker Hill Pavilion on Constitution Road (near ship of same name).

Directions: From City Square intersection of N. Washington St., Rutherford Ave. and Chelsea St., head north on Chelsea St. (toward Tobin Bridge), take first right on Warren St. then left on Constitution Road - parking lot is just ahead on right.

West of Harvard

June 30 - Saturday

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

Ride type: arrowed with cue sheet

Leaders: Connie Farb (617-7497-0641, chfarb@yahoo.com), Martin Serman, (617-720-0875, mdsterman@yahoo.com)

Highlights: Reprise of the May 6 Sunday ride, complete with arrows! Both short and long rides feature 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.

Start: XRE parking lot, Taylor Road, Littleton.

Directions: Take Route 2 West to Exit 39, "

mile 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.

North Shore Coast to Coast

Sunday - July 1

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

Ride Type: Arrowed plus cue sheets and maps.

Leaders: Arnold Nadler (978-745-9591)

Highlights: The long route takes us from from the coast in Beverly back to the ocean/lower Merrimack River in Newburyport, where we'll have lunch in a waterfront park (a number of places to buy food). The shorter route has lunch in Georgetown. Lots of natural scenery plus historic charm, including the Parsen Capen House built in 1683. Both routes include a few miles on Rt. 1 (1 lane northbound here, good shoulder, light to moderate but fast moving traffic).

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



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CRW Trips

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

The 10th annual



A Century Ride to Mt. Wachusett

Sunday July 15, 2001

60 miles from a remote start

Rides from 45 to 105 miles

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

START TIMES: **8:00** from Concord Carlisle High School for 105, 90 or 80 miles
9:30 from Nashoba Regional High School, Bolton for 60 or, 45 miles

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

DIRECTIONS:

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

Heading West on Rt. 2, turn right at the first traffic light past Concord Subaru at Crosby Corner. There is a sign for the District Court house.

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

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

Mass Turnpike to exit 14, "Route 128/95". Route 128/95 North to the Route 2 exit heading West. Or Mass Turnpike to Rte 495 North to Rte 2 east.

Bolton: Nashoba Regional High School is 2½ miles West of Rt. 495 on Rt. 117 on the right at Green Road.

Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West for 2½ miles.

ROUTES: The long rides from each start point include a climb up the mountain. All routes join together in Lancaster.

The 35 & 80 return from Sterling. The 45 & 90 mile routes go to East Princeton. The 106 & 58 mile routes continue to Mt. Wachusett. All rides return along the Wachusett Reservoir passing through West Boylston & Boylston. We ride through Berlin back to Bolton with a stop at Berlin Orchard. The route back to Concord passes along the high ridge in Harvard. All routes are mostly on back country roads, fully arrowed, and a map is supplied.

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

SUPPORT: Bananas, bagels & water will be available at the start points and at two staffed points along the routes, including a stop at Berlin Orchard. There are convenience stores are located in most towns. Water is available at the visitors center at Mt. Wachusett.

INFO: For this ride only: Ken Hablow, (781) 895-1927, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

On the web @ www.crw.org

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.

Estrie Explorer

August 31 - September 3, 2001

The Eastern Townships of Quebec, known in French as Estrie, are little visited by American cyclists but provide a wealth of great riding opportunities. Estrie is the area just north of the Vermont border and was largely settled by Tories fleeing the American Revolution, and it

is still the most English-oriented of Quebec's many regions. We'll be staying at the Hotel Cheribourg resort near Mont Orford Parc and just outside the lively town of Magog, which has excellent freeway access from the US (~ 4 hours from Boston). There will be several options for rides available, generally in the 50-80 mile range, although shorter (and longer) alternates can be worked out. The featured ride on Sunday will be a challenging 80-mile loop around Lake Memphremagog to Newport, Vermont and return, with excellent scenery. There is also an extensive mountain bike network in the park. The \$195 fee includes three nights lodging, three American breakfasts, one four-course dinner at our hotel, cue sheets, an excellent bilingual cycling map of the region and a Magog-Orford area map. This is a Charles River Wheelmen (www.crw.org) trip. Contact for info or to register. Leader: Charles Hansen H: (617) 734-0720 W: (617) 572-0277 Email: velotrain@peoplepc.com

Other TRIPS

King's Tour of the Quabbin

Saturday, June 9, 2001

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

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

Directions: Interstate 190 to Exit 2; follow signs to Holden (left on West Mountain Street/Doyle Street, left onto Shrewsbury Street, right onto Main Street/Route 122A); stay on Route 122A north into Rutland. School is at top of hill on left.

Alternate directions: Interstate 290 to Exit 13 (Kelley Square, Vernon Street, Worcester); north on Route 122 about 10 miles to center of Paxton; turn right on Route 56 north to Rutland center (about 5 miles); turn left onto Route 122A south. School is about 1/2 mile on your left.

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

RAIN OR SHINE

\$10 at the start; no preregistration.

Entry fee covers cue sheet, arrowed route and snacks.

Helmets required.

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

Description, map & cue sheet: <http://www.sevenhillswheelmen.org/centuries.htm>

30th Annual Tour of Scenic Rural Vermont

June 15-16-17, 2001

White River Junction to Waitsfield, Vermont

We will stay at the Hotel Coolidge HI-AYH Hostel in White River Junction on Friday night (there are also regular guest rooms at the hotel available at an additional expense). We will ride to the Hyde Away Inn in Waitsfield for Saturday night, and return on Sunday. The trip fee of \$95/person includes Friday night at the hostel, Saturday night at the B&B in Waitsfield, Saturday dinner & Sunday breakfast, post-ride changing rooms & showers at the hostel on Sunday, and a commemorative ride patch.

If you would like to join us in celebrating 30 years of touring scenic rural Vermont, please e-mail or contact me as soon as you can, so I can let the hostel and the B&B know how

many of us to expect. My new contact info is:
James Merrick
P.O. Box 214, Mount Vernon, ME 04352
207-293-3784

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.hitravel.org/activities_capeday.shtml, call Shari Spadafora at (617) 258-1814, or send a self-addressed stamped envelope to the trip leader.

Little Jack's Corner - by Jack Donohue



I've been an aerobar fan for a long time. It dates back to my first set, which were the original John Tobin designed ones, which were probably the most comfortable and best designed to this day. Unfortunately, they seem to be permanently attached to one of my older bikes, and I haven't worked up the courage yet to try to extract them.

From there, I moved into my Scott bar period. They got down to a reasonable price point, and I bought a lifetime supply (truly, since unlike many other bike parts, they don't wear out). The one thing I didn't like about them was that they clamped on the handlebars far enough apart to interfere with putting your hands on the tops for climbing. I circumvented this by bending them somewhat extremely to move the arms in closer to the stem. One set I bent a little too vigorously, and ended up breaking them in half. So I lashed them back together with some used inner tubes and away I went. I dabbled with the famous Sark bar, which was a narrow affair that looked sort of like a tuning fork, and clamped somewhat pre-

cariously to the stem. I've got one mounted to this day, and another set in the wings that I picked up at the big event.

Somewhere along the lines, I discovered that you really didn't need those armrests, adding unnecessary weight, you could just suspend yourself in midair or if you got tired, lean on the handlebar itself. When I first tried this on the tandem, it felt a little shaky at first, but I soon got used to it. This encouraged me to even more daring aero designs. With my new bike, I have reached the zenith. Having spent a small fortune to get the lightest bike possible, I couldn't see heaping unnecessary ounces on the fine machine. I had the two pieces from the previous bar that had been rent in twain on my workbench, and as I regarded them, I cried "Eureka" (like that Greek fellow, not the vacuum cleaner). I had discovered the ultimate lightweight aerobar. I took one of the pieces, hack sawed the end and filed it nicely, then inserted a barend cap. Then I mounted it on the handlebar, and, voila, I had an aerobar of the unicorn variety. Using it took a little practice, my hand position looked like someone in prayer, and you really couldn't squirm around too much in that position, but it basically worked. And now I've got the right hand arm to make another one!

Insight Race Across America

by John Hughes

The 20th running of the Race Across America, the toughest endurance event in the world, will start in Portland, OR. On Saturday, June 16, Peter

Lekisch and Jim Pitre will start in the age 60 and over division, each trying to be the first 60 year old to finish the race.

On Sunday, June 17 fifteen solo men and women, and a two-woman relay team will start. The men's solo field includes six veterans and seven rookies. Rob Kish, in his 16th RAAM, is trying for his fourth win. Cassie Lowe, who won the 2000 women's race, will be competing against Katie Lindquist, who raced tandem in RAAM 2000.

Six two-man relay teams will start on Tuesday, June 19. The two-person race should be hot. Nine of the two-man racers are RAAM veterans. Ricardo Arap, one-half of the two-man team that set the transcontinental record in 1998, is racing with Luiz Milano. The two-person format was a big success last year. Dwight Bishop said, "Doing RAAM as a two person team is the most fun I have had in a long time." Also starting on the 19th are a four-man team and four-woman team.

RAAM 2001 will travel 3,000 miles and climb 100,000 feet. The race starts off as a giant roller coaster with 70% of the climbing in the first half of the race: Oregon, Idaho, Utah, Wyoming and Colorado. The longest climb is from Ogden, UT 36 miles to the top of the Monte Cristo Mountains at 9,000 ft. Leaving Manila, UT riders face a series of brutal climbs through the Flaming Gorge Scenic Area. Then in Colorado, racers climb 17 miles to Tennessee Pass (10,424 ft.) The remainder of the RAAM route goes through rolling country in Oklahoma, Arkansas, Mississippi, Alabama and Florida. The race finishes in Gulf Breeze, FL. Most riders are expected to finish between Monday, June 25 and Thursday, June 28.

The course is virtually the same as the 2000 route, which was widely praised by riders and crew. "The course was great. Most of the roads were smooth with very little traffic. There was more climbing than this Florida flatlander could have imagined and almost as much scenic beauty," said Kish.

RAAM is an all out test of "first one there wins." Each rider's crew will

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April Mileage Totals

0	3	5	7	5	0
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	2724	1	1	1	Joe Marcal	677	-	-	-	John Springfield	111	-	-	-
Avram Baskin	2610	4	3	-	Kevin Patton	652	-	-	-	Tracy Ingle	93	-	-	-
Bruce Ingle	2501	1	-	-	Mike Byrne	618	1	-	-	Jared Luxenberg	64	-	-	-
Jack Donohue	2439	-	-	-	John Allen	576	-	-	-	Jacob Allen	49	-	-	-
Tod Rodger	2347	3	1	1	Bruce Galen	565	1	-	-	Sara Luxenberg	6	-	-	-
Irving Kurki	2266	4	1	1	Gabor Demjen	526	-	-	-					
John Bayley	2254	1	1	1	Doug Cohen	455	-	-	-					
Robin Schulman	1770	1	-	-	Jim Broughton	406	-	-	-					
David Wean	1518	2	-	-	Jeff Luxenberg	315	-	-	-					
Joe Repole	1472	4	4	-	John Kane	267	-	-	-					
Mike Kerrigan	1323	1	1	-	Dave VanAmeijden	259	1	-	-					
Bill Widnall	1107	2	2	-	Elaine Stansfield	242	-	-	-					
Cynthia Snow	961	1	-	-	Susan Grieb	231	-	-	-					
Bob Sawyer	954	-	-	-	Elisse Ghitelman	225	-	-	-					
Ken Hablow	930	1	1	-	Rick Martinec	203	-	-	-					
Dick Arsenault	910	1	-	-	Phyllis Mays	141	-	-	-					
Ed Hoffer	852	-	-	-	Ed Trumbull	131	-	-	-					

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.

bring together the corners of the country and tie them together in a hobo's bundle ready for traveling. The most extreme athletes in the world will be tested against the obstacles of a continent. You race hard or you stay home. RAAM will find a rider's weakness and pick at it all the way across the country. The strongest make it to the finish line. Everyone else is left scattered emotionally and physically across the country. RAAM is for the best riders who save nothing for beyond the finish line.

Go to www.raceacrossamerica for daily updates, rider profiles, and background on the event. Visit www.ultracycling.com for information on long-distance cycling.

The race is sponsored by Insight Enterprises, Inc., a leading global direct marketer of name-brand computers, hardware and software. www.insight.com

AMC Annual Spring Bicycle Rally

June 2, 2001

Featuring: 28 Mile Ride, 50 Mile Ride, 64 Mile Ride - All Arrowed

Ride will be followed by happy hour (BYOBeer or wine)

Chicken Barbecue

And Guest Speaker - Tim Kneeland of Tim Kneeland & Associates

Developer of Odyssey 2000™

Tim is flying out from Seattle to talk about his monumental tour where he took 250 people to selected rides around the world during 2000, and to talk about plans for future rides.

Costs \$25.00 per person for the entire event

\$15.00 per person, rides only

\$5.00 Speaker only

Registration before May 27th for the Chicken Barbecue

Contact Dick Simmons (781) 334-7003, Lobpine@aol.com

On site registration for rides, happy hour and speaker only

WheelPeople History

Five Years Ago

Jamie King leads the 30th Anniversary Father's Day Invitational at Great Brook Farm. Jeanne Kangas hosts her popular after ride picnic at her house, which is to become a club tradition.



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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
- 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**
428 Boston Rd., Billerica (978) 671-0800
- 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 Trnpk, 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
- Harvard Square Bicycles**
36 J.F.K. Street, Cambridge (617) 441-3700
- International Bicycle Center**
89 Brighton Ave., Allston (617) 783-5804
66 Needham St., Newton (617) 527-0967
- Landry's Bicycles**
151 Endicott St., Danvers (978) 777-3337
574 Washington St., Easton (508) 230-8882
303 Worcester Rd., Framingham (508) 875-5158
1 Oak Street, Westborough (508) 836-3878
- Marblehead Cycle**
25 Bessom St., Marblehead (781) 631-1570
- National Ski and Bike**
102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**
102 Broadway, Rt. 1, Saugus (781) 233-2664
- Peter White Cycles**
666 Mass. Ave., Acton (978) 635-0969

- Pro Cycles**
669 Main St., Wakefield (781) 246-8858
- Quad Cycles**
1346 Massachusetts Ave., Arlington (781) 648-5222
- Ski Market, Ltd.**
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
722 N. Main St., Brockton (508) 586-6394
- Two For The Road**
Georgetown Plaza, Georgetown (978) 352-7343
- Wild Women Outfitters**
397 Massachusetts Ave, Arlington (781) 641-5776

Charles River Wheelmen
19 Chase Avenue
West Newton, MA 02465

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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

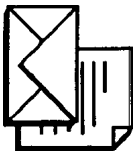
	1 year	2 years	3 years
Individual	\$20	\$38	\$55
Household	\$25	\$48	\$70

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 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