


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXV, Number 9 • September, 2001

Third Time's a Charm

by Ken Hablow

Last year it rained everywhere but a small pocket in Eastern Mass. Two years ago the temperature at 8:00 in the morning was in the low 80's. That afternoon it reached 98 degrees. But this year for Climb To The Clouds, the high temperature was in the low 80's with low humidity. The air was so clear it was one of those rare times we could see the Boston skyline from the top of Mt. Wachusett. This was perfect weather for the 10th anniversary of this great century.

Slightly over 200 riders started the long routes from Concord and just under 200 from Bolton. Not one rider had to be SAG'ed back. Our old friend Peter Serratore brought a group up from Fairfield Connecticut and a small group showed up from New York City.

A special thanks goes out to the Concord, Bolton and Lincoln police departments for

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Calling All Volunteers

We're looking for volunteers to help out with the CRW Fall Century on September 16. This is your chance to help CRW, meet the movers and shakers in the club, and garner up brownie points in heaven. You'll probably even get your fifteen minutes of fame by having your name printed in the Wheelpeople. Volunteering doesn't mean that you won't get to ride. Though some stalwart souls stick it out all day, many volunteers do their bit, and then do one of the shorter rides (or vice versa for people helping with checkin or cleanup).

Here are some specific tasks you could sign up to do:

Registration — check people out on the rides, take their money

Checkin — check people in after the ride, give out water bottles

Food — pick up one of the major food groups (fruit, bagels, etc) and deliver it to the start at 7:00AM (groan); food people could actually do the century

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New Coordinator Needed for Bike Shop Program

Ed Hoffer will be stepping down as Bike Shop Program Coordinator, and we need a volunteer to take on the position. The job is not onerous. You need to occasionally recruit new people as current reps leave, but for the most part the shop reps tend to keep working with "their" shops for a long time. You distribute material (Century flyers and CRW brochures) to the reps for them to bring to their shops, and bring or mail the material to those affiliated shops that do not have a representative. You solicit write-ups describing affiliated shops for inclusion in WheelPeople. Once a year you coordinate the solicitation of donations for the annual Club Banquet.

Except for a few trips to the Post Office, most of the job can be done by email and telephone.

To volunteer, or discuss the position further, contact Barry Nelson (617) 964-5727, barrynelson@alum.mit.edu.

New Food Czar Needed!

I've been providing the food for the Spring and Fall Centuries for the past several years. It's been great, but it's time for me to move on. If you'd like to take over the food czar position, I can you assure that it doesn't require huge amounts of time and is much appreciated by the members. So, contact me if you're interested and I'll tell you what's involved. Even better, volunteer to help with the Fall Century and I'll step you through it.

Tom Lynch (508) 877-2238; tBMWlynch@rcn.com

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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
Connie Farb	2003	(617) 497-0641
Rich Fields	2002	(781) 646-4601
Steve Kolek	2002	(781) 674-1090
Tod Rodger	2003	(978) 456-8654
Bob Sawyer	2001	(781) 275-6533
Ann-Marie Starck	2002	(508) 877-0178
Bill Widnall	2001	(781) 862-2846

OFFICERS AND COORDINATORS

President	Barry Nelson	(617) 964-5727
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	Barbara Bix	(617) 964-8193

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Vice President of Rides	Jim Sullivan	(781) 245-1772
Saturday Rides	Connie Farb	(617) 497-0641
	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
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



August 7, 2001

In Attendance: Barry Nelson, George Eckert, Jack Donohue, Marty Weinstock, Connie Farb, Steve Kolek, Don Blake, Bill Widnall, Rich Fields, Cindy Sragg

Membership:

Current members: 968

Expired members: 45

New members: 65

Renewed members: 62

Finance Report: June/July account balances health; cash flow for June very healthy (net inflow of \$7,000). July was down from that but still good (net inflow of \$1,500). Both June and July reflected events: the Spring Century and Climb To The Clouds. Don will research a discrepancy between the account balance and the cash flow reports.

It appears several of our website sponsors are in arrears. Don Blake will send them another reminder letter and if they do not pay by the end of August their ads will be pulled.

Budget: Budget and Actuals do not match; we have more income than we budgeted - this may be due to a significant increase in new members. Barry will ask Michael to add a year to date and projected end of year columns to the budget, so we can better monitor how we are doing.

Government Relations: There's been a public relations push by Amtrak towards cyclists. The Vermont train has allowed roll-on bicycles (by adding an extra baggage car) for several years now, and a bike-friendly Twilight Shoreliner has just been added which will allow bicycle transport from New York to Chicago.

George Eckert is seeking reimbursement for the National Bike Summit he attended in March. The Board voted to reimburse George for 50% of the bill. It was further suggested that in the future such trips be reviewed in advance by the Advocacy

Committee, be approved in advance for full or partial reimbursement, and that a formal write-up/review of the trip be done for Wheelpeople.

Saturday Rides: Barry has agreed to lead a ride on Saturday of Labor Day weekend.

Sharon Gowan has given the names of new members interested in ride leadership to Connie and she in turn is trying to get them involved in ride co-leadership as a means of training.

Century Committee: Next meeting is on Thursday, August 9, 2001. Tom Lynch has resigned as century food czar.

Website: The July 4th ride didn't make it into the July issue of Wheelpeople but it was posted on our website. 88 people showed up and 33 were non-members, so non-members are certainly aware of our club's rides.

Connie's Wheelpeople survey results indicates that the membership does NOT want to password protect the CRW website. The Board voted against password protection. Once again, it was agreed that a pitch for membership in CRW should be part of every ride leader's pre-ride rap.

WheelPeople: Andy Meyer is retiring as Wheelpeople Layout Editor. David Cooper is willing to take on the position as long as there was a fall-back editor. Andy has agreed to be the fall-back editor.

Bike Shop Program: Ed Hoffer, has resigned his position as Bike Shop Coordinator.

November Awards Banquet: The restaurant will be Yangtze River again; the food is good, they keep the price reasonable, and they are accustomed to our group after hosting our banquet for several years. Date will be November 8th, with an alternate date of November 15th. We do not anticipate a change in price from last year.

Since last minute registrations in years past have been an accounting hassle for Don and for the restaurant, this year we will give an incentive for timely registration. The banquet will be one price for people who register before a set deadline and another price for people who register late.

Other: We will be discussing Volunteer Award Nominations at the October Board Meeting. Marty wants the number of Volunteer Awards to be kept to six.

Judy Pfau Hull, daughter of Erv Pfau wrote a letter to CRW thanking John Kane for the recent article in Wheelpeople he wrote in memory of her father.

Respectfully submitted,
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.

Third Time's a Charm - continued from page 1
their assistance at the start of both rides. It was nice having police officers from Concord and Bolton give a "uniformed" safety talk.

As usual, Berlin Orchards went out of their way to make the water stop friendly and fun. Nearly every ride has stopped here. The folks at the Orchard set up two pop-up tents for us, arranged for all the water we needed and arranged for a porta-john specifically for this ride. They stocked up on Gatorade and had plenty on ice for our riders.

A ride of this magnitude cannot be successful without a substantial number of volunteers. Thanks to all the following for their support and hard work:

Connie Farb for arrowing and arranging for the bagels and bananas; Gerry Goode and Rich Fields for Concord registration and the Berlin water stop;

Paul Liu and Cheryl Young for Bolton registration and the Berlin water stop; Ted Hamann, Diane Telford, and Jack Vergados for the Sterling water stop; Peter White for riding SAG and shuttling supplies from Concord to Bolton; Dave Jordan for the use of his water jugs and pumps; and Steve Thomas for setting up an auxiliary water stop at his house in Acton.

See you again next year.



September 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 Evening Ice Cream Ride

Times: 6:00pm starting Sept 1st, the last ride will be Sept 26th

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@mor.ganstanley.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.

Wednesday Fitness and Masters Ride**

Times: 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 who would like to ride with their peers. We encourage waiting for others to catch up if you happen to become separated. You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. Along the route we pass many historic farms, as well a lovely waterfall on the Charles River. Total climbing for the long route is 1475 feet.

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), Gerry Goode [WSworked@aol.com] (781-843-6283), Fred Kresse [drz@xpres.net] (781-444-1775), and Siobhan Spillane [siobhansp@aol.com] (617-364-4891)

Start: Saint Sebastian's School at the corner of Greendale Ave. and Great Plane 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.

Note: 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.

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 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. 2A 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.

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.

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



The Charles River Wheelmen

Souhegan River Tour

Sunday

September 16, 2001

Event held Rain or Shine

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

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

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

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

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

COST -	Pre-registration:	CRW members - \$8.00	Non members - \$10.00
		<i>Refunds available until September 7, 2001</i>	
	Day of the event:	CRW members - \$12.00	Non members - \$15.00

- Fully arrowed routes with CRW precision with a map and cue sheet for each ride
- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support
- Please arrive at least 45 minutes early if you want your bike checked before a ride
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase



PRE-REGISTRATION FORM

This form must be received by September 7, 2001

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

Name _____ Phone _____

Address _____ City _____

State & Zip _____

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

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

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

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



Total Enclosed



September 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.

Labor Day Weekend Swimming

September 1 - Saturday

Route and Time: 9:15 AM for 47 or 33 miles

Ride Type: Cue sheet and Map.

Leaders: Barry and Linda Nelson (617-964-5727 before 8:30 PM) [BarryNelson@alum.MIT.edu]

Highlights: This ride is the GEAR 1998 Ashland Park ride with a different start location. The terrain is rolling, passing through Sherborn, Holliston, Milford, Hopkinton, and Ashland. If it is warm, we'll stop at Ashland State Park for a swim. This ride is unusually historic since the destination for the first CRW ride was Ashland State Park.

Start: Caryl Park (Noanet Woodlands Reservation) on Dedham Street in Dover.

Directions: Caryl Park is about 0.5 mile northeast of the center of Dover on Dedham St. From Rt. 128/95, Exit at Rt. 135W (heading towards Needham). Needham Avenue (Rt. 135) becomes Dedham Avenue in Town of Needham. Take left onto Chestnut Street at end of Dedham Avenue. Follow Chestnut Street, and bear right as it becomes Dedham Street when you cross town line into Dover. Just before Caryl Park on Dedham St you will see Mill Farm (White Barn) on left side of road. Take first left after Mill Farm (about 0.1 miles from Mill Farm) into Caryl Park/Noanet Woodlands Reservation (parking lot adjacent to Tennis Courts). **Note:** Caryl Park has two entrances from Dedham Street, each with separate parking lots — We'll meet at the parking lot adjacent to the Tennis Courts. Additional parking available at Chickering Fields across the street.

New Devens-shire & New Hampshire

Sunday - Sept. 2 & Monday - Sept. 3

Times and Routes: 9:30 for 60 miles. 10:30 for 30 miles.

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

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

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

Start: Pharm-eco parking lot, 25 Patton Road, Devens.

Directions: Take Exit 37B (Jackson Road, Devens) from Route 2 westbound. Go north 0.7 miles and turn right on Patton Road. Pharm-eco is 0.1 mile on left.

Mean Streets - Waltham Thursday - September 6

Times: 6:00 P.M. SHARP!

Ride Type: Sub/Urban Evening ATB

Lowlights: Explore streets, alleys, single-track, the Brandeis campus, Waterfront Park, Mt. Feake cemetery, industrial areas, and other features of Watch City; about 10 miles of varied terrain - mountain or hybrid bikes de rigueur.

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

Start: Waltham City Hall on the common, Main St. (Rt. 20) at Moody. **Directions:** Rt. 95/128 to exit 26, east on Rt. 20 for about 2 miles.

22st Annual Martha's Vineyard Saturday - September 8

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

Leader: Marty Weinstock (617-491-6523)

Highlights: We will provide a map of the island and a suggested route which includes a 52 mile loop, but there are numerous shorter

options. The recommended return ferry leaves Vineyard Haven at 5:00 PM. Remember the ferry trip is about 45 minutes so you may want to take a light for the ride back to the lot in Falmouth. Traditionally, the club meets for dinner after the ride.

Start: Meet at Woods Hole Ticket Office, Woods Hole Steamship Authority Ticket Office. The ferry will leave at 9:45. Buy your ticket at the ticket office. It will be \$16 round trip for you and your bike. Parking at Woods Hole is an additional \$8.00, but you can park for free at the Falmouth Municipal Lot and ride the 4 mile Shining Sea bike path to the ferry.

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

North Shore and Cape Ann Tour Sunday - September 9

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

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

Leaders: Steve Kolek (781-674-1090 [SKolek@OuterLink.com]), Ann Marie Starck (508-877-0178)

Highlights: Come join us touring the North Shore and Cape Ann, enjoying the delightfully varying views of harbors, light houses, beaches, and salt marshes. All route options include Gloucester, Rockport, and Annisquam. The longer rides, which start from Beverly, pass through Manchester and Magnolia on the way to joining the short ride start at Stage Fort Park, and on return pass through Essex, Hamilton, and Wenham, with the 80 mile option extending north to include Ipswich. Suggested lunch stop is at a park in the center of Rockport. Bring your own or buy from places nearby.

Start: North Beverly's Centerville School for 60 or 80 miles. Gloucester's Stage Fort Park for 30 miles.

Directions: To the Beverly start: Route 128 N Exit 18. Turn left onto Route 22 toward Essex. At 0.9 miles bear right onto Hull St. Centerville School is about 200 yards on the right. (No restrooms) To the Gloucester start: Route 128 N Exit 14. Turn right onto Route 133 towards Gloucester. Go 2.5 miles to the end of Route 133. Turn right (west) onto Route 127, then immediately left into Stage Fort Park. Parking is 0.2 mile up the hill on the right, opposite the Gloucester Visitor's Welcoming Center. Rest rooms at the Visitor's Center.

Sharon and Vicinity **Saturday - September 15**

Times and Routes: Long (60 miles) Short (43 miles) 9:30AM from Sharon High School

Ride Type: Maps and Cue Sheets

Leader: Annemarie Altman (781-784-6834) or (aaltman105@aol.com)

Highlights: Mostly flat ride on quiet roads through suburban and rural sections of Sharon, Taunton, Raynham, E. Bridgewater and North Easton. Long ride adds a loop over Moose Hill (a couple of good hills) at the beginning of the ride. There is no official lunch stop on this ride; food is readily available. Light refreshments at the leaders house in Sharon after the ride. A call or message by Thursday before the ride would be appreciated if you're planning to join the refreshment part.

Start: Sharon High School, Pond Street, Sharon

Directions: From North of Sharon - Rt 128 to Rt 95. 95 South to Exit 10E, Coney Street. Turn left on top of ramp. Proceed to the first set of sights (about 3 miles). Cross intersection. Immediate right turn on Pond. The school is about one mile down Pond, on the right.

From South of Sharon - R 95 North to Sharon/Foxboro exit. Turn right on top of ramp. Follow South Main Street to Sharon Center (White Church, Small Store, Starbucks). Right at traffic light. Immediate right on Pond Street. The school is about one mile down Pond, on right.

FALL CENTURY **Sunday - September 16**

For information see page 5.

Fall Equinox Ride - Farewell to Summer **Saturday - September 22**

Times and Routes: 10:00 for 42 miles 10:30 for 21 and 17 miles

Ride type: Cue sheet and map for 42 miles, Arrowed for 17 & 21 miles

Leader: Eric Evans(617-478-6559). No calls after Friday 9/21.

Highlights: Long ride travels through Wellesley, Weston, Lincoln, Concord, and Carlisle. Places of interest include Weston Town common, Decordova museum, Lincoln reservoir, Walden Pond, Minuteman Monument, Kimball's Ice cream and Concord center. Short rides of 17 and 21 travel through scenic rolling roads of Wellesley Weston and Lincoln. There are plenty of water and food stops on both routes.

Start: Former Grossman's parking lot on Rte 16 at the Newton Lower Falls/Wellesley town line

Directions: From Route 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.

Blue Moose Hill **Sunday - September 23**

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

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

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

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

Start: Sharon Shopping Center, Shaw's Market

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

Buffalo Wings West of Boston **Saturday - September 29**

Time and Routes: 11:00 AM for 30 miles of rolling terrain through the towns of Wellesley, Weston, Wayland, Lincoln and Sudbury. 22 and 17 mile options also available.

Ride type: arrowed (white arrow with w base)

Leader: Gabor Demjen (617) 266-8114 days, (781) 237-0602 eves.

Highlights: Long ride travels past farms and wildlife refuge on mostly quiet rural roads. The two shorter loops skip Wayland and Sudbury;

all routes return past the reservoir in Weston. Ice Cream and Pizza places are near the parking lot for after-ride socializing.

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, turn left, follow signs to Newton Lower Falls/ Wellesley, stay on Rte 16 west for approx. 1/2 mile, just after traffic light look for Grossman's Lumber sign and lot on right. From the West, from the Rte 9 and Rte 16 intersection in Wellesley go east on Rte 16 (Washington St.) one mile down the hill, look for lot on left. Ride starts from the parking lot.

Meandering from Millis **Sunday - September 30**

Ride Type: Arrowed and cue Sheet.

Ride Leader: Greg Lee [gplesq@naisp.net] 508-643-4134

Times: 10:00 for Long Ride, 10:30 for short.

Description: Starting at Millis High School (Rt. 115, about 3 10ths of a mile south of the intersections of Rt. 109 and 115) for 35 and 70 miles. The long ride ambles through towns along the upper Charles River (Medway, Bellingham, Mendon, Northbridge, Upton, Hopedale, then North toward Hopkinton, through Holliston, and ultimately back to Millis. The short loop cuts off in Medway, traveling through Bellingham north toward Hopkinton, rejoining the long loop. The route goes from farmland through old mill towns and back again. The long route goes into the Central Hills (hence the name "Upton,") so some climbing can be expected. Lunch stops to be announced. Long ride starts at 10:00 a.m., short ride starts at 10:30.

Directions to Millis High School: Take Route 95/128. From Route 95/128, take Route 109 West to Route 115 South (10 miles). Route 115 South about 0.5 miles. The entrance to Millis High School is on the right, a little obscured by trees, and the school is not readily visible from the road, so keep your eyes peeled for the "school zone" signs. Please park away from the sports fields.



CRW Trips

Tunbridge World's Fair Cycling Weekend September 14-16, 2001

Saturday we'll ride 30 somewhat hilly miles to the oldest World's Fair in the US, some 160 years worth of merriment in the Vermont hills.

ST. THOMAS U.S. VIRGIN ISLANDS VACATION RENTAL

Ideal for thawing out in the winter, or working on your tan anytime!

One bedroom condo (w/additional queen size hide-a-bed in living room) located at Mahogany Run Golf Course. 400 feet up on hill overlooking Peterborg Peninsula and Hans Lollik Island. Quiet and secluded with awesome 180 degree ocean view.

Five minutes from world renowned beach at Magens Bay (Slick Willy & Hillary's favorite). Golf course open to public. Easy access by car to other beaches, resorts, tennis clubs, snorkeling, sailing, jet skis, windsurfing, deep sea fishing, sailing, swimming rum, shopping and ferries to St. John or the British Virgin Islands (Tortola, Jost vanDyke, Virgin Gorda, etc.)

For info & photo tour see "Blue Moon" under "Vacation Rentals" at www.suzannemabe.com. For more photos/info, availability & CRW discount, call Mike Byrne (978) 443-8999 or e-mail raddad47@aol.com

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There are plenty of the traditional animals and 4H craft exhibits, but also a demolition derby and roasted corn still in the cob and working steam farm machinery and all sorts of stuff. We'll ride the 30 miles back to the hostel with nary a hill at all as we follow the White River all the way. Sunday we'll do a shorter ride including a visit to the Augustus St. Gaudens National Historic Site in New Hampshire and ride through the Cornish-Windsor covered bridge, longest in the US. We'll be staying in youth hostel rooms (no bath in room) at the Hotel Coolidge in White River Junction, \$50 per person for the two nights; riders are welcome to make other accommodation arrangements.

Contact leader for info or to register. Please make check payable to the Charles River Wheelmen.

Charles Hansen, email: velotrain@peoplepc.com, H: 617-734-0720, W: 617-572-0277

Bovine Lite Bicyclists Over Vermont in Near Ecstasy September 14-16, 2001

Join us for a weekend version of BOVINE. See the beginning of fall colors at the higher elevations. We'll stay at the classic Capitol Plaza Hotel in downtown Montpelier, VT, across the street from the state capitol. Good restaurants nearby, including the Culinary Institute. Enjoy rides of approx. 30 to 60 miles in scenic Vermont on Saturday and Sunday, plus an option to cycle in New York's Adirondacks. \$130 includes two nights lodging with two persons/room, lunch food on Saturday and Sunday, and cue sheets and maps.

Leader: Arnold Nadler, 978-745-9591, arnadler@aol.com. Co-leader: Iva Kazda, 781-646-9344.

AppleBike 2001 October 5 - 8, 2001

Join us for a weekend of cycling in the fall foliage. We'll be staying at our favorite B&B, Applebrook, and will offer a selection of rides in this prime cycling area of Northern New Hampshire to suite all tastes. This year the weekend will be the three day Columbus Day Weekend. The weekend cost of \$200.00 includes three nights lodging, three breakfasts, and two dinners. Prepare yourself for fine biking, fine eating, and don't forget to bring your bathing suit for the outdoor hot tub.

Please make check payable to the Charles River Wheelmen. Send check for full amount, and a SASE (or E-mail address) by September 9th to: Applebike 2001, c/o Jack Donohue
26 Fox Run Road, Bedford, MA 01730-1104
jdonohue@world.std.com

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

Other TRIPS

Nashoba Valley Pedalers Fall Century

September 8, Saturday 7:00 am
Wayland, Massachusetts
25, 50, 75, or 100 miles

For details. www.nvpbike.org

Granite State Wheelmen Tri-State Seacoast Century Weekend

September 22 & 23,
Saturday and Sunday, 7:00 am
Hampton Beach, New Hampshire
25, 50, 62, 75, or 100 miles

For registration form and details:

www.GraniteStateWheelmen.org

or contact: Peter DeSantis by e-mail at peterdesantis@mediaone.net

Calling All Volunteers - Continued from page 1

Water Stops — help person the water stops; this involves handing out food and water at one of the two water stops; this is typically a half day job, and some people ride to or from the water stop

Cleanup — not glamorous, but necessary, clean up the site at end of day (5:30-6:00PM); you could definitely ride the century and be back for this.

General Gopher - help with registration, food setup, table setup, moral support, etc as needed

To volunteer for one of these jobs, call or email: Melinda Lyon, 978-887-5755, melindalyon@juno.com or Anne Marie Starck, 617-923-6409 (Registration, checkin, cleanup) Tom Lynch 508-877-2238, tbmlynch@rcn.com (Food)

Good Service at the Bike Shop

by Mary Kernan

I chuckled as I read last month's Letter to the Editor, lamenting the amount of time it takes local bike shops to provide repair services. While I don't have a specific solution to the problem, there are some effective techniques I've discovered that will help speed up the process. They'll require some time and effort on your part, but will keep you pedaling happily throughout the season.

1. Start early. Don't wait until the first warm weekend of the season to bring your bike in for its annual tune up. You'll line up with the hordes and miss out on the first few weeks of riding. Plan ahead and bring your bike in sometime in March. The shop will appreciate your business during this slower period and have more time to do a thorough job. Knowing that it's still snowing outside will ease your separation anxiety.

2. Bring multiples. If you have more than one bike, or you have one and a spouse, friend, child or significant other also has a bike that requires a tune up, bring them all in together. The more business you provide to your bike shop, the more they will recognize you as a regular customer.

3. Get names. One advantage of arriving early in the season is that it gives you a chance to get to know the mechanics. Talk to the person who worked on your bike. Learn their name, understand what they've done for repairs and get to know them. Chances are you'll need them later in the season and the personal relationship will help. Besides, it'll impress your friends when the bike mechanics greet you by name.

4. Go during off hours. We've all encountered the Saturday morning crowds looking for a simple fix or trying to get the attention of a harried salesperson. Try to get into the shop during off hours when they'll have more time to answer your questions and attend to your needs.

5. Be friendly. This may sound trivial, but it can make a world of difference. The people who fix your bike love to ride. Talk

to them about what you've been doing, upcoming rides you have planned and ask about rides they've done. I've often shown up at the end of the season with photos from my latest trip to Italy or Alaska and shared stories of my adventures. They'll remember you again in the spring.

6. Be a good customer. Yes, I know that you can get things cheaper from the Performance catalog, but frequenting your local bike shop affords you a 10% CRW discount, and you don't have to pay for shipping. If you support them, they'll support you. And, while you're in the store looking for a new pair of Pearl Izumi shorts, stop in and say hello to your new-found friends in the maintenance department. They're working hard and appreciate the company.

7. Don't make everything an emergency. Admit it, not all bike repairs need to be done today. If you can wait a few days, then don't make a stink about getting your bike back tomorrow. If it truly is an emergency, most shops will do their best to accommodate you. I once had a mechanic rebuild a crushed derailleur on a Saturday night. A particularly painful crash, resulting in the requisite road rash and a cracked helmet elicited the right amount of sympathy. Explaining that I planned to ride Climb to the Clouds the next day, they were willing to help me out. Having followed the rules above, they knew that they were extending a service to a valued customer. Providing an appropriate Saturday night beverage for everyone in the shop probably helped.

8. Pay it forward. If someone has done an especially good job for you, seek out a manager and let them know. Everyone appreciates an occasional pat on the back. Better still, refer a friend. Word of mouth is invaluable marketing for any business.

9. Bake cookies. This is my secret weapon. I have never picked up a bike that's been repaired without delivering a fresh batch of homemade cookies. Chocolate chip seem to be the favorite. Make sure there's enough for everyone and you will join the ranks of preferred customers. Then, someone will surely be willing to rebuild your derailleur on a Saturday night.

CLASSIFIED ADS

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

FOR SALE

set of 27" wheels, smooth and straight, including good tubes and tires, Sansin hubs, freewheel type \$25, Steve (617)924-4226 or creckles@yahoo.com

FOR SALE

18.5 Specialized Stumpjumper (rigid) Mountain bike.

M-2 Metal matrix frame, XT rear derailleur, LX front derailleur/brakes, Shimano rapid fire shifters, Mavic rims and two sets of tires (one set is a pair of slicks). In very, very good condition. \$800.00 or BO 781-449-4262

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Little Jack's Corner - by Jack Donohue



After riding bikes long enough, you develop specialties. My personal specialty is the FDGB, better known as “fall down, go

boom.” This is somewhat of an art form and can range from the Artie Johnson, zero velocity, fall over sideways, to the more spectacular high speed maneuvers, which may involve “catching big air” among other things. It’s from the latter that I’ve gained my nickname “The Flying Donohue.”

It’s hard to say when I performed my first FDGB, probably on my paper route as a kid. The first incident that I remember was when I was in college. I’d gotten a fine three speed bike to get me around campus. By some twist of fate, someone in my family also happened to give me a stopwatch. In the common pitfall of trying to do two things at the same time, a la walking and chewing gum, I attempted to be both timer and timee with my new stopwatch when riding to class. My personal best was never established, since with my gaze firmly fixed on the moving stopwatch hands, I winded up running into a pedestrian. The ped survived unscathed, but I suffered a seminal FDGB, and an untimely end to an early time trialing career.

Another spectacular performance was on the famous Smuggler’s Notch Century which used to be the main event at Velo Vermont. I had been having shifter problems, and had dropped back from the main

pack. As I was madly trying to catch up I found myself at the steepest point in Smuggler’s Notch. I looked ahead and one of our number appeared to have fallen down. “Isn’t that silly,” I thought, shortly before I proceeded to fall down myself. This was definitely an Artie Johnson FDGB, the pedals just wouldn’t turn any more, and I just plopped down on the ground. The coupe de gras was that after getting up, dusting myself off, I got back on the bike and proceeded to fall all over again. It was going to be a long ride.

A similar incident occurred to me on a later century ride. The pack I was involved with had dropped me. I managed to catch up to them at the first water stop, just as they were leaving, so I just had time to snag a banana as I latched onto them again. So I’m riding along snarfing banana (this was my first on bike feeding), and after finishing it, was wondering what to do with the peel. Rather than just throw it on the ground, I deemed it would be environmentally conscientious to throw it in the woods. So as I was charging ahead at 20+ mph, I winged said banana into the woods. Students of physics will of course draw force vector diagrams and the like, but suffice it to say that with the sideways motion of flinging the banana, I managed to knock myself over. Needless to say, this did not improve my chances of catching the pack.

As I rode more, the production of spontaneous FDGB’s was becoming more difficult. In fact, I found I needed the help of technology to achieve what heretofore had been second nature. The advent of clipless pedals caused more spontaneous FDGB’s than any other accessory I can think of.

This is by no means unique to me, in fact the term “clipless moment” has been coined to refer to such experiences. Since I never even used to fasten my toe straps, I was no match for these. After executing the basic maneuver of falling over after not being able to get your foot out in time, I discovered yet another variation. I had stopped somewhere to pee, unclipped my right foot masterfully, then realized that my center of gravity was on the left side of the bike, and proceeded to fall down that way. At least I managed to achieve somewhat symmetrical bruises.

Mountain biking has taken the FDGB to an art form. In fact there is a separate vocabulary for such feats (faceplant, endo, etc). I’ve been judiciously trying to avoid this sport ever since it was invented because of its high FDGB potential, but have found myself sucked in now and again. One moment that will live in infamy occurred many years ago when CRW (Jamie and Lindy King) hosted the Mount Snow Mountain Bike Weekend. Doug Jensen had kindly agreed to take the feeble out to show them how it was done, and I was among that group. Doug showed us how it was indeed possible to traverse logs with grace and ease. So, emboldened by this, I decided to fearlessly attack a log on the trail that I would ordinarily come to a dead stop in front of and walked over. To paraphrase a famous song, “I fought the log and the log won.” But I did get an appreciation for the term “faceplant” and I now have a permanent impression of a chainring on my right leg. I’ve since come to treat logs and other similar impediments with the respect they deserve.

Recurring Rides - Continued from page 4

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 37mile 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.

July Mileage Totals

1	0	2	6	3	0
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	6648	4	4	4	Bob Sawyer	2536	-	-	-	Rosalie Blum	223	-	-	-
John Bayley	6348	4	4	4	Marc Baskin	2451	6	1	-	Harry Wolf	220	-	-	-
Tod Rodger	5921	6	4	4	Joe Marcal	2408	-	-	-	Jared Luxenberg	143	-	-	-
Jack Donohue	5769	-	-	2	Kitty Farago	2382	-	-	-	Jacob Allen	77	-	-	-
Robin Schulman	5346	4	2	3	Doug Cohen	2324	1	-	-	Sara Luxenberg	41	-	-	-
Bruce Ingle	5189	4	1	1	Bruce Gelin	2182	3	1	-					
Irving Kurki	5080	7	4	2	Ed Hoffer	2120	-	-	-					
Mike Kerrigan	4564	4	4	-	Elaine Stansfield	1627	2	1	-					
Avram Baskin	4305	5	3	1	Ted Hamann	1620	-	-	-					
Kevin Patton	3265	-	-	-	Jim Broughton	1369	-	-	-					
Peter Brooks	2985	6	3	-	John Allen	1178	-	-	-					
Joe Repole	2968	7	7	-	Tracy Ingle	826	-	-	-					
Ken Hallow	2952	2	2	-	John Springfield	774	1	1	-					
Gabor Demjen	2946	3	-	-	Elisse Ghitelman	760	-	-	-					
Bill Widnall	2933	5	5	-	Jeff Luxenberg	600	-	-	-					
Dick Arsenault	2857	2	1	-	Greg Tutunjian	478	-	-	-					
Cynthia Snow	2759	4	2	-	Phyllis Mays	443	-	-	-					
Glenn Ketterle	2613	1	-	-	Ed Trumbull	400	-	-	-					

Mileage Table Explained

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

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

WELCOME NEW MEMBERS

Stephen Allison	Braintree	William Horvath	Boston	Anthony Petruzzi	Watertown
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Lora Ellis	Boston	Melissa Moon	Arlington	David Walker	Cambridge
Dawn Ericson	Newton Highlands	Ann Marie Nadeau	Belmont	Jessica Wexler, Michael Jacoby	Cambridge
Ginny Felice	Newtonville	Raymond Obin	Walpole	Gerald White	Lawrence
Joseph Fortini, Kasia Navas	Natick	Staphanie Olbrych	Norton	Toni Whitmore	Melrose
Robert Goldfarb	South Dennis	Craig Orr	Waltham	Mark Whitney, Deborah Whitney	Winchester
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- Belmont Wheelworks**
480 Trapelo Rd., Belmont (617) 489-3577
- Bicycle Bill**
253 North Harvard St., Allston (617) 783-5636
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- Bike Express**
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666 Massachusetts Ave, Acton (978) 635-0969

- Pro Cycles**
669 Main St., Wakefield (781) 246-8858
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722 N. Main St., Brockton (508) 586-6394
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Georgetown Plaza, Georgetown (978) 352-7343
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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 _____

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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

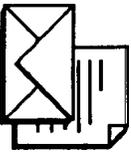
Household \$25 \$48 \$70

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