


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 1 · January, 2002

A Really Goode Party

Come bid farewell to Gerry Goode who will be moving to Arizona later this month. Gerry has given much to the club and has been an inspiration to many of us. Let's wish him well. The pot luck party will be held at the First Parish Unitarian Church in Needham on Friday, January 4th, beginning at 7pm. RSVP to Mel Stoler (617-277-5180) or thestolers@rcn.com regarding food and directions. See you there!

CRW Presents Grant to MassBike

As reported in the December issue of Wheel People the CRW Board selected MassBike for its first annual grant to launch a program to improve communication and collaboration between the bicycle community and police organizations. At MassBike's annual meeting, Bike Night 2001, on November 27 at the Cambridge Brewing Company CRW President, Barry

Nelson, presented a check for \$5000 to Tim Baldwin, Executive Director of MassBike. The crowd greeted this announcement with a standing ovation and praise for CRW. Other speakers at Bike Night were several politicians seeking votes from bicyclists including Massachusetts Senate President Tom Birmingham, MassHighway Commissioner Matthew Amorello, Boston City Councilors Mike Ross and Paul Scapicchio, and Warren Tolman, candidate for governor. It seems only appropriate that CRW member and former board member, Marty Weinstock won the drawing for a door prize, a Kronan Cycle at the end of this special evening.

Norsk to New Hampshire

January 5, 2002

"Show and go", all abilities welcome, cross country ski trip to Norsk Cross Country ski area in New London, NH on Saturday, January 5, 2002. Norsk is about 1 1/2 hours from Boston. The trip will be joint CRW/AMC. We will meet at 9:45 to buy tickets at the group rate, assuming enough people come. Look for me in the "Charles River Wheelmen" baseball cap inside the touring center. We will break up into various ability groups so hopefully people can ski with others at the same level, but nothing is guaranteed. There is a warming hut that is a good destination for lunch. The hut has snacks, but bringing lunch is recommended. More info on Norsk is at www.skinorsk.com.

Leader: Rita Long, 781-899-9177 between 7:30 and 10:00 PM, e-mail RitaLong@mediaone.net.

Bikers With Forks

Rekindle your off-season cycling spirits by joining CRW buddies for an evening of food, froth, and fun at the Watch City Brewing Company, 256 Moody St. in Waltham, Tuesday, January 29th at 7:00pm. If you haven't been there before, check out www.watchcitybrew.com. So we can get a head count, please pre-register no later than Jan. 25th with leader Steve Hoffenberg, 781-259-4369 or stevehof@bellatlantic.net. Directions: From Rt 128, take Exit 26 (Rt 20 East). Follow Rt 20 East for approximately 1 1/2 miles (7 lights) through downtown Waltham until you see Sovereign Bank on the right. Take that right onto Moody St, and proceed to the second set of lights, where Watch City Brewing is on the left at the intersection of Moody and Pine.

Wednesday Wheelers - Who Are They?

by Dick Arsenault

The Wednesday Wheelers was started by Bill Widnall in January 1998; not the best time of year to begin a ride program. The snow was better than the road conditions, so on January 21 the first group activity was cross country skiing in Lincoln enjoyed by Susan Broome, Jean Orser, David Wean, Murray Wheeler, and Sheila and Bill Widnall. Two weeks later, February 4, the roads were reasonably clear and we had our first road bike ride. Three hardies, Bob Sawyer, Jean Orser, and leader Bill went on that first Wednesday Wheeler ride. We

Wednesday Wheelers - Continued on page 6

Highlights Inside:

Board Meeting Minutes	3
Welcome New Members	3
Board Elections	3
Recurring Rides	4
Article - Kid's Cross	5
Article - Riding the Beartooth Highway	7
Little Jack's Corner	8
Women's Day at Cycle Loft	8
Mileage Totals	9
Classified Ads	9

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

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Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
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Social Committee Chair	Rita Long	781-899-9177

RIDE PROGRAM COORDINATORS

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 Arsenault	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

WHEELPEOPLE STAFF

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E-Mail List (crw@ameyer.org)	
Administrator	Barry Nelson

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			

CRW BOARD MEETING



December 4, 2001

In Attendance: Barry Nelson, Don Blake, Tod Rodger, Jack Donohue, Connie Farb, Anne Marie Starck, Bill Widnall, Jim Sullivan, Steve Kolek, Rich Fields, Cindy Sragg

Membership:

Current memberships: 962

Current members: 1157

Expired members: 36

New members: 22

Renewed members: 55

Treasurer's Report (Don Blake): Balances for the month of November as well as year-to-date balances are healthy. The category of "Philanthropy" was reviewed; for our purposes, we have it broken down into Education, Grant, Helmet Rebate, Memorial Fund, and Other.

Finance Report (Barry Nelson for Michael Fisher): The report shows projection of \$3,500 in revenue at year end. (December's numbers not reflecting in this projection.)

Barry Nelson presented Mass Bike our grant check for \$5,000 at their annual dinner - it was a BIG hit! The event was well attended - major politicians were in attendance and it was great publicity for our club. Barry will write a story for Wheel- People.

Jim Sullivan suggested handing out disposable cameras at regular rides from time

to time so we have some good candid shots for the year end party and banquet.

Volunteer Party will be in March; exact date not decided on yet.

Ride Leader's Party will be sometime in February.

The next Board meeting will be held on Tuesday, January 8th as the first Tuesday of the month in January happens to fall on New Years Day; by that time the new Board should be in place and officers will be designated.

Tod Rodger has suggested that a club leader meeting might take the form of a day/weekend retreat, the purpose of which would be to reevaluate where the club is going, what new things we want to introduce, etc. in a new forum. We decided to revisit this at the next Board meeting when Tod can present his ideas himself.

New Club Jerseys (Bill Widnall): Lynn Rodger worked up some nice illustrations of a new club jersey for ride leaders and for general club membership. We discussed the idea of the jerseys being the new award (2002) for ride leaders, perhaps paid for by the club, partially or fully. Other jerseys will be made available for general members to purchase. The estimated price is \$40-45 if we order 200 jerseys. If we order over 200 there's a further price break. The Board voted unanimously to authorize Tod and the rides committee to go forward with a proposal for a jersey order and means of distribution of jerseys as awards for ride leaders.

The next Board meeting will be Tuesday, January 8, 2002 at 7:30 p.m.

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.

Board Elections

Since we did not get more candidates for the board than required to fill the three positions available, we won't be having the usual election. We have three candidates, Rita Long, Cindy Sragg and Bill Widnall, whose statements are below.

RITA LONG

I've been involved in CRW since 1994, and it has been a very positive experience. I am currently Social Committee Chair and a ride leader. In the past, I have served as an officer/board member of other outdoor organizations for about 10 years, including 2 terms as President of the New Hope Nordics Ski Club (PA) and 2 years on the Executive Committee of the Boston Chapter of the Appalachian Mountain Club. I would like to join the board to help continue all the great things CRW has been doing, while facilitating growth and new ideas.

CINDY SRAGG

I have been a CRW member since 1996. After being a regular on Sunday rides for several years, I offered to fill a need for the club in 2000 by volunteering to serve as back-up secretary, stepping in whenever the regular club secretary had a scheduling conflict. I then volunteered to assume the position full-time for 2001 and have just re-upped as club secretary for 2002.

I have always carefully listened to the issues discussed at board meetings but to this point have not had a vote in matters effecting the running of the club. This year, I would like to have a vote that counts as a member of the board.

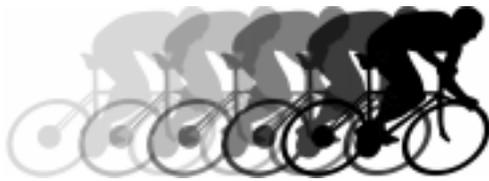
Your support for my candidacy is appreciated.

BILL WIDNALL

In recent years I've enjoyed cycling about 5000 miles a year, many of those miles on CRW club rides. I founded in 1998 and coordinated for three years the Wednesday Wheelers, for those who, besides having the time free, enjoy cycling as a group at an intermediate social pace. I co-lead the CRW Sunday arrowed Cape Ann Tour and have created and led Saturday tours of historic Duxbury and Plymouth. Currently I am a member of the Board, am a member of the Rides Committee, and am the club vice president. I would be pleased to continue to serve as a member of the Board.

WELCOME NEW MEMBERS

H. Louis Bailey	Brookline	Andrea Nenopoulos	Arlington
Nicole Baker	Watertown	Brent Pearson	Sudbury
Jane Corsello	Cambridge	Carmen Peralta	Jamaica Plain
Thomas Crowley	Brighton	Pamela Reynolds	Salem
Mike Duclos	Stow	Nikki Schneider	Belmont
Steve Earle	Bryantville	Urvashi Sharma	Somerville
Winslow Green	Lexington	Ron Sonkin	Weston
Stephen Hinchey	Newton Highlands	Jacalyn Starr	Bedford
Charles Learoyd	Boxboro	Paul Steckler	Malden
Bruce Marshall	Wayland	Mary Lou Tierney	West Newton
Douglas McDonald	Mattapan	Jennifer Vaughan	Belmont



January, 2002

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 781-272-1771 day or early evening.

Saturday Morning Fitness Ride at Nahanton Park**

Times: 8:30 SHARP!

Description: You will ride scenic rolling roads through Needham, Dover, Sherborn, and 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 and 42 miles. Cue sheet available.

Leaders: Dave McElwaine (781-821-8643) or Mark Dionne (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.

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



January 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.

Happy New Year

Tuesday - January 1

Times: 11:00 AM

Ride Type: Show and go

Start: Boston Common at the intersection of Park Street and Tremont Street

Leaders: Eric "Bicycle Bozo" Ferioli (781-235-4762)

Highlights: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body (of that hangover) in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Northern Exposure

Sunday - January 6

Times: 10:30

Ride Type: Map and/or Cue Sheet

Leaders: Jack Donohue (781-275-3991)

Highlights: A tour through the northern towns of Bedford, Concord, and Carlisle.

Start: Bedford Center

Directions: Take Rt. 128 to Rts. 4/225 to Bedford Center, turn left onto Mudge Way to the Bedford Library Parking Lot.

Sunday Crack O' Dawn ride

Sunday - January 13

Times and Routes: 7:50 for 27 or 46 miles

Ride Type: Cue sheet and map

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

Highlights: Last year this route was closed because of the flooding on Pelham Island Road at Heard Pond. The club will provide boats if the road is still closed. The short route passes through Newton, Wellesley, Weston, Wayland, Framingham, and Sudbury. The longer route includes a coffee stop at Nashoba Brook Bakery in West Concord and returns via Walden Pond, where we will stop for a swim if it is warm enough. Please note that this fantastic event is a joint ride with the Crack O' Dawn riders (<http://www.crackodawn.com>). Therefore we leave promptly at 8:00, so arrive early enough to pick up a cue sheet. The terrain is rolling.

Start: 116 Dartmouth St. near the corner of Fuller and Dartmouth St. in Newton

Directions: From Route 128, take Route 30

(Commonwealth Avenue) East toward Boston. After 1.6 mile cross Route 16. Bear right after 0.1 mile on to Fuller St. After 0.6 mile take a right on Dartmouth St.

The Great White Metrowest (if there's snow)

Sunday - January 20

Times: 10:30

Ride Type: Map and/or Cue Sheet

Leaders: Joe Repole (508-879-6340)

Start: 15 Gryzboska Circle, Framingham.

Highlights: See the Wayside Inn, the Grist Mill, Martha Marys Chapel, and maybe visit the highest point in Framingham.

Directions: From Mass Pike take exit 12, go east on route 9 to Temple St. (2nd traffic light), take right on Temple St. If you are taking route 9 west, go left (south) on Temple St. At the end of Temple St. take a right onto Salem End Rd, then the first right off Salem End onto Gryzboska Circle. Park on Gryzboska, not on Salem End.

Frozen Brooks

Sunday - January 27

Times: 10:30

Ride Type: Cue Sheet

Leaders: Peter Brooks 617-926-5735

Start: Waverly Square (Church St.) parking lot across from Wheelworks Annex

Highlights: The ride goes through Waltham, Weston, Lincoln, Concord, Lexington, and Belmont. 20 and 40 miles.

Directions: From 128, take Rt. 20 East (go through Waltham ctr.) approximately 2 miles; take a left onto Rt. 60 (Rt. 20 goes South) for approximately 1.25 miles; take a right onto Trapelo Rd. (still Rt.60); go .25 mile and go South on Trapelo (Rt. 60 goes left); go .25 mile and go right onto Church St. (1st right over RR bridge). From Rt. 2, take Rt.60 West for 1.5 miles; take left onto Trapelo at light (Rt. 60 goes right); after .25 mile, take right onto Church St. (1st right over RR bridge).

CLASSIFIED ADS

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

WANTED

We need ten people to fill up a chartered Bike & Barge trip, from Amsterdam to

I don't know about you, but when I was a kid growing up in a neighborhood of Boston my friends and I would spend a great deal of the summer on our bikes patrolling our neighborhood streets, alleys, abandoned lots and schoolyards until well after dark. We would play a form of hide and seek - a game we would call "releavo". Releavo would necessitate members of one team to chase down and try to capture members of the opposing team. Warm summer nights after dark were ideal for roaming the neighborhood playing this game. We would cut through streets, alleys, parking lots and schoolyards, diving around corners, jumping curbs and obstacles at top speed to try to elude or chase our opponents. I still remember my ultimate gambit one evening of eluding my pursuers by barreling through the local car wash on my bike.

Fast-forward thirty years. After watching local Super cup cross races the past few years, I decided to take up 'cross' racing this year. To get in some practice a few of us have taken to getting together a couple of nights a week at a local school in Natick. The course we have laid out traverses a couple of soccer fields, two baseball diamonds, the schoolyard and a playground. The course has hills, trees, fences and other obstacles for us to use. We ride after work in the dark doing intervals chasing one another through the course we have laid out. Amazing riding this course I am eleven again and riding just like I did in my old neighborhood. It's not summer, but here we are riding in semi darkness riding around obstacles, darting around corners, chasing one another jumping on and off our bikes and getting dirty. Just like we did when we were kids. That's the essential beautiful truth about racing 'cross'.

Kid's Cross

by Rick Hardy

'Cross' is the closest thing to being a kid on a bike once again. More so than mountain biking, road riding and racing crits or road races 'Cross' allows you to do a lot of things you would do on a bike if you were a kid again. Racing 'cross' is more fun than a barrel of monkeys and has opened up a brand new way of cycling fun. The course is compact, it's twisty, it's turny, you jump obstacles and the race is often held in a schoolyard or local park. The muddier the better. You ride chasing others till you are exhausted, getting outrageously dirty, after the ride you re-live your exploits or pratfalls with your teammates, oftentimes bringing yourself and your dirty bike back home to disapproving family.

The workout is incredible, you are much too involved navigating the course and having fun to notice how hard you are working - just like when you were a kid. Now if they would only hold a 'cross' race near a car wash!

(Rick Hardy - a member of CRW and a Cat IV who races for the Boston Road Club, and claims to anyone who will listen that he just missed medalling this year at the Massachusetts 'cross' championships in 45+ due to a dropped chain.)

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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

rode from Lexington to the Great Brook Farm Ski Touring Center for hot cider and then to Concord Center for a hot lunch at Brigham's before returning to Lexington. The following Wednesday, the first three riders were joined by four others: Jerry Green, Doug Kline, Glenn Ketterle, and Pete Quinn.

Wednesday Wheeler activities were spread by word of mouth and by announcements to the CRW e-mail list server. Interest grew and more riders came. The April 15 ride led by Bob Sawyer to inspect the Weston "Rail Trail" had 17 riders. On April 22 we had 15 riders for our first urban ride: Dick Arsenault's tour of the Big Dig. Susan Broome's ride on September 2 had 22 riders, the largest group that year, at least it was at the start when we managed to lose one-third of the group right out of the Babson parking lot not to be found until the lunch stop at the Bubbling Brook restaurant. The year 1998 ended with 74 different persons having ridden with us at least once. The Wheelers continued to grow and thrive and 1999 ended with 100 different persons having ridden with us at least once. Bill continued to serve as ride coordinator for three years until the fall of 2000, when Dick Arsenault volunteered to serve.

From this beginning the membership now stands at 91 riders. During the year ended

November 2001, 128 riders participated in at least one Wednesday Wheeler event and fifteen riders showed up 10 times or more. We averaged 18 riders for each ride with a maximum of 31 riders for our ride to Crane's Beach led by Bill Widnall. For the past 52 weeks we had the following activities: Biking 39, Skiing 5, Ice Skating 1, Hiking 2, Canceled for weather 5

There are three components to the Wednesday Wheeler Program: Riding, Sightseeing and Camaraderie.

We typically ride 30 to 40 miles and often have a remote start for those who want to ride up to about 60 miles. On a voluntary basis, the members of the group take turns leading the rides. We stay together using the "human arrowing" system. We always have a sweep, and when we turn the leader asks a nearby rider to remain at the corner directing the following riders until the sweep shows up. This way we are assured that we don't drop anyone. Of course, a particularly slow rider will slow the entire group so we try to be careful that anyone riding with us can maintain the pace. The pace is 15 to 17 mph on the flats, and on a rural ride of common hilliness we average about 13 mph.

Each leader designs his own ride and we've had a great variety as to where we go and how much sightseeing we do. In the last few years we explored the coastline continuously from Newport, RI. to Boston, to Cape Ann, Hampton, NH and on to Ogunquit, Maine. We spent three days on Martha's Vineyard and three days on Nantucket. We explored Plumb Island and Block Island, RI. We rode to Winthrop for a tour of the Deer Island Waste Water Treatment Plant and to Lowell for a visit to the Boott Cotton Mills Museum. We toured the Big Dig several times. We rode in familiar places and some places not so familiar such as: Devens, Harvard, Wachusett, Lowell, Concord, Decordova, Taunton, Bridgewater, Bristol, Portsmouth, Newport. Each year we do a Halloween ride in Salem and a Thanksgiving ride locally. Most of our rides are road rides but

some have been off road. We rode the Lynn Woods, Breakheart, Middlesex Fells, Harold Parker and Estabrook. We take fat tire bikes occasionally when we expect to encounter rough surfaces and when we plan to do some exploring. We try to be active every Wednesday and if the weather prohibits biking we may x-country ski or engage in some other activity. How good are our rides? - They range from terrific to fantastic.

We welcome all riders able to maintain the pace. Those who ride with us regularly are expected to be CRW members and we will put them on the Wednesday Wheeler e-mail list. Weekly, the coordinator sends an e-mail to those on the list with a report of the ride just completed including the names of the riders. The e-mail also includes an announcement of next week's ride including a ride description and directions to the start. The e-mail also goes to the "CRW Internet Mailing List" so all CRW members can see what we are doing. All rides include arrangements for lunch either during or at the end of the ride. Sometimes we bring lunch although we are more likely to eat in a local restaurant or deli. Lunching together helps us build friendships and bond as a group.

If you are interested in being part of this group contact the coordinator: Dick Arsenault; 781-272-1771; RFArsen@aol.com

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info@bikeitaly.com 800-880-4476

Riding the Beartooth Highway

by Tod Rodger

I have wanted to ride the Beartooth Highway for about ten years-ever since a riding friend recommended it to me. Ted said it was spectacular, like riding across the top of the world, and I knew it would be good. Then I heard Charles Kuralt, the late CBS commentator, refer to it as "the most scenic highway in America." Finally, although most people around here have never heard of it,



a few who had driven it told me how gloriously beautiful it can be when the weather is good, and how wildly dangerous it can be with wind, rain, and hail-even when the weather is sunny and warm on the plains below.

The Beartooth Highway is 52 miles along Route 212 from Cooke City, Wyoming (the northeast entrance of Yellowstone National Park), over the Beartooth Plateau and Beartooth Pass at 11,000 feet, and down Rock Creek Canyon into Red Lodge, Montana. It was built in the 1930s as an "approach road" to Yellowstone. The towns of Red Lodge and Cooke City had lobbied their representatives in Congress to help promote tourism, and the senators crafted the National Park Approach Act in 1931 so tightly that the Beartooth Highway was the only road that ever qualified for these federal funds. It was completed in 1936, and has never carried very much traffic.

The day includes about 5,000 feet of climbing eastbound or 6,000 feet of climbing westbound; and it can easily be ridden as part of a 3-day loop through Cody, Wyoming, and the beautiful Chief Joseph Highway through Sunlight Basin, or a 5- or 6-day loop including Cody and parts of Yellowstone National Park. On the high plateau there is beautiful camping at Forest Service campgrounds (water and pit toilets) at Beartooth Lake and Island lake and a small motel at Top of the World. Red Lodge and Cody are towns with full services, and good places to start, finish, and leave a vehicle.

I had planned to do a 6-day loop in 1994 with a group of high school students, but a viral infection of the inner ear put me in Jackson Hole hospital for a week and ruined that plan. Then I planned to ride it on my sabbatical in 1997, but several days of heavy cold September rain in Cody and reports of snow and ice on the plateau convinced me it would be at best a fruitless and unpleasant-and more likely a stupid and dangerous-adventure. So I had fragile high hopes that my third attempt last summer would be successful and that my high expectations would be fulfilled. That week the weather was perfect; the third time was the charm, and my high hopes were exceeded.

As I look again at my photos, they bring back many wonderful memories. However, I also realize how poorly they present the spectacular beauty. At least this photo shows one of the valleys and the switchbacks climbing up to the plateau.

I was most impressed by the variety of Rocky Mountain scenery-dense green forests with occasional streams, waterfalls, and lakes; wide open vistas on a high plateau that at first seems barren, but on closer examination is teeming with delicate tiny wildflowers of all different colors; several sets of switchbacks with wide

vistas of the open plateau and sharp drop-offs into dramatic canyons, and screaming descents down gently curving smooth roads. Although I hesitate to make comparisons, it reminded me of Trail Ridge Road over Rocky Mountain National Park-but bigger, better, more varied, and much less traffic! I would (will!) go out of my way to do this ride again-in either direction, but I will always be wary of the weather.

Have you been riding solo?

If so, we have the holiday remedy:



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Little Jack's Corner - by Jack Donohue



I've finally concluded that I will never be a cross country skier. Now, if you're anything like me, you're asking yourself "Why

would I want to be?"

I firmly maintain that cross training is bad for you, but unfortunately for me, not everyone thinks that biking is the activity of choice when there's twelve inches of snow on the ground. So I invariably yield to peer pressure and engage in skiing. I've been a beginner cross country skier for about twenty years. I've reached a plateau of ineptitude and stayed there. I have made some modest improvements in technique over the years, the net result of which is that I am going faster when I eventually fall over. I liken myself on skis to the Wobblies. The Wobblies are these people you see careening down the bike path on roller blades that clearly have no business being there.

Aside from the listing and lurching you can identify them by the wild look in their eyes, scanning for some nearby bush to grab hold of or somewhere soft to break their fall. These are my people.

I figured out the key is I'm no good at any activity requiring skill. Take mountain biking. You would think I would be a natural at this, since it does involve a bicycle, but it also involves a bit of finesse negotiating around rocks, logs and all manner of unpleasant things you find in the forest. My lack of athletic ability goes back a long way. I was bad at all the usual kid sports, baseball, football, basketball, stickball. Soccer had yet to be discovered then, but I'm sure I would have been bad at that. As a youth I was forced to join the Little League where I languished in right field all season and managed a batting average of zero.

But cycling was different. It didn't require hand eye coordination, and as long as you didn't fall over (which is another specialty of mine) you would achieve forward motion. So with brute force and perseverance, I can actually participate in a sport, and be halfway decent.

Another activity I could see myself in is rowing. They put you in your seat and tell you what to do and when to do it, and all you have to do is "stroke" and not fall out of the boat. So this could have been a sport for me, except of course for my total lack of upper body strength.

I recently discovered an alternative to cross country skiing, showshoeing. As far as I'm concerned the only advantages of cross country skiing is that it's an aerobic activity in the great out of doors. Snowshoeing has all that, without the ever present danger of FDGB. So I can go to a ski touring center and pay money to humiliate myself in front of a bunch of strangers, or strap on the snowshoes and head out into the wilderness. This for me is a no brainer.

I will undoubtedly be forced into skiing again this winter. You can stick those boards on my feet, dress me up in wool knickers, but in my heart, I'd rather be biking.

Women's Day at The Cycle Loft

Saturday, January 5

Enjoy special discounts, prizes, free clinics, demos, videos, and a free fashion show. Meet representatives from local cycling groups. Meet other women cyclists. Check out new products.

3:00-5:00 p.m.

Celebrate women in cycling

- Bike fit demonstrations by Serotta
- Free maintenance clinics by The Cycle Loft
- Cycling videos & women's race coverage by Oxygen Media
- CompuTrainer races for prizes - Test your winter speed!
- Product demos from our favorite product reps

One-Day Sale:

5%-30% off bikes, parts, accessories and

clothing, including 20% off Terry and Shebeast clothing

Raffles to benefit the Major Taylor Association and the New England Women's Race Series. Prizes include:

- Festina watch (\$250 value)
- Cycle Loft gift certificate/shopping spree (\$150)
- Saturn women's pro cycling team jersey autographed by the Saturn women (priceless)

5:00-6:00 p.m.

Cycling Fashion Show & Wine and Cheese Reception catered by The Outback Steakhouse

6:30 p.m. The Cycle Loft

New England Women's Race Series Awards

Directions to The Cycle Loft (781-272-0870)

From Route 128: Exit 33A onto Route 3 south in Burlington (heading toward Winchester). Look for The Cycle Loft, a three-story tower, just after the second stoplight, 0.5 mile south of Route 128.

From points south between Winchester and Boston: Route 3 north from Arlington Center, through Winchester, to Burlington. Just past the Burlington town line (and half a mile before Route 128), The Cycle Loft, a three-story tower, is on the right.

For more information: Gerri Moriarty, 603-886-4908, moriartygerri@cs.com, www.cyclingmadereal.com

November Mileage Totals

1 6 1 1 5 3

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	11605	8	8	7	Doug Cohen	3921	1	-	-	Ed Trumbull	649	-	-	-
John Bayley	9915	8	7	5	Cynthia Snow	3651	5	2	-	Emily Wean	268	-	-	-
Robin Schulman	9862	7	5	6	Ed Hoffer	3542	-	-	-	Jared Luxenberg	232	-	-	-
Tod Rodger	9253	9	6	5	Jim Goldman	2516	2	-	-	Jacob Allen	190	-	-	-
Mike Kerrigan	9184	6	6	2	Elaine Stansfield	2456	4	1	-	Julia Wean	122	-	-	-
Jack Donohue	8810	-	-	2	Jim Broughton	2290	-	-	-	Sara Luxenberg	62	-	-	-
Bruce Ingle	8684	7	3	4	John Allen	2120	1	-	-	Katie Caplan	53	-	-	-
Irving Kurki	7458	6	2	-	John Kane	1675	-	-	-					
Avram Baskin	6922	7	4	1	Dave VanAmeijden	1475	5	2	-					
Don MacFarlane	6654	3	1	-	Elisse Ghitelman	1124	-	-	-					
Mike Byrne	5360	7	3	1	Cynthia Zabin	1099	-	-	-					
David Wean	5198	7	1	-	John Loring	972	3	-	-					
Bill Widnall	5164	9	9	-	Phyllis Mays	928	-	-	-					
Bob Sawyer	5050	2	-	-	John Springfield	866	1	1	-					
Gabor Demjen	5014	6	-	-	Jeff Luxenberg	862	-	-	-					
Dick Arsenault	4796	5	1	-	Tracy Ingle	840	2	-	-					
Joe Repole	4688	11	11	-	Harry Wolf	768	-	-	-					
Joe Marcal	4104	4	-	-	George Caplan	751	-	-	-					

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.

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- Belmont Wheelworks**
480 Trapelo Rd., Belmont (617) 489-3577
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102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**
102 Broadway, Rt. 1, Saugus (781) 233-2664
- Peter White Cycles**
666 Massachusetts Ave, Acton (978) 635-0969

- Pro Cycles**
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- 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
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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.

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Signature(s) _____

Name(s) _____

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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

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

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

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

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

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



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