
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 2 - February, 2002

A Carl Isle Ski Fest

Saturday, Feb 9, 10:30AM

Cross Country Skiing followed by hot cider and snacks. Feel free to bring a bit of food to share for the party, as well as snacks and water for the trails.

Enjoy Estabrook woods in Carlisle and Concord by skiing out the back door of Mike's place. Skiing will be for about 3 hours at an intermediate level (occasional FDGB's acceptable). We will ski about 7 miles on mostly flat to rolling terrain. Plan on sticking with the leader, since it's easy to get lost (if the leader is lost, he won't admit it, so we are therefore just "exploring").

If no snow, bring hiking boots.

Limited to the first 25 who contact Mike Hanauer at MGHanauer@alumni.uml.edu or 978-318-1980. Mike will reply with details if you are within that number. Late comers are welcome if we have space, but please do call first.

Highlights Inside:

Board Meeting Minutes	3
Recurring Rides	4
Article - Almost a Year in Hanoi	4
February Rides	5
Article - LAB Education Leaders Conference	6
Article - Crossed Up Weather ..	6
CRW Cycling Honor Roll	7
Little Jack's Corner	8
Mileage Totals	9
Bikes Belong Grants	9

GOODE-BYE

Gerry

A large crowd of well wishers packed the First Parish Church in Needham the evening of January 4 to say good-bye to Gerry Goode who is moving to Tucson. There was a feast, followed by an evening of entertainment provided by the "Fred Kresse Players" who put on a ten act play re-creating Gerry's Boston-Montreal-Boston ride. The theme of the play was to suggest that Gerry resorted to every trick in the book to slow down the other riders....changing arrows, letting air out of tires, messing with rider's alarm clocks....You get the idea.

The play was followed by singing

The Glee Club sings good-bye to Gerry Goode, L to R, Eric Ferioli, Fred Kresse, Walter Page, Mel Stoler, Ken Hallow, John Bayley, Pamela Blalock, Ann-Marie Starck, Rich Fields, Jamie King



A surprise call to Gerry Goode from Kayo in Brazil

performed by the "Mel Stoler Glee Club".

(It was rumored that several neighbors of the church called the police).

The night ended with Gerry, family, and friends reminiscing about past rides, past glory, and the camaraderie the miles have created.

Additional pictures from the party should be appearing soon on the CRW website. It was quite a night. Good luck Gerry!



Many Great Memories

Last night (January 4) I was the guest of honor at a going away party. I want to thank all that attended. Special thanks to Mel Stoler, Jamie King, Fred, the director, Kresse and the gang that performed the skit about my cycling tactics. When Mel

told me that he was organizing a little going away get together I never expected such a crowd it was so great to see all of you. Ed Craddock videotaped the event. In the future whenever I watch the video

Memories - Continued on page 8

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
Connie Farb	2003	617-497-0641
Rich Fields	2002	781-646-4601
Steve Kolek	2002	781-674-1090
Rita Long	2004	781-899-9177
Tod Rodger	2003	978-456-8654
Cindy Sragg	2004	617-232-0227
Ann-Marie Starck	2002	508-877-0178
Bill Widnall	2004	781-862-2846

OFFICERS AND COORDINATORS

President	Barry Nelson	617-964-5727
Executive Vice President	Bill Widnall	781-862-2846
Vice President of Finance	Michael Fisher	617-965-2334
Vice President of Publications	Ken Hablow	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
Secretary	Cindy Sragg	617-232-0227
Treasurer	Don Blake	781-275-7878
Insurance Coordinator	Don Blake	781-275-7878
Membership Coordinator	Sharon Gowan	617-489-5682
	Larissa Hordynsky	617-527-5620
Information	Dave VanAmeiden	781-275-5925
Special Projects Coordinator	Marty Weinstock	617-491-6523
Publicity Coordinator	Steve Kolek	781-674-1090
Merchandise	Ken Hablow	781-647-0233
Mileage	Edson Trumbull	617-332-8546
Government Relations	George Eckert Jr.	508-653-6913
Bike Shop Program	Lauren Perinchief	617-734-2448
Volunteer Committee Chair	Linda Nelson	617-964-5727
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

Copy Editor	Jack Donohue	781-275-3991
Production Editor	David Cooper	781-483-6960
Advertising	Marty Weinstock	617-491-6523

INTERNET STAFF

Web Site(http://www.crw.org)		
Webmaster	Gary Smiley	webmaster@crw.org
Picture Gallery	Rory Dela Paz	rdelapaz@mindspring.com
Touring	Andy Meyer	asm@ameyer.org
E-Mail List(crw@ameyer.org)		
Administrator	Barry Nelson	barrynelson@alum.mit.edu

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 Minutes

Present: Barry Nelson, Tod Rodger, Rita Long, Ann-Marie Starck, Bob Sawyer, Connie Farb, Michael Fisher, Don Blake, Rosalie Blum, Don Foster, Cindy Sragg, Jim Sullivan, Bill Widnall, Jack Donohue, Steve Kolek, Marty Weinstock, Walter Page

New Board members (2002 - 2004) Cindy Sragg, Rita Long, Bill Widnall were introduced.

Officers for 2002 were elected - there are no changes from 2001.

MEMBERSHIP:

Current memberships 959

Current members 1,154

Expired 24

New 9

Renewed 16

TREASURER'S REPORT (Don Blake): We finished up the year with a good positive cash flow despite a large philanthropy donation(\$5,000); This higher than expected number appears to be due to increased membership.

FINANCE REPORT (Michael Fisher): Reports were produced showing "burn rates" (income earned against money spent) for 2000 and 2001 - they indicated we do a good job of spending the money that comes in over the course of a year, Rarely going over and ending up ahead at year's end. Projected burn rate for 2002 assumes the positive trend will continue.

We reviewed a proposed 2002 Budget. Based upon 2001, three of the largest expenses for 2002 will be the Ride Leader Party (February), the Volunteer Party (March), and the Holiday Party (December). To account for the expenses in 2002, we asked that \$500 be moved into February, March and December respectively. It was also asked that the amount in Membership be increased from \$300 to \$400. The 2002 Budget was accepted as proposed with corrections noted above.

MEETING SPACE: In 2003 the Board will have to leave Hancock United Church of Christ, Lexington as our monthly meeting place according to Bob Sawyer. We are



January 8, 2002

losing a very cheap rental fee by having to leave. Barry Nelson offered his home in Newton as a new meeting place for 2003 - FREE OF CHARGE! We agreed to revisit this issue as the time to make a move draws nearer.

GOVERNMENT RELATIONS (George Eckert, via e-mail): George sent the Board an e-mail stating that he was going to man a booth with MassBike at a 2-day meeting/expo this week that could draw excellent exposure for CRW. In order to generate e-mail and mailing list contacts for CRW (along with MassBike), he asked the board for a supply of membership forms/brochures/flyers as well as some promotional prizes for raffling off (memberships, club merchandise, etc.). The Board agreed to give George \$100 to spend on this expo.

RIDE LEADER'S PARTY: This year's Ride Leader's Party will be held at Barry Nelson's home on February 1st. Invitations will go out by e-mail when possible.

RIDE LEADER'S WORKSHOP: This year's Ride Leader's Workshop will be held on March 24th. Bob Sawyer will confirm that we can use the Hancock United Church of Christ, Lexington.

RIDES CALENDAR (Connie Farb): Connie reported that there are a lot of "holes" in the Saturday rides calendar. She sent out an e-mail and got no responses! She plans to begin calling former ride leaders by phone.

CLUB JERSEYS (Tod Rodger): Tod proposed that we place an order for 150 club jerseys. It will cost approximately \$7,000 of which 50% will be due at the time of order and the balance due at the time of delivery. They will be made available to Ride Leaders at the Ride Leaders workshop

on March 26th at reduced cost. The remaining jerseys will then be made available for purchase to the general club membership through an ad in Wheelpeople. It was determined that a single design of the jersey be produced. Earlier thoughts about different jersey styles for Ride Leaders and general members were dropped when it appeared that it would complicate the order and possibly drive the price up. Tod's proposal was voted on and passed unanimously.

CLUB MERCHANDISE: Ann-Marie Starck reported that she had less than 20 CRW hats left. She wants to order more but first we will put an item in Wheelpeople to see what the interest level in purchasing them is. Ann-Marie will scope out the cost of ordering 50 more and if the demand seems to be there based upon the response to the Wheelpeople item, she will order them. The Board voted on and approved this unanimously.

MISC. BUSINESS: Mel Stoler (through a Board member) requested \$125 reimbursement for the farewell party for Gerry Goode on January 4th. Even though it was a potluck, there were costs for room rental, paper/plastic goods, etc. The Board voted unanimously to approve this request but stated that in the future requests such as this should come BEFORE the event, not AFTER, and that at a party such as this, the "hat" should be put out for cash donations and the club will consider covering the remaining expense (if any).

FALL CENTURY: There was a heated discussion about whether or not to move the date of the Fall Century (September 15th) to another Sunday that month (or possibly a Saturday) to accommodate club members who celebrate Yom Kippur which begins at sundown on September 15th. The board voted to approve the Rides and Century Committee's previous choice of date.

The next Board meeting will be on Tuesday, February 5th, 7:30 PM, at Hancock United Church of Christ, Lexington.

Respectfully submitted,
Cindy Sragg
Secretary/Board Member

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.



February, 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: 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 Arsenaault 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.

Almost a Year in Hanoi

Part I

(Ed: Jean Arnold, occasional Wednesday Wheeler, now spending a year in Hanoi teaching at the Institute of International Relations, describes her adventures cycling in New Zealand)

I feel as if I've perpetrated a fraud, writing a column called "A Year in Hanoi". I'm not in Vietnam. I'm not even in Asia now. The Institute's classes ended for the year on December 7th and we foreign teachers weren't required to be back till February 25th. There actually are classes for two weeks in January, but then the students are off again for Tet holiday, the Vietnamese lunar new year.

It's been a childhood dream of mine to visit New Zealand, so on December 8th I took a 12+ hour flight on Vietnam Airlines to Sydney, Australia where I spent a week. The next week I flew to Auckland, New Zealand (3 hours) to begin a 9-week solo, self-contained cycling tour. When I planned this trip from Vietnam I did so because I thought I might as well do it while I was in the neighborhood, but I think New Zealand might be as close to the States as it is to Vietnam. The British

sometimes refer to New Zealand as the Antipodes—the place as far away as one can get: at opposite poles. And that it is. For being a former British colony like the US, there certainly are enough oddities to keep one on one's toes. Besides driving on the left-hand side of the road, you have to apply this rule all the time, as when getting on an escalator or passing people on the street. The money is peculiar. The paper money's got plastic in it and it doesn't fold properly. It does spend the same, however: too quickly. Unlike Vietnam they use coins in both Australia and New Zealand, and they're bulky and heavy. (A touring cyclist will complain about carrying even an extra ounce of anything!)

In high school I applied to be an exchange student to Australia, but the more I thought about it, the more I wanted to go somewhere else where I could learn a foreign language. Little did I know, I would have learned a new way of speaking down under: "Aussie-rules English", or here in New Zealand, Kiwi-English. In Australia I was greeted by clerks with "How're ya goin'?" I was called "mate" and "love".

How cute!

Many food terms are different: capsicum, courgettes and aubergine stand in for bell pepper, zucchini, eggplant. A "dairy" is not a place to buy just milk and cheese, but is the Kiwi term for a convenience store.

If you cut yourself, you put a plaster on the wound, not a band-aid. And at night to find your way in the dark you use a torch.

Then there's the matter of the accent: Mine! I notice people lingering and listening when I'm speaking, much as I do when I hear quaint or comical speech.

The hardest thing to reconcile has been seeing Christmas decorations, and hearing Christmas carols at the same time as seeing people walk barefoot, mow the lawn, or stores advertise their "summer sales". Today I saw a tourist brochure that said "Summer 2002". I thought they were jumping the gun a little bit, till I realized that 2002 starts in a matter of days, and it IS summer, in the Antipodes. Happy New Year!

Jean Arnold



February 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.

Bridges of Sudbury Sunday - February 3

Times: 10:30 AM

Leaders: Rich Taylor (978-287-4921, kidrolyat@aol.com)

Ride Type: Cue Sheet

Highlights: Cross 7 bridges of the Sudbury River and see an eighth (one that George Washington crossed). Cruise along in the beautiful Sudbury River valley with 2 small hills to keep you warm. Both Starbucks and Dunkin' Donuts are within 1/4 mile of the end of the ride. Active snowfall or rain cancels. Route: 27 miles
Start: Crosby Market parking lot on Sudbury Road near the Concord Train station.

Directions: Take Rt 2 West. Turn right on Sudbury Road (4th light from 128) in Concord. The parking lot is about 3/4 of a mile on the right. Please park near the road and away from the stores.

The Temperature Dependent Ride February 10 - Sunday

Times and Routes: 9:30 for 21, 27 or 50 miles depending on the temperature.

Ride Type: Cue sheet and map

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

Highlights: If the temperature is below 21, we will tour the city of Newton for 21 miles. Between 21 and 27, we will ride out to Lincoln for 27 miles. Above 27, there will be a ride to Concord for 50 miles.

Start: Auburndale commuter rail station parking lot.

Directions: From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd.

Bruce's Birthday Ride Sunday - February 17

Times: 10:30

Leaders: Bruce Ingle (508-877-1045 - please don't call after 8 PM; ingle@gis.net)

Highlights: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkington, and Ashland. The long ride is 35 miles with 2010 of climbing and adds Millis and Medway. Post Ride party at Bruce's house.

Start: Framingham Center Green at Edgell Rd. and Rt. 9

Directions: From the east: take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126 bear right at the Staples/Walgreens plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left. From the west: take Rt. 9 east. Approximately 2 miles past the Sheraton Tara Hotel bear right at Framingham State College exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.

Bare Natick Sunday - February 24

Times: 10:30

Ride Type: Cue Sheet

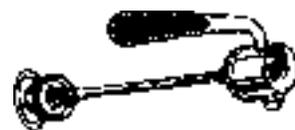
Leaders: Eric "Bicycle Bozo" Ferioli (781-235-4762)

Highlights: A tour of Natick, Dover, Medfield, Norfolk, and Millis. Distances are 20 and 30 miles.

Start: Meet at Gazebo on Natick Common at the intersection of Rts. 27 and 135. Park along the Rt. 27, Park St. and Common St. sides of the Common, but not on the Rt. 135 side.



Eric Ferioli starts yet another New Year's Day ride at the Boston Common to a sellout crowd.



LAB Bicycle Education Leaders Conference

The League continues to build its first Bicycle Education Leaders Conference (BELC) with important voices and perspectives on cycling safety. Among the invited speakers are: Andy Clarke, Executive Director, Association of Pedestrian and Bicycle Professionals; Chris Davis, Safe Routes to Schools Curriculum Developer/Instructor, Marin County (California) Bicycle Coalition; and Doug Detwiller, Sprockids founder.

The three day conference will cover topics including: Marketing and Outreach for Safety Educators, Funding, Safe Routes to School and Events and Rider Safety. BELC will come to Madison, WI, June 2-5, 2002. Madison offers a large cycling population, vibrant downtown, myriad bicycle facilities and an impressive group of local bicycle professionals and organizations. BELC is a partnership effort with the Wisconsin DOT, the Bicycle Federation of Wis-

consin and the Wisconsin Governor's Bicycle Council by combining the League's National Education Conference with Wisconsin's Annual Bicycle Conference. To add your name to the BELC mailing list, write <mailto:bikeleague@bikeleague.org> or call 202/822-1333. Visit <http://www.bikeleague.org> for more updates and on-line registration coming soon!

Crossed up weather - A cyclocross diary

by Rick Hardy

December 6th

Well it's the first full week of December; it's starting to feel like Christmas isn't? Today the temps are expected to hit 70, the second time so far this month. At lunch one just has the urge to get on the bike for a long ride to a top of some mountain and then sit there in the sun in your shorts and short sleeve jersey to enjoy the warm temperatures with a warm breeze in your face and contemplate the day. By the time you read this, it will probably be winter again.

What a season - fall of 2001 - what a season to race cyclocross- my first. Where are the epic rides? 70 degrees at the race in Wayland. Guys racing with their tongues hanging out due to the heat. Spectators in shorts and T's. I thought cross was supposed to all about mud, rain, sleet, slush and snow. Are we in Northern California or New England?

I don't own a spare cross bike for the pits - to exchange when your first ride gets too muddy and gets be cleaned and lubed by your team wrench. Then again I don't have a dedicated team mechanic, I am no where that good but then again with this weather any wrench would get a good tan just standing around with nothing to do in the pit. So far this year I have hardly had to clean my bike after a race; the dirtiest ride so far this year was one of the first - in Gloucester way back in October. So I will take this weather - while it lasts. I should be winding down from a long racing season but the weather is just too good to ignore.

I am guessing that we'll get hit soon - and hard. I suspect that I'll be spending a lot of time on the trainer. This time of year I normally try to weight train two or three times a week as it is supposed to be the "off season". Early in the fall I will usually ride to and from the gym until the weather gets too cold. Now each evening I ride to the gym the words from the old Stone's song ring in my head - "this will be the last time, maybe the last time I don't know"....., but here we are in December and I am still riding to the gym.

December 9th

American Express Financial Advisors Cyclocross Race Merrimack New Hampshire. What a difference a few days make, six inches of snow, and where oh where is that spare bike and wrench in the pit! Today was a day made for cross. Snow, mud, sand lots of sand, Dick Ring on the PA announcing, "looks just like a race in Belgium" he says repeatedly. Warming up barely make it to the start, pedals and course giving me fits. My ATAC's were jamming up with mud even before the race. Diane Fortini on the PA giving pre race instructions while I am turning the last corner to the pavement at the start. Roll up - bang - off we go, first descent, sharp turn and a little rise whoa! -I do a Zabel and both mud packed pedals release at the same instant, I can hear the crowd collectively go "ouch" - thankfully cross bikes have a low stand over height! Now I am in my accustomed cross racing position - seriously off the back. Rode the rest of the race unable to clean the pedals or clip in. I think Paul Simon wrote a song about cross racing' on a day like this - Slip slidin away, slip slidin away, the nearer to your destination the more your slip slidin away... Hell I'm getting my money's worth! Be careful what you wish for when it comes to New England weather, but then again I wouldn't change a thing this IS what cross is all about....

Rick Hardy - the blur you see way off the back is a member of CRW and a Cat IV who races for the Boston Road Club.



www.bikeitaly.com

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Hanging In Honor Roll for 2001

To qualify, you must have sent in your mileage continuously for the last five years or more.

Name	Years	Average	Total	Name	Years	Average	Total	Name	Years	Average	Total
Melinda Lyon	17	15507	263622	Peter Knox	10	7756	77556	Doug Cohen	7	4023	28158
Jack Donohue	20	10182	203631	Jim Broughton	20	3714	74272	George Caplan	20	1311	26228
Jerry Campbell	16	7568	121084	Michael Hanauer	20	3146	62929	David Wean	5	5157	25786
Ed Trumbull	22	5142	113133	Bruce Ingle	7	8738	61167	John Springfield	22	1116	24554
John Bayley	8	13307	106453	Edward Hoffer	12	4911	58932	Jim Goldman	7	3010	21073
Pamela Blalock	10	10476	104760	Kenneth Hjulstrom	15	3815	57218	Gabor Demjen	5	4081	20403
Robin Schulman	14	7201	100817	Jean Orser	7	7872	55104	Ted Hamann	5	3420	17101
Paul Corriveau	11	9152	100669	Peter Brooks	10	5150	51502	Harry Wolf	8	1708	13666
Jamie King	18	5233	94186	Kitty Farago	10	4746	47459	Bill Hanson	5	2584	12919
Gerald Goode	11	8099	89093	John Kane	22	2070	45534	Rosalie Blum	21	456	9573
David Jordan	12	7322	87859	Jeff Luxenberg	21	2143	45003	John Loring	8	935	7483
Glenn Ketterle	14	6189	86652	John Allen	14	2502	35029	Tracy Ingle	7	807	5649
Mike Kerrigan	8	10158	81260	Elisse Ghitelman	14	2428	33996	Phyllis Mays	5	1078	5388
Ken Hablow	11	7335	80682	Irving Kurki	7	4663	32643	Jared Luxenberg	15	227	3403
Joseph Repole	16	4868	77895	Susan Grieb	16	1996	31941	Jacob Allen	9	304	2740
Bob Sawyer	15	5191	77866	Joe Marcal	8	3847	30774	Sara Luxenberg	9	92	828
Total										2,797,665	

CRW Cycling Jersey

Fieldsensor



\$55

Sizes: Small, Medium, only comparable to European sizes 2,3

CRW T-Shirt

100% cotton



\$10

2 color front and back
Back shown

Sizes: Medium, Large, X-Large
Colors: Yellow & Apricot

On the web at www.crw.org
click on "merchandise"

6 color GEAR 98 T-shirts available, L & XL

\$10 or 2 for **\$15.00**

Name _____

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City State Zip _____

Telephone _____

Quantity _____ Size(s) _____

Specify T-Shirt or jersey
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Mail your check made out to CRW and this order form to:
Ken Hablow, 35 Longmeadow Rd., Weston MA 02493
Please include your phone number
For info: (781) 647-0233 - or - khablow@khgraphics.com

Little Jack's Corner - by Jack Donohue



One of the great annoyances of my cycling experience is my helmet. Now, I'm not a free spirit who wants to ride unencumbered with the "wind in my hair."

Once I started wearing a helmet, it got to be second nature, and I don't mind the fact I've got it on my head. In fact, being a dinosaur, I come from the time when helmets weighed about fifteen pounds and developed enough internal heat due to lack of ventilation to fry eggs. So these ultra light helmets of today are a pleasure to wear. The problem is I can't get the darn thing to fit.

A little history here. One of my first helmets was the classic bell biker. These were the white ones with red striping that were basically round, with no frills and not a whole lot of ventilation. But that was state of the art in those days, and just about everyone who wore a helmet wore one of those. I wore that sucker for many years, wore out all the pads, and towards the end, the thing was held in place with bits of foam and baling wire. As luck would have it, I had won a nice Giro foam helmet

at the CRW banquet a few years back, and it was ready to take the Biker's place when the time came, which was around the turn of the decade (1990). This was my weekend helmet for many years, it was light, reasonably well ventilated, and best of all, it stayed on my head.

Fast forward to the year 2000. Several events conspired to make me forsake my fine Giro helmet for a newer model. Shortly after the foam helmet hit the market, and everyone bought one, it was discovered that they were in fact a death trap and one should really buy a helmet with a hard shell around the foam so that when you go down your head can slide on down the road like a bowling ball.

Another factor is that I'm prone to skin disorders from too much exposure to the sun (my former doctor jocularly refers to my annual visits to my dermatologist as my weight loss program). So I was thinking getting a helmet with a visor would not be a bad idea.

The telling blow was when Susan and I went to buy me a new bike. We picked the bike out, and the question came up, "Do you need a helmet?" to which I of course replied "No, I have a helmet." It of course came out that my helmet was many years old (but not as old as me) and con-

ventional wisdom has it that helmets need to be replaced every few years. So, I caved, and came out of the store with a brand new Giro hard-shell helmet con visor.

I thought this was going to be the answer to a maiden's prayer, this fine new helmet, with all its Straps, buckles, and assorted gizmos, but, alas, it was not to be. The helmet had this plastic mesh thing at the back that was supposed to mold itself to the back of your head. I found that every time I raised my head to look up, the plastic bit would bump into the back of my neck thereby pushing the front of the helmet down. Since the helmet was equipped with a visor to further obscure my vision, the net result was that I couldn't see anything. I had also acquired a rather flimsy helmet mirror that would move out of position if you so much as looked at it funny. On one particularly bumpy ride, the helmet kept riding down, the mirror went off into Kansas, I couldn't see forward, couldn't see back, I might as well be wearing a paper bag on my head.

So I'm back with the old foam Giro and sun block. I know I really should give the new helmet another try, it should be theoretically possible to make it work right. And I did in fact pay real money for it. But I don't have the time or the energy right now to deal with it. Good winter project.

Memories - Continued from page 1

it will bring back great memories. The party was really special.

During the spring of 1991 I saw an ad in The Boston Globe about a three-day bike ride called the tour of New England. I

called the telephone number associated with the ad, spoke to Jamie King, signed up and rode that year's version of the tour. I had such a great time on the tour that I joined the CRW. Last year marked eleven consecutive years of my participation in the tour.

Eleven years and thousands of club miles later my last ride was with the Wednesday Wheelers on a historic tour of Plymouth. I have had the privilege of participating in many club events and at each event I met someone new and had a great time.

We certainly have a great club with a diverse makeup. I am very proud to be associated with all of you. One of the most difficult aspects of my move to Arizona will be leaving all the great people that I have met through the CRW. I want to thank all of you and please keep up the good work.

Many thanks to all of you,
Gerald Goode

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Thomas David Jacobs	Somerville
Stewart Kennedy	Lexington
Joshua Mishara	Cambridge
Tatiana Nikitina	Boston
Krista Schepanovsky, Randy Leach	Lunenburg
Gary Vincent	Somerville

December Mileage Totals | | | | | | | |---|---|---|---|---|---| | 2 | 6 | 1 | 5 | 8 | 5 | |---|---|---|---|---|---|

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	15105	10	8	8	Dave Jordan	4309	-	-	-	Mike Hanauer	872	-	-	-
Pamela Blalock	12395	9	9	7	Doug Cohen	4040	1	-	-	John Springfield	866	-	-	-
John Bayley	10616	9	8	5	Marc Baskin	4034	8	1	-	Tracy Ingle	840	-	-	-
Robin Schulman	10505	8	5	7	Debbie Kirchwey	3866	12	12	-	Harry Wolf	822	-	-	-
Tod Rodger	9775	10	6	5	Ed Hoffer	3733	-	-	-	George Caplan	751	-	-	-
Bruce Ingle	9538	8	3	2	Cynthia Snow	3733	5	2	-	Jamie King	716	-	-	-
Jack Donohue	9418	-	-	5	Peter Knox	3721	1	-	-	Ed Trumbull	674	-	-	-
Paul Corriveau	9312	8	7	5	Jerry Green	3071	6	1	-	Rosalie Blum	418	-	-	-
Mike Kerrigan	9280	8	6	2	Ted Hamann	3025	1	-	-	Emily Wean	283	-	-	-
Jean Orser	7910	8	6	-	Kitty Farago	3025	2	1	-	Susan Grieb	270	-	-	-
Irving Kurki	7707	10	6	2	Elaine Stansfield	3002	4	1	-	Jared Luxenberg	244	-	-	-
Avram Baskin	7312	7	4	1	Bill Hanson	3001	1	-	-	Jacob Allen	190	-	-	-
Don MacFarlane	7212	3	1	-	Gerald Goode	2817	-	-	-	Julia Wean	122	-	-	-
Jerry Campbell	6917	-	-	-	Jim Goldman	2516	2	-	-	Sara Luxenberg	62	-	-	-
David Wean	5755	7	1	-	Jim Broughton	2410	-	-	-	Katie Caplan	53	-	-	-
Bruce Gelin	5502	-	-	-	Ken Hjulstrom	2290	-	-	-					
Bill Widnall	5498	-	-	-	John Allen	2231	-	-	-					
Bob Sawyer	5412	2	-	-	John Kane	1782	-	-	-					
Dick Arsenault	5166	5	1	-	Dave VanAmeijden	1475	5	2	-					
Joe Repole	5124	12	12	-	Elisse Ghitelman	1203	-	-	-					
Glenn Ketterle	5121	1	-	-	Cynthia Zabin	1122	-	-	-					
Peter Brooks	5054	10	6	-	John Loring	1026	3	-	-					
Gabor Demjen	5053	6	-	-	Greg Tutunjian	985	-	-	-					
Ken Hablow	4938	6	2	-	Phyllis Mays	928	-	-	-					
Joe Marcal	4549	4	-	-	Jeff Luxenberg	883	-	-	-					

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.

Bikes Belong Coalition Awards Grant to Connect 30 Miles of Trail in Portland

Bikes Belong, the industry coalition putting more people on bicycles more often announced today that it has awarded a \$10,000 grant to the Bicycle Transportation Alliance of Portland, Oregon. The grant will help efforts to build a connector trail, which will lead to 30 continuous miles of trail through Portland and east to the foothills of Mount Hood.

The one-mile OMSI-Springwater Connector Trail will connect the city of Portland to Milwaukie, Oregon and eastward via a seamless trail system. The Bicycle Transportation Alliance will use the grant to advocate for \$4 million in TEA-21 money.

The money will be utilized to build three bridges that span a creek, a major highway and railroad tracks.

Bikes Belong has awarded over \$190,000 for grants this year alone with an expected return of \$100 million dollars in government funds. The following communities and projects have all received grants from Bikes Belong this year: San Francisco Bike Coalition for their City Wide Bike Network; Douglas County, Minnesota for the Central Lakes Trail; California Bicycle Coalition's Safe Routes to School; The League of American Bicyclists of Washington, DC for the D.C. Bike Summit; Massachusetts Bicycle Coalition for Bikes to the Sea Trail; Village of Oakwood, Ohio for the Broadway Avenue Trail; San Diego Bicycle Coalition's San Diego River Bikeway; Berkshire Bike Path in Western Massachusetts; Kealakehe Bikeway on the Island of Hawaii; Marin County Bicycle Coalition for the North-South Bicycle Freeway; Adirondack North Country Association for the Lake Placid-Sarnac Trail;

Prescott, Arizona Alternative Transportation for their Downtown Greenways Project; Bicycle Federation of Wisconsin's Hank Aaron Trail and Bicycle Colorado for the Denver-Boulder Bikeway.

Bikes Belong Coalition is sponsored by the American bicycle industry, with the mission of putting more people on bicycles more often. Bikes Belong Coalition promotes bicycling and assists local organizations, agencies, and communities in developing bicycle facilities projects that will be funded by TEA-21, the Transportation Equity Act for the 21st Century. Bikes Belong has awarded over \$400,000 in grants, with a return of over \$200 million in funding for bicycle facilities. Bikes Belong Coalition is working with organizations throughout the country to make America more bicycling-friendly. For more information about the Bikes Belong Coalition grants program, call 617-734-2111 or e-mail tim@bikesbelong.org, or visit www.bikesbelong.org

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- Back Bay Cycles**
333 Newbury St., Boston (617) 247-2336
- Belmont Wheelworks**
480 Trapelo Rd., Belmont (617) 489-3577
- Bicycle Bill**
253 North Harvard St., Allston (617) 783-5636
- Bicycle Exchange at Porter Square**
2067 Mass. Ave, Cambridge (617) 864-1300
- Bike Express**
96 N. Main St., Randolph (800) 391-2453
- Bikeway Source**
111 South Road, Bedford (781) 275-7799
- Broadway Bicycle School**
351 Broadway, Cambridge (617) 868-3392
- Burlington Cycle**
428 Boston Rd., Billerica (978) 671-0800
- Cambridge Bicycle**
259 Massachusetts Ave, Cambridge (617) 876-6555
- Chelmsford Cyclery**
7 Summer St., Chelmsford (978) 256-1528
- Community Bicycle Supply**
496 Tremont St., Boston (617) 542-8623
- Cycle Loft**
28 Cambridge St., Burlington (781) 272-0870
- Dedham Cycle and Leather**
403 Washington St., Dedham (781) 326-1531
- Farina Cycle**
61 Galen St., Watertown (617) 926-1717
- Ferris Wheels Bicycle Shop**
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123 Worcester Tpke, Westboro (508) 366-1770

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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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We sometimes allow bicycle-related companies the use of our membership list.
 Check this box if you don't want to receive mailings from these companies.

We publish an annual member directory that is available only to club members. Check this box if you don't want your name, address and home phone number on this list.

CRW Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
Household	\$25	\$48	\$70	

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



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