

# Wheel People

## Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 4 · April, 2002

### “Bikers With Forks” CRW Dinner Series

Get ready for the cycling season by joining CRW buddies for an evening of food, froth, and fun at the Watch City Brewing Company, 256 Moody St. in Waltham, Thursday, April 4th at 7:00pm. If you haven't been there before, check out [www.watchcitybrew.com](http://www.watchcitybrew.com). So we can get a head count, please pre-register no later than April 1st with leader Rita Long, 781-899-9177 before 9:30PM or [RitaLong@attbi.com](mailto:RitaLong@attbi.com).

Bikers With Forks - Continued on page 8

### Intro Rides Series Rides Again

The team of Jenny and Ed Craddock, Fred Kresse, and Eli Post, joined this year by John Miller, and Richard Friend is once again offering a series of introductory rides designed to help new riders get acquainted with the club and group riding. Check out the Recurring Rides section for details.

### New CRW Jerseys

During the cold winter months the Rides Committee worked diligently to design a new CRW jersey, and it is now available to all members for \$45. This is a high quality warm-weather jersey made from MicroDry fiber by voMax. It has a 15-inch zipper and is available in both men's and women's sizes. If you can't wait to see one on the road, you can see one in full color at [www.deerfootpublications.com/crw](http://www.deerfootpublications.com/crw).



you. If you want one, don't wait too long; because we have a limited number of jerseys in the sizes below. If we run out this Spring, we can order more at the same price (for orders of 25 or more) until fall.

These jerseys are “club-cut,” which is a more relaxed fit than the racing cut of the 35th Anniversary jerseys. The women's sizes have the same chest as the men's, but they are narrower in the waist, slightly shorter, and relaxed

in the hips. Available sizes and voMax recommended chest measurement:

Men's: S (33-36”), M (36-39”), L (39-43”), XL (43-45”)

Women's: S (33-36”), M (36-39”), L (39-43”)

The new jerseys will be available for sale at some of our larger rides (like Centuries) or you can send a check made out to CRW for \$48.50 (\$45 + \$3.50 priority mail) to Connie Farb, 11 Roberts Road, Cambridge, MA 02138, and she will mail one out to

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### Tag Sale at the Spring Century

The Spring Century is coming and this year it will have the added attraction of a tag sale (due to the demise of the Big Event). So tag up your stuff and come to the Spring Century in Wakefield, May 19. What can you sell there? Anything (so long as it's legal). Past sales have been 95% bike related with the rest being such things as an extension cord, a wok, a computer modem and a stereo receiver. Just remember, it is the responsibility to the owner to pick up any unsold merchandise at the end of the sale (4pm). Any items left, will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check

Tag Sale - Continued on page 3

### Big Event R.I.P.

The Big Event is no longer. It used to be that the Big Event took place on even numbered years, but due to declining participation, it won't happen this year. This is why we are having the tag sale at the Spring Century.

When the Big Event first started, there were 10 organizations and clubs participating, with a lot of volunteers. We organized rides and workshops in addition to the tag sale. As time went on, fewer clubs participated. At the last Big Event there were only four clubs and it only involved the tag sale. This year only the NEBC and CRW expressed any interest and that was not enough to run the Big Event. Tale e vita. (“such is life” en Italiano)

Big Event R.I.P. - Continued on page 3

The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote joyment of cycling. During the regular season - early to late Fall - at least two ride loops are available every day, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheet 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

## 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.

### BOARD OF DIRECTORS

#### Term Expires

Don Blake .....	2003 .....	781-275-7878
Connie Farb .....	2003 .....	617-497-0641
Rich Fields .....	2002 .....	781-272-3801
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
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Merchandise .....	Steve Kolek .....	781-674-1090
Mileage .....	Ken Hablow .....	781-647-0233
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Bike Shop Program .....	George Eckert Jr. .....	508-653-6913
Volunteer Committee Chair .....	Lauren Perinchief .....	617-734-2448
Social Committee Chair .....	Linda Nelson .....	617-964-5727
	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 .....	Jenny Craddock .....	617-332-4098
Century Committee .....	Melinda Lyon .....	978-887-5755
Wednesday Fitness and Masters Ride .....	Dave McElwaine .....	781-821-8643
Wednesday Wheelers .....	Dick Arsenaault .....	781-272-1771
Wednesday Ice Cream Ride .....	Gabor Demjen .....	781-237-0602
	Eric Evans .....	617-527-0517
Thursday Fitness Rides .....	Peter Mason .....	781-646-5106
Friday Rides .....	Steve and Kate Mashl .....	978-244-0286
Saturday Fitness Rides .....	Dave McElwaine .....	781-821-8643
	Mark Dionne .....	617-965-5558
Sunday Fitness Rides .....	Carl Howerton .....	781-837-9777

### WHEELPEOPLE STAFF

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Production Editor .....	David Cooper .....	781-483-6960
Advertising .....	Marty Weinstock .....	617-491-6523

### INTERNET STAFF

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

## 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



March 5, 2002

**Present:** Barry Nelson, Cindy Sragg, Don Foster, Don Blake, Mike Hanauer, Jim Sullivan, Bill Widnall, Bob Sawyer, Rita Long, Connie Farb, Jack Donohue, Dave VanAmeijden, Rich Fields

The meeting commenced at 7:30 p.m.

**Membership** (Barry Nelson for Sharon Gowan)

995 current memberships, 1,194 members  
11 expirations, 18 new, 20 renewals

Membership numbers are strong considering the time of year; lowered dues could be the reason for this.

**Treasurer's Report** (Don Blake)

Don started off by updating us on the payment situation for use of the room we rent at Hancock United Church of Christ, where our monthly Board Meetings are held. The last check he wrote to them covered 2001. We have not yet paid for our use of the room for 2002. The very good news is that the church secretary has told us that we can continue meeting there even though Bob Sawyer (our original "sponsor") is no longer a member of the church. We no longer have to worry about finding an alternative space for our monthly meetings.

We had one large expenditure in February worth noting: club insurance was paid in the amount of \$1,474.53.

Barry Nelson asked if our copy costs for Wheelpeople were coming down since close to 200 people are now getting the newsletter electronically. The answer was no, and Barry suggested that we ask Ken Hablow to cut the number of Wheelpeople produced to 900. That should be more than enough since we always seem to have an abundance of newsletters left over after the mailing.

**LAB Insert** (Barry Nelson)

LAB asked CRW if we would be willing to include in our next issue of Wheelpeople a one page insert to help them advertise their "Bikefest" in Amherst, MA this upcoming

summer. We decided against that because of the expense the insert would cause. We will instead offer them a quarter-page ad or link on our website or agree to publish a press release or article for them for free.

On a separate matter, LAB invited us to nominate one of our rides (a CRW century or Climb to the Clouds) in their "Best Biking in America" contest. The winner of the contest is asked to make a donation to LAB and winning would create excellent publicity for the club. We were going to designate someone to fill out and submit the form since there was no cost to enter the competition, but then we read the fine print which stated that we had to submit our membership list for use by LAB and Bicycle Magazine. The Board voted unanimously not to enter due to this requirement.

**Rides Calendar** (Jim Sullivan/Connie Farb)

Sunday, August 11 is open. The entire Saturdays rides calendar is full, except for 4 Saturdays in November. We would like to double up rides on Saturdays when the only offering is a long distance from Boston, for example on Cape Cod. Ideally we would have a second local ride on those dates. Bill Widnall pointed out that no one who is willing to lead a ride should ever be turned away as we want to encourage ride leadership always. Even when there is seemingly no available spot, the volunteer should always be told that we will work with them to find a place for their ride.

**Club Jerseys**

Tod Rodger sent word that the club jerseys for ride leaders are in and they look GREAT!

**Bike Fitting Workshop** (Dave VanAmeijden)

Still looking for a location for this; a member's home with sufficient space seems to be the best option. Once we get a place the event will be published in Wheelpeople. Dave asked if the Board was willing to pay \$50 for renting a space if more than 25 people showed an interest in attending. The Board decided against it; the item in Wheelpeople will specify that the event will be limited to the first 15 people who sign up.

**Miscellaneous Business**

There will be no multi-club "Big Event" this year. Instead, Eric Ferioli will organize a tag sale in conjunction with the Spring Century.

The meeting adjourned at 8:30 p.m.

The next Board meeting will be on Tuesday, April 2nd, 7:30 p.m., at Hancock United Church of Christ, Lexington.

Respectfully submitted,  
Cindy Sragg  
Secretary/Board Member

Tag Sale - Continued from page 1

for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same side as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on a hanger. There will be a rack. There will be an area for bicycles also.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor. For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

Big Event R.I.P. - Continued from page 1

Special thanks to Ed Kross for organizing the last two Big Events.

For those of you still interested in a bike flea market, there is the possibility of getting some spaces at the Museum of Transportation bike show in August. More about that later.

## WELCOME NEW MEMBERS

Maureen Scannell Bateman	Wellesley
JB Bauk	Boston
Tom Catalini	Melrose
Dana Clark, Julia Mauldin	Framingham
Cathy Corning	Wayland
Joe Custer	North Andover
David Draper	Bedford
Pamela Gogolin	Needham
Joe Grause	Needham
Greg Kushmerek	Jamaica Plain
David Lennox	Medway
Tracey Levenson	Medfield
Diana McKenna	Maynard
John McLaughlin	Watertown
Walter McNeil Jr	Danville
Regina Rheault	Jamaica Plain
Michael Seibert	Bedford
Jennifer Shultis	Wayland

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.



April, 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 Arsenault 781-272-1771 day or early evening.

## Wednesday Fitness and Masters Ride\*\*

**Times:** 6:00 PM Sharp! Starting April 10

**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 as 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 (781-821-8643), or Mark Dionne (617-965-5558) e-mail [crw@markdionne.com](mailto:crw@markdionne.com), Fred Kresse (781-444-1775), and Siobhan Spillane (617-364-4891)

**Start:** Saint Sebastian's School at the corner

of Greendale Ave. and Great Plain Avenue, Needham.

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

**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! The first ride is Thursday, April 18.

**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 and 36 miles.

**Leaders:** Peter Mason (781-646-5106)

**Start:** LG Hanscom - General Aviation Airport.

**Directions:** Rt. 128 to Exit 30B (Rte. A West) - do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport.

## Saturday Morning Fitness Ride at Nahanton Park\*\*

**Times:** 8:30 SHARP! March through September - An Early Loop starting 6:30 AM, 33 miles, back in time for the main ride.

**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:** Three routes, cue sheet and arrows:

Long Route - 42 miles Medium Route - 28 miles Short Route - 19 miles

**Leaders:** Dave McElwaine (781-821-8643) or Mark Dionne (617-965-5558) e-mail [crw@markdionne.com](mailto:crw@markdionne.com)

**Start:** Nahanton Park, Newton.

**Directions:** Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot.

## Saturday Introductory Ride

**Times:** Six Saturdays: April 13 and 27, May 4 and 18, June 1 and 15. Rides leave promptly at 9 AM. Please arrive 20 minutes early!

**Description:** Ever wonder what it is like to ride in a group? Are you new to CRW? Do you just want a more casual ride? Then this ride is for you! The route is an essentially flat, 19-mile loop through Needham and Dover. The focus is on group riding, safety, cycling technique and fun. The rides average 10 to 12 miles per hour. After the ride we hang out at Starbucks in Needham. Post ride clinics will be offered if there is interest. NOTE: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride!

**Routes:** We do an essentially flat 19 mile route in Needham and Dover.

**Leaders:** Please feel free to contact leaders with questions. Jenny and Ed Craddock (617-332-4098) Fred Kresse (781-444-1775) Eli Post (617-547-6778) John Miller (617-522-8732) Richard Friend (617-522-2658)

**Start:** Nahanton Park on the Newton/Needham line

**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.

# Spring Century



## Celebrate The Rites of Spring with CRW Sunday May 19, 2002

Event held Rain or Shine or SNOW

Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

**START -** Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.  
*Take Rte 128 to the Rte 129 exit, #40. Follow signs for 129 East for 1½ miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is ¼ mile on the left.*

**TIMES -** 7:30 - 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**  
*Refunds available until May 14, 2000*  
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 May 10, 2002*

*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



# April 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.

## Fresh Ayer and Temptations

*Saturday - April 6*

**Leaders:** Pamela Blalock and John Bayley (978.256.1169)

**Times and Routes:** 10:00 AM for all rides. 30, 45 and 60 miles

**Ride Type:** Cue sheet and map.

**Highlights:** Tempted to get out for some fresh "Ayer" on this early season ride. The long ride goes out through Littleton, Harvard and Boxborough, while the short ride takes a more direct route to Ayer. Both rides converge in Ayer for lunch at Temptations, a cafe with soup, sandwiches, coffee and ice cream. After lunch, one can enjoy the roller coaster of Lost Lake Road in Groton, along with a few other twisty hilly roads, or take the more direct shorter route back to Chelmsford.

**Directions:** From Boston, take Rte. 2 west to the Concord Circle then west on Route 2A to the traffic light at Route 27. Turn right on Rte 27 and go 5.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is .2 miles on the right just opposite the Agway store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and cross Rte 27 onto Maple Road.

## So. Acton Sunday Opener

*Sunday - April 7*

**Times:** 9:30

**Ride Type:** Arrowed, Map, Cue Sheet

**Leaders:** Tod Rodger (978-456-8654 before 9PM)

**Start:** South Acton "T" station, Central Street @ Route 27 (The parking meters are not active on weekends.)

**Directions:** Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner.

**Highlights:** Think you pedaled hard on your trainer all winter? Start the season with a

relatively easy 45 and 25-mile rides on quiet and scenic roads through Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir.

## Battle Road Tour

*Saturday - April 13*

**Times:** 9:00 for 30 miles. (Please arrive at 9:15 for instructions). We will finish mid afternoon.

**Ride Type:** Follow the Leader.

**Leaders:** Dick Arsenault (781-272-1771), RFArsen@aol.com

**Highlights:** We will ride the route the British took on April 19, 1775 when they marched to Concord in search of military supplies thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from the stores in the center.

**Start:** The Minuteman Statue on Lexington Green in Lexington Center.

**Directions:** From route 128 take Exit #31 east (Rts. 4 & 225) to Lexington Center. Park in the surrounding neighborhoods and bike to the start. Rain Cancels.

## Old North Andover Ride

*Sunday - April 14*

**Times and Routes:** 9:30 for 48 and 10:00 for 26.

**Ride Type:** arrowed

**Leaders:** Jim Sullivan (781-245-1772).

**Highlights:** The long ride travels through the lakes and farms of No. Andover, Boxford, Topsfield, Ipswich, Georgetown, Groveland, and Haverhill. The lunch stop is in Ipswich. The short ride cuts out Topsfield and Ipswich, with a lunch stop in Boxford Center.

**Start:** North Andover Green, corner of Andover St. and Massachusetts St., North Andover.

**Directions:** Rt. 93 North to Exit 41, Route 125 North (toward Andover). Bear left where Rt. 125 joins Rt. 114 and take a right before

the Bertucci's at the next light. Take a right at the next light and follow to the Green. Park on the left side of the Green only.

## Another Side of Carlisle

*Saturday - April 20*

**Start:** Brighams, Mill St. in Arlington Center

**Times and Routes:** 9:30 AM for all rides, 27, 42, and 63 miles

**Leaders:** Connie Farb 617-497-0641 chfarb@yahoo.com and Mark Sevier 781-696-9486 m\_sev@yahoo.com

**Ride Type:** map and cue sheet. Arrow: None

**Directions:** From 128; exit 29A East (Route 2 toward Cambridge. Take Route 2 East to Exit 59 (Route 60). Take left onto Route 60 and go about 1 mile to Mass Ave. in Arlington Center. Take left onto Mass Ave. toward Lexington and go to first traffic light which is Mill St. Turn right onto Mill St. Entrance to Brighams is on the left down the hill.

**Highlights:** A scenic ride through the towns surrounding Carlisle including Arlington, Lexington, Bedford, Chelmsford, Acton, Westford, Concord and Lincoln. The terrain is rolling with a few hills, notably Page Hill in Bedford and Trapelo Rd in Lincoln. The lunch stop will be at the Green in Concord Center, but save space for ice cream at the end of the ride.

## TORSV Middlesex

*Sunday - April 21*

**Times and Routes:** 10:00 31 miles, 10:30 15 miles

**Ride Type:** Arrowed with cue sheet

**Leaders:** Don Blake (781-275-7878)

**Highlights:** Scenic Views of Minuteman National Historic Park, Hanscom AFB, Edith Norse Rogers VA Hospital and the Shawshen River. There is no designated lunch stop because of the great after ride party at Don and Jan's home at 1 Gleason Road in Bedford.

**Start:** Bedford High School

**Directions:** From Rt 128 (I-95), exit 31B (Rt-4-225), 2.6 miles to left on Mudge Way. First right into parking lot. Please park away from buildings. From terminus of Minuteman

Bikeway, right on South Road up hill to traffic lights. Left approx. 1/4 mile to Mudge Way.

## **Mean Streets Fenway Plus** *Thursday - April 25*

**Times and Routes:** 6:00 P.M. SHARP!

**Leader:** Charles Hansen H:617-734-0720  
W:617-572-0277, [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com))

**Ride Type:** Urban Evening ATB ride of about 10 miles, with a mixture of streets, alleys, bike paths, sidewalks, and dirt - mountain or hybrid bikes de rigueur.

**Highlights:** Explore the Fens, the Longwood medical complex, and parts of the Jamaica-way and Brookline Village.

**Start:** B.U. Metcalf Building, 590 Commonwealth Ave. (At the 'Explosion' sculpture)

**Directions:** Storrow Drive to Kenmore exit. Take Comm. Ave west to the first traffic light past Kenmore Square and park.

## **West Podunk** *Saturday - April 27*

**Times and Routes:** 9:00 for 55 miles; 9:30 for 38 miles

**Ride Type:** Cue sheet & map

**Leaders:** Steve Hoffenberg 781-259-4369  
[stevhof@bellatlantic.net](mailto:stevhof@bellatlantic.net)

**Start:** Nashua River Rail Trail Parking Lot, Groton St., Ayer

**Highlights:** A scenic but hilly new route on back roads in and around Shirley, MA,

voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Leominster, Sterling, Lancaster, Bolton, and lunch stop in Harvard. Long ride adds nice loop in Townsend and Lunenburg. For extra credit after the ride, bring along your inline skates and explore the new Nashua River Rail Trail."

**Directions:** Rt. 2 West, 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after NAPA auto parts store. Parking lot is immediately on the right, before the bike path.

## **Providence Mean Streets** *Saturday - April 27*

**Times and Routes:** 10:00 AM

**Leader:** Charles Hansen H:617-734-0720  
W:617-572-0277, [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com))

**Ride Type:** Urban ATB

**Highlights:** Join us for a Mean Streets extended trip! In the spirit of this series of urban exploration rides, we'll cycle the streets, alleys, bike paths and whatever else we find in Providence. We'll also seek out the city's institutions of culture with a probable stop at the art gallery on the Brown campus (RISD museum is optional post-ride activity). If you've never been to Providence before, it may surprise you with its range of attractions. Bring a bike lock; U-type strongly

recommended. Lunch will be at a restaurant in Providence or bring your own if you wish. Ride will end 2-3 PM.

**Start:** Roger Williams National Memorial, 282 North Main Street in Providence at 10 AM - use Mapquest or contact leader for directions.

## **The Two State Tango** *Sunday - April 28*

**Times and Routes:** 9:30 AM for 50 miles, 10:00 AM for 30 miles

**Leaders:** Greg Lee (508-643-4134)

**Start:** Knights of Columbus (corner of Smith Street and Landry Avenue) in North Attleborough

**Highlights:** Both rides go northwest, tangoing over the Massachusetts - Rhode Island borders, in various towns including North Attleborough, Plainville, Wrentham, and other Massachusetts towns, and Cumberland and other Rhode Island towns. Some hills, mostly quiet and rural roads. Lunch stops to be announced.

**Directions:** Rt. 95 to Rt. 495 North. Take the exit for Rte. 1 South. Follow Rt. 1 south about 3.9 miles (DeLorme measurements, take fair warning!) to Landry Ave. This should be the FIFTH traffic light. Go LEFT, follow the sign for Sirois Bicycle Shop. Knights of Columbus parking lot is about 0.30 miles on the left, set back from the road, across from Reinbold Insurance.

# **CRW Trips**

## **MDDM 2002** **18th Annual Memorial Day** **Dash to Montreal** *May 23-27, 2002*

NOTE: This trip is filled, if interested call Charles to put you on a waiting list

Thursday night stay at a ski lodge (motel option) near Montpelier, Vermont. Friday morning drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van, and cycle north through the beautiful Lake Champlain Islands. Ride 77 absolutely flat miles to Montreal, where we stay in the downtown Youth Hostel (couples rooms available). Saturday and Sunday are free days with many options - cycling, cultural and otherwise. Monday ride 73 miles back to the cars on the New York side of the lake, ending with a short ferry ride. NOTE: Although there are no hills, this can be a tough ride due to

strong headwinds! \$165 trip fee includes 4 nights lodging, 4 meals, sag support, tour T-shirt and extensive literature.

Contact leader Charles Hansen(H: (617) 734-0720, W: (617) 572-0277, [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com)) for info or to register. Please make check payable to the Charles River Wheelmen.

## **Tour de COVE** **Cyclists Over Vermont &** **Estrie**

*July 3-7, 2002*

Join us for a July 4th weekend mini-tour in the Northeast Kingdom and the Eastern Townships. Wednesday night we stay in St. Johnsbury, then drive to the Lyndon area in the morning for our tour start. Thursday's ride brings us to the resort town of Magog in Quebec, where our hotel is just steps

away from the bike path and beach on Lake Memphremagog. Friday we cycle - including a climb over Jay Peak - to the wonderful Black Lantern Inn in Montgomery, Vermont, where we will spend two nights (some great rooms for couples).

Saturday offers day rides from the Inn, with a century option reaching Lake Champlain. Sunday's route takes us back to the start, with an opportunity to visit the Bread and Puppet Museum in Glover and maybe catch a performance. Daily averages are 60-70 miles. The tour fee of \$425 includes four nights lodging, four breakfasts, four lunches, two Happy Hours, two dinners, maps and cue sheets, and sag support.

Contact leader Charles Hansen(H: (617) 734-0720, W: (617) 572-0277, [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com)) for info or to register. Please make check payable to the Charles River Wheelmen.

CRW Trips - Continued on page 8

CRW Trips continued

## 27th Annual Tour of New England May 25-27, 2002

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA, then it goes through RI and CT, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover, NH. On the third day we return to MA via ME and the seacoast of NH.

There is one official starting point for the ride – Lincoln, MA. Many of the veteran riders start at their own houses and meet us on the route.

On the first day most of those riding stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Spofford NH fire department runs an all you can eat breakfast for \$5. Spofford is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. The motel has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA and stop for lunch in Georgetown, MA. Upon finishing there will be a pizza party in Lincoln.



[www.bikeitaly.com](http://www.bikeitaly.com)

*We customize our itinerary every day based on your interests and energy level. Enjoy a rich diversity of terrain on guided, van-supported rides from our home base: spectacular Dolomite mountain passes, scenic foothills rolling through vineyards, and the lush, sensuous Venetian plain dotted with undiscovered walled cities, castles with moats, and graceful Renaissance villas. Start any Saturday from April 27 through September 21, limited to 10 guests weekly.*

*info@bikeitaly.com 800-880-4476*

The cost of the ride is \$99. Please make checks out to the CRW. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a detailed cue sheet and a party at the end of the ride. This is a hard Tour at 100+ miles each day. There is bag transport but no sag. Be prepared!

If interested, please telephone Walter Page at (781) 259-8598 or email him at [whpage@compuserve.com](mailto:whpage@compuserve.com) and put TONE 2002 in the subject line.

## VELO VERMONT 2002

July 19-21, 2002

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

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

Total cost of trip is \$110 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone. Call after that for last minute availability.

Make checks out to CHARLES RIVER WHEELMEN, and send a SASE or email address. We will send out a poop sheet with information a week before the trip.

Leaders:

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

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Bikers With forks - Continued from page 1

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.

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

Sat - Sun, Jun 22-23

Join the New England Council of Hostelling International - American Youth Hostels on their annual Cape Cod ride. The trip consists of a century bicycle ride from Boston to North Truro (120 miles) or Eastham (100 miles) on Saturday, time to tour Provincetown or relax on nearby beaches Sunday morning, and a high speed ferry ride back to Boston late Sunday afternoon. The cost of \$105 includes four meals, lots of snacks, hostel lodging, sag wagon support for luggage and breakdowns on Saturday, and the ferry. Send full payment (refundable until June 1st) along with name, address, phone #'s and hostel choice (if any) to trip leader Seth Davis, 60 Albemarle Ave, Lexington, MA 02420. For more information, visit our website at

[http://www.usahostels.org/activities\\_capeday.shtml](http://www.usahostels.org/activities_capeday.shtml), call Shari Spadafora at (617) 258-1814, or send a self-addressed stamped envelope to the trip leader.

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## Training for Fast Centuries

by Lisa Marie Dougherty

One of a series of columns on training for centuries. The complete series is available at:

<http://www.ultracycling.com/training/centuries1.html>

So you're back on the bicycle again, training for the dawning season. A list of events have been highlighted on your calendar. Your motivation is high as you visualize yourself among the fastest cyclists, wrapping up a century in less than 6 hours...maybe even 5 hours! How can you get the form to hold such high speeds over 100 miles?

First, remember that the most important facet to training is mental preparation and attitude. It may help to recognize that 100 miles isn't very far for a long-distance cyclist. Most pro cyclists compete in races of 100+ miles, averaging speeds over 25 mph.

Undoubtedly, the fastest centuries are completed by professional racers whose daily training rides often exceed 100 miles. So, if you want to increase your average century speed, the best approach is to study the

Continued on next page

training programs of successful category pro-1-2 racers. The primary difference between a 100 mile race and a 100 mile tour is drafting. In a race, you have a field to cruise with unless you're feeling spunky and take a flyer or fading fast and drop off the back. Otherwise, you get the pleasure of sucking wheel while saving 30 to 80% of your energy depending on wind conditions and the spread of the cyclist towing you.

In a century, most riders are recreational so you will spend the bulk of your time battling the wind alone. Even the fast cyclists often prefer solo riding or lack the skill to safely paceline. So don't plan on finding a group of experienced, ambitious cyclists to draft at your next century. Joining a well-oiled paceline at a tour is not unheard of, but it is unlikely.

Despite this, training like a racer will do more to increase your average speed on centuries

than grinding through mega-miles at a steady, moderate pace. Big miles are certainly necessary when a cyclist is preparing for multi-day events like Paris-Brest-Paris. Such a training tactic, however, will destroy leg speed for shorter distances of 150 miles or less. It is important to realize that 100 miles is NOT an ultramarathon distance so training like an ultramarathon cyclist is not the best way to decrease your century time. Training like a road racer will increase power and speed without preparing your body for the huge stress of real ultra-marathon cycling which you won't encounter anyway.

At ultramarathon distances, the body must be maintained in a steady state where the cyclist is consuming as many nutrients as he or she is burning up, continuously maintaining a steady flow of energy over many hours or several days. For shorter distances, the cyclist can upset this balance and consume less on the bicycle. This allows the body to focus on cycling rather than dividing its

energy between digestion and cycling.

In the next column, I will discuss specific training tips utilized by road racers that can help increase your average century speed. If you want to do your fastest century, you cannot train like an ultramarathon cyclist.

Forget the mega-miles, protein powder, and bike lights...grab your gel packets, carbohydrate drink and local cycling buddies. It's time to train for speed.

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## Almost a Year in Hanoi

### Part III

by Jean Arnold

I'm continually amazed by people's creativity and the quirky juxtapositions I come across. In Warkworth, New Zealand I stopped by the Warkworth Music and Cycle Shop to get my tires pumped up and ended up with a CD called "Songs of New Zealand". The owner explained that the town wasn't big enough to support a bike shop, nor a music shop, so he put them together and makes a living of it.

In Coromandel town I went for a narrow-gauge train ride at the Driving Creek Railway Potteries. What could pottery and a railway possibly have in common I wondered. Quite a bit, actually. In 1961 a young man named Barry Brickell started a small pottery business on an acre of land he bought. As a kid he was fascinated with fire and what it could do: turn soft, pliable clay into hard ceramic in a kiln or create steam to power engines. He became a proficient and innovative kiln builder who did much to further this art in New Zealand. And coupling this trade with his love of railways, he built the Driving Creek Railway line which now earns him a good living toting tourists up the mountain on the steepest railroad line in the country. Initially the railway was used only to haul clay and fuel for the kilns from the bush (woods or countryside) to the work areas.

Another passion of Barry Brickell's was botany. Much of his land had been cleared

by early settlers of the native kauri trees, similar to the redwoods in America in terms of size and beauty. Brickell has replanted thousands of kauris and other native trees and plants and now his 'theme park' attracts tens of thousands of visitors a year. Love of adventure sports is another peculiarity of New Zealand culture. Bungee jumping started down here. This is not something you'd associate with a quiet, pastoral land whose sheep population far outstrips its human population. (People: 3.8 million - sheep: 45 million). Bungee Sheep are on sale in gift shops; when the sheep reaches the end of the bungee, it bleats.

Perhaps it is because of this overly-placid atmosphere that people have invented so many ways to stimulate their depressed adrenal glands. The special millennium ten dollar bill has pictures of a surfer, a downhill skier, ocean kayakers, kids at the beach and tandem skydivers on the back with the words "Celebrating New Zealand's Free Spirit and Quest for Adventure in the New Millennium".

At the hostel I'm staying at in Whitianga there are brochures advertising things to do in the area: tandem skydiving, scuba diving, horseback riding, an adventure ropes course, snorkeling in a volcano, windsurfing, sailing, 4-wheel drive safaris, big game fishing and mountain bike treks. By the way, if you'd

don't hear from me next week, you'll know that I failed the high ropes course, but that I died happy in my 'quest for adventure'.

Another interesting Kiwi combination: the special jazz church service at the Presbyterian church this morning. The minister's message was interspersed with songs that reinforced his points. The Cats 'n Jammers Jazz Quintet played oldies such as "On a Clear Day", "Smile", "Imagine", "Yesterday" and "What a Wonderful World" before the service ended and the minister invited the congregation to have refreshments and listen to more music from the band's repertoire.

I like seeing how people break away from the conventional and use their creativity to find their way in the world. In the 1970s and 1980s New Zealand suffered high unemployment and a huge brain drain. People could not make a living here so many Kiwis went abroad.

After being here for three weeks and seeing how beautiful this country is, I e-mailed my Kiwi friend in Hanoi to ask why she left. She said people often ask her that after they visit her homeland. Her poetic reply was: "Why did the bear go over the mountain?" and her pragmatic response was: "To get a job". I think the Kiwis will be back soon though. Maybe my Kiwi mate (friend) and I can start some creative new venture here. Anyone have any quirky ideas?

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## Little Jack's Corner - by Jack Donohue



Bicyclists seem to be concerned with bodily fluids much more than the average man.

Take sweat, for instance (or perspiration if you're from

Connecticut). My opinion is that you have to adopt a Zen attitude toward sweat. Take your helmet. You ride all day, and the helmet gets pretty raunchy. But you're done, you throw it in the garage and set yourself to replenishing your fluid levels. Next day, you go to put it on, and it's pretty rank. But then, after riding for ten minutes, so are you, and you don't notice any more. Now, if you were to clean it, it would take at least ten minutes, all to avoid ten minutes of possible unpleasantness. This is time that could be better spent riding or drinking beer.

As one who has seen the dark side of helmets, I have found experimentally that the helmet will eventually reach equilibrium (I knew all those chemistry courses would come in handy sometime). In layman's terms, once it gets bad, it don't get no badder. It just builds up a healthy patina of sweat and stays that way. Once you can view those built up salt rings as a tribute to

the intensity of your workout rather than a mark of shame, you are well on your way to a higher plane of enlightenment.

In the winter there are other problems. One is that your nose runs. Problem is that it doesn't run very far. So you are faced with a disposal problem at the end of your nose. There are basically three techniques for dealing with the situation: absorption, elimination and denial. In my naivete, it was many years before I realized the reason the backs of cycling and ski gloves are often made of terrycloth. Still the absorption capacity of terrycloth is limited, and may not do for an extended outing. Elimination requires a bit of technique, since an ill aimed flick could cause distress for you or an innocent riding companion. Denial has its benefits, since gravity being what it is, the offending object will eventually reach critical mass and fall off all by itself. You just have to be willing to put up with some discomfort during the gestation period.

Then there's spitting. For some reason, cyclists seem to need to expectorate more than your average citizen. Maybe it's the large number of flying objects that get sucked into the trachea during the course of a ride (flies are especially tasty). This is another action that requires careful aim. This is especially critical on a tandem, as Mrs. D. will attest. After several unfortunate episodes, Mrs.

D. has developed a Pavlovian reaction, so now anytime I turn my head to the left, she ducks.

Then there's peeing. I'm sure there are individuals who can just hold it for a double century, but as we get older and wiser our bladders also get weaker. So we are constantly in search of the PTO (a term originally coined by Bob & Carol Anderson). A PTO is quite simply, a Perfect Toilet Opportunity. This is a place of great natural beauty offering a modicum of privacy and free of brambles, swamp, poison ivy, mosquitoes, etc., where one can relieve oneself as God intended. This, like Don Quijote's quest for Dulcinea, is rarely found, and one can at best hope to avoid detection and contact with flora or fauna that require subsequent medication. While perfection is hard to achieve, the determination of what constitutes "good enough" varies widely with the individual. The more uninhibited consider merely turning around being sufficiently discreet. I have it on good authority, that there was a law in the town of London, to the effect that if you were to cry out "In need," you were then at liberty to relieve yourself pretty much on the spot. I'm afraid the colonies never adopted this sound policy, so cyclists in need who fail to take the appropriate precautions may find themselves "In jail."

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### Wells Ave. Training Series Seeks to Add Women's Races

The Wells Ave. Training Series has a long tradition of helping new racers get started in the sport, as well as helping experienced racers get started for the season. The races are criterium format around a flat, smooth 0.8 mile circuit. The finishing straight is long and wide allowing safe, fast, exciting sprints. "

Read more about the Wells Ave. Training Series at the BRC web site:

<http://bostonroadclub.org:8080/BRC/Includes/page.asp?articleId=1000>

The Wells Ave. Training Series in Newton, Massachusetts runs every Sunday from March 3 to September 29th, and women are welcome every week! But if enough women show up on the dates listed at the end of the article the BRC will put on a separate women's field during the "B" race at 10:15.

To entice you to come out for the Women's Training races, we'll provide FREE post-race coaching from experienced women who will race in the pack and talk to everyone after the race. It's just a training race, so you can even ask questions during the race! And if you've never tried it and are worried about the pace, don't fret, it's just a training race, so hop in for as long as you can and pull out to rest if you need to. This training series is for training - so come practice and don't worry about results. To make it fun The Cycle Loft will throw in a few product primes, and will provide a mechanic for the sidelines.

Mark these Sunday dates on your calendars:

March 17 (St. Patrick's Day), April 14  
May 12 (Mother's Day), June 16 (Father's Day), July 28, Aug 11, Sept 22

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### CYBER CHANGE OF ADDRESS

By now, a large number of you are receiving your copy of WheelPeople by email. This is a convenient way to receive it, saves trees, and is normally available quite a bit earlier than the printed version. If you've signed up for this, bear in mind that you need to tell our membership chairperson, Sharon Gowan(617-489-5682, [sgowan@bbn.com](mailto:sgowan@bbn.com)) if your email address changes. Also, be aware that the size of the PDF file is typically 600kb and can be more than a megabyte. Some email accounts won't handle large attachments, and some (such as hotmail) have rather limited quotas, and will not deliver the message if the quota is exceeded. If you've signed up for eWheelPeople and haven't been receiving it, make sure that the account you signed up is valid and doesn't have the limitations above. If so, you can give Sharon another address to send to, or ask to be put back on the postal mail list.

# February Mileage Totals

1	3	9	4	7
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Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	1499	1	-	-	Jim Broughton	353	-	-	-
Jack Donohue	1444	-	-	-	John Allen	302	-	-	-
Robin Schulman	1420	-	-	-	Joe Marcal	231	-	-	-
Gerald Goode	1343	-	-	-	Ted Hamann	204	-	-	-
Don MacFarlane	1005	-	-	-	Gabor Demjen	199	-	-	-
Tod Rodger	979	2	-	-	Doug Cohen	171	-	-	-
Bill Widnall	729	2	2	-	Cynthia Snow	134	-	-	-
Joe Repole	676	2	2	-	Elisse Ghitelman	122	-	-	-
David Wean	620	-	-	-	John Springfield	45	-	-	-
Nick Linsky	562	-	-	-	Ed Trumbull	37	-	-	-
Bob Sawyer	556	-	-	-	Jeff Luxenberg	35	-	-	-
Irving Kurki	460	-	-	-	Jared Luxenberg	30	-	-	-
Cynthia Zabin	400	-	-	-	Tracy Ingle	20	-	-	-
Ed Hoffer	358	-	-	-	Jacob Allen	13	-	-	-

## 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.

## El Tour de Tucson

by Diane Daniel

Here's a brief report on El Tour de Tucson, (pbaa.com) which I rode in mid-November.

First, the ride: I loved it! It didn't hurt that the weather was a perfect and sunny 75 degrees and there was no wind. Folks from the year before told me the headwinds had been horrendous. El Tour is a perimeter ride, meaning it surrounds Tucson. The century (actually 113 miles) goes way beyond, of course. People I'd ridden with there a week earlier had been telling me the scenery wasn't the best, and there would be a lot of cars, and many of the roads were crappy. I'm thinking, come to narrow-lane, trafficky Pothole Country and you'll change your mind. As I suspected, after doing the ride, I had to disagree on all their counts, especially the view, which was of cacti and mountains in every direction. Quite stunning for an East Coast gal. The ride had slight elevation gain, slight pain, but if you suck your friend's wheel the whole time, it's fine.

Really the most exciting part of the ride was the way Tucson reacts to it -- people treat it the way Bostonians view the marathon. It's a Big Event. There were 5,500 (!) riders of all levels and distances, including elite. The 2001 race/ride was dedicated to our own Karen Smyers, which was cool. She was there, riding and being honored, though I never saw her. Tail Winds, the paper of record for the ride, was 36 pages long, and Tucson's version of our Phoenix featured various cycling and transportation stories that week. One of the big bike shops (Full

Cycle) was open all night on the eve of El Tour. I loved that!

There are several days of activities before the Tour, which is a fund-raiser, though riders' commitments are quite reasonable. The Bike Expo, where ride packets are picked up a day or two before the ride, was huge and awesome. I was impressed by the number of bike advocacy groups, and got some nice freebies -- bike maps, share the road bumper stickers, etc. I also bought some nice bike posters (framing is something else on my catch-up list!) and was able to chat with Tim Kneeland, who was there promoting his company's revamped Odyssey ride -- next up, Odyssey 2003. It's structured so people can ride whatever segments they want -- they don't have to do the whole round-the-world deal. I will neither endorse nor criticize. Heck, maybe I'll even hop on somewhere.

Ok, so this wasn't brief. And I'm not even done. I wanted to say a few words about taking my road bike to the Grand Canyon. It was TERRIFIC albeit a bit nippy. But I was camping so had packed plenty of warm clothing. I shipped my bike out by UPS to my friend's house and toted it around in my rental car without problem. Had many good rides. What I loved most (other than the views) about riding there is you can go down roads where no cars are allowed. They've cut down on a lot of vehicular access to try and hold down traffic. Of course in November there was very little traffic anyway, which seemed unbelievable. Sometimes I'd ride a mile or two down the road along the rim and see no cars. I'd stop at pullovers and

have the canyon to myself. All I can say is, bring your hankies because if the beauty of the Grand Canyon doesn't make you cry, what will?

One final note: while at the main visitor center, a man noticed me with bike and chatted briefly, saying he wished he were on a bike, but was instead there on business. We talked a bit later and it turned out he was a Mass Bike member (Charles Planck) and a Boston transportation consultant with ACI working on improving the bus service there, as they hold the contract. Small world!

## Open Invite to All CRW Folk who Like Dirt!

I may be a mountain biker but half my rides are probably on my road bike.

Maybe you're a road rider who sometimes hits the dirt. If you are, I'd like to extend an invitation to come help us care for the trails. Almost every weekend the New England Mountain Bike Association has a Trail Care event, and we'd welcome CRW folk to come out. Wear your new CRW hat or jersey, we'll provide the tools and a free lunch. Bring your mountain bike and we'll even do a ride afterwards. Maybe you can even convert some diehard mountain bikers to the beauty of the road! You can find our trail care events listed at [www.nemba.org](http://www.nemba.org) or call me at 800-57-NEMBA.

-Philip Keyes, Executive Director, NEMBA

# THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

- Ace Wheelworks**  
145 Elm St., Somerville (617) 776-2100
- Adi's Bike World**  
91 Spring Street, West Roxbury 617-325-2453
- Ata Cycles**  
1773 Massachusetts Ave, Cambridge (617) 354-0907
- 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 Massachusetts 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**  
64 South St., Jamaica Plain (617) 522-7082

- Frank's Bicycle Barn**  
123 Worcester Tpke, Westboro (508) 366-1770
- Frank's Spoke 'N Wheel**  
119 Boston Post Rd., Sudbury (978) 443-6696  
877 Main St., Waltham (781) 894-2768
- Harris Cyclery**  
1355 Washington St., W. Newton (617) 244-1040
- Harvard Square Bicycles**  
36 J.F.K. Street, Cambridge (617) 441-3700
- International Bicycle Center**  
89 Brighton Ave, Allston (617) 783-5804  
66 Needham St., Newton (617) 527-0967
- Landry's Bicycles**  
151 Endicott St., Danvers (978) 777-3337  
574 Washington St., Easton (508) 230-8882  
303 Worcester Rd., Framingham (508) 875-5158  
276 Turnpike Road, Westboro (508) 836-3878
- Marblehead Cycle**  
25 Bessom St., Marblehead (781) 631-1570
- National Ski and Bike**  
102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**  
102 Broadway, Rt. 1, Saugus (781) 233-2664

- Pro Cycles**  
669 Main St., Wakefield (781) 246-8858
- Quad Cycles**  
1346 Massachusetts Ave, Arlington (781) 648-5222
- Ski Market, Ltd.**  
322 South Bridge St., Auburn (508) 832-8111  
860 Commonwealth Ave, Boston (617) 731-6100  
400 Franklin St., Braintree (781) 848-3733  
CrossRoads Ctr., Burlington (781) 272-2222  
Endicott Plaza, Danvers (978) 774-3344  
686 Worcester Rd., Framingham (508) 875-5253
- St. Moritz**  
475 Washington St., Wellesley (781) 235-6669
- Town and Country Bicycle**  
67 North St., Medfield (508) 359-8377
- Travis Cycles**  
7 Oak St., Taunton (508) 822-0396  
722 N. Main St., Brockton (508) 586-6394
- Two For The Road**  
Georgetown Plaza, Georgetown (978) 352-7343
- Wild Women Outfitters**  
397 Massachusetts Ave, Arlington (781) 641-5776

Charles River Wheelmen  
19 Chase Avenue  
West Newton, MA 02465

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## Join The Charles River Wheelmen

In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that 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) \_\_\_\_\_

e-mail \_\_\_\_\_

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:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Ride Leader            | <input type="checkbox"/> Publicity      | <input type="checkbox"/> Legislative Action |
| <input type="checkbox"/> Safety                 | <input type="checkbox"/> Membership     | <input type="checkbox"/> Newsletter         |
| <input type="checkbox"/> Host a post-ride party | <input type="checkbox"/> Special Events |   |
| <input type="checkbox"/> 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