


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 5 · May, 2002

Boston BikeWeek Events

Boston BikeWeek is an annual event to promote and encourage safe and lawful bicycling. The three themes are:

Public Awareness.

Bicycling is fun, healthy, and a convenient way to get around the city.

Bicyclists have the same right to use public roads as motorists do and are required to follow the rules for drivers, not the rules for pedestrians. Share the Road signs will be posted throughout Boston and Share the Road public service announcements will air on TV.

Bike to Work

Participate in the BikeWeek Commuter Challenge by registering your intention to bike to work during BikeWeek. Encourage your co-workers to participate. A free breakfast for bike commuters will be available each morning of BikeWeek.

Bicycle Everywhere

See the city a new way-by bicycle. Use your bike for all types of trips. There are many

group rides planned for the week, from 7 miles to 100 miles, to suit all abilities. Take your bike to the zoo or the aquarium and get discounted admission. See schedule of events for details.

KICK-OFF EVENT

Saturday, May 11 BikeFest. 9 am to 5 PM. Playstead, Franklin Park, near west zoo entrance. Head for the Hills Ride and Emerald Necklace Ride (for families and beginners). Music, exhibits, free tune-ups. Head for the Hills Ride Part 1 leaves at 10:00. Lunch and music, 12 noon to 2 PM. Head for the Hills Ride Part 2 and Emerald Necklace Ride both leave at 2 PM. Valet bicycle parking provided by MassBike.

BICYCLE COMMUTER BREAKFASTS

Monday: Longwood Medical Area

Tuesday: Broadway Bicycle, Cambridge

Wednesday: Harvard Square

*Thursday: Prudential Center & Kendall Square

*Friday: City Hall Plaza (National Bike to Work Day)

*Group rides to Prudential Center and City Hall from many locations are being organized. Call Kevin Porter, 781-363-3329.

Boston BikeWeek - Continued on page 3

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.

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 and put TONE 2002 in the subject line.

CRW Trips - Continued on page 9

Highlights:

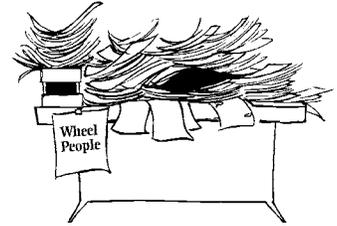
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The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote joyment of cycling. During the regular season - early to late Fall - at least two ride loops are available every day, designed to be ridden 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

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Social Committee Chair	Rita Long	781-899-9177

RIDE PROGRAM COORDINATORS

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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 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
Urban Rides	Charles Hansen	617-734-0720

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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

In Attendance: Barry Nelson, Tod Rodger, Jim Sullivan, Don Blake, Bill Widnall, Dave Van Arneyden, Steve Kolek Rita Long, Connie Farb, Ann-Marie Starck, Rich Fields, Don Foster, Cindy Sragg

The meeting commenced at 7:30 PM.

This meeting represented CRW's Annual Meeting

Membership (Barry Nelson for Sharon Gowan)

Current memberships: 1022

Current members: 1223

Expired members: 16

New members: 11

Renewed members: 32

Treasurer's Report (Don Blake)

A Table of Contents has been added to Treasurer's Report for easier reading. We had a large outflow last month due to the expense of the new club jerseys. We will figure out where the money goes when we know how many leaders (vs. non-leaders) purchase jerseys - there is a difference in cost since the ride leaders' purchases are being subsidized. (The subsidy will be noted for budget purposes under the Rides Program category.)

CRW is a non-profit agency in terms of the federal government (i.e., we have a Federal Tax ID No.). We do not yet have a non-



April 2, 2002

profit number for the Mass Department of Revenue; we are in the process of filling out the paper work to get this number. Once we have it, we will be able to save money on things such as tax paid for printed materials (which we are paying at present).

Tod Rodger suggested the Board consider reviewing the treasurer's report and budgets on a quarterly basis as opposed to a monthly basis as we do now. He felt that while we would welcome Don's and Michael Fisher's input at any time to point out a problem with our finances, a quarterly review of how money is being appropriated would be sufficient.

Rides Calendar (Jim Sullivan)

Rides calendar is looking good. Jim was contacted by the MS Fundraising Ride coordinator and asked if we would be willing to provide training rides for MS riders who wanted them before the big ride. The

Board urged Jim to make it very clear to her that while CRW always welcomed non-members to check out our rides (as long as they sign a waiver) but that we do not provide support, training, food stops, port-a-potties, etc. on our regular rides - only on our special event rides. If we make it clear what we have to offer, it could result in good publicity for the club and possible new memberships. If MS riders looking for training rides come with misconceptions as to the level of support the club will provide them, we risk the possibility of ill will and bad publicity.

Miscellaneous Business

CRW was invited to participate (set up an information table with our literature on it and make a person available to answer questions) at a festival at REI. The date of the event is 4/20/02. No one at this meeting was willing to commit their time to the event so it looks as though we will not be participating.

The meeting adjourned at 8:20 p.m.

The next Board Meeting will be held on Tuesday, May 7th at the United Church of Christ, Lexington.

Respectfully submitted,

Cindy Sragg

Board Member/Club Secretary

Board meetings are held on the first Tuesday of each month at 7:30 in the Hancock United Church of Christ, 1912 Mass. Ave., Lexington Center.

CYBER 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) 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.

You'll need Adobe Acrobat Reader 4.0 or greater to read this attachment.

Boston Bike Week - Continued from page 1

OTHER EVENTS

BikeWeek Commuter Challenge—Ride your bike to work and win an ice cream party from Ben & Jerry's

Bike to the Zoo Day—Receive discounted admission if you come by bike, May 12.

Bike to the Aquarium Day—Receive discounted admission if you come by bike, May 19.

Learn to Ride a Bike—Free for beginners, in honor of Mother's Day.

Bicycle Driver Training—How to ride safely in Boston traffic or anywhere. Everything you always wanted to know. April 27 & May 4.

Flat Fixing Workshop—Free for Bike Week.

7th Annual Bike Party—Redbones, Davis Sq.

Bicycle Safety Fairs—East Boston and Dorchester

Bicycle Commuter Appreciation—gifts for cyclists, Cambridge

Valet Bicycle Parking—at major events

See the updated BikeWeek schedule on the web: <http://www.BostonBikeWeek.com>

THE CYCLING CHIROPRACTOR Dr. Jeffrey Schlafler

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Framingham, MA.



May, 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 [RFArse@aol.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

Times: 6:30PM

Description: Scenic rolling roads through the towns of Wellesley Weston and Lincoln at a leisurely pace with the new rider in mind. Bring money for ice cream and pizza after the ride.

Routes: Arrowed rides of approx. 16 & 20 miles

Leaders: Gabor Demjen, 781-237-0602 (H); Eric Evans [Eric.Evans@morganstanley.com] 617-478-6559(W), 617-901-3958(H)

Start: PLEASE NOTE NEW START LOCATION (ride no longer starts at former Grossman's parking lot on Rt 16) River Street Lot in Wellesley behind Papparazzi and Mark's sandwich shop.

Directions: From 128 north or south, take Rte 16(Washington street) west/Wellesley

exit 3/10 of a mile, Cross traffic light and take a left onto River Street just before the Sunoco gas station, parking lot is on the right.

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 pacerline 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 [McElwaineD@aol.com] (781-821-8643), Mark Dionne [crw@markdionne.com] (617-965-5558), Fred Kresse [drz@xpres.net] (781-444-1775), and Siobhan Spillane [siobhansp@aol.com] (617-364-4891)

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

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

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

Thursday - Fitness Ride at Hanscom Field**

Times: 6:00 PM SHARP!

Description: The short ride winds through Bedford, Concord, and Carlisle. The long

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

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

Leaders: Peter Mason [pbmason@attbi.com] (781-646-5106)

Start: LG Hanscom - General Aviation Airport.

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

Friday TGIF Unwinder

Times: 6:30 PM First ride of the season May 3

Description: Begin the weekend with an evening tour of the pretty back roads of Concord, Carlisle and Acton. The pace is a bit more relaxed than the weekly fitness rides. Dinner afterward if riders are interested -- it's NOT a school night!

Routes: 18, 22 and 27 mile rides. Fully arrowed, cue sheet and map.

Leaders: Steve and Kate Mashl [smashl@att.net] (978-244-0286)

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the driveway on the left.

Saturday Morning Fitness Ride at Nahanton Park**

Times: 8:30 SHARP! This ride runs all year 'round. Plus 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. We usually try to start people in bunches of about 10 riders, grouped by

distance (28/42 miles) and (very roughly) by speed. Often each group ends up breaking into smaller bunches. We do encourage people to "wait up" a minute after certain hilly sections. The routes are arrowed so that you can find your way alone. This ride is for intermediate to advanced riders. The slower groups probably average 15-16 MPH, and the fast groups often average over 20 MPH. Most people do the ride to get a good workout. Even if you don't keep up for the whole ride, hanging on for as long as you can is a good way to get stronger! Don't be late. At 8:30 we're gone.

Routes: Three routes, cue sheet and arrows: Long Route - 42 miles Medium Route - 28 miles Short Route - 19 miles

Leaders: Dave McElwaine [McElwaineD@aol.com] (781-821-8643) or Mark Dionne [crw@markdionne.com] (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. (There is another entrance to Nahanton Park on Winchester St. Don't go there!)

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 [jenny_craddock@hotmail.com] (617-332-4098) Fred Kresse [drz@xpres.net] (781-444-1775) Eli Post [elipost@attbi.com] (617-547-6778) John Miller [jmiller@wheatonma.edu] (617-522-8732) Richard Friend [richardrf@attbi.com] (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.

Sunday Morning Fitness Ride - South Shore Coastal Loop**

Times: 7:00AM

Description: Are you looking for a ride with shady, quiet roads, beautiful scenery and coastline stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. The 37 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 50 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Ideal for fast and moderate riders with paceline experience or desire to learn. These rides are set up to run with or without a leader.

Routes: Arrowed routes of 37 and 50 miles. Maps and cue sheets available in addition.

Leaders: Carl Howerton (781-837-9777) Jim Hill [jhill@cs.umd.edu] (781-337-5394)

Start: Park'n Ride lot, Rockland

Directions: Take Rt. 3 to Exit 14 (Rt. 228) in Rockland. Turn left at end of exit ramp and park in the Park'n Ride lot. You won't regret setting the alarm. Call to confirm. Space unlimited.

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

Are Supplements Necessary for Cyclists?

by Susan Barr, Ph.D., RDN

Susan, I ride about 10,000 miles a year including a brevet series, several double centuries, and a two-week tour for my vacation. I try to eat a fairly high carbohydrate diet without too much fat, although that's hard when I'm traveling to events. I worry that I'm not getting all of the nutrients that I need. Should I be taking vitamins and minerals? What about amino acids and other supplements to help my recovery? Charlie, from California.

Charlie, First of all, that's great that you're trying to eat a fairly high carbohydrate, low fat diet. A high carb diet, especially one that relies primarily on vegetables, fruits, and whole grain breads and cereals (rather than sport drinks, gels, gummy bears and red licorice, if you catch my drift) is important for both health and performance. If you round that diet out with low-fat protein sources and dairy products, and eat enough to main-

tain your weight and energy levels, chances are very good that you're getting the nutrients you need - with a few caveats.

You didn't mention your age, but if you're a typical endurance cyclist, it wouldn't be surprising if you were over 50. If so, taking a "1-a-day" balanced vitamin supplement is recommended to ensure that you meet your needs for vitamin B12 and vitamin D.

Vitamin B12 found in food is bound to protein, and to be absorbed, needs to be released from the protein. This normally occurs in the acid environment of the stomach. However, about 10-30% of adults over the age of 50 have low gastric acid levels, so B12 isn't released from protein, and as a result, is absorbed poorly. The form of vitamin B12 found in supplements is not bound to protein, so is absorbed well even by those with low gastric acid levels.

Vitamin D's role (along with calcium) in maintaining bone mass and preventing osteoporosis has been increasingly recognized in recent years. Although it can be synthesized by exposing the skin to sunlight, if you live in Northern California (or more generally, anywhere north of about 40* latitude), the sun's rays are too weak to synthesize vitamin D between November and February. (In Canada, where I live, this occurs for an even longer period of time.) Also, the ability to synthesize vitamin D decreases with age: following a given exposure to sunlight, 65-year-olds synthesize only 25% as much vitamin D as 20-year-olds. Dietary sources are limited (primarily fatty fish and fluid milk). So using a supplement that provides the recommended intake of 400 IU/day is prudent.

Are Supplements Necessary - Continued on page 10



May 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.

The New, Improved Cape Cod Ride - Mashpee, Sandwich, and Falmouth

Saturday - May 4

Times and Routes: 10:00 am for 34, 48, or 61 miles

Ride Type: Cue sheet

Leaders: Ed Foster (508-420-7245) erfoster@attbi.com

Highlights: Even better than last year's ride, I've rerouted it to avoid those heavily trafficked portions of Cotuit Road and Rte 130 that everyone hated, added an interesting section in Sandwich, and provided an intermediate mileage option. The short ride, mostly in Falmouth, follows part of the route of the Cape Cod Marathon with 5 miles right on Vineyard Sound with great views of Martha's Vineyard. The long ride adds Sandwich, Cape Cod Canal, and Buzzards Bay. At the 39 mile point you have the option of continuing to Woods Hole and along Vineyard Sound for 61 miles, or cutting inland to shorten the ride to 48 miles. If anyone would like an advance copy of the cue sheet in Excel 98 spread sheet format, email me.

Start: Mashpee High School, off Rte 151, about 75 miles from Boston.

Directions: Via Bourne Bridge: Take Rte 24 to Rte 495 and Rte 25 to the Bourne Bridge. Once over the bridge continue around the circle to Rte 28 south. Go 7 miles to Rte 151 south (right off the exit ramp.) Go 5.5 miles to Old Barnstable Road (at light), turn right and then take the first left into Mashpee High School, and next left ("deliveries" sign) into parking lot. Via Sagamore Bridge: Take Rte 3 to the Sagamore Bridge to Rte 6 (Mid Cape Highway). Take exit 2 (Rte 130 south, Cotuit, Mashpee) and after 7.2 miles turn right at light onto Great Neck Road. One mile further turn right onto Lowell Road. Lowell Road becomes Old Barnstable Road and after 1.9 miles crosses Rte 151 at a

light. Turn left into Mashpee High School just after the light and take the next left ("deliveries" sign) into parking lot.

West of Harvard

Sunday - May 5

Times and Routes: 9:30 for 50 and 10:00 for 35. There will also be a group ride at 10:30 that is co-listed with the Appalachian Mountain Club.

Ride Type: arrowed with cue sheet

Leaders: Patrick Ward (781-646-9196, PGWard@aol.com), Rita Long, (781-899-9177, Ritalong@attbi.com)

Highlights: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop by Ken Hablow through the town of Lancaster.

Start: Hologic/XRE parking lot, Taylor Road, Littleton.

Directions: Take Route 2 West to Exit 39, 1/4 miles west of the I-495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into XRE lot. Go around to the back of the building and park near Taylor Road.

Historic Duxbury

Saturday - May 11

Times and Routes: 10:00 start for a 23 mile 4 to 5 hour guided historic tour. Rain cancels. In case of doubt, call the ride leader between between 7:00 and 8:00 am.

Ride Type: Follow-the-leader, intermediate pace, frequent stops at points of interest, some short off road segments, hybrid or wider tires recommended, but skinny tires OK. Map and cue sheet also available. Dress warmer than usual for a club ride, otherwise you might get chilled at the many stops. Please bring your own lunch, and munch during the stops.

Leaders: Bill Widnall, 781-862-2846,

BillWidnall@attglobal.net

Highlights: An exploration of beautiful and historic Duxbury. Duxbury was settled starting in 1627 by members of the original Plymouth Colony including Mayflower passengers Miles Standish, John Alden and his wife Priscilla Mullens, and Elder William Brewster. We will visit the sites of their original homesteads, plus several other historic points of interest.

Start: Duxbury Town Hall

Directions: Take Rt 3 south to Exit 11 and turn onto Rt 14 east to Duxbury. After about 2 miles, at a traffic light, turn right onto Rt 3A south. After about 1 mile, the Duxbury Town Hall and the First Parish Church will be on the right. Park beside the Town Hall or behind the First Parish Church.

Ride Around the Block.

Saturday - May 11

Times and Routes: 8:30AM for approximately 22 miles

Ride Type: Map only

Leaders: Walter Ronten (978-663-2132)

Highlights: Easy beginners ride around Block Island, RI with plenty of time for sight seeing. Sights include two lighthouses, conservation areas, and seashore vistas. The island has wonderful period architecture, very little auto traffic and few tourist crowds this time of year. Picnic lunch on the shore and optional dinner in town of Galilee that evening. Terrain is mostly flat but with enough hills to be interesting to a beginner. Bike rentals are available on the island. Heavy rain cancels. Call leader Friday night if the weather looks chancy.

Start: Point Judith State Pier in Galilee, RI.

Directions: From the Boston area, take I-95 south toward Providence (17 miles). South of Providence, take exit 9 onto State Route 4 (45 miles) Bear right onto US 1 for 10 miles. Turn onto State Route 108 for

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

6 miles. Turn left onto local road at signs to Galilee and Point Judith for one mile. Turn right when the road ends. Look for the State Pier. Parking lots just before and beyond the pier (\$5.00 per day). We will take the 9:00 AM ferry, returning by the 3:00 or 5:00 PM ferry. Travel time from the Boston area is about 2 hours. Plan to arrive ready to board no later than 8:30 AM to ensure a place on the ferry. Ferry round trip is \$13.50 with an additional \$4.60 surcharge for bikes. Look for the guy with balloons.

Apple Hill Ride

Sunday - May 12

Ride Type: Arrowed w/ map and cue sheet

Leaders: Peter Brooks (617-926-5735) p.brooks@rcn.com

Highlights: Apple Blossoms and hills.

Times: 9:30 for 50 plus miles / 10:00 AM for 38 miles

Description: Ride from Concord to Harvard green for lunch on pleasant challenging back roads. We will ride through Lincoln, Sudbury, Stow, Hudson, Boxborough, Harvard, Littleton, Westford, Carlisle, Acton, and Concord. There are few good food opportunities on the ride. The Harvard General Store will close at 1:00 PM and has snack food.

Start: Concord Carlisle Regional High School

Directions: Rt 2 west to Concord, right at stoplights to RT 126 Walden Street (where the sign says Walden Pond to left) the school is on your left in 1/10 mile.

The Berlin-Bolton Country Tour

Saturday - May 18

Times: Long and Medium 9:30 AM in South Acton - Short 10:30 AM in Bolton

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

Leaders: Ken Hablow, (khablow@khgraphics.com) and Connie Farb (617-497-0641, chfarb@yahoo.com)

Highlights: This exquisite tour of Bolton,

Berlin and Northboro winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. Don't forget to stop at Phil's for award winning apple cider. The medium route by-passes Northboro. Lunch for the medium route is in Berlin. You will experience quiet back roads, some beautiful vistas, and magnificent down-hills.

Start: Short ride only: Emerson School, Route 117, Bolton. Long and Medium rides start at 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. Short Start - Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

SPRING CENTURY

Sunday - May 19

New Devens-shire and New Hampshire

May 25 - Saturday

Times and Routes: 9:00 AM for 56 miles, 10:00 AM for 28 miles

Ride Type: Map and Cue Sheet

Leader: Walter Ronten (978-663-2132)

Highlights: This is a repeat of Tod Rodger's route on quiet and scenic roads rolling through Shirley Common, Lunenburg, Townsend Harbor, and the ex-Fort Devens area. Short ride has modest hills (950 feet in 28 miles). Long ride has more scenic hills (2,800 feet in 56 miles) and even quieter roads through Ashby, New Ipswich, and Willard Brook State Park. Lunch on the Common in Townsend; Bring lunch or stop at the Ice Cream Factory or other stores in Townsend.

Start: Devens Sports Arena Parking lot at corner of Sherman and Grant.

Directions: Take exit 37B (Jackson Road, Devens) from Route 2, westbound and go north 1.4 miles. At 4-way stop sign, continue straight through. About 50 feet, bear left onto Grant road near sign that says "Sherman Square". The Devens Sports Arena is just down the road to your left across from the Seven Hills Academy.

A Fork or Two in Ashland

May 26th - Sunday

Times and Routes: 10:00 for approximately 52 miles, 10:30 for approximately 23 miles

Ride Type: Arrowed (arrow is the letter L)

Leaders: Wes and Linda DeNering (508) 881-9117 wdenering@JHancock.com

Highlights: Brand New Ride! This route was designed as an after-work ride with goals of avoiding commuter traffic and keeping the ride close to the start in case of bad weather or breakdowns. (At no point is the ride more than 8 miles from the start.) This means the route forks a lot, but most of the roads are very quiet, even mid-week. The route is rolling with no long climbs, and is a mix of old country and suburban roads. The route goes through Ashland, Holliston, and Sherborn on roads that even local riders may be unfamiliar with.

Start: Ledgemere Plaza, intersection of Elliot St and Rt. 126 in Ashland.

Directions: From Route 9, follow 126 south through Framingham about 4 miles. Turn right at light just before Shaw's plaza. Ledgemere Plaza is on the right.

Notes: Post-ride Party at ride leaders' house. 53 Bay Colony Drive, Ashland, MA.

Mean Streets - East Cambridge

May 30 - Thursday

Times and Routes: 6:30 P.M. for about 10 diverse miles

Ride Type: Urban Evening ATB - follow the leader

Leaders: Charles Hansen W: (617) 572-0277 velotrain@peoplepc.com

Lowlights: Explore retro-grunge industrial sub-culture, including the new MBTA engine terminal, Lechmere area, Kendall + Tech Squares, and the MIT campus. Lots of dirt, gravel, glass, steps, ramps and other choice terrain.

Start: Boston - Copley Square Park, Boylston Street between Clarendon and Dartmouth.

Directions: Mass Pike or Storrow Drive to Copley Square exits, parking chancy, call for details.

CRW Trips continued from page 1

BOVINE 2002 Bicyclists Over Vermont in Near Ecstasy

July 3-7, 2002

Back by popular demand (honest). 6th edition of this tour, riding from south to north this time. We'll meet in White River Junction, VT on Wednesday evening. Then cycle north to Montpelier on Thursday, and to Burlington with an Appalachian Gap option on Friday. On Saturday we'll ferry across Lake Champlain and explore New York's Adirondack Mountains, including Ausable Chasm, then return to Burlington. On Sunday we'll continue north to St. Albans, with an option into Canada. Average about 60 miles/day with hills and flats, lots of scenery, and generally quiet, country roads. Some shorter and longer options. We'll return from St. Albans to White River Jct., by chartered bus, after Sunday's cycling.

Trip fee of \$410 includes 4 nights lodging with two persons/room at peak season, including two nights in the Radisson Burlington overlooking Lake Champlain and one night in the Capitol Plaza in Montpelier. Both hotels are well located near downtown restaurants. Price also includes 1-2 breakfasts, trail lunch food for four days, sag van support, return by chartered bus, trip T-shirt, five days off-street parking, leaders planning trip to VT and NY to check out route, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591. E-mail: ardnadler@aol.com.

Co-leaders: Paula Bossone, 978-887-0688, Chris Cassels, 781-259-4396.

Smugglers Notch Revisited

July 3-7, 2002

Enjoy 4 days of cycling on quiet roads amidst the beauty of rural northern Vermont, followed by relaxing in the hot tub or by the pool in the early evening. Choice of rides varying in length from 25 to 100 miles with maps and cue sheets provided. We will be staying in Jeffersonville, Vermont at the Smugglers Notch Inn. The trip includes 4 nights lodgings, 4 breakfasts and 3 dinners. The cost for the trip is \$280 per person based on double occupancy. Trip limited to 20. Please make checks out to CRW. Deadline June 1st. If interested, contact Rick Lawrence or Frann Bennett at (781) 662-2597 before 9:30 PM or Rickfrann@aol.com.

Velo Vermont 2002

July 19-21, 2002

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Ver-

mont. 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
Phone: 781-275-3991 (before 9 PM)

V-ATE Tour - Vermont - Around The Edges

August 16-25, 2002

This tour allows fellow Vermont lovers to spend nine days riding in their favorite state, while circumnavigating it in a counter-clockwise direction. After staying in Brattleboro Friday night, we cycle north for three days along the Connecticut River to Canaan in the Northeast Kingdom. We ride west, staying just south of the Quebec border and then down the beautiful Lake Champlain Islands. A short day gives us most of an afternoon to explore the urban pleasures of Burlington. We follow the western edge of the Green Mountains to Rutland and Bennington, ending the tour with a 19 mile downhill into Brattleboro, surely one of the longest east of the Rockies. Daily averages are 60-75 miles, with most of the climbing on the east-west days. The \$810 tour fee includes nine nights lodging, four breakfasts, nine lunches, several Happy Hours, two dinners, maps and cue sheets, T-shirt and sag support. Maximum of 18 riders.

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

Other Trips

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 N. 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 number and hostel choice (if any) to trip leader Seth Davis, 60 Albemarle Ave, Lexington, MA 02420. For more information, visit the AYH website at 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.

31st Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 14-15-16, 2002

This classic Vermont bike tour travels 100 miles from the HI-AYH hostel in White River Junction, VT to a B&B in Waitsfield, VT on Sat. and returns via a different 100 mile route on Sun. (some shorter options may be available). The terrain includes several significant climbs on both days; triple cranksets with low gears are recommended, and signed release forms and helmets are required. Highlights along the way include the nearby Queechee Hot Air Balloon Festival, and the tour is famous for its quiet, scenic country roads, passing by classic Vermont towns, farms, and eateries.

Cost of \$95 covers Fri. night at the hostel, Sat. B&B. Sat. dinner and Sun. breakfast, maps, cue sheets, sag van & baggage service. Showers and changing rooms available at the hostel at ride's end on Sun. For info & release form send SASE to James Merrick, P.O. Box 214, Mount Vernon, ME 04352, or by e-mail at: jmerrick@powerlink.net or jimmerrick@tds.net. Return signed release with full payment to same address. For additional info, call the leader at (207)293-3784.

Little Jack's Corner - by Jack Donohue



My buddy Dave had just purchased a motor home. This was greeted by all with a lot of enthusiasm, since it had the potential for becoming vacation

city. Jump in, turn on the video, and we're in Kansas. So, one day I got this email from Dave saying he was going to have motor home driving lessons at the Fort formerly known as Devens. This was a nasty shock. Up until now, I had anticipated my total participation in the trip to be maybe mixing the drinks ("How many CRW members does it take to mix a martini?"). This sounded like Dave would actually expect his guests to participate in the driving (and possibly other onerous chores).

But I guess if I was going to be allowed on the Magic Bus, I should at least feign interest, so I signed up for the lesson. I decided to mix business with pleasure, and ride out to Devens.

Dave had sent out driving directions from Route 2, and since I really didn't want to ride out on Route 2, I got out my trusty Street Atlas, and worked out a route to the appointed parking lot. I printed out detailed maps with circles and arrows, stuffed the maps and Dave's cell phone number in my jersey, and set off. It was a particularly windy day, and it seemed I was heading straight into it. After a few miles I decided it was time for a map check, so I reached back for the map, but it wasn't there. The mighty wind had blown it away, and I was left with a vague memory of the route I'd mapped out. It wasn't a complicated route, so I decided I could do it from memory, stay on 225 forever, take a left, and a few more maneuvers.

I needed to pop out at a rotary on Route 2A, at which point I would be within striking distance of Devens.

I was following a road, when there was a sign for said road that went nowhere except an industrial parking lot. Street Atlas is a fine program, but it sometimes shows roads that aren't there (or that used to be there in the horse and buggy days). This looked like one of those. Needless to say, I did not pop out at the rotary as planned. I did encounter 2A, but of course, there were two choices, left or right. Given my superior navigational skills, I figured I had about a 75% chance of getting it wrong. After I made my choice, I saw a bunch of riders going the other way. Not for any good reason, this convinced me that I was going the wrong way. So I turned around and managed to overtake one who was on a mountain bike, and did what, as a guy, I should be mortally ashamed of. I asked directions. He told me that this was in fact the way to Devens, and a little while later, I came upon said rotary.

I remembered the name of the road to Devens from my erstwhile map, but what happened after that was a little sketchy. But I reasoned, how hard should it be to find a forty foot motor home? Harder than I imagined. I went down a road, turned around, went down another road, got into the Civil War zone (all the roads had names like "Antietam"),

several more turns, and I had absolutely no idea of where I was, where I'd been, or how I got there. Meanwhile I was rapidly developing hypothermia from the gale force winds and scant ground cover. Just as I was about to give up hope, I looked up and there it was. Looming large in the adjacent parking lot was the motor home. Being the cautious type, I wasn't sure it was the right motor home (looked a bit more grey than I remembered), but after checking the South Dakota plates, and noticing that people I recognized were ensconced therein, I concluded this was in fact the place.

There were about six of us who were participating. Mrs. D. was a ringer since she had driven Ed Kross' motor home for RAAM. I figured I was eminently qualified, since I had captained a big rig of my own, the tandem. I hadn't clipped the stoker's pedal on a turn in a long time, so I was ready. There were subtle differences in the motor home driving experience versus tandem captaining. It became clear that the consequences of a miscalculation with the motor home were far more severe than clipping the stokers pedal on the tandem, and term "cutting corners" takes on a whole new meaning. At the end of my trial run, Dave was quite grey, and the rest of the passengers had scattered for cover in the back. I think the consensus was that I should stick to bicycles.

Are Supplements Necessary - Continued from page 5

The above information addresses your basic health needs, but you also wanted to know about enhancing recovery and performance. Amino acid supplements have been aggressively marketed for this purpose, but at present, the available research does not support their use. There is recent research to suggest that eating protein, along with carbohydrate as part of a recovery meal or snack, can limit the amount of muscle breakdown that occurs in the post-exercise period. Although these results have not been confirmed in longer-term studies (e.g., does it make any difference to muscle mass or performance over a period of weeks or months, as opposed to hours?), it's not going to do any harm, and makes sense from an overall healthy eating perspective.

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WELCOME NEW MEMBERS

Barry Abelson	Stoughton
Priscilla Douglas, Raoul Henri Alcalá	Arlington
Tim Frey	Cambridge
Gail Gold	Londonderry, NH
Cathy James	Brookline
Susan Labelle	Revere
Barbara Porter	Watertown
Marcus Robbins, Jr.	Attleboro
Julie Ross	Cambridge
David Stefanovic, Karen Christians	Woburn
Deb Stone	Providence, RI

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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

March Mileage Totals

2	8	2	6	0
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	2740	-	-	-	Irving Kurki	620	-	-	-	John Springfield	61	-	-	-
Bruce Ingle	2544	2	1	1	Ed Hoffer	556	-	-	-	Ed Trumbull	51	-	-	-
Melinda Lyon	2279	1	-	1	Peter Brooks	548	-	-	-	Jared Luxenberg	46	-	-	-
Robin Schulman	2243	-	-	-	John Allen	423	-	-	-	Jacek Rudowski	32	-	-	-
Jack Donohue	2083	-	-	-	Mike Kerrigan	324	-	-	-	Jacob Allen	28	-	-	-
Tod Rodger	1688	3	-	-	Gabor Demjen	305	-	-	-					
Don MacFarlane	1535	-	-	-	Cynthia Snow	285	-	-	-					
Bill Widnall	1381	3	3	-	Sidney Kadish	248	-	-	-					
David Wean	1161	-	-	-	Doug Cohen	231	-	-	-					
Joe Repole	1103	3	3	-	Elisse Ghitelman	188	-	-	-					
Bob Sawyer	963	-	-	-	Lyn Rodger	148	-	-	-					
Richard Dweck	876	-	-	-	Harry Wolf	120	-	-	-					
Joel Parks	870	-	-	-	Elaine Stansfield	102	-	-	-					
Marc Baskin	776	1	-	-	Jeff Luxenberg	92	-	-	-					
Dick Arsenault	746	-	-	-	Emily Wean	68	-	-	-					
Nick Linsky	731	-	-	-	Tracy Ingle	65	-	-	-					

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.

Almost a Year in Hanoi

Part IV

by Jean Arnold

It's that time of the week again where I sit and think through the previous week's experiences and try to focus in on one or two. That's getting to be quite a challenge. First, I survived the ropes course, even in the rain. The hardest challenge was climbing the 12 meter pole (36') and when at the top, trying to get up with no hand holds and stand atop the pole which was no more than 12" in diameter. I was worried when I saw the raindrops lining the trapeze bar that I was supposed to leap for and catch. It was several feet away from and above me. The owner on the ground holding the ropes attached to my back showed no concern. He was confident, but that leap had my heart pounding.

This week I cycled south from Whitianga on the eastern side of the Coromandel Peninsula. Near that town is the famous Hot Water Beach. You go one hour before low tide with a shovel and spade and dig your own spa. I stood in one pool for a few seconds admiring the view and started hopping around; the water beneath the surface is boiling. You have to leave a little trough from the sea to your pool to allow some cool water in to regulate the temperature. It's quite an engineering feat to see all these spas dug out near the rocks on this beach. I arrived when the tide was already starting to rise. I asked a family if I could use their idle shovel and they invited me to just join

them in their pool. I couldn't sit in the same spot for long without retreating to the sea to cool off. But soon the ocean was coming to us and the waves ate away at the walls of these very temporary spas; clear proof of the transience of all things.

There are gorgeous roads along the coast down the Coromandel and the Bay of Plenty. By mid-week, however, heavy rains set in and the forecast was for four more days of the same. I decided to go to Rotorua after all, by bus, and lounge around in their famous thermal springs. The first place I stayed had a thermal pool right outside my bedroom. That was a mistake: I couldn't sleep all night for the smell!

Rotorua has a big park with billows of steam rising from the earth. One nice touch in this sulfurous inferno was the "Scented Garden" full of fragrant plants, "Dedicated to the Blind and other Garden Lovers". It was a much appreciated breath of fresh air.

At Whakarewarewa Thermal Village a guide took us through this Maori village and explained the many ways people used the hot springs to their advantage. In the cooking pool there was a gauze bag full of corn on the cob right in the spring. Our guide encouraged us to try it and reassured us that what we smelled is NOT what we would taste. A trough led down from the cooking

pool to four deep tubs filled with various temperatures of water for bathing.

The Prince of Wales geyser was continuously "playing", and has been for the past 600 days, our guide told us. He explained that the eruption of Mt. Etna set off this activity half a world away; clear proof of the interconnection of all things.

Since the dreaded four days of heavy rain never materialized I set off from Rotorua to Whakatane under cloudless skies. I'd wanted to try snorkeling off White Island, 45 kilometers offshore from Whakatane. White Island was named by Capt. Cook because of the constant white cloud emanating from it; it's a volcano presently on level 2 alert. I called a local diving company and got the last slot on their trip.

Today the weather was fine again and we set off on the roiling sea which the locals inaccurately described as "calm". I was instantly and viscerally reminded of a nauseating sailboat trip I'd had near San Diego after which I swore off all ocean-going activities.

Remember the two places I mentioned a few weeks ago that have put-offish names and therefore I would never want to visit them: Rotorua and Pukemoremore.

Well, after this week I can say in regard to the former, been there, and to the latter, done that. Never say never!

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

- Ace Wheelworks**
145 Elm St., Somerville (617) 776-2100
- Adi's Bike World**
231 Grove 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.

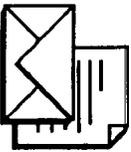
- We publish an annual member directory that is available only to club members. Check this box if you don't want your name, address and home phone number on this list.

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:

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



Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:
Sharon Gowan, 504 School Street, Belmont, MA 02478