


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 6 • June, 2002

Looking North

by Ken Hablow

Here it is the beginning of May as I write this article. For some, the cycling season is just beginning; for others it is well under way.

Participation in weekly CRW rides tend to swell at this time of year. The evening rides have begun. The 200K brevet had a record turnout. By the time you read this the 2002 Spring century will be history. We are off to another great season.

The Boston area has been called one of the best in the country for cycling. We have the flat to rolling terrain through the cranberry bogs south of us, the quaint south shore coastal towns, the scenic north shore coastal route, the rolling hills of Berlin, Bolton and Harvard. One highlight of riding in this part of the country in May is watching the all the various flowering fruit trees, plants and shrubs wake up to another growing season.

Perhaps one of the best features to living in Boston is our proximity to Vermont. But not just Vermont, northern Vermont. To me this is the best riding in the northeast. This year CRW has three different weekend trips over the long July 4th weekend alone - all in northern Vermont.

Arnold Nadler constantly threatens to cancel his Inn-to-Inn BOVINE trip but always seems to come back for more. In last month's Wheel-People the headline was, "Back by popular demand."

Charles Hansen has another of his wonderful northern Vermont trips this year centered around Lake Memphremagog on the Vermont Canadian border. There is a two night stop in Montgomery, a unique Vermont town. This is one of three trips Charles is running this year - in Vermont.

Looking North - Continued on page 3

A Few Good People

We need a few people Sunday, July 14 to help with Climb To The Clouds. We need volunteers for the two water stops and to help with registration in both Concord and Bolton. To volunteer, please contact Ken Hablow, 781-647-0233 or khablow@khgraphic.com.

Highlights:

Looking North	1
Race Across America	1
Board Meeting Minutes	3
Recurring Rides	4
New Members	5
June Rides	6
Climb to the Clouds Century.....	7
CRW Trips	8
Other Trips	9
Little Jack's Corner	10
Mileage Totals.....	11
Almost a Year in Hanoi - Pt. 5 .	11

Race Across America 20th Anniversary

An Interview with Lon Haldeman

by John Hughes

The 20th annual Race Across America will start from Portland, OR on Sunday, June 16 at 7:00 a.m. 16 men, one woman, and one mixed tandem will head for Pensacola Bay, FL, 3,000 miles away. Two days later four two-person and eight four-person relay teams will start. For the 20th anniversary of the race, UltraCycling magazine interviewed Lon Haldeman, who won the first race and is now the race director.

UltraCycling: Lon, you won the Great American Bike Race, the very first cross-country race. What do you remember about the GABR? What were the high points? The lows? **A:** The Great American Bike Race was probably the most memorable race for me. It was the first time anybody raced head to head across America. A highlight was the morning of the race when we were standing on the Santa Monica Pier with the ABC Wide World of Sports helicopter circling above!

Prior to 1982 everyone rode in daylight and slept most of the night. The first night of the GABR I rode nonstop and slept very little the first three nights. This was unexpected by the other racers and organizers. We learned that racers could push themselves to new limits.

I drank Carnation Instant Breakfast. I spent a lot of time trying to get solid food down like Spaghetti-Os and PB&J sandwiches.

From a competition standpoint, I didn't know what was a good lead. At 1,000 miles, I had a six hour lead over John Howard, but I thought at any moment he'd catch up. We didn't have any time stations or race headquarters. Once a day Bob Hustwit drove from the front to the back to the front, so once a day we got a report on the splits, but the news was 12 hours old!

Race Across America - Continued on page 9

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	Tod Rodger	978-456-8654
Vice President of Publications	Ken Hablow	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
Secretary	Cindy Sragg	617-232-0227
Treasurer	Don Blake	781-275-7878
Insurance Coordinator	Don Blake	781-275-7878
Membership Coordinator	Sharon Gowan	617-489-5682
	Larissa Hordynsky	617-527-5620
Information	Dave VanAmeijden	781-275-5925
Special Projects Coordinator	Marty Weinstock	617-491-6523
Publicity Coordinator	Steve Kolek	781-674-1090
Merchandise	Ken Hablow	781-647-0233
Mileage	Edson Trumbull	617-332-8546
Government Relations	George Eckert Jr.	508-653-6913
Bike Shop Program	Lauren Perinchief	617-734-2448
Volunteer Committee Chair	Linda Nelson	617-964-5727
Social Committee Chair	Rita Long	781-899-9177

RIDE PROGRAM COORDINATORS

Vice President of Rides	Jim Sullivan	781-245-1772
Saturday Rides	Connie Farb	617-497-0641
	Cheryl Young	617-625-6362
Sunday Rides	Tod Rodger	978-456-8654
Winter Rides	Eric Ferioli	781-235-4762
Intro Rides	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
	Jim Hill	781-337-5394
Urban Rides	Charles Hansen	617-734-0720

WHEELPEOPLE STAFF

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

INTERNET STAFF

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

Advertising Rates

Half Page	\$65.00	Third Page	\$45.00
Quarter Page	\$35.00	Eighth Page	\$20.00

For more information please contact
Marty Weinstock at 617-491-6523

CRW Board Meeting Minutes

Present: Barry Nelson, Cindy Sragg, Don Foster, Don Blake, Jim Sullivan, Bill Widnall, Rita Long, Connie Farb, Jack Donohue, Ann Marie Starck, Dave VanAmeijden, Rich Fields, Tod Rodger

The meeting commenced at 7:35 p.m.

Membership (Barry Nelson)

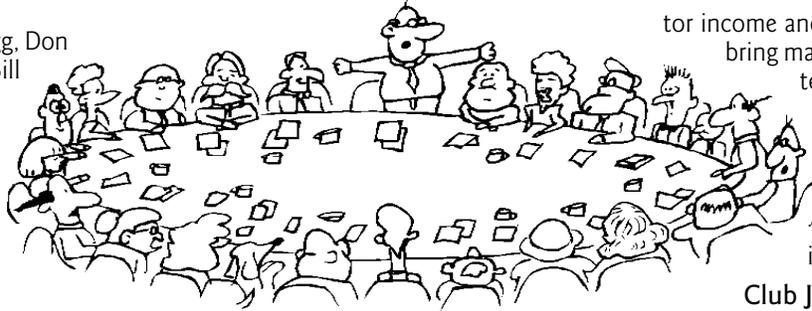
1,040 current memberships
1,243 members
26 expirations
47 new
55 renewals

Rides Committee (Jim Sullivan)

We have had only one ride rained out so far this season - it will be rescheduled.

Yearly Events List (Tod Rodger)

Working from a list Barry put together of events that occur on our calendar annually (centuries, parties, elections, etc.), we reviewed the entries, added ones that were omitted, and noted where we needed to



May 7, 2002

put articles and flyers in WheelPeople the month before. Once this list has been finalized, it will be posted on the administrative website so members of the board and officers can stay on top of things. This should eliminate the problem we had this year of important events being forgotten and the mad dash to deal with them in a less than timely manner.

Treasurer/Finance Issues (Tod Rodger)

We discussed Tod's suggestion to the Board via e-mail last month that it seemed excessive for the Board to review the treasurer's report and budgets every single month and that a quarterly review would be sufficient. The treasurer, Don Blake, will of course moni-

tor income and expenses continuously and bring matters of significance to the attention of the Board whenever they arise. We also discussed providing more user-friendly financial documents to the Board than the current format we are used to looking at.

Club Jerseys (Connie Farb)

Since the jerseys are selling well the Board voted unanimously to have Connie reorder more at the good price we got them at initially. The company that produced them guaranteed our original order price for now, but if we delay until next spring there is a good possibility they will be more expensive. Based upon the sales so far, Connie suggested we order 75 additional jerseys.

The meeting adjourned at 8:15 p.m.

The next Board meeting will be on Tuesday, June 4th, 7:30 p.m., at Hancock United Church of Christ, Lexington.

Respectfully submitted,
Cindy Sragg
Secretary/Board Member

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

Looking North - Continued from page 1

The Smugglers Notch Inn trip in Jeffersonville is in its third year. This long weekend provides four days of some of the best cycling in Vermont with rides ranging in geographical location from Lake Champlain on the west side to Irasburg in the Northeast Kingdom. Robin and Bill Inman have run the Labor Day weekend trip out of Westmore for years. Foxhall Inn is on the shore of Lake Willoughby, where the rock mountain sides create a funnel into the lake.

Not quite northern Vermont, but throw into the mix: Velo Vermont in Warren, the AYH TOSRV-East weekend from White River Junction to Waitsfield and the CRW Tour of New England. A popular ride with many CRW members is the Mad River Century out of Waitsfield in August. This "flattest century in Vermont" will draw about 500 riders this year.

Perhaps the prettiest road in all of Vermont is East Warren Road that rolls along the ridge above the Mad River Valley between Warren and Waitsfield.

There just happens to be the finest bakery in Vermont on the Waitsfield side, and the wonderful Warren Country Store on the

Warren side. Everyone who goes to Velo Vermont rides this road at least once during the weekend.

Away from the hustle and bustle of the major cities in Vermont (such as they are), in Northern Vermont there is a network of intertwining paved roads that seem to lead nowhere. In this part of the state, north of Stowe, west to Lake Champlain and east to Island Pond in the Northeast Kingdom, is some of the finest bicycling on the east coast. You can enjoy a moderate ride of 30-40 miles over rolling terrain or a hilly century - and everything in-between. You will experience typical rolling Vermont countryside littered with quaint dairy farms, grazing cows, occasional llamas and expansive cornfields. All this, with a backdrop of the high mountains when riding south, makes northern Vermont a majestic attraction for touring cyclists.

A perennial favorite at the Smugglers' Notch trip is the ride to Lake Carmie. Circumventing the "traffic" of Enosburg Falls, this route is all back roads and winds its way to the Canadian border before heading south on Rte 118 to Montgomery.

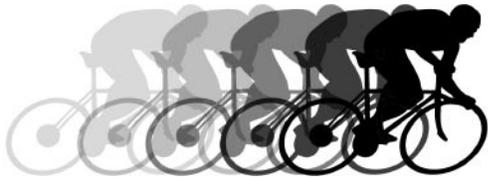
From the town of Westmore on Lake Willoughby in the Northeast Kingdom, you can

ride to Island Pond and Lyndonville or cross the ridge at Greensboro into Craftsbury. From both Jeffersonville and Westmore you can ride into the quaint Vermont town of Irasburg. The approach from the Route 100 side on Route 58 is spectacular.

A little know side trip into Canada is the short stretch of Canadian roadway from Richford VT to North Troy VT. This stretch is used by locals in the winter to bypass the long climb up North Jay Peak. The Canadian route follows a rail bed and a river so is relatively flat. There is a village where you can stop for lunch before heading back over the border.

Then there are the climbs and the mountain passes, or gaps as they are called. The most unique is Smugglers Notch, from the Stowe side. I always like the grandeur of Middlebury Gap. Pumpkin Harbor Road out of Cambridge is 1000' of climbing in 7 miles. The views are spectacular.

From the relatively flat Mad River Century to the high gaps; from the rolling farmlands to the beautiful lakes; the one comment I always hear when I ride with other "flatlanders" in Vermont is, "Why do we have to go back to Boston?"



June, 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 [RFArsen@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, 617-266-8114(W), 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. Parking is limited at the river street lot and you may want to have a few other parking options in mind. Please call Gabor or Eric if you have any parking questions.

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!

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 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

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 break-

ing 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 [richardlf@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 [carl.howerton@fmr.com] (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.

WELCOME NEW MEMBERS

Stephanie Adler	Cambridge
Normalynn Aro	East Falmouth
Peter Ash	Arlington
Mohamed Bachiri	Melrose
Linda Bruce	Lexington
Valerie Burgos	Arlington
James Chopas	Marlborough
Kathy Collins	Lexington
Alex Colvin	Arlington
Chris Comerford	Cambridge
Jacqueline Craven	Chelmsford
Michele Davis	Charlestown
Margaret Feeney	Boston
Karen Gibson	Cambridge
Timothy Gillette	Ipswich
Cheryl Gingras	Dracut
Frank Goris	Somerville
Peter Hausner,	
Carol Stateler Hausner	Newton Highlands
David Hoodin	Columbus, OH
Ann Howard	Watertown
Kristin Kopp	Cambridge
Mark Lawrence	Arlington
Dave Lawson	Dedham
C. Todd Lombardo,	
Jessica Buczek	Watertown

Cheryl Magadieu	Franklin
Jon Mann	West Roxbury
Dara Manoach	Cambridge
Katherine McNeill-Harman,	
Sharie McNeill-Harman	Jamaica Plain
Linda Moraski	Roslindale
Anne Moseley	Wayland
Rob Musci	Somerville
Beth Naylor	Somerville
Helen O'Connor	Lexington
Craig Pasek	Brookline
Sandra Peters	Brookline
Dan Pratt	Woburn
Serge Quettier	Arlington
Ruth Rothstein	Cambridge
Diane Schlosstein	Salem
William Scott	Harvard
Kevin Sullivan	Burlington
Melissa Thomas	South Boston
Dai Tran	Stoughton
Jay Trani, Nick Trani	Westford
Andrew Van Praagh	Bedford
Meghan Whitee	Newton Corner
Analee Wulfuhle	Needham

THE CYCLING CHIROPRACTOR Dr. Jeffrey Schlawer

Understanding the needs of a cyclist.

Treatment for:

Neck and back pain
Soft tissue injuries / conditions
Shoulder / elbow / wrist
Hip / knee / foot



Dietary recommendations
Clinical nutrition
Certified Personal Trainer

508 620-1508

Framingham, MA.



June 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.

North Reading And-over to Boxtop

Saturday - June 1

Times and Routes: 9:30 for about 50 miles, 10:15 for about 30 miles

Ride Type: Cue Sheet

Leaders: John Kohl and Susan Goetcheus, 781-643-0215, jtk-smg@kolvir.arlington.ma.us

Highlights: this new ride features ponds, rolling hills, and quiet roads in the northern suburbs. Lunch stop in Boxford Center.

Start: North Reading High School, Park Street, North Reading

Directions: From Route 128/95, take Exit 40 (Route 129, Wakefield Center and Wilmington). Enter the rotary and take the exit for Haverhill Street, North Reading. Stay on Haverhill for 3.7 miles, then turn left on Park Street (Route 62). Go past the football field and turn right at the North Reading High School sign. Park near the buses.

A River Runs Through It

Sunday - June 2

Times and Routes: 9:30 for 50 miles and Metric Century option (64 miles). 10:30 for 28 miles.

Ride Type: Arrowed

Highlights: All rides pass through the beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet Rivers. All rides go through Sudbury, Wayland, and Lincoln with the 50-mile ride adding Stow and Hudson and a few hills. There is a beautiful metric century option that adds Boxborough and Acton and some more hills.

Leaders: Jim Pearl (781)275-8603, Sheldon Cooperman (781)359-9332

Start: Concord-Carlisle High School, Concord, MA

Directions: Route 2 to the Route 126 intersection. This is the intersection for Walden Pond. From Route 128 take Route 2 West until you come to Walden Street at a traffic light. This light is about 1 mile past the Mobil Gas Station at Crosby Corner. Take a right

turn from Route 2 onto Walden Street. The High School is about 1/3 of a mile down on the left before the fork with Thoreau Street.

Sharon and Vicinity

June 8 - Saturday

Times and Routes: Long (60 miles) Shorter (43 miles) Long ride starts at 9:30AM Shorter ride starts at 10:00AM

Ride Type: Arrows and Cue Sheet

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

Highlights: Mostly flat ride on largely quiet roads through suburban and rural sections of Sharon, Taunton, Raynham, E. Bridgewater and North Easton. Long ride adds a loop over Moose Hill (a couple of good hills) at the beginning of the ride. Lunch stop in North Easton. Food available in several places along the route.

Start: Sharon High School, Pond Street, Sharon

Directions: From North of Sharon - Rt 128 to Rt 95. 95 South to Exit 10E, Coney Street. Turn left on top of ramp. Proceed to the first set of sights (about 3 miles). Cross intersection. Immediate right turn on Pond. The school is about one mile down Pond, on the right. From South of Sharon - R 95 North to Sharon/Foxboro exit. Turn right on top of ramp. Follow South Main Street to Sharon Center (White Church, Small Store, Starbucks). Right at traffic light. Immediate right on Pond Street. The school is about one mile down Pond, on right

The East European Ride

Sunday - June 9

Times and Routes: 9:30 AM for 45 miles and 10:30 AM for 29 miles

Routes: type: arrowed, with a map for Concord Center

Leaders: John Allen, jsallen@bikexpert.com, 781-891-9307 until 9:30 PM and Jacek Rudowski, 617-361-5273 until 10:00 PM. Do not call on the morning of the ride.

Highlights: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton, Carlisle

and Bedford. The lunch stop is in Concord center. The terrain is rolling.

Directions: From Route 128 Take exit 24, Rte. 20. The first traffic light west of Rte. 128 is at the end of the southbound off-ramp. Travel 2.3 miles on Rte 30 west to the fifth set of traffic lights (The fourth are blinking lights, in front of a firehouse.) Turn left onto Wellesley Street; the Weston High School is on the left side.

Northern Exposure

June 15 - Saturday

Times and Routes: 10:00 am for options of 55, 42, or 34 miles

Ride Type: Arrowed w/cue sheet & map

Leaders: Dana Chandler (978-371-5952), Bob Zogg (617-489-5913)

Highlights: Join us for a late spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this.

Start: Byam School, Maple Road, South Chelmsford, MA

Directions: Take Rte. 2 west to Rte. 27 north. Go 7.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 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.

A New Ride and A Party

Sunday - June 16

Times and Routes: 9:30 for 70 and 47 miles, 10:00 for 20 miles

Ride Type: Arrowed with Map

Leaders: Ann Marie Starck (508-877-0178 before 9:30 PM)

Highlights: Hopefully some new roads through Hopkinton, Upton, and Hopedale. Few places to buy food. Party at Leader's house after ride.

Start: George P. King School & Framingham

Public Schools (sign), 454 Water St. (by Joyce Lundberg Dr.), Framingham (North)

Directions: The George P. King School is on Water St. between Edgell Rd. and Elm St., both of which intersect Rt. 20 in Sudbury. Elm St. becomes Landham Rd. in Sudbury OR from the Mass Pike: take the RT-30 exit, exit 13. After the Toll, take a LEFT at the fork, toward Natick. Take a RIGHT off the exit ramp. Turn LEFT on SPEEN ST. at the first light, then turn RIGHT onto OLD CONNECTICUT PATH in .5 miles. Turn LEFT onto HAMILTON ST in .2 miles. Turn LEFT onto SCHOOL ST/MA-126 in .1 miles and then take a quick RIGHT onto CONCORD ST. at the T-intersection. Turn LEFT onto CENTRAL ST at the next light and then an immediate RIGHT onto WATER ST. Travel approx. 1.1 miles west, King School is on the right.

Mean Streets - Charlestown

June 20 - 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 the Navy Yard area, the piers along the Mystic River and quiet residential streets with fine old houses; many harbor views. Group ringing of the Bells of Charlestown!

Start: Boston National Historical Park Visitor Parking, near the Bunker Hill Pavilion on Constitution Road (near ship of same name).

Directions: From City Square intersection of N. Washinton St., Rutherford Ave. and Chelsea St., head north on Chelsea St. (toward Tobin Bridge), take first right on Warren St. then left on Constitution Road - parking lot is just ahead on right.

Horse Farms & State Forests

Saturday - June 22

Times and Routes: 9:30 AM for approx. 28 or 50 miles

Ride Type: Cue sheet and map

Leaders: Pamela Mole (home: 781-721-0747; mobile: 617-794-7277)
pjeanne99@yahoo.com

Highlights: Rediscover the roads north of Boston that pass by horse farms and border several state forests. The shorter ride goes through North Andover, Boxford and Topsfield; the longer ride includes Ipswich, Hamilton and Great and Little Necks. We will ride on roads traversing Harold Parker State Forest (shorter ride) as well as the state forests of Georgetown Rowley, Willowdale, and Bradley Palmer (longer ride).

Start: Harold Parker State Forest headquarters, North Andover

Directions: 93 N to 125 N (toward Andover), follow for 2 miles to the State Police Barracks (on right). Turn right at State Police on Harold Parker Rd. Turn left on Jenkins Rd. (1st left at stop sign), right on Middleton St. (at small Harold Parker Forest sign) Headquarters is 1 1/2 miles on the left.

Cape In A Day

Saturday - June 22

Times: 4:30 AM (Please arrive at 4:15 AM for instructions)

Ride Type: Cue sheet -- 117 miles.

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

The 11th annual

**Climb to the
Clouds**

A Century Ride to Mt. Wachusett

Sunday July 14, 2002

Rides from 45 to 105 miles

Sponsored by Charles River Wheelman

*Spend the day touring the apple orchard country of east central Massachusetts
Magnificent views, mostly country roads, great company!*

START TIMES: **8:00** from Concord Carlisle High School for 105, 90 or 80 miles

9:30 from Nashoba Regional High School, Bolton for 60 or 45 miles

COST: A **\$5.00** event fee per entrant is payable the day of the event.

DIRECTIONS:

Concord: Rt. 2 to the route 126 intersection. This is the intersection Walden Pond.

Heading West on Rt. 2, turn right at the first traffic light past Concord Subaru at Crosby Corner. There is a sign the District Court house.

Heading East on Rt. 2 turn left at the sixth light past the Concord circle.

The High School is at the bottom of the hill on the left.

Mass Turnpike to exit 14, "Route 128/95". Route 128/95 North to the Route 2 exit heading West. Or Mass Turnpike to Rte 495 North to Rte 2 east.

Bolton: Nashoba Regional HS is 2 1/2 miles West of Rt. 495 on Rt. 117 on the right at Green Road

Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West 2 1/2 miles.

TERRAIN: All routes are hilly. The long rides from each start point includes a one mile climb at a steady 9% grade and the mountain access road itself. From Concord the total vertical the long ride is 5,500 feet and from Bolton it is 3,500 feet. The other routes are very hilly but no mountain climb.

SUPPORT: Bananas, bagels & water will be available at the start points and at two staffed points along the routes, including a stop at Berlin Orchard. There are convenience stores are located in most towns. Water is available at the visitors center at Mt. Wachusett.

INFO: This ride only: Ken Hablow, (781) 895-1927, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

Highlights: Ride Boston to Provincetown and return by ferry the same day. This is a direct point to point ride with lots of good scenery but without scenic detours. We intend to return on the 3:00 PM ferry so we will leave Boston at 4:30 AM sharp. Please assemble at 4:15 AM latest for instructions.

FERRY SCHEDULE:

Depart P/T	Arrive Boston
Bay State, Provincetown Express 3:00 PM	4:30 PM
Bay State, Provincetown II 3:30 PM	6:30 PM
Boston Harbor Cruises 4:00 PM	5:30 PM
Bay State, Provincetown Express 7:30 PM	9:00 PM
Boston Harbor Cruises 8:30 PM	10:00 PM

The Provincetown II is \$23.00. All others are \$33.00. Prices include your bike. Ask for a senior citizen or AAA discount

Start: Gillette parking lot in South Boston.

Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At « mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette the parking lot. Rain Cancels.

In Search of the Llamas

Sunday - June 23

Times and Routes: 9:30 AM for 60 miles, 10:00 AM for 42 & 30 miles.

Ride Type: Arrowed with Cue Sheets.

Leaders: Lisa Wilk (Email: lwilk@capaccio.com) and Andree Lerat (Email: andreephoto@aol.com)

Highlights: Join us for the 3rd Annual Llamas Ride! All rides are primarily along quiet backroads. Short ride passes through Dover, Sherbon, and Holliston. Medium & long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH is in Holliston.

Start: All rides begin at Chickering Fields (across from Caryl Park/Noanet Woodlands Reservation) on Dedham Street in Dover.

Directions: Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B (Highland Avenue heading towards Needham). At intersection of Highland Ave and Great Plain Ave, turn right and then after approximately 0.1 miles

turn left onto Chestnut Street. Follow Chestnut Street (past Glover Memorial Hospital), and bear right as it becomes Dedham Street when you cross the townline into Dover. After approximately 2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first right after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodlands Reservation).

Charles River West

Saturday - June 29

Times and Routes: 0930 for 25, 41 & 57 miles

Ride Type: Cue sheet and map

Leaders: Mike Barry, 617.257.2251 or nordmarka2002@juno.com

Highlights: Charles River basin loop tour on back roads. Terrain is rolling hills with more on the 57 mi loop. Bring lunch or \$ and be able to carry lunch several miles. 25 mi loop covers Westwood, Natick, Sherborne, Dover; 41 mi adds Ashland and Holliston; 57 mi adds Westborough and Hopkinton.

Start: Westwood HS

Directions: Take rt. 109 west approx 2.5 mi from rt 128. After passing Mobil and Starbucks on left, turn left on Nahanton St. Go 0.6 mi. and turn left into parking lot AFTER school.

Climb to the Foothills

Sunday - June 30

Times and Routes: 9:30 for 70 miles, 10:00 for 45 and 30 miles

Ride Type: Arrows, Cue, and Map

Leaders: Bill Scott (978-456-3138) and Tod Rodger

Highlights: 70-mile ride is designed as a hilly (4,400 ft) warm-up for Climb to the Clouds 2 weeks later. It follows quiet scenic roads through Harvard, Bolton, Boylston, Sterling, and Lancaster with some great views and downhill runs. 45 and 30-mile rides are less hilly (2,800 ft and 1,700 ft) repeats of the April 7 Season Opener. All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston with opportunities for picnic on Wachusett Reservoir.

Start: South Acton "T" Station, Central St. at Route 27 (no meters Sundays)

Directions: Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St is sharp right turn (after yellow Acton Music Center on right) .95 miles from light.

CRW Trips

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.

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

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

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.

Estrie Explorer

August 30 - September 2, 2002

The Eastern Townships of Quebec, known in French as Estrie, are little visited by American cyclists but provide a wealth of great riding opportunities.

Estrie is the area just north of the Vermont border and was largely settled by Tories fleeing the American Revolution, and it is still the most English-oriented of Quebec's many regions. We'll be staying at the Hotel Cheribourg resort near Mont Orford Parc and just outside the lively town of Magog, which has excellent freeway access from the US (~4 hours from Boston). There will be several options for rides available, generally in the 50-80 mile range, although shorter (and longer) alternates can be worked out. The featured ride on Sunday will be a challenging 80-mile loop around Lake Memphremagog to Newport, Vermont and return, with excellent scenery. There is also an extensive mountain bike network in the park. The \$175 fee includes three nights lodging, three American breakfasts, one four-course dinner at our hotel, cue sheets, an excellent bilingual cycling map of the region and a Magog-Orford area map.

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 #'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, call Shari Spadafora at (617) 258-1814, or send a self-addressed stamped envelope to the trip leader.

Race Across America - Continued from page 1

The race itself was brutal for me. We were all learning about bike fit, nutrition and pacing. I remember being very tired and sore after the first day. I could not imagine racing for eight more days. I just tried to focus on the next 10 mile section. I remember a lot about that race today and most of it isn't so nice.

Q: What changes have you seen over the years? **A:** Most riders now are better than the average rider 20 years ago. Riders train better because they know what to expect during RAAM. Most riders today expect to cross the country in about 10 days. Twenty years ago completing the race in under 12 days was considered a good time. The equipment is better, with aerobars, etc., but using the most high-tech bike today would only gain you a few percent in speed over a 1980's bike.

Nutrition and recovery are the biggest factors. In 1985 Jonathan Boyer was the first to use a primarily liquid diet. The next year Pete Penseyres used UltraEnergy [an improved liquid diet]. I was racing against Pete and I was within a few hours of him at the Mississippi River. Over the last 1,000 miles, he kept his fuel intake and speed up while I slowed down. With today's liquid diets, riders are at least a day faster across the country than in '82.

Q: Pete set the all-time average RAAM speed record of 15.40 mph in that race. He rode the 3,107 miles from Huntington Beach, CA to Atlantic City, NJ, in 8d 9h 47m. That

Race Across America - Continued on page 10

The logo features a stylized bicycle icon above the word "CYCLING" in a bold, sans-serif font. Below "CYCLING" is the phrase "Made in Italy" written in a flowing, cursive script.

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

Little Jack's Corner - by Jack Donohue



I've got a real life "needle in a haystack" experience to recount.

It all started one Saturday morning. Susan I were having coffee

in bed, and I noticed Susan scribbling furiously on a pad of paper. It was a ways off to my birthday, so I decided that this was not a shopping list of presents for me. It was actually a "to do" list. This wouldn't generally interest me except that my name figured prominently on said list. Up until this point, my sole plans for the day comprised riding my bike hither and yon, and coming home some time later to a nice dinner and several beers, not necessarily in that order. I was allowed to go on the bike ride with dire warnings that I should be prepared to do my part of the chores upon return. My usual modus operandi on these occasions is to ride my bike to the point of exhaustion, return home a sweating, drooling mass, and to declare that I am much too wasted for any further physical exertion beyond lifting a pint glass of beer, so I will have to put off the chores until tomorrow. When

the cycle is repeated. My keen intuition told me that perhaps on this occasion, that excuse wouldn't fly. Despite my doing manly things like taking out the garbage and operating the remote, the balance scales were tipped heavily in Susan's favor, and if I wanted to remain married, I'd probably have to do a bit more. So, I did my ride, rode much harder than I should have, and was indeed pretty wasted when I got home. But I gave my word, and reported for duty.

One of the chores Susan had in mind for me was sweeping out the garage. After a winter of sand, leaves, and other debris filtering in, the garage was in pretty rough shape. When we moved in, I remember marveling at what a clean concrete floor the garage had and that it would be a pleasure to work there. That didn't last long. In recent years, a typical session of bike maintenance in the garage consists of unscrewing some important part, dropping it, spending the next half hour groveling around on the floor looking for it, then giving up and deciding to do something else. Lately on the average I've spent more time looking for parts I've dropped than actually working on the bike.

Most parts that I lose are easily replaceable, but every once in a while I lose something

unique. I never liked the Proflex handlebars, which were these narrow wraparound things, so I decided to put regular drop bars on. Since the Proflex doesn't have a normal down tube, I fished out an ancient set of Suntour bar end shifters. I think these were the first bar end shifters in existence (not my pair, the model). The shifter handle is held on with a long screw and nut. The tension on the lever is controlled by the tightness of the screw. The key part of this assembly is a sort of cap nut that goes on the end of the screw and maintains its tension. Without the cap nut, the screw can get loose, fall out. You can't tighten the screw too much, or the lever won't turn. Anyway, this little beauty is pivotal to the proper working of the levers. So, as I'm installing the levers, I drop it. After a rather long search I conclude it has gone to that place where parts go, probably close to the place where socks go.

So, I'm sweeping out the garage, which had so much debris I thought I was going to need a front end loader, and what should appear in a pile of sand but the missing cap nut. I took this as a sign from heaven to mend my ways and start being a more helpful husband. Maybe I'll even volunteer to clean out the dryer room, who knows, maybe my socks will be reunited.

Race Across America - Continued from page 9

record has stood for 15 years. What would it take to better that record? **A:** Remember that this was a long and hilly route with over 100,000 feet of climbing. The final 700 miles were through the Eastern mountains.

Riders today would complain about a route with that much climbing. Pete was in great shape and is a great hill climber. He was using the best prototype equipment and diet available. Today the same equipment and diet are available off the shelf. Pete set that record because he was mentally and physically ready to race. In some ways riding faster is easier because you are not racing for 11 or 12 days.

Q: Where do you anticipate RAAM going in the future? **A:** RAAM is unique as a race because it is so brutal. To race across the country in less than 10 days is really tough. The Solo Division is the backbone of RAAM. We need to find a way to attract more 25-year olds to the sport.

More people are physically able to race in the Team Division so that is most of the growth of participants will be. The two-person race is very tough, combining speed and endurance. It's a great way to qualify for Solo RAAM and to learn about the rigors of the event. The four person teams really emphasize speed; it's a different way of racing. Crossing the country in six days is very tough to do - each rider does thirty 40K time trials.

For information on RAAM and race updates go to www.raceacrossamerica.org Copyright 2002 by the UltraMarathon Cycling Association, reprinted with permission for information about the UMCA go to <http://www.ultracycling.com>



July 27th-28th: 2 days 130 miles

July 27th-Aug 2nd: 7 days 530 miles

See Massachusetts, Vermont & New Hampshire.

Make new friends & enjoy scenic roads.

This is more than a cycling tour. It is an experience you do not want to miss. Two days: \$350, Seven days: \$1,000

Includes lodging & meals. No camping.

Supported by mechanic & enthusiastic volunteers.

Proceeds benefit the Massachusetts Society for the Prevention of Cruelty to Children.

Contact Robin Livernois at 617-983-5835 or by email at rlivernois@mspcc.org.



April Mileage Totals

3	3	4	1	5
---	---	---	---	---

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	4224	-	-	-	John Allen	600	-	-	-	Jacob Allen	82	-	-	-
Bruce Ingle	3751	3	2	2	Dan Pratt	583	1	-	-	Jacek Rudowski	68	-	-	-
Jack Donohue	2956	-	-	-	Doug Cohen	534	-	-	-	Jared Luxenberg	66	-	-	-
Tod Rodger	2318	4	1	-	Larry Dolinsky	446	-	-	-	Ed Trumbull	60	-	-	-
Bill Widnall	1957	4	4	-	Cynthia Snow	426	-	-	-	George Caplan	58	-	-	-
David Wean	1694	1	-	-	Elisse Ghitelman	333	-	-	-					
Richard Dweck	1525	1	-	-	John Kane	265	-	-	-					
Joe Repole	1430	4	4	-	Joan Dolinsky	263	-	-	-					
Bob Sawyer	1365	-	-	-	Lyn Rodger	251	-	-	-					
Joel Parks	1266	-	-	-	Emily Wean	244	1	-	-					
Dick Arsenault	1217	-	-	-	Greg Tutunjian	229	-	-	-					
Irving Kurki	1033	1	-	-	Jeff Luxenberg	162	-	-	-					
Joe Marcal	1005	-	-	-	John Springfield	159	-	-	-					
Nick Linsky	995	-	-	-	Phyllis Mays	151	-	-	-					
Jim Broughton	759	-	-	-	Harry Wolf	151	-	-	-					
Gabor Demjen	702	-	-	-	Tracy Ingle	87	-	-	-					

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 V

"A Talent for Turning Things Around"

by Jean Arnold

New Zealanders seem to have a knack for taking a bad situation and turning it around in an unexpected way. Take the opossum problem for example. According to "Opossum World" in Napier 70 million brushtail opossums eat 21,000 tons of foliage every night and are thus known as New Zealand's ecological nightmare.

What to do with these critters? Well, Hinterland Adventures of Whakatane offers one solution. For NZ\$55 you can go out for a three-hour possum hunt. The brochure says you can either "view, photograph or hunt these curious nocturnal animals", but the photos in the ad showed smiling, gun-toting tourists, red eyes gleaming devilishly in the night, holding the maimed marsupials by the tail.

I wouldn't be surprised if Hinterland Adventures then sold the possum pelts to "Possumdown Garments" of New Zealand. This company makes beautiful, soft sweaters and other apparel that is composed of 50% fine merino wool, 40% possum fur and 10% nylon.

After learning more about the possum I understood the T-shirt design I saw during my first weeks here. The T-shirt depicted New Zealand road signs. It showed a kiwi, the flightless, endangered bird that is a national symbol, and under the kiwi bird was a "stop" sign. Next was a sheep with the sign "slow down". And finally was a picture of a possum

in road-kill position and the accompanying sign told motorists to "speed up".

So, the possum is used as an "adventure tourism" activity, for serious and comic clothing, and then the tourist attraction of "Opossum World" here in Napier. Pretty creative ways of dealing with a national pest: let the tourists pay to pick them off and pack them up.

The whole town of Napier, in fact, is a testament to the turn-around talent of the Kiwis. In 1931 a powerful earthquake shook the town for over two minutes and there were hundreds of aftershocks. What the earthquake didn't destroy, the fires did. Due to fractured water lines the firemen were powerless to stop the flames. On the bright side, the quake raised the seabed two meters and gave the town much needed land for expansion. The tour guide told the story of a boy who was out to sea fishing when the earthquake struck and he had to walk home.

Besides the gained land, how could a disaster that killed one hundredth of the population come to any good, you wonder? Walking through downtown Napier and along the Marine Parade beside the crashing Pacific Ocean today is a joy. The town was rebuilt within the space of two years, and as the prominent architectural style of the day was Art Deco (the style of the Chrysler Building in NYC and many of Frank Lloyd Wright's buildings) you almost feel as if you're on a movie

set representing that era. And since the early 30's was the time of the Great Depression and the building industry was at a virtual stand-still, it is even rarer to find a large concentration of this style of buildings.

Art Deco is so named for its decorative style. It symbolized the new spirit of the early 20th century and often used geometric, angular patterns and shapes and symbols of power such as lightening flashes and the rising sun.

Rebuilding an entire business district in two years certainly epitomized these ideals, especially during hard times. The inscription on the New Napier Arch I found very poignant: "Courage is the thing: All goes if courage goes".

CLASSIFIED ADS

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

FOR SALE:

Our kids have outgrown these bicycle accessories so they are now available For Sale:

Burley Solo Child Trailer in very good condition. \$200

Topeak "Baby Sitter" Child Seat with rack. The only model with shock absorbers! \$70

Contact Jamie or Lindy at 978-448-0533 for details.

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 Bicycles**
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

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 54601
BOSTON, MA

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.

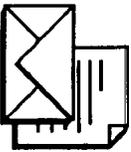
We publish an annual member directory that is available only to club members. Check this box if you don't want your name, address and home phone number on this list.

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