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# Wheel People

Newsletter of The Charles River Wheelmen

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On the roads of New England since 1966

Volume XXVI, Number 7 • July, 2002

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## George Street Bike Challenge for Major Taylor

Sunday, July 28, 2002  
11:00 a.m.

Main Street & George Street, downtown Worcester, Mass.

See how fast you can pedal up Worcester's fourth-steepest hill, a 100-yard quad-buster where "the Worcester Whirlwind," 1899 world cycling champion Major Taylor, used to train. The grade is 23 percent.

- Open to ages 12 and up.
- Entry fee \$10.
- Helmets required.
- One rider at a time against the clock.
- Registration 9:30-10:45 a.m. First rider starts at 11:00 sharp.
- Free Major Taylor posters to the first 100 entrants.

Proceeds benefit the Major Taylor Association, Inc., which is planning to build a statue of Major Taylor at the Worcester Public Library in Salem Square -- the city's first George Street Challenge - Continued on page 9

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## Larz Anderson Bike Show

The Larz Anderson Bicycle Show and Swap is August 18, 2002 at the Larz Anderson Museum of Transportation in Brookline. 9:30am - 3:30pm. A feast for lovers of all things bicycle related. The Concours d'Elegance will feature stunning bicycles from antique to modern. A huge swap meet will yield bike and parts bargains both modern and collectible. Seminars and talks, throughout the day ranging from new bike selection to collecting.

Various organizations will distribute information making this event a resource for all cycling enthusiasts. Admission for adults is \$5. Mike Kone bikevint@tiac.net, or www.bicycleclassics.com, or the museum at 617 522-6547 for more info.

## Petersham Double Century III

July 27th, 5:00 AM Start Time

The Charles River Wheelmen again invite you to join us for the third year of this scenic and challenging ride. This year we will be using the out-and-back route that also gives you the option of riding a Century or 200K. Since the ride is organized by the Saturday Morning Fitness Ride crew, it will start and finish on the regular Fitness Loop. The extra 172 miles is just a little extension! The outbound route is 105 miles and the return is 95 miles.

Start Location: Nahanton Park, Newton

Difficulty: This is not an easy ride. It is by far the club's most challenging one day ride.

Petersham Double Century - Continued on page 9

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## Fire and Ice The Wintry Spring Century 2002

by Melinda Lyon

Century Committee Chair

Almost all of nature's elements got into the act in the 2002 CRW Spring "North to New Hampshire" Century. Accumulating snow along the route the day before the ride turned our "route checking" day into "route praying". Icy winds and freezing temperatures on the morning of the ride had everybody's teeth chattering. Last but not least was a fire on Rt. 108 in New Hampshire that had some riders detoured into parts unknown. Through it all 300 hardy souls rode the routes with at least 100 completing the full century. At 6AM

Fire and Ice - Continued on page 3

## Tour of New England Report

by Walter Page

TONE 2002 is over. The final gun went off about 3:30 Monday afternoon. In this case the part of the gun was played by Mel Stoler's front tire which exploded while the owner of the trusty Dawes' was gorging himself on pizza having abandoned it in the hot sun down in the parking lot. Like all good tours this one had people off the front the entire way, a lanterne rouge and in the middle the autobus (in Italy, I think, that is Tete, Coda and grupp).

The start on Saturday was cold, cold, cold. One rider arrived with a good sized icicle hanging from the end of his nose. The sun was out, though, and as the day progressed temperatures began to rise and the sky re-

Tour of New England - Continued on page 10

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

#### BOARD OF DIRECTORS

	Term Expires	
Don Blake .....	2003.....	781-275-7878
Connie Farb .....	2003.....	617-497-0641
Rich Fields .....	2002.....	781-272-3801
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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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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

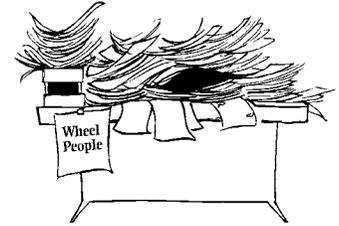
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Administrator.....	Barry Nelson..... barrynelson@alum.mit.edu

## Editorial Policy



We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



## How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Mail handwritten or typewritten documents or articles on floppy disk to Jack Donohue, 26 Fox Run Road, Bedford, MA 01730. Note: floppy disks will not be returned.

Documents produced on computer may be sent electronically via Internet to Jack at [JDONOHUE@world.std.com](mailto:JDONOHUE@world.std.com). Your document must be in "text" mode.

Articles submitted to WheelPeople may also be published on the CRW web site unless the author instructs otherwise.

## Insurance

If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

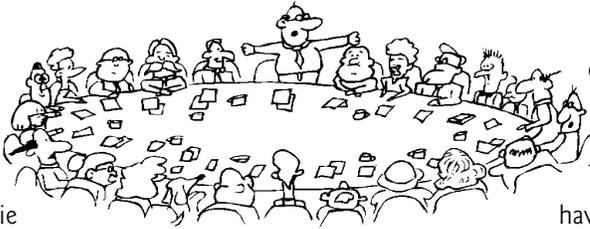
### Advertising Rates

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

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

# CRW Board Meeting Minutes

Present: Barry Nelson, Steve Kolek, Cindy Sragg, Don Foster, Don Blake, Rita Long, Connie Farb, Jack Donohue, Ann-Marie Starck



June 4, 2002

The meeting commenced at 7:36 p.m.

Membership (Barry Nelson for Sharon Gowan)

1,037 current memberships

1,241 members

44 lapsed

29 new

27 renewals

Rides Committee (Connie Farb)

CRW jerseys sold SO well at the Spring Century that a decision was made (there were enough Board Members present to take an impromptu vote on this) to order 100 more rather than the 75 more we voted on at the last meeting. The new order will be ready in time for the Climb to the Clouds.

Cheryl Young is resigning her position as Connie Farb's co-coordinator for Saturday Rides, so Connie will be the sole ride coordinator for Saturdays from now on.

Special Rides (Ann-Marie Starck)

Climb to the Clouds is all set.

The Fall Century is NOT all set. Where to start the ride is still up in the air since the

Fire and Ice - Continued from page 1

on Sunday morning the usual early morning group of Delphi Andrews, Rosalie Blum, and Janet Blake were already there to greet the early bird riders. Especially important is the sight of Don Blake arriving in our favorite box truck. Year after year he has borrowed, loaded and unloaded this truck with all of our necessary gear, mostly by himself. All of our CRW century "stuff" has migrated to his basement and he dutifully hauls it back and forth for different events. Thanks Don! The riders were sent off by Ken Hablow with the appropriate greeting of "Welcome to the CRW winter century!". Full of the bagels and bananas supplied by Connie Farb and Mark Sevier they were off. Following the riders was our other favorite truck- that big blue pickup driven by Bob Carolan and Charlie Kay. They kindly volunteered to sag this ride and several riders used their services. Bike sweeps were Melinda Lyon, Robye Lahlum, Jack

club has been denied permission to start it at Great Brooks this year. We still have a month or two to figure it out.

Other Business (Barry Nelson)

Michael Cohen (former CRW member) is this year's organizer of the Larz Anderson Bike Show. In the past we have usually tied this event to a CRW ride but it is too late to do so this year. We been offered a free booth at the show in exchange for publicity (an item in the July and August Wheelpeople). We are going to approach Eric Ferioli or Bill Fine to see if they would be willing to man a CRW booth at the event.

**THERE WILL BE NO BOARD MEETING IN JULY!!! THE JULY 2nd MEETING HAS BEEN CANCELLED BY UNANIMOUS VOTE.**

The meeting adjourned at 7:50 p.m.

The next Board meeting will be on Tuesday, August 6th, 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.

Donohue, Andy Brand, Bill Aldrich, Janet Miller, Dave Jordan, Ken Hablow, Pete Mason and David Scarborough. Water stops were staffed by Janet Patterson (also the winner of the volunteer raffle prize- a messenger/PC bag donated by REI of Reading), Bob McCarty, Susan Grieb, Mary O'Brien and Glen Coffman. The water itself was donated by Bob Feeney, our local Monadnock Spring representative. The post ride bash was well stocked by Larissa Hordynsky who stepped in at the last minute due to Tom Lynch's appendectomy the previous week. She was assisted by Peter Stokes, Jim Sullivan, and Fran Goldstein. Riders were checked in and given their favorite club's signature water bottle by Jim Geib, Rich Fields, Stacy and Jim Barker, and Arnold Nadler. The clean up crew consisted of Robin and Bill Inman, Jean Orser, and Paul Corriveau. Thanks to Eric Ferioli for the flea market (why did I buy another bike??). The ride was arrowed the

## Flea Market at the Larz Anderson Bike Show

by Eric Ferioli

The Larz Anderson Bike Show will include a flea market, with people selling vintage bikes and parts, bike shops selling excess stock, frame builders displaying their wares and plenty of people selling their overstuffed basements of bike parts (I know a little about that subject).

Being a fleamarketeer, I will be renting spaces at the market. I am offering CRW members the opportunity to have me sell their bikes and parts at the market. For this, I will receive 10% of the price of each item sold to help defray my costs.

What sells at the market? Anything bicycle related. Some examples of things I've sold: an older quality bike with a potato chipped rim and worn chainrings; a used, but not damaged, quality derailleur; bike posters.

However, remember this is a flea market, so if you want something to sell, price it accordingly.

A few rules:

1) You are responsible for bringing your own items to the show and picking up unsold items at the end. This means you pay the \$5 show fee.

2) Try to tag everything before bringing it to the show. Use large tags.

Write your name on one side of the tag and the price and any pertinent information (size, condition) on the other side.

3) Don't bring junk. The items can be old or used but they have to be of reasonable quality. No rusty bikes or tattered handlebar bags.

4) I cannot be responsible for lost, stolen or mispriced merchandise.

For more information call Eric Ferioli, 781-235-4762, let it ring.

previous weekend at the annual arrowing party at Melinda's house. She was joined by Connie and Mark, Bill Aldrich, Rich Taylor, Mary O'Brien, Glen Coffman and Robye Lahlum. Thanks to Two for the Road Bicycles of Georgetown MA and Kensington Grocery for letting us use their lots. Last but not least thanks to our master of ceremonies for the day-Ann Marie Stark. Let's hope that the winter that wasn't and the spring that snowed will be replaced by a more seasonable climate for Climb to the Clouds in July and the fall century in September. I guess we haven't had locusts yet!



July, 2002

# Recurring Rides Calendar

These rides are held every week unless indicated

## Climb to the Watertower

**Times:** Tuesdays, June 4 through July 9; 6:30 PM (Rain Cancels)

**Description:** Designed as a training ride for Climb to the Clouds, this ride packs 10 hill climbs into a 10 mile ride. Since you are never more than 2 miles from your car, you can focus on developing climbing power and technique without having to worry about burning out and not making it back. The single loop takes you through Wakefield and Stoneham and features an optional climb to the Wakefield watertower that is probably a grade in excess of 10%. You can easily loop around and repeat several of the climbs to add to the workout. This ride is not pretty, with the traffic and density you would expect inside 128, but your legs will be burning at the end. Beginners can start out by bypassing some of the tough climbs and adding them later. We will try to have a climbing workshop at one of the first rides.

**Routes:** Arrowed ride of approximately 10 miles

**Leaders:** Jim Sullivan [jleosullivan@aol.com] (781-245-1772)

**Start:** Forest St., Wakefield

**Directions:** Please contact the Ride Leader for directions if you wish to attend.

## 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 Paparazzi 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 paceline format. Groups of not more than six riders will be started at intervals of two minutes. This ride also welcomes masters riders who would like to ride with their peers. We encourage waiting for others to catch up if you happen to become separated. You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. Along the route

we pass many historic farms, as well 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 paceline 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:** A club ride that provides something for all tastes. There is usually a fast group riding peline while others tour at a slower pace. The ride winds through the back roads of Concord, Carlisle, Acton and Chelmsford and is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the workweek and there is always a group going out for dinner after the ride. Ice cream is optional.

**Routes:** 18, 24 and 28 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 [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 peline 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 peline riding techniques.

### WELCOME NEW MEMBERS

Lisa Baffi  
Pamela Bashian  
Carol Beasley  
Amy Black  
Roger Bonomi  
Rachelle Chery  
Melissa Geoffroy  
John Gilman  
Howard Granat

Haverhill  
West Roxbury  
Boston  
Boston  
Charlestown  
Boston  
Brighton  
South Boston  
Boxboro

John Hucksam, Jr.  
Martin Hwang  
Jill Jacovitz  
Lindsay Johnson  
Douglas Keating  
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Boston  
East Weymouth  
Beverly  
Boston  
Wollaston  
Winthrop  
Boston

Virginia Martin  
John McCarthy  
Eliott Morra  
Ken O'Gara  
Todd Perlstein  
Joy Prescott, Steve Prescott  
Alexandra Rayadh  
Rose Ryan  
Karen Sommer  
Rick Teller, Kathleen Rogers

Easton  
Attleboro  
Westwood  
Milton  
Roslindale  
Acton  
Norwood  
Stow  
Watertown  
Brookline



# July 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.

## Lexington Revolutions on the Fourth

Thursday - July 4

**Times and Routes:** 9:30 for 51 mi, 10:00 for 32 or 18 mi

**Ride Type:** Follow the leader (32 mi route at intermediate pace) or follow the arrows with map and cue sheet

**Leaders:** Bill Widnall (781-862-2846 or BillWidnall@attglobal.net) and party host Sheila Widnall

**Highlights:** The "Wednesday Wheelers" will be doing their ride this week on this Thursday holiday. Please consider joining us for a tour of Lexington Concord Carlisle and Bedford. We will be following the medium length route of the "Lexington Revolutions" set of rides that Sharon Gowan will be offering once again this year (see Sunday July 7). You may either join the Wednesday Wheeler group, which stays together following the leader at an intermediate pace and with a sweep, or if you rather ride at your own pace or on the longer or shorter routes, just follow the arrows and the map and cue sheet. After the ride, there will be a cookout party at the home of Bill and Sheila in East Lexington.

**Start:** Clark Junior High School in Lexington  
**Directions:** From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi take a right on Brookside Ave and follow the road to the parking lot at the school.

## Tod Rodger's Climb to the Foothills

Saturday - July 6

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

**Ride Type:** Arrows, Cue, and Map

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

**Highlights:** This is a repeat of the June 30 offering. The 70-mile ride 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.

## Lexington Revolutions

Sunday - July 7

**Times and Routes:** 9:30 for 50 miles; 10:00 for 17 or 32 miles

**Ride Type:** arrowed with map and cue sheet

**Leaders:** Sharon Gowan (sgowan@bbn.com, 617-489-5682) and Sue Genser (suegenser@attbi.com, 781-899-3929)

**Highlights:** Ride beautiful roads of Lexington, Concord, Carlisle, Lincoln, Chelmsford, and Westford. Lunch for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass (there will be no lunch stop for short ride). Things to see include The Olde North Bridge, Hanscom Field, horse and dairy farms. There is a surprising hill at the end of the ride so save some energy.

**Start:** Clark Junior High School in Lexington  
**Directions:** From Rte 128, take Route 2A East. Take a right at the light at Waltham St. After 0.2 mile take a left on Brookside Ave. and follow the road to the parking lot at the school. From Rte. 2 West, take Waltham St. exit (54B) toward Lexington. After 0.6 mile, take a right on Brookside Ave. and follow the road to the parking lot at the school.

## Mean Streets Harvard Square

Thursday - July 11

**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:** We'll explore the Harvard, Radcliffe and Leslie campuses, and whatever streets, alleys and sidewalks we can find connecting them. Ride through a building designed by Le Corbusier!

**Start:** Weld Boathouse at corner of Memorial Drive and JFK Street.

**Directions:** contact leader if you can't figure it out yourself.

## Through It Runs a River

Saturday - July 13

**Times and Routes:** 9:30 for 55 miles, 10:00 for 35 miles

**Ride Type:** Cue Sheet

**Leaders:** Ted Hamann (617 576-0475; thamann@mediaone.net)

**Highlights:** This ride is designed to accommodate both traditional CRW riders and those who want to ride in a group, Wednesday Wheeler style. Cue sheets will be provided but no arrows. I will lead the group ride at a rolling average of about 13 mph, and it will offer the opportunity to have lunch at the nice restaurant at the Stow airport. The long ride will meet up with the short ride in Sudbury

**Start:** Mall at Lincoln

**Directions:** Trapelo Road from Route 128 to Lincoln Center (2.6 mi); turn left onto Lincoln Road; when you come to the Mall at Lincoln shopping center (1.4 mi), (the only one in Lincoln) turn right into the shopping center and proceed bearing left to the rear and into the Commuter rail parking lot

## Climb to the Clouds

Sunday - July 14

## Mean Streets Fenway Plus

Thursday - July 18

**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:** Mixture of streets, alleys, bike paths, steps, sidewalks, and dirt - mountain or hybrid bikes de rigueur. Explore the Fens, the Longwood medical complex, and parts of the Jamaicaaway and Brookline Village.

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

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

## The Lake Chargoggagoggmanchauggagoggoggchaubunagungamaugg Ride

Saturday - July 20

**Times and Routes:** 8:30 for about 93 miles (century option available), 9:00 for about 72 miles, and 10:00 for about 37 & 48 miles.

**Ride Type:** Arrowed & Map

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

**Highlights:** Brand New Ride! This Tri-State

ride leaves from Ashland and goes Southwest through the heavily forested former mill country of the Blackstone River Valley. The long ride continues on through the big hills of NW Rhode Island and NE Connecticut, circling Lake Char... with some good overviews of this lake. It returns through Douglas State Forest and other mostly undeveloped sections of central Massachusetts. The shorter rides do not circle this lake. All rides are hilly, but are on (mostly) very quiet scenic roads that are largely unused by other club rides. It is not supported, so either bring food or money for the few stores on the route.

**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.

## Framingham Float

Sunday - July 21

**Times and Routes:** 10:00 for 55 miles; 10:30 for 35 miles

**Ride Type:** Arrowed Leader(s): Tom Lynch

(508) 877-2238 - tbmwlynch@rcn.com

**Highlights:** Pleasant, rolling (some say hilly) ride through Metrowest exurbia. After-ride pool party at leader's house. Bring swimsuits and towels and lunch. The traditional root beer floats and snacks will be provided.

**Start:** 16 Carter Drive, Framingham

**Directions:** From North: From Rte. 128, take Rte. 20 about 8 miles west through Weston, Wayland and Sudbury. At 2nd stop light in Sudbury (Union St. on right, 1776 mall on left) continue 100 yards and turn left at green "Framingham/Nobscot" sign (Nobscot Road). Note: DO NOT TURN at the "Framingham" only sign. Go 2.5 miles to first stop light and turn right on Edmands Road. Go 1.0 miles to top of hill and turn right on Carter Drive. We're #16, about 0.2 miles in at top of hill on left. Park on street but try to leave some space for the neighbors. From South: Take Rte. 9 west to Rte. 30 west exit. Stay right to light and turn right on Edgell Road. Go about 3.5 miles north to first stop light. Turn left onto Edmands Road and follow above directions.



## 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, Concord MA for 105, 90 or 80 miles

**9:30** from Nashoba Regional High School, Bolton MA 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 2½ 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 2½ 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 on 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 located in most towns. Water is available at the visitors center at Mt. Wachusett.

**INFO:** This ride only: Ken Hablow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

## Petersham Double Century III

Saturday - July 27

Start: Nahanton Park, Newton

Times: 5:00 AM

Leaders: Dave McElwaine 781-821-8643,  
mcelwained@aol.com

**Highlights:** This year we will be using the out-and-back course from last year. This is the easier of the routes and allows a century option. It travels southwest through Uxbridge and into Rhode Island, then west into Connecticut before turning north for Petersham near the Wachusett Reservoir. Total climbing is approximately 9000 feet. We will be using several commercial rest stops along the way. Lunch may be purchased at the Petersham Country Store. Only emergency sag will be available. Riders should have completed at least one century prior to doing this ride and must sign a waiver. Advanced sign-up is required and space will be limited.

**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.

## Groton County Tour

Saturday - July 27

Times and Routes: Long ride, 10 AM, 50 miles of rolling terrain with some hills. Short ride, 10:30 AM, 25 miles, few hills.

### THE CYCLING CHIROPRACTOR Dr. Jeffrey Schlaffer

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.

Ride Type: Arrowed (chevron)

Leaders: Jeanne Kangas, (978-263-8594) evening before 9:30 PM. [kangas@ultranet.com] Party: At leader's home after the rides. Hot dogs, chips, soda, and cake.

**Highlights:** The rides are scenic, through pretty horse and apple country. The short ride passes through Harvard, Littleton, Ayer, and Groton. The long ride adds Pepperell, Dunstable, and Hollis in New Hampshire. Both rides go through scenic Shaker Village in eastern (not hilly) Harvard, and to historic colonial Groton Center, where the short ride can have a pre-lunch snack (get food here) on the Common. The long ride continues through Pepperell, over the covered bridge in East Pepperell, and up to Hollis, New Hampshire, where the rest stop is at a local pizza & ice cream parlor. The long ride returns in a scenic loop through Hollis, Dunstable, and rural Groton, where it joins the short ride in a roller coaster ride through campy Lost Lake. Everyone is invited to the leader's home at 959 Hill Road, Boxborough, only 0.7 mile from the start/finish, after the ride for hot dogs, chips, soda, and cake.

**Start:** XRE/Hologic parking lot on Taylor Street, Littleton.

**Directions:** Take Exit 39 ("Taylor Street - Littleton-Boxborough") off route 2 West. It is just after Rte. 495 cloverleaf. At the end of ramp, go right, up the hill. In 0.5 mile, pass street going left. Next driveway on left goes into lot, visible from street.

## Quiet Roads North of Boston

Sunday - July 28

Times and Routes: 9:30 for 66 miles; 9:50 for 45 miles; 10:10 for 26 miles

Ride Type: Arrowed

Leaders: Bill Fine and Dotty Fine (617-247-3804)

**Highlights:** The Short ride goes through Reading, Wilmington, N. Reading, Middleton, Lynnfield, and includes Harold Parker State Forest. The Medium ride adds N. Andover, Boxford, and Topsfield. The Long ride adds Groveland, W. Newbury, and Georgetown. Lunch is in Middleton.

**Start:** REI/Registry of Motor Vehicles, Reading.

**Directions:** Route 128 to Exit 40; go around rotary to Route 129 West (Salem St.). REI parking lot is third left. Please park away from the stores.



## CRW Trips

### 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.

## **Tour de Brew Weekend**

*September 20-22, 2002*

A scaled down version of the original six day Tour de Brew, this is a great weekend for aficionados of good beer who love to bike. We will be staying in quaint Brattleboro, Vermont, home of two micro-breweries, and cycling from there. The art deco Latchis Hotel in downtown Brattleboro where we will be staying is home of the Windham Brewery. We'll meet there Friday night to get acquainted and sample some brews. Saturday, we'll ride scenic backroads of Southern Vermont and western Massachusetts, with an apres ride happy hour and dinner at the hotel. Saturday's ride will be roughly 60 miles with a shorter ride on Sunday. There may be an option to ride out to Brattleboro from Bedford on Friday.

Trip cost of \$95/person includes two nights lodging, double occupancy.

Limited to 16 participants.

This trip is sponsored by the Appalachian Mountain Club [[www.amcboston.org/comm/bicycle/index.html](http://www.amcboston.org/comm/bicycle/index.html)]

To register, contact leader Jack Donohue or coleader Avram Baskin.

Jack Donohue

[jdonohue@world.std.com](mailto:jdonohue@world.std.com)  
781-275-3991  
Avram Baskin  
[avrambaskin@attbi.com](mailto:avrambaskin@attbi.com)  
781-891-4963

## **Downeast Maine**

*September 24-29*

Enjoy the scenic Maine coast in early fall. We'll meet in Portland on Tuesday night, then take three days to ride to Bar Harbor, with overnight stops in Wiscasset and Belfast en route. Some highlights along the way include LL Bean, Moody's Diner, Camden harbor and Penobscot Bay/Fort Knox. Then we'll have two days to enjoy one of the most beautiful bicycling places I've ever been to -- Acadia National Park, with its wonderful scenery of mountains and ocean. In addition to road cycling, other Acadia options include renting mountain bikes for the carriage trails, and hiking. First three days average about 60 miles/day, staying off of Rt. 1 wherever feasible. Acadia options are up to about 65 miles. Mostly flat to rolling terrain, with some hills. Optional: Cycle to the top of 1,530 foot Cadillac Mt., the highest point on the U.S. east coast. Trip fee of \$450 includes five nights hotel/motel lodging, five days lunch food, some breakfasts, sag van support, return transportation from Bar Harbor to Portland on Sunday, T-shirt, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591, [ardnadler@aol.com](mailto:ardnadler@aol.com). Co-leader, Jack Vergados, 508-799-0377.

**Petersham Double Century** - Continued from page 1  
You should be capable of riding a century in less than 7 hours. Climbing is approximately 9000 feet. Mandatory turnaround time is 12:30 PM.

Support: This is mostly a self-supported ride. We have scheduled stops in Uxbridge and Paxton at our favorite coffee spots. You should plan to carry any lights, rain gear, or any extra clothes you may need. An emergency sag is available. Cell phones are highly recommended. Refreshments and snacks are available at the finish, courtesy of the CRW.

Lunch: Petersham Country Store (great sandwiches). Usually we sit on the quaint town green to eat lunch.

Entry Fee: None! You must sign a CRW liability waiver if you are not a club member

Route: We travel southwest through Dover, Medfield, Uxbridge, Northwest RI, Northeast CT; then north through Oxford, Paxton, Barre, and into Petersham.

Rider Limit: We are limiting this ride to the first 30 riders who register online at [www.trailwatch.net/petersham](http://www.trailwatch.net/petersham)

Cue Sheets: Will be available at the ride. They will also be sent out via email.

Directions: Take exit 19B from route 128/95. Take Highland Avenue heading west. Turn left at the first traffic light onto Hunting Rd., then left onto Kendrick St. at the next light. As Kendrick St. passes over Rt. 128 it becomes Nahanton Street. You will cross a bridge over the Charles River at the bottom of the hill. The entrance to the Nahanton Park parking lot is immediately on your left.

Ride Leader: Dave McElwaine email: [mcelwained@aol.com](mailto:mcelwained@aol.com)



**George Street Challenge** - Continued from page 1  
monument to an African-American.

**WHO WAS MAJOR TAYLOR?** Marshall W. "Major" Taylor (1878-1932) of Worcester was the world's first black sports superstar. Known as "the Worcester Whirlwind" and "the colored cyclone," he was world cycling champion in 1899, American sprint champion in 1900, and broke numerous track cycling records. He was the second black world champion in any sport (after bantamweight boxer George Dixon in 1891). He had to fight Jim Crow prejudice just to get on the starting line, and he faced closed doors and open hostility with dignity. The Major Taylor Association is dedicated to honoring his athletic achievements and strength of character --sportsmanship, devotion to God, caring for those less fortunate, and personal struggle for equality.

More information: <http://www.majortaylorassociation.org/events.htm>

Barney's Bicycle 508-757-3754

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# Little Jack's Corner - by Jack Donohue



*(Ed: This is the 100th Little Jack's Corner article to appear in Wheel-People. So, I think it's time to pass the pen on to another aspiring writer.*

*I know there's a lot of talent out there. You'd just have to come up with one article a month on something informative, amusing, etc, and more or less connected to the cycling world. If interested, contact me at 781-275-3991 or [jdonohue@world.std.com](mailto:jdonohue@world.std.com)*

I seem to be somewhat out of sync with trends in the bicycling world.

I recently acquired a new (yes new) bike, equipped with STI shift levers. Now I had resisted innovation ever since index shifting came on the scene. I scoffed at these new-fangled contraptions and in fact dialed out the indexing immediately on the first bike I bought that had them. Several years later I decided that they were in fact a Good Thing. I had the same misgivings about integrated shift/brake levers like STI. At least the old index shifters could be reduced to friction shifting if the need arose, but these new

things, who knows what would happen if they crapped out, you'd be stuck forever in your 13 tooth cog. But I immediately took to the STI levers, and wondered how I ever survived without them. I was extolling their virtues to a rider recently who pointed out that they had in fact been around for about eleven years and I was not exactly in the vanguard. Well, I just wanted to wait until the technology was proven.

After all these years, I finally acquired a messenger bag. Actually, I have two messenger bags. After agonizing for a while on whether I needed Yet Another Bag, Nashbar was having a sale on them so I bit. Shortly after that, I won a very nice Timbuk2 bag at the NEBC banquet (my other bike club). I had been experimenting with a homebrew version, basically a generic garment bag with a shoulder strap. It worked sort of OK, but since it wasn't designed for this sort of service, kept flopping around and sliding to my side rather than staying on my back. The secret, of course, was that real bags had this additional strap that runs transverse to the main strap, and keeps the bag in place. It took me a while to figure that out. New bag #1 did not come with instructions, and I first thought the extra strap was meant to go around your waist. The bag was set up

to be flung over your left shoulder, but for some reason, my shoulder of choice was the right one. So it too, flopped around a bit until I realized that you could in fact move the strap to the other side (never occurred to me to use the other shoulder). By the time bag #2 came along, I was a messenger bag pro, and immediately flung it over my left shoulder, and all was well. So here I was Mr. Cool Messenger Bag Dude, when I read in bicycling magazine that backpacks are back and messenger bags are out. Oh, well, cool for a day.

A while ago, I started standing more on hills. My previous modus operandi would be to stay seated, grunt and struggle until the hill was over. Standing up seemed to make things somewhat easier, and besides, that's what all the cool racers did. So I began standing at the slightest provocation (which occasioned even more bag shifting before I figured out the trick). Then I read in Bicycling magazine that standing wastes energy and the right way to get over those big hills is to keep your seat and shift down. Another bubble burst.

But I hear bellbottoms are coming back, so maybe I have a chance in the fashion world.

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Tour of New England - Continued from page 1

remained a cloudless blue. Of the twenty-three riders fifteen had experienced the delights of the tour in former years and eight had been roped in for the first time. There were, this year, also a number of hangers on, which added to the impression, especially at the motels, of a significant event in progress. Everybody made it to the palatial Motel 6 in Brattleboro by late afternoon regardless of the route they rode. The perfect day was capped by a come from behind win by the home team (the Celtics). Unfortunately, just before the culminating moment, a large group of us were called to the dining room from the large screen TV in the lounge at the Steakout. Even perfection sometimes comes with a few rough edges.

The next day the group made an early departure for the pancake breakfast put on by the Spofford, NH fire department. It turned out to be the 100th Anniversary of the organization, and so there were nifty t-shirts and coffee mugs (for a price) as well as pancakes. If you see someone in Arizona sporting a SFD shirt, you'll know why. Although this day's forecast was dire and clouds hung low, rain

did not materialize. The route wended its way over slightly different roads from last year West of Manchester, partly due to the whim of the leader and partly due to the suggestion of Rich Friend. This day also tested the intuitive capabilities of participants due to a "loss of focus" by the cuesheet creator at several intersections. No matter, again, everyone showed up in Dover by late afternoon. The Day' Inn has all the amenities of a five star hotel (well maybe four). A good turnout was seen in the jacuzzi and before the main group arrived some of the camp followers took advantage of the pool. This day's sporting highlight was the stellar performance by local boy Tyler Hamilton at the Giro time trial. He was inspired, according to Velo News, by being told about the Celtics performance the previous evening.

Monday looked as though even the power of positive thinking was not going to be enough to forestall the rain. But, it held off much longer than expected. The trip down Rt 1A through Rye and the Hamptons afforded not an endless but at least moderate sea view. On this day, yesterday's training on dealing with the vagaries of the cuesheet,

again came in handy. Who was to know that the first anticipated lunch stop was in the process of going out of business or had chosen July 4th not Memorial Day to open, and that the main group arrived at the second suggested lunch stop a half hour before opening. The second problem occurred in the Bradley Palmer State Park. Again in a mental lapse, the cuesheet's author neglected to consider what might occur in the park, assuming if the group went in one entrance, it would emerge at the other without further instruction. As Tom Lehrer once said: "Who cares where they come down. That's not my department, said Werner von Braun". The rains finally came but only intermittently and in very distinct areas. Most people were only soaked for short periods.

And so, pizza was served, the gun went off and every body went home. Oh and one person reached a milestone, the big 5, 0. The cake was delicious. Oh and John LePage found Tony's seat on the road so Tony will ride again without always having to stand! A hearty thanks to all participants and keep the date open on your calendars for next year!!!

# May Mileage Totals

6	2	7	3	7
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	5800	3	2	3	Gabor Demjen	1320	-	-	-	Harry Wolf	281	-	-	-
Gerald Goode	5377	-	-	-	Larry Dolinsky	1092	-	1	-	Jeff Luxenberg	244	-	-	-
Bruce Ingle	4910	4	3	3	Ed Hoffer	1057	-	-	-	Phyllis Mays	199	-	-	-
Robin Schulman	4430	2	2	1	Dan Pratt	1042	2	-	-	Tracy Ingle	87	-	-	-
Jack Donohue	3951	-	-	-	Doug Cohen	1001	-	-	-	Jared Luxenberg	86	-	-	-
Tod Rodger	3445	5	2	1	Jim Broughton	977	-	-	-	George Caplan	73	-	-	-
Don MacFarlane	2965	1	-	-	Elaine Stansfield	760	1	1	-	Ed Trumbull	65	-	-	-
David Wean	2261	2	-	-	Joan Dolinsky	747	-	1	-	Rosalie Blum	56	-	-	-
Richard Dweck	2244	2	1	-	Jim Goldman	665	-	-	-					
Mike Kerrigan	2092	1	1	-	Cynthia Snow	596	-	-	-					
Joe Repole	1892	5	5	-	John Springfield	533	1	1	-					
Dick Arsenault	1870	1	-	-	Peter Knox	463	1	-	-					
Bob Sawyer	1845	-	-	-	Butch Pemstein	460	-	-	-					
Irving Kurki	1785	2	1	-	Greg Tutunjian	443	-	-	-					
Nick Linsky	1556	1	1	-	Emily Wean	424	2	-	-					
Joel Parks	1437	-	-	-	John Kane	392	-	-	-					
Marc Baskin	1434	1	-	-	Lyn Rodger	380	1	-	-					

### 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.

## The Trucker's Lunch

by Tod Rodger

From A Month in Provence (in which three middle aged gentlemen from Harvard toured southeastern France for four weeks by bicycle)

Today's highlight was our lunch stop in the tiny hill town of Demandolx. We had started this morning from our very pleasant hotel in Trigrance with the sun shining down on the fog/clouds filling the valley below, and we were happy to be wearing tights and an extra shirt as we descended into the cool fog and rode right next to the Verdun River. We stopped to talk with another bike touring couple in bright yellow jackets and asked our standard question, "Parlez vous anglais?" The man responded, "We ARE English!" We had a nice conversation with them anyway.

It was sunny and clear when we arrived in Castellane, and it was market day. Our favorite stand had about forty different kinds of olives beautifully displayed in different bowls, and another forty different kinds of vinegars. However, we were more interested in filling ourselves with fresh pastries from the Patisserie. As we left town, it started to cloud up; although the views over the lake and valley were spectacular as we climbed up about 3 miles and 1,000 feet to the tiny hill town of Demandolx.

By this time the clouds had turned to light rain, and we decided to take advantage of

a glassed in bus stop in the center of town for a lunch stop. It was about twelve feet square with benches along two walls and great views down the valley. We rolled our bikes inside and broke out our standard lunch of bread, cheese, and water.

Shortly after we arrived, the first truck driver parked his huge gravel truck outside the bus stop and joined us for lunch. At about 250 pounds, he had no trouble carrying his "lunch bucket"-- what we would call a large Coleman cooler. We shared greetings; we could speak basically no French, and he could speak less English. However, we all understood, "Bonjour" and "Bon appetit."

As he fired up his propane camp stove and poured a mixture of rice and vegetables from a Tupperware container into a large pan, we marveled at his ingenuity and taste. It looked like a great lunch, and we thought maybe we should be eating that and he should be snacking on bread and cheese. While it was cooking, he occasionally enjoyed bites from his long loaf of "French" bread and swigs from an old two liter soda bottle that contained a clear liquid-- but not the clarity or viscosity of water.

A couple of other truckers joined us in the bus stop, but we continued to monitor our first acquaintance. After finishing his large lunch, we expected him to leave; but he didn't. He fired up his stove again and

placed a good sized slab of beef in a frying pan. As it cooked, he enjoyed more bread and liquid from his soda bottle. After his second course, we were only a little surprised when he opened another Tupperware container from his "lunch bucket" and ate a salad-- along with some more bread and liquid. He then pulled out a couple of packages of cheese to help him finish off the loaf of bread. The final course seemed to be some kind of custard from another Tupperware container!

The rain eased up and we decided to move on after about an hour, but the truckers did not seem in any hurry to get back to work. We hoped we wouldn't meet them on the road for a while after they had consumed all that "liquid," and we reminded ourselves to be extra careful on the road during the post lunch hours-- about 2 to 5! We wished we could have caught their lunch stop on video tape, and we momentarily wondered if they thought we were the strange ones.



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

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
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  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.
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Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Signature(s) \_\_\_\_\_

Name(s) \_\_\_\_\_

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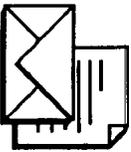
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CRW Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
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Make check or money order payable to Charles River Wheelmen 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
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