


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVI, Number 9 • September, 2002

Another Stage Win For CRW

by Ken Hahlow

In honor of Bastille Day, Sunday July 14, 2002, and the Tour De France; CRW held its annual "Tour de Massachusetts Road Construction Sites," more commonly known as Climb To The Clouds.

The temperature in Concord MA at 8:00 in the morning was a comfortable 66 degrees for the annual ascent of the Col Du Wachusett, 2000 feet above sea level. 200 riders set out from Concord/Carlisle high school with a police escort up the hill and across Route 2 on their way to complete the 106 mile route which climbs over 5500 feet. Not to be outdone, the second wave of 200 riders left Bolton at 9:30 on their own assault of the mountain. This group climbed 3500 feet. In all, the ride turned out to be very pleasant this year.

In local terms, the climb up the mountain itself is a Category 1 with an Hors Categorie climb up Mile Hill Road to the visitor's center. The route has several Categorie 2 climbs and a few Categorie 4 rollers.

We do not have a Yellow Jersey or a King Of The Mountains category, but we have our own stats, albeit a bit less interesting. We had a total of 412 riders. Between the two start points and two water stops, they consumed 450 bagels, 7 cases of bananas and drank 150 gallons of water.

Besides the CRW volunteers, we owe a special thanks to both the Concord and Bolton police departments for their assistance at the starts. Perhaps the most memorable support on the ride is the reception everyone receives at Berlin Orchards. This stop is always a relief for the riders as they descend Sawyer Hill and are greeted by the CRW banner. Berlin Orchards, provides us with a tent for the workers, arranged for a skid of 6 gallon jugs of water for our use and had an additional port-a-john on site for us. Of course, we paid for all this, but it was very nice of them to provide these services.

The support personnel are what make a ride like this a great event. Here is a list of the CRW people who made this all happen.

Route arrowing: Ann-Marie Starck, Jack Donohue and Rich Fields. Tod Rodger graciously arrowed a problem construction site the morning of the ride.

Climb to the Clouds - Continued on page 5

All A-Board

It's that time of year again, the CRW board elections. We have three board positions that need to be filled. The CRW board consists of nine members, and together with the other officers are responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend monthly meetings where CRW issues are discussed. Board members may optionally participate in other activities or committees within the club.

Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to Wheelpeople, c/o

Jack Donohue
26 Fox Run Road
Bedford, MA 01730
e-mail: jdonohue@world.std.com

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by October 5, for the November issue of Wheelpeople.

The top three candidates will receive three year terms starting in January and expiring at the end of 2005.

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TGIF Needs a New Leader

Steve and Kate Mashl after a long and successful run have decided to turn over the role of Friday night ride coordinator. If you're already a regular on this popular way to end the work week, then it's any easy step to leadership. You just need to show up, or delegate leadership for an evening, hand out maps, sign release forms and smile modestly

when all the praise is heaped on you at the end of the ride. This is one of the more social of the evening rides and usually involves an apres ride dinner.

If you'd like to take this on or are interested in hearing more, contact Steve Mashl (978-244-0286, smashl@att.net) or Jim Sullivan (781-245-1772, jleosullivan@aol.com).

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 Hallow	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	781-354-1144
Special Projects Coordinator	Marty Weinstock	617-491-6523
Publicity Coordinator	Steve Kolek	781-674-1090
Merchandise	Ken Hallow	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
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 Arsenaull	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

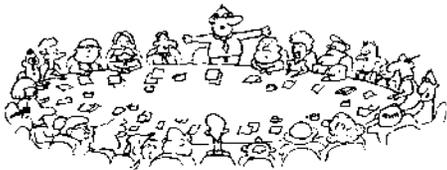
INTERNET STAFF

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



August 6, 2002

Present: Barry Nelson, Don Blake, Jim Sullivan, Connie Farb, Jack Donohue, Steve Kolek

Membership (Barry Nelson)

1,014 current memberships
1,213 members
67 expirations
36 new
57 renewals

Club Jerseys (Connie Farb)

Connie reported that of the 100 additional jerseys ordered on July 13, 50 had already been sold. Together with the previous 36 jerseys, this leaves an inventory of 86. We hope to sell a good number at the Fall Century. Connie had a comment that information on the jerseys was hard to find on the web site, despite the fact that they are listed under "News" and also on the merchandise page. It was suggested that "News" was a vague heading and should be changed to "What's New" to reflect that it contains new content.

Banquet Leader Awards

Jim and Don both have a stash of ride leader T-shirts, which should suffice to serve as the ride leader perk at this year's awards banquet.

Advocacy Grant

Connie relayed that Tod felt we could donate \$5000 again this year to a selected bicycle advocacy group. Tod will solicit proposals from MassBike, Rails to Trails, LAB, and NEMBA for the grant.

The next Board meeting will be on Tuesday, September 3rd, 7:30 p.m., at the Hancock United Church of Christ, Lexington.

Efforts Begin to Increase Reports of Bike Theft, Vandalism at MBTA Stations

Several Boston-based bicycle advocacy organizations have joined to start a program aimed at encouraging cyclists to report bike theft.

Bike Theft - Continued on page 8

Cassandra's Riding Wisdom

Itching for advice but too embarrassed to scratch? E-mail your cycling life and love questions to cassandra@crw.org

Dear Cassandra,

I just joined the club and have never been on a Saturday or Sunday ride, though some sound interesting. I'm not sure what to expect. Will I have to ride alone?

Pat
Concord

Dear Pat:

Don't let loneliness keep you out of the saddle. Cassandra can recommend a few approaches tested by past newcomers. One is to circle the parking lot before a ride to find a likely looking young buck or doe to be your personal Domestique.

For the less assertive, there is another method. A common mistake eager new riders make is to go charging after the lead group at the start of a ride. This group is bent on nothing but going as fast as weather and power Goo permit, dropping as many people as possible in the process. You will soon become one of the droppees, exhausted and frustrated.

Instead, try a third approach. Start the ride at a pace well within your comfort level. The rides typically have many groups of varying speeds, and eventually one of an appropriate pace will catch up to you. As they pass, pick up the pace a bit, and join them. The advantage of this approach is

that you end up in a group that actually might engage in conversation as opposed to the grunts, gasps, and wheezes you'll hear from the lead group.

Dear Cassandra,

I've heard someone called a 'wheel sucker.' Is this a derogatory term?

Susie
Sherborn

Dear Susie:

It depends on whom you're speaking to. Cassandra has found that for some of the more experienced (i.e., older) club members, wheel sucking is an art form. By riding closely behind another rider, you take advantage of the aerodynamics, and end up expending much less effort than if you were in front.

The downside of wheel sucking is that after riding with a group for a while, you may be expected to "take a pull" yourself. For those who succeed in avoiding this, the term can be used derogatively.

A young inexperienced rider who is feeling strong will revel in being at the front of the pack, and will happily pull until exhausted. Consider it a good day when you're behind one of these cyclists.

WELCOME NEW MEMBERS

Stephanie Billingham, Ph.D.	Easton	Aisling McGurk	Watertown
David Blume	Newton Centre	Rudge McKenney	West Newton
Buz Bragdon	Holliston	Don Mitchell	Arlington
Edward Brennan	Waltham	Kevin Parquette	Natick
Martin Broff, M.D.	Braintree	Louise Pascale	Cambridge
William Byrn	Cambridge	Paul Ridley	Pembroke
Nathaniel Cabral-Curtis	Jamaica Plain	Mark Robart	Carlisle
Harold DuLong	Winchester	Kim Rosen	Boston
Jon Galvin	Danvers	Denise Saltojanas,	Winchester
Ron Groves	Sherborn	Stephen Spiegelberg	
Jimmy Ho	Watertown	Holly Shepardson	Tewksbury
John Hollister, Meliti Dikeos	Cambridge	Kenneth Skier	Lexington
Jeff Jackson	Taunton	Linda Smith	Needham Heights
Deborah Lyttle	Mendham, NJ	Erik Sobel	Newton Highlands
Bob Macauley	Carlisle	Chris Tweed	Waltham
Jeanette Maillet	Framingham	Alfred Yen	Concord
Tim Martin	Westford	Rachel York	Brookline
Rosemary Mattuck	Arlington	GINNA ZINKE	Cambridge
Roy McCluskey	Charlestown		



September, 2002

Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times: Varies, usually 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 and 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: 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! Last ride will be on Sept 25. Bring lights if appropriate.

Description: This Fitness Ride offers you the opportunity to ride with others in a pacerline format. Groups of not more than six riders will be started at intervals of two minutes. This ride also welcomes masters riders who would like to ride with their peers. We encourage waiting for others to catch up if you happen to become separated. You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. Along the route we pass many historic farms, as well as a lovely waterfall on the Charles River. Total climbing for the long route is 1475 feet.

Routes: Arrowed routes of 14, 23, or 28 miles. Cue Sheets available.

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

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

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

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

Thursday - Fitness Ride at Hanscom Field**

Times: 6:00 PM SHARP! Last ride of the season September 26

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, 6:00 PM starting August 30. The last official ride of the season will be on September 6th.

Description: A club ride that provides something for all tastes. There is usually a fast group riding pacerline while others tour at their own speed. 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 work week and there is always an eclectic group going out for dinner after the ride. Ice cream is optional.

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.

Note: Kate and Steve will "retire" as TGIF ride leaders at the end of this season. Persons interested in leading the ride for next year should contact Steve Mashl [smashl@att.net] or Jim Sullivan [jleosullivan@aol.com]

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!)

Sunday Morning Fitness Ride - South Shore Coastal Loop**

Times: 7:00AM Last official ride of the season September 29

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.umb.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.

The Membership Renewal Process

by Sharon Gowan

Your membership volunteers (Sharon Gowan and Larissa Hordynsky) want to describe what happens between the time they receive your applications and you receive your first WheelPeople or membership cards. This process can take up to a few weeks, and the first and middle of the month are critical times when membership forms not received can result in delaying benefits a full month.

The process starts when Sharon receives your application or renewal form. She updates the membership database with the new membership information and after an appropriate number of memberships have been received, she creates a batch "transmittal" that summarizes the updates. The transmittal contains the financial information, which allows her to send the batch of checks to Don Blake, the treasurer, who then cashes the checks. At transmittal time, Sharon also creates a batch of labels that she sends to Larissa. Larissa assembles and sends out the membership packets (a letter and membership cards with the appropriate expiration date).

At the beginning of the month, Sharon generates the membership statistics and list of new members for the previous month so they can be reported at the monthly board meeting and be published in the WheelPeople for the next month. About the middle of the month, she generates the mailing labels and email addresses for WheelPeople distribution.

The result of this process is that sometimes it can take up to a few weeks to receive your membership materials. If you don't get your renewal form and check to Sharon before the end of the month, your name will not be included in the next WheelPeople's new member list, and if you don't get your renewal form to Sharon before the middle of the month, your membership can not be renewed in time for the next month's WheelPeople. We always do our best to process all the applications and renewals before the end of a month and before generating the WheelPeople list in the middle of the month, but it can be difficult during

the busy spring and summer months, when ten or more memberships can come in on a single day (1000 or so each year). We want you to understand how this process works and request that you send in your membership renewals and new applications before the month they expire. We take complaints only from those who do!

Climb to the Clouds - Continued from page 1

Registration: Rosalie Blum, Diane Telford and Mike Hanauer in Concord; Tod and Lyn Rodger and Mary O'Brien in Bolton.

Water stops: Charlie Lincicum, Bill Haynes, Dave VanAmeyden, Mike Hanauer, Diane Telford, Linda White, Ann Williams, Lyn and Tod Rodger.

Food: Connie Farb, who arranged for, picked up, and delivered all the bagels and bananas.

Organization, dedication, frustration and Worshiping the Weather Gods: Ken Hablow.



September 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.

Wachusett Reservoir Ramble

Sunday - September 1

Times and Routes: - 9:30 for 45 and 60 miles (80 mile option to Mt Wachusett - partially arrowed) - 10:00 for 35 miles (a 22 mile option possible). Identical itinerary Sunday and Monday.

Ride Type: Arrows (lots), Cue, and Map (clear and color coded)

Leaders: Fred Mueller / 508 485 7476 / fmueller@charter.net

Highlights: A wonderful ride on less traveled roads from Westborough through Northborough and up through Boylson/West Boylston on the west side of the Wachusett Reservoir, then returning on delightful roads through Shrewsbury. Several combinations of loops which sprout off of the basic 35 mile short ride give riders several "design your own" long options. Great vistas, The Stone Church, Pete's Hotdogs, lunch stop at the gazebo in West Boylston and, and, and...Post ride Open House at Landry's Bicycles for fun, conversation, and gawking at shiny bikes; including munchies / refreshment provided by your ride leader (small donation accepted)!

Start: Parking lot behind Landry's Bicycles 276 Turnpike Rd. (Route 9 eastbound) Westborough, MA

Directions: From 495 take exit 23 (one exit north of Mass Pike and 495) to Rt 9 west, go almost 4 miles (just past Landry's on your left) to light at BJs/Stop'n'Shop; reverse direction - and go several hundred feet to Landry's mall entrance. Please park behind Landry's....we will have post ride access through the back door. Thanks.

Wachusett Reservoir Ramble Redux

Monday - September 2

Times and Routes: - 9:30 for 45 and 60 miles (80 mile option to Mt Wachusett - partially arrowed) - 10:00 for 35 miles (a 22 mile option possible). Identical itinerary Sunday and Monday.

Ride Type: Arrows (lots), Cue, and Map (clear and color coded)

Leaders: Fred Mueller / 508 485 7476 / fmueller@charter.net

Highlights: A wonderful ride on less traveled roads from Westborough through Northborough and up through Boylson/West Boylston on the west side of the Wachusett Reservoir, then returning on delightful roads through Shrewsbury. Several combinations of loops which sprout off of the basic 35 mile short ride give riders several "design your own" long options. Great vistas, The Stone Church, Pete's Hotdogs, lunch stop at the gazebo in West Boylston and, and, and...Post ride Open House at Landry's Bicycles for fun, conversation, and gawking at shiny bikes; including munchies / refreshment provided by your ride leader (small donation accepted)!

Start: Parking lot behind Landry's Bicycles 276 Turnpike Rd. (Route 9 eastbound) Westborough, MA

Directions: From 495 take exit 23 (one exit north of Mass Pike and 495) to Rt 9 west, go almost 4 miles (just past Landry's on your left) to light at BJs/Stop'n'Shop; reverse direction - and go several hundred feet to Landry's mall entrance. Please park behind Landry's....we will have post ride access through the back door. Thanks.

Northern Exposure (Try Again)

Saturday - Sept 7

Time 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 as we try again (rained out in June) to 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.

The Berlin-Bolton Country Tour

Sunday - September 8

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

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

Leaders: Steve Kolek (781-674-1090 [kolek@ieee.org]) and Rita Long (781-899-9177 [Ritalong@attbi.com])

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

Start: Short ride only: Emerson School, Route 117, Bolton. Long & Medium rides start at South Acton "T" station, Central Street @ Route 27 - The parking meters are not active on weekends.

Directions: Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner. Short Start- Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Mean Streets: Waltham

Thursday - September 12

Times and Routes: 6:00 P.M. SHARP! 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 streets, alleys, single-track, the Brandeis campus, Waterfront Park, Mt. Feake cemetery, industrial areas, and other features of Watch City.

Start: Behind Waltham City Hall on the common, Main St. (Rt. 20) at Moody.

Directions: Rt. 95/128 to exit 26, east on Rt. 20 for about 2 miles.

Which Way to Wayside

Saturday - September 14

Times and Routes: 9:00 for 45 miles with a 21 mile short option

Ride Type: Cue sheet/maps/arrowed route

Leaders: Michael Katin (617-964-3078)

Highlights: Enjoy a beautiful autumn ride through the back roads of Marlborough, Hudson, Stow, Bolton, Clinton, Berlin and Sudbury with a rest stop at The Old Grist Mill at the Wayside Inn in Sudbury. Although there is a 21 mile short option, the longer route contains the nicest parts of this ride. Weather permitting, the Old Grist Mill makes a nice spot for light picnic. You can bring food with you or we can stop at the Country Cup-board convenience store en route on Route 117 in Bolton.

Start: Brophy Elementary School on Pleasant Street (Rte. 30) in Framingham.

Directions: From the Mass. Pike, take Exit 12 (Route 9 Exit). Take Route 9 West; at end of ramp, move to the left lane of Route 9 and take left lane exit following sign for "Route 30, Natick/Southborough). At the second light, take sharp right turn on to Rte. 30 East. Brophy School will be 1.8 miles on the

left side of street. (N.B. Brophy School can also be reached on Route 30 going west from Framingham Center--the school is 1.5 miles west on Rte. 30 from Framingham Center, but the turns are tricky unless you are very familiar with the area).

CRW Fall Century

Sunday - September 15

23rd Annual Martha's Vineyard

Saturday - September 21

Times and Routes: 9:15 for 52 miles or less. Ride is canceled if there is inclement weather.

Ride Type: Show & Go.

Leaders: Marty Weinstock (617-491-6523)

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 15, 2002

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH.

START -Acton-Boxborough High School, Rte 111, Acton MA.

From Boston, take Rte 2 West past the rotary to the first Rte 111 exit. This is a left lane exit just past the traffic light after the rotary. Continue straight at the traffic light, crossing Rte. 27. The high school is just past the traffic light on the right.

From the West, exit Rte 2 at Newtown Road, the first exit east of Rte 495. This becomes Central St in Acton. Continue on this until the first traffic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

TIMES - 8:00 - 100 miles *Full Century*

9:30 - 62 & 50 miles *Metric & Half Century*

COST -Pre-registration: CRW members - **\$8.00** Non members - **\$10.00**

Day of the event: CRW members - **\$12.00** Non members - **\$15.00**

Refunds available until September 7, 2002

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase
- Please arrive at least 45 minutes early if you want your bike checked before a ride*



PRE-REGISTRATION FORM

This form must be received by September 7, 2002

There are no confirmations sent, once this form is mailed you are automatically registered.

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

CRW Member - \$8.00

Non Member - \$10.00

Please include your check made out to CRW and mail with this completed form to:

CRW Century, Jack Donohue, 26 Fox Run Rd., Bedford MA 01730



Total Enclosed

Highlights: We will provide a map of the island and a suggested route which includes a 52 mile loop, but there are numerous shorter options. The recommended return ferry leaves Vineyard Haven at 5:00 PM. Remember the ferry trip is about 45 minutes so you may want to take a light for the ride back to the lot in Falmouth. Traditionally, the club meets for dinner after the ride.

Start: Meet at Woods Hole ticket office of the Woods Hole, Martha's Vineyard & Nantucket Steamship Authority. The ferry will leave at 9:45. Buy your ticket at the ticket office. It will be \$17 round trip for you and your bike. Parking at Woods Hole is an additional \$8.00, but you can park for free at the Falmouth Municipal Lot and ride the 4 mile Shining Sea bike path to the ferry.

Directions: Driving instructions to the municipal lot: Follow Rt. 28 past The Steamship Authority overflow lot. Turn left on Main St. and look for the parking sign on the left hand side of the street. The lot is behind the buildings on Main Street.

Blue Moose Hill

Sunday - September 22

Times and Routes: 9:30 for 50 miles, 10:00 for 25 or 15 miles

Ride Type: Arrowed & Cue Sheet. The arrow is an orange upside down 'V'.

Leaders: Jean and Ken Zaniewski (781-784-1845)

Highlights: Visit the Whaling Museum and Bird Sanctuary. The long ride adds the Boston Skyline View from Big Blue Hill. Bring extra water and food for the long ride since there are no convenient places along the route to obtain them.

Start: Sharon Shopping Center, Shaw's Market

Directions: From Rt. 128 take Rt. 95 South to (exit 8) Mechanic St./S. Main St. Take a left from the exit ramp - the shopping center is about 1/4 mile ahead on the right. PLEASE PARK AS FAR FROM THE STORES AS POSSIBLE, CLOSE TO SOUTH MAIN STREET.

Cape Cod Ride

Sept 28 - Saturday

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

Ride Type: Cue sheet

Leaders: Ed Foster (508-420-7245) erfoster@attbi.net A repeat of this spring's ride so if you missed it here's another chance to ride it. It's a gorgeous ride on lightly traveled roads with views of Buzzards Bay, Vineyard Sound, and cranberry bogs.

Highlights: The short ride, mostly in Fal-

mouth, follows part of the route of the Cape Cod Marathon with 5 miles right on Vineyard Sound with great views of Martha's Vineyard. The long ride adds Sandwich, Cape Cod Canal, and Buzzards Bay. At the 39 mile point you have the option of continuing to Woods Hole and along Vineyard Sound for 61 miles, or cutting inland to shorten the ride to 48 miles. If anyone would like an advance copy of the cue sheet in Excel 98 spread sheet format, email leader.

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

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

The Two State Tango

Sunday - September 29

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

Leaders: Greg Lee (508-643-4134)

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

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

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

CRW Trips

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. Co-leader, Jack Vergados, 508-799-0377.

Bike Theft - Continued from page 3

theft and vandalism at MBTA stations. Ferris Wheels Bicycle Shop in Jamaica Plain, Bikes Not Bombs, and members of the Alpha Phi Sigma society have printed stickers with the MBTA Police telephone number (617-222-1212) to be put on MBTA bicycle racks. The stickers urge cyclists to report vandalism and theft to help the MBTA identify problem locations and develop improved security measures. The MBTA's Bikes and Transit Advisory Committee identified the need for better statistics, particularly statistics about bike vandalism, and supported the groups' initiative. Although the MBTA has maintained records on bike theft for many years, the paucity of data on vandalism suggests that cyclists are not reporting acts of vandalism. The new sticker program seeks to generate more data on problem bike-parking locations. Local bike groups will be assisting with distribution of the stickers. For information, call Jeffrey Ferris at Ferris Wheels Bicycle Shop, 617-522-1382.

The "Second" Boston-Portland-Boston CRW ride

by Bill Aldrich

You're probably wondering why I undertook this trip from Boston to Portland and why I did it at night. I had three reasons. In August 1972 I went on a rail-fan trip that the Mystic Valley Railroad Society sponsored along with the CRW. Since I was a member of the CRW even then, I noticed that the CRW encouraged additional passengers who brought their bikes.

The train trip had about ten Buddliners lashed together. The Buddliners (stainless steel, self-propelled diesel coaches) were the mainstay of the many passenger and commuter fleets as the government poured massive public funds into highway construction. Until the USPS decided to cancel its mail contract with the railroads in the late 1950s, some Buddliners had post offices that delivered mail at station stops. Now, the space provided room for many bicycles.

Rather than go all the way to Portland, I got off at Old Orchard Beach. I rode my simple ten-speed Gitane from there to Kennebunk where I joined the train on its return trip to Boston. The scenery along the beaches was great. I even saw Walker Point! The weather could not have been better.

The second reason was even more personal and challenging. 1972 was one of the last years I ever remembered being relatively free of arthritis. From 1976 until December 2001 I had been on Methotrexate and other NSAIDs (too many over the years) to minimize the disease. I then switched to Enbrel, gained about fifteen pounds of muscle, and got many good nights' sleep continuously.

The third reason was that last August I participated in the 24 Hours of Great Glen at its Outdoor Center just north of Pinkham Notch. About 300 or so people competed as individual teams but mostly as teams of various sizes and mixed sexes on a six-mile course through the woods and fields. I really enjoyed the night riding! The crisp air, the flat lighting, the sounds of other bikers in the woods, and the sight of little halogen lights poking through the trees were interesting.

These three reasons encouraged me to enjoy a good part of the rest of my active life in the saddle or on cross-country skis being more assertive and innovative in my activities. About six weeks ago I sent a general invitation to the CRW mail list and got about fifteen nibbles, none of whom actually joined me. The goal was to take the latest train from North Station on Friday, June 21, arrive in Portland, and then bike to Boston. I chose the date and train to coincide with

the summer solstice and with the full moon. Since the total distance is approximately 160 indirect miles from Portland to Newton, I anticipated an average speed of 13 mph on my mountain bike. I didn't want to spend parts of two nights on the bike.

You do not have to do the entire distance to enjoy the combination of train and bike. If you check the Amtrak website for the Downeaster at www.amtrak.com and go to schedules, you can find other options that do allow you to schedule a daytime trip along the coast of varying lengths. You can plan an overnight in one of the hotels or motels along the coast. You can even consider options that take you to Wells with a return to Boston, or roads that go to Newburyport or to Haverhill for regular MBTA trains to Boston.

The train left promptly at 11 PM for its first stop in Haverhill, MA. It surprised me that the train was about 60% full. The conductor was nice enough to let me keep my mountain bike (with slicks) in the coach rather than in the baggage car. The 2-1/2 hour trip went quickly enough. It appeared to me that Amtrak could easily reduce trip time by fifteen minutes or more and equal the time the old B&M trains had in the 1940s (but that's too long a story for here). I had an opportunity to talk to two women who had taken Amtrak from Arizona to their family's home in Saco. They told me stories of the green and white border patrol cars, smuggling of drugs and people, and Amtrak police that caught petty thieves. Arizona, here I come!

When I got to Portland at 1:45 AM the temperature was a humid 71 degrees with an easterly wind. I traveled through parts of Old Port (catching people going to late night movies, leaving bars, and other pleasantries). Within thirty minutes I had crossed over the Casco Bay Bridge, gone through South Portland on Route 77, and descended into sheer darkness towards Cape Elizabeth.

Was that ever fun! I chased my headlight up and down long and gradual hills. The experience was a treat to the senses. My bike frame flexed comfortably beneath me. A few nocturnal animals and birds made noises, the salt marshes and open fields had wide variations of pungent and sweet odors, and one or two cars' headlights disturbed my eyes.

I made various stops. Dunkin' Donuts in Biddeford at 3:30 AM had some panhandling

teenagers in a sports car asking for "help." I talked with a helpful waitress who was a highly disciplined Austrian-born store manager. She had married an American and had come to Biddeford to live. While she toasted my bagel, she "toasted" the teenagers quite thoroughly.

After leaving Biddeford, dawn broke gradually through the early morning haze. I headed down Route 1 towards Kennebunk. I found the Route 9 turn for the Seashore Trolley Museum where I took a few pictures in the early mist around 5 A.M. I knocked on the door but no one was home. I avoided Walker's Point this time, but I did photograph the streetlights in downtown Kennebunk just before they went off. The morning mist was beautiful on the harbor.

I continued riding south and started to think about breakfast. I was not hungry enough that I could not avoid the wonderful views of marshes, estuaries, osprey nests, beaver ponds, and new housing developments with McMansions. As I biked further south the transition became clearer that the latter McMansions and summer bungalows grew to the disadvantage of the former natural sites. It became a precursor of the development at Hampton and Salisbury beaches further south.

Boston-Portland-Boston - Continued on page 11

THE CYCLING CHIROPRACTOR Dr. Jeffrey Schläffer

Understanding the needs of
a cyclist.

Treatment for:

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Little Jack's Corner - by Jack Donohue



I'm reading Bicycling. I turn to the classified ads section, and what do I see but a quarter page ad for breast enhancement.

I'm looking at

a picture of Fausto Coppi climbing Alpe d'Huez, turn the page, and there they are. There sandwiched in among ads for Excel and recumbents, is the "Guaranteed! #1 Seller In America."

The company is called Blous-something which is supposed to get us thinking about blouses, I imagine, though said blouse is barely visible in the photo, which is worthy of Victoria's secret. I suppose this is a bit more tasteful than "Boobs'R'Us."

This is truly an amazing product in that it does its magic "without weight gain in other parts of the body." I know every pound I put on goes immediately to my belly. Maybe I could make some money selling a belly enhancer. I can guarantee the weight won't go to any other part of the body.

It must be so, because they had an independent double blind clinical study. Last study I participated in involved bicycle chains, where did I go wrong?

The ad is accompanied by a sidebar diagram that is a "Computer Generated Simulation." It looks more like it was generated by a five year old computer with a crayon. Looks kind of like a poisonous mushroom turned sideways.

The other interesting thing about the ad is the use of pronouns like "she" and "her" suggesting that this product is not necessarily intended for her but her wistful

significant other. "Dear, for your birthday, I got you these wonderful breast enhancing tablets, I know you've always wanted giant hooters."

So, I'm wondering what they were thinking of when they placed this ad in Bicycling. I know that advertising decisions are not made lightly, they spend big bucks to find out how to make us buy things we really don't need. Did they canvas local cyclists? "Well, I'm working on my climbing, and I'd like to do a century someday, and, oh yes, I really could use bigger breasts."

I've gotten used to the car ads, we need a vehicle to take us and our bike to places we can't ride to, and everyone who reads the mag could use some Advil, but this is a bit of a stretch.

I'm living in fear of the day they decide to advertise the male counterpart.

A Bike Commuter's Musings

by Barbara Clough

March 22

I see a cyclist in front of me religiously using those hand signals we learned in Girl Scouts. Left hand turns, point left. Right hand turns, bend your elbow and point your hand down. For slowing down, put your arm down at an angle. I think that's how they do. No helmet though. Does she somehow think that signaling before turning is somehow going to protect her from the vagaries of cycling in the city? I think I'd rather put my money in a decent helmet and strong quads.

April 12

The traffic is stopped at the red light as I start through the crosswalk.

Halfway through some young guy in a gold Taurus decides to do a right on red, and drives right into me! Luckily the left pedal is on the upstroke, so when he hits me, my pedal catches in the well of his headlight and I see later that it scraped the paint down to bare metal. On my way down to meet the pavement, hands still clamped to the handlebars and toes in toe clips, I'm glad I'm wearing a helmet. My head bounces off the pavement like a tennis ball and it takes me a few minutes to regain my senses. Three police cars, an ambulance, and a fire truck all show up within minutes - then the television camera crew. A young, sympathetic police officer assures me they won't take my picture, "not enough blood" he says.

May 17

Today I forgot my hairbrush, again. I now have about six. Unfortunately they're all at home - they migrate somehow from my backpack to my bathroom cupboard. It's better than forgetting my underwear though. My new plan is a brush for every one of my five backpacks! As it is, I have about eight bottles of shampoo, six different conditioners, three samples of liquid soap, separate make up bags for carrying and home use, and the list goes on.

June 20

I'm invincible this morning. Market Street's a nightmare though, like a roller coaster it's been torn up and patched so many times, but I'm still moving faster than the automobile traffic. I make it to the river in seven minutes, down from nine at the beginning of April.

June 21

The river is flat and motionless this morning. The rowers are out in full force like giant spiders skimming the water's surface. It soothes me to watch the rhythm of the extended legs as they walk along the water's surface.

There's no breeze this morning, nothing pushing me from behind or holding me back. I try to pedal as smoothly and effortlessly as the sculls slicing through the flat, silver water.

June 23

Traffic is heavy as I shoot around the Commons, and I'm slowly wiggling my way in between the lines of cars stopped at the light. I hear the click of the pedal clip behind me, then I hear it click back in. He's right there, obviously impatient to shoot ahead of me. But I'm not as fearless as he is yet - a blur of yellow bike and yellow helmet comes up on my right between me and the car alongside. That's what I want to be doing, but there's part of me that still has trepidation. Or maybe I'm just sensible. My fantasy is the fearless cowboy attitude of the bike couriers.

June 24

The humidity of the past weekend has dropped, and a tail wind pushes me along as I spin along the Charles River. After work, the path will be crowded with runners, roller bladers, cyclists, baby strollers, but for this moment, there's nothing but me and the whirr of my wheels.

July 8

I race the subway down Commonwealth Avenue and easily beat it to Kenmore Square. Granted, it's the above ground section, but it's nice to know that I can move faster than an electrified train.

July Mileage Totals

9	0	0	8	3
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	9933	5	5	5	Bob Sawyer	2622	-	-	-	Harry Wolf	492	-	-	-
Bruce Ingle	7352	6	5	4	Gabor Demjen	2507	2	-	-	Phyllis Mays	406	-	-	-
Robin Schulman	7206	4	4	3	Marc Baskin	2310	2	1	-	Jeff Luxenberg	349	-	-	-
Jack Donohue	6050	-	-	-	Doug Cohen	2105	2	-	-	Tracy Ingle	122	-	-	-
Don MacFarlane	4420	2	-	-	Joel Parks	2014	-	-	-	Ed Trumbull	106	-	-	-
Mike Kerrigan	4354	1	3	2	Dan Pratt	1716	4	-	-	Jared Luxenberg	94	-	-	-
Larry Dolinsky	4156	3	2	-	Butch Pemstein	1704	1	-	-	Sara Luxenberg	3	-	-	-
Bill Widnall	3687	7	7	-	Jim Broughton	1454	-	-	-					
Richard Dweck	3440	4	3	-	Elaine Stansfield	1402	1	1	-					
Dick Arsenaault	3352	2	1	-	Jim Goldman	1300	-	-	-					
Irving Kurki	3165	4	1	-	John Springfield	1204	3	3	-					
Joan Dolinsky	3067	2	1	-	John Kane	889	-	-	-					
Joe Repole	2880	7	7	-	Cynthia Snow	788	-	-	-					
Nick Linsky	2823	3	2	-	George Caplan	611	-	-	-					

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.

Boston-Portland-Boston - Continued from page 9

I arrived at York Beach around 6:45 AM. I biked along the coast, took some pictures of the beach, and noticed all the ride arrows of many bike trips that had gone through there in past years. Needless to say, York Beach is a popular place for bicyclists! It apparently is not as popular this year for renters, though. I noticed lots of signs indicating For Sale and reduced rent. I stopped at a few fast-order restaurants before I got some directions to a good breakfast spot in York called Rick's, about five miles south.

Rick's restaurant in York (next to the Cumberland Farms) provided a nice breakfast around 7:30 AM. The wait staff was mostly high school and college girls who were friendly and courteous. The food was good. Afterwards, I made a few phone calls to friends and checked the approaching squall line to the northwest. I then followed the unattractive Route 1 south through Portsmouth.

Downtown Portsmouth has lots of lovely old buildings. It seems to have more people now than it did a few years ago. The harbor had a large collection of boats and yachts of all sizes. A submarine was at the naval base. I made it across the drawbridge before a sailboat went through.

After I left Portsmouth I found the coast route that took me behind the Wentworth Hotel and along a well-traveled bike route. I went through Rye and Rye Beach. I noticed many bicyclists going in both directions. It's a very popular place to cycle. But once I got to Hampton Beach the bicyclists disappeared

and the first of many cloudbursts began.

I took my time "cruising" through Hampton Beach for a few reasons. The squall line that had followed me from Portland finally hit. A competition for the best-sculptured sandcastle had many "monuments" of various sizes. Some of these structures must have taken hours to make. I had an interesting talk with a young boy who had a beautiful fawn boxer (I grew up with a brindle boxer). We talked about our common interests in American and Modern European History.

The rain stopped for a while as I headed south. I stopped for lunch around noon at Salisbury Beach. On the left side of the road was Lena's Sub Shop, across from the regionally "famous" Ten's Gentlemen's Club. Lena's provided me with a good sandwich and an iced tea. The street-side location also gave me an opportunity to pretend I was covering an awards ceremony as the artists arrived at the "auditorium" before their adoring patrons.

I then biked towards Amesbury to catch part of the route of the CRW Spring Century. I had about seventy miles to go. I thought it would not be too difficult, but it rained for all but ten of them. The cars were few but the rainwater in the streets reeked of oil drippings, road kill, and run-off with fertilizer. My clothes bag on my rack became soggy and heavy.

I left the Century route in Boxford and headed to North Andover. Route 133 was just an intermediate, but boring, pain. It also didn't help that I had not slept since Thursday night. I stopped at my final Dunkin' Donuts where I nearly froze waiting for a bagel and a beverage.

I knew an old route from a friend's house on the western side of North Andover that took me on back roads from there to Newton. I went through land that fifteen years ago had been open space and now was highly coveted suburban developments on the still narrow roads. I saw more than a few large SUVs traveling at speeds higher than narrow roads should handle.

I hope this story will encourage others to make a rail-bike trip or to join me on another trip this summer. Some possibilities are to ride from Portland to North Conway and return, to go to Worcester, bike to Mt. Wachusett and Fitchburg, or to try some of the rail routes on the south side of Boston.

Other options are to try some of the abandoned railroad beds west and north of Boston.

FOR SALE

1993 Santana Purple Picante, (<http://www.santanainc.com/picante.html>) Capt. 20", Stoker 18", originally all-terrain bike but we converted it to a road bike with drop handle bars and Shimano dual road 105 control levers. We also added a Shimano Flight Deck (<http://bike.shimano.com/computer/index.asp>).

Santana/Easton MegaSize seamless double butted 7000-series aluminum (<http://www.santanainc.com/framealum.html>) Ultegra front derailleur 52-42-30, XTR rear 9 speed cassette (12-34), and four (4) water bottle cages. Original cost \$3500, asking \$1500. Call Barry Nelson 617-964-5727 or e-mail BarryNelson@alum.MIT.edu.

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 Mass. 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 Mass. Ave, Cambridge (617) 864-1300
- Bike Express**
96 N. Main St., Randolph (800) 391-2453
- Bikeway Source**
111 South Road, Bedford (781) 275-7799
- Boston Bicycle**
842 Beacon St., Boston 617-236-0752
- Broadway Bicycle School**
351 Broadway, Cambridge (617) 868-3392
- Burlington Cycle**
428 Boston Rd., Billerica (978) 671-0800
- Cambridge Bicycle**
259 Mass. 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 Mass. 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 Mass. Ave, Arlington (781) 641-5776

Charles River Wheelmen
19 Chase Avenue
West Newton, MA 02465

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Join The Charles River Wheelmen

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

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
 2. fully understand that : (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
 3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.
- I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

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

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

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

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Sharon Gowan, 504 School St., Belmont, MA 02478

I'd like to help with the activities checked below. Please have someone contact me:

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



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