


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVII, Number 1 · January, 2003

Millions of Miles

After 23 years, Ed Trumbull has decided to hand over the job of mileage coordinator to a young pup, or at least a younger pup. So copy editor Jack Donohue will take over the job. Send your mileage by the fifth of the month to jmdonohue@alum.mit.edu, or if you're not connected, you can call 781-275-3991. Many thanks to Ed for faithful recording of millions of member miles all these years.

Sunday Brunch and Wine Tour

January 26, 2003

Come join fellow CRW members who (at least this time) refuse to cycle all the way up Wattaquodoc Hill Road. Instead, eat and drink at the Nashoba Valley Winery. We'll meet for brunch and a tour of the winery in the dead of winter - Sunday, January 26, 2003 at 11 am or as close to that as we can

Sunday Brunch Tour - Continued on page 3

Volunteer Coordinator Needed

Linda Nelson, whose been our volunteer coordinator for some time, will be moving on to become our new Membership Coordinator. So we need someone to fill this important position. Volunteers are the lifeblood of CRW, and the Volunteer Coordinator's job would be to see that we have the volunteers we need to put on our club events, the three Centuries, the parties, and weekend events. These volunteers may also become future club officers and coordinators. The Volunteer Coordinator would match volunteers with tasks in the club. From the membership applications, we have a list of club members who have expressed interest in helping with one or more club activities. The Coordinator would contact these people, describe what opportunities are available, and get them in touch with coordinators who are looking for this type of help. The Coordinator would

augment this by personal contact with prospective volunteers at rides and other club events.

The Coordinator should be a person who enjoys people contact, since the job involves interacting with many members and coordinators. The position will probably involve equal proportions of phone and email contact.

The Coordinator may devise innovative ways of attracting volunteers. A budget for this activity has already been allocated for this year. This budget could be supplemented if there are new ideas by a proposal to the board of directors.

To apply for or get more information on the position, contact Bill Widnall (781-862-2846, BillWidnall@attglobal.net).

"Bicycling Cuba" Slide Show

Monday January 13, 7:30 p.m.

Wally and Barbara Smith spent 6 months cycling 8,000 miles in Cuba. Their slide show describes highlights of the country. It includes Havana and the three best regions of Cuba for cycling: Pinar del Rio, Central Cuba, and the Oriente. In addition, the authors provide information on getting to Cuba, equipment and accessories, food and water, safety considerations, overnight accommodations, and more. Exploring this fascinating country on two wheels may just be the best way to fully appreciate its history, people, and culture. Wally Smith, a former newspaper and radio reporter, has been a bicycle tour leader for Bike Vermont for more than 12 years. Barbara Smith has cycled in the Maritime Provinces, Quebec, New England, and the Skyline Drive in Vir-

ginia and the Carolinas.

Jerry Green will host the slide show at his home. Please bring a beverage or munchies to share.

Directions: Coming from Boston on rt. 2, take rt. 4-225 exit into Lexington. At rotary, Mass Ave, turn left (still on 4-225). Go about .3 mi. to small rotary on right and a Shell station on far corner. Turn right onto rt. 2A, Maple St. Go 1 mile to stop light. Then straight ahead onto Winchester Drive. House .4 mile on left at 28 Winchester Drive.

From I28 take rt. 2A exit into Lexington. Go on rt. 2A about 4 miles to 2nd traffic light. Then straight ahead onto Winchester Drive. House .4 mile on left.

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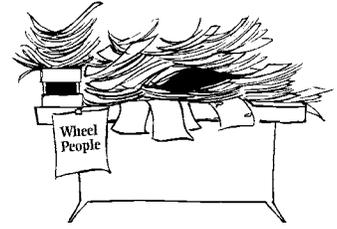
The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheets are 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 - Club Address: 1 Gleason Road - Bedford, MA 01730

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 jmdonohue@alum.mit.edu. 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	2005	781-272-3801
Jackie Grocer	2005	508-381-1529
Rita Long	2004	781-899-9177
Steve Mashl	2005	978-244-0286
Tod Rodger	2003	978-456-8654
Cindy Sragg	2004	617-232-0227
Bill Widnall	2004	781-862-2846

OFFICERS AND COORDINATORS

President	Bill Widnall	781-862-2846
Executive Vice President	Barry Nelson	617-964-5727
Vice President of Finance	Tod Rodger	978-456-8654
Vice President of Publications	Ken Hablow	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
Secretary	Cindy Sragg	617-232-0227
Treasurer	Don Blake	781-275-7878
Insurance Coordinator	Don Blake	781-275-7878
Membership Coordinator	Sharon Gowan	617-489-5682
	Larissa Hordynsky	617-527-5620
Information	Ann-Marie Starck	508-877-0178
Special Projects Coordinator	Marty Weinstock	617-491-6523
Publicity Coordinator	Steve Kolek	781-674-1090
Merchandise	Ken Hablow	781-647-0233
Government Relations	George Eckert Jr.	508-653-6913
Bike Shop Program	Suzi Melotti	617-247-3405
Volunteer Committee Chair	OPEN	
Social Committee Chair	Rita Long	781-899-9177

RIDE PROGRAM COORDINATORS

Vice President of Rides	Connie Farb	617-497-0641
Saturday Rides	Steve Mashl	978-244-0286
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	Ed Glick	978-250-1883
	Daniel Rabinkin	781-275-2391
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

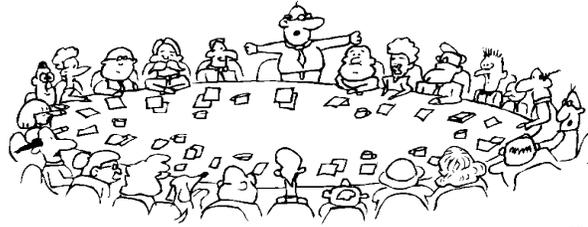
Advertising Rates

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

December 3, 2002



In Attendance: Barry Nelson, Jackie Grocer, Don Blake, Connie Farb, Jack Donohue, Bill Widnall, Steve Kolek, Ann Marie Starck, Cindy Sragg

The meeting commenced at 7:35 PM.

INTRODUCTIONS (Barry Nelson)

We began the meeting by welcoming Jackie Grocer, who officially begins as a new member of the CRW Board next month.

MEMBERSHIP (Barry Nelson for Sharon Gowan)

Current memberships: 1005

Current members: 1201

Expired members: 21

New members: 16

Renewed members: 17

ADVOCACY GRANT AWARD (Connie Farb)

Connie gave a recap of the presentation of CRW's advocacy grant check at "Bike Night" and read a thank you note to CRW from Tim Baldwin, Executive Director of Mass Bike - this year's recipient.

VOLUNTEER ISSUES (Bill Widnall)

Bill raised the issue of how CRW gets volunteers for special events. Getting people to volunteer is an ongoing issue for our club in general, but especially for the Climb to the Clouds (CTTC) ride which has had a chronic lack of adequate volunteer help. The Board discussed the issue of whether volunteers for CTTC should be found by the Century Committee. It was determined that the Century Committee has enough to do in getting volunteers for the Spring and Fall Centuries. It was felt that the real issue was finding a more effective way of getting club members to volunteer. We decided to advertise for the position of Volunteer Coordinator in WheelPeople. The coordinator would as a minimum

contact people who on their membership forms say they are willing to volunteer, and introduce them to club organizers needing help. It was also suggested that holding a party for prospective volunteers might be another way to encourage participation in the club.

BICYCLE SHOW EVENT (Barry Nelson)

Glen Goldstein, owner of NYC Bicycle, wants CRW's participation at an event he is running on April 4-6 at the BCA Cyclorama. He is offering us a free booth. It seems like a good opportunity for publicity/possible new memberships for CRW. Jackie Grocer volunteered to staff the booth if she is available that weekend. She is also going to put together a help wanted ad for Wheelpeople looking for others to help staff the booth.

CHARITY RIDE (Connie Farb)

Laura Hefferon, owner of Ciclismo Classico, has contacted CRW asking us to participate in a Holiday Season Ride that would benefit a children's charity: every participant would be asked to donate a small toy or teddy bear. Laura has asked us to advertise the event. Connie will suggest she join CRW's open email list (the information for this is right on our website) and post the notice about the charity ride herself.

FUNDS FOR SOCIAL EVENTS

Jack Donohue asked the Board to budget funds for the annual volunteer party he hosts

at his home. Barry Nelson made the same request for his annual ride leaders' party. Both asked for the same amount of money they got last year; the Board unanimously approved their respective requests for funds.

MILEAGE COORDINATOR

Ed Trumbull is stepping down as CRW's Mileage Coordinator. Jack Donohue has offered to perform this role unless someone else steps forward and volunteers. Don Blake's home address will be the new return address on Wheelpeople, instead of Ed's.

CHARITABLE CONTRIBUTION (Don Blake)

St. Paul's Episcopal Church of Bedford, where we've held our annual holiday party for many years now, has asked CRW and all organizations that use their recreation rooms to make a donation to help them cover the cost of new tables purchased for those rooms. They asked each organization to "sponsor" a table at a cost of \$100 and Don put this request before the Board. St. Paul's charges us a very low fee for use of their facilities for our holiday party and they have also let us use rooms there for free from time to time (for low key functions like slide shows). After some discussion, the Board voted unanimously to sponsor two tables - a total charitable contribution of \$200.

The meeting adjourned at 8:50 p.m.

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

Respectfully submitted,
Cindy Sragg
Board Member/Club Secretary

Sunday Brunch - Continued from page 1

get a reservation. Calories and conversation can be guaranteed. Aerobic fitness will have to wait until spring. To join the fun, please send your name, email (or address if you don't have email) and a check for \$18.50 per person (covers food and tip) to:

Alfred C. Yen
Boston College Law School
885 Centre Street
Newton, MA 02459

Space will be limited to around 10 people. The winery's brunch page is at <http://www.nashobawinery.com/brunch.html>.

If you have questions, Fred can be reached at yen@bc.edu.

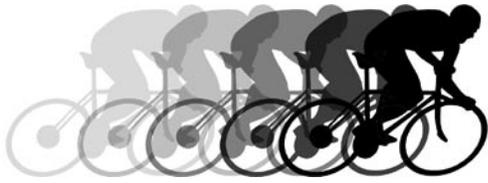
CYBER CHANGE OF ADDRESS

By now, a large number of you are receiving your copy of WheelPeople by email. This is a convenient way to receive it, saves trees, and is normally available quite a bit earlier than the printed version. If you've signed up for this, bear in mind that you need to tell our membership chairperson, Linda Nelson (617-964-5727, Linda_Nelson@hsdm.harvard.edu) if your email address changes.

Also, be aware that the size of the PDF file is typically 600kb and can be more than a megabyte. Some email accounts won't

handle large attachments, and some (such as hotmail) have rather limited quotas, and will not deliver the message if the quota is exceeded. If you've signed up for eWheelPeople and haven't been receiving it, make sure that the account you signed up is valid and doesn't have the limitations above. If so, you can give Linda another address to send to, or ask to be put back on the postal mail list.

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



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.

Saturday Morning Fitness Ride at Nahanton Park**

Times: 8:30 SHARP! This ride runs all year 'round.

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!)

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

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CRW Trips



Tenth Annual Bikers on Skis

February 14-17, 2003

Try your hand at gliding instead of rolling. This cross country skiing and snowshoeing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing and snowshoeing. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$200 for the weekend includes three nights lodging, three breakfasts, two dinners.

To register send the a check for the full

amount made out to Charles River Wheelmen and a stamped self-addressed envelope or email address by January 14 to:

Bikers on Skis
c/o Jack Donohue
26 Fox Run Road
Bedford, MA 01730-1104

Registration fee non-refundable after this date unless we can find someone to take your place.

For more information, you can contact the leaders:

Jack Donohue and Susan Grieb
(781) 275-3991 (before 9pm)
jmdonohue@alum.mit.edu

Riding in the Rain

By Terry Zmrhal

Winter is just around the corner. Soon it will be time for ultra riders to bundle up and brave the weather that lies ahead -- well, at least those riders in the northern half of the country will. Some of the toughest weather to ride in is when it's cold and wet. If you're prepared it doesn't have to be so rough. Being prepared means having the right clothes, outfitting the bike, doing a bit of maintenance, and being a little more cautious on the road.

Clothes

Let's start with clothes. You are going to get wet riding in the rain. Either you can forget about the rain jacket and let the rain soak your clothes or you can don the latest wonder-fabric creating your own personal sauna. While wet clothes are never enjoyable, being warm and damp is certainly better than being cold and soaked. There are three primary areas to consider: the upper body, lower body, and the extremities (hands, feet, and head).

Upper Body: Most people wear some type of rain jacket on the upper body. There are many claims of fabrics being breathable and waterproof (I have yet to find anything to breathe for me). The best alternative is to find a jacket that allows you to adjust ventilation and thus the amount of air that reaches your body. Here's my list of key features a jacket should have:

- Pit zips: zippers under the arms, which allow you to adjust the ventilation.
- Velcro or double zipper for the front: this is where most of the air comes through, make sure it's very adjustable.
- Open wrists, which can be cinched down: most jackets have elastic at the wrists, but it's surprising how much air can circulate from here.
- Protective collar: you want a comfortable collar that's high enough not to let water drip down inside the jacket.

My favorites are the Burley jackets, which provide good rain protection and allow you to adjust ventilation in key areas. For a plain rain jacket, the RainShield jackets are good although they provide no ventilation at all.

(www.rainshield.com) They won't last forever, but for \$30 it's a tough price to beat.

Here's one more tip for keeping the upper body warm. Start your ride with newspaper next to your skin front and back. Several hours into the ride pull out the wet newspaper and you'll have a dry jersey! Of course you'll need a good scrubbing when you get home to remove all the newspaper ink on your body.

In a pinch a garbage bag also works (be sure

to punch holes in it for your head and arms though).

Lower Body: Your legs are doing all the work so wearing any kind of rain pant is likely to get your legs quite warm, can restrict some movement, and will make quite a bit of noise. Instead find wool tights or tights with a windbreak front. MEC has a nice pair (www.mec.ca). If that doesn't suffice try mountaineering gaiters for just the lower legs or even spats. Spats are an English combination of a gaiter and bootie. Or take a pair of rain pants and cut off the back. I've never tried this, but it seems like it would work. You really need the protection on the front not the back.

Being prepared means having the right clothes, outfitting the bike, doing a bit of maintenance, and being a little more cautious on the road.

Head: Wear something to cover at least the ears. If it's really dumping hard consider using a helmet cover. A cheap alternative is a shower cap from a motel! I use a runner's cap with a stiff bill that covers my head and helps to keep my glasses clean.

Hands: Wool or fleece gloves work well. When it gets really wet and windy I recommend a pair of Goretex lobster overmitts made by Outdoor Research. They fold up small and fit almost anywhere. Your hands need to be warm enough to at least control the brakes and hopefully shift as well.

Feet: Start with wool socks and add layers. A Goretex or other waterproof sock can help, if nothing else for another layer and wind protection. You can add toe covers or go all the way and use booties. For booties find a pair that has Velcro on the back, such as the booties at MEC. The all too common zippers are tough to deal with.

Bike

Now that the body is protected, it's time to work on the bike. Fenders are a must if you're going to ride in the rain a lot. If you're going to ride with a group you need to have full fenders including a rear mudflap. If you just ride alone, you can get away with fenders that come on and off quickly. For full fenders I recommend

the SKS brand. There's no doubt fenders can be a nuisance to put on and keep from rubbing the wheel, particularly when trying to use them with side-pull brakes. Nevertheless, once they are on, they do a great job at keeping water from splashing on your feet and sending a spray of water up your back and on your shorts. They also help keep the bike from getting really dirty.

I also recommend some tougher, wider tires. I use Specialized Armadillos in the winter and rarely get flats...they are very tough, but also heavy, slow tires. You can also use thicker tubes or Mr. Tuffys.

Finally, use a heavier chain lube...something like Phil Wood. It's better to have lots of gunk on your chain than to be in the middle of a ride and hear the annoying squeaks of a dry chain.

Maintenance

Now that the bike is prepared there are a few maintenance items you'll need to do every other week. Checking the tires can help reduce flats. I turn the bike upside down and check for bits of glass or other debris that have been lodged in the tire. I usually find several pieces to pull out.

Every other week clean off the rim as well. Even a heavier chain lube can wash off in a heavy rain, so check the chain to see if it needs re-lubing every so often. The rest of the bike you can leave dirty until spring cleaning...it only provokes the rain gods into providing some liquid sunshine the next time you ride.

Riding

Once you're out on the road:

- Don't ride through puddles...you never know if there's a pothole lurking there or not.
- Take the descents a little easier.
- Give yourself extra space and time to stop...those brake pads aren't going to grip as well.
- Ride a little slower so you don't sweat as much.
- Take an extra jersey or under layer to change into during the ride.

One last word of warning...cold and wet can quickly seep through all those clothes and into your bones. Be aware of how cold you really are and find someplace warm or some hot chocolate if you're reaching your limits.

Riding in the rain isn't so bad if you and your bike are prepared!

Copyright 2002 UltraMarathon Cycling Association. For more information on equipment and training, go to <http://www.ultracycling.com>



January 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.

Willet's Pond Wayfare

Sunday - January 26

Times: 10:30

Ride Type: Cue sheet

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School- Beaver St entrance.

Directions: From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). Turn right at Seaver St. (3rd right). Turn right at High School (across from Peck Ave). Narrow entrance-watch for cyclists and cars.

Happy New Year

Wednesday - January 1

Times: 11:00 AM

Start: Boston Common at the intersection of Park Street and Tremont Street

Leaders: Eric Ferioli (781-235-4762)

Highlights: This is our famous annual New

Year's Day Ride. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Round Carlisle

Sunday - January 5

Times: 10:30 AM

Ride Type: Map and/or Cue Sheet

Leaders: Jack Donohue (781-275-3991 before 9PM)

Highlights: We'll see how many times we can circle Carlisle without getting dizzy.

Start: Bedford Center

Directions: Take Rt. 128 to Rts. 4/225 to Bedford Center, turn left onto Mudge Way to the Bedford Library Parking Lot.

Sunday Crack O' Dawn ride

Sunday - January 12

Times and Routes: 7:55 for 27 or 46 miles

Ride Type: Cue sheet and map

Leaders: Barry and Linda Nelson (617-964-5727 before 9pm, Barry.Nelson@alum.MIT.edu)

Highlights: This January will be the fourth attempt to promote a joint event with CRW and COD. In 2001, this route was closed because of the flooding on Pelham Island Road at Heard Pond. The January 2002 CRW ride was rained out. Just a month later the beavers in Sudbury closed this route for three weeks. In early February the town used dynamite to remove the beaver dam that had flooded the road. In March 2002, heavy snow started just 30 minutes before the start, canceling the ride. The short route passes through Newton, Wellesley, Weston, Wayland, Framingham, and Sudbury. The longer route includes a coffee stop and a chance to get out of the cold at Nashoba Brook Bakery in West Concord and returns via Walden Pond, where we will stop for a swim if it is warm enough. The COD win-

ter team rides their bikes to the start, timing their arrival to be at Fuller and Dartmouth for less than 5 minutes. Consequently they leave promptly at 8:00 so arrive early enough to pick up a cue sheet. The terrain is rolling. The ride is cancelled if it is raining, or there is more than 2 cm of snow or ice on the street.

Start: Fuller and Dartmouth St. in Newton

Directions: From Route 128, take Route 30 (Commonwealth Avenue) East toward Boston. After 1.6 mile cross Route 16. Bear right after 0.1 mile on to Fuller St. After 0.6 mile you reach Dartmouth St.

Cunningham Park

Sunday - January 19

Times: 10:30

Ride Type: Map and/or Cue Sheet

Leaders: Eric Ferioli (781-235-4762)

Highlights: A ride along the Quincy shore guaranteed to add some color to your nose. Note: if there is snow, there is the option of cross-country skiing in Cunningham Park. This ride was originated by Jim Merrick, who moved to Maine because the Massachusetts winters were too mild.

Start: Cunningham Park, Edgehill Road, Milton.

Directions: From Rt. 128/93 South take Rt. 28 North about 3 miles, turn right on Pleasant St. 1 1/2 miles to Cunningham Park on the right.

Willet's Pond Wayfare

Sunday - January 26

Times: 10:30

Ride Type: Cue sheet

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School- Beaver St entrance.

Directions: From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). Turn right at Seaver St. (3rd right). Turn right at High School (across from Peck Ave). Narrow entrance-watch for cyclists and cars.



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BREAKFAST

by Tod Rodger

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

Breakfast is always a treat on a bike tour of France- If you are willing to be flexible. Although we heard a couple of Americans complain that you couldn't find bagels anywhere, we were more than happy to adapt to the French selection of pastries. And with the amount of exercise we were getting every day, we could eat as much of anything as we wanted. Although all patisseries in France seemed to make about the same standard set of pastries, each made them a little differently. And each of us had our favorites. Roy was the connoisseur of plain croissants, Dave preferred chocolate croissants, and I liked the raisin cream swirls. A typical breakfast might be a couple of each, maybe a small quiche and some warm orange juice from a box if we were lucky.

Although the French seem to disdain chemical additives in their bakery products- so much so that they last less

than a day, they have so little refrigeration capacity that they use extra chemical additives in both their juices and milk in order to keep it at room temperature. We were unable to enjoy milk in cardboard boxes at room temperature, but we were able to at least accept warm boxes of orange juice. A few times we even found refrigerated "real" orange juice in large supermarkets. Coffee almost always meant tiny cups of very thick espresso, and we usually skipped this in the morning.

Hotels usually offered a "petite dejeuner" like a continental breakfast; but you paid two to three times the price for the convenience of eating in the hotel, and you didn't get the great selection. We often watched a waiter enter a patisserie with a tray and pick up several fresh croissants for the hotel next door.

The morning after "The Shower" in Brianconnet we could find no patisserie in town. Although the town appeared to be both small and poor, we wondered how they got their bread. Maybe they could live without fancy pastries from

a patisserie, but they certainly couldn't survive without their daily bread.

We rode eight miles to the next town and found the same thing- no patisserie and no bread. Next town, same thing. We would have gladly taken plain bread, even day old bread, by this time. Even the much larger town of Roquesteron had no bread. But here we found two Dutch cyclists who spoke English. They explained that all these small towns depended on daily bread delivery from a truck, and you had to order in advance. We were clearly off the main tourist routes and even the main routes for anything here.

At 11 AM we were very hungry, so we broke out our camp stove at the fountain in the town square and cooked up a large pan of Walnut Acres 12 grain cereal- the last of our five breakfasts we carried with us from home. No one thought this behavior was at all strange, and many wished us "bon appetit" as they went about their daily business.

CRW Club Jersey

On the web at
www.crw.org
Click on News

\$45

+\$2 postage
per jersey



Mail your check, made out to CRW, and this order form to:

Connie Farb, 11 Roberts Road Cambridge, MA 02138

For info: (617) 497-0641 - or - chfarb@yahoo.com

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Quantity _____ Size(s) _____ Total \$ _____

Sizes and VOMax recommended chest measurements:

Men's

S (33-36"), M (36-39"), L (39-43"), XL (43-45")

Women's

S (33-36"), M (36-39"), L (39-43")

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

Shopper's World

by Melinda Lyon

Shopping has become an integral part of American life. It is even called patriotic to prop up our ailing economy by hitting the malls to buy more plastic. I avoid it like the plague. I also avoid driving a car so when I am out of toilet paper and the cat is screaming for food I try to do the errands by bike. This is a natural deterrent to any impulse buys that are so tantalizing. A two for one sale of 50lb boxes of laundry detergent is pretty tempting until I glance at my small bike bag. I clatter down the aisle in my cleats to the more life or death items that we NEED at home (like ice cream). This necessity shopping, however, is a different animal than the professional sport of SHOPPING. This is becoming a major league event rivaled only by football-- watching football that is. I get email shopping offers, junk mail shopping offers and ads for shopping on TV and radio. I pass in close proximity to 2 major malls on my commute to work and countless mini malls. I get to my job and think "Well at least there is no shopping at a nonprofit hospital. I can get away from the SHOPPERS for eight hours anyway." Wrong.

The self employed shoppers attack me. Do I want to buy wrapping paper, fudge, popcorn, makeup, picture frames, scrapbooks, kitchenware, cookies, candy bars, children's books, leather items-- it goes on and on. "These lovely looking Christmas ornaments will help Billy's scout troop pay for their camping trip this summer." "These cuddly teddy bears will help my daughter pay for a trip to Bermuda with her other affluent suburban friends." "These raffle tickets will support our little league team this winter while they get their birth certificates adjusted."

I am glared at if I refuse these lovely offers of overpriced junk. I am UN American and UN patriotic if I don't support the SHOPPING economy.

So I figure I may as well join them. I propose that the CRW branch out into the wonderful world of SHOPPING. The following are some ideas for our first catalogue. And in the spirit of the SHOPPING culture I will organize the first CRW catalogue party on Feb 31, 2003. Bring your bright perky selves and don't forget your checkbooks. The first 10 people will get a special host/hostess gift. It is a first come first serve grab bag of leftover vintage clothing from Bruce and Tracy's brevets last summer. This has never been washed and has been aging in a garbage bag in their garage for 6 months! See you all there!

Page 3: THE LAST ROOF RACK YOU WILL EVER NEED

This item is for those of you who are tired of hauling that bike off and on the car time after time. This rack locks permanently the first time you use it so you will never be able to take your bike off. Let's face it-- it's all about looks anyway. The bike will stay clean and safe and you can look good sipping espresso in your SUV. You'll never have to ride again!

Page 8: CRW FATWOOD

These all natural products will keep your feet warm on those cold windy days. Just light 2 on the way out the door, toss into your booties and you've got warm, toasty feet for up to 2 hours. And the flames will add to your night visibility as well! See page 14 for accessory cable that extends the burn time by using your existing lighting system battery!

Page 15: SCENTED JERSEYS/SHORTS

Why did we have to wait so long for this? All natural scents will be attractive to others and fun as well.

Cedar-Great for mountain bikers who want to be one with nature

Maple syrup-Spill your pancakes this morning before the ride? Don't worry because you already smell like a cool morning in Vermont.

Beer-This works well on long tours when après bike melds into the next morning's ride. Also you will blend into the landscape better when you are forced to use a redneck bar as a water stop in rural locations.

Apple cinnamon-Yum-who doesn't love this classic combo? Avoid wearing around century riders and black bears as they may mistake you for food and dig in.

Organic Rainforest Blend-Our own blend of odors that will remind you of-well, riding on a hot, muggy day.

Page 75: HEART RATE MONITOR PLUS

In this high tech world don't we all love new gadgets? Well this one is really clever. The left button gives you all of the normal functions. The right button can be used as a debit card so you can shop

while you ride! For every one hundred dollars you spend a musical alarm will sound.

Choices for the alarm are Pink Floyd's "Money", Willie Nelson "If You've Got the Money Honey, I've Got the Time", or The Beatles singing "Money(That's What I Want)".

Page 83: Taste of CRW Gift Basket

Don't you just love the snacks at CRW century water stops? Those warm, melting Snickers bars, those half eaten bagels covered with other riders sweat, those not really ripe green bananas, that water that is just at the perfect temperature for a 90 degree day. Well here is a limited edition memory basket of a few of these items that have been put together just for you. You can relive those hot sweaty days when winte gets you down.

Page 97: GU-EY CYCLING GLOVES

Put on gloves for your ride that will feel just as comfortable at the start of the ride as at the finish. Specially coated with an energy gel at the factory so you don't have to worry about getting gel on your new gloves as you try to pry it open-it's already there!

Page 101: ORGANIC SPEED BOOSTER

Did you have a great Mexican meal last night but now are paying your dues? Well hook up our methane collector hose inside your shorts, attach the drive train adapter and off you go. Put those intestinal gases to work for you!

Look out Christmas Tree Shops! Pack it in LL Bean! The CRW catalogue is on its way!



"Eric Ferrousonly, the last of the steel bike holdouts with his latest roadside find"

Babz Bike Bits

by Barbara Clough

“The Miracle of Creation”

I am a goddess. I have created the wheel. Okay, okay, so I'm a little overboard. How about, I feel like a goddess, I've built my own wheel? Maybe this is how women feel when they have a baby, but I felt this way because I realized all the spokes were in the right holes.

Two hours earlier, I had looked at the various parts of what was to become my first wheel and couldn't envision how it was all going to come together. In retrospect, it seems a fairly simple idea, but you have to realize. I have a degree in Liberal Arts (yes, with capitals). The laws of physics completely escaped me during my years of high school and college, and I still don't understand why planes fly. Nor do I particularly care as long as the movie is good.

At the beginning of class I had: one 700 rim, a bundle of spokes, a bag of nipples and a nipple driver, some blue spoke prep, and a flip-flop Suzue hub. I had decided during the previous class to do a three-cross pattern.

Originally I had planned on just a fixed-gear, but when the instructor called up to say he couldn't find the Shimano Dura Ace I wanted, I went with the Suzue flip-flop, which for

me was probably the better choice.

So, here I was, painting the tips of my spokes blue with spoke fix stuff. I asked a lot of questions; questions to which most of my fellow wheelbuilders probably already knew the answers, but to which I, a complete neophyte, was clueless. For instance, what does spoke prep do? Well, a number of things apparently. It acts as a lubricant, but at the same time, acts as a bonding agent so the nipples are less likely to rattle or turn. Why is it called a nipple driver? (It seemed so graphic somehow.) Well, because it's the nipple-equivalent of a screwdriver. (Pretty obvious huh?) What's the difference between three-cross versus four-cross? How come spokes and nipples don't come in a rainbow of colors? (Especially when you consider the colors of cycling gear and bikes.) Wouldn't it be nice to have spokes that color coordinated with your latest jersey? I think there could be a whole new market out there for some entrepreneur.

By the end of the class I had managed to put

all my inbound spokes, inbound, and all my outbound spokes, outbound. I crossed the right number of spokes for my three-cross pattern, put a drop of lubricant on every nipple-hub

interface and had it up on the truing stand, slowly starting to tighten the spokes. Each time I tightened the spokes another turn, I'd try to remember to start at the valve hole as a way to know when I'd done a complete rotation of the wheel.

At the end of the evening, I had to let go of my wheel and send it to the cold dark basement until next week, when I'd actually start putting tension on the spokes in an effort to turn this spoke-hub-rim concoction into an actual wheel to put on my bike and ride away (someday).

I came home that night and looked at the wheels on my Specialized in a whole new light. Then I looked at the wheels on my old Raleigh; wheels that would eventually be replaced with my new, handbuilt wheels. This trusty old Raleigh had been commuting around Boston for five years now, and was soon to have a new life as a stripped down, fixed gear. And I am a goddess; I built the wheels.

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,

If it's below 45 degrees outside, I won't ride. Needless to say, I'm getting out of shape. What's the best way to stay fit over the winter off the bike?

Frank
Auburndale

Dear Frank,

Cassandra joins you in your winter woe, as she's not one to suffer frozen fingers and toes. While there are numerous ways to cross-train during the cold, snowy months - lap swimming and weight-lifting, while not on Cassandra's list of favorites - a preferred method of cyclists is to get back in the saddle, in spin classes. Besides not having to don layer upon layer of fleece, Cassandra

finds that this indoor riding has several other advantages: • As the bikes are bolted to the ground and cannot tip over, there is no embarrassment linked to forgetting to unclip at a stoplight.

(Ed: not always, see <http://www.xtri.com/article.asp?id=820>)

- One needn't fear that one unseen patch of ice.

- Remaining in the back of the class allows for an opportunity to check everyone out - yes, even ogle - without being noticed.

- Spinning on a rear bike also means one can coast until the last few moments, apply some water from forehead and neck, so when the class is complete, one can retain a misty sheen of sweat from seemingly masterly efforts. This last, however, is not in Cassandra's style as she'd then have to resort to swimming or lifting weights to stay in shape.

Dear Cassandra,

I want to ride somewhere warm. Where do I begin to plan a bicycling trip?

Andi
Concord

Dear Andi,

So many options await you. First, some decisions need to be made: • Do you want a luxurious vacation or a rugged one? Something in between? The differences lie not only in cost but approach. With the former, one pedals a few miles per day with four-star snack stops and waitrons to refill water bottles at every pause. A roughing-it vacation has cyclists racking up serious daily mileage, followed by a plate of beans and a sleeping bag - an unbeatable cost per mile option. A more balanced trip, those of Cassandra's liking, allow for solid days of cycling with plenty of time for sightseeing, a hot shower, and enjoyable meals.

- Do you wish to travel with a few friends or join a group?

There are advantages and disadvantages to both venues, the details of which Cassandra cannot go into in limited space.

- Do you prefer to stay in the States or travel abroad?

Cassandra recommends visiting both the CRW Trips web site for descriptions and search for trip companies that suit your style.

Little Jack's Corner - by Jack Donohue



Another Saturday morning, Susan and I are having coffee in bed, it's 39 degrees outside and raining hard. I have to go into work

today, since we are in death march mode until the end of the month, and all our waking hours are supposed to be spent fixing bugs. I had planned to ride my bike the ten miles to work, but was not looking forward to the prospect. So after a lot of whining, Susan offers to drive me to work. So here we have a moral dilemma. Being a right thinking cyclist's cyclist I should of course have said no, but considering the weather the offer was looking more and more attractive. So after a couple of rounds of "I can do it, no problem," I caved and accepted the offer. As we're driving in I remarked that if I were a real man, I would of course have ridden my bike. Then we got to talking about other role models in the club, and finally came to the conclusion that if I were a real woman I would have ridden my bike.

Take Melinda, for instance. I know some pretty hardcore riders, but given the opportunity to be driven to their destination in truly foul weather, I'm pretty sure they'd be in the car. Not so with Melinda. The only

time I've seen Melinda drive a car when a bike would do is in the dead of winter with snow everywhere. Then she contents herself with filling all the daylight hours snowshoeing, skiing or running. So I'd put money on Melinda taking the bike.

Then there's Pamela. Pamela had signed up to do the 300K brevet that weekend, and this would be a severe test of real womanhood if she actually showed up to do it. Getting up for a 4AM start is bad enough, but that added to the prospect of spending the whole day in a cold rain would have made lesser women quail. She did in fact show up for the brevet and did fine. Pamela is one of the few people who doesn't seem to mind rain, actually enjoys it. Probably a good thing she teamed up with an Irishman, for whom rain is a way of life.

Then there are the ironwomen of CRW past. Lindy King figures prominently in that arena. I distinctly remember one Velo Vermont weekend, when we had all driven up to Warren, Vermont, all except Lindy who decided it would be fun to ride her bike there from West Roxbury. The weather was less than perfect, she did end up getting a ride the last few miles, and she looked like death warmed over when she arrived, but she made it.

Then there's Cathy Ellis. You'd never suspect anything out of the ordinary when

you first meet Cathy. She does happen to be one of the first women to enter RAAM (the bicycle Race Across AMERICA) and did in fact place first in the women's field the year she rode it. My first inkling that Cathy was destined for greatness was on one of the famous Wonalancet Death March Century weekends. Robye and I had spent the ride jousting for position, and had both collapsed in our respective easy chairs back at the cabin, when in walks Cathy, looking fresh as a daisy, remarking at what a lovely ride it was. Robye and I having spent the last hundred miles staring fixedly at the other's rear wheel could not comment, but I knew then we would be seeing more of Cathy.

We had a small part to play in Cathy's ultimate victory. She needed to get some training simulating desert conditions, and the closest she could come to this in New England was riding her wind trainer in our attic in the summer. Now that's true grit!

Lindy, Cathy and Melinda at various times were all competing against each other in BMB (Boston-Montreal-Boston), another ride not for the faint of heart. Lindy and Cathy have both retired into motherhood, but Melinda's cycling career has become even more impressive, having won the women's first place in the prestigious Paris-Brest-Paris ride. All in all a formidable showing by the women of CRW.

CRW in CYBERSPACE

There are two ways you can use your computer to interact with CRW, the mailing list and the web site.

CRW Internet Mailing List

CRW maintains a mailing list for exchange of information among members, and for posting notices in addition to Wheelpeople. Anybody with an e-mail address can sign up, including subscribers to online services as well as the academic and corporate users with internet access. To sign up to the mailing list, send an empty message to crw-on@ameyer.org.

Once you've joined, to send e-mail to the list, address it to crw@ameyer.org. Everyone on the list will get a copy.

The volume of mail the list produces is low, but if you prefer, you can get each days messages stuffed into one mail message, the digest. To switch to the digest version

of the list, send an empty mail message to crw-digest@ameyer.org.

To unsubscribe, send an empty e-mail message to crw-off@ameyer.org.

CRW Web Site

To access the World Wide Web location for CRW information use the following URL address: <http://www.crw.org/> (all lower case).

Bicycle Repair classes

Ferris Wheels Bicycle Shop in Jamaica Plain can teach you how to fix your bike! One-day classes or five-week comprehensive course. Classes start in January; five-week course begins March 10. Call Ferris Wheels Bicycle Shop at 617-522-7082 to sign up. Space is limited.

WELCOME NEW MEMBERS

Kristine Cafferky	Brighton
Stephen Cohen	Chestnut Hill
James DiPasqua	Mattapoisett
Christopher George	Newton Centre
Trisha Holleran	Waltham
Barbara Keenan	Somerville
Michael Levine	Cambridge
Linda and Doug MacLean	Milton
Michael Phelan	Hudson
Karen Rednor	Newton
Marnie Crawford Samuelson	Brookline
Jonathan Simmons	Brookline
Lee Sinai	Lexington
Amy Sleeper	Wayland
Rob Solomon	Cambridge
Richard Stone	Cambridge

Classified Ads

Wanted

Bike Friday
Warren Goodnow
508-478-4441 (days)

November Mileage Totals

1	4	2	5	4	1
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Robin Schulman	11856	7	7	7	Gabor Demjen	3764	4	1	-	John Loring	860	-	-	-
Bruce Ingle	10732	8	6	5	Gary Smiley	3761	3	1	-	Jeff Luxenberg	623	-	-	-
Jack Donohue	9475	-	-	-	Doug Cohen	3707	3	1	-	Emily Wean	607	2	-	-
Jean Orser	8335	9	4	3	Marc Baskin	3570	2	2	-	Ed Trumbull	171	-	-	-
Don MacFarlane	7384	5	2	-	Joel Parks	3051	-	-	-	Jared Luxenberg	139	-	-	-
Richard Dweck	5947	7	5	-	Ed Hoffer	2728	-	1	-	Tracy Ingle	134	-	-	-
Dick Arsenaault	5736	4	1	-	Jim Broughton	2478	-	-	-	Jacob Allen	110	-	-	-
Bill Widnall	5730	11	11	-	Jackie Grocer	2451	4	1	-	Sara Luxenberg	8	-	-	-
Bruce Gelin	5502	8	1	-	Cynthia Snow	1789	1	-	-					
Irving Kurki	5255	6	3	-	John Allen	1510	-	-	-					
Peter Knox	5134	6	3	1	John Kane	1464	-	-	-					
David Wean	5127	3	-	-	John Springfield	1392	3	3	-					
Bob Sawyer	4733	1	-	-	Cynthia Zabin	1222	-	-	-					
Joe Repole	4570	11	11	-	Greg Lee	1077	1	4	-					
Glenn Ketterle	4377	1	-	-	Elisse Ghitelman	968	-	-	-					
Nick Linsky	4158	4	2	-	Phyllis Mays	906	-	-	-					

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: Jack Donohue (jmdonohue@alum.mit.edu (preferred) or 781-275-3991).

Traveling alone is great; you can change plans at the drop of a hat

and you can go as fast or as slowly as you please. And this week I've gone pretty slowly. As I look back at my statistics I realize I have gone fewer than 70 kilometers in 7 days. (That's a daily average of 6.2 miles). It's not that I don't love riding my bike, because I do. Cycling through a country gives you the chance to really see it, smell it and feel it, but if you get off your bike you can experience it even more.

I rolled into Nelson last Monday and fell in love with it immediately. Flowers in hanging baskets line the streets. The Queen's Garden has lovely fountains, floral displays, and benches for lingering. The town of 30,000 is filled with cozy cafes and good restaurants where you can while away the hours. An art deco cathedral presides over the town. Musicians can practice on the pipe organ there and I had the good fortune to hear the "Sailor's Hornpipe" played on it. You'd probably recognize it if you heard it; it's a familiar nautical tune that ends with two blasts of a very low low note that sounds like the blast of a ship's horn. Not your typical church music, but I have told you that the Kiwis come up with some exquisitely quirky juxtapositions.

While I was still on the North Island I thought I might be tired of traveling towards the end of my time here, so I had arranged to "WWOOF". "Willing Workers On Organic Farms" or "WWOOF" is a quite well established program in New Zealand. For NZ\$30 (US \$12) you become a member and get a handbook detailing the possible WWOOFing

Almost a Year in Hanoi

Part VII

"Going with the Flow"

by Jean Arnold

opportunities. It's a great way to stretch those travel dollars, learn more about the culture and specific organic agricultural practices and it's an especially good way for non-English speakers to learn and practice the language. Many foreign language speakers take advantage of this mutually beneficial program.

For four to six hours of work you are provided with food and lodging and the chance to par-

Cycling through a country gives you the chance to really see it, smell it and feel it

ticipate in local farm or community activities. In my case, I chose to WWOOF at the Chandrakirti Tibetan Buddhist Meditation Centre. Since I'm basically vegetarian and one of the five Buddhist precepts is "Thou shalt not kill any sentient being" the chances of being served meat for dinner is around 0%.

At Chandrakirti my conventional, midwestern American beliefs were turned upside down. My first WWOOFing assignment was weeding. My host took me out to the driveway's edges and showed me what to pull and what to leave. I was with her until she said "And, of course, the grass is a weed". Now, in America don't people put weed killer ON the grass, without the intention of killing it? In any case,

I'm a good rule-follower, so I called the grass a weed and yanked it up.

The next day I helped haul lumber to the site where they're building a new gompa or meditation hall. I even got to pound in one nail so I could claim to have had a part in building the gompa. I helped cook a bit and then the weeding continued.

I was diligently pulling up the dandelions by the roots when the host came by and told me, "I leave the dandelions". (She's a trained naturopath and herbalist and the leaves, roots and flowers are used medicinally). I had just been talking to another WWOOFer and I mentioned that when I came to a plant I wasn't sure of, I would leave it in the ground. Oops. So much for being certain! One person's weed is another's tonic.

I thought back to the previous day's work and systematically eradicating entire networks of clover, which is quite a meditation on the interconnection of all beings. I remembered that red clover is often used as a tea for thinning the blood and I wondered if I might not be doing more harm than good.

In a café in Nelson a few days before I had picked up a brochure about a weekend workshop on sound and movement. Since I was losing self-confidence in my ability to correctly classify weeds, and the topic of the workshop fascinated me, I signed up and came.

So, if all that isn't reason enough to explain my low mileage this week, I must also mention that the blackberries are ripe here and they're everywhere. Kiwis even call them weeds, but they can't fool me. Having these delicious roadside snacks can slow down a berry-loving biker.

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

- Ace Wheelworks**
145 Elm St., Somerville (617) 776-2100
- Adi's Bike World**
231 Grove Street, West Roxbury (617) 325-2453
- Ata Cycles**
1773 Massachusetts Ave, Cambridge (617) 354-0907
- Back Bay Bicycles**
333 Newbury St., Boston (617) 247-2336
- Belmont Wheelworks**
480 Trapelo Rd., Belmont (617) 489-3577
- Bicycle Bill**
253 North Harvard St., Allston (617) 783-5636
- Bicycle Exchange at Porter Square**
2067 Massachusetts Ave, Cambridge (617) 864-1300
- Bike Express**
96 N. Main St., Randolph (800) 391-2453
- Bikeway Source**
111 South Road, Bedford (781) 275-7799
- 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 Massachusetts Ave, Cambridge (617) 876-6555
- Chelmsford Cyclery**
7 Summer St., Chelmsford (978) 256-1528
- Community Bicycle Supply**
496 Tremont St., Boston (617) 542-8623
- Cycle Loft**
28 Cambridge St., Burlington (781) 272-0870
- Dedham Cycle and Leather**
403 Washington St., Dedham (781) 326-1531
- Farina Cycle**
61 Galen St., Watertown (617) 926-1717
- Ferris Wheels Bicycle Shop**
64 South St., Jamaica Plain (617) 522-7082

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

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

Charles River Wheelmen
1 Gleason Road
Bedford, MA 01730

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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.

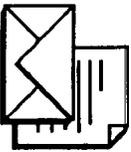
We publish an annual member directory that is available only to club members. Check this box if you don't want your name, address and home phone number on this list.

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 Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.

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

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



Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:
Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.