


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVII, Number 4 · April, 2003

Message from the Prez

by Bill Widnall

My bike ride today (March 6) was only my fourth outdoor bike ride of this calendar year, and darned if it did not start snowing hard for the last hour of my ride. By the end of the snowfall, we had received another five inches of snow here in Lexington. This winter just won't quit. It has been great for local cross country skiing conditions, and our Wednesday Wheelers coordinated by Dick Arsenault took advantage of this for quite a few Wednesdays, but the cycling weather and road conditions have been unusually tough. Hats off to the Saturday Morning Fitness Ride stalwarts led by Dave McElwaine and Mark Dionne, who just would not allow the cold, the snow, the ice to keep them off their trusty steeds. Eric Ferioli's team of winter Sunday ride leaders also made a heroic effort to keep 'em spinning.

But enough of the past. The days are getting longer and the sun is getting higher. Hopefully by the time you read this, the roads have

cleared, the snow banks have melted, the black ice is gone, and CRW is back on the roads in full force. The Rides Committee led by Connie Farb has been meeting monthly through the winter, planning the season ahead and lining up leaders for an excellent variety of Sunday, Saturday, and holiday rides. Our team of coordinators for the several recurring rides programs are committed to bringing you once again a full offering of weekend morning fitness rides and weekday evening fitness and more leisurely rides. Our three centuries are always something special to look forward to. I'm pleased that Jenny and Ed Craddock with Fred Kresse and others have again volunteered to lead an Introductory Ride Series. This has been a wonderful offering for folks who may be just getting back on bikes as adults and who are new to club riding. We can be proud of the wonderful variety of ride offerings that CRW sponsors. Thanks as always to all the volunteers that make this possible. See you on the road.

Spring Century Committee Meeting

Thursday March 27, 2003

Join the CRW Century Committee for our spring planning party. We will review last years century rides and plan for our upcoming year. The Century Committee is responsible for organizing the 3 major "not free" rides of the year-the Spring and Fall Centuries and Climb to the Clouds in July. These rides are one of the only way outside of membership fees that the CRW takes in money for its programs. If you would like to give input into how these rides are run, volunteer to help out, or join the committee please come to the meeting. If you can't make the meeting but would like to help out please contact Melinda Lyon Century Committee Chair at 978-887-5755

melindalyon@juno.com. Pizza at 6:30PM

followed by the meeting at 7:30PM.

Please RSVP with Melinda by Wednesday March 26.

Directions:

From Route 62/Concord: L on Routes 4/225; where 225 bears left to Carlisle, stay straight on Route 4 for about 2 miles, at V in road Route 4 goes left (sign to Chelmsford) bear right on North Road till road bears left, turn R on Springs Road, take 1st R on Fox Run Road, we are #26 on right. From Route 3: Take Concord Street exit toward Bedford; in 1 mile Technology Park on left, another 1/10-mile road bears R, go L on Springs Road, take 1st R on Fox Run Road, Jack and Susan's house is #26 on right.

Tag Sale at the Spring Century

The Spring Century is coming and this year it will have the added attraction of a tag sale (due to the demise of the Big Event). So tag up your stuff and come to the Spring Century in Wakefield, May 18. What can you sell there? Anything (so long as it's legal). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, a computer modem and a stereo receiver. Just remember, it is the responsibility to the owner to pick up any unsold merchandise at the end of the sale (4pm). Any items left, will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check

Tag Sale - Continued on page 11

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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.

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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
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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

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Advertising Rates

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

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

CRW BOARD MEETING

March 4, 2003

In Attendance: Bill Widnall, Barry Nelson, Linda Nelson, Don Blake, Jackie Grocer, Connie Farb, Rich Fields, Steve Mashl, Don Foster, Cindy Sragg, Jack Donohue

Membership

Current memberships: 992

Current members: 1181

Retired: 25

New members: 15

Renewed members: 19

Rides (Connie Farb)

Except for the holiday weekend, rides for May are all set.

The rest of the calendar is filling up nicely. A few new leaders have presented themselves to Connie. The Ride Leaders' Workshop is coming together with responses slowly coming in. This year the Ride Leader reward is going to be socks (to match the club jerseys). Working with a company called "Defeat," Lyn Rodger worked up four designs for us to choose from and Connie sent them via email attachment for the Board to review. Connie got an estimate from Defeat of \$550, which represents a minimum order of 125 pair of socks @ \$4.95/each and artwork set-up. Rather than ask for her budget to be increased now, Connie suggested that the order be placed and if the Rides Committee needed more funds later in the year they would request it then.

Boston Bike Show (Jackie Grocer)

Jackie has gotten an excellent response from people willing to help her staff CRW's booth. Now that she has her volunteers,

she needs materials for the table: newsletters, brochures, Spring Century flyer, the club Banner, perhaps separate printouts regarding recurring rides, extended weekend rides, special rides. Steve Mashl made a motion that \$100 be allocated to Jackie for expenses she might incur in producing materials for our booth (i.e., copying). The motion passed.

MassBike Grant (Bill Widnall for Tod Rodger)

We discussed an email Tod received from MassBike asking whether CRW wanted a report on Mass Bike's progress with our grant money now or if it made sense to wait a few more months since there were some governmental changes with the election of Romney that might render any report written now irrelevant. Tod indicated in his email that he agreed that it made sense to wait for MassBike's report. After a brief discussion, the Board agreed with this sentiment.

Miscellaneous

Rich Fields picked up the donated cycling gear donated by John Vanderpoel, retired CRW member.

The next Board Meeting will be held on Tuesday, April 1st at the United Church of Christ, Lexington. This meeting will be our official annual meeting as stated in the bylaws, all members are welcome to attend.

Respectfully submitted,

Cindy Sragg

Board Member/Club Secretary

Mean Streets Evening Rides - 1 Hour, 10 Miles, 100 turns

With the Mean Street season starting in late April, we thought a brief description of these rides might be appropriate for those not familiar with them. The Mean Streets rides are decidedly urban rides with an emphasis on fun group riding and discovery. Each ride explores areas of Boston, Cambridge or Waltham, whenever possible using ramps and other elements to promote a playful riding style. Although most of the riding is on streets, the routes also include sidewalks, alleys, train yards, docks, parks, plazas, trails and occasional steps, although these are always optional.

Hybrids or mountain bikes are advisable due to the terrain and frequency of debris, including glass, and some of the rides include off-road sections.

However, folks have done these rides with touring bikes and appropriate tires, but road bikes are not suitable. Due to the nature of these rides, they are "follow the leader" in style, which means the group has to stay together for them to work. Although we rarely go very fast, riders need to be capable of keeping up with the group.

Besides the Thursday evening rides, there are two longer rides each year. One of these takes place the last Saturday in April, being an exploration of Providence with some riding on the East Bay bike path. There is a lot of wonderful architecture in Providence as well as many outdoor sculptures and we get a good taste of all that this city has to offer.

Mean Streets - Continued on page 8

Dawn

April 9, 1999

On two wheels spinning
Across almost-smooth roadway,
Breathing deep of spring,
Legs pumping against the
Rise of hill, arms pulling
The bars, chain swishing
Through the sprockets, the
Only noise save
Waking birds to break the
Pre-dawn silence.

The still-bare, almost-black
Upward-reaching
Branches of the distant
Tree-line stand black against
The western sky, but for one
Ember band of amber dawn
Sunlight,
Width precise, uniform,
Startling in the warm glow of
Color that can not be truly
Described,
But only
Remembered.

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(aka, "Not a Sappy Sentimentalist, But Rather
a Vicious Cur of a Divorce Lawyer.")

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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 Fitness and Masters Ride**

Times: 6:00 PM Sharp! starting April 23.

Description: This Fitness Ride offers you the opportunity to ride with others in a paceline format. This ride welcomes everyone, but especially masters riders who would like to ride with their peers. Groups of no more than six riders are started according to expected speed. 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. Total climbing for the long route is 1475 feet.

Routes: Arrowed routes of 23, 28 or 33 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)

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.

Thursday - Fitness Ride at Hanscom Field**

Times: 6:00 PM SHARP! First ride of the season April 17

Description: The short ride winds through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. With the help from some other volunteers from CRW, the fitness ride will have people available to lead intro/easy pace group as well as a paceline group.

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

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

Start: LG Hanscom - General Aviation Airport.

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

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!)

Saturday Introductory Ride

Times: Five Saturdays: April 5 and 19, May 3, 17 and 31. Rides leave promptly at 9 AM. Please arrive 20 minutes early!

Description: Interested in group riding? New to CRW? Looking for a more casual ride? Just starting or getting back into cycling? Then this ride is for you! The route is an essentially flat, 19-mile loop through Needham and Dover. The focus is on group riding, safety, cycling technique and fun. The rides average 10 to 12 miles per hour and after the ride we hang out at Starbucks in Needham. Post ride clinics will be offered if there is interest. NOTE: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride!

Routes: We do an essentially flat 19 mile route in Needham and Dover.

Leaders: Please feel free to contact leaders with questions. Jenny and Ed Craddock [jenny_craddock@hotmail.com] (617-332-4098) Fred Kresse [drz@xpres.net] (781-444-1775) Eli Post [elipost@attbi.com] (617-547-6778)

Start: Nahanton Park on the Newton/Needham line

Directions: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the light onto Hunting Rd, at the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot.

Sunday Morning Fitness Ride - South Shore Coastal Loop**

Times: 7:00AM First ride of the season April 13
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.

WELCOME NEW MEMBERS

Tim Baldwin	Boston
Jim Berry	North Attleboro
Dana Brown	West Roxbury
Michael Campion	Waltham
Karen Doucette	Lakeville
Andrew Eichmann	Somerville
Justin Harris,	
Lisa Phillips	Roslindale
Kenneth Houston	Acton
James Markson	West Roxbury
Robert Maselek	Framingham
Charles McWilliams	Wellesley
Gregor Rohda	Somerville
Lincoln Ross	Waltham
Joseph Tracy	Cambridge
Daniel Walsh	Hingham



April Rides Calendar

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map.

The Lost Lake Loop

Saturday - April 5

Times and Routes: 10:00 for 25 miles.

Ride Type: Cue sheet and Map

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

Highlights: A roller coaster ride through the Lost Lake section of Groton. Quiet, scenic back roads of Chelmsford, Westford and Groton. A few hills to gauge your early season fitness.

Start: Byam School, Maple Road, South Chelmsford MA

Directions: From Boston, take Rte.2 west to the Concord Circle then west on Route 2A to the traffic light at Route 27. Turn right on Rte 27 and go 5.5 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 across Rte 27 onto Maple Road.

South Acton Sunday Opener

Sunday - April 6

Times: 10:00 AM

Ride Type: Map, Cue Sheet, maybe arrows

Leaders: Tod Rodger (978-456-8654 before 9PM)

Highlights: Think you pedaled hard on your trainer all winter? Start the season with a relatively easy 45 and 25-mile rides on quiet and scenic roads through Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir.

Start: 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.

Battle Road Tour

Saturday - April 12

Times: 9:30 for 30 miles. (Please arrive at 9:15 for instructions). We will finish early to mid-afternoon.

Ride Type: Follow the Leader.

Leaders: Dick Arsenault 781-272-1771, rfarsen@aol.com

Highlights: We will ride the route the British took on April 19, 1775 when they marched to Concord in search of military supplies thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from the stores in the center.

Start: The Minuteman Statue on Lexington Green in Lexington Center.

Directions: From route 128 take Exit #31 east (Rts. 4 & 225) to Lexington Center. Park in the surrounding neighborhoods and bike to the start. Rain Cancels.

New Old North Andover Ride

Sunday - April 13

Times and Routes: 10:00 for 26 and 18 miles (or 44 combined)

Ride Type: Arrowed

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

Highlights: The medium ride travels through the lakes and farms of No. Andover, Boxford, Georgetown, Groveland, and Haverhill. The lunch stop is in Boxford Center. The short ride combines a trip through Harold Parker State Forest with a tour of the Victorian neighborhoods around Phillips Academy.

Start: North Andover Green, corner of Andover St. and Massachusetts St., North Andover.

Directions: Rt. 93 North to Exit 41, Route 125 North (toward Andover). Bear left where Rt. 125 joins Rt. 114 and take a right before

the Bertucci's at the next light. Take a right at the next light and follow to the Green. Park on the left side of the Green only.

Clockwise Fitness Later in the Morning

Saturday - April 19

Times and Routes: 10:00 for 19, 28, or 42 miles.

Ride Type: Cue sheet and Map

Leaders: Linda and Barry Nelson (617-964-5727 before 9 PM or BarryNelson@alum.MIT.edu)

Highlights: This ride uses the same route as the famous Saturday morning ride that has a New England record consecutive streak starting with the April Fools snow storm of 1997. Except for the beginning of the ride, our route goes in a clockwise direction, so we may see some of the fitness riders going in the opposite direction. The gently rolling route goes through Needham, Dover, Sherborn, and Medfield. Social riders who prefer a slower pace have the opportunity to discover the fantastic route that has attracted nearly ten thousand riders. Bring your own lunch since the route does not pass any stores.

Start: Parking lot at 95 Wells Avenue.

Directions: Take the Highland St. exit off Rt. 128 toward Needham and Muzi Ford. Take a left at the first light onto Hunting Rd. At the next light take another left onto Kendrick St. Go past the traffic light at PTC. At the next light, take a right on Wells Avenue. The 95 Wells Avenue parking lot is on the right hand side.

Another Side of Carlisle

Sunday - April 20

Times and Routes: 10:00 for 27, 42, and 63 miles

Ride Type: Arrowed

Leaders: Rich Fields 781-272-3801 richfields@attbi.com

Highlights: A scenic ride through the towns surrounding Carlisle including Arlington, Lexington, Bedford, Chelmsford, Acton, Westford, Concord and Lincoln. The terrain is rolling with a few hills, notably Page Hill in Bedford and Trapelo Rd in Lincoln. The lunch stop will be at the Green in Concord Center, but save space for ice cream at the end of the ride.

Start: Brighams, Mill St. in Arlington Center

Directions: From 128; exit 29A East (Route 2 toward Cambridge. Take Route 2 East to Exit 59 (Route 60). Take left onto Route 60 and go about 1 mile to Mass Ave. in Arling-

ton Center. Take left onto Mass Ave. toward Lexington and go to first traffic light which is Mill St. Turn right onto Mill St. Entrance to Brighams is on the left down the hill.

Mean Streets: Fenway Plus

Thursday - April 24

Times and Routes: 6:00 P.M. SHARP! for about 10 diverse miles

Ride Type: Urban Evening ATB - follow the leader

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

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

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

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

Mean Streets Providence

Saturday - April 26

Times and Routes: 10 AM for about 25 miles

Ride Type: Urban - follow the leader

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

Lowlights: Join us for a Mean Streets extended trip! In the spirit of this series of urban exploration rides, we'll cycle the streets, alleys, bike paths and whatever else we find in Providence. We'll also seek out the city's institutions of culture with a probable stop at the art gallery on the Brown campus (RISD museum is optional post-ride activity). If you've never been to Providence before, it may surprise you with its range of attractions. Bring a bike lock; U-type strongly recommended. Lunch will be at a restaurant in Providence or bring your own if you wish. Ride will end 2-3 PM.

Start: Roger Williams National Memorial, 282 North Main Street in Providence

Directions: use Mapquest or contact leader

The Two State Tango

Saturday - April 26

Times and Routes: 10:00 AM for 25 and 50 miles

Ride Type: Map and Cue Sheet

Leaders: Gregory Lee (gregory.p.lee@verizon

.net or 508-643-4134)

Description: Starting in North Attleborough, both rides go northwest, tangoing over the Massachusetts-Rhode Island border, going through Plainville, Wrentham, and Franklin, Mass. as well as Cumberland, Rhode Island. The longer route cuts off further North through Bellingham, into Mendon and past the Southwick Petting Zoo, before re-joining the short route in Franklin. Moderate hills, quiet and rural roads. There are no formal lunch stops, but several possible stops will be noted in the cue sheets.

Start: Knights of Columbus, N. Attleborough (corner of Smith Street and Landry Avenue).

Directions: Rt. 95 to Rt. 495 North. Take the exit for Rte. 1 South. Follow Rt. 1 south about 3.9 miles 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 0.3 miles on the left, set back from the road, across from Reinbold Insurance. Please park parallel to Landry Ave.

Ride Around the Block

Saturday - April 26

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

Ride Type: Map only

Leaders: Walter Ronten (978-663-2132)

Highlights: Easy beginner ride around Block Island, RI with plenty of time for sight seeing. Sights include two lighthouses, conservation areas, and seashore vistas. The island has wonderful period architecture, very little auto traffic and few tourist crowds this time of year. Picnic lunch on the shore and optional dinner in town of Galilee that evening. Terrain is mostly flat but with enough hills to be interesting to a beginner. There are also numerous mountain bike trails. Lighthouses and other sites accessible by foot only, so bring a pair of walking shoes. Few stores and water points. Bike rentals are available on the island. Heavy rain cancels. Call leader Friday night if the weather looks chancy.

Start: Point Judith State Pier in Galilee, RI. Leader will be carrying balloons.

Directions: From the Boston area, take I-95 south through Providence (17 miles). South of Providence, take exit 9 onto State Route 4 (45 miles) Bear right onto US 1 for 10 miles. Turn onto State Route 108 for 6 miles. Turn right onto local road at signs for Point Judith and Block Island Ferry (just past Fisherman's Memorial Park). Ferry rates are \$13.50 round trip and \$4.50 surcharge for bike. All day parking across from pier \$5.00-\$10.00.

Tour de Carlisle "BTB" Before the Bugs

Sunday - April 27

Times and Routes: 10:00 for about 50 miles of rolling countryside with a few good climbs (60 mile option available); 11:00 for 30 miles, mostly rolling.

Ride Type: Arrowed (white chevron)

Leaders: Jim McGarry and Lyn Pohl - 978-369-4690.

Highlights: The long ride includes a climb to a radio telescope (great views) and back roads in Westford, Groton and Dunstable. The short ride highlights Carlisle's scenic back roads. There is a swimming option on the long ride, as well as an extra loop into New Hampshire. This will be an excellent pre-Spring Century training ride. **Party Alert:** There is no lunch stop on the ride because of the after ride party at Jim and Lyn's house. After the party there's always ice cream at Great Brook Farm. As on all CRW rides, we strongly request you wear a helmet.

Start: Hart Barn, Ski Touring Center at Great Brook Farm State Park in Carlisle.

Directions: Take I 28 to exit 31B to Rts 4/225 West (Bedford). Stay on 225 for 7.1 miles to the traffic circle in Carlisle center. Turn right onto Lowell Rd (follow sign marked Chelmsford 5) for 1.8 miles. Stay straight at the sign for the park, continue about 100 yards to Hart Barn (Ski Touring Center) parking lot on the right.

Notes: The ride will begin from the Hart Barn, not the pond at the farm. Also, this is a gravel parking lot, so if mud season is particularly bad or if it's a rainy week, parking may be limited or difficult.

CRW Trips

28th Annual Tour of New England

May 24 - 26, 2003

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA, then it goes through RI and CT, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover, NH. On the third day we return to MA via ME and the seacoast of NH.

There is one official starting point for the ride Lincoln, MA. Many of the veteran riders start at their own houses and meet us on the route.

On the first day most of those riding stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Spofford NH fire department runs an all you can eat breakfast for \$5. Spofford is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. The motel has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA and stop for lunch in Georgetown, MA. Upon finishing there will be a pizza party in Lincoln.

The cost of the ride is \$99. Please make checks out to the CRW. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a

detailed cue sheet and a party at the end of the ride. This is a hard Tour at 100+ miles each day. There is bag transport but no sag. Be prepared!

If interested, please contact Walter Page at (781) 259-8598 or email him at whpage@compuserve.com and put TONE 2003 in the subject line.

MDDM 2003 - 19th Annual Memorial Day Dash to Montreal

May 22-26, 2003

Tour full - check with leader on wait list status
MDDM 2003 - 19th Annual edition of a classic international tour. Thursday night stay at a ski lodge (motel option) near Montpelier, Vermont. Friday morning drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van, and cycle north through the beautiful Lake Champlain Islands. Ride 77 absolutely flat miles to Montreal, where we stay in the downtown Youth Hostel (2-person rooms available). Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride ~75 miles back to the cars on the New York side of the lake, ending with a short ferry ride. NOTE: Although there are no hills, this can be a tough ride due to strong headwinds! \$170 trip fee includes 4 nights lodging, 4 meals, sag support, tour T-shirt and extensive tour literature. This is a Charles River Wheelmen (www.crw.org) trip. For info or to register contact Leader:



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Email: velotrain@peoplepc.com

Tour de COVE - Cyclists Over Vermont & Estrie

July 2-6, 2003

Join us for a July 4th weekend mini-tour in the Northeast Kingdom and the Eastern Townships. Wednesday night we stay in St. Johnsbury, then drive to the Lyndon area in the morning for our tour start. Thursday's ride brings us to the resort town of Magog in Quebec, where our hotel is just steps away from the bike path and beach on Lake Memphremagog. Friday we cycle - including an optional climb over Jay Peak - to the wonderful Black Lantern Inn in Montgomery, Vermont, where we will spend two nights (some great rooms for couples). Saturday offers day rides from the Inn, with an 81-mile option reaching Lake Champlain. Sunday's route takes us back to the start, with an opportunity to visit the Bread and Puppet Museum in Glover. Daily averages are 55-65 miles. The tour fee of \$435 includes four nights lodging, four breakfasts, three lunches, two happy hours, two excellent dinners, maps and cue sheets, and sag support. This is a Charles River Wheelmen (www.crw.org) trip. For info or to register contact Leader:

Charles Hansen
H: (617) 734-0720
W: (617) 572-0277
Email: velotrain@peoplepc.com

Other Trips

AYH "Cape in a Day (Plus One)"

Sat-Sun, Jun 28-29

Join HI-AYH on their annual fundraiser bicycle ride from Boston to Eastham (100 miles) or Truro (120 miles) on Saturday. Tour Provincetown or relax on nearby beaches on Sunday, and take the ferry back to Boston late Sunday afternoon. Cost of \$135 is tax deductible and includes four meals, lots of snacks, hostel lodging, return ferry, and sag wagon support. For more information, visit our website at

http://www.usahostels.org/activities_capeday.shtml, send a SASE to Hostelling International/PO BOX 996/Intervale, NH 03845 or email James at jtou2002@yahoo.com

Mean Streets - Continued from page 3

We Cover the Waterfront is an October ride that starts at Castle Island in South Boston and proceeds to Logan Airport and return, following the waterline as much as possible and including many piers for harbor views. I always like seeing areas that we rode in earlier (or will later on) from different perspectives throughout the day.

Major Taylor Recognized for Sportsmanship

Marshall W. "Major" Taylor, the 1899 world bicycling champion also known as "the Worcester Whirlwind," has been named a 2003 Sports Ethics Fellow by the Institute of International Sport (www.international-sport.com). The posthumous recognition comes as part of the 13th annual National Sportsmanship Day on March 4, 2003.

As a black man who had to fight Jim Crow prejudices just to get on the starting line, Major Taylor faced closed doors and open hostility throughout his bicycle racing career. He persevered with dignity to become "The Fastest Bicycle Rider in the World," as he titled his autobiography, and the second black world champion in any sport. The Major Taylor Association plans to put up a statue of him at the Worcester Public Library.

The first Tuesday of March each year, thousands of schools across the United States participate in National Sportsmanship Day, which promotes appreciation of the critical role of ethics, honesty, peaceful conflict resolution and fair play in athletics and society. School programs for the day include "The No Swear Zone," essay and poster contests, student roundtables, and coaches' forums. Sports Ethics Fellows are chosen from various academic and athletic fields for exemplifying ethics and sportsmanship in their professional and personal endeavors.

Besides Major Taylor, this year's Sports Eth-

Major Taylor - Continued on page 10



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If you like the idea of a custom group bicycle tour but think that it might involve too much expense and trouble, then think again! At a fraction of what you would pay for a scheduled tour with most companies, we will design a tour around your group's particular requirements. You can specify your daily mileage range, degree of challenge, level of support, preferred accommodation and the meals you want included in the package. Just arrange to get your group to Dublin Airport, and the Iron Donkey will take over from there!

Spring Century



CRW Spring Century North To New Hampshire Sunday May 18, 2003

Event held Rain or Shine or SNOW

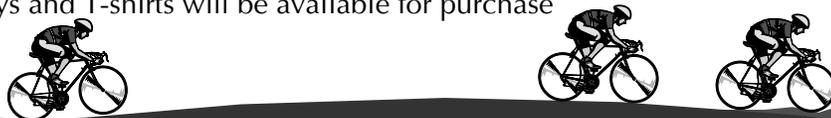
Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

START - Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.
Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1½ miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is ¼ mile on the left.
Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

TIMES - 7:30 - 100 miles *Full Century*
 9:30 - 62 & 50 miles *Metric & Half Century*
 10:30 - 25 miles *Quarter Century*
Please arrive at least ½ hour prior to the start for a mandatory pre-ride meeting. All riders are required to register and sign our liability waiver.

COST - Pre-registration: CRW members - **\$8.00** Non members - **\$10.00**
Refunds available until May 12, 2003
 Day of the event: CRW members - **\$12.00** Non members - **\$15.00**

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



PRE-REGISTRATION FORM

This form must be received by May 12, 2003

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

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50 25

CRW Member - \$8.00 Non Member - \$10.00

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

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



Total Enclosed



Little Jack's Corner - by Jack Donohue



I've gotten very attached to a vest I use commuting. It's really a Bill Rodger's runner's vest that I got on sale a long time ago (round about

1987), but I don't mind cross dressing if the price is right. It is actually very good for cycling, keeps the wind off, and with a couple of layers underneath keeps me warm in all but the coldest weather. I've always been a vest person, since it lets the armpits air out without building up too much heat. I got many years of service out of said vest, but then it started to deteriorate. The first nail in the coffin was when the zipper pull fell off. This was easily solved by substituting a large size paper clip for the former pull, and several more happy years of wear ensued. Then things got more serious when the zipper itself started to deteriorate.

It got harder and harder to zip up, until finally, it wouldn't stay zipped at all. So, I heaved a deep sigh, and figured this was the end of the vest. But then I got the bright idea that its life could be extended by replacing the zipper. I had some strips of velcro laying about from some sewing projects long gone by, and this seemed to be a good use for them. So the mark II version of the vest appeared with velcro down the front. This was only moderately successful, the velcro did indeed provide some sort of closure for the vest, but it was pretty hard to get it hooked up uniformly and it tended to get caught in the fabric. Also bad things happened to it when it went into the washing machine (yes, I do wash my cycling gear periodically, whether it needs it or not). So I gave up on the vest again, and started using another one I got for Christmas.

But I still liked my old vest better. I decided that maybe I should replace the velcro with a proper zipper, and as it turned out, I had recycled an old suitcase, but saved the zip-

pers, since I thought they might be useful sometime. And, indeed they were, since I had a vest sans zipper, and one of them was just about exactly the right length. So I fired up the sewing machine and started on the mark III version. It wasn't quite perfect, since a vest zipper has a little tab at the bottom to allow inserting the other side into the pull, whereas my luggage zipper just had a raw edge, but after a while I got the technique down of zipping the thing up. The other problem is that it has a tendency to unravel at the bottom without the tab, but as long as I don't put on too much weight in my beer belly, I should be all right. The fatal flaw with this was that it also had a tendency to get stuck, so that I practically needed the jaws of life to get out of it. So, I finally caved, and started using the real vest. But on one of those really cold days this winter, I got the great idea of wearing it backwards under my real vest as yet another layer (I did a pretty good Michelin man imitation on those days). So, it lives again.

Major Taylor - Continued from page 8

ics Fellows include bicyclist Lance Armstrong, four-time winner of the Tour de France; wheelchair racer Jean Driscoll, eight-time winner of the women's wheelchair division of the Boston Marathon; track and field star Marion Jones, three-time Olympic gold medalist and five-time world champion; Michael Josephson, founder of the Joseph and Edna Josephson Institute of Ethics; East Greenwich, RI, fourth-grade teacher Mary Wright, founder of the "Go FOURTH" program promoting respect in the classroom; and several others. Profiles of the Sports Ethics Fellows can be found at <http://www.internationalsport.com/nsd/nsd.cfm>, along with a link for a free downloadable Major Taylor curriculum guide from the Major Taylor Association.

Upcoming events to honor Major Taylor include an African-American history lecture, April 27 in Cambridge, Mass.; the Ride to Remember, June 21 in Matteson, Ill.; the George Street Bike Challenge for Major Taylor, July 20 in Worcester, Mass.; and the Major Taylor Century, Sept. 28 in Rutland, Mass. Details are at www.majortaylorassociation.org/events.htm.

LETTERS TO THE EDITOR

Re: LAB Elections

I'm urging CRW members of the League of American Bicyclists to vote in the current LAB Board of Directors election. We have fellow CRW member John Allen running for LAB Regional Director. John is a very experienced cyclist and a tireless advocate of cycling. He has written numerous articles for many cycling magazines and has written legal briefs for cycling legislation. John would be a great representative for New England.

Your ballot is on page 7 of the LAB 2003 almanac (it can be photocopied). It must be postmarked by April 15.

Eric Ferioli

Annual Memorial Day Bike Weekend In Southern Vermont

Friday, May 23 to Monday, May 26

Enjoy the Green Mountain scenery, quaint Vermont villages, and interesting General Stores. Mapped loops are between 23 and 78 miles. Rides are hilly. Lodging at the Blue Gentian Lodge in Londonderry. Rooms with private baths are single, double or triple occupancy. Amenities include a common gathering room, game room, hot tub and heated swimming pool. The weekend package includes 3 nights lodging (Friday, Saturday, Sunday), 3 breakfasts (Saturday, Sunday, Monday), and 2 dinners (Saturday, Sunday). Cost: \$192.40 per person (double occupancy). Additional person in room where possible is \$95.92.

Reservations: Call Ken or Lisa at the Blue Gentian at (802) 824-5908. You must tell them you are with the bicycling group. Additional information: Bob and Carol Anderson 401-846-6344.

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February Mileage Totals

1	5	8	0	0
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Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	2163	-	-	2	Lisa Weissmann	285	-	-	-
Emily O'Brien	1454	2	2	-	J.B. Bauk	280	-	-	-
Bruce Ingle	1253	1	-	-	Bill Hanson	270	-	-	-
Jack Donohue	1087	-	-	-	Bill Widnall	232	-	2	-
Don MacFarlane	1083	1	-	-	Lyn Rodger	183	-	-	-
Steve Robbins	934	-	-	-	Don Mitchell	157	-	-	-
Robin Schulman	800	-	-	-	John Allen	133	-	-	-
Melinda Lyon	701	-	-	-	John Goeller	119	-	-	-
Irving Kurki	626	1	-	-	Cynthia Snow	95	-	-	-
Peter Brooks	610	1	-	-	John Loring	85	-	-	-
Joe Repole	596	2	2	-	Bob Sawyer	81	-	-	-
Tod Rodger	591	1	-	-	Jamie King	77	-	-	-
Richard Dweck	504	1	-	-	Dick Arsenaault	54	-	-	-
Nick Linsky	490	-	-	-	John Kane	44	-	-	-
Glenn Ketterle	382	-	-	-	Jeff Luxenberg	35	-	-	-
David Wean	378	-	-	-	Jared Luxenberg	18	-	-	-

From Myles King,

February proved to be as cold as I can remember, even Phil the groundhog looked cold. I just wanted to remind you mileage junkies that to be a part of the "Century Club" your ride must include part of our home state. I may make an exception if your ride is one way from Caribou Maine or in Antarctica.

Arizona Centuries don't count, sorry GG. Looking forward to thirty degrees.

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: Jamie King (jamie_e_king@charter.net or 978-448-0533).

Tag Sale - Continued from page 1

for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount

from the above price, print the amount of the discount with a minus sign in front of it on the same side as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on

a hanger. There will be a rack. There will be an area for bicycles also.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

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,

Here it is April already. Winter hibernation has taken its toll: lycra looms and time is running out. What can I do?

Shelley

Dear Shelley,

Take heart. In the early part of the season, Cassandra has found that one still has occasion to wear tights and additional

layers that provide camouflage while re-entering the biking scene. As the season progresses, toning happens, and you'll find, as Cassandra has, you'll be less reluctant to flash the flesh. Of course if you were of certain male persuasions, none of this would concern you and you would proudly display the beer belly so carefully crafted over the winter.

Dear Cassandra,

What is the minimum set of tools I need for a day ride?

Bob

Dear Bob,

The selection of tools may be an extension of one's personal lifestyle, and Cassandra has certainly seen the extremes on Sunday rides.

At one end of the spectrum, anything beyond a single banana and water bottle is considered seriously overloaded. Cassandra suspects that a major part of the overall experience of this style is the challenge of flagging down spare parts in the case of a flat.

At the other end, some riders haul the equipment necessary to replace any and all moving parts on the bicycle. In one case, Cassandra met a rider who carried an entire triage kit on a tour.

Cassandra believes in moderation in all things. The tools to bring on a day trip should include those necessary to fix a flat, a broken chain, and perhaps tend to other simple adjustments. Of course, by not bringing the appropriate tools, a flat tire can be worked into a social engagement with the right mindset.

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- 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
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- Harris Cyclery**
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- Harvard Square Bicycles**
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66 Needham St., Newton (617) 527-0967
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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
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860 Commonwealth Ave, Boston (617) 731-6100
400 Franklin St., Braintree (781) 848-3733
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Charles River Wheelmen
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In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

- 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 if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
- 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;
- herby 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.

I would like to receive my monthly issue of WheelPeople as:

PAPER via Postal Service ELECTRONIC via email

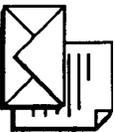
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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:

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



Renewal or Change of Address?

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