


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVII, Number 5 · May, 2003

Century Volunteers Needed

We're looking for a few good (wo)men to help with the Spring Century. On the day of the century, we need volunteers to help with the registration tables, cleanup after the event, and to staff the water stops. Registration usually involves a shift of several hours, so volunteers can help in the morning and do one of the shorter rides in the PM or vice

versa. Water stop people have similar shifts, and their tour of duty can be cleverly combined with riding: the water stop tag team, for example, where rider A rides to water stop 1, relieving rider B, who then rides to water stop 2, and so forth. Volunteers are also needed with the food. This chore involves picking up one of the food groups

(bagels, fruit, etc) and delivering it to the century the morning of. These volunteers can then do any of the rides with a clear conscience, knowing they have helped the club put on this magnificent event. If you'd like to volunteer for one of these tasks, call or email Melinda Lyon, 978-887-5755, melindalyon@juno.com

Arrowing Party for Spring Century

Come and join our annual blitzkrieg on arrowing! This is a fun day to get all the arrowing done for the spring century. We will arrow from our bikes with all loops leaving from leader's house. Afterwards there will be a complimentary dinner as a reward for your hard work. If you have never arrowed before this is a good chance to try it as part of a group. There are 3 loops that need to be done so you can pick your riding distance. The 35 mile loop covers the southern section including Wakefield. The 45 mile loop covers the central part of the ride and the 65 mile loop covers Southern NH. The date of this is Saturday May 10 with a rain/wet roads date of Sunday, May 11. All rides start at 11AM and paint is provided.

To sign up and get directions please contact: Melinda Lyon, 978-887-5755
melindalyon@juno.com

Bike Tag Sale at the Spring Century

See the April newsletter or the web site for details.

Climb to the Clouds Needs Help

Over the years, Climb to the Clouds has grown from a very popular weekend ride to our biggest century ride on the calendar. Unfortunately, the volunteer staff for this event hasn't grown as has that for the Spring and Fall Centuries. So we're recruiting Team CTTC, a new bunch of volunteers to help with the registration and water stops on this ride. Registration people can actually do the ride, although later than the main group, and even water stop people can be creative and figure out ways to get some riding in as well as helping the club. We're starting early to round up the crew, so, if you'll be here the day of the event (Sunday, July 13) and can spare a few hours to help out, contact Susan Grieb (781-275-3991 before 9pm, slgrieb@attbi.com).

Publicity Coordinator Needed

After filling this post for more than four years, Steve Kolek finds he no longer has the time to devote to this, and is stepping

down. So we are looking for a replacement. What the job entails is coordinating with the media (the Boston Globe and Metrowest) to get our rides and weekend trips listed in their publications. It shouldn't entail a lot of time once contacts are set up, and it is an important avenue for spreading the word about CRW to the public. To volunteer for this position, or to discuss it in greater detail, contact Bill Widnall (781-862-2846, BillWidnall@attglobal.net).

Attention Bike Shop Reps

I am trying to put together an up to date and accurate list of the bike shops which are currently represented by CRW members. So if you are a rep, could you please contact me (e mail preferred) and let me know which shops you represent, along with a valid mailing address. Huge thanks in advance for this!

Suzi Melotti, Bike Shop Coordinator
smelotti@hotmail.com
617-247-3405

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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

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

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Vice President of Publications	Ken Hablow	781-647-0233
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Bike Shop Program	Suzi Melotti	617-247-3405
Volunteer Committee Chair	OPEN	
Social Committee Chair	OPEN	

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

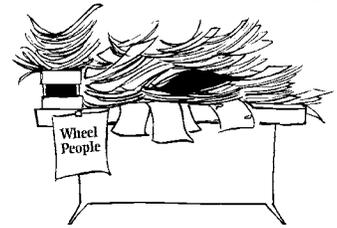
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Editorial Policy



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.

Advertising Rates

Half Page	\$80.00	Third Page	\$55.00
Quarter Page	\$42.50	Eighth Page	\$24.00
For more information please contact Marty Weinstock at 617-491-6523			

CRW Board Meeting

April 1, 2003

In Attendance: Bill Widnall, Barry Nelson, Marty Weinstock, Don Blake, Jack Donohue, Connie Farb, Rita Long, Tod Rodger.

MEMBERSHIP: (Barry Nelson for Linda Nelson)

Current Memberships: 987

Current Members: 1179

Renewals: 39

New: 16

Expired: 28

Treasurer's Report (Don)

Our current total balance in the club bank account is \$24,513.13, broken down as follows:

\$10,602.57 - checking account

\$3871.23 - savings/donations account

\$10,039.33 - savings certificate

The quarterly financial update will be presented at next month's meeting.

Rides Committee (Connie)

The rides calendar is in good shape with May and June both totally full now. There are some open dates in July and beyond but we don't expect much trouble filling those.

The ride leader workshop went well but we were disappointed that about 1/3 of the people who RSVP'd didn't show up. The Rides Committee will be following up with all new leaders and potential new leaders who didn't make the workshop.

We have ordered socks with the CRW logo as this year's ride leader award.

Originally we ordered the minimum amount, ten dozen, but we decided to order another two dozen so that we could split the order

into two different colors. The Rides Committee will determine eligibility for the award, when to distribute them and what to do with any extras.

A club member suggested running a birthday ride every year on the weekend near the club's anniversary. This would go along or near the original route from Cambridge out to Ashland State Park. The member said he would like to anonymously fund a picnic at the park each year. It would be nice to do something like this but we would need a volunteer leader to run the ride.

New Volunteers

Bill announced that Ted Hamann, a member active in local bicycle advocacy, has taken over as the Government Relations Coordinator. Susan Grieb has volunteered to be the co-organizer for Climb to the Clouds. This century has been understaffed in previous years and Susan will help to find more volunteers for it. The club currently has two vacant positions in need of volunteers to fill them, Publicity Coordinator and Volunteers Chair.

Climb to the Clouds

The cost of the Climb to the Clouds (CTTC) century was discussed. This century has been priced below the Spring and Fall century. Costs for the ride have gone up, mainly due to increased port-a-john costs. A motion was brought to raise the cost of the ride from \$5 to \$10. The motion passed.

Advertising

Marty Weinstock presented an overview of our advertising rates for Wheelpeople and

a proposal to raise the rates, which have been the same for the last eight years. A motion to raise the rates from 20-23% (based on ad size) was presented and passed. A discussion of advertising on the web site followed. Don Blake said that most of our web site advertisers were paid up. A motion was raised and passed to raise the cost of advertising on the web site from its current price of \$50/year to \$100/year. The board also agreed that it would make billing simpler to have all advertisers billed by calendar year (once every January). Current advertisers will have the old rates in effect until then.

Merchandise

Connie presented a proposal for club jackets on behalf of Ken Hablow who had brought the idea up via email. Ken found a vendor who can make high quality Fall/Winter jackets for a good price. The jackets are made of lycra and windstopper. Ken suggested we get advance orders and only purchase the number of jackets pre-ordered. Several board members didn't like the jacket's black back, preferring bright colors since they are more visible on the road. It was decided that Bill will ask Ken whether the jackets could be made with a color besides black in the back.

Topics for next Board Meeting

Ted Hamann - Government relations report
Quarterly Financial report

The meeting was adjourned at 9:13 PM.

The next Board Meeting will be held on Tuesday May 6th at 7:30at the United Church of Christ, Lexington.

Respectfully submitted,
Connie Farb
Board Member



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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.

Leaders: Different leader each week, to become a leader contact Dick Arsenault [RFArsen@aol.com]

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, call or e-mail the ride coordinator Dick Arsenault [RFArsen@aol.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

Times: 6:30PM May-August; 6:00PM September

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln and additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at Mark's Sandwich Shop, and some like to go across the street to the local ice cream shop on Washington St (Rt 16) and have a scoop or two.

Routes: Arrowed rides of 18 and 28 miles

Leaders: Gabor Demjen, 617-266-8114(W), 781-237-0602(H); Eric Evans [Eric.Evans@morganstanley.com] 617-478-6559(W), 617-901-3958(H)

Start: PLEASE NOTE NEW START LOCA-

TION (ride no longer starts at River Street/Wellesley Municipal Parking lot) Schofield School - 27 Cedar Street in Wellesley.

Directions: From 128 North or South, Take Rt 9 approximately 3/10 mi. west and turn right onto Cedar Street (just after Mobil gas Station). 27 Cedar St is about 3/10 of a mile on left. Park in the first lot on right. The Schofield School is only a 4/10 of mile away from last year's start location. You can also get to the start by taking Route 16 West from 128 and turning left onto river street (right before the Sunoco gas station). At the flashing red light at the top of River Street, cross over onto Cedar Street and 27 Cedar will be 1/10 of a mile on the right.

Note: We prefer to make a ride time decision regarding rain. If it's not raining at the start of the ride, we will generally give it a go. If there is steady rain at the start, we will cancel. Most of the ride is shaded and usually feels 10 degrees cooler when you're only a few minutes away from the start - ideal for those hot summer nights.

Wednesday Fitness and Masters Ride**

Times: 6:00 PM Sharp!

Description: This Fitness Ride offers you the opportunity to ride with others in a pacerline format. 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!

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

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

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

Start: LG Hanscom - General Aviation Airport.

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

Friday TGIF Unwinder

Times: 6:30 PM Will change to a 6:00 pm start time beginning August 29.

Description: A club ride that provides something for all tastes. There is usually a fast group riding pacerline while others tour at their own speed. The ride winds through the back roads of Concord, Carlisle, Acton and Chelmsford and is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week and there is always an eclectic group going out for dinner after the ride. Ice cream is optional.

Routes: 18, 22 and 27 mile rides. Fully arrowed, cue sheet and map.

Leaders: Ed Glick [ed.glick@verizon.net] (978-250-1883) Daniel Rabinkin [rabinkin@ll.mit.edu] (781-275-2391)

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, turn left on Mudge Way. The library is on the right and the parking lot is behind the library.

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: South Ride: May 3, 17 and 31

North Ride: May 10 and 24

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 focus is on group riding, safety, cycling technique and fun. The rides average 10 to 12 miles per hour and 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: The South Ride is an essentially flat, 19-mile loop through Needham and Dover. The North Ride is a 20 mile loop through

Reading, Wilmington, No. Reading, and Lynnfield with varying terrain.

Leaders: South Ride: 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

North Ride: Jim Sullivan [jilesullivan

@aol.com] 781-245-1772

Please feel free to contact leaders with questions.

Start: South Ride: Nahanton Park on the Newton/Needham line

North Ride: REI Reading

Directions: South Ride: 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.

North Ride: Take Route 128 to Exit 40. Go around rotary to Route 129 West (Salem ST). REI parking lot is the third left. Please park away from the shops.

Sunday Morning Fitness Ride - South Shore Coastal Loop**

Times: 7:00AM

Description: Are you looking for a ride with shady, quiet roads, beautiful scenery and coastline stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. The 37 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 50 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Ideal for fast and moderate riders with pacyline 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 [carlhowe@hotmail.com] (781-837-9777) Jim Hill [jhill@cs.umb.edu] (617-827-2046)

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 pacyline riding techniques.

Tasting and Cycling France Along its Rivers (Part I)

by Arthur J. Weitzman

Between Paris and the Mediterranean flow two immense rivers, the Loire and the Rhone. Most travelers seeking the sun-drenched coast of Provence or the Côte d'Azur barely notice these waterways while peering out of the windows of the bullet trains heading south. My wife and I, two experienced cyclo-tourists, decided this past summer to take the slow route on two wheels with our legs as engines pulling us to what Keats called "a beaker of warmth south."

Starting out one fine June morning from Orly Airport-- after six hours in a 747-- we headed south on the first leg of the journey negotiating Paris' suburbs. By the next day, the wheels of our Cannondale tourers rolled through a landscape of meadows, cows and uncrowded rural lanes. Jet lag was a problem initially but by traveling leisurely and going to bed early, our body clocks soon adjusted to the new time zone and rhythms of backwoods France. June is probably the best month to capture France at school and work. Daylight lasts until 10 PM, and few people are vacationing leaving the roads and hotels relatively unclogged.

The first two nights we spent in roadside inns, like the charming Le Clé d'Or (golden

Tasting & Cycling France - Continued on page 10

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May 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 Cape Cod Ride

Saturday - May 3

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

Ride Type: Cue sheet

Leaders: Ed Foster (508-420-7245)

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

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

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

West of Harvard

Sunday - May 4

Times and Routes: 9:30 for 50 and 10:00 for 35 miles

Ride Type: arrowed with cue sheet

Leaders: Patrick Ward 781-646-9196, PGWard@aol.com and Rita Long, 781-899-9177, RitaLong@attbi.com

Highlights: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop by Ken Hallow that includes Lancaster.

Start: Hologic/XRE parking lot, Taylor Road, Littleton.

Directions: Take Route 2 West to Exit 39, 1/4 miles west of the I-495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into XRE lot. Go around to the back of the building and park near Taylor Road.

Mean Streets, East Cambridge

Thursday - May 8

Times and Routes: 6:30 P.M. for about 10 diverse miles.

Ride Type: Urban Evening ATB - follow the leader

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

Lowlights: Explore retro-grunge industrial sub-culture, including the new MBTA engine terminal, Lechmere area, Kendall + Tech Squares, and the MIT campus. Lots of dirt, gravel, glass, steps, ramps and other choice terrain.

Start: Boston - Copley Square Park, Boylston Street between Clarendon and Dartmouth.

Directions: Mass Pike or Storrow Drive to Copley Square exit, parking chancey, call for details.

West Podunk

Saturday - May 10

Times and Routes: 9:30 for 56 miles; 10:00 for 38 miles

Ride Type: Arrowed

Leaders: Steve Hoffenberg 781-259-4369 stevehof@bellatlantic.net

Highlights: A scenic but hilly route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Leominster, Sterling, Lancaster, Bolton, and lunch stop in Harvard. Long ride adds nice loop in Townsend and Lunenburg. For extra credit after the ride, bring along

your inline skates and explore the new Nashua River Rail Trail.

Start: Nashua River Rail Trail Parking Lot, Groton St., Ayer

Directions: Rt. 2 West, 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after NAPA auto parts store. Parking lot is immediately on the right, before the bike path.

Historic Duxbury

Saturday - May 10

Times and Routes: 10:00 start for a 23 mile 4 to 5 hour guided historic tour. Rain cancels. In case of doubt, call the ride leader between 7:00 and 8:00 am.

Ride Type: Follow-the-leader, intermediate pace, frequent stops at points of interest, some short off-road segments. Hybrid or wider tires recommended, but skinny tires OK. Map and cue sheet also available.

Leaders: Bill Widnall 781-862-2846, BillWidnall@attglobal.net

Highlights: An exploration of beautiful and historic Duxbury. Duxbury was settled starting in 1627 by members of the original Plymouth Colony including Mayflower passengers Miles Standish, John Alden and his wife Priscilla Mullens, and Elder William Brewster. We will visit the sites of their original homesteads. Later in the Age of Sail from after the War for Independence to the middle of the 1800's many Duxbury families prospered building and owning ships, which traded around the world. We will pass many of the lovely homes built by these ship builders, sea captains, and merchants. Dress warmer than usual for a club ride, otherwise you might get chilled at the many stops. Please bring your own lunch and munch during the stops.

Start: Duxbury Town Hall

Directions: Take Rt. 3 south to Exit 11 and turn onto Rt. 14 east to Duxbury. After about 2 miles, at a traffic light, turn right onto Rt. 3A south. After about 1 mile, the Duxbury Town Hall and the First Parish Church will be on the right. Park beside the Town Hall or behind the First Parish Church.

Apple Hill Ride, on Mother's Day Sunday - May 11

Times and Routes: 9:30 for 50 plus miles;
10:00 AM for 38 miles.

Ride Type: Arrowed w/map and cue sheet

Leaders: Peter Brooks 617-926-5735,
p.brooks@rcn.com

Description: Ride from Concord to Harvard green for lunch on pleasant, challenging back roads. We will ride through Lincoln, Sudbury, Stow, Hudson, Boxborough, Harvard, Littleton, Westford, Carlisle, Acton, and Concord. There are few good food opportunities on the ride. The Harvard General Store will close at 1:00 PM and has snack food. Water is available.

Start: Concord Carlisle Regional High School

Directions: Rt 2 west to Concord, right at stoplights to RT 126 Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile.

Through it Runs a River Saturday - May 17

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

Ride Type: Cue Sheet

Leaders: Ted Hamann 617-576-0475,
thamann@attbi.com

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

Start: Mall in Lincoln center

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

Spring Century See page 9 Sunday - May 18

Purgatory Chasm Revisited

Saturday - May 24

Times and Routes: 10 AM for approximately 41 or 58 hilly miles

Ride Type: Cue sheet

Leaders: Tom Hawkins & Diane Meuser
(617-730-9674)

Highlights: This ride (first done last fall) is mostly on scenic, lightly trafficked roads between Hopkinton and Sutton. Both options are hilly, but the steepest hills are on the 58-mile ride. There are several lunch options, including an indoor/outdoor place to buy and eat good food. The route can be traced on the Central Mass. Bikemap; bring along a copy if you can.

Start: Parking lot, Community Covenant Church, Hopkinton

Directions: The Church is located just off Route 495 at exit 21 (Hopkinton-Upton Rd.) Take exit 21B (towards Upton). After exiting you quickly come to a traffic light. Turn right and then make a right turn into the church parking lot.

Scenic South Coastal Route

Sunday - May 25

Times and Routes: Longer ride (50 miles) leaves at 9:30; shorter ride (38 miles) leaves at 9:45.

Ride Type: Arrowed. Arrow is a white inverted "T"

Leader(s): Dan Walsh, (781) 749-4019,
nanodano@att.net

Highlights: Both rides will traverse the back roads of Hingham to access a scenic coastal route through Hull, Cohasset and Scituate. Along the coast, you will see the beautiful homes of Jerusalem Road, quaint Cohasset Harbor and the active waterfront in downtown Scituate. The 49 mile loop extends the route to the tip of the Hull peninsula, with views of the Boston skyline. The ride consists of mostly flat terrain along the coast, with rolling hills on the inland portion of the route.

Start: Rockland Park'n Ride lot

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.

Another Side of Carlisle

Saturday - May 31

Times and Routes: 9:30 for 63 and 42 miles,
10:00 for 27 miles

Ride Type: Arrowed

Leaders: Ron Pawlowski 617.780.7931,
Kelly O'Connell 781.395.1485

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: Brigham's, 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 Arlington 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 Brigham's is on the left down the hill.

Framingham to Hopedale Hills

Sunday - June 1

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

Ride Type: Arrowed with Map

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

Highlights: Scenic, little-used roads through Hopkinton, Upton, and Hopedale. Few places to buy food. Party at Leader's house after ride.

Start: George P. King School & Framingham Public Schools (sign) Administrative building, 454 Water St. (by Joyce Lundberg Dr.), Framingham.

Directions: Mass Pike to exit 13 (rte. 30) towards NATICK/FRAMINGHAM. After tolls, bear left to Natick and go 0.2 miles. Turn left at lights onto Speen St. and go 0.5 miles to end. Turn right onto Old Connecticut Path and continue 0.5 miles. Turn left onto Hamilton (tricky!). Go 0.1 mile to the end and turn left at stop sign onto School St. Go 0.05 miles and turn Right at the fork onto Concord. Go 0.3 miles and turn left onto Central (Saxonville) by light. Go about 20 yards and turn right onto Water St. by the light. Go 1 mile and turn left into school lot.

WELCOME NEW MEMBERS

Ann Bergin	Belmont
Diane Curry	Watertown
Lawrence Delaney	Bolton
John Douglas	Watertown
Ken Fallon, Lynne Fallon	Chelmsford
David Harris	Hingham
Michael Hilliard, Anne Hilliard	Methuen
Weber Hoen	Arlington
Karen and Josh Kinsley	Arlington
Mark Lorence	Needham
Rory O'Connor, Claire Muhm	Cambridge
Neal Piggott	Cumberland, RI
Ned Rothstein	Medfield
Peter Smialek	North Quincy
Thomas Soja, Nancy Soja	Brookline
Becky Troop, David Troop	Cochranville, PA

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.

BOVINE LITE

July 3-6, 2003

Enjoy three days of classic Vermont cycling, staying in one of my favorite hotels and towns in Vermont -- the Capitol Plaza in downtown Montpelier.

Choice of about 30-60 miles each day, varying from flat to hilly. Most of the rides will start from our hotel, but we'll offer some rides starting outside of Montpelier. Options include the (in)famous Appalachian Gap. Lots of good restaurants in town, plus the holiday fireworks. Trip fee of \$210 includes 3 nights lodging double occupancy, lunch each day, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.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. Contact for info or to register. Leader:

Charles Hansen

H: (617) 734-0720 W: (617) 572-0277

Email: velotrain@peoplepc.com

Velo Vermont

July 18-20, 2003

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont. We'll be staying at an inn in Warren, Vermont with swimming pool and hot tub. Accommodations are two person units, with bedroom, living area, kitchenette and balcony.

Saturday and Sunday riders will choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical



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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!

feet, and four mountain passes, to a leisurely ride to Ben and Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$115 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone. Call after that for last minute availability. Make checks out to CHARLES RIVER WHEELMEN, and send a SASE or email address to:

Velo Vermont
c/o Jack Donohue
26 Fox Run Road
Bedford, MA 01730-1104

We will send out a poop sheet with information a week before the trip. For information

email or call:

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

SoBroNew Redux?

SoBroNew (South Brookline & Newton) is an evening ride I led a few years ago starting at Cleveland Circle. Part of the intent was to provide an evening ride for those without cars or living in or near Boston who didn't want to drive to a ride on weeknights. We never had large numbers of riders, but there was a reliable core that came most weeks. Given the closeness to the city of the starting point, much of the ride was on fairly quiet streets.

However, traffic density in some areas made it difficult to maintain arrows and keeping

them visible became a major chore. Distances are about 15 or 20 miles with numerous options for customization. I'm considering doing this as a map and cue sheet ride on Tuesday evenings at 6:30 from June to August. I might arrow once at the start but not maintain them as riders learn the route. The ride will happen ONLY if there is sufficient interest - check June Wheelpeople or CRW site in late May. If interested in doing this ride, contact Charles Hansen at (617) 572-0277 (days) or velotrain@peoplepc.com.



The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 18, 2003

Event held Rain or Shine

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 1 1/2 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 1/4 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*

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

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

Refunds available until may 12, 2003

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



PRE-REGISTRATION FORM

This form must be received by 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

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

Other Trips

32nd Annual Tour of Scenic Rural Vermont (TOSRV-East)

Friday-Sunday, June 13-14-15, 2003

This classic Vermont bike tour travels 100 miles from the HI-AYH hostel in White River Junction, VT to Rochester, VT on Sat. and returns via a different 100 mile route on Sun. (some shorter options may be available). The terrain includes several significant climbs on both days; triple cranksets with low gears are recommended, and signed release forms and helmets are required. Highlights along the way include the nearby Queechee Hot Air Balloon Festival, and the tour is famous for its quiet, scenic country roads, passing by classic Vermont towns, farms, and eateries.

Cost of \$95 covers Fri. night at the hostel, Sat. B&B. Sat. dinner and Sun. breakfast, maps, cue sheets, sag van and baggage service. Showers and changing rooms available at the hostel at ride's end on Sun.

For info and release form send SASE to: James Merrick
P.O. Box 214
Mount Vernon, ME 04352

or by e-mail at: jmerrick@prexar.com or jimmerrick@tds.net. Return signed release with full payment to same address. For additional info, call the leader at (207)293-3784.

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.

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 jtau2002@yahoo.com

Tandem Bicyclists of New England (T-BONE) Rides

This is a series of rides for tandemists. Most of the rides are club rides that have a tandem team sponsor for the tandem riders. Details on the rides can be obtained from the T-BONE web site:

<http://www.tbones.net/>

A mailing list for impromptu rides, and discussion can be joined from this web site.

Tasting & Cycling France - Continued from page 5

key) in touristy Barbizon famous for its nineteenth-century school of open air painting. But the third night stopover, we found a chambre d'hôte, part of a unique system in France of rural B&Bs, not only serving breakfast with room but often supper as well. While some cyclists prefer camping, lugging along sleeping bags, tents, cooking equipment, these cyclists (not being young anymore) pack into their pannier just clothes, tools and maps, reducing dramati-

cally the weight of the aluminium machines. Not for us sleeping under the stars. We prefer beds and regional cuisine every evening. Luckily France is a country uniquely set up to supply every cyclist's need.

By noon, we calculated that we would be near the Briare Canal, which eventually crosses the Loire. The guidebook published as "French Country Welcome" indicated an upscale chambre d'hôte at Rogny-des-Sept-Ecluses (Rogny at the seven locks), an engineering marvel of seven canal locks piled

up on one another). Soon a phone booth emerged on the horizon.

"Oui," said Madame Le Maistre, her chambre was "libre." Picture two hot and weary cyclists just itching for a hot tub after 48 miles in a hard saddle rolling up in the late afternoon sun to a farmhouse

covered in ivy. She charged for essentially a two-room suite and very modern bathroom 220 francs (\$45), which included breakfast. Did she serve supper? Yes, very willing was she to include us in the family meal. We didn't expect much, for this was our day for serendipity. After a good hot soak, we sat down with the small family group including the farm hand to a home cooked meal that began with a seafood flan, homebred chicken, salad of greens from the farm, the obligatory cheese course and a dessert of fresh fruits and ice cream served with a fruit coulis (sauce). The wine was a Buzet from Bordeaux. All this for 100 francs (\$17) per person! No one spoke English, so we made do with our college French. We offered many toasts to Madame LeMaistre's superb cooking before turning in for the sleep of the dead.

Breakfast was typically French: croissant and coffee. We were out on the road in brilliant sunlight by 8:30 rested and in shape after three days on the road. Bottom fatigue, the biker's curse, now seemed a thing of the past.

(To be continued next month)

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March Mileage Totals

2	9	3	8	1
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Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	3591	-	-	3	Ken Hablow	368	1	-	-
Bruce Ingle	2361	2	1	1	John LePage	363	-	-	-
Don MacFarlane	1913	-	-	-	Bob Sawyer	352	-	-	-
Jack Donohue	1881	-	-	-	Dick Arsenault	332	-	-	-
Melinda Lyon	1821	1	1	1	Butch Pemstein	285	2	-	-
Steve Robbins	1544	-	-	-	Marc Webb	199	-	-	-
Robin Schulman	1459	-	-	-	Joel Parks	188	-	-	-
Irving Kurki	1450	2	-	-	Cynthia Snow	187	-	-	-
Tod Rodger	1132	2	-	-	Jim Broughton	113	-	-	-
Peter Brooks	1049	2	1	-	John Loring	108	-	-	-
Joe Repole	919	3	3	-	Jamie King	100	-	-	-
David Wean	785	-	-	-	Mark Longwell	99	-	-	-
Bruce Gelin	700	-	-	-	Doug Cohen	81	-	-	-
Nick Linsky	644	-	-	-	John Kane	80	-	-	-
Lincoln Ross	643	1	-	-	Gregory Lee	70	-	-	-
Bill Widnall	625	1	3	-	Harry Wolf	56	-	-	-
Glenn Ketterle	562	-	-	-	Frank Connell	52	-	-	-
Richard Fields	517	-	-	-	Cynthia Zabin	41	-	-	-
Richard Dweck	504	1	-	-	Tracy Ingle	33	-	-	-
Don Mitchell	470	-	-	-	Bob Sawyer	30	-	-	-
Mike Kerrigan	449	1	1	-	Elizabeth DeMarco	24	-	-	-
Bill Hanson	387	-	-	-	Dan Pratt	24	-	-	-
Lisa Weissmann	382	1	-	-	John Springfield	22	-	-	-
Ed Hoffer	370	-	-	-	Elaine Stansfield	16	-	-	-

Well it seems like this snow and ice is never going to go away, last month I was talking about the cold and so far April is acting very normal. Who knew that the April showers would be "snow showers"?

I would like to welcome the six or so new members to the mileage list, keep those miles coming. And a speedy recovery to Richard Dweck who had a wreck, get back soon.

Thank you for posting the mileage to the web site and giving me enough time to put it all together. Have a safe ride, I'm sure the sun will come out one of these months.

Myles King

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).



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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
- 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.**
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860 Commonwealth Ave, Boston (617) 731-6100
400 Franklin St., Braintree (781) 848-3733
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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
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397 Massachusetts Ave, Arlington (781) 641-5776

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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:

- 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.