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# Wheel People

Newsletter of The Charles River Wheelmen

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On the roads of New England since 1966

Volume XXVII, Number 6 • June, 2003

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## Thank You CRW Volunteers (Boston Bicycle Show)

*from Jackie Grocer*

The Boston Bicycle Show was a great success. We were the only bicycle club who had a booth and it seemed to give us great exposure. Many people who came by never heard of us, and some who had heard of us, signed up right at the booth, others who were members came by to say hello and enjoyed looking at our pictures. A very special thank you to the CRW members who took time out of their busy schedules to help out at the booth. They were wonderful at greeting people, answering questions, and promoting our Spring Century.

Thank you Ralph Galen, Craig Pasek, Arthur J. Weitzman, Eric Ferioli, Paul Steckler, Doug Kline, Dan Cretu, Andrew Brand, Ann Callanan, Jay Kaplan.

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## Social Committee Chair Needed

CRW members just want to have fun, and it's the Social Committee's job to make that happen. The chairperson orchestrates all the fun events other than riding that take place over the year, the dinners and slide shows that help us weather the winter months, for example. The job is only bounded by your imagination, and willingness to try out some new ideas. You can contact our former chairperson, Rita Long (781-899-9177, RitaLong@attbi.com) to discuss it in greater detail, or to volunteer for this position contact Bill Widnall (781-862-2846, BillWidnall@attglobal.net).

## Tasting and Cycling France Along its Rivers (Part II)

*by Arthur J. Weitzman*

(continued from previous month)

The next leg brought us along the beautiful Braire Canal, one of France's magnificent waterway system with accompanying road. Every field was rich in planted wheat, corn (maize in France) or rose hips. A few truck farms growing vegetables also became companions as we slowly wound our way to the mighty Loire, which we reached by late morning at the small river town of Briare.

We picked up a picnic lunch at the boulangerie (bakery) and traiteur (deli) and headed south looking for the road on the west side of the river. A revelation! The Canal de Briare and its boats were transported by a huge aqueduct over the Loire, a 19th-century engineering feat that not only astonishes even today but shaves time and effort for the walker or cyclist to cross from one side of the river to the other. Check out the Blue Guide (the best for such details) and one learns that the Briare waterway was completed in 1642 to connect with the so-called Lateral Canal, which allows those long canal boats to travel north and south

adjacent to the unpredictable Loire. When we cranked by this June the river was not much more than a stream because of the dry spring. Right along the Lateral Canal ribboned an untrafficked road that made up a biker's heaven-- a meandering, flat macadam with a charming village every six or so miles.

For the next few nights we alternated between hotel and chambre d'hôte, searching for the latter whenever possible. Probably the grandest B&B of our trip was found in the upper Loire at Charrin, a village just a few miles south of Decize. The "Chateau du Vernet" was run by a genuine count, or so he said, and his majordomo who spoke franglais; the latter had the odd name (for a Frenchman) Broll Patrick and looked sinister because of the scars over his face, but he was actually quite gracious as host.

The count, De Brem Olivier or just Brem, as he styled himself, had no English, since he disliked those across the Channel who spoke it. He preferred Germany, which was not surprising when we learned that a good many of his aristocratic forbears were German. Nevertheless, the accommodations in the grand mansion were quite spacious and full of antiques and personal items like family portraits, sculpture, bricabrac and books. A two-room suite with a grand bathroom overlooking the countryside was put at our disposal. A so-so dinner for 120 francs, which was not up to the grandeur of the place, but with other guests assembled in the elegant dinning room, we had a lively conversation about American-French-English-German domestic differences.

Tasting & Cycling France - Continued on page 5

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## Massachusetts Politics & Bicycling

Ted Hamann has taken over the post of Government Relations Coordinator, and has a report on this topic, that is posted on the web site ([www.crw.org](http://www.crw.org)).

Click on Information-Advocacy-Massachusetts Politics & Bicycling in the dropdown menu.

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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

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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

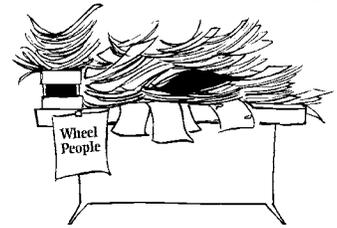
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## Editorial Policy



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](mailto: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 Minutes



**May 6, 2003**

In Attendance: Cindy Sragg, Don Foster, Jack Donohue, Jackie Grocer, Connie Farb, Don Blake, Barry Nelson, Linda Nelson, Bill Widnall, Rita Long, Dave McElwaine, Ted Hamann

The meeting commenced at 7:30 p.m.

Meeting Minutes (B. Widnall)

The minutes from last month's meeting were approved.

**Membership** (Linda Nelson)

964 memberships  
1154 members  
10 renewals  
21 new  
65 expired

Linda reported that she has been getting renewal checks that are not accompanied by the signed waiver and asked if this were a problem. The previous practice of saving the waiver forms and not requiring new forms for renewals will be continued.:

**Financial Report** (Don Blake)

Our first quarter report indicates that we are staying within our budget.

**Rides Committee** (Connie Farb)

The July calendar is mostly full; there are a few empty spots however. A few new ride

leaders have emerged along with a few new co-leaders.

Connie brought a sample of the two different socks we are ordering from DeFeet, Inc. as ride leader gifts for this year - everyone at the meeting thought they were great-looking. She has ordered 6 dozen of one color scheme and 6 dozen of another. They will be available in 3-4 weeks. These socks are not going to be made available for sale to the general membership of the club; they will be strictly a reward for current ride leaders and co-leaders, and hopefully an incentive for new people to step forward and get involved in ride leadership.

Jack Donohue reported that volunteer recruiting for Climb to the Clouds is going well.

Dave McElwaine gave a report on the three rides he leads, the Saturday Fitness Ride, the Wednesday Masters Fitness Ride and the Petersham Double Century. These rides are very successful and popular with club members and other cyclists. In response to concerns expressed previously, he stated that safety talks are given before the ride each Saturday, and that he and Mark make every attempt to get non-members to sign waivers.

**Government Relations** (Ted Hamann)

Ted was attending his first meeting as CRW's new Government Relations Coordinator. Ted reviewed the status of present bicycle laws and some upcoming bills affecting Mass cyclists. He has written an article for June's issue on this subject.

**Merchandise Report** (Bill Widnall)

Ken Hablow's proposal to the Board for a club jacket/windbreaker passed unanimously. The first order will be for 50 jackets. There

may be a discount for early orders taken at the Spring Century.

**Coordinator Changes** (Bill Widnall)

Rita Long has resigned as CRW's Social Chair after serving in that position for two years. The Board thanked Rita for her efforts in this role. We are now looking for a new Social Chair. Jack Donohue will put an item in the June issue of Wheelpeople advertising the vacancy.

The meeting adjourned at 9:00 p.m.

The next Board Meeting will be held on Tuesday, June 3rd at 7:30 at the United Church of Christ, Lexington.

Respectfully submitted,  
Cindy Sragg, Board Member/Secretary

## WELCOME NEW MEMBERS

John Armstrong,	Cambridge
Lauren Armstrong	West Roxbury
Arthur Baril	Charlestown
Kathy Barry	Medford
Robert Burnham	Newburyport
Glen Cunningham	Newtonville
Bruce Kalow	Cambridge
Nancey Kinlin	Watertown
Lisa Kunze	Lowell
Nancy Marchand	Somerville
Marc Midura	Wellesley
Stephen Miele	Lexington
George Noble	Newtonville
Michael Olbrys	Watertown
Bert Saveriano	Somerville
Carl Shimer	Hanscom A.F.B.
Jeff Sprunger	Watertown
Todd Sussbauer	Cambridge
Akos Szilvasi	Waltham
Ellen Theriault	Litchfield, NH
Joseph Thompson	Bedford
Heather White	



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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-Aug.; 6:00PM Sept.

**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 LOCATION (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 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!

**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:** Rich Taylor [kidrolyat@aol.com] (978-287-4921) and Peter Mason

**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 paceline 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!)

## 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 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 [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 paceline riding techniques.

## Cassandra's Riding Wisdom

Dear Readers,

Cassandra was pleased to find numerous messages in her inbox this month. She thanks those who have written and continues to welcome email letters from curious club members who have questions or comments on the many aspects of riding.

==

Dear Cassandra,

I have broken my leg just at the start of cycling season. What do I do on beautiful summer days when all of my friends go off on rides and I'm left behind?

Mark

Dear Mark,

Cassandra believes that you may be the only cyclist in the club who smiled through this damp and chilly spring. Those beautiful summer days you refer to don't yet seem to have made much of an appearance yet. If they

Cassandra - Continued on page 9

Tasting & Cycling France - Continued from page 1

Reaching Paray le Monial, the next evening, about half way to our destination, we were faced with some strenuous mountain cycling if we attempted to reach Lyon on the Rhone our second leg south. What to do? Fortunately, we learned that a local train would take us right into Lyon, and, what luck! it ran on Sunday morning. We bunked at Le Terminus right across the street from the station. At 7:30 a.m. the bikes were maneuvered into the baggage compartment-- free on the local trains-- and about a half-dozen passengers like ourselves prepared for steep hills on this Toonerville trolley, which took us into Lyon two hours later. After croissants and cafe, we headed south along the west side of the Rhone, where because it was Sunday the road was pretty much ours for most of the morning. The "rive gauche" (left bank), National route number 86 is so much better for the biker than the main highways for trucks on the right bank.

The mighty Rhone would now be our companion for the next few days as we negotiated a series of magnificent cliffs, river views, castle ruins, sleepy towns and the joyous French obsession with plane trees lining every road. Our first night on this leg led us to another chambre d'hôte above the picturesque town of Condrieu. This B&B boasted a swimming pool, which after a very warm afternoon-- temperatures were inching up as we pedaled south-- was welcome relief. Since Monsieur and Madame Besson's guest house was about 300 meters up the side of the mountain, we had quite a climb up, but were well rewarded with a swim. Food was available at the local restaurant, Le Rozay, where our hosts had called for a reservation, we got first class treatment. It turned out to be a gourmet experience of salmon salad to start, fried trout and a marvelous dessert of strawberries, ice cream and whipped cream. For wine we chose a Burgundy vintage from Morey St. Denis, where we had previously visited. Total cost: 300 francs--about \$50. The room was 240 francs (\$40), which included home-cooked breakfast of brioche, Madame's delicious confiture (jam) and café au lait.

On the walk home we discovered a vast orchard of cherry trees, whose mature purple fruit was dripping from the trees onto the road-- a temptation we could not well resist. Truth to tell, we forced on our stomachs a second dessert. The next day field after field of these cherries waited harvest but no pickers could be seen. Cherries carpeted the road and thus became a temptation for snacking. We also noticed signs for a cherry festival the next weekend but the south of France beckoned too ardently for us to linger.

(Continued next month)

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# June 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.

## 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.

## Mean Streets, Boston Proper

*Thursday - June 5*

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

**Ride Type:** Urban Evening ATB - follow the leader

**Leaders:** Charles Hansen W: (617) 572-0277 velotraining@peoplepc.com

**Lowlights:** Explore the financial district, Chinatown, Fort Point Channel area, Southie and downtown waterfronts and the North End.

**Notes:** serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

**Start:** Boston - City Hall Plaza at the Government Center T station.

**Directions:** Corner of State, Tremont and Cambridge streets

## King's Tour of the Quabbin

*Saturday - June 7*

**Times and Routes:** 8 a.m. for 125 (200K) and 100 miles; 9 a.m. for 62 miles (100K)

**Ride Type:** Arrowed

**Leaders:** Sponsored by Seven Hills Wheelmen. For information, contact Tom Swenson, 508-869-3408, tom@tomswenson.com or see <http://www.sevenhillswheelmen.org/centuries.htm>.

**Description:** This ride was selected as the best ride in Massachusetts for 1998 by Bicycling Magazine. The route goes to Barre, then around the Quabbin Reservoir in a clockwise direction. From there, the 200K continues to North Amherst, through Leverett, Wendell, into South Orange, and Athol, then rejoins the 100M route in New Salem on Rte 122 to Petersham. The route is on mostly quiet back roads except for the section through Ware. The route is hilly -- somewhere around 6000'. Between the dam and Petersham the stores can be pretty infrequent, so you are advised to get stuff where you can. There will be some changes to the route this year due to security changes at the Quabbin. We can't go in at gate 43B in Hardwick (shaft 12, main aqueduct intake). Alternates are being considered. We will be able to ride over the dikes in Quabbin park, and up the top of the mountain. Cost: \$10.00. No Preregistration.

**Start:** Naquag School, Route 122A, Rutland, Mass

**Directions:** Interstate 190 to Exit 2; follow signs to Holden (left on West Mountain Street/Doyle Street, left onto Shrewsbury Street, right onto Main Street/Route 122A); stay on Route 122A north into Rutland. School is at top of hill on left. Alternate directions: Interstate 290 to Exit 13 (Kelley Square, Vernon Street, Worcester); north on Route 122 about 10 miles to center of Paxton; turn right on Route 56 north to Rutland center (about 5 miles); turn left onto Route 122A south. School is about 1/2 mile on your left.

## The East European Ride

*Sunday - June 8*

**Times and Routes:** 9:30 AM for 45 miles and 10:30 AM for 29 miles

**Ride Type:** Arrowed, with a map for Concord Center.

**Leaders:** John Allen, jsallen@bikexpert.com, 781 891-9307 until 9:30 PM and Jacek Rudowski, 617 361-5273 until 10:00 PM. Do not call on the morning of the ride.

**Highlights:** The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton, Carlisle and Bedford. The lunch stop is in Concord center. The terrain is rolling.

**Start:** Weston High School, Weston.

**Directions:** From Route 128, take exit 24, Rte. 30 West. The first traffic light west of Rte. 128 is at the end of the southbound off-ramp. Travel 2.3 miles on Rte 30 west to the fifth set of traffic lights (The fourth are blinking lights, in front of a firehouse.) Turn left onto Wellesley Street; the Weston High School is on the left side.

## Suburban Delights

*Sunday - June 8*

**Times and Routes:** 10:00 am for about 40 miles

**Ride Type:** Tandem ride with map, single bikes welcome too. Joint event with T-BONE. Leader(s): Joan Laxson and Ilkka Suvanto. 617-965-1472 (7-9 pm), LAXSONSUVANTO@worldnet.att.net.

**Description:** Join us for a ride on some of Boston's prettiest suburban back roads through Newton, Weston, Lincoln, Concord, Sudbury, Wayland, and Wellesley. We'll visit the Viking settlement monument on the Charles River, the outdoor sculpture gardens at the DeCordova Museum, cycle past Walden Pond, and stop at the Old North Bridge in Concord. We'll picnic mid-ride in Concord Center on the green where lots of cyclists like to hang out. Food is available in the center, or pack a lunch. There will be maps so you can go at your own pace or take a short cut. If it rains, the ride is cancelled. Gently rolling terrain, with some short climbs.

**Start:** 121 Avalon Road in Newton

**Directions:** From Route 128/95 take exit 21 (if you are coming from the south) or 21A (if you are coming from the north), and turn east towards Newton. After you cross over 128, bear right at the Y intersection (traffic light) onto Beacon Street. After you've gone by a small shopping area in Waban (about a mile from 128), you'll come to an intersection with a light. This is Chestnut St. Turn right onto Chestnut, and then make an immediate left onto Avalon Road. We are the second house on the left, a red house at the top of the hill. Please park on the street.

## Northern Exposure

*Saturday - June 14*

**Times and Routes:** 10:00 am for options of approximately 55, 42, or 34 miles

**Ride Type:** Arrowed w/cue sheet and map

**Leaders:** Dana Chandler (978-371-5952), Bob Zogg (617-489-5913)

**Highlights:** Join us for a late spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this. Moderate terrain. Limited food options.

**Start:** Byam School, Maple Road, South Chelmsford, MA

**Directions:** Take Rte. 2 west to Rte. 27 north. Go 7.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right just opposite the Agway Store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and cross Rte 27 onto Maple Road.

## Eighth Biennial Northwest Passage (CW)

*Sunday - June 15*

**Times and Routes:** 9:15 for 50 miles, 10AM for 25 miles.

**Ride Type:** Arrowed -- standard white arrow with head and tail.

**Leaders:** Joe Repole (508 879-6340) and Bob Maselek (508 877-0380)

**Highlights:** The short ride is rolling and heads northwest thru Framingham, Ashland, Southborough, and Marlborough. The long ride adds Northborough, Berlin and Boylston, going up Green and Bigalow streets in Berlin and Marlboro. The lunch stops are in Berlin and Southborough for the long and short rides respectively. Most of the ride is on quiet residential and rural

tree shaded back roads with few traffic lights. Points of interest include golf courses, Belted Galaway, reservoirs, horses, cattle, farms, and Calahan State Park.

**Start:** Framingham, 15 Gryzboska Circle

**Directions:** From the Mass Pike exit 12, take Route 9 east to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St.) Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska Circle. The commuter rail departs South Station at 8 AM and arrives Framingham at 8:45 AM.

## Cape-in-a-Day

*Saturday - June 21*

**Times and Routes:** 5:00 AM for 117 miles. Please arrive at 4:45 AM for instructions. RAIN CANCELS!

**Ride Type:** Cue sheet.

**Leaders:** Dick Arsenault (781-272-1771), RFArsen@aol.com

**Highlights:** Ride Boston to Provincetown and return by ferry the same day. This is a direct point to point ride with lots of good scenery but without scenic detours. We intend to return on either the 3:00, 3:30 or 4:00 PM ferry so we will leave Boston at 5:00 AM sharp. Please assemble at 4:45 AM latest for instructions. The expanded ferry schedule allows us to start a little later than we did on prior years. RETURN FERRY SCHEDULE: Depart P/T Arrive Boston Bay State, Provincetown Express 3:00 PM 4:30 PM Bay State, Provincetown II 3:30 PM 6:30 PM Boston Harbor Cruises 4:00 PM 5:30 PM Bay State, Provincetown Express 7:30 PM 9:00 PM Boston Harbor Cruises 8:30 PM 10:00 PM The Provincetown II is \$23.00; all others are \$33.00. Prices include your bike. Ask for a senior citizen or AAA discount.

**Start:** Gillette parking lot in South Boston.

**Directions:** From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At  $\Omega$  mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette the parking lot.

## Wachusett Wheelabout

*Saturday - June 21*

**Times and Routes:** 9:30AM for 65 (approx.) and 50 miles, 10:30 for 30 miles.

**Ride Type:** Map and cue sheets.

**Leaders:** Ron Pawlowski, 617.780.7931, ronpski@attbi.com and Kelly O'Connell, 781.395.1485, revkao@attbi.com

**Highlights:** An early summer country tour

of the beautiful backroads of Stow, Boylston, Sterling and Bolton. Medium and long rides circle Wachusett Reservoir, long ride passes Harvard and Fruitlands. Terrain is rolling with some great views (and some great hills!).

**Start:** South Acton "T" station, Central St. at Rte. 27.

**Directions:** Route 2 West, exit left onto Rte. 111 at exit 43, turn left onto Rte. 27 at light. Central St. is a sharp right turn .95 miles past the light at Rte. 111. Look for Mobil station, then the yellow tower of the Acton Music Center on the corner. Turn sharp right, immediate left into the "T" parking lot. Ron P.

## In Search of the Llamas

*Sunday - June 22*

**Times and Routes:** 9:30 AM for 60 miles, 10:00 AM for 42 and 30 miles.

**Ride Type:** Arrowed with Cue Sheets.

**Leaders:** Lisa Wilk (email: lwilk@capaccio.com) and Andree Lerat (email: andreephoto@aol.com)

**Highlights:** Join us for the 4th Annual Llamas Ride! All rides are primarily along quiet backroads. Short ride passes through Dover, Sherbon, and Holliston. Medium and long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH is in Holliston.

**Start:** Chickering Fields (across from Caryl Park/Noanet Woodlands Reservation) on Dedham Street in Dover.

**Directions:** Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B (Highland Avenue heading towards Needham). At intersection of Highland Ave and Great Plain Ave, turn right and then after approximately 0.1 miles turn left onto Chestnut Street. Follow Chestnut Street (past Glover Memorial Hospital), and bear right as it becomes Dedham Street when you cross the townline into Dover. After approximately 2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first right after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodlands Reservation).

## Mean Streets, Charlestown

*Thursday - June 26*

**Times and Routes:** 6:30 PM. for about 10 diverse miles

**Ride Type:** Urban Evening ATB - follow the leader

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

**Lowlights:** Explore the Navy Yard area, the piers along the Mystic River and quiet residential streets with fine old houses; many harbor views. Group ringing of the Bells of Charlestown!

**Notes:** serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

**Start:** Bunker Hill Pavilion, 55 Constitution Road (near ship of same name).

**Directions:** From City Square intersection of N. Washinton St., Rutherford Ave. and Chelsea St., head north on Chelsea St. (toward Tobin Bridge), take first right on Warren St. then left on Constitution Road. Due to recent changes in this area you'll have to look for parking.

## Charles River West Loop

*Saturday - June 28*

**Times:** 9:00 for 75 mi, 9:30 for 50 mi and 10:00 for 35 mi

**Ride Type:** Cue sheet and map.

**Leaders:** Mike Barry, 617.257.2251  
(barry.michael@epa.gov)

**Highlights:** Rolling tour on back roads in Charles River Valley west of Rt 128. 75 mile ride rises into foothills beyond Westboro. Food stops/bathrooms available in towns along route. Helmet required, mirror and patch kit/spare tube/tire irons and frame pump recommended. Bring lunch or \$. Short loop covers Needham Westwood, Natick, Sherborne, Dover; medium adds Ashland, Holliston and long adds Westborough, Grafton and Hopkinton.

**Start:** Needham Junction MBTA Lot

**Directions:** Exit off Rt 128 at Rt. 135. Go west toward Needham. Left at 0.5mi on South St, right at 0.5mi at Y with High Rock St, right at 0.3mi at Chestnut. MBTA lot on right at 0.3 after going under tracks.

## Climb to the Foothills

*Sunday - June 29*

**Times and Routes:** 9:30 for 68 miles, 10:00 for 43 and 30 miles

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

**Leaders:** Bill Scott (978-456-3138) and Tod Rodger

**Highlights:** 68-mile ride is designed as a hilly (4,400 ft) warm-up for Climb to the Clouds 2 weeks later. It follows quiet, scenic roads through Harvard, Bolton, Boylston, Sterling, and Lancaster with some great views and downhill runs. 43 and 30-mile rides are less hilly (2,800 ft and 1,700 ft) repeats of the April 6 Season Opener. All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston with opportunities for picnic at Wachusett Reservoir.

**Start:** South Acton "T" Station, Central St. at Route 27 (no meters Sundays)

**Directions:** Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St is sharp right turn (after yellow Acton Music Center on right) one mile from light.

## CLASSIFIED ADS

CRW members may submit non-commercial ads at no charge. Submit the copy to the editor as described on page 2.

**BURLEY TRAILER** Looking for a Burley trailer in good condition. Please email me at mclaughlin@globe.com

## CRW Trips

### 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



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(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](http://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](mailto: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 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](mailto:jmdonohue@alum.mit.edu)  
781-275-3991 (before 9 PM)

Cassandra - Continued from page 5

do before you're cast-free, might you have a friend who'd captain a rickshaw tandem? (You've seen them, upright in back and recumbent in front.) With an independent pedaling system, it could be the prime vehicle for you to kick back and enjoy the ride.

==

Dear Cassandra,

Moral dilemma: my boyfriend just broke his leg and we have a cycling Vacation to Europe planned. Do I go without him?

Connie

Dear Connie,

A dilemma indeed. Cassandra suggests the following:

- Go alone but send a postcard - possibly two - to him everyday, noting how it's simply not the same without him (leave out the parts about the fabulous food, great riding and wonderful weather).
- Modify your European trip so you both can enjoy some touristy days. This might ease his displeasure at sitting at the hotel pool while you pedal about on the alternate days.
- Consider captaining a rickshaw tandem.

## The 12th Annual



## A Century Ride to Mt. Wachusett

Sunday July 13, 2003

Rides from 45 to 105 miles

Sponsored by Charles River Wheelman

*Spend the day touring the apple orchard country of east central Massachusetts. Magnificent views, mostly country roads, great company!*

**START TIMES:** **8:00** from Concord Carlisle High School, Concord MA for 105, 90 or 80 miles

**9:30** from Nashoba Regional High School, Bolton MA for 60 or 45 miles

**COST:** A **\$10.00** event fee per entrant is payable the day of the event. There is no pre-registration.

### DIRECTIONS:

**Concord:** Rt. 2 to the route 126 intersection. This is the intersection Walden Pond.

Heading West on Rt. 2, turn right at the first traffic light past Concord Subaru at Crosby Corner. There is a sign the District Court house.

Heading East on Rt. 2 turn left at the sixth light past the Concord circle.

The High School is at the bottom of the hill on the left.

Mass Turnpike to exit 14, "Route 128/95." Route 128/95 North to the Route 2 exit heading West. Or Mass Turnpike to Rte 495 North to Rte 2 east.

**Bolton:** Nashoba Regional HS is 2½ miles West of Rt. 495 on Rt. 117 on the right at Green Road

Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West 2½ miles.

**TERRAIN:** All routes are hilly. The long rides from each start point includes a one mile climb at a steady 9% grade and the mountain access road itself. From Concord the total vertical on the long ride is 5,500 feet and from Bolton it is 3,500 feet. The other routes are very hilly but no mountain climb.

**SUPPORT:** Bananas, bagels & water will be available at the start points and at two staffed points along the routes, including a stop at Berlin Orchard. There are convenience stores located in most towns. Water is available at the visitors center at Mt. Wachusett.

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

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

## Blind Stokers Tandem Ride

Saturday, June 21, 2003, 9:00 am  
Lincoln, MA

Mark your calendars now and come share your love of tandeming with us. New England Regional Ski for Light has gathered the blind stokers BUT WE NEED CAPTAINS AND THEIR TANDEM TO MAKE THIS RIDE GO. Please sign up and get your tandem friends to come along. Single bicycles are welcome too!

The ride will begin at the Commuter Rail Parking Lot in Lincoln, MA. (We'll send directions once you register). Parking is available.

There will be both 20 and 30 mile options through Lincoln, Sudbury, Concord, and Carlisle. Cue sheets will be provided.

Lunch can be purchased at the sandwich shop in Carlisle Center (Daisy's) and enjoyed at the picnic area behind the store. There is a restroom there as well.

Captains should bring along extra helmets (if you have them) for blind stokers who do not own them. Very few blind stokers have shoes for clipless pedals, so it would be wise to bring along pedals with regular toe clips.

Blind and visually impaired participants should be fit enough to ride at least 18 flat miles.

If you have access to another tandem in addition to the one you

will be riding, please bring it. There are several Ski for Light sighted "guides" who have tandem captain experience, yet don't have a tandem to ride.

We're hoping for a beautiful day, of course! If weather looks like it won't cooperate, call Mark Remaly at (781) 391-2943 to see if the ride will go.

Cost: A \$10 donation is requested to cover expenses.

Questions? Call: Mark Remaly (781) 391-2943 Email: [mremaly@attbi.com](mailto:mremaly@attbi.com)

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# April Mileage Totals

5 2 8 4 2

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	4724	-	-	4	Ken Hablow	745	2	-	-	Jamie King	115	-	-	-
Bruce Ingle	3409	3	2	2	Dick Arsenault	731	-	-	-	Elizabeth DeMarco	112	-	-	-
Emily O'Brien	3144	4	4	-	Don Mitchell	709	-	-	-	Cynthia Zabin	106	-	-	-
Melinda Lyon	2950	2	2	2	Bob Sawyer	706	-	-	-	Elaine Stansfield	101	-	-	-
Jack Donohue	2708	1	-	-	Frank Aronson	705	-	-	-	Phyllis Mays	84	-	-	-
Irving Kurki	2561	3	1	1	Bill Hanson	635	-	-	-	Tracy Ingle	75	-	-	-
Don MacFarlane	2467	3	-	-	Ed Hoffer	595	-	-	-	Jeff Luxenberg	66	-	-	-
Steve Robins	2264	-	-	-	Mark Webb	445	-	-	-	Jared Luxenberg	45	-	-	-
Robin Schulman	2258	-	-	-	John Allen	443	-	-	-	Jacob Allen	20	-	-	-
Tod Rodger	2003	3	1	-	Cynthia Snow	411	-	-	-	Peter Plumb	12	-	-	-
Peter Brooks	1695	3	2	-	Lyn Rodger	375	1	-	-	<p>Well the weather has finally changed for the better, spring has arrived and with it the pot holes are in full bloom. Remember to always ride carefully or you may succumb to the dreaded FDGB syndrome that Jack has become well acquainted with. I always wear my helmet and I hope you do, you can't beat the CRW helmet rebate program. Check it out!</p> <p>Take care, Myles King</p> <p><b>Mileage Table Explained</b></p> <p>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.</p> <p>Report mileage by the fifth of each month to: Jamie King (jamie_e_king@charter.net or 978-448-0533).</p>				
Joe Repole	1352	4	4	-	Nancy Marchand	345	-	-	-					
David Wean	1221	1	-	-	Frank Connell	334	-	-	-					
Mike Kerrigan	1166	2	2	-	Doug Cohen	320	-	-	-					
Rich Fields	1127	1	-	-	Gregory Lee	312	-	-	-					
Bruce Gelin	1091	1	-	-	Joseph Tavilla	250	-	-	-					
Lisa Weissmann	1071	2	1	-	Jim Broughton	223	-	-	-					
Richard Dweck	1041	-	-	-	Rich Whalen	216	-	-	-					
Nick Linsky	1003	-	-	-	Peter DiMazzio	195	-	-	-					
Gary Smiley	955	-	-	-	Elisse Ghitelman	194	-	-	-					
Bill Widnall	875	2	3	-	Dan Pratt	184	-	-	-					
John LePage	858	-	-	-	John Springfield	160	-	-	-					
Butch Pemstein	790	3	-	-	Harry Wolf	140	-	-	-					



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- Adi's Bike World**  
231 Grove Street, West Roxbury (617) 325-2453
- Ata Cycles**  
1773 Massachusetts Ave., Cambridge (617) 354-0907
- Back Bay Bicycles**  
333 Newbury St., Boston (617) 247-2336
- Belmont Wheelworks**  
480 Trapelo Rd., Belmont (617) 489-3577
- Bicycle Bill**  
253 North Harvard St., Allston (617) 783-5636
- Bicycle Exchange at Porter Square**  
2067 Massachusetts Ave., Cambridge (617) 864-1300
- Bike Express**  
96 N. Main St., Randolph (800) 391-2453
- Bikeway Source**  
111 South Road, Bedford (781) 275-7799
- Boston Bicycle**  
842 Beacon St., Boston (617) 236-0752
- Broadway Bicycle School**  
351 Broadway, Cambridge (617) 868-3392
- Burlington Cycle**  
428 Boston Rd., Billerica (978) 671-0800
- Cambridge Bicycle**  
259 Massachusetts Ave., Cambridge (617) 876-6555
- Chelmsford Cyclery**  
7 Summer St., Chelmsford (978) 256-1528
- Community Bicycle Supply**  
496 Tremont St., Boston (617) 542-8623
- Cycle Loft**  
28 Cambridge St., Burlington (781) 272-0870
- Dedham Cycle and Leather**  
403 Washington St., Dedham (781) 326-1531
- Farina Cycle**  
61 Galen St., Watertown (617) 926-1717
- Ferris Wheels Bicycle Shop**  
64 South St., Jamaica Plain (617) 522-7082

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

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

Charles River Wheelmen  
1 Gleason Road  
Bedford, MA 01730

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## Join The Charles River Wheelmen

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

- 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

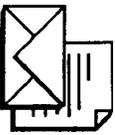
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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.