


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVII, Number 7 • July, 2003

Superb Weather for Spring Century

by Melinda Lyon, CRW Century Chairperson

The CRW Spring Century was a rousing success due in part to the best day weather wise all spring. After a long winter and a wet, cold spring local cyclists seemed anxious to get back on the bike. On this stellar day 320 riders did one of the loops with 130 opting for the full century. Many century riders admitted after they were done that they had just doubled

Spring Century - Continued on page 5

Volunteers Needed for Climb to the Clouds

We still need people on Sunday, July 13, for the following fun packed volunteer opportunities: water stop in Sterling, and food provider (banana pick up and delivery; bagel pick up and delivery). Please call Susan Grieb at 781-275-3991 or email SLGrieb@attbi.com.

CRW Cycling Jackets

CRW now offers a cool weather, long sleeve, cycling jacket. The jacket is a heavy wind stopper lycra with knit fabric from the shoulders down and the back of the sleeves. This allows the jacket to breath. Sizes range from small to XXL. The design is the same as the current jersey.

This new jacket cost \$65.00 and must be ordered before July 15. There is a deposit of \$30.00 required. These will be shipped the end of August or early September. Try-on sizes will be available at the start points of Climb To The Clouds in July.

After July 15 the cost will be \$75.00. See the ad on page 3 for an order form.

Recycled Rides and Sunday Afternoon Rambles

When the CRW rides committee gets together, they are always discussing how the club can offer better rides. Two topics have been much discussed lately, recycled rides and afternoon rides. If members were to vote on which is more enjoyable, an arrowed ride or one with only a map and cue sheet, I suspect that arrowed rides would win out. Not that it is unpleasant to ride a route with a good cue sheet but rather, with arrows, one does not have to concentrate as much on where you are and when the next turn is, you just follow the symbol on the macadam. If you accidentally hit the reset button on your cyclometer, who cares?

Now a lot of work goes into planning a ride, developing the cue sheet, copying maps and arrowing a route. Considering that many weekend rides are only offered once a year, it seems a shame that more benefit could not be obtained from all of this

effort. Recycling is an obvious solution. By "recycling" we mean re-using the route and, more importantly, the arrows from the previous ride. Since all Sunday mid-season rides are arrowed, a logical combination would be to use a Sunday route/arrows for a ride on the following Saturday. Barring a major repaving project the arrows should be fresh. Using the route a second time would be beneficial in several ways. First, the rides "author" would see more riders benefit from their considerable effort. Second, the use of the ride on the following Saturday by a different, and perhaps novice, ride leader would help to remove one of the obstacles that new ride leaders face, that of designing and documenting a route. Additionally, it would not be unreasonable for the Saturday ride leader to offer the "owner" of the Sunday ride assistance in arrowing, checking cue

Recycled Rides - Continued on page 3

CRW Ride Leaders Have Great Legs

We all know that cycling gives you great muscle tone in your legs. But this year, CRW ride leaders will have another reason to show off their legs: spiffy, new CRW cycling socks that match our new jerseys. To show our appreciation for the leaders who keep the rides program going, everyone who leads a ride for CRW in 2003 qualifies to receive this reward. If you are not already a ride leader, you still have a chance to become one and earn a pair of CRW socks. See the weekend rides calendar on the web at

<http://www.crw.org/2003Rides.htm> for open weekend slots. Contact the appropriate ride coordinator (see <http://www.crw.org/contacts.htm> or page 2 of Wheelpeople) to sign up to lead a ride.

If you are already a leader, you can receive your socks by sending a 6x9", self-addressed

envelope with \$.60 postage to:

Connie Farb
11 Roberts Road
Cambridge, MA. 02138

Please make sure the envelope size and postage amount are correct or you won't receive the socks.

Specify whether you prefer the sock with a white or yellow body (you'll get your first choice if available; the other color if not). Images of the socks can be seen at <http://www.crw.org/RideLeaderSocks.htm>. Specify your size, as follows (numbers correspond to shoe sizes):

Small: Women's 6-8
Medium: Women's 8.5-10.5; Men's 7-9
Large: Women's 11-12; Men's 9.5-11.5
XL: Men's 12+

The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheets are generally provided. There are also rides each Saturday and during the week. Our Winter rides program, The Second Season, is more informal; the route and pace are decided by those who show up. We also hold social events and related activities.



CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to:

The Charles River Wheelmen - Club Address: 1 Gleason Road - Bedford, MA 01730

Editorial Policy



We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Mail handwritten or typewritten documents or articles on floppy disk to Jack Donohue, 26 Fox Run Road, Bedford, MA 01730. Note: floppy disks will not be returned.

Documents produced on computer may be sent electronically via Internet to Jack at jmdonohue@alum.mit.edu. Your document must be in "text" mode.

Articles submitted to WheelPeople may also be published on the CRW web site unless the author instructs otherwise.

Insurance

If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

BOARD OF DIRECTORS

	Term Expires	
Don Blake	2003	781-275-7878
Connie Farb	2003	617-497-0641
Rich Fields	2005	781-272-3801
Jackie Grocer	2005	508-381-1529
Rita Long	2004	781-899-9177
Steve Mashl	2005	978-244-0286
Tod Rodger	2003	978-456-8654
Cindy Sragg	2004	617-232-0227
Bill Widnall	2004	781-862-2846

OFFICERS AND COORDINATORS

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	Larissa Hordynsky	617-527-5620
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Information	Ann-Marie Starck	508-877-0178
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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 Arsenaull	781-272-1771
Wednesday Ice Cream Ride	Gabor Demjen	781-237-0602
	Eric Evans	617-527-0517
Thursday Fitness Rides	Rich Taylor	978-287-4921
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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Production Editor	David Cooper	781-483-6960
Advertising	Marty Weinstock	617-491-6523

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Web Site (http://www.crw.org)		
Webmaster	Gary Smiley	webmaster@crw.org
Picture Gallery	Rory Dela Paz	rdelapaz@mindspring.com
Touring	Andy Meyer	asm@ameyer.org
E-Mail List (crw@ameyer.org)		
Administrator	Barry Nelson	barrynelson@alum.mit.edu

Advertising Rates

Half Page	\$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

June 3, 2003



In Attendance: Bill

Widnall, Cindy Sragg, Connie Farb, Barry Nelson, Linda Nelson, Steve Mashl, Jack Donohue

Meeting Minutes (Bill Widnall)

The Board voted unanimously to accept the May 2003 minutes.

Connie moved that we cancel the July Board Meeting as it falls during the week of July 4th and we have no pressing matters to discuss next month, and the motion passed unanimously.

Membership (Linda Nelson)

968 memberships
1163 members
63 renewals
38 new
40 expired

Bill noted that we cannot seem to break the 1,000 mark of memberships. On a recent ride he led, he asked all to sign in, both non-members and members, and this registration indicated the majority of people on the ride were not members.

Spring Century

The Spring Century was a huge success. Over 300 riders participated and the weather was perfect. Linda reported that she got quite a few new members joining up for the first time at the century - apparently the "join now and save \$3 on the cost of the century" proved to be a draw!

Rides Committee Report (Connie Farb)

There is one open slot in August and some holes in the schedule after that; we will look to fill them with rides that have been rained out.

Merchandise Report (Bill Widnall for Ken Hablow)

A disappointing amount of advance orders for the new club jacket were generated at the Spring Century. An article about the jackets appears in this issue and advance order information will again be made available at Climb to the Clouds.

Miscellaneous Business (Bill Widnall)

We had a general discussion about commercial businesses, charities, and other cycling clubs/organizations requesting that we publish their promotional articles for

free in Wheelpeople.

Our general policy is to not publish such articles. The option of buying advertising space is available. We WILL provide a website when asked, if our webmaster judges the site to be of sufficient interest to our members.

Email List

Concern was expressed about organizations posting repeated updates about their events to our list server. We will adopt a policy of one announcement per event. Barry is the moderator of the list and will contact posters at his discretion if he feels the list is being abused.

Wheelpeople (Jack Donohue)

We have had a large amount of advertising in recent issues, which is pushing out room for articles. (During the winter this is less of a problem as we often have a hard time

coming up with copy for an issue of Wheelpeople.)

We may adopt a policy of restricting advertising to maximum size of 1/3 page. We will also revisit our advertising pricing system, with possible dual rates: lower rates for winter advertising, higher rates for spring/summer advertising.

REMINDER: THERE WILL BE NO BOARD MEETING IN JULY!!!

The next Board Meeting will be held on Tuesday, August 5th at 7:30 at the United Church of Christ, Lexington.

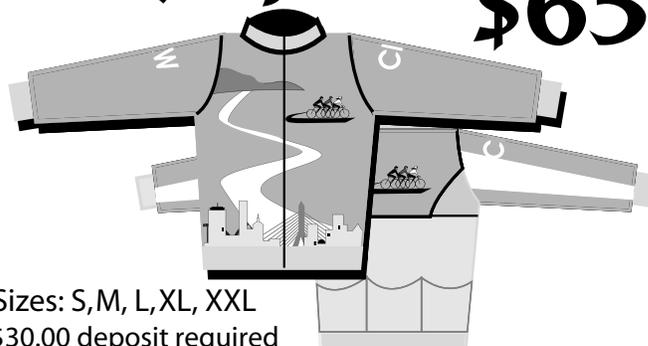
Respectfully submitted,
Cindy Sragg
Board Member/
Secretary

Recycled Rides - Continued from page 1

sheet accuracy, etc. In the case of a novice ride leader there could be considerable benefit in having a mentor to ask all of those questions that come up at the last minute. Finally, it might make those Saturday rides more enjoyable.

I'm not sure who raised the idea of afternoon rides or what their motivation was... attending church or sleeping in. In any case, having some rides start in the early afternoon could be a good thing. Church goers and sleepyheads could get in some exercise with a friendly group and, early or late in the season the temperature may have risen a considerable amount come starting time (not an insignificant point given this year's chilly spring mornings). If you are interested in leading a weekend ride this season, be it recycled, early or late start, contact either Steve Mashl (Saturday Ride Coordinator, smashl@att.net), Tod Rodger, Sunday Ride Coordinator (tod@deerfootpublications.com), or Connie Farb, VP of Rides (chfarb@yahoo.com). There are a few dates open in July and August and many later in the season. They will be happy to discuss ride leadership with you.

CRW Cycling Jacket \$65



Sizes: S, M, L, XL, XXL

\$30.00 deposit required

Mail your check made out to CRW and this order form to:
Ken Hablow, 35 Longmeadow Rd., Weston MA 02493

Please include your phone number

For info: (781) 647-0233 - or - khallow@khgraphics.com

Name

Address

City State Zip

Telephone

Quantity

Size(s)



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: 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 imme-

diately 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: Rich Taylor [kidrolyat@aol.com] (978-287-4921)

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 [edward.glick2@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, you'll see the driveway on the left.

Friday Fun (but not easy) Ride (Joint CRW and SHW Ride)

Times: 10 AM, July 11 - August 29

Description: A Social ride with lunch afterwards. Ride with the group, or take the cue sheet and ride at your own pace through the beautiful quiet country backroads of Mendon and surrounding towns touching the very beginning of the Blackstone Valley Area and visiting the West Hill Dam. Enjoy a well deserved and delicious Chinese buffet following the ride at the Dynasty Restaurant in Hopkinton (other options are available). In case of rain, ride will be cancelled. If in doubt, send an email that morning or call the ride leader.

Routes: 35 rolling miles with some hills, Cue sheet

Leaders: Jackie Rose [jackierose@topperformanceconsulting.com], (508-381-1529)

Start: Community Covenant Church in Hopkinton. Park in lot, but furthest from the building towards the wetlands.

Directions: From the North or South: Take 495 to the 21b exit. Turn right at the traffic light, and right again into the Church parking lot. From the East: Take 85 or 135 into Hopkinton. Go West on Main Street. Just past the 495 underpass turn right at the traffic light, and right again into the Church parking lot. From the West: From Upton, take Hopkinton Street east into Hopkinton where the street is renamed West Main Street. At the traffic light (South Street) turn left. Then turn right into the Church parking lot. From Mass Pike - take 495 South to the 21b exit. Turn right at the traffic light, and right again into the Church parking lot.

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.



Spring Century - Continued from page 1
their mileage for the year.

The ride was arrowed on the previous Saturday which was the second best weather day of the spring. The annual arrowing party hosted by Melinda Lyon was attended by Bill Aldrich, Mary O'Brien, Glen Coffman, Bob Leslie, Stan Lisowski, Suzi Melotti, Jack Donohue, Robye Lahlum, Deb Crooke, and Fran Goldstein. Poor Suzi got assigned to the freight train of arrowing named the Jack and Robye express. She thought it was a sedate arrowing ride not a spring classic follow up to Paris Roubaix.

Mark Sevier was a late scratch to the arrowing party due to a badly fractured leg he sustained on some icy steps. He still was able to help out on the day of the ride with his all day stint at the registration table. The crutches and cast did a great job getting him the sympathy vote and he even brought his x-rays for show and tell. Connie Farb drove him over along with the bagels and bananas for the riders.

Ann Marie Starck was our day of the event coordinator. A huge job made bigger by the large turnout. As usual she had everything running as if greased by WD40.

Due to the large turnout the registration tables were indeed busy. Rosalie Blum, Janet Blake, Linda Nelson, and Barry Nelson kept the line moving. Bill Fine got assigned parking marshal duty during the busy mid morning registration. This was an ironic job assignment for Bill who was one of the few people to ride their bike to the event. Arnold Nadler, Rich Fields, and Fran Goldstein signed the riders in after their ride, handing them their post ride souvenir water bottle or bandana.

The riders started off in cool conditions after the pre ride meeting headed by Ken Hablow. They were met at the water stops by Mary O'Brien, Glen Coffman, Joanne Archambault, and Susan Grieb with resupply of water and snacks. The water was appreciated as the 35 degree starting temperature had doubled to 70 degrees by mid-day. Bob Carolan and Charlie Kay volunteered to drive the route in their truck as support. Only a few flat tires were reported and nobody needed a lift back.

The ride was beautiful and after finishing everybody got a nice picnic lunch set out by Larissa (where is the nearest Costco) Hordynsky. Linda Nelson assisted with the monumental job of shopping for 300 hungry cyclists. Water fill ups were nearby at Jim Sullivan's house. He nicely left the hose out for us all day. While munching on a sandwich cyclists browsed through Eric Ferioli's annual bike flea market for some real bargains. Eric even had a few civilians stop in. Those ladies in the Buicks can't resist any kind of sale. Last to finish the ride were our bike sweep riders Andrew Heitner and Peter Brooks.

Spring Century - Continued on page 9



July 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.

Lexington Revolutions on the Fourth

Friday - July 4

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Follow the leader (32 mi route at intermediate pace) or follow the arrows with map and cue sheet.

Leaders: Bill Widnall (781-862-2846 or BillWidnall@attglobal.net) and party host Sheila Widnall.

Highlights: Please consider joining us for a "Wednesday Wheeler" style tour of Lexington Concord Carlisle and Bedford. We will be doing the medium length route of the "Lexington Revolutions" set of rides, starting at 10:00, staying together following the leader at an intermediate pace, and with a sweep. Alternately if you rather ride at your own pace or on the longer or shorter routes, just follow the arrows and the map and cue sheet. After the ride, there will be a cookout and pool party at the home of Bill and Sheila in East Lexington.

Start: Clark Junior High School in Lexington

Directions: From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi take a right on Brookside Ave and follow the road to the parking lot at the school.

The Cape Cod Ride

Saturday - July 5

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, with the option of continuing to Woods Hole and along Vineyard Sound for 61 miles.

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.

Lexington Revolutions

Sunday - July 6

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Arrowed with map and cue sheet

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

Highlights: Ride beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Lunch stop for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass (there will be no lunch stop for short ride).

Things to see include Hanscom Field, the Old North Bridge, horse and dairy farms. There is a surprising hill at the end of the ride so save some energy.

Start: Clark Junior High School in Lexington

Directions: See Friday July 4 directions.

Mean Streets - Harvard Square

Thursday - July 10

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 velotrain@peoplepc.com

Lowlights: We'll explore the Harvard, Radcliffe and Leslie campuses, and whatever streets, alleys and sidewalks we can find connecting them. Ride through a building designed by Le Corbusier!

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

Start: Weld Boathouse at corner of Memorial Drive and JFK Street.

Directions: contact leader if you can't figure it out yourself.

Wakefield Revisited

Saturday - July 12

Times and Routes: 9:30AM for 49 or 65 miles, 10:00AM for 25 miles

Ride Type: arrowed with cue sheets

Leaders: Jack Vergados (781)665-0460

Highlights: A repeat of the shorter loops of the spring century on rolling rural roads of Northeastern Mass. There are no official lunch stops, but there are several possibilities to purchase food along the routes.

Start: Wakefield High School, Rte 129 & Farm St. 1 mile east of Wakefield Ctr.

Directions: Heading south on Rte 128, take exit 40, Rte. 129. Follow signs for 129 East for 1.5 mi. to the center. Follow 129 east as it turns left. Approx. 1 mi. past the center, turn right onto Farm St. The High School is 1/4 mi. on the left. Heading north on 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.

Climb to the Clouds

See below

Sunday - July 13

Suburban Stroll Starting in Stoneham

Saturday - July 19

Times and Routes: 9:30 am for 27, 45, or 60 miles

Ride Type: Cue Sheet and Map

Leaders: Mark Sevier (781)696-9486 m_sev@yahoo.com

Highlights: Come on a suburban (or speedy) stroll on the nicest roads I know of this close to Boston, with some water views and moderate hills. Generally routes go north from the start, just to the east of the most popular CRW roads. Longer routes will include some CRW favorite roads.

Start: At the former Boston Regional Medical Center on Woodland Road in Stoneham.

Directions: From the north: Rt. 93 South to Exit 35 'Winchester Highlands', take a left at the end of the ramp. Turn right at the

stop sign on the other side of the highway. In about a half mile, go straight through a traffic light, and continue for about 1.5 miles until you see a 'Medical Office Building' on the left - turn left into this parking lot. From the South: Rt. 93 North to Exit 33 'Rt 28'. Go mainly straight through the rotary (do not continue around the rotary, nor get back on 93, take the option just to the right of getting back on 93). In about a half mile, turn right onto Elm street at the blinking light. In another half mile turn left at the rotary by the gas station, onto Woodland Road. Take the first right in about 0.7 mi into the BRMC parking lot.

Notes: There are two entrances, in case you miss the first one. We'll be meeting in the lower parking lot nearest to Spot Pond.

The Berlin-Bolton Country Tour

Sunday - July 20

Times and Routes: 9:30 in South Acton for 60 and 48 miles (2450 and 1800 vertical feet, respectively); 10:30 in Bolton for 25 miles.

Ride Type: Arrowed.

Leaders: Connie Farb (617-497-0641, chfarb@yahoo.com) and Ken Hablow(khablow@khgraphics.com)

Highlights: This exquisite tour of Bolton, Berlin and Northboro winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. The medium route by-passes Northboro. You will experience quiet back roads, some beautiful vistas, and magnificent downhills. Terrain is moderately hilly.

Start: Short ride only: Emerson School, Route 117, Bolton. Long and Medium rides start at South Acton "T" station.

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



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 khablow@khgraphics.com

Groton Country Tour

Saturday - July 26

Times and Routes: Long ride, 10 AM, 50 miles of rolling terrain with some hills. Short ride, 10:30 AM, 25 miles, few hills.

Ride Type: Arrowed (chevron)

Leaders: Jeanne Kangas, (978-263-8594 before 9:30 PM) [jskangas@earthlink.net]

Highlights: The rides are scenic, through pretty horse and apple country. The short ride passes through Harvard, Littleton, Ayer, and Groton. The long ride adds Pepperell, Dunstable, and Hollis in New Hampshire. Both rides go through scenic Shaker Village in eastern (not hilly) Harvard, and to historic colonial Groton Center. The long ride continues through Pepperell, over the covered bridge in East Pepperell, and up to Hollis, New Hampshire. Everyone is invited to the leader's home after the ride for hot dogs, chips, soda, and cake.

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

Directions: Take Exit 39 ("Taylor Street - Littleton-Boxborough") off route 2 West, just after Rte. 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.

Quiet Roads North of Boston

Sunday - July 27

Times and Routes: 9:30 for 66 miles; 9:50 for 48 miles; 10:10 for 28 miles. All flat to rolling.

Ride Type: Arrowed

Leaders: Bill Fine and Dotty Fine (617-247-3804)

Highlights: The Short ride goes through Reading, Wilmington, N. Reading, Middleton, Lynnfield; short ride includes Harold Parker State Forest. Medium ride adds N. Andover, Boxford, and Topsfield. Long ride adds Groveland, W. Newbury, and Georgetown. Lunch is in Middleton.

Start: REI/Registry of Motor Vehicles, Reading.

Directions: Route 128 to Exit 40; go around rotary to Route 129 West (Salem St.). REI parking lot is third left. Please park away from the stores.

Mean Streets - A Hill and Two Ends

Thursday - July 31

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 velotrain@peoplepc.com

Lowlights: This is a new route which will be developed this spring and it will include Beacon Hill, the West End (what's left of it) 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

CRW Trips

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
781-275-3991 (before 9 PM)



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Estrie Explorer

August 29 - September 1, 2003

The Eastern Townships of Quebec, known in French as Estrie, are little visited by American cyclists but provide a wealth of great riding opportunities.

We'll be staying at the Hotel Cheribourg resort near Mont Orford Parc and just outside the lively resort town of Magog, which has excellent freeway access from the US (~ 4 hours from Boston). There will be several options for rides available, generally in the 50-80 mile range, although shorter (and longer) alternates can be worked out. The featured ride on Sunday will be a challenging 75-mile loop around Lake Memphremagog to Newport, Vermont, and back with excellent scenery. There is also a mountain bike network in the park. Please note that this region tends to be hilly. The \$185 trip fee includes three nights lodging, three buffet breakfasts, two happy hours, cue sheets and maps, an excellent bilingual cycling map of the region and a Magog-Orford area map. 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

Portland, ME to Quebec City

August 29 - September 8, 2003

Join us for the 11th almost annual sag van supported tour through northern New England to French, cosmopolitan, delightful Quebec City. This will be the first year we start from Portland. Cycle "coast to coast" from the Atlantic to the port of Quebec on the St. Lawrence River. Approx. 50-70 miles/day, for six days. Enroute, experience scenic western Maine, New Hampshire's White Mountains and remote Connecticut Lakes, and Quebec's upper Appalachians. We'll enter Canada with a spectacular downhill at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat roads. After Day 3, a layover day at Back Lake, NH, to hike, swim, kayak, bike, look for moose, head to the Balsams Hotel in Dixville Notch, etc. We'll arrive in Quebec City on Friday afternoon and leave Monday morning. Time to play tourist and enjoy the city's great restaurants, plus opportunities for hiking and more cycling. Optional pre-tour coastal cycling in Portland on Friday, 8/29.

Tour fee of \$925 includes 10 nights lodging in comfortable inns, hotels and motels, with 2 persons/room. Also lunch food on 7 days, 3-5 breakfasts, 2-4 dinners, sag van support, return transportation to Portland by chartered bus or van/truck combination

(depending on group size), 10 days off-street parking, trip T-shirt, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com

Deja Vu All Over Again

Remember all the pain and angst we went through when mediaone.net became attbi.com? Well, it's happening again, as attbi.com morphs into comcast.net. What this means to you, is that if your email address changes, and you don't tell us, then you will stop receiving your electronic WheelPeople, and you won't receive an email reminder that your membership is about to expire. (If you aren't sure when your membership is up and receive WheelPeople by postal mail, the last month is on the address label on WheelPeople above your name, e.g., 07/03 for July 2003). We may globally change all these addresses in the membership database, but to be sure, you should send your change of email address to:

Linda Nelson, Membership Coordinator
65 Hillside Ave
West Newton, MA 02465
617-964-5727
membership@crw.org

or you can change it online yourself:
<http://crw.org/ChangeOfAddress.htm>

Spring Century - Continued from page 5

They encountered no real problems, just a few tired souls who would all eventually finish. Bill Inman came over late in the day to help with the clean up. He helped load Don Blake's truck with the tables, chairs and other supplies that Don brings to all of our centuries.

Thanks to Monadnock Spring Water for the donation of spring water to our event. Thanks also to Don at Two for the Road Bicycles in Georgetown, MA for letting us use his shop and parking lot for our water stop.

The day was a nice reward for putting up with all of the snow, ice and potholes this winter. Let's hope that we get lots more nice cycling days like that this summer. The snow usually stops by June 1st, right?

Rides and Clinics at the Bikeway Source

They are located in Bedford at the end of the Minuteman Bike Path.

Tuesday - Mountain Bike ride at 6:00pm
Intermediate-advanced ride in the woods around Bedford, MA

Wednesday - Road ride at 6:00pm
Moderate pace with emphasis on group ride etiquette and FUN!

Thursday - Repair clinics at 6:30pm
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Little Jack's Corner - by Jack Donohue



My Irish Catholic family had numerous superstitions. One of them was that of giving a "bad eye" to something. Basically, this meant that if you said something good about some-

thing, this was tempting fate and it would immediately turn bad. So you were only able to make pejorative or at best neutral proclamations about things in general. I did not subscribe to this theory, but a recent event seems to prove me wrong.

I was commuting home, and I happened to notice my cyclocomputer. I was thinking what an extremely reliable device it was,

since, despite its low cost, it had lasted many years. Most of my other cyclocomputers have trouble turning over triple digits (perhaps this is related to my always buying the cheapest ones available). But this one, a Vetta Innovator (no longer made for quite some time) had turned over 10,000 miles and was well into the second 10,000. So I was thinking what a good, reliable accessory it was. Bad move.

The very next day, I got home and checked my mileage. Despite the fact I have these cyclocomputers on all my bikes, I basically don't trust them. They will occasionally suffer brain damage, or the pickup will get knocked out of place, etc, so every day I check my reading against yesterday's to see if the difference looks reasonable. After all, we

don't want some interloper to surpass me in the Mileage Wars because of some data error. So the day after my blissful ruminations about this wonderful computer, I checked the odometer and it read 417 miles. This was a bit alarming, considering it had read over four thousand the day before. Now I could have understood if it had reset itself to zero, but to some arbitrary low number? I began to suspect evil forces at work. Given its years of faithful service, I decided to give it another chance. Next day, it registered no miles at all, next day it gave what looked like a correct reading, next day nada, so in the end I decided to retire it, with great sadness.

So now I've got a really nasty one that seems extremely unreliable, and I would be surprised if it lasted the summer. Really.

Tasting and Cycling France Along its Rivers (Part III)

by Arthur J. Weitzman

(continued from previous month)

Food soon becomes an obsession to the touring biker, who consumes more than 300 calories an hour. Lunches mostly were picnic style purchased at a charcuterie like the modest one in Donzère and then eaten at a table at a local cafe, where a glass of wine or beer cost about a dollar.

Dinner is a more serious affair especially in France where restaurant cooking is as much an art as the paintings at the Louvre. The red-cover

Michelin guide is indispensable for locating the best cuisine of France, and we threw prudence to the winds as we gobbled down the fatty foods. Surprise! in spite of these rich evening repasts, we actually lost weight as body fat turned to muscle as each day's turning crank kept our girth lean. So when we sat down at the outdoor tables of L'Estragon in the central square in Tournon (a visual delight) and consumed in the dimming twilight a hardy meal of smoked duck, followed by rascasse (Mediterranean fish) with anchovy sauce, Roblochon cheese, and finally a dessert of sorbet and washed down with a St. Joseph rosé, we had not the least anxiety about weight gain as we staggered back to our hotel room.

Another series of roadside sights that speeding motorists rarely stop to ponder are the ubiquitous shrines to the executed French partisans in the last year of WWII. A typical plaque often festooned with flowers will recount that six or five or two members of the maquis and their names and ages were shot at this site on, say, June 10, 1944. This part of the Midi (the lower half of the Rhone) witnessed an uprising of the Resistance just after D Day, June 6. Many paid dearly with their lives as the retreating Nazis exacted vengeance on the open road as a grim warning-- apparently not heeded-- to the local guerrillas.

The lower Rhone, especially the Vaucluse and the cities of Avignon and Aix-en-Provence, famous for wine, ratatouille, endless lavender fields, and adding an extra syllable to the tail of words (creating havoc with high-school French pronunciation rules), has now more vacation

cottages and tourists than cafes to hold them idling in the sun. The latest fad is refurbishing an ancient "mas" (farmhouse) and adding a swimming pool, especially after Peter Mayle wrote his paean and his building manual to conspicuous consumption-- "A Year in Provence."

For the peregrinating cyclist, the experience is ambivalent. On the one hand, the restaurants, hotels and proliferation of chambres d'hôte make it easy to plan one's day. The roads are superbly paved, wine stands beckon, the place is bustling with affluence. Yet one misses old France, blue uniforms of the farm workers, the beret, sipping Pernod in sweaty pubs, and simple eateries with paper doilies that once characterized this wonderful agricultural region. Still, in some of the small villages they can still be found, for example, scruffy blue collar Cadanet, just down the road from fashionable and touristy Lourmarin (where Albert Camus is buried). We found a charming chambre d'hôte run by a retired teacher at the edge of town. She steered us to the best local place to eat, called Stephani's, a good simple meal with the local Luberon wine for little money. When we rolled into the great walled city of Avignon under sunny skies, without having had a single flat tire in three and half weeks, we could boast of a successful ramble through France, thanks mainly to the system of chambres d'hôte. After two days of wine and feasting in Place D'Horloge, a vast outdoor dining room, we placed our cycles into the care of the French railway system and reversed roles as we watched the scenery swish by while comfortably ensconced on TGV (bullet train) on the way to Paris, and thence home.

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May Mileage Totals

8	6	5	7	1
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	5936	-	-	5	Michael Byrne	1121	3	1	-	Elizabeth DeMarco	209	-	-	-
Melinda Lyon	4794	3	3	3	Jeff Sprunger	1100	-	-	-	Jamie King	168	-	-	-
Bruce Ingle	4601	4	3	3	Mark Webb	1090	-	-	-	Jeff Luxenberg	141	-	-	-
Emily O'Brien	3968	5	5	-	Bill Hanson	1002	1	-	-	Barbara Clough	132	-	-	-
Jack Donohue	3739	1	-	1	Lincoln Ross	876	1	-	-	Phyllis Mays	122	-	-	-
Steve Robins	3511	-	-	-	Ken Skier	870	2	1	-	Rosalie Blum	95	-	-	-
Irving Kurki	3303	4	1	1	Ed Hoffer	860	-	-	-	Greg Tutunjian	86	-	-	-
Don MacFarlane	3271	4	-	-	Doug Cohen	800	-	-	-	George Caplan	66	-	-	-
Tod Rodger	3201	4	2	1	Cynthia Snow	757	-	-	-	Jared Luxenberg	52	-	-	-
Chris George	2902	-	-	-	Nancy Marchand	748	1	-	-	Jacob Allen	40	-	-	-
Peter Brooks	2523	4	3	-	Joseph Tavilla	668	-	-	-					
Mike Kerrigan	2315	3	3	1	Gregory Lee	617	-	1	-					
Bill Scott	2099	3	2	-	Otto DeRuntz	607	-	1	-					
Bruce Gelin	1924	2	-	-	Ted Hamann	600	-	-	-					
David Wean	1841	2	-	-	Peter Knox	598	-	-	-					
Joe Repole	1795	5	5	-	John Allen	580	-	-	-					
Richard Dweck	1623	-	-	-	Lyn Rodger	511	1	-	-					
Rich Fields	1616	2	-	-	Dan Pratt	503	-	-	-					
Lisa Weissmann	1562	3	1	-	Jim Goldman	425	-	-	-					
Nick Linsky	1451	1	1	-	Elaine Stansfield	424	1	-	-					
Gary Smiley	1395	1	-	-	Jackie Grocer	413	1	-	-					
Cory Lovett	1372	-	-	-	John Springfield	405	-	1	-					
Butch Pemstein	1292	4	-	-	Frank Connell	360	-	-	-					
Dick Arsenaute	1253	-	-	-	Rich Whalen	337	-	-	-					
Bill Widnall	1241	3	4	-	Gabor Demjen	336	-	-	-					
Bob Sawyer	1239	-	-	-	John Kane	277	-	-	-					
Don Mitchell	1178	1	1	-	Jim Broughton	272	-	-	-					
Frank Aronson	1140	-	-	-	Cynthia Zabin	218	-	-	-					

To all the riders who submit their mileage. I usually do not reply to those of you who send it directly to me unless you specifically ask me to. If I make any mistakes then I will apologize right now in advance, those things happen. Keep all those numbers coming and remember to please get them in "by the 5th" not the 6th or 7th. I won't believe you if you tell me the cat ate your mouse. I'm nice now but that could change at any time.

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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253 North Harvard St., Allston (617) 783-5636
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96 N. Main St., Randolph (800) 391-2453
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111 South Road, Bedford (781) 275-7799
- Boston Bicycle**
842 Beacon St., Boston (617) 236-0752
- Broadway Bicycle School**
351 Broadway, Cambridge (617) 868-3392
- Burlington Cycle**
428 Boston Rd., Billerica (978) 671-0800
- Cambridge Bicycle**
259 Massachusetts Ave., Cambridge (617) 876-6555
- Chelmsford Cyclery**
7 Summer St., Chelmsford (978) 256-1528
- Community Bicycle Supply**
496 Tremont St., Boston (617) 542-8623
- Cycle Loft**
28 Cambridge St., Burlington (781) 272-0870
- Dedham Cycle and Leather**
403 Washington St., Dedham (781) 326-1531
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860 Commonwealth Ave, Boston (617) 731-6100
400 Franklin St., Braintree (781) 848-3733
CrossRoads Ctr., Burlington (781) 272-2222
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686 Worcester Rd., Framingham (508) 875-5253
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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

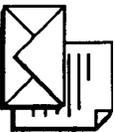
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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.