


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

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Bike Commuter Act is Back

by Ted Hamann, Government Relations Coordinator

During the National Bike Summit, Congressman Earl Blumenauer (D-OR) and Congressman Mark Foley (R-FL) re-introduced the Bike Commuter Act [HR 1052], legislation to allow employees who bike to work the same financial incentives available for parking and mass transit. The bill would change the Transportation Fringe Benefit of the tax code to include bike commuters. "It's time to level the playing field for bicycle commuters," said Blumenauer.

"Bicycling is one of the cleanest, healthiest and environmentally friendly modes of transportation that exists today. People who bike to work should have the same financial incentives as those who use transit or participate in a qualified parking plan."

Currently, employers may offer a Transportation Fringe Benefit to employees for commuting to work. Employees who take advantage of this program may receive a tax exemption benefit totaling \$180 for participating in qualified parking plans or \$100 for transit and vanpool expenses. Employees may also opt to take cash compensation instead, which is subject to employment taxes. The Bike Com-

muter Act would extend these same Transportation Fringe Benefits to employees who choose to commute by bicycle.

"Across the country people are working to create more livable communities that include reduced traffic congestion, improved air quality, and increased neighborhood safety," said Blumenauer. "The federal government should do its part to support these goals by providing transportation benefits to people who choose to commute in a healthy, environmental, and neighborhood-friendly fashion."

Advice from an aide to Congressman Blumenauer, Craig Raborn: the bill as of May 1, 2003, is in the House Ways & Means Committee, but the strategy is to get its provisions incorporated into TEA-3; this will occur with the approval of the White House. Craig believes that this strategy has good chance of success. Best bet for Massachusetts bicyclists wishing to help this bill along is to contact Congressman Mike Capuano at 1232 Longworth House Office Building, Washington, DC 20515. Tel: (202)225-5111. Fax:(202)225-9322).

Babz Bike Bits

by Barbara Clough

"Admitting Defeat"

After a hiatus of a few months, I'm back on track. Life does that to you. You think you have all your ducks in a row, then some kid with a bee-bee gun comes along and knocks down one of your ducks. Then all the following ducks go wacky because the preceding duck is gone, and they have to take time to regroup, figure out who's going to be the lead duck again, who's going to be the penultimate duck, the last duck. The entire alignment of ducks gets rearranged, they start flowing together and, hopefully, they figure out in advance what to do when the next bee-bee gun goes wild.

So this is what I have learned about life in the last month, and has very little to do with cycling. I was in Paris for eight days for the marathon. I know this is a cycling newsletter,

but don't worry, I'm not really going to write about running either. I try to run a marathon every spring because winter inhibits my cycling so much. This year has been particularly difficult because of boring health issues that I'll not get into here. We all have them; some are worse than others.

Paris, if you've never been, is lovely. I know, what a cliché, but more than the city itself I liked the lifestyle, with the focus on life. In the entire time I was there, I never saw anyone with a cup of coffee to go. No Dunkin Donuts cups, no Starbucks, no Peets. What I saw were people sitting at tables in the spring sunshine, sipping a cappuccino and enjoying the company of a friend and good conversation. Once I got over the initial shock of not having a cup of coffee in my hand, at all times, I liked the idea of simply sitting and enjoying the aroma of a freshly brewed coffee with slightly warmed milk and sweet sugar. Perhaps if I remembered while I was home to take the time to just sit down

with my morning coffee instead of taking it on the road with me, I wouldn't feel the need to drink five cups a day. One, thoroughly enjoyed cup, just might suffice.

The marathon course itself was spectacular. The last marathon I ran was in Belfast, Northern Ireland, which is a very working class city, and the course took us through both the best and the worst parts of it. Paris showed us only the best, through the most beautiful sections, some forest and gardens on either end to lighten the eye, and you finished by running towards the Arc de Triomphe. There was music along the entire course - every kilometer there was a live band - everything from brass bands playing World War II standards to Moroccan drumming bands. Even when I was tired and feeling discouraged, and once again saying to myself, "I'll never run another marathon, this is stupid," the strains of "It's a long way to Tipperary" from a delightful brass band, who has also been

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



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

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

Editorial Policy



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

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

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



How To Send Us Your Article

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

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

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

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

Insurance

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

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Copy Editor	Jack Donohue	781-275-3991
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Advertising	Marty Weinstock	617-491-6523

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Web Site (http://www.crw.org)		
Webmaster	Gary Smiley	webmaster@crw.org
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For more information please contact Marty Weinstock at 617-491-6523			

Cassandra's Riding Wisdom

Itching for advice but too embarrassed to scratch? E-mail your cycling life and love questions to cassandra@crw.org

Dear Readers,

The letters this month cast a backwards glance in time, due perhaps to summer's late arrival this year.

As always, Cassandra welcomes all email from curious club members who have questions or comments on the many aspects of riding. Write her at: Cassandra@crw.org

Dear Cassandra,

Do you know where I can get a new freewheel with 5 gears and with real live threads? My 40-year old ten-speed yearns for a new cluster.

Retroman

Dear Retroman:

Ahhh, the yearning for one's youth. Cassandra knows it well. The yellow banana seat on the stingray, the brass Suntour freewheel remover, and the friction shifters on the downtube where they belong. Sadly, one can't go back: cell phones and 9-speed freewheels are with us forever.

However, for those who insist on trying, one can still find some of the old parts. While Cassandra doesn't know where to find a yellow stingray seat (although she guesses that there must be one in Jack Donohue's basement somewhere), she does know that one can still find Suntour freewheels. One might even start a search with a CRW site sponsor such as Harris Cyclery.

Dear Cassandra,

Many other cyclists seem to be either currently enjoying or posting personal ads seeking healthy new relationships with fixed-gear bicycles. The very sight of those ads causes me unfathomable anguish. You see, Cassandra, when I was very young, I already owned a fixed gear bicycle, made by Columbia. I thoroughly enjoyed it until about the age of 15. Maybe I had that bike at too early an age. At some point soon afterwards things began to change.

As a college student I bought a 3-speed bike just to "get around campus" on. I admit it: I liked the (often) kinky gear switching para-

phernalia. Harmless fun I thought. Surely wasn't hurting anyone.

But it didn't end there. After graduating and landing a job, I was young man alone in the big city. For the first time in my life I had more cash in my pocket than I owed at the end of the month. Each day I passed a big city bike shop along the way to work. My eyes would wander to the place, the thoughts would come, and I just let them. I knew what was inside. I knew I was vulnerable. The day finally came when I could pass no longer. When my head finally cleared again back out on the pavement, I was astride a ten speed. Good lord! And it was no longer just a quickie ride after work, and we're not even talking simply commuting idolatry. No, no, I was far gone under the influence of the thing. Weekend-long trips. Lubricants, extra rubber.

And still it didn't end. I'm too ashamed to tell you how many gears are bolted on my current bike. Cassandra, how can I ever be simple again? Help me!

Chain Ring Changeling

Dear Chain Ring (may Cassandra call you Chain Ring?):

Cassandra certainly likes the way you think. New technology has a way of creeping in and removing some of the simple pleasures of life. Quill pens, Radio Flyers, and Cassandra's favorite yellow banana seat have all left us.

While some would argue that gel seats and gears have improved the quality of cycling life, one can't help but feel that an essential ingredient has been lost. Cassandra also realizes that she is now be a part of the generation that mourns the loss of the old ways, and she finds herself just a bit befuddled when watching the younger generation navigate A route with a GPS mounted to the handlebar.

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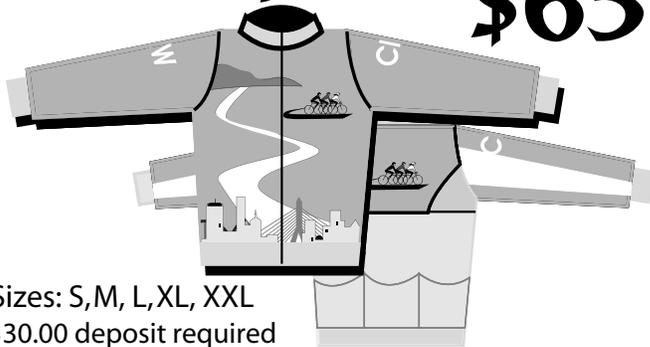
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Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times: Varies, usually 10:00 AM

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace.

Routes: Distances are typically between 30 and 40 miles.

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

Start: Location Varies.

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

Wednesday Evening Ice Cream Ride

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

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

Routes: Arrowed rides of 18 and 28 miles

Leaders: Gabor Demjen, 617-266-8114(W),

781-237-0602(H); Eric Evans [Eric.Evans@morganstanley.com] 617-478-6559(W), 617-901-3958(H)

Start: 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 [crw2@markdionne.com] (617-965-5558), Fred Kresse [drz@xpres.net] (781-444-1775)

Start: Saint Sebastian's School at the corner of Greendale Ave. and Great Plane Avenue, Needham.

Directions: From Routes 128/95, take the Great Plain Avenue Exit #18 and head west towards Needham. The school will be immediately on your left. Please park as far from the school buildings as possible.

Thursday - Fitness Ride at Hanscom Field**

Times: 6:00 PM SHARP!

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

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

Leaders: 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 and arrowed

Leaders: Jackie Rose [jackierose@topperform anceconsulting.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.

WELCOME NEW MEMBERS

Michael Aarons	Natick
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Robert Kamen	Sudbury
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John Stone	Southboro
Thomas Sullivan	Hingham
Alfredo Torrejon	West Roxbury
Bob Tremblay	West Newton
Karin Turer, Nick Pavey	Somerville
Markus Walbaum	Dedham
Jeffrey West	Sudbury
Robert Yennaco	Woburn



August 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.

Scenic Byways of the Mid-North

Saturday - August 2

Times and Routes: 9:00 for ~52 miles; 9:30 for ~34.

Ride Type: Cue sheet and arrows.

Leaders: Sarah Weaver, sarah.weaver@comcast.net; 978-664-1370 before 9:00 p.m.

Highlights: Serene back roads, farmstands, lakes, and potholes of the northern burbs. Enjoy lunch at Ingaldsby Farm and commune with the goats and piggies. Terrain is moderately rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars), so bring enough snacks to keep you going.

Start: Ipswich River Park, North Reading

Directions: From Route 93, take Exit 39/Concord Street toward North Reading (a right off the exit if you're heading north). Bear right at the stop sign (1.3 mi); cross Rt. 28 at the light; bear right at stop sign onto Park St/Rt. 62 (1.8 mi); turn right onto Central St (2.5 mi); turn left into park. These mileages are cumulative.

Have-a-hill?

Sunday - August 3

Times and Routes: 9:30 for 63 mi; 10:00 for 35 mi

Ride Type: Arrowed with cue sheet and map

Leaders: Martin Serman (617-720-0875) mdsterman@yahoo.com Coleader: Ann Williams (781-275-1821) ravenbike@cs.com

Highlights: Have-a-Hill, that's Brooklynese for Haverhill. Rock & roll this NSC (North Shore Cyclists) classic route over, under, but seldom around the rolling hills of Rockingham County, NH. Quiet, scenic, rural roads, and no sales tax make this an especially rewarding cycling experience. Goes through a bunch of towns I never heard of, like Atkinson, Newton, Kingston, Hampstead. Long ride adds Brentwood, Danville, and Sandown. Limited food opportunities, par-

ticularly on the long ride.

Start: Haverhill High School, Monument St., Haverhill. Just off 495, it's easier to get to than you might think.

Directions: From Rte 495 north, take exit 50. At end of ramp go straight across Broadway onto Monument St., then go straight through 4-way stop. Haverhill H.S. is on the right. From Rte 495 south, take exit 50. At end of ramp take a left onto Broadway, then take next left onto Monument St., then go straight through 4-way stop. Haverhill H.S. is on the right.

A Sterling Ride from Sudbury

Saturday August 9 -

Times and Routes: 9:30 AM for 67, 45, or 27 miles.

Ride Type: Arrowed (small letter "b") with cue sheets.

Leaders: Mike Byrne, (978) 443-8999; raddad47@aol.com.

Highlights: Long ride circumnavigates Wachusset Reservoir clockwise. Work up an appetite on the Green St. hill, lunch at the Old Stone Church on the shores of the reservoir or in Sterling, work that off on a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Hudson, Stow & Marlboro. Medium ride avoids the reservoir, going north through Berlin Center (lunch stop), re-joining long route in Bolton. Short ride meanders through some of the less traveled roads of Sudbury, Framingham, Southboro, Marlboro, Hudson & Stow. All rides pass the Farside (Wayside) Inn & Grist Mill going out and back (possible lunch stop on the way back for the short ride).

Start: Ephraim Curtis Middle School, Pratts Mill Rd. (just off Peakham Rd.), Sudbury. **Directions:** From Rte. 128 / I-95, take Rte. 20 West (towards Marlboro) thru Weston to Wayland. Turn right in Wayland Center onto Rte. 27 North, go past Wayland Country Club, across Sudbury River and up hill into Sudbury Center (churches, town hall). Stay on Rte. 27 North thru traffic lights (crossing Concord Rd.), then left onto Peakham Rd.

(first left after lights). Go straight at first stop sign (Old Lancaster) and turn right at second stop sign (Pratts Mill). Curtis Middle School immediately on right.

Mean Streets by Moonlight

Saturday - August 9

Times and Routes: 9 P.M. for about two hours and 20 diverse miles. Rain cancels.

Ride Type: Urban Night ATB - follow the leader

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

Lowlights: TBD - As with all Mean Streets rides, ATB's or hybrids are recommended for the highly varied terrain we will encounter. Front and rear lights are required for this ride.

Start: Boston - Copley Square Plaza in front of Trinity Church, Back Bay

Directions: Mass Pike or Storrow Drive to Copley Square exits, parking tough (park and bike over from Mem. Drive?), contact for details.

North Shore Almost Coast to Coast

Sunday - August 10

Times and Routes: 10:00 AM for 45 or 59 miles, 10:30 AM for 28 or 36 miles.

Ride Type: Arrowed plus cue sheets and maps.

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

Highlights: Enjoy some of the prettiest cycling near Boston. Flat to rolling terrain on generally quiet roads, plus lots of historic architecture. Long route goes to Newburyport, with lunch overlooking the Merrimack River. Shorter routes go to Rowley or Topsfield, with lunch in Topsfield. All routes are the same for the first 12 miles and the last 16 miles.

Start: Montserrat Commuter RR Station, about 1 mile east of Beverly.

Directions: Rt. 128 to Exit 19 on the North Shore. This exit is about 9 miles northeast

of where I-95 and Rt. 128 split in Peabody. Right on Brimbal Ave. south about 1 mile. Right on Rt. 22 southwest 0.1 mile into RR Station parking lot. By commuter train, the train to Rockport leaves North Station at 8:30 AM, arrives Montserrat 9:07 AM. Check for schedule updates.

Mean Streets: South End

Thursday - August 14

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: Explore the Northeastern campus, Dudley Square, City and University Hospital areas, and the architectural splendor of the South End. NOTE: serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

Start: Boston - John Hancock Plaza, St.

James Street at Clarendon, Back Bay

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

A River Runs Through It

Saturday - August 16

Times and Routes: 9:30 for 50 miles and Metric Century option (64 miles). 10:30 for 28 miles.

Ride Type: Arrowed

Leaders: Jim Pearl (781)275-8603, Steve Kolek (781)674-1090

Start: Concord-Carlisle High School, Concord, MA

Highlights: All rides pass through the beautiful, rolling, wooded countryside west of Boston, with views of the Sudbury and Assabet Rivers. All rides go through Sudbury, Wayland, and Lincoln with the 50-mile ride adding Stow and Hudson and a

few hills. There is a beautiful metric century option that adds Boxborough and Acton and some more hills.

Directions: Route 2 to the Route 126 intersection. This is the intersection for Walden Pond. From Route 128 take Route 2 West until you come to Walden Street at a traffic light. This light is about 1 mile past the Mobil Gas Station at Crosby Corner. Take a right turn from Route 2 onto Walden Street. The High School is about 1/3 of a mile down on the left before the fork with Thoreau Street.

Apple Pi Ride

Sunday - August 17

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

Ride Type: Arrowed (upside down greek letter pi)

Leaders: Jack Donohue (jmdonohue@alum.mit.edu or 781-275-3991 before 9PM) and Janet Cochrane-Miller. Party at leaders' home after the rides.

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 21, 2003

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH.

START - Acton-Boxborough High School, Rte 111, Acton MA.

From Boston, take Rte 2 West past the rotary to the first Rte 111 exit. This is a left lane exit just past the traffic light after the rotary. Continue straight at the traffic light, crossing Rte. 27. The high school is just past the traffic light on the right.

From the West, exit Rte 2 at Newtown Road, the first exit east of Rte 495. This becomes Central St in Acton. Continue on this until the first traffic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

TIMES - 8:00 - 100 miles *Full Century*
9:30 - 62 & 50 miles *Metric & Half Century*

COST - Pre-registration: CRW members - **\$8.00** Non members - **\$10.00**
Day of the event: CRW members - **\$12.00** Non members - **\$15.00**
Refunds available until September 14, 2003

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support provided by **Bikeway Source, Bedford, MA**
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase

Please arrive at least 45 minutes early if you want your bike checked before a ride



PRE-REGISTRATION FORM

This form must be received by September 14, 2003

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

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

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

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

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

Total Enclosed



Highlights: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills. **Start:** Parking lot across from VA Hospital, Springs Road in Bedford.

Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital / Middlesex Community College. Meet at first parking lot on right.

Carl Isle Ride and Grill

Saturday - August 23

Times and Routes: 10:30 AM for 30 or 37 miles

Ride Type: Cue Sheet and Map; possibly arrows

Leaders: Mike Hanauer (978-318-1980, MGHanauer@yahoo.com) and Jim Broughton (781-944-9499)

Highlights: Lots of low traffic country roads with just a single traffic light. Working cranberry bog and dairy farm plus lots of trees, cows, goats, sheep and pasture cookies. Routes have few and only kinder and gentler hills. For you Carl Isle ride vets, the infamous Greenwood Street has been removed from the route, a most controversial decision. There will be a PARTY at Mike's after the ride.

Start: Mike's Place, 200 Long Ridge Road, Carlisle MA. Please park on the street if you drive.

Directions: FROM CONCORD CENTER: Take Monument Street past the Old North Bridge; it becomes River Road in Carlisle. Turn left onto Nowell Farme Road 4 miles from Concord Center (at the four way intersection, it's

Skelton on the right). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. FROM BEDFORD CENTER (and Rt 128/95): Take 225 West toward (through Bedford then) Carlisle. Just after crossing the Concord River (and entering Carlisle), take the next left onto Skelton. Go straight across River road onto Nowell Farme Road. Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. FROM CARLISLE CENTER: Take Route 225 (Bedford Road) East toward Bedford, but bear right onto River Road 1.5 miles from Carlisle Center. Turn right onto Nowell Farme Road (at the four way intersection, it's Skelton on the left). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left.

The Lake Chargoggagoggma nchauggauggagoggchaubuna gungamaugg Ride

Sunday - August 24

Times and Routes: 9:00 am for 93 and 72 miles; 10:00 for 47 and 33 miles

Ride Type: Arrowed

Leaders: Wes and Linda DeNering. WDeNering@JHancock.com or 508-881-9117.

Highlights: The 93 mile ride is a Tri-State ride that goes southwest through the heavily forested former mill country of the Blackstone River Valley. It continues on through the big hills of NW Rhode Island and NE Connecticut, circling Lake "C" with some good overviews of this lake. It returns through Douglas State Forest and other mostly undeveloped sections of central Massachusetts. The shorter rides do not circle Lake "C", and

don't quite make it to R.I. & CT. but passes by many other nice lakes, and avoids going through Webster. (We recommend the 72.) All rides are hilly, but are on very quiet scenic roads that are largely unused by other club rides. There are very few stops, so come prepared.

Start: Ledgemere Plaza, intersection of Elliot St and Rt. 126 in Ashland.

Directions: From Route 9, follow 126 south through Framingham about 4 miles. Turn right at light just before Shaw's plaza. Ledgemere Plaza is on the right.

Apple Pi

Saturday - August 30

See Aug. 17 ride description

Wachusett Reservoir Ramble

Sunday - August 31

Times and Routes: 9:30 for 60 and 43 miles, 10:00 for 32 miles (70 mile option to Mt Wachusett)

Ride Type: Arrowed with Map

Leaders: Fred Mueller - 508-485-7476 (fmueller@charter.net)

Highlights: A great ride that starts on Rt 9 in Westboro, climbs through Shrewsbury and then rambles along country roads in West Boylston, Holden, and Princeton - west of the Wachusett reservoir. The long and medium rides continue clockwise around the reservoir returning through Clinton, Boylston and Northborough. All the rides are "nested" making it easy to modify the length of your ride after you have started. Designated lunch stop at the Old Stone



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Church on the north shore of the reservoir - B.Y.O. - or try to digest hot dogs from the hotdog truck...

Start: Parking lot behind Golds Gym at the intersection of Rte 9 and Lyman St. in Westboro.

Directions: Mass Pike to 495 North. Take the next exit on 495 North, exit 23b / Route 9. Follow Rte. 9 west 2 miles to the next light at Lyman St. Right on Lyman to end of lot behind Gold's Gym.

Wachusett Reservoir Ramble

Monday - Sept. 1

See Aug. 31 ride description



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

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

Other Trips

Tenth Biannual Two Country Three State Bike Ride

Thursday, August 28 to Monday
September 1, 2003 (Labor Day)

Enjoy four days of fabulous cycling through the hills and passes of the Great North Woods. Cycle through Dixville Notch, NH, Grafton Notch, Maine The Northeast Kingdom of Vermont, Moose Alley, NH, the Connecticut Lakes Region of NH, with great rides into Quebec. The trip will include 4 breakfasts, 2 dinners, luggage transport from Gorham to our motel in Colebrook, NH, taxes, gratuities, and cue sheets. Vehicles are left in Gorham for the weekend, and full club facilities and showers await our return to Gorham on Labor Day afternoon. Intermediate riders or better with good cycling equipment as there are no bikes shops after we leave Gorham. Call Steve Blum at 508-366-0818 until 10 PM.

Meet Thursday evening at the Royalty Inn, Main St. Gorham, NH
(Friday start in Colebrook, NH can be arranged)

Trip price: about \$170.00 (depending on number of participants.)

Nashoba Valley Pedalers Century

Saturday, September 6

The Nashoba Valley Pedalers will hold its 2003 Fall Century Classic on Saturday, September 6th. Rain date is September 7th. NVP continues its tradition of offering a variety of scenic rides through quiet back roads in Massachusetts and (for the 100 mile ride) New Hampshire. The routes incorporate long stretches showcasing the essence of New England cycling, with minimal distance on the busier primary roads. The terrain is rolling. Each year, we have had more repeat riders; come join us in 2003 and share a wonderful ride experience! All rides are fully arrowed. Back-up cue sheets are provided. Food and water stops at mile 25 and mile 65 (100 mile ride); mile 25 and mile 45 (75 mile ride); mile 25 (50 mile ride). Food and water provided at start and finish for all riders. The ride starts at the Wayland High School/Pool complex, 2 miles South of the junction of Routes 20 and 126 in Wayland, MA. Registration opens at 7 AM (100 MILERS MUST START BY 9 AM). All other riders must start by 11 AM. Registration forms are available on the web at www.nvpbike.org or US mail to Nashoba Valley Pedalers, P.O. Box 2398, Acton, MA 01720. Pre-registration must be postmarked by Saturday, August 30th. Before August 30th, the cost for NVP members \$10, non-members \$12. After August 30th, it is \$12 for NVP and \$15 for non-members. For more info contact Fred Pearson, freddykemp@sprynet.com.

Seven Hills Wheelmen

Major Taylor Century

8 a.m. Sept. 28, 2003

Rides of 25, 62 or 100 miles, Finn Park, Pleasantdale Road, Rutland; \$15 for Seven Hills Wheelmen members, \$20 for non-members. Information: Andrea Kaufman, akau531261@aol.com, 508-752-8657, or www.sevenhillswheelmen.org.

Tandem Bicyclists of New England (T-BONE) Rides

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

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

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

Little Jack's Corner - by Jack Donohue



I've come to the conclusion that the English are a zany bunch. At the risk of a gross generalization, I think this would probably apply to the residents of all those little

islands between us and Europe.

A bit of background here. Our friends Pamela and John had moved to New Zealand, and Susan agreed to pick up their mail and forward the good bits until they got a new address. Since the catalogs were not worth sending on, I became the recipient. They must get every bike catalog and magazine in the world, literally. One day, I was going through the pile and found one entitled "The Rough Stuff Journal." I was a bit taken aback, since I didn't think they were into S&M, but upon further reading, this seemed to be what the British call off road riding. But it's not really what we're used to thinking of as mountain biking, which is where the zani-ness comes in. They don't do this all decked out in their double suspended, state of the

art mountain bikes, and they don't seem to frequent the traditional trails. Basically, the idea is that you want to ride somewhere, and there doesn't seem to be a road, well, carry on anyway.

The back cover has a picture of a fellow who looked a lot like Ian Anderson of Jethro Tull, hoisting his road bike across a stream. This gives you an idea of the amount of non-riding these rides entailed (if this were canoeing this would be called a "portage").

One commentary was on a ride that was described as 15 miles long, taking five hours. I quickly did the math and concluded that it would in fact be faster to walk. This was the conclusion reached by the author somewhat later in the piece, but the reasoning was that when you finally popped out onto something resembling a road, you would have your faithful bike with you to proceed on to greater adventures.

Greater adventures often entailed overnights at a hostel, of which, unlike here, there seem to be ample supply in England. Ride reports are also peppered with descriptions of scrumptious tea and cakes, or a fine lunch

capped off with one or more pints of beer. Contrast this with our typical ride, where if anyone stops at all, it's for five minutes to scarf down a powerbar washed down with liquid that looks a lot like antifreeze. Comments like "Hot work called for a beer or two.." punctuate the articles. A campsite is described as an excellent choice based on immaculate showers and toilets, but also because of a "location nicely situated between two pubs." Their route choices can also be exciting such as a "road that turned out to be a river."

Cyclists here are pretty well regimented, you have your roadies, your mountain bikers, your randonneurs, and ne'er the twain shall meet. Your "rough stuff" rider seems to be a true hybrid. One article had a discussion of the proper bike for a particular ride, which had to be off-road enough to manipulate the nasty gnarly bits, but then trim enough to not be a drag on the asphalt part of the ride. And they always seem to find time to down a warm one at the local pub. Sounds like I'd fit right in.

Babs's bike Bits - Continued from page 1

out there since the marathon started what seemed like years ago, eased my stride and my mood for just a few moments.

I'll admit that my favorite part was the wine,

bread and cheese stops on the course. The first wine and cheese was at about mile 16 and the second was at mile 24. Although I didn't avail myself of it, I liked the idea of having a little pick-me-up. Realistically, how much damage could one small glass of white wine and a few hunks of fresh bread and cheese do for non-competitive marathon runners? The red wine showed up at mile 24, I suppose to fortify one for the last couple of miles home. The entire experience seemed too civilized.

I don't know about you, but I spend a fair amount of time trying to figure out how I am going to accomplish all the things I want to. I bike, run, swim, write, work, socialize, commute. We all do, I suspect. I look for ways to be more efficient so that I can take on one more project, see one more friend. I see myself as the maven of multi-tasking. With the advent of spring, I think it's time for a new set of New Year's Resolutions. If I'm going to have a cup of coffee, I'll sit down and enjoy it. When I'm pounding out some hard miles on my bike and I see an idyllic spot where the sun breaks through the clouds and illuminates the fresh green leaves on the trees and the grass looks so inviting you think some higher power designed it just for you, I'm going to take five minutes and sit in the sun.

Bike Turns 40

by John Springfield

My trusty 10-speed red Frejus turns 40 years old in June. It has carried me through 26 states and 2 provinces of Canada. We have gone on 31 TOSRV-East rides together. And finally this year we did the original TOSRV in Ohio. In 1976 we crossed the country.

So when is a bike more than just a bike? I'm not sure, but it's one of the few possessions that have a hold on me. Maybe because its taken me through cold rain, extreme heat, and perfect 68 degree weather. Somehow we always get there together. I don't know.

So here's to you, red Frejus. May we have many more miles together.

CLASSIFIED ADS

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

WANTED: Small tandem. If you are selling or know of someone selling a "small" frame tandem please call 978-448-0533 or e-mail me at lindy.king@charter.net.

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June Mileage Totals

9 4 7 1 8

Name	Miles	M	C	K
Gerald Goode	6948	-	-	6
Melinda Lyon	6736	4	4	4
Bruce Ingle	5478	5	4	3
Jack Donohue	4695	1	-	1
Steve Robins	4451	-	-	-
Don MacFarlane	4202	5	-	-
Robin Schulman	4100	-	-	-
Irving Kurki	4095	5	2	1
Mike Kerrigan	3968	4	4	2
Chris George	3822	1	-	-
Peter Brooks	3083	5	4	-
David Wean	2432	3	-	-
Nancy Chamberlin	2317	1	1	-
Joe Repole	2088	6	6	-
Cory Lovett	2069	-	-	-
Lisa Weissmann	2059	4	2	-
Dick Arsenault	1939	-	1	-
Bill Widnall	1818	4	5	-
Nick Linsky	1757	1	1	-
Bob Sawyer	1740	-	-	-
Gary Smiley	1695	1	-	-
Frank Aronson	1610	1	-	-
Don Mitchell	1501	1	1	-
Doug Cohen	1447	1	-	-
Peter Knox	1364	1	1	-

Name	Miles	M	C	K
Nancy Marchand	1349	2	-	-
Bill Hanson	1282	1	-	-
Ed Hoffer	1229	1	-	-
Lincoln Ross	1191	2	-	-
Gregory Lee	1035	1	1	-
Joseph Tavilla	990	-	-	-
Otto DeRuntz	958	1	1	-
Cynthia Snow	945	-	-	-
Marc Webb	766	-	-	-
Dan Pratt	744	1	-	-
Gabor Demjen	708	-	-	-
Frank Connell	692	1	-	-
Elaine Stansfield	676	1	-	-
John Springfield	653	-	2	-
Rich Whalen	502	1	-	-
Cynthia Zabin	495	-	-	-
John Kane	399	-	-	-
Jim Broughton	394	-	-	-
Mike Hanauer	315	-	-	-
Barbara Clough	312	-	-	-
George Caplan	263	-	-	-
Phyllis Mays	260	-	-	-
Jeff Luxenberg	238	-	-	-
Greg Tutunjian	233	-	-	-
Jamie King	218	-	-	-

Name	Miles	M	C	K
Mark Schlack	206	-	-	-
Jared Luxenberg	153	-	-	-
Tracy Ingle	98	-	-	-

Well the dog days of summer are here early, it seems like yesterday when I was complaining about the cold. I hope you got your miles in by the fifth this month, I'm going on vacation and I couldn't wait even one extra day to check for my tardy friends. Have a nice summer riding season and keep well hydrated.

Take care, Jamie "Not many 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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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
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Community Bicycle Supply 496 Tremont St., Boston	(617) 542-8623
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Dedham Cycle and Leather 403 Washington St., Dedham	(781) 326-1531
Farina Cycle 61 Galen St., Watertown	(617) 926-1717
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Travis Cycles 7 Oak St., Taunton 722 N. Main St., Brockton	(508) 822-0396 (508) 586-6394
Two For The Road Georgetown Plaza, Georgetown	(978) 352-7343
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Join The Charles River Wheelmen

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

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place; or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities.

3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

We sometimes allow bicycle-related companies the use of our membership list.

Check this box if you don't want to receive mailings from these companies.

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

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

PAPER via Postal Service ELECTRONIC via email

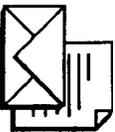
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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:

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



Renewal or Change of Address?

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