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# Wheel People

Newsletter of The Charles River Wheelmen

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On the roads of New England since 1966

Volume XXVII, Number 9 • September, 2003

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## Climb To The Clouds Reaches New Heights

by Ken Hablow

No, the mountain has not grown, although some would like to see it 2" taller with some new pavement.

The new height is the record number of riders this year. Maybe it had to do with the Tour de France not being televised on Sundays, or maybe it was due to the bright sunny day, or maybe even the comfortable temperatures that barely made it into the 80's; but whatever it was, we had 275 riders leave Concord at 8:00 in the morning and another 235 from Bolton on the metric route. With so many riders, the folks at these stops kept quite busy

A special thanks to the folks at Berlin Orchards who provide us with all the water we need for both stops. They set up a tent for us with tables and make it easy for riders to buy food, fruit and Gatorade. The Concord Police always give us a car to escort the riders out of the high school, up the hill to Route 2 and trip the lights so the riders can cross. The Lincoln police did the same at the traffic light crossing Rte 117. And, not to favor the Concord riders, the Bolton police assisted the riders out of the Nashoba Regional High School and across Rte 117.

Climb to the Clouds - Continued on page 3

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### CRW Members Just Want to Have Fun

And our new Social Committee Chairperson, Ed Glick is going to see that we do. Ed has some good ideas for activities off the bike, but is looking for help on his committee. After all, it's not very social if he has to do it alone. So, to volunteer for the committee or get more information contact Ed at 978-250-1883 or email [edward.glick2@verizon.net](mailto:edward.glick2@verizon.net).

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### Has your e-mail address changed lately?

These days it seems that there are an vast number of people who need to be notified whenever your e-mail address changes. But when you're sending out your "change of address e-mail", please add [membership@crw.org](mailto:membership@crw.org) to the list of people you notify. We rely on e-mails for membership renewal notices - if the membership coordinator doesn't have your current e-mail address, you won't get a notice

E-mail Address - Continued on page 10

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### Massachusetts Politics & Bicycling - Why Should Recreational Cyclists Care?

by Ted Hamann, Government Relations Coordinator

Whether we ride for a commute to work, a trip to the store, or simply for the fun of it (which motivates the Charles River Wheelmen), we all should care about what the Commonwealth of Massachusetts is doing (or not doing) to encourage cycling and improving the safety of cyclists. But you might say "Why me? I joined CRW for its rich menu of recreational rides, not to advocate for bicycling. That's the job of the Massachusetts Bicycle Coalition!"

Well, I might answer, you are mostly right, but, then again, all cyclists should care about decent, safe roads, the availability of bicycle paths and trails, the equitable enforcement of traffic laws, and programs of educating cyclist to ride safely. Therefore, I would argue that you all have a stake in what the state may or should be doing to make your cycling life more enjoyable. So I hope you may read on.

In 1996 Massachusetts passed a law mandating that the state highway department shall accommodate cyclists as well as pedestrians on all "public ways". But as its chief legislative

sponsor, State Representative Anne Paulsen, remarked shortly after Governor Weld signed the bill into law: the law is one thing, implementation quite another. To date, as you may gather, implementation has been slow and very uneven, to say the least. It has taken a very long time for the state's transportation agencies to recognize bicycling as a valid part of the transportation mix (notwithstanding the fact that it is legally permitted on all roads except limited access highways). Over the last several years several pieces of legislation have been introduced in the Massachusetts General Court, the state's legislative body, and have failed to pass, in part due to a lack of lobbying by the bicycling community and motivation in the executive branch. This, dear reader, is about to change.

The new governor, Mitt Romney, as you have no doubt read in the newspapers, has created a new super department in state government, the Executive Office of Commonwealth Development, to oversee four

Massachusetts Politics - Continued on page 9

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](mailto:jmdonohue@alum.mit.edu). Your document must be in "text" mode.

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

## Insurance

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

### BOARD OF DIRECTORS

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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
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Social Committee Chair	Ed Glick	978-250-1883

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Intro Rides	Jenny Craddock	617-332-4098
Century Committee	Melinda Lyon	978-887-5755
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Wednesday Wheelers	Dick Arsenaault	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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### 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

August 5, 2003

In Attendance: Bill Widnall, Cindy Sragg, Don Foster, Don Blake, Connie Farb, Barry Nelson, Steve Mashl, Jackie Grocer, Rita Long

The meeting commenced at 7:35 p.m.

**Meeting Minutes** (Bill Widnall)

July's Board Meeting minutes were approved.

**Membership** (B. Nelson for Linda Nelson)

957 memberships  
1153 members  
42 renewals  
39 new  
60 expired

**Finances** (Don Blake)

The Spring Century was a financial success. Club jerseys are selling well as indicated by the good merchandise numbers. Bill reported (for Ken Hablow) that Climb to the Clouds drew 510 riders (280 at the Concord Start and 230 at the Bolton start, with net income of \$2,800.

**Rides Committee Report** (Connie Farb)

There are several open spots in November. Connie is finding it particularly hard to get volunteers this year. Ride leader sock distribution is slow - people aren't sending in SASEs as directed in Wheelpeople. Connie has been handing them out wherever she knows ride leaders will be (ride starts, meetings, etc.). Barry offered to help distribute the socks. We may end up distributing what's left of the socks at the club banquet in November.

Connie raised the question of the club's liability when ride leaders aren't members of the club.

**Merchandise** (Connie Farb)

Club jerseys are selling really well - there are only 8 left.

Ken Hablow has received advance orders for 15 club jackets. He



wants to order 50-60 jackets on speculation that they will be sold. After discussion, Connie moved that we approve an order of 50 jackets, which was passed.

**Miscellaneous**

Connie asked if the Club wants to purchase a 2003 Tour de France video, and if yes, whether to purchase the long (12

hours) or short (3 hours) version. If we decided to purchase the 3-hour version we discussed watching it at a club social event before donating it to the Minute Man Library Network. Connie will determine price and availability of the video, and we will revisit this in September.

Ed Glick is the new Social Chair.

Jackie Grocer asked whether the club would consider making a donation to a church that allows CRW to use their parking lot for ride starts. Bill said he did not want to set a precedent by doing this.

The meeting adjourned at 9:05 p.m.

The next Board Meeting will be held on Tuesday, September 2nd at 7:30 at the United Church of Christ, Lexington.

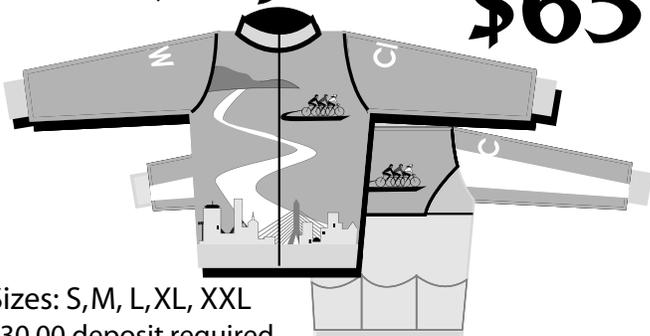
Respectfully submitted,  
Cindy Sragg  
Board Member/Secretary

Climb to the Clouds - Continued from page 1

These events do not run without volunteers who give up their day to make sure all the riders have a good one themselves. Susan Grieb did a marvelous job this year rounding up a full complement of volunteers, which includes enough people to staff registration at the two start points, as well as people to work the water stops all day. There were also the people who helped arrow the routes over two weekends and check them up to the Saturday before the ride.

Rich Fields once exclaimed that with so many riders on the road, unless you are last there is always someone riding at your pace you can ride with. This year, even the last riders, Meg Curry and Elisabeth Fine were escorted back to Concord by the ever gallant John LePage.

The CRW volunteers included: Rosalie Blum, Don Blake, Jack Donohue, Connie Farb, Eric Ferioli, Rich Fields, Fran Goldstein, Susan Grieb, Ken Hablow, Bill Haynes, Judith McMichaels, Lyn Rodger, Tod Rodger, Duane Roth, Todd Shapiro, Nina Siegel, Diane Telford.

<b>CRW Cycling Jacket \$65</b>	
	
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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:** 6:00PM starting in 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:** 5:30 PM Sharp starting September 3! Last ride will be on Sept 24. Bring lights if appropriate.

**Description:** This Fitness Ride offers you the opportunity to ride with others in a pace-line 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:** 5:30 PM SHARP starting September 18! Last ride of the season September 25.

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

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

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

**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:** 6:30PM Will change to 6:00PM beginning August 29. Last official ride October 10.

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

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

**Leaders:** Ed Glick [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.

## 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 Last official ride of the season September 28

**Description:** Are you looking for a ride with

shady, quiet roads, beautiful scenery and coastline stretches that will get you home by mid morning every Sunday? The SSCL will take place every week, weather permitting. The 37 mile route includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor at mile 15. The 50 mile loop includes Hull with an additional brief stop at mile 30 to regroup. Ideal for fast and moderate riders with paceline experience or desire to learn. These rides are set up to run with or without a leader.

**Routes:** Arrowed routes of 37 and 50 miles. Maps and cue sheets available in addition.

**Leaders:** Carl Howerton [carlhowe@hotmail.com] (781-837-9777) Jim Hill [jhill@cs.umb.edu] (617-827-2046)

**Start:** Park'n Ride lot, Rockland

**Directions:** Take Rt. 3 to Exit 14 (Rt. 228) in Rockland. Turn left at end of exit ramp and park in the Park'n Ride lot. You won't regret setting the alarm. Call to confirm. Space unlimited.

\*\* CRW's Fitness Rides Program is designed to assist intermediate and advanced riders to improve their skills and learn cooperative paceline riding techniques.

## Cassandra's Riding Wisdom

Itching for advice but too embarrassed to scratch? E-mail your cycling life and love questions to [cassandra@crw.org](mailto:cassandra@crw.org)

I'm thinking about winter riding. I have heard that mountain biking can be a bit warmer with less wind. How would I find out about it?

Cynthia  
Watertown

Dear Cynthia:

Never a fan of being cold, Cassandra finds that mountain biking is indeed a much warmer pursuit in winter than road riding. Rumor has it that - from the Jack Donohue library of anachronisms - the FDGB is less severe, as those inclined to fall do so with less speed on softer surfaces. Dyed in the Lycra mountain bikers don't feel they've had a good day unless they've become one with the earth (Cassandra does not personally share this sentiment). The best source for information about mountain biking is our sister organization, NEMBA (<http://www.nemba.org/>). As far as purchasing a

mountain bike, you should be able to get plenty of advice by posing the question to the CRW email list (<http://crw.org/maillist.htm>).

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Some driver in a car yelled at me while passing me. A little later, I caught up to the car at a red light. I wanted to yell back. What should I have done?

Denise  
Somerville

Dear Denise:

While the temptation for repartee is great, Cassandra does not find it productive to engage in conversation with lower life forms. Your verbal motorist probably has an double digit IQ and is seeking attention, Cassandra prefers to adopt a Zen attitude and ignore such individuals completely. This sends a message that they are beneath contempt,

which is a more effective solution than sinking to their level.

Cassandra also finds it important to carry her cell phone. It could come in handy should the lower life forms decide to engage in more than repartee.

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# September 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.

## Wachusett Reservoir Ramble

*Monday - September 1*

**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 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.

## Mean Streets: Waltham

*Thursday - September 4*

**Times and Routes:** 6:00 P.M. SHARP! 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 streets, alleys, single-track, the Brandeis campus, Waterfront Park, Mt. Feake cemetery, industrial areas, and other features of Watch City. NOTE: serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

**Start:** Behind Waltham City Hall on the common, Main St. (Rt. 20) at Moody.

**Directions:** Rt. 95/128 to exit 26, east on Rt. 20 for about 2 miles.

## North Shore Almost Coast to Coast

*Saturday - September 6*

**Times and Routes:** 9:30 AM for 45 or 59 miles, 10:00 AM for 28 or 36 miles.

**Ride Type:** Arrowed plus cue sheets and maps.

**Leaders:** Justin Harris, 617-323-1930, justinharris@rcn.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.

## New Devonshire and New Hampshire

*Sunday - September 7*

**Times and Routes:** 9:30 for 58 miles. 10:30 for 28 miles.

**Ride Type:** Arrowed (T) plus Map and Cue Sheet

**Leaders:** Don McFarlane (978-897-7567) and Tod Rodger (978-456-8654 before 9 PM or Tod@deerfootpublications.com)

**Highlights:** Very quiet scenic roads rolling through Shirley Common, Lunenburg, Townsend Harbor, and the new community of Devens. Short ride has modest hills (950 feet in 28 miles). Long ride adds more scenic

hills (2,800 feet in 58 miles) and even quieter roads through Ashby, New Ipswich, and Willard Brook State Park. Lunch on the Common in Townsend; bring your own or stop at the Ice Cream Factory (sandwiches, pizza, great ice cream) or other stores in Townsend.

**Start:** Sherman Square Parking Lot at Devens

**Directions:** Take Exit 37B (Jackson Road, Devens) from Route 2 westbound. Go north 1.3 miles to Sherman Square parking lot on right (CRW sign).

## Peterborough NH Hills Ride

*Saturday - September 13*

**Times and Routes:** 10:00 for 50 miles

**Ride Type:** Cue sheet and map

**Leaders:** Mike Barry (617-257.2251) Msbarry657@juno.com

**Highlights:** Ride on quiet back roads in the Monadnock region with 5000' of total climbing. Includes 3-4 major climbs and some steep, winding descents with approx total of 2 miles on well packed dirt roads. Long distances without convenience store support; must be able to carry lunch (can buy at deli at start) and emergency repair tools. Includes optional social at local tavern after ride.

**Start:** Parking lot behind Peterborough Diner on Depot Square in Peterborough, NH center, Park in back of the municipal lot along river, away from businesses.

**Directions:** Peterborough is about 25 miles west of Nashua on RT 101/101A, allow 90 minutes from RT 128/MASS Pike interchange. Take US RT 3 north, go through Nashua, NH. Take exit 8 to Monadnock region/Peterborough/Keene (Rt1 101A), follow signs. Just before Milford, take left for RT 101 bypass to go around Milford. Pass Temple Mtn Ski Area on L, go down large hill. Turn right at light with US RT 202 > Grove St (Chamber of Commerce on R). After about 0.5 mile, turn right onto Main Street at a T. Within 300 feet turn Right into Depot Square, before bridge over stream.

## Northern Lighthouse Tour

Sunday - September 14

Times and Routes: 10:00 for 35 and 55 miles

Ride Type: Arrowed

Leaders: Andy Meyer and Renee LeVerrier

**Highlights:** The tourists are gone. Come and enjoy the scenic shoreline and rural roads of Historic Portsmouth, York, and Ogunquit. We will ride along the ocean, past the Nubble lighthouse and through quiet back roads. Weather permitting, there will be a post-ride party at leader's house.

**Start:** Portsmouth Park & Ride - 15 miles north of the 495 & 95 intersection.

**Directions:** Take 95N to Exit 3, just past the NH toll booth. Turn right (yes, that means right; there are two park & rides at this exit) at the end of the ramp onto Rte 33. The Park and Ride will be about 1/2 mile on the left.

## In Search of Llamas

Saturday - September 20

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

Ride Type: Arrowed with Cue Sheets.

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

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

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

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

## FALL CENTURY

Sunday - September 21

See below

## 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



## West of Harvard

Saturday - September 27

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

Ride Type: map and cue sheet

Leaders: Patrick Ward 781-646-9196, pgward@verizon.net and Rita Long, 781-899-9177, RitaCLong@comcast.net

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

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

Directions: Take Route 2 West to Exit 39, 1/4 miles west of the I-495 exit. Turn right at end

of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into XRE lot. Go around to the back of the building and park near Taylor Road.

## Two State Tango

Sunday - September 28

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

Ride Type: Map and Cue Sheet

Leaders: Gregory Lee (gregory.p.lee@verizon.net or 508-643-4134)

Description: Starting in North Attleborough, both rides go northwest, tangoing over the Massachusetts-Rhode Island border, going through Plainville, Wrentham, and Franklin, Mass. as well as Cumberland, Rhode Island.

The longer route cuts off further North through Bellingham, into Mendon and past the Southwick Petting Zoo, before re-joining the short route in Franklin. Moderate hills, quiet and rural roads. There are no formal lunch stops, but several possible stops will be noted in the cue sheets.

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

Directions: Rt. 95 to Rt. 495 North. Take the exit for Rte. 1 South. Follow Rt. 1 south about 3.9 miles to Landry Ave. This should be the FIFTH traffic light. Go LEFT, follow the sign for Sirois Bicycle Shop. Knights of Columbus parking lot is about 0.3 miles on the left, set back from the road, across from Reinbold Insurance. Please park parallel to Landry Ave.

## Massbike Fall Bike Rally

Sunday, October 5th

An all day biking extravaganza that will take place at the scenic Friendly Crossways hostel in Harvard, MA. This event is designed for everyone from serious cyclists to families to casual recreational cyclists. It is also a fundraiser for an important cause: all the money raised will go to supporting MassBike's kid-centric advocacy and education. MassBike hopes to raise \$20,000, which could leverage an additional \$80,000 in the form of a federal grant.

There will be at least five riding options:

Challenging 60 mile ride up to the top of Mt. Wachusett and back, 30 mile Apples and

Honey ride that visits the local farm stands and wineries, 10 mile ride (and tour) to the Haystack Observatory in Westford, Mountain bike ride,

Rail-trail ride to the new Nashua River Rail Trail (ideal for kids).

After the rides, there will be bike demos, workshops in bike maintenance, advocacy, safe riding techniques, and a bike-decorating contest and parade for the young and young at heart! There will also be a bike yard sale, so bring your old bikes, parts, and other doo-dads to donate to the cause. We'll wrap up the afternoon with a big barbecue catered by Redbones and some local apple pies and other goodies fresh from the nearby orchards.

The Mt. Wachusett ride will start at 8:30;

all the other rides will begin at 11 AM. This will allow riders to use the commuter rail and our MassBike shuttle to get to the ride car-free. Pre-registration is only \$5 for MassBike members with a \$50 pledge or donation minimum.

Families and non-members pay \$20 for pre-registration, also with a \$50 pledge or donation minimum. Non-members will also receive a one year membership in MassBike with their registration. Day of event registration is \$25. The event takes place rain or shine, but we're seriously hoping for shine!

If you have questions or would like to volunteer at this awesome new event, please contact Karin at 617-629-4960 or oberon119@hotmail.com.



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### CUSTOM GROUP TOURS (from 4 to 24 riders)

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

major and inter-related existing departments of environmental protection, energy, housing and transportation, and he appointed an environmental lawyer and avid cyclist, Doug Foy, to run the show. With Mr. Foy's obvious input, the governor issued a new "Fix It First" policy for the state's transportation infrastructure. While the primary thrust of the policy is to focus scarce dollars on road and bridge repair instead of new construction, it contains several provisions of great significance to bicycling.

First of all, the simple fact that bicycling gets explicit attention in such a broad policy statement means that from now on the state's transportation bureaucracy will have to get serious about accommodating bicyclists. Among the policy's purposes is to "provide enhanced mobility for sustainable transportation modes (walking, bicycling, and public transportation)." More explicitly, "all actions taken pursuant to this policy shall fully honor the letter and spirit of provisions in the Massachusetts General Laws requiring the accommodation of bicycle and pedestrian traffic, including chapter 90E, Section 2A." (That's the 1996 law I mentioned above.) This could mean that the state's transportation department will carry out policies that bicycling advocates have been pushing for years, such as spending more money on rehabilitating existing roads (without wrecking the countryside in the process) on some of the decaying bridges spanning the Charles River, for example, and on converting old railroad lines to bike paths.

So the governor is going to do it all! Well, not quite. Legislation is required to help the process along, and this is where you come into the picture. There is an important rule of thumb in the push for passing new laws, of which several thousand are tossed into the legislative hopper during each session: if just five of you write a brief, to-the-point letter, to your State Representative and/or State Senator (sent via snail-mail) he or she will definitely sit up and pay attention. (A phone call is not bad either, but email comes in a distant third.) If you've got a few minutes and a first-class stamp, I have included some contact information in the last paragraph to help you write a letter.

There are now several bills before the legislature that could well use your support.

The lead one is called the "Bicyclist Bill of Rights & Responsibilities" (House 1553). I have bulleted several features you could include in your letter:

- 1) Clarifies existing law by stating that bicyclists have the same legal rights and responsibilities as motorists, which should make it easier for police, lawyers and judges to understand the rules.
- 2) Makes it illegal to open a car door in the face of moving traffic. (Getting "doored" is a common bicycling hazard.)
- 3) Allows cyclists to ride two abreast whenever doing so does not obstruct faster moving vehicles wanting to pass.
- 4) Raises the mandatory age for wearing a helmet from 12 to 16, expecting that teenage cyclists will be influenced by peer pressure.

5) Requires the addition of material on enforcement in the training of all police officers. The provision is particularly significant of all of us who complain about unfair treatment by law enforcement officials, and, I may add, is one that is already being addressed by MassBike with a grant from CRW.

Another bill which those of you with children may care about is called "Safe Routes to School" (House 1610), which would require the state transportation department to set up a program to distribute federal grants under the Safety Set-Aside Program (23 U.S.C., Section 133) to fund more bicycle-friendly roads, bike lanes, multi-use trails, traffic calming devices, and sidewalks in order to encourage kids to bicycle and walk to school. You should know that the state of Massachusetts spends next to nothing from its own or federal funds on such a worthwhile endeavor.

There are other bills that would benefit bicyclists, such as one that would increase penalties to motorists who violate the right-of-way of cyclists, as well as motorbikers and pedestrians, resulting in injury or death (House 1245). But I will stop now, fearing that you may have already moved on to the ride schedule for this month.

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Contact information: You may find out who your State Representative and Senator are by calling the Secretary of State's office at 617 727-7030 during business hours, or, even more handy for those of your with an internet connection, at the web site <[www.wheredoivotema.com/bal/myelectioninfo.php](http://www.wheredoivotema.com/bal/myelectioninfo.php)>

### WELCOME NEW MEMBERS

Alan Shorb	Groton	David Wiederspahn	Cambridge
Corey Hammond	Bedford	Leonard Gottlieb	Somerville
Martin Flohr	Holliston	Rachel Rennard	Somerville
Bruce Metrick	Marlborough	Aki (AJ) Chiba	Quincy
Tim Wheeler	Marlborough	Michael Kelly	East Bridgewater
Frank Kovendy	Marlborough	Mikko Suonenlahti	Lexington
Karen & Herbert Kavet	Wayland	Darrell Katz	Waltham
Winifred Parker	Wayland	Michael Counihan	Waltham
Janice Eyden	Winchester	Stacey Moseley	Waltham
Elizabeth Pell,		James Page, Louise Page	Newton
Howard Granat	Winchester	Sam Ogden,	
Donald Roy, Judith Roy	Danvers	Cynthia Lacasse	Newton Highlands
George Gay, Amelia Hinson	Peabody	Louis Gudema	West Newton
Meghan Spear	Boston	Karen Anderson	Chestnut Hill
Barry Chaiken	Boston	Joan Macfarlane	Watertown
Samia Kirmani,		Edward & Jessica Storey	Watertown
Ameek Ponda	Boston	Andrea Javel	Arlington
Andrew Gardner,		Andrew Oliveri	Needham
Meghan Searles	Boston	Kevin & Jeannette Beckerdite	Milford, NH
John Miller	Jamaica Plain	Kevin Aldrich	Manchester, NH
Mark Schlack	Cambridge	John Ercolani	Shelton, CT
Douglas Hartley	Cambridge		

### NEMBA NEEDS YOUR HELP!

NEMBA, The New England MT. Bike Association needs your help. I know many CRW members like my self are members of both groups. A lot of you however are not. Right now NEMBA is raising money to buy its own land to protect it from development. The area is know as "Vietnam". This land is located in Milford MA between RTs 16 , 85 and I-495. They need help to attain this goal. Right now there never been a better time to join NEMBA. For each first time membership (\$20), the Bob Hong Foundation will donate \$100 towards the purchase of Vietnam. You can check out <http://www.nemba.org/nembaevents/join2savevietnam.html> for more details. I will also make this offer. If anyone out there is interested in getting a guided tour of "the Vietnam" get in touch with me [Jgoeller@comcast.net](mailto:Jgoeller@comcast.net) or 508 429 2832 and I will be happy to give you a tour. Any help whether a membership or out right donations, it will all be greatly appreciated.

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## Little Jack's Corner - by Jack Donohue



I've had a couple of rather spectacular mishaps, which I chalk up to bad karma, but which my critics ascribe to poor maintenance. Now, those of you that know me realize I don't always take quite as good care of my bikes as I should, but I usually will do something about those annoying mechanical problems before they become life threatening.

Last winter I was riding with Rich, and my chain was making rather bad noises. My chain is wont to make unpleasant noises in the best of times, but this was pretty far out on the bell curve. So I was thinking, I really needed to do something about this as soon as I got home. Actually, I really needed to do something about it before I left the house that day, because after an inopportune shift and some loud noises from the rear, I realized that evil had befallen the chain. My first reaction was awe and wonder, because the chain was so badly twisted, I couldn't even figure out which

way to untwist it. If you're familiar with the concept of a Mobius strip, which has only one side, this was very likely to become the first Mobius chain. So after poking around with it for a while, and since we were pretty close to Carlisle center, we decided to do some walking and call for help. The pay phone there turned out to be out of order, but as I was wearing my NEBC jersey and looking pathetic, a woman who was also a member of NEBC stopped to help. She was on her way to Great Brook Farm to take her kid skiing, but took a detour to Bedford to take me home. I began to feel like Blanche Dubois, who had "always relied on the kindness of strangers."

I thought that would be a hard act to follow, but I was wrong. Several weeks later, I was riding with Ken, and we were doing the Lost Lake loop in Groton. This is basically a series of steep uphill and downhill in rapid succession, a lot like a roller coaster. So the way to ride this is to go screaming down the last one as fast as you possibly can to get enough momentum to get you most of the way up the next one. At which point you have to shift from a very big gear to a very small gear. I did this a bit too zealously, and

heard that series of interesting noises that precedes Total Mechanical Failure. In this case, my shift has caused the chain to somehow wrap itself around the rear derailleur, and rip it right out of the dropout! I stopped and looked around to see my rear derailleur dangling from the chain. So we extracted the derailleur from the chain. Had we had a chain tool, we could have shortened the chain making it into an ersatz fixed gear. But Nooooo! So I got to ride with the chain attached to the cogs by gravity. Which did not work very well at all. On totally flat terrain, I could sort of limp along at 5-10mph (still a lot faster than walking), but at the slightest incline the chain would fall off. It would also fall off on the flats after a while, since it wouldn't stay in the gear I last dropped it on, but insist on sliding off into the space between the cogs and the dropout. Needless to say, this made for pretty slow going. Tried calling Susan who wasn't home, so, since I was pretty close to my office in Westford, I ended up just going there and waiting for Susan to rescue me.

After this last episode, I'm afraid to leave the house. I guess I better either invest in a more extensive tool kit or a cell phone.

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### Babz Bike Bits

#### A Bicycle Built for Two

By Barbara L. Clough

I went for my first tandem cycling ride recently. I'll admit, I've always thought tandem cyclists were an interesting subculture within the cycling community; not quite as sub as bike couriers, but definitely not mainstream. And I never did get the whole concept of why they wear matching outfits. (I'm still not sure I get that whole concept.)

Okay, so this is what I discovered about tandem cycling: I prefer to run the world. I found it very disorienting not making the decision about whether I could really squeeze between the car and the curb. And if I were alone, of course, I'd crank up to get through the yellow light, but with tandems, I'd have to know the other person well enough to make that decision.

I talked to a friend about tandem cycling, and he said he'd done it once and that was enough, which didn't really surprise me. I'm showing my gender bias here but virtually all the tandem teams I have seen have man in front, woman in back. Rarely man, man. And rarely woman, man. Of course, I could go

into all the reasons why women are stokers and men are captains - physical strength, stamina, etc., but I think the stoker or captain issue comes down to control. Who does most of the automobile driving when traveling with a significant other? I have only one female friend who does the driving when traveling with her husband - he loves the idea of being chauffeured around by a beautiful woman. (She also drives like a rally car driver.) I suspect the same is true of tandem teams - she or he who drives the automobile captains the bike.

I know I'm not good at being a passenger in a car; I'm an aggressive driver and always break the speed limit. I want to get there, now. Translate that to a bike. I suppose that's why bike commuting is such a buzz - same feeling. When I was the stoker on a bike it wasn't quite the same buzz. Someone else is making the decisions, taking the chances, getting the buzz of trying to figure out algebraically while flying through the intersection about the speed of the oncoming car in relation to the speed of the bike and at what point collision is likely if I don't stand up and pedal even faster! I guess being the stoker is good if you want to enjoy the scenery.

One of the things I enjoyed about the tandem was the solidity of it. My single bike is

quite light, and when I'm going at a good clip, I feel it. With the tandem at one point we hit about 40 mph, and I still felt connected to the road. And there's something quite nice about being able to maintain a running conversation without having to shout back, keep pace, and avoid potholes simultaneously. I'll probably tandem again - it's good for me to get out of my comfort zone and expand my horizons - all that stuff my parents told me. But I'll keep my single bike road ready.

For comments, commendations, or complaints, I can be reached at [babz2000@yahoo.com](mailto:babz2000@yahoo.com)

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E-mail Address - Continued from page 1

to renew. This address is also used to send WheelPeople by email.

We recently sent out an email to all members who had addresses in the membership database. If you received this notice at the correct address, or you have already responded with an updated address, you need do nothing further. If your address is in the database, and you didn't receive a notice, or you'd like to add your email address, contact Linda Nelson at [membership@crw.org](mailto:membership@crw.org) with the information. Thanks for helping us out with this.

# July Mileage Totals

1 3 1 1 4 1

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	8663	5	5	5	Nancy Marchand	1947	4	1	-	Greg Tutunjian	501	-	-	-
Gerald Goode	8107	-	-	7	Don Mitchell	1931	1	1	-	Harry Wolf	417	-	-	-
Bruce Ingle	6488	6	5	4	Michael Byrne	1885	5	3	-	Jeff Luxenberg	311	-	-	-
Emily O'Brien	6006	7	7	1	Joseph Tavilla	1660	1	-	-	Jared Luxenberg	231	-	-	-
Jack Donohue	5784	1	-	2	Ed Hoffer	1546	1	-	-	Tracy Ingle	107	-	-	-
Mike Kerrigan	5622	5	5	3	Lincoln Ross	1523	3	-	-	Jacob Allen	65	-	-	-
Steve Robins	5512	-	-	-	Bill Hanson	1507	1	-	-					
Robin Schulman	5198	1	-	1	John Goeller	1477	2	-	-					
Don MacFarlane	4906	6	-	-	Otto DeRuntz	1307	2	2	-					
Irving Kurki	4693	6	2	1	Cynthia Snow	1146	-	-	-					
Chris George	4663	2	1	-	Gabor Demjen	1105	1	-	-					
Peter Brooks	3578	6	5	-	Dan Pratt	1044	3	-	-					
Rich Fields	3110	4	1	-	Elaine Stansfield	1029	2	-	-					
David Wean	2994	3	-	-	Marc Webb	1015	-	-	-					
Dick Arsenaault	2726	1	1	-	John Springfield	898	-	3	-					
Ken Hallow	2610	3	1	-	Cynthia Zabin	880	-	-	-					
Joe Repole	2495	7	7	-	John Allen	856	1	-	-					
Peter Knox	2470	2	2	1	Rich Whalen	767	2	-	-					
Nick Linsky	2444	2	1	-	Cory Lovett	753	-	-	-					
Lisa Weissmann	2431	5	2	-	Jackie Grocer	655	1	-	-					
Frank Aronson	2375	2	2	-	John Kane	655	-	-	-					
Bob Sawyer	2361	-	-	-	Barbara Clough	604	-	-	-					
Butch Pemstein	2268	5	-	-	Jim Broughton	538	-	-	-					
Gary Smiley	2115	2	-	-	Elisse Ghitelman	533	-	-	-					
Bill Widnall	2108	5	6	-	Mike Hanauer	521	-	-	-					

## 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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842 Beacon St., Boston (617) 236-0752
- Broadway Bicycle School**  
351 Broadway, Cambridge (617) 868-3392
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428 Boston Rd., Billerica (978) 671-0800
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- Chelmsford Cyclery**  
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- Dedham Cycle and Leather**  
403 Washington St., Dedham (781) 326-1531
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61 Galen St., Watertown (617) 926-1717
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- Frank's Spoke 'N Wheel**  
119 Boston Post Rd., Sudbury (978) 443-6696  
877 Main St., Waltham (781) 894-2768
- Harris Cyclery**  
1355 Washington St., W. Newton (617) 244-1040
- Harvard Square Bicycles**  
36 J.F.K. Street, Cambridge (617) 441-3700
- International Bicycle Center**  
89 Brighton Ave, Allston (617) 783-5804  
66 Needham St., Newton (617) 527-0967
- Landry's Bicycles**  
151 Endicott St., Danvers (978) 777-3337  
574 Washington St., Easton (508) 230-8882  
303 Worcester Rd., Framingham (508) 875-5158  
276 Turnpike Road, Westboro (508) 836-3878
- Marblehead Cycle**  
25 Bessom St., Marblehead (781) 631-1570
- National Ski and Bike**  
102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**  
102 Broadway, Rt. 1, Saugus (781) 233-2664

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

## 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

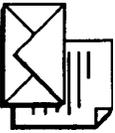
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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.