
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVII, Number 12 · December, 2003

Annual Holiday Party

CRW Secretary Needed

Cindy Sragg will be unable to continue as club secretary, so we are seeking a replacement. Duties consist primarily of taking minutes at the monthly board meetings. The secretary is also in charge of receiving and tallying the ballots for annual board elections. Taking this position is a way to really help the club yet with minimal time commitment.

If interested in helping out the club by filling this position, contact Bill Widnall, 781-862-2846, BillWidna11@attglobal.net.

Our Christmas season party will be held from 6 to 11 PM on Friday, December 12 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 62 and 4/225 split, turn right onto 4/225. At the next split just ahead, stay to the right on route 4. Pine Hill Road is about 3/4 mile ahead on the right. The church is near the top of the hill on the right.

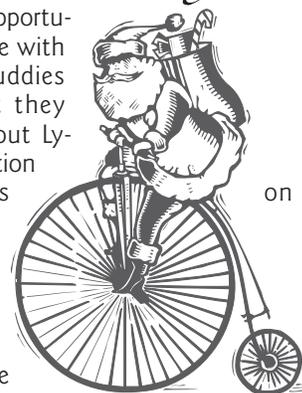
The 2004 ride calendar will be available for ride leader sign-up and for planning purposes.

Here's your chance to unmask yourself as successor to Julia Child! Bring food based on the starting letter in your last name from the following categories:

A-L: Appetizers & Salads
M-S: Main Courses
T-Z: Desserts

This is a great opportunity to socialize with your riding buddies and see what they look like without Lycra, not to mention getting first dibs on the choice dates for leading rides.

Volunteers are needed for basic tasks like buying food, helping with decorations and, of course, cleanup. Last year's pot luck format produced many delectable treats. To volunteer, contact Don Blake (781-275-7878, dgblake@rcn.com).



Wednesday Wheelers, the Friendly Face of Bicycling

by Sumner Kagan

It's not that Wednesday Wheelers are the fastest bicyclists in CRW, although many can keep a very respectable pace over a long ride and some are record-setting marathoners and outstanding athletes. It's not that we do the most miles, although if you pick up a recent issue of "Wheel People", you'll find that seven out of the top 25 listed for mileage ride with Wednesday Wheelers. The outstanding feature of WW is that it is easily the most friendly biking group around. Perhaps that's because our riders stay together, using a sweep and human arrows to keep the group from not being a group. Maybe it's the luncheon that we always have together toward the end of the ride. Both of these features were part of the vision of our founder, CRW President Bill Widnall. Bill founded Wednesday Wheelers in January of 1998.

What has happened, perhaps unintentionally, is that many close friendships have developed. Many Wheelers have activities together on days other than Wednesday. From a French-language-only monthly luncheon to hiking in the mountains, attending lectures or just going for a bike ride, the camaraderie of WW is hard to beat. In addition to great exercise and the spectacular beauty of most of our rides, a great motivation to ride with WW is to be with old friends.

Our rides usually occur anywhere within a radius of 75 miles of Boston. We have regular rides on the Cape, Southern New Hampshire, Southern Maine, and Narragansett Bay. We've also had city rides such as exploring the Big Dig, riding on the Emerald Necklace and

Wednesday Wheelers - Continued on page 6

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



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

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

BOARD OF DIRECTORS

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

OFFICERS AND COORDINATORS

President	Bill Widnall.....	781-862-2846
Executive Vice President.....	Barry Nelson.....	617-964-5727
Vice President of Finance.....	OPEN.....	
Vice President of Publications	Ken Hablow.....	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas.....	978-263-8594
Secretary.....	Cindy Sragg.....	617-232-0227
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Insurance Coordinator	Don Blake.....	781-275-7878
Membership Coordinator	Linda Nelson.....	617-964-5727
Membership Information.....	Keith Manning.....	781-643-4628
Information.....	Ann-Marie Starck.....	508-877-0178
Special Projects Coordinator.....	Marty Weinstock.....	617-491-6523
Publicity Coordinator.....	OPEN.....	
Merchandise	Ken Hablow.....	781-647-0233
Mileage.....	Jamie King.....	978-448-0533
Government Relations	Ted Hamann.....	617-576-0475
Bike Shop Program	Suzi Melotti.....	617-247-3405
Volunteer Committee Chair	OPEN.....	
Social Committee Chair	Ed Glick.....	978-250-1883
Safety Coordinator	Bob Zogg.....	617-489-5913

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Connie Farb.....	617-497-0641
Saturday Rides	OPEN.....	
Sunday Rides	Tod Rodger.....	978-456-8654
Winter Rides	Eric Ferioli.....	781-235-4762
Intro Rides	Jenny Craddock.....	617-332-4098
Century Committee.....	Melinda Lyon.....	978-887-5755
Wednesday Fitness and Masters Ride.....	Dave McElwaine.....	781-821-8643
Wednesday Wheelers	Dick Arsenaault.....	781-272-1771
Wednesday Ice Cream Ride.....	Gabor Demjen.....	781-237-0602
Thursday Fitness Rides.....	Eric Evans.....	617-527-0517
Friday Rides	Rich Taylor.....	978-287-4921
Saturday Fitness Rides	Ed Glick.....	978-250-1883
Sunday Fitness Rides	Daniel Rabinikin.....	781-275-2391
Urban Rides.....	Dave McElwaine.....	781-821-8643
	Mark Dionne.....	617-965-5558
	Carl Howerton.....	781-837-9777
	Jim Hill.....	781-337-5394
	Charles Hansen.....	617-734-0720

WHEELPEOPLE STAFF

Copy Editor	Jack Donohue.....	781-275-3991
Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523

INTERNET STAFF

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

Editorial Policy



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

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

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



How To Send Us Your Article

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

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

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

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

Insurance

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

Advertising Rates

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

CRW BOARD MEETING MINUTES

November 4, 2003

In Attendance: Board Members (7): Chair Bill Widnall, Secy Cindy Sragg, Don Blake, Connie Farb, Rita Long, Barry Nelson, Tod Rodger; Other CRW Members: Andy Brand, Jack Donohue, Justin Harris, Butch Pemstein, Marty Weinstock

Minutes from the October Board meeting were approved as published.

Andy Brand, a CRW member who is considering running for a spot on the Board, was introduced.

REPORTS: Prez Bill Widnall reported that he and Barry Nelson were interviewed by telephone by reporter Lauren Silva of the Patriot Ledger, who is doing an article for the weekend section called "Getting Out" - CRW stands to get some nice (free) publicity out of that.

Bill reported on the status of the upcoming Board election and moved that if there are four candidates for the four Board openings in the upcoming election, that the polling of the membership by ballot be suspended; and furthermore that to determine which three candidates shall serve for full three-year terms and which candidate shall serve for the two-year unexpired term, the outgoing Board (not the newly elected Board) shall vote to make the assignments, but any re-elected Board member shall not participate in the vote. The motion passed.

Financial Reports: We reviewed the Third Quarter Financial Summary Report (Tod Rodger) and the October Cash Flow Report (D. Blake). We need to tighten up our accounting on merchandise monies received; we received quite a significant amount of money for merchandise last month, but it was unclear what was for club jackets and what was for club jerseys. Tod will be sending an email to the Board that will show a financial breakdown of the Fall Century.

Rides Committee Chair Connie Farb reported that we still need a Saturday Rides Coordinator. There was an excellent turnout for the ride on 11/1. A mentoring program might replace the Ride Leader Workshop; this could be a more effective way to get new ride leaders. Connie is going to write up a F.A.Q. sheet for Ride Leaders and is also exploring the idea of having a designated monthly ride in which people who are potentially interested in becoming ride leaders come to the ride start 30 minutes before to get some pointers. The Ride Organizer/Leader Handbook is being revised. Bill has offered to write a section on how to conduct a Follow the Leader ride. Bill and Sheila (Widnall) are also researching the subject of risk manage-



ment for ride leaders.

Membership: Reporting for Membership Coordinator Linda Nelson, Barry Nelson reported that at the end of October 2003 there were 961 memberships and 1156 members, and that during the month there were 32 renewals, 59 new, and 59 expired. For comparison, last year the October 2002 figures were 1022 memberships, 1221 members, 40 renewals, 35 new, and 14 expired. Bill again suggested that we note "membership drive" as a future agenda item.

Merchandise: Bill for Ken Hablow reported that Ken has received the club jackets. They will be available for sale at the Awards Banquet on 11/6.

Social Committee Reports: Justin Harris reported that the October Halloween Party lost \$353 - a good portion of the social committee's annual budget. The turnout was less than expected - 17 people attended altogether. It was clear that more time was needed to publicize the event and that publicizing the party in Wheelpeople would probably have boosted attendance.

Bill moved that the 2003 Budget line item for the Holiday Party be increased from \$100 to \$200 and that the 2003 Budget line item for the Social Committee be reduced from \$500 to \$250. An amendment offered by Tod Rodger to change the reduction from \$250 to \$350 was adopted. Nevertheless, the main motion as amended was defeated.

November Awards Banquet Chairman Marty Weinstock reported that 46 people have committed (i.e., sent checks to Don) to attend the banquet; as always, there are usually some people who come at the last minute and pay at the door.

Bill moved that the sum of \$120 be added to the 2003 Budget line item for the Awards Banquet for the purpose of hosting as guests the eight awardees. A motion to amend to reduce the figure \$120 to \$60 for the purpose of hosting the four plaque winners only was agreed to. The main motion as amended passed.

We discussed whether or not we should auction off some high-ticket items and donate

the money collected on them to the Major Taylor Fund. Tod moved that we auction off only two expensive items - if they are over \$50 - since a long auction process can get bogged down. Both motions passed (that the auction take place and that the proceeds go to Major Taylor Fund).

We discussed December Holiday party enhancements - live music had been proposed, but the idea was withdrawn when it turned out the band wanted \$300 for performing.

UNFINISHED BUSINESS: Application for Federal Recognition of CRW's Tax-Exempt status: Bill moved that CRW apply for Federal recognition of its tax-exempt status under section 501(c) (3) of the Internal Revenue Code. After discussion, several members of the Board indicated that they felt they still did not have enough information to vote for this status as opposed to the two other possible designations 501(c)(4) or 501(c)(7). Tod moved to amend the main motion to delete its wording entirely and to substitute the wording "Motion: that the President of CRW be authorized and directed to speak with CRW members willing and able to volunteer their expertise and time with a view towards obtaining charitable designation under the IRS code. The exact designation still needs to be determined, as we better understand the options." The substitute main motion was then adopted. Following this action, Bill requested that members of the Board, who did not feel they had enough information to go forward with a vote on choice of status at this time, put their questions to him in writing, via email, stating specifically what they needed in order to feel competent to vote on this matter.

NEW BUSINESS: Licencing the Use of CRW's Membership Mailing List: Bill moved that CRW stop offering to license the use of its membership mailing list. The motion passed. We will offer people interested in purchasing the mailing list the alternatives of paying to have an ad in Wheelpeople or that they become a website sponsor.

Tod announced that he had received five tickets to attend Mass Bike Night, December 10th. Tod is going and will present the CRW grant money to Mass Bike. He invited others to come to the event.

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

Respectfully submitted,
Cindy Sragg
Board Member/Secretary



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.

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!)

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

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Film Screening to Benefit Lance Armstrong Foundation

"The Tour Baby," a film providing a humorous and inspirational

behind-the-scenes look at the Tour de France, will be shown at 7:30 p.m.

Friday, December 5, 2003, at the Bijou Community Cinema, 110 Front St., Worcester.

Admission is \$5. Proceeds benefit the Lance Armstrong Foundation, which assists cancer patients and cancer survivors.

The film screening is hosted by Seven Hills Wheelmen, a recreational cycling club based in Worcester. For more information, contact Lynne Tolman at LTolman@LTolman.org or (508) 831-0301, or visit www.thetourbaby.com, www.sevenhillswheelmen.org, www.bijoucinema.org or www.laf.org.

"The Tour Baby" chronicles the amazing

journey of an American fan of cycling, Scott Coady, as he follows the entire 2000 Tour de France. Armed only with a digital video camera, his passion for cycling, and a beat-up Avis rental van that he called home for a month, Scott filmed the adventure of a lifetime. Experience firsthand the excitement and drama of the world's most grueling sporting event. Along the way, Scott captured exclusive "behind the scenes" events and interviews with Lance Armstrong, Robin Williams, Jean-Marie Leblanc, Phil Liggett and Paul Sherwen, crazed Tour fans, U.S. Postal Service riders in the team bus and in their hotel rooms, up-close-and-personal scenes with the podium babes, and the battle up Mt. Ventoux!

Event flier: <http://www.sevenhillswheelmen.org/tourbaby-my-flier.pdf>



December 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.

Something in Common

Sunday - December 7

Times: 10:30 AM

Ride Type: Map and/or Cue sheet.

Leaders: Eric Ferioli (781-235-4762)

Highlights: Eric will give us a taste of winter rides to come. Join us for the first Winter Ride of the Season. This is the season to share in the fun.

Start: Cambridge Common, 1/2 mile north of Harvard Square on Massachusetts Ave. Meet at the monument in the middle of the Common.

Groton

Sunday - December 14

Times and Routes: 33 miles and 18 miles at 10:30 AM

Ride Type: Map and/or Cue sheet.

Leaders: Jamie and Jesse King (978-448-0533)

Highlights: This ride covers ground not usually seen on CRW rides. There will be an after ride party at Jamie and Lindy's.

Start: 41 Whitaker Lane, Groton

Directions: From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Rt. 225 joins 119 from the right at about 3 miles. At 4.2 miles, bear right onto Gay Rd. Take second right onto Whitaker Lane. #41 is on the left near the end of the road. House has yellow door. Park in the driveway or on the street on the power line side.

The Christmas Lights Night Ride

Monday - December 15

Times and Routes: 7:00 PM, approximately 12 miles

Ride Type: Show and cold

Leaders: Jacek Rudowski (H 617-361-5273) (W, day of ride only 781-233-1717) David Wean (617-327-2813) David@WeanZabin.com

Description: The purpose of this ride is to look at the Christmas lights in Hyde Park and East Dedham. Cue sheets will be provided

and we will try to stay together. Head and tail lights are mandatory, and reflective wear is strongly recommended. At two locations part of the displays is in people's yards; here we stop and go in. The ride takes about 1 1/2 hours. We will not go on the scheduled date if it is raining, snowing, or too cold. If there is any question about the weather, call Jacek at work (781) 233-1717. I usually leave work at 5:00 P.M. I will be able to give you information when I will be rescheduling the ride or canceling it. We did not go in 1995. In 2000, it was about 32 degrees F, but it was absolutely calm and we rode.

Start: Municipal parking lot on Eastern Avenue in Dedham

Directions: Take exit 15A from I-95 / rte. 128 on the Westwood/Dedham town line. Go north, there will be signs for Eastern Avenue. Turn left at that set of traffic lights. The municipal parking lot will be immediately on your right.

Holliston

Sunday - December 21

Times and Routes: 10:30 AM

Leaders: John Goeller (508-429-2832)

Start: Holliston High School

Directions: Take Route 16W or 126S to Holliston. From the junction of Routes 126 and 16 in Holliston (near Bertucci's Restaurant), follow routes west 3/4 mile into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left.

Bare Natick

Sunday - December 28

Times: 10:30 AM

Ride Type: Map and/or Cue Sheet

Leaders: Eric Ferioli (781-235-4762)

Highlights: Route goes to the southwest through Dover, Medfield, Millis, and Sherborn.

Start: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Happy New Year

Thursday - January 1

Times: 11:00 AM

Ride Type: Show and go

Leaders: Eric "Bicycle Bozo" Ferioli (781-235-4762)

Highlights: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body (of that hangover) in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Start: Boston Common at the intersection of Park Street and Tremont Street



Eleventh Annual Bikers on Skis

February 13-16, 2004

Try your hand at gliding instead of rolling. This cross country skiing and snowshoeing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing and snowshoeing. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$200 for the weekend includes three nights lodging, three breakfasts, two dinners.

To register send the a check for the full amount made out to Charles River Wheelmen and a stamped self-addressed envelope or e-mail address by January 13 to:

Bikers on Skies - Continued on page 8

Candidacy Statements for CRW Board

ANDY BRAND

I have been a CRW member for almost 4 years. I've enjoyed riding with the club and making new friends. I have volunteered at a number of club activities including centuries (as a sweep and arrow checker), as a CRW representative at the Boston Bike Show, and most frequently as an unintentional, unofficial sweep of the Sat. morning fitness ride. If elected my first initiative would be to try to increase membership's subscription to the mailing list if only to make it easier to make timely announcements to the club.

CONNIE FARB

I have been a CRW member since 1997. Since that time, I have become increasingly active in the club, joining the board and the Rides Committee three years ago. I served as the Saturday Rides Co-Coordinator for two years and have been the VP of Rides for the last year. My main goal in that role is to fill the rides calendar, keep rides as safe as possible and make things as easy as possible for ride leaders. I am a regular on weekend rides and some of the fitness rides. I get a lot out of being a member of CRW and since the club doesn't run by itself, think it's only

fair that I make a contribution to help it continue to run.

BARRY NELSON

I have been a CRW member for 13 years, and a volunteer officer for 11. My first position was secretary, then Sunday ride coordinator, then VP of Rides, and finally President for two years. Ten years ago, most members joined the club because it was the easiest way to find out where and when the rides were. Does anyone remember 325-BIKE? Now that all our information is on the web, you would think our membership would be down. In fact the opposite is the case. This membership support is testimony to the great work of all the club's volunteers. I wish to continue my volunteer role by becoming a board member. Thanks for your vote.

TOD RODGER

I have been a member of CRW for seven years, Sunday Rides Coordinator for four years, and board member for three years. I have developed and led several rides each year in the far western suburbs, led the board sub-committee that administers our annual Advocacy Grant, and helped with our finan-

cial budgeting and reporting. My goals on the board are to make CRW a more friendly club and to continue to recruit and develop all kinds of new leaders for the club.

PAUL SCHIMEK

I am a longtime CRW member and have served 6 years on the Board of Directors of the Massachusetts Bicycle Coalition (Mass-Bike). I was the Bicycle Program Manager for the City of Boston from 2001 to 2003. I am a Certified Instructor with the League of American Bicyclists. As a Board member I would like to help promote bicycling education for club members and for the general public, both adults and children. I would also like to strengthen the link with MassBike's advocacy program, especially with regard to public awareness, traffic law, and the right to use the road.

NOTE: As there are five candidates to fill five positions, there will be no ballots sent out. The board will decide which of the candidates will occupy the partial terms vacated by Jackie Grocer and Rich Fields.

Wednesday Wheelers - Continued from page 1

through parts of Boston, and most recently, the Salem ride with visits to historic, cultural sites and just plain scary places on the week of Halloween. Outings usually start at 10 AM allowing time to travel to the starting point.

Rides often aren't just rides. Many of them

include cultural and historic features with lectures by our resident experts. Cemeteries, museums, historic monuments are not out of bounds for our inquisitive riders. We ride all year 'round, weather permitting. And when weather doesn't permit, we do cross country skiing or snowshoeing. Last winter we hiked Mt. Wachusett on snowshoes with short lectures on birds by our ornithologist, trees and plants by our resident botanist, and the geology of the mountain (including a short history of the glacial period and its effects) by our trained geologist.

The group is quite diverse with engineers, physicians, accountants, attorneys, auto repair manager, psychiatrist, clergy, MIT professor, Boston Globe reporter, optometrist, TV News Anchor, etc. Why, we even have a former Secretary of the Air Force (gulp: under Bill Clinton) who rides with us.

Although we do have a lot of retired folks, we also have many

working people who are able to manage their work schedule so they can take Wednesdays off. At times, when unemployment is up, as it is now, we get riders in that category in addition to the teachers we get every summer. The ages of our riders range from 22 to 82 and occasionally teenagers.

On October 23 this year we had a spectacular party with over 50 Wednesday Wheelers in attendance to honor both our founder, Bill Widnall, and our outstanding leader, Dick Arsenault. It was a good-natured "Roast" for the two men. With the money we collected from our members, we awarded the following to each: CRW jackets; generous gift certificates to favorite bike stores; a donation to a favorite charity picked by our honorees; a large posterboard with pictures of our riders, Dick and Bill, and room for each of us to sign our best wishes; and laminated certificates describing why we were honoring each.

So, if you're looking for more than exercise and can manage taking a mid-week day off, ride with us. I think you'll enjoy the experience.



The Wednesday Wheelers take advantage of a rare sunny Wednesday

La Premiere Feminine—Defending the Title

by Melinda Lyon

(continued from last month)

The ride into Brest was uneventful but seemed to take forever. Finally we crossed the bridge over the bay into Brest and rode up the long hill to the control. Elation struck on arriving at the turn around and I was in first place as well. (This was good news but not true as I later found out. I was still in second place but was misinformed at the checkpoint). This was quickly tempered by an ever increasing upset stomach that sent me into the bathroom soon after my arrival. Ted and Glen got sandwiches and Cokes. I managed half a sandwich and some coffee to refill my now empty stomach and we were on our way again. While we were eating I saw at least two women check in and quickly leave. First place was a temporary event that I would have to earn back. The difference in the competition from 1999 was striking. I was within 15 minutes of my 1999 time at Brest when I had a solid hour or more over the second place woman. This year there were five women right there within a few minutes of each other. The pressure I had put on myself in this ride was only making my upset stomach worse.

Leaving Brest with the setting sun at our backs I could see at least two women in the pack about a mile up the gradual hill out of town. All I had worked for was slipping away. And the evening looked grim as I was now using Alka Seltzer infused water as an energy drink to calm my stomach. Not the energy drink that you read about.

Back in Carhaix the boys wanted a real meal and I wanted to put my head down to see if my stomach would settle. After 20 minutes of that we were back on the road, moving slowly but moving forward. One last trip to the side of the road for my upset stomach and I was actually feeling better. Almost no food and limited water for the past few hours but my emergency systems were kicking in and I was going to finish this baby as best I could. Into Loudeac at 760K and our friend Glen called out 'No mas'. Glen had had enough. He wanted to sleep, so Ted, Ernie and I were off. Dawn broke by the time we reached Tinteniac and I was back to numero uno! The others must have slept somewhere and my persistence was paying off. We had lost Ernie to a sleep break so it was just Ted

and I left to fight the battle. Our friend Bryan Johnson came into the control and said "they" were right on our tails. "Melinda get the hell out of here!" We didn't know who "they" were and didn't wait to ask. With 350K to go it is difficult to sprint it in, but we were going to try our best.

The sun was up and it looked like a warm day with a headwind rising. Steady pace, keep going-- that was our mantra. At Forgeres (900K) we had Ann Crossland's crew studying our every movement. I am not sure if they had known they were battling an unsupported rider but they knew it now. Hopefully that was a demoralizing realization for them.

As the day grew warmer, Ted started to fade. He had trouble pulling then trouble thinking clearly. I was quite concerned that he had developed hypoglycemia or heat stroke. We stopped and I fed him my GU packets and some electrolyte caps. We waved down a ride marshal who got us some cold water. He recovered but was never the same. Two controls later and I was now all alone, fighting the battle, into a rising headwind.

Leaving the second to last control I was becoming desperate. All of this work and I wanted it to count for something. I was constantly looking in my rear view mirror for the expected sight of a large, well organized group with that familiar sight of a small woman tucked in tight. The pressure was leading to an enormous headache which I am sure was exacerbated by dehydration.

Then like a gift from above a sight I will never forget. My friend John J was climbing the hill in front of me. I hadn't seen him in 24 hours but there he was. He had somehow passed us during the night and I was now riding with a great pacesetter. Within 10 minutes of my catching up with John a group of 10 Frenchmen came blasting down a hill and we grabbed on. I went from being alone to having a full fledged escort for the last 80 miles. Ted had even perked up enough to ride with this group for a short time but soon faded again. John and I decided to stick with this French group. They were well organized and hell, they were French, they must know the way back. This backfired at 1AM,

lost in the suburbs. However they all had cell phones and would just call friends for directions when they weren't sure. Amazingly after 1180 kilometers this ride becomes a maze of rotaries and bad arrowing. I have been in this mess before on previous trips to PBP so was not surprised. I had ridden in with Frenchmen before and it is a distinct advantage when you are calling into apartment windows at 2AM looking for directions. We were all so sore and tired that the pace was erratic. No one could sit on their saddle with any comfort. I had the worst saddle sores that I have ever encountered and was miserable. I also had developed back spasms which were making it difficult to stand on the bike. No comfortable position, lost in the dark. The French just groan a lot which I adopted and it really seemed to help. When the pace got away from me they would physically push me to the middle of the group so I could stay with them.

After endless route finding in the dark we finished. The time was 54:48. Not my best time but I had repeated as The Premiere Feminine.

The next female finisher was at least three hours back. Everyone had slowed down and I had a comfortable lead but didn't know it. My big US competitor had actually dropped out with 220K to go. After three days of lead switching and hard riding I had prevailed on endurance and what was left of my guts. It was time for a good long nap.

I finished with John Jurczynski. Ted finished later that morning with some other friends from New England (Brad Tanner, Ernie Landry and Bryan Johnson). Glen had the most fun. He slept and ate his way through the final 400K to finish in 64 hours.

All of these guys have been very supportive of me even when I get tired, impatient and downright nasty. I couldn't have pushed so hard if they weren't counting on me to do so.

Thanks and congratulations to our New England contingent. Those 4AM, 32 degree mornings must count for something to make us tougher than the rest.

Beware This Cycling Hazard

by Connie Farb

We all know that road biking has its risks. We have to contend with impatient and unsafe drivers, dangerously large potholes and the hazards of pacerline riding. But I've recently discovered that there's another risk to consider: peeing in the woods!

My story starts two years ago as I was heading up to Velo Vermont. I picked up my boyfriend from work and discovered he wasn't feeling well. During the weekend he was fatigued and had a fever, but he managed to ride back-to-back centuries and was eating normally, so we both figured it was some kind of minor bug that would pass quickly. The fever did go away but he continued to feel unwell during the following week and then developed a rash. When I saw it, I said "gee, maybe you have Lyme Disease", then said, "nah, that's not Lyme Disease, with Lyme you get that bullseye rash."

The next time I heard from my friend, he was calling from the emergency room of Mass General. He had developed Bell's Palsy, a potentially permanent condition where the muscles in half your face are paralyzed. He was diagnosed with Lyme Disease and started on antibiotics. A couple of days later, tests revealed an irregular heartbeat

and he was admitted to the hospital's cardiac care unit for observation. Happily, all of his symptoms soon disappeared, but it was a scary few days.

Last month, I went out to dinner with a friend and had two glasses of wine over a long dinner. The next morning, I woke up feeling hung over -- dead tired and headachy. Although I'm pretty much of a lightweight when it comes to drinking, this seemed extreme even for me! I went to work but felt dragged out the next couple of days until I thought I had the flu. I had a high fever, chills, extreme fatigue, headache and muscle ache. I had no respiratory symptoms though, which is unusual with the flu and the illness had come on gradually; usually with flu, the onset of symptoms is sudden.

A couple of days into my apparent flu, I had bad chills again and decided to take a hot bath. When I got in the tub, I noticed red blotches on both of my legs. I immediately remembered my friend's experience of two years ago and was certain I had Lyme Disease. I got an appointment with my doctor the next morning. "No, that's not a Lyme rash", she said, "there's no bullseye rash or other evidence of a tick bite." I went through what I thought was my impeccable logic about why my symptoms were more consistent with Lyme Disease than with flu and described how my friend's rash had looked just like this; he hadn't had a bullseye rash either. And my medical book says that 25% of Lyme patients have no rash of any kind. So, my doctor called in a second doctor who agreed completely with her. Unconvinced, I requested that they give me a "Lyme titer", the blood test that can detect antibodies for Lyme Disease.

My flu-like symptoms went away, but I still had a stiff neck, headache and fatigue, all symptoms of Lyme Disease (as well as other illnesses, like meningitis). Two days later, the test results came back positive and I was started right away on antibiotics, which had me feeling back to normal within a day or two.

I am the third bicyclist I know of in two years to have contracted Lyme Disease, which seems like pretty big odds to me. The disease is contracted by a tick bite (either the deer or black-legged tick). I used to do a lot of hiking and camping and wouldn't have been surprised to get it then, but now, my

exposure to the woods now is limited primarily to nature breaks on bike rides. And I'm pretty quick about those! And while I don't specifically look for ticks after bike rides, I do carefully search for chain tattoos when I'm in the shower and I never saw any tick. Since they can be the size of a pin-head, this isn't too surprising.

So here is the moral of my tale:

- If you have a fever + rash, see your doctor. There are many things it could be besides Lyme Disease, but having both symptoms together warrants a visit to the doc.

- It seems that many doctors are still fairly unaware of Lyme Disease and its symptoms. If you're in the woods at all, you should be educated about it because your doctor may not be. If you catch Lyme Disease early, it's fairly harmless, but untreated Lyme can lead to lifelong problems including chronic arthritis and memory loss.

- Be proactive about your health care. My doctor has way more medical knowledge than I do, but she can be wrong sometimes. It's worth speaking up if you think something is missed. Of the three Lyme patients I know, two of us diagnosed ourselves and then had to convince our doctors to believe us!

Getting Lyme Disease once doesn't immunize you so it's possible to contract it again. You can find more info about Lyme Disease at

<http://www.nlm.nih.gov/medlineplus/lymedisease.html>

Bikers on Skis - Continued from page 5

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Ah, Fried Rabbit!

by Rex Farnsworth

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Rex Farnsworth has enjoyed fried rabbits on PAC Tour, Pacific Crest Tour, B-M-B and P-B-P.

Cyclists can be divided into two groups: faster riders called rabbits, and slower riders called turtles. Since almost all of the physical characteristics that make a rider fast deteriorate with age, rabbits tend to be younger and turtles tend to be older. Regardless of grouping, all cyclists thrive on catching and devouring a fine rabbit.

As a cyclist ages, he is faced with an ever shrinking set of catchable rabbits. But all is not lost. One key physical attribute remains nearly undiminished with the years: endurance. This sets up an interesting opportunity for old turtles to competitively hunt young rabbits if the event is long enough. Longer cycling events provide golden opportunities to compete on a level playing field where a clever turtle can still enjoy a fine rabbit dinner. Here's how it works. Preparing the Rabbits. Since turtles are clearly not prevent favorites, mental preparation of the rabbits is essential. Arrive early and allow ample preparation time. The following are time-proven techniques to improve the overall success of the hunt. Remember, unless a rabbit makes a mistake, he is going to be tough to catch. Stimulate competition among the rabbits such that there is an all-out battle early on. Your goal is to help the rabbits indiscriminately deplete their glycogen stores, the sooner the better.

"You know, I believe you can beat John if you can stay with him up that first climb."

"When was the last time you beat Sally?"

"Have you noticed how strong Gary has gotten? You need to watch him today."

Point-out "minor" problems with the rabbits' position, pedal stroke, or bike. Get them

focused on frivolous problems.

"I've noticed your left knee jets out at the top of your stroke." "How long have you been bobbing up and down when you stand?"

Bring up old injuries for them to worry about.

"How's the tendonitis?"

"Do you still get bad saddle sores?"

"How's your neck and shoulders? Still having lots of pain?"

Play on their fears

"Looks like you've put on a little weight."

"It must be hard to climb carrying all that food and water."

Handling the Early Miles.

The early event miles are wonderful - for the rabbits, but not so wonderful for the turtles. Rabbits love to speed between stops and to spend time socializing and recovering when they get there.

Turtles also ride as fast as they can between stops (which is not too fast); however, turtles take short stops in order to pick up time on the resting rabbits. These conflicting tactics set up repeated passing of the turtles by the rabbits as they fly to the next control. Turtles have learned to use these meaningless, early passes for further rabbit preparations. Here are a few things you can do during these early miles to increase your chances of dining on rabbit later.

Stir up the rabbits with a few jams/jumps of your own. Be sure your jams are just long enough to elicit the desired rabbit behavior and absolutely no longer. Once stirred up, the rabbits will hammer for hours while you drop back to watch the fun.

Plant additional mental seeds for later harvesting. Try these catchy phrases. "You're a little off your pace today aren't you?"

"Your stroke is not as smooth as usual. Are you feeling OK?"

"I think John is really putting time on you."

Identify and mark selected rabbits for future reference. Visualize how you will catch/pass them as the event unfolds. Such marking is very satisfying even though you may never see the rabbit again. Learn to handle rabbit comments as they pass with your best turtle smile. (Note: It is very hard to differentiate between a turtle smile and a sneer.) Remember that some of the comments may be sincere.

"I sure hope I can climb like that when I'm old."

"Not bad for an old guy."

"You are really riding strong today."

What's For Dinner? Eventually it will be time for dinner. Like shrimp (see Forest Gump), rabbit can be enjoyed in endless variety limited only by your imagination. Here are a few classics.

Fully Bonked Rabbit. This is the classic dish characterized by a near lifeless rabbit desperately attempting to reach the next control. The rider is a victim of rabbit wars and has indiscriminately consumed all of his glycogen. The meat has an unusual burned taste thought to result from extensive lactic acid soaking. This is an easy dish to devour with little risk of the rabbit turning on you.

Fricasseed Rabbit. This dish is characterized by a demoralized rabbit experiencing a potpourri of painful show-stoppers

(total pain can be measured on a scale of 1 to 10). Just about every thing that can go wrong has gone wrong. This rabbit has assorted aches and pains including such things as numb hands and wrists, knee/hip

Ah! Fried Rabbit - Continued on page 10



Little Jack's Corner - by Jack Donohue



I think I may have the only bicycle with a hand brake.

The brakes that came on the Proflex were kind of dodgy. They would indeed slow you down, but if you wanted

to stop quickly, there was no choice but to unclip and drag your feet. In keeping with my usual dilatory nature, I rode like this for about a season before deciding that Something Must Be Done.

So I went to PJ's (Pamela and John's) Bargain Basement to see what I could find. I came away with a set of brakes aptly named "Strange Brakes." They were in fact so strange that when I got them home I realized I had no idea how to assemble them on the bike. I positioned the collection of rods and le-

vers in every conceivable configuration, but never got them to the point where applying pressure to the brake lever resulted in firm contact between brake pads and rim. So, I had to swallow my pride and enlist the aid of Pamela to help me put the thing together. I think in the list of things that Real Men don't do, asking a girl for help with a mechanical problems rates far worse even than asking for directions or reading the instructions. I had some slight consolation in the fact that it took her a while to remember how the silly thing went together.

I was happy to find that the strange brakes did a pretty good job of stopping the bike, once they were assembled correctly. I was to find later that they did far too good a job.

It was in the winter, and I was riding down my driveway. There was a large slab of black ice at the bottom, so I thought it would be prudent to slow down, so I slammed on

the brakes. Stopped fine, only problem was they never came off. Worked just like a hand brake in a car. Unfortunately, this put a real damper on future forward motion. My first thought was that I had to abort the mission, but after a while I realized that if I reached down and whacked one of the levers to the side, it would release the brake.

So I managed to soldier on, reaching down to unset the brakes every once in a while. Fortunately, I don't use the brakes very much (as one of my buddies from graduate school used to say "brakes are for beginners"). I had thought of using the rear brake exclusively, but I had stopped using that a long time ago, since it had a similar problem with reluctance to release, and it is far harder to use the hand brake technique in the rear.

Maybe feet dragging isn't such a bad idea after all.

Ah! Fried Rabbit - Continued from page 9

tendonitis, muscle cramps, neck and shoulder pain, and aching/blistered feet. The rabbit is not having fun. The meat may have an off taste which some believe is residue of aspirin or ibuprofen. When anticipating a meal of Fricasseed Rabbit, remember that such a rabbit is not necessarily bonked and can easily transition into a Born Again Rabbit just long enough to spoil your day.

Ground Rabbit. This rabbit has butt rash, and is contemplating the eternal question: Why me, Lord? Like pain, rash can be quantified on a scale of 1 to 10. This rabbit generally uses creative cycling positions, stands up a lot, displays unusual pedaling styles often executed with bowed legs. Ground rabbit is not for everyone. The meat sometimes tastes like talc or butt balm. Check for white, dusty looking shorts especially in the pad area. This is another dangerous meal. Your approach may be just the thing to divert the Ground Rabbit's attention from butt rash to beating you.

Fried Rabbit. Now here is the granddaddy of all rabbit dishes. This rabbit has been totally hammered and tenderized by the entire event. This rabbit may have survived multiple bonking sessions, has one or more Fricasseed Rabbit symptoms totaling at least a seven, and is probably running about a nine butt rash. Occasionally, a Fried Rab-

bit will be exceptionally tasty if its face is salt encrusted and it is drooling (but not excessively). When considering a Fried Rabbit, be concerned about dehydration as evidenced by extensive redness of the face. Such dehydrated rabbit may be dry and hard to swallow. Where's the Rabbit? When approaching the dish du jour, be careful. Several things may go wrong that can positively ruin the dish as well as your day, and leave you asking the Wendy's question: Where's the Rabbit?

Deceptive Rabbit. Some rabbits will do anything to avoid being a meal on wheels. If they see you closing, they will create a deceptive reason to stop, thus denying you the undisputed satisfaction of a clean pass. If they can get stopped early enough (before there is any one-on-one passing competition) the question will remain as to who was really stronger on that day. Typical deceptions for stopping (and for diminishing your meal) are: checking for bike problems, stretching, eating, drinking, dropping the chain, faking a cell phone call, and peeing.

Stunned Rabbit. Even though your approaching meal may show all the signs of a Fully Bonked Rabbit or even a Fried Rabbit, the rabbit may be only stunned. Your approach may be just the stimulus to un-stun the little feller, and revive him to full Frisky Rabbit status. Devouring a Revived Rabbit

is way too tough and may set you up to be someone else's Stewed Rabbit. A Stewed Rabbit is a turtle that has failed an attempted pass and is thoroughly cooked in his own juices and disappointment.

It's Time for Dessert. Here are a few ideas to add enjoyment and fulfillment to the end of a perfect meal. It is your turn to speak up.

"How are you doing?"

"Isn't this a great day?"

"Don't you just love these long rides?"

As for me, nothing complements a rabbit main dish like a good belling. It is deeply satisfy as well as a final measure of fulfillment. Having no shame or conscience, I use my handlebar bell to administer the coup de grace. I generally give one ringy-dingy for ordinary Fully Bonked Rabbit, and two or even three ringy-dingies for my all time favorite: young and tender, salt encrusted Fried Rabbit.

Footnote:

Once belled, some rabbits develop psychological complications and dreading that carry over to future events. It never hurts to do a little warm-up belling during early rabbit preparations.

October Mileage Totals 2 2 0 2 9 2

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	13239	8	8	8	Bob Sawyer	3489	2	-	-	John Loring	976	3	-	-
Gerald Goode	11697	-	-	-	Gary Smiley	3422	4	-	-	George Caplan	957	-	-	-
Tod Rodger	8979	9	7	6	Bill Widnall	3300	6	7	-	Greg Tutunjian	872	-	-	-
Robin Schulman	8626	4	1	3	Joseph Tavilla	3262	3	1	-	Jim Broughton	830	-	-	-
Jack Donohue	8084	1	-	2	Nancy Marchand	2906	5	3	-	Mike Hanauer	769	-	-	-
Emily O'Brien	7898	10	10	1	Don Mitchell	2813	3	1	-	Phyllis Mays	708	-	-	-
Bruce Ingle	7761	7	6	4	Michael Byrne	2779	8	4	-	Jeff Luxenberg	506	-	-	-
Mike Kerrigan	7665	7	6	4	Nick Linsky	2764	3	1	-	Tracy Ingle	134	-	-	-
Don MacFarlane	7524	9	-	1	Bill Hanson	2417	2	-	-	Jacob Allen	94	-	-	-
Steve Robins	7414	-	-	-	Ed Hoffer	2417	1	-	-					
Irving Kurki	7299	9	2	3	John Goeller	2392	3	1	-					
Chris George	7095	5	1	-	Kevin Beckerdite	2170	5	1	-					
Peter Knox	5938	4	4	3	Marc Webb	1997	3	1	-					
Jean Orser	5175	7	4	-	Cynthia Snow	1848	-	-	-					
Cory Lovett	5093	-	-	-	Dan Pratt	1823	5	-	-					
Peter Brooks	5015	9	8	-	John Springfield	1735	-	5	-					
Bill Scott	4542	8	6	-	Cynthia Zabin	1717	-	-	-					
Dick Arsenault	4458	2	1	-	Elliott Morra	1702	1	2	-					
Ken Hابلow	4210	6	1	-	Elaine Stansfield	1501	3	-	-					
David Wean	4095	3	-	-	Jim Goldman	1450	-	-	-					
Doug Cohen	4024	4	1	-	John Allen	1431	1	-	-					
Frank Aronson	3705	4	2	-	Rich Whalen	1389	3	-	-					
Joe Repole	3681	10	10	-	Frank Connell	1250	2	1	-					
Butch Pemstein	3670	5	-	-	Harry Wolf	1107	-	-	-					
Lisa Weissmann	3490	6	4	-	Lyn Rodger	988	2	-	-					

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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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.