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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 XXVIII, Number 4 · April, 2004

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## Safety Corner

by Bob Zogg and Steve Ford

Safety Corner articles are reviewed by the CRW Rides Committee and several CRW board members. As such, they generally represent the perspective of the CRW leadership. However, for our second installment of the Safety Corner, we (Bob and Steve) thought it important to talk about ourselves a bit—just this once. To be frank, we want to come clean. You might think that someone who has volunteered to be the CRW Safety Coordinator (Bob), or a bicycle cop who has volunteered to assist the CRW with safety (Steve), would already have safe riding habits down pat. You might think this, but you would be wrong. Perhaps our motivation to assist the CRW with safety stems from painful awareness of our own shortcomings. So, lest you think we sit in ivory towers, read on. We each picked four recent examples in which we made less than the best choices—some of our choices, in fact, were downright boneheaded. We think you'll agree.

**Bob's Turn - Confessions of a Safety Coordinator:** I've been a CRW member for ten years. However, when I began to list the safety-related mistakes I've made, I didn't have to think back far. In fact, just mentally reviewing a few CRW rides during the fall of 2003 provided plenty of fodder for this exercise. Yikes, I feel as if I'm stripping naked in front of the entire CRW. Well, here it goes:

1. On an unusually long CRW ride, I found

myself with one other rider after the split. While my companion was the stronger rider, he seemed willing to pull me along for the company. I was riding at my limit just to hold onto his wheel. I found myself losing ground as we passed through intersections, and having to really crank to catch back up. My companion noticed this. As we approached a four-way stop, he shouted back "it's a four-way stop", which he clearly intended to mean "you don't need to slow down". And we didn't. He barreled through the intersection, full speed ahead. I followed, right on his wheel. The hole in our logic was big enough to drive a truck through. A motorist applying the same logic at the same time would have taken us out. We approached a second four-way stop. We did exactly the same thing—again!

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## Tag Sale at the Spring Century

The Spring Century is coming and this year it will have the added attraction of a tag sale (due to the demise of the Big Event). So tag up your stuff and come to the Spring Century in Wakefield, May 16. What can you sell there? Anything (so long as it's legal). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, a computer modem and a stereo receiver. Just remember, it is the responsibility to the owner to pick up any unsold merchandise at the end of the sale (4pm). Any items left, will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell

Tag Sale - Spring Century - Continued on page 3

## Adopt a Shop

Many new members may not be aware of our Bike Shop Program. Basically, each of our affiliated bike shops is meant to have a shop rep, who acts as a liaison between the shop and CRW. What this means in practice, is that, as a minimum, the rep visits the shop once a month and makes sure that they are well stocked with CRW brochures. The other major task is that around the end of October, the rep asks the shop for a donation of equipment for the annual awards banquet. Beyond that, it is pretty much up to the rep. They should introduce themselves as a CRW representative, and keep the shop up to date on CRW events. They could suggest that the shop become a web site sponsor, or possibly work out some sort of event that the shop would host.

Suzi Melotti is our Bike Shop Program Coordinator. She sees that each of the shop reps receives brochures to hand out, keeps track of what shops are represented by whom. Currently, there are quite a few shops looking for a rep:

ATA Cycles in Cambridge  
Chelmsford Cyclery  
Cycle Loft in Burlington  
Harvard Square Bicycles  
International Bicycle Center in Allston  
Landry's Bicycles in Danvers and Easton  
Marblehead Cycle  
Northeast Bicycles in Saugus  
Pro Cycles in Wakefield  
Ski Market in Auburn, Braintree and Danvers

Travis Cycles in Taunton and Brockton

If you frequent these shops, you can help the club out by becoming a rep. It requires minimal effort on your part, and fills an important club need.

To volunteer, or to get more information, contact Suzi Melotti (617-247-3405, smelotti@hotmail.com).

### Highlights Inside:

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



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

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

**BOARD OF DIRECTORS**

	Term Expires	
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Rita Long .....	2004.....	781-899-9177
Steve Mashl .....	2005.....	978-244-0286
Barry Nelson.....	2006.....	617-964-5727
Tod Rodger.....	2005.....	978-456-8654
Paul Schimek.....	2006.....	617-983-9111
Cindy Sragg.....	2004.....	617-232-0227
Bill Widnall.....	2004.....	781-862-2846

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Safety Coordinator.....	Bob Zogg.....	617-489-5913

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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.....	Coleman Rogers.....	617-969-3403
Wednesday Wheelers.....	Dick Arsenaault.....	781-272-1771
Wednesday Ice Cream Ride.....	Al Bolea.....	617-484-0851
	Justin Haber.....	617-965-3904
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 .....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122
Urban Rides.....	Charles Hansen.....	617-734-0720

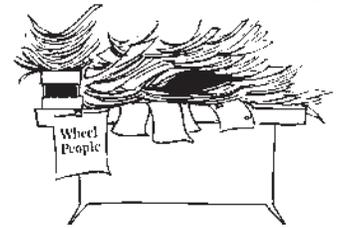
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**Editorial Policy**



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

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

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



**How To Send Us Your Article**

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

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

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

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

**Insurance**

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

**Advertising Rates**

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

# CRW Board Meeting Minutes

March 2, 2004

## In Attendance:

Board Members(7): Andy Brand, Connie Farb, Rita Long, Barry Nelson, Paul Schimek, Cindy Sragg, Bill Widnall; Other: Eric Evans, Don Blake, Linda Nelson, Marty Weinstock, Sheila Widnall, Jack Donohue, Eric Meth, and Janet Tortora



18 expired, 10 renewals.

The group decided that memberships will be denied if no release form has been signed.

## Boston Bike Show

Given that CRW will not have a booth or table at the upcoming Boston Bike Show, Andy Brand volunteered to ask MassBike if we might place a stack of CRW brochures on their table this year, and, if yes, to see that brochures are delivered to MassBike for this purpose.

## Charity Rides

The group approved the "CRW Support of Rides Run by Charitable Organizations" policy. A CRW member needs to confirm that an organization is a legitimate charity before the charity group can have information about their event posted to a spreadsheet to be published on the CRW website. If there is space in the newsletter, the event will be posted in the newsletter. In return, the charitable organization is asked to not solicit their event using the CRW listserver or email addresses. If the spokesperson for the charitable organization wants to make an announcement at a ride, the spokesperson should consult the ride leader at a CRW sponsored event. Two additional columns were added to the spreadsheet; "minimum pledge" and "percentage donated". Charity rides will not be listed in the calendar.

## Boston Phoenix Proposal

Marty Weinstock introduced Eric Meth from the Boston Phoenix and they presented additional details of the proposed collaboration between CRW and the Boston Phoenix this spring. The Phoenix is publishing a cycling supplement that will include publicity for CRW as well as the input from members of the group for some of the articles. The Phoenix will have a presence at the spring century by providing entertainment through FNX Radio and "giveaways". At no cost to CRW, ads for the century will be included in the supplement. The only other partner will be the charitable Tyler Hamilton Foundation. The group expressed concern that the century not be over promoted. The Phoenix will work closely with the group. The proposal was unanimously supported.

The next Board Meeting will be the Annual Meeting held on April 6 at 7:30 at the United Church of Christ, Lexington.

Respectfully submitted,  
Janet Tortora  
Secretary

Tag Sale - Spring Century - Continued from page 1  
an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same side as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on a hanger. There will be a rack. There will be an area for bicycles also.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

The Spring Century will once again be held at Wakefield High School, May 16. Forms for preregistration will appear in next month's WheelPeople, or you can fill out the form on the web:  
<http://crw.org/CenturyRF.htm>

## EMMAUS INC. CYCLE FOR SHELTER – TOUR '04

16<sup>th</sup> Annual Cycle for Shelter  
Sunday, July 18, 2004

Northern Essex Community College,  
Haverhill, MA

Route options – 100, 62 and 20 arrowed miles

Registration on the web at  
[www.BikeReg.com](http://www.BikeReg.com) or  
[www.emmausinc.org](http://www.emmausinc.org)

A \$50.00 minimum is required to participate. Cyclists are also encouraged to collect sponsors and make their own personal donations.

For more information, you may visit the website,  
[www.emmausinc.org](http://www.emmausinc.org) or call  
978-241-3437.

## Minutes

Minutes from the February meeting were approved as published.

## Proposed Constitution Amendments

On behalf of the committee working on CRW's application for recognition of its exemption from federal income tax, Bill Widnall presented the recommended changes to the CRW constitution that are needed to strengthen our claim to be exempt under IRS Section 501(c)(3). Rita Long made a motion, which was passed, that we add to the proposed changes a relaxation of the current requirement that, when putting a proposed amendment to the members for a vote, the proposed amendment "shall be mailed First Class" and instead simply require that the proposed amendment "shall be sent". This will allow in the future some of the voting procedure to be done over the internet at a cost saving. The motion to put the proposed changes as amended to the members for a vote was passed. It was noted that the current constitution governs the adoption of the amendments so they will be mailed First Class to the members for the vote.

[Editor's Note: The text of the proposed changes can be seen on the web site:  
<http://crw.org/RevisedConstitution.htm> ]

## Finance Committee

Eric Evans reported that the miscellaneous expense filings discussed at the last meeting have been corrected. There is a surplus of \$2550.

## Rides Committee

Connie Farb reported that the weekend rides are scheduled through September with just a few openings. Several ride leaders have not made a commitment yet, so the open slots are expected to be filled. There have been some changes in ride leaders for the reoccurring rides. The invitations are going out for the ride leaders' party on March 28th. The rides committee is not meeting again until next September. Bill Widnall thanked Connie and Tod for filling the void created by the open ride coordinator position.

## Membership

988 memberships, 1197 members, 15 new, 12 expired, 22 renewals. February 2003:

1020 memberships, 1218 members, 15 new,



# Recurring Rides Calendar

These rides are held every week unless indicated

## Mellow Mondays

**Times:** 6:00 PM Sharp starting April 12

**Description:** Are you a weekend warrior like most of us? Did you spend much of the weekend shuttling kids to hockey and soccer? Whether you raced on Sunday, partied too hard, or just need to get away from the house, we have the perfect ride for you. Mellow Monday Rides will use a "Follow-the-Leader" format ridden at a "conversational" pace in small groups of 6-8 people. The idea here is to do a day of "Active Recovery" on the bike; easy spinning with no anaerobic efforts. We will rotate group leaders each week, nobody gets left behind, and the slowest rider determines the pace. Everyone is invited regardless of cycling experience, age, or speed. Most cycling coaches will tell you that to improve your performance and speed, you need one day of "active recovery" on the bike per week. This is it! We will explore the rolling country roads of Weston, Wayland, Lincoln, Needham, Sherborn, Medfield, Dover, Concord, and Wellesley.

**Leaders:** Dave McElwaine [mcelwained@aol.com] 781-367-8643 Mel Stoler [Mel.Stoler@DMH.state.ma.us] Elizabeth Wicks [etwicks@aol.com]

**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.

## 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 Fitness and Masters Ride\*\*

**Times:** 6:00 PM Sharp! starting April 7.

**Description:** This Fitness Ride offers you the opportunity to ride with others in a pacerline format. The ride welcomes everyone, especially masters riders who would like to ride with their peers. Groups of no more than 6 riders are started according to their expected speed. We encourage staying together as a group, waiting for others to catch up if you become separated. You will ride on 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:** Coleman Rogers [colemantolmanrogersdesign.com], (617-969-3403), Keith Miller [kmliller@mathworks.com], Chris Tweed [cmtweed@psrinfo.com] (781-830-1368), Mark Dionne [masters@markdionne.com] (617-965-5558).

**Start:** Broadmeadow Elementary School at 120 Broadmeadow Road, Needham, MA.

**Directions:** From Routes 128/95, take Exit 18, Great Plain Ave and head West towards Needham. At the first light, turn right onto Greendale Ave. Go up the hill 0.4 miles, just over the railroad bridge. The first left after the bridge is Grosvenor Road, turn and go .3 miles. Next right onto Broadmeadow Road for 0.1 miles and you are there!

## Thursday - Fitness Ride at Hanscom Field\*\*

**Times:** 6:00 PM SHARP! First ride of the season April 22

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

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

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

**Start:** LG Hanscom - General Aviation Airport.

**Directions:** Rt. 128 to Exit 30B (Rte. 2A West)- do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport.

## Friday TGIF Unwinder

**Times:** 6:30 PM starting April 23

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

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

**Leaders:** Ed Glick [edward.glick2@verizon.net] (978-250-1883) Daniel Rabinkin [rabinkin@ll.mit.edu] (781-275-2391)

**Start:** The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

**Directions:** Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the driveway on the left.

## 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!)

## Saturday Introductory Rides

**Times:** Saturdays: April 3, 17, May 1, 15, and 29 Rides leave promptly at 9 AM. Please arrive 20 minutes early!

**Description:** Interested in group riding? New to CRW? Looking for a more casual ride? Just starting or getting back into cycling? Then this ride is for you! The route is an essentially flat, 19-mile loop through Needham and Dover. The focus is on group riding, safety, cycling technique and fun. The rides average 10 to 12 miles per hour and after the ride we hang out at Starbucks in Needham. Post ride clinics will be offered if there is interest. NOTE: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride!

**Leaders:** Jenny and Ed Craddock [jenny\_craddock@hotmail.com] (617-332-4098) Fred Kresse [drz@xpres.net] (781-444-1775) Eli Post [elipost@comcast.net] (617-547-6778) Althea Angel (781-821-8643) Cyndi Mason (617-965-5558) Larry Isaacson [mail@lawrenceisaacson.com] (617-332-4736)

**Start:** Nahanton Park on the Newton/Needham line

**Directions:** From Rt. 128 take Exit 19B

(Highland Avenue) toward Needham. Go left at the first 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.

## Sunday Morning Fitness Ride - South Shore Coastal Loop\*\*

**Times:** 7:00AM (Yikes!) First ride of the season April 11

**Description:** This ride combines shady, quiet roads with beautiful vistas along some of the most scenic coastline on the South Shore. You'll find that the effort to get up early enough to leave promptly at 7 will be paid back by having a great ride with little traffic, and you'll be home in time to cook omelettes for Sunday brunch! The SSCL will take place every week, weather permitting. The 37-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. The 50-mile ride adds a loop to Pemberton Point in Hull, with its magnificent views of Boston Harbor from under the windmill, where we regroup! An ideal ride for fast to moderate riders with paceline experience or a desire to learn.

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

**Leaders:** Andy Brand [abrand@alum.rpi.edu], (617-247-9770) and Bob Dyson [rdyson22@comcast.net] (508-668-8122)

**Start:** Park'n'Ride lot, Rockland (opposite Home Depot)

**Directions:** Take Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. 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.

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### WELCOME NEW MEMBERS

Tim Cloutier	Framingham
Carmen Taglienti	Boxboro
Kimberly Folsom,	
Heidi Bennett	Bedford
James Bradley, Donna Bradley	Billerica
Laura Bergeron	Billerica
Jordan Welch	Norfolk
Mary Beth Hodgkiss	Boston
Kathleen Stevens	Jamaica Plain
Judy Mencher	Jamaica Plain
David Newsome	Brighton
Paula Figelski	Medford
Meng Wu	Quincy
Kevin Oye	Lexington
Abe Shenker	Lexington
Sherry Lyons, Steve Lyons	North Attleboro



# April 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.

## TGIF/TGIS ride

*Saturday - April 3*

**Times and Routes:** 9:30 for 55 or 10:00 for 30 miles

**Ride Type:** Arrowed ride, cue sheets available

**Leaders:** Daniel Rabinkin (781-275-2391) rabinkin@ll.mit.edu

**Highlights:** We'll retrace the TGIF ride for the 30 mile option. This ride goes through the back roads of Bedford, Concord, Acton, Carlisle, and Chelmsford. The 55 mile option will add an extension through Stow, Harvard, and Littleton. We'll stop for food in Harvard. The route is on shady rolling terrain with as little traffic as we can find inside 495.

**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 (exit 31B) from 128 through Bedford Center. Go past Bedford Town Green - make a left onto Mudge Way after green. The parking lot is behind the Library.

## New Old North Andover Ride

*Sunday - April 4*

**Times and Routes:** 10:00 for 26 and 18 miles (or 44 combined)

**Ride Type:** Arrowed

**Leaders:** Jim Sullivan (781-245-1772).

**Highlights:** The medium ride travels through the lakes and farms of No. Andover, Boxford, Georgetown, Groveland, and Haverhill. The lunch stop is in Boxford Center. The short ride combines a trip through Harold Parker State Forest with a tour of the Victorian neighborhoods around Phillips Academy.

**Start:** North Andover Green, corner of Andover St. and Massachusetts St., North Andover.

**Directions:** Rt. 93 North to Exit 41, Route 125 North (toward Andover). Bear left where Rt. 125 joins Rt. 114 and take a right before the Bertucci's at the next light. Take a right at the next light and follow to the Green. Park on the left side of the Green only.

## The Lost Lake Loop

*Saturday - April 10*

**Times and Routes:** 10:30 for 25 miles

**Ride Type:** Cue Sheet and map

**Leaders:** Steve Mashl and Kate Zeisler-Mashl (978-244-0286), smashl@att.net

**Highlights:** A roller coaster ride through the Lost Lake section of Groton. Quiet, scenic back roads of Chelmsford, Westford, Carlisle and Concord. A few hills to gauge your early season fitness.

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

**Directions:** From Boston, take Rte.2 west to the Concord Circle then west on Route 2A to the traffic light at Route 27. Turn right on Rte 27 and go 5.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right just opposite the Agway store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and across Rte 27 onto Maple Road.

## Willett's Pond Wayfare

*Sunday - April 11*

**Times and Routes:** 10:00 for 42 miles and 10:30 for 20 miles

**Ride Type:** Map and cue sheet, maybe arrows

**Leaders:** Eric Ferioli (781-235-4762)

**Highlights:** Recycled GEAR ride and then some. Short ride goes through Wellesley, Needham, Dover and Westwood. Long ride adds Walpole, Norwood and Sharon.

**Start:** Wellesley High School

**Directions:** From Rt. 128 exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley Hills past clock tower on right. Continue on Route 16 through intersection at lights of Forest St. (on left) and Rockland (on right). Take next left at green sign for school (about 500 ft) onto Rice St. Continue to school. Parking lot is just past school, entrance to lot is at the far end of the lot.

## Battle Road Tour

*Saturday - April 17*

**Times:** 9:30 for 25 miles. (Please arrive at 9:15 for instructions.) We will finish early to mid-afternoon.

**Ride Type:** Follow the Leader.

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

**Highlights:** We will ride the route the British took on April 19, 1775, when they marched to Concord in search of military supplies, thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from one of the stores in the center.

**Start:** The Minuteman Statue on the Lexington Green in Lexington Center.

**Directions:** From route 128 take Exit #31 east (Rts. 4 & 225) 1.7 miles to Lexington Center. Park in the surrounding neighborhoods and bike to the start. Rain Cancels.

## Another Side of Carlisle

*Sunday - April 18*

**Times and Routes:** 10:00 for 27, 42, and 63 miles

**Ride Type:** Arrowed

**Leaders:** Connie Farb 617-497-0641 chfarb@yahoo.com and Judith McMichael judith@judithmcmichael.com

**Highlights:** A scenic ride through the towns surrounding Carlisle including Arlington, Lexington, Bedford, Chelmsford, Acton, Westford, Concord and Lincoln. The terrain is rolling with a few hills, notably Page Hill in Bedford and Trapelo Rd in Lincoln. The lunch stop will be at the Green in Concord Center, but save space for ice cream at the end of the ride.

**Start:** Brighams, Mill St. in Arlington Center

**Directions:** From 128; exit 29A East (Route 2 toward Cambridge. Take Route 2 East to Exit 59 (Route 60). Take left onto Route 60 and go about 1 mile to Mass Ave. in Arling-

ton Center. Take left onto Mass Ave. toward Lexington and go to first traffic light which is Mill St. Turn right onto Mill St. Entrance to Brighams is on the left down the hill.

## Another Side of Carlisle

Saturday - April 24  
See April 18 listing

## Mean Streets Providence

Saturday - April 24

Times and Routes: 10 AM for about 25 miles

Ride Type: Urban - follow the leader

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

Lowlights: Join us for a Mean Streets extended trip! In the spirit of this series of

urban exploration rides, we'll cycle the streets, alleys, bike paths and whatever else we find in Providence. We'll also seek out the city's institutions of culture with a probable stop at the art gallery on the Brown campus (RISD museum is optional post-ride activity). If you've never been to Providence before, it may surprise you with its range of attractions. Bring a bike lock; U-type strongly recommended. Lunch will be at a restaurant in Providence or bring your own if you wish. Ride will end 2-3 PM.

Start: Roger Williams National Memorial, 282 North Main Street in Providence

Directions: use Mapquest or contact leader

## Bolton Cruiser

Sunday - April 25

Times: 10:00 AM for 43 or 29 miles

Ride Type: Map, Cue Sheet, maybe arrows  
Leaders: J Mark (617-868-3321 before 9PM)

Highlights: Enjoy the early Spring in the rolling countryside of Stow, Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir. 43 and 29-mile rides on quiet scenic roads with a stop at Bolton Orchards for cider, donuts, etc.

Start: South Acton "T" station, Central Street @ Route 27 (The parking meters are not active on weekends.)

Directions: Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner.

## The 2004 Boston Brevet Series

The Boston Brevet Series is a set of four long distance randonneuring rides which are also qualifiers for Boston-Montreal-Boston. This year's schedule is as follows:

Event	Distance	Date	Time	Limit	Fee
200k	125 Mi.	05/01	7:00 am	13-1/2 hrs.	\$20
300k	190 Mi.	05/15	4:00 am	20 hrs.	\$25
400k	250 Mi.	06/12	1:00 am	27 hrs.	\$30
600k	375 Mi.	07/17	3:00 am	40 hrs.	\$45

All rides start at the Civil Air Terminal at Hanscom Field in Bedford, MA. All rides except the 200k require sufficient lighting. Though the rides vary in difficulty, none are easy. Expect about 3000 feet of climbing for each 100k ridden. The 200k goes into southern New Hampshire; the 300k goes into Rhode Island and eastern Connecticut; the 400k goes to southern Vermont; and the 600k goes through Connecticut to the Berkshires and back. This year's schedule is designed to help riders peak for Boston-Montreal-Boston (1200k, 750 Mi, 90 hour limit), August 19-22. All rides are supported with checkpoints every 40 to 70 miles. Checkpoints are stocked with water and a variety of food (fruit, sandwich makings, cookies, etc.). Bags will be transported to and from some checkpoints on the longer rides. A "real" meal is provided late on the first day of the 600k and rustic sleeping accommodations will also be available.

For more information, contact:  
Bruce and Tracey Ingle  
Boston Brevet Series  
10 Irene Rd

Framingham MA 01701-2718  
(508) 877-1045 (before 9PM)  
or see our web page:  
<http://www.gis.net/~ingle/bbs/>  
or send e-mail: [ingle@gis.net](mailto:ingle@gis.net)

## Introduction to Bicycle Racing 2004

As it has every Spring since 1993, the Northeast Bicycle Club is planning to offer

its Introduction to Bicycle Racing program to the public during the month of April, 2004. This four week program will introduce you to the exciting world of bicycle road racing, and will prepare you to enter and be competitive in your first race. For insurance reasons this clinic can now only be offered to NEBC members. For more info and a registration form:

[http://www.northeastbicycleclub.org/Events/Year04/spring\\_clinic.html](http://www.northeastbicycleclub.org/Events/Year04/spring_clinic.html)

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Size(s) \_\_\_\_\_

(Sheldon Brown is the web guru of cycling, everything you ever wanted to know about cycling can be found on his web site: <http://sheldonbrown.com>)

### Posture

Good cycling posture is very different from good posture while sitting or standing. A posture that is comfortable for sitting still will not necessarily be comfortable while actually riding a bicycle. Correct cycling posture must facilitate the pedaling action, and also must enable the rider to cope with the jolts that result from road irregularities.

Many inexperienced cyclists adopt a posture which allows their upper bodies to be supported entirely by their bones. This has the advantage that it requires no muscular effort, but can lead to discomfort or injury when road shocks are transmitted through the rigid bones. This discomfort may affect the back, hands, wrists, shoulders or neck.

Posture faults are mainly found in three places:

The back should be arched, like a bridge, not drooping forward between the hips and the shoulders. If the back is properly arched, bumps will cause it to flex slightly in the direction of a bit more arch; this is harmless. If you ride swaybacked, bumps will cause the back to bow even farther in the forward direction, which can lead to severe lumbar

pain, or even serious injury.

The elbows should be slightly bent, not straight and locked. This allows the arm muscles to act as shock absorbers.

The shoulders should be pushed forward so that the muscles in the front of the chest help carry the weight of the upper body.

If you have pain in just one shoulder, it may be due to an asymmetry. Are you bending your arms both the same amount? Are you holding one of your shoulders higher than the other?

Some people have one arm that is longer than the other. For these people, it may help to deliberately set the handlebars slightly askew with respect to the front wheel, turning them away from the longer arm.

### Thighs

Cyclists who do longer rides in hot weather are at risk for painful chafing on the inner thighs. This is usually the

result of an inappropriate saddle. A saddle that is too wide will chafe, and saddles with excessive foam/gel are also likely to cause this sort of problem. The best saddles for preventing chafing are traditional leather saddles. Wearing proper cycling shorts will help, but beware of shorts with excessive padding, which can make it worse. Many cyclists find relief by generous application of corn starch before longer rides.

### Wrists

Wrist pain is often caused by poor upper body posture. It can also be caused by having the saddle angle too low in front: This tends to make you slide forward as you ride, and you wind up using your hands to push yourself back into position. See also the section on numb fingers.



Many cyclists make the error of letting their upper spine dangle forward, held up by the collar bones.

Rolling the shoulders forward counteracts the bending of the arms, resulting in the same general angle of the upper body as a relaxed, bone-supported posture provides, but with the resiliency of muscles providing shock absorption.

If you've been letting your bones do all the work, you'll find that the muscle-supported posture is tiring at first. The harder you pedal, the more of your upper-body weight will be supported by the reaction forces to the pedaling.

If you're not used to riding this way, you'll find that you can only sustain the muscle-supported posture for a few miles. When you tire, you'll revert to a bone-supported posture, and problems will ensue. The answer to this is to start with rather short distances and only gradually work up to longer ones. It is true that anybody in normal health can ride a bicycle for 10 miles, but someone who is not accustomed to riding with good posture will find such a ride uncomfortable. It is better to start out with 2- or 3-mile rides and gradually increase the distance.

Your ability to adopt a good posture on a given bicycle will depend on correct fitting/adjustment of the bicycle. See my article on Frame Sizing for more on this.

If you ride a racing-type bike, but have a non-competitive riding style, it's not unlikely that your handlebars are too low. This is a common cause of hand, wrist, shoulder or neck discomfort. See my article "Hands Up!"

### Shoulders

Shoulder discomfort is generally due to faults in the rider's posture. It can also be caused by having the saddle angle too low in front: This tends to make you slide forward as you ride, and you wind up using your hands to push yourself back into position.

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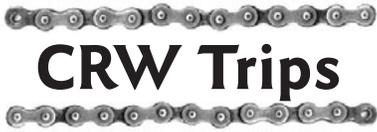
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# CRW Trips

## 29th Annual Tour of New England

May 29 - 31, 2004

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA, then it goes through RI and CT, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover, NH. On the third day we return to MA via ME and the seacoast of NH. Mileage the first day is about 150 and about 100 the second and third. Last year a contingent decided not to venture south to RI and CT making it the Tour of Northern NE but reducing the first day's riding to about 100 miles. People who want to do this shorter route are completely welcome. There is one official starting point for the ride Lincoln, MA. Many of the veteran riders start at their own houses and meet us on the route.

On the first day most of those riding stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Spofford NH fire department runs an all you can eat breakfast for \$5. Spofford is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. The motel has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA and stop for lunch in Georgetown, MA. Upon finishing there will be a pizza party in Lincoln.

The cost of the ride is \$99. Please make checks out to the CRW. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a detailed cue sheet and pizza at the end of the ride. This is a hard tour at 100+ miles each day. There is bag transport but no sag. Be prepared!

Participation is limited to the first 34, so please sign up early. Registration and/or questions to: Walter Page, whpage@comcast.net, 781-259-8598.

Safety Corner - Continued from page 1

2. A few miles after the start of one CRW ride, I heard the telltale blasting horn of an irate motorist. Cyclists behind me warned "Angry driver back!" just as I was approaching a T intersection, at which we were turning left. I checked my mirror. I could see the motorist approaching, but I figured I had enough time. Besides, I wasn't going to let this guy intimidate me! I started moving to the left side of the lane, as I always do for left turns. As I pulled left, the cry from behind repeated, this time, with even more emphasis "Very angry driver back!!" Everyone else kept right. I sat alone at the stop sign, on the left side of the lane, as I waited for traffic to clear. The irate motorist pulled up behind me. Just then, the traffic cleared, and I proceeded to make the left turn, with the irate motorist right on my tail, horn blasting. The motorist quickly passed me, and went on blasting his horn at the string of cyclists in front of me. Some will dispute me on this, and say I did the right thing. But I say that I should have pulled to the right, as everyone else was doing, and just let this nutcase go by. My actions did nothing to enhance my safety or that of the riders in front of me.

Safety Corner - Continued on page 10

## The 2004 Litespeeds are in!



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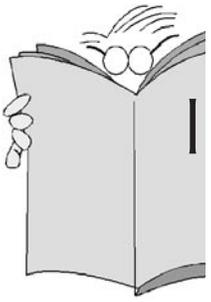
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## Little Jack's Corner

by Jack Donohue

I got another Terry catalog in the mail the other day. Lest people get the wrong idea, this was addressed to Susan and I rarely engage in cross dressing (though the sports bra Pamela was selling for \$1 was a temptation). Anyway, my take on Terry is that this is a niche market designed primarily to meet the needs of small women, who, by and large, can't find cycling equipment that fits them. Since Susan is in the normal range, the catalogs usually hit the recycle bin as fast as the umpteen offers of Visa cards. This time, though, I decided to have a look to see what wares they were selling these days.

The company started to fill a real need in the cycling world, bicycles designed specifically for the dimensions of women. Georgena Terry couldn't find a production bike that gave her an adequate fit since bikes at that time were universally designed for the male torso, so she decided to make her own. They were very popular with small women who really didn't fit well on the "normal" sized frame.

The next pioneering product Terry produced

was the Terry saddle. This was the first saddle with a hole in the middle, although the hole was covered with Lycra ("saddle with a secret"). This started a genuine revolution in women's saddles, and spawned many similar saddle designs.

Looking at their current catalog, it was hard to distinguish it from all the other catalogs. Lots of clothing and various fashionable outdoor gear but most of it made by others and sold by Terry. They seemed to be following the trend of everyone selling everything. I knew it was the beginning of the end when Micky D started selling chicken, and the Colonel started selling non-chicken.

It took a while to find them, but they still sell saddles, and have expanded their offerings to include men. I tend to prefer the Real Man saddle design (<http://sheldonbrown.com/real-man.html>), but it seems reasonable that the male of the species might be interested in comfort as well. They had four models, and I zeroed in on one that was for "riders ... interested in maximizing comfort." That sort of begs the question, what were the other models for, masochists? But I pressed on, and found the less comfortable ones were for

"those who didn't want to lose the feel of the road." Beginning to sound like a condom ad. All of them had a line item "Reduces discomfort:" with the type of discomfort it reduces. This is a bit of advertising frankness rarely seen. Most advertisers would never in a million years suggest that their product could be associated with discomfort. Just as it is impossible to buy a small anything in this age of super sizing, advertisers avoid terms with negative connotations. "Discomfort" is definitely one of them.

There were some other actual cycling gear made by Terry: shorts, gloves, but most of it could be bought anywhere. One surprising item was "Terry clipless pedals" a set of pedals with SPD types cleats that looked a lot like any other SPD pedal. I failed to see the value added here by Terry.

So, I kept saying "Where's the bike?" that started the Terry company. On the very last page, there was mention of a bike sale, that you could find out about by going to their web site. In my mind, this is what really set Terry apart, and now it seems to have taken a back seat to other stuff you can get anywhere. Maybe I just don't get retail.

Safety Corner - Continued from page 9

3. Later, on the very same ride, I came to a fairly steep descent on broken pavement. At the bottom of the hill, right where the

shoulder was the narrowest and the pavement the roughest, I noticed a fellow rider repairing a flat. I stopped to assist. Turns out he had two flats, incurred while bouncing over the enormous potholes. Good thing I stopped, he needed a second tube. It occurred to me that this rider had not selected the optimum place to fix a flat. Instead, like many cyclists, he had stopped right where the flat happened, regardless of the suitability of the location. It occurred to me to suggest moving, but he already had his bike, tools, and various bike parts strewn all over. It seemed easier just to go with the flow. So I assisted him, right there on the very narrow shoulder. As other riders barreled down the hill, they had to dodge not only the potholes, but also us. Motorists had to do the same. It took the suggestion of a third rider stopping to assist before we moved 50 feet down the road, where we could get out of harm's way.

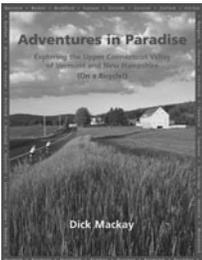
4. Half way through a long Sunday ride, a cyclist passed me. She wasn't moving ahead of me quickly, though, so we were riding at similar paces. I had been riding alone for some time, and thought it would be nice to have company. I picked up the pace slightly, and caught up. We chatted a bit. She was "taking it easy" that day, having trashed her-

self on the Saturday ride the day before, on which she had averaged over 20 mph (well out of my league). But, today, her pace was right for me, so I latched onto her wheel and off we went. After many miles on her wheel, I realized that I was feeling pretty good, but, at the same time, feeling guilty about letting her do all the work. So, I offered, "I'd be happy to pull for a while anytime you would like". I think I offended her. She said nothing, but immediately put the hammer down. I chased, using everything I had just to hang onto her wheel. This went on for several more miles. I wanted to stay with her-- for the company, for the draft, and, yes, just to prove to myself that I could. I didn't know if I could last. She started to spread the gap. I was losing her draft, and I really wanted to hang on. I thought, "If I can just get back on her wheel, I'll be OK". We were approaching a short hill, up which a mountain biker was laboring. She blew by him like he was standing still. I knew I needed to do the same if there was any hope of catching her. But then, I heard a vehicle approaching from behind. I was closing fast on the mountain biker. Would I have time to pass him before the vehicle caught up? I pulled around the mountain biker. I didn't even check my

Safety Corner - Continued on page 11

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# February Mileage Totals

2	2	8	2	1
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Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	2387	-	-	2	Jim Krantz	307	-	-	-
Chris George	1381	1	-	-	Bill Hanson	291	-	-	-
Don MacFarlane	1377	2	-	-	Andrew Brand	289	-	-	-
Bruce Ingle	1312	-	-	-	Ed Hoffer	286	-	-	-
Robin Schulman	1227	-	-	-	John Allen	245	-	-	-
Rick Gowen	1153	1	1	-	Frank Aronson	175	-	-	-
Jack Donohue	1106	-	-	-	Michael Byrne	146	-	-	-
Steve Robins	962	-	-	-	Don Mitchell	140	-	-	-
Cory Lovett	870	-	-	-	Gabor Demjen	139	-	-	-
Melinda Lyon	751	-	-	-	Marc Webb	129	1	-	-
Joe Repole	728	2	2	-	Tracy Ingle	110	-	-	-
Irving Kurki	716	1	-	-	John Kane	86	-	-	-
Butch Pemstein	607	-	-	-	Greg Tutunjian	85	-	-	-
Paul Hardin	599	1	-	-	Jim Broughton	80	-	-	-
Nick Linsky	569	1	-	-	Jamie King	67	-	-	-
Ken Skier	552	-	-	-	Harry Wolf	64	-	-	-
Peter Brooks	549	1	-	-	Mike Kerrigan	46	-	-	-
Richard Dweck	539	-	-	-	Jeff Luxenberg	46	-	-	-
David Wean	480	-	-	-	John Springfield	44	-	-	-
Lincoln Ross	406	-	-	-	Cynthia Snow	27	-	-	-
Glenn Ketterle	359	-	-	-	Dan Pratt	21	-	-	-
Gary Smiley	355	-	-	-	Otto DeRuntz	16	-	-	-
Lisa Weissmann	347	-	-	-	Elaine Stansfield	16	-	-	-
Dick Arsenault	319	-	-	-	Jacob Allen	2	-	-	-
Bob Sawyer	313	-	-	-					

Well what a relief the weather is finally warming up and the roads are getting a little wider, goodbye snow banks. It sure is nice to see some name from the past back reporting to the list. Don't forget this is all for fun, it is nice to see how other riders in the club rack up the miles month after month. Then there are those like me, just happy to get out once in a while. I sometimes yearn for the old days when ten hours on the bike was nothing and hot, sweaty and sore felt good, the simple pleasures! Ride Safely Everyone!

## 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).

Safety Corner - Continued from page 10

mirror, relying solely on the sound of the approaching vehicle to judge its position. I judged wrong. The pickup truck passed me just as I was passing the mountain biker—all three of us in the same lane, at the same time, at the same place. Not good!

### Steve's Turn - Confessions of a Bicycle Cop:

I have been a Revere police officer for over 15 years, the last five of which I've been in charge of Revere's mountain bike unit. I have received training in the safe operation of my bike, so you would think that I would not make mistakes while riding. Well, even with all my training, I still do a few things after which I feel very lucky that I did not hurt myself. Here are a few lessons I have learned:

1. When you finish maintaining your bike make sure you have clipped the brake cable back on. It is a little nerve-racking when, going down a busy street, you hit the brakes and nothing happens. This little scenario played itself out on Broadway, which is the main street in Revere. Now, when I get on my bike, I not only check to see if everything is attached and tight, I also squeeze the brakes just to be doubly sure.
2. Do not let drivers get the best of you. I was once doing a charity ride in uniform when a driver who was not paying attention came by at a high rate of speed. This

scared a few of the riders, especially since we had kids riding (including my own). Well, I made a sharp U-turn on my bike to go after the driver, but I was so upset that I did not look back before moving across the road, and there were cars approaching from behind. Luckily, I was not hit, but it could have been ugly. I did catch the driver, but it wasn't worth taking that kind of risk.

3. It may seem obvious, but always watch where you are going. While it is part of a cop's duty to watch the area to see what is going on, one still needs to pay attention to where one is going. I was riding through a section of Revere and was interested in what was going on to the right of me. As you may know, you tend to go in the direction you are looking. I ended up rear ending a parked car. Luckily, I was going slowly enough that nothing bad happened, but it did remind me to keep my head up and pay attention to where I am going.

4. Take the time to practice the skills that you are weak in. I have been trained to ride over many things and to go up and down stairs on my mountain bike. I am not the best at going up the stairs and I should practice some more. I was riding down Revere Beach, where there are several covered seating areas with steps leading up to them. Three of us were riding the beach that day.

We noticed something going on in one of the seating areas. My two partners made it up the stairs no problem, but when I tried to go up, I did not execute the maneuver as gracefully as I had hoped. I ended up digging my front tire into the staircase, throwing me forward. I scraped up the front of my calves pretty good. I now try to practice this maneuver more often.

We hope you found this entertaining, but, more importantly, perhaps these examples remind you of some of your own experiences—situations in which you could have made wiser choices. The point here is that we all can improve our riding habits so that we are safer and more courteous. Reflecting on past riding behavior is a good place to start.

Remember, safety is about choices. What choices will you make?

## CLASSIFIED ADS

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

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# THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

**Ace Wheelworks**  
145 Elm St., Somerville  
(617) 776-2100

**Adi's Bike World**  
231 Grove Street,  
West Roxbury  
(617) 325-2453

**Ata Cycles**  
1773 Massachusetts Ave,  
Cambridge  
(617) 354-0907

**Back Bay Bicycles**  
366 Comm. Ave, Boston  
(617) 247-2336

**Belmont Wheelworks**  
480 Trapelo Rd., Belmont  
(617) 489-3577

**Bicycle Bill**  
253 North Harvard St.,  
Allston  
(617) 783-5636

**Bicycle Exchange at  
Porter Square**  
2067 Massachusetts Ave,  
Cambridge  
(617) 864-1300

**Bike Express**  
96 N. Main St., Randolph  
(800) 391-2453

**Bikeway Source**  
111 South Road, Bedford  
(781) 275-7799

**Boston Bicycle**  
842 Beacon St., Boston  
(617) 236-0752

**Broadway Bicycle School**  
351 Broadway, Cambridge  
(617) 868-3392

**Burlington Cycle**  
428 Boston Rd., Billerica  
(978) 671-0800

**Cambridge Bicycle**  
259 Massachusetts Ave,  
Cambridge  
(617) 876-6555

**Chelmsford Cyclery**  
7 Summer St., Chelmsford  
(978) 256-1528

**Community Bicycle  
Supply**  
496 Tremont St., Boston  
(617) 542-8623

**Cycle Loft**  
28 Cambridge St.,  
Burlington  
(781) 272-0870

**Dedham Cycle and  
Leather**  
403 Washington St.,  
Dedham  
(781) 326-1531

**Farina Cycle**  
61 Galen St., Watertown  
(617) 926-1717

**Ferris Wheels Bicycle  
Shop**  
64 South St., Jamaica Plain  
(617) 522-7082

**Frank's Bicycle Barn**  
123 Worcester Tpke,  
Westboro  
(508) 366-1770

**Frank's Spoke 'N Wheel**  
119 Boston Post Rd.,  
Sudbury  
(978) 443-6696

877 Main St., Waltham  
(781) 894-2768

**Harris Cyclery**  
1355 Washington St., W.  
Newton  
(617) 244-1040

**Harvard Square Bicycles**  
36 J.F.K. Street, Cambridge  
(617) 441-3700

**International Bicycle  
Center**  
89 Brighton Ave, Allston  
(617) 783-5804  
66 Needham St., Newton  
(617) 527-0967

**Landry's Bicycles**  
151 Endicott St., Danvers  
(978) 777-3337  
574 Washington St., Easton  
(508) 230-8882  
303 Worcester Rd.,  
Framingham  
(508) 875-5158  
276 Turnpike Road,  
Westboro  
(508) 836-3878

**Marblehead Cycle**  
25 Bessom St., Marblehead  
(781) 631-1570

**National Ski and Bike  
Shop**  
102 Washington St., So.  
Attleboro  
(508) 761-4500

**Northeast Bicycles**  
102 Broadway, Rt. 1,  
Saugus  
(781) 233-2664

**Pro Cycles**  
669 Main St., Wakefield  
(781) 246-8858

**Quad Cycles**  
1346 Massachusetts Ave,  
Arlington  
(781) 648-5222

**Ski Market, Ltd.**  
322 South Bridge St.,  
Auburn  
(508) 832-8111  
860 Commonwealth Ave,  
Boston  
(617) 731-6100  
400 Franklin St., Baintree  
(781) 848-3733

**Ski Market, Ltd. (cont.)**  
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  
**Wild Women Outfitters**  
397 Massachusetts Ave,  
Arlington  
(781) 641-5776

Charles River Wheelmen  
1 Gleason Road  
Bedford, MA 01730

PRSR TD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 54601  
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:

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 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.