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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 5 · May, 2004

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## Lake Champlain Slide Show and Book Launch Party

*Sunday, May 23*

**CRW** member Charles Hansen has been cycling and leading club tours around Lake Champlain for two decades. Lake Champlain is arguably the premier cycling destination in New England, with outstanding scenery, delightful roads, charming and historic towns and villages, and a wide range of lodging and dining options. This spring The Countryman Press will publish the book, *25 Bicycle Tours in the Lake Champlain Region*. We will celebrate this event with a slide show featuring images from those 20 years, including the pictures used in the book. Members who have been on these tours may well see themselves on the screen - or in the book.

After the slide show we will have the obligatory book signing and general merriment. As a special reward for CRW members (and fellow travelers), those purchasing the book at this event will also receive a diskette (director's cut!) containing cues for all of the tours. The books will very much be "hot off the press", but we do expect them to be

available (just) in time for this occasion. Contact Charles at (617) 572-0277 days or [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com) with any questions on this event, which takes place at the Lexington home of Jerry Green at 7:30 PM on Sunday, May 23. Directions are below.

Directions:

Coming from Boston on rt. 2, take rt. 4-225 exit into Lexington. At rotary, Mass Ave, turn left (still on 4-225). Go about .3 mi. to small rotary on right and a Shell station on far corner. Turn right onto rt. 2A, Maple St. Go 1 mile to stop light. Then straight ahead onto Winchester Drive. House is 0.4 mile on left at 28 Winchester Drive.

From I 28 take rt. 2A exit into Lexington. Go on rt. 2A about 4 miles to 2nd traffic light. Then straight ahead onto Winchester Drive. House is 0.4 mile on left.

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## Safety Corner

*By Bob Zogg*

CRW rides are group rides. Whether arrowed, map-and-cue-sheet, or follow-the-leader, riding in groups requires a new set of skills compared to riding alone or with small groups of friends. Group rides also tend to have greater impacts on the communities in which we ride and on other roadway users. We won't get into drafting or paceline riding techniques here. We'll save that discussion for another day.

Some common characteristics of group rides are: a) lots of strangers having a wide range of riding speeds and styles, b) routes and roadways with which you have little or no familiarity, c) possibility of sudden slow downs, stops, or lateral moves (usually to avoid an obstacle or bad pavement), and d) lousy visibility (your view being blocked by other cyclists). While group rides can feel

intimidating at first, following a few basic guidelines can go a long way towards increasing your comfort and safety among the masses.

First, keep the group small. Smaller groups are safer for cyclists and easier on motorists. Group size on CRW rides tends to be smaller on weekdays (see the Recurring Rides section of this issue), or weekends when the weather (or weather forecast) is less than ideal. On CRW weekend rides in nice weather, expect a crowd—perhaps 100 riders or more. CRW centuries (which include shorter options) can attract a couple hundred. As you would intuitively think, you can avoid the crowd to some extent on larger rides by getting out in front (and staying there) or by waiting to depart until after the main pack has left. However, these strategies won't always produce the desired result. Staying in front of the pack only works for the strongest of riders. If you start behind the pack, you may catch up

anyway. Still, it can be worthwhile to wait a few minutes. On a large ride, a conscientious ride leader will stagger the start to help keep riders spread out.

Once underway, keep the following pointers in mind:

Try to keep groups to eight riders at most. Even if you manage to start a ride in a small group, you may find that groups merge along the way. Slow down or speed up to join another group if you find yourself in a large pack.

Take in the big picture. While you should focus attention on what's in front of you, be sure to check to the sides and behind you occasionally so that you know what's going on and can be better prepared to react. Observe what motorists, pedestrians, pets, and other riders are doing, as well as roadway condition, parked vehicles, intersections, traffic signs/signals, etc. Many riders find a

Safety Corner - Continued on page 10

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

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Wednesday Wheelers .....	Dick Arsenault .....	781-272-1771
Wednesday Ice Cream Ride .....	Al Bolea .....	617-484-0851
	Justin Haber .....	617-965-3904
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Friday Rides .....	Ed Glick .....	978-250-1883
	Daniel Rabinkin .....	781-275-2391
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	Mark Dionne .....	617-965-5558
Sunday Fitness Rides .....	Andy Brand .....	617-247-9770
	Bob Dyson .....	508-668-8122
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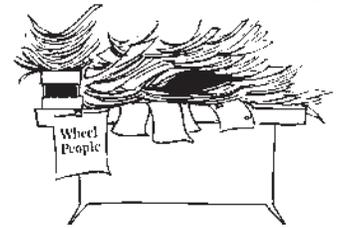
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**Editorial Policy**



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

April 6, 2004



## In Attendance:

Board Members: Andy Brand, Connie Farb, Barry Nelson, Bill Widnall; Others: Linda Nelson, Jack Donohue, Eric Evans, Don Blake and Janet Tortora

Note: There were not enough Board members present to constitute a quorum. There was a general discussion with no official actions taken.

## Minutes (Janet Tortora)

Minutes from the March meeting were tabled until the May meeting due to lack of a quorum.

The group discussed the procedure for the distribution of the minutes. As has been past practice, the secretary will send the minutes to the Wheel People editor, Jack Donohue. Jack will proof the minutes and make minor edits. The Board members will be sent the Wheel People draft for any additional edits.

## Boston Bike Show (Bill Widnall)

Bill Widnall reported that he would encourage CRW members to attend the Boston Bike Show, but he felt that it would not be worthwhile for CRW to set up a table at the event.

## Constitution Amendments (Bill Widnall)

At the last Board meeting, an important phrase was inadvertently removed from

the proposed amendment to the constitution. The Board members voted by email to include the provision: "This reviewing body shall deliver it in final form to the Recording Secretary, who shall send it within 21 days to each member."

For the purpose of the current revising of the constitution the starting point is taken to be the text published June 1981 in the CRW pamphlet entitled 'The Charles River Wheelmen Constitution and By-Laws'.

The membership mailing on the constitution change is in its final stages of preparation.

## Finance Committee (Eric Evans)

Eric Evans, Vice President of Finance, distributed the financial information on three spreadsheets: "2003 Actual vs. Budget", "2004 Budget by Quarter" and "2004 Budget (History)".

Apropos the Volunteer Committee budget, the Board members would like to discuss combining the ride leaders party and the volunteer party at a future meeting. Jack Donohue, host for the volunteer party, said that that the turnout was not great and the attendees were largely ride leaders anyway.

## Rides Committee (Connie Farb)

Connie reported that there is a new ride leader for the Wednesday recurring rides. There is still some need for ride leaders on Saturdays later in the season.

The ride leaders party was well attended and fun.

Bill Widnall reported that Tim Baldwin, Executive Director of Mass Bike, contacted him about a Mass Bike fundraising ride on August 28. Tim wanted to know if CRW wanted to sponsor the ride in conjunction with Mass Bike. There is a \$50 fee for the ride, so the members felt that CRW should list the ride as an alternative ride. CRW will offer a no cost ride starting from a different location provided a ride leader comes forward. Mass Bike advocates and promotes cycling so the ride is not viewed as a charity ride and can be listed in the CRW calendar.

Bill Widnall was asked if CRW would like to co-sponsor a cycling tour of Boston the day before the Democratic Convention. If CRW members wanted to volunteer individually then they should contact the sponsors. The event can be listed on the other events calendar.

## Membership (Linda Nelson)

983 memberships, 1189 members, 14 new, 30 expired, 25 renewals.

## Boston Phoenix Collaboration (Bill Widnall)

Marty Weinstock was unable to attend the Board meeting so Bill Widnall gave the

report. The two primary focal points of discussion with Melinda Lyon and the Century Committee involve the impact on the ride of the Phoenix presence and the quality of the supplement.

An additional volunteer will be needed at the Membership desk. There may be some inexperienced riders, so a volunteer will be recruited from the Wednesday Wheelers to lead this group on a leisurely paced 25 mile ride. Charlie Kay does a great job with sweeping the event, but if bike shops want to assist by supplying a truck with parts that would be welcomed. Also welcome would be a bike shop presence at the Georgetown water stop. Cycle Loft has been chosen to be the sole bike shop at the start of the event. If there is a parking crunch, there is a vocational school close to the start of the event.

Jack Donohue has written an article for the supplement. Marty will recommend resources to the editors as they write the articles.

## New Business (Bill Widnall)

Steve Mashl has regretfully resigned his position on the Board of Directors. Under the CRW bylaws, the Board will appoint a member to fill this position until the next regular election. Names for consideration should be sent to Bill Widnall.

The next Board Meeting will be held on May 4 at 7:30PM at the United Church of Christ, Lexington.

Respectfully submitted,  
Janet Tortora  
Secretary

## WELCOME NEW MEMBERS

Marilyn Altbush, Jeffrey Altbush	Reading
Nate Avorn	Chestnut Hill
Susan Berry, Dale Wickenheiser	Somerville
Matt Ellis	Brighton
David Gilbert	Plymouth
Don Hillier	Bedford
Cheryl Ierna	Arlington
David Jost	Ashland
Lynne Keramaty	Lexington
Jerry Lemmon	North Andover
Bob Liacopoulos	Needham
Gail Marchetto	Boston
Selig Saltzman	Boston
Randy Stern	Cambridge

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

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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.



# Recurring Rides Calendar

These rides are held every week unless indicated

## Mellow Mondays

Times: 6:00 PM

**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:** Nahant 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 Evening Ice Cream Ride

Times: 6:30PM May-August; 6:00PM September (First ride, May 5)

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

**Routes:** Arrowed rides of 19 and 27 miles with ~10 mi. option possible

**Leaders:** Justin Haber [justin@haber.net] (617-965-3904) Al Bolea [abolea@comcast.net] (617-484-0851) and John Sales [jsales@aquent.com]

**Start:** Schofield School - 27 Cedar Street in Wellesley.

**Directions:** From 128 North or South, Take Rt 9 approximately 3/10 mi. west and turn right onto Cedar Street (just after Mobil gas Station). 27 Cedar St is about 3/10 of a mile on left. Park in the first lot on right. You can also get to the start by taking Route 16 West from 128 and turning left onto river street (right before the Sunoco gas station). At the flashing red light at the top of River Street, cross over onto Cedar Street and 27 Cedar will be 1/10 of a mile on the right.

**Note:** We prefer to make a ride time deci-

sion regarding rain. If it's not raining at the start of the ride, we will generally give it a go. If there is steady rain at the start, we will cancel. Most of the ride is shaded and usually feels 10 degrees cooler when you're only a few minutes away from the start - ideal for those hot summer nights.

## Wednesday Fitness and Masters Ride\*\*

Times: 6:00 PM Sharp!

**Description:** This Fitness Ride offers you the opportunity to ride with others in a paceline 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 [kmiller@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 paceline group.

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

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

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

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

## Friday TGIF Unwinder

**Times:** 6:00 PM starting April 23

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

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

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

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

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

## Saturday Morning Fitness Ride at Nahanton Park\*\*

**Times:** 8:30 SHARP! This ride runs all year 'round.

**Description:** You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. We usually try to start people in bunches of about 10 riders, grouped by distance (28/42 miles) and (very roughly) by speed. Often each group ends up breaking into smaller bunches. We do encourage people to "wait up" a minute after certain hilly sections. The routes are arrowed so that you can find your way alone. This ride is for intermediate to advanced riders. The slower groups probably average 15-16 MPH, and the fast groups often average over 20 MPH.

Most people do the ride to get a good workout. Even if you don't keep up for the whole ride, hanging on for as long as you can is a good way to get stronger! Don't be late. At 8:30 we're gone.

**Routes:** Three routes, cue sheet and arrows: Long Route - 42 miles Medium Route - 28 miles Short Route - 19 miles

**Leaders:** Dave McElwaine [McElwaineD@aol.com] (781-821-8643) or Mark Dionne [crw @ markdionne.com] (617-965-5558)

**Start:** Nahanton Park, Newton.

**Directions:** Take the Highland St. exit off Rt. 128 toward Needham. Take a left at the light onto Hunting Rd. At the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Ride leaves from the main parking lot. (There is another entrance to Nahanton Park on Winchester St. Don't go there!)

## 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.

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

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

**Times:** 7:00AM (Yikes!)

**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.

Vermont.....America's Best Biking....?

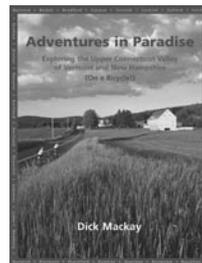
**Maybe**

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# May 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.

**Erratum** - The Providence Mean Streets ride was incorrectly listed in the April Wheelpeople for April 24. This ride will take place on Sunday, April 25 - all other ride information is correct.

## Wachusett Wheelabout

*Saturday - May 1*

**Times and Routes:** 9:45 AM for 63 & 50 miles, 10:15 AM for 30 miles.

**Ride Type:** Map and cue sheets.

**Leaders:** Ron Pawlowski, 617-780-7931, ronpski@rcn.com

**Highlights:** A Spring ride of the beautiful backroads of Stow, Hudson, Berlin, Boylston, Sterling and Bolton. Medium and long rides circle Wachusett Reservoir while the long ride passes Harvard and the Fruitlands. Berlin Orchards in Berlin is the lunch stop for the short ride while the medium and long rides lunch at Meadowbrook Orchards west of the reservoir. Terrain is rolling with some great views.

**Start:** South Acton "T" station, Central Street at Route 27.

**Directions:** Route 2 West, exit left onto Route 111 at Exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for Mobil station, then the yellow tower of the Acton Music Center on the corner on the right. Turn sharp right, immediate left into the "T" commuter rail parking lot. Or take Fitchburg commuter rail line. First train arrives 9:28.

## Harvard Hill Climb

*Sunday - May 2*

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

**Ride Type:** arrowed with cue sheet

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

**Highlights:** Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop by Ken Hablov that includes Lancaster. This is last year's "West of Harvard" ride.

**Start:** Holographics parking lot, Taylor Road, Littleton.

**Directions:** Take Route 2 West to Exit 39, 1/4 miles west of the I-495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into Holographics lot. Go around to the back of the building and park up near Taylor Road. Or take Fitchburg commuter rail line to 495 stop. First train arrives 9:36.

## West Podunk

*Saturday - May 8*

**Times and Routes:** 9:30 for 56 miles; 10:00 for 38 miles

**Ride Type:** Arrowed

**Leaders:** Steve Hoffenberg (781-259-4369, stevecrw@comcast.net)

**Highlights:** A scenic but hilly route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes

Groton, Leominster, Sterling, Lancaster, and Bolton. Long ride adds nice loop in Townsend and Lunenburg. Both routes have late lunch stop in Harvard at the town's Apple Blossom Festival.

**Start:** Nashua River Rail Trail Parking Lot, Groton St., Ayer

**Directions:** Rt. 2 West. 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after the auto parts store. Parking lot is immediately on the right, before the bike path.

## Apple Hill Ride

*Sunday - May 9*

**Times and Routes:** 9:30 for 56 or 63 miles; 10:00 AM for 38 miles.

**Ride Type:** Arrowed w/map and cue sheet

**Leaders:** Peter Brooks (617-926-5735, p.brooks@rcn.com); co-Leader, Bill Scott

**Description:** Ride from Concord to Harvard green for lunch on pleasant, challenging back roads. We will ride through Lincoln, Sudbury, Stow, Hudson, Boxborough, Harvard, Littleton, Westford, Carlisle, Acton, and Concord. There are few good food opportunities on the ride. The Harvard General Store closes at 1:00 PM and has snack food. Water is available from the water fountain on the green.

**Start:** Concord Carlisle Regional High School

**Directions:** Rt 2 west to Concord, right at stoplights to RT 126, Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile.

## Mean Streets, East Cambridge

*Thursday - May 13*

**Times and Routes:** 6:30 P.M. for about 10 diverse miles. Rain cancels.

**Ride Type:** Urban Evening ATB - follow the leader

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

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**Lowlights:** Explore retro-grunge industrial sub-culture, including the new MBTA engine terminal, Lechmere area, Kendall + Tech Squares, and the MIT campus. Lots of dirt, gravel, glass, steps, ramps and other choice terrain.

**Start:** Boston - Copley Square Park, Boylston Street between Clarendon and Dartmouth.

**Directions:** Mass Pike or Storrow Drive to Copley Square exit, parking chancey, call for details.

## Suburban Stroll Starting in Stoneham

Saturday - May 15

Times and Routes: 9:30 am for 27, 45, 60 or 76 miles

Ride Type: Cue Sheet and Map

Leaders: Mark Sevier (781-696-9486,

m\_sev@yahoo.com)

**Highlights:** Come on a suburban (or speedy) stroll on the nicest roads (that I know of) this close to Boston, with some water views and moderate hills. Generally routes go north from the start, just to the east of the most popular CRW roads. Longer routes will include some CRW favorite roads, and other green lines on the Rubel's map not so well known. The route is based on the leader's cyclecommute - perhaps we'll ride on roads that will help you consider cyclecommuting too.

**Start:** The former Boston Regional Medical Center on Woodland Road in Stoneham.

**Directions:** From the north: Rt. 93 South to Exit 35 'Winchester Highlands', take a left at the end of the ramp. Turn right at the stop sign on the other side of the highway. In about a half mile, go straight through a traffic light, and continue for about 1.5 miles

until you see a 'Medical Office Building' on the left - turn left into this parking lot. There are two entrances, in case you miss the first one. We'll be meeting in the lower parking lot to the left of the buildings. From the South: Rt. 93 North to Exit 33 'Rt 28'. Go mainly straight through the rotary (do not continue around the rotary, nor get back on 93, take the option just to the right of getting back on 93). In about a half mile, turn right onto Elm street at the blinking light. In another half mile turn left at the rotary by the gas station, onto Woodland Road. Take the second right in about 1 mi into the BRMC parking lot. We'll be meeting in the lower parking lot to the left of the buildings.

## Spring Century Sunday - May 16

## The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 16, 2004

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

### START -Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.

Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1 1/2 miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is 1/4 mile on the left.

Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

**TIMES -** 7:30 - 100 miles *Full Century*  
9:30 - 62 & 50 miles *Metric & Half Century*  
10:30 - 25 miles *Quarter century*

**COST -**Pre-registration: CRW members - **\$8.00** Non members - **\$10.00**

Day of the event: CRW members - **\$12.00** Non members - **\$15.00**

Refunds available until May 14, 2004

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and jackets will be available for purchase
- Please arrive at least 45 minutes early if you want your bike checked before a ride



### PRE-REGISTRATION FORM

This form must be received by May 14, 2004

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

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State & Zip \_\_\_\_\_

Which Ride do you intend to complete:  100  62  50

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

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

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



Total Enclosed

## Through It Runs a River

Saturday - May 22

**Times and Routes:** 9:30 for 55 miles, 10:00 for 35 miles

**Ride Type:** Cue Sheet

**Leaders:** Ted Hamann (617-576-0475, e.hamann@comcast.net)

**Highlights:** This ride is designed to accommodate both traditional CRW riders and those who want to ride in a group, Wednesday Wheeler style. Cue sheets will be provided but no arrows. I will lead the group ride at a rolling average of about 13 mph, and it will offer the opportunity to have lunch at the nice restaurant at the Stow airport. The long ride will meet up with the short ride in Sudbury.

**Start:** Mall in Lincoln center

**Directions:** Trapelo Road from Route 128 to Lincoln Center (2.6 mi); turn left onto Lincoln Road; when you come to the Mall at Lincoln shopping center (1.4 mi), (the only one in Lincoln) turn right into the shopping center and proceed bearing left to the rear and into the Commuter rail parking lot.

## In Search of Llamas

Sunday - May 23

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

**Ride Type:** Arrowed with cue sheets.

**Leaders:** Lisa Wilk (lwilk@capaccio.com, 508-376-2457) and Andree Lerat (andree.photo@verizon.net)

**Highlights:** Join us for the 5th Annual Llamas Ride! All rides are primarily along quiet backroads. Short ride passes through Dover, Sherbon, and Holliston. Medium & long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH in Holliston.  
**Start:** Chickering Fields on Dedham St. in Dover.

**Directions:** Chickering Fields is about .5 mi northeast of Dover center. From Rt 128/95, Take Exit 19B, Highland Ave. At intersection of Highland Ave and Great Plain Ave, turn right; after about 0.1 mile turn left onto Chestnut St. Follow Chestnut (past Glover Memorial Hospital), and bear right as it becomes Dedham St. when you cross the town line into Dover. After approx. 2 miles on Dedham St. in Dover, will see Mill Farm (White Barn) on left side of road. Take first right after Mill Farm (about 0.1 mile from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodlands Reservation). Do not park on lot entranceway or along road (if lot is full, additional parking lots, < 0.25 miles further down on Dedham Street on left-hand side of road.)

## Apple Hill Repeat

Saturday - May 29

**Times and Routes:** 9:30 for 50 plus miles; 10:00 AM for 38 miles.

**Ride Type:** Arrowed w/map and cue sheet  
**Leaders:** Bill Scott (978-456-3138), billscott@alum.mit.edu  
**Highlights:** Repeat of May 9 Apple Hill ride (see May 9 description)

## South Shore Ride Coastal Route

Sunday - May 30

**Times and Routes:** 9:30 for 50 miles; 9:45 for 38 miles

**Ride Type:** Arrowed. Arrow is a white inverted "T"

**Leaders:** Dan Walsh, 781-749-4019, dan@walsh.name

**Highlights:** Both rides will traverse the back roads of Hingham to access a scenic coastal route through Hull, Cohasset and Scituate. Along the coast, you will see the beautiful homes of Jerusalem Road, quaint Cohasset Harbor and the active waterfront in downtown Scituate. The 50 mile loop extends the route to the tip of the Hull peninsula, with views of the Boston skyline. The ride consists of mostly flat terrain along the coast, with rolling hills on the inland portion of the route.

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

**Directions:** Take Rt. 3 to Exit 14 (Rt.228) in Rockland. Turn left at end of exit ramp and take first left into the Park'n Ride lot.

## Memorial Day - Nashoba Brook Ride

Monday - May 31,

**Ride Type:** cue sheet and map

**Times and Routes:** 9:55 for 30 or 45 miles  
**Leaders:** Linda and Barry Nelson (617-964-5727 before 9 PM, BarryNelson@alum.MIT.edu)

**Highlights:** The short route passes through Newton, Wellesley, Weston, Wayland, Framingham, and Sudbury. The longer route adds Concord and includes a stop at Nashoba Brook Bakery in West Concord. The terrain is rolling with the longest climb in the first 4 miles.

**Start:** Auburndale commuter rail parking lot. Urban members can take the Green Line to the Riverside Station. Our route goes by this station, and is 1 mile from the start.

**Directions:** From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd.

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## 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](mailto:whpage@comcast.net), 781-259-8598.

## SoVe Tour - Southern Vermont

July 1-5, 2004

This tour allows fellow Vermont lovers to spend four days riding in the southern part of their favorite state. After staying in Brattleboro Thursday night, we cycle north to Rutland with largely back roads, but taking VT 103 across the spine of the Green Mountains. From there we change direction and ride south to Bennington, using delightful country roads for most of the day. We spend two nights there at our wonderful in-town motor inn ("Paradise"), with several choices for a day ride on Sunday, including a challenging Mt. Greylock option and easier rides in adjoining New York state. We climb up the Green Mountains again heading east from Bennington, but end the tour with a 19 mile downhill into Brattleboro, surely one of the longest east of the Rockies. Daily averages are about 70 miles, with 50 miles on the last day. The \$375 tour fee includes four nights lodging, two breakfasts, four lunches, two Happy Hours, cue sheets and sag support. Maximum of 24 riders. Contact leader for info or to register. Leader: Charles Hansen H: 617-734-0720 W: 617-572-0277 Email: [velotrain@peoplepc.com](mailto:velotrain@peoplepc.com).

## BOVINE LITE Bicyclists Over Vermont in Near Ecstasy

July 2-5, 2004

Meet on Friday night and then enjoy three days of classic, Vermont cycling staying in one of our favorite hotels and towns -- the

Capitol Plaza in downtown Montpelier.

Choice of about 30 to 60 miles each day, varying from flat to hilly. Most rides start from our hotel, but we'll also offer some starting from outside Montpelier. Each day's rides will go in a different direction: Southwest toward the "infamous" App. Gap or Waitsfield/Warren, northwest toward Morrisville and Stowe, and southeast toward Northfield, Chelsea and/or Barre. Lots of good restaurants in town, plus holiday fireworks, parades and small town celebrations. Trip fee of \$200 includes three nights lodging with 2 persons/room, bicycling food (e.g. Clif Bars, salty snacks, fresh fruit, juice packs, nuts and dried fruit), and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591, [ardnadler@aol.com](mailto:ardnadler@aol.com)

Co-leader: Paula Bossone, 978-887-0688, [paulajbossone@comcast.net](mailto:paulajbossone@comcast.net)

## Velo Vermont

July 23-25, 2004

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont. We'll be staying at an inn in Warren, Vermont with swimming pool and hot tub. Accommodations are two person units, with bedroom, living area, kitchenette and balcony.

Saturday and Sunday riders will choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben and Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$115 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone. Call after that for last minute availability. Make checks out to CHARLES RIVER WHEELMEN, and send a SASE or email address to:

Velo Vermont - c/o Jack Donohue  
26 Fox Run Road, Bedford, MA 01730-1104

We will send out a poop sheet with information a week before the trip. For information email or call:

Jack Donohue and Susan Grieb  
[jmdonohue@alum.mit.edu](mailto:jmdonohue@alum.mit.edu)  
781-275-3991 (before 9 PM)

CRW Trips - Continued on page 10

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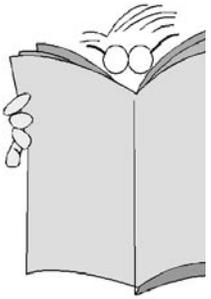
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## Little Jack's Corner

by Jack Donohue

I guess many of you didn't know I was a racer. Actually, that's a bit of an exaggeration, I do one race a year, the Senior Games (also known affectionately as the "Geezer Games"), held out in Springfield. To enter you have to be fifty or older, and you race against people in five year increments. I had never gotten into racing before mostly because of the fear of the agony of defeat, and my innate laziness and reluctance to train. I've never really understood training, this to me is something you do with your dog. Anyway, I reasoned, here was a race I could win. I had visions of competing against grandpas on Huffys, yes, victory would be sweet. Unfortunately, I really didn't know much about racing. My theory was, you go fast, fast, fast, and then try not to fall over when you do the victory arm raise. What I didn't realize was that my competition was actually people who had raced for many years, but just gotten older. And since I, too, had gotten older, which is how I got into this in the first place, my chances of winning wouldn't really be that much better than before.

The races consist of 5 and 10K time trails, and 20 and 40K road races. The scary part of the time trial is the start, where someone holds you suspended in air on your bike until the starting gun goes off. Now this is a pretty casual event, most of the volunteers don't know a lot about bike racing, and many times the holder is just some random person recruited from the studio audience. The last time I didn't have a great deal of confidence in the holder, and decided to push myself off. Better to lose 1/2 second than suffer a painful and embarrassing FDGB right out of the gate. I do have the distinction of being one of the few (only) participants in the event to get lost on a half mile oval course. There are a few side roads, and despite listening attentively to the directions, I managed to deviate from the course a couple of times. One year, I was aided off course by the girl scout volunteers who were supposed to signal the way, but somehow got confused.

My real problem is the road races. I've watched the tour for years, and in principle know all about strategy, but somehow everyone else has more jungle cunning than me, and I always seem to get maneuvered to the front for most of the race. Then, there's the final sprint, which always seems to take

me by surprise, everyone blows by me and I come in last.

Nonetheless, I always manage to come away with a handful of medals. Since the field is split in five year slots, the number of people I'm competing against is pretty small. Added to that is the fact that out of state people are in a separate category entirely. Last time, someone was faster than me in all events, but I managed getting gold anyway since he was out of state. So everyone wins.

The 5, 10 and 20K races usually happen on Saturday and the 40K on Sunday, so I go out with a group from NEBC and we stay overnight. The high point of the weekend is not the bike race, but the apres race happy hour. There are some serious martini aficionados in the group, but they tolerate me anyway. Happy hour is spent analyzing the days events. There are a lot of us, so a good portion of the actual competition is intra-NEBC. Fortunately, we are spread out pretty well in age, so there are enough medals to go around.

Next year I've resolved to be more focused. It's good to have goals. My goal is to not come in last in the road race!

Safety Corner - Continued from page 1

rear-view very helpful, but you must be aware of your blind spots. Turning your head and looking back is more reliable, but it's best to perfect this skill in an empty parking lot before using it on the open road.

Keep right, unless there's a good reason not to, such as when preparing to turn left, intentionally occupying a narrow lane in which it's unsafe for motorists to pass, or distancing yourself from hazards at the right edge of the road (for example, parked vehicles, broken pavement, debris, or drain grates).

To be continued next month

## Letters to the Editor

As a result of my piece in Wheelpeople, the RI MS Society formally invited me to join the planning committee for this event. I learned that one of the "positive" features I mentioned was seen by the SAG team as a negative: bringing children along in tow-carts and such. Injury concerns being what they are, the MS Society in fact would discourage parents from bringing young children as bicycle passengers.

Gregory Lee

CRW Trips - Continued from page 9

## CHAD Tour - Lake Champlain and Adirondacks

August 6-10, 2004

This tour combines some of the best riding in the Lake Champlain basin with two great days of cycling in the Adirondacks. We stay in the new Marriott in charming Middlebury on Friday night. Saturday we ride west toward the lake, then turn north and pass through Vergennes on our way to Burlington, where we have lake-view rooms in the downtown Wyndham hotel, near the Church Street Marketplace and downtown restaurants. After a ferry ride across the lake to Port Kent in the morning, we enter the Adirondacks with a fair amount of climbing, although much of it is gentle. In Lake Placid we have lake front rooms and access to swimming and canoes. Monday we ride southeast to Ticonderoga, where we have a tour dinner at the country club on our last night out. Tuesday brings a short ride back to Middlebury, using the 200 year old Ticonderoga cable ferry. Average daily mileage is about 60. The \$450 tour fee includes four

nights lodging, two breakfasts, four lunches, one dinner, two Happy Hours, cue sheets and sag support. Maximum of 24 riders. Contact leader for info or to register. Leader: Charles Hansen H: 617-734-0720 W: 617-572-0277 Email: velotrain@peoplepc.com.

## CLASSIFIED ADS

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

### FOR SALE

1998 Lemond Alpe-d'Huez 59cm. Fits rider between 5'11" and 6'1". Beautifully painted orange, steel frame. Campy components. Just tuned, new brakes and handlebar wraps. Comes with SPD pedals. Never ridden in rain. \$400. Rich 617-851-4276

### WANTED

Companions wanted for June 26-27 ride of old TOSRV-East route in Vermont. No sag. 200 miles in 2 days. Experience riders only. Contact John Springfield at spring6@comcast.net if interested.

# March Mileage Totals

3	9	5	1	3
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Chris George	2318	2	-	-	Lincoln Ross	600	-	-	-	Harry Wolf	97	-	-	-
Don MacFarlane	2277	3	-	-	Bill Hanson	536	-	-	-	Jeff Luxenberg	93	-	-	-
Rick Gowen	2222	1	1	-	Lisa Weissmann	517	-	-	-	Steve Lyons	80	-	-	-
Bruce Ingle	2025	-	-	-	Bill Widnall	505	1	-	-	Elaine Stansfield	80	-	-	-
Tod Rodger	2014	3	-	-	Frank Aronson	465	-	-	-	William Lane	55	-	-	-
Robin Schulman	2000	-	-	-	Ed Hoffer	462	-	-	-	John Springfield	45	-	-	-
Jack Donohue	1925	-	-	-	Don Mitchell	428	-	-	-	Peter Knox	43	-	-	-
Melinda Lyon	1917	1	-	1	Mike Kerrigan	339	-	-	-	Jeff Holmes	26	-	-	-
Steve Robins	1653	-	-	-	Marc Webb	288	2	-	-	Lee Morin	25	-	-	-
Irving Kurki	1485	2	-	-	Gabor Demjen	274	1	-	-					
Cory Lovett	1432	-	-	-	Rich Biegun	220	-	-	-					
Paul Hardin	1296	2	-	-	Cynthia Snow	213	-	-	-					
Joe Repole	1122	3	3	-	Otto DeRuntz	198	-	-	-					
Butch Pemstein	1081	-	-	-	Greg Tutunjian	161	-	-	-					
Peter Brooks	991	2	-	-	Sherry Lyons	160	-	-	-					
Richard Dweck	979	-	-	-	Nancy Marchand	154	-	-	-					
David Wean	916	-	-	-	Jim Broughton	146	-	-	-					
Nick Linsky	863	1	-	-	Doug Cohen	140	-	-	-					
John Campbell	694	1	-	-	Gregory Lee	133	-	-	-					
Jim Krantz	672	-	-	-	John Kane	132	-	-	-					
Glenn Ketterle	669	-	-	-	Lyn Rodger	121	-	-	-					
Bob Sawyer	667	-	-	-	Jamie King	109	-	-	-					
Dick Arsenault	632	-	-	-	Mark Longwell	99	-	-	-					
Gary Smiley	622	-	-	-	Dan Pratt	97	-	-	-					

## 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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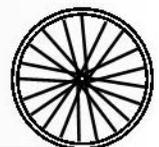
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West Roxbury  
(617) 325-2453

**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

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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 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

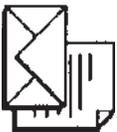
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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.