
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVIII, Number 6 • June, 2004

(continued from last month)

If you are not already riding single file, single up at the first sign of traffic from behind. Do the same for traffic approaching from the front whenever the roadway is narrow, hilly, or winding. Call out “Car Back” or “Car Up” to alert other riders of approaching vehicles. Say “Car” regardless of the type of vehicle. According to Massachusetts law, cyclists are required to ride single file at all times.

Avoid “monkey see, monkey do”. If the cyclist in front of you enters an intersection or changes lane position, do not assume it’s safe for you to do the same. Check for traffic and make your own decision.

Signal your intentions. Look back and signal before changing lane position. Signal your intention to turn right or left before approaching an intersection. Signal before slowing (assuming you have time). However, keep both hands on the handlebars on rough roads, when braking, when turning, or whenever you need to for stability. Call out “Slowing”, “Left Turn”, or “Right Turn” to alert other cyclists of your intentions when it’s not safe to signal. Shout it out so that riders behind you will hear.

Always pass a slower cyclist on the left and call out “On Your Left” or “Passing”. Use a friendly voice, loud enough to be heard, but not so loud as to spook the rider you’re passing. Before passing, check behind you for vehicles or other cyclists. Give about three feet of clearance while passing—more on a fast descent.



Alert your fellow riders to road hazards such as broken pavement/bumps/holes, sand, glass, dogs, parked cars, motorists pulling out from driveways or side streets, etc. You can shout “Bump” (for broken pavement or bump), “Hole” (for a pothole), “Sand” (for sand, gravel, or stones) “Glass” (for glass or any sharp debris that can pop your tires), “Dog”, “Car Right”, or “Car Left”. You may also want to point out these obstacles, but be careful—if you hit one bump while pointing out another, you may be the one who crashes!

Ask permission before drafting. The rider may not feel comfortable being drafted, or may not even know that you’re close behind.

When stopping (even momentarily), move well off the roadway, and remind others to do the same.

If you get a flat, walk your bike to a safe, comfortable spot well away from the roadway. Watch out for poison ivy. Ask permission before using driveways, lawns, or other private property for fixing flats.

When approaching a red light, stop behind the motorists already waiting, rather than riding up to the light. Those motorists have probably already passed you once. Why make them do it again? There are exceptions, such as when turning right on red, or in some heavy traffic situations.

Keep it neat at intersections. Stay single file, unless your group is intentionally occupying

Hat Head

by Pat O’Dougherty

I had hair up until the mid-nineties, and bade it a fond farewell around 1997 or so. It was becoming pointless and a bit desperate to try and artfully arrange what remained into anything resembling the long, flowing Rock Star mane of my youth. It was time to either let it go and get a close cropped buzz cut or, engineer a bad, ozone layer damaging, Comb-over, a la the Mayor of Quincy (ever see that guy?). I think I chose wisely getting my remaining hairs cropped close.

Prior to the tragic loss, I suffered like the rest of us from the dreaded “Hat Head”; the unfortunate and unsightly matting of one’s coif as the result of wearing a knit or fleece hat.

Being more vain than most, I would often brave severe weather hatless rather than disturb my delicate ‘do. I just couldn’t abide that matted down look. I’m sure many of you can relate.

At this point you may be wondering what this has to do with cycling. Well, during my early spring rides this year, I’ve discovered a natural phenomenon that reminds me in a way of the ‘ol Hat Head condition.

During these rides I’m able to see deep into the woods, and further into backyards than I normally would. (the same extended views are also possible with early season hiking). The lack of foliage that is normal for this time of year gives me the ability to really scrutinize wooded areas that are

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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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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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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.

Send copy electronically to editor@crw.org. Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten or handwritten version to:

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

Articles submitted to WheelPeople or parts thereof 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

May 3, 2004



In Attendance:

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

Minutes (Janet Tortora)

Minutes from the March 2, 2004 meeting were approved.

Minutes from the April 6, 2004 meeting were approved.

President's Report (Bill Widnall)

New Board Member: Bill Widnall welcomed Eric Evans to the Board of Directors. Eric is filling the remainder of the Steve Mashl's term. Steve resigned.

Constitution Ballot: Bill Widnall reported that over 200 ballot responses have been received from CRW members in response to the constitution change. He thanked Barry Nelson, Jack Donohue and Sheila Widnall for their help with the ballot mailing. Barry Nelson, Bill Widnall, Janet Tortora and if needed, Connie Farb, will count the ballots this week.

Finance Committee (Eric Evans and Don Blake)

Eric Evans, Vice President of Finance, distributed the "CRW Income Statement, 2004 - 1st Quarter".

The Board discussed the reimbursement timeline for expenses of members. Connie

Farb, Vice President of Rides, will note in the rider guidelines that reimbursements need to be made within a 12 month time frame.

Rides Committee (Connie Farb)

Connie Farb, Vice President of Rides, reported that there is no news from the Rides Committee since it hasn't met.

There was an accident on the long ride to Wachusett Reservoir on Saturday. Bill Widnall had received a call from someone on the ride. Bill and the coordinator for that ride, Ron Pawlowski, will talk to the rider involved to offer sympathy. Connie Farb will follow up with the town of Boylston and the road crews.

If there is an accident on any ride, the Safety Coordinator, Bob Zogg, should be contacted. The ride leaders do not carry first aid kits because they are not trained medical personnel.

Membership (Linda Nelson)

Barry Nelson report the membership numbers for April 2004: 992 memberships, 1203 members, 22 new, 28 expired, 35 renewals.

Boston Phoenix Collaboration (Marty Weinstock)

Marty Weinstock, Special Projects Coordinator the Phoenix contact with CRW has left the Boston Phoenix. There has been some confusion resulting from his departure. An article about CRW will appear in this Thursday's Phoenix. Several free CRW ads have appeared in the Phoenix as a result of

this collaboration.

Response to Howie Carr April 16 radio program (Bill Widnall)

John Allen, a board member for the League of American Bicyclists, had asked for this agenda item. He wanted to discuss the comments made on Howie Carr's radio program about cyclists. John did not attend the meeting so Bill Widnall related what he knew about the radio show. Connie Farb volunteered to contact Paul Schimek with MassBike to discuss their response.

Other Business

A request for \$500 was made by the Climb to the Clouds Committee for Climb to the Clouds hats for their volunteers and possibly to sell. After Board discussion about the value of volunteerism, Tod Rodger motioned, seconded by Eric Evans, that \$200 additional be added to \$500 already appropriated for the century committees. This additional funding will be discussed with the committees for each century to determine the most appropriate way to recognize the volunteers.

The next Board Meeting will be held on June 1 at 7:30PM at the United Church of Christ, Lexington.

Respectfully submitted,
Janet Tortora
Secretary

WELCOME NEW MEMBERS

Amnon Aliphas	Newton Centre
Bob Apsler	Lincoln
William Boneau	Peabody
Magdalen Cantwell	Andover
Kirk Companion	Acton
Jennie Connolly	Cambridge
Kris Dole	Franklin
Jill Gasperini	Lexington
Marilyn Hartman	Woburn
Craig Hermle	Salem, NH
William Horton, Jr.	Leawood, KS
Douglas Hudson	Hopkinton
Greg Hull-Allen	Millis
Robert Looney	Watertown
(Ellen) Sue Mandell	Natick
Katie Meyer	Boston
Jeffrey Morrissey, Diana Morrissey	Framingham
Richard Polt	Waltham
Glen Reed	Medway
Stephan Shahnamian	Belmont
Larry Welch	Swampscott
Stefano Zimei	Leominster

Letters to the Editor

I would like to ask members of the club the following: Is it me, or are drivers this year worse than ever? I have been riding the same Belmont/Lexington/Concord routes for the past 18 years and can not recall a time when the roads have been this dangerous for bike riders. I can buy the fact that everyone now uses cell phones in their cars, and that SUV's are sadly a fact of life, but on average I am just not being given space on the road as I had in years past.

Am I the only one?

JB Bauk

EMMAUS INC. CYCLE FOR SHELTER – TOUR '04

16th 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 or
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 or call
978-241-3437.



Recurring Rides Calendar

These rides are held every week unless indicated

Mellow Mondays

Times: 6:00 PM Sharp

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: From Rt. 95/128 take exit 19B (Highland Ave.) 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. (There is another entrance to Nahanton Park on Winchester St. Don't go there!)

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 [arsenault@rcn.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 [arsenault@rcn.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

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

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

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

Wednesday Fitness and Masters Ride**

Times: 6:00 PM Sharp!

Description: This Fitness Ride offers you the opportunity to ride with others in a 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 [colemant@tolmanrogersdesign.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!

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

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: From Rt. 95/128 take exit 19B (Highland Ave.) 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. (There is another entrance to Nahanton Park on Winchester St. Don't go there!)

Group Riding for Beginners

Times: Saturdays, June 12 & 26, July 3 & 17, August 7 & 21 - Rides leave promptly at 10 AM.

Description: Experience the fun and camaraderie of riding with others in a beginner friendly atmosphere. Get ready for that charity ride you have signed up for! Learn about riding in a group, ride safety, ride comfort, and tips to improve your cycling. After a pre-ride orientation and safety talk, we will depart on a 20 mile ride through Reading, Wilmington, North Reading, Andover, and Lynnfield on fairly quiet back roads. The route is flat to rolling, with a few moderate hills. The pace should average 11-14 mph. The ride is arrowed and a cue sheet is also provided.

Routes: 20 miles arrowed and cue sheet

Leaders: Jim Sullivan (781-245-1772) [jleosullivan@aol.com]

Start: REI, 279 Salem St, Reading (exit 40 off Route 128)

Directions: From Rt. 128 take Exit 40 (Rt. 129/Main St. Wakefield). At the bottom of the ramp, stay left to enter the rotary. Take the fourth exit from the rotary (Rt. 129). REI is on the left, opposite the Reading Mandarin restaurant. Please park away from the store.

Note: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: tires pumped, chain lubed, seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride!

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

Sunday Morning Fitness Ride - South Shore Coastal Loop**

Times: 7:00AM

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 pacerline 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....?

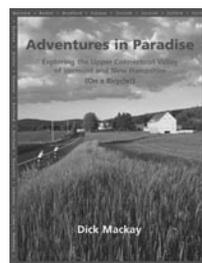
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June Rides Calendar

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. You should also carry an ID card, health insurance card, and emergency contact information.

A River Runs Through It

Saturday - June 5

Times and Routes: 9:30 for 50 or 64 miles; 10:30 for 28 miles.

Ride Type: Arrowed

Leaders: Jim Pearl (781-275-8603, curvest@yahoo.com), Steve Kolek (781-674-1090, kolek@ieee.org)

Highlights: We'll wind our way through beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet River plains. All rides pass through Concord, Sudbury, Wayland, and Lincoln; the 50-mile ride includes Stow and Hudson and a few hills. There is a scenic 64-mile option that adds Boxborough, Acton, and a few more hills.

Start: Hartwell Complex, Lincoln Public Schools, Lincoln, MA

Directions: PLEASE FOLLOW PARKING DIRECTIONS BELOW (or better yet - ride to the start as parking is limited). Route 95/128 to exit 28B(Trapelo Road-Lincoln). Follow Trapelo Rd West from the exit for about 2 1/2 miles. Turn left at the large cement planter onto Lincoln Road. Proceed on Lincoln Rd for about 1/2 mile and take right at the "Lincoln Public School" sign (brown with white letters). Take right after first speed bump and follow the campus road (one-way) about 1/4 of the way around until you come to the Hartwell Complex parking lot on the right. We are meeting at this lot for all ride starts. If lot is full you may continue straight to the parking lot in the back right corner of the complex or in spots on the side of the complex road. Please do not park in the main front lot next to the tennis courts as other town activities are taking place.

The Berlin-Bolton Country Tour

Sunday - June 6

Times and Routes: 9:30 in South Acton for 60 and 48 miles (2450 and 1800 vertical feet, respectively); 10:30 in Bolton for 25 miles.

Ride Type: Arrowed.

Leaders: Ken Hablow (khablow@khgraphics.com)

Highlights: This exquisite tour of Bolton, Berlin and Northboro winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. The medium route by-passes Northboro. You will experience quiet back roads, some beautiful vistas, and magnificent downhills. The common lunch stop for the long and short is at BagleMakers in Northboro. Lunch for the medium route is in Berlin. Terrain is moderately hilly.

Start: Short ride only: Emerson School, Route 117, Bolton. Long and Medium rides start at South Acton "T" station, Central Street at Route 27 - The parking meters are not active on weekends.

Directions: Long and Medium rides - 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 Acton Music Center on the corner. Short Ride - Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Northern Exposure

Saturday - June 12

Times and Routes: 10:00 am for options of approximately 55, 42, or 34 miles

Ride Type: Arrowed w/cue sheet & map

Leaders: Dana Chandler (978-371-5952)

Highlights: Those legs should be limbered up by now, so come on out and join us for a late spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell. Moderate terrain. Limited food options.

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

Directions: Rte. 2 to Rte. 27 north. Go 7.5 miles to 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 cross Rte 27 onto Maple Road.

Eighth Biennial Northwest Passage (CW)

Sunday - June 13

Times and Routes: 9:30AM for 55 miles; 10:30AM for 35 miles on rolling terrain.

Ride Type: Arrowed, standard white arrow with head and tail.

Leaders: Joe Repole (508 879-6340, joecentury@aol.com), Bob Maselek (508-877-0380, Robert.Maselek@verizon.net) & Christine Weisiger (cbweisiger@comcast.net)

Highlights: The short ride travels southwest from Framingham to Ashland, Southborough, Hopkinton and Upton. The long ride adds Uxbridge, Mendon and Northbridge. The lunch stops are in Upton. Most of the ride is on residential and rural tree-shaded back roads with few traffic lights. Points of interest include a golf course, horses, sheep, goats, cattle, farms, Whitehall Lake and State Park, scenic brooks, Upton State Forest, Charlie Chan's summer home, and the Ashland Town Forest. In good weather this ride normally attracts 80 to 100 riders.

Start: Framingham, 15 Gryzboska Circle

Directions: From the Mass Pike take exit 12, Route 9 East to Temple St. (2nd traffic light). Right on Temple St. (if you are taking Route 9 West from Boston, take a left at the jug handle onto Temple St.) Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska, not Salem End Rd.

Plymouth to Provincetown (P2P) Ride

Wednesday - June 16

Times and Routes: 7AM for 84 miles

Ride Type: Arrows and map

Leaders: Mel Stoler (617-626-8975, mel.stoler@state.ma.us) Please RSVP!

Highlights: Nearly forty riders finished the

ride last year! This year I am inviting CRW members to join the fun. There are designated water stops every 15-20 miles. Lunch stop in Rock Harbor. Option for a swim. The group usually finishes in Provincetown in the early to mid afternoon. The ferry loads at 4 and departs at 4:30, arriving back in Plymouth at 6 PM. We hope to have two vehicles carrying your personal bag (you'll need a change of clothing for the ferry ride back), water and food, etc. . . Bring \$5 (plus \$21 for return ferry) to cover SAG expenses, water and PB&J sandwiches. Left-over funds are used for refreshments in Provincetown.

Start: The ride departs from the parking lot at the end of Rt. 44 and Water Street in Plymouth.

Directions: As you're traveling south on Rt. 3, take the US-44 E exit- exit number 6A- towards PLYMOUTH CTR. Look for the parking lot near the bank and Sheraton Hotel which will be on your left after you cross Rt. 3A (traffic lights) and before you reach the water. Plan to arrive by 6:45 so we can take attendance, collect your \$5 for expenses and take the annual photo before heading out at 7.

Charles River West Loop

Saturday - June 19

Times: 9:00 for 75 mi, 9:30 for 50 mi and 10:00 for 35 mi

Ride Type: Cue sheet and map.

Leaders: Mike Barry (617-257-2251, chair@amcboston.org), Gabor Demjen & Harry Manasewich

Highlights: Rolling tour on back roads in Charles River Valley west of Rt 128. 75 mile ride rises into foothills beyond Westboro. Food stops/bathrooms available in towns along route. Helmet required, mirror and patch kit/spare tube/tire irons and frame pump recommended. Bring lunch or cash. Short loop covers Needham, Westwood, Natick, Sherborn, Dover; medium adds Ashland, Holliston; long adds Westboro, Grafton & Hopkinton.

Start: Needham Junction MBTA Lot

Directions: Exit off Rt 128 at Rt. 135, go west toward Needham. Left at 0.5mi on South St at light, right at 0.5mi at Y with High Rock St, right at 0.3mi at Chestnut, MBTA lot on right at 0.3 after going under tracks. If first parking lot is full, there are more further back.

Cape-in-a-Day

Saturday - June 19

Times and Routes: 5:00 AM for 117 miles. Please arrive at 4:45 AM for instructions. RAIN CANCELS!

Ride Type: Cue sheet.

Leaders: Dick Arsenault (781-272-1771, rarsenault@rcn.com)

Highlights: Ride Boston to Provincetown and return by ferry the same day. This is a direct point to point ride with lots of interesting, changing scenery but without scenic detours. We will stop to rest and to buy food at the Canal (52 miles) and in Orleans (86 miles). We will return to Boston on one of the ferries. This is an unsupported ride. You will get a cue sheet, ferry schedule and a bus schedule for return to Boston in the event of failure of your equipment. The cue sheet is simple and easy to follow. Ferry Information: High speed (1.5 hours) ferries depart P/T at 3:00, 4:00, 7:30 and 8:30. Adult \$37, senior \$32, Bike \$5. Low speed (3.5 hours) ferry departs P/T at 3:30. Adult \$18, senior \$15, bike \$5.

Start: Gillette parking lot in South Boston.



A Century Ride to Mt. Wachusett

Sunday July 18, 2004

Rides from 45 to 105 miles

Sponsored by Charles River Wheelman

Spend the day touring the apple orchard country of east central Massachusetts. Magnificent views, mostly country roads, great company!

START TIMES: **8:00** from Concord Carlisle High School, Concord MA for 105, 90 or 80 miles

9:30 from Nashoba Regional High School, Bolton MA for 60 or 45 miles

COST: A **\$10.00** event fee per entrant is payable the day of the event. There is no pre-registration.

DIRECTIONS:

Concord: Rt. 2 to the route 126 intersection. This is the intersection Walden Pond.

Heading West on Rt. 2, turn right at the first traffic light past Concord Subaru at Crosby Corner. There is a sign the District Court house.

Heading East on Rt. 2 turn left at the sixth light past the Concord circle.

The High School is at the bottom of the hill on the left.

Mass Turnpike to exit 14, "Route 128/95". Route 128/95 North to the Route 2 exit heading West. Or Mass Turnpike to Rte 495 North to Rte 2 east.

Bolton: Nashoba Regional HS is 2½ miles West of Rt. 495 on Rt. 117 on the right at Green Road Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West 2½ miles.

TERRAIN: All routes are hilly. The long rides from each start point includes a one mile climb at a steady 9% grade and the mountain access road itself. From Concord the total vertical on the long ride is 5,500 feet and from Bolton it is 3,500 feet. The other routes are very hilly but no mountain climb.

SUPPORT: Bananas, bagels & water will be available at the start points and at two staffed points along the routes, including a stop at Berlin Orchard. There are convenience stores located in most towns. Water is available at the visitors center at Mt. Wachusett.

INFO: This ride only: Ken Hablow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette the parking lot.

The East European Ride

Sunday - June 20, Father's Day

Times and Routes: 9:30 AM for 45 miles; 10:30 AM for 29 miles

Ride Type: Arrowed, with a map for Concord Center.

Leaders: John Allen (jsallen@bikexpert.com, 781-891-9307 until 9:30 PM) and Jacek Rudowski (617-361-5273 until 10:00 PM). Do not call on the morning of the ride.

Highlights: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton, Carlisle and Bedford. The lunch stop is in Concord center. The terrain is rolling.

Start: Weston High School, Weston.

Directions: From Route 128, take exit 24, Rte. 30 West. The first traffic light west of Rte. 128 is at the end of the southbound off-ramp. Travel 2.3 miles on Rte 30 west to the fifth set of traffic lights (The fourth are blinking lights, in front of a firehouse.) Turn left onto Wellesley Street; the Weston High School is on the left side. Or take commuter rail -- Framingham-Worcester line to Wellesley Sq. or Fitchburg line to Brandeis/Roberts.

Contact John if you need directions from train station to ride start. A bike permit is no longer needed.

King Philip Ride

Saturday - June 26

Times and Routes: 10:00 for 32 miles

Ride Type: Follow-The-Leader, cue sheet available

Leaders: Joseph Tavilla (508-450-1934)

Highlights: Travel the tree shaded and lightly traveled roads of Easton, Foxboro, Stoughton and Sharon. We'll pass King Philip's Rock, with a brief stop and comments, circle scenic Lake Massapoag, restroom/water stop in Borderland State Park at the 11 mile marker. Lunch will be in North Easton at the 20 mile marker and then an ice cream stop at the 26 mile marker. We'll ride at a group pace, 13-15 mph, slower on hills, faster on flats and we'll try not to drop anyone. If you enjoy hilly terrain, this ride is NOT for you. Terrain is mostly flat to rolling.

Start: Gavins Pond Athletic Field parking lot, Gavins Pond Road, Sharon. NOTE: There are no restrooms at the start. Restrooms are available at Shaw's Plaza (Dunkin Donuts & Shaw's Market), one mile from the start.

Directions: From the Greater Boston, take I95 south to Exit 8. At end of exit ramp go left onto South Main St. Travel 1/4 mile. Immediately past Shaw's Plaza go right onto Gavins Pond Road. The Athletic Field is one mile down on the right. From 495 and points south, take I95 north to exit 8. At end of exit ramp bear right onto South Main St. Travel 1/8 mile. Immediately past Shaw's Plaza go right onto Gavins Pond Road. The Athletic Field is one mile down on the right.

Climb to the Foothills

Sunday - June 27

Times and Routes: 9:30 for 68 miles, 10:00 for 43 and 30 miles

Ride Type: Arrows, Cue Sheet, and Map

Leaders: Bill Scott (978-456-3138) and Tod Rodger

Highlights: 68-mile ride is designed as a hilly (4,400 ft) warm-up for Climb to the Clouds 2 weeks later. It follows quiet, scenic roads through Harvard, Bolton, Boylston, Sterling, and Lancaster with some great views and downhill runs. 43 and 30-mile rides are less hilly (2,800 ft and 1,700 ft) repeats of the April 6 Season Opener. All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston with opportunities for picnic at Wachusett Reservoir.

Start: South Acton "T" Station, Central St. at Route 27 (no meters Sundays)

Directions: Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St is sharp right turn (after yellow Acton Music Center on right) .95 miles from light.



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

Co-leader: Paula Bossone, 978-887-0688, paulajbossone@comcast.net

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

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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. This is a Charles River Wheelmen (www.crw.org) trip. Contact for info or to register. Leader: Charles Hansen H: 617-734-0720 W: 617-572-0277 Email: velotrain@peoplepc.com. Please contact co-leader Jenny Robbins between June 3-27 at (781) 893-0840 or j.t.robbins@verizon.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
781-275-3991 (before 9 PM)

Portland to Quebec City

September 2-12, 2004

Last year's tour to Quebec was great, with excellent early September weather.

If you're looking for a 10 day van supported bicycling vacation through scenic upper New England and rural Quebec, plus a wonderful destination city that really is a European transplant in America, then this tour is for

you. Cycle "coast to coast," from the Atlantic to the Port of Quebec on the St. Lawrence River. Scenic highlights include the highest US-Canada border crossing east of the Rockies. Approx. 50-70 miles/day, ranging from flat to hilly. We'll meet on Thursday night, Sept. 2, in Portland, ME, and cycle to North Conway, NH on Friday. Including a layover day on Sunday in Whitefield, NH (great cycling and hiking area), we'll arrive in Quebec City the following Thursday afternoon. Then for 2 1/2 days, explore the city's 400 years of history, architecture, great restaurants, etc., and enjoy optional first class bicycling and hiking nearby. Sunday return is with a van-truck or van-chartered bus combination, depending on group size.

Tour fee of \$950 includes 10 nights in comfortable inns, hotels and motels with 2 persons/room (incl. 2 nights on lakes and 2 at a mountain resort). Also lunch food on 7 days, 5 breakfasts, large support van, return transportation to Portland, 10 days off-street parking in Portland, and maps and cue sheets. Possible extras: 1 or 2 dinners and tour t-shirt. Max: 26 people.

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

Coleader: Jack Vergados, 781-665-0460,
jackvergados@msn.com

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. This is a Charles River Wheelmen (www.crw.org)

trip. Contact for info or to register. Leader: Charles Hansen H: 617-734-0720 W: 617-572-0277 Email: velotrain@peoplepc.com. Please contact co-leader Jenny Robbins between June 3-27 at (781) 893-0840 or j.t.robbins@verizon.net.

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

Road bike - Bianchi Campione d'Italia road bike. 51 cm frame, Campagnolo Mirage components, new Mavic front wheel, new tires. \$250 or best offer.

XC ski set - Trak 190's waxless skis. Salomon boots, size 37 (women's 6-6-1/2), poles. Best for groomed trails, not skate-skiing or backcountry. \$50 or best offer.

Nan Doyle (ndoyle@att.net)

FOR SALE

2002 Adams "Trail a Bike" Tandem for towing 2 kids. Excellent condition with Alloy Rear Wheel with 6 speed gear cluster and Grip Shifter for the front child. Also comes with a small rear rack and safety flag as well as the "Adapter Hitch" to connect to the adult bike. Perfect for taking small kids along when you just want to go for a ride! We have taken out 3 year old for a rides up to 25 miles at a time but beware you must be en-route to an ice cream shop, park or both for a ride of this distance. When new these sell for over \$400.00 we would like to get \$250.00 or B.R.O.... Call Lindy at 978-470-5866 to set up a time to look at it.

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Hat Head - Continued from page 1

typically shrouded in green secrecy. If one looks closely, there is evidence of Hat Head everywhere.

The "Hat" in this case is (or was) winter and its snow cover.

Snow mats down everything. Woods, lawns and shrubs are held in an icy grip, and then released each spring. But there is a brief period after the snow is gone and before spring takes hold that Hat Head is most evident. As I ride along, I can see that all the leaves have a uniform, flattened look. Branches and deadfalls lay where they have fallen during the winter, and they rise up out of the melting snow like skeletal bones. The woods show little sign of any activity, by all appearances, still asleep. Typically, in any other season, the floor of the woods exhibit a certain "loft", courtesy of wind, rain, new growth and animal activity. During the short Hat Head season it has yet to shake loose from winter's crush and freeze. On my first few rides I saw remaining pockets of snow grimly resisting the warming temperatures in shaded areas.

Eventually, the forested areas assert themselves and begin to sprout fresh ground cover, wind and rain work their magic, trees come into leaf like fireworks bursts, and soon a dense green curtain once again obscures the woods.

The same Hat Head phenomenon occurs at the road edge, and on lawns. Sand, spread during the winter for traction has formed a gritty mat on the shoulder, around storm drains and several feet onto lawns. The sand is often mixed with dead leaves and litter. This is Hat Head at its ugliest.

As I ride, I note the gradual disappearance of Hat Headed areas. The various towns and cities take care of what's on the road, (af-

fluent communities first), but it's up to the property owners to deal with that crusty layer that runs several feet up most lawns. It's taken hours of work for me to clean up this stuff from my curbs and lawn. I've got more than most for two reasons; my house is situated on a corner lot, and I live two doors down from one of our city councilmen. Heaven forbid he should lose traction for

Snow mats down everything. Woods, lawns and shrubs are held in an icy grip, and then released each spring. But there is a brief period after the snow is gone and before spring takes hold that Hat Head is most evident.

lack of sanding. By March, our street looks like a beach.

During one very early spring ride I found the true champion of road's edge Hat Head eradication. Take a ride by the Saltonstall Estate in Sherborn some time. I guarantee that you'll never see as much as a grain of sand or a stray dead leaf that was not meant to be there. There are flowers in bloom at the road's edge almost year 'round for Pete's sake! What's even more amazing is that no matter what time you pedal (or drive) by the place, you'll never see anyone at work. It's as if there's a magical crew that transforms dirty to clean, shaggy to groomed, and unorganized to squared away in the wee hours. I lived in neighboring Dover for a number of years and had reason to drive by the estate almost daily. Not once did I ever see so much as a broom in use, a tractor putting along, or anyone planting (or harvesting) the im-

maculate cornfields. Legend has it that there is a grove of towering Arbor Vitae tended in a secluded area, in case one of the stately trees that line the driveway should take ill and require immediate removal. Jeez! Without a doubt, the neatest, most well attended property I've ever seen. Almost to a fault.

The rest of us can never hope to achieve such levels of non-Hat Headedness. We do the best we can with our Home Depot brooms and rakes, and we stack row upon row of lawn & leaf bags at curb's edge, (those who don't mulch, that is) where they remain for days at a time before they are picked up. We labor in full view of our neighbors and passers by to keep winter's grit at bay. And, we do all this whilst keeping our day jobs. It's a wonder we find time for cycling at all!

There are those that don't bother with Hat Head issues at all, let alone later season yard chores. The truly hardcore allow a sandy berm to accumulate at the roads edge over the years, kind of like a mini-dune, the better to obscure old refrigerators and engine blocks from public view I guess. I admire these folks in some ways; it must be kind of nice to be indifferent to the onslaught of Hat Head and the general encroachment that nature takes over the untended. How wonderful to lay back and bask in grubby, matted splendor.

I just can't do it. God knows I've tried. Last year I vowed that I'd let the lawn grow quite long and not try and acquire that putting green look. I held out a week and a half before I was out there a-mowin. I even cut the whole lawn on the diagonal, just to dazzle the neighbors. Sure enough, a guy up the street started doing the same thing several weeks later. It's nice to be a trendsetter.

Now that Hat Head season is about done, I hope to achieve a delicate balance between work and play. I'm hoping for a 70% to 30% ratio, favoring play of course. I think I can pull it off providing that nothing breaks around the house and that the lawn grows at a reasonable rate. Anyone care to give me odds on those two wishes coming true?

Here's to a great riding season!



Safety Corner - Continued from page 1

the width of a right or left turn lane.

Bear in mind that these guidelines do not substitute for exercising good judgement based on the specific circumstances that you encounter while riding. Find additional discussion of group riding tips in Chapter 7 of John S. Allen's "Street Smarts", available at your favorite cycle shop or online at www.crw.org (click on "Information").

Please report any injuries occurring on CRW rides to Bob Zogg, the Safety Coordinator (zogg.r@tiaxllc.com or 617-498-6081).

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

Note to Ride Leaders- How to Stagger Starts

For groups exceeding 30 to 40 riders, staggering the ride start lessens impacts on traffic and is safer. After giving the safety talk and ride description, announce that you will release riders in three groups based on average riding speed: 1) 19 mph and over, 2) 16 to 18 mph, and 3) under 16 mph. Ask riders not knowing their average speed to leave with Group 3. Allow a full two minutes between group releases (time it rather than estimating).

April Mileage Totals

6	0	2	2	7
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Rick Gowen	3625	3	3	2	Lisa Weissmann	830	1	-	-	Rich Whalen	185	-	-	-
Chris George	3566	3	-	1	Don Mitchell	758	1	-	-	John Kane	157	-	-	-
Melinda Lyon	3445	2	1	2	Bill Hanson	715	-	-	-	Jeff Luxenberg	131	-	-	-
Tod Rodger	3031	4	-	1	Bill Widnall	683	1	-	-	Jamie King	125	-	-	-
Robin Schulman	2907	1	-	-	Nancy Marchand	521	-	-	-	Cynthia Zabin	118	-	-	-
Don MacFarlane	2841	4	-	-	Otto DeRuntz	487	1	-	-	Eliott Morra	63	-	-	-
Bruce Ingle	2799	1	-	-	Joseph Tavilla	476	-	-	-	Jared Luxenberg	21	-	-	-
Jack Donohue	2781	-	-	-	Lyn Rodger	469	1	-	-	George Caplan	16	-	-	-
Irving Kurki	2425	3	1	-	Doug Cohen	431	-	-	-					
Paul Hardin	2390	3	-	1	Cynthia Snow	426	-	-	-					
Steve Robins	2379	-	-	-	Gabor Demjen	422	1	-	-					
Cory Lovett	2050	-	-	-	Marc Webb	403	3	-	-					
Butch Pemstein	1665	-	-	-	William Lane	324	-	-	-					
Richard Dweck	1616	-	-	-	John Springfield	319	-	1	-					
Joe Repole	1550	4	4	-	Howard Granat	290	-	-	-					
Jim Krantz	1470	-	-	-	Rich Biegun	273	-	-	-					
Peter Brooks	1318	3	-	1	Jeff Holmes	272	1	-	-					
David Wean	1314	1	-	-	Tracy Ingle	270	-	-	-					
Nick Linsky	1246	1	-	-	Greg Tutunjian	259	-	-	-					
Mike Kerrigan	1127	1	-	-	Elaine Stansfield	258	-	-	-					
Bob Sawyer	1088	-	-	-	Matthew Griffen	257	1	-	-					
Dick Arsenaault	1038	-	-	-	Jim Broughton	201	-	-	-					
Gary Smiley	1022	-	-	-	Dan Pratt	197	-	-	-					
Andrew Brand	980	1	-	-	Harry Wolf	197	-	-	-					

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.

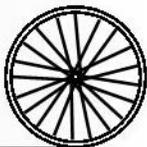
Report mileage by the fifth of each month to: Jamie King (jamie_e_king@charter.net or 978-448-0533).

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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
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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 save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.
- I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

We sometimes allow bicycle-related companies the use of our membership list.
Check this box if you don't want to receive mailings from these companies.

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

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

PAPER via Postal Service ELECTRONIC via email
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

CRW Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
Household	\$25	\$48	\$70	

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.

I'd like to help with the activities checked below. Please have someone contact me:

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



Renewal or Change of Address?

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