


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVIII, Number 7 • July, 2004

Forecasts of a few isolated showers with clearing skies in the afternoon brought out 350 riders to the CRW Spring Century at Wakefield High School. Fueled by the bananas brought by Connie Farb, 175 riders left for the full century and another 175 left for one of the shorter options. Shortly after all of these folks were on the road and motivated towards their chosen goal, the skies opened up. It drizzled, then it sprinkled, then it poured, and then the temperature went down. Even the hardest folks were shivering and gathering in local stores for warmth and hot drinks.

Amazingly almost everyone finished a ride of some sort and around 125 did the full century. Those that were too cold to continue got help from our sag truck manned by Charlie Kay and Bob Carolan. They not only drove a few into the finish, they fixed countless flats and other mechanical issues so riders could keep on going. These guys were real heroes on this day.

The route was arrowed by Rory Dela Paz, Bill Haynes, Mary O'Brien, Glenn Coffman, Robye Lahlum, and Pat O'Dougherty. These arrowing days, organized by Melinda Lyon, were sunny, warm and beautiful. The maps and cue sheets for the ride were made and distributed by Ken Hablow. They were beautiful to begin with but not many survived the ride. Many riders asked for a replacement of their soggy copy so they could repeat the ride on a nice day.

Mary O'Brien, Glenn Coffman, Joanne Archambault and Ted Hamann staffed the water stops. They helped the riders out with food, encouragement and directions to the nearest hot coffee.

A Sodden Century

by Melinda Lyon

When the cyclists returned to Wakefield they were greeted by a bountiful lunch display presented by Larissa Hordynsky. She and

Linda Nelson did a great job of finding lots of good

food for cold hungry cyclists. As the day wore on Ann Marie Starck, our day of event diva, took four trips to Dunkin' Donuts to secure bulk boxes of coffee and hot chocolate. These hot drinks were a big hit among the riders and among the post ride sign in staff of Paul Corriveau, Jean Orser, Arnold Nadler, Ron Pawlowski, Marty Weinstock, and Janet Miller. Supplies were delivered to the ride as usual by the Don Blake express. He drove over with our borrowed tables, chairs and assorted gear.

Eric Ferioli did brisk business at the bike tag sale in rain and cold weather garments. The windbreaker/rain gear aisle was sold out by 9:30AM after the pre registration team of Janet Blake, Rosalie Blum, Delphi Broughton, Barry Nelson, Linda Nelson and Richard Wissenbach pointed folks in the direction of "Eric's Pro Shop".

Last to finish the ride were our bike sweep team of Jack Donohue and Peter Brooks. Dirty, wet and tired but they had done their job!

Thanks to Bob Feeney of Monadnock Spring Water for supplying us with water and to Jim Dinato of Georgetown Parks and Recreation who made it possible for us to use the town park in Georgetown for our water stop this year.

The rain stopped just as the riders were finishing. Century Committee Chairperson Melinda Lyon did the 25 mile loop that afternoon and didn't see a drop of rain.

The Singular You

by Bob Zogg

Of the many ambiguities in the English language, the pronoun "you" can be either plural (as in you, the CRW membership) or singular (as in you, the individual), and it's not always easy to tell which from context. To be clear, I am addressing the singular you—the individual, one-and-only, you.

With that said, you know somewhere down deep, what makes the CRW operate. You know it's not membership dues. You can do the math—dues cover postage and a few other club expenses, but they do not

pay for anyone to do anything. You know that it's people just like you who, on behalf of their fellow CRW members, volunteer their time to lead rides, coordinate activities, manage club business, and do all the other things that make the CRW operate. It may appear to you that the club has plenty of volunteers and is humming along like a well-oiled machine. Well, it isn't—the machine is starting to cough and sputter. Now, the CRW has been around for a long time, and it's probably not about to go belly up. However, the quality of the club's offerings will soon begin to deteriorate without an influx of new help. For example, we've been limping along without a Saturday Rides

Coordinator since the end of last season. Not unrelated, we also have nine open slots in August, September, and October in this season's Saturday rides calendar. There will be no ride on each open Saturday unless someone volunteers to lead it.

So, if you would like the CRW to continue to be a great bicycle club, now would be a good time to step forward and say "I'll help". No special skills or experience are required—we'll get you started. To help with rides, contact Connie Farb, VP of Rides, at 617-497-0641 or cfarb@yahoo.com. To help in other areas, see the list of officers and coordinators on Page 2 of this newsletter. It's all up to you—the singular you.

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	
Andy Brand	2006	617-247-9770
Connie Farb	2005	617-497-0641
Rita Long	2004	781-899-9177
Eric Evans	2005	617-527-0517
Barry Nelson	2006	617-964-5727
Tod Rodger	2005	978-456-8654
Paul Schimek	2006	617-983-9111
Cindy Stragg	2004	617-232-0227
Bill Widnall	2004	781-862-2846

OFFICERS AND COORDINATORS

President	Bill Widnall	781-862-2846
Executive Vice President	Barry Nelson	617-964-5727
Vice President of Finance	Eric Evans	617-527-0517
Vice President of Publications	Ken Hallow	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
Secretary	Janet Tortora	978-692-7273
Treasurer	Don Blake	781-275-7878
Insurance Coordinator	Don Blake	781-275-7878
Membership Coordinator	Linda Nelson	617-964-5727
Membership Information	Larissa Hordynsky	617-527-5620
Information	Keith Manning	781-643-4628
Special Projects Coordinator	Ann-Marie Starck	508-877-0178
Publicity Coordinator	Marty Weinstock	617-491-6523
Merchandise	OPEN	
Mileage	Ken Hallow	781-647-0233
Government Relations	Jamie King	978-448-0533
Bike Shop Program	Ted Hamann	617-576-0475
Volunteer Committee Chair	Suzi Melotti	617-247-3405
Social Committee Chair	OPEN	
Safety Coordinator	Ed Glick	978-250-1883
	Bob Zogg	617-489-5913

RIDE PROGRAM COORDINATORS

Vice President of Rides	Connie Farb	617-497-0641
Saturday Rides	OPEN	
Sunday Rides	Tod Rodger	978-456-8654
Winter Rides	Eric Ferioli	781-235-4762
Intro Rides	Jenny Craddock	617-332-4098
Century Committee	Melinda Lyon	978-887-5755
Wednesday Fitness and Masters Ride	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
Sunday Fitness Rides	Andy Brand	617-247-9770
	Bob Dyson	508-668-8122
Urban Rides	Charles Hansen	617-734-0720

WHEELPEOPLE STAFF

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

INTERNET STAFF

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

Editorial Policy



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

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

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



How To Send Us Your Article

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

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

June 1, 2004



In Attendance:

Board Members: Andy Brand, Connie Farb, Tod Rodger, Barry Nelson, Bill Widnall, Rita Long, Paul Schimek, Cindy Sragg and Eric Evans; Others: Jack Donohue, Marty Weinstock, Don Blake, Linda Nelson, and Janet Tortora.

Minutes (Janet Tortora)

Minutes from the May 3, 2004 meeting were approved with the following correction; Eric Evans is filling the remainder of Steve Mashl's term only until the end of the year (as per the by-laws). He has to then run for re-election.

President's Report (Bill Widnall)

Constitution Ballot

Bill Widnall reported that the constitution amendment was approved by a vote of the CRW membership. The vote was 262 votes for and 1 vote against.

Funding for Climb to the Clouds Volunteer Gift

Jack Donohue had asked the board by email to reconsider the decision not to fund hats for Climb to the Clouds volunteers. The board voted by email to uphold the previous decision.

Finance Committee (Eric Evans)

Eric reported that \$1200 profit was received from the Spring Century.

Rides Committee (Connie Farb)

Connie Farb reported that there are still open slots for rides in September, October, and November.

The Saturday Fitness Ride has increased to more than 100 people. The riders are now starting in two groups.

Membership (Linda Nelson)

Linda reported the membership numbers for May 2004: 984 memberships, 1190 members, 47 expired, 30 new, 50 renewals.

Boston Phoenix Collaboration Wrap up (Marty Weinstock)

Marty reported that the Phoenix presence at the Spring Century was well received by everyone. The Phoenix supplement on cycling highlighting CRW brought some new people to the ride. The membership is encouraged to write letters to the Phoenix to express their appreciation for the cycling supplement as well as the Phoenix's presence at the Spring Century.

Response to Howie Carr April 16 Radio Program (Connie Farb)

Connie spoke with Dorie Clark, Executive Director of MassBike, about the comments Howie Carr made about cyclists on his radio program. There have been some short public service announcements about cycling on the radio station. Dorie recommended that people write positive letters about the radio station's response.

Other Business

Paul Schimek mentioned that the Effective Cycling Course could use greater exposure. Gary Smiley, webmaster, will be asked to give the information more visibility on the website. Paul will provide copy for a small box to be placed in WheelPeople that will advertise the classes.

Bill Widnall reminded members that there is no Board Meeting in July.

The next Board Meeting will be held on August 3 at 7:30PM at the United Church of Christ, Lexington.

Respectfully submitted,
Janet Tortora
Secretary

Harold duLong - In Memoriam

by Ken Skier

I met Harold four years ago on my first Cycle Loft ride. Two dozen cyclists went down one road, and Harold went down another. Someone noticed he was missing, so I went back and found him, happily riding towards California. Harold was famous for having no sense of direction, but I don't think he was ever lost.

It seemed he was always exactly where he wanted to be, surrounded by his friends and family, and doing exactly what he wanted to do: riding, eating, telling stories—and something that was far more important to him: bringing people together and bringing out the best in them. Harold surrounded himself with 20-something's, Baby Boomers, and septuagenarians—people not likely to be in the same group, but Harold brought us together—and we loved each other's company, because we loved being around Harold. I've never met anyone with that ability, that kind of magnetism.

I don't take pictures often, but I have hundreds of pictures of Harold. I feel as if I was his personal paparazzi. I've been looking at these pictures lately. In every one of them Harold is happy. But here's the special thing: in every one of those pictures, the people around Harold are happy. Beaming. Who wouldn't be? Who wouldn't drop everything to join Harold in any activity, anywhere? If Harold told us he was planning a little get-together to dig coal underground, we would all ask When? And where do we buy shovels?

I don't know what they do in Heaven. I guess they have wings, and they sit around on clouds. But Harold will change all that. I can see him now, helping the angels pick out bicycles, suggesting stylish jerseys and shorts, scheduling rides for beginners as well as for those who like to hammer. And in Heaven—as we did here—they will jump at the chance to join Harold's paceline, to ride with him whenever he wants to go.

We will miss you Harold, in every season of the year.

Climb to the Clouds Volunteers Needed

We are still looking for a couple of volunteers for the Sterling water stop, and it would be nice to have a couple of people to start the ride late and sweep (i.e., check that the stragglers are OK and that no one needs help).

To volunteer or for more info, contact Susan Grieb (781-275-3991, slgrieb@comcast.net).

THE CYCLING CHIROPRACTOR Dr. Jeffrey Schlaffer

Understanding the needs of
a cyclist.

Treatment for:

Neck and back pain
Soft tissue injuries / conditions
Shoulder / elbow / wrist
Hip / knee / foot



Dietary recommendations
Clinical nutrition
Certified Personal Trainer

508 620-1508
Framingham, MA.



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? If so, we have the perfect recovery ride for you. Mellow Monday Rides will use a "Follow-the-Leader" format ridden in small groups of 6-8 people. The idea here is to do a day of easy spinning on the bike. We will rotate group leaders each week. (You should be capable of riding at least 15 mph to do this ride). We will explore the rolling country roads of Weston, Wayland, Lincoln, Needham, Sherborn, Medfield, Dover, and Wellesley. There are always some challenging hills, but ridden at an easy pace.

Routes: 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 25, 30 or 35 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!

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 for 42 miles or longer 8:40 for 28 miles or shorter 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!

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)

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 and 26, July 3 and 17, August 7 and 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.



The Spirit of Cycling Art Prints

Three exciting new prints now available!

Purchase the Spirit of Cycling Art Prints at www.craigripley.com

Craig Ripley Studios
www.craigripley.com



July 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.

Spring Century Redux

Saturday - July 3

Times and Routes: 9:30 for approximately 50 or 62 miles, 10:00 for 25 miles

Ride Type: Arrowed

Leaders: Kelly O'Connell (781-395-1485, revkao@comcast.net)

Highlights: If you missed the Spring Century or just want another opportunity to ride this great route this is it. The route travels through Boxford, Groveland and Topsfield on beautiful slightly rolling roads. All routes pass through Harold Parker State Forest.

Start: Wakefield High School, Rte 129 and Farm Street, Wakefield

Directions: Heading south on Rt. 128, take exit #40, Rt. 129. Follow signs for 129 East for 1 1/2 miles to Wakefield Center. Follow 129 East as it turns left. Approximately 1 mile past the center turn right onto Farm St. The High School is 1/4 mile on the left. Heading north on Rt. 128, take exit #39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Center across Main St. The High School is at the end.

Lexington Revolutions on the Fourth

Sunday - July 4

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Follow the leader (32 mi route at intermediate pace) or follow the arrows with map and cue sheet.

Leaders: Bill Widnall (781-862-2846 or BillWidnall@attglobal.net) and party host Sheila Widnall.

Highlights: Please consider joining us for a "Wednesday Wheeler" style tour of Lexington, Concord, Carlisle and Bedford. We will be doing the medium length route of the "Lexington Revolutions" set of rides, starting at 10:00, staying together following the leader at an intermediate pace, and with a sweep. Alternately if you rather ride at your own pace or on the longer or shorter routes, just follow the arrows and the map and cue sheet. After the ride, there will be a cookout and pool party at the home of Bill and Sheila in East Lexington.

Start: Clark Junior High School in Lexington

Directions: From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi take a right on Brookside Ave and follow the road to the parking lot at the school.

Mean Streets Harvard Square

Thursday - July 8

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

Ride Type: Urban Evening ATB - follow the leader

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

Lowlights: We'll explore the Harvard, Radcliffe and Leslie campuses, and whatever streets, alleys and sidewalks we can find connecting them. Ride through a building designed by Le Corbusier! NOTE: serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

Start: Weld Boathouse at corner of Memorial Drive and JFK Street.

Directions: contact leader if you can't figure it out yourself.

A Sterling Ride from Sudbury

Saturday - July 10

Times and Routes: 9:30 AM for 67 or 45 miles; 10 AM for 27 miles.

Ride Type: Arrowed (small letter ibi) with cue sheets.

Leaders: Mike Byrne (978) 443-8999; raddad47@aol.com.

Highlights: Long ride circumnavigates Wachusset Reservoir clockwise. Work up an appetite on the Green St. hill, lunch at the Old Stone Church on the shores of the reservoir or in Sterling, work that off on a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Hudson, Stow & Marlboro. Me-

dium ride avoids the reservoir, going north through Berlin Center (lunch stop), re-joining long route in Bolton. Short ride meanders through some of the less traveled roads of Sudbury, Framingham, Southboro, Marlboro, Hudson & Stow. All rides pass the Farside (Wayside) Inn & Grist Mill going out and back (possible lunch stop on the way back for the short ride).

Start: Ephraim Curtis Middle School, Pratts Mill Rd. (just off Peakham Rd.), Sudbury.

Directions: From Rte. 128 / I-95, take Rte. 20 West (towards Marlboro) thru Weston to Wayland. Turn right in Wayland Center onto Rte. 27 North, go past Wayland Country Club, across Sudbury River and up hill into Sudbury Center (churches, town hall). Stay on Rte. 27 North thru traffic lights (crossing Concord Rd.), then left onto Peakham Rd. (first left after lights). Go straight at first stop sign (Old Lancaster) and turn right at second stop sign (Pratts Mill). Curtis Middle School immediately on right.

A Sterling Ride from Sudbury

Sunday - July 11

Repeat of Saturday's ride - see July 10 description

Wachusett Wheelabout

Saturday - July 17

Times and Routes: 9:45 AM start for 62 & 50 miles, 10:15 AM start for 30 miles. Please arrive on time for pre-ride talk.

Ride Type: Arrowed, + map and cue sheets.

Leaders: Ron Pawlowski (617-780-7931)

Highlights: A Summer ride of the beautiful backroads of Stow, Hudson, Berlin, Boylston, Sterling and Bolton. Medium and long rides circle Wachusset Reservoir while the long ride passes through Harvard and by 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. The outbound train arrives at 9:28 am.

Climb to the Clouds

Sunday - July 18

See below

Mean Streets: A Hill and Two Ends

Thursday - July 22

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

Ride Type: Urban Evening ATB - follow the leader

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

Lowlights: This ride explores Beacon Hill (as gently as possible), the West End (what's left

of it) and the North End.

Notes: serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

Start: Boston - City Hall Plaza at the Government Center T station.

Directions: Corner of State, Tremont and Cambridge streets

Harvard and Beyond One More Time

Saturday - July 24

Times and Routes: 9:30 for 50 miles; 10:00 for 30 miles

Ride Type: Map and cue sheet

Leaders: Rick Lawrence (978-440-9307, Rickfrann@aol.com)

Highlights: Enjoy the rolling hills and the quiet roads of the western suburbs of Sudbury, Stow, Harvard and beyond.

Start: Ephraim Curtis Middle School, 22 Pratts Mill Rd., Sudbury

Directions: From Rte 128, go west on Rte 20 for 5 miles to Rte 27. Turn right. Go north on Rte 27 for 3.2 miles to Sudbury Center. Go straight at light, then 1/10 mile farther turn left onto Peakham Rd. Go 1 mile. At 2nd stop

sign turn right onto Pratts Mill Rd. School is 1/10 of a mile on the right.

Hills to Hopedale

Sunday - July 25

Times and Routes: 9:30 for 70 and 47 miles, 10:00 for approx. 25 miles

Ride Type: Arrowed with Map

Leaders: Ann-Marie Starck (508-877-0178 before 9:30 PM)

Highlights: Scenic, little-used roads through Hopkinton, Upton, and Hopedale. Hilly ride, not paceline-friendly due to a few stretches of bad pavement. Few places to buy food. PARTY at leader's house after ride.

Start: George P. King School & Framingham Public Schools (sign) Administrative building, 454 Water St. across from Gerard Farm, Framingham.

Directions: Mass Pike to exit 13 (rte. 30) towards NATICK/FRAMINGHAM. After tolls, bear left to Natick and go 0.2 miles. Turn left at lights onto Speen St. and go 0.5 miles to end. Turn right onto Old Connecticut Path and continue 0.5 miles. Turn left onto Hamilton (tricky!). Go 0.1 mile to the end and turn left at stop sign onto School St. Go 0.05

The 13th annual

Climb to the Clouds

A Century Ride to Mt. Wachusett

Sunday July 16, 2004

Rides from 45 to 105 miles

Sponsored by Charles River Wheelmen

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 for Walden Pond.

Heading West on Rt. 2, turn right at the first traffic light past Village Saab at Crosby Corner. There is a sign for 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

Pre-ride tech support
in Bolton and on road
support provided by

**CYCLE
LOFT**

www.cycleloft.com

miles and turn right at the fork onto Concord. Go 0.3 miles and turn left onto Central (Saxonville) by light. Go about 20 yards and turn right onto Water St. by the light. Go 1 mile and turn left into school lot.

Hills to Hopedale Redux

Saturday - July 31

Leaders: Bob Maselek (508-877-0380, maselek_robert@emc.com) Repeat of 7/25 ride but NO post-ride party! Same start time, location, etc.

Blue Moose Hill

Sunday - August 1

Times and Routes: 9:30 for 50 miles, 10:00 for 25 or 15 miles

Ride Type: Arrowed & Cue Sheet. The arrow is an orange upside down 'V'.

Leaders: Jean and Ken Zaniewski (781-784-1845)

Highlights: Mostly flat short loop, mucho climbing long route. The long ride includes the Boston Skyline View from Big Blue Hill. Bring extra water and food for the long ride since there are no convenient places along the route to obtain them. Party at ride leaders' home 1 1/2 miles from ride's end - food, drink, & good company provided.

Start: Sharon Shopping Center, Shaw's Market

Directions: From Rt.128 take Rt.95 South to (exit 8) Mechanic St./S.Main St.Take a left from the exit ramp - the shopping center is about 1/4 mile ahead on the right. PLEASE PARK AS FAR FROM THE STORES AS POSSIBLE, CLOSE TO SOUTH MAIN STREET.



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, and phone number. 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

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

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.

WELCOME NEW MEMBERS

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

Maine's Eastern Trail

by *Connie Farb*

The email started with, "I think I have a fun opportunity for you that will find impossible to turn down". Yeah right. How many times have you gotten spam that started out like this? I might not have read any further but the message had been forwarded from someone I knew. The email was from John Andrews, chair of the Executive Committee of the Eastern Trail Alliance and it did contain a pretty appealing offer: a free weekend at a B&B in Wells, Maine. The offer was being made by the Wells Chamber of Commerce Bike Tourism Committee and included not only free lodging, but breakfasts and Saturday dinner and even free tickets on Amtrak to Wells and back.

Why the generous offer? Wells is interested in drawing more bike tourists and they wanted feedback about what they could do to attract us (how many times have you heard of this happening? Bravo Wells, Maine!). John Andrews is also interested in publicizing and promoting the Eastern Trail. According to the web site of the Eastern Trail Alliance (<http://www.EasternTrail.org>), "The Eastern Trail is both a trail and a vision. The Eastern Trail is an existing scenic on-road trail mostly following quiet country roads. Experienced bike riders and hikers can enjoy a beautiful 80+ mile journey from South Portland's Bug Light Park on Casco Bay to Kittery's Piscataqua River. ...ET, the vision, will be a mostly off-road Greenway, free from noise and air pollution...[it] will follow the corridor of the nearly forgotten, historic Eastern Railroad, the first rail line connecting Portland with Boston. ...The ET is also the Southern Maine section of the East Coast Greenway that will connect Calais, Maine with Key West, Florida."

I was interested to check this out and decided to go. I rode from my home in Cambridge to North Station for the start of the weekend. We were told to arrive at least a half-hour early because of the bicycles, which clearly were a big deal. At the track, the conductor held everyone else back and beckoned the four cyclists in our group forward. He then struggled to get the door to the bike car open, even using a shovel to coax the sticky lock. When it finally opened, all the passengers waiting behind us burst into applause! We were then shown into a huge empty car that contained about a half-dozen bike stands. You roll your front wheel into one and the bike is supported for the ride. It's an extra \$5 for the bike, which gets its own Amtrak ticket.

We arrived at the station in Wells and were

greeted there by local innkeeper Irene Crocker and Brent Marriner of the Wells Chamber of Commerce. Irene had a Mercedes with a rack on the back for three bikes. Rarely has my old Bianchi traveled in such style! We were ferried to our inn for the weekend, the Beach Farm Inn, off Route 1 in Wells (<http://www.beachfarminn.com>). There we met up with the other three members of our group and were greeted by innkeeper Nancy Swenson and her partner Craig White. When we walked into the inn, we were also greeted by the smell of freshly baked chocolate chip cookies. Now here's a woman who knows how to make cyclists happy!

The Beach Farm Inn is a beautiful and historic

Experienced bike riders and hikers can enjoy a beautiful 80+ mile journey

place, filled with period antiques, many of them rescued and restored by Nancy and Craig. We were shown to our own rooms, each unique and beautiful, with private bath, and each containing a gift bag provided by the Chamber of Commerce. Along with an "I love Wells" T-shirt and a few other goodies, the bags contained guides for the ET and the coastal shore loop ride and a wonderful book put out by the Maine DOT called "Explore Maine by bike, 25 Loop Bicycle Tours". The book is free from the Maine DOT and contains well marked color maps and perforated pages with cue sheets for the rides which are all over Maine from "Potato Country" to the southern coast and range in length from 13 to 110 miles.

On Saturday, Nancy provided a beautiful and delicious breakfast on the porch of the inn. Well fueled, we started out on the ET. It was a few miles through busy roads to get there, but once on the trail, it was very quiet and very well signed, so easy to follow, like an arrowed CRW ride. The riding is mostly flat with good pavement and low traffic. After 25 or so miles of riding, we passed through the town of Biddeford. After this the trail goes along the coast for a bit, passing through Saco and Old Orchard Beach, which are busier. Off-season is definitely the time to ride there, as it would be much busier at the height of the summer beach season. Soon after, we turned around and headed south again. Once back in Biddeford, we turned east to the shore. From there, we followed the coastal road back towards Wells. The route provides some gorgeous views of the Maine

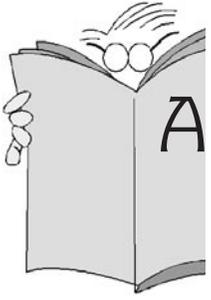
coast, going past the Bush estate at Walker's Point and passing through the charming town of Kennebunkport. Traffic wasn't too bad, since it was off-season and we had beautiful weather without too much wind.

We made it back to the Beach Farm Inn just in time to shower and make it down for happy hour, once again provided by the Wells Chamber of Commerce. There was plenty of beer, wine and appetizers. Our whole loop that day, including lots of little side trips for scenic views, was 80 miles so happy hour was a welcome site. There were a dozen or so members of the Chamber there, eager to talk to us about our day and interested in our input about bike touring in the area.

After that, we enjoyed a wonderful lasagna dinner provided by Nancy (who served the entire meal wearing a beautiful linen outfit, which was still spotless at the end of the evening, a feat that held me in total amazement. I could just take a look at that lasagna and have a spot of red sauce on my blouse!) To top it off, there was some fabulous, homemade strawberry shortcake, courtesy of Irene Crocker, who owns Irene's B&B just down Route 1.

Sunday started out with another fabulous breakfast at the inn, which included wonderful blueberry pancakes. We all did a 35 mile ride up the coast and back, and I then cycled over to the train station to catch the 2:45 train back to Boston (the others all got car rides back home). The train was on time, but the conductor was unaware that a bike would be boarding, even though the ticket had been purchased in advance. Luckily, there was a totally empty passenger car and he just had me stash the bike there, which is easy enough with my 47 cm. frame. I had a pleasant ride back and arrived at North Station promptly at 4:45.

Off-season is definitely the time to visit southern coastal Maine. The cycling isn't challenging like Vermont, but it is pleasant and scenic and the area has many things to offer if you'd like to go with your family or a non-cycling spouse. The Eastern Trail provides some pretty, quiet roads away from the coast with easy-to-follow signs. Downtown Wells and Route 1 are very busy for cycling, but it is a nice area to stay, it's close to the coast, there are many restaurants and shops right there and you can get there car-free from Boston. Overall, we had a delightful weekend and would encourage other cycle-tourists to check it out.



Little Jack's Corner

by Jack Donohue

A alarm goes off: 4:45AM, start of my day as a CRW roadie. Not roadie as in road biker, but roadie as in the Jackson Browne song.

Today I volunteer at the CRW century.

Susan and I have been volunteering for the century for many years. Susan will usually arrange the water stops and help out at one. I do preregistration, help arrow, and sometimes sweep the ride. I had mostly given up sweeping, since this got me back really late, and Susan, who has spent most of the day at a water stop, had to wait a couple of hours more for me. But Susan was out of town for this event, and they seemed to need sweeps, so I signed up to sweep the century. I also arranged to ride over with Don Blake who was bringing all the chairs and tables, water bottles, and miscellaneous century equipment. I'd get a ride and could also be of some use loading and unloading.

What didn't dawn on me right off was that the century roadies get up quite early in the morning. The first riders are milling around somewhere in the 6:30 range, so we have to be set up by then. No lounging in bed sucking down coffee and reading the paper today. Don arrived promptly at 5:15 and we were setting up the show by 6.

It rained overnight, but the forecast was for it to clear, and it had stopped by the time we were setting up. In my naivete, I believed the weather forecasters, and I distinctly remember saying to several people "yes, it's kind of overcast, but it's going to be a perfect day for a century." That was the kiss of death.

Being a century sweep means starting the ride late enough so that you will pass the stragglers when they might be getting into trouble and can assess if they're liable to make it. In cases of real distress, we have a cell phone that we can call the mother ship for a rescue. So I had plenty of time to chat with the other volunteers, drink coffee, etc. Sometime after the start of the shorter rides, we took off. Within about 1/2 mile it has started raining. Within a mile, I had a flat tire. This did not augur well for the rest of the day.

One of my favorite scenes from the movie "Young Frankenstein" is when Dr. F. and Igor are digging up a grave in the dead of night. Dr. F. is bemoaning the fact that his fine medical career has been reduced to this, digging up dead people with an uppity hunchback. Igor replies "Could be worse, could be raining" and we hear an immediate thunderclap. In our situation it was already raining but it could indeed be worse. The rain continued, and then it started to get cold. I was wearing jersey, shorts, and a windbreaker, and that was all I had. I had taken out my emergency plastic bag raingear from my seat bag because I wanted to make room for the windbreaker, which I would take off when the weather cleared. Needless to say, that never happened.

So I'm riding along dicing with hypothermia and thinking how embarrassing it would be if a century sweep became one of the sweepers. I usually chow down on a sandwich at the first water stop, but I realized if I stopped for any length of time, all body warmth from riding would be gone, and I would really freeze. So I scarfed down a Snickers bar

(could hardly move my fingers to open the wrapper) and took off. It was 1:00pm.

The ride started to take on a surrealistic nature. It was a lot like swimming, there'd be a warm spot, and I would begin to think I would survive, then into a cold spot, and I was sure I was going to die. But by the time we hit the second water stop, it had actually stopped raining. No sweepers, the crew was waiting for us to close up shop. It was 3:00pm.

I think we finally rolled in somewhere around 5. We passed only a few riders, all within a mile or two of the finish, so our sweep detail required no work.

I was looking forward to a nice sandwich, but when we arrived, all that was left were four pieces of provolone cheese (for which I would have fought anyone to the death).

Then we hung around until we were sure everyone was in, started packing up the tables, chairs, left over food. Then Don and I drove over to his church to unload the tables and chairs, and he dropped me off. After some minimal unpacking -- getting all the wet things exposed to dry air so they didn't become a mound of festering mold, I was ready to relax. By the time I finally had a large alcoholic beverage in front of me, it was 7:45PM -- just 15 hours since the beginning of the adventure. Dinner? Well, I had the spoils of the century, a leftover jar of pretzels and a tub of peanut butter. Life is good.

(It was a long day for me, but it was only one day, and it gave me some appreciation for volunteers like Anne-Marie and Melinda who devote their whole day for each and every century)

Letters to the Editor

I have some comments on a couple of items in June's Safety Corner.

The column states, "Say 'Car' regardless of the type of vehicle". I think that if you know it's a truck (larger than pick-up) as opposed to a car, you should say so as trucks need more road than most cars and especially if it's a narrow, twisty back road, riders will need to be more alert and probably hug the edge more. Also, I think there is "probably" general agreement that as a group truck drivers are often less considerate / safety conscious than car drivers. I feel that a mirror is critical to not only be aware of vehicles approaching from the rear, but identify them and possibly operator behavior. I'm also particularly cau-

tious when I can anticipate that a truck and another vehicle will be passing each other and me at the same time.

Regarding the various obstacle alert calls, "You may also want to point out these obstacles . . ." Especially if riding in a pack, my feeling is that if you don't also point to the obstacle you create confusion and possible accidents. If you hear a call like this but have riders closely in front of you it's often almost impossible to pick out just where this obstacle is without a visual indication. I've seen situations where the call can cause more problems than the obstacle itself. If I'm almost on top of something before I discover it, I will often say nothing because I have no time to point to it and without an indication of where it is I think the call just causes confusion for following

riders. Last second avoidance maneuvers in a group can easily cause an accident.

Another situation that should be considered is people dropping a water bottle. That in itself is a major danger, but what's worse is that rider suddenly braking to go back for it without checking for following riders.

Charles Hansen

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: Ryan Vanguard Recumbent, black, long wheelbase, steering under, rack, like new. \$900. Tod Rodger, 978-456-8654 or Tod@deerfootpublications.com.

May Mileage Totals

9	8	8	5	0
---	---	---	---	---

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	5291	3	2	3	Gary Smiley	1443	1	-	-	Cynthia Zabin	378	-	-	-
Rick Gowen	4925	4	4	3	Darrell Katz	1382	-	-	-	James Breeling	354	-	-	-
Tod Rodger	4038	5	1	2	Don Mitchell	1352	2	1	-	Jim Broughton	301	-	-	-
Don MacFarlane	3923	5	-	1	Bill Widnall	1263	2	1	-	Rich Whalen	301	-	-	-
Chris George	3880	4	-	1	James Page	1161	1	-	-	Tracy Ingle	270	-	-	-
Robin Schulman	3854	2	-	-	Joseph Tavilla	1120	2	-	-	Jamie King	259	1	-	-
Jack Donohue	3850	-	-	1	Lisa Weissmann	1050	2	-	-	John Kane	248	-	-	-
Steve Robins	3714	-	-	-	Doug Cohen	1030	1	-	-	Elliott Morra	236	1	-	-
Irving Kurki	3586	4	2	1	Bill Hanson	1020	-	-	-	Jeff Luxenberg	224	-	-	-
Paul Hardin	3575	4	1	2	Doug Hartley	898	1	-	-	George Caplan	189	-	-	-
Bruce Ingle	3527	1	-	-	Ed Hoffer	892	-	-	-	Henry Marcy	48	-	-	-
Cory Lovett	2705	-	-	-	Otto DeRuntz	883	1	1	-	Jared Luxenberg	21	-	-	-
Butch Pemstein	2604	-	-	-	Lincoln Ross	781	-	-	-					
Jim Krantz	2409	2	-	-	Gabor Demjen	771	1	-	-					
Richard Dweck	2327	-	-	-	Cynthia Snow	735	1	-	-					
Mike Kerrigan	2292	2	1	1	Lyn Rodger	724	2	-	-					
Joe Repole	2000	5	5	-	Marc Webb	723	4	-	-					
Peter Brooks	1840	4	2	-	William Lane	696	-	-	-					
David Wean	1840	2	-	-	Peter Knox	692	1	-	-					
Andrew Brand	1785	2	1	-	Walt Drag	659	1	1	-					
Nick Linsky	1671	1	1	-	Nancy Marchand	631	1	-	-					
Dick Arsenaault	1663	1	-	-	Jim Goldman	630	-	-	-					
John Campbell	1610	3	1	-	Elaine Stansfield	544	-	-	-					
Andrew Jerry	1601	-	1	-	Dan Pratt	510	1	-	-					
Bob Sawyer	1560	1	-	-	John Springfield	472	1	1	-					
Frank Aronson	1465	2	-	-	Greg Tutunjan	424	-	-	-					

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.

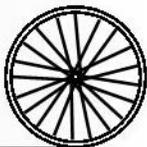
Report mileage by the fifth of each month to: Jamie King (jamie_e_king@charter.net or 978-448-0533).

Using the latest
in measuring tools, software, and
our expertise we will find the best fit for you.



Featuring some of the most innovative
bicycles available from:
Litespeed , Cannondale, Felt, Bianchi,
Santa Cruz and Kona

Always wanted a custom bicycle?
Come see why Marinoni is the smart choice.

THE BIKEWAY SOURCE 

111 South Rd. Bedford, MA (781) 275-7799

At the head of the Minuteman Bikeway www.bikewaysource.com

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

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

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

Ata Cycles
1773 Massachusetts Ave,
Cambridge
617-354-0907

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

Belmont Wheelworks
480 Trapelo Rd., Belmont
617-489-3577

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

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

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

Bikeway Source
111 South Road, Bedford
781-275-7799

Boston Bicycle
842 Beacon St., Boston
617-236-0752

Broadway Bicycle School
351 Broadway, Cambridge
617-868-3392

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

Cambridge Bicycle
259 Massachusetts Ave,
Cambridge
617-876-6555

Chelmsford Cyclery
7 Summer St., Chelmsford
978-256-1528

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

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

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

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

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

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

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

877 Main St., Waltham
781-894-2768

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

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

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

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

Marblehead Cycle
25 Bessom St., Marblehead
781-631-1570

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

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

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

Quad Cycles
1346 Massachusetts Ave,
Arlington
781-648-5222

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

Ski Market, Ltd. (cont.)
CrossRoads Ctr., Burlington
781-272-2222

Endicott Plaza, Danvers
978-774-3344
686 Worcester Rd.,
Framingham
508-875-5253

St. Moritz
475 Washington St.,
Wellesley
781-235-6669

**Town and Country
Bicycle**
67 North St., Medfield
508-359-8377

Travis Cycles
7 Oak St., Taunton
508-822-0396

722 N. Main St., Brockton
508-586-6394

Wild Women Outfitters
397 Massachusetts Ave,
Arlington
781-641-5776

Charles River Wheelmen
1 Gleason Road
Bedford, MA 01730

PRSR TD
U.S. POSTAGE
PAID
PERMIT NO. 54601
BOSTON, MA

Join The Charles River Wheelmen

In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
3. hereby release, discharge, covenant not to sue, and agree to indemnify and 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.