

Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVIII, Number 8 • August, 2004

“What *Color* is Your Jersey?”

Making yourself visible to motorists is a critical component of safe riding. Generally speaking, a bright-colored jersey is best, light is good, and dark—well, dark just plain stinks, even in broad daylight. Go for yellow or hi-viz lime green. Surprisingly, red can be hard to see on the road, so try to avoid it. On your next group ride, note how much more visible riders are who wear bright-colored jerseys. Don't think that bright jerseys are fashionable? I'm sorry, but there is no such thing as fashion when it comes to cycling garb. A flip through the latest Performance catalog proves that. Descente has a Sponge Bob jersey. Canari has Arrogant Bastard Ale and Campbell's Full of Beans Soup jerseys. Pearl Izumi has a Twinkies jersey. And just for the ladies, Primal Wear has a Puppy Love jersey. Case closed. So, pony up and add some brightness to your cycling wardrobe, and save the black for the après-ride social events.

What else should you wear or bring along? Cycling gloves reduce fatigue and help protect your hands in case of a fall. Padded bike shorts will spare you saddle soreness. Unless

you're queasy about it, skip the undies—the shorts will work better without them. If you're still riding in sneakers, upgrading to bike shoes will greatly improve pedaling efficiency and help prevent numbness.

If you can, opt for recessed cleats on your bike shoes. There's way less chance of slipping when you're walking around.

Consider packing a rain jacket and an extra warm layer. You can't always count on the weather forecast (a very chilly lesson learned by many at our Spring Century). Try to avoid cotton (even in summer), in favor of synthetic materials. That means no cotton shirts, shorts, socks, undies (if you insist), or brassieres. If you get wet in cotton, you will be cold—perhaps dangerously so.

Of course, wear a helmet, low on the forehead, with straps adjusted for a good fit. Replace your helmet at least every five years, or whenever it develops cracks or other signs of wear. Store your helmet in a cool place, out of direct sunlight (i.e., not in your car). The Styrofoam in helmets hardens with age and sun/heat exposure, and ceases to provide the cushioning that your tender brain will need in a crash. The Bicycle Helmet Safety Institute (<http://www.bhsi.org>)

has lots more helmet information. Don't forget the CRW helmet rebate. See <http://www.crw.org/HelmetRebate.htm> for details.

Eyewear designed for cycling is critical to protect your eyes from dirt, bugs, wind, and sun. Many find a mirror very helpful. Choose from helmet-, handlebar-, or eyeglass-mounted versions. Pack an ID card, your health insurance card, emergency contact information, some cash, and maybe a credit card (for unplanned bike repairs). Bring water and food. Bring a map of the area in which you'll be riding, in addition to the cue sheet/map that the ride leader may provide. Pack tools (tire irons, spare tube, patch kit, allen wrenches, and small screwdriver) and a tire pump. Flats are more likely in rainy weather 'cause the sharp, pokey stuff tends to stick to wet tires. Also, patch kits are useless on wet tubes, so if rain is a possibility, you may want to opt for two spare tubes. If there's any chance of being out after dusk, be sure to have lights front and back.

Coat yourself well with a good sunscreen before the ride, and carry a very small tube for touchups. Don't forget lip balm with SPF. Consider a mini first-aid kit containing a few Band-Aids, Vaseline or ointment (for abrasions), aspirin or ibuprofen, and of course any special medications if you need them. I carry a pair of latex gloves, which pack nicely

What Color is Your Jersey? - Continued on page 3



August Contents

Safety Corner.....	1	CRW Trips.....	8	Little Jack's Corner.....	10
Recurring Rides.....	4	CRW in Cyberspace.....	9	Take the Century Challenge...	10
Classified Ads.....	5	Other Events.....	9	Mileage Totals.....	11
August Rides.....	6	New Members.....	9	Shops.....	12

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



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

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

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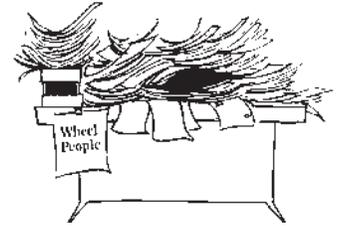
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Editorial Policy



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			

into a film canister. They'll come in handy if I ever have to administer first aid, but I use them regularly to keep my hands clean when changing flats.

Replace your helmet at least every five years, or whenever it develops cracks or other signs of wear.

This may sound like a lot of stuff, but CRW rides (unless advertised otherwise) are unsupported. This means that no one is keeping track of you to see that you get home safely. So, you should be prepared to fend for yourself.

Stepping back for a moment, alert reader (and long-time CRW ride leader) Charles Hansen took issue with a couple of points from last month's group riding article. Point 1: The article said to use the word "car" to describe any motor vehicle (such as when calling out "car back"). Charles says we should make an exception for trucks (those bigger than pickups) because trucks need more road and require an even higher level of alertness from cyclists. Point 2: The article emphasized calling out road hazards over pointing them out. Charles says that calling out hazards alone can cause confusion because other riders don't know where the hazard is. He votes for pointing out hazards.

To Charles I say, "You're right". In defense of the article, the idea of "car back" is to keep the vocabulary simple so there is less chance of a misunderstanding, considering how difficult it is to hear with wind and other noises. Regarding road hazards, the key message is that you should only point out hazards when it is safe to take a hand off your handlebars. But if you can call and safely point them out, this is more helpful to your fellow riders than simply calling them out. Thanks, Charles!

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



CRW Helmet Rebate Program

If you are a CRW member, CRW will send you a check for \$5.00 when you buy a helmet. It doesn't have to be the first one you ever bought--we just want to make it as easy as possible for everyone to own a good helmet. It can save your life.

- The helmet must be CPSC approved.
- Some brand or style restrictions may apply.
- You must have a current membership in the CRW.



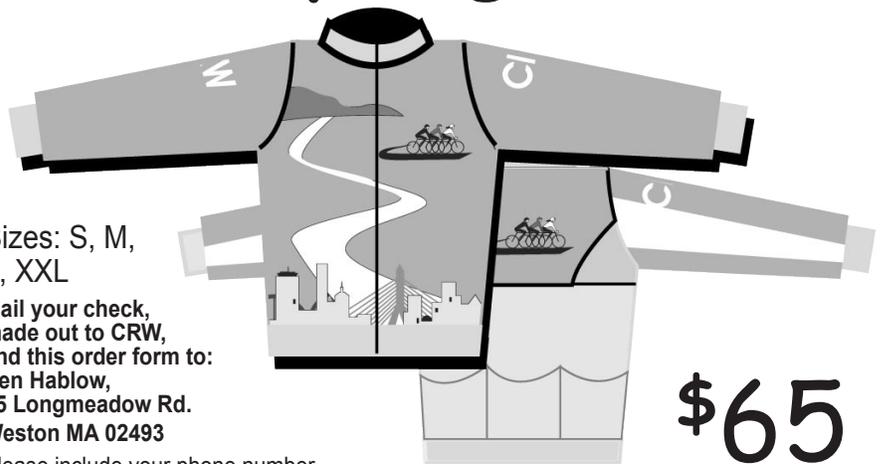
- It must be purchased from one of our participating bike shops. Many shops have matched our offer with an additional discount of their own.

- Present your CRW Membership card at time of purchase.

- Send your original receipt and proof of purchase from the helmet box, along with a stamped, self-addressed envelope to:

Don Blake
1 Gleason Rd.
Bedford, MA.
01730

CRW Cycling Jacket



Sizes: S, M, L, XXL

Mail your check, made out to CRW, and this order form to:
Ken Hابلow,
35 Longmeadow Rd.
Weston MA 02493

Please include your phone number
For info: (781) 647-0233 - or - khablow@khgraphics.com

\$65

Name _____

Address _____

City, State, Zip _____

Telephone _____

Quantity _____

Size(s) _____



Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times: Varies, usually 10:00 AM

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace.

Routes: Distances are typically between 30 and 40 miles.

Leaders: Different leader each week, to become a leader contact Dick Arsenault [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 [coleman@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. There will be an instructional paceline clinic. We ride at about 16 mph.

Routes: Arrowed routes of 16, 26 and 36 miles. Arrow is an upside down white T.

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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 paceline while others tour at their own speed. The ride winds through the back roads of Concord, Carlisle, Acton and Chelmsford and is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week and there is always an eclectic group going out for dinner after the ride. Ice cream is optional.

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

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

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

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

Saturday Morning Fitness Ride at Nahanton Park**

Times: 8:30 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, 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 [jleosullivan@aol.com] (781-245-1772)

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!

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 paceline experience or a desire to learn.

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

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

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

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

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

CLASSIFIED ADS

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

Free tires. New, folding-bead unless noted otherwise.

2 Avocet Fasgrip Criterium/30 27x1 190gm 115psi

2 Specialized Turbo/S 27x1 100psi

1 IRC Triathlon Duro 27x1 127tpi 115psi wire-bead

2 IRC Triathlon 650x20 127tpi 125psi wire-bead used 20 mi.

1 Terry Tells ST 650x28 100psi wire-bead used 20 mi.

1 Victoria Techno Sport TT 700x23 115psi wire-bead used 200 mi.

1 Continental Grand Prix 3000 700x23 120 psi used 200 mi.

Contact Robert at robertk@ieee.org.



August 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.

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.

Boston Proper Mean Streets

Thursday - August 5

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

Ride Type: Urban Evening ATB - follow the leader

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

Lowlights: Explore the financial district, Chinatown, Fort Point Channel area, Southie and downtown waterfronts and the North End.

Notes: serious rain cancels - call leader if in doubt.

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

Directions: Corner of State, Tremont and Cambridge streets

The Grand View

Saturday - August 7

Times and Routes: Long (60ish miles) and XL (70?) 9:30 AM, Medium (30ish miles) 10:00 AM

Ride Type: Arrowed with map

Leaders: Martin Sterman (978-464-2056)

Highlights: Experience chills, thrills, and hills. For chills there is the immaculately tended, spooky, Grand View golf course. Free admission to the Princeton House of Pizza to anyone that sights a flesh and blood golfer on the course. For thrills there is the never before arrowed Bolton Road descent (L and XL). A slapdash of my favorite Princeton area bike routes will offer beautiful hilly roads with no previous arrows. For those daring enough to risk not being first back to the parking lot, the XL offers a Mt Wachusett climb. Medium ride includes Bolton, Lancaster, Sterling, and Leominster. Long rides add Westminster, Holden, and Princeton. Both rides are hilly, with limited food opportunities.

Start: Nashoba Regional High School, Bolton, MA

Directions: Nashoba Regional High School is 2 1/2 miles West of Rt. 495 on Rt. 117 on the right at Green Road. Take the Mass. Turnpike to the Route 495 exit, go North on Rte 495, then take the Rte. 117 exit West for 2 1/2 miles.

Quiet Roads North of Boston

Sunday - August 8

Times and Routes: 9:30 for 66 miles; 9:50 for 48 miles; 10:10 for 28 miles.

Ride Type: Arrowed

Leaders: Bill Fine and Dotty Fine (617-247-3804)

Highlights: Mostly flat to rolling, shady roads. All rides go through Harold Parker State Forest. Short ride goes through Reading, Wilmington, N. Reading, Middleton, and Lynnfield. Medium ride adds N. Andover, Boxford, and Topsfield. Long ride adds Groveland, W. Newbury, and Georgetown. Lunch

is in front of the library in Middleton.

Start: REI/Registry of Motor Vehicles, Reading.

Directions: Route 128 to Exit 40; go around rotary to Route 129 (Salem St.) West. REI parking lot is third left. Please park away from the shops.

Still Scenic Byways of the Mid-North

Saturday - August 14

Times and Routes: 9:30 for approximately 50 or 34 miles.

Ride Type: Cue sheet and probably arrows.

Leaders: Sarah Weaver (sarah.weaver@comcast.net; 978-664-1370 before 9:00 p.m.)

Highlights: Serene back roads, farmstands, lakes, and potholes of the northern burbs. Enjoy lunch at Ingaldsby Farm and commune with the goats and piggies. Terrain is moderately rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: there are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars), so bring enough snacks to keep you going.

Start: Ipswich River Park, North Reading

Directions: From Route 93, take Exit 39/Concord St. toward North Reading (a right off the exit if you're heading north). Bear right at the stop sign (1.3 mi); cross Rt. 28 at the light; bear right at stop sign onto Park St./Rt. 62 (1.8 mi); turn right onto Central St. (2.5 mi); turn left into park. These mileages are cumulative. From Route 128, take Exit 40 (the REI exit) and the Haverhill Street/Camp Curtis Guild spoke off the rotary. Turn left on Chestnut St. after roughly 4 miles; bear right around the curve and then stay right for Central St. The park is on your right.

Apple Pi Ride

Sunday - August 15

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

Ride Type: Arrowed (upside down greek

letter pi)

Leaders: Jack Donohue (jmdonohue@alum.mit.edu, 781-275-3991 before 9PM) and Janet Cochrane Miller.

Highlights: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

Start: VA Hospital Parking lot, Springs Road, Bedford

Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital/Middlesex Community College. Meet at first parking lot on right.

Ride Type: Urban Evening ATB - follow the leader

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

Lowlights: Explore the Northeastern campus, Dudley Square, City and University Hospital areas, and the architectural splendor of the South End.

Notes: serious rain cancels - call leader if in doubt.

Start: Boston - John Hancock Plaza, St. James Street at Clarendon, Back Bay

Directions: Mass Pike or Storrow Drive to Copley Square exits, parking chancy, call for details.

Ride Type: Cue Sheet and Map; possibly arrows

Leaders: Mike Hanauer (978-318-1980, MGHanauer@yahoo.com) and Jim Broughton (781-944-9499)

Highlights: Lots of low traffic country roads with just a single traffic light. Working cranberry bog and dairy farm plus lots of trees, cows, goats, sheep and pasture cookies. Routes have few and only kinder and gentler hills. For you Carlisle ride vets, the infamous Greenwood Street has been removed from the route, a most controversial decision. There will be a PARTY at Mike's after the ride.

Start: Mike's Place, 200 Long Ridge Rd, Carlisle MA. Please park on the street if you drive.

Directions: From Concord center: Take Monument Street past the Old North Bridge; it becomes River Rd in Carlisle. Turn left onto

South End Mean Streets

Thursday - August 19

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

Carlisle Ride and Grill

Saturday - August 21

Times and Routes: 10:30 AM for 30 or 37 miles

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 19, 2004

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH.

START - Acton-Boxborough High School, Rte 111, Acton MA.

From Boston, take Rte 2 West past the rotary to the first Rte 111 exit. This is a left lane exit just past the traffic light after the rotary. Continue straight at the traffic light, crossing Rte. 27. The high school is just past the traffic light on the right.

From the West, exit Rte 2 at Newtown Road, the first exit east of Rte 495. This becomes Central St in Acton. Continue on this until the first traffic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

TIMES - 8:00 - 100 miles *Full Century*
9:30 - 62 & 50 miles *Metric & Half Century*

COST - Pre-registration: CRW members - **\$8.00** Non members - **\$10.00**
Day of the event: CRW members - **\$12.00** Non members - **\$15.00**
Refunds available until September 14, 2003

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support provided by **Bikeway Source, Bedford, MA**
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase

Please arrive at least 45 minutes early if you want your bike checked before a ride



PRE-REGISTRATION FORM

This form must be received by September 10, 2004

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

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

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

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

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



Total Enclosed

Nowell Farme Rd 4 miles from Concord Center (at the four way intersection, it's Skelton on the right). Take the second right onto Long Ridge Rd. Go to end, Mike's Driveway is on left. From Bedford center (and Rt 128/95): Take 225 West (through Bedford then) toward Carlisle. Just after crossing the Concord River, take the next left onto Skelton. Go straight across River Rd. onto Nowell Farme Rd. Take the second right onto Long Ridge Rd. Go to end, Mike's Driveway is on left. From Carlisle Center: Take Route 225 (Bedford Rd) East toward Bedford, but bear right onto River Rd 1.5 miles from Carlisle Center. Turn right onto Nowell Farme Rd (at the four way intersection, it's Skelton on the left). Take the second right onto Long Ridge Rd. Go to end, Mike's Driveway is on left.

North Shore Almost Coast to Coast

Sunday - August 22

Times and Routes: 10:00 AM for 45 or 59 miles, 10:30 for 28 or 36 miles.

Ride Type: Arrowed plus cue sheets and maps.

Leaders: Arnold Nadler (978-745-9591, ardnadler@aol.com)

Highlights: Enjoy some of the prettiest cycling near Boston. Flat to rolling terrain on generally quiet roads. Long route goes to Newburyport, with lunch overlooking the Merrimack River. Shorter routes go as far as Topsfield or Rowley, with lunch in Topsfield. All routes are the same for the first 12 and the last 16 miles.

Start: Montserrat Commuter RR Station, about 1 mile east of downtown Beverly.

Directions: Route 128 to Exit 19. This exit is about 9 miles northeast of the I-95/Rte 128 split in Peabody. Right on Brimbal Ave. South about 1 mile. Right on Rt. 22, southwest 0.1 mile to the RR Station. By train: North Station to Montserrat or Beverly and then bike about 1 mile via Rt. 22 northeast.

Groton Country Tour

Saturday - August 28

Times and Routes: 10 AM for 50 miles of rolling terrain with some hills. 10:30 AM for 25 miles, few hills.

Ride Type: Arrowed (chevron)

Leaders: Jeanne Kangas, (978-263-8594, evening before 9:30 PM; jskangas@earthlink.net)

Highlights: The rides are scenic, through pretty horse and apple country. The short ride passes through Harvard, Littleton, Ayer, and Groton. The long ride adds Pepperell, Dunstable, and Hollis in New Hampshire.

Both rides go through scenic Shaker Village in eastern (not hilly) Harvard, and to historic colonial Groton Center, where the short ride can have a pre-lunch snack (get food here) on the Common. The long ride continues through Pepperell, over the covered bridge in East Pepperell, and up to Hollis, New Hampshire, where the rest stop is at a local pizza & ice cream parlor. Everyone is invited to the leader's home at 959 Hill Road, Boxborough, only 0.7 mile from the start/finish, after the ride for hot dogs, chips, soda, and cake.

Start: Vacant company parking lot on Taylor Road, Littleton.

Directions: Take Exit 39 ("Taylor Street - Littleton-Boxborough") off route 2 West, just after Rte. 495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into vacant industrial building driveway. Go around to the back of the building and up the hill to park next to Taylor Road.

MassBike Bike Festival (\$\$ - see below)

Saturday - August 28

Times and Routes: 8 AM for rides of various types

Highlights: MassBike's Second Annual Bike Festival takes place at the Fenn School in Concord. Come enjoy a fun day of rides, for all ages and ability levels. There will be a Lexington/Concord historical ride, an ice cream ride, a challenging ride, a ride to an outdoor sculpture garden, a time trial, and more! There is also a BBQ lunch provided by Redbones and food donated by Verrill Farms. Register early to save money: \$25 for individuals and \$40 for families in advance (\$35/\$50 day of the event) Pre-registration for the time trial \$10. You can sign up online at http://www.active.com/event_detail.cfm?event_id=1150450

Start: Fenn School, 516 Monument Street, Concord

Directions: see web site http://www.active.com/event_detail.cfm?event_id=1150450

A Serene Ride

Sunday - August 29

Times and Routes: 11:00 for approximately 26 & 17 miles

Ride Type: Map and cue sheet

Leaders: Jacek Rudowski (617-361-5273). Do not call the morning of the ride.

Highlights: The routes travel the serene and charming back roads in Dover and Sherborn that have light auto traffic. Mostly rolling

with three steep climbs that are very short. Lunch stop at C&L Frosty.

Start: Dover-Sherborn Regional High School

Directions: From I-95/Route 128 take exit 16B. Take route 109 West about 7 Miles to Medfield Center. Go right at traffic light with Mobil station on the corner onto North St. If you come to the intersection with Rte 27, you've gone too far. Go 0.8 mi. on North St. and stay right at triangle. In 0.9 mi. bear left onto Farm St. In 0.8 mi. make a left onto Junction St., 2.5 miles total from the Mobil station. The High School and parking lot are on your right.



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

CRW in CYBERSPACE

There are several ways you can use your computer to interact with CRW:

CRW WEB SITE

CRW's web site contains a wealth of information useful to club members:

<http://www.crw.org/>

News items are available from the drop down menu "News" then "CRW News." Here you'll be able to keep up with the latest developments before they reach WheelPeople. Weekend ride schedules for the current and next month, and the weekly rides series are online here, as well as a calendar of all weekend rides for the season. We also publish a calendar of cycling events (weekend and longer trips, etc) from all the local clubs and some not so local.

If you're looking for a ride, the cue sheet database contains detailed cues and in most cases maps of most of the regular CRW weekend rides and centuries.

Our touring section contains descriptions of tours club members have taken, and a lot of links to more touring information.

The picture gallery contains photos of club events (rides, weekends, etc).

The site provides all this and a lot more, you'll want to bookmark it.

CRW INTERNET MAILING LIST

CRW maintains a mailing list for exchange of information among members, and for posting notices in addition to Wheelpeople. Anybody with an e-mail address can sign up. To sign up to the mailing list, send an empty message to CharlesRiverWheelmen-subscribe@yahoogroups.com.

Once you've joined, to send e-mail to the list, address it to CharlesRiverWheelmen@

yahoogroups.com, everyone on the list will get a copy.

To unsubscribe, send an empty e-mail message to CharlesRiverWheelmen-unsubscribe@yahoogroups.com.

For more details on the list and other options, check out:

<http://crw.org/maillist.htm>

WHEELPEOPLE BY EMAIL

You can elect to receive WheelPeople by email rather than postal mail. This has several advantages. The email version is available up to two weeks before the printed version. Sending the electronic version saves the club money in postage, which can be put to good use elsewhere.

RENEWAL NOTICES

We have been sending out notices for members who need to renew their membership by email. The email contains the member information currently on file, so all you need do is print it out, mark up the copy with any changes, and mail it back with a check. If we don't have an email address on file, we have to send out a printed renewal card.

In order for the last two features to work, we need your help in making sure that the email address we have for you is current, and for the WheelPeople delivery, that your mailbox can receive messages with large attachments. If you've changed email addresses lately, or have been receiving electronic Wheelpeople at an address with a small quota, please update this information by emailing membership@crw.org.

MILEAGE ONLINE

We now have an online form for you to enter your monthly mileage:

<http://crw.org/mileage.htm> where you can

see a record of the mileage you enter each month, and a list of other's mileage. You are encouraged to use this method, which saves Jamie a bit of work.



Other Events



Bicycle Driver Training

Wed Aug. 11, 5:30-8PM

Sun. Aug. 15, 9AM-5PM

Bicycle Driver Training covers pedaling style, gear changing, handling skills, fixing flats, principles of traffic operation, and cyclists' rights and responsibilities under the law. Students develop skill, knowledge, and confidence through lecture, demonstration, and both parking lot and on-road practice. This course is appropriate for those with anywhere from little to significant bicycling experience.

For more information:

<http://www.massbike.org/events/bdt.htm>

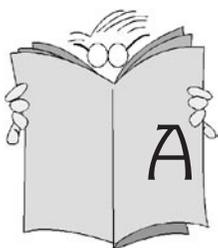
Connecticut Valley of NH/VT Rides

Aug 24-25, Tues-Wed

Day 1, ride upriver from Hanover/Dartmouth to Piermont, return on Vt. side. Easy/moderate, 59 miles with options. Day 2, all-Vermont loop from Quechee via Woodstock, Barnard, Bethel and Royalton. 45 miles, two major climbs. Stay at Norwich Inn, others available, make arrangements on your own. Ride one or two days. 2hr. drive from Boston. Leaders: Ted Hamann, Dick Mackay Info/help with arrangements: dick.mackay@valley.net

Welcome New Members

Amanda Galtman	Ashland	Francisco De La Rosa	Jamaica Plain	Carrie Fraga, Brian Campbell	Waltham
Kristen Jurcsak	Concord	Christina Allegrezza	Roslindale	Elisabeth Westner	Waltham
Andrew Jerry	Marlborough	Earl McEvoy	Cambridge	Cate MacLeod	Waltham
Marti Shea	Marblehead	Peter Kinder	Cambridge	Brian Robak	Newtonville
Steve Galante	Peabody	Kathleen Hurley	Somerville	James Breeling	Chestnut Hill
Peter MacPherson	Norwell	Matthew Griffin	Medford	Linda Byrne	Watertown
Andrew Beckerman-Rodau	Sharon	Laura Flores	Boston	Lisa Farley	Watertown
Mary Consalvi	Boston	Andrew Sudduth	Lexington	Philip Sutherland	Wellesley
Pamela Mason	Boston	Daniel Beck	Brookline	Stephen Miele Jr.	Wellesley
Leslie Matthews	Jamaica Plain	Mel Prenovitz	Brookline	Haldon Bryer	Needham



while ago there was a discussion on the CRW email list about bicycle computer accuracy. This started what was probably the longest thread in the history of the list. The greatest scientific minds in CRW entered the debate, each one refuting the previous theory with a zeal not seen since the great cold fusion controversy. I followed this thread with interest, but came away with the conclusion that in fact there was no way to measure how many miles you've ridden on your bike with 100% accuracy (or should that be 110% which seems to be an emerging standard in the sports world). With all our technology, we still need to worry about tire pressure, wiggly riding, and other imponderables. We can send a cute little robot to Mars, but all my instruments can't say exactly how far I've traveled. This was the cause for deep depression, until I came up with an idea. Instead of vainly trying to improve our accuracy with chalk lines and measured miles, we should go to the Earned Miles system. The airlines have done this for years. They have a rather *laissez faire* attitude toward reckoning the miles,

Little Jack's Corner

by Jack Donohue

as they don't give you real miles for a flight, just some arbitrary number they figure you've earned. You can in fact earn frequent flyer miles not only by flying, but by renting a car, or staying in a hotel.

We can do the same with our bike mileage. We just need to keep track of Frequent Rider Miles, which would only be loosely related to how far you've actually ridden. Sure, you can keep your trusty cyclocomputer, but this would be more of a guide than an absolute indicator. Your actual mileage would be determined by how many miles you think you've earned. If it was a particularly bad headwind, if some nasty dog chased you and made you max out your heart rate when all you wanted was a leisurely ride home, you deserve credit for a few more miles. Similarly, slogging through a torrential downpour should earn you more credit than a sunny day. By similar logic, a

ride that ends up mostly downhill with a tailwind shouldn't be given full mileage credit (though I doubt this will be a real popular option).

This would have to be on the honor system, of course, so if Bruce Ingle kicked your butt on the mileage list last month, don't go inventing 100 mile commutes to catch up. We also have to draw the line at *Woulda miles*, as in "I woulda gone out for a ride today, but I had to mow the lawn," or "I woulda ridden a century today, but my inlaws turned up for an extended visit." You need to have actually gotten on your bike and gone somewhere for the miles to count.

I'm from the old school, I guess, so I'll continue using my somewhat flawed cyclocomputer. I'll just make sure to always use the one that reads high.



Take the Century Challenge

by John Lee Ellis

Now that longer days have arrived, you're probably considering your cycling goals for 2004. Maybe those goals include centuries: riding your first century this summer ... improving your performance on your club century ... or even setting a PR for total century miles in a year!

Whatever your goal, there is a great set of resources at:

www.ultracycling.com/training/preparing_for_centuries.html

where you can find a series of articles covering training, equipment and nutrition for century riders.

If you've already ridden a few centuries, why not take the Century Challenge? How many centuries can you ride in 2004? The Ultra-Marathon Cycling Association (UMCA)

runs an annual Mileage Challenge, where you can register your centuries and other long rides.

Crista Borrás and Chuck Wood rode 84 centuries in 2003, to take first place in the UMCA Mileage Challenge. They aren't professional athletes - she's 56 and he's 60, both have full-time jobs, and they live in Washington, D.C., not sunny California!

Kevin Kaiser, a first-time rider in the Mileage Challenge said: "There were many days when it would have been easy to quit at 40-60 miles, but the Mileage Challenge motivated me to push for at least 100 miles. Nothing else would count on this list."

I live in Colorado - there are only four "big event" organized centuries with entry fees, rest stops and t-shirts. Yet, by going on local club rides, I can log 34 rides of at least

Century Division length. All I need to do is remember to stop at mini-marts for burritos! Yes, a century ride doesn't have to be a big event with a lot of fanfare to count in the Challenge. A club ride of that distance is just as good. If there aren't enough of those in your area, you can organize your own, as Crista and Chuck do. Finally, if you're more inclined just to go out and do a hundred miles without an organized ride, you can do that, too, in the Mileage Challenge.

For more information on the Mileage Challenge, go to:

www.ultracycling.com/standings/umc.html

As a bonus, any rider who logs at least 1000 miles in the UMCA Mileage Challenge can buy Endurox R4 and Accelerade at a discount directly from the company.

June Mileage Totals

1	3	2	1	3	0
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	7413	4	3	4	Darrell Katz	1877	-	-	-	Rich Whalen	508	-	-	-
Rick Gowen	6169	5	5	4	Doug Cohen	1802	2	-	-	George Caplan	456	-	-	-
Tod Rodger	5389	6	3	2	Janet Tortora	1760	2	-	-	James Breeling	447	-	-	-
Robin Schulman	5006	3	1	1	Bill Widnall	1684	2	2	-	Jim Broughton	362	-	-	-
Don MacFarlane	4932	6	1	2	Marc Baskin	1569	3	-	-	Charles Fosbroke	351	-	-	-
Jack Donohue	4835	-	-	1	William O'Hara	1487	1	1	-	Elliott Morra	351	1	-	-
Irving Kurki	4795	5	3	2	Peter Knox	1432	2	1	-	Jeff Luxenberg	328	-	-	-
Paul Hardin	4737	5	1	3	Otto DeRuntz	1363	1	1	-	Jamie King	327	1	-	-
Steve Robins	4557	-	-	-	Doug Hartley	1301	1	1	-	John Kane	302	-	-	-
Chris George	4475	5	-	1	Gabor Demjen	1282	4	-	-	Tracy Ingle	270	-	-	-
Bruce Ingle	4016	1	-	-	Cynthia Snow	1256	2	-	-	Henry Marcy	218	-	-	-
Jim Krantz	3998	3	1	1	Ed Hoffer	1193	-	-	-	Jared Luxenberg	68	-	-	-
Butch Pemstein	3299	-	-	-	Bill Hanson	1181	-	-	-					
Cory Lovett	3270	-	-	-	Marc Webb	1077	5	-	-					
Mike Kerrigan	3176	3	1	1	Jeff Holmes	1069	2	1	-					
Richard Dweck	2825	-	-	-	Lyn Rodger	1016	3	-	-					
Peter Brooks	2584	5	3	1	Rich Biegun	1002	-	-	-					
Andrew Brand	2520	3	1	-	Dan Pratt	919	2	-	-					
Joe Repole	2413	6	6	-	Jim Goldman	845	-	-	-					
David Wean	2399	2	-	-	Greg Lee	837	1	-	-					
Dick Arsenaunt	2325	1	1	-	Elaine Stansfield	808	1	-	-					
John Campbell	2176	4	2	-	Sherry Lyons	730	-	-	-					
Nick Linsky	2071	2	1	-	Greg Tutunjian	708	-	-	-					
Gary Smiley	2064	2	-	-	John Springfield	702	1	2	-					
Frank Aronson	2060	3	-	-	Harry Wolf	690	-	-	-					
Don Mitchell	1894	3	1	-	Ted Hamann	656	-	-	-					
Bob Sawyer	1887	1	-	-	Cynthia Zabin	611	-	-	-					

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) or on the web at <http://crw.org/mileage.htm>.

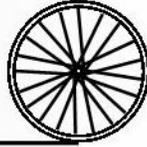
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617-325-2453

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

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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
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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

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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.