


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVIII, Number 9 · September, 2004

Climb To The Clouds Supersedes le Tour

July 18, 2004

by Ken Hablow

Concord, MA - 8:00 a.m.

300 riders, from as far away as New York and Connecticut, assemble for the annual assault of Mt. Wachusett. The weather is ideal for cycling with temperatures forecast to be in the mid 80s and partly sunny. Who wants to watch a boring flat stage of the Tour anyway?

The lights on the Concord Police cruiser flash as the peleton leaves Concord Carlisle high school with a police escort up to Route 2 where another officer changes the traffic lights so the group can cross Route 2 en-masse. This year we were met by a cruiser from Lincoln on the other side of Route 2. At a pace of over 20 mph, the cruiser finally peeled off at Route 117 as another Lincoln officer tripped the lights to see the peleton off for a safe start on what was destined to be a great day. The riders at the front of the pack said they felt like they were in the Tour with these two police escorts.

Bolton, MA - 9:30 a.m.

Not quite so dramatic, but the group of 250 riders that left Nashoba Regional high school also had assistance from the Bolton police crossing Route 117. Many riders arrived here early to have Anthony Laskaris from the Cycle Loft in Burlington look after their bikes and

make sure both rider and bike were in tip-top condition for this great annual event.

Anthony spent the day with us driving the route to assist riders with whatever mechanical problems they had. Thankfully, each bike he fixed meant one less rider we had to sag back to the start.

Berlin, MA - approx. 12:00 noon

With the final of two food, water and rest stops set up at Berlin Orchards, riders started to arrive down the steep descent of Sawyer Hill to be met by a Berlin police officer who spent four hours stopping traffic on Route 62 to let the bikes safely cross this busy intersection.

Bedford, MA - approx. one month earlier

As Climb To The Clouds has grown over the past several years, so has the need to offer better and more organized support. For the second year, this task has been in the very capable hands of Susan Grieb. An event of this size can only run like clockwork if all the volunteers are well organized. From arranging for the food in Concord, Bolton and the two water stops to the people who staff the stops, and all the cleaning up; this takes good planning and organization.

Climb to the Clouds - Continued on page 10

All A-Board

It's that time of year again, the CRW board elections. We have three positions that need to be filled, as well as a partial term.

The CRW board consists of nine members, and together with the other officers are responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend monthly meetings where CRW issues are discussed. Board members may optionally participate in other activities or committees within the club.

Any club member is eligible to apply for

the post. To run for a board position, send a statement of candidacy to:

Wheelpeople, c/o Jack Donohue
26 Fox Run Road, Bedford, MA 01730
e-mail: jmtonohue@alum.mit.edu

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by October 5, for the November issue of Wheelpeople.

The top three candidates will receive three year terms starting in January and expiring at the end of 2007. The fourth candidate will fill the unexpired term ending at the end of 2005.

Awards Nominations

Each year, the board votes to present awards at the annual club banquet to individuals who have made significant contributions to the club. If you would like to have input into this decision, send the names of people you would like to nominate to

Andy Brand (abrand@alum.rpi.edu) or by postal mail to:
690 Mass Ave
Boston, MA 02118

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 Sragg	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 Hablow.....	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.....	Keith Manning.....	781-643-4628
Information.....	Ann-Marie Starck.....	508-877-0178
Special Projects Coordinator.....	Marty Weinstock.....	617-491-6523
Publicity Coordinator.....	OPEN.....	
Merchandise	Ken Hablow.....	781-647-0233
Mileage.....	Jamie King.....	978-448-0533
Government Relations	Ted Hamann.....	617-576-0475
Bike Shop Program	Suzi Melotti.....	617-247-3405
Volunteer Committee Chair	OPEN.....	
Social Committee Chair	Ed Glick.....	978-250-1883
Safety Coordinator	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
Thursday Fitness Rides.....	Justin Haber.....	617-965-3904
Friday Rides	Rich Taylor.....	978-287-4921
Saturday Fitness Rides	Ed Glick.....	978-250-1883
Sunday Fitness Rides	Daniel Rabinkin.....	781-275-2391
Urban Rides.....	Dave McElwaine.....	781-821-8643
	Chris Randles.....	617-969-2545
	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122
	Charles Hansen.....	617-734-0720

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Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523

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Picture Gallery	Rory Dela Paz..... rdelapaz@mindspring.com
Touring	Andy Meyer..... asm@ameyer.org
E-Mail List (CharlesRiverWheelmen@yahoo.com)	
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

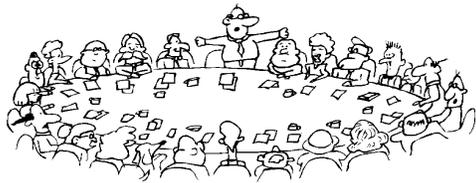
If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

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

August 3, 2004



In Attendance:

Board Members: Andy Brand, Connie Farb, Barry Nelson, Bill Widnall, Cindy Sragg, Rita Long and Eric Evans; Others: Marty Weinstock, Don Blake and Janet Tortora

Minutes (Janet Tortora)

Minutes from the June 1, 2004 meeting were approved.

President's Report (Bill Widnall)

Bill Widnall, President, has filed extensions for the federal filings which non-profit groups are required to complete. With the help of treasurer, Eric Evans, Bill expects the filings to be completed prior to the next Board meeting.

Finance Committee (Eric Evans and Don Blake)

Eric Evans, Vice President of Finance, had no report for this meeting.

Rides Committee (Connie Farb)

Connie Farb, Vice President of Rides, can no longer fill the roles of Saturday ride coordinator and Vice President of Rides. If a coordinator for the Saturday rides can't be found she will resign her position as Vice President of Rides.

There are still holes in the rides calendar in the fall. The rides committee doesn't meet during the summer but will resume in the fall.

Melinda Lyon will be stepping down as chairperson of the Century Committee.

Membership (Barry Nelson)

Barry reported the membership numbers for July 2004: 996 current memberships, 1191 current members, 48 expired members, 41 new members, 52 renewed members.

CRW Email List Hosting (Barry Nelson)

Barry Nelson reported that the move to yahoo groups was made without incident.

New Business

Review of CRW policies for extended trips (Bill Widnall)

A committee will be formed to review the CRW policies for extended trips.

Calendar Review (All)

Board election - A blurb will be included in the September WheelPeople asking for mem-

bers who would like to be on the CRW Board of Directors. The deadline for the submissions is October 5. The ballot will be printed in the November WheelPeople.

Volunteer awards - A blurb will be included in the September WheelPeople soliciting nominations for the volunteer awards. The Board will vote on the nominees at the October Board meeting. The awards will be given out at the November banquet. Andy Brand will compile the nominations.

Advocacy grants

Bill Widnall will ask Tod Rodger to bring a summary of what MassBike has done with the advocacy grants in the past and what MassBike might like to do with another grant.

November banquet

The banquet will be held on November 4, 2004. Marty Weinstock will coordinate the event.

Holiday party

Rita Long has offered to help with the party. Ed Glick, Social Committee Chairman, will be contacted.

Other Business

Andy Brand motioned to amend the ride leaders guidelines to say that if the total expenses for a ride don't exceed \$25 then the ride leader may email Don Blake for reimbursement without sending Don the receipts for the expenditures. The motion was unanimously passed.

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

Respectfully submitted,

Janet Tortora

Secretary

Paceline Riding

You've certainly noticed cyclists riding in close formation who seem to maintain an awesome pace with relatively little effort. These cyclists are riding in a paceline, which can significantly reduce aerodynamic drag (i.e., block the wind), thereby lowering exertion levels for a given riding speed by up to 30 percent. Even the lead rider gets a little "push" from the riders behind. Want to join in on the fun? Here are a few tips to keep in mind. There are three essential characteristics of safe paceline riding—be smooth, be predictable, and be courteous.

First, practice on your own. Being smooth and predictable means, among other things, riding in a straight line without swerving or wobbling. Try riding on the white line at the road's edge. Relax your upper body, keeping a light grip on the handlebars. Keep your focus out front—use your peripheral vision to track the white line. Remember, where your eyes go, so goes your bike.

Second, practice drafting one other rider. Position yourself 3 to 4 feet behind the rider you are following (who, of course, is an informed and willing participant in this activity). Try to maintain a uniform gap. If you drift back, gradually accelerate to close the gap. If you get too close, reduce pressure on the pedals, but don't stop pedal rotation (called "soft pedaling"). If necessary, use your brakes lightly—just enough to do

the job. Sometimes simply sitting upright will slow you enough without applying the brakes. Take great care to avoid overlapping wheels (i.e., allowing your front wheel to come alongside the rear wheel of the lead rider). Overlapping wheels greatly increases the risk of wheel-to-wheel contact, which may make you to crash. Don't stare at the lead rider or his/her rear wheel. Rather, look past him/her, so you can see what he/she sees.

As you get more proficient at this, try to close the gap, shooting for 1 to 2 feet between wheels.

Now you're ready for the real thing. There are many types of pacelines--we discuss only one here: the single paceline. This is the one you'll use most of the time on public roads. As the name implies, riders in a single paceline ride single file. Every 30 seconds to 2 minutes or so, the lead rider (after checking carefully for traffic approaching from the rear) pulls to the left while maintaining a steady pace. He/she then slows slightly to allow the other riders to pass on the right. (This is one of the few situations in which it's OK to pass on the right.) As the (former) lead rider approaches the end of the paceline, he/she gradually accelerates to the speed of the line and drops in behind the last rider. If traffic should appear from behind during this process, the rider pulls into the middle

Paceline Riding - Continued on page 8



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: 6:00 PM

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: 6:00PM. As of September 1st, you must bring lights! The ride ends Sept 29th.

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).

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! 5:30 starting Sept. 16. Last ride for the year Sept. 30. End of season dinner likely October 7.

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 will ride at about 16 mph.

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

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

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Start: LG Hanscom - General Aviation Airport.

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

Friday TGIF Unwinder

Times: 6:00 PM Last official ride October 8th

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) Chris Randles [crandles@comcast.net] (617-969-2545)

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, September 4 and September 18. 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 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.

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



Other Events

Eastern Trail-A-Thon 8-Lighthouse Ride

Saturday 18 September

This ride benefits the Eastern Trail Alliance, an organization dedicated to building a 60-mile greenway across southern Maine from Casco Bay to Portsmouth. 8 historic lighthouses, 5 beautiful beaches, spectacular Maine coastline. Self-guided 35-40 miles with shorter options. Longer option crosses Scarborough Marsh to ride scheduled new ET bridge. Rest stops, snacks. \$30 on-site registration fee includes one-year ETA membership. For more details and to register on-line see <http://www.eastertrail.org/lighthouse04.html>. Leader John Andrews, JAndrews@GWI.Net, 207-284-9260

Registration 8:30 AM at Bug light Park, South Portland. Directions: From Portland's 1295 take Forest Avenue South exit to follow Rt. 77 into S. Portland. Stay straight onto Broadway east. Follow Broadway to end (1 1/2 miles) Left on Pickett, bear right onto Madison.



September 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.

Mean Streets: Waltham

Thursday - September 2

Times and Routes: 6:00 P.M. SHARP! for about 10 diverse miles

Ride Type: Urban Evening ATB - follow the leader

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

Lowlights: Explore streets, alleys, single-track, the Brandeis campus, Waterfront Park, Mt. Feake cemetery, industrial areas, and other features of Watch City. NOTE: serious rain cancels - check w/leader at work (617) 572-0277 if in doubt.

Start: Behind Waltham City Hall on the common, Main St. (Rt. 20) at Moody.

Directions: Rt. 95/128 to exit 26, east on Rt. 20 for about 2 miles.

Harold DuLong Memorial Ride

Saturday - September 4

Times and Routes: 9:30 for 55 mi, 10:00 for 29 mi

Ride Type: Follow the leader (55 mi route at intermediate pace) or follow the cue sheet.

Leaders: Ken Skier (781-856-3136) and Barry Nelson (BarryNelson@alum.mit.edu or 617-964-5727 before 9PM) and co-leader Jennifer Dodge (978-461-0072)

Highlights: This scenic, hilly route was a favorite of CRW member Harold DuLong. Starting in Bedford, we skirt the Acton Reservoir and then climb to what may be the highest point in Harvard, Mass, with a panoramic view that includes Mt. Wachusett and Mt. Monadnock. Return via quiet roads through Acton and Concord. Bring your lunch or buy it at a pizza shop or cafe in West Acton, 35 miles into the 55-mile ride. (No lunch stop on the 29-mile ride.)

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. Pass a Fire Station on your left, then turn left onto Mudge Way.

The library is 200 yards down Mudge Way, on your right. Turn right into the library parking lot and park at the back of the lot.

Wachusett Reservoir Ramble

Sunday/Monday - September 5/6

Times and Routes: Same ride two days in a row.... 9:30 for 63 and 45 miles, 10:00 for 32 miles (72 mile option to Mt Wachusett)

Ride Type: Arrowed with Map

Leaders: Fred Mueller (508-485-7476, fmuller@charter.net)

Highlights: A great ride that starts on Rt 9 in Westboro, climbs through Shrewsbury and then rambles along country roads in West Boylston, Holden, and Princeton west of the Wachusett reservoir. The long and medium rides continue clockwise around the reservoir returning through Clinton and Northborough. All the rides are "nested" making it easy to modify the length of your ride after you have started. Designated lunch stop at the "Old Stone Church" on the north shore of the reservoir - B.Y.O. or try to digest hot dogs from the hotdog truck....

Start: Parking lot behind Golds Gym at the intersection of Route 9 and Lyman St. in Westboro.

Directions: Mass Pike to 495 North. Next exit on 495 is Exit 23. Take 23b / Route 9 west 2 miles to the next light at Lyman St. Right on Lyman to end of lot behind Gold's Gym. Park at the far end of the lot.

Have-a-hill?

Saturday - September 11

Times and Routes: 9:30 for 63 mi and 35 mi

Ride Type: cue sheet and map; possibly arrowed

Leaders: Ann Williams (781-275-1821, nbike@highstream.net) and Lisa Baffi (978-469-0097, bdevelopmentgrp@msn.com)

Highlights: Rock & roll this NSC (North Shore Cyclists) classic route over, under, but seldom around the rolling hills of Rock-

ingham County, NH. Quiet, scenic, rural roads, make this an especially rewarding cycling experience. Goes through a bunch of towns most of us have never heard of, like Atkinson, Newton, Kingston, Hampstead. Long ride adds Brentwood, Danville, and Sandown. Limited food opportunities, particularly on the long ride.

Start: Haverhill High School, Monument St., Haverhill. Just off 495, it's easier to get to than you might think.

Directions: From Rte 495 north, take exit 50. At end of ramp go straight across Broadway onto Monument St., then go straight through 4-way stop. Haverhill H.S. is on the right. From Rte 495 south, take exit 50. At end of ramp take a left onto Broadway, then take next left onto Monument St., then go straight through 4-way stop. Haverhill H.S. is on the right.

New Devonshire and New Hampshire

Sunday - September 12

Times and Routes: 9:30 for 60 miles. 10:30 for 28 miles.

Ride Type: Arrowed (T) plus Map and Cue Sheet

Leaders: Don McFarlane (978-897-7567) and co-leader Tod Rodger

Highlights: Very quiet scenic roads rolling through Shirley Common, Lunenburg, Townsend Harbor, and the new community of Devens. Short ride has modest hills (950 feet in 28 miles). Long ride adds more scenic hills (2,800 feet in 58 miles) and even quieter roads through Ashby, New Ipswich, and Willard Brook State Park. Lunch on the Common in Townsend; bring your own or stop at the Ice Cream Factory (sandwiches, pizza, great ice cream) or other stores in Townsend.

Start: Sherman Square Parking Lot at Devens

Directions: Take Exit 37B (Jackson Road, Devens) from Route 2 westbound. Go north 1.3 miles to Sherman Square parking lot on right (CRW sign).

In Search of Llamas

Saturday - September 18

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

Ride Type: Arrowed with cue sheets.

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

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

Start: Chickering Fields on Dedham St. in Dover.

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

FALL CENTURY

Sunday - September 19

See below

Tour de Carlisle "ATB" After the Bugs

Saturday - September 25

Times and Routes: 10:00 AM for options of roughly 30, 50, and 60 miles.

Ride Type: Arrowed (white chevron)

Leaders: Bob Zogg (617-489-5913, zogg.r@tiax.biz) and David Walker (617-393-1687, diwalker@bu.edu).

Highlights: The short ride is mostly rolling countryside, and highlights Carlisle's scenic back roads. The long ride is rolling countryside with a few good climbs, including a climb to a radio telescope (great views) on back roads in Westford, Groton and Dun-

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**

- 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

stable. There is a swimming option on the long ride, as well as an extra loop into New Hampshire.

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

Directions: Take Rte. 2 west to Rte. 27 north. Go 7.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right, just opposite the Agway Store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and cross Rte. 27 onto Maple Road.

Two State Tango

Sunday - September 26

Times and Routes: 10:00 AM for 25 and 50 miles

Ride Type: Map and Cue Sheet

Leaders: Gregory Lee (gregory.p.lee@verizon.net, 508-643-4134)

Description: Starting in North Attleborough, both rides go northwest, tangoing over the Massachusetts-Rhode Island border, going through Plainville, Wrentham, and Franklin, Mass. as well as Cumberland, Rhode Island. The longer route cuts off further North through Bellingham, into Mendon and past the Southwick Petting Zoo, before re-joining the short route in Franklin. Moderate hills, quiet and rural roads. There are no formal lunch stops, but several possible stops will be noted in the cue sheets. Please note that there are no rest rooms at the start, and the area is residential. You should take care of this at one of the Dunkin Donuts or gas stations along the way. There are several Dunkin Donuts on Rt. 1, including a large distribution/store facility in Plainville.

Start: Knights of Columbus, N. Attleborough (corner of Smith Street and Landry Avenue).

Directions: Rt. 95 to Rt. 495 North. Take the exit for Rte. 1 South. Follow Rt. 1 south about 3.9 miles to Landry Ave. This should be the FIFTH traffic light. Go LEFT, follow the sign for Sirois Bicycle Shop. Knights of Columbus parking lot is about 0.3 miles on the left, set back from the road, across from Reinbold Insurance. Please park parallel to Landry Ave.

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

Two tandem bikes. Call or email Bob Sawyer for specs, 781-275-6533, rbsawyer2@aol.com. \$395 each.

Paceline Riding - Continued from page 3

of paceline, with the cooperation of the other riders. And so the process repeats itself.

Some tips to keep in mind.

When at the front: Avoid the tendency to accelerate. Keep track of the pace, and maintain this pace when leading. Remember, you are the eyes of the group. Pay close attention to what's ahead, and pick a smooth, safe, and predictable line. It's helpful to signal your intention to drop back by lowering your right hand and waving the next cyclist forward. (Do this before you pull to the left, or the line may simply follow you to the left.) Pull to the left before slowing so that the line can maintain a steady pace. Don't pull too long—drop back before you get tired.

When at the back: Keep a careful eye on traffic, and announce "car back" whenever a vehicle approaches from behind. It's helpful to announce "last rider" as the rider dropping back approaches. That way, the rider dropping back knows that it's time to accelerate to catch the end of the line. If you're tired and don't want to pull, rest at the back of the line. Let the rider dropping back know that you're resting, and open enough space so he/she can pull in ahead of you.

General: Try to avoid standing on hills. If you must stand, warn the riders behind you first. It's difficult to maintain an even cadence while standing and the rider behind may bump your wheel. Drink only when you're at the back of the pack. If the paceline gets stretched out on curves or at intersections, back off the pace a bit to allow folks to catch up. Be nice, and don't drop your fellow riders (unless someone specifically asks to drop out of the paceline). Allow more space between riders on fast downhill runs.

For more information on paceline riding, see: <http://www.westhillshop.com/paceline.htm>; <http://www.goldinc.com/gcbc/practical/pacelinepage.html>; <http://www.planetultra.com/training/rbr/paceline.html>; and

<http://www.bikexpert.com/streetsmarts/usa/chapter7a.htm>.

Acknowledgements: The content for this article came straight from one of the experts, CRW Member and Ride Leader Rich Taylor. Rich, in turn, credits all his paceline riding knowledge to Peter Mason and Kim Shire. Many thanks to all!

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

Support your Local Bike Shop

by Jack Donohue

When you joined the club, you probably heard about the bike shop program, and if you read the fine print realized that these shops offer a 10% discount on parts to CRW members. If you're a frequent buyer, these savings alone are enough to pay for your membership.

What you may not realize is the other ways our local bike shops (LBS) support you and the club.

We have an active web site sponsor program that each sponsor contributes an annual contribution of \$100. Some shops like Cycle Loft and the Bikeway Source support our centuries by offering free mechanical support at the start of our centuries (for the first time this year, Cycle Loft actually provided on-road support for Climb to the Clouds, which turned out to be very useful). Each year the shops contribute merchandise to be raffled off at our annual Awards Banquet. Also, remember that our helmet rebate program will give you a \$5 rebate on the purchase of a helmet, but only with a receipt from a LBS.

Your LBS is a place where people know bikes. Sure they are in business to make money, but they do it because they love the sport of bicycling. They service cyclists: the kid with his first BMX, the randonneur getting ready for a 600K brevet, the mountain biker, the racer, in short the entire cycling community. They stock all sorts of bikes, gear and parts that you can see, touch, evaluate in person. Trained mechanics are available to tell you which bike, gear or part is the best for your current situation.

Your local bike shop (LBS) has suffered in this economy more than most. Nationally the number of bike shops has declined by almost 25% in the last two years, and locally, the number of bike shops closing in the past two years has been greater than in the previous 6-8 years combined.

So, despite all the good reasons to patronize your LBS, you still think you can save tons of money by shopping mail order. Well, I think you'll find this just isn't so. I bought a chainring recently from my LBS. It cost \$40. It would have cost \$30 mail order. But then I would have had to pay about \$5 for shipping, and at my LBS, I got a 10% CRW discount. So I would have saved about a buck. You weigh that against being able to talk to people knowledgeable about bikes, getting recommendations for what you should or should not replace, getting personal service, etc., etc., and I think you'll agree that it's worth it.

A Rainy Day in Denmark

by Ruth Sawyer

(This piece was written by Ruth before she died on our tandem bike trip on June 23, 2004. She died in a non bike related accident at age eighty four. The incident she tells about was the worst day of our first bike trip to Europe in 1985. She took it in her usual good spirits. Bob Sawyer)

Travelling by bicycle has more ups and down than the terrain. It is a rare trip that has sun and moderate temperatures every day.

On our tandem trip from west to east across southern Denmark to Copenhagen we were traveling independently so were carrying all our gear on the bike. We soon learned to keep the rain gear where it was readily accessible. The choice was ignoring the Danish mist or becoming soaked in perspiration in rain suits.

We left the hostel in Vollerup early in the morning in the rain headed for the ferry at Mommark. About two miles before the ferry, we had a blow out in the rear tire. All we could do was push the bike to the ferry. We were dressed in warm-up suits over which we wore plastic jackets, pants and light weight plastic boots over our shoes. We were so stuffed into our clothes that we walked like the Tin Man in the Wizard of Oz.

Upon reaching the ferry slip, it was obvious that there was not going to be a ferry very soon. Everything was closed. On closer inspection of the ferry schedule, I realized that I had done it again, misread the schedule. I could not get it through my head that we were in Denmark before the start of the summer season.

A tandem loaded for touring is a formidable machine. It is awkward because of its length

and heavy with forty pounds of gear in panniers and handlebar bags. Bob had hoped to fix the flat on the ferry. Instead, he put the bike under the eaves of a store and went to work putting a patch on the blow out. Because the problem was in the rear tire, he had to disconnect the brake and drop the chain. He put the good front tire on the rear and the patched one on the front. It was now raining steadily. At last the tire was fixed and we started back to town. A few miles later there was a loud bang, the patch had blown so back to the ferry again. Under the eaves of the store Bob baseball stitched the tire. This time he did not have to cope with the brakes or the chain.

We had not had anything to eat since breakfast. It was now mid-afternoon. On the way back to town we passed an elegant looking restaurant in an old house. I went in to see if they would serve us. The tables were set but no one was around. As I started across the foyer, I was accosted by a barking guard dog that seemed to be all snarl and teeth. I made a hasty retreat.

We were able to get sandwiches at Mommark and found we could ride ten miles north where ferries ran more frequently. This ferry did not go to our original destination. At last we were on a ferry going somewhere. Unfortunately there were not any accommodations available near the ferry so we had to ride to Faborg in the pouring rain. I stood in the middle of the cobblestone square holding the bike while Bob looked for a place for us to stay. The Christmas carol, "Away in a manger no crib for his bed" kept running through my mind.

Wonder of wonders there was a resort about a mile out of Faborg that might be able to accommodate us. Back on the bike. At this

point I was cold, wet and having trouble keeping a stiff underlip. I was sure we would not be able to find the resort in the dark. Bob kept reminding me that we had never slept on a park bench or in a doorway.

Finally, there it was - a complex of four large buildings. At this point drowned rats would have been a compliment to describe our appearance. At the desk we were told that they had apartments not rooms and there was one available. The cost was forty five dollars American. What a relief! When the room clerk handed us the key she also gave us unwrapped bed linens and towels. Back out into the deluge to another building at the back of the complex. It was a challenge to keep the linens dry.

The apartment was very attractive. I would have been happy to stay there for several days. What a waste to have a living room, dining area, kitchen, bedroom, bath and patio for one night. It did not take long for the apartment to have a very lived in look as we tried to dry out our clothes.

It was now ten PM and we were sure we were going to die of starvation. Out in the rain again to get to the dining room. I do believe that everyone in the complex decided to spend the evening eating. We were given a table by the window with a magnificent view of Faborg Fjord. We could see thirty six sail boats racing in the rain. Our dinner was truly gourmet, filet mignon. The dessert was a masterpiece of crepes folded in quarters, filled with orange slices and a nut ice cream, topped off with orange sherbet and crowned with a chocolate butterfly.

After a day that seemed like a week, we had lucked out again. What had been a physically tiring and stressful time ended luxuriously.

WELCOME NEW MEMBERS

John Aslanian, Susan Tarallo	Boylston	David Anderson	Medway	Riché Zamor	Randolph
Leon Bablouzian,		Michael Fogassey	Boston	Frank Di Tucci	Lexington
Susan Bablouzian	Framingham	Lorin Alusic, Nancy Farias	Boston	Jennifer Miani	Brookline
John Rizzi	Concord	Alexander Wood	Boston	Salvatore Gargiulo	Waltham
Ken Levine	Stow	Barbara Fountain	Charlestown	Barney Hass	Waban
Steve Fales	Haverhill	Terry Ellis	Jamaica Plain	Prasant Desai	Watertown
John McCue	Lowell	Richard Davis	Brighton	Maggie Keller	Watertown
Tom Quintal,		R. Scott Buchanan	Brighton	David Reynolds, Lisa Core	Watertown
Naomi Kaufman	Reading	Charles Lobron	Cambridge	Michelle Manion	Arlington
Scott Cushman	Reading	Nina Viswanathan	Cambridge	Justin Ide	Arlington
Joseph Macarelli	Tewksbury	Ken James	Somerville	Larry Krupp	Belmont
Sue Hendee	Tewksbury	Jay Essner	Somerville	Alexander Pyle	Belmont
Francini Ortiz, Enio Pinto	Wilmington	Melanie Martinous	Quincy	Patti Quigley	Wellesley
Scott Kalker	Swampscott	Mary Weisbrod	Stoneham	Susan Retik	Needham
Daniel Eccher, Brigid Mullally	Dedham				

Little Jack's Corner

by Jack Donohue



Cyclists are a competitive bunch. I know, a rash generalization, and I am liable to be pelted with rose petals by the "smell the flowers" group. Fact is, I don't know any of them. The ones that do allege to seek peace, harmony, and oneness with nature are generally sandbagging and will take the first opportunity to make me eat their dust.

Case in point, the Friday night ride, aka, the "TGIF Unwinder" The original premise of this ride, instigated by Peter Serratore, was a mellow way to end the work week. A casual ride, followed by a group dinner. That

scenario played out for about a month. Then instead of unwinding, people started winding themselves up to "win" the ride.

I had occasion to lead several rides for the Appalachian Mountain Club. The AMC philosophy is that you should be an actual leader and make sure you've got all your flock at all times, unlike the CRW's "cut your losses" approach. So I figured I would be in for a laid back ride, a bit slow for moi, but I could handle it. Not so. There was one woman in the group who was a bit slower than the rest, and I felt honor bound to keep her in sight. Meanwhile, the rest of the group was chafing at the bit, so I finally said if they wanted to go ahead they could knock

themselves out, but if they got lost it wasn't my problem. So I ended up "leading" the one slower woman, and everyone else left us in the dust. So much for laid back.

I am not exempt from this phenomenon. I'll be riding along casually (as casually as I ever get) and I spy a cyclist closing fast in my helmet mirror. A powerful force takes over me, and I switch to warp speed in a desperate attempt to keep this interloper at bay. Or I'll be on a CRW ride, chatting with my buddies when a rider goes off the front. Again, surge of hormones, and I find myself giving chase. Got to cover that break, even though we're not in a race. That's just the way it is.

Climb to the Clouds - Continued from page 1

East Princeton, MA - Kwik Stop convenience store - 12:30

When I arrived at this very popular stop, the last before the mountain climb, I was told there were over 100 riders who stopped for water and food. Thanks to the owners who cooperate every year to see the riders are well served and the grounds cleaned up after we leave.

Weston, MA - 6:00 p.m.

With another successful event behind us, it is time to sit back, relax and thank all the wonderful volunteers who helped make this best ever Climb To The Clouds a huge success.

Here's the list:

Arrowing: Judith McMichael, Jack Donohue, Ken Hablow

Concord Registration: Janet and Don Blake, Rosalie Blum, Ann-Marie Starck, Mike Hanauer

Bolton registration: Lyn and Tod Rodger, Diane Telford

Sterling water stop: Linda White, Fran Goldstein, Howard Miller

Berlin Water stop: Lyn Rodger, Diane Telford,

On-road bike sweeps: Rita Long, Joanne Archambault, Elliott Morra

Vehicle sags: Anthony Laskaris from the Cycle Loft, Susan Grieb, Ken Hablow

Shlepping food: Connie Farb, Linda Nelson

Shuttling food to all the stops: Susan Grieb

Photographer: Tim Lawson

Special thanks to Marty Sterman who kept me apprised of the on again - off again construction on Mountain Road in Princeton.

For the record:

We used 32 six gallon jugs of water, 8 cases of bananas, 600 bagels, 30 lbs. of plums at Berlin Orchards, several boxes of candy bars and Fig Newtons from Costco.

We had cooperation from the Concord, Bolton and Lincoln police departments and

a paid detail from Berlin.

It took 7 cans of paint to fully arrow the route over three days by bike starting in mid-June and two more days driving the entire route. This includes a last minute check of the construction sites.

Arm bands were used so all the volunteers knew which riders on the roads were participating in this event.

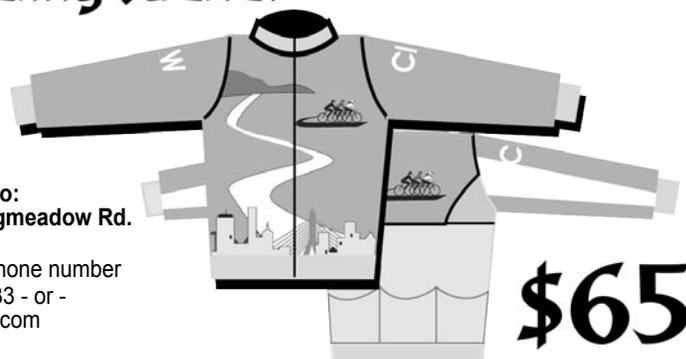
Thanks to all who participated and especially to those who helped out.

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Weston MA 02493

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



Name _____

Address _____

City, State, Zip _____

Telephone _____

Quantity _____

Size(s) _____

July Mileage Totals

1 7 9 4 8 5

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	9278	5	4	5	Ken Hallow	2560	1	-	-	Elaine Stansfield	1086	1	-	-
Rick Gowen	7632	6	6	5	John Campbell	2554	4	2	-	Ric Panciera	1056	2	-	-
Tod Rodger	6465	7	3	4	Don Mitchell	2505	4	1	-	John Springfield	1027	1	3	-
Robin Schulman	6194	4	2	2	Janet Tatora	2482	3	-	-	Cynthia Zabin	887	-	-	-
Jack Donohue	5917	-	-	2	Darrell Katz	2457	-	-	-	Sherry Lyons	875	-	-	-
Paul Hardin	5891	6	2	4	Gary Smiley	2450	2	-	-	Ted Hamann	861	-	-	-
Irving Kurki	5397	5	4	2	Bob Sawyer	2440	1	-	-	Rich Whalen	687	-	1	-
Glen Reed	5250	5	3	1	Joseph Tavilla	2252	2	-	-	George Caplan	627	-	-	-
Don MacFarlane	5141	7	1	2	Peter Knox	2214	3	2	-	Jeff Luxenberg	621	-	-	-
Jim Krantz	5088	4	2	2	Bill Widnall	2005	2	3	-	Henry Marcy	585	-	-	-
Chris George	4914	5	-	1	William O'Hara	1890	2	1	-	Frank Connell	488	-	-	-
Bruce Ingle	4744	1	-	-	Gabor Demjen	1844	4	1	-	Jim Broughton	414	-	-	-
Butch Pemstein	3895	-	-	-	Lisa Weissmann	1798	4	-	-	John Kane	388	-	-	-
Cory Lovett	3863	1	-	-	Cynthia Snow	1776	3	1	-	Jamie King	333	1	-	-
Richard Dweck	3669	-	-	-	Ed Sullivan	1757	2	-	-	Tracy Ingle	323	-	-	-
Mike Kerrigan	3459	4	1	1	Walt Drag	1738	3	2	-	Jared Luxenberg	94	-	-	-
Andrew Brand	3328	4	2	-	William Lane	1673	-	-	-	Jacob Allen	61	-	-	-
Peter Brooks	3222	6	4	1	Doug Hartley	1668	3	1	-					
Edward Boches	3163	4	1	-	Otto DeRuntz	1666	1	2	-					
Nick Linsky	2985	3	2	-	John Allen	1533	-	-	-					
David Wean	2916	2	-	-	Ed Hoffer	1439	-	-	-					
Dick Arsenaunt	2856	1	1	-	Bill Hanson	1432	-	-	-					
Frank Aronson	2845	4	1	-	Marc Webb	1423	6	-	-					
Joe Repole	2734	7	7	-	Lyn Rodger	1203	3	-	-					
Nancy Marchand	2704	3	1	1	Greg Tutunjian	1200	1	-	-					
James Page	2677	3	2	1	Dan Pratt	1179	3	-	-					
Doug Cohen	2612	3	-	-	Lincoln Ross	1095	-	-	-					

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>.

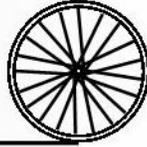
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Back Bay Bicycles
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Belmont Wheelworks
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Bicycle Bill
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Allston
617-783-5636

**Bicycle Exchange at
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2067 Massachusetts Ave,
Cambridge
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Bikeway Source
111 South Road, Bedford
781-275-7799

Boston Bicycle
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617-236-0752

Broadway Bicycle School
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617-868-3392

Burlington Cycle
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Cambridge Bicycle
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Cambridge
617-876-6555

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Burlington
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**Dedham Cycle and
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Dedham
781-326-1531

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617-926-1717

**Ferris Wheels Bicycle
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Westboro
508-366-1770

Frank's Spoke 'N Wheel
119 Boston Post Rd.,
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877 Main St., Waltham
781-894-2768

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617-244-1040

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617-441-3700

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66 Needham St., Newton
617-527-0967

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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 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:

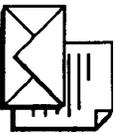
PAPER via Postal Service ELECTRONIC via email
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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.