

# Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVIII, Number 11 • November, 2004

## A COOL Fall Century

by Melinda Lyon, Century Chair

Acton Boxboro School complex was the cool place to be on September 19, 2004 for the CRW Fall century. Winds had whipped out Hurricane Ivan the day before and brought us a blustery fall day. Over 300 riders joined us for the day with 170 completing the challenging Souhegan River century ride which loops through northern Massachusetts and southern NH.

This is the tenth anniversary of this ride and it was just as pretty as it always is. Ken Hablow designed the original ride and it improves every year as he tweaks the route to make it ever better. Ken arrowed the entire route in the weeks before the event with a little help from his friend Ann-Marie Starck.

The first to arrive as always was Don Blake with our borrowed truck full of supplies. Don may have been the oldest person at the ride and he put in the longest day. He was there at 6:30AM with the truck and he was there at 6:30PM loading it back up.

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## Camino de Santiago Slide Show

October 31

In June CRW members Charles Hansen, Duane Roth, Nina Siegel and fellow traveler Anna Pansczyk cycled the millennium-old pilgrimage route, the Camino de Santiago. We flew into Bilbao, mostly to visit the acclaimed Guggenheim museum there, then took Basque trains and cycled to Bayonne in France. The actual tour began in the village of St-Jean-Pied-de-Port, at the base of the

Slide Show - Continued on page 9

## Annual Holiday Party



Our Christmas season party will be held from 6 to 11 PM on Friday, December 10 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 62 and 4/225 split, turn right onto 4/225. At the next split just ahead, stay to the right on route 4. Pine Hill Road is about 3/4 mile ahead on the right. The church is near the top of the hill on the right.

Annual Holiday Party - Continued on page 3

## Annual Banquet and Awards Presentation

The annual CRW banquet will be held on Thurs. November 4 at The Yangtze River Restaurant in Lexington. We will have a full menu including several vegetarian dishes. Dinner will be served at 7:00 sharp. Arrive between 6:00 and 6:30 for cocktails, appetizers, and socializing. The Yangtze River Restaurant is located in Depot Square off Massachusetts Avenue in Lexington Center. The cost for the banquet is \$15.00 per person, children nine and under are half price. Please send your

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



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

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

#### BOARD OF DIRECTORS

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

#### OFFICERS AND COORDINATORS

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	Bob Zogg.....	617-489-5913

#### RIDE PROGRAM COORDINATORS

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Saturday Rides .....	Michael Aarons.....	508-651-9259
	Kelly O'Connell.....	781-395-1485
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 Arsenault.....	781-272-1771
Wednesday Ice Cream Ride.....	Al Bolea.....	617-484-0851
	Justin Haber.....	617-965-3904
Thursday Fitness Rides.....	Rich Taylor.....	978-287-4921
Friday Rides .....	Ed Glick.....	978-250-1883
	Daniel Rabinkin.....	781-275-2391
Saturday Fitness Rides .....	Dave McElwaine.....	781-821-8643
	Chris Randles.....	617-969-2545
Sunday Fitness Rides .....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

#### WHEELPEOPLE STAFF

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#### INTERNET STAFF

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Touring.....	Andy Meyer.....asm@ameyer.org
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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](mailto: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

October 5, 2004

## In Attendance:

Board Members: Bill Widnall, Connie Farb, Barry Nelson, Paul Schimek, Tod Rodger  
Others: Marty Weinstock, Jack Donohue, Linda Nelson, Don Blake and Janet Tortora.

## Minutes (Janet Tortora)

Minutes from the September 7, 2004 meeting were approved.

## President's Report (Bill Widnall)

### Board of Directors' Openings

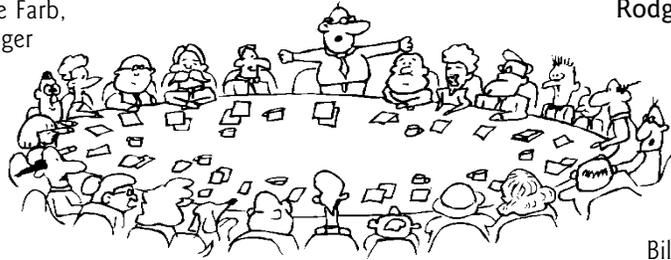
Bill Widnall, President, reported that there are four openings on the Board. There are five CRW members who have expressed an interest in the positions, so there will be an election. The Board discussed utilizing an electronic ballot. The majority of the directors present voted favorably to put the ballot online. Additionally, there will be a paper vote option in this month's Wheel People.

## Finance Committee (Eric Evans and Don Blake)

Don Blake, Treasurer, reported that the club is in good financial condition and that Eric Evans will have a breakdown of the third quarter at the next Board meeting.

## Rides Committee (Connie Farb)

Connie Farb, Vice President of Rides, reported that the Rides Committee is meeting. All of the November calendar has been filled in with rides.



## Membership (Linda Nelson)

Linda Nelson reported the membership numbers for September 2004: 1007 current memberships, 1203 current members, 55 expired members, 27 new members, 52 renewed members.

## Volunteer Awards (Eric Evans/Andy Brand)

In the absences of Eric Evans and Andy Brand, Bill Widnall presented the list of CRW members who have been nominated for volunteer awards. Those present at the meeting offered additional nominations. Past practice has been that a member was not eligible to receive a plaque in consecutive years, but could receive a certificate. All CRW members present at the meeting voted. The votes were tallied and the awards will be presented at the Annual Banquet on November 4th at the Yangtze River.

## Advocacy Grants (Paul Schimek/Tod Rodger)

Paul Schimek presented a letter from MassBike Executive Director, Dorie Clark which provided some history about past advocacy awards and two proposals for this year. The Board voted to fund an advocacy grant to MassBike for the "Bicyclists' Bill of Rights and Responsibilities".

## Award Party (Marty Weinstock)

Marty Weinstock reported that the Annual Banquet and Awards Presentation will be held on Thursday, November 4 at the Yangtze River Restaurant. The cost for the banquet is \$15.00. The deadline for reservations is October 29th; after that date there will be a \$5 late fee.

## Holiday Party option

The Board decided that the Holiday Party will remain as it has been with members bringing pot luck. Don Blake has volunteered to coordinate the party again this year. The date has not yet been booked. Don will try to reserve a location for December 10.

The next Board Meeting will be held on November 2, at 7:30PM at the United Church of Christ, Lexington.

Respectfully submitted,  
Janet Tortora  
Secretary

Annual holiday Party - Continued from page 1

The 2004 ride calendar will be available for ride leader sign-up and for planning purposes.

Here's your chance to unmask yourself as successor to Julia Child! Bring food based on the starting letter in your last name from the following categories:

A-L: Appetizers & Salads  
M-S: Main Courses  
T-Z: Desserts

This is a great opportunity to socialize with your riding buddies and see what they look like without Lycra, not to mention getting first dibs on the choice dates for leading rides.

Volunteers are needed for basic tasks like buying food, helping with decorations and, of course, cleanup. To volunteer, contact Don Blake (781-275-7878, dgblake@rcn.com).

Awards Banquet - Continued from page 1

reservations with your check by Fri. October 29 to Don Blake, One Gleason Road, Bedford, MA 01730. Late reservations may be emailed (dgblake@rcn.com) or telephoned (781-275-7878) to Don with payment at the door of \$20.00 per person.



*"When I see an adult on a bicycle, I do not despair for the future of the human race."*

— H.G. Wells

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# 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.

## 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!)

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

## Letters to the Editor

### Author wanted!

After a great deal of thought, I have decided to stop updating my books "Short Bike Rides in Eastern Massachusetts" and "Short Bike Rides in Central and Western Massachusetts". I would love to see the books remain in print (the publisher wants to combine them into one volume and include some longer rides), and I'm hoping that someone will consider taking over the reins.

Please feel free to contact me at fressenius.fr@verizon.net, or the editor at Globe Pequot Press, Bill Schneider, at waschneider@qwest.net.

Howard Stone

## WELCOME NEW MEMBERS

John Carey	Framingham	Anne Lee,	
Jennifer Dodge	Maynard	James Lee III	Lexington
Mary Wuest	Sudbury	Cynthia Medeiros	Brookline
Walter McKay	Wayland	Peter Martin	Waltham
Deborah Lempke	Wayland	John Brock	Newton Centre
Barry Botman	Georgetown	Keith Beasley	Chestnut Hill
Stephen Calvin	Westford	Adam Auster	Arlington
David Labonte	Franklin	John Peterson,	
Rob Smith	Charlestown	Susan Doctrow	Arlington
Gregory Colling,		Masayuki Takashima	Belmont
Claire Papanastasiou	Jamaica Plain	David Atkins	Needham
Aaron Garrett,		Lee Levitt, Amy Levitt	Needham
Shelly Kroll	Roslindale	David Campbell	Needham
Jay Youngdahl	Cambridge		Heights
Ian Dowe	Cambridge	Tricia Willis	Brewster
Matthew Mcpeck	East Weymouth		
Barbara Ripley	Duxbury		



# November 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.

## Squamacook River Ride

*Saturday - November 6*

**Times and Routes:** 10:00 for 56 or 62 miles; 10:15 for 45 or 25 miles (Rain, snow or shine!)

**Ride Type:** map and cue sheet.

**Leaders:** Tim and Julie Dodd (978-692-5297)

**Highlights:** Mostly all beautiful rolling backroads. The Hills of Harvard, Shaker Village, Devens (formally known as a Fort), The Town of Shirley, Squamacook River, West Groton, Pepperell, Covered Bridge, Nashua River, Groton, well manicured landscapes of new suburban estates on formerly back country roads, Westford, Boxborough. Note food opportunities in Shirley at 20 miles, Groton at 25 miles, Pepperell at 35 miles, Forge Village at 45 miles.

**Start:** South Acton, commuter rail parking lot, Central Street @ Route 27

**Directions:** Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the Acton Music Center on the corner.

## Artsy Ride

*Sunday - November 7*

**Times and Routes:** 47, 36 or 28 miles at 9:30 AM

**Ride Type:** Arrowed

**Leaders:** Duane Roth (781-643-3301, duane\_roth@yahoo.com) and Nina Siegel

**Highlights:** This ride goes through Waltham, Weston, Lincoln and Concord, with the longer options adding Bedford and Carlisle. Lunch on all routes is Concord Center. The reason for starting where we do is the post-ride event, which is a self-guided tour of the approximately 40 artists studios in some of the old brick mill buildings in downtown Waltham. The studios are open from 12-5 PM. There is always a very wide range of artwork on display, which can make this event more interesting than a museum visit. The

Charles River Museum of Industry, at the site of America's industrial birthplace, is also nearby and includes a 7-person bicycle in their exhibit. **NOTE:** If you're planning on visiting the studios, have a means for locking your bike!

**Start:** City of Waltham Embassy parking lot

**Directions:** Route 95/128 to exit 26 Route 20 east towards Waltham. Turn right on Moody Street at Waltham Common in about 1.5 miles, then left on Pine at first light after the bridge. Left into Embassy parking lot after apartment building - watch clearance on lower level.

## Hills to Hopedale

*Saturday - November 13*

**Times and Routes:** 10:00 for approx. 35 miles

**Ride Type:** Arrowed with Map

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

**Highlights:** Hilly ride, not paceline-friendly due to a few stretches of bad pavement. Few places to buy food.

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

**Directions:** Mass Pike to exit 13 (rte. 30) towards NATICK/FRAMINGHAM. After tolls, bear left to Natick and go 0.2 miles. Turn left at lights onto Speen St. and go 0.5 miles to end. Turn right onto Old Connecticut Path and continue 0.5 miles. Turn left onto Hamilton (tricky!). Go. 0.1 mile to the end and turn left at stop sign onto School St. Go 0.05 miles and turn right at the fork onto Concord. Go 0.3 miles and turn left onto Central (Saxonville) by light. Go about 20 yards and turn right onto Water St. by the light. Go 1 mile and turn left into school lot.

## Bagels and A Buffalo

*Sunday - November 14*

**Times and Routes:** 10:00AM for 51, 43 or 20 miles

**Leaders:** Melinda Lyon 978-887-5755 melindalyon@juno.com

**Description:** Flat to rolling loops through the North Shore. All rides pass through Boxford, Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island. Lunch stop is in Topsfield at Topsfield Bagels for the short ride. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels.

**Start:** Masconomet High School, Boxford, MA

**Directions:** I95 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right. Please drive past high school and park in large lot at the far end of the school.

## Ashland Park without the Beach Crowd

*Saturday - November 20*

**Times and Routes:** 9:45 for 34 or 44 miles

**Ride Type:** Cue sheet and map

**Leaders:** Linda and Barry Nelson (617-964-5727 before 8:30 PM) [BarryNelson@alum.MIT.edu]

**Highlights:** This ride is the GEAR 1998 Ashland Park ride with a different start location. The terrain is rolling, passing through Sherborn, Holliston, Milford, Hopkinton (long ride only), and Ashland. The lunch stop is at Ashland State Park. If the temperature is above 80 degrees, the park will be open for swimming, so bring a towel with your food. This ride is unusually historic since Ashland State Park was the destination for the first CRW ride 38 years ago.

**Start:** Caryl Park on Dedham Street in Dover

**Directions:** Caryl Park is about .5 mile northeast of the center of Dover on Dedham St. From Rt. 128/95, Exit #17 Rt. 135W (heading towards Needham). Needham Avenue (Rt. 135) becomes Dedham Avenue in Needham. At the first light, take a left on South St. After 0.6 mile, bear left to stay on South St. Do not go straight on to High Rock Road. Take a left on Chestnut St. at the

blinking red light. Go 0.3 mile and bear right as Chestnut becomes Dedham Street when you cross town line into Dover. Caryl Park is 2 miles from this point. You will see Mill Farm (White Barn) on the left side of the road. Right after the barn is Caryl Park/Noanet Woodlands Reservation on the left.

## Sunday Crack O' Dawn Ride

*Sunday - November 21*

**Times and Routes:** 9:30 for approximately 30 or 50 miles

**Ride Type:** Cue sheet and map

**Leaders:** Mel Stoler (617-277-5180, thestolers@rcn.com)

**Highlights:** Discover the famous route that attracts 20-30 riders every Sunday at 7 AM.

The Newton Tab had a feature article two years ago about this group of early morning riders, mostly from Newton and Brookline. The short route passes through Newton, Wellesley, Weston, Wayland, and Sudbury. The longer route includes a coffee stop at Starbucks in Concord. The terrain is rolling with one fairly steep (11% grade) hill for just 23 meters.

**Start:** Newton City Hall, 1000 Commonwealth Avenue

**Directions:** From Route 128, take Route 30 (Commonwealth Avenue) East toward Boston for about 3.5 miles. City Hall is on the right, and there is free parking in the carriage lane on the left.

## Bagels and A Buffalo

*Saturday - November 27*

See Nov. 14 description

## Willet's Pond Wayfare

*Sunday - November 28*

**Times:** 10:30

**Ride Type:** Cue sheet

**Leaders:** Eric Ferioli (781-235-4762)

**Start:** Wellesley High School - Beaver St. entrance.

**Directions:** From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). Turn right at Seaver St. (3rd right). Turn right at High School (across from Peck Ave). Narrow entrance - watch for cyclists and cars.

**A Cool Fall Century** - Continued from page 1

The riders were signed in by the shivering pre registration staff of Rita Long, Rosalie Blum and Barry and Linda Nelson. The thermometer said 42 degrees but in the early morning shade it certainly felt colder. Bagels from Bagels Plus in Acton were still warm for a little pre ride carbohydrate and the nice bananas that Barry and Linda lugged in were perfect for the jersey pocket.

We had all new water stop crews and both teams raised the bar for future water stop volunteers. Nina Siegel and Duane Roth stationed themselves at the 50 mile mark of the century ride. Wilton Animal Hospital kindly let us use their parking lot and water, as they have for several years. Team Robinson (in full uniform) were in Pepperell handling the onslaught of all 3 rides taking place that day, the 50, 62 and 100 milers. Thanks to Claire and Steve Robinson for doing such a great job there.

Larissa Hordynsky did her usual stellar job of supplying all of the food for the water stops and the post ride picnic. She and Linda Nelson spend the day before the ride stocking up so that no rider goes away hungry.

Our post ride crew was staffed by Robin Inman, Arnold Nadler and Dean Sturtevant. They were pretty whipped by 6PM after a day of signing riders in, making sure they got fed and rounding up any strays out on the road. Fran Goldstein was our new Day of Event Diva. This job is overwhelming and Fran handled it with style. Any glitches in the day fell on her shoulders and they proved to be broad ones!

This ride marks the end of my tenure as CRW Century Committee Chair. Susan Grieb has

agreed to assume this responsibility. Our centuries have grown from small affairs ending with a pool party at someone's house to a full blown event requiring a lot of volunteer effort. Please help make Susan's job easy by giving up an hour or two to help out with a 2005 century. This way the CRW

can continue to run the spring century, fall century and Climb to the Clouds with the amenities that we all like at a reasonable price. Thanks to all who helped me with all of these rides for the past 7 years. I have had a lot of fun and met a lot of great people at these rides.

## CRW in CYBERSPACE

There are two ways you can use your computer to interact with CRW, the mailing list and the web site.

### 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, including subscribers to online services as well as the academic and corporate users with internet access. To sign up to the mailing list, send an empty message to [crw-on@ameyer.org](mailto:crw-on@ameyer.org).

Once you've joined, to send e-mail to the list, address it to [crw@ameyer.org](mailto:crw@ameyer.org), everyone on the list will get a copy.

The volume of mail the list produces is low, but if you prefer, you can get each days messages stuffed into one mail message, the digest. To switch to the digest version of the list, send an empty mail message to [crw-digest@ameyer.org](mailto:crw-digest@ameyer.org).

To unsubscribe, send an empty e-mail message to [crw-off@ameyer.org](mailto:crw-off@ameyer.org).

### CRW Web Site

To access the World Wide Web location

for CRW information use the following URL address:  
<http://www.crw.org/> (all lower case).



# Candidacy Statements for CRW Board

**NOTE:** This year we are going to conduct the board elections electronically. To vote, go to the web page <http://crw.org/election.htm>. Enter your name as it appears in the membership database, and choose up to four candidates. If you have a family membership you can vote twice.

## DON BLAKE

My name is Don Blake. I reside in Bedford, MA. Have four children and six grandchildren. Although officially retired, I am now working a 24 hour week.

My bicycling interests are many and varied:

a. When I was younger I owned and operated the "Bedford Bicycle Shop". I gave up the business when I found that I could not combine bicycling as a vocation and as a form of recreation.

b. I am a life member of LAB (#294) and AYH, and a member of "MassBike".

c. Since the early '80 I have been involved in the Minuteman Bikeway and am a past Chairman of the Bedford Friends of the Minuteman Commuter Bikeway".

d. I am a bicycle commuter. For 22 years it was 18 miles each way but is now only four.

e. I have been Bedford Coordinator of pledge rides with the American Diabetes Association, and a Merit Badge Councilor for the Boy Scouts.

My reasons for seeking a position on the Board are:

I have been a member of CRW for 35 years, and Treasurer for many years. I have seen the "good times" as well as the "not so good." I can bring before the Board an active knowledge of our past history. The past, modified by the present can guide us in planning our future goals. Our financial position is strong, but to remain profitable in today's uncertain economy requires much study and determination. I believe that I can provide the Board with the necessary tools and knowledge to attain our future goals. Thank you.

## ERIC EVANS

Volunteering my time for CRW has been enjoyable and rewarding for me. I like sharing my interest of cycling with others in a constructive and social way. I have been a

If you prefer, you can mail your votes to:

Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730

Include your name and the names of the candidates you wish to vote for.

member for the past 5 years, a ride leader for an assortment of Saturday rides, and Co-Leader for the past 4 years to the popular Wednesday evening ice-cream ride. I believe I was instrumental in making this ride an ongoing success. For the past 9 months, I have been the VP of Finance. This position has given me the incentive to get more involved with the inner workings of the club, as I have had the opportunity to see where I can contribute more. I have the experience, insight, and enthusiasm to help CRW grow and reach out to the cycling community. As a Board Member I would be willing to accept the responsibility to make this a better club and to help achieve that with the necessary follow-up. Please consider my nomination to the Board. Thank you.

## LINDA NELSON

Hi, I am Linda Nelson and I am have been the CRW membership coordinator for three years. I process your renewals almost every day and transfer your checks to our Treasurer. Thank you for funding our last bike vacation. No seriously, I would like to continue to be the membership coordinator and also become a member of the CRW Board. I go to many of the CRW Board meetings to present membership concerns and we go on a majority of CRW rides (I am the stoker on the silver tandem). I am sure that you have passed us on the hills of Harvard!

## RAÚL RAUDALES

My name is Raúl Raudales. I have lived in Lowell for 18 years. After graduating from UMass Lowell with a graduate degree in Energy Engineering, my partner and I incorporated a research-oriented organization to promote sustainable ways of industrial production and international trade. With equipment manufactured in Lowell, we are promoting the use of solar technology to dry coffee throughout Latin America.

I have been bicycling practically all my life.

My wife and I have been members of the club for about five years. We have participated in numerous bike rides organized by the club: from short rides on Friday evenings, to the traditional centuries, rides to Quebec City.

I believe society needs more people bicycling. Presently, I am promoting bicycling riding in conjunction with programs sponsored by the Lowell National Historical Park. Based on informal conversations for the last two years with officials of the Park, The City of Lowell and other organizations, my conclusion is that a reactivation of the "Tour de Lowell" is an attractive possibility that will tap into existing synergies.

I see as one of the main roles of CRW the projection and promotion of the bicycling experience to the population at large to attract more people. I consider myself with potentially good and innovative ideas that can be developed within the scope of existing programs. Hopefully, this will create an inviting environment for new members.

## JANET TORTORA

I have been a CRW member for more than 3 years. Currently I am the secretary for the CRW Board of Directors. The secretary job had been unfilled for quite awhile. I took on the role because I felt that I could offer my time in exchange for all the time others had spent developing the CRW rides. I have benefited greatly from the online cue sheets and the CRW rides. I'd like to contribute more to the organization by becoming a Board member. While any CRW member can attend the Board meetings, only Board members can cast votes. I'd appreciate your vote!

Ballot for those who wish to mail their vote. Choose up to 4 candidates.

- Don Blake       Eric Evans  
 Linda Nelson       Raúl Raudales  
 Janet Tortora

\_\_\_\_\_  
Your Name as it appears in the membership database

Mail to: Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730

# Beyond the 11th - Cycling Forward

by Mel Stoler

In the late 1990's I wrote articles for WheelPeople about my fixed-gear riding experiences. I continue to do all my riding on a fixed-gear bike. I hope you enjoy the following story of a very special ride.

It all began back in April with a chance phone call from Susan Retik of Needham and Patti Quigley of Wellesley, who had heard that I might know of a bicycling route from New York City to Boston. Susan explained to me that on Sept. 11, 2001, her husband, Dave Retik, and Patti's husband, Patrick Quigley, boarded airplanes in Boston's Logan Airport en route to Los Angeles. Their planes were hijacked by terrorists and crashed into the World Trade Center in New York City. Both Susan and Patti were pregnant at the time.

They met a few months after that horrific day. Moved by the kindness of friends, family and strangers who sent flowers, food and cash, the support of the American Red Cross, the Salvation Army, the Massachusetts 9/11 Fund, as well as the financial support of the companies their husbands worked for, they created "Beyond the 11th," a nonprofit foundation to aid far less fortunate widows in another part of the world.

Patti and Susan were struck by how women, especially widows, were marginalized by the former Taliban regime and by Afghan society in general. They had no life insurance and often no money or property to help them carry on after their husbands' deaths. Not only does an Afghan widow not retain possession of her husband's property after his death, but also because 85 percent of all women in Afghanistan are illiterate and unskilled, most widows and their children are forced to beg just to survive.

They decided to mark the third anniversary of the attacks and raise money for Beyond the 11th by riding their bikes from Ground Zero, where their husbands' lives ended, to Boston, where their final journey began.

They needed someone who could train with them, be responsible for mapping out the 270-mile route with cue sheets, figure out where they would sleep each night, and ensure that they stay both on the route and on schedule to reach their destination safely each day. Along with the support of Bob Jenney from Wellesley, who offered his services as bike mechanic and driver, they



Patti, Mel and Susan

needed a domestique, or to more accurately define what I could offer them: the experience of a long-distance cyclist.

My love for cycling began 18 years ago when I signed up for my first Pan-Mass Challenge, a two-day, 192-mile annual fund-raiser benefiting the Jimmy Fund of the Dana-Farber Cancer Institute. In 2001, I rode a tandem bicycle solo in the PMC in memory of my 15-year-old cousin, Steven Teitelbaum, who lost a battle to cancer months before the ride. To date, I have raised more than \$63,000, including \$5,500 this year despite not being able to ride for the first time due to a broken clavicle and scapula (bicycle accident) less than four

**They decided to mark the third anniversary of the attacks . . . by riding their bikes from Ground Zero, where their husbands' lives ended, to Boston, where their final journey began.**

weeks before the event. In the mid 1990s, I began to cycle with friends and joined the Charles River Wheelmen. (My introduction to group riding and pacelines began with Peter Knox on Tuesday Evening Fitness Rides.) I led the South Shore Coastal Loop Fitness Ride for several years with Ted Lewis and I continue to do the Saturday Morning Fitness Rides whenever I can. Not long after I joined CRW, I began riding regularly with the Crack O' Dawn [www.crackodawn.com](http://www.crackodawn.com) who have organized rides every day of the week, including weekday rides leaving from Newton at 5:45 a.m.

In the late '90s, I began doing endurance

rides that culminated in the successful completion of Boston-Montreal-Boston, a 1,200-kilometer (750-mile) ride that I completed in 83 hours and 3 minutes. I've cycled many times to New Haven, Conn., to celebrate Passover with my extended family, as well as to Camp Becket in the Berkshires to spend Dad's Weekend with my sons. A favorite of mine is CRW's very own Tour of New England (TONE), a three-day, 350 mile (give or take year-to-year) ride covering all six New England states held every Memorial Day weekend, rain or shine. TONE ride leaders during my tenure include Jamie King, Gerry Goode and Walter Page. I've biked from Puerto Vallarta to Zihuatanejo, and I've been to Arizona twice to ride in the mountains, once with PAC Tour Desert Camp and the second time with transplanted member (in good standing) Gerry Goode. Last year, I rode 350 miles from the outskirts of Tel Aviv to Eilat to raise money for the Arava Institute in Israel. I also did the Boston to New York Aides Ride four years back in the 90's.

With these credentials, I felt qualified for the job and offered to not only help with the route but also train and ride with them. We rode whenever we could match up our schedules and exchanged frequent e-mails to ensure they were getting in the miles. I introduced Susan and Patti to the Mellow Monday rides led by Dave McElwaine and the wonderful CRW rides through Newton, Needham, Dover, Medfield, etc. I worked on the route and arranged with my wife's cousins in New Haven and Pomfret Center, Conn., to have us as their guests on route to Boston to keep the costs of the ride minimal. Barry Nelson, past CRW President, spent many hours developing cue sheets using his specialized software.

Our extraordinary ride began on Thursday, Sept. 9. Both Susan and Patti, who joined CRW this summer, worked hard each day to cover the distance despite the difficult hills and aches and pains from long days in the saddle. Their first priorities were always to their fund-raising goal of \$100,000, giving interviews via cell phone, meeting camera crews and reporters at lunch stops and even a live satellite hookup with CNN at my cousin's house. On Day 3, soon after we

Beyond the 11th - Continued on next page

# Take a Bow

CRW would like to thank all the 2004 ride leaders for another successful season of riding. Listed below are the names of the 119(!) people who have served as leaders. It includes over 20 Wednesday Wheeler leader, 15 recurring ride leaders, 7 Intro se-

ries ride leaders, plus leaders of winter, urban and weekend rides. If your name is not on this list, consider making a contribution next year so that CRW can keep on rolling.

Here's a big THANKS to:

John Allen	Mark Dionne	Charles Hansen	Harry Manasewich	Eli Post	Joe Tavilla
Althea Angel	Julie Dodd	Tom Hawkins	Steve Mashl	Daniel Rabinkin	Rich Taylor
Bob Apsler	Tim Dodd	Bill Henke	Cindi Mason	Chris Randles	Chris Tweed
Dick Arsenault	Jennifer Dodge	Steve Hoffenberg	Dave McElwaine	Joe Repole	Richard Vignoni
Mike Barry	Jack Donohue	Betty Hoffman	Don MacFarlane	Tod Rodger	David Walker
Al Bolea	Bob Dyson	Bruce Ingle	Judith McMichael	Coleman Rogers	Dan Walsh
Andy Brand	Connie Farb	Larry Isaacson	Diane Meuser	Duane Roth	Pat Ward
Peter Brooks	Eric Ferioli	Goeller John	Andy Meyer	Jacek Rudowski	Sarah Weaver
Susan Broome	Bill Fine	Jeanne Kangas	Janet Cochran	Susan Sabin	Elizabeth Wicks
Jim Broughton	Dottie Fine	Michael Katin	Miller	John Sales	Bill Widnall
Mike Byrne	Ed Foster	Steve Kolek	Keith Miller	Joanne Samuels	Sheila Widnall
Ann Callanan	Ed Glick	Fred Kresse	Fred Mueller	Bob Sawyer	Lisa Wilk
Dana Chandler	John Goeller	Irving Kurki	Arnold Nadler	Bill Scott	Ann Williams
Paul Corriveau	Jerry Green	Rick Lawrence	Barry Nelson	Mark Sevier	Ken Zaniewski
Mike Counihan	Winslow Green	Greg Lee	Linda Nelson	Nina Siegel	Jean Zaniewski
Jenny Craddock	Nancy Greenhouse	Andree Lerat	Sander Nydick	Ken Skier	Bob Zogg
Ed Craddock	Justin Haber	Rita Long	Kelly O'Connell	Ann-Marie Starck	Charlie Learoyd
John Dacey	Ken Habling	Melinda Lyon	Ron Pawlowski	Martin Sterman	Jean Orser
Linda DeNering	Ted Hamann	J Mark	Jim Pearl	Mel Stoler	Selig Saltzman
Wes DeNering	Mike Hanauer	Bob Maselek	Butch Pemstein	Jim Sullivan	

Beyond the 11th - Continued from page 8

entered MA from RI, CRW members, Barry and Linda Nelson on their tandem, Coleman Rogers (Wednesday Evening Master's Ride leader) and John Brock met us to escort us in. Two-hundred other cyclists, representing the number of New England victims of 9/11, many of them family and friends of Susan and Patti, welcomed us in Dover, and together we all rode the final 28 miles to Boston, stopping at the homes of Susan and Patti along the way. On Sept. 11, 270 miles later, Susan and Patti finished the trip that had ended for their husbands three years ago.

As much as Susan and Patti appreciate what I did for them in preparation for the ride and while we were together around the clock for three days, I'm the lucky one to have been able to be with these two very special women and to have been a part of their amazing effort to help others in their circumstances who are far less fortunate.

Donations to Beyond the 11th can be made at [www.beyondthe11th.org](http://www.beyondthe11th.org).

Slide Show - Continued from page 1

Pyrenees, and continued across northern Spain to Santiago de Compostela, where the remains of Saint James supposedly rest in the cathedral. We went on to Finisterre at the far western edge of Europe (and until the middle ages considered the end of the world), and the destination of even more ancient pagan pilgrimages.

This was a self-organized and supported trip, providing us with a rich historic and cultural experience, not to mention splendid scenery and the warm Spanish people we encountered. After climbing the Pyrenees we were soon cycling across la Meseta, the large plain which supplies much of Spain's food, and where the rain does not fall - at least thankfully not when we were there; we were also very fortunate to have strong tailwinds for these two days. We had scheduled free days in Burgos and Leon to explore their magnificent cathedrals and fascinating "old quarter" neighborhoods. The tour ended with hilly riding in verdant Galicia,

considered the Ireland of Spain, where the rain does indeed fall.

Charles will show (the best of) his slides from this journey at the house of Jerry Green (781 862-5971) in Lexington at 7:30 PM on Sunday, October 31 (costumes optional).

Directions:

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

From I28 take rt. 2A exit into Lexington. Go on rt. 2A about 4 miles to 2nd traffic light. Then straight ahead onto Winchester Drive. House .4 mile on left.



## Little Jack's Corner

by Jack Donohue



Some years ago we moved from a fairly small house in Malden to a much larger house in Bedford.

In keeping with the law of physics that stuff expands to fill the space available, my stuff did. It was like a supernova explosion, things that had previously had a very specific home scattered to vast uncharted regions of the new Donohue nebulae.

Lately, I've started the consolidation phase, aimed mostly at putting like things together. The premise of this is that rather than having five boxes of cycling shorts scattered in unknown parts of the house, it's better to have one giant box, that you have to disembowel over most of the spare room to find a specific pair of shorts you are looking for.

There are still as yet undiscovered caches of stuff around the house, and there probably will be until the archeologists have had twenty years or so to sift through it.

I recently uncovered one such stash. It was actually in the top drawer of my dresser. In a previous existence, this had been designated for socks, headbands, and assorted cycling accessories. Over the years, the socks and

headbands had migrated downstairs, to join all the other cycling gear. Downstairs is my staging area, where I assemble my ensemble for the morning commute, so I rarely get dressed in the bedroom any more, except on those rare occasions when I have to look like a normal human being.

So the top dresser drawer hadn't been visited in quite some time. I found some interesting items there. First there was the powder blue pair of tights. These were actually runner's tights, and probably designed for a lady, but as you all know I'm not picky if the price is right. Then there were the two mesh back cycling gloves. They were different brands, of course, which wouldn't have fazed me, except that they were both right hand gloves. Got to draw the line somewhere.

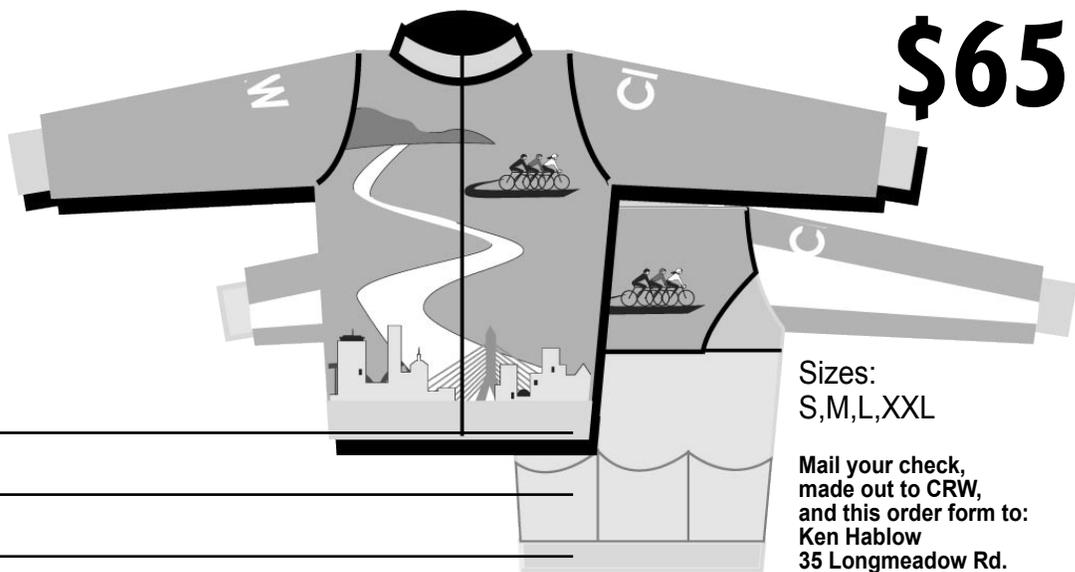
Then there was the jar of chamois fat. A little history here. The shorts padding currently sold as chamois isn't actually. Real chamois, which is also used to wash your car if you're a fanatic, is made of animal hides, and consequently requires a bit more care than the occasional washing. All of my shorts with real chamois from the old days have converted themselves into chamois shields, and slathering ten year old grease on them would probably end up looking like chamois

shields covered in Vaseline. But I just can't bring myself to throw the stuff out.

I did find something that was actually useful. Many years ago, Performance sold replacement padding for cycling shorts (the mock chamois kind). I bought a pair, thinking that someday my chamois would wear out. And so it happened to my winter commuting shorts. My winter commuting shorts were basically summer commuting shorts that had become too threadbare to be worn in public (Mark, take heed), but were Ok concealed under several other layers. This pair had seen several seasons beyond normal obsolescence and the padding was now attached to the lycra in very few places. So I had two choices, sew the padding back or retread it, and since I had this fine padding that had been looking for a *raison d'être* for so many years, I decided it was time to use it. Worked pretty well except that I kind of screwed up the sewing and some bits are attached to other bits they shouldn't be (I think the British call this "having your knickers in a twist").

Now if only I could find a use for all the other stuff ..

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# September Mileage Totals

2 4 4 9 6 8

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	12423	6	5	5	Janet Tortora	3576	5	2	-	John Allen	1559	-	-	-
Rick Gowen	10488	8	8	7	Don Mitchell	3567	6	1	-	Ted Hamann	1435	-	-	-
Tod Rodger	8862	9	4	6	Nancy Marchand	3527	5	2	1	John Springfield	1395	2	3	-
Robin Schulman	8317	6	3	4	Bob Sawyer	3404	2	-	-	Cynthia Zabin	1362	-	-	-
Glen Reed	7558	7	5	3	Ed Sullivan	3335	4	2	-	Sherry Lyons	1350	-	-	-
Paul Hardin	7528	8	2	5	Joseph Tavilla	3321	2	-	-	James Breeling	1160	1	1	-
Jack Donohue	7440	-	-	2	Gary Smiley	3141	3	-	-	Rich Whalen	1133	-	1	-
Irving Kurki	7058	8	6	3	Gabor Demjen	3066	3	3	-	Susan Grieb	1122	-	-	-
Don MacFarlane	7004	9	2	3	John Campbell	2928	4	2	-	Jeff Luxenberg	1052	-	-	-
Jim Krantz	6933	6	4	3	Walt Drag	2918	6	3	-	George Caplan	1029	-	-	-
Steve Robins	6860	-	-	-	Otto DeRuntz	2620	4	4	-	Elliott Morra	1000	2	1	-
Bruce Ingle	6557	3	-	-	Doug Hartley	2549	10	3	0	John Kane	555	-	-	-
Richard Dweck	5703	5	2	2	Bill Widnall	2529	2	3	-	Jim Broughton	514	-	-	-
Butch Pemstein	5309	-	-	-	William Lane	2424	-	-	-	Jamie King	380	1	-	-
Cory Lovett	5134	3	1	-	Rich Biegun	2287	4	-	-	Jared Luxenberg	99	-	-	-
Peter Knox	4780	5	4	2	Lisa Weissmann	2279	6	1	-	Mike Hanauer	93	-	-	-
Andrew Brand	4642	5	4	-	Cynthia Snow	2260	3	1	-					
Mike Kerrigan	4619	6	2	1	Marc Webb	2009	8	-	-					
Edward Boches	4420	7	1	-	Ed Hoffer	1961	-	-	-					
Peter Brooks	4279	8	6	-	Bill Hanson	1960	1	-	-					
David Wean	3930	3	-	-	Dan Pratt	1783	4	-	-					
Frank Aronson	3910	6	3	-	Henry Marcy	1777	1	1	-					
Dick Arsenaault	3763	1	1	-	Craig Weiner	1749	4	-	-					
Joe Repole	3722	9	9	-	Greg Tutunjian	1724	1	-	-					
Doug Cohen	3652	5	1	-	Elaine Stansfield	1704	3	1	-					
Ken Hablow	3650	3	1	-	Jim Goldman	1590	-	-	-					
Nick Linsky	3634	3	2	-	Lyn Rodger	1567	5	-	-					

### 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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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 \_\_\_\_\_

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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.

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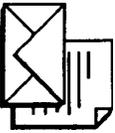
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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:

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|---|---|---|
| <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.