

# Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIX, Number 4 · April, 2005

## Tag Sale at the Spring Century

The Spring Century is coming and this year it will have the added attraction of a tag sale (due to the demise of the Big Event). So tag up your stuff and come to the Spring Century in Wakefield, May 15. What can you sell there? Anything (so long as it's legal). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, a computer modem and a stereo receiver. Just remember, it is the responsibility to the owner to pick up

Tag Sale - Continued on page 10

## Who is That Masked Rider?

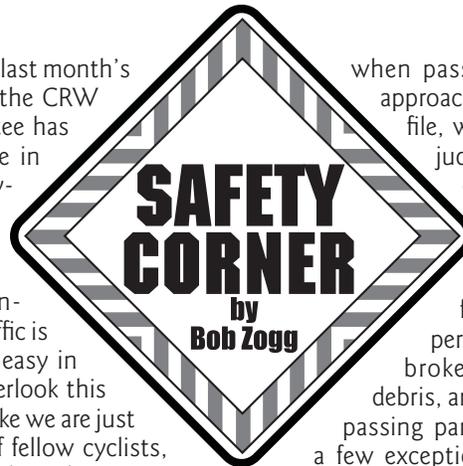
No, no, it's not a mask, it's the new CRW balaclava! This winter essential, for riding, skiing, or any cool weather activity fits under a helmet and keeps head and neck warm. A stylish CRW logo embroidered on the neck shows your club spirit while you stay comfortable. The balaclava is this year's gift to club members who contribute to CRW by leading a ride in 2005. As a ride leader, you also earn an invitation to the annual ride leader party.

Masked Rider - Cont. on pg. 9

## Riding Single File

As mentioned in last month's Safety Corner, the CRW Rides Committee has made riding single file in traffic our top safety-related priority for 2005. It is particularly important that we ride single file whenever motor-vehicle traffic is present, but it's very easy in our group rides to overlook this responsibility. It feels like we are just riding with a group of fellow cyclists, having a good time, and minding our own business. What could be wrong with that? Well, it's important to single up in traffic for several reasons:

- It's courteous. With a small effort on our part, we allow motorists to overtake us more quickly and easily;
- It's safer. Singling up allows approaching motorists to see ahead better, so they know whether it's safe to pass. Some will try to pass even if they can't see properly. If oncoming traffic appears while a motorist is passing, the motorist will invariably pull to the right, potentially side-swiping the cyclists in his/her path; and
- It's the law. In Massachusetts, cyclists are required to ride single file, except



when passing. When a motorist approaches and we are not single file, we are wrong. There's no judgment call here—we are doing something illegal.

For many of the same reasons, it's also important that we ride as far to the right as safety permits (i.e., while avoiding broken pavement, roadside debris, and the "door zone" when passing parked vehicles). There are a few exceptions to the "keep right" guideline. A cyclist should move to the left side of the lane when preparing to make a left turn. Also, a cyclist should occupy the lane of travel (by riding in the middle of the lane) when:

- Riding at the speed of traffic (for example, when descending a steep hill or in heavy traffic); or
- It's unsafe for a motorist to pass (for example, when on a narrow road with traffic approaching from both directions).

There are many reasons why we fail to single up in traffic. Sometimes we simply aren't paying attention. Any time that we are not riding single file and to the right, it

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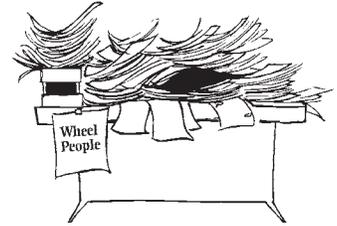
The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, 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

## 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.

### BOARD OF DIRECTORS

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Membership Coordinator	Linda Nelson	617-964-5727
	Larissa Hordynsky	617-527-5620
Membership Information	Keith Manning	781-643-4628
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Special Projects Coordinator	Marty Weinstock	617-491-6523
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Bike Shop Program	Suzi Melotti	617-247-3405
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Social Committee Chair	Ed Glick	978-250-1883
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Intro Rides	Jenny Craddock	617-332-4098
Century Committee	Susan Griebel	781-275-3991
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

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

### INTERNET STAFF

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

## 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			

is incumbent on us to be particularly alert to approaching traffic—especially traffic approaching from the rear. This requires frequent checks, either with a rear-view mirror or by glancing back. (Practice in a safe area until you can glance back while maintaining your line of travel.) Motorists tend to approach quickly, so act promptly (i.e., don't wait to finish your sentence). Cyclists near the back of the group can help by calling out "car back" whenever a vehicle approaches. Other cyclists should relay the call up the pack, since those further ahead may not hear the original call. However, each of us is responsible for checking traffic, rather than relying on others to watch for us. We should stay single file whenever there is a fairly regular flow of traffic.

Sometimes we are simply doing what everyone else is doing (AKA, "the herd instinct"). We may subconsciously assume that there is nothing we need to do just because no

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**it's also important that we ride as far to the right as safety permits**

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one else seems to be reacting. Recognize our innate tendency to do as the group does, rather than making decisions for ourselves, and take steps to avoid it. Keep your eyes moving, take in the big picture, and take action when circumstances dictate.

There's another reason why some riders don't single up. Some don't care too much about being courteous to motorists. This isn't hard to understand. We've all experienced motorists' discourteous acts, many of us have had close calls, and some even injured, as a result. Why should we extend courtesies to those who can be so discourteous to us? As the old saying goes, you can catch more flies with honey than with vinegar. Being discourteous to motorists simply encourages them to be discourteous to us. From their perspective, why should motorists extend courtesies to those who can be so discourteous to them? On the other hand, when we make a highly visible, courteous gesture (such as promptly signaling up), we send a very clear and positive signal. We are doing our part to share the road, and we are inviting motorists to do the same. Since most of us are both cyclists and motorists (but most motorists don't cycle), we have a distinct advantage in being able to empathize with the other. Let's use this advantage, along with our intellects and our character, to take the initiative in improving motorist/cyclist relations.

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

# CRW Board Meeting Minutes



March 1, 2005

**In Attendance:**

Board Members: Andy Brand, Connie Farb, Don Blake, Raul Raudales, Janet Tortora, Barry Nelson, Bill Widnall(ex officio)

**Minutes (Janet Tortora)**

Minutes from the February 1, 2005 meeting were approved.

**Reports of Officers, Coordinators, and Standing Committees**

CRW Executive Vice President, Barry Nelson presided over the meeting in the absence of President Eric Evans.

**Treasurer's Report (Don Blake)**

Don presented the Treasurer's Report for February. The expenses were normal. The biggest expense is the insurance through LAB.

**Membership (Linda Nelson)**

Linda Nelson reported the membership numbers for January 2005: 994 current memberships: 1193 current members, 11 expired members, 6 new members, 16 renewed members

**New Business**

**MassBike and CRW Cross-membership Proposal**

The CRW members present discussed the email sent by Mike Lydon, Director of Fundraising for MassBike, to CRW Membership Chairman, Linda Nelson. The email suggested that CRW and MassBike formulate a cross-membership option that would simultaneously give someone a MassBike and a CRW membership possibly at a discounted rate. After much discussion, the Board expressed a position that more details would be necessary before a final decision can be made. The following details are needed:

- would this option be open only to new members
- if it's open to all members, then how do we address the different expiration dates if people have memberships in both groups already

- how would the CRW waiver be handled with an online registration
- what about renewals

**Ride Leaders/Volunteer Party**

Jack Donohue will extend an invitation to the volunteers as well as the ride leaders.

**Other Business**

The CRW email list generated some discussion re the solicitation of donations for charity rides. The Board has stated the CRW policy on the website, so no action was taken on this item.

The next Board Meeting will be held on April 5 at 7:30PM at the United Church of Christ, Lexington.

Respectfully submitted,  
Janet Tortora  
Secretary

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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.

## Wednesday Fitness and Masters Ride\*\*

**Times:** 6:00 PM Sharp! for routes of 23, 28 or 33 miles. Starting April 6.

**Description:** This Fitness Ride offers you the opportunity to ride with others in a pacerline 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 [colemant@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! Starting Thurs. April 21.

**Description:** The shorter rides wind through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride between 14 and 20 mph. We conduct an introductory pace line clinic to teach safe group riding skills. We'll start around 15 mph and pick up the pace as the season progresses.

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

**Leaders:** Rich Taylor (781-981-3866-days; 978-287-4921-even)

**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 starting April 29

**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 a group going out for dinner and/or ice cream after the ride. Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

**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 [jcrandles@comcast.net] (617-969-2545)

**Start:** Nahant 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 Nahant Park on Winchester St. Don't go there!)

## Sunday Morning Fitness Ride - South Shore Coastal Loop\*\*

**Times:** 7:00 AM (Yikes!) starting April 10

**Description:** This ride combines shady, quiet

roads with beautiful vistas along some of the most scenic coastline on the South Shore. You'll find that the effort to get up early enough to leave promptly at 7 will be paid back by having a great ride with little traffic, and you'll be home in time to cook omelettes for Sunday brunch! The SSCL will take place every week, weather permitting. The 37-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. The 50-mile ride adds a loop to Pemberton Point in Hull, with its magnificent views of Boston Harbor from under the windmill, where we regroup! An ideal ride for fast to moderate riders with paceline experience or a desire to learn.

**Routes:** Rides of 37 and 50 miles. Arrowed,

cue sheets available.

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

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

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

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



# April 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.

## TGIF/TGIS ride

*Saturday - April 2*

**Times and Routes:** 9:00 for 55 or 10:00 for 30 miles

**Ride Type:** Arrowed ride, cue sheets available

**Leaders:** Daniel Rabinkin (781-275-2391, rabinkin@ll.mit.edu) and Paul Hardin (978-454-4744, hardin-p@comcast.net)

**Highlights:** We'll retrace the TGIF ride for the 30 mile option. This ride goes through the back roads of Bedford, Concord, Acton, Carlisle, and Chelmsford. The 55 mile option will add an extension through Stow, Harvard, and Littleton. We'll stop for food in Harvard. The route is on shady rolling terrain with as little traffic as we can find inside 495.

**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 (exit 31B) from 128 through Bedford Center. Go past Bedford Town Green - make a left onto Mudge Way after green. The parking lot is behind the Library.

## Bolton Opener

*Sunday - April 3*

**Times:** 10:00 AM and 1 PM for 43 or 29 miles

**Ride Type:** Map, Cue Sheet, maybe arrows

**Leaders:** Tod Rodger (978-456-8654 before 9PM)

**Highlights:** NOTE TWO START TIMES! Enjoy the early Spring in the rolling countryside of Stow, Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir. 43 and 29-mile rides on quiet scenic roads with a stop at Bolton Orchards for cider, donuts, etc.

**Start:** South Acton "T" station, Central Street @ Route 27 (The parking meters are not active on weekends.)

**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 wheat-yellow colored Acton Music Center on the corner.

## Western Suburban Ride

*Saturday - April 9*

**Ride Type:** cue sheet and map

**Times and Routes:** 8:30 for 30 or 45 miles

**Leaders:** Linda and Barry Nelson (617-964-5727 before 9 PM) [BarryNelson@alum.MIT.edu]

**Highlights:** We take serene and lightly traveled back roads through the low income

neighborhoods of Wellesley, Weston, Wayland, Sudbury, and Lincoln. The long ride adds Concord.

**Start:** Auburndale commuter rail station parking lot. Urban members without cars can take the commuter rail from South Station, arriving at the Auburndale stop at 8:12. See [http://www.mta.com/traveling\\_t/schedules\\_commuter\\_linedetail.asp?line=framingham](http://www.mta.com/traveling_t/schedules_commuter_linedetail.asp?line=framingham)

**Directions:** From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd.

## Willett's Pond Wayfare

*Sunday - April 10*

**Times and Routes:** 10:00 for 42 miles and 10:30 for 20 miles

**Ride Type:** Map and cue sheet, maybe arrows

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

**Highlights:** Recycled GEAR ride and then some. Short ride goes through Wellesley, Needham, Dover and Westwood. Long ride adds Walpole, Norwood and Sharon.

**Start:** Wellesley High School

**Directions:** From Rt. 128 Exit 21-22, Rt. 16 West towards Wellesley. Go through Welles-

ley Hills past clock tower on right. Continue on Rt. 16 through intersection at lights of Forest St (on left) and Rockland (on right). Take next left at green sign for school (about 500 ft) onto Rice St. Continue to school. Parking lot is just past school, entrance to lot is at the far end of the lot.

## Battle Road Tour

Saturday - April 16

Times: 9:30 for 25 miles. (Please arrive at 9:15 for instructions.) We will finish early to mid-afternoon.

Ride Type: Follow the Leader.

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

Highlights: We will ride the route the British took on April 19, 1775, when they marched to Concord in search of military supplies,

thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from one of the stores in the center.

Start: The Minuteman Statue on the Lexington Green in Lexington Center.

Directions: From route 128 take Exit #31 east (Rts. 4 & 225) 1.7 miles to Lexington Center. Park in the surrounding neighborhoods and bike to the start. Rain Cancels.

## New Old North Andover Ride

Sunday - April 17

Times and Routes: 10:00 for 26 and 18 miles (or 44 combined)

Ride Type: Arrowed

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

Highlights: The medium ride travels through the lakes and farms of No. Andover, Boxford, Georgetown, Groveland, and Haverhill. The lunch stop is in Boxford Center. The short ride combines a trip through Harold Parker State Forest with a tour of the Victorian neighborhoods around Phillips Academy.

Start: North Andover Green, corner of Andover St. and Massachusetts St., North Andover.

Directions: Rt. 93 North to Exit 41, Route 125 North (toward Andover). Bear left where Rt. 125 joins Rt. 114 and take a right before the Bertucci's at the next light. Take a right at

## The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 15, 2005

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

### START -Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.

Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1½ miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is ¼ mile on the left.

Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

**TIMES** - 8:00 - 100 miles *Full Century* (NOTE NEW START TIME)  
 9:30 - 62 & 50 miles *Metric & Half Century*  
 10:30 - 25 miles *Quarter 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
- ▶ Bicycle Bozo's infamous tag sale
- ▶ After ride gala including our usual array of food & general camaraderie.
- ▶ CRW water bottle for all entrants
- ▶ Technical and mechanical support by **CycleLoft**  
*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 May 9, 2005*

*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

the next light and follow to the Green. Park on the left side of the Green only.

## Whitehall Warmup

Saturday - April 23rd

Times and Routes: 9:30 AM for 34 or 24 miles

Leaders: Fred Mueller (508-485-7476)

Ride Type: Cue Sheet and Arrows (some a little weathered)

Highlights: Same ride as my winter ride "Whitehall Whiteout" at a more reasonable temperature. Starting from Framingham Center Common, we will pass through the centers of Ashland, Hopkinton, and Southboro on mostly back roads including a loop around beautiful Whitehall reservoir. A few hills will remind you what it means to ride a bike. Every town center features a venerable spot to stop to get a bite to eat.

Start: Old Framingham Town Hall @ Framingham Center Common (this is not the current Town Hall near the Commuter Rail downtown).

Directions: From Boston: MA Pike to exit 13; 2 miles on Rte 30 West to Rte 9 West; 1 mi. to "Framingham/Southboro Rt 30" (green sign) ramp; Right on Edgell Rd; 300 ft. to left @ Old Town Hall/Common. From West: MA Pike to exit 12, Rte. 9 East 2 mi. to "Main St./Edgell Rd." (green sign) ramp; Left on Edgell/Main St.; 500 ft. to left @ Old Town Hall/Common.

## Hills to Hopedale Partway

Sunday - April 24

Times and Routes: 9:30 for 47, approx 35, and 20 mile options

Ride Type: Arrowed with Map

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

Highlights: Scenic, little-used roads through Hopkinton, Upton, and Hopedale. Hilly ride and few places to buy food.

## WELCOME NEW MEMBERS

Michael Moore	Newburyport
Victor Acosta	Boston
Cara Protzko	Charlestown
Karen Young,	
Jess Liborio	Jamaica Plain
Brian Ferrick	Medford
Barry Petzold	Melrose
Ron Morrissey	Randolph
Ted Richard	Auburndale

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

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

## A Serene Ride

Saturday - April 30

Times and Routes: 11:00 for approximately 17, 25 & 45 miles

Ride Type: Map and cue sheet

Leaders: Michael Aarons(508-651-9259, mikea@pixelmonkey.com)

Highlights: The routes travel the serene and charming back roads in Dover and Sherborn that have light auto traffic. Mostly rolling with three steep climbs that are very short. Lunch stop at C&L Frosty.

Start: Dover-Sherborn Regional High School  
Directions: From I-95/Route 128 take exit 16B. Take route 109 West about 7 Miles to Medfield Center. Go right at traffic light with

Mobil station on the corner onto North St. If you come to the intersection with Rte 27, you've gone too far. Go 0.8 mi. on North St. and stay right at triangle. In 0.9 mi. bear left onto Farm St. In 0.8 mi. make a left onto Junction St., 2.5 miles total from the Mobil station. The High School and parking lot are on your right.

## Harvard Hill Climb

Sunday - May 1

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

Ride Type: arrowed with cue sheet

Leaders: Patrick Ward (patrick.g.ward@intel.com) and Rita Long (781-899-9177, RitaCLong@comcast.net).

Highlights: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop that includes Lancaster.

Start: Holographics parking lot, Taylor Road, Littleton.

Directions: Take Route 2 West to Exit 39, 1/4 miles west of the I-495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first possible right into the company parking lot. Go around to the back of the building and park up near Taylor Road. Or take Fitchburg commuter rail line to 495 stop. First train arrives 9:36.

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# CRW Trips

## 30th Annual Tour of New England

May 28 - 30, 2005

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA, then it goes through RI and CT, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover, NH. On the third day we return to MA via ME and the seacoast of NH. Mileage the first day is about 150 and about 100 the second and third. Last year a contingent decided not to venture south to RI and CT making it the Tour of Northern NE but reducing the first day's riding to about 100 miles. People who want to do this shorter route are completely welcome. There is one official starting point for the ride Lincoln, MA. Many of the veteran riders start at their own houses and meet us on the route.

On the first day most of those riding stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Spofford NH fire department runs an all you can eat breakfast for \$6. Spofford is about 8 miles from the motel in Brattleboro. It is on the route to the motel in Dover. The motel has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA and stop

for lunch in Amesbury, MA. Upon finishing there will be a pizza party in Lincoln.

The cost of the ride is \$99. Please make checks out to the CRW. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a detailed cue sheet and pizza at the end of the ride. This is a hard tour at 100+ miles each day. There is bag transport but no sag. Be prepared!

Participation is limited to the first 34, so please sign up early. Registration and/or questions to: Walter Page, whpage@comcast.net, 781-259-8598.

## 34th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 24-26, 2005

Join us for this classic Vermont tour, biking 100 miles from a hostel in White River Junction to a B&B in Waitsfield on Saturday, and returning on Sunday. This is a tour, so expect some serious climbing (sometimes over 10% grade), wide-ranging weather (cold rain to hot and humid), and varying traffic conditions. Travel through quaint Vermont towns, passing by farms, eateries, ski areas, and the Green Mountains. To enjoy this tour make sure you can bike 100 miles in less than 8 1/2 hours. Helmets are required.

Cost of \$100 covers Friday night lodging at the hostel, Saturday night lodging at the B&B, Saturday dinner, Sunday breakfast, T-shirt, patch, map, cue sheets, and baggage transport. You are responsible for all other food along the way. Strictly limited to 30 riders.

For info and registration form, send self-addressed stamped envelope to John Spring-

field, 37 Parker Street, Newton MA 02459. Email: spring6@comcast.net. Phone: 617-510-7336.

## Velo Vermont

July 22-24, 2005

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont. We'll be staying at an inn in Warren, Vermont with swimming pool and hot tub. Accommodations are two person units, with bedroom, living area, kitchenette and balcony.

Saturday and Sunday riders can choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben and Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$115 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone. Call after that for last minute availability. Make checks out to Charles River Wheelmen, and send an email address or SASE to:

Velo Vermont - c/o Jack Donohue  
26 Fox Run Road, Bedford, MA 01730-1104

We will send out a poop sheet with information before the trip. For information email or call:

Jack Donohue and Susan Grieb  
jmdonohue@alum.mit.edu  
781-275-3991 (before 9 PM)

## Hanging In Honor Roll for 2004 - Revised

Due to an editorial blunder, every one on the list got the number of years bumped up by one. This has been fixed, and the real numbers are below.

Name	Years	Average	Total
Melinda Lyon	20	15454	309086
Jack Donohue	23	10126	232905
Robin Schulman	17	7864	133694
Gerald Goode	14	8865	124113
Paul Corriveau	14	8675	121449
David Jordan	15	7266	108997
Mike Kerrigan	11	9159	100747
Glenn Ketterle	17	5899	100278
Ken Hابلow	14	6857	95999
Jamie King	21	4553	95612
Peter Knox	13	7320	95162
Joseph Repole	19	4857	92283

Name	Years	Average	Total
Bob Sawyer	18	5080	91431
Bruce Ingle	10	8979	89785
Jean Orser	10	7349	73489
Peter Brooks	13	5285	68709
Edward Hoffer	15	4471	67071
Michael Hanauer	23	2835	65202
Kenneth Hjulstrom	18	3398	61162
Irving Kurki	10	5576	55764
John Kane	25	1961	49028
Jeff Luxenberg	24	1989	47732
David Wean	8	5166	41326
Elisse Ghitelman	17	2405	40890
Doug Cohen	10	4041	40410
John Allen	17	2369	40276
Dick Arsenault	7	5278	36946
Susan Grieb	19	1767	33579

Name	Years	Average	Total
Bill Widnall	7	4773	33410
John Springfield	25	1183	29567
George Caplan	23	1268	29169
Jim Goldman	10	2661	26607
Ted Hamann	8	2814	22510
Bill Hanson	8	2719	21754
John Loring	11	936	10300
Tracey Ingle	10	651	6508
Tom Rodger	5	9804	49020
Cynthia Snow	5	2371	11855
Cynthia Zabin	5	1350	6752
Jared Luxenberg	18	232	4181
Jacob Allen	12	259	3113
TOTAL	14	4777	2767871

# Cycling through Vietnam

by Ed Hoffer

This winter has not been kind to recreational cyclists, but my wife and I found a fascinating alternative to staying indoors and cursing the snow: we spent three lovely weeks cycling in warm and friendly Vietnam. We had never been to Asia, and wanted a place with adequate infrastructure for a pleasant sag-assisted cycling vacation. Through serendipity and Web-surfing, I found VeloAsia, a California-based company that specializes in cycling vacations in Southeast Asia.

We flew to Hanoi, where we learned the "rules of the road." It has been aptly said that the only rule of the road in Vietnam is that the largest vehicle has the right of way. We also discovered that economically recovering Vietnam is overrun with motor bikes, which dart every which way, hooting their horns and missing each other through a combination of skill and luck. We actually got lessons in how pedestrians need to cross the busy downtown streets! (You walk at a steady pace, not looking left or right, and they will avoid you!)

After a few days sightseeing in Hanoi and kayaking in beautiful Halong Bay, we flew to Hue where we began our cycling trip. VeloAsia offers group trips, all guided and sag-supported, which cover quite a bit a ground, mostly on the main roads. We opted instead to cycle the small back roads, where motor vehicles were much less common and where we could stop for photo ops and meeting the locals in a stress-free environment. Vietnam is a beautiful country, with a long coast line along the South China Sea with gorgeous beaches. The country-side is rural, with many pagodas. While we had some trepidation about how we would be greeted as Americans, we met nothing but friendly faces. In the small towns, which clearly saw few tourists, every small child in the village would run and shout Hello and try to "high-five" us. The hotels were excellent and the food good and cheap - an ample restaurant meal went for \$2 to \$3 if you avoided wine.

While much of the country is flat, there is ample opportunity for climbing if that is your thing. We climbed a very steep pass on the way from Hue to Nha Trang, and there is another long challenging climb on the way up to Dalat in the highlands.

The weather varies with the latitude, as Vietnam is a long thin country. Hanoi was cool, in the 60's when we were there in early January, and by the time we reached Ho Chi Minh City (Saigon) it was in the 80's. Dalat, where many southerners go to escape the summer heat, was a pleasant mid-70's.

Because the country is still a bargain compared to most of the world, we were able to have our own guide and a van which carried our gear, supplied cold water and sagged us over the bad spots at a very reasonable cost. Our van driver was also the bike mechanic who was able to fix minor problems.

If you go, a number of the big outfits such as Backroads now offer Vietnam as a destination. We were very pleased with the

service and price through VeloAsia and would recommend them as a organizer of your trip. Contact them at: [Patrick@veloasia.com](mailto:Patrick@veloasia.com).

If you would like to get more details, Pam and I would be delighted to tell you more.

Ed Hoffer

**Vietnam is a beautiful country, with a long coast line along the South China Sea with gorgeous beaches.**

Masked Rider - Continued from page 1

This year's event (for 2004 leaders) was held in mid-March and attended by many leaders who enjoyed an evening of good food, drink and socializing.

If you are not yet a CRW ride leader, there's still time to help support the club this year by leading or coleading a ride. If you want to get your feet wet slowly, we can pair you with a ride leader "mentor" to show you the ropes. Contact any Rides Committee member if you're interested in leading (see <http://www.crw.org/contacts.htm> for info). You can check out the 2005 weekend rides calendar and see the list of open slots at <http://www.crw.org/2005Rides.htm>.

THANK YOU ride leaders!

## Letters to the Editor

Share the ride to TOSRV, May 7-8, 2005 Columbus, Ohio in my Ford camper. Two days going and two days to return. Three bikes and three bikers including myself. Call Ralph Galen at 617-497-8287.

# GoGarda



## Bike trips to Italy

Pat Freda, a CRW member, is hosting affordable bike tours of northern Italy.

Please visit [www.GoGarda.com](http://www.GoGarda.com) or email [pat@gogarda.com](mailto:pat@gogarda.com).



[www.GoGarda.com](http://www.GoGarda.com)

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# Little Jack's Corner

by Jack Donohue



I've changed my attitude towards taking bikes on airplanes. Putting this in perspective, I started traveling with bikes when it cost \$30 to take the bike on the airplane (which I thought was a lot then). So I took my bike along on quite a few business trips and vacations. Now it costs almost as much to take your bike as to put your kid through college.

There was always a certain amount of stress associated with travelling with a bike. Usually you had to budget about half an hour for arguing with the airline personnel. After many years I finally figured out that the only things that were truly non-negotiable were taking off the pedals and turning the handlebars around. If you were willing to do that, and sign a release form to the effect that they could drop kick your bike from here to your final destination and you wouldn't sue them, all would be well. I generally tried to avoid putting the bike in a box, since it then stopped being a bike and became merely another projectile. At least if they could see it was a bike, the baggage handlers might feel a pang of guilt when they hurled it at the rest of the baggage (or maybe they'd just had a more interesting story to tell their wives). The only time I nearly lost the box argument was on our trip to Costa Rica. My theory is, it doesn't matter what the airline policy is, you are at the mercy of whatever the person at the ticket counter decides to do. Generally, you need to be obstinate enough to advance far enough up the chain of com-

mand until you get to talk to someone who realizes it's more of a collective pain in the butt standing firm than just saying yes (as long as you sign the drop-kick clause). This time, the head honcho hadn't figured this out, and there was no way on heaven or earth he was going to let me on the plane without putting my bike in a box. Just for fun, I had checked the airline web site beforehand, and found that in fact you weren't required to do this. I pointed this out, whereupon he said he didn't care about no steenking web site, this is the way he ran his airport (proving once again the Donohue Theory). As I was starting to stuff my bike in a box, he came out and sheepishly admitted that he had read the web site and I was right. Another blow for freedom, justice and the American Airlines way.

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**After many years I finally figured out that the only things that were truly non-negotiable were taking off the pedals and turning the handlebars around.**

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The other problem with bike flying is damage to the bike. The first time ever I took a bike anywhere was a flight out to California. They made me put it in a flimsy cardboard box and the fork got somewhat mashed. It was rideable, but it had a pronounced tendency to steer to the left. I expended almost as much energy counter-steering as propelling the bike forward. This was the beginning of my aversion to boxes. Fortunately, I have a collection of bikes that are more or less disposable. They are rideable bikes, but they've been completely amortized for some time, and I would not shed many tears if they met an untimely demise. This sort of bike is excellent for air travel.

When I used to live in Malden, I was about 7 miles from the airport. So I would ride my bike to the airport, wheel it in, spend the obligatory half hour arguing, take off the pedals, turn handlebars, and I'd be done. That was the golden age of flying.

Lately, I seem to have lost my edge. I don't have the spirit for the mano a mano with the airline people, and even if you win they still charge you upwards of \$100 each way.

So I'm looking at alternatives. I've heard a lot of recommendations for sending your bike via UPS. This sounded like a fine idea initially. The only time I did this was on our trip to Moab. Since we were going with Peter white, who sends stuff UPS every day for his business, we went over there, packed our bikes, and off they went. When we got there, we went through the unpacking and reassembling bit. Same thing on the return. It was a lot less expensive and less hassle than bringing them on the plane, but in the end, I had spent a good part of a day of my precious vacation just taking the bike apart and putting it back together. In

fact, the outfitter we went with rented bikes, which looked to be a lot better than the one I had painstakingly shipped out, and this would have been the way to go.

Seems like the only truly seamless way to fly somewhere and ride a bike is to rent or buy one. Like a sailor that has a woman in every port, I'd like to have a bike in every country I'm likely to visit. A round trip charge of \$200 could go a long way towards buying a bike at my destination. Just need to find a local who'd be willing to store it until my next visit. Maybe an international bike exchange program ...

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Tag Sale - Continued from page 1

any unsold merchandise at the end of the sale (4pm). Any items left, will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your

name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same side as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on a hanger. There will be a rack. There will be an area for bicycles also.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

# February Mileage Totals

0 1 9 5 9 6

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	1676	2	1	-	Nick Linsky	352	-	-	-	Frank Connell	39	-	-	-
Don MacFarlane	1568	2	-	1	Joseph Moore	334	-	-	-	Mike Hanauer	19	-	-	-
Rick Gowen	1462	2	-	1	Sheldon Brown	304	-	-	-	Tracy Ingle	15	-	-	-
Steve Robins	1161	-	-	-	Lisa Weissman	281	-	-	-	Jacob Allen	13	-	-	-
Jack Donohue	1139	-	-	-	Ken Skier	275	-	-	-	Cynthia Zabin	13	-	-	-
Cory Lovett	1119	-	-	-	John Goeller	234	-	-	-	Marc Webb	12	-	-	-
Robin Schulman	921	1	-	-	Bill Widnall	229	1	-	-					
Tod Rodger	873	1	-	-	Bill Hanson	223	-	-	-					
Peter Brooks	701	1	-	-	John Springfield	197	-	-	-					
Joe Repole	687	2	2	-	Bob Sawyer	185	-	-	-					
Glen Reed	645	2	-	-	Marilyn Hartman	157	-	-	-					
David Wean	581	1	-	-	John Allen	140	-	-	-					
Paul Hardin	476	-	-	-	Kent Anderson	139	-	-	-					
Richard Taylor	465	2	1	-	Gabor Demjen	117	-	-	-					
Irving Kurki	461	1	-	-	John Kane	102	-	-	-					
Ed Sullivan	461	-	-	-	Susan Grieb	71	-	-	-					
Butch Pemstein	404	-	-	-	Joseph Tavilla	66	-	-	-					
Janet Tortora	403	-	-	-	Jamie King	46	-	-	-					
Winslow Green	391	-	-	-	Cynthia Snow	44	-	-	-					
Edward Boches	353	-	-	-	Greg Tutunjian	42	-	-	-					

### 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>.

At the head of the Minuteman Bikeway [www.bikewaysource.com](http://www.bikewaysource.com)



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617-325-2453

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617-354-0907

### Back Bay Bicycles

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617-247-2336

### Belmont Wheelworks

480 Trapelo Rd., Belmont  
617-489-3577

### Bicycle Bill

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

### Bicycle Exchange at Porter Square

2067 Mass. Ave, Cambridge  
617-864-1300

### Bike Express

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

### Bikeway Source

111 South Road, Bedford  
781-275-7799

### Boston Bicycle

842 Beacon St., Boston  
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### Broadway Bicycle School

351 Broadway, Cambridge  
617-868-3392

### Burlington Cycle

428 Boston Rd., Billerica  
978-671-0800

### Cambridge Bicycle

259 Massachusetts Ave,  
Cambridge  
617-876-6555

### Chelmsford Cyclery

7 Summer St., Chelmsford  
978-256-1528

### Community Bicycle Supply

496 Tremont St., Boston  
617-542-8623

### Cycle Loft

28 Cambridge St.,  
Burlington  
781-272-0870

### Dedham Bike

403 Washington St.,  
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781-326-1531

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617-926-1717

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64 South St., Jamaica Plain  
617-522-7082

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123 Worcester Pike,  
Westboro  
508-366-1770

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119 Boston Post Rd.,  
Sudbury  
978-443-6696  
877 Main St., Waltham  
781-894-2768

### Grace Bicycles

1566-A Washington Street,  
Holliston  
508-429-9177

### Harris Cyclery

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W. Newton  
617-244-1040

### Harvard Square Bicycles

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

### International Bicycle Center

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

### Landry's Bicycles

151 Endicott St., Danvers  
978-777-3337  
1210 Boston Providence  
Turnpike (Route 1),  
Norwood  
508-440-0310  
790 Worcester St. (Route  
9), Natick  
508-655-1990  
276 Turnpike Road,  
Westboro  
508-836-3878

### Marblehead Cycle

25 Bessom St., Marblehead  
781-631-1570

### National Ski and Bike

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  
781-890-1212  
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

### Southampton Bicycle Center

247 College Hwy.,  
Southampton  
800-527-9784

### 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  
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508-586-6394

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Bedford, MA 01730

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### Join/Renew The Charles River Wheelmen

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

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities; the conditions in which the activities take place; or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities.

3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Signature(s) \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone (eve.) \_\_\_\_\_ (day) \_\_\_\_\_

e-mail \_\_\_\_\_

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

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

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

PAPER via Postal Service  ELECTRONIC via email

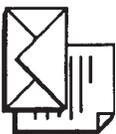
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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:

Ride Leader  Publicity  Legislative Action  
 Safety  Membership  Newsletter  
 Host a post-ride party  Special Events  
 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.