
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIX, Number 5 · May, 2005

The CRW Safety Page is On-Line!



Check out the new CRW Safety Page on our website: <http://crw.org/safety/index.html>
We've posted past Safety Corner articles, links to various safety-related items, and other useful information. Please let us know what you think (safety@crw.org).

Many thanks to Gary Smiley, Dave Cooper, and the Rides Committee for making this happen!

Wanted: Saturday Rides Coordinator

Are you thinking about getting more active in CRW? Looking for a fun way to contribute to the club? The Rides Committee is looking for a new Saturday Rides Coordinator. Our current coordinator, Kelly O'Connell, is leaving the area and we need someone to replace her. The primary responsibility of the Sat. coordinator is to help fill the regular season calendar with Saturday rides. Many of these fill with repeats from the previous year, so the task is not that daunting. You also attend Rides Committee meetings (about 8 times a year) and get to contribute your ideas about how the Rides Program should be run. If you're interested, contact Connie Farb at chfarb@yahoo.com or 978-443-4993. And thanks to Kelly for her contributions to CRW over the past year.

Consider This

by Marilyn Hartman

Consider the opportunities that this club affords. During the past year I've done many of the Saturday and Sunday rides, participated in the Fall Century, attended a post-ride party, the awards ceremony, the holiday celebration and survived Velo Vermont and Bikers On Skis weekends.

I have also done a number of the winter rides. Had I felt like riding in the rain, I could have done the Spring Century. With more confidence, I could have climbed to the clouds. If I was more obsessive-compulsive-neurotic about my cycling, I could have ridden every day of the week and some days twice. I could have gone away almost constantly on tours and long weekends to all kinds of wonderful places. I could have attended lectures, slide shows, and shared meals in nice restaurants.

All one has to do, to participate in anything CRW has to offer (all of us except the volunteers who make it all happen) is show up and have fun. Think about that. It was during the Velo Vermont weekend that I was inspired to do service for this club. This led to the position of Volunteer Coordinator, which had been vacant for 3 years, being filled. As Volunteer coordinator, I call those of you who have indicated an interest in volunteering via your membership application. I provide an explanation of available opportunities, and then make a referral to

the appropriate coordinator if an interest still exists.

Volunteering for CRW is not tantamount to working a second job, rearing a child or doing time in prison. The club is in need of some help. Perhaps I missed someone in my phone calling sessions. Perhaps you are one of the ones on whose answering machine I left a message. I know for a fact, that I have even been mistaken for a telemarketer and have not been called back because of this. This is an invitation for all of you to consider becoming more involved through service.

Think about it. Give me a call. I know that one volunteer is better than ten forced people so my approach is low-key with no pressure. Let's explore the options together and see if there is something perfect for you. My name and phone number can be found on page 2 of any newsletter under Volunteer Coordinator or on the web site. Remember, Albert Einstein said that it is every person's obligation to put back into the world at least the equivalent of what he/she has taken out.

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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 -
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. 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

	Term Expires	
Don Blake	2007.....	781-275-7878
Andy Brand	2006.....	617-247-9770
Eric Evans	2007.....	617-901-3958
Connie Farb	2005.....	617-497-0641
Barry Nelson.....	2006.....	617-964-5727
Linda Nelson.....	2007.....	617-964-5727
Ra'il Raudales.....	2005.....	978-937-3460
Paul Schimek.....	2006.....	617-983-9111
Janet Tortora.....	2005.....	978-692-7273

OFFICERS AND COORDINATORS

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Executive Vice President.....	Barry Nelson.....	617-964-5727
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Volunteer Coordinator.....	Suzi Melotti.....	617-247-3405
Social Committee Chair.....	Marilyn Hartman.....	781-935-9819
Safety Coordinator.....	Ed Glick.....	978-250-1883
	Bob Zogg.....	617-489-5913

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Connie Farb.....	617-497-0641
Saturday Rides.....	OPEN.....	
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Jenny Craddock.....	617-332-4098
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Coleman Rogers.....	617-969-3403
Wednesday Wheelers.....	Dick Arsenaault.....	781-272-1771
Wednesday Ice Cream Ride.....	Al Bolea.....	617-484-0851
	Justin Haber.....	617-965-3904
Thursday Fitness Rides.....	Rich Taylor.....	978-287-4921
Friday Rides.....	Ed Glick.....	978-250-1883
	Daniel Rabinkin.....	781-275-2391
Saturday Fitness Rides.....	Dave McElwaine.....	781-821-8643
	Chris Randles.....	617-969-2545
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

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E-Mail List (CharlesRiverWheelmen@yahoo.com)		
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			

CRW Board Meeting Minutes

April 5, 2005

In Attendance:

Board Members: Andy Brand, Don Blake, Janet Tortora, Barry Nelson, Linda Nelson, Eric Evans, Janet Tortora, Bill Widnall(ex officio) Others:

Jack Donohue, Jacek Rudowski, Robert Sawyer

Minutes (Janet Tortora)

Minutes from the March 1, 2005 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees Rides Committee

CRW President and Chairman of the Board, Eric Evans, gave the ride report for Connie Farb. Kelly O'Connell is no longer able to be the Saturday Rides coordinator. The rides committee is looking for a replacement. Michael Aarons is now the Sunday ride coordinator. The rides calendar is in good shape. The safety committee meetings are going well.

Vice President of Finance (Eric Evans)

Eric presented the "CRW Income Statement, 2005 - 1st Quarter".

Don Blake, treasurer, is going to check the status of the LAB membership.

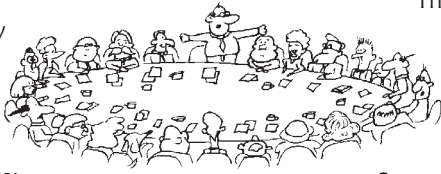
Membership (Linda Nelson)

Linda Nelson reported the membership numbers for March 2005: 983 current memberships, 1177 current members, 23 expired members, 16 new members, 25 renewed members.

Old Business

MassBike and CRW Cross-membership Proposal

No news on the proposal.



The Board discussed the merits of online registration. Barry Nelson volunteered to research the costs that are involved.

Status of 501(c)(3) filing

- Bill Widnall

Bill thanked the membership of CRW and the Board for a successful effort to amend the articles of organization. Specific thanks went to Jack Donohue for his tireless effort to get the vote. The Board certified the vote: 666 memberships voted, 808 yes votes (two votes per family membership), 2 no votes

Tracey Ingle, lawyer assisting CRW, will continue the process of getting 501(c)(3) status.

Grant Proposal for Minuteman Bikeway - Robert Sawyer

Robert Sawyer, representative from the Friends of the Minuteman Bikeway presented to the Board the history of the progress in extending the bikeway to the Concord Road crossing on the Reformatory Branch. The Friends of the Minuteman Bikeway received a grant for \$5,000 from the Community Preservation Committee, for a feasibility study. If there is a cost overrun, the Friends of the Minuteman Bikeway would like CRW to provide the additional monies needed. This need will be determined in about 6 months.

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

Respectfully submitted,
Janet Tortora
Secretary

Message from the President

On behalf of the board, coordinators and myself I want to thank all the club members that voted overwhelmingly to amend our articles of organization this past month. It was a tremendous effort from all who participated. I also wanted to take this opportunity to formally introduce myself to the club membership. I've been a CRW member since 1998 and co-led the Wednesday evening ice cream ride for 4 years. Last year I became the VP of Finance and recently took over the role of President in January. My wife Tracy and I live in North Reading where I work as an investment representative. In addition to cycling, my interests include triathlons, running, nutrition and travel. I am looking forward to meeting many of you out on the roads and hope that everyone has a great cycling season.

Sincerely,

Eric W Evans
CRW President

Bike Tag Sale at the Spring Century

See the April newsletter or the web site for details.

CLASSIFIED ADS

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

FOR SALE

Near-new Touring Bike: 2004 Cannondale T2000 small frame touring bike. Broken in but only used 350 miles. Replaced this year with a better fitting bike -- it's not easy to find these in stores to try them out properly. New list is \$1,500 (2005 models are almost exactly the same as last year), asking \$1,000. Contact Peter Stokes at (617) 723-6319 or stokesp@earthlink.net. Pictures and details at <http://home.earthlink.net/~stokesp2> (don't forget the tilde ~ in front of stokesp2 when typing this web address).

FOR SALE

Mountain bike: Kona Chute with Marzocchi Dirt Jumper III suspension fork, Shimano Deore LX 9 sp. cassette, triple chainrings, dual disc brakes, completely overhauled: \$675.00 gabordemjen@verizon.net or call Gabor (617)266-8114, days (781)444-4508, eves.

FOR SALE

Miyata road bike, 58cm butted chromoly frame, Shimano indexed 12 speed, 27" wheels, rear rack, \$120. Trek 820 mountain bike, 13" chromoly main frame, suspension forks, 21 speeds, \$120. Both bikes have been completely overhauled. Eric Ferioli, 781-235-4762, let it ring.

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Recurring Rides Calendar

These rides are held every week unless indicated

SoBroNew - South Brookline & Newton

Times: Monday nights, 6:30PM, May 9 - Aug. 29 (excluding Monday holidays)

Description: This ride is primarily aimed at members living inside I28/95, particularly those close enough so that they can ride to the ride, but all are welcome. Although these are not bucolic country roads, it's a very pleasant route with a number of climbs, some fun descents, minimal lights and generally good pavement. I can't imagine a better area to ride starting within 5 miles of the state house. Due to the convoluted route, there are almost infinite possibilities for customizing the loop for your own tastes.

Routes: Arrowed routes of 15 or 20 miles, cue sheet and map

Leaders: Charles Hansen [velotrain@peoplepc.com] (617-734-0720, often busy for web access)

Start: Parking lot at southwest corner of Cleveland Circle, intersection of Beacon Street and Chestnut Hill Avenue, Boston

Directions: Varies widely based on where you're coming from - check with leader if you need help. Parking is generally available, but not guaranteed.

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 [rsenault@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 [rsenault@rcn.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

Times: 6:00 PM, first ride May 4

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln and additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at Mark's Sandwich Shop, and some like to go a local ice cream shop on Washington St (Rt 16) for a scoop or two.

Routes: Arrowed rides of 19 and 27 miles with ~10 mi. option possible

Leaders: Justin Haber [justin@haber.net] (617-965-3904) Al Bolea [abolea@comcast.net] (617-484-0851) and John Sales [barelip@yahoo.com]

Start: NEW START: Grossman's Parking Lot on Rt 16 in Wellesley.

Directions: From I28 North or South, Take Rt 16 West approximately 4/10 mi. Parking Lot is on the right. NOTE: There is an ongoing dispute between the Lot owners and the Town of Wellesley about the use of the lot. If the lot is closed the ride will start at the Schofield School - 27 Cedar Street in Wellesley. This is the same as last year's ride start. Directions to Schofield School: From I28 North or South, Take Rt 9 approximately 3/10 mi. west and turn right onto Cedar Street (just after Mobil gas Station). 27 Cedar St is about 3/10 of a mile on left. Park in the first lot on right. You can also get to the start by taking

Route 16 West from I28 and turning left onto River Street (right before the Sunoco gas station). At the flashing red light at the top of River Street, cross over onto Cedar Street and 27 Cedar will be 1/10 of a mile on the right.

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 paceline format. The ride welcomes everyone, especially masters riders who would like to ride with their peers. Groups of no more than 6 riders are started according to their expected speed. We encourage staying together as a group, waiting for others to catch up if you become separated. You will ride on scenic, rolling roads through Needham, Dover, Sherborn and Medfield. Total climbing for the long route is 1475 feet.

Routes: Arrowed routes of 25, 30 or 35 miles. Cue Sheets available.

Leaders: Coleman Rogers [coleman@tolmanrogersdesign.com] (617-969-3403), Keith Miller [kmiller@mathworks.com], Chris Tweed [cmtweed@psrinfo.com] (781-830-1368).

Start: Broadmeadow Elementary School at 120 Broadmeadow Road, Needham, MA.

Directions: From Routes I28/95, 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, 28 and 34 miles. Arrow is an upside down white T.

Leaders: Rich Taylor [richard_n_taylor@post.harvard.edu] (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 paceline while others tour at their own speed. The ride winds through the back roads of Concord, Carlisle, Acton and Chelmsford and is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week and there is always 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: 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!)

Saturday Introductory Rides

Times: Saturdays: May 7, 14, 21, 28, and June 4 Rides leave promptly at 9 AM. Please arrive 20 minutes early!

Description: Interested in group riding? New to CRW? Looking for a more casual ride? Just starting or getting back into cycling? Then this ride is for you! The route is an essentially flat, 19-mile loop through Needham and Dover. The focus is on group riding, safety, cycling technique and fun. The rides average 10 to 12 miles per hour and after the ride we hang out at Starbucks in Needham. Post ride clinics will be offered if there is interest. NOTE: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride!

Leaders: (Please feel free to contact leaders with questions) Jenny and Ed Craddock [jenny_craddock@hotmail.com] (617-332-4098) Fred Kresse

[drz@xpres.net] (781-444-1775) Eli Post [elipost@comcast.net] (617-547-6778) Althea Angel (781-821-8643) Cyndi Mason [cyndi@markdionne.com] (617-965-5558) Larry Isaacson [mail@lawrenceisaacson.com] (617-332-4736) Charlie Lovejoy (781-235-0865)

Start: Nahanton Park on the Newton/Needham line

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. Parking may be limited; additional parking is available in the upper lot and at Cutler Park which is before the river crossing on Kendrick Street.

Group Riding for Beginners

Times: Saturdays, April 23, May 7 and May 21. Rides leave promptly at 10 AM. RAIN CANCELS.

Description: Experience the fun and camaraderie of riding with others in a beginner friendly atmosphere. Get ready for that charity ride you have signed up for! Learn about riding in a group, ride safety, ride comfort, and tips to improve your cycling. After a pre-ride orientation and safety talk, we will depart on a 20 mile ride through Reading, Wilmington, North Reading, Andover, and Lynnfield on fairly quiet back roads. The route is flat to rolling, with a few moderate hills. The pace should average 11-14 mph (please see the note below). The ride is arrowed and a cue sheet is also provided.

Routes: 20 miles arrowed and cue sheet

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

Start: REI, 279 Salem St, Reading (exit 40 off Route 128)

Directions: From Rt. 128 take Exit 40 (Rt. 129/Main St. Wakefield). At the bottom of the ramp, stay left to enter the rotary. Take the fourth exit from the rotary (Rt. 129). REI is on the left, opposite the Reading Mandarin restaurant. Please park away from the store.

Note: We will try to stay together for the entire ride, with frequent stops to allow riders to regroup. However, if it becomes apparent that your level of fitness will not allow you to stay with the group, you may elect to turn around and return to REI or

finish the ride at your own pace using the map and cue sheet provided.

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.



May 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.

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.

West Podunk

Saturday - May 7

Times and Routes: 9:30 for 56 miles; 10:00 for 38 miles

Ride Type: Arrowed

Leaders: Steve Hoffenberg (781-259-4369,

stevecrw@comcast.net)

Highlights: A scenic but hilly route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Leominster, Sterling, Lancaster, and Bolton. Long ride adds nice loop in Townsend and Lunenburg. Both routes have late lunch stop on the green in Harvard.

Start: Nashua River Rail Trail Parking Lot, Groton St., Ayer

Directions: Rt. 2 West. 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after the auto parts store. Parking lot is immediately on the right, before the bike path.

Apple Hill Ride

Sunday - May 8

Times and Routes: 9:30 for 56 or 63 miles; 10:00 AM for 38 or 25 miles.

Ride Type: Arrowed w/map and cue sheet

Leaders: Peter Brooks (617-926-5735, p.brooks@rcn.com); co-Leader, Heather White

Description: Ride from Concord to Harvard green for lunch on pleasant, challenging back roads. We will ride through Lincoln, Sudbury, Stow, Hudson, Boxborough, Harvard, Little-

ton, Westford, Carlisle, Acton, and Concord. There are few good food opportunities on the ride so bring some snacks!. The Harvard General Store closes at 12:30 PM or possibly earlier usually and has snack food. Water is available from the water fountain on the green.

Start: Concord Carlisle Regional High School

Directions: Rt 2 west to Concord, right at stoplights to RT 126, Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile.

Cape Cod Ride

Saturday - May 14

Times and Routes: 10:00 am for 34, 43, or 61 miles

Ride Type: Cue sheet

Leaders: Ed Foster (508-420-7245)

Highlights: A gorgeous ride on lightly traveled roads with views of Buzzards Bay, Vineyard Sound, cranberry bogs, and salt ponds. The short ride, mostly in Falmouth, follows part of the route of the Cape Cod Marathon with 5 miles right on Vineyard Sound with great views of Martha's Vineyard. The long ride adds Sandwich, Cape Cod Canal, and Buzzards Bay. At 34 miles you have the option of continuing to Woods Hole and along Vineyard Sound for 61 miles, or cutting inland to shorten the ride to 43 miles.

Start: Mashpee High School, off Rte 151,

about 75 miles from Boston.

Directions: Via Bourne Bridge: Once over the bridge, continue around the circle to Rte 28 south. Go 7 miles to Rte 151 east (right off the exit ramp.) Go 5.5 miles to Old Barnstable Road (at light), turn right and then take the first left into Mashpee High School, and next left ("deliveries" sign) into parking lot. Via Sagamore Bridge: Once over the bridge, take exit 2 (Rte 130 south, Cotuit, Mashpee) and after 7.2 miles turn right onto Great Neck Road. One mile further turn right onto Lowell Road. Lowell Road becomes Old Barnstable Road and after 1.9 miles crosses Rte 151 at a light. Turn left into Mashpee High School just after the light and take the next left ("deliveries" sign) into parking lot.

Spring Century Sunday - May 15

Historic Duxbury Saturday - May 21

Times and Routes: 10:00 for a 23 mile 4-5 hr guided historic tour. Rain cancels. In case of doubt, call ride leader between between 7:00 and 8:00 am.

Ride Type: Follow-the-leader, intermediate pace, frequent stops at points of interest, some short off road segments. Hybrid or wider tires recommended, but skinny tires OK. Map and cue sheet also available.

Leaders: Bill Widnall (781-862-2846, BillWidnall@attglobal.net)

Highlights: An exploration of beautiful and historic Duxbury. Duxbury was settled starting in 1627 by members of the original Plymouth Colony including Mayflower passengers Miles Standish, John Alden and his wife Priscilla Mullens, and Elder William Brewster.

We will visit the sites of their original homesteads. Later in the Age of Sail from after the War for Independence to the middle of the 1800's many Duxbury families prospered building and owning ships, which traded around the world. We will pass many of the lovely homes built by these ship builders, sea captains, and merchants. Dress warmer than usual for a club ride, otherwise you might get chilled at the many stops. Please bring your own lunch and munch during the stops.

Start: Duxbury Town Hall.

Directions: Rt 3 south to Exit 11; turn onto Rt 14 east to Duxbury. After about 2 miles, at a traffic light, turn right onto Rt 3A south. After about 1 mile, the Duxbury Town Hall and the First Parish Church will be on the right. Park beside the Town Hall or behind the First Parish Church.

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 1 1/2 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 1/4 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

A River Runs Through It

Saturday - May 22

Times and Routes: 9:30 for 50 or 64 miles; 10:30 for 28 miles.

Ride Type: Arrowed

Leaders: Jim Pearl (781-275-8603, curvest@yahoo.com), Steve Kolek (781-674-1090, kolek@ieee.org)

Highlights: We'll wind our way through beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet River plains. All rides pass through Concord, Sudbury, Wayland, and Lincoln; the 50-mile ride includes Stow and Hudson and a few hills. There is a scenic 64-mile option that adds Boxborough, Acton, and a few more hills.

Start: Concord-Carlisle High School, Concord, MA

Directions: From Route 128/95 take Route 2 West until you come to Walden Street at a traffic light. This is the intersection for Walden Pond and is about 1 mile past the Mobil Gas Station where Route 2 turns left at a traffic light. Take a right turn from Route 2 onto Walden Street. The High School is about 1/3 of a mile down on the left before the fork with Thoreau Street.

Howie and Harry's Excellent Adventure

Saturday May 28

Times and Routes: 9:30AM for 50-55 Miles, 10:00AM for 25 Miles (Mileage may vary as this is a new adventure!)

Ride Type: Arrowed with map and cue sheet,

Leaders: Howie Granat (508-951-2908 / hgranat@comcast.net), Harry M. (781-643-1812), and the lovely Elizabeth Pell!

Description: Beginning in the lovely waterfront community of Newburyport (A very fitting locale for Memorial Day Weekend), we will meander along the banks of the Merrimac river through the serene communities of Newbury, West Newbury and wind our way across the river into the older mill towns of Merrimac and Amesbury. From there the long route brings us through the amazingly quiet and rural communities of South Hampton and Kingston to our lunch stop in Exeter, home of Philips Exeter Academy. Both loops will bring us back in an "adventurous way" to Newburyport and will include some perfect ocean views.

Start: Newburyport Middle School, 70 Low Street, Newburyport, MA

Directions: Take Rte 95 North (from split of Rte 128 in Peabody) to Exit 56 (Scotland Road) toward Newbury/Newburyport. At 2 miles, Scotland Rd. becomes Parker Street. Stay straight for another 1/2 mile, when Parker now becomes Graf Road. In 0.4 miles Graf ends at Low Road, where you'll take a left turn. The Middle school is 0.2 miles on the left.



Ninth Biennial Northwest Passage (CCW)

Sunday - May 29

Times and Routes: 9:15 for 50 miles, 10AM for 25 miles.

Ride Type: Arrowed (standard white arrow with head and tail) and Cue Sheets

Leaders: Joe Repole (508-879-6340, joecentury@aol.com), Bob Maselek (508-877-0380), and Marilyn Hartman (781-935-9819)

Highlights: The short ride is rolling and heads northwest through Framingham, Southborough, and Marlborough. The long ride adds Northborough, Berlin and Boylston and goes down Bigalow and Green streets in Marlboro and Berlin. The lunch stops are in Berlin and Southborough for the long and short rides respectively. Most of the ride is on quiet residential and rural tree shaded back roads with few traffic lights. Points of interest include Calahan State Park, golf courses, Belted Galaway, reservoirs, horses, cattle, and farms.

Start: 15 Gryzboska Circle, Framingham

Directions: From the Mass Pike exit 12, take Route 9 east to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St.) Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska Circle if driving. The commuter rail departs South Station at 7:50 AM and arrives in Framingham at 8:35 AM.

Ninth Biennial Northwest Passage

See description above

Monday - May 30



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 then 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



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

BOVINE LITE

July 1-4, 2005

Enjoy this popular, annual "Bicyclists Over Vermont in Near Ecstasy." Experience Montpelier's fireworks and its down home parade. Celebrate America's birthday at the all day, outdoors July 4 party in Warren, VT. Approx. 30-60 mile rides of classic Vermont cycling on Sat., Sun. and Mon., generally starting from the Montpelier area.

\$185 includes 3 nights lodging (2 persons/room), 2 rooms for showering after the July 4 rides, lockable function room for our bikes, continental breakfast each day, some cycling food (Clif Bars, fresh fruit, etc.) and maps and cue sheets. Max. 32 persons. Register with Arnold Nadler, 978-745-9591, ardnadler@aol.com.

Plymouth to Provincetown (P2P) Ride

June 22

The annual Plymouth to Provincetown (P2P) ride this year is scheduled for Wednesday, June 22nd. There are a few changes from how we have run this ride in the past but the route and the services will be the same. The ride departs from the town parking lot at the end of Rt. 44 and Water Street (next to the Radisson Hotel) in Plymouth at 7 AM. In past years a few of us have met at Putterham Circle in South Brookline at 4am to cycle down to Plymouth. The group usually finishes in P-town around 3 or 3:30, earlier for the faster riders. The ferry loads at 4 and departs at 4:30.

As the popularity and the number of riders for this ride has increased we have decided to ask those who are taking the ferry back to Plymouth to pre-pay for the ride. And because the ferry does not run daily service to P-town we have arranged for a charter for our return. The registration fee for the ride, which includes the ferry, will be \$30 if received by June 18th, \$35 day of the ride. If for some reason the ride is cancelled because the ferry isn't running, your registration fee will be refunded.

This first of the summer all-day ride has been a great hit because of mid-week traffic on the cape is still tolerable and the weather for both the ride and the boat trip back to Plymouth tends to be ideal. As usual we will provide the check points with water, SAGs for your bag, make your own PB&J at the lunch stop, and a cold one at the finish, etc. The ferry returns to Plymouth between 6 and 6:30. It's about 1/2 mile back to the parking lot. (Your bike might be subjected to salt spray on the ferry so you will have to clean it afterwards if the waters are rough.) The total distance is 85 miles. Every rider needs to wear a helmet while on the bikes at ALL TIMES. We tend to ride in groups

based on pace and there are designated stops along the way to refresh bottles, have a snack, etc. This is really a fun ride, the weather is always good, and those of us who do it regularly look forward to riding it every year.

Please respond to p2pRide@yahoo.com if you plan to ride. We are in need of a SAG vehicle and driver. We hope to have two vehicles carrying your personal bag (you'll need a change of clothing for the ferry ride back), water and food, etc. If you can't ride this year but are willing to drive a vehicle, PLEASE let us know. You'll be reimbursed for fuel, lunch, etc. and will earn the heartfelt thanks of all riders. Alternatively if you are planning to ride and your spouse, friend, significant other, or adult child is available, PLEASE let us know. Also, anyone who would like to assist Lee Leach in marking the route should let us know. Please send your registration of \$30 payable to: Mel Stoler, 9 Coolidge Street #2, Brookline, MA 02446

Questions? Contact Mel Stoler (thestolers@rcn.com or 617-277-5180)

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)

Little Jack's Corner

by Jack Donohue



I've got a very nice repair stand but I don't seem to use it for the purpose it was intended for.

In the old days, I had this rather cheesy stand made by Minaura, that was barely capable of holding a bike aloft without falling over. Doing any serious work with this stand was somewhat problematic. Then for one Christmas I got a Park repair stand, which was a serious piece of equipment, worthy of a real bike store, and life was sweet. But being a lazy sod, half the time I decided to embark on a repair, I did so by hooking the saddle around a bit of string that was fastened to a nail in one of the rafters in the

basement. That seemed to work as well as the Park stand for most repairs that didn't involve turning the bike upside down.

The new house didn't have a basement, and the garage was remarkably bereft of rafters. So, I figured the Park stand would have a renaissance. But it was not to be. I found that by slinging a piece of rope over one of the guides for the garage door, I could have a reasonable facsimile of the rafter/rope technique.

I really tried to use the Park stand, but I found that most of my bikes didn't have a clampable part -- the seat tube was usually filled with water bottle cages, pumps, or what not. The seatpost, the place of choice for clamping the bike since there is no danger of scratching the frame's paint (not a seri-

ous consideration in my case) was usually coopted by a saddle bag or some other accouterment, so in the end, I usually ended up laying the nose of the saddle on top of the stand and proceeding from there. This was considerably more shaky than even the flimsy stand, but it allowed simple repairs (as if there were such a thing) without major disassembly.

Still better than just turning the bike upside down on the floor and working on it there. Of course, the original reason why this was a no no, was in the bad old days when bikes had brake cables sticking out of the levers, this would crimp the brake cables. Now that all modern bikes had aero levers and cables routed along the bar, this is probably OK. Guess I don't need that fancy stand after all.



Other Trips

CHAD Tour - Lake Champlain and Adirondacks
August 5-9, 2005

This tour combines some of the best riding in the Lake Champlain basin with two great days of more challenging cycling in the

Adirondacks. We stay at the elegant Middlebury Inn in the charming town of the same name on Friday night. Saturday we ride west toward the lake, then turn north and pass through Vergennes on our way to Burlington, where we have lake-view rooms in the waterfront Wyndham Hotel, near the Church Street Marketplace and downtown restaurants. After a morning ferry ride across the lake to Port Kent, we enter the Adirondacks with a fair amount of climbing, although

much of it is gentle. In Lake Placid we have lakefront rooms and access to swimming and canoes. Monday we ride southeast to Ticonderoga, with some scenic and splendid riding as we drop back to lake level from the heights of the Adirondacks. Tuesday brings a short ride back to Middlebury, using the 200 year old Ticonderoga cable ferry (they do replace the cables!). Average daily mileage is about 60, with longer options. The \$490 tour fee includes four nights lodging, four breakfasts, four lunches, two Happy Hours, post-tour shower, maps, cue sheets and sag support. Maximum of 24 riders. Contact for info or to register. Leader: Charles Hansen H: (617) 734-0720 Email: velotrain@peoplepc.com Co-leader: Susan Grieb H: (781) 275-3991 Email: slgrieb@comcast.net.

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March Mileage Totals

0 4 0 1 0 4

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Don MacFarlane	2585	3	-	2	Ken Skier	577	-	-	-	Marc Webb	132	-	-	-
Bruce Ingle	2570	3	2	-	Dick Arsenault	551	-	-	-	John Campbell	124	-	-	-
Rick Gowen	2368	3	-	1	Ed Hoffer	545	-	-	-	Barry Petzold	120	-	-	-
John Bayley	2080	1	1	-	Marilyn Hartman	518	-	-	-	Dan Pratt	95	-	-	-
Jack Donohue	1820	-	-	-	Bob Sawyer	516	-	-	-	John Loring	76	-	-	-
Cory Lovett	1774	-	-	-	Joseph Moore	500	-	-	-	Greg Tutunjian	68	-	-	-
Pamela Blalock	1678	1	1	-	Ken Hablow	478	-	-	-	Walt Drag	63	-	-	-
Steve Robins	1605	-	-	-	Nick Linsky	418	-	-	-	James Breeling	47	-	-	-
Robin Schulman	1449	2	-	-	Gary Smiley	408	-	-	-	Mike Hanauer	45	-	-	-
Glen Reed	1220	3	-	-	Andrew Brand	407	-	-	-	Jeff Luxenberg	42	-	-	-
Tod Rodger	1141	1	-	-	Don Mitchell	390	-	-	-	Jacob Allen	17	-	-	-
Linnea Olson	1072	2	1	-	Bill Widnall	390	1	-	-					
Joe Repole	1058	3	3	-	John Goeller	366	1	-	-					
Irving Kurki	947	2	-	-	Bill Hanson	357	-	-	-					
Larry Murphy	919	1	-	-	John Springfield	322	-	-	-					
Ed Sullivan	812	-	-	-	Kent Anderson	247	-	-	-					
Janet Tortora	783	-	-	-	Frank Aronson	235	-	-	-					
Peter Brooks	779	1	-	-	Joseph Tavilla	228	-	-	-					
Richard Taylor	776	3	2	-	Gabor Demjen	203	-	-	-					
Edward Boches	773	-	-	-	Daniel Sullivan	203	-	-	-					
Butch Pemstein	767	-	-	-	Tracy Ingle	188	-	-	-					
Winslow Green	607	-	-	-	John Allen	179	-	-	-					
Darrell Katz	607	-	-	-	Cynthia Snow	137	-	-	-					
Sheldon Brown	587	-	-	-	Susan Grieb	135	-	-	-					

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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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.