

Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIX, Number 6 • June, 2005

It's official!

On April 27th CRW was notified by the IRS that it is now officially recognized as a 501(c)(3) non-profit organization. Achieving this non-profit designation has required a great deal of hard work and dedication from so many people. I want to especially thank Bill Widnall for his leadership through the entire process. Special Thanks to Tracy Ingle for her valuable time and legal expertise, and Jack Donohue for constructing and managing the electronic voting system on very short notice. I also want to thank the board of directors past and present, for all the time and careful consideration they put into all the issues regarding our new status. Finally, I want to thank all the members that supported this effort and voted on the proposed changes to our constitution and articles of organization.

Eric W Evans
CRW President

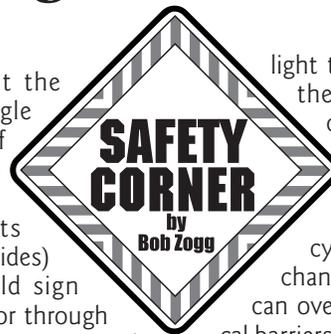
Financial Volunteers needed

CRW is looking for club members that have a financial, accounting or taxation background to volunteer a couple hours per month to serve on a newly forming finance committee. The positions include Vice President of Finance and Reporting and Audit Coordinator. If you can help, please email - ericevans100@comcast.net.

Yielding at Intersections

In April, we talked about the importance of riding single file in traffic. Another of our safety-related priorities is yielding at intersections. It's common to see cyclists (including cyclists on CRW rides) ride through a stop or yield sign when traffic is approaching, or through a red light (traffic or not). Motorists tend to be better than cyclists about yielding at intersections, even though cyclists are more likely to be injured in a collision. Unfortunately, frustration with slowing and waiting can tempt cyclists to break the rules. For a motorist, there's no pain or inconvenience in stopping beyond the small loss of time and a small increase in fuel consumption. But cyclists notice right away that slowing or stopping lowers riding efficiency. It takes quite an effort to regain momentum. When stopping, we have the additional burdens of unclipping from a pedal, standing still while our muscles tighten up, and then clipping in again.

In group rides, the temptation can be even stronger. At a stop sign, cyclists at the back of a group have to slow or stop before the intersection because the riders in front have slowed or stopped, but often can't safely enter an intersection when the front cyclists start to move. At a traffic signal, cyclists in the rear may not make it through before the



light turns red. In these situations, the herd instinct kicks in, and cyclists in the rear are tempted to stay with the pack when they should wait.

So, what's a well-meaning cyclist to do? We certainly can't change the laws of physics, but we can overcome the largely psychological barriers to yielding. Keep in mind why you're riding in the first place. If it's for exercise, fresh air, scenery, and companionship, yielding at intersections will compromise none of these. If you're in it for speed, it may help to remember that motorists don't get to abandon courteous, safe, and legal practices to race on public roads, and neither do we. When riding in groups, our responsibilities go even further. Let's suppose you're feeling a little competitive and would like to demonstrate your superior strength and speed to your riding companions. Dropping your companions at an intersection, however, only serves to demonstrate your lack of consideration. If you're at the front of the pack, back off the pace slightly after passing through an intersection to let others catch up. If those behind you know that you'll wait, they'll be less tempted to rush through intersections. If you're in the middle or at the back of the pack, be sure to decide for yourself whether it's safe to enter

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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

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Don Blake	2007	781-275-7878
Andy Brand	2006	617-247-9770
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Connie Farb	2005	617-497-0641
Barry Nelson	2006	617-964-5727
Linda Nelson	2007	617-964-5727
Raúl Raudales	2005	978-937-3460
Paul Schimek	2006	617-983-9111
Janet Tortora	2005	978-692-7273

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Volunteer Coordinator	Marilyn Hartman	781-935-9819
Social Committee Chair	Ed Glick	978-250-1883
Safety Coordinator	Bob Zogg	617-489-5913

RIDE PROGRAM COORDINATORS

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Saturday Rides	OPEN	
Sunday Rides	Michael Aarons	508-651-9259
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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 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

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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			

an intersection. This is sometimes referred to as the "lemming law" in honor of those furry little rodents that allegedly follow each other over cliffs. You'll have a better chance of getting through an intersection together if your group lines up two- or three-abreast when stopped at a traffic signal. Keep it neat, though, and never occupy more than one lane. Once you start moving, be sure to single up as soon as it's safe to do so if traffic is following you.

Whether riding alone or in a group, shift to a lower gear before stopping at an intersection so you can accelerate quickly and smoothly. You minimize both your exposure in the intersection and the effort required to regain your speed.

At many traffic signals, the right lane serves both straight-ahead and right-turning traffic. If you intend to go straight, merge to the center of the lane. This will discourage right-turning motorists from pulling alongside you and turning across your path.

There are times when you'll have little choice but to go through a red light. Many traffic signals are triggered by wire-loop actuators. You can often see the rectangular cuts where the actuators are buried under the pavement, but they are not always visible. Sometimes actuators are not adjusted to detect bicycles. Wait directly over the right or left side of the loop, because these are the most sensitive spots. If the signal doesn't change, you'll either have to wait for a motorist, or enter the intersection on red. Once you've given it a fair wait (don't jump to conclusions), look for a gap and go. You're not breaking the law—the signal is defective. For more on signal actuators (including photos), see <http://www.bikexpert.com/bicycle/actuator.htm>.

One last point. If there are motorists waiting at a stop sign or traffic signal as you approach, it's generally best not to pass them. (You might make an exception if there are very long queues, if you plan to turn right on red, or if there's a clear lane available.) Just pull up behind the last motorist in line. Most of the waiting motorists have probably passed you already. If you move to the front of the line, you'll force them to pass you again. Besides, unless you wouldn't make it through on the first green cycle, this maneuver doesn't save much time. If your average riding speed is 15 mph and you move up 100 feet at a traffic signal, you'll save less than five seconds—not a big sacrifice for being courteous.

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

CRW Board Meeting Minutes

May 3, 2005



In Attendance: Board Members: Andy Brand, Connie Farb, Don Blake, Janet Tortora, Barry Nelson, Linda Nelson, Eric Evans, Raúl Raudales, Janet Tortora, and Bill Widnall(ex officio)

Minutes (Janet Tortora)
Minutes from the April 5, 2005 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)
CRW President and Chairman of the Board, Eric Evans, reported that CRW has received 501(3)(c) status. He thanked the membership for an extraordinary effort to amend our articles of organization. Bill Widnall(ex officio) was recognized for his leadership in obtaining the status.

Additionally Eric noted that with the non-profit status, anyone donating the projector, which the club needs, would be able to deduct the value of the projector from their income tax.

Rides Committee (Connie Farb)
Connie Farb, Vice President of Rides, reported that there are several open slots needing leaders and that a Saturday Ride Coordinator is still needed.

Membership (Linda Nelson)
Linda Nelson reported the membership numbers for April 2005: 1001 current memberships, 1202 current members, 17 expired members, 25 new members, 37 renewed members.

At the request of the Board, Jack Donohue, Wheel People Editor, researched the costs of using PayPal to afford CRW members the

opportunity to pay online for membership. After considerable discussion, the Board voted to allow PayPal payment for membership dues. The fees for membership will not change. Currently members can fill out the membership form online. <http://www.crw.org/membership.htm>

Reports of Special (Ad Hoc) Committees

Status of 501(c)(3) filing (Bill Widnall)
Bill thanked lawyer, Tracey Ingle, for her assistance with obtaining the status. He reiterated the benefits for the club; cost savings to the club on postage/no sales tax; the club is now eligible to receive tax-deductible contributions, and better liability for CRW.

Extended Trips Committee
Eric Evans reported the changes to the Extended Trip Guidelines to the Board. Changes include the following: a budget estimate for the cost of the trip needs to be submitted to the VP of Finance prior to listing the trip in Wheel People; if it is evident that the trip is not going to break even, then the trip must be cancelled and deposits returned; the leader and the coleader will have their lodgings and food costs covered generally to not exceed more than 10% of the cost of the trip (same costs as participants will incur); and there will be an after trip accounting within 30 days. The Board voted unanimously to accept these changes.

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

Respectfully submitted,
Janet Tortora
Secretary

WELCOME NEW MEMBERS

Jim Bures	Somerville	Dino Mancini	Franklin
Robin Cain	Medford	Irene McLaughlin	Needham
John Elliott	Natick	Carol McMahon	Brighton
Kathleen Gilroy	Cambridge	Robert Pittman	Leominster
Jessie Goodman, Tony Dow	Newton Upr Falls	Lawrence Plitch, Matthew and Rachel Plitch	Newton Lwr Falls
Katherine Gross	Cambridge	Stanley Powers, Janice Powers	Chelmsford
Victoria Izon	Brookline	Amy Ray, Julian Ray	Wellesley
Katie Jenkins, Jason Jenkins	Carlisle	Phil Simon	Somerville
Lorie Komlyn	Watertown	E. Philip Simpson	Cambridge
Art LaRose	Woburn	Jorge Varona	Waltham
Liz Lambert, Stephen Dragonio	Boston	Peter Wronski	Medford
Bruce Lederer	Newtonville	Deb Wysong, Gordon Harris	Ipswich
Peter Luck	Wellesley		



Recurring Rides Calendar

These rides are held every week unless indicated

Monday Morning Meanders

Times: 10:00 AM. first ride June 6

Description: Experience the thrill of being a kid again. Grab your bike and hit the trails. We will go out for 2 to 2 1/2 hours and wander through the woods, on the trails, abandoned railroad beds and open fields using roads only as needed for our stepping stones into these hidden areas. You will need a mountain bike or a hybrid bike. The off road riding is not technical but does require good bike handling skills. Helmets required.

Routes: Distances are typically between 15 and 20 miles, on and off road.

Leaders: Susan Grieb [SLGrieb@comcast.net] (781-275-3991)

Start: Location Varies.

Directions: Call Susan to receive information on the ride start location.

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 128/95, 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 [rarsenault@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 [rarsenault@rcn.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

Times: 6:30 PM

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln and additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at Mark's Sandwich Shop, and some like to go 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 128 North or South, Take Rt 16 West approximately 3/10 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 128 North or South, Take Rt 9 approximately 3/10 mi. west and turn right onto Cedar Street (just after Mobil gas Station). 27 Cedar St is about 3/10 of a mile on left. Park in the first lot on right. You can also get to the start by taking Route 16 West from 128 and turning left onto River Street (right before the Sunoco gas station). At the flashing red light at the top of River Street, cross over onto Cedar Street and 27 Cedar will be 1/10 of a mile on the right.

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@psinfo.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, 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 lead-

ers 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, June 4, June 25. 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.



June 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.

Martha's Vineyard Ride

Saturday - June 4

Times and Routes: 9:30 departure from Woods Hole for Oak Bluffs. Approximately 50-55 miles, with shorter routes available. Ride canceled if inclement weather.

Ride Type: Cue sheet

Leaders: Rita Long (781-899-9177, RitaCLong@comcast.net) and Joanne Archambault (508-878-8421, joarch@comcast.net)

Highlights: We will ride around the Island counterclockwise from Oak Bluffs, with the ability to create short cuts. We will provide cue sheets and ask that you bring a map of the island if you have one. Traditionally, the club meets for dinner after the ride.

Start: Meet at Steamship Authority Ticket Office in Woods Hole at 9:00am. Ferry leaves at 9:30. Buy your ticket at the ticket office; \$18 round trip for you + bike. There is a parking lot at Woods Hole for \$10, but you can park for free at the Falmouth Municipal Lot (Palmer Avenue) and ride the 4 mile Shining Sea bike path to the ferry.

Directions: To the municipal lot: Follow Rt. 28 past The Steamship Authority overflow lot. Turn left on Main St. and look for the parking sign on the left hand side. The lot is behind the buildings on Main St. Plan to be at a parking lot about an hour before the ferry departure time.

The Berlin-Bolton Country Tour

Sunday - June 5

Times and Routes: 9:30 in South Acton for 60 and 48 miles (2450 and 1800 vertical feet, respectively); 10:30 in Bolton for 25 miles.

Ride Type: Arrowed.

Leaders: Ken Hablow (khablow@khgraphics.com)

Highlights: This exquisite tour of Bolton, Berlin and Northboro winds and rambles on mostly very quiet back roads. The long and medium routes continue to the Fruitlands in Harvard. The medium route by-passes Northboro. You will experience quiet back roads, some beautiful vistas, and magnificent downhills. The common lunch stop for the long and short is at BagleMakers in Northboro. Lunch for the medium route is in Berlin. Terrain is moderately hilly.

Start: Short ride only: Emerson School, Route 117, Bolton. Long and Medium rides start at South Acton "T" station, Central Street @ Route 27 - The parking meters are not active on weekends.

Directions: Long and Medium rides - Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the Acton Music Center on the corner. Short Ride - Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Northern Exposure

Saturday - June 11

Times and Routes: 10:00 am for options of approximately 55, 42, or 34 miles

Ride Type: Arrowed w/cue sheet & map

Leaders: Dana Chandler (978-371-5952)

Highlights: Those legs should be limbered up by now, so come on out and join us for a late Spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this. Moderate terrain. Limited food options.

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

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

Blue Moose Hill

Sunday - June 12

Times and Routes: 9:30 for 50 miles, 10:00 for 25 or 15 miles

Ride Type: Arrowed & Cue Sheet. The arrow is an orange upside down 'V'.

Leaders: Jean and Ken Zaniewski (781-784-1845)

Highlights: Mostly flat short loop, mucho climbing long route. The long ride includes the Boston Skyline View from Big Blue Hill. Bring extra water and food for the long ride since there are no convenient places along the route to obtain them.

Start: Sharon Shopping Center, Shaw's Market

Directions: From Rt.128 take Rt.95 South to (exit 8) Mechanic St./S.Main St. Take a left from the exit ramp - the shopping center is about 1/4 mile ahead on the right. PLEASE PARK AS FAR FROM THE STORES AS POSSIBLE. CLOSE TO SOUTH MAIN STREET.

Charles River West Loop

Saturday - June 18, 2005

Times: 9:00 for 75 mi; 9:30 for 50 mi and 10:00 for 35 mi

Ride Type: Cue sheet and map

Leaders: Mike Barry, (cell: 617.257.2251, mikebarry657@rcn.com)

Highlights: Rolling tour on back roads in Charles River Valley west of Rt 128. 75 mile ride rises into foothills beyond Westboro.

Food stops/bathrooms available in towns along route. Bring lunch or \$. Short loop covers Needham Westwood, Natick, Sherborne, Dover; medium adds Ashland, Holliston; and long adds Westboro, Grafton & Hopkinton.

Start: Needham Junction MBTA Lot

Directions: Exit off Rt 128 at Rt. 135, go west toward Needham. Left at 0.5mi on South St at light, right at 0.5mi at Y with High Rock St, right at 0.3mi at Chestnut. MBTA lot is on right at 0.3 after going under tracks. If first parking lot is full, there are more further back. Or take train arriving at 9:39 for 10:00 ride.

Cape-in-a-Day

Saturday - June 18

Times and Routes: 5:00 AM (please arrive at 4:45 AM for instructions) for 117 miles.

Ride Type: Cue sheet.

Leaders: Raúl Raudales (978) 937 - 7780, mesoamerican@juno.com; co-Leaders: Dick Arsenault (781-272-1771), rarsenault@rcn.com and Nadina Raudales (978) 937 - 7780

Highlights: Ride Boston to Provincetown and return by ferry the same day. This is a

direct point to point ride with lots of interesting, changing scenery but without scenic detours. We will stop to rest and to buy food at the Canal (52 miles) and in Orleans (86 miles). We will return to Boston on one of the ferries. This is an unsupported ride. You will get a cue sheet, ferry schedule and a bus schedule for return to Boston in the event of failure of your equipment. The cue sheet is simple and easy to follow. Ferry Information: High speed (1.5 hours) ferries depart P/T at 3:00, 4:00, 7:30 and 8:30. Adult \$37, senior \$32, Bike \$5. Low speed (3.5 hours) ferry departs P/T at 3:30. Adult \$18, senior \$15, bike \$5.

Start: Gillette parking lot in South Boston.

Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette the parking lot. Rain cancels.

The 14th annual

Climb to the Clouds

A Century Ride to Mt. Wachusett

Sunday July 17, 2005

Rides from 45 to 105 miles

Sponsored by Charles River Wheelmen

Spend the day touring the apple orchard country of east central Massachusetts. Magnificent views, mostly country roads, great company!

START TIMES: **8:00** from Concord Carlisle High School, Concord MA for 105, 90 or 80 miles

9:30 from Nashoba Regional High School, Bolton MA for 60 or 45 miles

COST: A **\$10.00** event fee per entrant is payable the day of the event. There is no pre-registration.

DIRECTIONS:

Concord: Rt. 2 to the route 126 intersection. This is the intersection for Walden Pond.

Heading West on Rt. 2, turn right at the first traffic light past Village Saab at Crosby Corner. There is a sign for the District Court house.

Heading East on Rt. 2 turn left at the sixth light past the Concord circle.

The High School is at the bottom of the hill on the left.

Mass Turnpike to exit 14, "Route 128/95". Route 128/95 North to the Route 2 exit heading West.

Or Mass Turnpike to Rte 495 North to Rte 2 east.

Bolton: Nashoba Regional HS is 2½ miles West of Rt. 495 on Rt. 117 on the right at Green Road Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West 2½ miles.

TERRAIN: All routes are hilly. The long rides from each start point includes a one mile climb at a steady 9% grade and the mountain access road itself. From Concord the total vertical on the long ride is 5,500 feet and from Bolton it is 3,500 feet. The other routes are very hilly but no mountain climb.

SUPPORT: Bananas, bagels & water will be available at the start points and at two staffed points along the routes, including a stop at Berlin Orchard. There are convenience stores located in most towns. Water is available at the visitors center at Mt. Wachusett.

INFO: This ride only: Ken Hablow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

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Quiet Roads North of Boston

Sunday - June 19

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

Ride Type: Arrowed

Leaders: Ray Porter (781-944-1292, porter@ch2m.com04) and Ken Skier (781-863-5826 kenskier@alum.mit.edu)

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

Start: REI/Registry of Motor Vehicles, Reading.

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

Looking For A Hill

Saturday - June 25

Times: 10:00 AM for 54 miles

Ride Type: Follow-The-Leader, cue sheet

Leaders: Joe Tavilla (508-428-6887 or cell: 508-450-1934)

Highlights: The ride name aptly describes the terrain. If you're looking for a hill - that's all you do, look - keep on looking but you will NOT find a hill on this ride. What you will find are lots of lightly travelled flat roads, numerous cranberry bogs, working farms - one with Clydesdale horses, a breathtaking seaside golf course, the campus of Tabor Academy and the charming seacoast village of Marion on the Massachusetts south coast. The route will pass through the towns of Carver, Rochester, Middleboro, Wareham & Marion. We will ride together at a group pace (12-16 mph), trying not to drop anyone, with occasional "re-group" stops. There will be a lunch/ice cream stop in Marion. Note that food/water choices along the route are very limited.

Start: Carver Public Library, Route 58, Carver, MA

Directions: From Interstate 495, travel south on 495 to Exit 2. Travel Route 58 north into Carver. Library will be on right, just past police station/Town Hall.

Climb to the Foothills

Sunday - June 26

Times and Routes: 9:30 for 68 miles, 10:00 for 43 and 30 miles

Ride Type: Arrows, Cue Sheet, and Map

Leaders: Bill Scott (978-456-3138) and Tod Rodger

Highlights: 68-mile ride is designed as a hilly (4,400 ft) warm-up for Climb to the Clouds 2 weeks later. It follows quiet, scenic roads through Harvard, Bolton, Boylston, Sterling, and Lancaster with some great views and downhill runs. 43 and 30-mile rides are less hilly (2,800 ft and 1,700 ft) repeats of the April 6 Season Opener. All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston with opportunities for picnic at Wachusett Reservoir.

Start: South Acton "T" Station, Central St. at Route 27 (no meters Sundays)

Directions: Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St is sharp right turn (after yellow Acton Music Center on right) .95 miles from light.



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

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. The registration fee for the ride, which includes the ferry, will be \$30 if received by June 18th, \$35 day of the ride, refundable if the ride is cancelled.

Please respond to p2pRide@yahoo.com if you plan to ride. Send your registration of \$30 payable to:

Mel Stoler
9 Coolidge Street #2
Brookline, MA 02446

Contact Mel Stoler (thestolers@rcn.com or 617-277-5180) for information.

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)



Other Trips

LAB 125th Anniversary Events in Rhode Island

June 10-12

League of American Bicyclists 125th Anniversary Celebration Friday, June 10-Sunday, June 12 in Rhode Island. Full details are at: <http://www.nbwclub.org/events/2005-LA-Banniv.html>

Friday June 10, 2005

10 am — Bays, Breweries & Battleships Ride, Fall River, MA

6 PM — Historic Tour -- Buildings and Homes in Providence, RI

8 PM — After the ride, join us at the Trinity Brewhouse. <http://www.trinitybrewhouse.com/>, 186 Fountain St, Providence

Saturday June 11, 2005

8 am — LAB Monument Ride, Newport, RI

Saturday Night — WaterFire, Providence, RI

A striking string of bonfires burning mid-stream the Providence River. Enjoy the scene and our famous restaurants and cafes.

Sunday June 12, 2005

10 am — League of American Bicyclists 125th Anniversary Ride, Providence, RI Start from Providence's Station Park in front of the Rhode Island State House.

1 PM - 5 PM — Race Day and Expo, Providence, RI

After the ride stay and enjoy a full day of professional bicycle racing at the Cox Children's Charities Cycling Classic.

Blind Stokers Tandem Ride

Saturday, June 25, 9:00AM

Lincoln, MA

New England Regional Ski for Light has gathered the blind stokers BUT WE NEED CAPTAINS AND THEIR TANDEM TO MAKE THIS RIDE GO. Please sign up and get your tandem friends to come along.

The ride will begin at the Commuter Rail Parking Lot in Lincoln, MA. (We'll send directions once you register). Parking is available. There will be both 30 and 45 mile options that will follow through Lincoln, Sudbury, Concord, and Carlisle. Cue sheets will be provided. Both routes will meet at a common lunch stop. Bring your own or you can purchase it there.

Very few blind stokers have biking equipment, so please bring along extra helmets, water bottles, and/or pedals with regular toe clips if you have them. Ski for Light requires a release form to be filled out. You can get a copy online at <http://www.nersfl.org/release.txt> and bring it with you. Or, we will have some blank copies available.

Ski for Light runs cross-country ski trips, hikes, canoe trips and more. Blind and visually impaired participants should be fit enough to ride at least 30 miles of moderately rolling

hills. You can reach the ride starting point via the Lincoln Commuter Rail from either North Station, or Porter Square (on Red Line). We will try to arrange rides, but sometimes it is not possible.

We're hoping for a beautiful day, of course! If weather looks like it won't cooperate, call Mark Remaly at 781-391-2943 to see if the ride will go. There is no rain date. A \$10 donation is requested to cover expenses.

Questions, contact Mark Remaly (781-391-2943 mremaly@comcast.net)

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. 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 (617-734-0720, velotrain@peoplepc.com), coleader Susan Grieb (781-275-3991, slgrieb@comcast.net).

Letters to the Editor

Safe Cycling

Kudos to Bob Zogg for pushing safe bicycling. Not only are safe cycling practices obviously safer, but they also make for more polite riding which encourages drivers to view cyclists more favorably. Over the long run, more public support can translate into more cyclist friendly road improvements such as better shoulders, fewer objections to painting arrows on roads, etc. It also reduces the likelihood of anti-cyclists legislation.

The LAB March 28, 2005 Bike League News illustrates what can happen when cyclists don't have public support. In the 1999 "Boub" case, it was determined that bicyclists were "NOT to be intended and permitted users of

the roadway in Illinois. This decision has had serious repercussions on the willingness of local governments to take any action to accommodate bicyclists." The League of Illinois Bicyclists and the Chicagoland Bicycling Federation have been pushing state legislation to fix the problems caused by the Boub ruling.

Arnold Nadler

GoGarda

Bike Northern Italy

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

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Adult cyclists grew up riding bicycles. We didn't give them up as toys when we got a driver's license, our first car, a spouse, a baby. We know a different feel of the roads.

Side roads and back roads tell us where we are, even without looking at the rest of the surroundings. The way the bike bumps and vibrates gives more information than eyes or ears. The feel of the handlebars, the seat vibrating, even the ease of acceleration inform us.

All-blacktop roads with numerous storm grates are typical of the Boston suburbs, and many other urban areas. Rough reddish asphalt bespeaks the coastal roads south of Quincy, Massachusetts. However, concrete squares dotted with smooth red and purple stones speak of the townships of southern New Jersey, places I would occasionally ride on a bike borrowed from cousins.

The back roads of western Massachusetts are often old-fashioned macadam -- tar and pebbles. Some people call it "tarmac." I know this from childhood on an almost-rural road snugged down in a roll between two well-eroded ridges of the Berkshires. The feel of rough and smooth, of an evolving road surface, identifies the whole region, at least in memory.

Every year or two, Public Works tar tankers creep and halt, creep and halt down

the road. It is never earlier than mid-July. Indeed, the day is never overcast, or at least memory never supplies an overcast day. Sweaty, sunburned men in tar-blackened pants walk behind and spray a new layer of hot, pungent tar on half of the old surface, leaving the other half of the road for cars to slowly pass.

Dump trucks back down the road, following the tanker, pouring thick layers of small pebbles. Men with rakes come next, leveling

and spreading the piles, smoothing them down to two or three inches of cream and white pebbles, the sun

glaring back from thousands of facets. And next come the rollers, pressing the pebbles together, flattening the surface, forcing pebbles into the black petroleum ooze. Water streams down the curves, pumped in dribbles to help the scrapers clear tar and even stuck pebbles off the smooth steel.

After a few hundred feet, the process starts again on the other side of the road.

We kids know of the road surfacing through the usual telepathy shared in neighborhoods. We all ride crazily around this scene. First we speed up the old surface of the road. We enjoy the smoothest strips, where summer heat and cars and nature have sunk almost all of the pebbles beneath a sheen of almost-blacktop. Those strips are "faster" than the "fastest" fresh blacktop, as smooth as glass.

We come to that strip and pump it up, then glide, feeling the glassine smoothness, feeling the return to the slightly less smooth surface of more visible pebbles.

We pump as hard as we can riding one-speeds, "banana bikes," and the like. The kids on those bikes, their weight toward the back, "pull wheelies" and even ride twenty-five or fifty feet, their front wheels in the air. We all zig and zag whenever there are no cars, loving inertia and gravity equally. We swerve wildly at the last minute to avoid potholes and blacktop patches of potholes, never slowing down.

We pass the work trucks. The workers wave and grin. They must have seen this many times this summer, because this is not the only macadam road in our "city." We bump up the lip from old tar-sheen tarmac to fresh pebbles. Loose pebbles scatter as we swerve, careen, peddle fast, then jam on coaster brakes to skid across the loose new surface. Vibrating bicycles become fighter jets suddenly out of control, their riders the brave pilots struggling to land without ejecting, finally skidding to a halt on the improvised "runway." We pump up or speed again, this time going from new macadam to the worn-smooth tarmac, relishing the change from vibrating handle-grips to sudden solidity of unaffected steel, perfection of control.

We repeat this throughout the day, stopping at one child's house or another for rest, a cool drink. Refreshed, we go again, speeding again. There are more stunts, more imagining - we go from fighter jets to motorcycles, motorcycles to starships, starships to any other vehicle we can imagine. During this mad rushing, several of us will lose control in a spray of pebbles, fall and skid. In this pre-helmet day, we each get up, check the scrapes and bruises, stretch the twisted ankles and rotate the banged shoulders, get over our bumps and bruises, and start all over again.

By the end of the day, our entire road is new macadam. Cars drive down, kicking up the clickety spatter of pebbles. The workers will do another road tomorrow, probably one that is "out of the neighborhood," and so out of bounds to those of us who mind our parents. We go home to the baths made essential by our falls and skids, by tar kicked up to stick to our legs, contusions and knee scrapes that must be cleaned by good mothers to avoid infection.

The adult cyclist remembers those days, even without remembering, each time the road surface changes. We remember the feeling through our padded gloves on vibrating handlebars, despite the tight spandex that has replaced denim "cutoff" shorts.

Macadam

by Greg Lee

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April Mileage Totals

0 7 6 1 4 7

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	4389	-	-	3	Ken Skier	988	1	-	-	Douglas Cohen	277	-	-	-
Rick Gowen	3698	4	2	1	Andrew Brand	978	-	-	-	Cynthia Snow	234	-	-	-
Bruce Ingle	3644	4	3	1	Ken Hablow	978	1	-	-	David White	234	-	-	-
Don MacFarlane	3487	4	-	2	Joseph Moore	898	1	-	-	Mike Hanauer	231	-	-	-
Jack Donohue	2674	-	-	-	Sheldon Brown	875	-	-	-	Cynthia Zabin	225	-	-	-
Cory Lovett	2479	-	-	-	Marilyn Hartman	868	1	-	-	James Breeling	219	-	-	-
Steve Robins	2335	-	-	-	Don Mitchell	865	-	-	-	Jeff Luxenberg	179	-	-	-
Tod Rodger	2331	2	1	-	Bill Widnall	777	2	-	-	Marc Webb	169	-	-	-
Robin Schulman	2307	3	-	-	Ed Hoffer	760	-	-	-	Greg Tutunjian	136	-	-	-
Andrew Steinhouse	2217	2	1	-	Chris George	720	-	-	-	Frank Connell	134	-	-	-
Glen Reed	2163	4	-	-	Gary Smiley	683	-	-	-	Michael Morrissey	124	-	-	-
Paul Hardin	2125	2	1	1	John Goeller	669	2	-	-	Ted Hamann	83	-	-	-
Linnea Olson	2073	3	2	1	Joseph Tavilla	652	-	-	-	Elaine Stansfield	69	-	-	-
Irving Kurki	1907	3	1	-	Nick Linsky	622	-	-	-	Ann Callanan	65	-	-	-
Joe Repole	1665	4	4	-	John Springfield	607	-	1	-	Lincoln Ross	46	-	-	-
Janet Tortora	1488	1	-	-	James Page	602	1	-	-	Lawrence Plitch	34	-	-	-
David Wean	1479	2	-	-	Daniel Sullivan	587	1	1	-	Rich Whalen	9	-	-	-
Richard Taylor	1396	4	3	-	Frank Aronson	550	-	-	-					
Butch Pemstein	1388	-	-	-	Bill Hanson	537	-	-	-					
Edward Boches	1376	1	-	-	Kent Anderson	528	-	-	-					
Larry Murphy	1342	4	-	-	Lisa Weissmann	511	-	-	-					
Mike Kerrigan	1320	1	1	-	Gabor Demjen	434	1	-	-					
Ed Sullivan	1269	1	-	-	Walt Drag	422	1	1	-					
Peter Brooks	1169	1	-	-	Susan Grieb	395	-	-	-					
Dick Arsenault	1101	1	-	-	Doug Hartley	365	1	-	-					
Larry Kornetsky	1057	-	-	-	Tracy Ingle	339	-	-	-					
Winslow Green	1017	1	-	-	Dan Pratt	292	-	-	-					
Bob Sawyer	1001	-	-	-	Craig Weiner	280	1	1	-					

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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366 Comm. Ave, Boston
617-247-2336

Belmont Wheelworks
480 Trapelo Rd., Belmont
617-489-3577

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

Bicycle Exchange at Porter Square
2067 Massachusetts Ave,
Cambridge
617-864-1300

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
617-236-0752

Broadway Bicycle School
351 Broadway, Cambridge
617-868-3392

Burlington Cycle
428 Boston Rd., Billerica
978-671-0800

Cambridge Bicycle
259 Massachusetts Ave,
Cambridge
617-876-6555

Chelmsford Cyclery
7 Summer St., Chelmsford
978-256-1528

Community Bicycle Supply
496 Tremont St., Boston
617-542-8623

Cycle Loft
28 Cambridge St.,
Burlington
781-272-0870

Decathlon Sports
570 Providence Highway,
Norwood
781-255-0400

Dedham Bike
403 Washington St.,
Dedham
781-326-1531

Farina Cycle
61 Galen St., Watertown
617-926-1717

Ferris Wheels Bicycle Shop
64 South St., Jamaica Plain
617-522-7082

Frank's Bicycle Barn
123 Worcester Tpk.,
Westboro
508-366-1770

Frank's Spoke 'N Wheel
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
1355 Washington St.,
W. Newton
617-244-1040

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

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

Landry's Bicycles
151 Endicott St., Danvers
978-777-3337

1210 Boston Providence
Turnpike (Rt. 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
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

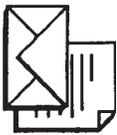
Town and Country Bicycle
67 North St., Medford
508-359-8377

Travis Cycles
7 Oak St., Taunton
508-822-0396
722 N. Main St., Brockton
508-586-6394

Wild Women Outfitters
397 Massachusetts Ave,
Arlington
781-641-5776

Charles River Wheelmen
1 Gleason Road
Bedford, MA 01730

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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.

- I'd like to help with the activities checked below. Please have someone contact me:
- Ride Leader
 - Safety
 - Host a post-ride party
 - Other
 - Publicity
 - Membership
 - Legislative Action
 - Newsletter
 - Special Events

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.

	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
Household	\$25	\$48	\$70	

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

PAPER via Postal Service ELECTRONIC via email

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

- 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.

Phone (eve.) _____ (day) _____
e-mail _____

Signature(s) _____ Date of Birth _____
Name(s) _____
Address _____

Join/Renew The Charles River Wheelmen New Membership Renewal Please check one

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:

- 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;
- 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;
- herby 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.