

Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIX, Number 7 • July, 2005

Staggered

Staggering ride starts means releasing riders in several smaller groups, rather than one large group, so that riders are less apt to be clustered together on the road. The process is particularly applicable to our weekend rides, which can attract 100 or more riders, and our Century rides, which can attract two to three times this number.

Ride Starts

on riding speed. The ride leader will announce the speed ranges and ask you to select a group. For this

purpose, your riding speed is your typical rolling average speed (i.e., not including stops) on CRW rides. Don't worry that you might not be able to maintain the pace that you estimate—no one will be timing you. If you have no idea how fast you ride, select the more leisurely paced group. The ride leader will release faster groups first, waiting at least 90 seconds between releases. 90 seconds will feel like a long time when you're eager to get going, but shorter waits can result in groups bunching up at traffic signals or stop signs. Use the time for a final check of your bike, helmet fit, cue sheet, etc. Unless you're in the last group, please

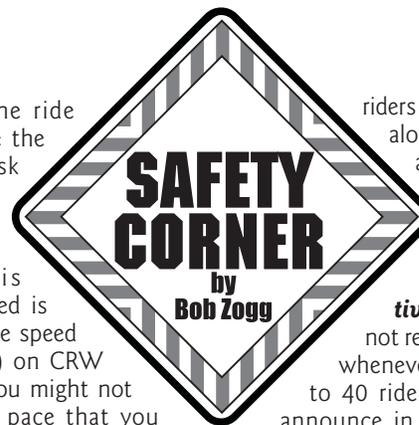
leave promptly when your group is released. Riders sneaking out between groups can confuse others and tempt them to leave early. Finally, wait for the group that best matches your riding speed. If you move up a group to shorten your wait, the groups can become lopsided, defeating the purpose. Besides, you'll soon find yourself riding alone as the faster

riders leave you behind, and riding alone isn't nearly as much fun as riding with others more closely matched to your speed.

How to Stagger Starts—the Ride Leader's Perspective. We recommend (but do not require) staggering ride starts whenever there are more than 30 to 40 riders. The ride leader should announce in advance that he/she will release riders in three groups and indicate the speed ranges. We suggest 1) 18 mph and over, 2) 16 - 17 mph, and 3) under 16 mph. Or, if you prefer, simply 1) fast, 2) medium, and 3) casual (or leisurely). You may find that you need to encourage the fast group to start when you first release them. You may then need to encourage the others to wait. Time the interval between group releases, as it is very difficult to estimate with any accuracy (and you'll be tempted to cut it short when you're staring at a sea of eager faces). You may want to use the time between group releases to answer additional questions and provide additional ride information. Managing a crowd of cyclists can be a daunting challenge. Don't be discouraged if your first attempt doesn't work as smoothly as you had hoped. It'll get easier with time.

How Big is too Big? Even with staggered starts, large groups can form on the road.

Safety Corner - Continued on page 3



Riding in smaller groups decreases the chances of bike-to-bike collisions...

Why Stagger Starts? First, it's safer and more enjoyable for cyclists. Riding in smaller groups decreases the chances of bike-to-bike collisions, makes it easier to see road hazards, and is generally less stressful. Second, it's courteous to motorists. It can be very difficult for motorists to pass large groups of cyclists safely. A motorist following a large group of cyclists might have to wait a long time for a safe opportunity to pass. Worse, a motorist may grow impatient and attempt to pass when it's not safe.

How to Stagger Starts—the Ride Participant's Perspective. Becoming familiar with the general process, listening carefully to instructions, and being patient will help immensely with staggering ride starts. The ride leader will generally release riders in three groups based

July Contents

Safety Corner..... 1	Classified Ads 5	The Fixie 9
Welcome New Members 3	July Rides..... 6	Little Jack's Corner 10
Board Meeting Minutes 3	Climb to the Clouds Flyer..... 7	Mileage Totals..... 11
eWheelPeople..... 3	CRW Trips..... 8	Shops 12
Recurring Rides..... 4	Other Trips 8	

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 hand-written 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	978-443-4993
Barry Nelson	2006	617-964-5727
Linda Nelson	2007	617-964-5727
Ra'1 Raudales	2005	978-937-3460
Paul Schimek	2006	617-983-9111
Janet Tortora	2005	978-692-7273

OFFICERS AND COORDINATORS

President	Eric Evans	617-901-3958
Executive Vice President	Barry Nelson	617-964-5727
Vice President of Finance	Eric Evans	617-901-3958
Vice President of Publications	Ken Hablow	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
Secretary	Janet Tortora	978-692-7273
Treasurer	Don Blake	781-275-7878
Insurance Coordinator	Don Blake	781-275-7878
Membership Coordinator	Linda Nelson	617-964-5727
Membership Information	Larissa Hordynsky	617-527-5620
Information	Keith Manning	781-643-4628
Special Projects Coordinator	Ann-Marie Starck	508-877-0178
Publicity Coordinator	Marty Weinstock	617-491-6523
Merchandise	Ken Hablow	781-647-0233
Mileage	Jamie King	978-448-0533
Government Relations	Ted Hamann	617-576-0475
Bike Shop Program	Suzi Melotti	617-247-3405
Volunteer Coordinator	Marilyn Hartman	781-935-9819
Social Committee Chair	Ed Glick	978-250-1883
Safety Coordinator	Bob Zogg	617-489-5913

RIDE PROGRAM COORDINATORS

Vice President of Rides	Connie Farb	978-443-4993
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
Thursday Fitness Rides	Justin Haber	617-965-3904
Friday Rides	Rich Taylor	978-287-4921
Saturday Fitness Rides	Ed Glick	978-250-1883
Sunday Fitness Rides	Daniel Rabinkin	781-275-2391
Sunday Fitness Rides	Dave McElwaine	781-821-8643
Sunday Fitness Rides	Chris Randles	617-969-2545
Sunday Fitness Rides	Andy Brand	617-247-9770
Sunday Fitness Rides	Bob Dyson	508-668-8122

WHEELPEOPLE STAFF

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

INTERNET STAFF

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

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			

We recommend limiting group size to six riders—eight at the most. If you find yourself in a large group, suggest to those within earshot splitting into two groups. If the pace of the large pack is either about right or a little fast for the splinter group, have your splinter group back off for a while to put at least 100 yards between your splinter group and the old pack,

We recommend limiting group size to six riders—eight at the most.

then resume your pace. If you catch up with the old pack, pass it while remaining a separate group. You may have to pass in several steps to be sure that you can still get into single file if traffic approaches. Of course, if you think your splinter group will be faster, simply accelerate to break away from the old pack, and maintain

The CRW Rides Committee has established four safety-related priorities for 2005:

- 1) Keeping Right and Riding Single File in Traffic;
- 2) Yielding at Intersections;
- 3) Staggering Ride Starts; and
- 4) Skills Development.

Please keep these priorities in mind on CRW rides, or anytime that you're on the road.

a fast pace for a few minutes to open up some space between the two groups.

As we all gain more experience with staggered starts (riders and ride leaders alike), the process will become more routine and feel more natural. Before long, we'll wonder why we ever did it any other way!

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

CRW Board Meeting Minutes

June 7, 2005



In Attendance:

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

Minutes (Janet Tortora)

Minutes from the May 3, 2005 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President Eric Evans, reported that there was \$1600 profit from the Spring Century.

Additionally, Eric reported there have been 6 CRW members who have offered to serve on the Finance Committee. A new Vice President of Finance will be appointed to replace Eric because he is now President of the club.

Rides Committee (Eric Evans)

Eric reported for Connie Farb that she still needs a Saturday Rides Coordinator.

Membership (Linda Nelson)

Linda reported the membership numbers for May 2005: 1032 Current memberships, 1246 current members, 35 expired members, 42 new members, 63 renewed members

Linda reported that offering members the option to pay online through Pay Pal is working very nicely.

New Business

Discussion on content, size, and delivery of The WheelPeople

Jack Donohue, WheelPeople Copy Editor, discussed with the Board the feasibility of increasing the size of WheelPeople during the summer months. Currently the size of the newsletter is restricted to 12 pages due to limitations presented by the mailing label provider. During the months of May-August, there is enough content to fill a 16 page newsletter. Eric Evans is going to talk to the label provider about the possibility of increasing the size of the newsletter during the summer months.

Additionally, Eric is going to look into what is involved in changing the stamp on the newsletter to reflect the club's non-profit status. This would save money on the postage.

THERE IS NO BOARD MEETING IN JULY!

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

Respectfully submitted,
Janet Tortora
Secretary

WELCOME NEW MEMBERS

Anne Althausen	Watertown	John McGrath,	
David Dorfman	West Newton	Carol McGrath	Westford
Marci Drees	Jamaica Plain	Kenneth Morse	Newtonville
Maya Escobar	Boston	Robert Musci	Somerville
John Etzel	Franklin	Dave Nierenberg	Cambridge
Barbara Friedsam	Charlestown	Chijioke Okafor	Somerville
Karin Gavish,		J. Erich Ou	Concord
Amnon Gavish	Chestnut Hill	Anton Prinsloo	Stoughton
Matthew Golembeski	East Weymouth	Aruna Rajan	Brighton
Robert Gorman	Hudson	Susan Raye	Jamaica Plain
Erik Hansen	Brookline	Deb Sarro	Andover
Gerard Hosman	Salem	Adena Schutzberg	Somerville
David Johanson,		Eileen Sullivan	Medfield
Mary Johanson	Belmont	Brian Szekely	Somerville
David Kearney,		Kimo Tam,	
Judy Kearney	Needham	Aradhana Narula-Tam	Lincoln
Larry Kornetsky	Burlington	Gloria Urrejola	West Roxbury
Jean-Louis Lagalle,		Diane Vassallo	Revere
Susan Lagalle	Norwood	Robert Volpe	Cambridge
John Laupheimer	Weston	Barry Wannier	Cambridge
Andrew Lowe,		Michael Weintraub	Brookline
Jennifer Schimmel	Charlestown	David White	Holbrook
Richard Mandel	Cambridge	Chuck White	Bridgewater
Eric Mattison	Cambridge	Robyn Whittington	Somerville
Judi Mayerhofer	Reading		

e-WheelPeople

By now many of you are receiving WheelPeople electronically. Roughly 40% of the club gets their WheelPeople this way. If you're not in this group, here are a few reasons you might want to consider this:

- It saves the club printing mailing costs, so we direct the savings to support the rides, social, advocacy, and other aspects of the club
- You get the issue much sooner. The postal mail copy usually arrives at the end of the

month, while the email version is ready around the middle of the month, giving you more advance notice of events you might be interested in.

To change to electronic distribution, just send an email to membership@crw.org requesting the change. Make sure to include your name and the email address where you would like notifications sent.



Recurring Rides Calendar

These rides are held every week unless indicated

Monday Morning Meanders

Times: 9:30 AM.

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 and 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 [arsenault@rcn.com]

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, call or e-mail the ride coordinator Dick Arsenault [arsenault@rcn.com] 781-272-1771 day or early evening.

Wednesday Evening Ice Cream Ride

Times: 6:30 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.

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

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

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

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

Directions: From Routes 128/95, take Exit 18, Great Plain Ave and head West towards Needham. At the first light, turn right onto Greendale Ave. Go up the hill 0.4 miles, just over the railroad bridge. The first left after the bridge is Grosvenor Road, turn and go .3 miles. Next right onto Broadmeadow Road for 0.1 miles and you are there!

Thursday Fitness Ride at Hanscom Field

Times: 6:00 PM SHARP!

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-eves)

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: 6:30 PM

Description: A club ride that provides something for all tastes. There is usually a fast group riding pacer 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 min-

ute 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!)

Group Riding for Beginners

Times: Saturdays, July 2, July 23 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 [jlesullivan@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!)

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 pacer 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 pacer riding techniques.



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

Bridgestone RB2 1989, ride a classic steel bike, very low miles (approx 300), original tires still excellent, Suntour Superbe Pro Bar Con handlebar shifters, small frame, \$225 Steve 617-924-4226 or creckles@yahoo.com



July 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 Redux

Saturday - July 2

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

Ride Type: arrowed with cue sheet

Leaders: Michael Aarons (mikea@pixelmonkey.com)

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.

Lexington Revolutions

Sunday - July 3

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Arrowed with map and cue sheet

Leaders: Bob Apsler (781-259-1443 or RApsler@mail2.gis.net)

Highlights: Ride beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Lunch stop for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass (there will be no lunch stop for short ride). Things to see include Hanscom Field, the Old North Bridge, horse and dairy farms. There is a surprising hill at the end of the ride so save some energy.

Start: Clark Middle School in Lexington

Directions: From Rte 128, take Exit 30, Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi, take a right on Brookside Ave and follow the road to the parking lot at the school.

Lexington Revolutions on the Fourth

Monday - July 4

Leaders: Bill Widnall (781-862-2846 or BillWidnall@attglobal.net) and party host Sheila Widnall

Highlights: This is the same lovely set of routes as offered Sunday July 3. In addition, after the ride, there will be a cookout and pool party at the home of Bill and Sheila in East Lexington.

Start: Clark Middle School in Lexington

Directions: See July 3

A Sterling Ride from Sudbury

Saturday - July 9

Times and Routes: 9:30 AM for 67 or 45 miles; 10 AM for 27 miles.

Ride Type: Arrowed (small letter "b") with cue sheets.

Leaders: Mike Byrne (978) 443-8999; raddad47@aol.com.

Highlights: Long ride circumnavigates Wachusset Reservoir clockwise. Work up an appetite on the Green St. hill, lunch at the Old Stone Church on the shores of the reservoir or in Sterling, work that off on a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Hudson, Stow & Marlboro. Medium ride avoids the reservoir, going north through Berlin Center (lunch stop), re-joining long route in Bolton. Short ride meanders through some of the less traveled roads of Sudbury, Framingham, Southboro, Marlboro, Hudson & Stow. All rides pass the Farside (Wayside) Inn & Grist Mill going out and back (possible lunch stop on the way back for the short ride).

Start: Ephraim Curtis Middle School, Pratts Mill Rd. (just off Peakham Rd.), Sudbury. **Directions:** From Rte. 128 / I-95, take Rte. 20 West (towards Marlboro) thru Weston to Wayland. Turn right in Wayland Center onto Rte. 27 North, go past Wayland Country Club, across Sudbury River and up hill into Sudbury Center (churches, town hall). Stay on Rte. 27 North thru traffic lights (crossing Concord Rd.), then left onto Peakham Rd. (first left after lights). Go straight at first stop sign (Old Lancaster) and turn right at second stop sign (Pratts Mill). Curtis Middle School immediately on right.

A Sterling Ride from Sudbury

Sunday - July 10

Repeat of Saturday's ride - see July 9 description

The Cooling Sea

Sunday - July 10

Times: 9:30 a.m. for 20 miles

Ride Type: Cue sheet

Leaders: Steve Miller (617-864-1480, miller48@comcast.net)

Highlights: Explore the neighborhoods and beaches of South Boston. This ride includes Dorchester Bay, Castle Island, the Docks, SOWA Art District and the Southwest Corridor Bike Path. Enjoy the diversity of the calming waters juxtaposed with the industrial features of the Bay and Docks.

Start: Parking lot at the rear entrance (Giraffe) of Franklin Park Zoo

Directions: From North -- Take Route 93 south to exit for Columbia Rd/JFK Library (Exit 15). Turn right on Columbia Road, then turn left (following signs to Zoo) to stay on Columbia Rd at intersection with Mass. Ave and Boston Street. Stay straight on Columbia about 1.4 miles. Go straight across Blue Hill Ave. into main entrance of Franklin Park. Continue on Franklin Park Road past Zoo entrance and Zoo parking on your right. Turn right on to Pierpont Road and continue to end of road to back entrance of Franklin Park Zoo. From South - From Rte. 93 north take Exit 11 ("Granite Ave, To Rte 203"). Granite Ave. merges into Adam St. Go left on Ashmont St. (First Baptist Church is on left) for about 1/2 mile. At Peabody Square turn right on Dorchester Ave then immediately left on to Talbot Ave. Go about 1.4 mile, passing Franklin Field on left. At Blue Hill Ave. turn right and go about .6 miles until you can turn left into Franklin Park Drive. Continue past Zoo entrance and Zoo parking on your right. Turn right on to Pierpont Road and continue to end of road to back entrance of Franklin Park Zoo.

City Explorations: Charlestown

Tuesday - July 12

Times and Routes: 6PM, about 10 miles

Leaders: Janet Cochrane Miller (jcm02129@mac.com 617-726-8765, work)

Highlights: Explore the mean and not-so-mean streets, waterfront, and parks Charlestown in a moderately paced follow-the-leader ride that will cover about 10 miles. Expect to stop and admire the views and a total time of about 1 hr 30 mins. Wider tires are recommended because of glass, debris, city potholes, and other hazards.

Start: Lovejoy Wharf

Directions: Meet at the Lovejoy Wharf, near the locks across the Charles River, on the other side of the Zakim Bridge from North Station/Fleet Center. There is parking on the wharf. Rain cancels.

Pigs, Ponds, Potholes

Saturday - July 16

Times and Routes: 9:30 for approximately 50 or 34 miles.

Ride Type: Cue sheet and arrows.

Leaders: Sarah Weaver, sarah.weaver@comcast.net; 978-664-1370 before 9:00p.m.

Highlights: Serene back roads, farmstands, ponds, and potholes of the northern burbs.

Have a picnic lunch at Ingaldsby Farm. Terrain is moderately rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars; it is a farm stand/bakery), so bring enough snacks to keep you going.

Start: Ipswich River Park, North Reading

Directions: From Route 93, take Exit 39/Concord Street toward North Reading (a right off the exit if you're heading north). Bear right at the stop sign (1.3 mi); cross Rt. 28 at the light; bear right at stop sign onto Park Street/Rt. 62 (1.8 mi); turn right onto Central Street (2.5 mi); turn left into park. These mileages are cumulative. From Route 128, take Exit 40 (the REI exit) and the Haverhill Street/Camp Curtis Guild spoke off the rotary. Turn left on Chestnut St. after roughly 4 miles; bear right around the curve and then stay right for Central St. The park is on your right.

Climb to the Clouds

Sunday - July 17

See ad below

TGIF/TGIS ride

Saturday - July 23

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

Ride Type: Arrowed ride, cue sheets available

Leaders: Daniel Rabinkin (781-275-2391, rabinkin@ll.mit.edu) and Paul Hardin (978-866-3040 CRWGPSGuy@comcast.net)

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

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

Directions: Take 4/225 west (exit 31B) from 128 through Bedford Center. Go past Bedford Town Green - make a left onto Mudge Way after green. The parking lot is behind the Library. and Paul Hardin (978-866-3040 CRWGPSGuy@comcast.net)

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

Pre-ride tech support
and on road
support provided by

**CYCLE
LOFT**

www.cycleloft.com

Arrive an hour early
if you need your bike
looked at.

The East European Ride

Sunday - July 24

Times and Routes: 9:30 AM for 45 miles; 10:30 AM for 29 miles

Ride Type: Arrowed, with a map for Concord Center.

Leaders: John Allen (jsallen@bikexpert.com, 781-891-9307 until 9:30 PM) and Jacek Rudowski (617-361-5273 until 10:00 PM). Do not call on the morning of the ride.

Highlights: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton, Carlisle and Bedford. The lunch stop is in Concord center. The terrain is rolling.

Start: Weston High School, Weston.

Directions: From Route 128, take exit 24, Rte. 30 West. The first traffic light west of Rte. 128 is at the end of the southbound off-ramp. Travel 2.3 miles on Rte 30 west to the fifth set of traffic lights (The fourth are blinking lights, in front of a firehouse.) Turn left onto Wellesley Street; the Weston High School is on the left side. Or take commuter rail -- Framingham-Worcester line to Wellesley Sq. or Fitchburg line to Brandeis/Roberts. Contact John if you need directions from train station to ride start. The MBTA no longer requires a bike permit.

West Podunk

Saturday - July 30

Times and Routes: 9:30 for 57 miles; 10:00 for 39 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.

Hills to Hopedale

Sunday - July 31

Times and Routes: 9:30 for 70 and 47 miles, 10:00 for 35 and 20 miles

Ride Type: Arrowed with Map

Leaders: Ann-Marie Starck (508-877-0178

before 9:30 PM), Bob Maselek (508-877-0380, maselek_robert@emc.com)

Highlights: Scenic, little-used roads through Hopkinton, Upton, and Hopedale. Hilly ride, few places to buy food. PARTY at leader's house after ride.

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

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



CRW Trips

Wheeling Around the Whites

August 19 - 21, 2005

Explore the White Mountains and the Mount Washington Valley by bike! This cycle weekend will offer hilly and not-so-hilly rides of 30 to 107 miles, swimming at Jackson Falls, shopping at factory outlets, and aprÈs-biking at the Wildcat Tavern. Lodging and meals will be provided at a ski club lodge in the village of Jackson, NH, which is ten miles north of North Conway.

Multiple ride options range from the Triple Notch Century, to rolling country rides, to a North Conway loop with its factory outlets. Or test your climbing prowess on the newly-paved Hurricane Mountain Road, the steepest paved road in New Hampshire -- climb it if you can!

Trip fee is \$89 per person. This includes two nights lodging in bunk rooms, breakfast, happy hour and dinner on Saturday, breakfast on Sunday, maps, cue sheets and ride snacks. For more information, contact Joanne Archambault (joarch@comcast.net, 508-878-8421) or David Campbell (david.campbell3@comcast.net, 781-856-3658).

Trip is limited to 25 participants. Please register by August 5th by sending your contact information and a check payable to "Charles River Wheelmen" to: David Campbell, 24 Central Ave., Needham, MA 02494

Nautical Tour of NH & Maine

Friday-Sunday, Sept. 9-18

Enjoy some of New England's most scenic water

views on this van supported tour -- the Maine coast, Lake Winnepesaukee, and picturesque rivers including the Penobscot. Bike over hill and dale. See the White Mountains. Approx. 50-65 miles/day ranging from flat to hilly.

We'll meet in Rochester, NH on Friday evening, 9/9. 3 days of cycling around Lake Winnepesaukee to North Conway, NH to Portland, ME. 3 days along the Maine coast including LL Bean and beautiful Camden Harbor. Then 2 1/2 days in Bar Harbor, ME, adjacent to spectacular Acadia National Park. Choice of excellent road cycling (including to the top of 1,530 foot Cadillac Mt.), mountain bike rentals, hiking, ocean kayaking, etc. Also, optional one day out and back high speed cruise from Bar Harbor, ME to Yarmouth, Nova Scotia, with time to cycle in Nova Scotia.

Tour fee of \$ 810 includes 9 nights in hotels and motels (2 persons/room), full picnic lunch on 7-8 days, some breakfasts, large support van for our luggage, etc., return transportation from Bar Harbor, ME to Rochester, NH, maps and cue sheets. Possible extras: 1 or 2 dinners, and tour T-shirt or hat. Max: 26 persons.

Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com



Other Trips

CHAD Tour - Lake Champlain & 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.

The Fixie

by Pat O'Dougherty

I blame my friend Will for planting the Fixie seed under my skin. Last spring I met Will through mutual friends and soon discovered that we shared a love for the outdoors in general, and specific interests in climbing and cycling. After a brief awkward period during which men screw up the courage to decide to spend time with each other, we decided to hook up for a bike ride.

As it happened, I had just picked up my spanking new Bianchi and was becoming comfortable with it. Will, on the other hand was waiting for his new Fixed Gear bike to be completed. He'd had it custom made by Circle A Cycles in Providence, Rhode Island, and it was due in any day. Will went on and on about what components the Fixie would have. I tried to affect a knowing look as he rattled off Bottom Bracket specs, Headset type, gearing, seatpost and saddle options and much more. The truth was, I'd just gotten into road bikes (or any kind of bike for that matter) very recently. I didn't know a seatstay from a water bottle cage. I'd soon be getting an education.

Once Will's bike came in and our schedules aligned, we set up a time to ride together. Appropriately enough, we decided to meet in front of Harris Cyclery in West Newton, a Fixed Gear Mecca. All in all, we put in about 30 miles on that first ride, trading pulls fairly regularly. I noticed a few things about fixed gear bikes on that first ride. Boy, are they quiet! As I rode along behind Will I heard nothing but the sound of his tires and the barely discernable hum of chain on cog. No buzzing cassette, no clicking shifters, nothing. Nice! The bike also had a clean, uncomplicated look about it. Will had chosen to run front and rear brakes and they, along with their cables were the only hardware on the frame. The bike just looked light, unencumbered.

I also noticed that Will dropped back somewhat on the ascents and descents. At first, I naturally assumed it was due to my superior strength (right!). I mentally put myself a notch above Will on the cycling food chain, feeling quietly smug. It wasn't until the end of the ride that I realized how strong and skilled Will was to stay with me at 20+ miles per hour on flat roads. As we moved away from stop signs and traffic lights, I noticed how Will stood in the pedals and pushed out a handful of strenuous

pedal strokes to pull even with me. Clearly, there was work involved here.

As we rode, occasionally two abreast, Will inserted not-so-subtle advertisements for the Fixie way of life. We chatted, learned a bit more about each other,

traded stories, and once every five minutes or so Will would insert a; "God Pat, this bike is Bloody quiet!" (He's a Brit). Another five minutes would pass and then; "Wonderful, no gears! So uncomplicated!" The praise just kept on coming. It got a bit annoying after awhile, what's the matter with gears anyway? I love my bike too, but I keep quiet about it. Jeez!

Several rides later, while Will and I were taking a break in Concord center, Will grabbed my Allen wrenches from my wedge bag. "Lets adjust these seats mate, you've got to try my bike!" After weeks of skillful promotion, Will was about to make the big sales push.

Despite my mild annoyance, I was more than curious. We raised his seat a bit, lowered mine some, swapped bikes and set out from Concord center.

I was not bored.

What a strange experience to be inextricably connected to the drive train! Three big pedal strokes and I was cruising at what felt like my normal clip. Every time I even thought about coasting, the pedals pushed my feet back into motion.

Will called up from behind me; "think round Pat, nice round strokes". I did. As I concen-

trated on applying equal pressure though the full 360°, I could begin to feel the bike and my whole body become quieter, my motions smoother. My speed increased slightly too. This was all very pleasant. I also noticed that Will's bike handled crisply. I still don't know whether this was due to the frame geometry differing from my Bianchi, or the fact that his is a lighter bike altogether. In any case, it felt great to ride. Very responsive.

We cruised around for a while and eventually came to a good-sized hill. I thought to myself "uh oh, time to put up or shut up". I worked to gain some momentum before the hill began and, once we were steadily climbing I stood, and tried to give a nice even effort that would last long enough to get me to the top. With me at the front, we crested the hill just as my leg strength began to falter. I was blowing hard like a spent horse, and promptly sat down to coast like I usually do after a hard pedaling session. The bike had other plans, I was promptly ejected from the saddle by the continuing forward motion of the bike, delivering power and rotation to the pedals and hence, to me. No rest for the weary. Welcome to Fixed gear riding!

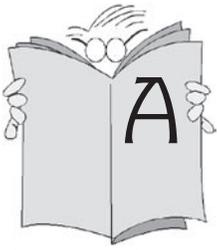
I can't say that I was an immediate convert after that first Fixie session, I still had quite a bit of doubt about my abilities as a rider at that time, and I thought owning a Fixed Gear bike was a bit beyond me. What routes could I ride that didn't include hills? how could I do 30 to 40 mile rides and never coast?. Still, I couldn't get the thought of Fixed Gear riding out of my head. I felt challenged by the notion that there was nowhere to hide amongst 27 or so gears. If there was a hill, too bad! pedal harder. If there was a steep descent, tough, pedal faster. Hardcore!

Fast forward to late winter/early spring '04. My thoughts were turning away from winter sports and were looking more towards summer and cycling. During a goof off session at work, I had stumbled across a website that featured Fixed Gear bikes. What's more, there were some very good deals on last year's frames. After a bit more checking, I found that they had several frames that were my size. Hmmm... I book marked the site and went back to work.

The familiar dance had begun. I typically spend

Little Jack's Corner

by Jack Donohue



A member sent me an interesting article the other day (actually, it was a number of year ago, this article has been festering for a while) about VR Bike, a virtual reality recumbent wind trainer. The article says: "Imagine biking in virtual reality across a pastoral New England countryside. Virtual cows utter virtual moos. Virtual trucks honk virtual horns. Then, virtual racers try to maneuver you off the road-making you crash into a virtual tree. It's enough to make you virtually swear." The apparatus features a 20" color TV monitor, and its own sound system. You can choose different skill levels and circuits. The thing actually banks up to 15 degrees to simulate turns (I don't think you can actually fall over though -- you'll have to stick to rollers for that). In addition to computer generated competition, you can network up to eight of these things and compete with your buddies.

This is aimed mainly at health clubs, since its \$7500 price tag is a bit too steep for you or I. Does sound like the ultimate yuppie toy, though.

I think we could add a little spice to the program.

If I were designing the program I would include the urban cyclist simulation. You would be heading down a street (quite possibly in Cambridge) car doors opening, cars bobbing and weaving, turning right in front of you at corners, the usual stuff.

The simulation would of course include virtual pedestrians. They would dash out in front of you at great speed, and just as you've corrected your course so as not to have a handlebar ornament, look up, notice you and start to do a little dance, where they alternately move forward and back as you try to figure out where they're really going and do their best to remain in front of you. In the advanced version, they would have a red cape and a toreador outfit,

and yell "Velo, velo" at you. The actions of the virtual pedestrian are very similar to that of the virtual squirrel.

Also de rigeur for the simulation would be the charity ride. You are confronted with several thousand cyclists who haven't been on their bike since the seventh grade, they wander left, right, stop, start, wobble, as you try to wend your way through to safety. Then we would have the virtual food stop where several hundred cyclists queue up for the two port-a-johns while a couple of hundred more find out that all the good food has already been eaten by the racers, and all that's left are several fossilized saltines, which none-the-less is attractive enough to the famished masses to cause several fights to the death in the vicinity of the food table.

I have only scratched the surface ...

The Fixie - Continued from page 9

a certain amount of time sneaking up on new endeavors, new challenges. Heaven forbid I should open my mouth and proclaim loudly to all and sundry; "I will assemble a Fixed Gear Bicycle from parts selected and purchased by me". Instead, I study, research, think, ask around, soul search, study some more, and finally, one evening over dinner I casually mentioned to my fiancé Carmen, "I found a great deal on some '03 Fixie frames on the web".

"What's a Fixie?" she asked.

"Uh, it's a Fixed Gear bike, only one gear"

"Why only one gear?" she asked, "isn't it easier to ride with lots of gears?"

"Yeah, it is but, this type of bike is great for training" I explained.

"You have two bikes already" she reminded me.

"Actually, I have three if you count the '67 Raleigh", (I'm a big one for honesty)

"Oh yeah" she mused, "When are you going to put that Raleigh back together?"

"Ahhh... after I build the Fixie!"

So, there it was, I was going to build a bike. A Fixed Gear Bike. Big deal right? I make a living operating and maintaining vacuum deposition systems. Thermal evaporators, Plasma Etchers, Sputtering Systems and Ion Beam Millers are all familiar to me. Several of my vacuum chambers are the size of an office cubicle. The vacuum levels achieved are similar to those found just outside the International Space Station. I know how to assemble and disassemble each component on all of my systems. I move with confidence and self-assurance through my lab, master of all I survey. Why would the prospect of building a simple bicycle make my heart race and my palms sweat? It's new territory, that's why.

I suppose I'm no different from most people in that I'd prefer to stay well inside my personal comfort

zone. I've worked hard to build it. It's nice in there. There are few mistakes made, the food is good and plentiful, there are no surprises, no suffering, little risk and hundreds of channels on cable.

The trouble is that my comfort zone is also incredibly boring. Every time I swing the bat I get a hit. I never learn anything new. I know all the roads, all the trails, all the routes. Yawn. I'm not sure what my limits are, but I'm positive that I haven't reached them yet. They are somewhere further up the road and so far, it has proved to be an absolute scary blast to travel that road. Time for a new adventure!

There is nothing more fun than buying parts and waiting for them to arrive. I do this at work almost daily. It's fun at work too, partly because it's not my money I'm spending and partly because I get to put all the parts to use and judge whether I've made good choices. Buying bike parts was twice as much fun. I soon was bidding up a storm on E-Bay, perusing all the Bike related web sites, cruising my LBS's for good deals, e-mailing questions to local experts, I was having a blast!. My eyes would scan the front porch for boxes as I pulled into my driveway at the end of a long day. I never would have thought that I could get so excited over the arrival of a pair of brake hoods or a set of pedals. I was waaay into this.

In a few weeks I had enough parts to begin a partial assembly. Here's where the comfort zone ended.

The Fixie - To be continued next month

GoGarda

Bike Northern Italy

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

Please visit www.GoGarda.com or email pat@gogarda.com.

Monthly specials: May, June, September

www.GoGarda.com

May Mileage Totals

1	1	5	9	5	9
---	---	---	---	---	---

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Rick Gowen	4931	2	3	2	Dick Arsenault	1541	1	-	-	Dan Pratt	510	-	-	-
Bruce Ingle	4686	5	4	2	Ken Hablow	1522	2	-	-	John Kane	490	-	-	-
Don MacFarlane	4657	5	-	3	Gary Smiley	1508	1	-	-	Lincoln Ross	487	-	-	-
John Bayley	4568	3	3	1	Barry Petzold	1420	2	1	-	Cynthia Zabin	452	-	-	-
Pamela Blalock	4028	3	3	1	Darrell Katz	1407	-	-	-	Marc Webb	390	1	-	-
Jack Donohue	3667	-	-	-	Don Mitchell	1378	1	-	-	Tracy Ingle	339	-	-	-
Robin Schulman	3367	4	-	1	James Page	1328	2	1	-	Mike Hanauer	309	-	-	-
Cory Lovett	3326	1	-	-	Larry Kornetsky	1317	-	-	-	Cynthia Snow	305	-	-	-
Steve Robins	3276	-	-	-	Bill Widnall	1277	3	1	-	Peter Knox	294	-	-	-
Andrew Steinhouse	3223	3	2	1	Marc Baskin	1250	1	-	-	Jeff Luxenberg	282	-	-	-
Glen Reed	3149	4	1	-	Joseph Moore	1242	2	-	-	Greg Tutunjian	254	-	-	-
Paul Hardin	3134	3	2	2	Marilyn Hartman	1224	1	1	-	Ted Hamann	229	-	-	-
Linnea Olson	3078	4	3	2	Chris George	1148	-	-	-	Michael Morrissey	172	-	-	-
Irving Kurki	2967	4	2	1	Joseph Tavilla	1137	-	-	-	William O'Hara	115	-	-	-
Tod Rodger	2948	3	1	-	John Springfield	1090	-	2	-	Jamie King	107	-	-	-
Jim Krantz	2763	2	-	2	Ed Hoffer	1046	-	-	-	Rich Whalen	80	-	-	-
Richard Taylor	2297	5	4	-	John Allen	1025	1	-	-	Jacob Allen	37	-	-	-
Janet Tortora	2228	1	1	-	Frank Aronson	955	1	-	-	George Caplan	31	-	-	-
Joe Repole	2109	5	5	-	Walt Drag	908	3	2	-					
Edward Boches	2048	2	1	-	Kent Anderson	864	-	1	-					
Butch Pemstein	2035	-	-	-	Otto DeRuntz	774	1	1	-					
Winslow Green	1964	1	1	-	Bill Hanson	755	-	-	-					
David Wean	1946	2	-	-	Nick Linsky	743	-	-	-					
Ed Sullivan	1915	2	1	-	Douglas Cohen	669	-	-	-					
Larry Murphy	1814	5	-	-	Susan Grieb	643	-	-	-					
Ken Skier	1763	2	1	-	Gabor Demjen	615	2	-	-					
Peter Brooks	1735	2	-	-	Rudge McKenney	541	-	-	-					
Andrew Brand	1612	1	1	-	Craig Weiner	515	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>.

At the head of the Minuteman Bikeway

www.bikewaysource.com



We always have HOT deals!

Need a new bike?
We've got the options:
Titanium, Carbon, Aluminum, Steel

Our expert fit specialists will help you find the perfect bike

Litespeed
 Giant
 Cannondale
 Marinoni
 Felt
 Bianchi
 Santa Cruz
 Kona

Repair clinics weekly in April.
 Specials page updated weekly.
 Visit us at
www.bikewaysource.com

THE BIKEWAY SOURCE



111 South Rd. Bedford, MA (781)275-7799

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

Ace Wheelworks

145 Elm St., Somerville
617-776-2100

Adi's Bike World

231 Grove Street,
West Roxbury
617-325-2453

Ata Cycles

1773 Massachusetts Ave,
Cambridge
617-354-0907

Back Bay Bicycles

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
81-894-2768

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 (Rte. 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

Ski Market, Ltd. (cont.)

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

PRSR TD
U.S. POSTAGE

PAID

PERMIT NO. 54601
BOSTON, MA

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:

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

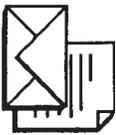
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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.