
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIX, Number 9 • September, 2005

CRW Social Committee 2005-2006 Calendar of Events

Bikers with Forks

Monthly "Bikers with Forks" Dinner Series will be held every third Thursday of the month beginning in October until April. Please e-mail social@crw.org if interested in coordinating a dinner at your favorite restaurant.

Member Social Gatherings

- Halloween Costume Party will be held in October.
- Annual Holiday Party in December.
- Season Opener Party will be held in April.

Night at the Movies

This event will be held three times during the off-season featuring our own member slide shows and/or movies of cycling's best moments. Volunteers needed to help coordinate this event. Contact social@crw.org.

If you are interested in volunteering your time to help with CRW social events please contact Ed Glick at 978-758-0100 or e-mail at social@crw.org.

Ride Leader Balaclavas

If you have led a CRW ride in 2005 and have not yet received your ride leader reward, a CRW balaclava, you can still pick one up. We'll have balaclavas at the Fall Century and at the CRW banquet next November. If you won't be at either of those events, you can get your balaclava by sending a self-addressed 6x10" envelope with \$.83 postage to

Connie Farb
14 Arborwood Rd.
Sudbury, MA. 01776.

And if you're not yet a ride leader, there are still several open slots in November and of course the 2006 season is right around the corner...

Introducing the CRW Safety Committee

by Bob Zogg, CRW Safety Coordinator

From our first WheelPeople Safety Corner article in March 2004 through spring 2005, we coordinated our safety activities through the CRW Rides Committee. The Safety Corner articles, along with the tireless efforts of Marilyn Hartman, CRW Volunteer Coordinator, have raised awareness and interest in safety sufficiently to justify a separate CRW Safety Committee. Members of the newly formed Safety Committee are: John Allen, Ralph Galen, Matthew Golembeski, Guy Minnick, Eli Post, Paul Schimek, Ken Skier, and Bob Zogg. The committee meets every three months, and does the rest by email and phone. While Safety Corner articles continue to be our main focus, we have also established the Safety Page on our website (thanks to David Cooper and Gary Smiley) and printed safety banners, which we

display at our century rides (thanks to Guy). If you haven't had a chance yet, check out our Safety Page at <http://www.crw.org/safety/index.html> (or look under "Information" from the CRW home page). It includes past Safety Corner articles and other useful information. Safety activities we hope to introduce in the future include skills workshops and injury prevention articles.

We are even getting noticed outside the CRW. We had a recent request to reprint several of our articles from the Potomac Pedalers Touring Club, a 3,000-member bike club in the Washington, DC area.

We welcome your comments and suggestions. Email us at safety@crw.org or call 617-489-5913. Thanks!

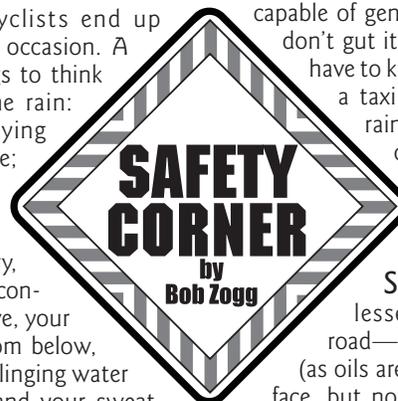
Riding in the Rain

Like it or not, all cyclists end up riding in the rain on occasion. A cyclist has four things to think about when riding in the rain: 1) staying warm; 2) staying upright; 3) staying visible; and 4) staying mobile.

Staying Warm: This is not the same as staying dry, which is nearly impossible considering the rain from above, your tires slinging up water from below, your fellow cyclists' tires slinging water from the front and rear, and your sweat from inside. Avoid cotton clothing (including blends) from the skin out. Cotton sucks out your body heat when wet. Carry rain gear—at least a light jacket—regardless of the weather forecast. Eat and drink plenty (even if you don't feel hungry or thirsty) so your body remains

capable of generating heat. If you get cold, don't gut it out. Find shelter, even if you have to knock on a door, or call a friend, a taxi, or AAA. If you ride in the rain often (e.g., if you commute), consider adding full fenders to your bike—you and your riding companions will stay much drier.

Staying Upright: Rain lessens your traction with the road—especially when it first starts (as oils are raised on the pavement surface, but not yet washed away). Painted and metal surfaces are particularly slick when wet—cross these surfaces with due caution, without braking, accelerating, or turning if possible. Don't even think about riding over metal grate bridges when wet—walk your bike.



Safety Corner - Continued on page 10

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
Raúl Raudales	2005	978-937-3460
Paul Schimek	2006	617-983-9111
Janet Tortora	2005	978-692-7273

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Safety Coordinator	Bob Zogg	617-489-5913

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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 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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Administrator	Barry Nelson	barrynelson@alum.mit.edu

Advertising Rates

Half Page	\$80.00	Third Page	\$55.00
Quarter Page	\$42.50	Eighth Page	\$24.00
For more information please contact Marty Weinstock at 617-491-6523			

CRW Board Meeting Minutes

August 2, 2005

In Attendance:

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

Jack Donohue, Eric Olson, Kimberley Fitch

Minutes (Janet Tortora)

Minutes from the June 7, 2005 meeting were approved.

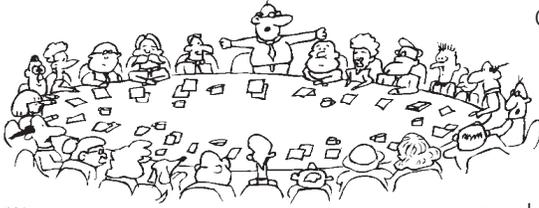
Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans) CRW President and Chairman of the Board, Eric Evans, introduced the new VP of Finance, Eric Olson, and Kimberley Fitch who is now the Publicity Coordinator.

Other CRW members offered to serve on the Finance Committee and will help Eric.

Rides Committee (Connie Farb) Connie Farb reported that there is still a need for a Saturday Rides Coordinator.

Marilyn Hartman, Volunteer Coordinator, has done a great job of soliciting help from the



CRW membership.

There are people who are interested in assisting Safety Coordinator, Bob Zogg, so he will

now have a committee. It

was suggested that there should be a line item in the budget for safety.

The rides for November are sparse.

Membership (Linda Nelson) Barry Nelson (for Linda) reported the membership numbers for July 2005: 1049 Current memberships, 1262 Current members, 45 Expired members, 47 New members, 60 Renewed members.

Barry reported that Linda is doing fine with PayPal and that members like it.

Vice President of Finance (Eric Evans) Eric will help Eric Olson in his transition to VP of Finance. Eric Evans presented the "CRW Income Statement 2005 - 2nd Quarter". He noted that there was a nice pick up in memberships. Additionally, Eric presented the Itemized Categories for the Spring Century and Climb to the Clouds century rides.

Old Business

Discussion on content, size, and delivery of The WheelPeople - Jack Donohue, WheelPeople Copy Editor, has found out that there will be no problem publishing a larger WheelPeople.

New Business

Recommendations for the ride leader helmet policy - Members had raised the issue of ride leaders not wearing a helmet on a CRW ride. Based on a proposal from the Safety Committee, Eric Evans made a motion that all riders should wear helmets if they are leading a ride, as an example to other riders. The Board voted unanimously to support this motion. This will be added to the Ride Leaders' Guidelines and will be updated on the website.

Review of Spring and CTTC centuries - There was a discussion about staggering the start times. This suggestion will be given to the Century Committee. The great effort of the volunteers to organize such successful centuries is very appreciated.

The next Board Meeting will be held on September 6 at 7:30PM, at the United Church of Christ, Lexington.

Respectfully submitted,
Janet Tortora
Secretary

Incident at Muddy Pond

by John Allen

Somewhere before the Muddy Pond rest stop on the Climb to the Clouds ride, a young woman had tried to blow her nose while riding. She crashed, broke her derailleur hanger and had another rider fall on top of her. She had sagged in and was showing people her road rash. At the rest stop, Massbike President Robin Shulman and Board member John Allen, both experienced mechanics, had a look at her bike and contemplated shortening the chain to make a one-speed. But the chain was very dirty, and it was one of those Shimano 9-speeds that need a special replacement link pin and tool. Robin left to continue the ride while John remained, and so he was able to provide the following account.

Soon after Robin left, Anthony, the Cycle Loft mechanic, showed up with his truck, and volunteered a repair. The young woman was so pleased, she told him, and this is the Gospel truth, "I'll show you my ass if you can fix it. I've already shown you part of my ass [where it had road rash] but I'll show you my *whole* ass."

Kids these days!

Anthony replied. "That won't be necessary"

and managed a temporary repair by sandwiching a new hanger on top of the remains of the old one. Here's a tip of the helmet to a real gentleman and a top mechanic!

Meanwhile the guy who crashed onto the young woman, apparently her riding companion, was patching his blown tire, pumped it up, twice, and it blew out both times. After the second blowout, John walked over and asked him whether he had a good look at his tire before patching the tube. "No. Hmm, both the blowouts were at the same place." Then John checked around the tire and found a 1/4 inch long tear in the sidewall. The edges of the new tire patches were peeling up, too. Probably the stick-on kind. (Magic words: use Rema patches...)

The Rolf rim was scraped and had a bent flange too (but was still true -- recent Rolf Rims are built like Sherman tanks). In John's most undiplomatically helpful mode, he suggested that the guy get a better wheel, as Rolf wheels are heavier and weaker just to look cool. The Cycle Loft mechanic came through with a temporary repair here too, straightening the flange as much as possible and installing a new tube and tire.

A belt of rain started about 5 miles east of Mt. Wachusett on this year's ride. Apparently everyone who went up the mountain got very wet. John and many others took the left turn at East Princeton instead of going up the moun-

tain. Maybe more will go up the mountain next year, if we can climb to the clouds without the clouds' descending on us first.

But this year's ride will always be remembered for the Incident at Muddy Pond, if not for the views from the mountaintop.

Letters to the Editor

I wear an old helmet. It is a Bell Ovation. It has no vent holes, isn't streamlined and doesn't look cool -- it never looked cool. I think Bell knew that and stopped making the model after producing 7 of them.

When I wear it on club rides, hordes of people ask me why I wear such an old and uncool helmet. I'm sick of explaining, so now I am gonna explain publicly and one last time.

Because it has no vent holes on top, I do not get sunburn blotches on my otherwise naked head with this wonderful helmet. I know, there are other solutions, but I don't like them. #30 is messy and, along with other coverings, produces uncomfortable side-effects.

If you are looking for a conversation starter, ask me about my love for ice cream or my hatred of my new bike. My helmet is off limits!

Thank you for your indulgence.

Mike Hanauer



Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times: Varies, usually 10:00 AM

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace.

Routes: Distances are typically between 30 and 40 miles.

Leaders: Different leader each week, to become a leader contact Dick Arsenault [arsenault@rcn.com]

Start: Location Varies.

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

Wednesday Evening Ice Cream Ride

Times: 6:00 PM As of August 31st, you must bring lights! The ride ends Sept 28th

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. As of September 1st, you must bring lights! Last ride Sept 28th.

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: 5:30PM starting Sept. 8. Last ride for the year Sept. 29

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: 6PM start time starting September 9. Last ride will be on October 7.

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!)

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 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.

Other Events

Narragansett Bay Wheelmen Challenge Tour Series - 2005

Saturday, September 17th
White Mountains - 78 Miles

The tour begins on the Franconia Notch bike path at the base of Cannon Mountain, winding through the forests of the park and providing phenomenal views of the Basin, Profile and Echo Lakes, Boise Rock and the surrounding mountains. You can even stop for a few moments to reflect on the edifice where the Old Man of the Mountain once proudly stood. We will be heading north on the path until we reach Route 302, which we will follow into the town of Twin Mountain. At this point, the route heads in a southeast direction where you will be afforded a breathtaking view of Mt. Washington and the Presidential Range. As we make our way towards Crawford Notch, we will pass by the famous Bretton Woods Hotel that has been restored to its former elegant grandeur. After passing through the notch, the road remains relatively flat to rolling into the town of Bartlett. From here, we begin our ascent over Bear Notch, which eventually intersects with

the Kancamagus Highway near Passaconaway. Once on the legendary "Kanc", the road will undulate for a short while, but be prepared for a long gradual climb to the top of the pass with rewarding views of the White Mountain National Forest in New Hampshire and Maine. Once over the summit, you'll enjoy a twisting and thrilling descent into the town of Lincoln. The final segment of the tour heads north and reconnects with the bike path at the Flume for some easy miles back to the finish.

Contact Mark Robinson at mrobinson67@cox.net for additional information.

Hub On Wheels' The Emerald Necklace & More Sunday, September 18

Meet at 9:30 AM for a 20 mile ride at a leisurely pace. From Olmstead's Franklin Park past the Arboretum to Larz Anderson Park (where ride co-sponsor Alt Wheels will be having a festival and we'll pick up more riders), down the fabulous string of ponds and parks to the Esplanade, along the Charles then across to the "backyard greenway" of the SW Corridor bike path and back to Franklin Park. This ride is part of the Hub On Wheels bike festival's Franklin Park Series of Community Rides. Ride is free. See www.hubonwheels.org for start location, directions and further information.

Hub On Wheels' Citywide Ride & Festival

Sunday, September 25

Arrowed loops of 15, 25, or 40 miles through many of the city's most scenic parks and neighborhoods. From Olmstead's Franklin Park through the Arboretum, Stony Brook Reservation, Codman Square, Neponset River Greenway, Port Norfolk, Savin Hill, the Harborwalk, JFK Library, Carson Beach, Castle Island, the drydock and fish pier, Fan Pier, South End, Orange Line bike path, and more. Travel on greenways you didn't know existed. Look over vistas you've never seen before. See the Harbor from a new perspective. And enjoy the full diversity of this great city. Volunteers will be stationed throughout the route to provide assistance. There will be groups of tandem bikers, physically challenged riders, sports teams, organizational teams, and more. Registration and fee required. See www.hubonwheels.org for registration forms, start location, directions and further information.





September 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.

Hills to Hopedale

Saturday - September 3

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

Ride Type: Arrowed with Map

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

Highlights: Repeat of Sun. July 31 ride. Scenic, little-used roads through Hopkinton, Upton, and Hopedale. Hilly ride, few places to buy food.

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.

Wachusett Reservoir Ramble

Sunday/Monday - September 4/5

Times and Routes: Same ride two days in a row.... 9:30 for 63 and 45 miles, 10:00 for 32 miles (72 mile option to Mt Wachusett)

Ride Type: Arrowed with Map

Leaders: Fred Mueller (508-485-7476, fmuller@charter.net)

Highlights: A great ride that starts on Rt 9 in Westboro, climbs through Shrewsbury and then rambles along country roads in West Boylston, Holden, and Princeton west of the Wachusett reservoir. The long and medium rides continue clockwise around the reservoir

returning through Clinton and Northborough. All the rides are inested" making it easy to modify the length of your ride after you have started. Designated lunch stop at the "Old Stone Church" on the north shore of the reservoir - B.Y.O. or try to digest hot dogs from the hotdog truck....

Start: Parking lot behind Golds Gym at the intersection of Route 9 and Lyman St. in Westboro.

Directions: Mass Pike to 495 North. Next exit on 495 is Exit 23. Take 23b / Route 9 west 2 miles to the next light at Lyman St. Right on Lyman to end of lot behind Gold's Gym. Park at the far end of the lot.

Harold DuLong Memorial Ride

Saturday - September 10

Times and Routes: 9:30 for 55 mi, 10:00 for 29 mi

Ride Type: Follow the leader (55 mi route at intermediate pace) or follow the cue sheet.

Leaders: Ken Skier (781-856-3136) and Jennifer Dodge (978-461-0072)

Highlights: This scenic, hilly route was a favorite of CRW member Harold DuLong. Starting in Bedford, we skirt the Acton Reservoir and then climb to what may be the highest point in Harvard, Mass, with a panoramic view that includes Mt. Wachusett and Mt. Monadnock. Return via quiet roads through Acton and Concord. Bring your lunch or buy it at a pizza shop or cafe in West Acton, 35 miles into the 55-mile ride. (No lunch stop on the 29-mile ride.)

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 I28 through Bedford Center. Pass a Fire Station on your left, then turn left onto Mudge Way. The library is 200 yards down Mudge Way, on your right. Turn right into the library parking lot and park at the back of the lot.

New Devenshire and New Hampshire

Sunday - September 11

Times and Routes: 9:30 for 60 miles. 10:30 for 28 miles.

Ride Type: Arrowed (T) plus Map and Cue Sheet

Leaders: Don McFarlane (978-897-7567)

Highlights: Very quiet scenic roads rolling through Shirley Common, Lunenburg, Townsend Harbor, and the new community of Devens. Short ride has modest hills (950 feet in 28 miles). Long ride adds more scenic hills (2,800 feet in 58 miles) and even quieter roads through Ashby, New Ipswich, and Willard Brook State Park. Lunch on the Common in Townsend; bring your own or stop at the Ice Cream Factory (sandwiches, pizza, great ice cream) or other stores in Townsend.

Start: Sherman Square Parking Lot at Devens

Directions: Take Exit 37B (Jackson Road, Devens) from Route 2 westbound. Go north 1.3 miles to Sherman Square parking lot on right (CRW sign).

Grand View

Saturday - September 17

Times and Routes: 10:00 for approximately 75 (XL), 72 (L), or 30 (M) miles

Ride Type: Arrows, cue sheet, and map

Leaders: Martin and Annette Sterman (978-464-2056) mdsterman@yahoo.com

Highlights: Last year's Saturday sleeper is this year's sizzling summer hit! "Whatta ride!" New York Times, "Same as the NY Times!" Boston Globe, "Opposite of the NY Times!" Fox News, "One HXXL of a GXD DXXXXD Bike Ride!" Ken Hablow. This is a very hilly tour of Princeton country roads and environs. X long ride ~4700 feet of climbing, long ride ~4000 feet, medium ride ~2000 feet. Short ride includes Bolton, Sterling, Leominster, and Princeton. Long ride adds Rutland and Hubbardston. XL ride adds Mt Wachusett with a newly paved

Merriam Rd descent from Mt Road. Food/water stops are limited.

Start: Nashoba Regional High School, Bolton MA

Directions: 2 1/2 miles West of Rt. 495 on Rt. 117 on the right at Green Road.

FALL CENTURY See below

Sunday - September 18

Tour de Carlisle "ATB" After the Bugs

Saturday - September 24

Times and Routes: 9:30 AM for options of roughly 30, 50, and 60 miles.

Ride Type: Arrowed (white chevron)

Leaders: Bob Zogg (617-489-5913,

safety@crw.org) and David Walker (617-393-1687, diwalker@bu.edu).

Highlights: The short ride is mostly rolling countryside, and highlights Carlisle's scenic back roads. The long ride is rolling countryside with a few good climbs, including a climb to a radio telescope (great views) on back roads in Westford, Groton and Dunstable. The extra-long ride adds a loop into New Hampshire. Lunch stop on long/extra-long rides is at a Dunkin' Donuts/convenience store.

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.

Saturday Morning Fall Frolic

Saturday - September 24

Times: 10:00 AM for approx 15-20 mi. on and off road

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

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. Ride limited to 15 participants. Start: Concord MA.

Directions: Email or call Susan to receive information on the ride start location.

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 18, 2005

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH.

START - Acton-Boxborough High School, Rte 111, Acton MA.

From Boston, take Rte 2 West past the rotary to the first Rte 111 exit. This is a left lane exit just past the traffic light after the rotary. Continue straight at the traffic light, crossing Rte. 27. The high school is just past the traffic light on the right.

From the West, exit Rte 2 at Newtown Road, the first exit east of Rte 495. This becomes Central St in Acton. Continue on this until the first traffic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

TIMES - 8:00 - 100 miles *Full Century*

9:30 - 62 & 50 miles *Metric & Half Century*

COST - Pre-registration: CRW members - **\$8.00** Non members - **\$10.00**

Day of the event: CRW members - **\$12.00** Non members - **\$15.00**

Refunds available until September 14, 2003

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support provided by **Bikeway Source, Bedford, MA**
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase

Please arrive at least 45 minutes early if you want your bike checked before a ride



PRE-REGISTRATION FORM

This form must be received by September 12, 2005

There are no confirmations sent, once this form is mailed you are automatically registered.

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

CRW Member - \$8.00 Non Member - \$10.00

Please include your check made out to CRW and mail with this completed form to:

CRW Century, Jack Donohue, 26 Fox Run Rd., Bedford MA 01730



Total Enclosed

Peterborough NH Hills Ride

Saturday - September 24

Times and Routes: 10:00 for 50 miles

Ride Type: Cue sheet and map

Leaders: Mike Barry (617-257.2251, chair@amcboston.org)

Highlights: Ride on quiet back roads in the Monadnock region with 4500' of total climbing. Includes 3-4 major climbs and some steep, winding descents with approx total of 2mi on well packed dirt roads. Long distances without convenience store support, must be able to carry lunch (can buy at deli at start) and emergency repair tools. Includes optional social at local tavern after ride.

Start: Parking lot behind Peterborough Diner on Depot Square in Peterborough, NH center. Park in back of the municipal lot along river, away from businesses.

Directions: Peterborough is about 25 miles west of Nashua on RT 101/101A, allow 90 minutes from RT 128/MA Pike interchange. Take US RT 3 north, go through Nashua, NH. Take exit 8 to Monadnock region/Peterborough/Keene (Rt 101/101A), follow signs. Just before Milford, take left for RT 101 bypass to go around Milford. Pass Temple Mtn Ski Area on L, go down large hill. Turn right at light with US RT 202 > Grove St (Chamber of Commerce on R). After about 0.5 mile, turn right onto Main Street at a T. Within 300 feet turn Right into Depot Square, before bridge over stream.

Ups and Downs of Southern NH

Sunday - September 25

Times and Routes: 9:30 for approx. 30 and 60 miles

Ride Type: Arrowed & cue sheets

Leaders: Nancy Marchand (c-978-430-0230, h-978-452-9295 or bikernan@prospeed.net w/subject iUps & Downs" for questions about route)

Highlights: Challenging, hilly, fall foliage ride. This is a brand new ride, no other arrows to get confused with, great views, nice climbs and screaming descents and roads in (mostly) terrific condition. The long ride of 55ish miles takes you through the towns of Tyngsboro, Hudson, Pelham, Windham and Londonderry, with a number of long hills and great roads on the "downside". Lunch stop for long ride is Mac's Apple Orchard in Londonderry, NH where there is water, cider, apples, ice cream and real bathrooms (bring your own sandwich or lunch). Short ride rambles through Tyngsboro, Hudson and Pelham. No lunch stop, but some nice views and quiet roads. Start - Lowell General Hospital employee parking lot (Lowell, MA).

Directions: Route 128 to Exit 32 (Route 3 North). Proceed north on Route 3 to Exit 32 (Routes 4 and 3). This takes you onto the Drum Hill Interchange. Take Drum Hill Road for 1 mile. Cross the Merrimack River (Rourke Bridge) and turn right onto Pawtucket Blvd. After one mile, turn sharp left at the traffic lights at the intersection of Varnum Avenue. Do not enter the

main entrance to Lowell General. Go to second entry (iService Entrance") about 1/10 mi on the right. Proceed to Parking Lot D. Directions can also be found by going to the LGH website of www.lowellgeneral.org

CRW in CYBERSPACE

CRW Web Site

CRW's web site contains a wealth of information useful to club members:

<http://www.crw.org/>

News items are available from the drop down menu "News" then "CRW News." Here you'll be able to keep up with the latest developments before they reach WheelPeople. Weekend ride schedules for the current and next month, and the weekly rides series are online here, as well as a calendar of all weekend rides for the season. We also publish a calendar of cycling events (weekend and longer trips, etc) from all the local clubs and some not so local.

If you're looking for a ride, the cue sheet database contains detailed cues and in most cases maps of most of the regular CRW weekend rides and centuries.

Our touring section contains descriptions of tours club members have taken, and a lot of links to more touring information.

The picture gallery contains photos of club events (rides, weekends, etc).

The site provides all this and a lot more, you'll want to bookmark it.

WELCOME NEW MEMBERS

John Nilsson, Birgit Nilsson	Clinton	Christopher Merrill	Boston	John Siemiatkoski	Waltham
Emil Chiauzzi	Acton	Kathleen Crawford	Charlestown	Laurie Damianos	Waltham
Peter Jantzen,		Cara Bradley, Dan Bradley	Charlestown	Laurel Ainslie, Alice Hunter	Waltham
Denise Jantzen	Concord	Josh Fisher	Charlestown	Bill Triessl	Waltham
Jonathan Baskin	Hopkinton	Mark Kmetz	Charlestown	Geoff Adams	Newton
Arturo Sedo	Natick	Elizabeth Blake,		Daniel Freedman	Newtonville
Brad Harmon	Wayland	Joseph Bretton	Jamaica Plain	Benjamin Kaplan	West Newton
Philip Banning	Wayland	David Mak	Jamaica Plain	Gian Criscitiello	West Newton
Jay Banning	Wayland	Alyssa Parker	Jamaica Plain	Alan Dana	Chestnut Hill
Julie Young	Haverhill	Heather Baggett	Roslindale	Carol Broverman	Waban
Linda Anderson	Haverhill	Judit Jane-Valbuena	Brighton	Chad Dunn	Waban
Paul Robillard	Wakefield	Chris Summerfield	Cambridge	Pascal Marmier	Watertown
Craig Musicant,		Steven Russell	Cambridge	Robin Hunter, Roma Hunter	Arlington
Adele Musicant	Wilmington	Gary Jaszczewski	Cambridge	Linda Meloro	Arlington
Kimberly Fox	Winchester	Richard Rodman	Cambridge	Jessica Goldhirsch	Arlington
Marilyn Seuffert	Lynn	Widy Pierre	Somerville	Eric Wemhoff	Arlington
Carl Stracqualursi	Dedham	Carole Powers	Somerville	Howard Ng	Belmont
Carolyn Tata	Franklin	Jenny Alexander	Malden	Roy Sansom	Belmont
Karen Howley	Franklin	Aubrey Lyon	North Quincy	Chris Cavallerano	Wellesley
Lionel Brooks	Mansfield	Mark Bernardino	Melrose	Robert Walmsley	Weston
Ann Parker	Boston	Janet Pawlowski	North Weymouth	Paul Wheeler, Karen Hunt	Norton
Gordon Silver	Boston	Wilk Von Gustedt	Brookline	Duncan Kendall	Seekonk
Matthew Taverni	Boston	Ken Repp	Waltham	Alan Beecher	Temple, NH

Excerpted from *The Cyclist's Food Guide: Fueling for the Distance*

Water is an essential nutrient equally important as carbohydrates, proteins, and fats. Active people need adequate water for body fluids:

- Sweat to dissipate heat
- Urine to help carry away the waste products
- Blood to help carry oxygen and fuel to working muscles
- Body fluids to lubricate joints
- Gastric juices to digest food

Sweating accounts for the majority of fluids lost during cycling. During hard exercise, your muscles can generate 15 to 20 times more heat than they do when you are at rest. Sweating is your body's way of dissipating this heat and keeping you from overheating. Evaporating sweat cools your skin. This in turn cools the blood and reduces your body temperature. Some people sweat profusely, soaking their riding jerseys (and sometimes showering the riders drafting behind them!) even on shorter rides. Others seem to barely sweat at all. In dryer climates and colder weather, you may not feel like you sweat as much, but you still lose fluids while exercising. All cyclists in all climates in all seasons need to diligently replace sweat losses.

How much should you drink?

The American College of Sports Medicine recommends drinking 4 to 8 ounces (120 to 240 milliliters) of fluid every 15 to 20 minutes of hard exercise,

but it varies by individual. For optimal hydration, you should balance your fluid losses with your fluid intake as you go along. To

determine how much fluid you lose while biking, weigh yourself naked (so you don't weigh your sweat-soaked clothing) before and after an hour of training without eating or drinking. For every pound you have lost (roughly .5 kilograms), you need to drink a pound (16 ounces or about 500 milliliters) of fluid. If you have lost 2 pounds (roughly 1 kilogram) in the hour, you should plan to drink 8 ounces (240 milliliters) for every fifteen minutes of exercise. Knowing your "sweat rate" should help you to drink accordingly during your next exercise session.

Active people who fail to replace fluid losses can suffer from chronic dehydration. Dehydration slows you down, contributes to needless fatigue and lethargy, and in extreme cases, contributes to medical problems. You can tell

WATER, SPORTS DRINKS, and OTHER FLUIDS

by Nancy Clark
and Jenny Hegmann

if you are well hydrated by monitoring your urine:

- You should urinate frequently (every two to four hours) throughout the day.
- The urine should be clear, pale yellow, and of significant quantity.
- Your morning urine should not be dark and concentrated.
- Your urine may be dark yellow if you take multivitamin supplements. In this case, volume of urine is a better indicator of hydration than color is.

Many cyclists make the mistake of waiting until they are thirsty to drink, but by the time you

feel thirsty, you are already clearly dehydrated. As you sweat, you lose water and your body fluids become more concentrated.

This triggers your

brain to produce the sensation of thirst. By the time your brain signals thirst, you may have lost 1 percent or more of your body weight, the equivalent of 24 ounces or 700 milliliters of sweat for a cyclist who weighs 150 pounds (70 kilograms). With a 1 percent sweat loss, your heart will need to beat an extra three to five times per minute. An increased heart rate increases your breathing rate, so you feel like you

are working harder. A 3 percent loss (4.5 pounds or 2 kilograms) can significantly hurt your performance. You should strive to lose no more than 2 percent of your body weight per exercise session. Exercise actually blunts your

thirst, so you may not feel like drinking even though you may be significantly dehydrated.

You should program your drinking according to your sweat rate, not your thirst. Plan to drink on a schedule so that you do not fall short of your fluid goals. For example, drink four gulps (roughly 4 ounces or 120 milliliters) every fifteen minutes or every three to five miles (1.5 to 2 kilometers). Practice drinking during training rides to become familiar with the skills involved in drinking while riding as well as your body's capacity for fluids. Also try different sports drinks, juices, and other beverages during training to see which ones you prefer and which ones you best tolerate. When you get off the bike, drink enough to quench your thirst, plus more just to be safe.

Sports Drinks

During training sessions that last longer than 60 to 90 minutes, you will perform better if you drink more than just plain water. That's where sports drinks come into play. They provide:

- Small amounts of carbohydrates to fuel your mind and muscles
- Sodium to enhance water absorption and retention
- Water to replace fluid losses

With the multitude of sports drinks available today, it is easy to feel confused about what is best to drink. The beverage perfect for all athletes in all events has yet to be designed. Scientists have observed enormous individual differences among people's stomach function during exercise. This helps explain why some people seek out (or avoid) a particular brand of sports drink and some prefer to make their own concoction. Basically there are no significant advantages to one sports drink over another. The best sport beverage is the one that you prefer to drink, and the one you'll drink plenty of! And remember, any fluid, be it water or sports drink, is better than no fluid during extended exercise.

Electrolyte Replacement

When you sweat, you lose electrolytes, such as sodium and potassium, two of the minerals that help maintain proper water balance in your tissues. Commercial sports drinks generally include these electrolytes primarily to increase the absorption rate of the water into your body, not to replace those lost in sweat as many athletes think.

Most cyclists who ride or race for a couple of hours do not have to worry about replacing electrolytes during exercise because the losses are generally too small

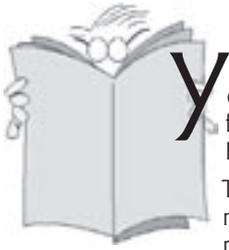
to cause a deficit that will hurt performance and/or health. But, for exercise that lasts four hours or more, occurs in very hot weather,

You should program your drinking according to your sweat rate, not your thirst.

Water, Sports Drinks - Continued on next page

Little Jack's Corner

by Jack Donohue



You'd think after all the fiascoes of yore, maybe I'd learn. Guess not.

The story unfolds with my observing that my rainy day commuting bike is shifting really poorly. This is not a case of the indexing being a bit off, since this bike doesn't have indexing at all. Friction shifting always works, if it doesn't shift, you just push it a bit farther. In this case, you had to push it about 2/3 of the entire travel to have it shift one gear. So finally annoyance overcame inertia and I looked into it. The reason for the problem was pretty apparent. What once were derailleur pulleys had been reduced to mere stumps. Teeth were practically nonexistent, and the pulley had about 1/8 of an inch clearance between it and the bushing (it's supposed to be zero). Fine, I'll just replace the derailleur. Of course, had I done that, this story would be over.

The last time I bought derailleur pulleys, I discovered that they cost a good fraction of the price of a new derailleur. But the derailleur was a

good one, and I found a couple of pulleys in my parts box, so ...

Some of you may realize that all pulleys are not created equal (size does indeed matter). One pulley went on without protest, but when I tightened the other one, it stopped turning. Seems said pulley was a bit too thick for this derailleur. I determined that if I slacked off on the bolt holding it on, it would then turn. Now it occurred to me that bolts were meant to be tightened to really do their job of holding things together, and that a non-tight bolt could eventually become a disconnected bolt. But I felt lucky. Figured I'd give it a try, see what happened. And it worked like a charm, for about 10 miles.

My first clue that something was awry was that shifting was once again rather dodgy. It would shift fine in one direction but not the other. This was because the derailleur bolt had come loose (quelle surprise), and instead of moving the chain, it was just bending the cage. Finally, it bent enough to force the chain past the pulley so that it was just sort of flopping

around. This got my attention. The top pulley was now disconnected, but the bolt and pulley were still sort of hanging in there. So I rewrapped the chain, which involved twisting the cage, effectively loosening the other pulley to get it back on. I was feeling somewhat less lucky now, but I found a gear I liked and figured if I didn't shift at all I could make it to work. Wrong.

After another mile the second pulley broke loose and pulleys, bolts, and the inner cage departed. At this point, I was closer to work, but still too far to walk (especially in cleats). Now the only thing keeping the chain on the cogs was gravity. This actually worked OK as long as I didn't exert much pressure on the chain, which basically limited my climbing ability to about a 1% grade. Fortunately, it was pretty flat for the rest of the ride, and I made it to work. Got a ride home from Mrs. D, despite the embarrassment of crying uncle for a predicament I got myself in due to world class stupidity. I'd like to think I've learned my lesson, but I get the feeling we haven't heard the last of these sagas.

Water, Sports Drinks - Continued from page 9

or goes on for several days (brevets, tours, stage races) electrolyte losses can become problematic, particularly if you are drinking mostly water during that time. Drinking too much plain water during extended, sweaty exercise can create an electrolyte imbalance in your body, in particular hyponatremia (low sodium levels), which causes fatigue, nausea, headache, cramps, and diarrhea. If left unchecked, hyponatremia can lead to confusion, poor coordination, seizures, and even death. If you plan to ride long and hard for more than a couple of hours, also plan to consume sodium and potassium during the ride: Give up plain water and drink sodium-containing beverages, such as sports drinks and tomato juice (check the label to be sure your drink has added sodium) and eat foods that contain sodium and potassium, such as pretzels and energy bars.

Excerpted from The Cyclist's Food Guide: Fueling for the Distance (c) 2005 by Nancy Clark, MS, RD and Jenny Hegmann, MS, RD. Order your copy now at www.nancyclarkrd.com and receive your special Folks on Spokes Bicycle Club (10%) discount. You must enter your club promotional code - spn693 - at the website when placing your order. For more information please e-mail: info@nancyclarkrd.com.

Safety Corner - Continued from page 1

Wet rims also greatly reduce the effectiveness of your brakes, so take this into account. Dry your rims by applying your brakes lightly just before you need to use them.

Staying Visible: High-visibility clothing is particularly important in the rain, when motorists' visibility is inhibited by wet windshields, darkness, and the rain itself. Fortunately, it is easy to find rain gear in hi-vis colors.

Staying Mobile: Carry two spare tubes if there's a chance of rain. Unfortunately, flats are more likely in the rain because glass and tire-flattening pot holes are harder to see. Also, there's no chance of getting a patch to stick to a wet tube.

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

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

Trek 1220 Great condition. 52cm frame, Clipless pedals, odometer, recently tuned. Asking price \$375 Call Debbie Trapp 508-481-7302 or email: coma40@aol.com

FOR SALE

1993 Bianchi Eros (dark green), 62cm seat tube, new Shimano Sora shifters (replaced this year), triple chain rings, 7-speed rear cassette, rear rack (black aluminum), Cateye Astrale computer (cadence & speed) \$350

Contact jtk@john.kohl.name or John at 781-643-0215



July Mileage Totals

1 7 4 0 3 1

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	7842	-	-	5	Marilyn Hartman	2576	3	2	-	Mike Hanauer	917	-	-	-
Rick Gowen	7602	3	3	4	Joseph Tavilla	2510	-	-	-	Dan Pratt	844	-	-	-
John Bayley	7302	5	5	3	Frank Aronson	2305	3	1	-	John Kane	772	-	-	-
Bruce Ingle	6694	7	6	3	Walt Drag	2238	5	4	-	Elliott Morra	696	1	1	-
Pamela Blalock	6575	5	5	3	Gary Smiley	2204	2	-	-	Greg Tutunjian	693	-	-	-
Don MacFarlane	5881	6	1	3	Joseph Moore	2186	3	-	-	Cynthia Snow	632	-	-	-
Jack Donohue	5851	-	-	2	Douglas Cohen	2180	2	-	-	Carol Hausner	618	-	-	-
Glen Reed	5241	5	3	1	Doug Hartley	2047	2	2	-	Henry Marcy	607	-	-	-
Mike Kerrigan	5230	3	3	1	Bill Widnall	2047	5	2	-	Jeff Luxenberg	594	-	-	-
Paul Hardin	5045	5	4	3	Chris George	2021	1	-	-	Elaine Stansfield	569	-	-	-
Steve Robins	4934	-	-	-	Bob Sawyer	2011	-	-	-	Tracy Ingle	418	-	-	-
Tod Rodger	4858	5	2	-	John Springfield	2007	-	4	-	Michael Morrissey	383	-	-	-
Irving Kurki	4182	6	2	1	Kent Anderson	1832	2	1	-	Rich Whalen	366	-	-	-
Linnea Olson	4143	6	4	2	John Allen	1789	2	1	-	George Caplan	241	-	-	-
Richard Taylor	3971	7	6	-	Peter Knox	1703	1	1	-	Jared Luxenberg	190	-	-	-
Janet Tortora	3753	3	2	-	Gabor Demjen	1671	3	-	-	Jacob Allen	57	-	-	-
Edward Boches	3630	3	1	1	Ed Hoffer	1608	-	-	-					
Butch Pemstein	3393	-	-	-	Craig Weiner	1582	3	1	-					
David Wean	3225	4	-	-	Rudge McKenney	1505	1	-	-					
Joe Repole	3100	7	7	-	Nick Linsky	1305	1	-	-					
Peter Brooks	3021	4	2	-	Lisa Weissmann	1262	2	-	-					
Dick Arsenault	2978	3	1	-	Bill Hanson	1141	-	-	-					
Ken Skier	2957	3	2	-	Susan Grieb	1115	-	-	-					
Ken Hablow	2851	4	-	-	Cynthia Zabin	1073	-	-	-					
Don Mitchell	2675	2	1	-	Lincoln Ross	1064	-	-	-					
Darrell Katz	2598	-	-	-	Marc Webb	920	2	-	-					

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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our expertise we will find the best fit for you.

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At the head of the Minuteman Bikeway www.bikewaysource.com

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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

30 Chelmsford 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 (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
781-890-1212

Ski Market, Ltd. (cont.)

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., Medfield
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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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

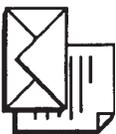
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

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:

- | | | |
|---|---|---|
| <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Publicity | <input type="checkbox"/> Legislative Action |
| <input type="checkbox"/> Safety | <input type="checkbox"/> Membership | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Host a post-ride party | <input type="checkbox"/> Special Events | |
| <input type="checkbox"/> Other _____ | | |



Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:
Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.