


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 6 • June, 2006

Introducing the Weekend Wheelers

By Eli Post and Bill Widnall

The Weekend Wheelers program, being offered for the first time this season, is designed for those who would like to ride together as a group in a more social environment, at an intermediate pace, exploring a variety of scenic routes, mostly in the metropolitan Boston area, but occasionally farther afield. The Weekend Wheeler rides typically consist of a "follow the leader" format, which includes staying together, and making every effort not to drop anyone. On a rural ride of average hilliness, the group maintains a pace of about 15 mph on the flats, but slows considerably on the hills, so they wind up with a rolling average of about 13 mph. The Weekend Wheeler rides are generally held on Saturday mornings, and distances are typically between 30 and 40 miles. There will usually be a recommended lunch place, for those who would like to get together after the ride finish.

The Wheeler ride format is designed to keep the group together even if it spreads out. The Ride Leader sets the pace, and when approaching a turn, will ask a nearby rider to mark the turn by standing at the intersection and directing other riders as they approach. These "human arrows" stay in position until

the "Sweep" rider arrives. The "Sweep" is designated at the start of the ride, remains behind the other riders, and is on the watch for riders with difficulty. In fairness to the group, the Weekend Wheeler program requires that prospective riders be capable of maintaining the designated pace. If you are unsure of your qualifications, we encourage you to give the group a try, but please understand if the standard pace proves to be too strenuous, you may have to drop out of the group and continue your ride using the Cue Sheet.

In this initial year, the Wheelers rides will be offered on some, but not all, of the Saturday mornings from April through September or later. Check the monthly Rides Calendar to see the dates that have been scheduled. The Wheelers are also compiling an e-mail list of persons that want to participate in the program. If you would like to be on this list for the occasional additional program announcements, contact the Weekend Wheeler Coordinator, Eli Post (617 547 6778, eli@postconsulting.com) or let the Ride Leader know at one of the Wheeler rides.

Looking for a Few Good Cyclists...

...to join the CRW Rides Committee and help in running the club's Rides program, which is what the club is all about. This is a good way to make a large contribution to the club for a relatively small amount of effort. Right now, we're a group of 5 so tasks are divvied up amongst the members. These include things like sending emails to help fill the rides calendar, planning the annual ride leader party, helping to select, order and distribute the annual ride leader gift, and so on. You can choose your level of contribution, large or small. If you're interested in signing up or learning more, contact the VP of Rides at ridesvp@crw.org.

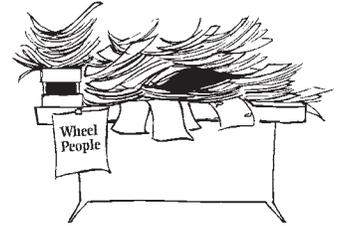
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to:
 The Charles River Wheelmen -
 1 Gleason Road
 Bedford, MA 01730

Editorial Policy



We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Send copy electronically to editor@crw.org. Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten or 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.

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			

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RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Connie Farb.....	978-443-4993
Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
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.....	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.....	Chris Randles.....	617-969-2545
	Michael Aarons.....	508-651-9259
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

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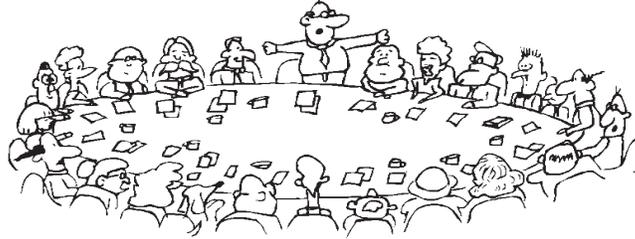
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E-Mail List (CharlesRiverWheelmen@yahoo.com)	
Administrator.....	Barry Nelson..... barrynelson@alum.mit.edu

CRW Board Meeting Minutes

May 2, 2006



In Attendance:

Board Members (8): Eric Evans, Don Blake, Andy Brand, Barry Nelson, Linda Nelson, Janet Tortora, Mike Aarons and Bill Widnall

Minutes (Janet Tortora)

Minutes from the April 4 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)

Eric reported that Rich Levine will be the new Vice President of Finance.

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for April 2006: 1112 current memberships,

1320 current members, 32 expired members, 49 new members, 40 renewed members.

Rides Committee (Connie Farb)

Board member, Michael Aarons, gave the Rides Committee report. The calendar is in great shape with only a couple of dates opened in November. Connie Farb is stepping down from the Rides Committee at the end of the season. The Rides Committee will be seeking new members and will then restructure the tasks. The committee is exploring different ideas for a rides leader party. The "Weekend Wheelers" rides are starting up.

Old Business

CRW 40th Birthday Party (Eric Evans)

The planning for the CRW 40th Birthday Party,

on July 29, is going well. Registration is online. There will be an article in the Phoenix about the event.

New Business

Bike shop program (Eric Evans)

Fred Kresse will mentor those willing to coordinate with the bike shops.

The next Board Meeting will be held on June 6, at 7:00 PM, at the United Church of Christ, Lexington in room 208.

Respectfully submitted,
Janet Tortora
Secretary

In the Candy Store

By John Hughes

You've just gotten the club calendar. You rode your first century last year and you are excited about all the longer rides the club is putting on.

And your best friend is organizing a monthly time trial series and wants you to participate.

And your spouse really wants to take a week-long bike tour.

Ahh, the joys of the new season. All these events! Like a kid in a candy store the cyclist's eyes light up in anticipation.

How Much Candy?

Imagine two kids in the candy store. One snuck away from his parents and is there for the first time. He buys a pound of treats, goes out to the curb and starts to eat. The second lad has been going there every week and buying more and more candy. This week he also buys a pound, goes out to the curb and starts enjoying his sweets. After half an hour, the first boy will certainly have indigestion; his eyes were bigger than his stomach. The second boy may be a little full, but since he's "trained up" he might be able to eat all that candy at a sitting.

Often when a rider first looks at the events calendar he or she wants to do lots of events. The cyclist feels like he or she didn't ride that much last year. And it's early in the season so the rider resolves to do more events this year. That, of course, will take more training so the rider decides to try for 2,000 miles this year instead of 1,000 like last year. Better stock up on Pepto-Bismol, because this will lead to cycling indigestion - overuse injuries, colds, burnout, etc.

Realistically a rider can increase total volume by 10-15% from year to year.

Which Candy?

Our first boy is an experienced candy connoisseur - after weeks of trying different sweets, he's picked the ones he likes most for his weekly binge on the curb. To the second lad they all look good so he gets one of everything.

Experienced athletes are selective-which events are really important? Even Lance Armstrong prioritized his races as building blocks towards the season's main goal. Joe Friel recommends labeling each event in your schedule A, B or C.

An "A" event is one of the highlights of the season, an event for which you want to peak so that you can have your best ride. Perhaps the tour with your spouse?

A "B" event is one where you'd like to do well,

although you aren't trying for a personal best. Maybe the longer club rides?

And a "C" event is one that you're doing for training, with no expectations about results. Your friend's time trials?

To Friel's schema I add "F" events - no, those aren't failures - those are ones you're doing just for fun! A chance to try out a different type of event, or ride in a different area. Going mountain biking with your son or daughter!

As you categorize each event remember that the fewer "A" events you have, the more likely you are to really peak for each and have a ride to remember - positively.

And, of course, the more "F" rides you have, the more smiles on your face.

Training takes several years of build-up to reach a point where you can handle relatively high volume. Riding longer or harder events is taxing so you need a balance between harder and easier events. If you remember these simple principles, despite what your Mom said, you can learn to eat way too much candy in a year!

(John Hughes is director of the UltraMarathon Cycling Association. For more information on training, nutrition and equipment for endurance cyclists go to <http://www.ultracycling.com>. Copyright 2006 by the UMCA)



Recurring Rides Calendar

These rides are held every week unless indicated

Sunday South Shore Coastal Loop

Times and Routes: 7:00 AM Rides of 37 and 50 miles.

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 make it to the 7 AM (sharp!) start will be paid back with a great ride with little traffic, and you'll be home in time for a well-earned brunch! Weather permitting, the SSCL will take place every week from April 9 through October 22. The 40 mile ride loops through Rockland, Hingham, Norwell, Scituate, and Cohasset. The 50-mile option adds a loop through Nantasket Beach and Pemberton Point in Hull, with a magnificent view of Boston Harbor from under the windmill. A coffee stop in Scituate is optional. An ideal ride for fast to moderate riders with paceline experience or a desire to learn.

Leaders: Andy Brand (abrand@alum.rpi.edu), Bob Dyson (rdyson22@comcast.net)

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.

Wednesday Wheelers

Times and Routes: Varies, usually 10:00 AM. Distances are typically between 30 and 40 miles.

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

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

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.

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

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, call or e-mail the ride coordinator day or early evening.

Note: Different leader each week, to become a leader contact Dick Arsenault

Wednesday Fitness and Masters Ride**

Times and Routes: 6:00 PM Sharp! for routes of 24, 27 or 34 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 approximately 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.

Leaders: Keith Miller (kmiller@mathworks.com), Chris Tweed (781-830-1368, cmtweed@psrinfo.com)

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!

Wednesday Ice Cream Ride

Times and Routes: 6:00 PM, Arrowed rides of 10, 19 and 27 miles.

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln. The long route adds the 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 or the Wellesley Hills House of Pizza, followed by ice cream at the shop on Washington St (Rt 16).

Leaders: Justin Haber (617-965-3904, Justin@Haber.net), Gabor Demjen (617-266-8114, gabordemjen@verizon.net)

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.

Thursday Fitness Ride**

Times and Routes: 6:00 PM SHARP Arrowed routes of 16, 28 and 34 miles. Arrow is an upside down white T.

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.

Leaders: Rich Taylor (978-287-4921, richard_n_taylor@post.harvard.edu)

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 and Routes: 18, 24 and 28 mile rides. 6:00PM, 5:30PM starting September 15. Last ride on October 6 starts at 5:15PM.

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.

Leaders: Ed Glick (edward.glick2@verizon.net), Paul Hardin (978-866-3040, CRWGPSGuy@comcast.net)

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left and then right to go behind the library.

Saturday Morning Fitness Ride**

Times and Routes: 8:30 AM. This ride runs all year 'round. Three routes: 42, 28 and 19 miles

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!

Leaders: Michael Aarons (Michael.Aarons@XOMETRIX.com), Chris Randles (617-969-2545, jcrandles@comcast.net)

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!)

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.

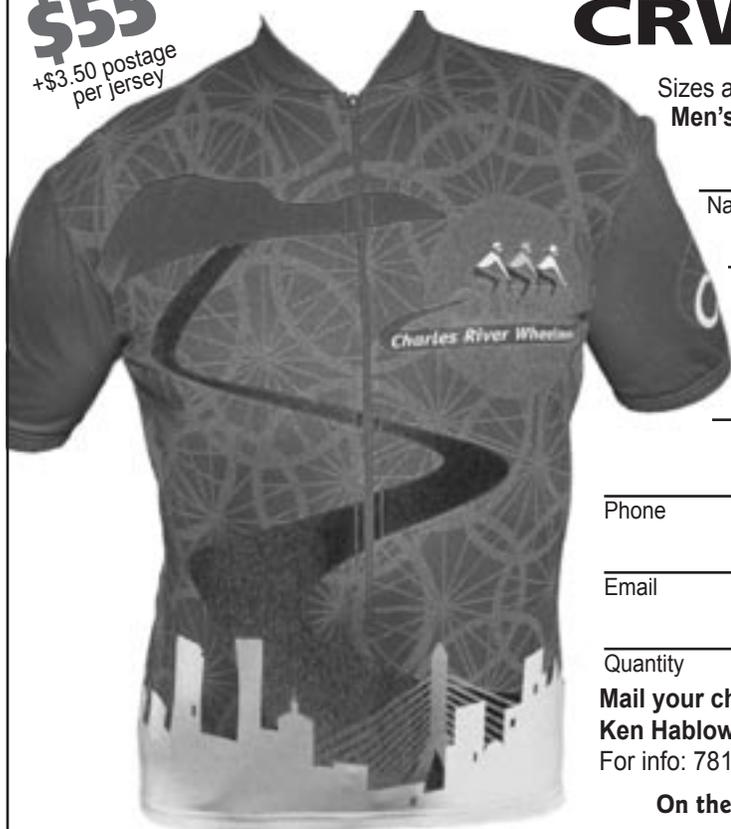
If you're looking for a ride, the cue sheet database contains detailed cues and in most cases maps of most of the regular CRW weekend rides and centuries.

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.

\$55
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CRW Club Jersey

Sizes and VOMax recommended chest measurements:

Men's: S (33-36"), M (36-39"), L (39-43"), XL (43-45")

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For info: 781-647-0233 - or - khablow@khgraphics

On the web at www.crw.org - Click on About CRW > Merchandise



June Rides Calendar

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map. You should also carry an ID card, health insurance card, and emergency contact information.

Quiet Roads North of Boston

Saturday - June 3

Ride Type: Arrowed

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

Leaders: Ray Porter (781-944-1292, rporter@ch2m.com), Janet Tortora (978-692-7273, janett@tiac.net)

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

Start: REI/Registry of Motor Vehicles, Reading.

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

Introductory Ride

Saturday - June 3

Ride Type: Cue Sheet

Routes and Times: Nahanton Park 9AM, Please arrive 20 minutes early!

Leaders: Eli Post (617-547-6778, elipost@comcast.net), Fred Kresse (781-444-1775, elipost@comcast.net), Larry Isaacson (617-332-4736, mail@lawrenceisaacson.com), David Iwatsuki (617-312-6525, diwatsuki@gmail.com)

Description: Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is an essentially flat, 19-mile loop through Needham and Dover. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest. **Note** CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water

bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! Please feel free to contact leaders with questions.

Start: Nahanton Park on the Newton/Needham line

Directions: From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. Parking may be limited; additional parking is available in the upper lot and at Cutler Park which is before the river crossing on Kendrick Street

Bolton-Berlin Country Tour

Sunday - June 4

Note change of the 9:30 start location.

Ride Type: Arrowed.

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

Leader: Ken Hallow (khalow@khgraphics.com)

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

Start: Short ride only: Emerson School, Route 117, Bolton. Long and Medium rides start at Acton-Boxborough High School, Rte 111, Acton.

Directions: Long and Medium rides - 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 traf-

fic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

We are in the second parking lot on the right once inside the school complex.

Short Ride, Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Northern Exposure

Saturday - June 10

Ride Type: Arrowed, map & cue sheet

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

Leader: Dana Chandler (978-371-5952, dchand03@yahoo.com)

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

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

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

Introductory Ride

Saturday - June 10

Ride Type: Cue Sheet

Routes and Times: Nahanton Park 9AM, Please arrive 20 minutes early!

Leaders: Eli Post (617-547-6778, elipost@comcast.net), Fred Kresse (781-444-1775, elipost@comcast.net), Larry Isaacson (617-332-4736, mail@lawrenceisaacson.com), David Iwatsuki (617-312-6525, diwatsuki@gmail.com)

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A River Runs Through It

Sunday - June 11

Ride Type: Map & cue sheet

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

Leaders: Jim Pearl (781-275-8603, curvest@yahoo.com), Steve Kolek (781-652-0354, stevescrwaddress@mac.com)

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

Start: Concord-Carlisle High School, Concord, MA

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

Plymouth to Provincetown (P2P) Ride

Wednesday - June 14

Ride Type: Arrows, map and cue sheet

Routes and Times: 7am for 85 miles

Leader: Mel Stoler (617-939-7906, thestolers@rcn.com)

Description: Schedule a day off from work for this annual ride that leaves from the parking

lot adjacent to the Radisson Hotel at 7am (or leave from Putterham Circle in South Brookline at 4am for an extra 40 miles). We usually finish in P-town early to mid-afternoon. The chartered ferry back to Plymouth loads at 4pm so you should have time to walk around town, get a bite to eat, etc. We'll arrive in Plymouth around 6pm and it's about 1/2 mile back to the parking lot. This all day ride has been a great hit because mid-week traffic on the Cape in mid-June is tolerable and the weather for the ride and boat trip back to Plymouth more often than not is ideal. We tend to ride in groups based on pace. As usual, we will provide SAG vehicles for your bag, check points with water, pb&j sandwiches at the lunch stop and a cold one at the finish. In order to cover costs for the ferry and support, early registration (due by June 10th) is \$32 and day-of-event payment will be \$38. If you will not be taking the ferry back to Plymouth, the cost will be \$10. If the ride is cancelled because the ferry isn't running, your money will be refunded. If you can't ride this year but are willing to drive a vehicle, PLEASE let us know. We'll reimburse for fuel and lunch and you will earn the heartfelt thanks of all riders. Alternatively, if you are planning to ride and your spouse, friend, significant other, or adult child is available, PLEASE let us know. Please respond to p2pride@yahoo.com if you plan to ride and send your check payable to: Mel Stoler, 9 Coolidge Street, Brookline, MA 02446. Questions? Contact Mel Stoler or 617-939-7906

Note: Pack a change of clothes for the ferry ride.

Start: Town Parking Lot at the end of Rt. 44 and Water Street in Plymouth

Directions: From Route 3 south, take exit 6A toward Plymouth Center (Rt. 44E). The parking lot will be on your left after the gas station and traffic lights at Rt. 3A.

Cape in a Day

Saturday - June 17

Ride Type: Cue sheet

Routes and Times: 5:00 AM -- 117 miles.

Leaders: Ra'el Raudales (978-937-3460, mesoamerican@juno.com), Nadina Raudales (978-937-7780, nraudales@juno.com)

Description: Ride Boston to Provincetown and return by ferry the same day. This is a direct point to point ride with lots of interesting, changing scenery but without scenic detours. We will stop to rest and to buy food at the Canal (52 miles) and in Orleans (86 miles). We will return to Boston on one of the ferries. This is an unsupported ride. You will get a cue sheet, ferry schedule and a bus schedule for return to Boston in the event of the failure of your equipment. The cue sheet is simple and easy to follow.

Note: No van support, self supported ride. Rain Cancels

Start: Gillette parking lot in South Boston

Directions: Start: Gillette parking lot in South

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

The New Hampshire Seacoast

Saturday - June 17

Ride Type: Cue Sheet and Weekend Wheelers

Routes and Times: 9:30AM, 38 miles

Leaders: Dick Arsenault (781-272-1771, rarsenault@rcn.com), Eli Post (617-547-6778, elipost@comcast.net)

Description: The ride will start with a view of the Seabrook nuclear power plant and include Hampton Beach, Rye Beach with some pretty spectacular houses along the shore, a short detour into Odiorne Point State Park in Rye, the grand old (now completely refurbished) Wentworth-By-The-Sea hotel in New Castle where Teddy Roosevelt stayed while the Treaty of Portsmouth ending the Russo-Japanese War in 1905 was being negotiated, another short detour into Fort Constitution guarding the mouth of the Piscataqua River with a view of Maine on the other side. On the return we will stop at Kennedy's for lunch, or you may continue straight to the finish. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. Our overall average pace should be about 13 mph, faster on the flats, but slowing on hills. Further details at ride start.

Start: Parking Lot on Route 1A, North end of Salisbury Beach, NH

Directions: Take Routes 128/195 North. Where Rts. 195 and 128 separate in Peabody stay on 195 North. Take Exit 60 ("Salisbury, The Beaches") and go east on Route 286 for 3.7 miles, staying on Route 286 to Route 1A. Turn left and proceed north for about 1 mile. You will see a (most likely nearly empty) parking area on your left immediately following a low unmarked building, which has a view of the Seabrook power plant and boats moored in an inland waterway; you will have missed it if you go over a bridge a couple of hundred yards further ahead. Drive time: about 1 hour from the junction of Route 2 and Routes 128/95.

Quiet Roads North of Boston

Sunday - June 18

Ride Type: Arrowed

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

Leaders: Ray Porter (781-944-1292, rporter@ch2m.com), Ken Skier (781-863-5826, kenski@alum.mit.edu)

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

Start: REI/Registry of Motor Vehicles, Reading.

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

Duxbury Plus

Saturday - June 24

Ride Type: Cue Sheet and Weekend Wheelers

Routes and Times: 10:00 AM Start 36 miles

Leader: Joe Tavilla (508-428-6887, silverski@earthlink.net)

Description: Enjoy an early summer cruise over quiet country roads that pass numerous cranberry bogs and farms. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. Riders will follow the leader thru Duxbury, Halifax & Plympton and stay together at a group pace (12-14 mph) being careful not to drop anyone. Lunch stop will be at the 21 mile marker.

Note: One mile of this ride is over a dirt road.

Start: Hannafords Supermarket Kingston MA

Directions: Travel Route 3 South to Exit 10. Right on Route 3A. Travel 100 yards to traffic light. Hannafords Supermarket will be straight ahead.

Climb to the Foothills

Sunday - June 25

Ride Type: Arrowed, cue sheet

Routes and Times: 9:30 for 68 miles, 10:00 for 43 and 29 miles

Leader: Bill Scott (978-456-3138, billscott@alum.mit.edu)

Description: 68-mile ride is designed as a hilly (4,400 ft) warm-up for Climb to the Clouds 3 weeks later. It follows quiet, scenic roads through Harvard, Bolton, Boylston, Sterling, and Lancaster with some great views and downhill runs. The 43 and 29-mile rides are less hilly (2,800 ft and 1,700 ft) repeats of the April 2 Season Opener. All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston with opportunities for picnic at Wachusett Reservoir.

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

Directions: Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St is sharp right turn (after wheat-yellow Acton Music Center on right) .95 miles from the light at Rt 27 and Rt 111. Immediate left into parking lot.

CRW Trips

Bovine Delight

June 30 - July 4, 2006

Enjoy this popular, annual "Bicyclists Over Vermont in Near Ecstasy." We'll meet in Montpelier, VT on Friday night, June 30. Various 30-60 mile/day cycling options Saturday to Tuesday. Annual all day outdoors events in Montpelier on July 3 and Warren, VT on July 4. Parade and fireworks in Montpelier on July 3. Option to drive to Montreal Jazz festival one day. \$250 includes 4 nights lodging in comfortable hotel (2 persons/room), hotel breakfasts each morning, some trail lunch food (Clif Bars, fresh fruit, etc.), lockable function room for our bikes, probable rooms for showering after the July 4 rides, and maps and cue sheets. Register with: LEADER: Arnold Nadler, 978-745-9591, ardnadler@aol.com or CO-LEADER: Paula Bossone, 978-887-0688, paulajbossone@comcast.net

Velo Vermont

July 21-23, 2006

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

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

Total cost of trip is \$120 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone. Call after that for last minute availability. Make checks out to Jack Donohue, and send a SASE or email address to:

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

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

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

Wheeling Around the Whites

August 11 - 13, 2006

Explore the White Mountains of New Hampshire by bike! This cycle weekend will offer hilly and not-so-hilly rides of 23 to 107 miles. Ride options range from the Triple Notch Century, to rolling country rides, to a North Conway loop. Or test your climbing prowess on Hurricane Mountain Road, "the steepest paved road in New Hampshire" - climb it if you can! Optional side trips could include swimming at Jackson Falls, après-biking at the Wildcat Tavern, or shopping at North Conway's factory outlets.

The trip fee is \$95 per person, and includes two nights lodging, welcome party on Friday night, breakfast, happy hour and dinner on Saturday, breakfast on Sunday, cue sheets, maps, and ride snacks. Lodging and meals will be provided at the Skimos Ski Club in Jackson, NH (10 miles north of North Conway). Trip is limited to 25 cyclists.

For more information, contact Joanne Archambault (joarch@comcast.net, 508-878-8421) or David Campbell (david.campbell3@comcast.net, 781-856-3658). Please register by July 21st by sending your contact information and a check made payable to "Charles River Wheelmen" to:

David Campbell
24 Central Ave.
Needham, MA 02494

CLASSIFIED ADS

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

WANTED: The MBTA will not let me take my bike on commuter rail during peak hours. Therefore, I seek a safe and dry place to leave a bike at the Brandeis, Kendal Green, Waltham, or Lincoln commuter rail station. Last year I wrote letters, I contacted several depts. at Brandeis, and I even contacted the company that manages the office bldg. at the Brandeis stop. But I found nothing. Please help me do better this year. George Caplan Office Phone: 781-283-3374
g_caplan@yahoo.com

FOR SALE: Holdsworth bike, high quality lugged steel Reynolds frame, Campagnolo Record hubs(freewheel) Small 18" frame fits someone 5'-5'8" tall, this classic road bike is in great shape and can easily be converted to single speed. \$350 Steve 617.924.4226 or creckles@excite.com

FOR SALE: Size 43.5 Sidi Genius 5 Lorica/Black Road Shoes. The Left shoe has never been worn nor cleated up. The Right shoe was cleated and ridden twice. It is and looks mint and smells like a new car. \$172 or BO Michael D. Andelman 617.851.4496



for the 15th annual

Climb to the
Clouds



A Century Ride to Mt. Wachusett

Sunday July 16, 2006

62 miles from a remote start

Rides from 45 to 105 miles

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 62 or 45 miles

NOTE: All rides return to the respective start point.

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.

(No pre-ride tech support in Concord.)

Bolton: Nashoba Regional High School 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 for 2½ miles.

Arrive early for tech support.

ROUTES:

The long rides from each start point include a climb up the mountain. All routes join together in Lancaster. The 80 returns from Sterling. The 45 & 90 mile routes go to East Princeton. The 106 & 62 mile routes continue to Mt. Wachusett. All routes return to the start point.

All rides return along the Wachusett Reservoir passing through West Boylston & Boylston. We ride through Berlin back to Bolton with a stop at Berlin Orchard. The route back to Concord passes along the high ridge in Harvard. All routes are mostly on back country roads, fully arrowed, and a map is supplied.

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 for 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 water stops 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:

For 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
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www.cycleloft.com

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

CRW 40th Birthday Party

by Ralph Galen

Looking Back - In 1969, the League of American Wheelmen (LAW) held their national meeting in Marion, Indiana. Hartley Alley, a former New Englander living in Indiana, was elected president of the LAW. Hartley's first request was that the 1970 National Convention of the LAW be held in Rockport, Massachusetts. He then became more specific: Would the CRW host the event? We accepted the challenge (especially since there was an excellent bakery at the entrance to the town of Rockport, which served cranberry muffins).

By chance, prior to the 1970 National Convention, CRW received a charcoal sketch of Dr. Paul Dudley White, by the renowned and beloved artist/illustrator Norman Rockwell. The sketch was of particular interest to CRW, since Dr. White was both a well-respected cardiologist, a Harvard Medical School graduate, and an avid cyclist.

The American Heart Association (AHA) was formed by Dr. White and his colleagues. It was Dr. White who cared for President Dwight Eisenhower as he recuperated from his heart attack. The bike path

around the Charles River basin is named the Paul Dudley White Bicycle Path ("PDW Path"). Every year, Doctor White led a bike ride along the PDW path, ending at the Harvard Boat House, where Mrs. White served tea and cookies.



In preparation for the National Convention, CRW organized a bike parade and auction. Artists from Rockport contributed thirteen copies of the White sketch, to be auctioned by none other than Tip O'Neil (then US congressman before being elected as Speaker of the House). The Columbia Bicycle Manufacturing Company in Westfield donated two bicycles. A silver plaque was installed on the top tube of each bike. Norman Rockwell's name was engraved on one plaque, and Dr. White's name was engraved on the other. The town of Rockport donated a red fire engine. The AHA donated little "Miss Heart" who sat atop the fire engine wearing her "Miss AHA" banner.

Everything was ready for start of the bike parade and auction, except for the weather. It was pouring! Tickets for the clambake remained unsold as we prayed for the rain to stop. Miraculously, the sun finally peaked out from under the clouds. Dr. White arrived a bit late (did he make a house call before leaving for Rockport?) The "High Wheelers" cycling club had arrived from Philadelphia and "Miss Heart" was ready atop her fire engine. Doctor White led the parade to a nearby park and gazebo where Tip O'Neil was waiting. Everything, including the bicycles, was sold at auction, except for Dr. White's signing pen. All proceeds were donated to the AHA. Back at the Ralph Waldo Emerson House (headquarters for our event), the clambake was sold out. A fitting conclusion to a wonderful event: I wish that all who are reading this account could have been there.

Copy #13 sketch of Dr. White hangs in the museum of the AHA branch office museum in Natick, Massachusetts along with the proclamation by Governor Sergeant naming the day Massachusetts Bicycle Day. A photograph of Dr. White hangs nearby.

Looking Ahead - On the next page you will find a reservation form so that you can pre-register for the 40th. Birthday Party. The first 200 registrants will receive a complimentary CRW collectors item bicycle cap (not baseball cap). Special 40th Birthday logos will appear on the sides and bill of the cap. This ten dollar value is an incentive to register early. The caps are being sold to our Club at cost by Quad Cycles in Arlington Heights. Quad Cycles is one of the many fine bicycle shops that offer a discount to CRW members. Early registration will be appreciated by Ralph Galen, Chairman and Kimberley Fitch, Co-chairman of the 40th Birthday Party Committee.

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CRW 40th Birthday Party

You are invited to join the CRW for a ride and celebration to mark CRW's 40th birthday:

- Fully arrowed rides: 50 mile and 25 mile options
- Post ride catered picnic, with special CRW birthday cake.
- Antique bicycle exhibit at Larz Anderson Museum (free admission to all paid attendees)
- Recognition and thanks to all past CRW presidents
- Panoramic photo of the entire group will be taken and will be available for purchase.

A special CRW collectors item cycling cap (not baseball cap), will be given to each of the first 200 paid attendees (a \$10 value)

Date: Saturday, July 29th

Location: Larz Anderson Park in Brookline

Directions: See Below

Times: Rides: Beginning between 8:00 – 10:00 AM (staggered start)

Picnic: 2:00 PM to 3:30 PM

Birthday Cake: 3:30 PM

Entertainment: 2:00 PM to 5:00 PM

Panoramic Club Photograph: 4:00 PM

Distance: 50 miles or 25 mile arrowed routes

Cost: Pre-registration: (must be received by July 15th) - \$21.00

Day of Event: (space limited to approximately 30 guests) - \$26.00

We wish to thank Quad Cycles of Arlington Heights for helping with the purchase of the CRW cycling caps, and Larz Anderson Park for use of their facilities.

This Event will take place rain or shine

CRW 40th Birthday Party

First Name: _____ Last Name: _____

Address: _____

E-Mail Address: _____

Pre-Registration (must be received prior to July 15th): Please reserve ___ spaces @ \$21 per person

Registration on Day of Event (space permitting): \$26.00 (limited to approximately 30 guests)

___ Vegetarian ___ Non-Vegetarian Total Amount Enclosed _____

Beer and sodas will be available for purchase separately.

Payment Options You can pay on-line using a credit card or Pay Pal account (<http://crw.org/40thPartyRF.htm>), or you can pay by check:

Please mail checks or money orders payable to Charles River Wheelmen to:

Don Blake

One Gleason Rd.

Bedford, MA 01730

Riding the Two-Laners

by John S. Allen

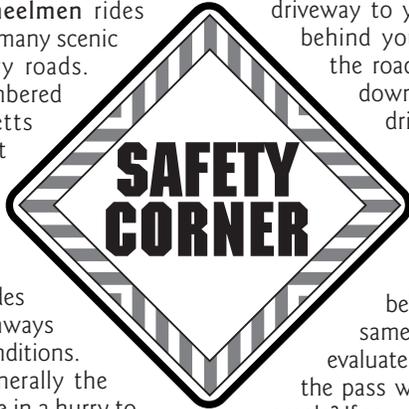
Charles River Wheelmen rides take advantage of many scenic and quiet country roads.

Many of the numbered highways in Massachusetts also are relatively pleasant for bicycle travel, with light traffic (at least on weekends) and/or ride-able shoulders.

Nonetheless, most club rides require some travel on highways that present challenging conditions. And the highways are generally the most direct routes if you are in a hurry to get somewhere. Riding safely on highways calls for a more defensive and less assertive approach, since motorists are traveling faster and need more time and distance to react.

On a narrow two-lane highway, you generally ride near the right edge. All in all, it is more important to be alert to conditions ahead of you than behind, and to deal with traffic behind you by wearing bright-colored clothing and being predictable. If you see traffic approaching from ahead, or you are approaching a blind curve, it can be helpful to pay extra attention to what is behind you. When passing a blind

driveway to your right, check for traffic behind you, then move farther into the roadway, or if you can't, slow down so that a driver exiting the driveway will see you in time to yield right of way.



A rear-view mirror makes it easier to determine whether vehicles approaching from ahead and behind might pass you at the same time. If this appears likely, evaluate the spot ahead of you where the pass will occur. Is the road width ample? If so, fine. If not, is the motorist approaching from the front moving to the right to make more room? Is the motorist behind you slowing to pass at a safer location? Usually, you can convince a motorist behind you to slow by using a hand signal and/or by moving toward the center of the roadway. And if you can't

Riding safely on highways calls for a more defensive and less assertive approach, since motorists are traveling faster and need more time and distance to react.

convince the motorist to slow, you may need to slow so that both motorists don't pass you simultaneously.

When multiple vehicles are approaching from the front, watch for vehicles pulling into your lane to pass. Be prepared to move right, or even leave the roadway, to avoid a head-on collision. Your attention could be a lifesaver.

On high-speed downhills, use more of the lane to maneuver safely and move farther left when approaching a driveway or intersection. Change lane position well in advance, so that everyone has time to adapt. If you are going as fast as the motor traffic, use the full lane just like a motorcyclist.

On highways with wider lanes, or shoulders, generally ride about four feet to the right of the overtaking motor traffic. Even on a highway with an extra-wide shoulder, maintain this position to reduce the likelihood of a "right hook" collision. Motorists can still pass you without having to use the oncoming lane, and you are more visible to drivers entering from the right.

You may want to move somewhat farther left before intersections, especially if a motorist behind you is preparing to turn right.

Thanks to the open landscape and lower background noise level, one's ears can be somewhat more useful on a rural highway than under urban or suburban conditions. Your hearing can often alert you to a motorist in a driveway or approaching from behind, or let you know that a vehicle behind you is slowing to make a turn. Turn your head slightly if necessary to help distinguish between noises from the front and from the rear. Be aware that a headwind not only makes it harder for other cyclists to hear your warnings, but also refracts the sound waves from vehicles behind you up and away, over your head.

Good group-riding discipline is especially important on a high-speed highway. Yes, motorists tend to be more courteous to groups of cyclists than to a lone cyclist, but overtaking the group also presents more of a challenge to a motorist. On a high-speed two-lane highway without shoulders, riding side by side is only appropriate if there is very light traffic, you can see a long distance back, and are glancing back frequently. Be especially careful to break up a large group so that overtaking motorists can merge between smaller groups when traffic approaches from the front. Also, when you are preparing to change lane position or turn, be sure that your view of the road is not blocked by another cyclist. Ride in an orderly line to avoid blocking the view for other cyclists.

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

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Other Trips

SoVe Tour - Southern Vermont

August 11-15, 2006

This tour allows fellow Vermont lovers to spend four days riding in the southern part of their favorite state. After staying in Brattleboro Friday night, we cycle north to Rutland using largely back roads, crossing the spine of the Green Mountains. From Rutland we ride south to Bennington, using delightful country roads for most of the day, with several options for entering town. We spend two nights there at our wonderful in-town motor inn ("Paradise"), with several choices for a day ride on Monday, including a challenging Mt. Greylock option and easier rides in adjoining New York state. Tuesday morning we climb the Green Mountains again heading east, but end the tour with a 19 mile downhill into Brattleboro. Daily averages are about 65 miles, with 50 miles on the last day. The \$375 tour fee includes 4 nights lodging, 3.5 breakfasts, 4 lunches, 2 Happy Hours, detailed maps, cue sheets, sag support and post-tour shower. Maximum of 24 riders. This is a Rogue Riders Bike Club trip. Contact leader for info or to register: Charles Hansen H: (617) 734-0720 Email: velotrain@yahoo.com

Biking in the Whites Weekend

July 28-30

Enjoy daily low key rides on hilly and scenic country roads north of the notches in NH and VT with some flat sections along the CT river. Rides vary from 30-70 mile options and are guided with independent options available. Approximate cost of \$125-180 ppdo includes 2 breakfasts, 1 dinner, 2 nights at Applebrook B&B in Jefferson, NH. Register with Debra Longo at 781-213-9998 or debra_longo@hotmail.com Directions will be provided upon registration. This is an AMC trip.

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A Touring Life

By John Springfield

A Stillness at Antietam

In western Maryland there is a curious entanglement of state boundaries. In 45 miles you can bicycle from Pennsylvania, through Maryland and West Virginia, and finish in Virginia. But that's not the reason I decided to come here. In the summer of 1994 I was biking from Boston to Florida, stopping at Civil War battlefields along the way. I had already stopped at Gettysburg, Pennsylvania the day before. But the heat and humidity was so high that I cut my visit short. As expected, the Gettysburg Battlefield was crowded with visitors. I longed for a more reflective place. The next day I found that place at Antietam Creek.

In September of 1862, the Battle of Antietam was fought near Sharpsburg, Maryland. Here General McClellan and General Lee slugged it out. It was the bloodiest single-day battle of the Civil War, with over 23,000 casualties. I arrived early in the morning before the visitor center was open. A mist blanketed the northern section of the battlefield with the cannons pointed over the cornfield. It was eerily quiet, almost too quiet. I watched as the rising sun slowly burned away the haze. I wanted to talk to somebody, but I was alone with my thoughts of dying men, of men who knew that a wound meant amputation or death.

I shook myself and headed south to explore the 4-mile long battlefield. I was especially interested in finding Burnside's Bridge. It was at this small bridge across Antietam Creek that a handful of Confederate sharpshooters kept General Burnside from crossing the bridge and outflanking General Lee. Locating the bridge by bicycle was not easy. I rode along a ridge road, expecting to find a road going to the bridge on the right. I came upon a man and asked where Burnside's Bridge was.

"Oh, the roads don't connect to that old bridge any more. You'll have to get off your bike and

go down the ridge and cut across the field. Not much of a bridge, but it's good for fishing."

Doing as I was told, I found the old stone bridge that crossed a small stream. It was very quiet, except for the rippling sounds of the creek. Somehow it seemed fitting. There were no soldiers here. I imagined a lone man fishing silently off the side of the bridge, deep into his thoughts.

But in 1862 this quiet setting was a overrun by events bigger than anything seen before or since. Had General Burnside managed to get across this small bridge early in the battle, Lee's flank would have been turned. But Burnside was late. And the usually cautious General McClellan refused to commit his reserves. Technically, the Confederates "lost" the battle, but the Union failed to chase the withdrawing General Lee. Lee could have been completely defeated that day. The Civil War would have

been over. There would have been no Gettysburg, Chancellorsville, Chancellorsville, Chickamauga, Spotsylvania, the Wilderness, or Petersburg. Instead, the war continued

two and a half years. Finally, it ended in 1865 after 600,000 deaths. It is almost impossible to fathom.

Bruce Catton wrote a famous book about the end of the war called "A Stillness at Appomattox". Later on the same trip I visited Appomattox Court House, where Lee surrendered to Grant. There was a serenity about Appomattox. Perhaps, a dignity.

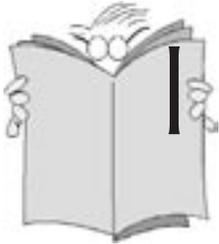
But, for me, my stillness came at Antietam, early in the morning on Burnside's Bridge. I stood there looking into the water, listening to the quiet stream, waiting for some revelation. Instead, I got stillness. Stillness from a place that witnessed horrific fighting, shouting, and dying. Stillness from a land reclaimed by time. Stillness from a simple bridge, best used by a lone fisherman, lost in his own thoughts.

Little Jack's Corner

by Jack Donohue

(Well it's time for the summer reruns on TV, and Little Jack's Corner will follow suit. For the next few months we will be rerunning articles that appeared previously in WheelPeople. These are all oldies, so if you're young, you may not have seen them, and if you're old, like me, you've probably forgotten them.)

Breakfast of Champions



I don't often reveal my training secrets, but I'm afraid many young riders are being misled on the subject of nutrition, and I feel I must speak out. The Granola generation has been

taught to seek cycling success with whole grain organically grown goodies. Then there's the Exceed crowd, whose magic elixir consists of water bottles filled with any of a number of repulsive fluids.

Even I fell in with bad companions in my youth (more like early middle age), and have been spotted swapping granola bars in parking lots. I'm not ashamed to admit to consuming many pounds of granola and its friends. I must qualify this by explaining that I am omnivorous. By that I mean I'll eat anything that doesn't bite back. Usually, by the time I'm in need of a feeding, I've waited much too long, and I need something that can be consumed RIGHT NOW. So I find myself eating quite a lot of healthy things, bread, cheese (?), microwaved veggies, mostly because they can go from refrigerator to mouth in the minimum amount of time. I'm a de facto vegetarian, mostly because meat meals require a bit more foreplay.

But breakfast is another matter. I have to agree with the experts that breakfast is the most

important meal of the day. Especially on a long ride where we all know your carbohydrate stores deplete eventually. So, those looking to go the distance need look no further than their neighborhood Dunkin Donuts.

My particular training regimen involves scarfing down at least three of the greasier doughnut varieties. Muffins are more politically correct, but are sorely lacking in important nutrients, namely grease. Avoid anything that contains bran (unless you're having problems with regularity). This should be washed down



with massive quantities of industrial strength coffee, thus providing a balance of the three major food groups: sugar, grease and caffeine. This is guaranteed to propel you out of the starting gate.

For the ultimate sugar high, try washing down one of those honey glazed beauties with a generous cup of Dunkin Donuts coffee laced with at least three teaspoonfuls of totally refined sugar.

The choice of doughnuts is especially important to impart a performance edge. I prefer to start with a chocolate glazed doughnut. This provides a good mix of carbos, sugar and grease to get you going in the initial phases of a long ride. Next, a blueberry or lemon filled doughnut pays lip service to the fruit family, while providing the sugar and grease stores for the middle part of the ride. Finally, a Boston or Bavarian creme doughnut lays in your stomach like a time release capsule to fuel you on in the later stages of the ride.

A breakfast like this is guaranteed to get you at least sixty miles without any other form of nutrient. For a century ride, you may need to supplement this. I recommend a couple of cans of Coke. Go for the real thing, not the decaffeinated, desugared and otherwise emasculated varieties that have been invented to appeal to a misguided public (by the way, have you noticed how many things that never had any cholesterol in them are now advertised as cholesterol free?). You know it's the real thing, if you can feel your teeth decay when you drink it. This provides an almost intravenous injection of caffeine and sugar. Twenty miles per can, guaranteed.

To recap, here's my feeding plan for the spring Century:

- breakfast: (one hour before ride)
 - glazed doughnut (chocolate preferred)
 - fruit filled sugar coated doughnut
 - creme doughnut
 - quart of industrial strength coffee
- during the ride, mile sixty:
 - one can of coke
 - package of hostess cupcakes (optional)
- during the ride, mile eighty:
 - same as mile sixty
- after the ride:
 - anything in sight
 - nacho cheese flavored Doritos
 - heavy beer

New Welcome Members

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Tony Annese
Steve Chaggaris
Bayard Clarkson, Jr.
Lee Crockett
Mitchell Dyer
David Gomer
Kevin Hanron

Wellesley
Randolph
Malden
Chestnut Hill
Weston
Everett
Wellesley
Wellesley

Jean Horstman
Ian Humberstone
Timothy Landreth
Jill Swartz
Athanasios Themelis
David Valade
David Wihl,
Chrysanthi Gikas

Somerville
Arlington
Hopkinton
Boston
Newton Centre
Melrose
Newton Centre

April Mileage Totals 0 8 0 7 3 4

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	3796	4	3	2	Pierre Avignon	1246	2	-	-	Elaine Stansfield	279	-	-	-
Rick Gowen	3660	3	2	2	Marilyn Hartman	1233	2	-	-	Chad Lundeen	255	-	-	-
Pamela Blalock	3168	4	2	2	Winslow Green	1223	1	1	-	Mike Hanauer	220	-	-	-
Don MacFarlane	3157	4	-	1	Darrell Katz	1195	-	-	-	John McCabe	220	-	-	-
Bruce Ingle	2890	2	2	1	Gabor Demjen	1128	4	-	-	Rudge McKenney	216	-	-	-
Jack Donohue	2757	-	-	-	Doug Hartley	1060	1	-	-	Mick Costa	190	-	-	-
Robin Schulman	2535	1	1	-	Gary Smiley	1008	-	-	-	Douglas Cohen	146	-	-	-
Glen Reed	2406	3	2	-	Marc Baskin	960	1	-	-	Ging Ging Liu	78	-	-	-
Irving Kurki	2048	3	1	-	Lisa Weissmann	958	-	-	-	Greg Tutunjian	72	-	-	-
Mike Kerrigan	2031	2	2	1	Joseph Tavilla	950	-	-	-	John Loring	71	-	-	-
Richard Taylor	2018	4	4	-	Ted Elkins	925	-	-	-	Jeff Luxenberg	61	-	-	-
Butch Pemstein	1968	-	-	-	Bill Widnall	911	2	-	-	Tracey Ingle	60	-	-	-
Paul Hardin	1934	-	-	-	James Finnerty	899	1	-	-	Deborah Trapp	60	-	-	-
Dick Arsenaault	1910	-	-	-	Eric Redard	860	-	-	-	Walt Drag	45	-	-	-
Chris George	1841	-	-	-	Linnea Olson	761	1	1	-	Jacob Allen	12	-	-	-
Otto DeRuntz	1836	2	1	-	Dan Freedman	745	-	-	-	George Caplan	8	-	-	-
Daniel Buchanan	1818	2	-	-	Frank Aronson	725	1	-	-					
Joe Repole	1782	4	4	-	Bill Hanson	685	-	-	-					
Peter Brooks	1645	2	-	-	John Goeller	629	-	-	-					
David Wean	1636	2	-	-	William O'Hara	619	-	-	-					
Don Mitchell	1594	1	-	-	John Springfield	613	-	1	-					
John Allen	1588	2	-	-	Cynthia Snow	456	-	-	-					
Tod Rodger	1504	1	-	-	Craig Weiner	391	-	-	-					
Joseph Moore	1465	2	-	-	Marc Webb	382	-	-	-					
Henry Marcy	1451	-	-	-	John Kane	352	-	-	-					
Steve Robins	1392	-	-	-	Susan Grieb	336	-	-	-					
Janet Tortora	1353	1	-	-	Cynthia Zabin	308	-	-	-					

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 on the web site at <http://crw.org/mileage.htm> or email mileage@crw.org or call 781-275-3991

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Ferris Wheels Bicycle Shop

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Westboro
508-366-1770

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877 Main St., Waltham
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508-429-9177

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Natick

508-655-1990

276 Turnpike Road,
Westboro

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781-631-1570

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508-761-4500

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860 Commonwealth Ave,
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400 Franklin St., Braintree
781-848-3733

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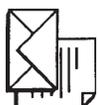
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