


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 7 • July, 2006

CRW 40th Birthday Party

by Ralph Galen

A Look Back - This was the year of Expo 67 in Montreal. Dwight Doyle and your CRW Birthday Party chairman decided to make some history for the Club and to have fun doing it. Since CRW club jerseys did not yet exist, we purchased a colorful jersey from the Bicycle Exchange at 3 Bow Street in Harvard Square, and had the name CHARLES RIVER WHEELMEN embroidered on the back. We also carried club patches as well as LAW (now LAB) pins and patches. We were ready for any event.

The Club rode with us to Brookline, New Hampshire where Dwight and I were each presented a small bottle of Southern Comfort. He and I headed for Montreal and the Club returned to Cambridge, where the ride had started. After arriving at the Expo, we made our presence known at the U.S. pavilion, and eventually worked our way to the Canada Pavilion. We were finally escorted to the Auto Stadium where we waited for the arrival of the Tour de Quebec bicycle race. The principal

40th Birthday Party - Continued on page 8

Spring 2006 The Century of the Flood

by Susan Grieb

After weeks of rain, flooded roads and closed bridges we were all ready for a day of cycling but it looked as though the event would have to be cancelled. Too many roads were still under water and critical bridges were closed all along the Century route. Our arrowing team was going out every day during the week before the Century trying to find new routes, meeting with local and state public works engineers to determine what roads and bridges would be open in time for the ride. Their hard work and determination not to cancel the ride paid off. On Saturday afternoon we had a new cue sheet ready to be printed and Sunday morning at 6:30 the registration booth was set up and the first riders were checked in at 7:00. Anthony from Cycle Loft set up his repair station. Water, bananas, bagels, cookies and Snickers bars soon arrived. The water stop folks showed up at 8:00 to pick up their supplies and headed off to set up their stations. More than 200 riders left for the 100 mile ride at 8:00 followed by 186 riders for the 50 and 62 mile ride at 9:30. The sweeps and support vehicles were on the road quietly bringing up the rear patrolling for cyclists in trouble.

Everyone was now on the road. Back at Century Central the volunteers were having a quiet cup of coffee and starting to set up the after ride buffet, sorting registration slips for the check-in and browsing through Eric's yard sale for good stuff. At noon the pace picked up again as riders returned, more volunteers showed up to help with food, check in and clean up. The 50 mile water stop closed down and the volunteers swept the ride to check in at the 75 mile water stop and on to Century Central. The 75 mile water stop was open until 3:30 waiting for the last rider. Back at Century Central the after ride party continued as riders returned and enjoyed the great spread Larissa, Dick and Martha provided. And thank heavens for the clean up crew who were finally able to turn out the lights at Century Central at 6:00PM.

Spring Century - Continued on page 10

Climb to the Clouds Volunteers Needed

by Susan Grieb

It is that time again. We are expecting up to 700 riders for Climb to the Clouds and will need a good number of volunteers. This is a great event to volunteer for. The day is busy and action packed. As a volunteer you will receive a designer T-shirt and will participate in a fabulous after ride volunteer dinner. Please take a look at the volunteer positions below and let me know which one you would like to help with.

When: Sunday, July 16

Registration: need total of 12 people.

Concord registration: 8 people to set up at 6:45 am

Bolton Registration: 4 people to set up at 8:15

Water Stops need total of 10 people

Sterling Water stop: 4 - 5 people. Two people go to Bolton at 8:30 to pick up food and water supplies. Sterling water stop set up and functional by 9:15

Berlin Water Stop: 4 - 5 people Meet at Bolton

CTTC Volunteers - Continued on page 3

Contents

Spring 2006—The Century of the Flood.....	1
CRW 40 th Birthday Party	1
Climb to the Clouds Volunteers.....	1
Board Meeting Minutes.....	3
Welcome New Members.....	3
Recurring Rides	4
July Rides.....	5
CRW Trips.....	7
Other Trips	7
Climb to the Clouds Info	8
CRW 40 th Birthday Party Info	9
Little Jack's Corner	10
May Mileage Totals.....	11



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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Andy Brand.....	2006	617-247-9770
Eric Evans.....	2007	617-901-3958
Barry Nelson.....	2006	617-964-5727
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Janet Tortora.....	2008	978-692-7273
Bill Widnall.....	2008	781-862-2846

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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 Arsenault.....	781-272-1771
Wednesday Ice Cream Ride.....	Justin Haber.....	617-965-3904
	Gabor Demjen.....	617-266-8114
Thursday Fitness Rides.....	Rich Taylor.....	978-287-4921
Friday Rides.....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
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CRW Board Meeting Minutes

June 6, 2006

In Attendance:

Board Members (6): Eric Evans, Don Blake, Barry Nelson, Linda Nelson, Janet Tortora, and Bill Widnall; Others: Jack Donohue, Eli Post, David Watson, Rich Levine

Minutes (Janet Tortora)

Minutes from the May 2, 2006 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)

VP of Rides

Eric Evans announced that VP of Rides, Connie Farb, has stepped down from her rides leadership role. Eric thanked Connie for her contributions to CRW as the Rides Coordinator and a Board member. Taking over the torch of VP of Rides is Board member, Bill Widnall.

VP of Finance

Eric announced that the new VP of Finance is Rich Levine.

Bike Shop Coordinator

The new Bike Shop Coordinator is Chris Jennings.

Government Relations Coordinator

Eric thanked Ted Hamann for his many years of service to CRW. Ted has resigned his position of Government Relations Coordinator for medical reasons. Bill Widnall has agreed to take on the role.

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for May 2006: 1118 current memberships, 1327 current members, 57 expired members, 41 new members, 22 renewed members.

VP of Rides (Bill Widnall)

Bill Widnall reported that the Sunday rides continued to be substantially unchanged from previous years. The new Saturday Weekend Wheeler rides, under the leadership of Eli Post, are going well. Eli reports that people have been pleased with the "follow the leader" style rides modeled after the Wednesday Wheeler rides. Eli is coordinating the ride locations with the leaders of the regular rides.

Additionally Bill reports that while the ride calendar is full, all dates don't address the needs of all riders. There are days when there is a Weekend Wheeler ride and not regular rides. He'd like all Saturdays to accommodate all of the riders.

The Rides Committee has discussed the Ride Leader/Volunteer Party that has been tradi-

tionally held in March. The Committee has determined that it is best to continue holding the party at a private residence. The committee has also discussed developing a point system to award contributions to the club.

New Business

David Watson—Mass Bike Executive Director

David Watson, the new Mass Bike Executive Director, spoke to the Board about his goal to strengthen the relationship between MassBike and CRW. David said that the Bicycle Education program is going well; that 16 new instructors have been certified, which will allow MassBike to hold more classes across the state. David will encourage MassBike members to take part in CRW rides. He'd like to see MassBike chapters across the state.

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.

The next Board Meeting will be held on August 1, at 7:00 PM, at the United Church of Christ, Lexington in room 208.

Respectfully submitted,
Janet Tortora
Secretary

CTTC Volunteers - Continued from page 1

Registration 9:00 to pick up food. Set up Berlin water stop by 9:45.

Food Volunteers: 3

- Need someone to order and pick bananas and plums up from Waltham fruit company located at Fresh Pond in Cambridge and deliver to Concord Registration by 7:00 am - Need someone to pick up Bagels and deliver to Concord Registration by 7:00 am - Make a Costco run for cookies and candy bars delivered to either Concord or Bolton.

Tables

Need two tables for Concord Registration delivered by 7:00 am and removed when registration closes. Need two tables for Bolton registration delivered by 8:15 and removed when registration closes. Need two tables for each of the water stops

Ride sweeps: 4 - 6

Three people to sweep from Concord and three people to sweep from Bolton. Would start riding after last person left the registration point. Let folks at water stops know what is going on the route. Any riders getting into trouble, help people with minor mechanical problems etc.

Automotive support:

Two vehicles in addition to Ken and myself to be on the road to ferry supplies in between water stops, pick up demobilized riders etc.

To volunteer for one of these positions, contact Susan Grieb (centurycoord@crw.org, 781-275-3991).

New Welcome Members

Jane Ambash	Weston	Christine Fitzgerald	Brookline
Katherine Bain	Watertown	Linda Gaffey	Arlington
Scott Bartley	Boston	Evelyn Hale	Newburyport
Bart Bauer	West Newbury	Raymond James	Hudson, NH
Astrid Bigham	Medfield	Tae Jeon	Brighton
Marc Black	Cambridge	Abderrahim Kaissar	Quincy
Mary Bot, Jennifer Donald	Brighton	Mary Jane Keeler, Adrian Berridge	Arlington
Dean Briggs	Northboro	Kathleen Kelleher	Waltham
Harry Carey	Needham Heights	Randi Kinsella	Hingham
Christy Carlson	Belmont	Carla Leite	Newton Highlands
Dana Christensen	Boston	William (Skip) Mckee, Jr.	Westwood
Mick Costa	Sudbury	David Morgan	East Weymouth
David Crossman	Newton Highlands	Patricia Phelan	Gloucester
Kevin Cummisford	Boston	Patrick Pillion	Westford
Steve Curran	Chelmsford	Eric Redard	Reading
Alton Deslandes	Dorchester	George Rodgers	Wayland
Max Diem, Mary Jo Diem	Boston	Susan Ronstrom	Jamaica Plain
Gary Dragoon	Weston	Mardy Shapland, Peter Shapland	Concord
William Dron	Medfield	Larry Shumila	Waltham
John Dwyer	Taunton	Steven Sian	Auburndale
Jeanne Edwards	Wayland	Tom Spofford	Milton
		Sallie Strand	Redding, CT
		John Thornquist	Brighton
		Scott Trafton	Wilmington
		Natasha Traisci	Waltham
		Michelle Tullie	Waltham
		Stephen Van Ness	Wellesley



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 pacy 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 skiing. We stay together, following the leader

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

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 pacy 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: 6:30 PM, Arrowed rides of 10, 18 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). Steady rain cancels.

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 pacy 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 peline 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!)



July Rides Calendar

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

Glimpses of Greenbush

Saturday - July 1

Times and Routes: 10:00 for about 30 miles, 40 mile option

Description: Not straying too far from the future Greenbush commuter rail line, we'll explore some of the parkland in the Hingham area, including Great Esker, Bare Cove, possibly World's End, and Wompatuck, as well as take a spin along some nice coastline in Cohasset. A longer option includes a self-guided extension to Nantasket and Hull, after World's End. Some hills, some bad pavement and dirt carriage roads. Wider tires 32mm+ recommended but mountain bikes not needed. Cue Sheet will be provided for those who choose to ride at their own pace. A follow-the-leader format will also be offered, riding at an average pace of 13-14 mph between parks, but slower in the parks.

Leaders: David Wean (David@WeanZabin.com)

Start: Wompatuck State Park, Hingham

Directions: Follow Rte 3 South to exit 14 and the intersection with Rte. 228. Follow Rte. 228 North approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right. Use the parking lot on the left, away from the visitor's center.

Lexington Revolutions Ride and Party

Sunday - July 2

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

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

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

Start: Clark Middle School, Brookside Ave, Lexington

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

Lexington Revolutions on the Fourth

Tuesday - July 4

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

Description: This is the same lovely set of routes as offered Sunday July 2. Lunch stop for the long and medium rides will be at Great Brook Farm in Carlisle. (There is no planned lunch stop for the short ride.) Please note that this year the after-ride party previously held on the 4th of July will instead be held in connection with the ride on Sunday the 2nd.

Leaders: Bob Apsler (781-259-1443, rapsler@mail2.gis.net)

Start: Clark Middle School, Brookside Ave, Lexington

Directions: See Sunday July 2 directions.

The Hills of Harvard

Saturday - July 8

Times and Routes: 9:30AM, 40-45 miles

Description: The ride will start at the Stow Shopping Center on Rte. 117 in Stow. It will meander through Stow, Acton, and Boxborough and finally onto the challenging hills of the Town of Harvard. After resting briefly at the town Green we will conquer Prospect Hill Road on our way to the most magnificent view in eastern Massachusetts, overlooking both Mount Wachusett and Mount Monadnock. We will stop for a quick lunch (only for those

July Rides - Continued on page 6

who are famished) and proceed through the back roads of Bolton, Acton, and Stow back to the start. The terrain is hilly with over 2000 feet of accumulated vertical ascent and will cover 40-45 miles. 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.

Leaders: Sander Nydick (978-897-5986, senydick@aol.com)

Start: Stow Shopping Center on Rte. 117

Directions: The Stow Shopping Center is on Rte. 117 approximately 12 miles west of Rte. 128, about 1 mile after entering the Town of Stow and passing Erickson's Ice Cream (where you can get delicious ice cream after the ride). To get to Rte 17 from the south on Rte. 128 you must exit at Rte. 20, bear right and follow directions to Rte. 117 west. You can also get to the Shopping Center by taking Rte 2 west to Rte 62 (turning left to Maynard and Stow). Follow Rte. 62 through Maynard. At a traffic light (gas station on the left) about a mile after leaving the town center, turn right to 117-62. The shopping center will be about a mile down the road on the right (passed Erickson's). Rain cancels.

Apple Pi

Sunday - July 9

Times and Routes: 9:30 for 50 and 35 miles.

Description: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

Leaders: Jack Donohue (781-275-3991 before 9PM, jmdonohue@alum.mit.edu)

Start: VA Hospital Parking lot, Springs Road, Bedford

Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital/Middlesex Community College. Meet at first parking lot on right.

A Day At the Cape, Dennis Beaches

Saturday - July 15

Times and Routes: 10:00 AM, 35 miles

Description: If you like the beach then this ride is for you! Circumnavigate the Town of Dennis and discover more than a dozen beaches on Nantucket Sound and Cape Cod bay. Waterside lunch at the Sesuit Harbor Cafe. Beach is available after lunch. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. 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. Further details at ride start.

Leaders: Larry Kornetsky (thecanoe@comcast.net)

Start: Sesuit Creek Outfitters, Dennis

Directions: From Rt 3 south of Boston go over the Sagamore bridge onto Rt 6. Take exit 9B on to Rt 134 North. Go 3 miles to lights at Rt 6A. Cross over 6A and Sesuit Creek Outfitters is 100 yards on right. Park in back. Rain cancels. If in doubt, call ride leader.

Climb to the Clouds

Sunday - July 16

For information see page 8.

Not So Wild Western Suburbs

Saturday - July 22

Times and Routes: 10AM, 40 miles

Description: This ride starts in Weston and loops through the towns of Wayland, Sudbury, Acton, Concord and Lincoln. We will ride on Water Row, a low lying road adjacent to the Sudbury River. We cross the Concord River within sight of the Old North Bridge in Concord, and Walden Pond, places of significance in American history. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. 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. Further details at ride start. There are places to eat in Concord and in Weston near the end of the ride.

Leaders: Mike Counihan (mike@ghbri.org)

Start: Charles River Duck Feeding area off River Rd. off Norumbega Rd (near Rt. 128-Route 30 intersection in Newton/Weston)

Directions: Meet at the duck feeding area at Norumbega in Weston located near the intersection of Rts. 128/95 and Rt. 30 just west of the bridge over the Charles River and 128. From Rts. 128/95 Northbound Take Exit #24 for Rt. 30. Take Rt. 30 West, crossing the Charles River, and turn right on River St. Make a right at the sign for Norumbega Rd. At the bottom of the short hill take a right into the parking lot. From Rts. 128/95 Southbound Take Exit #24 for Rt. 30. At the end of the ramp continue straight across Rt. 30 onto River St. Make a right at the sign for Norumbega Rd. At the bottom of the short hill take a right into the parking lot. From Rt. 30 Westbound Turn right after crossing the Charles River and before Rts. 128/95. This is the entrance ramp for Rts. 128/95. Almost immediately, make a right at the sign for Norumbega Rd. At the bottom of the short hill take a right into the parking lot. From Rt. 30 Eastbound

Turn left onto River Rd. just before Rts. 128/95. Make a right at the sign for Norumbega Rd. At the bottom of the short hill take a right into the parking lot.

The East European Ride

Sunday - July 23

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

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

Leaders: John Allen (781-891-9307 until 9:30PM, jsallen@bikexpert.com), Jacek Rudowski (617-361-5273 until 10PM)

Start: Weston High School, Weston.

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

Note: Do not call on the morning of the ride

Pigs, Ponds, & Potholes

Saturday - July 29

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

Description: Serene back roads, farm stands, ponds, and potholes of the northern burbs. Have a picnic lunch at Ingaldsby Farm. Terrain is moderately rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars; it is a farm stand/bakery), so bring enough snacks to keep you going. You'll have plenty of time to join the anniversary celebration in the afternoon!

Leaders: Sarah Weaver (978-664-1370 before 9:00PM, sarah.weaver@comcast.net)

Start: Ipswich River Park, North Reading

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

CRW 40th Anniversary Ride

Saturday - July 29

For information see pages 1 and 9.

The Lake C Ride

Sunday - July 30

Times and Routes: 9:30 for all distances: Choices of 29, 45, 68, or 83 miles

Description: This challenging ride features very quiet and heavily wooded roads through the Blackstone River watershed. It passes many bogs, rivers, ponds, lakes, and old mills along the way. There are 4 distance options, with all rides staying together for the 1st relatively flat 15 miles. After that, all routes are very hilly. The 83 mile ride is also a tri-state ride, and is the only ride that makes it to Lake Chargog... All other rides stay in MA, and are also quite scenic. About 7 miles from the end of all rides is a bad 1/10th mile of dirt road (avoids downtown Milford and a 495 interchange). It will be well marked. The official lunch stop on all rides (except the short one) is at the Blackstone State Park. The park offers water and indoor bathroom facilities, but has no food available. Recommend buying food about one mile prior to the park and bringing it there. Food/water options are very limited, so plan accordingly, especially on the 68 and 83 mile rides.

Leaders: Wes DeNering (508-881-9117, WDeNering@jhancock.com)

Start: Holliston High School

Directions: From 495 take Hopkinton exit. Go east to Hopkinton. Turn right. on rt. 85 South. Go ~1.5 miles and take left at flashing yellow light onto Chestnut street. Go 3.6 miles to the end (rd changes names as you go). Take a left at T and a quick right onto Hollis street. School is on the right.

CRW Trips

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

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

Al Bolea Benefit Ride

Sun., Sept. 10

As many of you know, Al Bolea, one of the cofounders of the Wednesday night Ice Cream Ride, lost a long battle with a degenerative bone marrow disease last September. In his memory, on September 10, 2006, there will be bicycle rides of 13, 24, 45, and 65 miles starting at Regis College. The registration fee is \$35, and there is a minimum pledge requirement of \$100. All proceeds will go to the MPD Foundation (www.mpdfoundation.org), which sponsors research into myeloproliferative disorders.

Tom Magglozzi, one of the Tappett Brothers from Car Talk, was a friend of Al's and will be riding, sending off riders, and leading the post-ride ceremonies.

You can get more information, register or make a donation to the Al Bolea MPD Memorial Bike Ride by visiting the website:

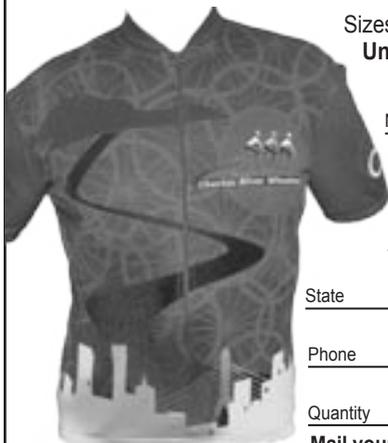
www.firstgiving.com/mpdride

Those interested in volunteering or being a sponsor can get involved by sending an e-mail to als_mpd_ride@yahoo.com or calling 617-947-8935.

CRW Club Jersey

Sizes and VOMax recommended chest measurements:

Unisex sizes: M (36-39"), L (39-43"), XL (43-45")



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Phone _____ Email _____

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Mail your check, made out to CRW, and this order form to:

Ken Hallow, 35 Longmeadow Road, Weston, MA 02493

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

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

40th Birthday - Continued from page 1

guest there was the French singer Maurice Chevalier, famous for his rendition of "Thank Heavens For Little Girls" He was carrying a bouquet of flowers in his arms. The winner of the race did two laps around the track and stopped before the French chanteur who presented him with the flowers. I was then introduced over the speaker system. I concluded my presentation by giving the CRW jersey to the winner of the race. There was one small detail remaining. My wife Ruth carefully pinned a small CRW patch on the singer's jacket, thus making him an honorary member of the CRW

We left Montreal and drove to Mount Washington for the First (and only) CRW Mount Washington Climb. It was there that we met John Vanderpoel (the donor of our 40th birthday cake) for the first time. John, the first to reach the summit, greeted me when I finally got to the top. He was not even "puffing".



A Look Ahead - All is ready for a fantastic 40th Birthday Party. Have you seen the new 40th logo that will be imprinted on your souvenir bicycle cap if you are one of the first 200 to reserve for the Party? It will also be on the Birthday Cake. We have combined a very large circular logo with a 40 in the center with the CRW logo used on club jackets and volunteer T shirts. Banjo Bob, from Coventry Rhode Island, will play his oldies and goodies. Past President and professional photographer Gene Ritvo, from Weston, will be our photographer. Gene will have 40th Birthday photographs for sale at a reasonable cost. If you are interested in a photograph, please reserve one on your reservation form. This does not obligate you to purchase. Last but not least our congenial president Eric Evans will be our master of ceremonies. Eric will recognize our

past presidents as well as one other mystery person who has served the Club longer than any other member. Do you know who this person is???

CRW 40th Birthday Party Goes High Tech

Professional photographer and Past CRW President Gene Ritvo (1974) is going to create a DVD of our 40th. Birthday Party. In addition to photos of our picnic; of the entertainment; the recognition of our past presidents by master of ceremonies CRW President Eric Evans, Gene or his assistant will photograph each riding member or guest as they arrive back at Larz Anderson Park following their 25 or 50 mile ride. The cost per DVD will be in the neighborhood of fifteen dollars. Orders for the DVD will be taken at the Birthday Party.

The original DVD will be done in high resolution and will be presented to the Club for their archives to be shown at future Birthday parties.

The 15th annual

Climb to the Clouds

A Century Ride to Mt. Wachusett

Sunday July 16, 2006

Rides from 45 to 105 miles

Sponsored by Charles River Wheelmen

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

START TIMES: **8:00** from Concord Carlisle High School, Concord MA for 105, 90 or 80 miles
9:30 from Nashoba Regional High School, Bolton MA for 60 or 45 miles

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

DIRECTIONS:

Concord: Rt. 2 to the route 126 intersection. This is the intersection for Walden Pond. Heading West on Rt. 2, turn right at the first traffic light past Village Saab at Crosby Corner. There is a sign for the District Court house. Heading East on Rt. 2 turn left at the sixth light past the Concord circle. The High School is at the bottom of the hill on the left. Mass Turnpike to exit 14, "Route 128/95". Route 128/95 North to the Route 2 exit heading West. Or Mass Turnpike to Rte 495 North to Rte 2 east.

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

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

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

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

Pre-ride tech support and on road support provided by

CYCLE LOFT

www.cycleloft.com

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

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

Little Jack's Corner

by Jack Donohue

(Reprinted from the September 1996 issue of *WheelPeople*)



In my declining years I think I'm becoming older but wiser (not to be confused with Budweiser, a beer I never drink). I've discovered the joys of wheelsucking.

Wheelsucking as we all know is the art of burying yourself deep in the bowels of the pack and taking advantage of the front rider who is breaking the wind (not to be confused with breaking wind, which is quite another matter). This allows you to go much faster than you could alone.

In my youth, I would take long pulls at the front, and end the century at my VOP max (Verge of Puking, a term popularized by Rick Lawrence), but still with the lead group. Later in life I would do the same and wonder why I got dropped in the last fifteen miles. Typical century scenario:

Mile 0 Blast out of the starting gate at warp speed feeling great

Mile 60 Finally stop to eat something

Mile 75 Leg cramps set in

Mile 85 Limp back wondering if any paramedics are on call

So I've changed my strategy and decided to dedicate myself to wheel sucking. I'm not proud, I'll draft anything, women, children, tandems (especially tandems), if they have a wheel, I'll suck it. I draw the line at recumbents, however. They provide less draft than a large German shepherd, so they're definitely not worth it.

Wheel sucking has a lot in common with whitewater canoeing. You find a nice eddy to sit behind, recover your composure, then dash ahead to the next one. Similarly, the adept wheelsucker can relax in the draft of one group, then when sufficiently recovered, charge ahead to find the next group to sit behind.

After a few riders have pulled off the front, you may find yourself dangerously close to that unenviable position. At this point, it's time to create a diversion. "Look, an eagle," or "dinosaur up" are among my favorites. Use the ensuing confusion to surreptitiously slip to the back of the pack. Corners and traffic lights are both good places to improve your position. The skilled wheel sucker will enter a sweeping left turn in second position, only to find himself again at the back coming out of the turn.

The key to successful wheelsucking is finding the appropriate suckees. It's no good to get behind a group that's slower than you would be if you ever took your turn at the front (which you must never do, remember). An early breakaway is often a good way to flush out the stronger riders. Blast off the front, only to be quickly chased down by a group whose wheels you will be happy to suck for the remainder of the ride. The other advantage of this is that it eliminates many of the other freeloaders like yourself, who contribute nothing to your average speed. You have to be careful with this approach, though, that you don't end up eliminated yourself.

If you must take a pull, do it on a hill. After sitting in for thirty miles you should be able to lead the pack for a minute or so, thereby impressing everyone with your hill climbing abilities. You've got to get up the hill anyway, and when you're riding at 8 miles an hour, it doesn't matter a whole lot who's in front.

Spring Century - Continued from page 1

Following the Century, the volunteers gathered at the DonoGrieb house for dinner and an opportunity to share stories from the day.

Thanks to all the volunteers who made this all possible:

Volunteer coordinators: Marilyn Hartman and Susan Grieb

Arrowing: Melinda Lyon, Robye Lahlum, Mel Prenovitz, Arnold Nadler, Walter Drag, Dave Jordan, Bill Aldrich

Registration: Rosalie Blum, Janet Blake, Barry Nelson, Linda Nelson and Mel Prenovitz

Tables and Chairs: Tim Martin

Food at Century Central: Larissa Hordynsky, Dick Arsenault and Martha Dassarma

Century Central Management: Ken Hablow, Don Hillier and Heather White

Water Stop Food: Bagels - Mel Prenovitz, Water - Heather White, Bananas - Barry Nelson

Water Stops: New Hampshire: Howard Miller, Alton Deslandes and Heather White; Georgetown: Mary Weisbrod, Buz Bragdon and Mike Byrne

Sweeps: Tim Martin, Janet Tortora, Bill Aldrich

Sag Wagon: Bob Carolan and Charlie Kay

Check-in: Kimberly Fitch, Bogie D, Arnold Nadler and Jim Mello

Cleanup: Don Burstyn, Lissa Natkin, Amy Goldberger and Heather White Portajohns : Melinda Lyon

Infrastructure (pre-registration, insurance, site permit, finances, maps, cue sheets, volunteer t-shirts): Don Blake, Jack Donohue, Ken Hablow

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May Mileage Totals 1 0 5 1 2 9

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	4900	5	4	3	Winslow Green	1728	2	2	-	Mick Costa	442	-	1	-
Rick Gowen	4804	4	3	3	Marilyn Hartman	1701	3	-	-	Mike Hanauer	396	-	-	-
Pamela Blalock	4246	5	3	3	Gabor Demjen	1508	5	-	-	Chad Lundeen	349	-	-	-
Don MacFarlane	4082	5	-	1	Darrell Katz	1505	-	-	-	Greg Tutunjian	312	-	-	-
Jack Donohue	3667	-	-	-	Gary Smiley	1333	-	-	-	Walt Drag	284	-	1	-
Bruce Ingle	3513	2	2	1	Lisa Weissmann	1319	1	-	-	Peter Knox	241	-	-	-
Robin Schulman	3373	2	1	-	Dan Freedman	1190	-	-	-	David Long	240	-	-	-
Glen Reed	3331	3	3	-	Eric Redard	1185	-	-	-	Ed Hoffer	142	-	-	-
Mike Kerrigan	3091	3	3	2	Ted Elkins	1165	-	-	-	George Caplan	91	-	-	-
Irving Kurki	3074	4	2	1	James Finnerty	1156	1	1	-	Jeff Luxenberg	91	-	-	-
Paul Hardin	2814	2	1	-	Frank Aronson	1150	2	-	-	Ging Ging Liu	78	-	-	-
Richard Taylor	2670	5	5	-	Kent Anderson	1133	1	1	-	Tracey Ingle	75	-	-	-
Jim Krantz	2669	3	1	-	John Goeller	1045	1	-	-	Jacob Allen	25	-	-	-
Chris George	2597	-	-	-	William O'Hara	1005	1	-	-					
Butch Pemstein	2531	-	-	-	Linnea Olson	867	1	1	-					
Otto DeRuntz	2475	3	2	-	Bill Hanson	860	-	-	-					
Don Mitchell	2367	2	1	-	John Springfield	781	-	2	-					
Steve Robins	2131	-	-	-	John McCabe	700	1	-	-					
David Wean	2119	3	-	-	Craig Weiner	687	-	-	-					
Tod Rodger	2084	2	-	-	Marc Webb	636	-	-	-					
Peter Brooks	2081	3	1	-	Rudge McKenney	572	-	-	-					
Joe Repole	2015	5	5	-	Susan Grieb	533	-	-	-					
John Allen	2014	2	-	-	Cynthia Snow	532	-	-	-					
Joseph Moore	1927	3	-	-	Cynthia Zabin	513	-	-	-					
Dick Arsenaault	1905	-	-	-	John Kane	495	-	-	-					
Janet Tortora	1866	2	1	-	Elaine Stansfield	491	-	-	-					
Pierre Avignon	1761	3	-	-	Douglas Cohen	466	-	-	-					

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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617-522-7082

Frank's Bicycle Barn

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Westboro
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Frank's Spoke 'N Wheel

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877 Main St., Waltham
781-894-2768

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Harvard Square Bicycles

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617-441-3700

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617-783-5804
66 Needham St., Newton
617-527-0967

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Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick
508-655-1990

276 Turnpike Road,
Westboro
508-836-3878

890 Commonwealth Avenue,
Boston
617-232-0446

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In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

- acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
- fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities; the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
- herby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

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.

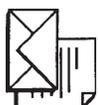
I would like to receive my monthly issue of WheelPeople as:
 PAPER via Postal Service ELECTRONIC via email
 The electronic file is a pdf file and requires Adobe Acrobat

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 _____		



Change of Postal or E-mail Address?

Submit the changes at our web site: <http://crw.org/MemberInfo.htm> or mail the changes to our Membership Coordinator at the address above.