
WheelPeople



Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 8 • August 2007

CRW's 2007 Grants Program

by Bill Widnall

You, as a CRW member, are invited to submit by August 15 your nominations of organizations worthy of receiving cash grants from CRW.

Each year, CRW allocates a portion of its budget to making one or more grants to other non-profit organizations that share CRW's mission to promote cycling. For many years, CRW made a substantial annual contribution to the League of American Bicyclists in support of their advocacy work in Washington, including better road conditions for cyclists. (This contribution also served to enroll all CRW members in the League.) In recent years CRW has made a sequence of substantial (\$5000) annual grants to our local organization MassBike in support of: 2001 Police Education Program, 2002 Local Bike Committees Project, 2003 Registrar of Motor Vehicles Project, 2004 Advocacy of passage of the Bicyclist's Bill of Rights and Responsibilities, 2005 Bicycling Safety and Skills Courses, 2006 Bicycle Education for Children.

This year, CRW would like to open up its grant-making process to consider additional worthy non-profit organizations, groups, causes, and projects. All CRW members are invited to submit nominations for consideration. Please include at least a few paragraphs on why the nominee is worthy of receiving a CRW grant. The CRW Board has appointed a committee to review the nominations, to collect additional information such as by soliciting formal proposals from nominees being considered for major grants, and to make award recommendations to the Board. The total amount budgeted for the multiple grants has not yet been finalized, but it will be at least \$5000.

Please send your nominations by August 15 to the Grants Committee c/o chairman Bill Widnall at BillWidnall@attglobal.net.

New Chair of the Safety Committee

The CRW Safety Committee is pleased to announce the appointment of Pierre Avignon as Committee chair. A life-long avid cyclist, Pierre joined the CRW in 2005, becoming a ride leader and joining the Safety Committee in 2006.

Pierre maintains a busy schedule filled with cycling advocacy and instructional activities. He became a League of American Bicyclists certified instructor in 2005 and teaches MassBike's BikeEd in Newburyport, MA. He also teaches bike safety to middle school children under a program run by the New Hampshire Bike-Walk Alliance, and plans to introduce a similar program with MassBike that will eventually go statewide. In addition, Pierre is active in the local environmental group SEED (Seacoast Energy and Environmental Design), for which he leads a project to encourage Newburyport residents and visitors to use bicycles for transportation, and supports the local Coastal Trail Coalition, the Rails-to-Trails Conservancy, and the New Hampshire Bike-Walk Alliance.

When not riding with the CRW, Pierre rides with the Granite State Wheelmen, or with his six-year-old daughter (on a tag-along) and his wife, Janice.

When accepting this position, Pierre said "I am honored and humbled by this appointment, the CRW is a wonderful organization and one of the most respected in the country. Safety is a major contributing factor to this success along with the spirit and dedication of its great members. I expect to contribute to the club and, at the same time, learn from all its members".

The Committee gratefully acknowledges the leadership of the former chair, Bob Zogg. With significant support from the CRW Rides Committee, Bob revitalized the CRW's safety activities in late 2003 and introduced the WheelPeople Safety Corner in March 2004. He chaired the Safety Committee from its inception in April 2005.

Pierre welcomes your questions, comments, and suggestions related to safety, training, and education. You can reach Pierre at safety@crw.org. Please also feel free to talk to any of the other Safety Committee members, including John Allen, Ralph Galen, Guy Minnick, Eli Post, Paul Schimek, and Bob Zogg.



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Eric Evans.....	2007.....	617-901-3958
Rich Levine.....	2009.....	617-630-1565
Linda Nelson.....	2007.....	617-964-5727
Eli Post.....	2009.....	617-306-1838
Janet Tortora.....	2008.....	978-692-7273
Bill Widnall.....	2008.....	781-862-2846

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Social Committee Chair.....	Naomi Wernick.....	781-894-3668
Safety Coordinator.....	Pierre Avignon.....	978-510-1021

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	OPEN.....	
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.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenaault.....	781-272-1771
Wednesday Ice Cream Ride.....	Gabor Demjen.....	617-266-8114
	Roger Bonomi.....	617-686-4073
Thursday Fitness Rides.....	Rich Taylor.....	781-257-5062
Friday Rides.....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
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

WHEELPEOPLE STAFF

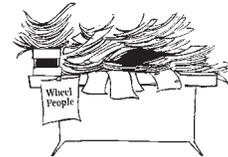
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Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523
Circulation.....	Mike Hanauer.....	978-318-1980

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



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

**Editorial Policy**

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

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

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

**How To Send Us Your Article**

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

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

Articles submitted to WheelPeople or parts thereof may also be published on the CRW web site unless the author instructs otherwise.

Insurance

If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

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 advertising@crw.org

CRW Board Minutes

June 26, 2007



In Attendance:

Board Members (8):

Eric Evans, Michael

Aarons, Linda Nelson, Rich Levine, Bill

Widnall, Eli Post, Don Blake, Janet Tortora

Minutes (Janet Tortora):

Minutes from the May 1, 2007 meeting were approved.

Reports of officers, Coordinators and Standing Committees

President (Michael Aarons)

VP of Rides - needed

Michael reported that Bill Widnall resigned the position of VP of Rides. The Board thanked Bill for his ongoing commitment to CRW. Anyone interested in this position should contact Michael Aarons.

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for May were 1148 current memberships, 1381 current members, 68 expired members, 62 new members, 104 renewed members.

VP of Rides- open position

Eli Post, Saturday Rides

Coordinator, reported that everything is going well. The Calendar does have gaps in August and they are working to fill those slots.

VP of Finance (Rich Levine)

Rich Levine presented the current financial report of the club. An ad hoc trip committee was appointed by Michael. Eric will chair the committee which will be comprised of Rich, Jack, and Don.

Old Business

New Initiative Proposals (Eli Post)

Eli reported that the request to the membership in the May Board Minutes for proposals for new initiatives to enhance rides or other programs for members, didn't result in any proposals by the deadline of June 25. Bill reported that David Wean, from Bikes not Bomb, expressed an interest in pursuing a CRW grant. Bill will work with Eli to open up the grant process. New Business

CRW Volunteer Code of Conduct (Michael Aarons)

Eli Post motioned, and Eric seconded that the Board accept the CRW Volunteer Code of Conduct. The Board unanimously supported the resolution.

The CRW Volunteer Code of Conduct

The CRW relies solely on the efforts and contributions of individual volunteers. All CRW volunteers are expected to abide by appropriate standards of conduct, act in a courteous and professional manner, adhere to CRW policies and procedures, and support and encourage safe behavior by participants.

Additionally, the Board discussed a procedure to accompany the resolution.

CRW Embroidered Baseball Caps in time for Fall Century (Michael Aarons) Board voted to purchase embroidered baseball hats in time for the Fall Century.

Funding Rider Leader Gift / Club Merchandise Item (Michael Aarons) The Ride Leader gift this year will be cycling bags.

The next Board Meeting will be held on August 7 at 7:00pm to 8:30pm at the St. Paul's Church Library, Bedford, MA

Respectfully Submitted,
Janet Tortora
Secretary

New Welcome Members

Stephanie Aronoff, Michael Strassman	Weston
Peter Berberian, Linda Berberian	Lowell
Greg Birne	Needham
Daniel Blazej	Dracut
Jeffrey Brown	Chelmsford
Chris Busick	Shrewsbury
Kim Caraminas	Canton
Andy Carroll	Arlington
Kimi Ceridon, Oivind Brockmeier	Somerville
Hsilin Chen	Cambridge
Ned Cooke	Newtonville
Aaron Dennis	Auburndale
James Foley	West Roxbury
Robert Freeman	Waban
Edward Galante	Cambridge
Eileen Glovsky	Sudbury
Dan Green	South Boston
Mike Harris	Concord
James Healy	Beverly
Bob Jenney	Wellesley
Chris Julich	Boston
Kerry Kelleher	Marlborough
Gregory Krueger	Boston
Rob Lachenauer	Weston
Darrow Loucks	Hamden, CT
Frederick Marvel	Lowell
Brian Mcconnell	Belmont
Dolores Mckeough	Quincy
Jim Melanson	Reading
Robin Murphy	Boston
Dawn Overstreet	Brighton
Silas Patlove	Jamaica Plain
Stephen Piela	Newton Highlands
Paul Romano	Arlington
Mary Ruhl	Winchester
Chris Rusin	Dorchester
Alicia Salkewicz	Weston
Philip Sartori	Concord
Rick Sladkey	Arlington
Thomas Tannian	Saugus
Geralyn Thompson	Newton
Eleanor Uddo	Wellesley
Leighton Walter	Cambridge
Jeffrey Young	Allston

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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.

Ride Type: Cue Sheet, Arrowed

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 15 through October 21. Please check the website Saturday after 9:30 PM for last minute cancellations. The 38 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 pacerline 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.

Note: Please check the website Saturday after 9:30 PM for last minute cancellations.

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 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, arsenault@rcn.com)

Start: Location Varies.

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

Ride Type: Cue Sheet, Arrowed

Description: This Fitness Ride offers you the opportunity to ride with others in a pacerline 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.

Ride Type: Cue Sheet, Arrowed

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: Gabor Demjen (617-266-8114, gabordemjen@verizon.net), Roger Bonomi (617-686-4073, Roger_r_bonomi@Raytheon.com)

Start: Grossman's Parking Lot on Rt 16, Washington Street, in Wellesley.

Directions: From 128 North or South, Take Rt 16 West approximately 3/10 mi. Parking Lot is on the right.



Wednesday Morning Hill Ride

Times and Routes: 7:00 AM

Description: Start at Horn Pond Parking lot and ride over to where the arrows start for the NEBC hill training ride. There are a couple of doozies.



Leaders: Marilyn Hartman (781-935-9819)
Start: Horn Pond parking lot Lake Avenue, Woburn MA

Directions: From 128 take Rt. 3 SOUTH, Exit 33A (Cycle Loft exit). Head east for approximately 3 miles. Just after Whole Foods, turn left onto Pond St. (This turns into Lake Ave.). The parking lot is approximately 1/2 mile on the left at the pond. It is located directly across the street from University Apartments, 48 Lake Avenue, Woburn MA. There are two commuter rail stops in Winchester located approximately 1 1/2 mile from the ride start.



Thursday Fitness Ride and Pace Line Clinic**

Times and Routes: 6:00 PM Sharp for routes of 16, 28 and 34 miles

Ride Type: Fitness, Arrowed

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 at 14 to 20+ mph. There is also an introductory pace line clinic to teach safe group riding skills for up to 6 riders. We'll start around 15 mph and pick up the pace as the season progresses.

Leaders: Rich Taylor (781-257-5062, 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 towards Hanscom Field and bear left in 1/2 mile at the fork for the Civil Air Terminal.

Friday TGIF Unwinder



Times and Routes: Start time determined by date:
0803, 0810 - 6:30 PM;
0817 - 6:15 PM; 0824,
0831 - 6:00 PM; Rides of
18, 24, or 28 miles.

Ride Type: Cue Sheet, Map, Arrowed

Description: A club ride that provides something for all tastes. There is usually a fast group riding pacyline(18mph+) while others tour at their own speed. The ride winds through the shade of back roads in Concord, Carlisle, Acton and Chelmsford. This ride is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. There is always a group going out for dinner and/or ice cream after the

ride. Bring the fun (and bike lights as the ride time is seasonally adjusted for ~1.5 before sundown).

Leaders: Ed Glick (edglick@alumni.neu.edu), 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.

Note: Radar check suggests we will get wet. Ride will be cancelled if there is visible lightning or hail. Check CRW website for weather/ride updates.

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 (508-651-9259, 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!) Because of limited parking in the main Nahanton Park lot, the City of Newton has requested that we no longer park our cars there. Instead, if you need to drive to the ride, please park in the unpaved overflow lot (next driveway after park entrance) or across/down Kendrick St. at Cutler Park. If we do not limit our use of parking spaces in the main lot, the City of Newton has threatened to close the park to our ride, so please respect their request.

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

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August 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. Be sure to check the web site (<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>) for possible updates or cancellations.

Looking For A Hill

Saturday - August 4

Times and Routes: 10:00 AM
54 miles

Ride Type: Cue Sheet, Week-end Wheeler

Description: Highlights:

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

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

Start: Carver Public Library, Route 58, Carver MA

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



Ride! All rides are primarily along quiet back-roads. Short ride passes through Dover, Sherborn, and Holliston. Medium & long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some llamas, burros, and horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH stop for all rides is in Holliston.

Leaders: Andree Lerat (andree.lerat@gmail.com), Lisa Wilk (lfwilk@gmail.com)

Start: Chickering Fields (across from Caryl Park/Noanet Woodlands Reservation) on Dedham Street in Dover

Directions: Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B onto Highland Avenue heading towards Needham. TURN RIGHT at intersection onto Great Plain Ave. After ~0.1 miles, TURN LEFT onto Chestnut St. Follow Chestnut St (past Glover Memorial Hospital), and BEAR RIGHT as it becomes Dedham St when you cross the townline into Dover. After ~2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first RIGHT after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodland Reservation). Please do not park on lot entranceway or along road (if lot is full, additional parking lots, < 0.25 miles further down on Dedham Street on left-hand side of road).



In Search of Llamas

Sunday - August 5

Times and Routes: 9:30 AM for 58 miles, 10:00 AM for 42 & 30 miles.

Ride Type: Cue Sheet, Arrowed

Description: Join us for the 8th Annual Llamas

Bicycling 101

Introductory Ride - Newburyport

Thursday - August 9

Times and Routes: Cushing Park, Newburyport, MA 6PM, Please arrive at least 20 minutes early!

Ride Type: Cue Sheet, Map, Intro

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 a scenic ~20-mile max. loop through Newbury, West Newbury and Newburyport. Different route will be offered each week. Mostly flats with a few gentle hills. 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. Social get together after the ride at a local casual restaurant.

Leaders: Pierre Avignon (pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right. (to mapquest directions, enter Kent St instead of Cushing Park)

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! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.

The Hills of Harvard

Saturday - August 11

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

Ride Type: Cue Sheet, Weekend Wheeler

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 who are famished) and proceed through the back roads of Bolton, Acton, and Stow back to the start. The terrain is quite hilly with over 2000 feet of accumulated vertical ascent and will cover 43 miles, 5 miles of which is an optional loop (The Prospect Hill Loop returning to Harvard Center). Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. 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.

Glimpses of Greenbush

Saturday - August 11

Times and Routes: 10:00 for 25-30 miles, 40 mile option

Ride Type: Cue Sheet, Weekend Wheeler

Description: Not straying too far from the soon-to-be Greenbush commuter rail line, we'll explore some of the parkland in the Hingham area, including Great Esker, Bare Cove, and Wompatuck Parks and possibly the Olmsted-designed World's End (Weekend Wheelers will

go or not based on group consensus. Bring \$5.00 or a Trustees of Reservations Card.) We'll also take a spin along some nice coastline in Cohasset. A longer option includes a self-guided extension to Nantasket and Hull. Cue Sheet will be provided for those who choose to ride at their own pace. A variation on the follow-the-leader format will also be offered, riding at an average pace of 13-14 mph between parks, but slower in the parks. This group plans to stop for lunch in Cohasset, about 6 miles before the ride end.

Leaders: David Wean (617-327-2813, 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.

Note: There is some bad pavement in the parks, so caution is advised. World's End (which is optional) has dirt and gravel carriage roads, where wider tires 32mm+ are recommended.

Newburyport to Exeter

Saturday - August 11

Times and Routes: 9:30 AM for 25, 45 and 63 miles

Ride Type: Cue Sheet, Map, Arrowed

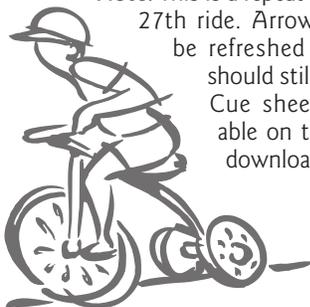
Description: From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. Both rides will follow stretches of quiet roads along the Merrimack River with the longer ride heading as far north as Exeter, where you can stop for lunch.

Leaders: Pierre Avignon (pierreavignon@yahoo.com)

Start: Nock Middle School, 70 Low Street, Newburyport, MA 01950

Directions: Rte 95 North (from split off of Rte 128 in Peabody) to Exit 57. Keep right at the ramp towards Newburyport then turn right at the second set of lights (Shell gas station) into Low Street. NPT Middle School is ~1 mile on your left after a set of lights. Plan to arrive by 09:00 AM, park as close to Low Street as possible to reserve parking spaces for any activity at the skate park.

Note: This is a repeat of last May 27th ride. Arrows will not be refreshed but most should still be visible. Cue sheet is available on this site for download.



Al Bolea Memorial Ride

Sunday - August 12

Times and Routes: 9:30 am for 53 miles or 10:00 am for 35 miles

Ride Type: Cue Sheet, Arrowed

Description: In September of 2005 Al Bolea, one of the co-founders of the CRW Wednesday night Ice Cream Ride, lost a long battle with myelofibrosis (a degenerative bone marrow disease). The purpose of this ride is to remember Al, raise awareness of the disease, and encourage donations to the MPD Foundation (<http://www.crw.org/www.mpdfoundation.org>), which is working on a cure (this is not a fundraising ride). Tom Magliozzi, from the National Public Radio show Car Talk, will be the Master of Ceremonies. Both rides will travel scenic back roads of Concord, Acton, Carlisle, and Bedford. The long ride will also visit Boxborough and Littleton. One of Al's close friends, Tom Fortmann, will host an after-ride barbecue at his home next to the Lexington Green, 5 Harrington Road, Lexington. Food from the Blue Ribbon Barbecue will be provided from 12:30 until 3:00. Tom, Al's family and friends will be sponsoring the event. Reservations are needed so an appropriate amount of food can be ordered. Please RSVP at als_mpd_ride@yahoo.com or with Naomi Wernick at (781) 894-3668. Voluntary donations to defray costs will be appreciated but not required (there will be a basket at the BBQ for this).

Leaders: Rita Long (781-899-9177, ritalong@gmail.com), Harry Manasewich (781-643-1812, hskii@aol.com)

Start: Meriam Street Municipal Lot, Lexington Center

Directions: From Cambridge on Rte 2, exit on Waltham St. towards Lexington. 1.7 miles to the center, left .1 mi., right on Depot Square, pass the tollbooth. Park to the right. From the north, take Rte. 128 south to Rte 4/225

to Lexington Center. Turn left at Depot Square, pass the tollbooth. Park to the right. From the south, take Rte. 128 north to Rte 2A west. Right at 2nd light onto Mass. Ave, 1.8 miles to Lexington Center, left at Depot Square, pass the tollbooth. Park to the right.

Note: Many others are involved in ride and party planning

Carl Isle Ride and Grill - A Dog Day Afternoon

Saturday - August 18

Times and Routes: 10:30 AM for 29 or 36 (plus PoPtional surprise) miles

Ride Type: Cue Sheet, Map, Arrowed

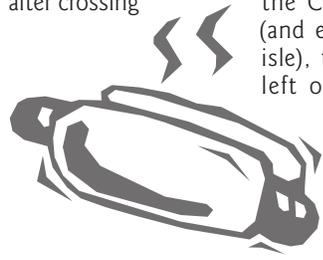
Description: Lots of low traffic country roads with just a single traffic light. Working cranberry bog, ice cream farm plus lots of trees, cows, goats, sheep and pasture cookies. Both

rides traverse Carlisle, Westford and Chelmsford with the longer ride adding Concord and Acton plus a PopOption within that ride. There will be a PARTY at Mike's after the ride with hot dogs and other goodies.

Leaders: Mike Hanauer (978-318-1980, mghanauer@yahoo.com), Jerry Hanauer (g.hanauer@comcast.net)

Start: Mike's Place, 200 Long Ridge Road, Carlisle MA

Directions: FROM Rt 128/95:Take 225 West thru Bedford and to- ward Carlisle. Just after crossing the Concord River



(and entering Carlisle), take the next left onto Skelton.

Go straight across River road onto Nowell Farme Road. Take

the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. FROM CONCORD CENTER: Take Monument Street past the Old North Bridge; it becomes River Road in Carlisle. Turn left onto Nowell Farme Road 4 miles from Concord Center (at the four way intersection, it's Skelton on the right). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. FROM CARLISLE CENTER:Take Route 225 (Bedford Road) East toward Bedford, but bear right onto River Road 1.5 miles from Carlisle Center. Turn right onto Nowell Farme Road (at the four way intersection, it's Skelton on the left). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. Please Park on the Street away from the driveway.

Note: Please - bikes only in the driveway & don't block mailboxes.

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 16, 2007

Event held Rain or Shine

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

START - The Damon Building at the Acton-Boxboro school complex, Rt. 111, Acton, MA

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

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

TIMES - 8:00 - 100 miles *Full Century*
9:30 - 62 & 50 miles *Metric & Half Century*

COST - Pre-registration: CRW members - **\$10.00** Non members - **\$12.00**
Day of the event: Everyone - **\$15.00**

REGISTER ONLINE at <http://www.crw.org/CenturyRF.htm>

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase



PRE-REGISTRATION FORM

This form must be received by September 9, 2006

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

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

CRW Member - **\$10.00** Non Member - **\$12.00**

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

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



Total Enclosed

Knot Maynard

Sunday - August 19

Ride Type: Cue Sheet, Map, Arrowed

Routes and Times: 9:30 for 50 and 77.7 miles and 9:45 for 30 miles

Leader: Eli Post (617-306-1838, elipost@comcast.net)



Description: Come enjoy some of our favorite roads in western Middlesex County. Ride characteristics: opportunities to stop and swim, plenty of pit stops, a combination of rolling hills and meandering country roads. We will circle but knot enter Maynard.

Start: The Mall at Lincoln Station.

Directions: Route 2 west of 128/95 to first light, Bedford Rd. Turn left (South), stay straight 2.5 mile to The Mall at Lincoln Station on your right. Please park at the back of lot, away from the shops, in the numbered spaces.

Rhode Island Ramble

Saturday - August 25

Times and Routes: 9:30 am from Tiverton High School for 44 or 56 miles.

Ride Type: Map and Cue Sheet

Description: Ride the rolling rises of the RI and MA shores and along the Sakonnet and Westport rivers. Gorgeous water views, bird sanctuaries, working farms, animals, flowers, old money homes and much open land. The drive is worth it! Food: Bring extra hydration as drink stops are few & this is typically a hot August ride. (Several spots to jump in the ocean and swim.) The lunch stop at Westport Harbor has drinks but no food. Food available at the country store or restaurant in Little Compton.

Leaders: Elizabeth Pell (781-605-0435, elizabeth.pell@comcast.net), Howard Granat

Start: Tiverton RI High School, 100 North Brayton Road, Tiverton RI, just south of Fall River, MA

Directions: Take MA Rte 24 South, which becomes RI 24 South. Be careful as MA 24 merges into and quickly out of I-195 near Fall River. Continue on 24 South, take Exit 6, Fish Road, off RI Rt. 24. Left onto Fish Rd.; go 1.3 miles then turn left on Bulgarmarsh for 0.8 miles. Left on N. Brayton Road. The high school is 0.2 miles on the right. No bathrooms at high school.

The Lake "C" Ride

Sunday - August 26

Times and Routes: 9:30 a.m. for all distances. Choices of 28, 45, 69, or 83 miles.

Ride Type: Map, Arrowed

Description: This is a pleasant but hilly tour of the heavily wooded quiet back roads of the historic Blackstone River Watershed, going through Hopedale, Mendon, Uxbridge, and Douglas. The longest ride continues on through small parts of RI and CT on to Lake "C". Highlights include old mills, mill ponds, bogs, reservoirs, many river crossings, and lots of woods. The Blackstone River and Canal State Park is the official lunch stop for all but the short ride. (Water and bathrooms, but no food: BYO or buy shortly before the park.) All rides are very hilly. The pavement is generally in very good shape, but there is 1/10 of a mile of dirt road 10 miles from the end (avoids Milford and a 495 interchange).

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

Start: Holliston High School, 370 Hollis Street, Holliston

Directions: 495 to exit 21A to Hopkinton center. Right onto rt. 85 south. Go 1.7 miles, turn left onto Chestnut street (flashing yellow light). Go 3.6 miles to end. Turn left onto Highland, then immediately right onto Hollis. High School is on the right.

Bicycling 101

Introductory Ride -

Newburyport

Thursday - August 30

Times and Routes: Cushing Park, Newburyport, MA 5:45PM, Please arrive at least 20 minutes early!

Ride Type: Cue Sheet, Map, Intro

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 a scenic ~20-mile max. loop through Newbury, West Newbury and Newburyport. Different route will be offered each week. Mostly flats with a few gentle hills. 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. Social get together after the ride at a local casual restaurant.

Leaders: Pierre Avignon (pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right. (to mapquest directions, enter Kent St instead of Cushing Park)

Note: CRW membership is not required but a HELMET is. Front and rear light as daylight shortens. 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! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.

Be sure to check the web site (<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>) for possible updates or cancellations.

CRW Trips



Wheeling Around the Whites

August 17-19, 2007

Explore the White Mountains of New Hampshire! 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"! 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 \$105 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 David Campbell (david.campbell3@comcast.net, 781-856-3658). Please register by August 1st by sending your contact information with a check made payable to "CRW" to: David Campbell, 24 Central Ave., Needham, MA 02494



Outside Danba, Tibetan watchtowers dot the hillside.

Cycling in China: Not Quite Ready for Prime Time

by Ed Hoffer

Like many Americans, we have been curious about China, and like many readers of *Wheel People* we like to cycle on vacation. My wife, Pamela, and I thus signed up with great anticipation for a 17-day tour organized by Bike China Adventures that promised visits to four cities along with 10 days of cycling in western Sichuan province. The trip was fascinating, with highs and lows, and we offer these observations for anyone considering a similar trip.

Having experienced the traffic of Saigon and Hanoi, we opted not to cycle in Beijing, our first stop, and this was a wise choice. Traffic in Chinese cities (and highways) is like a giant game of Chicken, with vehicles missing each other by millimeters (most of the time). Bicycles are definitely second-class compared to cars and trucks, and are expected to give way even when they might be expected to have right-of-way.

Bicycles are definitely second-class compared to cars and trucks, and are expected to give way even when they might be expected to have right-of-way.

Beijing is an enormous (~8 million people) bustling city, where most of what is old is being torn down to make room for skyscrapers. All that is left of the old city walls is the four main gates, which are very attractive to see. We visited the Forbidden City and Temple of Heaven, and drove out to visit the Great Wall.

From Beijing we flew to Xi'an, where we did our first cycling, atop the old city wall, one of the few that has been preserved. We drove out to see the terra cotta warriors, a fascinating experience, and visited a renowned Buddhist temple.

Next we flew to Chengdu, capital of Sichuan Province, to begin the 10 day cycling portion of the trip. The first day was inauspicious. The road up to Wolong was one-way due to construction, and closed to up-bound traffic at 11:40. Having arrived at 1 PM we were turned back. Our van took us back to the closest city to spend the night and have a shake-down ride. My rear brake turned out to be rubbing the rim, and could not be re-adjusted. The next five hours were spent trying to get the brake replaced. Like all Chinese cities, the town had several grizzled old bicycle mechanics, but they could not work on modern components. We finally located a Giant dealer who was able to help, but needless to say the day was largely a loss.

The next day we drove up to Wolong, with a trip listed as 2 hours taking almost five, due to the construction and to a tunnel being closed for over an hour. We spent an hour at the panda reserve, and yes, they are as cute as you would expect. The rest of the day was supposed to be spent partly cycling up over a high pass, with van support as needed. Unfortunately, the entire 100 km route was a continuous construction zone, with mud vying with rock piles vying with blinding dust to see which would be worst. We were reduced to spending 10 hours in the van hoping to make it before dark. This was particularly nerve-wracking when we reached the 15,500 foot summit to find it enveloped in pea-soup fog, on roads with no guard rails and continuous hair-pin turns. We arrived at our hotel in Rilongguan (10,000 foot altitude) in 50 degree weather to find no heat ("it is turned off for the summer")

and no hot water (no excuse offered). The additional factor of altitude sickness took hold, as we both suffered continuous headaches until reaching lower altitudes the next day.

We were about ready to ask for the first plane out to Shanghai and home, but were promised the next day would be better, and it was. The

road from the hotel was part of the construction zone, and we opted for van transport, but once we left the town the construction ended and traffic thinned. We had a delightful 50 Km ride, mostly downhill, to the town of Danba, our home for the next two nights.

An aside about Chinese roads. Most of the roads outside the major cities were similar: two lanes, with no shoulder but instead a culvert. There was thus no option for getting out of the way of beeping vehicles. You simply had to ride on and hope they did not hit you. A second observation: the roads were shared by people carrying goods, ox-carts, tractors, heavy trucks that could barely make it up any grades, and cars trying to pass all of the above. We were amazed at how few accidents we observed. Finally, a fact of life outside the major

cities is that the roads will be in bad shape, with rockslides, on-going repairs and detours. One would never want to ride on them with anything but a fat-tire bike. Only on side-roads was there any hope of an enjoyable ride, and these generally led off the main road rather than paralleling it, so it would be very difficult to do this type of trip without a support van. Even riding in the van was frightening at times, with many near-misses on hair-pin turns.

Another reason this sort of trip would be difficult without support is language. In the hotels in the major cities, the staff generally speak English. Outside the hotels, even in the cities, there are few English-speakers, and in the small towns there are no English speakers anywhere. We had invested the time in an adult-education Mandarin class, and I was very glad to have done this. Even though our Mandarin was laughable, it did enable us to ask about the basic necessities of life: where is the bathroom, do you sell chocolate, etc. If you are planning a trip to China, I would highly recommend you take Mandarin lessons.

Back to the trip. Our hotel in Danba was typical of those in small towns: small, with a small

bed, and a bathroom that included a "squat" toilet, i.e. a porcelain hole in the floor. If you are over 30 and/or have bad hips or knees, a useful investment is a simple folding camp toilet seat to place over the hole in the floor. The hotel was clean, the staff were friendly and helpful, and it was an interesting place to stay. Situated on the edge of the Tibetan plateau, the area was hilly, and most rides involved long climbs with corresponding long downs. The scenery was breath-taking, and one of the highlights of the trip was a visit to a Tibetan village perched high on a surrounding hill that brought to mind an image of Shangri-La. In the Danba town square at night, elderly ladies in Tibetan tribal dress mingled with young people in western clothes, and all joined in dancing traditional folk dances.

The rest of the trip was similar, with van support on the "highways" for safety and 30-40 km daily riding on the less-traveled roads. Stops were at Kangding, Moxi and Shangli. Our hotels were simple, with those in the larger towns having "western" toilets and those in smaller towns the traditional Chinese style. The food, to our pleasant surprise, was uniformly good and very spicy. We came back converts to Sichuan cooking. The circular route took us back to Chengdu, from which we flew to Shanghai and the culture shock of a city of 20,000,000 and enough skyscrapers to make

Manhattan look like Smallville.

For most of the trip, we were unaware of being in a Communist-ruled country. One episode, however, returned us to reality. Our

van was pulled over by the police at a routine traffic check. The driver was caught in violation of a rather obscure rule: he told them he was working for the rental car company, whereas he was supposed (they claimed) to be working for our tour organizer. They first threatened to confiscate the van on the spot, and then decided on a large fine instead. All the while we were being eyed warily by several of the police and we were thinking of the book *Wild Grass*, and the beatings given prisoners in Chinese prisons for minor offenses. A negotiated lower fine was finally accepted, which had to be paid in cash on the spot, and we were allowed to continue.

Are we glad we went? We would give that a qualified yes. It was a fascinating glimpse into this important country. Many of the towns we visited had rarely seen westerners, and we were warmly greeted. If we were to do it again, we would know the right questions to ask to see that things went more smoothly. If you are contemplating such a trip, drop us a line, to ehofer@gmail.com.



Mass BikePike Tour

August 16-19

The Mass BikePike Tour, a bicycle tour across Massachusetts, is now accepting registrations for the four-day event on August 16-19, 2007. The bike tour will travel from Concord to Northampton, with daily riding options ranging from 30 to 65 miles. Overnight stops on the tour will be in Northbridge, Sturbridge, and Ware.

The Mass BikePike Tour is not a race—but a celebration of cycling in Massachusetts. Families and individuals will enjoy ample opportunity to explore the state's scenic byways, quaint towns, and all the varied attractions the region has to offer.

Overnight stops will feature great places to camp, meals featuring fresh local products, and evening entertainment that will involve the entire community. Participants who prefer an alternative to camping can choose to stay close by at local inns or B&Bs.

Registered riders will receive maps, route descriptions, lists of local attractions along the route, access to snack stops, SAG support, a commemorative T-shirt, and the camaraderie of friendly folks having a good time.

The final day of the Mass BikePike Tour will feature a grand lunch followed by a parade of bikes down Main Street in Northampton.

The Mass BikePike Tour is produced with the cooperation of MassBike and the Massachusetts Department of Conservation and Recreation. Proceeds from the event will benefit MassBike, the statewide bicycle advocacy group.

For more information and registration details, visit the web site at www.MassBikePike.org or call 617-710-1832.

Gear Up For the 2007 8-Lighthouse Ride

September 15

The Eastern Trail Alliance is busy making plans for the 2007 8-Lighthouse Ride to be held September 15th. With last year's rides exceeding expectations, we are anticipating a big turnout with, of course, great weather!

This will be our second year for the 9-Lighthouse Century, a flat 100-miler that takes cyclists from Bug Light Park in South Portland to Kennebunkport via the off-road and on-road Eastern Trail, then back along the beautiful

coast of Maine, joining the 8-Lighthouse loop in Scarborough. The 9-Lighthouse Century will feature four rest stops.

Our flagship 40-mile 8-Lighthouse Ride is always a crowd pleaser. Where else can you see eight lighthouses on a half-day bike ride? The riders pass five beautiful beaches and two fascinating museums, and yes, eight lighthouses. (Okay, so you need binoculars for one of them.) You could easily spend the whole day on this ride! We will have two rest stops for the 40-miler.

Last year, kids from six to sixty showed up in force for the 10-mile family ride along the paved South Portland Greenbelt. Refreshments will be offered at Wainwright Farms, the terminus of the Greenbelt and halfway point for the family ride.

All routes are marked, with maps provided for the 40-mile and 100-mile rides. We listened to your comments last year, and have made additional improvements for the 2007 rides. So, get those bikes tuned up, get ready, and GO FOR IT! Register now to reserve your 2007 8-Lighthouse T-shirt. You can register on-line at www.eastertrail.org.

P.S. If you are not planning to ride, HELP! We need volunteers to assist with registration, rest stops, traffic control, etc. Contact us at eta@eastertrail.org.

CRW in CYBERSPACE

There are several ways you can use your computer to interact with CRW:

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.

WheelPeople by Email

You can elect to receive WheelPeople by email rather than postal mail. This has several advantages. The email version is available up to two weeks before the printed

version. Sending the electronic version saves the club money in postage, which can be put to good use elsewhere.

Renewal Notices

We have been sending out notices for members who need to renew their membership by email. The email contains the member information currently on file, so all you need do is print it out, mark up the copy with any changes, and mail it back with a check. Or you can renew online by clicking the link in the email. If we don't have an email address on file, we have to send out a printed renewal card.

In order for the last two features to work, we need your help in making sure that the email address we have for you is current. If you've changed email addresses lately please update this information by emailing membership@crw.org.

BIKE QUOTE

I took care of my wheel as one would look after a Rolls Royce. If it needed repairs I always brought it to the same shop on Myrtle Avenue run by a negro named Ed Perry. He handled the bike with kid gloves, you might say. He would always see to it that neither front nor back wheel wobbled. Often he would do a job for me without pay, because, as he put it, he never saw a man so in love with his bike as I was.



Henry Miller
from *My Bike and Other Friends*,
Volume II Book of Friends, 1978

CRW announce

The internet makes it relatively easy to send out up to the minute information and CRW would like to exploit this to send out announcements of "breaking news" too late for WheelPeople. So we've created a mailing list that will be used for such announcements.

We have invited all members who have email addresses in the membership database, and about half those invited accepted the invitation. If for some reason, you did not subscribe at that time, or never got invited, you can subscribe to the list now by sending an email to: crwannounce-subscribe@yahoogroups.com

The list is intended ONLY for announcements from club officers. It is not a discussion list, and no one can post to it except club officers. It is used infrequently, so you needn't worry about your inbox filling up.

If you want to check on previous messages you might have missed, you can go to:

<http://groups.yahoo.com/group/crwannounce/>

Time to Get on Board

The CRW nominating committee is beginning the process for board elections. We will have three available board positions for 2007. The CRW board consists of nine members, and together with the other officers are responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend monthly meetings where CRW issues are discussed. Board members may optionally participate in other activities or committees within the club. Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to:

Barry Nelson
19 Chase Avenue
West Newton, MA 02465
barrynelson@alum.mit.edu

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by November 5, for the December issue of WheelPeople. The top three candidates will receive three year terms starting in January and expiring at the end of 2010.

\$55
+\$3.50 postage
per jersey

CRW Club Jersey

Sizes and VOMax recommended chest measurements:

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

Name

Address

City

State, Zip

Phone

Email

Quantity

Size(s)

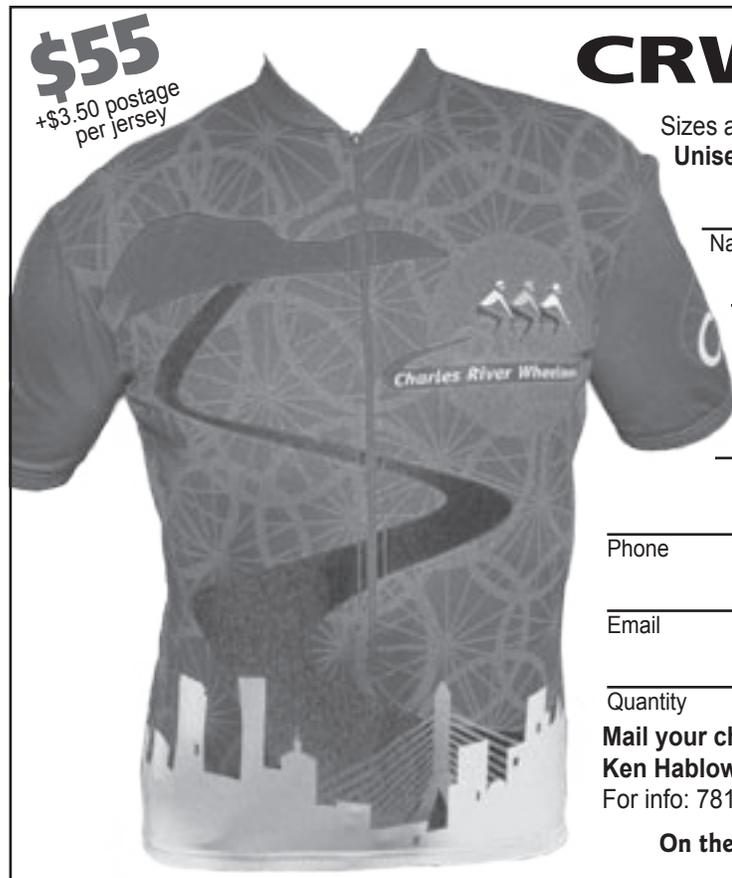
Total \$

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

Ken Hablow, 35 Longmeadow Road, Weston, MA 02493

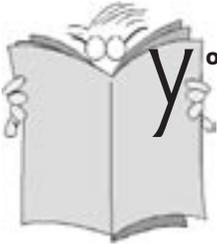
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Little Jack's Corner

by Jack Donohue



You'd think after all these years I'd learn how important it is to pay homage to the Weather Gods. But Noooooooooooo....

The sad thing is that I really do know better.

Being an AMC member for many years had drummed into me the importance of being prepared. Putting the boy scouts to shame, AMCers would not venture across the street without a whistle and flashlight so they could be found by the rescue party after their special accident. I learned that one must never wear cotton, which is hypothermia's handmaiden (Mrs. D. however has still to learn this lesson, and continually dices with death with her cotton ensemble). So I really should be ready for anything the Weather Gods choose to throw my way.

Case in point was last year's Velo Vermont. Now I've had many encounters with soaking 40 degree rain, and always carry raingear. But for some reason, this weekend I was feeling lucky. I was packing up the tandem with the usual foul weather gear, when I heard someone in the group say that today was to be the better of the two days. So, throwing caution to the wind (literally) I decided I really didn't need to carry that heavy rain jacket (which probably weighed about 2 oz). I rationalized that we were riding the tandem and there's not that much room in the rack bag. I wanted to leave plenty of room to rip off layers when the sweltering heat began. so we started out on the Bristol ride, which is a beautiful ride through the valley west of the mountains and east of Lake Champlain.

All was going well, until we got about as far out on the ride as we could, when it got cold and started to rain (funny how these two phenomena often go hand in hand). We took refuge under the awning of a convenience store where I got into a major funk over how stupid I was and was waiting for a miracle, deus ex machina showing up with two Goretex jackets, when I remembered the #1 rain survival item, plastic garbage bags. So I sent Susan into the shop to see if she could score some (I was busy staring at the rain and frowning). She came out and said that they indeed had plastic garbage bags but that we would have to buy a box of 12. My legendary thriftiness kicked in and I actually contemplated pushing

been raining fairly continuously for two days. So when loading the car, I of course threw in my rain jacket, and contemplated gloves of some sort. But it was supposed to get up into the 60's (positively balmy for this time of year), so I decided they were not necessary. The forecast (aka farcast as in far from the truth) was for it to be dry in the PM. They didn't explain they meant Monday PM. So, at the start I opted for my The Ride windbreaker, which I doffed before starting since it wasn't actually raining and it was only supposed to get better. As I was riding along, I was thinking of shedding my tights at the first water stop. Well, of course you can tell what happened. Wasn't actually raining at the first water stop, but I decided that maybe I

could hang onto the tights a bit longer. Again, at the furthest point, the temperature dropped like a rocket and it started to pour. Out came The Ride windbreaker, which really wasn't designed to be rain gear and had nicely ventilated armpits which is usually a feature but in this

...we purchased 600% of our minimum daily requirement of garbage bags...Punched arm holes, head hole, and off we went.

case gave the driving rain another avenue of attack. So I'm riding along marveling at how I could be so consistently stupid. Even with Ride windbreaker I was barely able to stay warm. But then the rain let up. After a mile or so of dryness, off came Ride windbreaker, since I reasoned the layers beneath would never dry out with the windbreaker. But the gods were just toying with me. Just as soon as I was mostly dry it started raining again. But now it was merely raining and not pouring, so I was able to maintain body heat. Another close brush with death.

on in search of a store that sold individual garbage bags. Let's see, hypothermia or buying ten extra garbage bags, a no brainer for most people, but moi... Anyway sanity prevailed and we purchased 600% of our minimum daily requirement of garbage bags (which probably weighed considerably more than the original rain jacket). Punched arm holes, head hole, and off we went. They worked remarkably well, in fact Susan declared them her favorite rain gear ever (lots of protection from the elements, but plenty of ventilation at the same time). We became known as team Glad.

By now you would have thought I'd learned my lesson. The spring century proved this was not the case. By the day of the century it had

So, from now on, I'm never, ever going to go anywhere without raingear (and my whistle and flashlight).

CRW Helmet Rebate Program

If you are a CRW member, CRW will send you a check for \$5.00 when you buy a helmet. It doesn't have to be the first one you ever bought—we just want to make it as easy as possible for everyone to own a good helmet. It can save your life.

- The helmet must be CPSC approved.
- Some brand or style restrictions may apply.
- You must have a current membership in the CRW.



- It must be purchased from one of our participating bike shops. Many shops have matched our offer with an additional discount of their own.
- Present your CRW Membership card at time of purchase.
- Send your original receipt and proof of purchase from the helmet box, along with a stamped, self-addressed envelope to:

Don Blake
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Bedford, MA. 01730

June 140897

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K
Don MacFarlane	6315	6	-	4	Peter Brooks	2303	6	2	-
John Bayley	5173	6	3	3	Gabor Demjen	2242	4	1	-
Pamela Blalock	5128	6	3	3	Chris George	2151	-	-	-
Mike Kerrigan	5028	4	4	3	Chris Lennon	2142	2	2	-
Jack Donohue	4816	-	-	2	Winslow Green	2024	2	-	-
Tod Rodger	4788	5	3	3	Frank Aronson	1985	2	-	-
Glen Reed	4426	3	3	3	Cynthia Snow	1907	2	-	-
Richard Taylor	4270	6	6	1	Gary Smiley	1765	1	-	-
Dave Stefanovic	3861	3	3	-	John McCabe	1750	2	1	-
Steve Robins	3830	-	-	-	Darrell Katz	1745	-	-	-
Kevin Davis	3599	3	-	1	Alison Sheridan	1738	2	5	-
Larry Murphy	3494	6	-	-	Craig Weiner	1711	3	1	-
Irving Kurki	3457	6	1	-	Erik Husby	1672	1	-	-
David Wean	3148	3	-	-	John Allen	1592	-	-	-
Otto DeRuntz	3145	4	1	1	Marc Baskin	1497	1	-	-
Marilyn Hartman	2717	3	1	-	Lisa Weissmann	1474	2	-	-
John Goeller	2687	4	-	-	Darrow Loucks	1376	1	-	-
Paul Hardin	2681	4	2	-	Douglas Cohen	1347	1	-	-
Daniel Buchanan	2665	2	-	-	Cynthia Zabin	1271	-	-	-
Don Mitchell	2665	3	-	-	Peter Knox	1164	1	-	-
Michael Pinnolis	2662	3	1	-	John Springfield	1130	-	2	-
Butch Pemstein	2561	-	-	-	Bill Widnall	1106	2	-	-
Joe Repole	2489	6	6	-	Bill Hanson	1098	-	-	-
Richard Aubry	2350	2	1	-	Marc Webb	1079	1	-	-
Joseph Moore	2329	3	-	-	Bruce Ingle	1016	-	-	-

Name	Miles	M	C	K
Jeff Holmes	1000	3	2	-
Ed Hoffer	999	-	-	-
Alan Cantor	908	1	-	-
Mike Hanauer	893	-	-	-
Dick Arsenaault	848	-	-	-
Rudge McKenney	731	-	-	-
Sumner Kagan	665	-	-	-
Walt Drag	608	2	-	-
Greg Tutunjian	523	-	-	-
Dan Smith	516	-	1	-
Judy Insalaco	470	-	-	-
Elaine Stansfield	395	-	-	-
Tracey Ingle	388	-	-	-
Brian Ferrick	345	-	-	-
Susan Grieb	329	-	-	-
George Caplan	311	-	-	-
Jeff Luxenberg	301	-	-	-
Karl Yen	98	-	-	-

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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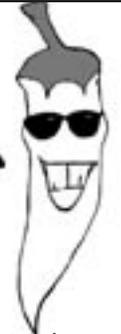
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1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities; the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;

3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRWV, 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.

In addition, I agree to cycle in a safe, courteous, and lawful manner when participating in CRWV rides, and to encourage the same among fellow members and CRWV guests.

Date _____ Date of Birth _____

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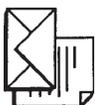
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Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to: Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.

I'd like to help with the activities checked below. Please have someone contact me:

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