


WheelPeople

Newsletter Of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXV, Number 1 January, 2001

A Few Hundred Saturday Mornings

a.k.a. Old Guys In Tights

by *Dave McElwaine*

I can hardly believe it! It's been five years since Mark Dionne and I started the Saturday Morning Fitness Ride. Let me say at the outset that these rides have been a blast to be part of. Otherwise, they probably would have stopped long ago. And, it looks like they are going to continue for as long as we old guys can still pull the spandex on. So, although we try to keep a low profile, we thought we should check in every couple hundred rides or so.

The ride began during September, 1995. At this writing, we have led about 265 rides. (Do we qualify for those ride leader t-shirts yet?) Skeptics said that Fitness Rides would not work, that nobody would show up to ride a fixed course more than twice. But, little could they imagine that riders would show up hundreds of times!

"THE STREAK" began after the April Fool's Day storm in 1997. Since then, a ride has taken place for 187 consecutive

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Prayer Flags & Pizza Slide Show/Pizza Fest

Friday, January 26, 2001

Andy Meyer and Renee Le Verrier will present a slide show of their bicycle tour through the kingdom of Bhutan. Come early, around 6:30, and we'll order some pizza, otherwise 7:30 for the main event. The show will be held at 26 Fox Run Road Bedford. If you're interested in the pizza, call Jack or Susan at 781-275-3991, so we'll know how much to order.

Directions: From Route 62/Concord: L on Routes 4/225; where 225 bears left to Carlisle, stay straight on Route 4 for about 2 miles, at V in road Route 4 goes left (sign to Chelmsford) bear right on North Road till road bears left, turn R on Springs Road, take 1st R on Fox Run Road, we are #26 on right. From Route 3: Take Concord Street exit toward Bedford; in 1 mile Technology Park on left, another 1/10-mile road bears R, go L on Springs Road, take 1st R on Fox Run Road, we are #26 on right.

More on Ralph Borgesen's 1951 Charles River Wheelmen

by *Bill Widnall*

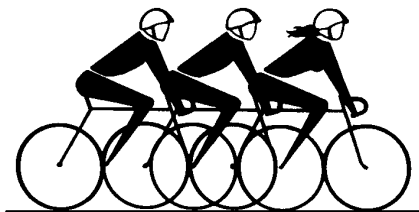
Recall from the August 1998 article in WheelPeople, that current CRW member Ralph Borgesen, stated that he and a Carl Hansen founded a cycling club based in Newton in 1951 and that Ralph suggested the club be called the Charles

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Bikers with Forks

Monday, January 22

Join your biker friends for a meal at Erawan of Siam in Waltham on Moody Street at 6:30PM. RSVP to barbara@world.std.com for a good time! If you don't have email access call Barbara at 617-964-8193 between 9 am and 9 PM only by Sunday, January 21.



The Charles River Wheelmen

CRW Ends 100% LAB Affiliation

The board at the December meeting voted to end the club's 100% affiliated member status with LAB. We are the only club that does this and it was felt that the membership would like to be able to choose whether to join or not. What this means is that to remain a LAB member after your current membership expires, you must join LAB separately. As a consequence, the membership dues will be reduced, with a portion still dedicated to contributions to bicycle advocacy organizations.

We will continue to accept joint CRW/LAB until February 1. The new dues structure will be:

	Single	Household
1yr	\$20	\$25
2yr	\$38	\$48
3yr	\$55	\$70

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The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheets are generally provided. There are also rides each Saturday and during the week. Our Winter rides program, The Second Season, is more informal; the route and pace are decided by those who show up. We also hold social events and related activities.

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 - 19 Chase Avenue - West Newton, MA 02465

BOARD OF DIRECTORS

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Don Blake	2003	(781) 275-7878
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Steve Kolek	2002	(781) 674-1090
Tod Rodger	2003	(978) 456-8654
Bob Sawyer	2001	(781) 275-6533
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Bill Widnall	2001	(781) 862-2846

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	Cheryl Young	(617) 625-6362
Sunday Rides	Tod Rodger	(978) 456-8654
Winter Rides	Eric Ferioli	(781) 235-4762
Intro Rides	Fred Kresse	(781) 444-1775
Century Committee	Melinda Lyon	(978) 887-5755
Tuesday Fitness Rides	Peter Knox	(617) 731-5944
Wednesday Wheelers	Bill Widnall	(781) 862-2846
Wednesday Ice Cream Ride	Gabor Demjen	(781) 237-0602
	Eric Evans	(617) 527-0517
Thursday Fitness Rides	Peter Mason	(781) 646-5106
Friday Rides	OPEN	
Saturday Fitness Rides	Dave McElwaine	(781) 821-8643
	Mark Dionne	(617) 965-5558
Sunday Fitness Rides	Mel Stoler	(617) 277-5180
	Ted Lewis	(781) 279-4909

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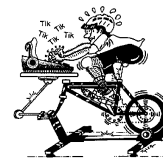
Editorial Policy



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*.

Mail handwritten or typewritten documents or articles on floppy disk to Jack Donohue, 26 Fox Run Road, Bedford, MA 01730. *Note: floppy disks will not be returned.*

Documents produced on computer may be sent electronically via Internet to Jack at JDONOHUE@world.std.com. Your document must be in "text" mode.

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

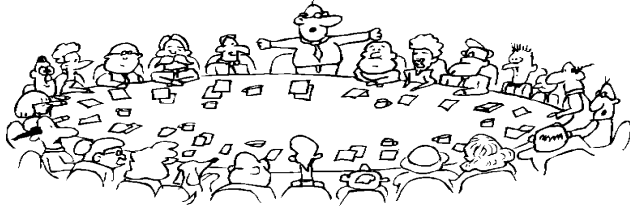
Insurance

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	\$65.00	Third Page	\$45.00
Quarter Page	\$35.00	Eighth Page	\$20.00
For more information please contact Marty Weinstock at 617-491-6523 or 617-331-9299			

Board Meeting Minutes



December 5, 2000

Government Relations: George Eckert attended the Thunderhead Conference for bicycle advocacy in Hartford, CT. He was particularly impressed by several bicycle advocacy organizations in New England and the Northeast, including Maine and Connecticut.

Finance: Michael Fisher, vice president of finance, will present a budget for 2001 at the January meeting. Don Blake, treasurer, reported that cash flow for November was negative because a deposit didn't make it to the bank by month's end. The year-to-date and overall financial position of CRW is very good. All figures are not yet in for the Fall Century, but it was a Moneymaker.

Rides: Fewer people than expected signed up at the Banquet to lead rides. Thanks to Connie Farb and Cheryl Young for volunteering to share the Saturday ride coordinator job. The Rides Committee met on November 27 to begin planning the coming season. Bill Widnall volunteered to be Wheelers ride coordinator, a new intermediate-pace ride program to begin in the Spring.

Trips: Bikers on Skis (February 16-19) is filling up.

Banquet: About 50 people attended the Banquet. The turnout was smaller than expected, possibly because the Banquet was advertised for one month instead of two in WheelPeople. Leftover prizes will be used at an upcoming party. No auction was held this year. The Board voted to donate \$200 to the Major Taylor Fund.

Other Events: Forty-three people showed up for the November 30 slide show—a great turnout! The Holiday Party (December 8) is on track. Since no one has signed up as yet for the December 14 Bikers with Forks dinner, it will probably be canceled.

LAB Affiliation: By a vote of five to four, the Board decided to end CRW's 100% LAB affiliation. A motion passed to re-

duce annual CRW dues to \$20 for individuals and \$25 for families. Included in the dues is a \$5 amount that will be donated each year to a bicycle advocacy organization. Rosalie Blum, Tod Rodger, and Bob Sawyer formed an Advocacy Committee.

MassBike: Larry Slotnick, Massachusetts Bicycle Coalition treasurer and board member, attended the meeting. He pointed out that MassBike would give CRW a good return on an advocacy investment. Increased financial support would enable MassBike to attend more meetings on roadway and trail design projects and advocate for better cycling conditions.

CRW Name Change: Periodically the Board discusses the issue of making the club name gender neutral. According to our constitution (available at www.crw.org), the name can only be changed by an amendment to the constitution approved by two-thirds of the membership. There are two ways to propose an amendment: (1) the Board can propose an amendment or (2) any member can present to the Board a petition signed by at least 10% of the membership (about 90 people) proposing a name change. The petition should propose a specific name.

Another possibility is to use a "doing business as" name, which does not require a name change. The Board opposes this idea.

New positions at CRW: Cindy Sragg will replace Larissa Hordynsky as Secretary in January. Marty Weinstock, whose term on the Board expires in December, will fill the new position of Special Projects Coordinator. Thanks, Cindy and Marty.

Board meetings are held on the first Tuesday of each month at 7:30 in the Hancock United Church of Christ, 1912 Mass. Ave., Lexington Center.

Bicycling in the Footsteps of Lewis & Clark

3,000 miles from St. Louis to Astoria, Oregon

Sunday, January 7

Tod Rodger (Sunday Rides Coordinator and new board member) will show slides and tell stories from his own journals and from the original journals of Lewis & Clark. In 2003-2006 our country will celebrate the bicentennial of this epic journey. What better way to honor these explorers? Tod has spent three years traveling this trail and will have copies of his new book, "Bicycle Guide to the Lewis & Clark Trail". For earlier information about this great Christmas present, check www.deerfootpublications.com.

The show will start at 7:00PM at Jerry Green's Lyceum, 28 Winchester Drive, Lexington.

Few Hundred Saturdays from page 1

weeks! Three New England winters could not kill the streak. I would be remiss not to thank Peter Cole, and the recently departed Paul Miller, both of whom helped the streak survive a couple times. I predict that when the streak does end, the cause will almost certainly be black ice. But who knows, there are always those studded Nokians.

Let's get some statistics out of the way. Mark is nearly fanatical about collecting these numbers so I had better report them.

If anyone doubts the direction the club has gone, consider this. Attendance at the Saturday Fitness Ride has increased every year despite the fact that club membership has declined somewhat. In fact, attendance has more than doubled. When I first joined the CRW in 1970, the club had a strong "touring" personality. I still have the old panniers to prove it. As fitness became a lifestyle choice, especially in the 90's, more people began to ride bikes simply to stay fit, rather than to travel to a destination. The num-

Continued on page 8

January 2001 Recurring Rides Calendar



*These rides are held every week
unless indicated*

Wednesday Wheelers

Start Time: 10:00 AM

Routes: Distance varies, follow the leader, no cue sheet

Description: A group that enjoys exploring a variety of scenic routes and lunch spots, mostly in the western suburbs but occasionally to the north or south. We stay together, following the leader for the day, while being careful not to drop anyone. (Generally there is no cue sheet handed out.) The typical ride distance is about 30 miles. The pace is about 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. Start: Location Varies Directions: For more information, including the next ride start location, call the ride coordinator Bill Widnall at 781-862-2846 day or early evening or e-mail to BillWidnall@ibm.net.

Saturday Morning Fitness Ride at Nahanton Park **

Times: 8:30 SHARP!

Routes: Arrowed routes of 19, 28 & 42 miles. Cue sheet available.

Description: You will ride scenic rolling roads through Needham, Dover, Sherborn, & Medfield. These rides will be set up to run with or without a leader so be ready to go on time. At 8:30 we're gone. This ride runs all year 'round.

Leaders: Dave McElwaine (781-821-8643, McElwaineD@aol.com) or Mark Dionne (617-965-5558, mdionne@mediaone.net)

Start: Nahanton Park, Newton.

Directions: Take the Highland St. exit off Rt. 128 toward Needham, take a left at the 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. Ride leaves from the main parking lot.

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

CRW TRIPS

Eighth Annual Bikers on Skis

February 16-19, 2001

Try your hand at gliding instead of rolling. This cross country skiing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing in the Zealand Falls area. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike — we will not be stopped. The trip spans the three day President's Day weekend. Cost of \$200 for the weekend includes three nights lodging, three breakfasts, two dinners.

To register send the a check for the full amount made out to Charles River Wheelmen and a stamped self-addressed envelope or e-mail address by January 16 to:

Bikers on Skis c/o Jack Donohue 26 Fox Run Road Bedford, MA 01730-1104

Registration fee non-refundable after this date unless we can find someone to take your place.

For more information, you can contact the leaders:

Jack Donohue and Susan Grieb (781) 275-3991 (before 9pm) jdonohue@world.std.com

CRW History

Five Years Ago

Short-lived "Commuter Chronicles" column is started. Mark "deathwish" Szarek describes the joys of commuting route 99 in Everett. Rick Moore presents a CRW slide show on a successful ascent of Mount McKinley by bicycle.

Ten Years Ago

Dana Lipp gives a slide show about the "10th Annual Grand Canyon Almost Across Arizona" bicycle tour. The club dinner series starts with the "Thai Emerald" restaurant in Dedham. Karen Saltus leads "Winterfest", a weekend of winter activities in the Berkshires.

Twenty Five Years Ago

John Springfield hosts a series of repair workshops at his apartment so "you can make... adjustments and repairs, thus... gaining appreciation for this elegant machine." Rob Horwitz, frame builder, Tanguy Cycles in Somerville, talks about custom frames from a builder's viewpoint at our monthly meeting. XC skiing in the evening at the Leo J. Martin golf course in Weston. The For Sale items in "Wheelpople" include "Who wants A-1 set of Cinelli Rollers? Please phone... before I kill myself on them."

The Rides Calendar

January, 2001

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.



Happy New Year

Monday January 1

Time: 11:00 AM **Ride Type:** Winter, but who cares.
Start: Boston Common at the intersection of Park Street and Tremont Street
Leader: Eric "Bicycle Bozo" Ferioli (781-235-4762)
Highlights: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Northern Exposure

Sunday January 7

Time: 10:30 **Ride Type:** Map and/or Cue Sheet
Leader: Jack Donohue (781-275-3991)
Start: Bedford Center
Directions: Take Rt.128 to Rts.4/225 to Bedford Center, turn left onto Mudge Way to the Bedford Library Parking Lot.
Highlights: A tour through the northern towns of Bedford, Concord, and Carlisle.

Cunningham Park

Sunday January 14

Time: 10:30 **Ride Type:** Map and/or Cue Sheet
Leader: Eric "Bicycle Bozo" Ferioli (781-235-4762)
Start: Cunningham Park, Edgehill Road, Milton.
Directions: From Rt. 128/93 South take Rt. 28 North about 3 miles, turn right on Pleasant St. 1 1/2 miles to Cunningham Park on the right.
Highlights: A pre-New Year ride along the Quincy shore guaranteed to add some color to your nose. Note: if there is snow, there is the option of cross-country skiing in Cunningham Park. This ride was originated by Jim Merrick, who moved to Maine because the Massachusetts winters were too mild.

Winter Without Discontent

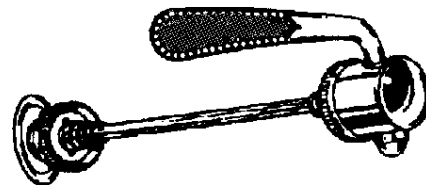
Sunday January 21

Time: 10:30 **Ride Type:** Map and/or Cue Sheet
Leader: Eric Ferioli (781-235-4762)
Start: Lexington Common
Directions: Meet at the Minuteman Statue at the intersection of Rt.4, Rt.225, and Bedford Street.
Highlights: In January, the road to contentment includes a stop at Mike Hanauer's home for a post-ride party (781-862-5927). Bring something to share with your fellow former malcontents.

Frozen Brooks

Sunday January 28

Time: 10:30 **Ride Type:** Cue Sheet
Leader: Peter Brooks 617-926-5735
Start: Waverly Square (Church St.) parking lot across from Wheelworks Annex
Directions: From 128, take Rt. 20 East (go through Waltham center) approximately 2 miles; take a left onto Rt. 60 (Rt. 20 goes south) for approximately 1.25 miles; take a right onto Trapelo Rd. (still Rt.60); go .25 mile and go South on Trapelo (Rt. 60 goes left); go .25 mile and go right onto Church St. (1st right over RR bridge). From Rt. 2, take Rt.60 West for 1.5 miles; take left onto Trapelo at light (Rt. 60 goes right); after .25 mile, take right onto Church St. (1st right over RR bridge).
Highlights: The ride goes through Waltham, Weston, Lincoln, Concord, Lexington, and Belmont. 20 and 40 miles.



Borgesen's 1951 CRW from page 1

River Wheelmen. This was a great surprise to all of us, because we believe our current CRW was founded in 1966. The article also included a picture of five gals standing astride their bikes, with the caption "The Charles River Wheelwomen at the DeCordova Museum (September 20, 1951)".

I had a chance to chat with Ralph November 19 at the start of Melinda Lyon's Sunday arrowed ride Bagels and a Buffalo. Ralph, Aaron Bluhm, and five others, all members of the "Top of the Hill Club" showed up for Melinda's ride. I asked Ralph about his 1951 club. Some of his comments: His CRW was founded by himself and Carl Hansen plus five gals. They were all high school students with lots of free time in the summer. When they went off to college, they all went their separate ways and, as far as Ralph knew, no one kept the CRW going. So he was greatly surprised on returning to the Boston area only recently, about three years ago, that he discovered a thriving CRW club.

Later while riding with Melinda as she began to sweep her long route, we overtook Ralph and his Top of the Hill Club, and they were delighted to stop and let Melinda take their picture. Ralph is the third person from the right.



Ralph Borgesen (third from right) with the Top of the Hill gang

Riding In the Footsteps of Lewis & Clark - Part I

by Tod Rodger

(These are a few excerpts from my personal journals and my new book, Bicycle Guide to the Lewis & Clark Trail. Visit www.deerfootpublications.com for more information on both the tour and the book.)

Jefferson's 1803 instructions to Lewis stated, "The object of your mission is to explore the Missouri River, & such principal stream of it, as, by it's course & communication with the waters of the Pacific Ocean, may offer the most direct & practicable water communication across this continent, for the purposes of commerce." Even with the inconsistent spelling and the stilted grammar of the times, the instructions are very clear.

In May, 1804, Lewis and Clark set out from St. Louis with 30 men to explore the new Louisiana Territory, which the United States had just purchased from France for three cents an acre. Only a few French traders had ventured up the Missouri to trade with Indian tribes that could be either friendly or dangerous. No European had seen the vast area between North Dakota and the Pacific Ocean. In doubling the size of the country, some thought Jefferson was far sighted; some thought he was foolish. In retrospect, his supporters think he was brilliant; his detractors think he was lucky.

In May, 1998, almost 200 years later, I set out from St. Louis to follow the footsteps of Lewis and Clark on my bicycle. Most people thought I was crazy; a few thought I was courageous. Why bike this route? First, it's a great ride-spectacular scenery, good roads with light traffic, a variety of accommodations and food, and wonderful people. Second, it's a unique way to see, feel, and fully experience our vast country; at 3,000 miles it's almost a cross-country ride. Finally, this trip makes history come alive. There are many fascinating historical sites, exhibits, and museums along the way.

The Lewis and Clark program on PBS television first caught my interest and sparked the idea of riding this route; reading

Stephen Ambrose's Undaunted Courage confirmed my decision. Their 3-year expedition grabbed the imagination and attention of the whole country-as it still does today. Up the Missouri, over the Rockies, and down the Columbia. What hardships! What joys! What an accomplishment!

Although the Corps of Discovery traveled up the Missouri River by boat, one or more of the party often walked along the shore to hunt, explore, or just get away from the other men. We rode the first 150 miles on the new Katy Trail along the north side of the river. This beautiful bike trail runs through cool woods, rich river bottomland farms, and small towns making a comeback with tourist facilities after being abandoned by the railroad. There are old railroad trestles, new bridges, a tunnel, and many views of the river on one side and limestone cliffs on the other.

Just a few miles away from the river the land provides a dramatic contrast. Although the limestone bluffs are only about 100 feet higher than the river, they have been cut by thousands of rivers and streams to form a very hilly landscape. This is a land of small farms and orchards-many of them settled by Germans who came to this area in groups and brought their culture with them. Known as "Missouri's Rhineland," there are several wineries along the trail and in the nearby hills.

Hermann, Missouri, makes a good overnight stop-an attractive river town with two wineries, historic homes and buildings, several restaurants, B&Bs, and a town campground. We found some excellent wine and summer sausage at the Hermanhoff Winery, and then had sauerbraten for dinner at The Landing. After dinner we sat and watched the sun set over the river from Waterfront Park.

continued on next page

Blind Passion

by Rick Hardy

The next time you grumble about having to get on your rollers or indoor trainer this winter then I want you to keep the following in mind;

This story is not to try to elicit sympathy, but rather to motivate you in a time of weak resolve; the person in this story would not want it any other way.

This person is a friend of mine who I have gotten to know very well in the past 12 months. Her name is Pam Fernandes. Pam recently returned from Sydney winning a Gold and Silver medal competing for the USA. Set a world record with her partner in track cycling on the way. Pam Fernandes is blind and she competed in the Paralympics in front of over 100,000 spectators.

For those of you who don't know about Pam let me fill you in. Pam is a diabetic, who lost her sight when she was in college at age 21. Later after a kidney transplant and 20 operations as a result of a chance phone call Pam was started riding a tandem with a sighted pilot and by 1996 Pam was competing in the Atlanta Paralympics where she won a bronze medal. This year Pam won the gold and set a world record in the mixed tandem 1-kilometer time trial with her partner Al Whaley of Houston and silver in the sprint. Pam is also my coach.

When we want to ride it is fairly easy. We don't give it much thought, we just get dressed, maybe pump up the tires and swing our leg over the top tube and go. Pam on the other hand can't ride alone; she needs someone to pilot her on the tandem if she wants to train on the roads. No pilot - no training - no outdoors.

For Pam to have accomplished what she has competitively on the bike, meant living meagerly, committing totally to her goals despite all of the obstacles, putting in the training hours necessary to win. The difference is that most of her training partners are not pro's - they all have work and family com-

mitments and some quite frankly prefer to ride and train with friends, but you see, Pam lives alone.

So think about this; no available pilot - no training ride - you have two or more hours in the basement on the trainer staring you in the face. It can be the best day of the year to ride - it doesn't matter - you are going to be training in a dank basement next to the washer/dryer - no TV to keep you company. You are going to be training in the pitch black, remember she's blind.

This is not meant to elicit sympathy but to inspire you - Pam wouldn't have it any other way.

We complain about the weather on our rides, having to train indoors, the boredom, the company, training in the dark - Pam's training is perpetually in the dark.

So the next time you begin to complain, contemplate skipping a workout or cutting your trainer workout short - think of commitment and Pam Fernandes, her determination to overcome the odds, to become a champion bike racer, a gold medalist, a world record holder. If you train with Pam for any length of time, then you will realize that all of your excuses are just that, excuses. Think about it - if she can train for hours at a time - alone - in the dark in a basement on a beautiful sunny day to achieve her competitive goals, than why can't you with all of your gifts.

If these thoughts inspire you to train just a little bit harder, train just a little bit longer with a little more motivation, to be just a little bit better, if Pam has made a just a little bit of difference in your competitive career while you think about hers - then I know she wouldn't want it any other way.

(Rick Hardy a member of the Boston Road Club and new Cat IV racer - who trains and is coached by Pam Fernandes and whose modest racing accomplishments are the direct result of Pam's friendship and inspiration.)

continued from last page

Although the gentle hills of western Iowa feel similar to Missouri, these are "loess hills," found only in China, eastern Washington, and here. These hills are made from very fine windblown soils, originally carried here by the glaciers. A good way to experience this area is riding the new 62 mile "Wabash Trace" rail trail from the Missouri border to Council Bluffs. This former military trail and railroad winds its fairly level way through very scenic, quiet, and hilly farm country. Shenandoah- childhood home of the Everly Brothers- makes a good overnight stop. The Depot Restaurant-a strong supporter of the rail trail development-also serves excellent food in a fun environment.

As an Easterner who has also spent a few years living on the West Coast, I have either flown over or driven through the Midwest as fast as possible. What a mistake! When you get off the interstates onto quiet roads, the beauty easily justifies this part of the country. Furthermore, the productivity of these huge farms has contributed significantly to the greatness of our country. But above all, it's the friendly people.

One rainy morning in South Dakota I was hoping to find a restaurant for breakfast. The small town of Lake Andes looked mostly closed up, but someone directed me to the Wolf Den-built of cinder blocks with graffiti, no windows, and one unfriendly door. But the dozen pickups parked outside were a good sign. It was dark inside; but as my eyes adjusted, I saw a dozen men at one long table and a few others scattered nearby. As I walked up to the counter in my purple tights and bright yellow rain jacket, all conversation stopped. However, after the initial shock, they were all very friendly and started peppering me with questions about my trip. As the men's table broke up, Rolley came over, introduced himself, and we talked for another half hour about my trip and his experiences as a power company lineman.

As you ride farther west, the land becomes more arid, trees are scarcer, farms become larger, and crops change from corn to wheat. Traffic varies from light to nonexistent. One day in South Dakota I rode on a paved county highway for two hours without seeing another vehicle on the road. However, I

continued on page 9



Little Jack's Corner - by Jack Donohue

You've all heard of carbo-loading, a training technique where you eat massive quantities of pasta the night before a race or marathon, to make sure you've got a goodly supply of calories to burn during the event. And we all know that fat is effective for longer efforts when the carbos have come and gone. So I've invented the logical extension to these concepts: fat loading. The idea is to bulk up on fat stores over the winter months to make sure you won't hit the wall when the season starts. This is not a new concept. Mother Nature provides the beasts of the forest

with a protective covering of fat and fur in the winter. For the cyclist, this extra layer provides insulation and protective padding for those inevitable spills on ice. The start of the fat loading season is generally Thanksgiving. Sure, you've been training on nachos and macadamia nuts before this, but this is really when you can go whole hog, so to speak. The problem with the traditional Thanksgiving feast is that it is relatively high on carbo, low on fat. Sure you compensate for this by eating five times what you normally would, but this may not be enough. Try slathering everything with copious quantities of butter and sour cream, to get the fat percentage up.

The Christmas season provides one of my personal favorites for fat loading: eggnog. This should be enjoyed laced with copious quantities of rum. Since it's only available for about one month a year, be sure to drink about five gallons of it during the season. Guaranteed to make you winter coat shiny.

For the goal-oriented, you can assess the success of your training in several ways. A gross assessment can be gotten by weighing in on the bathroom scales, but the gains here can't all be attributed to fat. Best to try the "pinch an inch" body fat measurement. If you can pinch several inches, you know you've done it right.

Few Hundred Saturdays from page 3

bers for the past five years tell the story: Year - Riders 95/96 694 96/97 953 97/98 969 98/99 1418 99/00 1557

If you add to these numbers the riders at the other three weekly Fitness Rides, you probably have the majority of current CRW activity.

Our busiest month ever was this past July with 260 people participating. The average ride over the last 52 weeks had 30 participants. The total mileage for the five years is around 195,000 miles.

In 2000, we recorded two rider accidents out of a total 55,000 miles ridden. Fortunately, neither of these was serious. Essentially that is equivalent to one accident for every 8.5 trips across the United States! In my book, that makes our fitness riders some of the safest anywhere. This may jinx us, but Mark and I have never taken a spill on one of these rides, and we have ridden in almost every imaginable road condition. I would ride behind Mark any time.

This year we saw a major increase in riders doing the longer 42 mile loop, perhaps another fitness trend. One day this past September we had 33 out of 35 riders do the 42 mile loop. Also, a new scenic 50 mile option was added by Fran Corrado this year. Maybe in the future that will become the standard! Over the years, we have adopted two unofficial sponsors. Timex is the Timekeeper of the Saturday Fitness Ride, and is responsible for hundreds of punctual starts.

Starbucks brews the liquid refreshments. Although we basically take over the Needham Starbucks at the end of each ride, they don't seem to mind. We make for a most colorful clientele, plus we leave lots of coin behind.

Over the years, I have fielded many phone calls from new members, most of them asking what a Fitness Ride is. I tell them that it is an opportunity to ride with others for fitness and to improve their riding skills. Then they ask if they can keep up. I tell them that if they can't at first, they will be able to if they keep coming. Actually, we can accommodate riders of almost all speeds. The routes are arrowed and there are usually enough people so that you have someone to ride with.

Some special awards are in order:

Best Looking Old Guy in Spandex	Fred Kresse
Cleanest Bikes	Kayo "Q-Tip" DeOliveira
Most Likely To Succeed	Pam Fernandes
Winter Clothing Advisor	Peter "Ice Bike" Cole
Special Correspondent	Jose "Pinarello" Martinez
Political Action Committee	Neil Baron
Course Designer	Pete "The Flag" Knox
Free Legal Counsel	Marty Estner
Most Improved Rider	Rick Hardy

I would like to thank to Pete Knox, Peter Mason, Mel Stoler, and Ted Lewis for making their Tuesday, Thursday, and Sunday Fitness rides equally successful. The four rides have a synergistic effect on each other. And, thanks to Fred Kresse for doing a great job with the "Intro Rides". We are all very proud of Pam Fernandes for winning both gold and silver medals at the Paralympics in Sydney. Plus, she set a new world record in the process!

I am somewhat amused that the club is always looking for a Saturday Ride Coordinator. I always thought our ride was the Saturday ride? Nearly 6000 riders can't be wrong! Let's see, we have hills and hollows, apple blossoms, horse farms, an ice cream stand, fall foliage, an amazing display of day lilies, a waterfall, 18th century homes, and a tour of the Charles River. Why would anyone need another ride?

Easily the best part of this ride has been the many friends we have made. Some have moved away but still drop in to ride with us when they are in town. These Fitness folks are among the best people I know. I am proud to know them.

Feel free to join us any Saturday at Nahanton Park. The route is always the same, we always go counter-clockwise, and we still leave at 8:30 sharp. Just look for the old guys in tights.

November Mileage Totals

191587

	Miles	M	C	K		Miles	M	C	K
Melinda Lyon	13664	8	8	8	Doug Cohen	3645	3	1	-
Pamela Blalock	10943	10	5	8	Dave VanAmeijden	2692	6	4	-
John Bayley	10185	10	5	5	John Springfield	2465	-	2	1
Jack Donohue	9689	-	-	5	Jim Goldman	2324	2	-	-
Mike Kerrigan	8898	8	5	4	John Kane	1877	-	-	-
Irving Kurki	8551	9	7	3	Susan Grieb	1829	-	-	-
Bruce Ingle	8270	6	4	5	Cynthia Snow	1574	-	-	-
Larry Dolinsky	8087	11	8	-	Harry Wolf	1551	-	-	-
Tod Rodger	7991	6	5	3	Elaine Stansfield	1491	2	-	-
Avram Baskin	6850	6	5	-	John Allen	1430	-	-	-
Robin Schulman	6509	3	3	1	Jim Broughton	1298	-	-	-
Peter Knox	6268	5	3	3	Elisse Ghitelman	1287	-	-	-
Ted Hamann	5392	-	-	-	Ed Trumbull	1001	-	-	-
David Wean	5368	2	-	-	Phyllis Mays	945	-	-	-
Joan Dolinsky	5311	11	-	-	Jeff Luxenberg	917	-	-	-
Glenn Ketterle	5080	1	-	-	George Caplan	813	-	-	-
Joe Repole	4973	11	11	-	John Loring	538	1	-	-
Dick Arsenalault	4938	7	1	-	Cynthia Zabin	482	-	-	-
Bob Sawyer	4814	1	-	-	Rosalie Blum	327	-	-	-
Gabor Demjen	4511	5	3	-	Jared Luxenberg	299	-	-	-
Ed Hoffer	4235	3	-	-	Jacob Allen	179	-	-	-
Ken Hallow	4225	6	2	-	Katie Caplan	104	-	-	-
Joe Marcal	3877	3	-	-	Tracy Ingle	94	-	-	-
Bill Widnall	3722	11	11	-	Sara Luxenberg	74	-	-	-

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the fifth of each month to: Ed Trumbull, 19 Chase Avenue, West Newton, MA 02465 (617) 332-8546.

Footsteps of Lewis & Clark from page 7

was comforted by occasional farms with tractors working in the fields, and I always felt that help would be freely given if needed. Although I carried four bottles of drinks in areas like this, it was always interesting and rewarding to stop and ask for water-if someone was home!

Although weather moves from west to east and common wisdom claims that prevailing winds are also West to East, my touring experience suggests that winds are much more variable. I ran into everything on the prairies. On my best day I had 20 mph tailwinds and made

an easy 125 miles. On my worst day in North Dakota I had similar headwinds and struggled in low gears at 6-10 mph. I thought about the Corps of Discovery rowing, poling, and dragging their big boxy keelboat into this kind of wind. Although it took me two extra hours to get to Bismarck, at least I knew I had a comfortable motel waiting for me.

A few days later I was telling the owner of Pedal and Paddle in Pierre about fighting the wind for the day into Bismarck. He asked how hard it was blowing, and I told him 20. "Oh," he said, "I thought you said it was really blowing." He told me about riding against-and with-40

mph winds. Fortunately, this was the exception rather than the rule.

His assistant explained to me that headwinds are only psychological. If you have the right mindset, you just gear down, go slower, and don't let it bother you. I have mastered this approach on hills, but I have yet to master it with headwinds. I'll take hills any day over headwinds. Hills are rational; you know the climbs end and you will be rewarded by approximately equal descents. Winds, however, are emotional; they may go with you or against you for hours-or even days.

(to be continued)

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Biking in the land of the midnight sun

A slideshow about biking in Sweden and Denmark will be presented in Lexington. Please come to the Unitarian Universalist Church, 755 Massachusetts Avenue on January 23 at 7:45pm. Swedish refreshments served. Sponsored by Backroad Travel in Sweden.

Errata

Your editor erroneously claimed that the former Scollay Square became Kendall square where in fact it is Government Center.

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

- Ace Wheelworks**
145 Elm St., Somerville (617) 776-2100
- Back Bay Cycles**
333 Newbury St., Boston (617) 247-2336
- Belmont Wheelworks**
480 Trapelo Rd., Belmont (617) 489-3577
- Bicycle Bill**
253 North Harvard St., Allston (617) 783-5636
- Bicycle Exchange at Porter Square**
2067 Mass. Ave., Cambridge (617) 864-1300
- Bicycle Workshop**
259 Mass. Ave., Cambridge (617) 876-6555
- Bike Express**
96 N. Main St., Randolph (800) 391-2453
- Bikeway Cycle and Sport**
3 Bow Street, Lexington (781) 861-1199
- Bikeway Source**
111 South Road, Bedford (781) 275-7799
- Broadway Bicycle School**
351 Broadway, Cambridge (617) 868-3392
- Burlington Cycle and Fitness**
330 Cambridge St., Burlington (781) 272-8400
- Chelmsford Cyclery**
7 Summer St., Chelmsford (978) 256-1528
- Community Bicycle Supply**
496 Tremont St., Boston (617) 542-8623
- Cycle Loft**
28 Cambridge St., Burlington (781) 272-0870
- Dedham Cycle and Leather**
403 Washington St., Dedham (781) 326-1531
- Farina Cycle**
61 Galen St., Watertown (617) 926-1717
- Fat Dog Pro Shop**
940 High St., Westwood (781) 251-9447
- Ferris Wheels Bicycle Shop**
64 South St., Jamaica Plain (617) 522-7082

- Frank's Bicycle Barn**
123 Worcester Tpk Westboro (508) 366-1770
- Frank's Spoke 'N Wheel**
119 Boston Post Rd., Sudbury (978) 443-6696
877 Main St., Waltham (781) 894-2768
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66 Needham St., Newton (617) 527-0967
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151 Endicott St., Danvers (978) 777-3337
574 Washington St., Easton (508) 230-8882
303 Worcester Rd., Framingham (508) 875-5158
1 Oak Street, Westborough (508) 836-3878
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POB 100 152 Lincoln Rd., Lincoln (781) 259-9204
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102 Washington St., So. Attleboro (508) 761-4500
- Northeast Bicycles**
102 Broadway, Rt. 1, Saugus (781) 233-2664

- Peter White Cycles**
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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:

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities. I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, the League of American Bicyclists (LAB), 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) _____

- We sometimes allow bicycle-related companies the use of our membership list.
- Check this box if you don't want to receive mailings from these companies.
- We publish an annual member directory that is available only to club members. Check this box if you don't want your name, address and home phone number on this list.

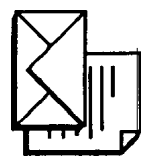
CRW Membership Fees	1 year	2 years	3 years
Individual	\$20	\$38	\$55
Household	\$25	\$48	\$70

Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Sharon Gowan, 504 School Street, Belmont MA., 02478

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

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



Renewal or Change of Address?
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