

Special Edition

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

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CRW Mandated to Conduct Random Drug Testing

By Eli Post

Late in 2010 we announced that the Saturday Morning Fitness Ride (SMFR) had been suspended because the ride leader was recovering from surgery. That account was false and we apologize for the deception, but we were asked to do so by Federal authorities pursuing a doping allegation. A criminal investigation is now underway and we are restricted by a court order in what we can reveal, but this much can be told. Certain individuals were alleged to have been using performance enhancing drugs on the SMFR and other CRW rides, several may be facing criminal charges, and in a settlement with authorities, CRW has reluctantly consented to perform random drug tests on our weekend rides. We agreed to this demand in order to avoid further legal complications and because we believe our cooperation will serve as a deterrent to this abusive behavior.

To be certain you understand the implications of this requirement on riders, a drug test is a technical analysis of a biological specimen - for example urine, hair, blood, sweat, or oral fluid / saliva - to determine the presence of specified drugs. In our case we will be testing

to detect performance enhancing steroids or other drugs prohibited by law. We are in the process of working out the specific collection methods, and have determined that urine samples are the way to go on CRW rides. Typically urine is collected in a specially designed secure cup, sealed with a tamper resistant tape, and sent via express delivery service to a testing laboratory to be screened for drugs. Please be assured that privacy considerations will be uppermost in our priorities as we complete design of the system.



Subpoenas were issued for CRW documents and one of our board members received a subpoena on March 15th. We also learned that prosecutors have sought interviews with potential witnesses. The probe is expected to intensify after the Spring Century, when many cyclists return to the road. The authorities may contact individual members and we urge your full cooperation, especially with Federal authorities who appear to be the most vigilant. CRW was directed to provide The Drug Enforcement Administration (DEA), the law enforcement agency under the United States

Department of Justice, tasked with combating drug use within the United States, with our complete membership list, and they have indicated many of you will in fact be contacted. Should you be subpoenaed to appear before a congressional subcommittee and asked to "name names" please be advised that, while you certainly have the legal right to answer, we hope you humbly take your cue from other courageous Americans who refused to be intimidated.

We should not let a handful of spoilers destroy our Club. While it may appear that CRW cycling is spinning out of control, we feel this news and the action we take will ultimately strengthen the sport for those of us who ride clean and fight fair. ☺

GPS Biochip Implant

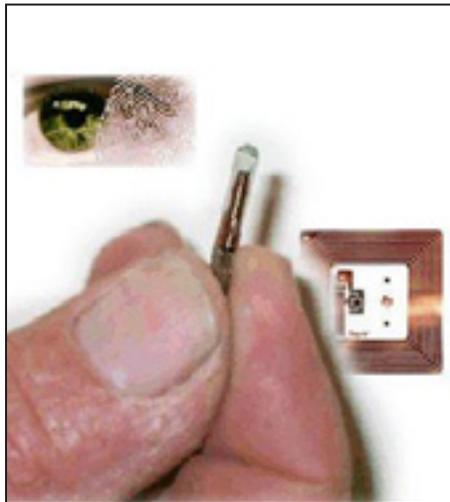
By Eli Post

We are seeing more and more GPS instruments on our rides. As the devices get less expensive and smaller their popularity increases. The latest announcement by Garmin of a GPS Biochip Implant is a fantastic breakthrough which will make these devices available for an ever wider and eager audience.

The biochip implant system is actually a fairly simple device, basically a (micro) computer chip, inserted under the skin. It is a tiny capsule, measuring 11 mm in length and 2 mm in diameter, about the size of an uncooked grain of rice. The capsule is made of biocompatible materials. [GPS Implant - Continued on page 2](#)

patible material so no bodily fluids can touch the electronics inside. The biochip is inserted with a hypodermic syringe. Injection is safe and simple, comparable to common vaccines, and anesthesia is not required.

Garmin has not yet released the full operating procedure, but from early reports we understand that the biochip is inserted behind the left ear, and except for the scar is barely visible. Touching your nose with your index finger for 2 seconds boots up the chip and wiggling your toes brings up the menu options. No maps are required as instead of turn by turn directions the chip transmits signals which move your hands involuntary so turns become obvious. An added feature is that there are also voice commands as an option, available in a dozen



different languages offering you an opportunity to brush up on your French or Spanish or whatever. You will of course have your choice of a variety of male or female voices, but the real shocker is that the biochip can search your neural network for voices in your life and substitute one of those. You could vicariously reconnect with your kindergarten teacher or someone in your more recent life.

A word of caution is in order however. Some medical authorities warn that there is a downside to the biochip, with potentially disturbing consequences. Your thoughts could conceivably broadcast to the outside world and evil others might also be able to implant thoughts into your head via the biochip. This minor blip aside, the GPS biochip is a breathtaking technological breakthrough. ☺

WaterStop Dates

The world's Largest Personals Community



**Meet someone at
a CRW Water Stop!**

Tired of wasting time over lunch to meet the right person? Looking for a better way? Water Stop Dates is Boston area's premier dating service for single cyclists. Simply text us when you are approaching a CRW water stop, and we will match you with a cyclist at the stop. Talk gear ratios as you munch on a PB&J sandwich. Compare saddle sores as you wait in line to fill your water bottles.

Register now at waterstopdates.com!





April Rides Update

Naked Bike Ride

Several cities offer a variation of a clothing optional bike ride where nudity is encouraged but is not mandatory. Participants ride together in a celebratory fashion, and

these rides become events unto themselves featuring musical bands, DJs, body painting, temporary structures, and foods of different cultures. Creative expression is encouraged to provide for a fun atmosphere during the ride, and also to capture the attention and imagination of passers-by and the media.

Major cities including London, San Francisco and Los Angeles have organized such events, and it's time Boston joined their ranks. CRW will be holding a "naked bike ride" in April. We will attempt to make the ride experience more personalized and fulfilling for the riders, and in fact are preparing for a record turnout of riders and possibly crowds to observe the event.

The rules are still under development, but we've decided that you do not have to ride 100% naked. All levels of dress or undress are acceptable. Also you do not have to have a world class body, and all genders, ages, sizes and shapes are welcome to participate. Finally, we can't prevent people who watch this event from snapping photos and taking video so don't be surprised if you end up on the evening news or the front page of your local newspaper. It's all in fun. The date and place will be posted on the CRW website shortly. ☺



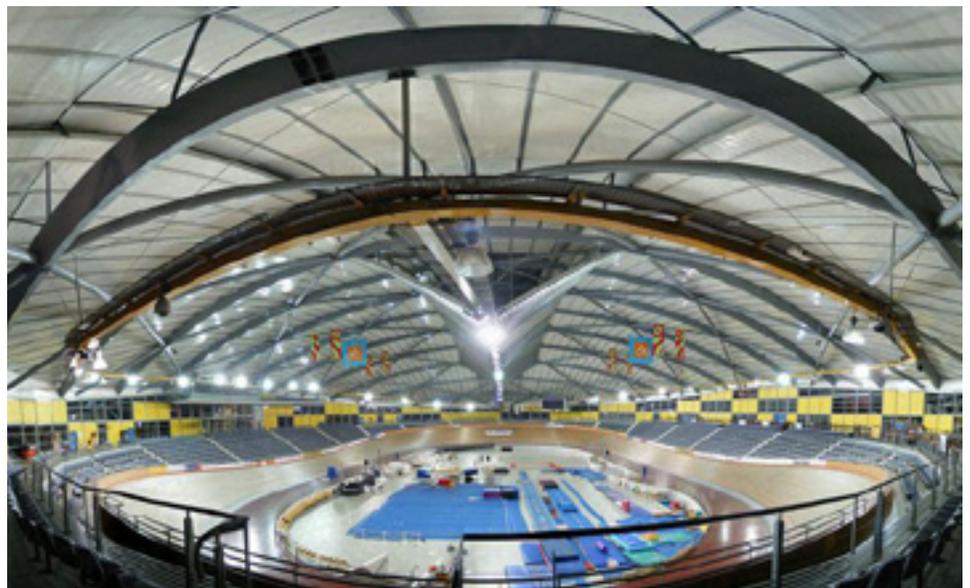
Register Now CRW's "Flatter than the Flattest" Century Ride!

By Kimberley Fitch

OK, I'll be honest – brutally honest. I can't remember the last time I truly enjoyed a hill on a CRW century ride. I just pretend, and feign enjoyment while ascending each hill. Yet, every uphill pedal stroke leads me further into misery. Even more frustrating is the fact that I always get lost on CRW century rides. Losing my way these days is the norm, rather than the exception. I really find it inconvenient to hunt for arrows while trying to enjoy the scenery. And, the water stops are never situated where and when I want them.

In response to chronic complainers like me, the CRW now offers an annual "Flatter than the Flattest" Century ride. The first ride will take place in May, at the Concord/Carlisle High School track, in Concord, MA. This exciting ride consists of 400 laps around the 1/4 mile track. Water stops situated at each end of the track will allow cyclists to stop each 1/8th mile for rest and refreshments. This is a fully arrowed ride with cue sheets and route maps.

This century truly offers something for everyone. Wayward cyclists will be guided back on route by CRW volunteers. Hammerheads will no longer need to break stride to visit water stops – CRW volunteers will hand food directly to them as they race by. If



the first year is a success, we will procure a velodrome, a specialized arena for track cycling. The modern velodrome provides a lovely indoor environment, including: (a) a reliable source of bright, artificial light (b) a special air filtration/cleaning system which prevents outside air

from seeping in, and a consistent source of scenery (no more getting distracted by hilltop vistas or wildlife sightings!).

This ride is pre-registration only, and limited to the first 500 riders. Register now at www.crw.org! ☺