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# Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 4 · April, 2007

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## Promoting the Safety Culture

**A**s reported last month, the CRW Board of Directors unanimously approved and adopted the CRW Safety Policy:

“The CRW promotes safe, courteous, and lawful cycling practices. CRW members are expected to cycle in a safe, courteous, and lawful manner when participating in CRW rides, and to encourage the same among fellow members and CRW guests.”

The Safety Policy formally recognizes the importance to the CRW and its members of safe, courteous, and lawful cycling. Now it's up to the rest of us to promote the safety culture through our actions and our words. We face several important barriers, including:

- The Herd Instinct: We humans have an innate tendency to follow the crowd—to do as others are doing—without thinking for ourselves and making our own decisions;
- Competitiveness: We want to show others

that we can keep up (even when it would be safer or more courteous to fall behind);

- Lack of Knowledge: Some of us don't know the rules of the road or understand safe cycling practices;
- Lack of Skills: Some of us lack key riding skills needed to keep our bikes under good control at all times and to follow a predictable path;
- Road Rage: We can point fingers at the motorists, but we fall victims to it, too; and
- Fear: Overreacting out of fear (riding too far onto an unsafe shoulder, braking or swerving suddenly and without warning, etc.) makes us less safe. Fear also clouds judgment and increases muscle tension (taking away the damping properties of a relaxed body that helps keep a bike stable).



CRW ride leaders and Safety Committee members promote safety through pre-ride safety talks and safety articles. However, promoting the safety culture in the face of these powerful barriers requires much more; it requires the membership at large (that means you) to set

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promoting the safety culture . . . requires the membership at large (that means you) to set a good example and to talk it up

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a good example and to talk it up.

Where can you start? Two key challenges that all cycling groups face are:

- Yielding to other users of the roadway when appropriate; and
- Facilitating the smooth flow of traffic.

**Yielding:** Most of us know when we have the

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## CRWANNOUNCE

**T**he 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 sub-

scribe to the list now by sending an email to: [crwannounce-subscribe@yahoo.com](mailto:crwannounce-subscribe@yahoo.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/>

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## BOARD OF DIRECTORS

|                     | Term Expires |              |
|---------------------|--------------|--------------|
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| Don Blake.....      | 2007.....    | 781-275-7878 |
| Jack Donohue.....   | 2009.....    | 781-275-3991 |
| 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 |

## OFFICERS AND COORDINATORS

|                                      |                        |              |
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| President.....                       | Michael Aarons.....    | 508-651-9259 |
| Executive Vice President.....        | Eric Evans.....        | 617-901-3958 |
| Vice President of Finance.....       | Rich Levine.....       | 617-630-1565 |
| Vice President of Publications.....  | Ken Hablow.....        | 781-647-0233 |
| Vice President of Legal Affairs..... | Jeanne Kangas.....     | 978-263-8594 |
| Secretary.....                       | Janet Tortora.....     | 978-692-7273 |
| Treasurer.....                       | Don Blake.....         | 781-275-7878 |
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| Membership Coordinator.....          | Linda Nelson.....      | 617-964-5727 |
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| Membership Information.....          | Keith Manning.....     | 781-643-4628 |
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| Publicity Coordinator.....           | Kimberley Fitch.....   | 781-354-4780 |
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| Mileage.....                         | Jack Donohue.....      | 781-275-3991 |
| Government Relations.....            | Bill Widnall.....      | 781-862-2846 |
| Bike Shop Program.....               | Jim Mello.....         | 508-545-0227 |
| Volunteer Coordinator.....           | Marilyn Hartman.....   | 781-935-9819 |
| Social Committee Chair.....          | Naomi Wernick.....     | 781-894-3668 |
| Safety Coordinator.....              | Bob Zogg.....          | 617-489-5913 |

## RIDE PROGRAM COORDINATORS

|   |                       |              |
|---|-----------------------|--------------|
| Vice President of Rides.....            | Bill Widnall.....     | 781-862-2846 |
| 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 Arsenalault..... | 781-272-1771 |
| Wednesday Ice Cream Ride.....           | Justin Haber.....     | 617-965-3904 |
|   | Gabor Demjen.....     | 617-266-8114 |
| 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 |

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|  |  |
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| Web Site ( <a href="http://www.crw.org">http://www.crw.org</a> )                                   |  |
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| Picture Gallery.....   | Rory Dela Paz..... <a href="mailto:rdelapaz@mindspring.com">rdelapaz@mindspring.com</a>  |
| Touring.....   | Andy Meyer..... <a href="mailto:asm@ameyer.org">asm@ameyer.org</a>                       |
| E-Mail List ( <a href="mailto:CharlesRiverWheelmen@yahoo.com">CharlesRiverWheelmen@yahoo.com</a> ) |  |
| Administrator.....   | Barry Nelson..... <a href="mailto:barrynelson@alum.mit.edu">barrynelson@alum.mit.edu</a> |



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](mailto: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 617-491-6523

# CRW Board Meeting Minutes



**March 6, 2007**

## **In Attendance:**

Board Members (8): Michael Aarons, Eli Post, Don Blake, Eric Evans, Rich Levine, Jack Donohue, Bill Widnall and Janet Tortora

## **Minutes (Janet Tortora)**

Minutes from the February 6 meetings were approved.

## **Reports of Officers, Coordinators, and Standing Committees**

### **President (Michael Aarons)**

No report

### **Rides Committee (Bill Widnall)**

VP of Rides, Bill Widnall, reported that Jack Donohue has added the list of ride leaders on the website's ride listing submittal form. If someone who is not listed on the form wants to lead a ride, that person should contact the rides coordinators. A ride leader is required to be a current CRW member.

Both Granite State Wheelmen and Narragansett Bay Wheelmen have contacted CRW and suggested that rides might be jointly offered when rides are in fringe areas. Eli Post has volunteered to talk to these organizations.

The Board discussed the use of PayPal for prepayment of the centuries. Currently the Spring and Fall centuries offers members the PayPal option, but the Climb to the Clouds does not.

### **Membership (Linda Nelson)**

Janet Tortora, based on a note from Linda, reported the membership numbers for January were 1109 current memberships, 1334 current members, 23 expired members, 14 new members, 27 renewed members.

The Board deferred a discussion about the number of membership renewal reminders to send until the next meeting when Linda is present.

### **Vice President of Finance (Rich Levine)**

#### **Budget**

Rich Levine presented the budget for 2007. Eric Evans motioned that the Board accept the budget as presented by Rich Levine. Janet Tortora seconded the motion and the Board unanimously supported the motion.

## **Century Committee**

Jack Donohue reported that the Century Committee, under the leadership of Susan Grieb, met Monday night with 14 members in attendance and divided up the work. The Spring Century can always use more volunteers. Members should contact Susan Grieb if they would like to volunteer.

## **Old Business**

### **Massachusetts Sales Tax Exemption (Michael Aarons & Don Blake)**

Copies of the sales tax exemption have been emailed to all Board members. If a member is going to purchase an item for the club, that person should contact a Board member for the tax exemption information.

### **Awards Banquet & Holiday Party merger discussion (Eric Evans)**

The Board is in favor of merging the Awards Banquet and the Holiday Party. Eric has volunteered to coordinate the merging of the parties.

## **New Business**

### **Donation to St. Paul's for use of library**

Don motioned to make a donation to St. Paul's Church in Bedford for use of the meeting space. Additionally Michael motioned to send a donation to Hancock Church in Lexington for past use of their meeting space. The Board unanimously supported both motions.

### **Bike Donations by John Vanderpoel**

John Vanderpoel has donated some bicycles to the club. Eric will discuss this with John. The Board thanks John for his donation and support of CRW.

NOTE: The next Board Meeting will be held on WEDNESDAY, April 4, 7:00 PM at St. Paul's Church Library in Bedford, MA.

Respectfully submitted,

Janet Tortora

Secretary

# NEBC Introduction to Bicycle Road Racing Program

Back for its 15th year, this program teaches the fundamental skills of bicycle road racing. Included in the skills taught are pacelines, pack riding skills, bike handling, cornering, sprinting, climbing and descending. The program also introduces training methods, tactics and strategies for successful bike racing. The program culminates with a "graduation exercise," where we bring you to an actual race to try out your newly learned skills.

The 2007 NEBC Introduction to Bicycle Road Racing program consists of two parts:

- 2 evening classroom sessions, where racing and training fundamentals are presented (April 4th and 18th, 7:00 - 8:30 pm) - 4 Saturday morning riding sessions, where riding and racing skills are taught and practiced. (April 7th, 14th, 21st, 28th, 10am - 1pm)

This program is recommended for anyone that already has bicycle riding skills and experience, but wants to take it to the next level and enter the world of road racing. More information and a downloadable registration form can be found at the NEBC web site at:

<http://www.northeastbicycleclub.org/home/events/?c=clinic>

## New Welcome Members

|   |                |
|---|----------------|
| Kathleen Anderson                             | Scituate       |
| Jenny Harvey,<br>Pieter De Hart               | Brighton       |
| Caitlin Hollister                             | Brookline      |
| Mary Hurley, James Hurley                     | Bedford        |
| Todd Kaplan                                   | Somerville     |
| Christopher Kirchwey,<br>Ruth Kirchwey        | Cambridge      |
| Cheryl Kronk                                  | Andover        |
| Jeffrey Linder                                | Newton         |
| Highlands                                     |                |
| Danny Muehlschlegel,<br>Susanne Muehlschlegel | Brookline      |
| Gregory Orzolek,<br>Beata Pawska-Orzolek      | West<br>Newton |
| Wendy Schwartz                                | Allston        |
| Philip Sutherland                             | Wellesley      |
| Chris Woodward                                | Dover          |
| Douglas Wynyard                               | Burlington     |





# 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 web site Saturday night after 9:30 PM for any last minute cancellations. The 40 mile ride loops through Rockland, Hingham, Norwell, Scituate, and Cohasset. The 50-mile option adds a loop through Nantasket Beach and Pemberton Point in Hull, with a magnificent view of Boston Harbor from under the windmill. A coffee stop in Scituate is optional. An ideal ride for fast to moderate riders with paceline experience or a desire to learn.

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

**Start:** Park'n'Ride lot, Rockland (opposite Home Depot)

**Directions:** Take Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. Call to confirm. Space unlimited.



## Wednesday Wheelers

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

**Description:** A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country

skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace.

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

**Start:** Location Varies.

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

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

## Friday TGIF Unwinder

**Times and Routes:** 5:30 PM. Rides of 18 or 24 miles.

**Ride Type:** Map and Cue Sheet, Arrowed

**Description:** A club ride that provides something for all tastes. There is usually a fast group riding paceline while others tour at their own speed. The ride winds through the shade of back roads in Concord, Carlisle, Acton and Chelmsford and is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. 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 seasonal 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.



## 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 paceline riding techniques.



# April 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.



## TGIS (This old white house)

*Sunday - April 1*

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

**Ride Type:** Map and Cue Sheet, Arrowed

**Description:** The rides wind through mild rolling back roads in Concord, Carlisle, Acton and Chelmsford for those out to enjoy the scenery. The 53mi adds some hills for the fitness rider and extends through Stow, Harvard, and Littleton. We'll stop for food in Harvard. Shorter versions are also arrowed (18, 24 mile) The ride passes: the Minuteman visitor center, Great Brook Farms/Carlisle state forest, Kimball Farms (18mi), recent Carlisle 'This old house', Nagog Pond(35mi), Chelmsford cranberry bog.

**Leaders:** Daniel Rabinkin (781-275-2391, [rabinkin@ll.mit.edu](mailto:rabinkin@ll.mit.edu)), Paul Hardin (978-866-3040, [CRWGPSGuy@comcast.net](mailto: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:** By car: 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. By Bike: go to the end of MinuteMan Rail trail, continue on Railroad Ave. past bikeway source until just after the high school football field (0.6 mi) take a right (on to the side sidewalk) up past the school driveway.

**Note:** Snow/Rain cancels

## Why is Greenville Green

*Saturday - April 7*

**Times and Routes:** 10:00 AM for 34 miles and 46 miles

**Ride Type:** Cue Sheet, Weekend Wheeler

**Description:** Both rides include one long, challenging hill in Mason, NH. The long ride includes several additional hills for your enjoyment. The lunch stop for the short ride is in Townsend, MA. Lunch for the long ride is in Greenville, NH. Those who attempt the long ride should try to answer the question "Why is Greenville green?" A follow the leader option (led by the ride leader) will be available for the short ride. Rain cancels.

**Leaders:** Kimberley Fitch (781-354-4780, [peerprint@yahoo.com](mailto:peerprint@yahoo.com))

**Start:** Groton/Dunstable Regional Middle School, 344 Main St. (Rt. 119), Groton

**Directions:** From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Continue on 119 W for 7.3 miles, and the school is on your right.

## Larz Anderson Ride

*Sunday - April 8*

**Times and Routes:** 10:00 AM for 20-something and 40-something mile routes

**Ride Type:** Cue Sheet, Arrowed

**Description:** This is the ride developed for the CRW 40th birthday. Starting in Brookline, it heads out to the western suburbs.

**Leaders:** Eric Ferioli (781-235-4762)

**Start:** Larz Anderson Park in Brookline - home of the Larz Anderson Antique Auto Museum

**Directions:** From the West: Take 128 to Route 9 east, towards Boston. You will eventually pass the Chestnut Hill Mall on your left side. Five or six lights after the mall, you will come to the intersection of Route 9 and Chestnut Hill Avenue and Lee Street, take a right onto Lee Street and follow to end. At the end of Lee Street, take a left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left on Goddard Ave. Park is 1/4mile on the right. From the East: Take Route 9 west, towards Newton. After you pass the Brookline Reservoir on your left, take that



left onto Lee Street, follow Lee St. to the end. At the light turn left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left onto Goddard Avenue. Park is 1/4 mile on the right.

## Concord Carlisle Lincoln Loop

*Saturday - April 14*

**Times and Routes:** 30 miles at 10:00 AM

**Ride Type:** Cue Sheet, Weekend Wheeler

**Description:** We will take a tour over quiet country roads through Concord Carlisle and Lincoln. Rest stops at Minute Man Park Headquarters, and in Concord Center. The return route will take us past Walden Pond and through Lincoln Center. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. Details at the ride start or contact ride leader for more information.

**Leaders:** Winslow Green (781-861-8837, [wwcgreen@massmed.org](mailto:wwcgreen@massmed.org))

**Start:** Paul Revere Capture Site parking lot

**Directions:** Take Exit 30 (Route 2A) West about 1 mile west, across from Mill St.

## Bolton Opener

*Sunday - April 15*

**Times and Routes:** 10:00 AM for 43 or 29 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Enjoy the early Spring in the rolling countryside of Stow, Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir. 43 and 29-mile rides on quiet scenic roads with a stop at Bolton Orchards for cider, donuts, etc. I'll be there rain or shine. If you have a last minute question, please call me (don't email me at the last minute).

**Leaders:** Bill Scott (978-456-3138, [billscott@alum.mit.edu](mailto:billscott@alum.mit.edu))

**Start:** South Acton "T" station, Central Street at Route 27.

April Rides - Continued on page 6

Directions: Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center (formerly, being redone into condos) on the corner.

Note: The parking meters are not active on weekends.

## Bare Natick

Saturday - April 21

Times and Routes: 10:30 AM 35 miles

Ride Type: Map and Cue Sheet

Description: Route goes to the southwest through Dover, Medfield, Millis, and Sherborn.

Leaders: Eric Ferioli (781-235-4762)

Start: Natick Common

Directions: At the intersection of Route 135 and Route 27.

## Hills to Almost Hopedale

Sunday - April 22



Times and Routes: 9:45 for 47, 35 or 20 miles

Ride Type: Cue Sheet, Arrowed

Description: Scenic, little-used roads through Framingham, Hopkinton, Milford, Upton, and Hopedale. Hilly ride with few places to

buy food. This early season version of the ride will not officially include the 70 mile option which goes all the way to Hopedale. Cue sheets for the 70 mile route will be available for those who wish to ride the full route.

Leaders: Eli Post (617-547-6778 before 11PM,

elipost@comcast.net), Michael Aarons (508-651-9259, Michael.Aarons@XOMETRIX.com) Start: George P. King School and Framingham Public Schools Administration Building, 454 Water St., Framingham

Directions: Mass Pike to exit 13 (rte. 30) towards NATICK/FRAMINGHAM. After tolls, bear left to Natick and go 0.2 miles. Turn left at lights onto Speen St. and go 0.5 miles to end. Turn right onto Old Connecticut Path and continue 0.5 miles. Turn left onto Hamilton (tricky!). Go 0.1 mile to the end and turn left at stop sign onto School St. Go 0.05 miles and turn right at the fork onto Concord. Go 0.3 miles and turn left onto Central (Saxonville) at light. Go about 20 yards and turn right onto Water St. at light. Follow Water St. for 1 mile and turn left into roadway for school parking lot. There is a large, clearly visible sign that says, "George P. King School..." immediately after the turn for the school.

## The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 20, 2007

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

### START -Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.

Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1 1/2 miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is 1/4 mile on the left.

Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

**TIMES** - 8:00 - 100 miles *Full Century*  
9:30 - 62 & 50 miles *Metric & Half Century*  
10:30 - 25 miles *Quarter century*

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

- Water & food stops on the longer routes
- Bicycle Bozo's infamous tag sale
- After ride gala including our usual array of food & general camaraderie.
- CRW water bottle for all entrants
- Technical and mechanical support by **CycleLoft**  
*Please arrive at least 45 minutes early if you want your bike checked before a ride*

Register online at <http://crw.org/CenturyRF.htm>



### PRE-REGISTRATION FORM

This form must be received by May 14, 2007

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



## Circling Concord

Saturday - April 28



**Times and Routes:** 9:30 AM for 33 and 45 Miles  
**Ride Type:** Cue Sheet, Follow the Leader

**Description:** Enjoy riding on mostly scenic rural roads. Starting in Concord, the route makes a loop through Sudbury, Hudson, Stow, Boxborough, Littleton and Acton. The longer route adds Westford and Carlisle. The terrain is moderate with one notable but short climb. There are food stops in Concord near the start/end of the ride as well as in Acton. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered for the 33 mile option. Details at the ride start or contact ride leader for more information.

**Leaders:** Eli Post (617-547-6778 before 11PM, elipost@comcast.net), Richard Vignoni (978-549-2635, Richard.vignoni@verizon.net)

**Start:** Concord Center Visitor Center

**Directions:** Rt. 128/95 to Exit 29, Rt. 2 West. Go 4.6 mi., look for the Rt. 126 sign, and turn right at that intersection onto Walden Street. Bear right at the fork. At 1.2 mi. in Concord Center make a left onto Main St. and a right into the town parking lot. The Visitor Center is at the south end of the parking lot.

## Apple Pi Ride

Sunday - April 29



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

**Ride Type:** Cue Sheet, Arrowed

**Description:** The short ride goes through Concord, Acton,

Littleton, Westford, and Carlisle. The long ride

adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

**Leaders:** Jack Donohue (781-275-3991 before 9PM, jmdonohue@alum.mit.edu), Susan Grieb (slgrieb@comcast.net)

**Start:** VA Hospital Parking lot, Springs Road, Bedford

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

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

## CRW Trips

### 36th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 8-10, 2007

Join us for this classic Vermont tour, biking 100 miles from Ludlow to Waterbury on Saturday, and returning on Sunday. (That's 200 total miles.) This is a tour, so expect some serious climbing (sometimes over 10% grade), wide-ranging weather (cold rain to hot and humid), and varying traffic conditions. Travel through quaint Vermont towns, passing by farms, country stores, ski areas, and the Green Mountains. To enjoy this tour make sure you can bike 100 miles in less than 8 1/2 hours. Helmets are required.

Cost of \$130 covers Friday and Saturday night lodging, Saturday continental breakfast, Saturday night supper, Sunday breakfast, Sunday after-ride showers, an official patch, a map, cue sheet, and baggage support. You are responsible for all other food along the way. Be prepared to fix your own flats and make minor repairs. Bring a touring bike with fenders (unless you don't mind the "skunk streak" of riding in the rain). Strictly limited to 28 riders.

For info and registration form, email John Springfield at: [spring6@comcast.net](mailto:spring6@comcast.net).

### South Royalton Vermont Weekend

July 6-8, 2007

Join us for a weekend of challenging cycling in beautiful central Vermont. Option to arrive early Friday for an afternoon ride. Saturday and Sunday riders can choose from many routes of varying distances - 20 to 80+ miles distance. Rides loop through the pastoral countryside, climbing hills and traveling through idyllic valleys. Many country stores to stop and get refreshments. Loops also through Woodstock. Walking and hiking nearby as well, so options for non-bicycling partners. Trip will be centered on our 52 acre wooded property with a large pond available for swimming. Camping by the pond is available for free. Motel and B&B options short distances away for the non-camping crowd. Whether you camp or stay in accommodations, join us for bicycling, swimming, sitting by a big campfire! Camping cook stoves will be available and option for potluck dinner Saturday night. Also, South Royalton town center is 10 minutes away by car with restaurants and a health food coop.

Cost of trip for camping participants is free (non-camping accommodations extra). Reserve your spot by June 15th, with your name, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders.

Leaders:

Pat Stabler and Tom Evers  
781-662-2147 (before 9 PM)  
49 Whittier St  
Melrose, MA 02176

### Tour of Northeast Kingdom (TONEK)

July 5-7

Peter Brooks is organizing a three day inn to inn, supported tour from Franconia, NH up to and around this beautiful and unspoiled region of Vermont. We will gather Thursday night at an inn in the Franconia area, get organized and leave the next morning for a 50 mile ride up to E. Burke VT. Don MacFarlane will be assistant ride leader and share the driving chores.

Each day's route will have the option of including more scenic un-paved back roads which are free of traffic, or staying on the pavement. This area of Vermont is sparsely settled and dotted with lakes between the hills. If the ride to Burke left you with more energy despite the elevation gain there is a challenging climb up Burke Mountain. Saturday we will ride 50 miles from Burke past Lake Willoughby to the Old Stone House Museum in Brownington, then through Irasburg and on to the Outdoor Center at Craftsbury for the night. Lunches will be at general stores along the way. The Outdoor Center provides all you can eat healthy meals and dormitory style accommodations. Sunday we ride about 70 miles back to the Franconia area where I hope to arrange a farewell event before driving back south.

The trip is limited to 12 by the smallest inn having only six rooms for double occupancy, but more could be accommodated if three or more are agreeable to share the large rooms. The cost of the trip including breakfasts, dinner, and "happy hour" should not be over \$250 per person. A deposit of \$75 is required by May 1, with full payment by June 15. The deposit will be refunded if canceled by June 15 and if the space can be filled. Please contact Peter for details at 617-926-5735 or [p.brooks@rcn.com](mailto:p.brooks@rcn.com).

### Velo Vermont

July 20-22, 2007

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont.

Saturday and Sunday riders can choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Chal-

CRW Trips - Continued on page 7

lence route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben and Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$160 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, email address, postal address, and phone. Call after that for last minute availability. Make checks out to Charles River Wheelmen.

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

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

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

## BIKE QUOTE

Ever bike? Now that's something that makes life worth living! I take exercise every afternoon that way. Oh, to just grip your handlebars and lay down to it, and go ripping and tearing through streets and road, over railroad tracks and bridges, threading crowds, avoiding collisions, at twenty miles or more an hour, and wondering all the time when you're going to smash up. Well now, that's something! And then go home again after three hours of it, into the tub, rub down well, then into a soft shirt and down to the dinner table, with the evening paper and a glass of wine in prospect - and then to think that tomorrow I can do it all over again!

— Jack London



right of way, and when we don't. The problem is, we don't like to slow down and we certainly don't like to stop. This is understandable—cyclists work very hard to get momentum and we hate to lose it. So, it takes extra effort and discipline for a cyclist to yield properly. "Yielding properly" does NOT mean barreling into an intersection at a speed that barely allows time to panic-stop if traffic happens to be coming. It means approaching the intersection a) slowly, so that we can stop safely, and b) in a manner that communicates to approaching traffic that we *intend* to yield. Many times, motorists stop for us (when they have the right of way), not because they are being polite, but because we show no signs of yielding and they don't want to hit us!

**Facilitating the Smooth Flow of Traffic:** We facilitate the smooth traffic flow by allowing faster traffic (motorists and faster cyclists) to overtake us with relative ease (but without compromising our safety). Why do this? First, if we want motorists to share the road with us, let's share the road with them, too. Second, unnecessarily impeding motorists can encourage road rage, which in turn can endanger our friends riding ahead of us. Third (albeit less important), courtesy enhances acceptance of cycling clubs and group rides by the communities in which we ride.

Facilitating smooth traffic flow can be tricky, especially on group rides, and requires a multifaceted approach. Despite our narrow width, cyclists sit quite tall in the saddle compared to where most motorists sit, sometimes making it tough to see beyond us for safe passing. Large

**"Yielding properly" does NOT mean barreling into an intersection at a speed that barely allows time to panic-stop if traffic happens to be coming.**

groups of cyclists can be particularly tough to pass safely, especially on narrow or twisty roads, regardless of our formation (i.e., whether single file or clustered).

The first step is to keep riding groups small. We suggest a maximum of 6—certainly no more than 8. Do your best to encourage larger groups to split up. Ride leaders can help by staggering ride starts. Staggered starts usually won't get us all the way to groups of 6 or fewer, but it certainly helps avoid mega clusters of cyclists and makes it easier for riders to split up further on their own.

The second step is keeping right. Ride as far right as pavement conditions allow, unless you are preparing for a left turn, riding at the

speed of traffic, descending a hill at high speed, intentionally occupying your lane (because it's unsafe for motorists to pass you within the travel lane), entering an intersection, avoiding the "door zone" when passing parked cars, or otherwise positioning yourself to be more visible to motorists. The list of exceptions is long, but at most times on suburban or rural roadways we don't need to ride very far into the traffic lane to be safe.

The third step is watching for approaching traffic. Motorists approaching from behind often

**if we want motorists to share the road with us, let's share the road with them, too**

can not be heard above the wind and other noises inundating our ears. If your riding group is not already single file, you will need to be vigilant about checking for traffic. While there is some controversy among cyclists about mirrors, these devices provide a very convenient way to check for approaching traffic. If you don't use a mirror, you'll need to turn around and look frequently, without swerving. Since riders near the back of a group can block the rearward view of riders near the front, it is helpful for riders near the back to announce approaching traffic by calling out "car back". However, each cyclist is responsible for keeping track of traffic, regardless of position within the group. Frequent checks for approaching traffic are much less important if your group is already riding single file.

The fourth step is getting single file when traffic approaches. This doesn't mean waiting to finish your sentence, waiting for others to shout "car back", or waiting until the approaching motorist honks—it means as soon as safety considerations permit. To facilitate singling up quickly and safely, never ride more than two abreast. Ride single file at all times on heavily traveled roads, unless the shoulder is wide enough that motorists can pass unimpeded.

Practicing and promoting safe, courteous, and lawful cycling may seem like a daunting task, but don't underestimate the impact that your individual behavior, words, and attitude can have. You can be much more influential than you may realize!

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







## A Touring Life

By John Springfield

# COLLECTING COINS WITH ED TRUMBULL

I probably first met Ed Trumbull in 1974. I was 25, and he was about my present age, 58. He reminded me of my father at times. He had a great laugh, stubborn ways, and heart of gold. Later, when my children were born, his grandchildren were born. We both loved bicycling. I found out later that he started bicycling in his 50's. He biked to work every day from West Newton to downtown Boston until he retired.

I usually saw Ed on the Charles River Wheelmen rides on Sundays. But once a year we toured with 80 others on TOSRV-East, a 2-day, 200-mile ride in Vermont. He was in his late 60's (70's?), and could still ride over Terrible Mountain and the Duxbury Hills. Later, he drove the sag wagon.

I also biked with him on a charity ride once a year. Ed always collected the most money. For his efforts he won bikes and other equip-

ment. Knowing Ed, he probably donated his prizes also.

But his most interesting "habit" was collecting coins. While bicycling, that is. I soon learned

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**At any moment, he was apt to slam on his brakes, get off his bike, and pick up a coin**

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not to follow him too closely. At any moment, he was apt to slam on his brakes, get off his bike, and pick up a coin that only he could see. After a while he had a large collection of "coins collected while bicycling". I never knew if he spent any of his coins. I think the thrill was in the hunt.

In his later years he biked on a custom built

quadracycle. My wife, Janet, would often see him ride by Underwood School as she had the school kids out for recess. Ed was determined to ride as long as he was able.

But time catches up to us all. Ed passed away in February 2007.

When I think of Ed now, I see him negotiating with the angels to allow his bikes through the heavenly gates. And, how's a man supposed to bike on these fluffy clouds? And where are the challenging hills? Finally, after a hearty give-and-take, Ed is allowed to bring his bikes. Soon others are joining Ed in the construction of a series of ethereal roads, complete with wind, challenging climbs, and screaming downhill. Now, there were Sunday rides in heaven.

So, ride on, Ed. Your earthly tour is over. But I know that every time I pick up a coin on the road, you'll be winking at me.

## 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.

### CRW Internet Mailing List

CRW maintains a mailing list for exchange of information among members, and for posting notices in addition to Wheelpeople. Anybody with an e-mail address can sign up. For more details on the list and other options, check out:

<http://crw.org/maillist.htm>

### 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](mailto:membership@crw.org).

### Late Breaking News

Be sure to include your email address when you join or renew your membership. We occasionally send announcements to all members who have registered email addresses with us of information that happened too late to be published in WheelPeople. Rest assured that your address will only be used for this.

# Little Jack's Corner

by Jack Donohue



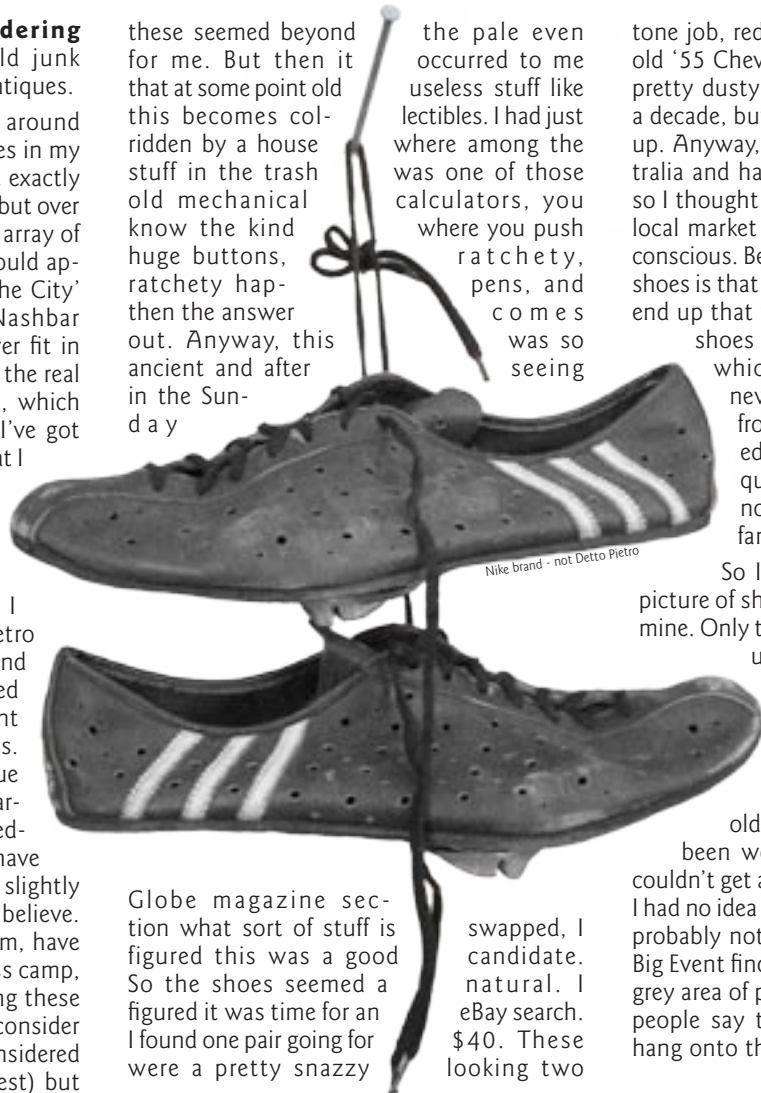
**I've been wondering** when does old junk become rare antiques.

I was rooting around in a box of shoes in my garage. I'm not exactly Imelda Marcos, but over the years I've acquired an impressive array of shoes. Not the sort of shoes that would appeal to Carrie Bradshaw of 'Sex in the City' but shoes bought on sale from Nashbar many years ago, most of which never fit in the first place. And then there are all the real good deals I got at Big Events past, which almost fit and the price was right. I've got various generations of shoe covers that I stopped wearing when I decided they were just too much trouble to take on and off and having cold feet wasn't all that bad.

Anyway, in the aforementioned box I came across two pairs of Detto Pietro cycling shoes. The old real leather kind with shoelaces. That had the slotted cleats on the bottom that were meant to fit into regular pedals with toe clips. I suspect many of you haven't a clue what I'm talking about but these harken back to the days before clipless pedals were invented (see, you had to have clips before you could be clipless), slightly after the invention of the wheel, I believe. Anyway, even I, retrogrouch that I am, have gone over to the dark side, the clipless camp, and the possibility of my ever wearing these was remote. Now, I am not one to consider discarding any item that might be considered remotely useful (as Mrs. D. will attest) but

these seemed beyond for me. But then it occurred to me that at some point old useless stuff like lectibles. I had just where among the was one of those calculators, you where you push ratchety pens, and comes was so seeing the pale even occurred to me useless stuff like lectibles. I had just where among the was one of those calculators, you where you push ratchety pens, and comes was so seeing

the pale even occurred to me useless stuff like lectibles. I had just where among the was one of those calculators, you where you push ratchety pens, and comes was so seeing



Globe magazine section what sort of stuff is figured this was a good So the shoes seemed a figured it was time for an I found one pair going for were a pretty snazzy

swapped, I candidate. natural. I eBay search. \$40. These looking two

tone job, red and gray (much like my aunt's old '55 Chevy). My two pair were black and pretty dusty from sitting in a box for about a decade, but I figured they could be cleaned up. Anyway, the seller was in Brisbane Australia and had an unspecified shipping cost, so I thought I might have a good shot at the local market that were not particularly style conscious. Besides my experience with cycling shoes is that if they don't start out black, they end up that way anyway. Then I noticed the shoes in question had velcro straps, which meant that they were way newer than my shoes, which were from long before velcro was invented. So, this didn't really answer the question, since these were clearly not collectibles, but modern new fangled merchandise.

So I kept looking and came across a picture of shoes for \$60 that looked a lot like mine. Only they weren't all dusty and scuffed up. They were literally new. Sold by a store named New-Old-Stock "NOS" Bicycle Shop. So My only consolation was that though they looked the same, my shoes were actually way older than those. They might have been worn by Fausto Coppi. Probably couldn't get away with advertising that, since I had no idea who they were worn by (one pair probably not even by me, since they were a Big Event find). So it looks like I'm still in that grey area of pretty old but not ancient (some people say that about me). Guess I better hang onto them for another ten years.

## 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  
1 Gleason Rd.  
Bedford, MA. 01730

# February Mileage Totals

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 0 | 2 | 4 | 6 | 8 | 5 |
|---|---|---|---|---|---|

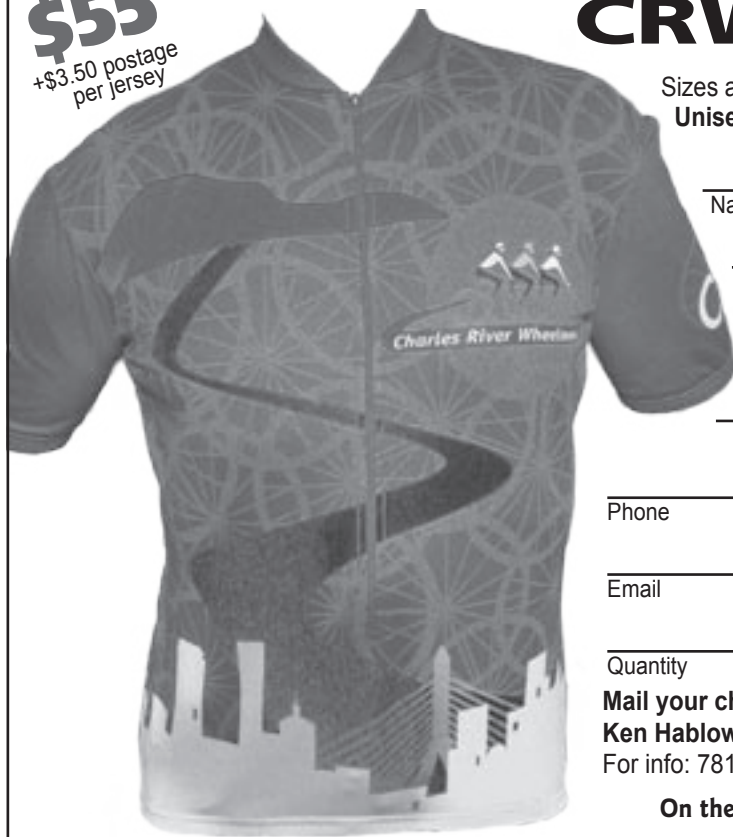
| Name            | Miles | M | C | K | Name             | Miles | M | C | K | Name           | Miles | M | C | K |
|-----------------|-------|---|---|---|------------------|-------|---|---|---|----------------|-------|---|---|---|
| Don MacFarlane  | 1952  | 2 | - | 1 | Alison Sheridan  | 432   | - | 1 | - | Greg Tutunjian | 72    | - | - | - |
| Tod Rodger      | 1422  | 1 | 1 | - | Joseph Moore     | 421   | - | - | - | Marc Webb      | 59    | - | - | - |
| Jack Donohue    | 1324  | - | - | - | Bob Sawyer       | 404   | - | - | - | Cynthia Zabin  | 59    | - | - | - |
| John Bayley     | 1197  | 2 | - | - | John Allen       | 398   | - | - | - | Douglas Cohen  | 47    | - | - | - |
| Pamela Blalock  | 1112  | 2 | - | - | Dave Stefanovic  | 390   | - | - | - | Tracey Ingle   | 42    | - | - | - |
| Richard Taylor  | 1079  | 2 | 2 | - | Winslow Green    | 351   | - | - | - | Jeff Luxenberg | 15    | - | - | - |
| Steve Robins    | 897   | - | - | - | Lisa Weissmann   | 349   | - | - | - | George Caplan  | 9     | - | - | - |
| Larry Murphy    | 884   | 2 | - | - | Darrell Katz     | 340   | - | - | - |                |       |   |   |   |
| Joe Repole      | 849   | 2 | 2 | - | Ted Elkins       | 333   | - | - | - |                |       |   |   |   |
| Glen Reed       | 794   | - | - | - | Chris Lennon     | 328   | - | - | - |                |       |   |   |   |
| Butch Pemstein  | 776   | - | - | - | John McCabe      | 322   | - | - | - |                |       |   |   |   |
| Otto DeRuntz    | 773   | 1 | - | - | Bill Hanson      | 318   | - | - | - |                |       |   |   |   |
| Marilyn Hartman | 690   | - | - | - | Charles Huizenga | 238   | - | 1 | - |                |       |   |   |   |
| Peter Brooks    | 671   | 2 | - | - | Bruce MacDonald  | 236   |   |   |   |                |       |   |   |   |
| Irving Kurki    | 662   | 2 | - | - | Gabor Demjen     | 215   | 1 | - | - |                |       |   |   |   |
| John Goeller    | 652   | 1 | - | - | Bill Widnall     | 194   | - | - | - |                |       |   |   |   |
| David Wean      | 634   | - | - | - | Joseph Tavilla   | 188   | - | - | - |                |       |   |   |   |
| Don Mitchell    | 569   | - | - | - | Frank Aronson    | 180   | - | - | - |                |       |   |   |   |
| Kevin Davis     | 553   | - | - | - | John Springfield | 118   | - | - | - |                |       |   |   |   |
| Henry Marcy     | 475   | - | - | - | John Kane        | 110   | - | - | - |                |       |   |   |   |
| Eric Redard     | 456   | - | - | - | Mike Hanauer     | 96    | - | - | - |                |       |   |   |   |

## 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](mailto:mileage@crw.org) or call 781-275-3991

**\$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**

For info: 781-647-0233 - or - [khablow@khgraphics](mailto:khablow@khgraphics)

**On the web at [www.crw.org](http://www.crw.org) - Click on About CRW > Merchandise**



**THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS**

**Ace Wheelworks**  
145 Elm St., Somerville  
617-776-2100

**Adi's Bike World**  
231 Grove Street, West  
Roxbury  
617-325-2453

**ATA Cycles**  
1773 Massachusetts Ave,  
Cambridge  
617-354-0907  
93 Thoreau St., Concord  
978-369-5960

**Back Bay Bicycles**  
362 Commonwealth Avenue,  
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 Massachusetts Ave,  
Cambridge  
617-864-1300

**Bike Express**  
96 N. Main St., Randolph  
800-391-2453

**Bikeway Source**  
111 South Road, Bedford  
781-275-7799

**Boston Bicycle**  
842 Beacon Street, Boston  
617-236-0752

**Broadway Bicycle School**  
351 Broadway, Cambridge  
617-868-3392

**Cambridge Bicycle**  
259 Massachusetts Avenue,  
Cambridge  
617-876-6555

**Chelmsford Cyclery**  
30 Chelmsford St.,  
Chelmsford  
978-256-1528

**Community Bicycle Supply**  
496 Tremont St., Boston  
617-542-8623

**Cycle Loft**  
28 Cambridge St.,  
Burlington  
781-272-0870

**Decathlon Sports**  
570 Providence Highway,  
Norwood  
781-255-0400

**Dedham Bike**  
403 Washington St.,  
Dedham  
781-326-1531

**Farina Cycle**  
61 Galen St., Watertown  
617-926-1717

**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

**Grace Bicycles**  
1566-A Washington Street,  
Holliston  
508-429-9177

**Harris Cyclery**  
1355 Washington St., W.  
Newton  
617-244-1040

**Harvard Square Bicycles**  
36 J.F.K. Street, Cambridge  
617-441-3700

**International Bicycle Center**  
89 Brighton Ave, Allston  
617-783-5804  
71 Needham St., Newton  
617-527-0967

**Landry's Bicycles**  
1210 Boston Providence  
Turnpike (Route 1), Norwood  
508-440-0310

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

276 Turnpike Road, Westboro  
508-836-3878

890 Commonwealth Avenue,  
Boston  
617-232-0446

**Marblehead Cycle**  
25 Bessom St., Marblehead  
781-631-1570

**National Ski and Bike**  
102 Washington St., So.  
Attleboro  
508-761-4500

**Papa Wheelies Bicycle Shop**  
653 Islington Street,  
Portsmouth  
603-427-2060

**Pro Cycles**  
669 Main St., Wakefield  
781-246-8858

**Quad Cycles**  
1346 Massachusetts Ave,  
Arlington  
781-648-5222

**Ski Market, Ltd.**  
322 South Bridge St., Auburn  
508-832-8111  
860 Comm. Ave, Boston  
781-890-1212

400 Franklin St., Braintree  
781-848-3733  
CrossRoads Ctr., Burlington  
781-272-2222  
Endicott Plaza, Danvers  
978-774-3344  
686 Worcester Rd.,  
Framingham  
508-875-5253

**Southampton Bicycle Center**  
247 College Hwy.,  
Southampton  
800-527-9784

**St. Moritz**  
475 Washington St., Wellesley  
781-235-6669

**Town and Country Bicycle**  
67 North St., Medfield  
508-359-8377

**Travis Cycles**  
7 Oak St., Taunton  
508-822-0396  
722 N. Main St., Brockton  
508-586-6394

**Wild Women Outfitters**  
397 Massachusetts Ave,  
Arlington  
781-641-5776

<http://www.crw.org/BikeShopsMap.htm>

Charles River Wheelmen  
1 Gleason Road  
Bedford, MA 01730

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**Join/Renew The Charles River Wheelmen**

New Membership  Renewal  Please Check one

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, 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 CRW rides, and to encourage the same among fellow members and CRW guests.

Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Signature(s) \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone (eve.) \_\_\_\_\_ (day) \_\_\_\_\_

e-mail \_\_\_\_\_

We sometimes allow bicycle-related companies the use of our membership list.  
Check this box if you don't want to receive mailings from these companies.

I would like to receive my monthly issue of WheelPeople as:

PAPER via Postal Service  ELECTRONIC via email  
The electronic file is a pdf file and requires Adobe Acrobat.

| Membership Fees | 1 year | 2 years | 3 years | Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated! |
|-----------------|--------|---------|---------|--|
| Individual      | \$20   | \$38    | \$55    |  |
| Household       | \$25   | \$48    | \$70    |  |

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

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

- Ride Leader  Publicity  Legislative Action  Safety  Membership
- Newsletter  Host a post-ride party  Special Events  Other \_\_\_\_\_



**Change of Postal or E-mail Address?**

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