

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXII, Number 2 • February 2008

New CRW Caps for Sale



A few years ago, we handed out stylish CRW logo Caps to our volunteers, much to the envy of the general public. Good news, now these hats are available for sale to anyone for \$10. It features the familiar three color CRW logo, and a wide brim, better than SPF-30 sun block. Cap can be worn either frontward or backward if you want to make a fashion statement. We've got a good supply now, but you should put your order in now at <http://crw.org/cgi-bin/merchandise.pl> to avoid disappointment.

Safety Reminders for New Members

by Eli Post

If you are new to CRW and to group cycling, you should recognize that group riding dynamics are very different from those for solo or small-group rides. Riding in groups requires a new set of skills and introduces several safety concerns. Some common characteristics of CRW group rides are: a) riders having a wide range of riding speeds and styles, b) routes and roadways with which riders have little or no familiarity, c) possibility of sudden slow downs, stops, or moves to avoid obstacles or bad pavement, and d) limited visibility when a rider's view is blocked by other cyclists.

Riding in a group can feel intimidating at first, so we encourage you to identify yourself to the ride leader prior to the ride. He or she may be able to match you up to an experienced rider or group that is appropriate for your ability or the type of ride you feel like doing that day. Ride with a group that is suited to your abilities. In the early spring, we offer many follow-the-



leader rides, which are perfect opportunities to more fully appreciate the safety considerations that arise in group riding, the techniques for handling them, and the rewards of group riding.

Once underway, keep several pointers in mind:

- Take in the big picture. While you should focus attention on what's in front of you, be sure to check to the sides and behind you so that you know what's going on and can be better prepared to react. Observe what motorists, pedestrians, pets, and other riders are doing, as well as roadway condition, parked vehicles, intersections, traffic signs/signals, etc.

- Leave room for other cyclists to pass on the left unless there's a good reason not to, such as when preparing to turn left, or distancing yourself from hazards at the right edge of the road.

- Look back and signal before changing lane position. Signal your intention to slow down;

Safety Corner - Continued on page 7

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To qualify, you must have sent in your mileage for at least five years. Somewhat relaxed from the original rules where you had to send mileage for the LAST five years. The other rule is that you must submit your year end mileage in December. Just get

in the habit of recording mileage on the web site each month:

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

We've got a good group of newcomers to

2007 Honor Roll - Continued on page 5

BOARD OF DIRECTORS

	Term Expires	
Michael Aarons.....	2008.....	508-651-9259
Don Blake.....	2010.....	781-275-7878
Jack Donohue.....	2009.....	781-275-3991
Rich Levine.....	2009.....	617-630-1565
Eli Post.....	2009.....	617-306-1838
Raúl Raudales.....	2010.....	978-937-3460
Cindy Sragg.....	2010.....	617-987-8778
Janet Tortora.....	2008.....	978-692-7273
Bill Widnall.....	2008.....	781-862-2846

OFFICERS AND COORDINATORS

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
Insurance Coordinator.....	Don Blake.....	781-275-7878
Membership Coordinator.....	Linda Nelson.....	617-964-5727
	Larissa Hordynsky.....	617-527-5620
Membership Information.....	Keith Manning.....	781-643-4628
Information.....	Marilyn Hartman.....	781-935-9819
Special Projects Coordinator.....	Marty Weinstock.....	617-491-6523
Publicity Coordinator.....	Kimberley Fitch.....	781-354-4780
Merchandise.....	Ken Hablow.....	781-647-0233
Mileage.....	Jack Donohue.....	781-275-3991
Government Relations.....	Bill Widnall.....	781-862-2846
Bike Shop Program.....	Bob Richards.....	508-654-6600
Volunteer Coordinator.....	Marilyn Hartman.....	781-935-9819
Social Committee Chair.....	Naomi Wernick.....	781-894-3668
Safety Coordinator.....	Pierre Avignon.....	978-510-1021

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	OPEN.....	
Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenaault.....	781-272-1771
Wednesday Ice Cream Ride.....	Gabor Demjen.....	617-266-8114
	Roger Bonomi.....	617-686-4073
Thursday Fitness Rides.....	Rich Taylor.....	781-257-5062
Friday Rides.....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
Saturday Fitness Rides.....	Chris Randles.....	617-969-2545
	Michael Aarons.....	508-651-9259
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

WHEELPEOPLE STAFF

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



Editorial Policy

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

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

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



How To Send Us Your Article

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

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

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

Insurance

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

Advertising Rates

Half Page	\$80.00	Third Page	\$55.00
Quarter Page	\$42.50	Eighth Page	\$24.00

For more information please contact
Marty Weinstock at advertising@crw.org

New *Welcome* Members

Robert Adkins	Cohasset
Johanna Daily	South Boston
Douglas Marple	Cambridge
Alan Rosmarin, Joshua Rosmarin	Milton
Frank Rothwell	Framingham
Ed Webby	Quincy

Useful Links on the CRW Web Site

www.crw.org

The latest news

<http://crw.org/cgi-bin/newsbits.pl>

Updates or cancellations to the CRW monthly rides

<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>

Ride cue sheet library

<http://www.crw.org/CueSheets/>

Ride starts for club rides

<http://crw.org/rides/ridestarts.htm>

All the Safety articles published in WheelPeople

<http://crw.org/safety/>

Info - Winter riding tips

<http://www.blayleys.com/articles/WinterTips/wintertips.htm>

The CRW picture Gallery - includes events and personalities

<http://crw.org/gallery/>

Useful bicycling related links

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

2008 Bike Log Mileage Chart

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



CRW Board Minutes

January 8, 2008

In Attendance:

Board Members: Michael Aarons, Rich Levine, Eli Post, Don Blake, Jack Donohue, Bill Widnall and Raúl Raudales

Minutes:

The minutes of the December board meeting were approved as written

Reports of Officers, Coordinators and Standing Committees

President (Michael Aarons)

Michael had nothing new to report.

VP of Rides (Acting VP of Rides Eli Post)

Eli reported that the winter rides are going well despite several cancellations due to weather and the calendar for the coming season was filling up. Eli plans to update the ride leader list shortly, and email last year's leaders about leading a ride this season.

VP of Finance (Rich Levine)

Rich is pursuing obtaining Directors and officers (DNO) insurance with LAB's insurer, American Specialty Insurance. They are updating their web site to make this type of coverage available.

Rich presented the 2008 budget. The major unknowns were the income from centuries and the WheelPeople cost. The budget was approved.

Membership Coordinator (Linda Nelson)

Linda Nelson reported to the board, by email,

that the membership numbers for November were 1125 current memberships, 1348 current members, 19 expired members, 7 new members, 27 renewed members.

Old Business

Holiday Party (Eli Post)

Eli reported that the party was a resounding success by every measure. Although the event sold out early, there were subsequent cancellations and in the end everyone who signed up was able to attend. Eli will make photos of the event available soon.

New Business

Ideas for Defraying Cost of Printed WheelPeople

A major cost of running the club is the printing of WheelPeople. The majority of the membership now gets WheelPeople electronically, and we discussed the inequity of members getting it electronically paying the same dues as those who get a printed copy by postal mail. The idea of a different dues structure based on WheelPeople delivery was discussed.

The next Board Meeting will be held on March 4, 2008 from 7:00pm to 8:30pm at the St. Paul's Church Library, Bedford, MA

Respectfully Submitted
Jack Donohue for Janet Tortora
Secretary

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Recurring Rides Calendar

These rides are held every week unless indicated

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

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 min-

ute 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. ☺



February 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.

Bare Natick

Sunday - February 3

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

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

Leaders: Eric Ferioli (781-235-4762)

Start: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Directions: From Route 128, take Route 9 West approximately 6.5 miles to Route 27 south to the Natick Common.

Ride Type: Cue Sheet, or ride with the leader

Description: Easy terrain with a couple of moderate hills, lots of lakes in residential Winchester, Woburn, Burlington, Lexington and Bedford.

Leaders: Marilyn Hartman (781-935-9819)

Start: Horn Pond parking lot Lake Avenue, Woburn MA

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

Note: If we are unable to ride, hiking, skiing, or snowshoeing are other options. The parking lot abuts the land around the lake, a "mountain", conservation land and a golf course. Light refreshments will be served following the ride.

Bruce's Birthday Ride

Sunday - February 17

Times and Routes: 10:30 for 20 or 35 miles

Ride Type: Cue Sheet

Description: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkington, and Ashland. The long ride is 35 miles with 2010 of climbing and adds Millis and Medway. Post Ride party at Bruce's house.

February Rides - Continued on next page

Seasonal Order

Sunday - February 10

Times and Routes: 11:00AM for 8, 25, 33 miles

February Rides - Continued from previous page

Leaders: Bruce Ingle (508-877-1045 before 8PM, ingle@gis.net)

Start: Framingham Center Green at Edgell Rd. and Rt. 9

Directions: From the east: take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126, bear right at the Staples/Walgreens plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left. From the west: take Rt. 9 east. Approximately 2 miles past the Sheraton Tara Hotel, bear right at Framingham State College exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.

Holliston

Sunday - February 24

Times and Routes: 10:30 AM

Ride Type: Cue Sheet

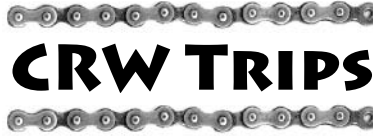
Description: Enjoy a winter ride on New England roads.

Leaders: John Goeller (508-429-2832, goeller@gmail.com)

Start: Holliston High School

Directions: Take Route 16W or 126S to Holliston. From the junction of Routes 126 and 16 in Holliston (near Bertucci's Restaurant), follow routes west 3/4 mile into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left.

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



37th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 6-8, 2008

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. Expect some serious climbing (sometimes over 10% grade), changing weather (hope for sun, but plan for cold rain), and varying traffic and road conditions (some sections were being resurfaced last year). Travel through the Green Mountains, passing by farms, country stores, ski areas, and quaint small towns. To enjoy this tour make sure you have done a few centuries before this tour. Helmets are required.

Cost of \$135 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 26 riders.

For info and registration form, email John Springfield at: spring6@comcast.net. ☺

2007 Honor Roll - Continued from page 1

the list this year, welcome Chris George, Jerry Green, Paul Hardin, Steve Robins, Lincoln Ross, Marc Webb, Lisa Weissmann. And there are quite a few on the cusp.

Name	Years	Average	Total
Melinda Lyon	23	15456	355478
Jack Donohue	26	10094	262440
John Bayley	12	12547	150561
Pamela Blalock	14	10378	145285
Dave Jordan	18	7365	132566
Paul Corriveau	17	7750	131757
Mike Kerrigan	14	9008	126116
Glenn Ketterle	20	5661	113227
Peter Knox	16	6837	109384
Joe Repole	22	4897	107733
Bruce Ingle	13	8225	106919
Ken Hablow	17	6273	106643
Peter Brooks	16	5317	85065
Irving Kurki	13	5942	77250
Ed Hoffer	18	4126	74260
Tod Rodger	8	9225	73798
Mike Hanauer	26	2713	70546
Don MacFarlane	7	9607	67246
Ken Hjulstrom	21	3143	65997
David Wean	11	5417	59587
John Kane	28	1889	52905
Doug Cohen	13	3931	51107
John Allen	20	2526	50512
Jeff Luxenberg	27	1862	50275
Dick Arsenault	10	4978	49778
Gabor Demjen	11	4029	44323
Bill Widnall	10	4268	42684
Steve Robins	5	8300	41500
Susan Grieb	22	1735	38162
John Springfield	28	1328	37178
Paul Hardin	5	7356	36782
Butch Pemstein	6	5489	32933
Bill Hanson	11	2881	31695
George Caplan	26	1213	31539
Chris George	5	6027	30134
Joseph Tavilla	6	4291	25745
Gary Smiley	6	3735	22409
Cynthia Snow	8	2415	19318
Jerry Green	5	3353	16764
Lisa Weissmann	5	3140	15699
Cynthia Zabin	8	1850	14799
Elaine Stansfield	8	1691	13525
John Loring	14	866	12119
Marc Webb	5	2382	11908
Greg Tutunjian	8	1254	10028
Tracey Ingle	13	670	8714
Lincoln Ross	5	1377	6887
Jacob Allen	15	222	3336



Bikers on Skis

February 15-18, 2008

Try your hand at gliding instead of rolling. This cross country skiing and snowshoeing 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 and snowshoeing. 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. The trip spans the three day President's Day weekend. Cost of \$230 for the weekend includes three nights lodging, three breakfasts, two dinners.

Rooms all double occupancy, some with private, some with shared bath. They are assigned in the order checks are received. There are also

two luxury rooms (with hot tub) available for additional cost.

To register send the a check for the full amount made out to Jack Donohue and an e-mail address or stamped self-addressed envelope by January 18 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)
jmdonohue@alum.mit.edu ☺

Little Jack's corner

by Jack Donohue



I was thinking about the comparison between cycling and running.

Running is certainly the best way to get the maximum amount of exercise in a period of time.

There is no such thing as coasting in running (I think it's called "walking"). If you're into it for the exercise, this is the way to go, maximum pain for the time spent. Thanks to the magic of gearing, cycling can be an all out aerobic experience, or a leisurely "smell the flowers" amble (or so I'm told). Serious runners are uniformly really skinny, but you can be a pretty decent cyclist while still carrying around a midriff bulge, though not a contender for the polka dot jersey.

You don't need a whole lot of equipment if your sport is running. A pair of sneakers (or "running

shoes" as they're known to the cognoscenti) is about it. I periodically get running mail order catalogs, and there are the many pages of clothing that you see in bike catalogs, but when it comes down to equipment, the sneakers are it. No page after page of tires, derailleurs,

You don't need a rack for your car to carry your sneakers.

shifters, saddles, lights, etc. Not even a section on helmets. Even the rollerbladers have that. You don't need a rack for your car to carry your sneakers. Running catalogs are boring indeed.

The nice thing about cycling is that you can actually use your bike to get somewhere. You can even get stuff when you get there and bring it back. While this is to some extent possible

with running, it's not really mainstream. I knew someone who used to run from his home in Allston to work in Cambridge, but he is the only running commuter I've ever known, while I've known lots of bike commuters.

I dabbled briefly with running. When I was at the job with the Allston runner, I got sucked into the running culture. I think I may have entered a 5K event or two, but my finest hour was the 10K Corporate Challenge. Of course, I was in it mostly for the T-shirt, but finishing 10K of running was for me the moral equivalent of a century ride. The future Mrs. D entered with me and at the time she was a serious smoker, so she was a real contender for last place. The roadies were packing up the show and we were considering contacting the police when she finally limped in, a proud finisher.

One business trip I didn't bother to take my bike, so I figured I'd pack the sneakers and get a little exercise while there. Big mistake. It doesn't matter how many miles I cycle, running uses totally different muscles. So after not running at all, I sauntered out for a several mile jaunt, after which I felt like I'd been run over by a truck. Won't do that again.

So, I'm sticking with cycling. I've hung up my sneakers. No more cross training for me. ☺

December

3	4	3	1	4	5
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MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	15537	-	-	-	Craig Weiner	5005	7	2	-	George Manning	2310	3	1	-
Don MacFarlane	12845	12	1	9	Janet Tortora	4900	7	3	-	Bill Widnall	2284	3	1	-
John Bayley	10410	12	5	5	Joseph Tavilla	4893	1	1	-	Dick Arsenault	2218	-	-	-
Jack Donohue	9891	-	-	4	Peter Brooks	4730	11	5	-	Mike Hanauer	2012	-	-	-
Tod Rodger	9761	8	3	6	Erik Husby	4551	4	1	-	Jerry Green	1910	-	-	-
Pamela Blalock	9700	12	5	4	Frank Aronson	4407	7	1	-	Susan Grieb	1495	-	-	-
Jim Krantz	9235	10	6	4	Walter McKay	4355	6	-	-	John Kane	1219	-	-	-
Glen Reed	9134	4	7	5	Darrell Katz	4341	-	-	-	Greg Tutunjian	1127	1	-	-
Steve Robins	8739	-	-	1	Cynthia Snow	4146	4	-	-	Elaine Stansfield	1104	-	-	-
Mike Kerrigan	8076	6	6	5	Glenn Ketterle	4136	-	-	-	William Aldrich	1090	1	-	-
Richard Taylor	7986	12	12	1	Chris Lennon	4059	4	2	-	George Caplan	1055	-	-	-
Larry Murphy	7602	12	-	-	Winslow Green	4022	3	2	-	Tracey Ingle	1044	2	-	-
Irving Kurki	7363	12	4	-	Alison Sheridan	3887	8	9	-	Jeff Luxenberg	930	-	-	-
Otto DeRuntz	7086	9	4	3	George Ulrich	3871	4	1	-	John Loring	762	5	-	-
David Wean	6512	8	-	-	Lisa Weissmann	3801	6	1	-	Ken Hjulstrom	389	-	-	-
Dave Jordan	6243	-	-	-	Douglas Cohen	3513	3	-	-	Lincoln Ross	102	-	-	-
Dave Stefanovic	6043	4	4	-	Ken Hallow	3509	2	-	-	Jacob Allen	16	-	-	-
Butch Pemstein	6018	-	-	-	Cynthia Zabin	3438	-	-	-					
Don Mitchell	5575	7	-	-	Gary Smiley	3300	2	-	-					
Marilyn Hartman	5458	7	3	-	Bruce Ingle	3176	5	-	-					
John Goeller	5430	7	1	-	Darrow Loucks	2960	2	-	-					
Paul Hardin	5402	8	3	-	John Allen	2949	2	-	-					
Jeff Olsen	5206	5	3	-	Marc Webb	2816	5	1	-					
Joe Repole	5178	12	12	-	Henry Marcy	2798	-	-	-					
Gabor Demjen	5077	8	4	-	Kent Anderson	2755	3	2	-					
Peter Knox	5066	4	4	1	Bill Hanson	2602	1	-	-					
John Higley	5065	4	3	-	Paul Coriveau	2588	6	3	-					
Chris George	5051	-	-	-	Ed Hoffer	2471	-	-	-					
Joseph Moore	5043	7	1	-	John Springfield	2367	-	7	-					

Mileage Table Explained

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

Report mileage by the fifth of each month on the web site at <http://crw.org/mileage.htm> or email mileage@crw.org or call 781-275-3991

turn right or left before approaching an intersection. Call out "Slowing", "Left Turn", or "Right Turn" to alert other cyclists of your intentions when it's not safe to signal. Shout it out so that riders behind you will hear.

- Always pass a slower cyclist on the left and call out "On Your Left" or "Passing". Before passing, check behind you for vehicles or other cyclists. Give about three feet of clearance while passing—more on a fast descent.

- Single up at the first sign of traffic from behind. Do the same for traffic approaching from the front whenever the roadway is narrow, hilly, or winding. Call out "Car Back" or "Car Up" to alert other riders of approaching vehicles.

- Avoid "monkey see, monkey do". If the cyclist in front of you enters an intersection or changes lane position, do not assume it's safe for you to do the same. Check for traffic and make your own decision.

- Alert your fellow riders to road hazards. You can shout "Bump" (for broken pavement or bump), "Hole" (for a pothole), "Sand" (for sand, gravel, or stones) "Glass" "Dog", "Car Right", or "Car Left". When stopping, move well off the roadway, and remind others to do the same. Try not to stop abruptly.

- When approaching a red light, stop behind the motorists already waiting, rather than riding up to the light. There are exceptions, such as when turning right on red, or in some heavy traffic situations.

- Even if you manage to start a ride in a small

Riding in a group can feel intimidating at first, so we encourage you to identify yourself to the ride leader prior to the ride. He or she may be able to match you up to an experienced rider or group that is appropriate for your ability or the type of ride you feel like doing that day.

group, you may find that groups merge along the way. Slow down or speed up to join another group if you find yourself in a large pack.

These guidelines do not substitute for exercising good judgment based on the specific circumstances that you encounter while riding. Find additional discussion of group riding tips in Chapter 7 of John S. Allen's "Street Smarts", available at your favorite cycle shop or online

at <http://www.bikexpert.com/streetsmarts/usa/index.htm>.

Again, we remind new riders that cycling is a sport where safety is paramount, and participants must be vigilant and constantly on the alert for hazards. There's more to safe cycling than remembering a few basic guidelines. It means developing a mindset that keeps the safety mission uppermost in your thoughts so that you are prepared for any mishap that might cross your path. The act of foreseeing, anticipating and taking measures against possible exposure to risk is common in sports. It's the downhill skier, ever watchful for patches of ice or exposed terrain. It's the diver, ever mindful of the hazards of the marine environment. And it's the cyclist who must be alert to potential road dangers. Your awareness and anticipation will go a long way to ensure your safety on the road.

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

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617-354-0907
93 Thoreau St., Concord
978-369-5960

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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

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
781-427-2060

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

Ski Market, Ltd. (cont.)

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

Travis Cycles

7 Oak St., Taunton
508-822-0396
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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

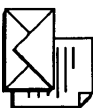
The electronic file is a pdf file and requires Adobe Acrobat.

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.