

# WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXVII, Number 4 • April 2013

## April Highlights

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## Don't Get Left Out.

"Open the door let me in." We hear this plea in the days before the Spring Century, after we've reached the rider limit and closed registration. This year the ride in on Sunday May 19 and we suggest you act now so you don't get shut out. Our Spring Century is one of a kind and draws from the general cycling community, with devoted fans returning year after year. We have to limit registration because of parking



restrictions and regret we can't accommodate all who wish to join the ride.

We also ask for volunteers to help run the event. It's not all work and you get to be part of the century from a different perspective. Whether it's working a water stop or helping arrow the route, you mix with some very fine people and feel the rewards of making a worthy community event happen. Get involved by emailing us at [ridesvp@crw.org](mailto:ridesvp@crw.org)

## How Hilly is the Ride?

By Eli Post

How many times have you wondered how hilly a given CRW ride is? Up to recently we've responded to such questions in general terms like generally flat, rolling hills, or steep climbs. This sort of qualitative information provides guidance on what to expect from a particular ride, but only to a limited extent, sometimes leaving riders uncertain. Riders would be able to make better ride decisions if the Club were able to provide more complete, consistent, and quantitative data about the hilliness of rides.

Ascent/climb data is highly relevant in helping riders decide whether a particular ride is suitable, but the story is more complicated than you may think. You should also take into account the grade percentage and length of the various

How Hilly? - *Cont. on pg. 6*

**Present:** Andy Brand, Mike Byrne, Steve Cohen, Helen Greitzer, Eli Post, Cindy Sragg, Bob Wolf, Linda Nelson and Barry Nelson.

## Reports

### Acceptance of Prior Board Meeting Minutes

**President's Report (Eli):** Eli is continuing his search to fill the VP of Rides vacancy. An interested candidate had to decline due to a change in his work situation. Eli will continue to contact potential candidates and will report and propose action at the May meeting.

**Treasurer's Report (Eli for Jack):** As of the end of February 2013, there was a balance of approximately \$72,000 in the CRW accounts.

**VP of Rides (Eli acting until vacancy filled):** The CRW rides calendar includes impromptu Saturday and scheduled Sunday rides until the spring, when more regularly scheduled rides resume. These rides have been held, weather permitting.

**Membership (Linda):** There are 1490 current memberships and 1756 members. 16 new memberships and 25 expired since the last meeting.

## Old Business

**Century Committee:** There are 105 registrations for the Spring Century so far.

**Secretary's Election:** The Board voted to formally elect Mike Byrne as Secretary.

**CRW Jersey/Clothing Promotion:** Discussed several issues and ideas relating to design, jerseys versus clothing "kit", inclusion of estimated pricing in a survey, etc. Barry Nelson will move forward with the preparation and circulation of a proposed survey for Board review, then circulation to all members to determine their preferences.

**Helmet/Liability Waivers:** Bob Wolf discussed and demonstrated a method whereby ride leaders can photograph or scan waiver forms and email them to [crwwaivers@gmail.com](mailto:crwwaivers@gmail.com), where they will be retained in no-charge email storage at least as long as the statute of limitations. Leaders without appropriate technology will still be able to snail mail the forms.

**Governance:** Bob reported that he and Eli are discussing certain governance questions with Butch Pemstein (attorney).

Board Minutes - *Cont. on pg. 8*



## Wednesday Wheelers

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

### Ride Type:

**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. Non-members of CRW are welcome to ride with us and experience what the Wednesday Wheelers offer. If you like our rides however, and wish to continue to ride with us, we expect

you to become a CRW member.

**Coordinator:** Helen Greitzer (<mailto:helengreitzer@hotmail.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, e-mail Helen.

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

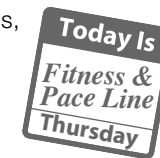
## Thursday Fitness Ride and Pace Line Clinic

**Times and Routes:** 6:00 PM SHARP Routes of 17, 28 and 34 miles

**Ride Type:** Fitness, Arrowed

**Description:** The short and medium rides

wind through Bedford, Concord and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride at 14 to 20+ mph. There will be an introductory pace line clinic (22-28 miles) to teach safe group riding skills for up to 6 riders. We'll start around 15 mph and pick up the pace



as the season progresses.

**Leaders:** Rich Taylor ([mailto:richard\\_n\\_taylor@post.harvard.edu](mailto:richard_n_taylor@post.harvard.edu), 781-257-5062 Not on Thursday)

**Start:** LG Hanscom Airfield Parking Lot, 200 Hanscom Drive Bedford, MA

**Directions:** NOTE: Address is in Bedford, but roads are in Lexington: Rt. 95/128 to Exit 30 B (Route 2A West) Do NOT take Exit for Rt. 4/225 which also says "Hanscom Field". Go on Rt. 2A W for 1.5 miles to blinking light. Turn right at Airport Road/Hanscom Drive towards Hanscom Field and bear left at fork in 1/2 mile towards Civil Air Terminal. Park at bottom of hill.

**Note:** First Ride April 18 - pay your taxes before riding

### Ride Information:

Long (<http://ridewithgps.com/routes/1163795>), Medium (<http://ridewithgps.com/routes/1163706>)

## Sunday South Shore Coastal Loop

See the website for details.

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

*We are in full swing for April with rides each weekend and recurring rides during the week. We even have a brand new ride to encourage you to get out and ride. Share our hopes for pleasant spring weather.*

## Say Hello to April Saturday - April 6

**Times and Routes:** 9:30 for 22 or 32 miles

**Ride Type:** Cue Sheet, Map, GPS

**Description:** Starting in Acton at Bagels Plus on Rte 2A, the routes wind through Westford and back through Concord and Carlisle. This ride repeats Sunday, weather permitting.

**Leaders:** Ken Hابلow (<mailto:khابلow@khgraphics.com>), 781-647-0233 before 9PM No Sunday morning calls.)

**Start:** The parking lot at Bagels Plus on Rte 2A. 93 Great Road, Acton

**Directions:** 1 mile past the Concord Rotary on Rte 2A at the base of Pope Road. Please park in the middle of the lot. **Do not park in front of Colonial Spirits.**

**Cuesheets:** [Cue Sheet File](#)

### Ride Information:

21 Mile Route (<http://ridewithgps.com/routes/769269>),

30 Mile Route (<http://ridewithgps.com/routes/769258>)

## In Search of Llamas Sunday - April 7

**Times and Routes:** 10:00 for 38, and 53 miles.

**Ride Type:** Cue Sheet, Arrowed, GPS

**Description:** All rides are primarily along quiet back roads. Short ride passes through Dover, Sherborn, and Holliston. Long ride extends to Hopkington.. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Short ride varies from flat to medium hills. Long ride adds hills in Holliston. LUNCH stop for all rides is

in Holliston at the Coffee Haven

**Leaders:** Frank Hubbard (<mailto:fhub@verizon.net>), 508-404-6357

**Start:** Chickering Fields (across from Caryl Park). 110 Dedham Street, Dover

**Directions:** Chickering Fields is about 0.3 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B onto Highland Avenue heading towards Needham. TURN RIGHT at intersection onto Great Plain Ave. After ~0.1 miles, TURN LEFT onto Chestnut St. Follow Chestnut St (past BI Needham Hospital) . Chestnut St becomes Dedham St and bears right as you cross into Dover. After ~2 m Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first RIGHT after Mill Farm (about 0.1 miles from Mill Farm) into Chickering

Fields parking lot (across the street from Caryl Park/Noanet Woodland Reservation). Please do not park on lot entranceway or along road (if lot is full, additional parking lots, < 0.25 miles further down on Dedham Street on left-hand side of road).

**Cuesheets:** [In Search of Llamas long](#), [In Search of Llamas short 38](#)

### Ride Information:

38 Mile Ride (<http://ridewithgps.com/routes/826295>),

53 Mile Ride (<http://ridewithgps.com/routes/826284>)

## Three Seas Ride Saturday - April 13

**Times and Routes:** 9:30 AM for 30 and 40 miles

**Ride Type:** Cue Sheet, GPS

**Description:** The three "seas" are Concord, Carlisle, and Chelmsford on mostly back roads with a few hills to warm you up. Note that the arrows are not yet refreshed from last year.

**Leaders:** Eli Post (<mailto:elipost@comcast.net>), 617-306-1838

**Start:** Concord Carlisle High School, 500 Walden St, Concord MA

**Directions:** Rt. 2 west to Concord, right at stoplights to Rt. 126, Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile.

**Ride Information:** 30 mile route (<http://ridewithgps.com/routes/2167862>)

## Rosy Cheeks Ride Sunday - April 14

**Times and Routes:** 9:30 AM for 30 or 45 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Celebrate having done your taxes -- or procrastinate a bit longer if you haven't -- with this early season ride through quiet, scenic, well-loved roads. The short ride goes through Sudbury, Hudson, Stow, and Acton. The long ride adds Bolton, and the hills of Harvard and Littleton.

**Leaders:** Connie Farb (<mailto:chfarb@yahoo.com>), 978-443-4993),

Mark Sevier ([mailto:m\\_sev@yahoo.com](mailto:m_sev@yahoo.com)), 978-443-4993)

**Start:** Fairbank Senior Center parking lot, 40 Fairbank Rd, Sudbury

**Directions:** From Rte. 128, take Route 20 West through Weston and Wayland to the light at the intersection with Rtes. 126/27. Turn right onto 126/27 and continue straight to stay on

Rte. 27. Follow Rte. 27 about 3 miles into the town of Sudbury (traffic light). Continue straight on Hudson Road as Rte. 27 bears off to the right. Go another 1.5 miles and turn right onto Fairbank Rd. Continue past the first parking lot and the building and turn into the lot AFTER it.

### Ride Information:

30 mile route (<http://ridewithgps.com/routes/1068255>),

45 mile route (<http://ridewithgps.com/routes/1068256>)

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. — **HELMETS REQUIRED ON CRW RIDES.**

## Thursday is Saturday Morning Saturday - April 20

**Times and Routes:** 9:30 for 17, 28 and 34 miles

**Ride Type:** Cue Sheet, Arrowed, GPS

**Description:** This is the Thursday Night Ride offered as a Saturday ride. The 17 and 28 mile rides wind through Bedford, Concord and Carlisle. The 34 mile ride of rolling hills adds Westford and Chelmsford.

**Leaders:** Rich Taylor  
(mailto:richard\_n\_taylor@post.harvard.edu, 781-257-5062  
Not on Thursday)

**Start:** LG Hanscom Airfield Parking Lot, 200 Hanscom Drive, Bedford

**Directions:** NOTE: Address is in Bedford, but roads are in Lexington: Rt. 95/128 to Exit 30 B (Route 2A West) Do NOT take Exit for Rt. 4/225 which also says Hanscom Field. Go on Rt. 2A W for 1.5 miles to blinking light. Turn right at Airport Road/Hanscom Drive towards Hanscom Field and bear left at fork in 1/2 mile towards Civil Air Terminal. Park at bottom of hill.

**Ride Information:**  
34 mile (<http://ridewithgps.com/routes/1684304>),  
28 mile (<http://ridewithgps.com/routes/1163706>),  
17 mile (<http://ridewithgps.com/routes/1683330>)

## Needham, Dover and Beyond Sunday - April 21

**Times and Routes:** 9:30 am for 19, 27, and 42 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield.

**Leaders:** John O'Dowd  
(mailto:johnodowd@comcast.net, 978-897-3973)

**Start:** Cutler Park Reservation, 112 Kendrick Street, Needham

**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. Continue about 0.3 miles on Kendrick to Cutler Park on the right. It's prominently marked.

**Note:** Rain cancels

## Hills to Almost Hopedale Saturday - April 27

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

**Ride Type:** Cue Sheet, Follow the Leader, GPS

**Description:** Scenic, little-used roads through Framingham, Hopkinton, and Southborough. See RideWithGPS links for map, GPS and cue sheets.

**Leaders:** Rick Carlson

(mailto:travis\_man@yahoo.com, 508-789-4470), Brett Serkez (mailto:bserkez@gmail.com, 508-834-3188 before 9:30 PM)

**Start:** Nobscot Shopping Center, 776 Water St., Framingham

**Directions:** Route 20 to Nobscot Road South or Route 9 to Edgell Road North. Shopping Center is in the South/East side of the intersection of Water Street and Edgell Road.

**Note:** Park in front of closed supermarket, away from remaining open stores.

**Ride Information:** Short Route (<http://ridewithgps.com/routes/546834>)

## Round Carlisle Sunday - April 28

**Times and Routes:** 10:00 AM for 25 mile and 39 mile rides

**Ride Type:** Cue Sheet, Arrowed, GPS

**Description:** We'll do some loops around Carlisle, while venturing out into Chelmsford and Billerica.

**Leaders:** Jack Donohue (mailto:jmdonohue@alum.mit.edu), Eli Post (mailto:elipost@comcast.net, 617-306-1838)

**Start:** Bedford library, 7 Mudge Way, Bedford MA

**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.

**Ride Information:**

39 Mile Route (<http://ridewithgps.com/routes/2112419>),

25 Mile Route (<http://ridewithgps.com/routes/2091614>)

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

## Other Trips

### Memorial Day Weekend in the White Mountains

Fri.-Mon., May 24-27, 2013

Biking in the beautiful Jefferson, NH area of the White Mountains. Daily rides ranging from 30-50 mi. on rolling to hilly terrain. Helmets required. Stay at comfy B&B w/mountain view. Cost ranging from \$225-\$290 includes three nights lodging, three breakfasts, two dinners and gratuities. Luxury room (with hot tub) available at a higher price. Check <http://www.amcboston.org/bicycle/applebrook.php> for room availability and to register. This is an Appalachian Mountain Club trip.

Leaders: Mary Ellen Kiddle, Jack Donohue (jmdonohue@alum.mit.edu), Susan Grieb (781-275-3991 before 9PM) ☺

## NEBC Spring Racing Clinic

As it has every Spring since 1993, the Northeast Bicycle Club is planning to offer its Introduction to Bicycle Racing program to the public during the month of April. This 4 week program will introduce you to the exciting world of bicycle road racing, and will prepare you to enter and be competitive in your first race. Among the things you will learn are:

- Bike handling: Cornering; pacelines & double pacelines; riding in close groups; incidental contact.
- Racing skills: Sprinting; time trialing; climbing and descending; starting and finishing.
- Tactics and strategies: Road racing as a team sport; applying team strategies and tactics in race situations; using the race course and your strengths to your advantage.
- Training and equipment: Periodization and specificity; training effort zones; racing bicycles & equipment; maintaining and performance tuning your equipment; proper bike fit.

At the conclusion of the program is a Graduation Exercise, in which we will bring you to an actual race to test out your new skills.

To sign up for the course, complete the application form here: <http://crw.org/news/NEBCClinicApplication2013.doc> and register here: <https://www.bikereg.com/Net/18584>

# The Charles River Wheelmen Spring Century North to New Hampshire

Sunday, May 19, 2013

*Event held Rain or Shine  
Registrations will be accepted on-line only.  
No day of event walk-ins.*

*Join The Charles River Wheelmen on one of three beautiful routes of 100, 62 and 50 miles 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:** Northeast Metropolitan Regional Vocational High School

180 Hemlock Rd., Wakefield, MA -- 1 mi. east of Wakefield Center

**Check-in:** 7:00-8:30 A.M. All Rides

**Cost:** **NOTE:** This ride is now **PRE-REGISTRATION ONLY!** The ride will be limited to 600 riders, and you must pre-register to participate. You will **NOT** be able to pay at the start.

CRW members \$15.00

Nonmembers \$25.00

Register early, and be certain you have a place in the ride.

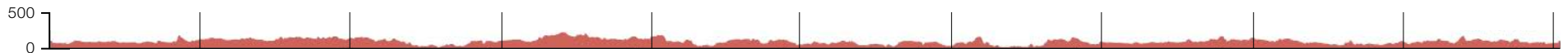
**Preregistration will be CLOSED Thursday May 16 or when we reach our limit of 600 riders.**

[More ride info](#)

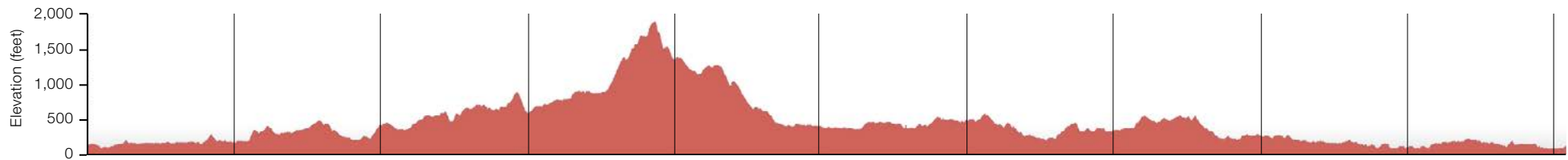
[Link to Preregistration](#)

- Fully arrowed routes with CRW precision, with a map and cue sheet for each ride.
- Water & food stops on all routes.
- Technical and mechanical support by [Cycle Loft](#).  
Please arrive at least 45 minutes early if you want your bike checked before a ride
- After-ride refreshments for returning riders.

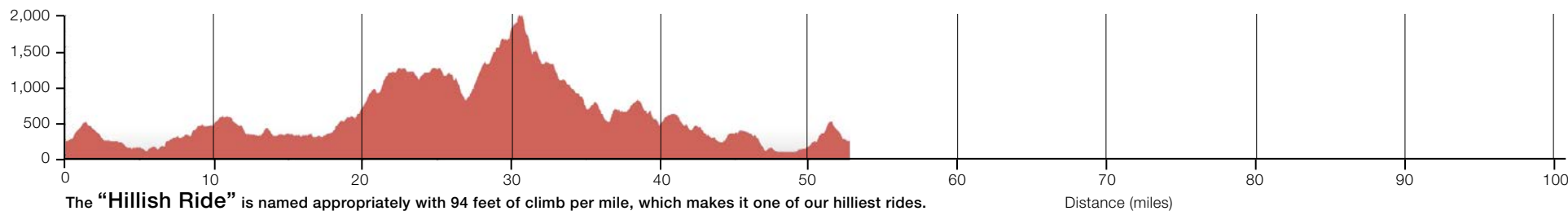
**Helmets required on all CRW rides**



CRW's **Spring Century** has about 4,500 feet of climb over its 100-mile route making it a generally relaxed ride at 45 feet of climb per mile.



**Climb to the Clouds** has close to 7,000 feet of climb (or 70 feet of climb per mile) making for a challenging ride. Note that a few steep climbs account for the bulk of the ascent.



The **"Hillish Ride"** is named appropriately with 94 feet of climb per mile, which makes it one of our hilliest rides.

#### How Hilly? - *Continued from page 1*

climbs. You can have a long steady grade at say 8% or the same ride ascent with a few 10% peaks, or even a single steep climb which accounts for the bulk of the ascent.

Let's talk some real numbers. CRW's Spring Century has about 4,500 feet of climb over its 100-mile route making it a generally relaxed ride at 45 feet of climb per mile. Climb to the Clouds, by comparison, has close to 7,000 feet of climb (or 70 feet of climb per mile) making for a more challenging ride. The "Hillish Ride" we ran last summer is named appropriately with a whopping 94 feet of climb per mile. Knowing all the components of the ascent data, in addition to total mileage, from ride to ride will help you compare routes and determine which rides serve you best.

While ride descriptions included the exact length of the route to the nearest tenth of a mile, climb/ascent data has been harder to come by. However, GPS devices, mapping software, and online map applications now make it possible to access better ascent data, which can lend more precision to the "how hilly" question.

A variety of online mapping websites display routes with considerably more ride detail than previously available. It is possible to view the entire route in street, contour map, or satellite mode.

Many sites offer an ascent total, as well as an elevation profile. As we have reported previously, one in particular, "Ride with GPS", is in our opinion, best suited for road cyclists. Its user-friendly interface provides excellent visual presentation, including an elevation profile which shows the hills along the route.

Having consistent ascent data for each ride, and being able to compare that data to that for familiar rides will enable you to make more informed decisions about whether to undertake a particular ride. While we found some variation amongst the several websites studied, referencing a single source like "Ride with GPS" will provide you with

consistent data to compare a known route with an unfamiliar one you are considering.

CRW is developing online route profiles for more and more of our rides. All of our April week-end rides will contain "Ride with GPS" routes. We encourage riders to start using the data to determine how much "hilliness" works for you.

It goes without saying that these online route profiles will also show you where the downhills are! 📍



by Jack Donohue

I was sitting on the stone bench in Concord center the other day waiting for Ken when one of these stand-up bikes went by. Don't know exactly what to call them since I'd never seen or heard of such a thing before. I was tempted to use the standard gambit of most journalists when they aren't actually familiar with their material, that is, make stuff up, but now that the internet, source of all knowledge, is at my fingertips, I decided to just google it. My search for "stand up bicycle," after we got through the "stand up comics" immediately hit pay dirt. The web site elliptigo.com made the things. They had a number of unsolicited testimonials, which given my skeptical nature, were a bit suspect, since every one gave it a five star rating, except one grouchy 4 1/2. So I had to read between the lines to get the real poop (that is, make stuff up).

It reminded me of the draisine or velocipede, and ancient prototype of a bicycle in the early 1800's which had two wheels but no gears, so you sort of ran along pushing it forward. Close but no cigar.

Another web site claimed it was an elliptical exercise machine mounted on wheels. That raised a red flag to the geek engineer in me. Elliptical is not nearly as efficient as round. Ever since our Cro-Magnon counterparts invented the wheel, that was clearly the way to go. The real bike has round wheels, round cogs, round chainrings (except for the temporary "Biopace" aberration brought to you by Shimano). Another example of creating a positive spin when there is none was the claim that it didn't matter that the thing had a higher drag coefficient than an real bike, this helped "facilitate speed control" during steep descents. So would dragging your feet on the ground. These things weigh in the 40 pound range despite the fact that there doesn't seem to be much to them. I suspect the little tiny wheels wear out tires pretty quickly. And the price seems to be in the \$2-4K range, not exactly a bargain.



One thing that seemed clear was that it was a good workout. Running is a good workout since you have to expend a lot of energy to get anywhere. This looked to be more efficient than running, since you were eventually channeling your effort into the well proven gears and wheels to get you going forward, but way less efficiently than an actual bike. Some of the endorsers said their range was "a bit" less than an actual bike. One fellow said a factor of three,

which is probably closer to the truth. One group for whom this seemed appropriate was people who had back problems. This allowed them to be active when real biking or running was no longer an

option. And of course you don't need to worry about saddle sores. But it seemed to me that a recumbent would provide similar benefits. The major advantage of this over a recumbent was you were literally out of the saddle all the time, i.e., in a position to exert maximum effort while there's no way to do this on a recumbent.

As the rider (jogger? runner?) went by I wondered just how fast you could go on one of these. Ken arrived maybe five minutes later, and we headed down

Monument Street, and passed him in a mile or so. We weren't breaking any land speed records, so I guess the answer is, not very fast at all. No matter, the real point of these machines is getting a workout, and I guess it is less stress on body parts than either real cycling or running. What amazes me is that I actually saw a couple of these doing Climb to the Clouds. But if your object is racking up miles, this is definitely not the way to go. ☺

Jack's Back Pages - Find past "Little Jack's Corner" articles on the CRW website at <http://crw.org/ljackc/> and through the web site menu: Information > Fun > Little Jack's Corner

# 35th Annual AMC Boston Chapter Bicycle Rally

Saturday, June 15

The rally will be held at the Friendly Crossways Hostel on Saturday, June 15. It is a wonderful opportunity for cyclists of all levels to get together to begin the summer bike season. Come help us celebrate.

This year there will be rides of 15, 27, 50 and 67 miles on beautiful rolling terrain. The cost is \$30 for rides, show-ers, happy hour, dinner and evening presentation, or \$15 for rides and happy hour only. The speaker this year is Denis Beaudry, who has completed a self-supported tour starting in Madrid, Spain and continuing across Europe, Asia and into China, followed by a flight to San Francisco to complete his ride home to Massachusetts.

For more information and to register, go to <http://www.amcboston.org/bicycle/bikerally.php>

Board Minutes - *Continued from page 2*

## New Business

**Budget (Eli):** The 2013 Budget was discussed and with a minor change was approved by a vote of the Board.

**Membership (Eli):** Discussed ideas of increasing the number of younger mem-bers and younger volunteers.

**Century Rides (Eli):** Discussed a ques-tion on whether some century rides should be scheduled on days of the week other than Sunday. The Board voted to keep the century rides on Sundays.

**Annual Meeting (Eli):** A discussion was held related to changing the date of the Annual Meeting and of promoting the meeting to the general membership. Remains open for further review.

The next meeting will take place on May 7th , 2013

Respectfully submitted,  
Mike Byrne  
Secretary

# February Mileage



Name	Miles	M	C	K	Name	Miles	M	C	K
Don Fraser	1747	-	-	-	Michael Diener	136	-	-	-
Pamela Blalock	1642	2	1	-	Scott Tyler	133	-	-	-
Jack Donohue	1269	-	-	-	Greg Tutunjian	95	-	-	-
Douglas Cohen	1080	-	-	-	John Kane	88	-	-	-
Cynthia Zabin	920	-	-	-	Joe Parslow	80	-	-	-
Richard Taylor	809	2	2	-	Mark Druy	68	-	-	-
Joe Repole	719	2	2	-	Morgan Wilson	60	-	-	-
Steve Robins	718	-	-	-	Jeffery Luxenberg	46	-	-	-
Marc Baskin	684	2	-	-	Eric Sansone	43	-	-	-
Erik Husby	683	-	-	-	Jeff Dieffenbach	42	-	-	-
David Cooper	668	2	-	-	A J Gemperline	29	-	-	-
Irving Kurki	657	-	-	-	Carlo Innocenti	28	-	-	-
Bob Wolf	574	1	-	-	Ari Davidow	17	-	-	-
Dave Stefanovic	485	-	-	-	Henry Marcy	13	-	-	-
Larry Delaney	457	-	-	-	John Loring	12	-	-	-
Lisa Weissmann	446	-	-	-					
Bruce Ingle	437	-	-	-					
Don Mitchell	434	-	-	-					
David Wean	432	-	-	-					
Clyde Kessel	356	2	-	-					
George Ulrich	342	-	-	-					
Peter Brooks	310	-	-	-					
Joseph Moore	286	-	-	-					
John Springfield	285	-	1	-					
Cynthia Snow	283	-	-	-					
Gary Smiley	257	-	-	-					
Brett Serkez	227	-	-	-					
Nicholas Sheckman	220	-	-	-					
Bill Hanson	191	-	-	-					
Brian Dias	190	-	-	-					
Ed Hoffer	189	-	-	-					
Walter Frank	145	-	-	-					

### Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported complet-ing 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 3rd of each month on the website at <http://crw.org/mileage/mileage.htm> or email [mileage@crw.org](mailto:mileage@crw.org) or call 781-275-3991

## New Members

Nancy Blasi	Arlington	David Lourd	Boston
Richard Cammett	Cambridge	Mary Malloy,	
Ted Chan	Cambridge	Gil Wager	Portsmouth, NH
Matthew Dailey	Worcester	Jesse Morrow	Somerville
Alan Dopfel	Framingham	Kit Newton,	
Dermot Duncan	Cambridge	Andrew Fintzel	Waltham
Christopher Gaughan	Marshfield Hills	Nicholas Richards	Holliston
Neil Goldberg	Westwood	Bob Rose	Winchester
Rami Haddad	Middletown, CT	Daniel Sheehan	Arlington





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 -  
26 Fox Run 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 ver-

sion 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 Ken Hablow at 781-647-0233. Please do not contact the insurance company.

### BOARD OF DIRECTORS

#### Term Expires

Andy Brand .....	2014.....	617-247-9770
Mike Byrne .....	2014.....	508-788-7120
Peter Brooks .....	2013.....	617-833-0087
Steve Cohen.....	2014.....	617-997-6861
Helen Greitzer.....	2013.....	508-878-6988
Barry Nelson.....	2015.....	617-964-5727
Linda Nelson .....	2015.....	617-964-5727
Cindy Sragg .....	2013.....	617-993-3245
Bob Wolf .....	2015.....	781-259-8529

### OFFICERS AND COORDINATORS

President .....	Eli Post .....	617-306-1838
Executive Vice President.....	Steve Cohen.....	617-997-6861
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	Larissa Hordynsky .....	617-527-5620
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### RIDE PROGRAM COORDINATORS

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Century Committee .....	Eli Post .....	617-306-1838
Wednesday Fitness and Masters Ride .....	Dave Lafreniere.....	508-259-9676
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Helen Greitzer.....	508-878-6988
Wednesday Ice Cream Ride .....	Gabor Demjen .....	781-444-4508
	Roger Bonomi .....	617-686-4073
	Rudge McKenney.....	617-332-6242
Thursday Fitness Rides.....	Rich Taylor.....	781-257-5062
Friday Rides .....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
Sunday Fitness Rides .....	Andy Brand .....	617-247-9770
	Bill O'Hara .....	781-236-3126

### WHEELPEOPLE STAFF

Copy Editor .....	Jack Donohue .....	781-275-3991
Graphic Designer.....	David Cooper .....	781-483-6960
Circulation .....	Cindy Sragg .....	617-993-3245

### INTERNET STAFF

Web Site	
Webmaster.....	Gary Smiley .....
	David Cooper .....
Touring .....	Andy Meyer .....
Facebook .....	Jeff Dieffenbach.....
E-Mail List	
Administrator.....	Barry Nelson.....

# BikeShops

<http://www.crw.org/shops.php>

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**  
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
- Bikeway Source**  
111 South Road, Bedford..... 781-275-7799
- 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**  
66 South St., Jamaica Plain..... 617-524-2453
- Frank's Bicycle Barn**  
123 Worcester Tpke, Westboro ..... 508-366-1770
- Frank's Spoke 'N Wheel**  
119 Boston Post Rd., Sudbury..... 978-443-6696  
887 Main St., Waltham ..... 781-894-2768
- Grace Bicycles**  
1574 Washington Street, Holliston..... 508-429-9177
- Harris Cyclery**  
1353 Washington St., West Newton ..... 617-244-1040
- International Bicycle Center**  
89 Brighton Ave, Allston ..... 617-783-5804  
71 Needham St., Newton..... 617-527-0967
- JRA Cycles**  
229 Salem St, Medford..... 781-391-3636

- Landry's Bicycles**  
1210 Boston Providence Trnprk (Rte 1), Norwood... 781-440-0310  
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
- Papa Wheelies Bicycle Shop**  
653 Islington Street, Portsmouth ..... 603-427-2060
- Quad Cycles**  
1043 Massachusetts Ave, Arlington..... 781-648-5222

- Southampton Bicycle Center**  
247 College Hwy., Southampton ..... 800-527-9784
- Superb Bicycle**  
842 Beacon Street, Boston ..... 617-236-0752
- Travis Cycles**  
1 Oak St., Taunton..... 508-822-0396  
722 N. Main St., Brockton ..... 508-586-6394
- Urban AdvenTours**  
103 Atlantic Ave, Boston ..... 617-670-0637

Find us on  
**Facebook**

## JOIN CRW!

Go to  
<http://crw.org/join.php>

If you are unable to join online and need a printed form, send a stamped, self-addressed envelope to: Larissa Hordynsky, 365 Cherry St., West Newton, MA 02465

