

WheelPeople

Newsletter of the Charles River Wheelmen

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On the roads of New England since 1966

Volume XXXIX, Number 1 • January 2015

Year End Mileage Reporting for



The “Hangin’ In” list includes members who have reported their mileage for at least five years. To be included in the list, you must submit your year end mileage in December. It doesn’t matter if you didn’t ride in December, we can only know that the mileage in the database is your total for the year if you enter it in December. Just go to the online mileage page as usual and enter your miles for the month or zero if you didn’t ride, or better yet just enter your total for the year. The statistics will be compiled from the current data on January 3, so you would need to enter your mileage before that.

2014 CRW Board Election

Connie Farb, Bernie Flynn and Mike Byrne were elected to three-year terms on the CRW Board. We thank the members who voted and participated in the process that determines how the club is governed. There are also two one-year slots open which the Board will fill at its January meeting. ☺

Android App for Weekend Rides

We have a new app for Android phones and tablets that shows the ride descriptions for rides on the upcoming weekend. To download the app, navigate to <http://crw.org/android> in the browser on your Android device and follow the instructions. ☺

If you’ve hung up your cleats and don’t plan to ride any more this year, you can enter your cumulative miles for the year or zero for December now. ☺

Jack Donohue Honored with a Distinguished Service Award

In 2013 Ralph Galen, one of the original founders of CRW, passed away and named CRW as a beneficiary in his will. Ralph was a driving force in the Boston bicycling community as well as CRW. To perpetuate Ralph’s name the Board of Directors initiated the Ralph Galen Service Award to be presented from time to time as appropriate to an individual who has worked tirelessly for CRW over many years. There was no question the first such award should be given to Jack Donohue. Most CRW members associate Jack with the CRW website. Those of us who work with Jack know how much time and effort he puts into the website and how extensive the back end and administrative section is. Unbeknown to most people Jack took over membership in the days BC (before computers) and for many years managed the membership jobs himself. He then distributed three main job functions of membership to three volunteers

while all the time overseeing the process. Jack then automated the entire membership process including the download for the membership card. Jack also took over as treasurer for more years than he probably wants to remember. For all this tiring work the Board felt Jack was well deserving of the first Ralph Galen Service Award. ☺



Recurring Rides

These rides are held every week unless indicated otherwise

Wednesday Wheelers

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

Ride Type: Follow the Leader

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. 🌀

January Rides

Happy New Year Day Ride

Thursday - January 1

Times and Routes: 11:00 AM for approximately 20 miles

Ride Type: Cue Sheet

Description: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Leaders: Eric Ferioli (781-235-4762)

Start: Boston Common, Park Street and Tremont Street, Boston

Directions: The Boston Common is accessible from Route 93, Storrow Drive, and the Mass Pike. [Google Map](#)

Weston Loop

Sunday - January 4

Times and Routes: 10:30 for 25, and 45 miles

Ride Type: Cue Sheet, Arrowed

Description: Ride country roads of Weston, Lincoln, Chelmsford, and Sudbury. The ride crosses the Sudbury River, and there is a delightful stretch along the Cambridge Reservoir. The 45 mile ride extends further into Wayland, Weston and Sudbury.

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

Start: Weston Town Hall, just north of the Common on Boston Post Road.

Directions: Route 128 to Exit 26, Route 20 West to Weston. There is a Mobil Station at the exit, and you travel 1.2 miles west on Rt. 20 to the traffic light and make a right turn on School Street, and then an immediate left on to Boston Post road. We meet by the Weston Town Hall, just north of the Common on Boston

Post Road. You can park on the road in front of the Town Hall.

Ride Information:

45 mile route (<http://ridewithgps.com/routes/844071>), 25 mile route (<http://ridewithgps.com/routes/1023238>)

The Zig-zag Ride

Sunday - January 11

Times and Routes:

10AM for 33 miles

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: This ride does a lot of bobbing and weaving but never goes very far from home (my home that is). We stay mostly in Carlisle and Bedford, touching a bit of Concord and Billerica in the process. The highlight of the ride is some newly paved road in Carlisle. Of course, we've got to go on some rocky roads to get there. There are two sections of VERY BAD POTHOLES, the potholes

January Rides - [Cont. on page. 3](#)

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.

— **Helmetts required on all CRW rides.**

Please be sure to check the [website](#) for last minute changes including weather related cancellations.

have potholes, these are hors categorie potholes. Make sure your tires are pumped up to the recommended pressure lest you get a dreaded pinch flat. There are several short, steep climbs so bring your climbing gears.

Leaders: Jack Donohue (<mailto:jmdonohue@alum.mit.edu>)

Start: Bedford VA Hospital, 200 Springs Rd Bedford, MA
Directions: 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.

Ride Information:
33 Mile Ride (<http://ridewithgps.com/routes/6584031>)

Mid January Meander Sunday - January 18

Times and Routes: 10:30 for 28 or 38 miles

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: Starting in Concord we "meander" on quiet back roads through Carlisle and Chelmsford to Westford and back. The long ride goes on to Forge Village and up the most gentle hill into Westford center. Hot drinks and lunch at Trails End Café back in Concord.

Leaders: Ken Hablow (<mailto:khallow@khgraphics.com>), 781-257-5268 before 9PM
No calls the morning of the ride)

Start: North Bridge parking lot, Monument St., Concord, MA

Directions: The parking lot is approx .5 miles out of Concord center on Monument St.

Ride Information:
28 mile (<http://ridewithgps.com/routes/926419>),
38 mile (<http://ridewithgps.com/routes/931101>)

Norumbega Duck ride Sunday - January 25

Times and Routes: 10:02 for 45 or 26 miles

Ride Type: GPS

Description: This ride goes on quiet roads to discover the low income neighborhoods in Weston, Wayland, Sudbury, Lincoln, Concord, and Carlisle.

Leaders: Barry Nelson (<mailto:BarryNelson@alum.mit.edu>), 617-448-5150 before 9PM), Linda Nelson

Start: Charles River--Norumbega Duck Viewing Area, 150 Norumbega Rd., Weston

Directions: Going West on Rt. 30 in Newton heading towards Rt. 95 (i.e. 128), Take the I-95 N/MA-128 N exit toward Waltham/Portsmouth NH. Keep right, follow signs for Norumbega Road instead of getting on the high-

way. Then right turn on Norumbega Rd. to the parking lot.

Ride Information:
Medium 45 miles (<http://ridewithgps.com/routes/6456353>),
Short 26 miles (<http://ridewithgps.com/routes/6456397>)

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

Happy New Year's Day Ride



Our famous annual New Year's Day Ride is you guessed it, planned for Thursday January 1st. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston. The ride visits many interesting and historic sights from Charlestown to Castle Island. It's a fine tradition and makes for a wonderful start to the New Year with friends old and new. ☺

Enjoy Winter Bicycling and Keep On Riding!

Most cyclists put their bikes aside as soon as cold weather arrives, but others find winter riding to be a great form of exercise and a challenging experience. With a little knowledge and practice, winter cycling can become more routine, and a wonderful way to enjoy the cold weather. The Club's Winter Ride Program includes regularly scheduled Sunday Rides which continue through the winter, even in severe weather conditions. We also offer Saturday Winter Rides which will be held on an impromptu basis whenever weather conditions are on the

moderate side. These rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable. Between December and March make a point of checking the web site (<http://crw.org>) toward the latter part of every week for winter cycling opportunities.

For more information on cold weather riding see Pamela Blalock's cold weather riding page at <http://www.blayleys.com/articles/Winter-Tips/wintertips.htm> and also google "winter cycling." ☺

Keeping track of your bicycle mileage is easy with the CRW 2015 Bicycle Mileage Chart (Adobe PDF format) created by Ken Hablow. It is available for download and printing from our website at <http://www.crw.org/BikeLog.php?year=2015>.

2015 MILEAGE CHART

		SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL			SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL	
JANUARY						1	2	3			JULY				1	2	3	4				
	4	5	6	7	8	9	10					5	6	7	8	9	10	11				
	11	12	13	14	15	16	17					12	13	14	15	16	17	18				
	18	19	20	21	22	23	24					19	20	21	22	23	24	25				
	25	26	27	28	29	30	31					26	27	28	29	30	31	1				
	1	2	3	4	5	6	7					2	3	4	5	6	7	8				
	8	9	10	11	12	13	14					9	10	11	12	13	14	15				
FEBRUARY	15	16	17	18	19	20	21				16	17	18	19	20	21	22					
	22	23	24	25	26	27	28				23	24	25	26	27	28	29					
	1	2	3	4	5	6	7				30	31	1	2	3	4	5					
MARCH	8	9	10	11	12	13	14				6	7	8	9	10	11	12					
	15	16	17	18	19	20	21				13	14	15	16	17	18	19					
	22	23	24	25	26	27	28				20	21	22	23	24	25	26					
APRIL	29	30	31	1	2	3	4				27	28	29	30	1	2	3					
	5	6	7	8	9	10	11				4	5	6	7	8	9	10					
	12	13	14	15	16	17	18				11	12	13	14	15	16	17					
MAY	19	20	21	22	23	24	25				18	19	20	21	22	23	24					
	26	27	28	29	30	1	2				25	26	27	28	29	30	31					
	3	4	5	6	7	8	9				1	2	3	4	5	6	7					
JUNE	10	11	12	13	14	15	16				8	9	10	11	12	13	14					
	17	18	19	20	21	22	23				15	16	17	18	19	20	21					
	24	25	26	27	28	29	30				22	23	24	25	26	27	28					
DECEMBER	31	1	2	3	4	5	6				29	30	1	2	3	4	5					
	7	8	9	10	11	12	13				6	7	8	9	10	11	12					
	14	15	16	17	18	19	20				13	14	15	16	17	18	19					
	21	22	23	24	25	26	27				20	21	22	23	24	25	26					
	28	29	30								27	28	29	30	31							

Fun in Sunny SC

FESTIVELLO 2014

by *Connie Farb*



Want to extend your riding season and have great fun both on and off the bike? We did, so we signed up for Festivello, a 5-day bike event in November in South Carolina. This year's version was run out of Santee, about 1/2 way between Charleston on the coast and Columbia. We decided to try Festivello based on the recommendation of our friends and fellow CRW members, Claire and Steve Robinson. They discovered it when living in Huntsville Ala., and were going back this year. We had some vacation time to burn and liked the idea of going south in November.

Claire and Steve drove from Boston but we weren't keen to spend the time driving and preferred to fly. That of course meant the usual problem of transporting the bikes. Several years ago we went on a bike trip in Europe and discovered that Lufthansa charged \$800 for our tandem, one with couplers that fits in a single bike box. So we bought a Dahon folding bike, which I happily rode. The bike fits in a regular suitcase and USAir allows it to go as checked luggage

(some airlines try to charge extra if they know it's a bike in that suitcase). We even got the usual \$50 luggage fee waived because I'm "gold" on American and they're merging with USAir.

This time, Mark rode the Dahon—a nice feature is that it fits us both—and Claire and Steve kindly took my bike on their car's 3-bike roof rack. Mark and I flew to Charlotte, where we could get a direct flight, and drove the 2.5 hours to Santee. We arrived midday with enough time to bike over and check out the nearby Santee National Wildlife Refuge. It is located on the shores of Lake Marion, the largest lake in SC which was

the people were very nice and at \$50/night—tax and breakfast included!—it's hard to complain. It was actually a good venue for the event since it was laid out in a square with a big swimming pool in the middle, making it conducive to socializing. The fire ring was a main hub since free hot dogs and s'mores were provided. Who can resist freshly toasted marshmallows and chocolate?? Not me. Plus, we had to fuel up for the riding the next day.



Three fully arrowed routes were offered each day—30, 60 and 100 miles. We hadn't ridden a century in a couple of years, but the first day's route was dead flat

created when the Santee Dam was constructed in 1941. We were disappointed not to see any alligators but there were lots of nice herons.

The Festivello socializing started that night with beer and conversation around the fire ring at the Whitten Inn. While not luxury accommodations, it was clean,

(300 feet of elevation gain in the 100 miles. The KOM jersey was awarded at the top of a highway overpass) so we figured what the heck, we'd just go for the 100 mile route and see the sights.

Festivello - [Cont. on page. 6](#)

Festivelo - Continued from page 5

We got in with a nice group of folks and were happy to be pulled along by the stronger riders. I think they took pity on Mark's folding bike and since I'm small, I'm not much of a draft anyway! We rode by many cotton fields – some already harvested, some with cotton bales waiting to be carted away and some still full of cotton – some wooded areas, a few pretty swamps with their tall cypress trees and about 10,000 churches.



working almost as hard, but going a lot slower. So we hung in there.

We did a very nice 75 mile loop on Day 4, again with great rest stops and a delicious hot lunch – this time meat or lentil chili and homemade cheese biscuits. Like CRW centuries, Festivelo is run by volunteers and they were all unbelievably friendly and pleasant. Proceeds from the event are donated to various non-profits. Last year's beneficiary was Charleston Moves, a bicycle advocacy group.



and grits, gourmet fare for a bike ride, in my opinion, and every bit as delicious as it sounds, especially after 65 miles.

We finished the 100 miles, tired but happy. We found dinner in town – a pretty good Thai place just a few steps walk from the motel. Festivelo offered dinners – plus other options like the “chocolate obsession” and all-you-can-eat oysters—for an extra fee. We got the dinner one night and were glad we signed up for just the one night. The convenience and camaraderie



The ride was very well supported with a water or food stop every 15 miles or so and a delicious hot lunch each day. The first day's lunch was in St. George, home of the “internationally famous” World Grits Festival (this includes the “Rolling the Grits” contest). In honor of this lofty location, the lunch was shrimp

were nice but we were happier with the food we found in town. The s'mores couldn't be beat for dessert however!

The next two days turned out to be “rinse, lather, repeat”: we left at 7:30, rode 100 miles, came back happy and tired and had our beer and dinner and socialized. We hadn't intended to do three centuries back-to-back but it was mostly flat (or, two out of the three days

were), we rode with nice folks and hey, when would we ever be back in Santee, SC? My legs were feeling it after the first day, but I experienced what I can only call classic Wheelsucker's Dilemma: you're riding in a paceline, working just a bit harder than you really want to, but you can't very well ask the folks who are doing all the work to slow down a bit for you! So your options are to hang in there and suffer or to pull off, then wind up

Overall, it was an extremely well organized event and the arrowing was superb – up to Hablow standards! The rest stops and lunches were top-notch and all of the riders and volunteers we met lived up to the reputation of Southern friendliness (even though the riders were from all over). We'd certainly give Festivelo two thumbs up. 🌀



Advances in bicycle headlights

By John Allen

It's the time of year when bicycle commuters return home in darkness. Recreational riders might be returning at dusk. Lights are needed both for safety and to meet legal requirements.

While I've never had a problem finding adequate taillights, most bicycle headlights I've used over the years have been dim. I relied on streetlights to light my way in the city. Aimed level, my headlight would alert other road users to my presence. When touring, I'd use generator lights and aim my headlight at the road. With dark-adapted eyes, I could putter along without hitting too many potholes.

That was then, and this is now. Light-emitting diodes have produced not only a great improvement in brightness, efficiency and convenience, but also a proliferation in types of lights.

I'm not going to go into detail about novelty lights which make pretty patterns in the spokes, or bicycle gloves with flashing turn signals (though I do use reflective tape on my gloves – flashing by rotating a wrist back and forth). Headlights have had most important advances, but these also raise concerns.

The USA has no standard for a bicycle-headlight beam pattern. Headlights are being promoted with lumen ratings—total light output, no matter where the light goes. Many bright bicycle headlights have a round beam pattern like a flashlight's. If aimed at the

road, the beam is unnecessarily bright up close, making it harder to see more distant objects. If aimed so brightness tapers off closer to the bicycle for even illumination, then the brightest part of the beam glares into the eyes of people ahead and washes out the view of the road in rain, snow or fog.

Certainly, for off-road riding, you'll want to see the overhanging tree branch which could smack you in the head, but on roads and paths shared with other users, a shaped beam pattern like a car headlight's avoids blinding people and puts more light on the riding surface. This beam pattern has a sharp, flat cutoff at the top; brightness tapers off below that. Most LED headlights with a shaped beam pattern are recognizable by their scoop-shaped internal mirror, curving down from the top rear to the bottom front, with the LED hidden up at the top rear.

German law requires a shaped beam pattern and 3-watt generator power, so Germany has led with generator-powered systems. Lights and generators are sold separately, and there are several brands. Bicycle tourists and randonneurs prefer generator systems. Prices range from \$150 to over \$300, though also, there's the expense of building a hub generator into a wheel.

Rechargeable battery-powered lights with a shaped beam pattern are available at prices from \$93 to \$250 from

European manufacturers – but also from Dosun and S-sun of Taiwan, at lower prices. Some use replaceable AA batteries or an external battery, so it is possible to carry spares, but any of the battery lights will run for at least a couple of hours on their highest-power



Shaped beam pattern: flat top, with sharp cutoff. Brightness tapers down toward the bottom for even illumination closer to the bicycle.



Flashlight beam pattern, greatest brightness in the middle.

setting. The highest-power setting can be reserved for high-speed descents and rain, snow or fog.

I'm pleased to see local shops carrying more and more of these lighting products, and in enough variety to suit different budgets and needs.

Finally, let's discuss headlight installation. Mounting the light on the fork crown or a front rack puts it in the clear – though a battery-powered headlight may be supplied only with a handlebar fitting, and be obstructed by the brake levers, hands, a rain cape or handlebar bag. Minoura offers a bracket to hold a handlebar-mount headlight below the handlebar stem. Aiming the headlight is important, but easy: the flat top of the beam pattern should go a bit below the horizontal.

All in all, you pay your money and you take your choice, as the saying goes – but there are more and better choices now than only a year or two ago. Be safe out there!

Resources:

Peter White, in New Hampshire, has several pages of very helpful information about bicycle lights; <http://www.peter-whitecycles.com/lightingsystems.htm>.

An extended discussion of bicycle headlight options is online at <http://www.phred.org/~josh/bike/bike-lights.html> ☺



by Jack Donohue

One of the perks of being the mailing address for the club is I get free stuff. The LAB sends me their publication, though they just have my address and not my name, so it is addressed to "null null." I try not to take it personally. *Bicycling* magazine has also started to arrive and something called "*Bicycle Times*." These two publications seem to be at the opposite end of the bicycling spectrum.

Bicycling has all the shiny new high tech stuff, and since I haven't bought a new bike in over a decade, I figure I should check it out to see what's available. Problem is the real bikes they review (read "road bike") are way out of my price range and the others they somewhat condescendingly imply are not race worthy. Not that I'm race worthy either, but the implication is no self respecting cycling aficionado would be caught dead on one.

Typical *Bicycling* headline: "Casual cycling style that performs" Can't imagine what that means. As opposed to "formal cycling style?". Haven't seen too many black tie cycling events. Style is a word that I would never apply to anything I wear while on the bike. My haute couture consists of items from the Eric Ferioli collection, enough said.

On the other hand, *Bicycling Times* seems to revel in non-race-worthiness.

They seem to support a class war between the lycra crowd and the flannel crowd. I'm a cheap retrogrouch but I don't really relate to them either.

For instance, a *Bicycling Times* front page heading is "Cargo Bikes—New SUV." Aside from the fact that that phrase seems wrong on so many levels, they accompany this with pictures of a fellow pushing several cases of beer on his steed, a European looking fellow with what looks to be an espresso perched on his handlebars hauling a bag of coffee beans. and a mommy hauling two kids, all sans helmets except for mom and kids. I can see the utility of a beer conveyance, and now that I'm retired, I can see myself participating somewhat in the shopping, but I can't see buying a dedicated bike for this purpose.

So, if ever there's a magazine that takes the middle ground, I might be interested. Until then, I'll remain in ignorance. ☺

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

November Mileage

263833

Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	10871	10	5	6	Rudge McKenney	3058	4	-	-
Mike Kerrigan	9712	9	8	7	Henry Marcy	3041	1	-	-
Jack Donohue	9635	-	-	5	Adam Auster	3001	1	-	-
Chris Roberts	9039	9	6	1	Bill Hanson	2913	-	-	-
Bruce Ingle	8408	11	5	2	Clarence Wayne	2764	-	-	-
Richard Deandrea	8136	9	2	2	Joseph Tavilla	2706	-	-	-
Steve Robins	7977	-	-	2	Cynthia Snow	2614	-	-	-
Richard Taylor	7705	11	11	3	Marc Cohen	2558	6	-	-
Martin Estner	6531	-	-	1	Dawn Michelle	2384	1	1	-
Irving Kurki	6345	7	2	-	Joseph Moore	2244	3	-	-
Bob Wolf	6273	8	-	-	Jeffery Luxenberg	2195	1	-	-
Douglas Cohen	6065	3	-	-	A J Gemperline	2032	3	-	-
David Cooper	6044	11	5	-	Bernhard Paul	1974	3	-	-
Cynthia Zabin	5961	1	-	-	Arne Buck	1842	1	2	-
Bernie Flynn	5945	10	1	-	Scott Tyler	1762	2	3	-
Ken Hابلow	5914	7	-	1	Ed Hoffer	1703	-	-	-
Bob Cohen	5839	7	5	-	John Allen	1664	1	-	-
John Springfield	5629	2	9	1	Gary Smiley	1652	1	-	-
Carlo Innocenti	5367	5	5	1	Marc Webb	1633	-	-	-
Clyde Kessel	5350	8	1	1	Mike Hanauer	1541	-	-	-
Butch Pemstein	5115	5	-	-	John Kane	653	-	-	-
Erik Husby	5032	4	-	-	Bill Widnall	546	-	-	-
Dom Jorge	4820	7	-	-	George Caplan	321	-	-	-
Marc Baskin	4783	9	4	-	John Loring	227	-	-	-
Joe Repole	4654	11	11	-					
Samuel Leadholm	4431	7	2	-					
Fred Newton	4315	2	-	-					
Bruce Larson	4259	8	4	-					
Walter Frank	4193	1	1	-					
Eric Sansone	4159	4	-	-					
David Wean	4097	4	-	-					
Ed Pastor	4007	5	1	-					
Don Mitchell	3697	4	1	-					
Harry Wolf	3413	-	-	-					
Alan Cantor	3407	6	3	-					
Glen Reed	3330	-	1	-					
Mark Druy	3222	7	1	-					
Frank Aronson	3125	7	5	-					

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 3rd of each month on the website at <http://crw.org/mileage/mileage.htm> or email mileage@crw.org



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. 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 781-257-5268. Please do not contact the insurance company.

BOARD OF DIRECTORS

Term Expires

John Allen	2016	781-891-9307
Chris Berg	2014	978-201-6530
Frank Hubbard	2014	508-376-6265
Stanley Kay	2014	617-928-3677
Andy Brand	2014	617-247-9770
Mike Byrne	2014	508-788-7120
Helen Greitzer	2016	508-878-6988
Ken Hablow	2016	781-257-5268
Bob Wolf	2015	781-259-8529

OFFICERS AND COORDINATORS

President	Eli Post	617-306-1838
Executive Vice President	Open	
Vice President of Finance	Bernie Flynn	617-968-3506
Vice President of Publications	Ken Hablow	781-257-5268
Vice President of Legal Affairs	Butch Pemstein	617-969-6574
Secretary	Mike Byrne	508-788-7120
Treasurer	Jack Donohue	
Insurance Coordinator	Ken Hablow	781-257-5268
Membership Coordinator	Linda Nelson	617-964-5727
	Larissa Hordynsky	617-527-5620
Mileage	Jack Donohue	
Bike Shop Coordinator	A J Gemperline	508-881-6676
Safety Coordinator	Frank Hubbard	508-376-6265

RIDE PROGRAM COORDINATORS

Vice President of Rides	Ken Hablow	781-257-5268
Intro Rides	Jacque Smith	781-271-1571

Get Up 'n Go Rides	Jack Donohue	
	Susan Grieb	781-879-9523
Century Committee	Eli Post	617-306-1838
Wednesday Fitness and Masters Ride	Charlie Dow	617-543-4826
	Ken Milne	508-458-5621
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	Kathy Horvath	781-271-1308
Thursday Night Fun Ride	Wayne Douglas	508-245-5228
	Conrad Kauffman	617-833-8638
Friday Rides	Alan Cooney	617-293-2244
	Ed Glick	978-250-1883
	Paul Hardin	978-866-3040
Sunday Fitness Rides	Andy Brand	617-247-9770

WHEELPEOPLE STAFF

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

INTERNET STAFF

Web Site		
Webmaster	Gary Smiley	617-661-8908
	David Cooper	781-483-6960
Touring	Andy Meyer	603-427-5001
Facebook	Jeff Dieffenbach	508-353-3175
E-Mail List		
Administrator	Eric Sobel	857-636-0900

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 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

C K Bikes

1 Still River Road, Harvard..... 978-844-7539

Cambridge Bicycle

259 Massachusetts Avenue, Cambridge..... 617-876-6555

Centre Ski and Bike

1239 Washington Street, West Newton..... 617-332-0300

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 Trnkp (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

44 Granite Street, Braintree..... 781-519-6306

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

Sheldonville Bicycle Repair

277A Hancock Street, Wrentham..... 508-384-0665

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



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<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