

WheelPeople

Newsletter of the Charles River Wheelmen

February Highlights

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50 years on the roads of New England 1966-2016

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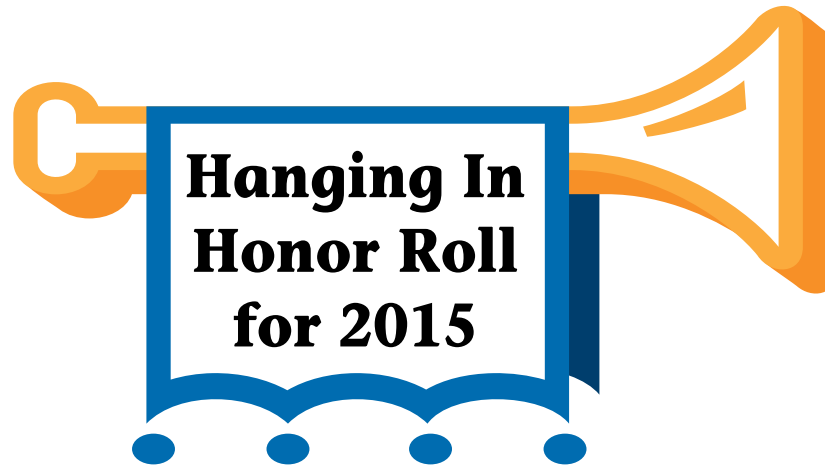
This list honors those cyclists who have reported their outdoor road or trail mileage to the CRW member monthly mileage database each month for at least five years. The other rule is that you must submit your year end mileage in December. Just get in the habit of recording mileages on the web site each month:

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

For more information on the rules see: <http://www.crw.org/mileage/MileageInfo.htm>

Welcome new members to the club this year: David Cooper, Mark Druy, and Scott Tyler.

NOTE: Those of you who were paying attention may have noticed that mileages for some on the list actually DECREASED since last year. We found an error in the accounting, and people who entered miles in 1994 and 1995 actually got those years counted twice. This doesn't affect anyone who started entering mileage later than 1996.



Name	Yrs.	Avg.	Total	Name	Yrs.	Avg.	Total
Melinda Lyon	31	14149	438607	David Wean	19	5374	102103
Jack Donohue	34	9408	319867	Doug Cohen	21	4253	89309
Pamela Blalock	22	10585	232879	Jim Krantz	12	6892	82704
Mike Kerrigan	22	8668	190705	Mike Hanauer	34	2379	80880
Bruce Ingle	21	8812	185051	Ed Hoffer	26	3073	79909
Dave Jordan	26	6363	165438	Richard Taylor	12	6561	78728
Paul Corriveau	25	6391	159774	Marc Baskin	16	4818	77081
Ken Hablow	25	5820	145495	Glen Reed	12	6109	73305
Irving Kurki	21	6559	137737	Butch Pemstein	14	5209	72921
Joe Repole	30	4551	136517	John Allen	28	2337	65443
Peter Knox	24	5494	131859	Gabor Demjen	19	3426	65087
Peter Brooks	24	5099	122371	John Springfield	36	1797	64687
Jean Orser	21	5031	105659	Jeff Luxenberg	35	1774	62076
Steve Robins	13	7910	102832	Cynthia Zabin	16	3731	59702

Name	Yrs.	Avg.	Total
Ken Hjulstrom	25	2335	58378
John Kane	36	1622	58375
Bill Hanson	19	2923	55529
Don Mitchell	11	4845	53290
Bob Cohen	7	7487	52412
Bob Wolf	7	7324	51265
Bill Widnall	18	2812	50611
Cynthia Snow	16	3096	49537
Joseph Tavilla	12	4109	49312
Erik Husby	9	5213	46914
Joseph Moore	11	4207	46273
Lisa Weissmann	13	3542	46047
Frank Aronson	11	4142	45562
Gary Smiley	14	3182	44547
Carlo Innocenti	8	5069	40554
Henry Marcy	12	3234	38808
Clyde Kessel	6	5870	35219
William O'Hara	7	5002	35011
Darrell Katz	11	2998	32973
David Cooper	5	6317	31584
Harry Wolf	13	2334	30338
Rudge McKenney	11	2678	29455
Joe & Kathy Marino	6	4481	26885
Elaine Stansfield	15	1343	20139
John Loring	22	740	16277
Mark Druy	5	3169	15846
Scott Tyler	5	3147	15735

Assumptions

by Karen Saltus

Recently, a gal pal and I were sitting around her living room talking. And since we're cyclists, the talk naturally centered around our favorite activity.

"You know", she said, "sometimes guys (now, to be fair, there are probably women who are guilty of this as well, but in her and my experiences, it's always been guys) just sort of *take over* without asking permission."

She continued, "I have a headlight on my bike and I keep it pointing down when I'm not using it. So one day I'm on a club ride (the exact club shall go unnamed) and we had stopped for a break when this guy, without saying a word, grabbed a tool out of his tool bag and repositioned my light. He didn't even ask me about it. I'm pretty sure he wouldn't have done that to another guy!"

My friend is a very experienced and strong cyclist. Very strong. She flies up the hills. I can never keep up with her.

Then she related another story. She had been out riding and came across a guy who had a flat. He had no tube and no idea how to fix it. My friend took out her tool bag, grabbed a tube, and fixed his bike. The guy was dumbfounded. "You know how to fix a flat?!" he exclaimed, as if it were some deep mystery that

not everyone was privy to.

"You have all the tools?"

He couldn't seem to get

beyond the fact that my friend had tools and knew how to use them. (For some reason a ZZ Top song is running around my head right now)

Again, she said to me, "I'm sure he wouldn't have said that to a guy."

I knew what she meant. I had had a similar experience last summer. I was on a club ride (the exact club shall go unnamed) when I had a flat. I was riding alone in- between groups of riders at that point and stopped to fix it. Which is when I discovered that a part had fallen off my new (and very much loved) frame pump. Several guys stopped to make sure I was okay and one of them immediately took over, removing my rear wheel, whipping out the tube, and an-

nouncing that I had a pinch flat. He then replaced the tube and the wheel and pumped up my tire.

Now, I *really* appreciated the concern and help. I really did. It's just that I have my own way of fixing flats. It's sorta like meatloaf recipes. There are lots of them, almost all of them are great, and

we each have our favorite. And I have a method that has worked well for me for a long time.

Anyway, my point is that this guy didn't even ask me if I wanted or needed help. He just *took over*. Would he have done that to a guy cyclist? Doubtful.

I've been a serious cyclist for over 30 years. I was president of the Seven Hills Wheelmen around 25 years ago. I've trained and worked as a tour guide. I've ridden across country (back in '89) and in Scotland, England, the Canary Islands, Portugal, Ireland, Scotland, Canada, and Mexico (okay, in Mexico I only biked across the border for lunch and then biked back, so that probably doesn't count). I've given clinics on fixing flats and drive train maintenance. I

carry a lot of tools with me (since I ride alone a lot). I'm fairly experienced, in other words.

Now, I realize that there are women who don't know how to change a flat. But there are men who don't know how to change a flat either. I was on the Seacoast Century over 20 years ago and rode with a guy who got a flat. He hadn't a clue what to do. I quickly changed it for him and when we got to the finish, he excitedly told all his buddies, who had left him in the dust and returned before him. And recently, on the Cranberry Ride, a woman who was riding with a man got a flat. Neither of them knew what to do. So I fixed it, after asking if they needed help. (She was going to call AAA, which is a very cool option to have, but would have taken significantly longer than the 5-10 minutes it took to replace her tube after a pinch flat.)

So, before you assume that someone you're riding with is okay with you fixing, adjusting, or otherwise tinkering with his or her bike, please ask. It's *very* much appreciated. ☺

"You know ... sometimes guys ... just sort of *take over* without asking permission."

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. 

The Club's Winter Ride Program runs from December until March. Regularly scheduled Sunday Rides continue throughout the winter, when conditions permit. Saturday Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side, and suggest a safe and pleasant riding experience.

The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become available.

Mid January Meander

Sunday - February 7

Times and Routes: 10:30 for 29 or 39 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 Trail's End Cafe back in Concord.

Leaders: Ken Hallow (<mailto:khalow@khgraphics.com>), 781-257-5268 before 9 PM.

No calls the morning of the ride)

Start: North Bridge parking lot '42.469583, -71.348611'

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

Cuesheets: 29 mile

Ride Information: 39 mile (<http://ridewithgps.com/routes/931101>), 29 mile (<http://ridewithgps.com/routes/11353167>)

Round Carlisle on Valentine's Day

Sunday - February 14

Times and Routes: 10:30 AM for 26 mile and 40 mile rides

Ride Type: GPS

Description: We'll see how many times we can circle Carlisle without getting dizzy. Along the way, we'll venture north into Chelmsford and Billerica. No major climbs but several short hills.

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

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.

February Rides - *Cont. on page 4*

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.

— Helmets required on all CRW rides.

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

February Rides - Continued

Note: NO cuesheets available at ride start, if you need one, print the cuesheet file for the ride you will do.

Cuesheets: [40 Mile Route](http://ridewithgps.com/routes/4373279)

Ride Information:

40 Mile Route (<http://ridewithgps.com/routes/4373279>),
26 Mile Route (<http://ridewithgps.com/routes/4373409>)

Bruce's Birthday Ride

Saturday - February 20

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

Ride Type: Cue Sheet

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

Leaders: Bruce Ingle

(<mailto:bruceingle@rcn.com>, 508-877-1045 before 8 PM)

Start: Framingham Historic Village Hall, 2 Oak St, Framingham

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 Old Town Hall 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 Old Town Hall is on your left.

West from Jack's Abby Beerhall

Sunday - February 21

Times and Routes: 10:30 am for 43 and 23 miles

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: From the Jack's Abby Beerhall in Framingham, the 43 mile ride heads to Upton while the 23 gets to Hopkinton. Final routes, exact parking location, and other descriptions will be listed soon.

Leaders: Bob Wolf
(<mailto:robertgwolf@gmail.com>)

Start: 141 Clark Street, Framingham MA

Natick Surprise

Sunday - February 28

Times and Routes: 10:30 AM for 24, and 36 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: These routes are on Natick streets usually not encountered on club rides. The medium ride heads south to Sherborn and Dover.

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

Start: Memorial Elementary School. 107 Eliot Street, Natick

Directions: From Rt 128 take Exit 21 Rt 16 West. Travel 5.5 miles on Rt. 16. The School is in South Natick (0.5 miles past the S. Natick traffic light) on your right.

Ride Information:

24 mile route (<http://ridewithgps.com/routes/3628410>),
36 mile route (<http://ridewithgps.com/routes/3627858>)

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



2016 New Year's Day Ride

Old Ironsides

More New Year's Day ride photos

Photo by Bill O'Hara



by Jack Donohue

I'd been leading rides for the Bedford Council on Aging (COA), aimed at the younger old crowd, such as recent retirees.

I had developed a 16 mile route wandering around the back roads of Bedford, then onto Concord and back (<http://ridewithgps.com/routes/10007131>). I had devised the route using RideWithGps and downloaded to my phone. Suffice it to say that it was sufficiently convoluted that I could never find my way without the GPS to guide me.

I vaguely recalled doing a ride recently and feeling some bumpiness coming from the rear tire. I surmised that it was a piece of tar the tire had picked up and made a mental note to check it out when I got home. Needless to say, that never happened.

So, I started my ride, and before I got out of the parking lot, I noticed an awful thumping coming from the rear wheel. Stopped and discovered that the tire

had a rather large gash and was very close to having the tube poke through and explode. Since I rode the bike to the start, one would have thought I would have noticed this on the way over, but no.



This clearly wasn't rideable, so now I had a group waiting to ride with no one to lead. Fortunately, Susan was going to sweep and had driven to the start. So I took the car to drive home and get another bike. Meanwhile, Susan had to lead a ride she was not familiar with on my tortuous route. Fortunately someone had printed out a cuesheet so they could use that. I drove home, switched bikes, drove back to the COA. I was going to just ride the route backward

down Monument street to meet them but I figured if I skipped the twisty turny bit at the start and headed straight for Concord I might catch them, since the route goes about six miles to make two miles forward progress.

I tried to call Susan, but every time I called her, it went straight to voice mail. Turns out she had somehow put her phone in airplane mode. So, got to Concord, called her, voice mail, headed out Monument, got to the end of Monument,

called her, voice mail. At this point I had no idea whether I was ahead of her or behind her, so I left one final voice mail saying I was heading to Bedford, and if they weren't there, would turn around. Somewhere on 225 she called me and said they were at the top of Monument,

so I turned around and went back up Monument and finally found them.

Lesson learned: before starting a bike ride, leader and sweep should call each other to make sure both phones are working.

Lesson #2 learned: check your tires at least once a year. ☺

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

Broken Bicycles

Broken bicycles
old busted chains
with rusted handlebars
out in the rain
somebody must have
an orphanage for
all these things that
nobody wants any more

September is reminding July
it's time to be saying goodbye
summer is gone
but our love will remain
like old broken bicycles
out in the rain

broken bicycles
don't tell my folks
there's all those playing cards
pinned to the spokes
laid down like skeletons
out on the lawn
the wheels won't turn
when the other has gone

the seasons can turn on a dime
somehow I forget every time
for all the things that
you've given me
will always stay
broken but I'll never throw them away

Tom Waits
One from the Heart (Soundtrack)

New Members

Achilleas Dorotheou	Boston
Glen Fraser	Hudson, NH
John Lydon	Ashland
Emily McPhillips	Lexington
John Moore	Southborough

December Mileage 363501

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	13727	-	-	-	Dave Levy	4340	2	2	-	Jim Krantz	2153	2	-	-
Bruce Ingle	11370	12	11	7	Dawn Michelle	4326	-	1	-	A J Gemperline	1941	1	-	-
Jack Donohue	11322	-	-	8	Don Mitchell	4291	4	1	-	Gabor Demjen	1924	4	-	-
Chris Roberts	10440	11	7	3	Henry Marcy	4226	3	-	-	Ed Hoffer	1870	-	-	-
Mike Kerrigan	10302	8	6	6	Lisa Weissmann	4115	3	1	-	Scott Tyler	1829	1	-	-
Richard Taylor	9482	12	12	4	Bruce Larson	4076	8	6	-	Mike Hanauer	1650	-	-	-
Don Fraser	8506	-	-	-	Doug Cornelius	4036	8	3	-	Jeffery Luxenberg	1619	-	-	-
Bob Cohen	8287	7	5	2	Joe Repole	3894	11	12	-	Barbara Gaughan	1617	-	-	-
Ken Hablow	8090	9	1	-	Neal Schuster	3853	6	1	-	Butch Pemstein	1497	1	-	-
Steve Robins	7894	-	-	3	Joel Bauman	3689	6	-	-	Mike Byrne	1087	1	-	-
Bob Wolf	7658	9	1	-	Glen Reed	3607	-	1	-	Daniel Landreville	1034	1	-	-
Carlo Innocenti	7551	8	7	1	Gardner Gray	3599	5	1	-	Elaine Stansfield	995	-	-	-
Pamela Blalock	7445	10	-	1	Ed Pastor	3440	-	-	-	Joseph Moore	888	-	-	-
Bernie Flynn	7243	9	3	1	Mark Druy	3437	5	2	-	John Kane	655	-	-	-
Marc Baskin	7069	8	4	-	Peter Brooks	3257	-	-	-	John Loring	638	-	-	-
Clyde Kessel	6219	9	4	1	Paul Greco	3122	-	-	-	Bill Widnall	318	-	-	-
Cynthia Zabin	6205	-	-	-	Joseph Tavilla	3075	-	-	-	Darrell Katz	28	-	-	-
Dave Jordan	6164	-	-	-	Steve Cohen	3023	2	3	-	Ken Hjulstrom	4	-	-	-
Joe & Kathy Marino	6111	-	-	-	Marc Cohen	3017	7	-	-					
Douglas Cohen	6058	2	-	-	Rudge McKenney	3011	4	-	-					
Greg Stathis	6041	6	1	-	Dan Dalessio	2934	5	2	-					
Tim Mathews	5943	10	5	-	Frank Aronson	2888	6	4	-					
Diane Mutchler	5600	9	7	-	John O'Dowd	2801	3	-	-					
Erik Husby	5483	2	-	-	Harriet Fell	2751	4	3	-					
Irving Kurki	5432	6	-	-	Paul Corriveau	2725	3	1	-					
David Cooper	5326	10	4	-	John Springfield	2508	-	6	-					
William O'Hara	5278	6	2	-	Bill Hanson	2469	-	-	-					
Dom Jorge	5185	7	-	-	Cynthia Snow	2404	1	-	-					
Fred Newton	5059	3	1	-	Gary Smiley	2390	1	-	-					
David Wean	4932	3	-	-	Arne Buck	2301	3	1	-					
Walter Frank	4743	3	-	-	Pete Knox	2300	-	-	-					
Larry Delaney	4662	6	4	-	Jean Orser	2275	3	-	-					
Harry Wolf	4515	-	-	-	John Allen	2232	2	-	-					

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
Mike Byrne	2017	508-788-7120
Bernie Flynn	2017	617-968-3506
Helen Greitzer	2016	508-878-6988
Ken Hablow	2016	781-257-5268
Dom Jorge	2017	617-714-3259
Gardner (Sandy) Gray	2018	978-663-7460
Erik Sobel	2018	857-636-0900
Bob Wolf	2018	781-259-8529

OFFICERS AND COORDINATORS

President	Bernie Flynn	617-968-3506
Executive Vice President	Bob Wolf	781-259-8529
Vice President of Finance	Bernie Flynn	617-968-3506
Vice President of Publications	Ken Hablow	781-257-5268
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	Larissa Hordynsky	617-527-5620
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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
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
	Kathy Horvath	781-271-1308
Sunday Fitness Rides	Andy Brand	617-247-9770

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E-Mail List		
Administrator	Erik Sobel	857-636-0900

These fine bike shops offer discounts to CRW members

Ace Wheelworks

145 Elm St., Somerville..... 617-776-2100

Adi's Bike World

1754 Centre 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

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

66 Needham St., Newton 617-527-0967

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



**DON'T THROW IT AWAY
RECYCLE IT!**

Make rubber bands from an inner tube section to hold a GPS or smart phone in place. These inner tube slices are stronger and last longer than regular rubber bands. Thanks to David Cooper for this suggestion.

If you have an interesting way of recycling your worn out bike parts send us a photo and we might run it.