

# WheelPeople

Newsletter of the Charles River Wheelmen



## December Highlights

October Mileage.....	1	December Rides.....	2
Winter Ride Program .....	1	Club Officers & Coordinators.....	3
Recurring Rides.....	2	Bike Shops .....	4
New Members.....	2		

50 years on the roads of New England 1966–2016

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## October Mileage

247383

Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	12238	10	2	8	Irving Kurki	4490	3	-	-
Jack Donohue	9640	-	-	5	Joe Repole	4178	10	10	-
Richard Taylor	9287	10	10	6	Mark Druy	4084	7	3	-
Chris Roberts	8948	10	8	1	Ed Pastor	4047	5	-	-
Steve Robins	7959	-	-	3	Lisa Weissmann	3993	2	-	-
Ken Hablow	7449	9	1	1	Neal Schuster	3855	4	1	-
Cynthia Zabin	6439	-	-	-	Bruce Larson	3738	6	4	-
Marc Baskin	6319	6	4	-	Douglas Cohen	3461	-	-	-
Bernie Flynn	6183	8	1	-	Frank Aronson	3205	7	4	-
David Malins	6156	2	5	-	Fred Newton	3193	1	-	-
Carlo Innocenti	6145	4	3	-	Don Mitchell	2788	4	-	-
Don Fraser	5955	-	-	2	Henry Marcy	2770	-	-	-
Greg Stathis	5877	6	2	-	Bruce Ingle	2638	2	3	2
Bob Cohen	5862	8	4	-	Rudge McKenney	2615	-	-	-
Eric Sansone	5369	4	-	2	John O'Dowd	2605	4	3	-
David Cooper	5188	10	2	-	John Springfield	2602	6	1	-
Andy Brand	5141	6	1	-	Cynthia Snow	2578	1	-	-
Butch Pemstein	5099	2	-	-	Joel Bauman	2506	2	-	-
Diane Mutchler	5047	9	8	-	A J Gemperline	2480	3	1	-
Harriet Fell	4885	8	5	-	Gardner Gray	2346	1	-	-
David Wean	4780	3	1	-	Bill Hanson	2320	-	-	-
Erik Husby	4706	2	-	-	James Broughton	2297	-	-	-
Walter Frank	4681	3	1	-	Jean Orser	2195	2	-	-
Larry Delaney	4639	8	5	-	Gary Smiley	2127	-	-	-
Clyde Kessel	4590	9	2	-	Douglas Bajgot	2075	2	2	-

Name	Miles	M	C	K
Ken Mostello	1922	2	1	-
John Allen	1809	2	-	-
Scott Tyler	1715	1	-	-
Jeffery Luxenberg	1621	-	-	-
Gabor Demjen	1519	2	-	-
Ed Hoffer	1470	-	-	-
Mike Hanauer	1298	-	-	-
Darrell Katz	1056	-	-	-
Pete Knox	874	-	-	-
John Kane	331	-	-	-

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

## CRW Winter Ride Program

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 week-end weather forecasts become available.



# 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.

## New Members

Matt Berube	Watertown
David Brady, Kristina Bieker-Brady	Milton
Michelle Golden	Roslindale
Srinivasa Murthy	Sharon
Shinji Okitsu	Cambridge
Lynda Stockwell	Foxboro

# December Rides

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

## Something in Common Sunday - December 4

**Times and Routes:** 10:30 AM for 23 and 34 miles

**Ride Type:** Cue Sheet, Map

**Description:** Join us for the first Winter Ride of the Season, and a taste of rides to come. This is the season to share in the fun. Meet at the monument in the middle of the Cambridge Common.

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

**Start:** Cambridge Common, is north of Harvard Square. 1500

Massachusetts Avenue, Cambridge

**Directions:** Harvard Square, Cambridge is accessible from Memorial Drive, and Storrow Drive, as well as the MBTA Red Line.

**Cuesheets:** 34 miles

**Ride Information:** 23 mile route (<http://ridewithgps.com/routes/1955564>), 34 mile route (<http://ridewithgps.com/routes/1955500>)

## The Gypsy Ride Sunday - December 11

**Times and Routes:** 10:30 for rides of 24 or 33 miles @ Leader's House

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

**Description:** Come out to Groton for this winter ride! It will feature routes where there is just enough climbing to keep warm. The short and long rides start at the leader's house. The long ride will circumnavigate Scribner's Hill and ride through Groton, West-

December Rides - *Cont. on pg. 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.**



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

BOARD OF DIRECTORS		Term Expires		
John Allen	2016	781-891-9307	Century Committee	Eli Post..... 617-306-1838
Mike Byrne	2017	978-337-3394	Wednesday Wheelers	Helen Greitzer..... 508-878-6988
Bernie Flynn	2017	617-968-3506	Wednesday Ice Cream Ride	Gabor Demjen..... 781-444-4508
Helen Greitzer	2016	508-878-6988		Roger Bonomi..... 617-686-4073
Ken Hablow	2016	781-257-5268	Thursday Fitness Rides	Rudge McKenney..... 617-332-6242
Dom Jorge	2017	978-395-1283	Thursday Night Fun Ride	Kathy Horvath..... 781-271-1308
Gardner (Sandy) Gray	2018	978-663-7460	Friday Rides	Wayne Douglas..... 508-245-5228
Erik Sobel	2018	857-636-0900		Alan Cooney..... 617-293-2244
Bob Wolf	2018	781-929-7789	Sunday Fitness Rides	Ed Glick..... 978-250-1883
				Kathy Horvath..... 781-271-1308
				Andy Brand..... 617-247-9770
OFFICERS AND COORDINATORS			WHEELPEOPLE STAFF	
President	Bernie Flynn	617-968-3506	Copy Editor	Jack Donohue.....
Executive Vice President	Bob Wolf	781-929-7789	Graphic Designer	David Cooper..... 781-483-6960
Vice President of Finance	Bernie Flynn	617-968-3506	Circulation	Cindy Sragg..... 617-993-3245
Vice President of Publications	Ken Hablow	781-257-5268	INTERNET STAFF	
Vice President of Legal Affairs	Butch Pemstein	617-969-6574	Web Site	
Secretary	Mike Byrne	978-337-3394	Webmaster	Gary Smiley..... 617-661-8908
Treasurer	Jack Donohue			David Cooper..... 781-483-6960
Insurance Coordinator	Ken Hablow	781-257-5268		Jack Donohue.....
Membership Coordinator	Linda Nelson		Touring	Andy Meyer..... 603-427-5001
	Larissa Hordynsky	617-527-5620	Facebook	Erik Sobel..... 857-636-0900
Mileage	Jack Donohue		E-Mail List	
Bike Shop Coordinator	A J Gemperline	508-881-6676	Administrator	Erik Sobel..... 857-636-0900
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		

These fine bike shops offer discounts to CRW members

ford, Tyngsboro and Dunstable. Those on the short ride will miss the "big" hill. Everyone is welcome to stay for the after-ride party which will feature "Gypsy Soup". PLEASE: NO CLEATS IN THE HOUSE.

Leaders: Lindy King (mailto:lindybikes@charter.net, 978-448-0533 please call before 9PM)

Start: Lindy and Jamie's House

Directions: Lindy & Jamie's: Take Route 495 to Exit 31 and follow Route 119 West to Groton for 4.2 miles; turn right onto Gay Rd for .25 miles then right onto Whitaker Lane to #41 (the only blue house). Park on Whitaker Ln: Be sure to leave room for cars to pass (please don't park in the driveway).

Note: Ride will be cancelled if it snows or rains - check website in the morning! We'll still have the party at noon even if the weather doesn't cooperate.

Ride Information: Short Ride: 24 miles (http://ridewith-gps.com/routes/6331653), Long Ride: 33 miles (http://ridewithgps.com/routes/6365642)

Sunday - December 18

No scheduled ride as of WheelPeople publication date, check the rides calendar on the website for updates.

Sunday - December 25

No scheduled ride as of WheelPeople publication date, check the rides calendar on the website for updates.

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

- 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 675 Lowell St. Suite 170, Lexington ..... 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 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
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
Sirois Bicycle Shop 893 Landry Ave, North Attleborough ..... 508-695-6303
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