

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXVI, Number 3 • March 2012

Appalachian Mountain Club Bicycle Repair and Information Workshop

WHEN: Sat., March 24, 2012 9:45AM – 3:30PM

WHERE: Concord Trinitarian Church, 54 Walden Street, Concord.

Learn about types of bikes, maintenance, clothing and equipment and riding technique. Four stations: basic bike info, general maintenance, flat tires and brakes and derailleurs, plus a comprehensive handout to take home. See <http://www.amcboston.org/bicycle/workshop.htm> for details. Prices are \$25 for AMC Members, \$30 for Non Members, and \$35 at the door for all. To register, mail your check payable to AMC Boston Chapter Bicycling Committee along with contact information to Valerie Paul, 85 Fruit St., Ashland MA 01721. For more information contact Valerie Paul (Valerie@african-safari.com, 508-231-1483 before 9:00PM).

Helmets to be Required on CRW Rides

by Kimberley Fitch

The CRW Board has approved a policy that mandates helmet usage on all CRW rides, effective March 15, 2012.

Hasn't the CRW Always Mandated Helmet Use?

No. While the CRW has always strongly encouraged helmet use, it has never mandated helmet use on all CRW rides, except by ride leaders.

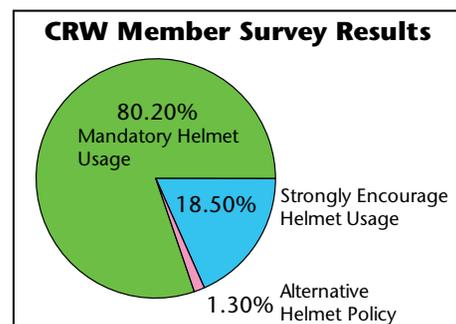
How Was the Decision Made to Mandate Helmet Usage?

In early 2011, several board members expressed concern about the lack of a formal CRW helmet requirement. The Board appointed a committee to investigate the helmet issue, and to make appropriate recommendations to the Board. The helmet committee consisted of Chairperson Bob Wolf, and board members Steve Cohen, Eli Post, Andy Brand, and Kimberley Fitch. The committee surveyed CRW members, analyzed the survey results, and developed recommendations including a timetable for implementation. The committee attempted to understand points of view within CRW and to adopt an approach that addressed member and ride leader wishes and concerns.

Who Made The Decision For a New Policy?

The short answer is-you! The committee circulated the survey to the CRW membership in August 2011. The survey first asked CRW members for their preferences across three policy options including (1) require

participants in CRW rides to wear helmets, (2) encourage helmet use, or (3) some other policy suggested by the respondent. The survey also asked members to indicate the reason for their choice. About 50% of CRW members responded to the survey—an impressive response rate reflecting the strong sentiment



of members in regard to this issue. **80.2% of the 798 members who responded favored a new policy requiring helmet usage on CRW rides.** 18.5% favored a policy strongly encouraging helmet use (but not mandating it), and the remaining 1.3% favored alternative policies. This is an overwhelming vote for a helmet requirement.

What Reasons Did Members Provide to Support Requiring Helmets?

Respondents who favor requiring helmets cited increased safety and the significance of their club taking a formal position on the issue.

Helmets - Continued on page 6

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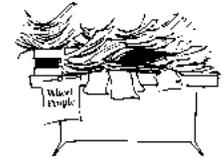
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 26 Fox Run Road, Bedford, MA 01730

**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 before the 5th of the month to be included in the next issue of WheelPeople.

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

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

Insurance

If ride leaders or others have questions about insurance, contact Ken Hablow at 781-647-0233. Please do not contact the insurance company.

Advertising Rates

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

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



Volunteer
of the Month

What about

by Kimberley Fitch

Bob?



When I interviewed CRW member Bob Wolf, he and his wife Bryce were preparing for a trip to visit the pyramids of Egypt. During our talk, I realized that Bob would surely appreciate the effort it took to build these massive timeless structures. I learned that he is a builder and visionary of sorts. He tries to work behind the scenes to strengthen the cycling community through building community and protocol that, if maintained, will pass the test of time.

How did you get involved in cycling?

After I retired in 2006, my goal was to reach a level of fitness that work life didn't allow. First, I tried hiking. Fairly quickly, I found that I had traversed all the conservation land within a reasonable radius of my home. And, because I become easily bored, this was an issue. I was damaging myself frequently enough that there was not a big future in hiking for me. Next, I chose to dust off an old mountain bike that had sat in my garage for 17 years. This was my only bike, so I used it for road cycling. After six months, I broke down and purchased a real road bike. Around this time (early 2008), I met CRW member Rich Taylor, who introduced me to the CRW Thursday night fitness ride and pace line clinic. I'm still not good at pacelining, but that is not Rich's fault. What Rich did was set my sights a little higher on

distance (I'd been doing 25 mile rides). And he began my connection with everyone I ride with. He connected me to CRW member Chris George who organized weekday rides, and CRW member Dick Arsenault, who then led the Wednesday Wheelers. Dick connected me to Helen Greitzer (current Wednesday Wheeler Coordinator) and from there I met many, many of you.

I watched as the social circles of my older retired friends shrank, because they didn't create paths to making new friends. It was time for me to retire, but I didn't want to find myself in that position. The thing that has delighted me about cycling and the volunteering and socializing around it is that I now have, maybe, 50 new friends. And I meet new people all the time. All of a sudden, I find myself in the midst of a large group of people I really like. Retirement is WONDERFUL!

How did you get involved with volunteering for the CRW?

I wanted to find a way to contribute back to those that had been so welcoming when I was introduced to the cycling community. So I looked for ways that I could strengthen the community. First, I led rides when Eli or Helen needed a ride leader slot filled. Last year I led 3 weekend rides and a few more Wheeler rides.

Later, I started a rides email list when Chris went off to hike the Appalachian Trail, partly to keep the weekday cycling group together, and partly because, by this time, I had acquired a serious addiction. The group continues to ride on weekdays, with two dozen semi-regulars.

I studied informal communities (like open source software communities) in my last phase of work, and learned that simple rules that all can follow are critical. So when some felt that the Wheelers needed a common set of rider expectations, I worked with Helen and many others to clarify and publish our safety and navigational guidelines. In addition, when CRW needed assistance with researching the club's perspective on a helmet policy, I joined CRW's Helmet Committee as the designated set of "fresh eyes". And by not stepping back at the right time, I found myself as Chair. We worked for months to determine CRW member preferences around helmet use and implement an action plan. We received a tremendous response rate to a survey we conducted, which was surprising to me. Over 50% of the membership responded, which indicated to me that helmet usage was an important issue. I probably let too much of my old work persona show, but we did get consensus time and again on a whole sequence of issues. While some of my fellow committee members may have had

Volunteer of the Month - Continued on page 7



Recurring Rides

These rides are held every week unless indicated

Wednesday Wheelers



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

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but

also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the

end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace. 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.

Leaders: Helen Greitzer (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 ☺

Are your SKILLS ready for SPRING?

(Adapted by Carol Hausner from an original article by Pierre Avignon in 2008)

For those of us who put our bikes away for the winter, the time has come to dust them off and get them ready to ride. You're probably itching to get out and enjoy the spring weather. If your activity has slowed down during the winter time, you will probably get back into shape as the days get longer and your legs get stronger. But can the same be said about your skills?

Here are a few things to consider before your first club ride of 2012, whether you are a novice rider or more experienced and just getting back on the saddle after winter.



First, consider doing a few short rides to re-familiarize yourself with the nuances of your bike's handling.

Second, brush up on important safety skills and knowledge with some of the great resources available on-line (this article and the links in it can be accessed through <http://crw.org/safety/index.php>):

- "Improve your Bike Handling Skills" by Bob Zogg. This classic article contains a great list of tips to help us hone our bike-handling skills, regardless of our levels of experience;

- "Safety reminders for New Members" by Eli Post. This piece is a good refresher on safety in group rides;

- "Bicycling Street Smarts" by John Allen. Covers all the bases in a short and easy to read format. The indispensable reference to riding confidently, legally and safely. In addition to being available through John's website, copies of this are also sold in a number of local bike shops.

- Massbike's "Basics of Traffic Cycling": a great reference from our State Bicycle Coalition. ☺

BICYCLE QUOTE

“ Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel . . . the picture of free, untrammelled womanhood. ”

Susan B. Anthony,
Women's Civil Rights Leader -
1820-1906

Welcome New Members

Philip Brandish	Needham	Craig Kilmer	Lancaster
Kemp Bray,		Tom Lemaire	Arlington
Casey Olm-Shipman	Somerville	Paul Levenson	Lexington
Robert Cooper	Rochester, NY	Robert Stasey	Natick
Bob Davis	Brighton	Michael Sullivan	Brookline
Michele Davis	Boston	Joseph Sweeney	Needham
C. Clyde Elledge	Marblehead	Paul Twitchell	Milton
Laura Frisard	Groton	Scott Wagner	Rochester, NY
Joshua Halpin	Canton	James West	Beverly

March Rides

March weather is unpredictable. It tends to start out cold with chances for a bad snow storm, but by the end of the month we might see warmer days. Let's hope for decent weather, and we will plan impromptu rides as opportunities arise! The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant experience.

Bridges of the Sudbury River

Sunday – March 4

Times and Routes: 10:30 AM for 18 or 27 miles
Ride Type: Cue Sheet, Follow the Leader
Description: Cross eight bridges of the Sudbury River and see a ninth (one that George Washington crossed). Cruise along in the beautiful Sudbury River valley with 4 hills to keep you warm. Both Starbucks and Dunkin Donuts are within 1/4 mile of the end of the ride. Active rain or snow cancels. We're trying to get this in before the thaw. "Follow the leader" will go about 13-14 mph on the 27 mile route.

Leaders: Eli Post (617-306-1838, EliPost@comcast.net)

Start: Crosby Market Parking Lot (Near train station) 211 Sudbury Road Concord, MA
Directions: Take Rt. 2 West. Turn Right on Sudbury Road (4th light from Rte. 128) in Concord. Parking lot is about 3/4 mile on the right before the tracks. Please park away from the stores.
Note: Commuter Rail arrives Concord about 9:20 AM. Departs 11:46 AM, 2:36 PM

Larz Anderson Ride

Sunday – March 11

Times and Routes: 10:30 AM for 20 and 44 miles

Ride Type: Cue Sheet

Description: This is the ride developed for the CRW 40th birthday. Starting in Brookline, it heads out to the western suburbs.

Leaders: Eric Ferioli (781-235-4762)

Start: Larz Anderson Park, 15 Newton Street, Brookline

Directions: From the West: Take 128 to Route 9 east, towards Boston. You will eventually pass the Chestnut Hill Mall on your left side. Five or six lights after the mall, you will come to the intersection of Route 9 and Chestnut Hill Avenue and Lee Street, take a right onto Lee Street and follow to end. At the end of Lee Street, take a left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left on Goddard Ave. Park is 1/4 mile on the right. From the East: Take Route 9 west, towards Newton. After you pass

the Brookline Reservoir on your left, take that left onto Lee Street, follow Lee St. to the end. At the light turn left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left onto Goddard Avenue. Park is 1/4 mile on the right.

Note: The GPS file has not been tested yet. The "Short:" is a complete route. The "Long" is an additional loop which you follow after mile 13.2 and then reconnect with the Short at mile 38.6

Willett's Pond Wayfare

Sunday – March 18

Times and Routes: 10:00 am for 25 and 45 miles

Ride Type: Cue Sheet, Arrowed

Description: Rides head south through the neighboring towns on quiet roads.

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School. 39 Paine St, Wellesley

Directions: From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). After 0.2 miles turn right into Paine Street and park on street

Twelfth Biennial Northwest Passage (CW) Revisited

Sunday – March 25

Times and Routes: 10:30 AM for 23 and 40 miles on rolling terrain.

Ride Type: Cue Sheet

Description: The short (S) ride meanders northwest from Framingham through Ashland, Southborough and Marlborough. The long (L) ride adds Northborough and Berlin. Both rides are rolling. The lunch stop for the short ride is in Southborough center. The lunch stop for the long ride is in Berlin center. Most of the ride is on residential and rural roads with few traffic lights. Points of interest include Framingham Country Club, Belted Galloway cattle, reservoirs, horse farms and Callahan State Park.

Leaders: Joe Repole (508-879-6340 Before 8

PM, joecentury@aol.com)

Start: Gryboska Circle, 15 Gryzboska Circle, Framingham MA

Directions: From the Mass Pike take Exit 12 and Route 9 East to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St. from the jug handle). Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska Circle on the odd numbered side of the circle (inside of the circle). The commuter rail leaves South Station at 7:40 AM and arrives in Framingham at 8:30 AM. You are encouraged to ride your bike to the start.

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



Attention Early Birds

CRW will be bringing back the "early bird special" for the 2012 riding season. We created this ride option in 2010 to address the need of some riders who want to participate in our weekend rides, but wish to be home by noon. For the 2012 season we will be choosing a Sunday ride each month with a 7:00 or 7:30 am ride start. Typically we select the medium length riding option (40-55 miles) and try to stay as a group. We will announce the designated Sunday ride each month in the monthly WheelPeople and on the CRW website. We will send out weather updates and impromptu ride announcements to a list of members who request to be notified. If you wish to be added to this list, or have other questions, send an email to CRWearlybirds@gmail.com.

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.**

Little Jack's Corner

by Jack Donohue



I decided to try running again. Many years ago at a former job, I fell in with an evil crowd who did this sort of thing, and dabbled in the sport.

I'm not sure what I do would actually be called "running" by any of the Real Runners. It does involve periods where both my feet are off the ground, but a speed walker could blow my doors off. After leaving (i.e. being forcibly ejected from) that job, I hung up my sneakers. I did have one later attempt, when on a business trip and took my sneakers instead of my bike. Did a few miles and could barely move the next day. So I figured that was the end of my running career.

But lately, I've been thinking it would be a good alternative to biking on those rainy days. I don't like getting wet, but I can survive. The rainy, sandy and in winter salty conditions takes a heavy toll on my bikes. I can take a shower but when all this crap gets into the bearings, derailleur, brakes, this means expensive maintenance, or more likely riding around on a squeaky bike. So, running on those days seemed like a good solution. I get some exercise to justify my massive feedings, and the bikes stay clean.

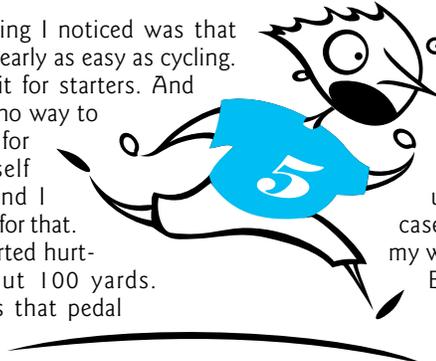
I have a trail right behind my house and someone whom I'll call Bill Inman just gave me a new used pair of sneakers, seems like the planets were aligned correctly for the venture.

The first thing I noticed was that this was not nearly as easy as cycling. Nowhere to sit for starters. And there really is no way to coast, except for reducing myself to walking, and I was too proud for that.

My legs started hurting after about 100 yards. The same legs that pedal thousands of miles could barely manage a half mile run. I soon noticed that everything from the waist down was burning (not in a good way). My initial goal was to run down to the VA (about 2 miles) but I figured I'd better cut my losses and turn around at Fawn Lake (maybe a mile).

Looked good for a while, no one else on the trail to see my poor excuse for running. But then another runner approached. Would he think me a kindred spirit or a poser with a pair of hand me down sneakers? He passed without acknowledging my existence.

All the runners I passed seemed an unfriendly bunch. I said "hey" to all of them as I am wont to do when passing cyclists, not a single one said "hey" back. Don't know whether they didn't feel like wasting air on someone unworthy like me, or they just had their eye on the prize and didn't brook interruptions. Of course, I didn't look the part, with



my CRW T-shirt and civilian pants. Maybe I would have gotten more attention had I worn my powder blue cycling tights.

I made it to Fawn Lake and turned around. I immediately realized it was uphill on the way back. Uphill in this case was about a 0.05% grade, but in my weakened state, it could have been Mt Everest.

I kept looking for the fire hydrant, which I knew was an early warning sign of being close to home, but it was a long time coming. Finally passed it, on the home stretch. I could see the shed that the path to my house was nearby. So I turned it on for a final sprint. Unfortunately, it wasn't quite as close as I thought, and my sprint was good for about 50 yards, so I limped the rest of the way until the path.

When I got home I realized that things already hurt. From experience, I knew if it hurt this bad now, tomorrow would be really interesting. Walking down stairs was a challenge, I usually only get that level of pain after a century.

So much for cross training. ☹

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

Helmets - Continued from page 1

Why Did Some Members Oppose a Mandatory Helmet Policy?

The majority of respondents who opposed a mandatory helmet policy indicated that helmet usage should be an individual choice.

Is There an Issue of Club Liability?

Members on both sides of the issue raised the question of club liability. If we know that helmets promote safety as was widely presumed in the survey, we face a liability if we don't require helmets. But if we do require helmets and don't enforce the rule, we could also face legal issues.

What did ride leaders think about helmet policy?

Out of the 76 ride leaders who responded to the survey, 41 (53%) favored a mandatory

helmet policy, while 32 (42%) favored strongly encouraging helmet usage. Ride leaders did offer the following concerns: How will the new policy be enforced? Who will be responsible? Will the burden of enforcement fall to them? Some felt strongly that the ride leader role should be simple and not confrontational. The Helmet Committee considered these concerns and created an approach to address them.

How will the policy be enforced?

The helmet requirement will be enforced by agreements with CRW ride participants. When renewing membership, each member will agree to wear an approved helmet on CRW rides. The new non-member waiver form will also include a similar agreement. Since many in the CRW have multiyear memberships, enforcement will not be complete until 2014.

How are Ride Leader Concerns Being Addressed?

Ride leaders will play an important role to communicate helmet policy, but will not be responsible for its enforcement. As noted, enforcement will be accomplished through rider agreement with CRW. But in both pre-ride talks and on cue sheets, ride leaders will include the following statement: "Helmets are required on CRW rides".

Do Members Need to Do Anything Differently?

No, as long as you already wear a helmet. This new policy formalizes the preference of an overwhelming majority of CRW members to mandate helmet usage. If you have any questions regarding the new policy, please email helmets@crw.org and a member of the committee will get back to you. ☹

January

0 1 7 4 5 8

M I L E A G E T O T A L S

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	1115	1	-	1	Butch Pemstein	295	1	-	-	Frank Aronson	55	-	-	-
Scott Teich	1027	1	1	1	Dave Stefanovic	282	-	-	-	John Pacheco	50	-	-	-
Bruce Ingle	880	1	1	-	Henry Marcy	278	-	-	-	Jeff Dieffenbach	28	-	-	-
Jack Donohue	738	-	-	-	Don Mitchell	275	-	-	-	Adam Auster	22	-	-	-
Michael Laurin	674	1	-	-	Gabor Demjen	267	1	-	-	Peter Tzanetos	21	-	-	-
John Bayley	666	1	-	-	Marc Baskin	258	1	-	-	Eric Sansone	18	-	-	-
Steve Robins	608	-	-	-	Peter Brooks	249	-	-	-	Carlo Innocenti	15	-	-	-
Cynthia Zabin	515	-	-	-	Brian Dias	224	-	-	-					
Bob Wolf	474	1	-	-	Scott Tyler	219	-	-	-					
Joe Repole	453	1	1	-	Cynthia Snow	216	-	-	-					
David Wean	446	-	-	-	Darren Garnier	199	-	-	-					
Erik Husby	425	-	-	-	Joe Parslow	154	-	-	-					
David Cooper	417	1	-	-	Donald Harbison	146	-	-	-					
Ken Hablow	400	1	-	-	Glenn Ketterle	145	-	-	-					
Douglas Cohen	387	-	-	-	Andy Brand	144	-	-	-					
Bill Hanson	378	-	-	-	John Springfield	139	-	-	-					
Irving Kurki	361	-	-	-	Chad Cover	119	-	-	-					
Richard Taylor	359	1	1	-	John Kane	118	-	-	-					
Fred Meyer	350	-	-	-	Nicholas Sheckman	100	-	-	-					
Joseph Moore	346	1	-	-	John Allen	99	-	-	-					
Rolf Budd	340	-	-	-	Marc Webb	85	-	-	-					
Lisa Weissmann	335	-	-	-	Greg Tutunjian	68	-	-	-					
James Sparks	304	-	-	-	Jeffery Luxenberg	66	-	-	-					

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 or call 781-275-3991

Volunteer of the Month - Continued from page 3

second thoughts on that "chairman" thing, I felt good that we could help address an issue that so many members feel is important. In the end, the Board approved a new policy mandating the use of helmets on all CRW rides. (See article in this month's issue "Helmets to be Required on CRW Rides".)

I credit Chris with teaching me everything I know about developing rides. With Chris's help, I became proficient in GPS mapping for ride development. Over the last 2.5 years, I have mapped over 400 routes, mostly from scratch. I plan to lead a GPS hands-on workshop in the spring for CRW members who wish to learn how to map and record routes.

Outside of the CRW, I'm active with the nonprofit called Cycle Kids, a cycle advocacy group for children. I developed the metric century route for their first annual Breakaway fundraiser in 2011 and I'm supporting them for their 2012 event. The first year was good. I'm hoping now to be able to ensure continued success of the annual event.

What did you do for work?

I was a strategy consultant for large corporations. Strategy consulting involves helping organizations improve their performance, primarily through the analysis of existing business problems and development of plans for improvement. I developed new products that consultants could use with clients, and discovered ways to make my consulting firm better. I'm able to apply skills to my volunteer work which I developed during my consulting days.

Where are you from originally?

I grew up in Suburban Philadelphia. My first job was teaching in the Economics Department at Boston University. Later, I moved into a teaching position at Tufts University. Eventually, I transitioned into consulting work. My wife and I have lived in Lincoln since 1978, and we have two grown children.

How do you feel about this interview?

I have never felt comfortable with positive descriptions of myself so I've had some difficulty. Maybe one of my friends could better describe the person you actually know!

So we asked Eli, one of his many friends at the club: What is Bob like?

"Bob omitted mention of his personal side, the warmth and compassion that makes him a terrific colleague and wonderful friend. First, he is a delight to work with. The helmet project was the most professionally conducted effort I've experienced since my involvement with CRW. Bob makes you feel that you are united in a common purpose. Bob has become a good friend who is forever helping out, either directly or behind the scenes with counsel, good judgment and understanding."

If you see Bob Wolf cycling, leading rides, discussing the new helmet policy, conducting GPS workshops, or traveling abroad, please take a moment to say "thanks" for all the volunteer work he does for the CRW. ☺

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