

# Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXIX, Number 2 • February, 2005



CRW Diners caught between courses at the Lemon Tree Restaurant in Bedford.

## Bikers <sup>with</sup> Forks Dinner Series

Thursday, February 17, 7:00PM

Join your CRW buddies for an evening of exotic Mediterranean cuisine at:

Sabur Restaurant and Lounge  
212 Holland St, Somerville

They have a small parking lot. When that gets full there is street parking in front.

Please RSVP to Al Bolea (abolea@comcast.net, 617-484-0851) by February 14 so he can make reservations.

For directions, see web site:  
<http://www.saburrestaurant.com/>

## Space Shuttle Accident Investigation Lecture

Thursday February 3

CRW member and MIT professor Sheila Widnall was a member of the Space Shuttle Columbia Accident Investigation Board that was appointed immediately after the disintegration of Columbia upon reentry on February 1, 2003. The Board was charged with finding out what caused the breakup,

both physical causes and organizational causes, and with making recommendations on what needs to be done before the remaining Shuttles can return to flight. The story of the investigation as presented in Sheila's talk, with illustrating slides and videos, will be of interest not only to folks with an interest in engineering but also those interested in detective stories and the behavior of people in large organizations.

The presentation will be at 8:00 PM at the house of Jerry Green (781-862-5971) at 28 Winchester Drive in Lexington. Coming

from Boston on Rt. 2, take the Rt. 4/225 exit into Lexington. At the small rotary just past Wilson Farms at Mass Ave, turn left onto Mass Ave. Go about 0.3 mi. to a right onto Rt. 2A / Maple St at the service station. Go about 1.0 mi. to stop light then straight ahead onto Winchester Drive. About 0.4 mi. on the left is Jerry's house.

From Rt. 128 take the Rt. 2A exit into Lexington. Go on Rt. 2A about 4 miles to the 2nd traffic light. Then straight ahead onto Winchester Drive. House 0.4 mi. on the left.

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The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheets are generally provided. There are also rides each Saturday and during the week. Our Winter rides program, The Second Season, is more informal; the route and pace are decided by those who show up. We also hold social events and related activities.



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 - Club Address: 1 Gleason Road - Bedford, MA 01730

**BOARD OF DIRECTORS**

	Term Expires	
Don Blake .....	2007 .....	781-275-7878
Andy Brand .....	2006 .....	617-247-9770
Eric Evans .....	2007 .....	617-527-0517
Connie Farb .....	2005 .....	617-497-0641
Barry Nelson .....	2006 .....	617-964-5727
Linda Nelson .....	2007 .....	617-964-5727
Raul Raudales .....	2005 .....	978-937-3460
Tod Rodger .....	2005 .....	978-456-8654
Paul Schimek .....	2006 .....	617-983-9111

**OFFICERS AND COORDINATORS**

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Executive Vice President .....	Barry Nelson .....	617-964-5727
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Vice President of Publications .....	Ken Hablow .....	781-647-0233
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	Bob Zogg .....	617-489-5913

**RIDE PROGRAM COORDINATORS**

Vice President of Rides .....	Connie Farb .....	617-497-0641
Saturday Rides .....	Michael Aarons .....	508-651-9259
	Kelly O'Connell .....	781-395-1485
Sunday Rides .....	Tod Rodger .....	978-456-8654
Winter Rides .....	Eric Ferioli .....	781-235-4762
Intro Rides .....	Jenny Craddock .....	617-332-4098
Century Committee .....	Susan Grieb .....	781-275-3991
Wednesday Fitness and Masters Ride .....	Coleman Rogers .....	617-969-3403
Wednesday Wheelers .....	Dick Arsenault .....	781-272-1771
Wednesday Ice Cream Ride .....	Al Bolea .....	617-484-0851
	Justin Haber .....	617-965-3904
Thursday Fitness Rides .....	Rich Taylor .....	978-287-4921
Friday Rides .....	Ed Glick .....	978-250-1883
	Daniel Rabinkin .....	781-275-2391
Saturday Fitness Rides .....	Dave McElwaine .....	781-821-8643
	Chris Randles .....	617-969-2545
Sunday Fitness Rides .....	Andy Brand .....	617-247-9770
	Bob Dyson .....	508-668-8122

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**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 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 Don Blake at (781) 275-7878. 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 617-491-6523			

# CRW Board Meeting Minutes

January 4, 2005



## In Attendance:

Board Members: Connie Farb, Barry Nelson, Linda Nelson, Don Blake, Eric Evans, Bill Widnall; Others: Duane Roth and Janet Tortora

## Election of Board Chair Pro Tem

Bill Widnall suggested that he act as temporary chairman until the new chairman was elected at the end of the meeting. The Board agreed.

## Minutes (Janet Tortora)

Minutes from the November 2, 2004 meeting were approved.

Minutes from the December 7, 2004 meeting were amended as follows; Under Rides Report: "The Committee discussed the possibility of CRW more actively promoting rider safety." was changed to "The Committee discussed the possibility of a training initiative coordinated with MassBike." Under Social Committee/Other: Bill Widnall reported that Naomi Wernick has agreed to lead "Bikers with Forks." was changed to "Bill Widnall reported that Naomi Wernick has agreed to host one event for "Bikers with Forks". The minutes for December 7, 2004 were approved as amended.

## President's Report (Bill Widnall)

### Submission of Federal Forms

Bill Widnall, has filed form 1023 (Application for Recognition of Exemption) which is required for 501(c)(3) status. He had previously filed forms 990-EZ (Return of Organization Exempt From Income Tax) and 990-T (Exempt Organization Business Income Tax Return).

### Finance Committee (Eric Evans and Don Blake)

Eric Evans distributed the "2004 Actual vs Budget" spreadsheet. Some of the items that Eric noted from the 2004 budget, were that the bulletin had greater than expected revenue; the cost for copies of "WheelPeople" being mailed has decreased due to electronic distribution; the budgeted amount for membership has been exceeded for the past two years; the Climb to the Clouds committee did not use the money budgeted for hats; it was a good year for all three events; there were better than expected revenues for merchandise sales and the ad revenues for the web pages are higher than anticipated. He will present the 2005 budget at the next Board meeting.

Don Blake asked for permission to upgrade his version of Quicken. He estimated a cost of \$60. The Board was in agreement about

the purchase. Eric Evans will work with Don on obtaining the best version. This item will be budgeted into the 2005 Budget.

### Rides Committee (Connie Farb)

Connie Farb reported that half of the calendar is filled for this year. The cost of parking at Concord/Carlisle has increased from \$10 to \$30. The Board was in agreement to continue using the facility.

### Membership (Linda Nelson)

Linda reported the membership numbers for December 2004: 984 current memberships, 1176 current members, 12 expired members, 10 new members, 11 renewing members

### Social Committee

#### Holiday Party (Don Blake)

Don Blake reported that the holiday party went very well. There was a good crowd, plenty of food, and good conversation. He thanked his wife, Janet Blake, Eric Ferioli, and Don MacFarlane as well as others for providing help with setup and cleanup.

## Reports of Special (Ad Hoc) Committees

### Extended Trips Committee (Eric Evans)

Eric Evans reported on the proposed revisions to the Extended Trips Guidelines. Proposed changes include a requirement that budgets for trips be submitted to the Finance Committee prior to the trip and that all trip leaders must be CRW members. The Extended Trips Committee is made up of Susan Grieb, Bill Widnall, Connie Farb, and Tod Rodger. Those present discussed the proposed revisions and Eric will bring the comments back to his committee.

### Nominating Committee

Tod Rodger, Barry Nelson and Bill Widnall served on the Nominating Committee to recommend the new President/Board Chair for CRW.

### New Business

#### Election of President/Board Chair

Upon the recommendation of the Nominating Committee, Eric Evans was unanimously elected president and Board chairman.

The next Board Meeting will be held on February 1, at 7:30PM at the United Church of Christ, Lexington.

Respectfully submitted,  
Janet Tortora  
Secretary

## More Winter Riding Tips

by Jacek Rudowski  
(31 year CRW member)

I have some ideas that worked for me when I used to ride in the winter.

Many years ago, Jerry Campbell gave me a pair of deerskin mittens he had bought at building 19. I bought wool liners for them at EMS. I just jam my handlebar end derailleur control levers into my mittens and I can move the lever in either direction. If you love Ergopower or STI you are on your own, that's why I have handlebar end derailleur controls on all my five bikes.

Many years ago, I bought Condini winter cycling shoes so large that I can wear them with two thick wool socks on each foot. I have two pairs of pedals with the toe clips spaced from the cage on bushings to accommodate the bigger shoes.

## THE CYCLING CHIROPRACTOR Dr. Jeffrey Schlafler

Understanding the needs of  
a cyclist.

### Treatment for:

Neck and back pain  
Soft tissue injuries / conditions  
Shoulder / elbow / wrist  
Hip / knee / foot



Dietary recommendations  
Clinical nutrition  
Certified Personal Trainer

**508 620-1508**  
Framingham, MA.



# Recurring Rides Calendar

These rides are held every week unless indicated

## Wednesday Wheelers

**Times:** Varies, usually 10:00 AM

**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.

**Routes:** Distances are typically between 30 and 40 miles.

**Leaders:** Different leader each week, to become a leader contact Dick Arsenault [arsenault@rcn.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, call or e-mail the ride coordinator Dick Arsenault [arsenault@rcn.com] 781-272-1771 day or early evening.

## Saturday Morning Fitness Ride at Nahanton Park\*\*

**Times:** 8:30 for 42 miles or longer; 8:40 for 28 miles or shorter. This ride runs all year 'round.

**Description:** You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. We usually try to start people in bunches of about 10 riders, grouped by distance (28/42 miles) and (very roughly) by speed. Often each group ends up breaking into smaller bunches. We do encourage people to "wait up" a minute after certain hilly sections. The routes are arrowed so that you can find your way alone. This ride is for intermediate to advanced riders. The slower

groups probably average 15-16 MPH, and the fast groups often average over 20 MPH. Most people do the ride to get a good workout. Even if you don't keep up for the whole ride, hanging on for as long as you can is a good way to get stronger!

**Routes:** Three routes, cue sheet and arrows: Long Route - 42 miles Medium Route - 28 miles Short Route - 19 miles

**Leaders:** Dave McElwaine [McElwaineD@aol.com] (781-821-8643) Chris Randles [jcrandles@comcast.net] (617-969-2545)

**Start:** Nahanton Park, Newton.

**Directions:** From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. (There is another entrance to Nahanton Park on Winchester St. Don't go there!)

\*\* CRW's Fitness Rides Program is designed to assist intermediate and advanced riders to improve their skills and learn cooperative paceline riding techniques.

## CRW in CYBERSPACE

There are several ways you can use your computer to interact with CRW:

### CRW Web Site

CRW's web site contains a wealth of information useful to club members:

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

News items are available from the drop down menu "News" then "CRW News." Here you'll be able to keep up with the latest developments before they reach WheelPeople. Weekend ride schedules for the current and next month, and the weekly rides series are online here, as well as a calendar of all weekend rides for the season. We also publish a calendar of cycling events (weekend and longer trips, etc) from all the local clubs and some not so local.

If you're looking for a ride, the cue sheet database contains detailed cues and in most cases maps of most of the regular CRW

weekend rides and centuries.

Our touring section contains descriptions of tours club members have taken, and a lot of links to more touring information.

The picture gallery contains photos of club events (rides, weekends, etc).

The site provides all this and a lot more, you'll want to bookmark it.

### CRW Internet Mailing List

CRW maintains a mailing list for exchange of information among members, and for posting notices in addition to Wheelpeople. Anybody with an e-mail address can sign up. For more details on the list and other options, check out:

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

### WheelPeople by Email

You can elect to receive WheelPeople by email rather than postal mail. This has several advantages. The email version is available up to two weeks before the printed

version. Sending the electronic version saves the club money in postage, which can be put to good use elsewhere.

### Renewal Notices

We have been sending out notices for members who need to renew their membership by email. The email contains the member information currently on file, so all you need do is print it out, mark up the copy with any changes, and mail it back with a check. If we don't have an email address on file, we have to send out a printed renewal card.

In order for the last two features to work, we need your help in making sure that the email address we have for you is current, and for the WheelPeople delivery, that your mailbox can receive messages with large attachments. If you've changed email addresses lately, or have been receiving electronic Wheelpeople at an address with a small quota, please update this information by emailing [membership@crw.org](mailto:membership@crw.org).



# February Rides Calendar

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.

## Temperature Dependent Route

*Sunday - February 6*

**Times and Routes:** 10:00 for 22, 29 or 53 miles depending on the temperature.

**Ride Type:** Cue sheet and map

**Leaders:** Barry and Linda Nelson (617-964-5727 before 9 PM) BarryNelson@alum.MIT.edu

**Highlights:** If the temperature is below 22, we will tour the city of Newton for 22 miles. Between 22 and 29, we will ride out to Lincoln for 29 miles. Above 29, there will be a ride to Concord for 53 miles.

**Start:** 65 Hillside Avenue, Newton

**Directions:** From Route 128 take the exit for Route 30. Take Route 30 East toward Newton. After 1.6 miles cross Route 16. Continue for 0.8 mile to a traffic light at Chestnut St. Take a left on Chestnut St. Go through one traffic light and one stop sign. Take your next right, Otis St. Take your next left, Hillside Avenue. 65 Hillside Avenue is halfway down the hill on the left hand side.

## Bridges of Sudbury

*Sunday - February 13*

**Times and Routes:** 10:30 AM, 27 miles

**Leaders:** Rich Taylor (978-287-4921, kidrolyat@aol.com)

**Ride Type:** Cue Sheet

**Highlights:** 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 2 small hills to keep you warm. Both Starbucks and Dunkin' Donuts are within 1/4 mile of the end of the ride. Active snowfall or rain cancels.

**Start:** Crosby Market parking lot on Sudbury Road near the Concord Train station.

**Directions:** Take Rt 2 West. Turn right on Sudbury Road (4th light from 128) in Concord. The parking lot is about 3/4 of a mile on the right. Please park near the road and away from the stores.

## Bruce's Birthday Ride

*Sunday - February 20*

**Times:** 10:30

**Ride Type:** Cue sheet

**Leaders:** Bruce Ingle (508-877-1045 before 8 PM; ingle@gis.net)

**Highlights:** The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkington, and Ashland. The long ride is 35 miles with 2010 of

climbing and adds Millis and Medway. Post Ride party at Bruce's house.

**Start:** Framingham Center Green at Edgell Rd. and Rt. 9

**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 green 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 Green is on your left.

## Holliston

*Sunday - February 27*

**Times:** 10:30 AM for around 25 miles

**Leaders:** John Goeller (508-429-2832, jgoeller@comcast.net)

**Start:** Holliston High School

**Directions:** Take Route 16W or 126S to Holliston. From the junction of Routes 126 and 16 in Holliston (near Bertucci's Restaurant), follow routes west 3/4 mile into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left.

## CLASSIFIED ADS

CRW members may submit non-commercial ads at no charge. Submit the copy to the editor as described on page 2.

### WANTED - Training Partner

54 Y.O. female seeks serious male or female training partner for gym and outdoor workouts. I am in base phase of a periodic training routine. I am lifting weights and riding inside and out. I have special drills (stomps, spin-ups, tempo intervals, form sprints, etc) to do on certain days. I am being trained by a certified coach. No one I know is interested in this type of training. Please consider and if interested, call Marilyn at 781-935-9819.

### FOR SALE

Raleigh Mountie bicycle. 20" wheels, suitable for a child about 8 years old, a real riding (not acrobatic) bicycle, fine for family rides on rail trails etc. Upgraded with dual center pull handbrakes. Comes with both a coaster brake rear wheel and a 3-speed hub. Genuine miniature Ideale leather saddle! \$35 or best offer. John Allen, 781-891-9307 jsallen@bikexpert.com.

### FOR SALE

Buy my SoftRide - You won't be disappointed. This is a very nice bike that just doesn't get used enough these days. It was born a Mountain Bike with a personality for

the street riding. It has a sweet bike set up with a Triple crank for road riding having drop bars and Campy shifters integrated into the levers all running Campy rear and Shimano front derailleurs with an 8 speed free hub. The 26 inch wheels made by Peter White are strong like bull and consist of Mavic Hubs and pretty blue Sun Rims with smooth slicks which are great for all riding including touring. And all this is below that "suspension beam" that delivers a comfortable ride suited for those who are 5 foot to just less than 6 feet tall. For more information or take ride call Jamie at 978-448-0533. Asking \$650.00

## Hanging In Honor Roll for 2004

To qualify, you must have sent in your mileage continuously for the last five years or more.

Name	Years	Average	Total	Name	Years	Average	Total
Melinda Lyon	21	14718	309086	Elisse Ghitelman	18	2272	40890
Jack Donohue	24	9704	232905	Doug Cohen	11	3674	40410
Robin Schulman	18	7427	133694	John Allen	18	2238	40276
Gerald Goode	15	8274	124113	Dick Arsenault	8	4618	36946
Paul Corriveau	15	8097	121449	Susan Grieb	20	1679	33579
David Jordan	16	6812	108997	Bill Widnall	8	4176	33410
Mike Kerrigan	12	8396	100747	John Springfield	26	1137	29567
Glenn Ketterle	18	5571	100278	George Caplan	24	1215	29169
Ken Hablow	15	6400	95999	Jim Goldman	11	2419	26607
Jamie King	22	4346	95612	Ted Hamann	9	2501	22510
Peter Knox	14	6797	95162	Bill Hanson	9	2417	21754
Joseph Repole	20	4614	92283	John Loring	12	858	10300
Bob Sawyer	19	4812	91431	Tracey Ingle	11	592	6508
Bruce Ingle	11	8162	89785	Tod Rodger	5	9804	49020
Jean Orser	11	6681	73489	Cynthia Snow	5	2371	11855
Peter Brooks	14	4908	68709	Cynthia Zabin	5	1350	6752
Edward Hoffer	16	4192	67071	Jared Luxenberg	19	220	4181
Michael Hanauer	24	2717	65202	Jacob Allen	13	239	3113
Kenneth Hjulstrom	19	3219	61162	TOTAL	15	4465	2767871
Irving Kurki	11	5069	55764				
John Kane	26	1886	49028				
Jeff Luxenberg	25	1909	47732				
David Wean	9	4592	41326				

A few new entries this year, welcome Tod Rodger and the Cynthias, Cynthia Snow and Cynthia Zabin.



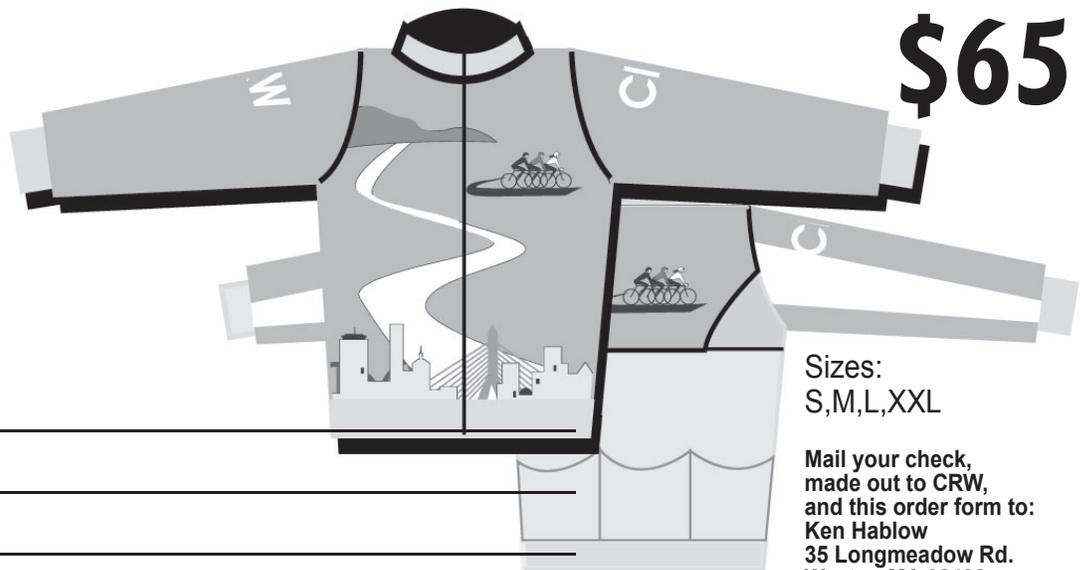
## Other Trips

### MDDM 2005 - 21st Annual Memorial Day Dash to Montreal

May 26-30, 2005

Thursday night stay at a ski lodge near Montpelier, Vermont (motel option). Friday morning drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van and cycle north through the beautiful Lake Champlain Islands and Quebec approx. 75 absolutely flat miles to Montreal, where we stay in the downtown Youth Hostel (2-person rooms available). Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride approx. 75 miles south on the New York side of the lake, ending with a short ferry ride. Although there are no hills, this can be a tough ride due to strong headwinds! \$180 trip fee includes 4 nights lodging, 4 meals, sag support, T-shirt, tour water bottle, happy hour and tour literature. Call for info or to register. This is a Sub Sig Outing Club trip. Leader: Charles Hansen H: (617) 734-0720 Email: velotrain@peoplepc.com Note: This tour filled the first week in February last year.

## CRW Cycling Jacket



Sizes:  
S,M,L,XXL

Mail your check, made out to CRW, and this order form to:  
**Ken Hablow**  
35 Longmeadow Rd.  
Weston MA 02493

Please include your phone number  
For info:(781) 647-0233 - or -  
khablow@khgraphics.com

Name \_\_\_\_\_

Address \_\_\_\_\_

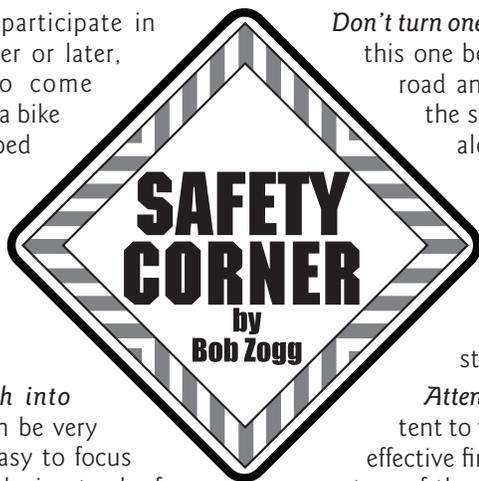
City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Quantity \_\_\_\_\_ Size(s) \_\_\_\_\_

# “The Crash Scene”

If you frequently participate in group rides, sooner or later, you're bound to come upon the scene of a bike crash. Have you stopped to think, “What would I do at a crash scene?” If not, this may be a good time to mull it over. Here are a few thoughts on the subject.



**Don't turn one crash into two.** Crash scenes can be very distracting, and it's easy to focus on the carnage while losing track of other hazards.

**Stop only if your help is needed.** If the scene is already well attended to, ride by and thank your lucky stars that it wasn't your turn to be called into action. Unless you're a doctor or have extensive first-aid training, it's unlikely that you'll be of further help, but you will be adding to the confusion and generally increasing the chance that one crash will become two. If in doubt, ask if additional help is needed.

**Think.** OK, you've stopped at the scene. There's no way to anticipate every possible scenario, but one thing is for sure—you will have a flood of thoughts and emotions going through your head. Do whatever it takes, but stay calm and keep thinking straight. Rather than immediately running for the victim or pulling out the cell phone, stop and take it all in. Assess the overall situation (considering both the victim and bystanders), and note what needs attention first.

**Leverage your resources.** If this is a group ride, the good news is that there will generally be enough people around to do what needs to be done. Even if you're the first to arrive, others (motorists and cyclists alike) won't be far behind. One or two people will need to take charge of the situation. If someone else isn't doing this already, you may want to step up. Assign specific tasks to specific individuals. If there are enough people such that your only task is to direct others, all the better.

**Don't turn one crash into two.** Heard this one before? Get well off the road and direct others to do the same. Assign others to alert/direct traffic from both directions. Unless you can use additional help, discourage traffic (motorists and cyclists alike) from stopping.

**Attend to the victim.** The extent to which you can provide effective first aid depends on the nature of the injuries, your first-aid skills, the first-aid equipment available, and whether others are available to assist. Only you can assess the situation, but even if you have no formal training, you can often be of help to the victim. Many times, common sense is your best guide—don't forget to use it. If you have extra clothing, a first-aid kit and/or latex gloves, be sure that they are close at hand. Try not to startle the victim as you approach. Introduce yourself, and ask the victim's name.

This is not a frivolity. You'll put the victim at ease and learn his/her state of consciousness. If the victim is conscious, ask permission before providing first aid. Again, this is not a frivolity. He/she may say “no”. It's the conscious victim's choice—not yours. If the victim is unconscious or otherwise unable to respond, you can generally assume consent. It may be tempting to move the victim, but try this only if the victim's position poses a serious safety threat that cannot be otherwise mitigated. If the victim has a neck or spinal-cord injury (easy to imagine in a bike crash), moving him/her could cause paralysis or death.

**Get help.** You already know to dial 911, and someone will generally have a cell phone,

or a phone will be near at hand. In the rare case that someone needs to leave the scene to seek help, first take a moment to gather relevant information (write it down), such as the victim's name (if he/she can talk or has ID), state of consciousness, the nature/severity of the injuries, and the location of the crash scene (address, cross street, etc.)

**Follow up.** It is, of course, good form to notify the emergency contact for the victim. Please also report any information you have about injuries incurred on CRW rides to the CRW Safety Coordinator (contact information is at [www.CRW.org](http://www.CRW.org) and on page 2 of this newsletter). We are actually trying to keep track.

**Carry latex gloves.** It would be a bummer to have to decide between letting someone bleed to death and potentially exposing oneself to dangerous blood borne pathogens. Besides, they keep your hands clean when fixing flats. I know what you're thinking, “Pity the poor sucker who gets first aid from me after I've fixed a flat”. Well, that bike grime is probably safer for the victim than what's on your bare hands. And, of course, using gloves is way safer for you. Pack your gloves in a suitable container—they will otherwise puncture or tear in your bike bag. An old-fashioned film canister works well.

**Carry pen and paper.** To jot down the victim's info and the crash location. Cue sheets and maps double as notepaper, but there are few good substitutes for a pen or pencil.

**Carry ID, your health-insurance card, and emergency contact information.** The victim could be you.

**Get first-aid training.** Of course, no article can substitute for proper first-aid training. If you're so inclined, check out the American Red Cross at [www.bostonredcross.org](http://www.bostonredcross.org) or [www.redcross.org](http://www.redcross.org).

Remember—safety is about choices. What choices will you make?

Have you stopped to think, “What would I do at a crash scene?”

... even if you have no formal training, you can often be of help to the victim.



# Larry Schwartz Year-Rounder Century Challenge

Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year Rounder is for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries - we'll do the rest. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below).

Mileage Challenge participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique; - an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend; - a section at [www.ultracycling.com](http://www.ultracycling.com) devoted to the best century stories sent in by riders; - a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroxR4.

If you reach the goal, we'll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we'll allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a Century is a ride of 90 - 149 miles.

To get started, go to <http://www.ultracycling.com/about/join.html>

Join the UMCA, add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we'll do the rest.

You don't have to ride alone - UMCA members lead HUB rides in

many parts of the country. These are low-key rides - no t-shirts, no catered rest stops - just friends out for a day on the bike. More information at:

<http://www.ultracycling.com/events/hubdirectory.html>

The Year-Rounder honors Larry Schwartz, who won the UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to: [http://www.ultracycling.com/about/hof\\_schwartz.html](http://www.ultracycling.com/about/hof_schwartz.html)

Rules Summary:

An "Organized" century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A "Personal" century is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that).

Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.

**a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroxR4.**

Any Mileage Challenge ride counts in the Year Rounder: brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

For complete rules and ride documentation form, go to:

<http://www.ultracycling.com/standings/umcrules.html>

The Year-Rounder is a program of the UltraMarathon Cycling Association, Inc.

[www.ultracycling.com](http://www.ultracycling.com)

[umcahq@aol.com](mailto:umcahq@aol.com)

PO Box 18028

Boulder, CO 80308-1028

(303) 545-9566

fax (303) 545-9619



# 2005 MILEAGE CHART

		SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY CUMUL
J								1	
A		3	4	5	6	7	8	9	
N		10	11	12	13	14	15	16	
U		17	18	19	20	21	22	23	
A		24	25	26	27	28	29	30	
R		31	1	2	3	4	5	6	
Y		7	8	9	10	11	12	13	
F		14	15	16	17	18	19	20	
E		21	22	23	24	25	26	27	
B		28	29	30	31	1	2	3	
R		4	5	6	7	8	9	10	
U		11	12	13	14	15	16	17	
A		18	19	20	21	22	23	24	
R		25	26	27	28	29	30	1	
Y		2	3	4	5	6	7	8	
S		9	10	11	12	13	14	15	
E		16	17	18	19	20	21	22	
P		23	24	25	26	27	28	29	
R		30	31	1	2	3	4	5	
I		6	7	8	9	10	11	12	
L		13	14	15	16	17	18	19	
M		20	21	22	23	24	25	26	
A		27	28	29	30	31	1	2	
P		3	4	5	6	7	8	9	
R		10	11	12	13	14	15	16	
I		17	18	19	20	21	22	23	
L		24	25	26	27	28	29	30	
M		1	2	3	4	5	6	7	
A		8	9	10	11	12	13	14	
Y		15	16	17	18	19	20	21	
J		22	23	24	25	26	27	28	
U		29	30	31	1	2	3	4	
N		5	6	7	8	9	10	11	
E		12	13	14	15	16	17	18	
J		19	20	21	22	23	24	25	
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J U L Y

A U G U S T

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D E C E M B E R

		SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY CUMUL
J								1	
A		3	4	5	6	7	8	9	
N		10	11	12	13	14	15	16	
U		17	18	19	20	21	22	23	
A		24	25	26	27	28	29	30	
R		31	1	2	3	4	5	6	
Y		7	8	9	10	11	12	13	
F		14	15	16	17	18	19	20	
E		21	22	23	24	25	26	27	
B		28	29	30	31	1	2	3	
R		4	5	6	7	8	9	10	
U		11	12	13	14	15	16	17	
A		18	19	20	21	22	23	24	
R		25	26	27	28	29	30	1	
Y		2	3	4	5	6	7	8	
S		9	10	11	12	13	14	15	
E		16	17	18	19	20	21	22	
P		23	24	25	26	27	28	29	
R		30	31	1	2	3	4	5	
I		6	7	8	9	10	11	12	
L		13	14	15	16	17	18	19	
M		20	21	22	23	24	25	26	
A		27	28	29	30	31	1	2	
P		3	4	5	6	7	8	9	
R		10	11	12	13	14	15	16	
I		17	18	19	20	21	22	23	
L		24	25	26	27	28	29	30	
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Y		15	16	17	18	19	20	21	
J		22	23	24	25	26	27	28	
U		29	30	31	1	2	3	4	
N		5	6	7	8	9	10	11	
E		12	13	14	15	16	17	18	
J		19	20	21	22	23	24	25	
U		26	27	28	29	30	31	1	
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J A N U A R Y

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# Little Jack's Corner

by Jack Donohue



I'll bet your mother told you to make sure you always wear clean underwear in case you were taken to the hospital. Well, your mother was right. Actually, in my

case it was a bit of a moot point, since I wasn't wearing any underwear at all, but the rest of my ensemble could have been chosen better for a visit to the ER.

Let me back up a bit. I was riding home one evening as usual, and the next thing I remember is waking up in the hospital. Seems I'd had a FDGB for reasons that will never be known, and landed on my head. Helmet cracked in several places, like an egg. I guess I was coherent enough to tell the people that found me our phone number, and I vaguely recall trying to convince Susan to go home instead of the hospital, but all the rest is a blur.

I gather from Susan that she had to do some fast talking to keep from getting me a "psych consult" as they say on ER, based on my outfit. Let me explain that I do indeed buy new cycling togs, but my commuting gear is mostly hand me downs of stuff that I wouldn't wear on weekend rides. My tights

were a red and blue number that a friend had given me. Said friend is considerably shorter than me, so they really didn't fit, but the price was right.

They didn't go all that well with my lime green shorts. The shorts are another story. As summer turns into fall, I usually abandon my jersey for something warmer. Since I am wont to carry all my stuff (keys, wallet, handkerchief) in the jersey, I need some auxiliary pockets. That's where the shorts come in. I've got cycling shorts and the famous tights underneath, so all the shorts really do is supply pockets. After many miles, the crotch usually wears out, and pockets are about that's left. I have patched this particular crotch numerous times, applying several layers of material from an old pair of blue jeans. Even at that, the holes seemed to be winning again, and I was seriously thinking about retiring them. But I figured I'd give them one more season.

My top was somewhat more conventional, Lifa polypro base layer, and a nylon vest on the outside. What really got their attention was the shirt that was my mid layer. Many years ago, Eric Ferioli, who is my main fashion consultant, wrote an article about custom winter cycling gear. The problem with cycling in cold weather, is that your front

gets all the wind and is cold, while your back is better insulated. So adding a layer to keep your front warm makes your back overheat. Eric's masterful solution is to wear an ordinary shirt backwards, with the back open (like those silly gowns they make you wear in the hospital). So, I fashioned one of these, with velcro on the sleeves and neck, and it works quite well. Susan, unfortunately, had to do quite a bit of explaining as to how I really did mean to put the shirt on that way. Taken in the context of the rest of my outfit, I guess it didn't seem all that strange.

It did make taking the shirt off easier when I was admitted. Unfortunately, my Lifa base layer did not fare so well, as it was subjected to an extreme makeover with a scalpel. This was a great sadness, as this was one of the original Lifa undershirts (the one with the racing stripes) that I've had practically since polypropylene was invented. Mike Hanauer is the only living human I know who still has one of these.

When I got home, Susan refused to reveal the whereabouts of the tights and the green shorts, even though they had not gone under the knife like the Lifa top.

But all is well, I have a backup pair of green shorts, and some other garish tights.

## December Mileage Totals

3	5	8	2	8	3
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Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	15143	8	7	6	Andrew Brand	5538	6	4	-	Bill Widnall	3218	3	3	-
Rick Gowen	13813	11	11	9	David Wean	5291	3	-	-	Doug Hartley	3028	6	3	0
Tod Rodger	11536	12	5	7	Edward Boches	5175	7	1	-	Craig Weiner	3000	5	-	-
John Bayley	10900	-	-	-	Mike Kerrigan	5162	6	2	1	Otto DeRuntz	2912	4	5	-
Pamela Blalock	10507	-	-	-	Chris George	5148	5	-	1	Bill Hanson	2881	1	-	-
Robin Schulman	10236	6	3	4	Dick Arsenaault	5088	1	1	-	Sheldon Brown	2730	-	-	-
Glen Reed	9718	10	5	3	Joe Repole	5045	12	12	-	John Goeller	2655	-	-	-
Jack Donohue	9540	-	-	2	Ken Hablow	4762	5	1	-	Cynthia Snow	2585	3	1	-
Don MacFarlane	9282	12	2	3	Janet Tortora	4695	5	2	-	Ed Hoffer	2478	-	-	-
Irving Kurki	9060	11	8	3	Frank Aronson	4693	6	3	-	Lisa Weissmann	2476	6	1	-
Paul Hardin	9006	9	2	5	Don Mitchell	4672	6	1	-	Henry Marcy	2467	2	1	-
Steve Robins	8904	-	-	-	Glenn Ketterle	4639	-	-	-	Marc Webb	2459	10	-	-
Bruce Ingle	8595	5	-	-	Nick Linsky	4583	4	2	-	William Lane	2424	-	-	-
Jim Krantz	7712	6	4	3	Paul Corriveau	4486	6	4	1	Jim Goldman	1969	-	-	-
Gerald Goode	7518	-	-	4	Bob Sawyer	4300	2	-	-	John Allen	1947	-	-	-
Dave Jordan	6855	-	-	-	Doug Cohen	4212	5	1	-	Cynthia Zabin	1947	-	-	-
Richard Dweck	6672	6	2	2	Joseph Tavilla	4176	2	-	-	Dan Pratt	1890	4	-	-
Butch Pemstein	6557	-	-	-	Gary Smiley	4006	3	-	-	Elaine Stansfield	1872	3	1	-
Cory Lovett	5950	4	1	-	Jean Orser	3945	4	4	-	Greg Tutunjian	1828	1	-	-
Peter Knox	5700	5	4	2	Ed Sullivan	3928	4	2	-	John Springfield	1766	3	4	-
Peter Brooks	5640	10	6	-	Gabor Demjen	3661	5	3	-	Lyn Rodger	1762	5	-	-
Richard Taylor	5604	8	11	-	Marc Baskin	3506	3	-	-	Susan Grieb	1556	-	-	-

Name	Miles	M	C	K
Rich Whalen	1488	-	-	-
Ted Hamann	1455	-	-	-
Steve Venizelos	1175	-	-	-
Jeff Luxenberg	1115	-	-	-
Lincoln Ross	1095	-	-	-
George Caplan	1036	-	-	-
John Kane	787	-	-	-
John Loring	703	-	-	-
Tracy Ingle	573	-	-	-
Ken Hjulstrom	510	-	-	-
Jamie King	491	1	-	-
Rosalie Blum	370	-	-	-
Mike Hanauer	222	-	-	-
Jacob Allen	155	-	-	-
Jared Luxenberg	99	-	-	-

### 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 fifth of each month to: Jamie King (jamie\_e\_king@charter.net or 978-448-0533) or on the web at <http://crw.org/mileage.htm>.

### Another year all wrapped up.

I hope we can all agree with this quote by H. G. Wells "Every time I see an adult on a bicycle, I no longer despair for the future of the human race." It is nice to see the club doing our part in preserving the world one revolution (of the crank set) at a time.

I want to thank all those who participated in this year's mileage tracking and to say how much fun it is to talk to so many of you and see the numbers roll in month after month. We had quite a few new names added to the list this year and I hope everyone continues through 2005 and beyond. You see some of our members who log lots of miles and some with just a few, it doesn't matter where you land on the chart but what counts is that you are on the road. Being out on the road is one of the best things you can do, taking in that fresh air, getting some exercise and enjoying all the sights and sounds around you. It's good for the soul and better for the environment.

Just a reminder about the guidelines for the list, you can count your miles no matter which roads they are ridden on (sorry trainer miles don't count). The Century and Metric columns are reserved for those rides that are completed on roads in New England (sorry the M's and C's don't count if completed in

California in January), and please get your miles in before the fifth or Jack gets very antsy. You can take care of that task via one of many ways such as going to the CRW web site and submit them electronically (look under resources for the mileage link), or e-mail them to me (jamie\_e\_king@charter.net) or phone me at (978) 448-0533. I may have neglected to mention something and if so we can take care of that next month.

Take care, ride safely and have a great New Year.

Jamie King

### WELCOME NEW MEMBERS

Kent Anderson	Westboro
Dorothy Dinoto,	
Gerry McGonagle	Natick
Peter Dorfman	Belmont
Steven Hagan	Greenwich, CT
David Loutzenheiser	Cambridge
Michael Morrissey	East Weymouth
Larry Murphy	Southboro
Richard Parker	North Quincy
Agathe Robisson	Cambridge
Rick Schwartz	Fall River



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## Ata Cycles

1773 Massachusetts Ave, Cambridge  
617-354-0907

## Back Bay Bicycles

366 Comm. Ave, Boston  
617-247-2336

## Belmont Wheelworks

480 Trapelo Rd., Belmont  
617-489-3577

## Bicycle Bill

253 North Harvard St., Allston  
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## Bike Express

96 N. Main St., Randolph  
800-391-2453

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781-275-7799

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842 Beacon St., Boston  
617-236-0752

## Broadway Bicycle School

351 Broadway, Cambridge  
617-868-3392

## Burlington Cycle

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978-671-0800

## Cambridge Bicycle

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617-876-6555

## Chelmsford Cyclery

7 Summer 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

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617-522-7082

## Frank's Bicycle Barn

123 Worcester Tpke, Westboro  
508-366-1770

## Frank's Spoke 'N Wheel

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978-443-6696

877 Main St., Waltham  
781-894-2768

## Harris Cyclery

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617-244-1040

## Harvard Square Bicycles

36 J.F.K. Street, Cambridge  
617-441-3700

## International Bicycle Center

89 Brighton Ave, Allston  
617-783-5804  
66 Needham St., Newton  
617-527-0967

## Landry's Bicycles

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978-777-3337  
1210 Boston Providence Turnpike (Route 1), Norwood  
508-440-0310  
790 Worcester St. (Route 9), Natick  
508-655-1990  
276 Turnpike Road, Westboro  
508-836-3878

## Marblehead Cycle

25 Bessom St., Marblehead  
781-631-1570

## National Ski and Bike

102 Washington St., So. Attleboro  
508-761-4500

## Northeast Bicycles

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781-233-2664

## Pro Cycles

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781-246-8858

## Quad Cycles

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781-648-5222

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508-832-8111

## Ski Market, Ltd. (cont.)

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508-875-5253

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## Join/Renew The Charles River Wheelmen

New Membership  Renewal Please check one

In consideration of being permitted to participate in any way in the Charles River Wheelmen (CRW) sponsored bicycling activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;

3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations;

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Signature(s) \_\_\_\_\_

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone (eve.) \_\_\_\_\_ (day) \_\_\_\_\_

e-mail \_\_\_\_\_

We sometimes allow bicycle-related companies the use of our membership list.  
 Check this box if you don't want to receive mailings from these companies.

We publish an annual member directory that is available only to club members Check this box if you don't want your name, address and home phone number on this list.

I would like to receive my monthly issue of WheelPeople as:

PAPER via Postal Service  ELECTRONIC via email

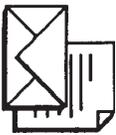
The electronic file is a pdf file and requires Adobe Acrobat 4.0 or greater.

Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ... ) are greatly appreciated!
Individual	\$20	\$38	\$55	
Household	\$25	\$48	\$70	

**Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.**

I'd like to help with the activities checked below. Please have someone contact me:

Ride Leader  Publicity  Legislative Action  
 Safety  Membership  Newsletter  
 Host a post-ride party  Special Events  
 Other \_\_\_\_\_



### Renewal or Change of Address?

Don't miss a single issue of WheelPeople! Send your renewal or change of address to our Membership Coordinator:  
Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.