


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 4 · April, 2006

Tag Sale at the Spring Century

The Spring Century is coming and this year it will have the added attraction of a tag sale (due to the demise of the Big Event). So tag up your stuff and come to the Spring Century in Wakefield, May 21. What can you sell there? Anything (so long as it's legal). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, a computer modem and a stereo receiver. Just remember, it is the responsibility to the owner to pick up any unsold merchandise at the end of the sale (4pm). Any items left, will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check for your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same side as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on

Tag Sale - Continued on page 3

CRW 40th Birthday Party

Please note that the date of our 40th birthday party has been changed. The new date is Saturday, July 29, a daytime event. Larz Anderson Park in Brookline has been graciously donated to us for the entire day. All CRW members will be admitted at no charge to the Larz Anderson Museum where we can not only view the antique automobiles but also the all new Antique Bicycle collection.

All rides will begin and end at Larz Anderson Park followed by an exceptional catered barbecue prepared for our personal enjoyment. A birthday cake of humongous size will be cut after the barbecue has been served. Past member John Vanderpoel formerly of Concord and now of Acton has given the birthday cake to the Club as his gift. This is John's way of saying thank you to the CRW for all of the wonderful rides and events that he participated in over the years. We met John at our first and only Mount Washington Climb in 1967. He was the first to reach the summit.

Committees are being formed and past presidents are being contacted. During the event a past presidents lapel pin will be presented to each living past president. In the future every

40th Birthday Party - Continued on page 3

Thank You, Ride Leaders

CRW would like to thank all the 2005 ride leaders for another great season of riding. Listed below are the names of the 111(!) club members who served as ride leaders. It includes Wednesday Wheeler leaders, recurring ride leaders, Intro series ride leaders, and leaders of winter and regular season weekend rides. If your name is not on this list, consider making a contribution this year so that CRW can keep on rolling.

Here's a big THANKS to:

Dana Chandler
Michael Aarons
John Allen
Althea Angel
Joanne Archambault
Dick Arsenal
Mike Barry
Al Bolea
Richard Bowen
Andy Brand
Peter Brooks
Susan Broome
Mike Byrne
Ann Callanan
David Campbell
Ed Craddock
Jenny Craddock
John Dacey
Linda DeNering
Wes DeNering
Mark Dionne
Jennifer Dodge
Jack Donohue
Bob Dyson
Connie Farb
Eric Ferioli
Kimberley Fitch
Ed Foster
Ed Glick

John Goeller
Howie Granat
Jerry Green
Winslow Green
Justin Haber
Ken Hablew
Mike Hanauer
Charles Hansen
Paul Hardin
Marilyn Hartmann
Bill Henke
Steve Hoffenberg
Betty Hoffman
Bruce Ingle
Larry Isaacson
Dave Jordan
Jeanne Kangas
Michael Katin
Steve Kolek
Fred Kresse
Irving Kurki
Charles Learoyd
Greg Lee
Andree Lerat
Rita Long
Charlie Lovejoy
Melinda Lyon
Harry Manasewich

Thank You, Ride Leaders - Continued on page 3

Highlights Inside

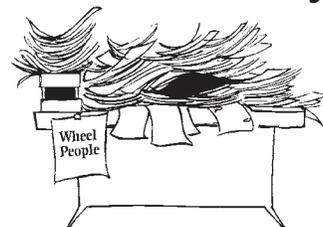
Board Meeting Minutes.....	3
Recurring Rides	4
April Rides	5
Spring Century Info	6
CRW Trips & Other Trips	7
A Touring Life - "Finding Springfield"	8
Safety Corner - "Looking Backwards"	9
Little Jack's Corner - "Sticky Zippers"	10
40 Years of CRW - A Look Back.....	10
February Mileage	11



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 -
1 Gleason Road
Bedford, MA 01730

Editorial Policy



We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

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

BOARD OF DIRECTORS

	Term Expires	
Michael Aarons.....	2008.....	508-651-9259
Don Blake.....	2007.....	781-275-7878
Andy Brand.....	2006.....	617-247-9770
Eric Evans.....	2007.....	617-901-3958
Barry Nelson.....	2006.....	617-964-5727
Linda Nelson.....	2007.....	617-964-5727
Janet Tortora.....	2008.....	978-692-7273
Bill Widnall.....	2008.....	781-862-2846

OFFICERS AND COORDINATORS

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	Larissa Hordynsky.....	617-527-5620
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Information.....	OPEN.....	
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Volunteer Coordinator.....	Marilyn Hartman.....	781-935-9819
Social Committee Chair.....	Ed Glick.....	978-250-1883
Safety Coordinator.....	Bob Zogg.....	617-489-5913

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Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Coleman Rogers.....	617-969-3403
Wednesday Wheelers.....	Dick Arsenalault.....	781-272-1771
Wednesday Ice Cream Ride.....	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.....	Chris Randles.....	617-969-2545
	Michael Aarons.....	508-651-9259
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

WHEELPEOPLE STAFF

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Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523

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Picture Gallery.....	Rory Dela Paz.....	rdelapaz@mindspring.com
Touring.....	Andy Meyer.....	asm@ameyer.org
E-Mail List (CharlesRiverWheelmen@yahoo.com)		
Administrator.....	Barry Nelson.....	barrynelson@alum.mit.edu

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

March 7, 2006



In Attendance:

Board Members (5): Eric Evans, Don Blake, Andy Brand, Janet Tortora, and Bill Widnall; Others: Ralph Galen

Minutes (Janet Tortora)

Minutes from the February 7 meeting were approved.

40th Anniversary Celebration (Ralph Galen)

Ralph Galen presented a report to the Board concerning the progress which has been made in planning CRW's 40th Birthday Party. Additional discussion focused on the cost of the event, the route alternatives, the entertainment, the food, volunteers, publicity, pictures, ride leaders, past presidents pins, and cycling caps. Details will be provided to the membership as they become firmed up.

Reports of Officers, Coordinators, and Standing Committees (Eric Evans)

Awards Banquet

All set for the awards banquet Thursday night, March 9.

Ride of Silence

Eric Evans received an email from the President of North Shore Cyclists inquiring if CRW wants to participate in the "Ride of Silence". The event is held worldwide on May 16, 2006, to honor those who have been injured or killed on public roads. More information can be found on the website <http://www.rideofsilence.org>.

Jersey Order

Ken Hablow has been researching the cost of reprinting the CRW jerseys. More specifics will be forthcoming as the details are finalized.

Membership (Linda Nelson)

Eric Evans, reporting for Linda Nelson, reported the membership numbers for February 2006: 1085 current memberships, 1291 current members, 14 expired members, 23 new members, 16 renewed members.

Vice President of Finance (interim) (Eric Evans)

Eric Evans presented the 2006 Budget. The Safety Committee will have a budget this year that includes new banners, a banner stand, photocopying money for training materials and copies of "Street Smarts" for distribution at training sessions.

Rides Committee (Michael Aarons)

Eric Evans, reporting for Michael Aarons, stated that the rides calendar still has a couple of openings in April; that most weekends are filled in for the summer; that October and November still have openings; and that Michael hopes that remaining slots will be filled in at the ride leaders' party.

The next Board Meeting will be held on April 4, at 7:00 PM, at the United Church of Christ, Lexington in room 208.

Respectfully submitted,
Janet Tortora
Secretary

Tag Sale - Continued from page 1

a hanger. There will be a rack. There will be an area for bicycles also.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

40th Birthday Party - Continued from page 1

retiring CRW president will be presented an identical past presidents lapel pin in appreciation for his or her dedication to the club. At the CRW 40th Birthday Party our president Eric Evans will be the master of ceremony.

Does all of this information pique your interest? We certainly hope so! We want every present and past member of the Club to come to this historical event. In a future CRW WheelPeople you will have the opportunity of signing up in advance so that we will know the number of people to plan for. Whether you still ride or not we urge you to come to the July 29 CRW 40th birthday party at Larz Anderson Park in Brookline.

Ralph Galen
Charter Member and Event Chairman

Thank You, Ride Leaders - Continued from page 1

Nancy Marchand	Susan Sabin
Bob Maselek	John Sales
Cindi Mason	Selig Saltzman
Dave McElwaine	Joanne Samuels
Don McFarlane	Bob Sawyer
Andy Meyer	Bill Scott
Janet Cochrane Miller	Mark Sevier
Keith Miller	Nina Siegel
Fred Mueller	Ken Skier
Arnold Nadler	Ann-Marie Starck
Barry Nelson	Martin Sterman
Linda Nelson	Annette Sterman
Kelly O'Connell	Jim Sullivan
Jim Pearl	Joe Tavilla
Elizabeth Pell	Rich Taylor
Butch Pemstein	Chris Tweed
Ray Porter	Richard Vignoni
Eli Post	David Walker
Daniel Rabinkin	Pat Ward
Chris Randles	Sarah Weaver
Raul Raudales	Bill Widnall
Joe Repole	Sheila Widnall
Tod Rodger	Lisa Wilk
Coleman Rogers	Ann Williams
Duane Roth	Jean Zaniewski
Jacek Rudowski	Ken Zaniewski
Stan Sabin	Bob Zogg

RIDE
Safe • Smart • Aware
SAFETY STARTS WITH YOU!

New
Welcome
Members

Nancy Hays	Medford
Chad Lundeen	Milton
John Osborne	Cambridge
Howard Panken	Sharon
Alison Sheridan	Sudbury
Steven Siegel	Waban



Recurring Rides Calendar

These rides are held every week unless indicated

Sunday South Shore Coastal Loop

Ride Type: Rides of 37 and 50 miles. Arrowed, cue sheets available.

Routes and Times: 7:00 AM

Leaders: Andy Brand (abrand@alum.rpi.edu), Bob Dyson (rdyson22@comcast.net)

Description: This ride combines shady, quiet roads with beautiful vistas along some of the most scenic coastline on the South Shore. You'll find that the effort to make it to the 7 AM (sharp!) start will be paid back with a great ride with little traffic, and you'll be home in time for a well-earned brunch! Weather permitting, the SSCL will take place every week from April 9 through October 22. The 40 mile ride loops through Rockland, Hingham, Norwell, Scituate, and Cohasset. The 50-mile option adds a loop through Nantasket Beach and Pemberton Point in Hull, with a magnificent view of Boston Harbor from under the windmill. A coffee stop in Scituate is optional. An ideal ride for fast to moderate riders with paceline experience or a desire to learn.

Start: Park'n'Ride lot, Rockland (opposite Home Depot)

Directions: Take Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. Call to confirm. Space unlimited.

Wednesday Wheelers

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

Leader: Dick Arsenault (781-272-1771, rarsenault@rcn.com)

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.

Note: Different leader each week, to become a leader contact Dick Arsenault

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 day or early evening.

Thursday Fitness Ride**

Ride Type: Arrowed routes of 16, 28 and 34 miles. Arrow is an upside down white T.

Routes and Times: 6:00 PM SHARP! Begins April 20.

Leader: Rich Taylor (978-287-4921, richard_n_taylor@post.harvard.edu)

Description: The shorter rides wind through Bedford, Concord, and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride between 14 and 20 mph. We conduct an introductory pace line clinic to teach safe group riding skills. We'll start around 15 mph and pick up the pace as the season progresses.

Start: LG Hanscom - General Aviation Airport.

Directions: Rt. 128 to Exit 30B (Rte. 2A West)-do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road into Hanscom Field and follow signs for the General Aviation Airport.

Friday TGIF Unwinder

Ride Type: 18, 24 and 28 mile rides. Fully arrowed, cue sheet and map.

Routes and Times: 6:00PM, 5:30PM starting September 15. Last ride on October 6 starts at 5:15PM.

Leaders: Ed Glick (edward.glick2@verizon.net), Paul Hardin (978-866-3040, CRWGPSGuy@comcast.net)

Description: A club ride that provides something for all tastes. There is usually a fast group riding paceline while others tour at their own speed. The ride winds through the back roads of Concord, Carlisle, Acton and Chelmsford and

is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week and there is always a group going out for dinner and/or ice cream after the ride. **Start:** The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center.

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left and then right to go behind the library.

Saturday Morning Fitness Ride**

Routes and Times: 8:30 AM. This ride runs all year 'round. Three routes: 42, 28 and 19 miles
Leaders: Michael Aarons (mikea@pixelmonkey.com), Chris Randles (617-969-2545, jcrandles@comcast.net)

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!

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.



April 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.

TGIF/TGIS Ride

Saturday - April 1

Ride Type: Fully arrowed, cue sheet and map

Times and Routes: 9:30am for 55 miles or 10:00am for 30 miles

Leaders: Daniel Rabinkin (781-275-2391, rabinkin@ll.mit.edu), Paul Hardin (978-866-3040, CRWGPSGuy@comcast.net)

Description: The 30 mile ride winds through the shady rolling terrain of Concord, Carlisle, Acton and Chelmsford. These low traffic back roads are conducive to both the fitness rider and those out to enjoy the scenery. The 55 mile option extends through Stow, Harvard, and Littleton. We'll stop for food in Harvard.

Notes: Snow/Rain cancels

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way.

Directions: Take Rt 128 to exit 31B. Follow 4/225 west through Bedford Center (you will pass the green on the left). Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the left on Mudge Way and then turn right before the library to the meeting parking lot.

Bolton Opener

Sunday - April 2

Ride Type: Map & cue sheet

Times and Routes: 10:00 AM for 43 or 29 miles

Leaders: Bill Scott (978-456-3138, billscott@alum.mit.edu)

Description: Enjoy the early Spring in the rolling countryside of Stow, Harvard, Bolton, and Littleton, including the dam at Wachusett Reservoir. 43 and 29-mile rides on quiet scenic roads with a stop at Bolton Orchards for cider, donuts, etc. South Acton "T" station, Central Street @ Route 27 (The parking meters are not active on weekends.)

Notes: The parking meters are not active on weekends.

Start: South Acton "T" station, Central Street @ Route 27

Directions: Route 2 West, exit left onto Route

111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored Acton Music Center on the corner.

Looking for a Bike in a Tree AKA Lisa Simpson Ride

Saturday - April 8

Ride Type: Cue Sheet

Times and Routes: 9:30 AM for 33 and 44 Miles

Leaders: Richard Vignoni (978-486-1064, Richard.vignoni@verizon.net)

Description: This ride is on mostly scenic rural roads. Starting in Concord, it makes a loop through Sudbury, Hudson, Stow, Boxborough, Littleton and Acton. The longer route adds Westford and Carlisle. The terrain is moderate with one notable but short climb. There are food stops in Concord near the start/end of the ride as well as in Acton.

Start: Concord Carlisle High School

Directions: Rt. 2 west to Concord, right at stoplights to Rt. 126, Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile).

Tenth Biennial Southwest Passage (CCW)

Sunday - April 9

Ride Type: Arrowed, Standard White Arrow with Head and Tail

Times and Routes: 9:30 AM Long (55 miles), 10:30 AM Short (35 Miles)

Leaders: Joe Repole (508-879-6340, joecentury@aol.com), Marilyn Hartman (781-935-9819), Larry Murphy (508-485-7840, lmurphy7840@charter.net)

Description: The ride heads southwest out of Framingham through Ashland, Southborough, Hopkinton and Upton. The long ride adds Uxbridge, Mendon and Northbridge. Most of the ride is on residential and rural back roads with few traffic lights. The lunch stop is in Upton. Points of interest include a golf course, goats,

Charlie Chan's summer home, Whitehall State Park, sheep, scenic brooks, Upton State Forest, horses, farms and the Ashland Town Forest. In good weather the ride normally attracts 80 to 100 riders.

Start: Framingham, 15 Gryzboska Circle

Directions: From the Mass Pike take exit 12, Route 9 East to Temple St. (2nd traffic light). Right on Temple St. (if you are taking Route 9 West from Boston, go left on Temple St.) Right on Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska, not Salem End Rd or ride your bike there! The Sunday commuter rail leaves South Station at 7:50AM and arrives in Framingham at 8:35AM.

Battle Road Tour

Saturday - April 15

Ride Type: Follow the Leader

Times and Routes: 9:30 for 25 miles.

Leaders: Dick Arsenault (781-272-1771, arsenault@rcn.com)

Description: We will ride the route the British took on April 19, 1775, when they marched to Concord in search of military supplies, thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from one of the stores in the center.

Notes: Rain Cancels.

Start: The Minuteman Statue on the Lexington Green in Lexington Center.

Directions: From route 128 take Exit #31 east (Rts. 4 & 225) 1.7 miles to Lexington Center. Park in the surrounding neighborhoods and bike to the start.

Willett's Pond Wayfare

Sunday - April 16

Ride Type: Arrowed

Times and Routes: 10:00 for 42 miles and 10:30 for 20 miles

Leaders: Eric Ferioli (781-235-4762)

Description: Recycled GEAR ride and then

some. Short ride goes through Wellesley, Needham, Dover and Westwood. Long ride adds Walpole, Norwood and Sharon.

Start: Wellesley High School

Directions: From Rt. 128 Exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley Hills past clock tower on right. Continue on Rt. 16 through intersection at lights of Forest St (on left) and Rockland (on right). Take next left at green sign for school (about 500 ft) onto Rice St. Continue to school. Parking lot is just past school, entrance to lot is at the far end of the lot.

Franklin My Dear, I Don't Give a Dam

Saturday - April 22

Ride Type: Follow the Leader with Cue Sheet

Times and Routes: 9:30 AM, 43 Miles

Leaders: Chris George (617-431-4762, cheba@rcn.com)

Description: Starting in Dover, ride past several dams on the way to Franklin and back. Ride passes through Westwood, Medfield, Norfolk, Medway, Hollis and Sherborn. Ride does not offer significant culinary opportunities (pizza shop in Medway and sandwich shop in Dover).

Start: Caryl Park - Dover

Directions: Take Route 95/128 to Exit 17 (Route 135) in Needham. Turn left onto 135 at the end of the exit ramp (right if coming from South). At the first traffic light turn left onto South Street. After 2.6 miles on South Street, bear right onto Willow. In another .6 mile, turn right onto Dedham Street. Caryl Park is on the left after about .4 miles. Park near the playing fields

Date: Sunday, April 23

No scheduled ride, contact VP of Rides (ridesup@crw.org) to volunteer to lead a ride.

Slicing Sherborn and Dover

Saturday - April 29

Ride Type: Cue Sheet, Follow the leader.

Times and Routes: 9:30AM, 30 miles

Leaders: Susan Sabin (781-237-1476, susabin@verizon.net)

Description: This is a "follow the leader" style ride. Our overall average pace should be about 13 mph, faster on the flats, but slowing on hills. Further details at ride start. Lunch is available at a local pizzeria near the start/end and all are en-

The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 21, 2006

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

START -Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.

Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1 1/2 miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is 1/4 mile on the left.

Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

TIMES - 8:00 - 100 miles Full Century
9:30 - 62 & 50 miles Metric & Half Century
10:30 - 25 miles Quarter century

COST - Pre-registration: CRW members - \$10.00 Non members - \$12.00
Day of the event: CRW members and non members - \$15.00

- Water & food stops on the longer routes
 - Bicycle Bozo's infamous tag sale
 - After ride gala including our usual array of food & general camaraderie.
 - CRW water bottle for all entrants
 - Technical and mechanical support by CycleLoft
- Please arrive at least 45 minutes early if you want your bike checked before a ride

Register online at <http://crw.org/CenturyRF.htm>



PRE-REGISTRATION FORM

This form must be received by May 15, 2006

There are no confirmations sent, once this form is mailed you are automatically registered.

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

CRW Member - \$10.00 Non Member - \$12.00

Please include your check made out to CRW and mail with this completed form to:

CRW Century, Jack Donohue, 26 Fox Run Rd., Bedford MA 01730



Total Enclosed

couraged to stay. The ride starts in Wellesley and cuts through the horsey suburbs of Sherburn and Dover. We pass the Clara Barton cemetery, a place of particular interest. While we re-group the leader will—briefly—explain the significance of the site.

Start: Sprague school is located at 50 Kingsbury St., Wellesley

Directions: Coming from the west take Route 9 east. Right onto Oak St. (Oak Street is about 1/4 of a mile past the Weston Road exit.) First L is School St. Parking lot is off School St. From 128: exit onto Route 9 West. Go 4.1 miles to Weston Rd/Wellesley St. exit towards Wellesley. This leads under Route 9. Proceed East on route 9 and follow above directions.

Apple Pi Ride

Sunday - April 30

Times and Routes: 9:30 for 50 and 35 miles.

Ride Type: Cue sheet

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

Highlights: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

Start: VA Hospital Parking lot, Springs Road, Bedford

Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital/Middlesex Community College. Meet at first parking lot on right.

CRW Trips

31st Annual Tour of New England

May 27 - 29, 2006

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA, then it goes through RI and CT, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover, NH. On the third day we return to MA via ME and the seacoast of NH. Mileage the first day is about 150 and about 100 the second and third. Last year a contingent decided not to venture south to RI and CT making it the Tour of Northern NE but reducing the first day's riding to about 100 miles. People who want to do this shorter route are completely welcome. There is one official starting point for the ride, Lincoln, MA. Many of the veteran riders start at their own houses and meet us on the route.

On the first day most of those riding stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Spofford NH fire department runs an all you can eat breakfast for \$6. Spofford is about 8 miles from the motel in Brattleboro. It is on the route to the Day's Inn in Dover. The Days Inn has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA.

Upon finishing there will be pizza and drinks in Lincoln.

The cost of the ride is \$99. Please make checks out to CRW. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a detailed cue sheet and pizza at the end of the ride. This is a hard tour at 100+ miles each day. There is bag (one medium sized per person)(last year we had trouble getting all the bags in the van so, this year, please pack only essential items!) transport but no sag. Be prepared!

Participation is limited to the first 32, so please sign up early. Registration and/or questions to: Walter Page, whpage@comcast.net, 781-259-8598.

Send checks made out to Charles River Wheelmen to:

Walter Page
58 Sandy Pond Road
Lincoln, MA 01773

35th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 9-11, 2006

This trip is full. To be put on the waiting list, contact John Springfield at spring6@comcast.net.

Velo Vermont

July 21-23, 2006

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont. We'll be staying at an inn in Warren, Vermont with swimming pool and hot tub. Accommodations are two person units, with bedroom, living area, kitchenette and balcony.

Saturday and Sunday riders can choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben and Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$120 per person double occupancy. This includes two nights lodging, two

breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, address, phone. Call after that for last minute availability. Make checks out to Jack Donohue, and send a SASE or email address to:

Velo Vermont
c/o Jack Donohue
26 Fox Run Road
Bedford, MA 01730-1104

We will send out a poop sheet with information before the trip. For information email or call:

Jack Donohue and Susan Grieb
jmdonohue@alum.mit.edu
781-275-3991 (before 9 PM)

Other Trips

MDDM 2006 - 22nd Annual Memorial Day Dash to Montreal

May 25-29

Join us for the 22nd running of a classic international tour. Thursday night stay at a ski lodge near Montpelier, Vermont (other options). 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 ~ 75 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 ~75 miles back to the cars on the New York side of Lake Champlain, ending with a short ferry ride. Although there are no hills, this can be a tough ride due to strong headwinds! \$185 trip fee includes 4 nights lodging, 4 meals, sag support, tour T-shirt, tour water bottle, happy hour and extensive tour literature. Contact leader for info or to register. This is a Rogue Riders Bike Club trip. Leader: Charles Hansen H: (617) 734-0720 Email: velotrain@yahoo.com

CRW Helmet Rebate Program

If you are a CRW member, will send you a check for \$5.00 when you buy a helmet. It doesn't have to be the first one you ever bought--we just want to make it as easy as possible for everyone to own a good helmet. It can save your life.



See the CRW web site for full details.
<http://www.crw.org/HelmetRebate.htm>



A Touring Life

By John Springfield

Finding Springfield

Finding Springfield is not always easy. You would think that there is one in every state. Of course, Illinois and Massachusetts have one. But what about New York, or better yet, Ontario, Canada? I now had a mission.

In the summer of 1991, I was planning a week-long bicycle trip from Boston to Detroit for a high school reunion. The general route would take me across Massachusetts, New York, Ontario, and into Michigan. To amuse myself, I decided to bike through all the towns named after me.

The first one was easy. On day 1 of the Tour de Springfield, I biked through the big city of Springfield, Massachusetts. It was supposedly named after a town in England by its founder, William Pynchon, back in 1636. But it's a little more complicated than that.

You see, William and I have met at one of my séance sessions. So here's the real story. Bill was run out of Boston because he started preaching heretical ideas. He became fascinated with the ideas of the protestant preacher, Jan Hus (John Huss) of Bohemia. One of the followers of Hus, Jan (John) Skocdopole, left Bohemia for the New World. Pynchon met

Skocdopole in Boston, and he was mesmerized by drawings that Skocdopole had smuggled out of Bohemia. These drawings were copies of the famous DaVinci's sketches of "wheel-movers". We know them today as "bicycles". Skocdopole convinced Pynchon that it was his destiny to start a new town based on the zodiac inspired notion of perpetual motion. Someday this new town would become the capital of inventors of wheeled machines, guns, and bouncing baskets. Pynchon gathered the faithful and set up a the town on the Connecticut River. He named it "Skocdopole", in honor of his mystic friend. Well, time passed, and the Puritans caught up with Pynchon. He was forced to renounce his friend and rename the city. But Bill was crafty. Unknown to the pious Puritans, "Skocdopole" means "Jump in the Field", or, as we know it, "Springfield". And that's how it has stayed ever since.

Okay, now on to Springfield, New York. Did you know there is a Springfield, East Springfield, and Springfield Four Corners? All located on Route 20 near Cherry Valley. When I stopped there, I encountered an interesting monument in the East Springfield square that commemorates the famous Shays Rebellion of

1787. It seems that Daniel Shays and his fellow farmers attacked the arsenal in Springfield, Mass, because they didn't like paying whiskey taxes. After they were defeated by Washington, a group of his disgruntled rabble-rousers fled over the Berkshires to the Cherry Valley area of New York. To spite the fancy pants Federalists, they named their new settlement Springfield. Head of this rabble was one Eustas B. Interesting, noted for his fire-brand preaching about the evils of formal education. Eustas banned all education in Springfield unless it was related to whiskey making, fire arms, or boneshaking. Ironically, upon Interesting's demise, his offspring rejected all his teachings. They set up free primary schools that stressed the industrial arts. Then, taking the English side in the War of 1812, all of the Interesting clan was banished to Canada.

Which brings me to Springfield, Ontario. After I crossed into Canada, I biked a few days to the small hamlet of Springfield, located southeast of London, Ontario. Unknown to most Americans, the Canadians actually grow tobacco in this "sun belt". I discovered an obscure plaque commemorating the founding of the area. Basically, it seems that the Interesting clan settled here and named the town Springfield. They discovered they liked banishment. They learned the king's English. They learned the proper pronunciation of "process", "schedule", and "about". Their mechanical know-how enabled them to develop novel ways of producing tobacco. They developed reapers, tillers, and eventually a whole slew of ingenious gizmos. They obtained over 128 Canadian patents. But, most notably, the Interesting daughters became famous for developing the first multi-speed bicycle transmission. Made up of a series of leather straps that slipped around various size rear sprockets, this allowed an "ordinary" bicycle to climb the steep Canadian hills that surrounded Springfield. As a public service, the Interesting sisters refused to patent their idea. Thus, the idea became part of the public domain, only to be ripped off by the Detroit automobile makers in the late 1890's.

And speaking of Detroit, after a week on the bike I arrived in Detroit for the reunion. Catching up on everyone's life since the East Detroit High days was incredibly enlightening. People were fascinated when I described the links among the Springfield towns. One of my classmates, the former Ida Bean (who was voted "Most Likely to Be Liked") told an astonishing story. It seems that after high school, she fell in love with a Canadian poet. She and her husband moved back to his ancestral home, which was, Springfield, Ontario! She confirmed the story of the Interesting sisters' contribution to bicycling science. And, in fact, the man she married was an Interesting. Which made talking to Ida Bean Interesting incredibly interesting.

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Looking Backwards

by Eli Post



You may not realize how often you look in the rear-view mirror while driving a car, but it's a frequent maneuver for most motorists. Many cyclists also use rear-view mirrors because they realize that being more aware of what's behind them makes bicycling more relaxed and safer.

In heavy traffic conditions, where lane changes are required, knowledge of traffic conditions to the rear is essential. At other times you may want to monitor the motorists behind you to get advanced warning about passing cars, turning cars, and other traffic conditions. When you are wearing winter headgear, it may be difficult to turn your head to see what is approaching from behind and a rear-view mirror can make sightings easier. When riding in a group, rear-view mirrors enable you to keep track of your fellow riders. People with limited neck flexibility may not be able to swivel their head to look directly back, and a mirror becomes an essential piece of equipment. On most recumbent bicycles, it is not possible to swivel one's head far enough to look directly back, and a mirror overcomes that problem. In fact, after wearing a mirror for a while, many riders find it so natural and so convenient that they feel uneasy without their mirror, especially while in difficult traffic.

While some see rear-view mirrors as an essential piece of cycling gear, they are not for everyone. Many bicyclists get along quite well without a mirror. Some try a mirror but don't become comfortable with it. Some claim the mirror distracts them from watching the road ahead, and they spend too much time looking behind. Others have a real problem with a split-viewing field. Still others have fears that, in a crash, a helmet- or eyeglass-mounted mirror might injure an eye. Finally, some experts believe that even if you use a rear-view mirror, it does not provide a full field of view, and it is therefore important to be able to look behind you for traffic before changing lane position.

If you are disposed to using a mirror you will be interested in investigating the various types. All are relatively inexpensive, usually under \$20. Each type has different clarity, mounting, vibration sensitivity, and susceptibility to frost/fog. What follows is a brief review of the more popular mirror types. Resources for more information are included at the end, and new technologies are always in the works. This list is by no means exhaustive.

Handlebar mirrors fit on one end of your handlebars. These mirrors are subject to vi-

bration, and you may have to move your head or body to see what is behind you if your arm blocks the view. These mirrors require that you take your eyes away from the road ahead to see what is behind.

Helmet-mounted mirrors either mount on the hard shell, or come with a glue patch. The down side of helmet mounts is that it is sometimes difficult to get a good mirror placement because of the shape of the helmet. Also, if your helmet moves around even a little on your head the mirror will be out of position part of the time. There tends to be less vibration in these mirrors than with handle bar types.

Eyeglass-mounted mirrors are very clear, with hardly any vibration, and very adjustable. They provide a larger field of view than most helmet mirrors, and require less head movement. However, learning to use an eyeglass mirror may take practice and patience. Both helmet and eyeglass mirrors offer the advantage of a "panoramic" view when you turn your head side to side.

On-lens mirrors attach directly to the inside of your eyeglasses. They are very small, and have an adjustable swivel base. These mirrors will only work if you don't need the correction supplied by your prescription lenses, as the image in the mirror does not come through your lenses. They are best suited to cyclists wearing sunglasses or who do not need correction for distance vision. They will not work with wrap-around sunglasses.

There is no "one size fits all" option, and one may have to try several types. Like many bicycling techniques, mastering the use of a mirror takes a bit of practice, and some adapting and getting used to.

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

References:

- <http://www.bikexpert.com/bicycle/mirror.htm>
- <http://www.icebike.org/Equipment/cycling-mirrors.htm>
- <http://search.bikelist.org/?SearchString=rear%20view%20mirror>
- <http://www.sheldonbrown.com/harris/mirrors.html>

The 2006 Boston Brevet Series

The Boston Brevet Series is a set of long distance randonneuring rides which are also qualifiers for Boston-Montreal-Boston. This year's schedule is as follows:

Event	Distance	Date	Time Limit	Fee
200k	125 Mi.	05/06 7:00 am	13 hrs.	\$20
300k	190 Mi.	05/27 4:00 am	20 hrs.	\$25
400k	250 Mi.	06/17 1:00 am	27 hrs.	\$30
600k	375 Mi.	07/08 4:00 am	40 hrs.	\$45
300k	190 Mi.	07/29 4:00 am	20 hrs.	\$25

The rides have a surcharge for day of event registration: \$5 for the 200k, \$10 for all others. All rides start at the Civil Air Terminal at Hanscom Field in Bedford, MA, and all except the 200k require sufficient lighting.

Though the rides vary in difficulty, none are easy. Expect about 3000 feet of climbing for each 100k ridden. The 200k rides into southern New Hampshire; the 300k travels to Rhode Island and eastern Connecticut; the 400k rides west to the Berkshires; and the 600k traverses southern New Hampshire and Vermont to upstate New York.

This year's schedule is designed to help riders peak for Boston-Montreal-Boston (1200k, 750 Mi, 90 hour limit), August 17-20. The first four rides may be used for qualification; the second 300k is available to keep riders trained.

All rides are supported with checkpoints every 40 to 70 miles. Checkpoints are stocked with water and a variety of food (fruit, sandwich makings, cookies, etc.). Bags will be transported to and from some checkpoints on the longer rides. A "real" meal is provided late on the first day of the 600k and spartan sleeping accommodations will also be available.

For more information, contact:

Bruce and Tracey Ingle
Boston Brevet Series
10 Irene Rd
Framingham MA 01701-2718
(508) 877-1045 (before 9PM)

or see our web page:

<http://www.gis.net/~ingle/bbs/>

or send e-mail:

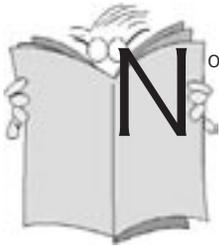
bruceingle@rcn.com (for routes, cue sheets and equipment info)

traceyingle@rcn.com (for registration and administrative info)

For more information on randonneuring in the United States, visit the Randonneurs USA Website: <http://www.rusa.org/>

Little Jack's Corner

by Jack Donohue



No, it's not a rock band or a new porno site, but a problem that plagues winter riders.

I decided to stick my battery for the Niterider in the seat bag instead of the water bottle cage, since I figured it would be less subject to road spray. When I attempted to open said bag I realized that the zipper was totally encrusted in salt and who knows what else, and it wouldn't budge. My first reaction was "Oh well, maybe the water bottle cage isn't so bad after all" but on sober reflection I realized that there wasn't much point to having a spare tube in the bag if I couldn't open it when the need arose. Of course, the point was moot anyway, since I then realized that I hadn't been carrying a pump on this particular bike.

Anyway, I decided I really did need to get it open. I next slathered it with a variety of fluids I had on hand, a graphite based thing meant to free up locks, silicone grease I had from my car

STICKY ZIPPERS

mechanic days, and the usual bike lubricants. No joy. So I got out the pliers and decided to twist it a bit, just to get it started. Then some vigorous tugging ensued, which succeeded in pulling off the pull tab. So, it was becoming clear that the impossible dream of having once more a useable zipper was just that, impossible. So, I pulled out all the stops, got the pliers and managed to removed the offending slider.

So, now I had the bag open, but no way to close it. So I resorted to a trick I'd used in the past, squeezing the top and bottom of the zipper together with a spring clip. Not exactly water tight, but better than nothing.

I've had this problem many times in the past. By the time I notice the zipper doesn't zip any more, it's too late. Since I'm unlikely to do periodic maintenance on an item as ignorable as a zipper (most bike repairs don't occur until they reach the life threatening stage), I need to find a magic ointment that I can just slop on once a decade or so and forget about. Any suggestions?

40 Years of CRW

by Ralph Galen

A Look Back:

One summer day Fred Chalfee visited your chairman of the 40th Birthday Party at his office in Cambridge. Fred, a member of AYH, was on his bike. "Let's start a bike club" said Ralph. "what should we call ourselves?" said Fred. Ralph provided the Charles River and Fred the Wheelmen. Thus the CRW as it is fondly known today was born.

August 26th, 1966 was the inaugural date of our Autumn Ride. Approximately twelve cyclists gathered outside of 131 Mt. Auburn Street this bright and cheerful Sunday morning in preparation for the ride to Ashland State Park where a picnic was being prepared by two of our wives. Bill Fripp a Freelance writer for the Boston Globe was on hand to cover the event with his photographer. Bruce Bailey from

Milton volunteered as our ride leader and his brother George from Sharon followed with the other intrepid eleven.

At Ashland Center our sunny Sunday turned into a torrential rain storm. The intrepid twelve sought shelter under the eaves of a former train station converted into a veterinarian's office. While waiting for the rain to abate we officially formed the Charles River Wheelmen beneath the eaves of the former station. Ralph was elected president, Fred, secretary, Bruce ride leader and his brother George historian. Of the twelve present eight decided to join the Club as dues paying members. It was decided that in order to build a treasury we would charge members and non members alike one dollar per ride.

The picnic was a huge success thanks to Ruth Galen and Insoon Chalfee especially with the return of balmy weather. As a group we returned to Cambridge via Westborough, Southborough, Weston and Waltham. It was noted in the secretary's log that the traffic in Waltham was quite heavy.

What was not noted in the secretary's log was that the Boston Globe put us on the map with coverage in the following Sunday Globe. The article by Bill Fripp and the photo of our group generated considerable interest throughout the greater Boston area.

A Look Ahead:

At our 40th Birthday Party we are going to recognize our past presidents. We don't want to miss anyone! So far we can remember Norman Satterthwaite, Ralph Galen, Bernie Wiseman, Eugene Ritvo, Jill Lewis, Jamie King, Susan Grieb, Jack Donohue, Ken Hablow, Irving Paul, Rod Huck, Doug Kline, Earl Foreman, Mike Hanauer, Bill Widnall, Barry Nelson, Birdie Ellsmore, Sam Johnson and who else?? We don't want to forget anyone. Past presidents, if your name has not mentioned please get in touch with Ralph at 1-781-935-3225 as soon as possible. We want you on our Past Presidents committee and we want you to come to the 40th Birthday Party with your riding buddies of the past on Saturday July 29 at the Larz Anderson Museum in Brookline.

February Mileage Totals

0 2 5 2 5 2

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	1518	2	1	-	Dick Arsenault	561	-	-	-	Craig Weiner	110	-	-	-
Don MacFarlane	1356	2	-	-	Joseph Moore	555	1	-	-	John Kane	105	-	-	-
Rick Gowen	1234	1	-	-	Lisa Weissmann	489	-	-	-	Mike Hanauer	92	-	-	-
Steve Robins	1184	-	-	-	Gary Smiley	476	-	-	-	Marc Webb	91	-	-	-
Pamela Blalock	1128	2	-	-	Darrell Katz	472	-	-	-	Cynthia Snow	47	-	-	-
Jack Donohue	1121	-	-	-	Pierre Avignon	468	-	-	-	Douglas Cohen	44	-	-	-
Richard Taylor	904	2	2	-	Dan Wolfson	466	-	-	-	Jeff Luxenberg	15	-	-	-
Robin Schulman	865	-	-	-	Marilyn Hartman	400	-	-	-					
Chris George	861	-	-	-	Ted Elkins	391	-	-	-					
Otto DeRuntz	847	1	-	-	Bob Sawyer	382	-	-	-					
Bruce Ingle	845	-	-	-	Gabor Demjen	378	-	-	-					
Glen Reed	807	1	-	-	Steve Stanganelli	341	1	-	-					
Joe Repole	726	2	2	-	Bill Hanson	294	-	-	-					
Butch Pemstein	695	-	-	-	James Finnerty	272	-	-	-					
David Wean	692	-	-	-	William O'Hara	228	-	-	-					
Janet Tortora	689	-	-	-	Sheldon Brown	177	-	-	-					
Peter Brooks	629	-	-	-	John Springfield	144	-	-	-					
Irving Kurki	617	1	-	-	Ken Skier	137	-	-	-					
John Allen	586	-	-	-	Frank Aronson	120	-	-	-					
Don Mitchell	581	-	-	-	Cynthia Zabin	112	-	-	-					

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.

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Belmont Wheelworks

480 Trapelo Rd., Belmont
617-489-3577

Bicycle Bill

253 North Harvard St.,
Allston
617-783-5636

Bicycle Exchange at Porter Square

2067 Massachusetts Ave,
Cambridge
617-864-1300

Bike Express

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

Bikeway Source

111 South Road, Bedford
781-275-7799

Boston Bicycle

842 Beacon St., Boston
617-236-0752

Broadway Bicycle School

351 Broadway, Cambridge
617-868-3392

Cambridge Bicycle

259 Massachusetts Ave,
Cambridge
617-876-6555

Chelmsford Cyclery

30 Chelmsford St.,
Chelmsford
978-256-1528

Community Bicycle Supply

496 Tremont St., Boston
617-542-8623

Cycle Loft

28 Cambridge St., Burlington
781-272-0870

Decathlon Sports

570 Providence Highway,
Norwood
781-255-0400

Dedham Bike

403 Washington St., Dedham
781-326-1531

Farina Cycle

61 Galen St., Watertown
617-926-1717

Ferris Wheels Bicycle Shop

64 South St., Jamaica Plain
617-522-7082

Frank's Bicycle Barn

123 Worcester Tpk.,
Westboro
508-366-1770

Frank's Spoke 'N Wheel

119 Boston Post Rd.,
Sudbury
978-443-6696
877 Main St., Waltham
781-894-2768

Grace Bicycles

1566-A Washington Street,
Holliston
508-429-9177

Harris Cyclery

1355 Washington St., W.
Newton
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

151 Endicott St., Danvers
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

Pro Cycles

669 Main St., Wakefield
781-246-8858

Quad Cycles

1346 Massachusetts Ave,
Arlington
781-648-5222

Ski Market, Ltd.

322 South Bridge St., Auburn
508-832-8111
860 Commonwealth Ave,
Boston
781-890-1212
400 Franklin St., Braintree
781-848-3733
CrossRoads Ctr., Burlington
781-272-2222

Ski Market, Ltd. (cont.)

Endicott Plaza, Danvers
978-774-3344
686 Worcester Rd.,
Framingham
508-875-5253

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247 College Hwy.,
Southampton
800-527-9784

St. Moritz

475 Washington St.,
Wellesley
781-235-6669

Town and Country Bicycle

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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.

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 _____



Change of Postal or E-mail Address?

Submit the changes at our web site: <http://crw.org/MemberInfo.htm> or mail the changes to our Membership Coordinator at the address above.