

Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 8 • August, 2006

Al Bolea Benefit Ride

Sun., Sept. 10

As many of you know, Al Bolea, one of the cofounders of the Wednesday night Ice Cream Ride, lost a long battle with a degenerative bone marrow disease last September. In his memory, on September 10, 2006, there will be bicycle rides of 13, 24, 45, and 65 miles starting at Regis College. The registration fee is \$35, and there is a minimum pledge requirement of \$100. All proceeds will go to the MPD Foundation (www.mpdfoundation.org), which sponsors research into myeloproliferative disorders.

Tom Magliozzi, one of the Tappet Brothers from Car Talk, was a friend of Al's and will be riding, sending off riders, and leading the post-ride ceremonies.

You can get more information, register or make a donation to the Al Bolea MPD Memorial Bike Ride by visiting the website: www.firstgiving.com/mpdride

Those interested in volunteering or being a sponsor can get involved by sending an e-mail to als_mpd_ride@yahoo.com or calling 617-947-8935.

It Fell From the Sky

by Eli Post

We were peddling along one of those bucolic country roads that make the Boston Area such a delight for cyclists when a loud plop sound filled the air and brought us to an emergency stop. Right in front of us, just a few feet away, a 300-foot stretch of overhead telephone cable had fallen to the pavement. It was as if King Kong himself grabbed the cable and in a fury wrestled it to the ground. We were not injured and went our merry way, but had our timing been off by seconds, the consequences would not have been pretty. Then a few weeks later, on another ride with another rider, on a different road, a squirrel fell from an overhanging tree without warning, landing just inches from us. He was as startled as we were, and scurried away.

With all the safety issues that confront a cyclist, how do you anticipate squirrels falling out of overhead trees? You obviously can't, but you must recognize that cycling is a sport where safety is paramount, and participants must be vigilant and constantly on the alert for hazards. There's more to safe cycling than remembering a few basic guideline—it means developing a mindset that keeps the safety mission uppermost in your thoughts so that you are in fact

prepared for the falling squirrel and any other mishap that might cross your path. The act of foreseeing, expecting and taking measures against possible future exposure to risk is common in sports. It's the downhill skier, ever watchful for patches of ice or exposed terrain. It's the diver who must be mindful of the hazards of the marine environment. And it's the cyclist who must never forget that he/she shares the road and that noticing potential dangers requires awareness and anticipation.

You share the road. You are riding along minding your own business on a beautiful country road and enjoying the experience. Remember that you do not have exclusive use of the roadway and that at any moment you may have to deal with an approaching motorist, cyclist, or pedestrian. Know your rights and the rights of others, and remember the simple rules. Bicyclists and motorists are both responsible for bicycle safety. Many bicycle-motor vehicle collisions are attributed to various bicyclist behaviors, such as disregarding a traffic control sign or signal, and others are attributed to motorist behaviors, such as inattention and distraction. Motorists might merge across the path of a cyclist, and even run stop signs and red lights. These



...cycling is a sport where safety is paramount, and participants must be vigilant and constantly on the alert for hazards.

Safety Corner - Continued on page 3

Contents

Al Bolea Benefit Ride.....	1
Safety Corner	1
When In Doubt.....	3
Welcome New Members.....	3
Recurring Rides	4
August Rides	5
Fall Century Info	6
A Touring Life.....	9
Little Jack's Corner	10
June Mileage Totals	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 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

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	Bob Dyson.....	508-668-8122

WHEELPEOPLE STAFF

Copy Editor.....	Jack Donohue.....	781-275-3991
Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523

INTERNET STAFF

Web Site (http://www.crw.org)		
Webmaster.....	Gary Smiley.....	webguy@crw.org
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

actions can't always be predicted, but anticipating the possibility allows a cyclist to plan an evasive response in advance. Stay aware of your surroundings, and constantly check traffic conditions especially when changing lanes or turning onto another roadway. While you are encouraged to ride predictably and lawfully, you cannot assume that others will always obey the rules.

Be alert! You cannot always predict when a stray animal or even another cyclist will cross your path, or when other unexpected events will require you to act immediately to avoid danger. The dog standing by the side of the road, may suddenly want to race along side you. Anticipate events that could cause you harm and ride defensively in uncertain circumstances. Being alert means staying on top of the situation, and monitoring the area ahead of you for signs of potential danger. It means being aware that conditions could turn quickly and being prepared to deal them. Keep your eyes moving, taking in the big picture, including scanning as far ahead as possible. If you see the potential

for a bad situation to develop, plan your course of action so that, if you have to, you can act quickly and appropriately. No ride is "risk free", but through exercising care and anticipation, you will be safer. Be a confident and watchful cyclist—alert, not alarmed.

Imperfect Situations. A ride on a pleasant spring day along a deserted country road can be a delight, but we do not have full control of the environment and must deal with changes beyond our control. Rain, for example, can come without warning and be accompanied by decreased visibility, and reduced braking. The ride may take longer than anticipated and you may suddenly

be confronted with decreased visibility as night approaches. A nearly empty road starts filling with vehicles as afternoon rush hour traffic mounts. An emergency vehicle comes out of nowhere and motorists scurry for the shoulder, perhaps right across your path. Be prepared to deal with such situations and have contingency plans in case they arise. Make your own decision—don't just follow others.

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

While you are encouraged to ride predictably and lawfully, you cannot assume that others will always obey the rules.

When in Doubt...

We've had an unusual amount of "unpleasant" weather this season, such that none but the extremely hardy would want to ride in (not to mention the safety implications of dodging small ponds in the road and bridges collapsing). Now that we have an online system for ride leaders to enter ride data, it is quite easy for them to post notices if a ride is cancelled due to weather. So, if you're in doubt about whether a ride is going to take place or not, consult the web site calendar

<http://crw.org/cgi-bin/calendar.pl?MonthCalendar=yes>

or the web page with a text description of the current month's rides:

<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>

or for a text description of the coming weekend rides, click on the "Weekend Rides" link on the home page.

You might want to bookmark these along with the NOAA web site.

New Welcome Members

Steven Brandt	Ashland
Donald Buchholtz	Waban
Alexander Calhoun	Brighton
Ananthakrishnan Chandrasekharan	Burlington
Ed Clausen	Methuen
Gideon Coltof	Brookline
Bela Csikesz	Westford
Joseph Davis	Brighton
Nick DiDomenico	Uxbridge
Richard Diamond, Victoria Diamond	Ashland
Sandra Dipillo	Reading
Paulina Fernandes	Somerville
Douglas Fiero, Sharon Pressly-Fiero	Boston
Richard Green Highlands	Newton
Robert Guilmette	Shirley
Donald Harbison	Chelmsford
Keith Hatfield	Waban
Katherine Henzler-Wildman	Belmont

David Hirst	West Newton
Neil Hubacker	Needham
Janusz Juda	Natick
Jerry Kantor	Roslindale
Karen Kirby	Cambridge
Swami Kumaresan	Boston
Bernadette Lehmann	Milford
Liane Marquis, Terry Tungjunyatham	Roslindale
John Mentzer	Medfield
Jan Mooney	Milton
Birgit Nilsson	West Newton
Jairaj Puthenveettil, Vickie Langohr	Watertown
David Reavill, Maureen Larkin	Walpole
Keith Rousseau	Malden
Todd Saveland	Cambridge
David Shadmon	Newton Centre
Heather Shand	Arlington
David Smallwood	West Roxbury
Harry Spatz	Lexington
Patricia Stabler, Thomas Evers	Melrose
Steven Stolz	Millville
Eileen Swartz	Winchester
Keith Woodard	Norfolk

CRW Helmet Rebate Program

If you are a CRW member, CRW 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.

- The helmet must be CPSC approved.
- Some brand or style restrictions may apply.
- You must have a current membership in the CRW.
- It must be purchased from one of our participating bike shops. Many shops have matched our offer with an additional discount of their own.
- Present your CRW Membership card at time of purchase.
- Send your original receipt and proof of purchase from the helmet box, along with a stamped, self-addressed envelope to:

Don Blake
1 Gleason Rd.
Bedford, MA. 01730



Recurring Rides Calendar

These rides are held every week unless indicated

Sunday South Shore Coastal Loop

Times and Routes: 7:00 AM Rides of 37 and 50 miles.

Ride Type: Arrowed, cue sheets

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.

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

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

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

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to

the group, we require that prospective riders be capable of maintaining this pace.

Leaders: Dick Arsenault (781-272-1771, rarsenault@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 day or early evening.

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

Wednesday Fitness and Masters Ride**

Times and Routes: 6:00 PM Sharp! for routes of 24, 27 or 34 miles.

Ride Type: Arrowed, Cue Sheets

Description: This Fitness Ride offers you the opportunity to ride with others in a paceline format. The ride welcomes everyone, especially masters riders who would like to ride with their peers. Groups of approximately 6 riders are started according to their expected speed. We encourage staying together as a group, waiting for others to catch up if you become separated. You will ride on scenic, rolling roads through Needham, Dover, Sherborn and Medfield. Total climbing for the long route is 1475 feet.

Leaders: Keith Miller (kmiller@mathworks.com), Chris Tweed (781-830-1368, cmtweed@psrinfo.com)

Start: Broadmeadow Elementary School at 120 Broadmeadow Road, Needham, MA.

Directions: From Routes 128/95, take Exit 18, Great Plain Ave and head West towards Needham. At the first light, turn right onto Greendale Ave. Go up the hill 0.4 miles, just over the railroad bridge. The first left after the bridge is Grosvenor Road, turn and go .3 miles. Next right onto Broadmeadow Road for 0.1 miles and you are there!

Wednesday Ice Cream Ride

Times and Routes: 6:30 PM, Arrowed rides of 10, 18 and 27 miles.

Ride Type: Cue Sheet, Arrowed

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln. The long route adds the additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at Mark's Sandwich Shop or the Wellesley Hills House of Pizza, followed by ice cream at the shop on Washington St (Rt 16). Steady rain cancels.

Leaders: Justin Haber (617-965-3904, Justin@Haber.net), Gabor Demjen (617-266-8114, gabordemjen@verizon.net)

Start: Grossman's Parking Lot on Rt 16 in Wellesley.

Directions: From 128 North or South, Take Rt 16 West approximately 3/10 mi. Parking Lot is on the right.

Thursday Pace Line Clinic Ride

Ride Type: Introductory, Arrowed

Times and Routes: 6:00 PM SHARP Route varies. Approximately 25-30 miles. Arrow is an upside down white T.

Leaders: Rich Taylor (978-287-4921)

Description: The Thursday Night Fitness ride has been cancelled as a CRW sponsored ride. There will be an introductory pace line clinic to teach safe group riding skills for up to 6 riders. 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

Times and Routes: 18, 24 and 28 mile rides. 6:30PM Starting as of 06/30.

Ride Type: Map and Cue Sheet, Arrowed

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.

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

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**

Times and Routes: 8:30 AM. This ride runs all year 'round. Three routes: 42, 28 and 19 miles

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!

Leaders: Michael Aarons (508-651-9259, Michael.Aarons@XOMETRIX.com), Chris Randles (617-969-2545, jcrandles@comcast.net)

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!)

Because of limited parking in the main Nahanton Park lot, the City of Newton has requested that we no longer park our cars there. Instead, if you need to drive to the ride, please park in the unpaved overflow lot (next driveway after park entrance) or across/down Kendrick St. at Cutler Park.

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



August 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.

Introductory Ride - Newburyport

Wednesday - August 2

Times and Routes: Cushing Park, Newburyport, MA 6PM, Please arrive at least 20 minutes early!

Ride Type: Map and Cue Sheet

Description: Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is a scenic ~20-mile loop through Newbury, West Newbury and Newburyport. Mostly flats with a few gentle hills. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest.

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right.

Note: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.

A Sterling Ride from Sudbury

Saturday - August 5

Times and Routes: 9:30 AM for 67 or 45 miles; 10 AM for 27 miles.

Ride Type: Arrowed

Description: Long ride circumnavigates Wa-

chuset Reservoir clockwise. Work up an appetite on the Green St. hill, lunch at the Old Stone Church on the shores of the reservoir or in Sterling, work that off on a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Hudson, Stow & Marlboro. Medium ride avoids the reservoir, going north through Berlin Center (lunch stop), re-joining long route in Bolton. Short ride meanders through some of the less traveled roads of Sudbury, Framingham, Southboro, Marlboro, Hudson & Stow. All rides pass the Farside (Wayside) Inn & Grist Mill going out and back (possible lunch stop on the way back for the short ride).

Leaders: Mike Byrne (978-443-8999, raddad47@aol.com)

Start: Ephraim Curtis Middle School, Pratts Mill Rd. (just off Peakham Rd.), Sudbury.

Directions: From Rte.128 / I-95, take Rte. 20 West (towards Marlboro) thru Weston to Wayland. Turn right in Wayland Center onto Rte. 27 North, go past Wayland Country Club, across Sudbury River and up hill into Sudbury Center (churches, town hall). Stay on Rte. 27 North thru traffic lights (crossing Concord Rd.), then left onto Peakham Rd. (first left after lights). Go straight at first stop sign (Old Lancaster) and turn right at second stop sign (Pratts Mill). Curtis Middle School immediately on right.

Note: Arrow is small letter "b"

All The Way to New Hampshire

Saturday - August 5

Times and Routes: 9:30 for options of 27, 36, 55, and 67 miles

Ride Type: Cue Sheet, Weekend Wheeler

Description: Start this incredibly beautiful ride in Amesbury, MA and spend the day in southern NH riding through the scenic back

August Rides - Continued on page 6

roads and some beautiful farm country. The longer loop goes through Durham, NH and offer expansive glimpses of Great Bay. To give credit where credit is due, this is a ride created by the North Shore Cyclists and travels through some really nice country that CRW people never see. There are 4 loops to this ride and Cue Sheets will be available for a 27, 36, 55, and 67 mile loops. A follow-the-leader option will be offered for the 36 mile option. Further details at ride start. Rain cancels.

Leaders: Joanne Samuels (603-433-7524, jgoodman2@comcast.net), Richard Bowen (603-433-7524, jgoodman2@comcast.net)

Start: Amesbury Elementary School, So. Hampton Rd., Amesbury

Directions: Rte 95 to exit 58 for Rte. 110 Amesbury. Go to the 1st traffic light and take a right onto Elm Street. At the rotary take the first right onto Market St. (Rte. 150). Go about .5 mile,

bear left onto South Hampton Road. The school will be on your left. From Rte. 495 take exit 54 for Rte 150 Amesbury. At the rotary, go 180 degrees or second right onto Rte. 150. Go about .5 mile bear left onto South Hampton Road. The school will be on your left.

A Sterling Ride from Sudbury

Sunday - August 6

Times and Routes: 9:30 AM for 67 or 45 miles; 10 AM for 27 miles.

Ride Type: Cue Sheet, Arrowed

Description: Long ride circumnavigates Wachusset Reservoir clockwise. Work up an appetite on the Green St. hill before the lunch stop at the Old Stone Church on the shores of the reservoir or in Sterling. Work off lunch on a few more hills, perhaps followed by an ice cream? Long ride returns through Lancaster,

Bolton (up one more hill and past the winery), Hudson, Stow & Marlboro. Medium ride avoids the reservoir, going north through Berlin Center (lunch stop), re-joining long route in Bolton. Short ride meanders through some of the less traveled roads of Sudbury, Framingham, Southboro, Marlboro, Hudson & Stow. All rides pass the Farside (Wayside) Inn & Grist Mill going out and back (possible lunch stop on the way back for the short ride).

Leaders: Mike Byrne (978-443-8999, raddad47@aol.com)

Start: Ephraim Curtis Middle School, Pratts Mill Rd. (just off Peakham Rd.), Sudbury.

Directions: From Rte.128 / I-95, take Rte. 20 West (towards Marlboro) thru Weston to Wayland. Turn right in Wayland Center onto Rte. 27 North, go past Wayland Country Club, across Sudbury River and up hill into Sudbury Center (churches, town hall). Stay on Rte. 27 North thru traffic lights (crossing Concord Rd.), then

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 17, 2006

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH.

START - Acton-Boxborough High School, Rte 111, Acton MA.

From Boston, take Rte 2 West past the rotary to the first Rte 111 exit. This is a left lane exit just past the traffic light after the rotary. Continue straight at the traffic light, crossing Rte. 27. The high school is just past the traffic light on the right.

From the West, exit Rte 2 at Newtown Road, the first exit east of Rte 495. This becomes Central St in Acton. Continue on this until the first traffic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

TIMES - 8:00 - 100 miles *Full Century*
9:30 - 62 & 50 miles *Metric & Half Century*

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

REGISTER ONLINE at <http://www.crw.org/CenturyRF.htm>

- Water & food stops on the longer routes
- CRW water bottle for all entrants
- Technical and mechanical support provided by **Bikeway Source, Bedford, MA**
- After ride gala including our usual array of food & general camaraderie.
- CRW jerseys and T-shirts will be available for purchase

Please arrive at least 45 minutes early if you want your bike checked before a ride



PRE-REGISTRATION FORM

This form must be received by September 9, 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



left onto Peakham Rd. (first left after lights). Go straight at first stop sign (Old Lancaster) and turn right at second stop sign (Pratts Mill). Curtis Middle School is immediately on right.

Charles River West Loop

Saturday - August 12

Times and Routes: 9:00 for 75mi, 9:30 for 50mi, 10:00 for 35mi

Ride Type: Map/Cue Sheet

Description: Highlights: Rolling tour on back roads in Charles River Valley west of Rt 128. 75 mile ride rises into foothills beyond Westboro. Food stops/bathrooms available in towns along route. Helmet required, mirror and patch kit/spare tube/tire irons and frame pump recommended. Bring lunch or \$. Short loop covers Needham Westwood, Natick, Sherborne, Dover; medium adds Ashland, Holliston; and long adds Westboro, Grafton & Hopkinton.

Leaders: Mike Barry (617-257-2251, mikebarry657@rcn.com)

Start: Needham Junction MBTA Lot

Directions: Directions: Exit off Rt 128 at Rt. 135, go west toward Needham. Left at 0.5mi on South St at light, right at 0.5mi at Y with High Rock St, right at 0.3mi at Chestnut, MBTA lot on right at 0.3 after going under tracks. If first parking lot is full, there are more spots further back

Duxbury Plus

Saturday - August 12

Times and Routes: 10:00 AM Start 36 miles

Ride Type: Cue Sheet, Weekend Wheeler

Description: Enjoy an early summer cruise over quiet country roads that pass numerous cranberry bogs and farms. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. Riders will follow the leader thru Duxbury, Halifax & Plympton and stay together at a group pace (12-14 mph) being careful not to drop anyone. Lunch stop will be at the 21 mile marker.

Leaders: Joe Tavilla (508-428-6887, silverski@earthlink.net)

Start: Hannafords Supermarket Kingston MA

Directions: Travel Route 3 South to Exit 10. Right on Route 3A. Travel 100 yards to traffic light. Hannafords Supermarket will be straight ahead.

In Search of Llamas

Sunday - August 13

Times and Routes: 9:30 AM for 58 miles, 10:00 AM for 42 & 30 miles.

Ride Type: Cue Sheet, Arrowed

Description: Join us for the 7th Annual Llamas Ride! All rides are primarily along quiet backroads. Short ride passes through Dover, Sherborn, and Holliston. Medium & long rides also

add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH stop for all rides is in Holliston.

Leaders: Lisa Wilk (lfwilk@gmail.com), Andree Lerat (andree.lerat@gmail.com)

Start: Chickering Fields (across from Caryl Park/Noanet Woodlands Reservation) on Dedham Street in Dover

Directions: Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B onto Highland Avenue heading towards Needham. TURN RIGHT at intersection onto Great Plain Ave. After ~0.1 miles, TURN LEFT onto Chestnut St. Follow Chestnut St (past Glover Memorial Hospital), and BEAR RIGHT as it becomes Dedham St when you cross the townline into Dover. After ~2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first RIGHT after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodland Reservation). Please do not park on lot entranceway or along road (if lot is full, additional parking lots, <0.25 miles further down on Dedham Street on left-hand side of road).

Carl Isle Ride and Grill - A Dog Day Afternoon

Saturday - August 19

Times and Routes: 10:30 AM for 29 or 36 (plus PoPtional surprise) miles

Ride Type: Map and Cue Sheet, Arrowed, Weekend Wheeler

Description: Lots of low traffic country roads with just a single traffic light. Working cranberry bog and ice cream farm plus lots of trees, cows, goats, sheep and pasture cookies. Both rides traverse Carlisle, Westford and Chelmsford with the longer option adding Concord and Acton. There will be a PARTY at Mike's after the ride with hot dogs and other goodies. This event will also provide a "follow-the-leader" Weekend Wheelers ride of 29 miles, also leaving at 10:30, in addition to the two "ride at your own pace" rides.

Leaders: Mike Hanauer (978-318-1980, mghanauer@yahoo.com), Jerry Hanauer (g.hanauer@comcast.net), Eli Post (617-547-6778, elipost@comcast.net)

Start: Mike's Place, 200 Long Ridge Road, Carlisle MA

Directions: FROM Rt 128/95: Take 225 West thru Bedford and toward Carlisle. Just after crossing the Concord River (and entering Carlisle), take the next left onto Skelton. Go straight across River road onto Nowell Farme Road. Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. FROM CONCORD CENTER: Take Monument Street

past the Old North Bridge; it becomes River Road in Carlisle. Turn left onto Nowell Farme Road 4 miles from Concord Center (at the four way intersection, it's Skelton on the right). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. FROM CARLISLE CENTER: Take Route 225 (Bedford Road) East toward Bedford, but bear right onto River Road 1.5 miles from Carlisle Center. Turn right onto Nowell Farme Road (at the four way intersection, it's Skelton on the left). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. Please Park on the Street away from the driveway.

Note: Please, bikes only in or near the driveway.

Special guest for this ride and the post-ride party will be Andy Clarke, Executive Director of the League of American Bicyclists, visiting from the League headquarters in Washington, DC. He will be happy to discuss what the League does for bicyclists and to answer your questions.

Grand View

Sunday - August 20

Times and Routes: 9:30 for approximately 72 (L) or 76 (XL) miles 10:00 for approximately 40 miles (M)

Ride Type: Map and Cue Sheet, Arrowed

Description: This year's sizzling Sunday summer hit! "Whatta ride!" New York Times, "Same as the NY Times!" Boston Globe, "Opposite of the NY Times!" Fox News, "One HXXL of a GXD DXXXXD Bike Ride!" Ken Hablow. This ride goes to the same place it started (I promise!) and while doing so traverses Bolton, Sterling, Leominster, and Princeton. Long ride adds Rutland and Hubbardston. XL ride adds Mt Wachusett. The X long ride ~4700 feet of climbing, long ride ~4000 feet, medium ride ~2000 feet.

Leaders: Martin Sterman (978-464-2056, mdsterman@yahoo.com), Annette Sterman

Start: Nashoba Regional High School, Bolton MA

Directions: Directions: 2 1/2 miles West of Rt. 495 on Rt. 117 on the right at Green Road.

Note: All arrows have been reviewed, and the remaining arrows approved, by the CIA and NSA. Food/water stops are limited.

Introductory Ride - Newburyport

Wednesday - August 23

Times and Routes: Cushing Park, Newburyport, MA 6PM, Please arrive at least 20 minutes early!

Ride Type: Map and Cue Sheet

Description: Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is a scenic ~20-mile loop through

August Rides - Continued on page 8

Newbury, West Newbury and Newburyport. Mostly flats with a few gentle hills. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest.

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right.

Note: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.

Groton Country Tour

Saturday - August 26

Times and Routes: 10 AM for 50 miles of rolling terrain with some hills. 10:30 AM for 25 miles, few hills.

Ride Type: Arrowed

Description: The rides are scenic, through pretty horse and apple country. The short ride passes through Harvard, Littleton, Ayer, and Groton. The long ride adds Pepperell, Dunstable, and Hollis in New Hampshire. Both rides go through scenic Shaker Village in eastern (not hilly) Harvard, and to historic colonial Groton Center, where the short ride can have a pre-lunch snack (get food here) on the Common. The long ride continues through Pepperell, over the covered bridge in East Pepperell, and up to Hollis, New Hampshire, where the rest stop is at a local pizza & ice cream parlor.

Leaders: Jeanne Kangas (978-263-8594 before 9:30PM, jskangas@verizon.net)

Start: Vacant company parking lot on Taylor Road, Littleton.

Directions: Take Exit 39 ("Taylor Street - Littleton-Boxborough") off route 2 West, just after Rte. 495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first right into vacant industrial building driveway. Go around to the back of the building and up the hill to park next to Taylor Road

Note: Calls before 9:30 PM

Hills to Hopedale

Sunday - August 27

Times and Routes: 9:30 for 70 and 47 miles, 10:00 for 35 and 20 miles

Ride Type: Arrowed

Description: Scenic, little-used roads through Framingham, Hopkinton, Milford, Upton, and Hopedale. Hilly ride with few places to buy food.

Leaders: Michael Aarons (508-651-9259, Michael.Aarons@XOMETRIX.com), Beth Aarons

Start: George P. King School & Framingham Public Schools Administration Building, 454 Water St., Framingham

Directions: Mass Pike to exit 13 (rte. 30) towards NATICK/FRAMINGHAM. After tolls, bear left to Natick and go 0.2 miles. Turn left at lights onto Speen St. and go 0.5 miles to end. Turn right onto Old Connecticut Path and continue 0.5 miles. Turn left onto Hamilton (tricky!). Go 0.1 mile to the end and turn left at stop sign onto School St. Go 0.05 miles and turn right at the fork onto Concord. Go 0.3 miles and turn left onto Central (Saxonville) at light. Go about 20 yards and turn right onto Water St. at light. Follow Water St. for 1 mile and turn left into roadway for school parking lot. There is a large, clearly visible sign that says, "George P. King School..." immediately after the turn for the school.

Introductory Ride - Newburyport

Wednesday - August 30

Times and Routes: Cushing Park, Newburyport, MA 6PM, Please arrive at least 20 minutes early!

Ride Type: Map and Cue Sheet

Description: Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is a scenic ~20-mile loop through Newbury, West Newbury and Newburyport. Mostly flats with a few gentle hills. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest.

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right.

Note: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.

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.

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.



A Touring Life

By John Springfield

Rain 101

June 3, 2006. A day that will rain with infamy. This was one of the two days that I biked my solo version of TOSRV-East (Tour of Scenic Rural Vermont). Since I was the van driver on the regular dates of the event, I decided to keep my 34-year TOSRV streak going by "scouting" the 200+ mile ride. The forecast mentioned "rain", but it always rains a little on TOSRV, so why should this be different? But different it was.

First, there are the needs of the Body. Luckily I had my winter riding cap that fits snugly under my helmet, my full-fingered mountain bike gloves, a long-sleeve pullover shirt, my bright yellow windbreaker, and my tights. The weather was in the 50's and 60's, but it felt

much colder, especially going downhill. But, all and all, Body would be fine. It would learn to slow down a bit, drink when it didn't feel like it, and stop often for nourishment.

As I left Ludlow, I never imagined that the first 101 miles of the 103-mile journey would be in the rain. Body didn't seem to mind the first 25 miles, but then it noticed the combination of sweat and rain had soaked its upper torso. Luckily, Body's head, legs, and bottom kept dry. Body was also glad that I had fenders on my bike. Body doesn't like road grime on it. And since the rain was never heavy enough to cause puddles, Body's feet remained relatively dry. Body was also blessed with a good set of legs and lungs. Body would do just fine.

As I left the Barnard country store at the 55 mile mark, I new there was something up the road waiting for me. It was the Mind. The Mind is a funny little devil. It will sometimes try to convince you that things are getting worse. But, look here, Mind, this is rain, not a deluge. If it gets cold riding down a mountain, it will get warm climbing the next hill. If you start making me grouchy, then I'll trick you by stopping at a country store for nourishment and conversation. And when you

try to make me doubt myself, I'll tell you that we've already cycled 50 miles in the rain, so what's 50 miles more? And, when you start the old worry-o-meter (what if you get a flat?), I'll start singing the Star Spangled Banner.

So, let's see, where was I? Oh, it looks like we just passed the 78-mile mark. Seven hours of rain, but I KNOW it can't keep raining much longer... Besides, it's only another 25 miles.

Onto Route 100 now, I stop to take a photo of Moss Glen Falls. It's roaring down the rocks with the extra water. It's majestic. It tells me we're almost to Waitsfield.

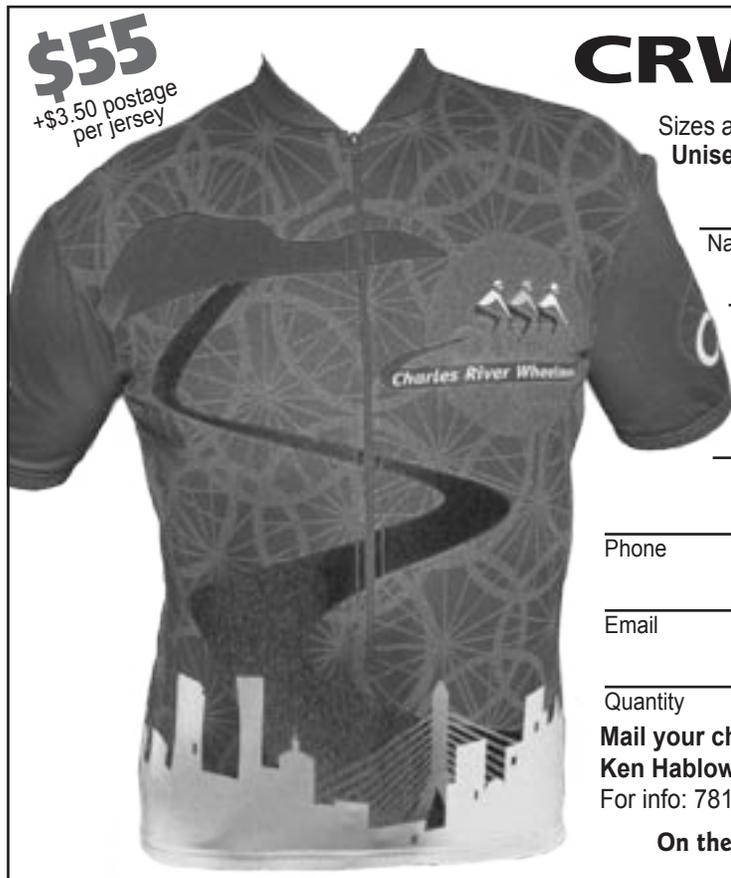
The Mind's demons have been cast aside, the rain becomes just part of the backdrop. Like the road, it's just there. The rhythm of the trip has been established. The legs turn, the bike hums

to the music that is now in the Mind. The bike responds to the constant shift-

ing, keeping the legs in a familiar cadence. We are going to make it.

Then, at the 101 mile mark, something stopped the rain. As I turned onto Route 17 for the last 2 miles, my Body slowed and and my Mind woke up. The rain was no more. Will I miss it tomorrow?

As I left Ludlow, I never imagined that the first 101 miles of the 103-mile journey would be in the rain.



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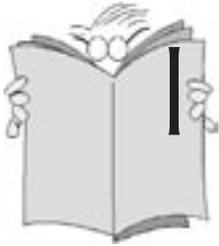
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On the web at www.crw.org - Click on About CRW > Merchandise

Little Jack's Corner

by Jack Donohue

(Reprinted from the April 2000 issue of Wheel-People)



I was passing a rider with a kid seat and I realized that with a suitable choice of accessories you could ameliorate or aggravate the

general dislike felt for cyclists by the average motorist. Basically, cyclists are looked at as creatures from the planet Zenon, and to the extent you can fool the motorist into thinking you're just like them, they will be more favorably disposed.

Here are some examples (+ points mean sweetness and light, - points mean you're on your way to becoming a hood ornament):

Kid seat + 5 points

Kid seat with actual kid + 10 points

Kid seat with inflatable kid + 9 points (also useful when driving and trying to get into the carpool lane)

Bikes not Bombs tee shirt - 5 points

"I may be slow but I'm in front of you" sticker - 10 points

Lycra skin suit - 4 points

Flannel shirt and cutoff jeans + 4 points

Darth Vader style helmet - 3 points

Baseball cap turned backwards + 3 points

Disk wheels - 2 points

Trainer wheels + 2 points

Aero bars - 3 points

Drop bars turned upside down + 3 points

Cliplless pedals and shoes - 3 points

High top sneakers + 3 points

And for sheer shock value we have:

Tandem + 5 points

Tandem with kid trailer + 10 points (adjust appropriately for kid, inflatable, etc)

We do have some articles whose positive or negative value is debatable.

Milk crate on your rack

This shows you're not one of those Lycra clad weirdoes but a normal Joe (or Jane) just trying to schlep themselves and their stuff around. On the other hand, you could be interpreted as a pinko hippy degenerate who's too cheap to support our economy by buying proper panniers, but would rather rip off corporate America (i.e., the Hood milk company).

Attaché case style panniers

This shows you're part of the work force, not some useless ne'er-do-well who's out riding his bike while honest folks are going to their dead end jobs to earn a living. On the other hand, your three piece cycling suit may not endear you to the pickup truck drivers, while the Lexus drivers will scorn you as being a disgrace to the breed.

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**ADVENTURE
CYCLING
BIKEQUOTE**

**"When the spirits are low,
when the day appears dark,
when work becomes monotonous,
when hope hardly seems worth having,
just mount a bicycle and go out
for a spin down the road,
without thought on anything
but the ride you are taking."**

**— Arthur Conan Doyle
article for Scientific American, 1896**

June Mileage Totals

1 3 1 0 3 3

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	5745	6	5	3	Joseph Tavilla	2123	-	-	-	Susan Grieb	635	-	-	-
Pamela Blalock	5134	6	4	3	Henry Marcy	2121	1	-	-	Elaine Stansfield	619	-	-	-
Don MacFarlane	4977	6	-	1	Gabor Demjen	2001	6	-	-	Mike Hanauer	605	-	-	-
Mike Kerrigan	4567	4	4	3	Winslow Green	1994	4	2	-	John Kane	601	-	-	-
Jack Donohue	4522	-	-	-	Darrell Katz	1863	-	-	-	Greg Tutunjian	564	-	-	-
Robin Schulman	4199	3	1	-	Bill Widnall	1732	4	1	-	Mick Costa	544	-	1	-
Bruce Ingle	4037	2	2	1	Walter McKay	1728	-	-	-	David Long	474	-	-	-
Doug Hartley	3980	2	1	-	Lisa Weissmann	1680	2	-	-	Ging Ging Liu	316	-	-	-
Irving Kurki	3842	5	3	1	Frank Aronson	1625	3	-	-	Walt Drag	314	-	1	-
Richard Taylor	3419	6	6	-	John Goeller	1574	1	-	-	George Caplan	203	-	-	-
Chris George	3181	-	-	-	Gary Smiley	1483	-	-	-	Jeff Luxenberg	168	-	-	-
Don Mitchell	3131	3	1	-	Eric Redard	1437	-	-	-	Tracey Ingle	83	-	-	-
Otto DeRuntz	3070	3	3	-	Kent Anderson	1431	2	1	-	Jacob Allen	30	-	-	-
Butch Pemstein	3062	-	-	-	James Finnerty	1408	1	1	-					
Larry Murphy	2898	4	-	-	William O'Hara	1385	2	1	-					
Tod Rodger	2846	3	-	-	Ted Elkins	1345	-	-	-					
Daniel Buchanan	2737	2	-	-	Douglas Cohen	1053	1	-	-					
Janet Tortora	2647	3	2	-	Linnea Olson	1032	1	1	-					
David Wean	2626	3	-	-	John Springfield	1005	-	3	-					
Peter Brooks	2585	4	2	-	Rudge McKenney	960	-	-	-					
John Allen	2394	2	-	-	Craig Weiner	935	-	-	-					
Dick Arsenault	2335	1	-	-	Marc Webb	924	-	-	-					
Joseph Moore	2297	4	-	-	Chris Jennings	841	-	-	-					
Bob Sawyer	2294	-	-	-	Peter Knox	792	-	1	-					
Joe Repole	2262	6	6	-	Cynthia Snow	753	-	-	-					
Pierre Avignon	2242	4	1	-	Cynthia Zabin	726	-	-	-					
Marilyn Hartman	2204	4	-	-	Donald Harbison	693	2	-	-					

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the fifth of each month on the web site at <http://crw.org/mileage.htm> or email mileage@crw.org or call 781-275-3991

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617-876-6555

Chelmsford Cyclery

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Chelmsford
978-256-1528

Community Bicycle Supply

496 Tremont St., Boston
617-542-8623

Cycle Loft

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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 Tpke,
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

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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

890 Commonwealth Avenue,

Boston
617-232-0446

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Quad Cycles

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Auburn
508-832-8111
860 Commonwealth Ave,
Boston
781-890-1212

Ski Market, Ltd. (cont.)

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781-848-3733
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781-272-2222
Endicott Plaza, Danvers
978-774-3344
686 Worcester Rd.,
Framingham
508-875-5253

Southampton Bicycle Center

247 College Hwy.,
Southampton
800-527-9784

St. Moritz

475 Washington St.,
Wellesley
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Town and Country Bicycle

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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.

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

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/MembersInfo.htm> or mail the changes to our Membership Coordinator at the address above.