


WheelPeople

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 9 • September, 2006

Climb to the Clouds Raises The Bar

By Ken Hablow

In July, The Tour de France dominates cycling worldwide and Climb To the Clouds dominates cycling in New England. This is probably the largest, organized, non-charity century event in New England during the summer months.

Temperatures during the Tour reached into the 90's – the temperature during Climb to the Clouds did also.

This was a crazy year for the Tour. This was a great year for Climb to the Clouds.

Last year we set a new record with a whopping total of 640 riders. That's 100 more than the year before. Susan Grieb and I planned for 700 this year. With the forecast for high temperatures the week before the event, we thought we would have about 500. Boy, were we wrong. This year we surpassed the "100 per year increase" and shot up to 800 riders. For the record, there were just over 400 in Concord and just under 400 in Bolton.

We were well organized and prepared for the large number of riders. Susan Grieb did a wonderful job of organizing the great group of volunteers

who turned out to help on this event. Thanks to Marilyn Hartman we had more volunteers than ever and we used every one.

Once again, Anthony Laskaris from Cycle Loft was kind to give up his day of riding to support the group as much as he could. He started repairing bikes in Concord at 7:00, then worked Bolton until 9:30 and spent the entire day driving the route assisting any rider with a CRW wristband. With this many riders he was doing bike marathon repairs at warp speed. At one point I caught up with Anthony at the visitor's center at the base of Wachusett where he was working non-stop. In-between all this he managed to sag several people back to Bolton and Concord. The next time you visit Cycle Loft be sure to thank Anthony and Jeff for all their support of CRW.

Thanks to Susan and her uncanny organizational skills, this was the best
Climb to the Clouds - Continued on page 9

Awards Nominations

Each year, the board votes to present awards at the annual club banquet to individuals who have made significant contributions to the club. If you would like to have input into this decision, send the name(s) of people you would like to nominate along with a paragraph or two highlighting their accomplishments to Eric Evans (ericevans100@verizon.net) or by postal mail to:

Eric Evans, 3 Sandra Lane, North Reading, MA, Boston, MA 01864

Time to Get on Board

The CRW nominating committee is beginning the process for board elections. We will have three available board positions for 2007. The CRW board consists of nine members, and together with the other officers are responsible

for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend monthly meetings where CRW issues are discussed. Board members may optionally participate in other activities or committees within the club. Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to:

Barry Nelson, 65 Hillside Avenue, Newton, MA 02465, barrynelson@alum.mit.edu

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by November 5, for the December issue of WheelPeople. The top three candidates will receive three year terms starting in January and expiring at the end of 2009.

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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

President.....	Eric Evans.....	617-901-3958
Executive Vice President.....	Andy Brand.....	617-247-9770
Vice President of Finance.....	Rich Levine.....	617-630-1565
Vice President of Publications.....	Ken Hablow.....	781-647-0233
Vice President of Legal Affairs.....	Jeanne Kangas.....	978-263-8594
Secretary.....	Janet Tortora.....	978-692-7273
Treasurer.....	Don Blake.....	781-275-7878
Insurance Coordinator.....	Don Blake.....	781-275-7878
Membership Coordinator.....	Linda Nelson.....	617-964-5727
	Larissa Hordynsky.....	617-527-5620
Membership Information.....	Keith Manning.....	781-643-4628
Information.....	OPEN.....	
Special Projects Coordinator.....	Marty Weinstock.....	617-491-6523
Publicity Coordinator.....	Kimberley Fitch.....	781-354-4780
Merchandise.....	Ken Hablow.....	781-647-0233
Mileage.....	Jack Donohue.....	781-275-3991
Government Relations.....	Bill Widnall.....	781-862-2846
Bike Shop Program.....	Chris Jennings.....	917-951-5035
Volunteer Coordinator.....	Marilyn Hartman.....	781-935-9819
Social Committee Chair.....	Ed Glick.....	978-250-1883
Safety Coordinator.....	Bob Zogg.....	617-489-5913

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Bill Widnall.....	781-862-2846
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.....	781-247-3991
Wednesday Fitness and Masters Ride.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenault.....	781-272-1771
Wednesday Ice Cream Ride.....	Justin Haber.....	617-965-3904
	Gabor Demjen.....	617-266-8114
Thursday Fitness Rides.....	Rich Taylor.....	978-287-4921
Friday Rides.....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
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

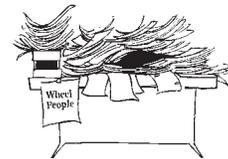
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E-Mail List (CharlesRiverWheelmen@yahoo.com)	
Administrator.....	Barry Nelson..... barrynelson@alum.mit.edu



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

CRW Board Meeting Minutes

August 1, 2006

In Attendance:

Board Members (6): Eric Evans, Barry Nelson, Michael Aarons, Andy Brand, Janet Tortora, and Bill Widnall; Others: Rich Levine

Minutes (Janet Tortora)

Minutes from the June 6, 2006 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)

40th Birthday Party

Eric Evans reported that the CRW 40th Birthday Party was well attended and deemed it a great success. Eric thanked Ralph Galen for his leadership and made special note of the excellent job that Eric Ferioli did with the arrowing of the rides. Thanks to all volunteers who made the event such a success and to the membership for attending the celebration. There were some left over hats which will be sold at upcoming CRW events.

VP of Finance (Rich Levine)

Rich Levine, newly appointed VP of Finance, discussed the format of the budget and his plan for presenting the budget to the Board.

The Finance Committee will discuss this further and Rich will present the ideas at the next Board meeting.

Membership Coordinator (Linda Nelson)

Barry Nelson (for Linda) reported membership numbers for July 2006: 1080 current memberships, 1295 current members, 75 expired members, 41 new members 48 renewed members.

Special Report (Barry Nelson)

Barry Nelson reported that our own Bill Widnall won his class sailing at the 'Lands' End NOOD Regatta' during Marblehead Race Week. The event takes place over a 4 day period.

VP of Rides (Bill Widnall)

Bill Widnall reported that Eli Post has done a great job of coordinating the Weekend Wheelers 'follow the leader rides' as well as making sure that those cyclists wanting the traditional rides are given cue sheets.

Bill reported that MassBike would like notation made of their Festival on the CRW calendar. The Board determined that a link will be put from the CRW calendar to the MassBike website where all the details can be found.

New Business

Tuesday & Thursday evening ride offerings

Ride leader, Rich Taylor had to temporarily cancel the Thursday Pace Line Clinic Ride because not all participants were signing waivers and he felt that an unsafe environment was present. With the cooperation of the NEBC

president and cyclists, he has been able to reinstate the ride.

Other

Calendar Fundraiser

The Board discussed a Calendar Fundraiser suggested by CRW members Howard Granat and Elizabeth Pell. No action was taken.

The next Board Meeting will be held on September 5, at 7:00 PM, at the United Church of Christ, Lexington in room 208.

Respectfully submitted,

Janet Tortora

Secretary

The CRW 40th Birthday Party

Looking Back - The 40th Birthday Party was everything that we had hoped it would be including perfect weather. We had wonderful food thanks to the caterer as well as enthusiastic participants. Thank you to the membership for a wonderful turnout and to our president Eric Evans for presiding at the event. A special thanks also to Eric Ferioli who not only arrowed the rides with unique 40th. arrows but he also led the long ride.

Three charter members: Bruce Bailey, his brother George and chairman of the event Ralph remembered "when". Co-chairman Kimberley Fitch, we could not have succeeded without you.

Looking Ahead - We are looking forward to the professionally scripted DVD of the 40th Birthday Party thanks to past president Gene Ritvo. Whether you attended the party or not you will want your copy of the party on DVD. I have seen the video and am enthusiastic and impressed by Gene's professionalism. To order one or more copies of the DVD fill out the form below and send in your payment for your postage paid DVD to: Ralph Galen, DDS, 13 Hallmark Drive, Woburn, MA 01801.

DVD ORDER FORM

Name _____

Street _____

City _____

State and Zip _____

Please send _____ copies of the 40th. Birthday Party @ \$15.00 per postage paid copy.

Send order and remittance to: Ralph Galen, DDS, 13 Hallmark Drive, Woburn, MA 01801.

Offer expires in 60 days.

New Welcome Members

Sergio Alvarez	Sudbury
Michael Amster	Concord
Matt Anderson	Waltham
Mary Bertucio	Hanover
Ruth Bodian	Jamaica Plain
Patrick Breen	Cambridge
Gerard Brown	Holliston
Bill Chan	Marlborough
Shinhu Cho	Watertown
Steven Cosmos	Natick
Brian Dangel	Somerville
William Davis	Nashua, NH
Peter Derocha	Bridgewater
Christy Deroche	Roslindale
Christen Deveney	Cambridge
Petra Eaton	Needham
Robin Finn	Wellesley
Edith Gardner	Reading
Sandy George	Cambridge
Todd Gill	Somerville
Carol Hartigan,	
Thomas Cushman	Wellesley
John Hynes	Boston
Gretchen Kinder	Somerville

David Kornetsky	Newton
Walter Kuhn	Waban
Christopher Lennon,	
Kim Lennon	Bedford
Michael Leslie	Brookline
Shannon McLaughlin	Charlestown
Tim Meehan	Charlestown
Hans Meier-Ewert,	
Janet Mullington	Brookline
Luis Melendez	Boston
Glenn Melski	Charlestown
Catherine Milch	Dedham
Francis Murphy	Bedford
Vu Nguyen	Dorchester
Ron Randall	Marlborough
Matt Rollender	Concord
Robert Rybarczyk	Watertown
Dan Scheib	Needham Heights
Lori Schmidt, Siegm Schmidt	North Billerica
Amy Schoenbaum	Brookline
Kathryn Shane, Howard Shane	Acton
Igor Sherb	Natick
Henry Stankiewicz	Milton
William Stason	Lincoln
Lou Stein	Weston
Linda Stevens	Mansfield
Daniel Sullivan	Dover
Brian Sullivan, Julie Sullivan	Stow
Ian Vytopil, Meredith Greer	Somerville
Anne Marie Wemmlinger	Charlestown
Sean Williams	Allston



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 pacerline 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. Riders must have red taillights and white headlights on their bikes for visibility after dusk.

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 pacerline 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. **Please note:** starting from September 6th the Start Time will move to 6.00 PM, also, lights and bright clothing recommended.

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: 6:00 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.

Note: starting September 6th lights and bright clothing recommended.

Thursday Fitness Ride and Pace Line Clinic**

Times and Routes: 6:00 PM SHARP! Arrowed routes of 16, 28 and 34 miles. Arrow is an upside down white T.

Ride Type: Fitness, Arrowed

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 at 14 to 20+ mph. There is also 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. Riders should have white headlights, red taillights and should consider light clothing to improve visibility after dusk.

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

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 towards Hanscom Field and bear left in .5 miles at the fork for the Civil Air Terminal.

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 pacerline while others tour at their own speed. The ride winds through the shade of

back roads in 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. There is always a group going out for dinner and/or ice cream after the ride. Bring the fun.

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. If we do not limit our use of parking spaces in the main lot, the City of Newton has threatened to close the park to our ride, so please respect their request.

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



September 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.

In Search of Llamas

Saturday - September 2

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 a repeat of the 7th Annual Llamas Ride (repeat of Aug 13th Sunday Ride)! All rides are primarily along quiet back roads. 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 are < 0.25 mile further down on Dedham Street on left-hand side of road).

Blue Moose Hill

Sunday - September 3

Times and Routes: 9:30 for 50 miles, 10:00 for 25 or 15 miles

Ride Type: Arrowed

Description: Mostly flat short loop, mucho climbing long route. The long ride includes the Boston Skyline View from Big Blue Hill. Bring extra water and food for the long ride since there are no convenient places along the route to obtain them.

Leaders: Ken Zaniewski (781-784-1845, zaniew@verizon.net), Jean Zaniewski

Start: Sharon Shopping Center, Shaw's Market

Directions: From Rt.128 take Rt.95 South to (exit 8) Mechanic St./S.Main St. Take a left from the exit ramp - the shopping center is about 1/4 mile ahead on the right. PLEASE PARK AS FAR FROM THE STORES AS POSSIBLE, CLOSE TO SOUTH MAIN STREET.

Grand View

Saturday - September 9

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: Great workout for the Fall Century. "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 Hallow. 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.

September Rides - Continued on page 6

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.

Northern Exposure

Sunday - September 10

Times and Routes: 10:00 am for options of approximately 55, 42, or 34 miles

Ride Type: Map and Cue Sheet, Arrowed

Description: Join us as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and

Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this. Moderate terrain. Limited food options.

Leaders: Don McFarlane (978-897-7567)

Start: Byam School, Maple Road, South Chelmsford, MA

Directions: Take Rte. 2 west to Rte. 27 north. Go 7.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right just opposite the Agway Store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and cross Rte 27 onto Maple Road.

Looking For A Hill

Saturday - September 16

Times and Routes: 10:00 AM 54 miles

Ride Type: Cue Sheet, Weekend Wheeler

Description: Highlights: The ride name aptly describes the terrain. If you're looking for a hill - that's all you do, look - keep on looking but you will NOT find a hill on this ride. What you will find are lots of lightly travelled flat roads, numerous cranberry bogs, working farms - one with Clydesdale horses, a breathtaking seaside golf course, the campus of Tabor Academy and the charming seacoast village of Marion on the Massachusetts south coast. The route will pass through the towns of Carver, Rochester, Middleboro, Wareham & Marion. We will ride together at a group pace (12-16 mph), trying not to drop anyone, with occasional "re-group" stops. There will be a lunch/ice cream stop in Marion. Note that food/water choices along the route are very limited.

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

Start: Carver Public Library, Route 58, Carver MA

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

Directions: Directions: From Interstate 495, travel south on 495 to Exit 2. Travel Route 58 north into Carver. Library will be on right, just past police station/Town Hall.

FALL CENTURY

Sunday - September 17

(See info on previous page)

Peterborough NH Hills Ride

Saturday - September 23

Times and Routes: 10:00 for 50 miles

Ride Type: map/cue sheet

Description: Highlights: Ride on quiet back roads in the Monadnock region with 4500' of total climbing. Includes 3-4 major climbs and some steep, winding descents with approx total of 2mi on well packed dirt roads. Long distances without convenience store support, must be able to carry lunch (can buy at deli at start) and emergency repair tools. Includes optional social at local tavern after ride.

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

Start: Depot Sq. Behind Peterborough Diner, Peterborough, NH town center

Directions: Peterborough is about 25 miles west of Nashua on RT 101/101A, allow 90 minutes from RT 128/MASS Pike interchange. Take US RT 3 north, go through Nashua, NH. Take exit 8 to Monadnock region/Peterborough/Keene (Rt 101A), follow signs. Just before Milford, take left for RT 101 bypass to go around Milford. Pass Temple Mountain Ski Area on L, go down large hill, you. Turn right at light with US RT 202 > Grove St (Chamber of Commerce on R). After about 0.5 mile, turn right onto Main Street at a T. Within 300 feet turn Right into Depot Square, before bridge over stream. Park in back of lot, away from businesses.

Tour de Carlisle After the Bugs

Saturday - September 23

Times and Routes: 9:30 AM for options of roughly 30, 50, and 60 miles

Ride Type: Map and Cue Sheet, Arrowed

Description: The short ride is mostly rolling countryside, and highlights Carlisle's scenic back roads. The long ride is rolling countryside with a few good climbs, including a climb to a radio telescope (great views) on back roads in Westford, Groton and Dunstable. The extra-long ride adds a loop into New Hampshire. Lunch stop on long/extra-long rides is at a Dunkin' Donuts/convenience store.

Leaders: Bob Zogg (617-489-5913, safety@crw.org), Penny Karr

Start: Byam School, Maple Road, South Chelmsford, MA

Directions: Take Rt. 2 west to Rt. 27 north. Go 7.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right, just opposite the Agway Store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and cross Rt. 27 onto Maple Road.

Ups and Downs of Southern New Hampshire

Sunday - September 24

Times and Routes: 9:30 for 30 and 55 miles

Ride Type: Cue Sheet, Arrowed

Description: Hilly, challenging ride. If you like climbing with screaming descents on the down side, this ride is for you!!! Short ride meanders through the towns of Tyngsboro, MA, Hudson and Pelham, NH. (No stops). Long ride adds Windham and Londonderry, NH with a lunch stop at Mac's Apples in Londonderry. Both rides are on mostly well paved, winding back roads not usually seen on CRW rides. Recommend bringing your own lunch and a few dollars for apples/snacks.

Leaders: Nancy Marchand (978-452-9295, bikernan@prospeed.net)

Start: Lowell General Hospital Employee Parking Lot D

Directions: Rte 128/95 to Exit 32 (Rte 3 North). Rte 3 North to Exit 32 (Drum Hill Rd). Continue on Drum Hill Rd. heading north, going through several sets of lights. When you see Market Basket and CVS, you will travel over the Rourke Bridge over the Merrimack River. After crossing the bridge, turn right (Rte 113) and follow the river and the signs for LGH. At the intersection where Rte. 113 and Varnum Ave. meet turn sharp left. Do not enter the first LGH entry. Go to second entry (Service Entry). Go to furthest parking lot possible (lot D, employee parking). Directions can also be found at www.lowell-general.org.

Circling Concord

Saturday - September 30

Times and Routes: 9:30 AM for 35 and 45 Miles

Ride Type: Cue Sheet, Weekend Wheeler

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. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered for the 35 mile option at a pace of approximately

12-14 mph. Details at the ride start or contact ride leader for more information.

Leaders: Eli Post (617-547-6778, elipost@comcast.net)

Start: Concord Center Visitor Center

Directions: Rt. 128/95 to Exit 29, Rt. 2 West. Go 4.6 mi., look for the Rt. 126 sign, and turn right at that intersection onto Walden Street. Bear right at the fork. At 1.2 mi. in Concord Center make a left onto Main St. and a right into the town parking lot. The Visitor Center is at the south end of the parking lot.



Mid-Coast Maine

October 6-9

Enjoy the three day Columbus Day weekend cycling in mid-coast Maine. Located between Portland and the Acadia region, the mid-coast offers lots of quiet roads from harbors to hills. Should be good fall color, but not many leaf peeping tourists. We'll stay in an attractive inn overlooking the Sheepscot River in Edgecomb/Wiscasset. Arrive Friday evening, and bike Saturday through Monday. Choice of about 30-60 miles each day. Possible routes include south on the Boothbay Harbor and Pemaquid peninsulas, north to Augusta (the state capital), and east to the Camden Hills. In the Camden Hills, it's possible to split the day between biking and hiking. At 1,380 feet, the Camden Hills Mt. Megunticook is nearly as high as the coast's highest peaks in Acadia National Park and Nova Scotia's Cape Breton Highlands. \$195 per person includes 3 nights lodging with 2 persons/room, 3 breakfasts off the inn's restaurant menu, some lunch food, and cue sheets and maps. Contact leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com.

CLASSIFIED ADS

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

FOR SALE: Bike Tag-A-Long

Used bike tag-a-long for sale. It is blue Adams "Trail-A-Bike" model that attaches to the seat stem. It is an older model but still works. Cost is a \$20 donation in my name to the Pan-Mass Challenge. If you are interested, contact Susan at 617-965-6632 or skatcher@comcast.net.

Other Trips

MAJOR TAYLOR CENTURY

Sunday, September 24, 2006

Bicycle 25, 62 or 100 miles on the scenic roads of south-central Massachusetts during Blackstone Valley Heritage Homecoming Weekend with the Seven Hills Wheelmen and 10th Gear Christian Youth Cycling.

All rides leave from the Whitin Community Center, 60 Main St., Whitinsville, Mass. Directions are below.

CENTURY (100 miles) -- check-in 7:15-8 a.m., depart 8 a.m. METRIC CENTURY (62 miles) -- check in 8:30-9 a.m., depart 9 a.m. QUARTER CENTURY (25 miles) -- check-in 9:30-10 a.m., depart 10 a.m.

RAIN OR SHINE

Preregistration (before Sept. 17): Seven Hills Wheelmen & 10th Gear members \$12; nonmembers \$15. Day of event: Seven Hills Wheelmen & 10th Gear members \$15; nonmembers \$20. Preregister online at <http://www.10thGear.com/mtreg.htm>

Or make checks payable to 10thGear and mail to: 10thGear/MTC, c/o Village Congregational Church, P.O. Box 217, Whitinsville, MA 01588

Entry fee covers continental breakfast, cue sheet, arrowed route and snacks. Helmets are required.

Directions:

Whitinsville is part of the town of Northbridge.

FROM THE NORTH: Take I-290 west and connect to Route 146 south in the center of Worcester at Brosnihan Square. Follow Route 146 south to the Purgatory Road exit. Turn left at the end of the ramp. Follow this road about 3 miles into the center of Whitinsville. The Whitin Community Center will be on your left. Turn left at the next traffic light on Hill Street. The entrance is 100 feet ahead on the left.

FROM THE EAST OR WEST: Take Mass. Turnpike (I-90) to Exit 10A (Worcester/Route 146). Follow Route 146 south 8 miles to the Purgatory Road exit. Turn left at the end of the ramp. Follow this road about 3 miles into the center of Whitinsville. The Whitin Community Center will be on your left. Turn left at the next traffic light on Hill Street. The entrance is 100 feet ahead on the left.

More about Major Taylor and the effort in Worcester to put up a Major Taylor statue: <http://www.majortaylorassociation.org>

Century information: Arlen & Rose Hall, (508) 234-9945, mtc@10thgear.com

Members Helping Members

by John Allen and Bob Zogg

Sharing information and providing feedback can help fellow CRW members in many ways. For example, you can remind another member about safety and courtesy on the road or help another member learn new riding skills. Read on for some tips on how to share information and provide feedback.

Safety/Courtesy Reminders:

Suppose you observe a cyclist doing something unsafe or discourteous. You may think "Gee, someone really should talk to that person". But, who? CRW has no designated safety police. If something is to be said, it's going to be up to you. But, how? Assuming that you can catch up to the cyclist in question, what would you say?

To start, be honest about your motives. Do you merely want to vent your frustration, or do you want to have a positive influence? If the latter, you'll want to approach the discussion thoughtfully. Maybe something like this:

- Introduce yourself.
- Follow your introduction with a compliment. If you think hard enough, there's probably something right about how the person is riding—if not, you could at least say that you really like their bike.
- Rather than attacking the negative ("Don't block motorists trying to pass"), encourage the positive ("It really helps if we single up to let motorists pass").
- Maintain a friendly tone. Suggest a change, rather than demanding one.

Even if it doesn't come out quite the way you had hoped and the recipient gets defensive, don't sweat it. After they settle down, they may realize that you were right to comment. And, the more you do it, the better you'll get at it.

Coaching Beginners: On the other hand, you may notice cyclists who appear uncomfortable with club riding. While you can sometimes give useful tips to beginners at the ride start, your best opportunity is during the ride. If you start after the main group has left, you will catch up with any riders having serious difficulty with technique. Your help will get a beginner off on the right foot—both on the bicycle and with the club. Plus, it puts the beginner in a positive frame of mind.

Introduce yourself, and ask something like "Are you new to club riding? Would you like a bit of coaching?" Usually, the answer will be yes—friendly attention is flattering. The following points are often helpful:

- "Are your bike's gears working well? Can you use some tips on how they work?" Simple pointers are that moving the chain farther from the centerline of the bicycle puts it into a higher gear, and to avoid the "crossover" gears that place the chain at a large angle—especially the small chainwheel/small sprocket combination.
- "Pedaling at a higher cadence makes for less strain, and you go just as fast."
- You might carry a small container of chain lube to help out the few riders (not necessarily beginners!) who show up with squeaky chains.
- Beginners often ride with the saddle too low so that they can put both feet on the ground when stopping. Show them how to shift down and step forward off the saddle, backpedal to the forward-and-high starting position, and then push down on the pedal to restart. Without toe clips or clip-in pedals, the foot goes under the pedal to backpedal. You may raise the saddle a little to encourage correct technique, but be sure your trainee is comfortable with this change.
- A beginner may suffer discomfort from a long reach to the handlebars, or from a saddle that is tilted, too narrow, too soft, or too hard. Sometimes you can correct these problems on the spot with adjustments, but often you can only give the advice to replace a component.
- After asking permission, you might check for safety/mechanical problems—a loose quick release, brake shoe rubbing, soft tire, etc. Carry a toolkit so you can deal with mechanical problems (including your own—it happens!).

Let's face it—none of us is perfect. An occasional reminder can help any of us recognize where we can improve. Sometimes the third-party perspective is just what we need. So, when it's your turn to be the recipient of a safety or courtesy reminder, try to take it gracefully—you might even thank the person for the reminder.

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





A Touring Life

By John Springfield

Passing Kindness

It was afternoon when I landed at the Seattle airport. My "luggage" consisted of a set of panniers and a red touring bicycle. It was 1976, and I was starting my dream trip: a solo bicycle trek from Seattle to Boston. I negotiated a month's vacation; I had to average 105 miles a day.

After re-assembling and loading up my bike, I anxiously headed north to take a picture of the Space Needle restaurant. It was a little late in the day to get started. I passed a lot of motels near the airport. I thought, too early to stop now. I'll find a motel later.

By the time I headed east on Route 2, it was early evening. It was raining lightly. The city landscape slowly turned to suburban lawns, which in turn gave way to the tall trees of the ex-urbs. Now the houses became scarce.

There were no motels. I kept pedaling. There must be a motel just up the road. Around 8 pm the shadows were getting longer, and the rain picked up. I stopped at a convenience store in Woodinville. Time to get something to eat and reassess the situation.

Now, I will be the first to admit that I have a hard time asking for help. Occasionally I will ask for directions. But rarely will I ask for real "help". So there I was, munching a candy bar, standing under the eave at the store, waiting for the rain to let up.

It was then that George walked out of the store, took a look at me and my soaked bike, and said, "Hey, you look a little lost. Where are you headed?"

I explained my situation, and asked where the nearest motel was. Now, here is the time that Kindness reveals itself. You are no longer the self-sufficient soul in charge of your destiny. It is time to accept it.

"Say, why don't you stay with us? We live just down the road. Jo will fix you up a supper. And my boy will be fascinated with your adventure. Whaddaya say?"

"Sure."

I followed his car down the road about a mile. His wife, Jo, welcomes me like a long lost friend. They offered me a shower. I accepted. Jo made me a moose steak. I devoured it. I talked of my dream of cycling across the northern U.S., cutting through Ontario, and then into New York, Vermont, and home to Boston. They became my fans. I didn't know it then, but this was just the Kindness I needed. There

were many lonely miles ahead of me. Human interaction would be confined to conversations with motel owners. I promised to mail them postcards along the way. And when I arrived in Boston 31 days later, I sent them copies my photos. I especially hoped their 12-year-old son enjoyed them.

I sometimes wondered what I did to deserve such kindness. Sharing your dreams is not a common event. I slowly realized that it was my duty to pass Kindness along.

Well, sometime around 1993 I was driving through Ontario after a bicycle trip in Michigan. It was getting late, and I was hungry. I stopped at a fast food restaurant.

I got in line behind a somewhat tired-looking young man. A fellow bicyclist! I struck up a conversation, and found out that he was on a cross country trip of his own. I insisted on buying him a burger. I asked him where he was going to sleep (it was already dark). He told me he was going to stay at a hostel down the road. It was like meeting my young self. He was seasoned, sure of his abilities, but not quite sure how to accept help.

"Hey it's real dark out there. Why don't you ride ahead of my car, so my headlights will light up the road?"

"Sure," he said.

About a mile down the road, he found the hostel. We shook hands and parted.

As I drove through the night I pondered the act of Kindness, and how many times we pass it up, and pass it along.

I sometimes wondered what I did to deserve such kindness.

Climb to the Clouds - Continued from page 1

organized and best run Climb to the Clouds ever, even though we had many more riders than we expected. We held several meetings with various volunteers to go over procedure so everyone knew exactly what they had to do. Registration went without a hitch, given we usually have 300 riders in Concord register in about a twenty minute period. The water stop volunteers did a superb job of taking care of all the riders. For the first time, we never ran out of water or food at either stop. Several of us used our vehicles to shuttle water and food between stops.

Speaking of water, we consumed approximately 500 gallons. All the SAG vehicles had water, including Anthony in the Cycle Loft truck. He refilled his 6 gallon container twice which means he gave out 18 gallons to riders on the road. This is in addition to the coolers he had on the truck full of Coke and Gatorade that he handed out to anyone who was in need of a

"fix." The Quik-Stop in East Princeton served several hundred riders as well.

Last year we learned Berlin Orchards was closing, which is our major water stop. This provided some very anxious moments a few months prior to the event. However, the store was sold and the new owners welcomed us graciously.

Our SAG support was incredible this year, we were able to meet every "crisis". John Nilsson spent the day patrolling the route helping riders, providing food and water and an occasional SAG.

I have received several emails and phone calls but the emails below sum up all the comments.

=====

Hi,

I rode yesterday and just wanted you all to know that it was all spectacular...incredible beautiful and diverse route, perfectly signed, wonderful rest stops, great plums...what more

could a rider possible want? Thanks so much for everything you did to make this ride possible, much appreciated.

Tricia Droney, MPH

=====

I'm a newbie at CRW...and wanted to thank you for an extremely well organized and successfully organized 'Climb to the Clouds' ride today. With Anthony from Cycle Loft working like a maniac (does he ever slow down??), to the fantastic volunteers (me, next year, I suppose)...this was great. You were on target and on point(s) for our take-off in Bolton (and I reckon you did the same in Concord)...

Thanks again!

Don Harbison

=====

And this from Rosalie Blum:

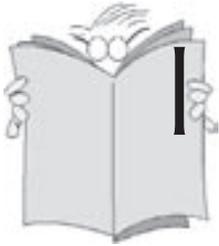
Yes, I'm sure it was the best ride folks have ever been on. You and Susan are pros, no question.

Climb to the Clouds - Continued on page 10

Little Jack's Corner

by Jack Donohue

(Reprinted from the November 1996 issue of WheelPeople)



It's interesting to observe the mating rituals of cyclists. These rituals are actually quite complex, rivaling the flight of the bumblebee.

I must preface this by saying that now that I'm a happily married man, I am merely an observer. For many years, though, I was a serious player. Now that I'm on the bench, I can still do some coaching. My remarks apply to the male of the species. I'd be very interested to hear an account of the distaff side.

There are several impediments to the successful consummation of the mating ritual. The reason you got into all this was that you wanted to meet people while doing something that you actually enjoyed. So you started club riding in hopes of finding a compatible cutie with an equal love of the sport. Unfortunately, many novices in the mating game let their love of the sport overcome their ulterior motives and find themselves riding in an awesome paceline with a group of other males. Now, this may be appropriate for some, but assuming you have heterosexual tendencies, you're missing the mark.

The strong female rider commands a considerable advantage here, since she's the queen bee surrounded by a hive of adoring drones. Unfortunately, as far as the drones are concerned, snagging the queen is a pretty low percentage shot, and their time is better spent elsewhere. Your intended doesn't need quads of steel. That comes later.

The male should instead use his superior speed and stamina in true hunter/gatherer fashion to quarry his prey. When I was in the game, my favorite technique would be to move up and down the line of riders and survey the field. Then I would choose one or more lovelies to bestow my favors on. Since I could ride faster

contact with the opposite sex, that if Darwin were around he'd mark the biker species as slated for extinction.

When boy actually does meet girl, usually at the lunch spot, the courting moves are hard to pick out. Remember the reason your typical male chose this avenue to meet women was that he was not comfortable with the basic heavy-handed pickup technique, something along the lines of "Hey, babe, you wanna boogie?" So his pickup line may be rather oblique. A trained ear will be able to cut through the nuance to the real meaning. Let me give some examples:

He says:
"That's a fine looking bottom bracket you have."

He means:
"I want you to have my baby."

He says:
"Maybe we'll bump into each other on a ride."

He means:
"If you don't go out with me, I'll kill myself."

I must say, though, that despite the formidable odds, I've witnessed (in fact aided and abetted) an awful lot of pairings in the club, and expect to see many more.

...with your current breed of riders, the male on the prowl makes such little contact with the opposite sex, that if Darwin were around he'd mark the biker species as slated for extinction.

than them, they couldn't get away. The beauty of this is that you can strike up conversations with several sweeties on the same ride, with none of them being the wiser. I used to refer to this as the shotgun approach. I was the master of the surgical strike — five minutes conversation, elicit phone number, move on.

Not so with your current breed of riders. In fact, the male on the prowl makes such little

Climb to the Clouds - Continued from page 9

Coordinating all those volunteers and still having the smarts and skills to solve problems ad hoc - amazing! A great day - hopefully the story in the CRW newsletter will do it justice. Thanks for having me as a part of it!

Rosalie

=====

Last but not least, Jan Hablow's volunteer dinner was a fabulous end to a wonderfully executed day.

Thank You all, each and everyone for making this a great event!

Here's the list of volunteers:

CTTC Management

Ken Hablow, Susan Grieb

Arrowing

Dave Jordan, Marilyn Hartman, Ken Hablow

Volunteer Coordinator:

Marilyn Hartman

Concord Registration

Mike Hanauer, Rosalie Blum, Mel Prenovitz, Cindy Sragg, Patti Pendexter, Martha Dassarma, Jim Mello, Ed Cuoco, Karen Kirby

Bolton Registration

Lindy King, Dave Gomer, Tracey Ingle, Craig Pasek

Sterling Water Stop

Howard Miller, Kimberly Fitch, Suzi Melotti, Porsche Sheskey

Berlin Water Stop

Lindy King, Heather White, Frank Hillers, Penny Karr, Bob Maselek

Food

Heather White, Frank Hillers, Bill Aldrich, Mel Prenovitz

Ride Sweeps

Eric Ferioli, William O'Hara, Bill Aldrich, Donald Yacovone, William Hartford, Lee Evans, Bob Evans

Technical Support

Anthony Laskaris, Cycle Loft

Sag Wagon Support

Susan Grieb, Ken Hablow, John Nilsson

A special thanks to Dave Jordan for arrowing the outside loop himself this year and to those who kept me informed by email and telephone of construction problems on the route.

And thanks to Walter Drag, a CRW member who works for the National Weather Service and sent me very detailed weather predictions every day the week before.

July Mileage Totals 1 7 0 7 3 7

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	8026	4	-	-	Joseph Moore	2819	5	-	-	Mike Hanauer	932	-	-	-
John Bayley	7096	7	6	4	John Allen	2763	3	-	-	Cynthia Snow	855	-	-	-
Pamela Blalock	6453	7	5	4	Marc Baskin	2555	4	2	-	Elaine Stansfield	790	-	-	-
Doug Hartley	6169	3	2	1	Darrell Katz	2437	-	-	-	Ed Hoffer	676	-	-	-
Mike Kerrigan	5985	5	5	4	Walter McKay	2353	-	-	-	David Long	670	-	-	-
Jack Donohue	5595	-	-	1	Frank Aronson	2170	4	1	-	Mick Costa	590	-	1	-
Glen Reed	5553	5	5	1	Lisa Weissmann	2144	2	-	-	Chad Lundeen	540	-	-	-
Robin Schulman	5548	4	2	1	John Goeller	2138	2	-	-	Walt Drag	462	1	1	-
Don MacFarlane	5407	7	-	1	Bill Widnall	1992	5	1	-	George Caplan	308	-	-	-
Bruce Ingle	4571	2	2	1	Kent Anderson	1974	3	1	-	Jeff Luxenberg	279	-	-	-
Irving Kurki	4448	6	4	1	William O'Hara	1940	3	2	-	Tracey Ingle	193	-	-	-
Paul Hardin	4386	4	3	-	Dan Freedman	1876	1	-	-	Gretchen Kinder	133	-	-	-
Richard Taylor	4263	7	7	-	Gary Smiley	1808	1	-	-					
Chris George	4080	-	-	-	Ken Skier	1795	3	-	-					
Steve Robins	3987	-	-	1	Peter Knox	1605	1	2	-					
Tod Rodger	3936	4	-	1	James Finnerty	1598	1	1	-					
Otto DeRuntz	3903	5	3	-	Douglas Cohen	1568	2	-	-					
Don Mitchell	3900	4	2	-	Rudge McKenney	1480	1	-	-					
Butch Pemstein	3705	-	-	-	Craig Weiner	1463	1	-	-					
Janet Tortora	3164	4	3	-	John Springfield	1437	-	4	-					
Marilyn Hartman	3026	5	-	-	Marc Webb	1272	1	-	-					
Henry Marcy	2951	2	1	-	Donald Harbison	1179	2	-	-					
Dick Arsenault	2942	1	-	-	Bill Hanson	1118	-	-	-					
Gabor Demjen	2931	7	2	-	Greg Tutunjian	1056	-	-	-					
Joe Repole	2926	7	7	-	Henriette Elvang	1039	-	-	-					
Joseph Tavilla	2821	-	-	-	Susan Grieb	958	-	-	-					

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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Roxbury
617-325-2453

ATA Cycles
1773 Massachusetts Ave,
Cambridge
617-354-0907
93 Thoreau St., Concord
978-369-5960

Back Bay Bicycles
366 Comm. Ave, Boston
617-247-2336

Belmont Wheelworks
480 Trapelo Rd., Belmont
617-489-3577

Bicycle Bill
253 North Harvard St.,
Allston
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 Street, Boston
617-236-0752

Broadway Bicycle School
351 Broadway, Cambridge
617-868-3392

Cambridge Bicycle
259 Massachusetts
Avenue, 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
890 Commonwealth Avenue,
Boston
617-232-0446

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 Comm. Ave, Boston
781-890-1212

Ski Market, Ltd. (cont.)
400 Franklin St., Braintree
781-848-3733
CrossRoads Ctr., Burlington
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
781-235-6669

**Town and Country
Bicycle**
67 North St., Medfield
508-359-8377

Travis Cycles
7 Oak St., Taunton
508-822-0396
722 N. Main St., Brockton
508-586-6394

Wild Women Outfitters
397 Massachusetts Ave,
Arlington
781-641-5776

Charles River Wheelmen
1 Gleason Road
Bedford, MA 01730

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Join/Renew The Charles River Wheelmen

New Membership Renewal Please check one

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

- 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.
- 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;
- herby 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.

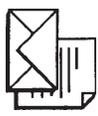
I would like to receive my monthly issue of WheelPeople as:
 PAPER via Postal Service ELECTRONIC via email
The electronic file is a pdf file and requires Adobe Acrobat

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