
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 10 • October, 2006

Attending to a Crash Site

by Ken Han

Safety is commonly viewed as accident prevention, and one of the fundamental missions of the CRW is to offer a safe riding environment for members and guests. However, crashes can occur. If you come upon a crash scene, there are measures you can employ to help ensure the safety of the victim(s) and others at the site.

Be Prepared. Pack the following safety essentials before heading out on a ride.

- Identification, insurance, and emergency contact information—This doesn't have to be your bulky wallet. A photocopy of your driver's license, insurance card, and some names and numbers written down, is all you really need. Carry this in a plastic sandwich bag or similar to protect from sweat or rain. Carry this on your person (not in a bike bag).



- Plastic gloves—This may sound strange, but preventing cross contamination between you and the victim is extremely important. The gloves are also very helpful when fixing flats! Boxes of inexpensive latex (or hypo-allergenic plastic) gloves can be purchased at pharmacies and restaurant supply stores. Just be sure to pack them in a way to prevent punctures.
- Mobile Phone or Change for Pay Phones—You are not expected to treat any victims at a crash scene; in fact you can make things worse. Your focus is to bring in emergency medical personnel, so carrying the means to contact them is critical. Also, many EMS personnel are trained to look for the name "ICE" (In Case of Emergency) in your phone should you ever be the victim.

Safety Corner - Continued on page 8

Annual Banquet and Awards Presentation

The annual CRW banquet will be held on Thursday, November 9 at The Yangtze River Restaurant in Lexington. We will have a full menu including several vegetarian dishes. Dinner will be served at 7:00 sharp. Arrive between 6:00 and 6:30 for cocktails, appetizers, and socializing. The Yangtze River Restaurant is located in Depot Square off Massachusetts Avenue in Lexington Center. The cost for the banquet is \$17.00 per person, children nine

Annual Banquet - Continued on page 9

Route 66 by Bicycle: Pedaling the Mother Road

Free Talk and Video Presentation
Monday, October 23, 7 to 9 PM

A 2,488 mile expedition led by six time Race across America Legend Lon Haldeman and PACTOUR

Location: Natick Kennedy Senior Center, 117 East Central St. (Rte. 135), Natick. Map online at <http://tinyurl.com/h77m6>

In April 2006, RAAM legend Lon Haldeman led
Route 66 by Bicycle - Continued on page 3

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	Chris Tweed.....	781-830-1368
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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
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	Bob Dyson.....	508-668-8122

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



In Attendance:

Board Members(6):
Eric Evans, Barry Nelson,
Michael Aarons, Linda Nelson,
Donald Blake, and Bill Widnall.

September 5, 2006

Minutes (Eric Evans)

Minutes from the August meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)

Eric Evans discussed plans for the upcoming awards banquet at the Yangtze restaurant in Lexington, MA on November 9th and it was determined the PayPal should be offered for registration and that the price would be \$17 before Saturday November 4th and \$23 up to and including the evening of the banquet.

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for August 2006 were 1119 current memberships, 1338 current members, 51 expired members, 61 new members, 53 renewed members.

VP of Rides (Bill Widnall)

Bill Widnall reported that the Calendar for weekend rides was virtually full and that the Saturday Weekend Wheeler rides, under the leadership of Eli Post, are going well. Michael Aarons also reported that the Sunday Calendar was in good shape.

New Business

Eric Evans presented to the board information on our current insurance coverage to determine if it is adequate for the needs of the club and the board. Michael Aarons volunteered to make several calls to go over some different scenarios on the club's coverage.

Michael Aarons brought to the board's attention a concept and website that may be useful to CRW members. It's called Juststolen.net. and it's a website where you can register your bicycle and other items so that if stolen, the police could check the database nationwide to see who the owner is. The board agreed to have Michael Aarons distribute the idea to the CRW yahoo groups list serve and see what kind of feedback it would generate.

Old Business

CRW receives many requests to post information on charity rides and Eric Evans recommended constructing a standard response template that all Volunteers, Coordinators, Board members and officers could use to respond to the requests.

Respectfully submitted,
Eric Evans
President

Route 66 by Bicycle - Continued from page 1

40 cyclists 2,488 miles from LA to Chicago to celebrate the 80th Anniversary of 'The Mother Road'. The movie is an upbeat two-wheeled journey along the paved and potholed '66, eating at famous cafes, meeting famous '66 characters and revisiting beloved icons of roadside America.

Author, world bicycle traveler and 'handlebar videographer' Lynette Chiang was creator of last year's Boston Bike Film Festival Audience favorite, '16,000 Feet on a Friday' (Biking World's Highest Paved Road - Peru). She talks about PACTOUR, two-wheeled filmmaking and life on the road as Customer Evangelist for the world's leading performance travel bicycle.

Please let us gauge attendance by e-mailing the number of seats desired, to: Oct23Talk@millermicro.com

More about this movie: <http://www.galfromdownunder.com/route66>

More about Lynette: <http://www.galfromdownunder.com>

Co-sponsored by the Natick Bicycle and Pedestrian Advisory Committee.

Boston Bicycle Film Festival

Starting Friday night, October 20, 2006 and continuing on Saturday night, work from filmmakers nationwide will be shown including short films, feature length and animated films. For information: <http://www.boston-bikefilmfest.org/>

Somerville Theater, Davis Square, next door to the Red Line station. All proceeds benefit Mass Bike and Hub on Wheels.

New Welcome Members

Lizete Alcalai	Nahant
John Andrews	Saco, ME
Debbie Breaud	Arlington, TX
Jeffrey Brener	Sudbury
Joseph Bretton	Jamaica Plain
Renee Brunelle	Millbury
Charles Collins	North Reading
Nancy Corrado	Newtonville
Louis Culot	Boston
Susanne Dibenedetto	Watertown
Theresa Doherty	Natick
Jill Falk	Acton

Lee Gavis
Susan Gilday
Julie Gray
Thatcher Hayward
Robert Kerwin
Michael & Kathy Krongel
Adam Liebman
David Long, Cathy Long
Britta Macintosh
C. Martel
Guy Pasquino
Harriet Portman
Michael Rome, Max Rome
Brett Rome
Michele Smith, Edward Parsons

Chestnut Hill
Arlington
Jamaica Plain
Cambridge
Roslindale
Newton Centre
Brookline
Lincoln
Hopkinton
Bellingham
Brookline
Stoneham
Cambridge
Lincoln
Burlington

Doug & Rachel Star	Lexington
Lucy Sutherland	Cambridge
Deborah Swarts	Burlington
Joshua Tauber	Cambridge
Matthew Terenna	Boston
Lenny Tocci	Newton Highlands
Brion Van Wagenen	Waltham
Amy Wagers	Boston
Carol Walsh	Arlington
Bill Waters	Bedford
Leonard Weiss	Brookline
David White	Wollaston
William Wooten	Sharon
Esther Zirbel	Medford



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.

Note: Starting in October, rides will begin at 7:30 am, not 7 am.

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

Friday TGIF Unwinder

Times and Routes: 5:45 PM. Rides of 18, 24 or 28 miles.

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 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 (and bike lights as the ride time is seasonal adjusted for ~1.5 before sundown).

Leaders: Ed Glick (edglick@alumni.neu.edu), 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.

Note: Party at Ed's later in the month... ask Ed

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.



October 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.

Harvard Hill Climb

Sunday - October 1

Times and Routes: 9:30AM for 50 miles; 10:00AM for 35 miles

Ride Type: Cue Sheet, Arrowed

Description: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile route that includes Lancaster.

Leaders: Pat Ward (781-646-9196, PGWard@verizon.net)

Start: Parking lot on Foster St., Littleton, just off Taylor Road

Directions: Take Route 2 West to Exit 39 (Taylor Road), 1/4 mile west of the I-495 exit. Turn right at end of exit ramp. In a half mile, turn left onto Foster St. Take first possible right into the company parking lot. Go around to the back of the building and park up near Taylor Road.

Cape Cod Ride

Saturday - October 7

Times and Routes: 10 AM for 34, 43, Or 61 miles

Ride Type: Cue Sheet

Description: A gorgeous ride on lightly traveled roads with views of Cape Cod Bay, Buzzards Bay, Vineyard Sound, cranberry bogs, and salt ponds. The short ride, mostly in Falmouth, gives a brief glimpse of Buzzard's Bay and then 5 miles right on Vineyard Sound with great views of Martha's Vineyard. The long ride adds Sandwich, the Cape Cod Canal, and more of Buzzards Bay. At 34 miles you have the option of continuing to Woods Hole and along Vineyard Sound for 61 miles, or cutting inland to shorten the ride to 43 miles.

Leaders: Ed Foster (508-420-7245, erfoster@comcast.net)

Start: Mashpee High School, at Old Barnstable Road and Rte 151, about 75 miles from Boston

Directions: Via Bourne Bridge: Once over the bridge, continue around the circle to Rte 28 south. Go 7 miles to Rte 151 east (right off the exit ramp.) Go 5.5 miles to Old Barnstable Road (at light), turn right and then take the first left into Mashpee High School, and next left ("deliveries" sign) into parking lot. Via Sagamore Bridge: Once over the bridge, take exit 2 (Rte 130 south, Cotuit, Mashpee) and after 7.2 miles turn right onto Great Neck Road. One mile further turn right onto Lowell Road. Lowell Road becomes Old Barnstable Road and after 1.9 miles crosses Rte 151 at a light. Turn left into Mashpee High School just after the light and take the next left ("deliveries" sign) into parking lot.

Pigs, Ponds, & Potholes

Saturday - October 7

Times and Routes: 9:30 for approximately 50 or 34 miles

Ride Type: Cue Sheet, Arrowed

Description: Come along for a repeat of Sarah Weaver's "Pigs, Ponds, & Potholes" Ride. Serene back roads, farm stands, ponds, and potholes of the northern burbs. Have a picnic lunch at Ingaldsby Farm. Terrain is moderately rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars; it is a farm stand/bakery), so bring enough snacks to keep you going.

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

Start: Ipswich River Park, North Reading

Directions: From Route 93, take Exit 39/Concord Street toward North Reading (a right off the exit). Bear right at the first stop sign (1.2 mi); cross Rt. 28 at the light (1.8); bear right at stop sign onto Park Street/Rt. 62 (2.5 mi); turn right onto Central Street (3 mi); turn left into park in another block. These mileages are CUMULATIVE. OR from Route 128, take Exit

40 (the REI exit) and the Haverhill Street/Camp Curtis Guild spoke off the rotary. Turn left on Chestnut St. after 3.2 miles (at blinking yellow light); bear right around the curve and then stay right for Central St. The park is on your right.

A Fork or Two in Ashland

Sunday - October 8

Times and Routes: 10:30 for 52 miles, 11:00 for 23 miles

Ride Type: Map and Cue Sheet, Arrowed

Description: The short route was designed as an after-work ride that avoids commuter traffic and stays close to the start in case of bad weather or breakdowns. This means more turns than usual, but most of the roads are very quiet. The long ride branches off near the end of the short ride, and has fewer turns, but is still very pleasant. The routes are rolling with no long climbs, and are a mix of old country and suburban roads. The short route goes through Ashland, Holliston, and Hopkinton. The long ride adds Sherborn and Medfield. There is a party immediately following the rides at the ride leaders' home.

Leaders: Wes DeNering (508-881-9117, WDeNering@jhancock.com), Linda DeNering (508-881-9117)

Start: Wes and Linda's home. 53 Bay Colony Drive, Ashland, MA (last house on the right). Please park on the right side as you are coming up Bay Colony Drive (it's a dead-end).

Directions: Mass Pike Natick exit. Go West on 30 to 126 south. Follow 126 south through Framingham into Ashland (about 4 miles). Turn right at light just before Shaw's plaza onto Eliot Street. Go ~1/2 mile and bear right onto Fruit Street. Take 2nd right onto Wayside Lane. Turn right at end onto Bay Colony Drive. Go to end-53 Bay Colony.

Note: Post-ride party at ride leaders' home!

September Rides - Continued on page 6

The Hills of Harvard

Saturday - October 14

Times and Routes: 9:30AM, 40-45 miles

Ride Type: Cue Sheet, Weekend Wheeler

Description: The ride will start at the Stow Shopping Center on Rte. 117 in Stow. It will meander through Stow, Acton, and Boxborough and finally onto the challenging hills of the Town of Harvard. After resting briefly at the town Green we will conquer Prospect Hill Road on our way to the most magnificent view in eastern Massachusetts, overlooking both Mount Wachusett and Mount Monadnock. We will stop for a quick lunch (only for those who are famished) and proceed through the back roads of Bolton, Acton, and Stow back to the start. The terrain is quite hilly with over 2000 feet of accumulated vertical ascent and will cover 43 miles, 5 miles of which is an optional loop (The Prospect Hill Loop returning to Harvard Center). Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. Our overall average pace should be about 13 mph, faster on the flats, but slowing considerably on hills. Further details at ride start

Leaders: Sander Nydick (978-897-5986, senydick@aol.com)

Start: Stow Shopping Center on Rte. 117

Directions: The Stow Shopping Center is on Rte. 117 approximately 12 miles west of Rte. 128, about 1 mile after entering the Town of Stow and passing Erickson's Ice Cream (where you can get delicious ice cream after the ride). To get to Rte 17 from the south on Rte. 128 you must exit at Rte. 20, bear right and follow directions to Rte. 117 west. You can also get to the Shopping Center by taking Rte 2 west to Rte 62 (turning left to Maynard and Stow). Follow Rte. 62 through Maynard. At a traffic light (gas station on the left) about a mile after leaving the town center, turn right to 117-62. The shopping center will be about a mile down the road on the right (passed Erickson's). Rain cancels.

North Toward Newburyport

Sunday - October 15

Times and Routes: 10:00 AM for 52 miles, 10:30 AM for 37 or 27 miles

Ride Type: Arrowed, cue sheet and map

Description: Enjoy some of the nicest cycling in the Greater Boston area. Generally quiet, scenic country roads in Hamilton, Topsfield, Ipswich, Rowley, Georgetown and Boxford. Long ride adds Newbury and Newburyport, with lunch overlooking the harbor. 37/27 mile lunch stop is in Topsfield. Should be lots of fall color. Generally flat to rolling with a few small hills.

Leaders: Arnold Nadler (978-745-9591, ardnadler@aol.com)

Start: Commuter railroad station in South Hamilton, MA.

Directions: BY CAR: Rt. 128 to Exit 20/Rt. 1A on the North Shore. Take Rt. 1A north three miles to South Hamilton. Where the RR track crosses Rt. 1A, turn right on Walnut St. Then immediate right into the South Hamilton shopping center. Continue through the shopping center to RR station parking. BY TRAIN: Depart North Station at 9:30 AM. Arrive Hamilton/Wenham at 10:12 AM. Depart Hamilton (to Boston) at 3:07 PM. Check for schedule updates.

West Podunk

Saturday - October 21

Times and Routes: 9:30 for 57 miles; 10:00 for 39 miles

Ride Type: Arrowed

Description: A scenic but hilly route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Leominster, Sterling, Lancaster, and Bolton. Long ride adds nice loop in Townsend and Lunenburg. Both routes have late lunch stop in Harvard.

Leaders: Steve Hoffenberg (781-259-4369, stevecrw@comcast.net)

Start: Nashua River Rail Trail Parking Lot, Groton St., Ayer

Directions: Rt. 2 West, 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after the auto parts store. Parking lot is immediately on the right, before the bike path.

Two-State Tango

Sunday - October 22

Times and Routes: 10:00 A.M. for 35 and 50 miles

Ride Type: Cue Sheet, Arrowed

Description: Starting in North Attleborough, both rides go northwest, tangoing over the Massachusetts-Rhode Island border, going through Plainville, Wrentham, and Franklin, Mass. as well as Cumberland, Rhode Island. The longer route cuts off further North through Bellingham, into Mendon and past the Southwick Petting Zoo, before re-joining the short route in Franklin. Moderate hills, quiet and rural roads. There are no formal lunch stops, but several possible stops will be noted in the cue sheets. Please note that there are no rest rooms at the start, and the area is residential. You should take care of this at one of the Dunkin Donuts or gas stations along the way. There are several Dunkin Donuts on Rt. 1, including a large distribution/store facility in Plainville. Start: Knights of Columbus, N. Attleborough (corner of Smith Street and Landry Avenue).

Leaders: Greg Lee (508-643-4134, gregory.p.lee@verizon.net)

p.lee@verizon.net)

Start: North Attleboro Knights of Columbus, Corner Smith Street and Landry Ave.

Directions: Rt. 95 to Rt. 495 North. Take the exit for Rte. 1 South. Follow Rt. 1 south about 3.9 miles to Landry Ave. This should be the FIFTH traffic light. Go LEFT, follow the sign for Sirois Bicycle Shop. Knights of Columbus parking lot is about 0.3 miles on the left, set back from the road, across from Reinbold Insurance. Please park parallel to Landry Ave.

South Shore Tour

Saturday - October 28

Times and Routes: 36 miles at 10 AM

Ride Type: Cue Sheet, Follow the Leader

Description: We will explore parkland in the Hingham area, and quiet roads in Rockland, Norwell, Scituate, and Cohasset. The ride includes splendid views of Boston Harbor, and is mostly flat to rolling roads. Cue Sheets will be provided for those who choose to ride at their own pace. A follow-the-leader format will also be offered.

Leaders: Tom Lambert

Start: Wompatuck State Park, Hingham

Directions: Follow Rte 3 South to exit 14 and the intersection with Rte. 228. Follow Rte. 228 North approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right. Use the parking lot on the left, away from the visitor's center.

Bagels and A Buffalo

Sunday - October 29

Times and Routes: 10:00AM for 51, 43 or 20 miles

Ride Type: Map & cue sheet

Leaders: Melinda Lyon (978-887-5755, melindalyon@verizon.net)

Description: Flat to rolling loops through the North Shore. All rides pass through Boxford, Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island. Lunch stop is in Topsfield at Topsfield Bagels for the short ride. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels.

Start: Masconomet High School, Boxford, MA

Directions: 195 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right. Please drive past high school and park in large lot at the far end of the school.

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

Necessity is the Mother of Invention

The Birth of the Pan-a-View Fork Mounted Mirror

I was cycling north on the Haifa-Lebanon Road when I decided to reverse my direction. My small handlebar mirror gave me the confidence to make my move. Suddenly the screech of brakes and the smell of burning rubber were my first and only warning. I then found myself on the pavement. I had averted a serious accident by turning my handlebars away from the oncoming vehicle at the very last moment. After assessing the damage my first thought was "There Must Be A Better Way".

The concept of a better way the PAN-A-VIEW fork mounted mirror was not born until the year 2006. The ever present problem was "How does one attach a fork mounted mirror to the fork of a bicycle without damaging the finish of the fork especially where all bicycle forks are different in size and shape?" Working with a prototype designer our patent pending attachment to the mirror rod has proved itself unique and reliable. Application to the fork as well as its' removal can be accomplished easily without damage to the finish of the fork.

A final and important improvement was then conceived. An LED flashing safety light has been attached to the end of the mirror in such a manner that the PAN-A-View mirror can be used with or without the LED light by merely removing a small screw. Not only is the PAN-A-VIEW easily and permanently adjustable but the position of the LED safety light can be independently positioned as needed. Both are never out of adjustment.

The final prototype has proved itself reliable and predictable especially where a cyclists' line of sight is directed toward the road as well as the fork mounted mirror. There is A Better Way!

Ralph W.Galen
Warren Dale
Co-inventors



- **Pen and Paper**—A crash scene can be chaotic and it can be easy to forget details. Carrying a simple piece of paper and something to write with will help in recording information about the accident and also copying down any contact information about the victim(s).
- **Know About Consent**—If a victim is conscious, you must obtain consent before you can administer first aid. To obtain consent, state your name and tell them of any first aid qualifications you have. Then ask the victim if you can help. Explain what you think is wrong and what you are planning to do. If the victim refuses help, you still may call 9-1-1 or other local emergency number. If the victim is unconscious, consent is implied.
- **Understand Good Samaritan Laws**—All states have some form of Good Samaritan Laws to shield caregivers from liability suits. In Massachusetts, there are several laws, but it all comes down to this: nobody is required to offer medical care, and those with special qualifications such as EMS personnel, certified CPR caregivers, medical doctors and nurses are safe from personal liability. In other words, it is your choice to get involved, and how much you get involved should be based on your qualifications.

Attending to a Crash Scene. Now the unthinkable has happened. You have come across a crash scene.

- **Don't Panic**—It may be easier said than done, but keeping a clear head and being able to focus and make good decisions can make the difference between life and death. Furthermore, your calm presence will also calm others. First, think about who is already there and whether you are needed. In many cases, others are already taking care of the situation and you would only add to the confusion. Second, think about what you are qualified to do, and what you are physically able to do. If you can help, ask if you can help. If you are first on the scene, and you decide to get involved, take charge until someone more qualified arrives.
- **Check the Scene**—Initially, your goal is to check the scene of the crash and determine whether you, any victims, or bystanders are in immediate danger. If there is immediate danger, for example, if the victim is in the middle of the road or near harmful materials, consider moving the victim to somewhere safer. If there is no immediate danger, only move the victim if he or she is preventing access to a more seriously injured victim. Furthermore, only adjust the position of the victim to administer first aid, CPR, or other care. In serious accidents, movement of the victim can lead to further injuries, so only move the victim if you absolutely must. Wear plastic gloves, and if the victim is conscious, obtain consent before moving him or her. Try to quickly assess the injuries as best you can. Is the victim unconscious? Is the victim not breathing? Is there no detectable heartbeat? Is there serious bleeding? Are there any visible fractures? A "yes" to any of these means serious conditions that need to be attended to immediately.
- **If needed, Call 911 or the Local Emergency Number**—If it is a serious

accident, your mission is to get help on the scene. Even seemingly minor crashes can cause serious internal injuries such as concussions and internal bleeding. It is always better to err on the side of caution, so if there is any doubt, call for help. Be prepared to give the dispatcher the location, the number you are calling from, your name, what the situation is, who is involved, conditions of all the victims, and what care, if any, is being given. If others are attending to the crash scene and you want to delegate this task—assign it to someone rather than asking for a volunteer.

- **Care for the Victim**—If you are qualified to offer CPR or first aid, now is the time to do so. If you are not qualified to offer aid, step aside and let someone who is qualified care for the victim. Attend to the victim as best you can until EMS arrives by helping the victim stay conscious and calm through conversation. To help prevent shock, try to keep the victim from getting cold. If there are signs of overheating or heat stroke, try to keep the victim cool. Once help arrives, describe everything as best you can to the EMS personnel.

Follow Up. After the victim is under the care of medical professionals, you can still be of help by following up with other issues.

- **Gather Victim Information**—Before handing off to medical personnel, try to copy down the victim's emergency contact information and where the victim will be treated. Consider contacting the people on that list, and inform them of the situation. If the crash occurred during a CRW ride, contact the CRW Safety Committee (safety@CRW.org).

- **See to the Victim's Possessions**—To be courteous, you may wish to gather the victim's possessions. You can have another rider watch them while you get a car or vice versa. The victim's emergency contact person will most likely take care of the possessions until the victim can claim them back.
- **Follow-Up Call**—To go even further, you may wish to contact the victim at the care site. A friendly call from a fellow cyclist might be greatly appreciated and could provide peace of mind about the victim's bike and other articles.

To obtain more information about the Massachusetts Good Samaritan Laws, refer to:

- <http://www.mass.gov/legis/laws/mgl/112-12v.htm>
- <http://www.mass.gov/legis/laws/mgl/111c-21.htm>
- <http://www.mass.gov/legis/laws/mgl/112-12b.htm>
- <http://www.mass.gov/legis/laws/mgl/112-12f.htm>

To become certified in CPR, First Aid, or the use of the AED (Automated External Defibrillator), contact the Red Cross at:

- <http://www.redcross.org>
- <http://www.bostonredcross.org>

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

Attending to A Crash Scene

Be Prepared.

- Identification, insurance, and emergency contact information
- Plastic gloves
- Mobile Phone or Change for Pay Phones
- Pen and Paper
- Know About Consent
- Understand Good Samaritan Laws

Attending to a Crash Scene.

- Don't Panic
- Check the Scene
- If needed, Call 911 or the Local Emergency Number
- Care for the Victim

Follow Up.

- Gather Victim Information
 - See to the Victim's Possessions
 - Follow-Up Call
-

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. Or you can renew online by clicking the link in the email. If we don't have an email address on file, we have to send out a printed renewal card.

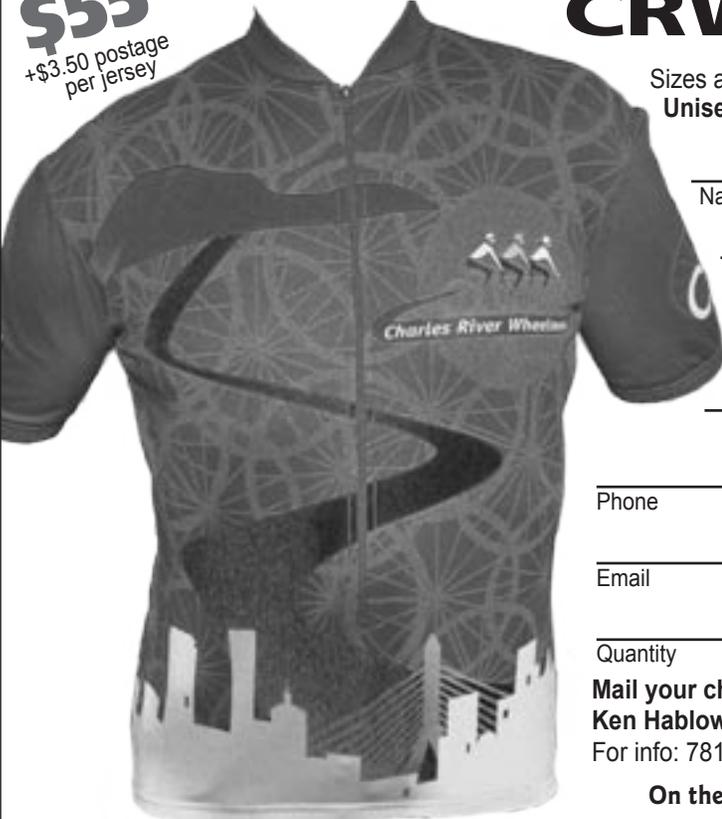
In order for the last two features to work, we need your help in making sure that the email address we have for you is current, and for the WheelPeople delivery, that your mailbox can receive messages with large attachments. If you've changed email addresses lately, or have been receiving electronic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

Annual Banquet - Continued from page 1

and under are half price. Please send your reservations with your check by Saturday November 4 to Don Blake, One Gleason Road, Bedford, MA 01730. Late reservations may be emailed (blakejd@verizon.net) or telephoned (781-275-7878) to Don with payment at the door of \$23.00 per person. Or reserve your spot and if you wish to pay online at <http://crw.org/banquetRF.htm>.

Last Opportunity to Order a DVD of the CRW 40th Birthday Party!

This will be the last time that you will be reminded that a DVD of the CRW 40th Birthday Party is available for your personal pleasure. To purchase, send a check in the amount of \$15.00 per copy to Ralph Galen, 13 Hallmark Drive, Woburn, MA 01801. Be sure to write your name and address as well as the number of copies that you wish to purchase. The final order will be placed the last day of October. All orders are postage paid.



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For info: 781-647-0233 - or - khalow@khgraphics

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

Little Jack's Corner

by Jack Donohue



I've been doing the 200K brevet for a number of years now. The 200K is the first of the Boston Brevet Series of 200, 300, 400 and 600 kilometer rides, qualifying you for the piece de resistance, the Boston-Montreal-Boston ride, or every four years the Paris-Brest-Paris ride. Let me preface this by saying I'm not one of those randonneur types. Though I do the 200K you won't see me doing any of the other rides. 200K is about as much as I can do without requiring hospitalization. But it does give me the chance to hobnob with the real randonneurs.

They always say up front that it is a ride not a race but nonetheless they time you so I ride differently than if I weren't "on the clock." The other aspect of doing this ride is the need to avoid the dreaded "DNF" If for some reason you did not complete the ride you are given the stigma of a "Did NoT finish" (DNF). Unlike other rides, where you could just slink away

if you decided you'd had enough, here your shame will be recorded for all eternity on the brevet series web site. So there is a bit of tension at the start. One particularly memorable year, I had recently done a face plant on the streets of Cambridge, and wasn't feeling quite my best anyway. I was clipped in with one foot, so as not to miss the mark and lose the crowd whose wheels I was planning to suck. Leaned the wrong way, and executed a spontaneous FDGB (degree of difficulty 7, form 8) in front of the entire group, which is probably more embarrassing than a DNF.

The 200K brevet has a mix of cyclists. You have your basic randonneur, who could do this ride before breakfast and doesn't really get going until the 300K mark or so. You can spot the randonneurs since their bikes are fitted with all sorts of bags and lights and assorted paraphernalia. They look like they could just keep on going until Kansas if they felt inclined. One nice part of hanging with the randonneurs is that there is a lot of camaraderie. People come up and say hi, and actually remember me from last year, despite the fact that I'm only here for the short haul.

There are always some racer types, but racers generally train for races, which don't usually last for several hundred kilometers. Instead there's another breed who manage to condition themselves to go really fast for incredible distances. A case in point is the legendary Sandiway Fong. You wouldn't know to look at him that he's going to finish the ride hours before I drag my sorry butt into Hanscom.

My strategy is simple, hang onto a fast pack for as long as I can. My theory is that even though I end up going harder than I really want to, the overall effort is reduced by virtue of having been pulled along by the thundering hordes for the first part. When I first started doing this, I could hang on until the first water stop. This was convenient, since all the hills are after this anyway, and there's not much advantage to drafting on the climbs. As the years wore on, I found myself being ejected from the pack earlier and earlier. I figure when I get dropped out of the parking lot, it might be time to stop.

This year the plan somewhat worked. I let the fast crowd go and hung in with the second wave until the first stop. I filled up with food and water and decided that I really didn't need to carry any heavy water up the climbs in the middle, since I could rehydrate at the second water stop. The fatal flaw with this plan was that I missed the second water stop (they had moved it off to the side a bit, and in my usual oblivious state, missed it completely). So I ended up doing the last 70 or so miles without any food or water, a bit much even for me. Really need to pay more attention, or even (gasp) read the cue sheet.

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August Mileage Totals **2 1 6 6 2 9**

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Gerald Goode	9048	-	-	5	Dick Arsenault	3418	1	-	-	Cynthia Zabin	1424	-	-	-
John Bayley	7909	8	7	4	Henry Marcy	3354	3	2	-	Elliott Morra	1257	2	1	-
Mike Kerrigan	7493	6	6	5	Joseph Moore	3320	6	-	-	Mike Hanauer	1228	-	-	-
Pamela Blalock	7130	8	6	4	Joe Repole	3306	8	8	-	Susan Grieb	1135	-	-	-
Glen Reed	6981	6	6	2	Winslow Green	3300	5	2	-	Cynthia Snow	1049	-	-	-
Jack Donohue	6653	-	-	2	John Allen	3161	4	-	-	Elaine Stansfield	1022	-	-	-
Don MacFarlane	6470	8	-	2	Walter McKay	3147	-	-	-	Walt Drag	943	2	1	-
Jim Krantz	6117	6	4	3	Darrell Katz	3057	-	-	-	John Kane	888	-	-	-
Ilkka Suvanto	5340	3	2	2	Frank Aronson	2800	5	2	-	Chad Lundeen	570	-	-	-
Irving Kurki	4973	7	5	1	John Goeller	2799	2	-	-	George Caplan	559	-	-	-
Richard Taylor	4971	8	8	-	Peter Knox	2672	2	3	1	Jeff Luxenberg	465	-	-	-
Paul Hardin	4945	5	3	-	Kent Anderson	2519	4	2	-	Tracey Ingle	400	-	-	-
Chris George	4600	-	-	-	Lisa Weissmann	2512	3	1	-	Gretchen Kinder	335	1	-	-
Bruce Ingle	4571	2	2	1	Bill Widnall	2507	6	2	-	Jacob Allen	91	-	-	-
Don Mitchell	4566	5	3	-	William O'Hara	2392	4	2	-					
Steve Robins	4559	-	-	1	Ted Elkins	2261	-	-	-					
Larry Murphy	4262	6	-	-	Dan Freedman	2194	2	-	-					
Edward Boches	4113	5	-	-	Gary Smiley	2141	1	-	-					
Peter Brooks	4104	6	4	-	Douglas Cohen	2139	3	1	-					
Otto DeRuntz	4057	5	3	-	Rudge McKenney	1987	1	-	-					
Daniel Buchanan	3957	3	-	-	Craig Weiner	1888	2	-	-					
David Wean	3851	4	-	-	Donald Harbison	1766	3	1	-					
Bob Sawyer	3720	2	-	-	John McCabe	1647	2	-	-					
Janet Tortora	3677	5	4	-	Marc Webb	1613	2	-	-					
Gabor Demjen	3670	8	3	-	John Springfield	1576	-	4	-					
Marilyn Hartman	3654	6	1	-	Greg Tutunjian	1464	-	-	-					
Joseph Tavilla	3498	1	-	-	Bill Hanson	1434	-	-	-					

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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617-926-1717

Ferris Wheels Bicycle Shop

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617-522-7082

Frank's Bicycle Barn

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Westboro
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781-894-2768

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Holliston
508-429-9177

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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
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617-527-0967

Landry's Bicycles

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1210 Boston Providence

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508-440-0310

790 Worcester St. (Route 9),
Natick

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276 Turnpike Road,
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[http://www.crw.org/
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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) _____

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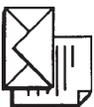
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