
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXX, Number 11 • November, 2006

Communicating from the Saddle—Road Hazards

by Bob Zogg

Effective communication is central to safe group riding. In addition to communicating one's intention to stop, slow, or turn, it is generally helpful to warn riders behind of road hazards such as holes, bumps, cracks, debris, obstacles, or narrowing lanes. Riders in front can sometimes obscure the road surface from view of those riding behind. A warning can help those behind avoid an unexpected jolt that's at best unpleasant and at worst crash inducing. Riders can warn those behind of hazards by pointing them out,



calling them out, or both. Pointing out hazards generally provides more information to those following because you show them exactly where the hazard is, but calling out is safer for you because your hands stay on the handlebars. If you hit one bump while pointing out another, you may be the one who crashes. And if you crash, those behind you (remember, the ones you were trying to help?) may end up crashing into you.

Safety Corner - Continued on page 6

Bike Shop Coordinator Needed

We have an opening for a coordinator for the Bike Shop Rep program. The job entails coordinating all the reps for each affiliated bike shop (those that offer CRW members a discount), and trying to find reps for shops that do not currently have one. For more information, you can talk to Fred Kresse, coordinator emeritus (781-444-1775, drz@xpres.net) or our volunteer coordinator, Marilyn Hartman (781-935-9819).

Annual Holiday Party

Come kick off the Holiday Season with the CRW Holiday party. The party will be on Friday December 1 at the newly renovated 1856 Bedford Old Town Hall. For a start, this year we will have a wine and beer bar and a dance floor. A committee of event organizers

Annual Holiday Party - Continued on page 3

CRW Fall Century

A shining glimmer in a wet season

by Ken Hablow

Many years ago, in another life (my sports car life), I was at Road Atlanta for a national sports car race. It rained for 2 days. The driver I went to support won his race handily. When asked how he did it, his reply was, "I just drive around the puddles."

It has been that kind of cycling season this year. As I write this it is Sunday and I am at the computer because it is raining.

Sunday, September 17, on the other hand, was one of those great fall days we all long for ~ bright sun, warm temperatures, little wind. It was a great day for the 11th annual Soughegan River Century. But the weeks leading up to it were not so good. The weather prohibited us from planning the arrowing in advance, it had

CRW Fall Century - Continued on page 6

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Don Blake.....	2007.....	781-275-7878
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Eric Evans.....	2007.....	617-901-3958
Barry Nelson.....	2006.....	617-964-5727
Linda Nelson.....	2007.....	617-964-5727
Eli Post.....	2006.....	617-306-1838
Janet Tortora.....	2008.....	978-692-7273
Bill Widnall.....	2008.....	781-862-2846

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Safety Coordinator.....	Bob Zogg.....	617-489-5913

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Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	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.....	781-257-5062
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

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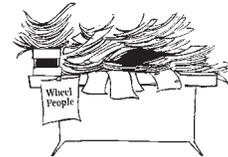
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Administrator.....	Barry Nelson..... barrynelson@alum.mit.edu



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



In Attendance:

Board Members (5):
 Andy Brand, Don Blake,
 Bill Widnall, Janet Tortora, Eric
 Evans; Others: Eli Post, Rich Levine

October 3, 2006

VP of Rides (Bill Widnall)

Bill Widnall reported

that Sunday Rides Coordinator, Michael Aarons, needs Sunday ride leaders for November. The suggestion was made that previous rides can be recycled; they are already arrowed and have cue sheets. Please contact Michael Aarons if you can lead a Sunday ride.

Eli Post, Saturday Rides Coordinator, reported that in March, the goal was to fill up the Saturday rides and introduce a program similar to the Wednesday Wheelers "follow the leader" rides. It has been very successful. Eric has received positive feedback about these rides and thanked Eli for coordinating these rides.

VP of Finance (Rich Levine)

Rich presented the statement of activities through July 31, 2006.

New Business

Holiday Party

Susan Grieb and the Century Committee have volunteered to organize the CRW Holiday Party. The Board unanimously passed a motion made by Bill Widnall and seconded by Janet Tortora, that \$250 is appropriated for the Holiday Party and to include the serving of beer and wine.

Award nominations

The Board discussed the nominations.

The next Board Meeting will be held on November 7, at 7:00PM, at the United Church of Christ, Lexington, Room 208.

Respectfully Submitted,
 Janet Tortora
 Secretary

Minutes (Janet Tortora):

Minutes from the September 5, meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)

Interim Board Appointment

Eric Evans appointed Eli Post as interim Board member to fill the remainder of Paul Schimek's term.

CRW Endorsement of Commercial Enterprises

Eric presented to the Board two requests for CRW endorsement of commercial enterprises. No endorsements will be given.

Ralph Galen (40th Anniversary Chairman)

The Board members were updated on Ralph Galen's recent surgery. The Board wishes Ralph a speedy recovery.

Bike Shop Program Coordinator Needed

Due to the resignation of Chris Jennings, the club needs a Bike Shop Program Coordinator. Please contact Eric if you are interested in the position.

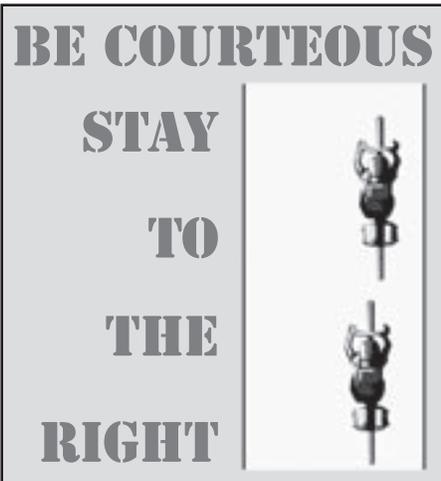
Membership Coordinator (Linda Nelson)

Based on an email from Linda Nelson, Janet Tortora reported the membership numbers for September 2006 were 1103 current memberships, 1323 current members, 59 expired members, 33 new members, 88 renewed members.

Annual Holiday Party - Continued from page 1

from the Century Committee and the evening (dinner) rides is working to make this a night for great socializing. We will be relying on you to bring your favorite dish to share and CRW will provide the rest. Check the web site (crw.org) for details as they become available from the party organizers.

The Old Town Hall is at 16 South Road in Bedford Center. The party will start at 6:00PM.



New Welcome Members

Michele Archambault	Watertown
Maria Battaglia	Charlestown
Bridgett Bawcum	Boston
David Berwind	Billerica
Candace Brown	Boston
Susan Capestro	Watertown
David Chastain	Boston
Lisa Cheney	Wilmington
Mary Cicala	Somerville
Andrea Clardy	Jamaica Plain
David Cort	Watertown
Ryan Coughlin	Quincy
Corey Davis	Arlington
Kevin Davis	Arlington
Julie DiMauro	South Boston
Matthias Eberstadt	Needham Heights
Kurt Eltz	Canton
Henriette Elvang	Somerville
Freddie Estremera	Nashua, NH
Tom Fagan	Stow
Robert Fanning	Maynard
Elizabeth Farrell, Justin Scace	Belmont
Allen Goorin	Newton Centre
Doug Greve	Cambridge
Jeffrey Grossman	Needham Heights
Roy Hartstein	North Grafton
Matthew Heberger	Medford
Liz Horber	Acton
Mellie Hutchinson	Hingham
Judy Keeley	Winchester
Dan Kempner	Auburndale
Don Kennedy	Groton
Katie Kennedy	Needham
Cam Kerry	Brookline
Adam Klein	Newton
Timothy Kling	Roslindale
Beth Martignetti	Chestnut Hill
Kathy Martin, Geoff Martin	Watertown
Thomas Matthews	Maynard
Kaili Mauricio	Brighton
Karen Mirabito	Dracut
Dana Parris	Marblehead
Debbie Poliner	Brookline
Gary Pollard,	
Marie Mulcahy-Pollard	Framingham
Conor Rafferty	Waltham
Mark Reagan	East Weymouth
Jeffrey Resnik	Brookline
Elisabeth Roxby, Tony Butler	Boston
Neal Schuster	North Andover
Peter Shapiro	Cranston, RI
Rebecca Sharpe	Somerville
David Stein	Cambridge
Andrea Still	Boston
Adrienne Storm	Cambridge
Scott Tater, Kathy Tater	Brookline
Jennifer Taylor	Cambridge
David Trietsch	Brookline
Courtney Waal, Ernest Post	Cambridge
Muriel Walsh	Chelmsford
Radoslaw Wasiak	Ashland
David Whiddon	Newton Centre



Recurring Rides Calendar

These rides are held every week unless indicated

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

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.

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November 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.

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

Newburyport to Exeter in the Fall

Saturday - November 4

Ride Type: Map and Cue Sheet

Routes and Times: 9:30 AM for 25, 45 and 63 miles

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com), Eli Post (617-547-6778, elipost@comcast.net)

Description: From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. All three rides will follow stretches of quiet roads along the Merrimack River with the longer one heading as far north as Exeter, where you can stop for lunch and a medium route leading through Jewell county in South Hampton and Amesbury.

Note: Arrows should still be visible from the 05/28 CRW ride but will not be refreshed. Maps and cue sheets can be found @ Newburyport to Exeter

Start: Newburyport Nock Middle School, 70 Low Street, Newburyport, MA 01950

Directions: Rte 95 North (from split off of Rte 128 in Peabody) to Exit 57. Keep right at the ramp towards Newburyport then turn right at the second set of lights (Shell gas station) into Low Street. NPT Middle School is ~1 mile on your left after a set of lights. Plan to arrive by 09:00 AM, park as close to Low Street as possible to reserve parking spaces for any activity at the skate park

TGIS (This old white house)

Sunday - November 5

Ride Type: Map and Cue Sheet, Arrowed

Routes and Times: 18, 24 at 10:30AM / 35 at 10:00AM

Leaders: Paul Hardin (978-866-3040, CRWGPSGuy@comcast.net), TBD

Description: The ride winds through mild rolling back roads in Concord, Carlisle, Acton and Chelmsford for those out to enjoy the scenery.

The 35mi adds some hills for the fitness rider. The ride passes: the minuteman visitor center, Great Brook Farms/Carlisle state forest, Kimball farms (18mi), recent Carlisle 'This old house', Nagog Pond(35mi), Chelmsford cranberry bog.

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: By car: 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. By Bike: go to the end of MinuteMan Rail trail

South Shore Coastal Route

Sunday - November 5

Ride Type: Cue Sheet, Arrowed, Weekend Wheeler

Routes and Times: 9:30 for 49 miles; 10:00 for 38 miles

Leader: Dan Walsh (781-749-4019, dan@walsh.name)

Description: This ride traverses wooded back roads through Hingham, Norwell and Scituate to scenic Scituate Harbor, the halfway point for the shorter ride. At Scituate Harbor, you can often see fishing vessels, with crews unloading their catch of lobsters and shell fish. The route then continues onto Cohasset harbor, another very scenic waterfront, with a quaint harbor. From there, the route continues along Jerusalem Road, with magnificent ocean front homes and a wonderful rocky coast line. The shorter ride then heads back to the starting point. The longer ride continues through Hull, past Nantasket Beach, to the very tip of Hull. There, you will enjoy views of the Boston skyline. A snack bar is usually open at this stop. The longer ride then returns along the same route through Hull and back to the Park n' Ride.

Note: Expect cooler temperatures and breezes along the coast.

Start: Park n' Ride lot in Rockland, opposite Home Depot.

Directions: Take Rt. 3 to Exit 14 (Rt. 228) in Rockland. Turn left at end of exit ramp and park in the Park'n Ride lot.

Bagels and A Buffalo

Saturday - November 11

Ride Type: Cue Sheet

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

Leader: 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.

Apple Pi Ride

Sunday - November 12

Ride Type: Cue Sheet, Arrowed

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

Leaders: Jack Donohue (781-275-3991 before 9PM, jmtonohue@alum.mit.edu), Susan Grieb (781-275-3991, slgrieb@comcast.net)

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

Start: VA Hospital Parking lot, Springs Road, Bedford

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

November Rides - Continued on page 6

Mystic Lakes to Andover

Saturday - November 18

Ride Type: Cue Sheet, Follow the Leader

Routes and Times: 10:00 a.m. 38 miles

Leaders: Peggy Gelin (617-492-7481, mtgelin@verizon.net), Bruce Gelin (617-492-7481, mtgelin@verizon.net)

Description: The ride goes through parts of Winchester, Woburn (site of „A Civil Action%), Reading, Andover, Wakefield, etc. Stop in Andover. The ride goes through mostly residential areas inside Rt. 128, has two „interesting%o crossings of Rt. 128, and is more of a country ride outside Rt. 128.

Start: Parking lot on Upper (northern) Mystic Lake off the Mystic Valley Parkway.

Directions: From Rt. 2, take Rt. 60 north through Arlington Center and turn left on Mystic Valley Parkway (about 1.6 miles). From I-93, take Rt. 60 west through Medford and turn right on Mystic Valley Parkway (about 2 miles). Parking lot is on the left about 1.5 miles after the turn at the blinking light. Rain or snow cancels. In case of doubt, call ride leader.

Linda's Birthday Ride

Sunday - November 19

Ride Type: Map and Cue Sheet

Routes and Times: 11:20 for 30 or 45 miles

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

Description: We take serene and lightly traveled back roads through the low income neighborhoods of Wellesley, Weston, Wayland, Sudbury, and Lincoln. The long ride adds Concord.

Start: Auburndale commuter rail station parking lot. Urban members without cars can take the commuter rail from South Station, arriving at the Auburndale stop at 11:12. See http://www.mbt.com/traveling_t/schedules_commuter_linedetail.asp?line=framingham

Directions: From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd.

Date: Saturday - November 25

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

Cooler Two-State Tango

Sunday - November 26

Ride Type: Cue Sheet, Arrowed

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

Leader: Greg Lee (508-643-4134, greglee@gregleelaw.com)

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).

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.

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

to be done when a dry day presented itself. Part of the arrowing was done six weeks in advance. The New Hampshire loop was done four weeks prior to the event. Another day was spent two weeks before checking the six week old arrows. But, as usual it all got done.

By 7:00 in the morning on the 17th most of us who were on-site earlier to set up registration were already in t-shirts. We knew it would be a great day. Using some of the procedures the Century Committee had developed for Climb To The Clouds this year, we put 265 riders through registration for the century in about 30 minutes and another 100 or so later for the 50/62. In total there were about 365 riders.

Susan Grieb did her usual great job lining up all the volunteers including two on-road support vehicles—both of which were used. Larissa Hordynsky, once again, did an outstanding job preparing the after ride buffet so no rider went home hungry.

Thanks goes out to:

Dr. Mike Maki for, once again, allowing us to use his parking lot at the Wilton Animal Hospital for the 50 mile water stop,

Mass Electric for the use of their yard in East Pepperell,

Bikeway Source, Bedford, MA for tech support.

It takes many volunteers to put on any organized century event and we thank each and every one who has helped this year.

Following is a list of the volunteers for the fall century:

Century Committee Chairperson: Susan Grieb.

Arrowing: Ken Hablow, Connie Farb, Jack Donohue, Gabor Demjen

Bagels and Bananas: Barry and Linda Nelson, Kimberly Fitch

After ride buffet: Larissa Hordynsky, Bob Evans, Lee Evans with a Costco run by Connie Farb

Tables and supplies: Bill Haynes

Water stops:

Wilton NH - Kimberley Fitch, Melinda Lyon
East Pepperell - Bill Haynes, Martha Dassarma, Naomi Wernick

Registration: Cindy Sragg, Rosalie Blum, Janet Blake, Barry and Linda Nelson

Morning volunteers: Don McFarland, Merle Adelman, Fred Mueller, Mel Prenovitz

Mid-day control: Mel Prenovitz

Late day cleanup: Magdalen Cantwell, Brian Ferrick

Ride Sweeps: Eric Ferioli, Fred Mueller, Peter Brooks, Tim Martin

Automotive support: Mike Byrne, Bruce Ingle

While it is a good idea to alert other riders to road hazards, it can be overdone. Point or call out only the significant hazards (i.e., ones that could potentially cause loss of control), and then only if they are in the general path of travel. Pointing too frequently unnecessarily puts you at greater risk. Calling out too frequently may unnecessarily distract riders from taking in the big picture view while they are busy scanning the pavement for hazards.

Similar judgment should be used when maneuvering around rough pavement. When riding in a group, scan far ahead and pick a clean path. Try to avoid last-minute swerves around obstacles unless they are really serious. Better to hit a small bump or hole than to possibly lose control or side swipe a fellow rider. Just call out the bump as you go over it. Those behind you are counting on you to ride in a steady and predictable manner.

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



The Well-Wheeled Gourmand

by Erik Sobel

CRW members are a diverse group.

Some members are speedy, out to set personal best times; some members ride to socialize. Then there are those of us who ride solely to justify our appetites. Rode 30 miles today? Go ahead and dig into that large pepperoni pizza without regret.

Rode 50 miles? Your weekend of gluttony is paid off in advance. Some eat to ride, but we ride to eat.

The well-wheeled gourmand shouldn't just limit himself to fantasizing about Blue Ribbon Barbeque and Ben and Jerry's while passing the long hours in the saddle. You should extend the same culinary care to the selection of what's in your water bottle and back pockets. You're probably familiar with the old adage, "Red wine with beef, white wine with fish and poultry." But what vintage of Gatorade pairs best with Gu on a crisp autumn workout? Generally speaking, darker

**Some eat to ride,
but
we ride to eat.**

Gu's are most appropriately paired with red Gatorade – note how the fruity bouquet brings out the subtle earthy hints of "Chocolate" and "Espresso Love" flavored Gu. On the other hand, your lighter Gu's such as "Banana Blitz" and "Orange Burst" should generally be paired with a more subtle, less

full-bodied Gatorade such as "yellow."

Of course, as with all gastronomic rules-of-thumb, there is room for pure inspiration. Just as a warm July evening on the porch cries out for a chilled Rosé paired with brie on water crackers, a hot July morning ride goes best with the lighter shade of "red" Gatorade achieved by employing a stingy hand on the Gator-scoop, paired with a refreshing "Vanilla Bean" Gu chaser.

Be creative. Why not impress the guests

of your next rest stop with a platter of appetizing Clif Bar pieces topped with a tasty dollop of "Tri Berry" Gu? Amaze your pace-line friends with a tantalizing aspic of "Just Plain" Gu embedded with chunks of real Fig Newton and complemented with a lusty "blue" – such as Gatorade Frost. Using your multi-tool as swizzle stick, liven up a water bottle of orange Gatorade by whisking in a glop or two of "Orange Burst" Gu. Fight off fatigue and add a zesty crunch to a Power Bar - Endurox soufflé by crumpling Energize-GT tablets over the top and tossing together with Cytomax in your helmet! The possibilities are endless.

Well, actually with just 7 flavors of Gu and little discernable difference between the

rainbow of Gatorade varieties, the possibilities really are somewhat limited, but at least you can still fantasize about the mountains of pancakes and the king-sized wedge of cheesecake (with fresh strawberries and whipped cream—) that you plan to demolish after the ride.

**What vintage of
Gatorade pairs best
with Gu on a crisp
autumn workout?**

Next month: Accelerade, the Australian Shiraz of energy drinks, and why it tastes remarkably like wallpaper paste.

Public Meetings for the Statewide Bicycle Plan

The Massachusetts Executive Office of Transportation will be holding a series of public meetings this fall on the development of a statewide bicycling network. During these meetings, public input will be sought on current bicycling conditions, potential cross-state corridors, and recommended improvements. Maps of existing bicycle facilities and plans will be posted to the website prior to the start of the public meeting process. These meetings are part of the ongoing Massachusetts Bicycle Plan Update project and are scheduled as follows:

Thursday, October 5, 2006
6:30 pm – 9:00 pm
Worcester Public Library (Saxe Room), 3 Salem Square, Worcester (508-799-1655)

Tuesday, October 10, 2006
5:30 pm – 8:00 pm
Brockton Public Library (Multipurpose Room), 304 Main Street, Brockton (508-580-7890)

Thursday, October 19, 2006
6:30 pm – 9:00 pm
Concord Town House (Hearing Room), 22 Monument Square, Concord (978-318-3080)

Monday, October 23, 2006
6:30 pm – 9:00 pm
Haverhill Public Library (Johnson Auditorium), 99 Main Street, Haverhill (978-373-1586)

Wednesday, October 25, 2006
6:30 pm – 9:00 pm
Northampton Forbes Library (Community Room), 20 West Street, Northampton (413-587-1011)

Monday, October 30, 2006
6:30 pm – 9:00 pm
New Bedford Free Public Library (Meeting Room), 613 Pleasant Street, New Bedford (508-991-6275)

Wednesday, November 1, 2006
6:30 pm – 9:00 pm
Hyannis Intermodal Center (Conference Room), 215 Iyannough Road, Hyannis (508-775-8504)

Wednesday, November 8, 2006
6:30 pm – 9:00 pm
State Transportation Building (Conference Room 2G3), 10 Park Plaza, Boston (617-973-7000)

The project's primary purpose is to develop a prioritized plan of on- and off-road bicycling improvements – including bicycle lanes, paved shoulders, and shared-use paths – that form a statewide bicycling network. This network is intended to improve bicycle transportation, as well as promote multi-modal transportation, recreation, tourism, and economic vitality.

The Massachusetts Bicycle Plan Update is being prepared in cooperation with the U.S. Department of Transportation and the Federal Highway Administration. The plan is being prepared for EOT by Planners Collaborative, Inc. of Boston.

Questions or comments on the project may be addressed to:
David Loutzenheiser, Planners Collaborative, 617-338-0018 x113 or massbikeplan@thecollaborative.com

For additional information on the project, to join the project mailing list, or submit comments via the web, visit www.massbikeplan.org.

The Man in the Garage

by John Springfield

It was 1967, and the first day of my cross-Michigan bicycle trip was drawing to a close. I stopped my bike to consult the road map. I was looking for a state park to camp for the night. The “tree” icon on the map showed that there should be a park nearby. I had been bucking headwinds for 90 miles, and I was tired. But no sign of a state park.

“Hey, kid. What are you looking for?”

I looked around to see an old guy calling to me. He looked a little beat up, but friendly, nonetheless.

“Oh, I was looking for a state park. Is there one around here?”

“No, not really. Folks said they were thinking of making one down the road, but they never did.”

He took a good look at me. I was dirty from road grime. He might have assumed I was one of those “hippies” he heard so much about. But then, he saw my bike, loaded for a tour. So maybe I was okay.

“Do you know any place around here I can camp?” I asked.

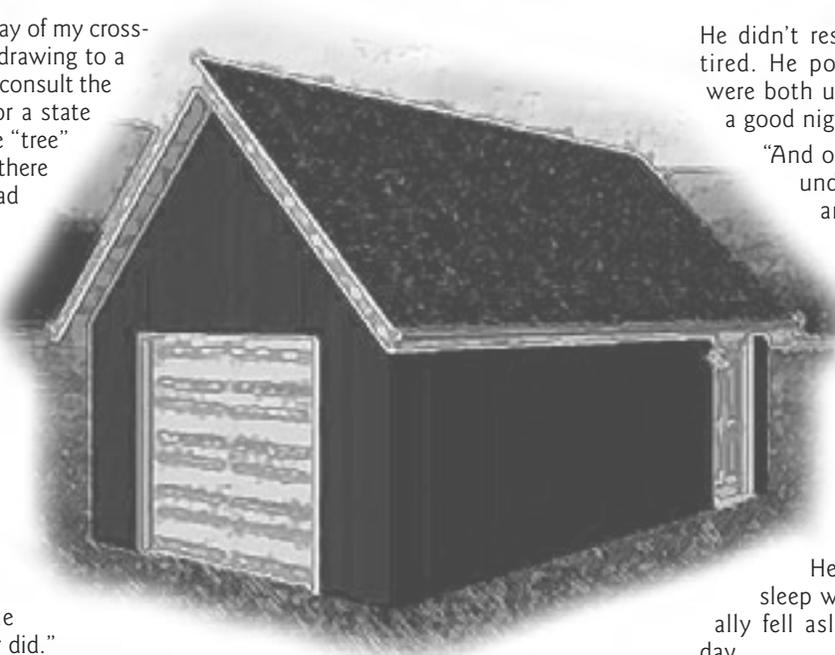
“No. But if you want, you can spend the night with me.”

“Well,” I said, “Sure...okay.”

Motioning me to follow him, I walked my bike to a structure that was not exactly a house. In fact, it was a converted garage. It was one large room. It had a cement floor, but there was a refrigerator, bottles of water, a bathroom, some beat up furniture, and a couple of beds.

“You can sleep on that side of the room. I’ll be on this side. You can rest awhile. I’ll make us some supper.”

Well, this was “different”. I wouldn’t have to



sleep on the ground. No mosquitoes. But its biggest appeal was because it was FREE. My

plan was to live on \$5 a day. This would allow me to save my money for a “rainy” day.

After a brief rest, we sat down at his old table to eat some kind of greasy food.

I loved it. After 9 hours of riding, I would eat anything. It was then I noticed he had some teeth missing, and he seemed to have some kind of lung ailment. He coughed a lot.

“I used to drink a lot. Now trying to stay sober. My daughter comes by to bring me food and check up on me. Where’d you say you’re going?”

“Oh, up north. Camping mostly. Maybe a few youth hostels.”

He didn’t respond. We were both getting tired. He pointed to the beds. After we were both under the covers, I wished him a good night.

“And one more thing, kid. Just so we understand each other, don’t try anything. Cuz I got a gun.”

At this point, I froze. I was too scared to think. It was dark, and I had no place else to go. My mind raced through a series of tabloid stories of crazed drunks taking out their frustrations on unassuming travelers.

“Hey, no problem, man. You got nothing to fear from me. I just want to go to sleep.”

He didn’t say anything. I tried to sleep with one eye open, but eventually fell asleep exhausted from the long day.

I woke up early, glad to see myself alive. But I waited in bed until the old man got up. I didn’t want to startle him with noise.

“Time to get up,” he said.

I got up and dressed quickly. We had breakfast. I thanked him for his generosity. And without much fanfare, I road west on Route 16.

As I looked back, I saw a car pull into his gravel driveway. A young woman got out with a bag of groceries. I imagined him telling her about the kid on the red bicycle being

his guest last night. And she saying that he shouldn’t take in strangers. But he told her that the kid needed a little help, and besides, he could tell I meant no harm...

“And one more thing, kid. Just so we understand each other, don’t try anything. Cuz I got a gun.”

That morning, the wind was no longer in my face. The sun was burning off the morning dew. The air was cooler and fresher than yesterday. I rode off to taste another day.

CRW in CYBERSPACE

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

CRW Web Site

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

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

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

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

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

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

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

CRW Internet Mailing List

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

WheelPeople by Email

By now many of you are receiving WheelPeople electronically. Roughly 40% of the club gets their WheelPeople this way. If you're not in this group, here are a few reasons you might want to consider this:

- It saves the club printing and mailing costs, so we direct the savings to support the rides, social, advocacy, and other aspects of the club.

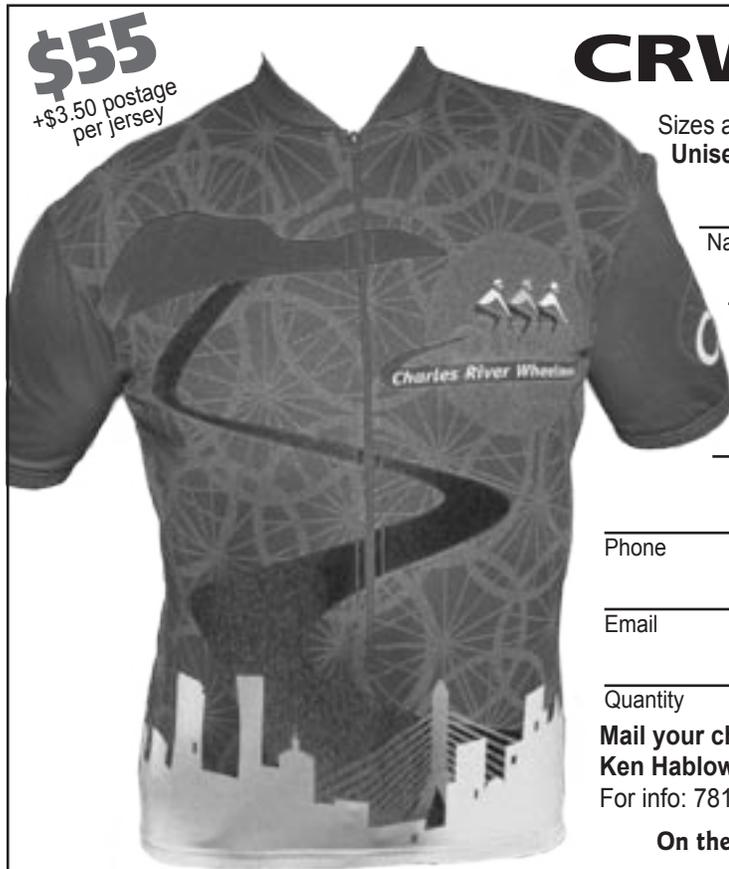
- You get the issue much sooner. The postal mail copy usually arrives at the end of the month, while the email version is ready around the middle of the month, giving you more advance notice of events you might be interested in.

To change to electronic distribution, just send an email to membership@crw.org requesting the change. Make sure to include your name and the email address where you would like notifications sent.

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.



CRW Club Jersey

Sizes and VOMax recommended chest measurements:

Unisex sizes: M (36-39"), L (39-43"), XL (43-45")

Name _____

Address _____

City _____

State, Zip _____

Phone _____

Email _____

Quantity _____

Size(s) _____

Total \$ _____

Mail your check, made out to CRW, and this order form to:

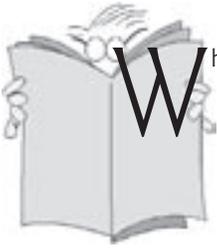
Ken Hablow, 35 Longmeadow Road, Weston, MA 02493

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

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

Little Jack's Corner

by Jack Donohue



When cyclists emerge from primordial slime and decide that footwear for the bike more advanced than flip flops or sneakers are required, they have to learn how to walk all over again.

Clipless pedals are a wonderful invention and the shoes that clip into them an engineering marvel, but when it gets time to get off your bike and navigate in the real world with these appendages on your feet, this is quite another story. Now, I'm not talking these hermaphrodite shoes that have actual soles and were actually designed for walking as well as biking (quelle horreur). We're talking the real thing, the cycling shoes with clipless cleats that were designed for one thing and one thing only, propelling your bicycle pedals with the maximum efficiency. So, they are by design woefully inadequate for doing anything else (I know you're thinking, "who would want to do any-

thing else?"). The sad fact is, there are times when even the most devoted gearhead has to get off his or her bike. Two situations come to mind right away, ingesting food and drink and getting rid of waste products of said ingestion. So the cyclist is thrust into the scary world of walking with cleats.

Walking with cleats in my book is a lot like cross country skiing. They put slippery things on your feet, thrust you onto a slippery surface

Clipless pedals are a wonderful invention and the shoes that clip into them an engineering marvel, but when it gets time to get off your bike and navigate in the real world with these appendages on your feet, this is quite another story.

and expect you to stay upright. The cleated world sans bike is fraught with danger. Wooden floors are particularly dangerous, especially if they've been recently waxed. When negotiat-

ing one of these, you learn to tread lightly and never stray too far from walls or other firmly anchored objects that could be clung to in an emergency, Linoleum is another danger zone. That combined with the odd patch of wetness is a sure recipe for disaster. You learn that hand rails are your friend and gravitate toward them whenever possible.

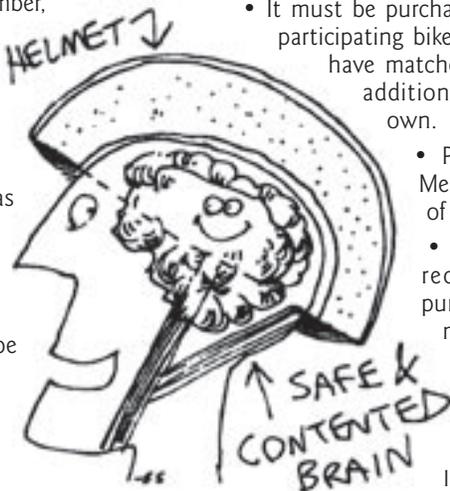
Portajohns as seen at CRW centuries (and construction sites) are another source of danger. The slippery plastic floor, usually situated on a not quite level playing field is especially worrisome, especially when your hands, normally at the ready to grasp at any fixed object on the way down, are otherwise occupied.

Then of course there's the Clipless Moment, enjoyed by every new wearer, where you find yourself clipped in and leaning the wrong way resulting in an embarrassing FDGB. Despite providing endless amusement for your cycling buddies, it's a maneuver I'd try to avoid.

CRW Helmet Rebate Program

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

- The helmet must be CPSC approved.
- Some brand or style restrictions may apply.
- You must have a current membership in the CRW.



- It must be purchased from one of our participating bike shops. Many shops have matched our offer with an additional discount of their own.

- Present your CRW Membership card at time of purchase.
- Send your original receipt and proof of purchase from the helmet box, along with a stamped, self-addressed envelope to:

Don Blake
1 Gleason Rd.
Bedford, MA. 01730

Useful Links on the CRW Web Site

www.crw.org

The latest news

<http://crw.org/cgi-bin/newsbits.pl>

Updates or cancellations to the CRW monthly rides

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

Ride cue sheet library

<http://www.crw.org/CueSheets/index.htm>

Ride starts for club rides

<http://crw.org/rides/ridestarts.htm>

The CRW picture Gallery - includes events and personalities

<http://crw.org/gallery/index.htm>

Useful bicycling related links

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

September Mileage Totals 2 2 4 2 0 9

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	8776	9	7	4	Walter McKay	3651	5	-	-	Mike Hanauer	1401	-	-	-
Mike Kerrigan	8452	7	6	5	Joe Repole	3630	9	9	-	Cynthia Snow	1339	-	-	-
Pamela Blalock	7954	9	7	4	Winslow Green	3597	5	3	-	Susan Grieb	1297	-	-	-
Don MacFarlane	7666	9	-	3	Henry Marcy	3558	3	2	-	Elaine Stansfield	1191	-	-	-
Glen Reed	7640	6	7	2	John Goeller	3555	3	1	-	John Kane	1010	-	-	-
Jack Donohue	7566	-	-	2	John Allen	3520	4	-	-	Walt Drag	956	2	1	-
Jim Krantz	7275	7	5	4	Darrell Katz	3483	-	-	-	Tracey Ingle	642	1	-	-
Tod Rodger	6348	6	1	3	Peter Knox	3243	3	3	1	George Caplan	623	-	-	-
Irving Kurki	5826	8	6	1	George Ulrich	3008	2	1	-	Jeff Luxenberg	608	-	-	-
Richard Taylor	5711	9	9	-	Kent Anderson	2979	5	3	-	Gretchen Kinder	364	1	-	-
Steve Robins	5322	-	-	1	Lisa Weissmann	2767	3	1	-	John Loring	327	1	-	-
Butch Pemstein	5303	-	-	-	Jes Olsen	2744	-	-	-	Jacob Allen	95	-	-	-
Don Mitchell	5207	5	4	-	Douglas Cohen	2693	3	1	-					
Chris George	5151	-	-	-	Bill Widnall	2559	6	2	-					
Larry Murphy	4915	7	-	-	Gary Smiley	2476	1	-	-					
Peter Brooks	4638	7	5	-	Rudge McKenney	2389	2	1	-					
Bruce Ingle	4571	2	2	1	Wil Davis	2315	5	3	-					
Gabor Demjen	4463	9	5	-	Marc Webb	2076	3	1	-					
David Wean	4408	4	-	-	John McCabe	2027	3	1	-					
Otto DeRuntz	4311	6	4	-	Craig Weiner	1951	2	-	-					
Janet Tortora	4235	6	5	-	Greg Tutunjian	1835	-	-	-					
Marilyn Hartman	4169	7	2	-	John Springfield	1802	-	5	-					
Pierre Avignon	4125	7	4	-	Donald Harbison	1766	3	1	-					
Joseph Tavilla	4098	2	1	-	Cynthia Zabin	1735	-	-	-					
Joseph Moore	3937	7	1	-	Bill Hanson	1620	-	-	-					
Dick Arsenault	3895	1	-	-	Henriette Elvang	1415	-	-	-					

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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617-325-2453

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617-354-0907
93 Thoreau St., Concord
978-369-5960

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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 Tpke,
Westboro
508-366-1770

Frank's Spoke 'N Wheel

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

Grace Bicycles

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

Harris Cyclery

1355 Washington St., W.
Newton
617-244-1040

Harvard Square Bicycles

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

International Bicycle Center

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

Landry's Bicycles

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978-777-3337
1210 Boston Providence
Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick

508-655-1990

276 Turnpike Road,
Westboro

508-836-3878

890 Commonwealth Avenue,
Boston

617-232-0446

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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.

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

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

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Arlington
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<http://www.crw.org/BikeShopsMap.htm>

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Join/Renew The Charles River Wheelmen

New Membership Renewal Please check one

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

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

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

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

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

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

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

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.