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# Wheel People



Newsletter of The Charles River Wheelmen

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On the roads of New England since 1966

Volume XXX, Number 12 · December, 2006

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## Little Known Safety Problems

by Guy Minnick

**W**orking in bike shops for over 20 years, I've heard many stories behind crashes.

There have been some manufacturing and design issues that have come up, but a lot of crashes have been caused by small events that were ignored by the rider, leading to worse problems. This article will alert you to potentially dangerous conditions that are often overlooked on both new and old bikes.

Under the category of design flaws, the worst that comes to my mind were the late 1970's Viscount cast-aluminum forks that would break without warning. Replace any that are still on the road. There are many



mountain bikes, hybrids, and touring bikes using old-style cantilever brakes, which stop quite well. The problem is that if your main brake cable snaps, the straddle wire will drop onto the tire. With knobbies this will lock up the wheel and send you flying—make sure there is a safety hook, usually in the form of a reflector bracket, to prevent this from happening. Long toe clips or big shoes on short-wheelbase bikes can cause your own foot to interfere with the steering, especially at slow speeds. While some cyclists accept this risk, check for clearance on all performance bikes and at least be aware of the problem. There are some bikes on which the

Safety Corner - Continued on page 6

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## Join the Winter Wheelers!

by Eli Post

**T**he Club's Winter Ride Program starts in December. Both the Saturday Morning Fitness Ride, and regularly scheduled Sunday Rides continue through the winter, even in severe weather conditions.

Starting in December the Club will expand its winter offerings with a series of Saturday Winter Wheeler Rides, which will be structured differently. Saturday Winter Wheeler Rides will be held on an impromptu basis whenever weather conditions are on the moderate side. There are no set criteria, but Saturday rides will be planned when a combination of temperature, wind-chill, sunlight and road conditions, together with a predicted absence of precipitation, all suggest a safe and pleasant experience. The rides will generally be in the 30-40 mile range, and the ride leader will attempt to keep

the group together whenever possible.

The Winter Saturday Rides will not be published in Wheel People, but will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable. In addition, we will maintain an email list for those who wish to be notified when Saturday Winter Rides are planned. Just visit [www.CRW.org](http://www.CRW.org) and look for the "Join The Winter Wheelers" link, and you will be on your way.

Although the vast majority of cyclists put their bikes aside as soon as cold weather arrives, others find winter riding to be a great form of exercise and a generally welcome, albeit challenging experience. Winter riders have learned how to outfit their bikes, secure the right equipment, dress appropriately, deal with winter road conditions, and how to enjoy the occasional warm days that occur even in the middle of winter. For more information on winter riding, visit the CRW website and go to Information/Useful Info/Winter Riding Tips.

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## BOARD OF DIRECTORS

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Don Blake.....	2007.....	781-275-7878
Andy Brand.....	2006.....	617-247-9770
Eric Evans.....	2007.....	617-901-3958
Barry Nelson.....	2006.....	617-964-5727
Linda Nelson.....	2007.....	617-964-5727
Eli Post.....	2006.....	617-306-1838
Janet Tortora.....	2008.....	978-692-7273
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Social Committee Chair.....	Naomi Wernick.....	781-894-3668
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Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	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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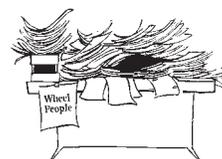
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 1 Gleason Road, Bedford, MA 01730



## 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](mailto: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):

Michael Aarons, Don Blake, Bill Widnall, Janet Tortora,

Eric Evans Others: Jack Donohue, Rich Levine

**November 7, 2006**

## Minutes (Janet Tortora):

Minutes from the October 3rd meeting were approved.

## Reports of Officers, Coordinators, and Standing Committees

### President (Eric Evans)

#### Bike Shop Program

Eric announced that James Mello is the new Bike Shop Program Coordinator. One of his first action items will be to update the bike shop webpage to accurately reflect those bike shops that are giving the 10% discount to CRW members.

#### Safety Coordinator

Eric informed the Board that Bob Zogg, Safety Committee Chairman, has been working with the Safety Committee to develop a safety policy. He will present a proposal to the Board at a future meeting.

#### Membership Coordinator (Linda Nelson)

Based on an email from Linda Nelson, Janet Tortora reported the membership numbers for October 2006 were 1098 current memberships, 1314 current members, 37 expired members, 24 new members, 61 renewed members.

#### VP of Rides (Bill Widnall)

Bill Widnall reported that Sunday Rides Coordinator, Michael Aarons had a good response to his solicitation for ride leaders for November and the calendar is now filled. Eli Post, the Saturday Ride Coordinator, needs additional ride leaders. Eli will extend the Saturday rides into winter on an impromptu basis. The rides will be posted on the webpage and a rides announcement will be emailed to interested riders. Eric

Ferioli, Winter Rides Coordinator, has filled the Sunday December rides calendar.

Bill Widnall sent out an email to past ride leaders encouraging them to sign up for their rides for next year. After the banquet any dates not committed will be open to other ride leaders.

Jack Donohue has worked out a method for ride leaders to sign up electronically at the banquet or holiday party whether there is in Internet hot spot or not. All rides will be electronically submitted.

All of the centuries will be held on the third Sunday of their respective months.

Michael Aarons has agreed to research some possibilities for next year's ride leader gift.

The Rides Committee wants to expand its membership.

#### VP of Finance (Rich Levine)

Rich Levine presented the "Statement of Activities for the Nine Months Ended September 30, 2006 (With Comparative Totals for 2005)". The Board discussed the statement. It was determined that when ride leaders are asked for a Certificate of Insurance (COI), that there shouldn't be a service charge.

#### Nominating Committee

The Nominating Committee is in the process of completing the slate of candidates for next year's Board. The statements of the candidates will be published in WheelPeople. The Nominating Committee is made up of CRW past presidents; Barry Nelson and Bill Widnall and current president, Eric Evans.

#### New Business

##### Massbike Grant Proposal

The Board voted unanimously by email to support the following motions that were presented by Bill Widnall and authorized by Eric Evans, CRW President:

Motion 1: Moved that CRW request a grant proposal from MassBike for an amount up to \$5000.

Motion 2: Moved that our RFP to MassBike indicate our preference for funding a new initiative but express a willingness to fund a previously started initiative.

David Watson, Executive Director of Massbike, responded to Bill Widnall's email with different options to consider. After considerable discussion by the Board, Bill presented the

Board Meeting Minutes - Continued on page 7

# Board Elections

Since we did not get more candidates for the board than required to fill the three positions available, we won't be having the usual election. We have three candidates, Jack Donohue, Rich Levine and Eli Post, whose statements are below.

## JACK DONOHUE

I've been involved with CRW since 1983, as a member, ride leader, membership coordinator, and currently as WheelPeople copy editor. I have been on the board previously, and served as club president for two years. The club has been and is an important part of my life, and I hope to continue to contribute to the club with another term on the CRW board of directors.

## RICH LEVINE

I have been a CRW member for four years. Since that time, I have become increasingly active in the club, joining the Finance Committee and becoming the VP of Finance this year. I am a regular on the weekend and many of the recurring rides. I get a lot out of being a member of CRW and feel that volunteering my time will help the club continue to run.

## ELI POST

I am a longtime CRW member, and for the last year have been very active with the club. I am currently the Saturday Rides Coordinator as well as a member of the Safety Committee. This past spring, I also led the recurring Introductory Rides program. Saturday Rides are an important part of the Club's offerings, and this year we not only filled the Calendar, but also introduced very successful follow-the leader rides, which helped promote group riding. I am in the process of initiating a new "Winter Wheeler" program to yet further increase ride opportunities. Serving on the CRW board would allow me to participate in the current and future direction of the rides program, and the club overall.

**BE COURTEOUS**

**STAY  
TO  
THE  
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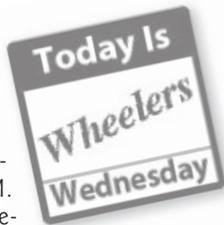




# Recurring Rides Calendar

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 during the 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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# December 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.



## Coffee shop Tour 1 of 3

### Pete's Coffee Shop (Lexington) To Cinnabon (Chelmsford)

*Sunday - December 3*

Times and Routes: 10:00 for 36 miles

Ride Type: Map and Cue Sheet, Follow the Leader

Description: Description: Get your favorite coffee from Pete's Coffee place in downtown Lexington and get back to the Lexington Green and be ready to go at 10am. Besides Pete's I think there is also a Starbucks or D&D in downtown Lexington. We will ride on back roads going north towards Chelmsford, we'll cut thru the Great Brook Farm State Park and arrive after about 20 miles at Drum Hill in Chelmsford where we can enjoy some hot drinks at the local Cinnabon or Starbuck or Panera. We'll take a different route going back, half of which will be on Rt225. Notes: **\*\*IMPORTANT\*\*** The night before the ride check this website <http://nordia.us/f/-/crw-dec-mar> (or you can call me) to make sure the ride is still on. I know some people have studded tires and can ride in any condition but I will cancel the ride in case of severe rain, snow or ice on the roads. **\*\*PRE-REGISTER\*\*** - I would like to have a rough count of the people that will attend if only to save on paper when I print cues and maps. It is \*not\* necessary to pre-register but if you can please do send an email a few days before the ride to [crw-dec-mar-subscribe@yahoogroups.com](mailto:crw-dec-mar-subscribe@yahoogroups.com)

Leaders: Bogie D (978-761-0574 email preferred, [bogie\\_crw\\_lead\\_feb05@nordia.us](mailto:bogie_crw_lead_feb05@nordia.us))

Start: Lexington Green

Directions: Exit 31 off Rt128, and take

Rt225 towards Lexington until you see the Minuteman statue on your right (right before downtown Lexington)

## Groton

*Sunday - December 10*

Times and Routes: 33 miles and 18 miles at 11:00 AM

Ride Type: Map and Cue Sheet

Description: This ride covers ground not usually seen on CRW rides. There will be an after ride party at Jamie and Lindy's.

Leaders: Jamie King (978-448-0533, [jamie\\_e\\_king@charter.net](mailto:jamie_e_king@charter.net))

Start: 41 Whitaker Lane, Groton

Directions: From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Rt. 225 joins 119 from the right at about 3 miles. At 4.2 miles, bear right onto Gay Rd. Take second right onto Whitaker Lane. #41 is on the left near the end of the road. House has yellow door. Park in the driveway or on the street on the power line side.

## Holliston

*Sunday - December 17*

Times and Routes: 10:30 AM

Leaders: John Goeller (508-429-2832, [jgoeller@verizon.net](mailto:jgoeller@verizon.net))

Start: Holliston High School

Directions: Take Route 16W or 126S to Holliston. From the junction of Routes 126 and 16 in Holliston (near Bertucci's Restaurant), follow routes west 3/4 mile into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left.

## Something in Common

*Sunday - December 24*

Times and Routes: 10:30 AM

Ride Type: Map and Cue Sheet

Description: Eric will give us a taste of winter rides to come. Join us for the first Winter Ride of the Season. This is the season to share in the fun.

Leaders: Eric Ferioli (781-235-4762)

Start: Cambridge Common

Directions: 1/2 mile north of Harvard Square on Massachusetts Ave. Meet at the monument in the middle of the Common.



## Seasonal Disorder

*Monday - December 25*

Times and Routes: 8-33 miles depending on weather conditions.

Ride Type: Cue Sheet, or ride with the leader

Description: Easy terrain with a couple of moderate hills, lots of lakes in residential Win-

November Rides - Continued on page 6

chester, Woburn, Burlington, Lexington and Bedford.

**Leaders:** Marilyn Hartman (781-935-9819)

**Start:** Horn Pond parking lot Lake Avenue, Woburn MA

**Directions:** From 128 take Rt. 3 SOUTH, Exit 33A (Cycle Loft exit). Head east for approximately 3 miles. Just after Whole Foods, turn Left onto Pond St. (This turns into Lake Ave.). The parking lot is approximately 1/2 mile on the left at the pond. It is located directly across the street from University Apartments, 48 Lake Avenue, Woburn MA. There are two commuter rail stops in Winchester located approximately 1 1/2 mile from the ride start.

**Note:** You are welcome to share a meal of Gypsy Stew, hearty bread and other Vegan treats at the home of the ride leader at the conclusion of the ride. If we are unable to ride, hiking, skiing, or snowshoeing are other options. The parking lot abuts the land around the lake, a "mountain", conservation land and a golf course.



## Willet's Pond Wayfare

Sunday - December 31

**Times and Routes:** 10:30

**Ride Type:** Cue Sheet

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

**Leaders:** Eric Ferioli (781-235-4762)

**Start:** Wellesley High School - Beaver St. entrance.

**Directions:** From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). Turn right at Seaver St. (3rd right). Turn right at High School (across from Peck Ave). Narrow entrance - watch for cyclists and cars.

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

cables can catch on the front reflector or other protrusion under the bars, or the cables are just too short. Swing your handlebars fully in both directions to look for this problem.

When I think of little maintenance issues that can lead to major crashes, the most common is the bent rear derailleur. Often a minor bump knocks the derailleur inward, but the bike is still rideable. The symptoms are noisy gears, com-

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**Do the shoes you pedal in have laces? Tie them in a double knot on the outside of your foot to prevent them from catching in the sprockets or winding around the pedal shaft.**

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bined with difficulty shifting into high gear (the smallest cog in back). The danger here is that when you shift to the low gear (the largest cog in back) the derailleur will swing too far inward and catch in the spokes. This usually destroys the derailleur and bends the wheel and derailleur hanger. Stand behind your bike and check that your derailleur is vertical—if not, have it aligned before riding again. You can see this condition on other rider's bike when you are riding behind them.

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**...never raise the seat post or handle stem above the "safe limit" mark.**

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Another "two-part" crash is the dented wheel. Many people continue riding after hitting something, not realizing that the dent can cause the brake to grab or bring the tire sidewall into the brake-shoe zone so the pad quickly eats through the tire, causing a blowout. Speaking of brake shoes, check yours for "shelving." If mounted even just a little bit too low, the pads can develop a lip that can hook under the rim, preventing the brakes from releasing—not a good thing if you are in the middle of an intersection! Replace any shoes with this condition. With

cantilever or linear-pull brakes, whose pivots are on the frame, the shoes ride downward as they wear. Really low shoes can swing completely under the rim and lock into the spokes. On the other hand, with side-pull brakes, they migrate upward toward the tire. Squeeze your brakes hard while watching the action of the shoes, and check the tire sidewalls for wear. The rim itself can be worn thin enough by the brake pads to cause structural damage. Many modern rims have wear indicators stamped into the metal, but on older bikes you can only judge by feeling how concave the braking surface has become. Replace a wheel that is deeply grooved.

Anyone riding a bike with horizontal dropouts (i.e., the wheel mounting slots) in the rear should check the quick-release or axle nuts for tightness. If at all loose, when you pedal forcefully, the wheel can slip forward, jamming the tire against the frame. This will slow you down just as you are really trying to go! Also see Sheldon Brown's more detailed advice on quick releases at <http://www.sheldonbrown.com/skewers.html>.

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**A part that rattles may be about to fall off.**

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Do the shoes you pedal in have laces? Tie them in a double knot on the outside of your foot to prevent them from catching in the sprockets or winding around the pedal shaft. A shoelace can bind your foot to the pedal, causing you to fall when you stop. How about your pump? If not secured, it can bounce off and fall into your wheel (or a fellow rider's), causing a crash. Hand grips can slip off just when you need them the most, especially in wet weather. Make sure yours are glued on if at all loose. Plug the ends of any exposed handlebars to avoid the unfortunate "apple core" injury in a crash.

Of course, sometimes crashes are actually caused by the rider's own adjustments. Most importantly, never raise the seat post or handle stem above the "safe limit" mark. These marks are sometimes hard to see. If unsure, have them checked. Exceeding the limit can cause the post or stem to break off. If you have done work on your bike, double check everything. On a recent ride, someone who had just changed his pedals had one fall off!

The more you know about bikes, the more confidently you will ride. Be alert—don't ignore noises or anything that doesn't feel right. A part that rattles may be about to fall off. Look at your fellow riders' bikes, too, and speak up if you see a problem. Let's make safety something we're all conscious of.

*Guy Minnick is the Service Manager at The Bike-way Source, Bedford, MA.*

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# RIDE

**Safe • Smart • Aware**  
**SAFETY STARTS WITH YOU!**

following amended motion to the Board that was seconded by Janet Tortora;

Move that CRW award a grant of \$5,000 to MassBike in support of its proposed option for "Expansion of Educational Programs: Classes for Children" which is described in its proposal of October 31, 2006 to CRW.

The Board voted unanimously to support this motion.

**Old Business  
Awards Banquet**

Michael Aarons motioned the following:

Move that if items of value are auctioned off at the Awards Banquet, that any monies raised will be given to a charitable cause, to be determined at a future Board meeting.

The Board unanimously supported this motion.

**Holiday Party Update**

By email vote, the Board voted to increase the budget allocated for the holiday party to \$750. The vote was not unanimous. The party is rapidly filling, and will be capped off.

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

Respectfully Submitted,  
Janet Tortora  
Secretary

# Change of Address

We had occasion to send a mass mailing to the club recently, and it became clear that many of the member email addresses in the database were invalid. We don't do this very often, but when we do send a mailing to the membership, it's probably about something you would want to know about.

If you didn't get a notice recently about the holiday party, then you're probably one of the bad addresses.

So, if you've changed your email address and didn't tell us, please do so. It's really easy, just go to:

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

and fill in the new address (you don't have to fill in the other stuff if it hasn't changed). Hit the submit button and you're done.

Also, this would be a good time to change over to electronic WheelPeople delivery. You'll get it much sooner (don't have to worry about the dog eating it) and we'll save some trees in the process.

# Web Site Change

We've discovered that modern search engines are able to scan binary files as well as normal text, i.e., web pages. This would include the copies of past issues of WheelPeople that are stored on the site as PDF format. So we've had to password protect this directory, which you may have found if you went back looking for that article on fixed gears. To access this page, you will need to log in:

user id: newsletter  
password: reporter



## Useful Links on the CRW Web Site

[www.crw.org](http://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>

## Web Sites with Winter Riding Tips

**CRW member Pamala Blalock's winter riding tips**

<http://blayleys.com/articles/WinterTips/wintertips.htm>

**The Icebike Site**

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

**The Icebike mailing list**

<http://www.icebike.org/icebikelist.htm>

**Alaska all season cycling**

<http://home.gci.net/~winterbiker/>

**All Weather Sports winter riding tips**

<http://www.allweathersports.com/winter/winter.html>

**BICYCLE BILLS**  
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WE'RE CLEANING OUT OUR INVENTORY OF PREVIOUS YEAR MODELS  
ALL SALE BIKES ARE PRICED WELL BELOW REGULAR RETAIL  
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# 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.

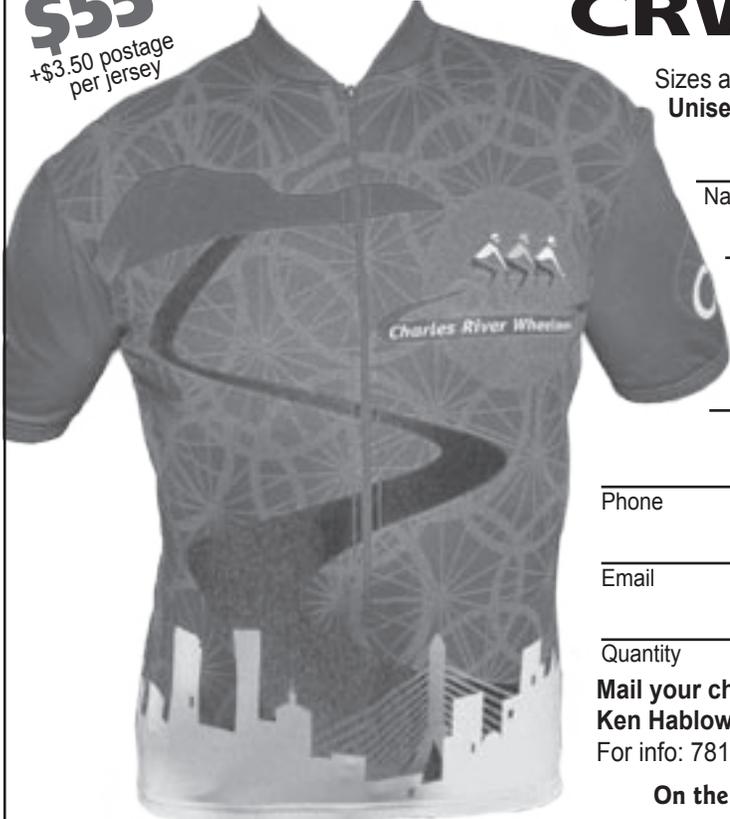
- You get the issue much sooner. The postal mail copy usually arrives at the end of the month, while the email version is ready around the middle of the month, giving you more advance notice of events you might be interested in.

To change to electronic distribution, just send an email to [membership@crw.org](mailto: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](mailto:membership@crw.org).



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+\$3.50 postage per jersey

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Sizes and VOMax recommended chest measurements:  
**Unisex sizes:** M (36-39"), L (39-43"), XL (43-45")

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City \_\_\_\_\_

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Quantity	Size(s)	Total \$
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**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 - [khallow@khgraphics](mailto:khallow@khgraphics)

**On the web at [www.crw.org](http://www.crw.org) - Click on About CRW > Merchandise**



# A Touring Life

By John Springfield

## Hot Turkey

I have bicycled up and down the spine of Vermont for many years. But none of my riding has included the Northeast Kingdom. Well, that all changed in October 2006. Our small group spent the Columbus Day weekend in East Burke, a mecca for mountain biking. I, however, set out on my road bike to cycle the loop consisting of routes 114 north and east, 102 south, and 105 west. I estimated it to be 85 miles. My first mistake: it turned out to be 100.

I usually like to start very early in the morning. But the temperature had dipped below freezing on Friday night, so

I waited until 8:30 to hit the road. It took about five miles before the sun warmed up my fingers. But after a few steady climbs, the juices started flowing comfortably through

my body. There was very little traffic on Route 114. The only sound was that of my bike tires engaging the road. Unlike biking in the city, I could let my mind enjoy the passing scenery. The colors of the leaves were turning before my eyes, silently shimmering in the warming sun. This was going to be a great ride.

Although I wasn't very hungry, I stopped at the town of Island Pond for a muffin. There would be plenty of opportunities for a full lunch somewhere down the road. Glancing at my map, it looked like the town of Norton would be a good place to stop. It was very near the Canadian border, so I figured there had to be a diner. Mistake number two.

Sticking to Route 114, I headed toward Norton. Unlike central Vermont, I noticed how sparsely populated the Kingdom was. There were no little stores or settlements. But, not a problem. At my current comfortable pace (remember, I had the whole day to ride the 85 miles) I would arrive in Norton for an "early lunch". I noticed that there were fewer trees as I headed north. But the landscape had its own grace, somewhat like the rolling hills of eastern Montana.

Shortly, I spotted a sign ahead. In large red letters it said "Norton Gas Station". Not "Norton Country Store". Interesting, but I had my stomach set on a real sit-down diner that served hot food. As Route 114 turned

east, I noticed the Canadian customs station on my left. There just had to be a diner up ahead. I kept pedaling due east. I was on my way to Canaan, the half-way point. Maybe I would find a diner somewhere before Canaan. Mistake number three.

The road had a series of long climbs and descents as I crossed over the north-south ridge lines. My hunger increased. Now instead of enjoying the scenery, I started imagining lunch. Did I want a burger? No, too greasy. Maybe a turkey-lettuce-tomato sub. No, too bland. I started craving something salty. And something warm. I wanted some comfort food. Then it struck me. I wanted, I NEEDED, a hot open-face turkey sandwich. With mashed potatoes, and gravy covering everything. And maybe peas on the side. Soggy peas, like the ones we had in the high school cafeteria.

As I climbed the long hills, I heard a mantra: Hot Turkey Sandwich. Now, I forgot the road, the hills, the few passing trucks. I started tasting the mashed potatoes, the salt, and the warm turkey. My stomach took control of



my mind. I was now in a race to locate a diner. Nothing else mattered. Take me to the diner.

Finally, I came over a ridge and drifted into Canaan. It wouldn't be long now. I was in the promised land. But, wait, my stomach suddenly commanded me to find THE diner, not just any store... What is happening here? Why is my stomach being so picky? I passed two cafes, but they weren't THE diner. I couldn't stop.

As I crossed the river into New Hampshire, I struggled with my demon stomach. Why can't we stop, I wondered? But I was commanded to keep going...

Then, my mantra stopped. At the intersection of Route 3 I saw the cafe. I was commanded to stop. This is what we were waiting for. We knew this was the place. I sat at a stool at the counter. I ordered the hot turkey open-face sandwich with mashed potatoes, salty gravy, and soggy peas on the side...

Now there a few times in life when you have a feeling of being "out of your body". But this was more like being "in your body". As I ate I made peace with my craving. The salt returned my usual rationality. The hot turkey warmed by soul. And a smile opened up my face.

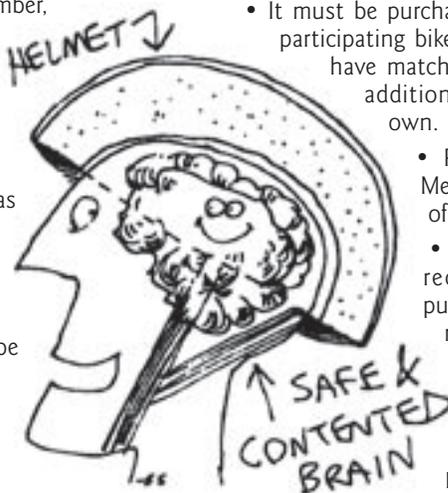
It just doesn't get better than this.

I started craving something salty. And something warm. I wanted some comfort food.

## 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.



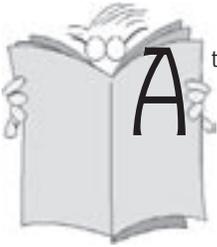
- It must be purchased from one of our participating bike shops. Many shops have matched our offer with an additional discount of their own.

- 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

# Little Jack's Corner

by Jack Donohue



**A**t the risk of belaboring the obvious, freewheels work best when they freewheel in one direction. I've on occasion had the unpleasant experience of having them freewheel in two directions (a rather large impediment to forward motion), but up until recently never had the experience of freewheeling in zero directions. I pushed off in my driveway, and stopped pedaling so I could get my right foot in, and just about fell over as the chain proceeded to wrap itself around the non-freewheel, which was not turning at all. Couple more tries, couple times with the chain finally falling off, and I convinced myself I should ride another bike that day. As

it turned out, that was a good decision, since it snowed later on and I was glad to have the mountain bike with the studded front tire.

I figured it was just a temporary aberration, so when I got home, I applied my usual first remedy, I whacked it a couple of times in hopes

## ...freewheels work best when they freewheel in one direction

I could make it quit its evil ways. No joy. For a moment, I considered leaving it as is and trying to ride it as a fixed gear. I mean, all the cool people had fixed gears, and had been trying to convince me for years to ride one. And I do so want to be cool. But after trying one out for

about 200 yards in a parking lot, I convinced myself that this would be just another creative way to FDGB. But here was an opportunity, I could try out my trainer fixed gear, and if I got to the point where my feet couldn't turn as fast as it wanted to, the chain would just fall off. This was also a good negative reinforcement to making me ride it as an actual fixed gear, since getting off and putting the chain back on repeatedly was clearly more tedious than just trying to keep the pedals turning.

But reason prevailed, and I realized that trying this was bound to end in tears. So I took the wheel off, and slopped lubricant all over it. Then got out the chain whip and yanked for a while until it finally freed up. Fixed gear is not for me.

## New Officers

We have a few new club officers this month, and we'd like to welcome Jim Mello as bike shop coordinator, Naomi Wernick as Social Committee Chair, and Marilyn Hartman, already doing yeowoman's work as Volunteer Coordinator, as our Information contact.

## Don't Lose Fitness this Winter — Join the Indoor Stationary Trainer Classes!

The 4<sup>th</sup> annual stationary trainer classes, presented by Pam Fernandes, will be offered again this year from December through mid March.

Tuesday evening classes start in December and Saturday morning classes start in January. Join us at any time during the winter - we're flexible! Get a jump start on your 2007 season! For more information and a registration form, call (781) 449-9563 or email [pamala@quik.com](mailto:pamala@quik.com).

## New Welcome Members

James Adams	Millis	Gregory Jundanian	Chestnut Hill
Joy Alleman	Watertown	Frank Konesky	Waban
Andrea Anastasio	Charlestown	Jochen Lorch	Boston
Adrian Collins	Holliston	Cyril Mazansky	Newton Centre
Caleb Davis	Bedford	Peter Megdal	Acton
Alan Dopfel	Framingham	Jan Miller, Michael Corbridge	Charlestown
Wayne Douglas	West Bridgewater	Andrew Neuwirth	Cambridge
Kevin Fancera	Bedford	Jes Olsen	Quincy
Keith Ferguson	Dedham	Catherine Peterson	Somerville
Thomas Fletcher	Boston	Melyssa Plunkett- Gomez	Newton Centre
Julian Gent	Atkinson, NH	Dan Powers, Kelly Powers	Natick
Cindy Gillan	Dedham	Shahzad Shaefi	Boston
Michael Greenberg, Miho Greenberg	Watertown	Robert Simmons	Chelmsford
Jerome Jacobs	Wayland	Melissa Smith	Hudson
Mark Jacobson	Wellesley	Gregory Washburn	Mansfield
Eric Jarvi	Littleton	Wendy Wilson	Natick
Doug Johnson, Tricia Droney	Marlborough		

# October Mileage Totals 2 3 0 3 8 5

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	9516	10	7	4	Dick Arsenault	4320	1	-	-	Bill Hanson	1864	-	-	-
Mike Kerrigan	9281	7	6	5	Walter McKay	4072	5	-	-	Henriette Elvang	1534	-	-	-
Pamela Blalock	8700	10	7	4	Joe Repole	4040	10	10	-	Ed Hoffer	1528	-	-	-
Don MacFarlane	8562	10	-	3	John Goeller	3949	4	1	-	Susan Grieb	1522	-	-	-
Jack Donohue	8304	-	-	2	Darrell Katz	3837	-	-	-	Cynthia Snow	1496	-	-	-
Jim Krantz	8175	8	6	4	John Allen	3832	4	-	-	Mike Hanauer	1485	-	-	-
Robin Schulman	8032	7	3	2	Peter Knox	3722	3	3	1	Elaine Stansfield	1222	-	-	-
Tod Rodger	7320	7	2	3	Marc Baskin	3518	5	2	-	Jeff Luxenberg	662	-	-	-
Irving Kurki	6405	9	7	1	George Ulrich	3008	2	1	-	George Caplan	648	-	-	-
Ilkka Suvanto	6153	4	3	2	Dan Freedman	2993	3	1	-	John Loring	481	2	-	-
Richard Taylor	6136	10	10	-	Lisa Weissmann	2932	3	1	-					
Chris George	6035	-	-	-	Ted Elkins	2852	-	-	-					
Butch Pemstein	5904	-	-	-	Gary Smiley	2802	1	-	-					
Don Mitchell	5674	6	5	-	Jean Orser	2630	6	1	-					
Steve Robins	5657	-	-	1	Rudge McKenney	2584	2	1	-					
Larry Murphy	5618	8	-	-	Bill Widnall	2574	6	2	-					
Peter Brooks	5258	8	5	-	John McCabe	2350	3	1	-					
Otto DeRuntz	5073	6	4	-	Marc Webb	2310	3	1	-					
David Wean	5020	5	-	-	Craig Weiner	2131	2	-	-					
Marilyn Hartman	4839	8	2	-	Elliott Morra	2102	5	1	-					
Janet Tortora	4679	6	5	-	John Springfield	2051	-	6	-					
Gabor Demjen	4655	9	5	-	Cynthia Zabin	2016	-	-	-					
Joseph Moore	4415	8	1	-	Greg Tutunjian	1907	-	-	-					

## 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](mailto:mileage@crw.org) or call 781-275-3991



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

### Back Bay Bicycles

362 Commonwealth  
Avenue, 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

151 Endicott St., Danvers  
978-777-3337  
1210 Boston Providence  
Turnpike (Route 1), Norwood  
508-440-0310  
790 Worcester St. (Route 9),  
Natick  
508-655-1990  
276 Turnpike Rd, Westboro  
508-836-3878  
890 Comm. Ave., Boston  
617-232-0446

### Marblehead Cycle

25 Bessom St., Marblehead  
781-631-1570

### National Ski and Bike

102 Washington St.,  
So. Attleboro  
508-761-4500

### Papa Wheelies Bicycle Shop

653 Islington Street,  
Portsmouth  
603-427-2060

### Pro Cycles

669 Main St., Wakefield  
781-246-8858

### Quad Cycles

1346 Mass. Ave, Arlington  
781-648-5222

### Ski Market, Ltd.

322 South Bridge St.,  
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](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

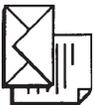
The electronic file is a pdf file and requires Adobe Acrobat

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:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Ride Leader            | <input type="checkbox"/> Publicity      | <input type="checkbox"/> Legislative Action |
| <input type="checkbox"/> Safety                 | <input type="checkbox"/> Membership     | <input type="checkbox"/> Newsletter         |
| <input type="checkbox"/> Host a post-ride party | <input type="checkbox"/> Special Events |   |
| <input type="checkbox"/> 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.