


Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

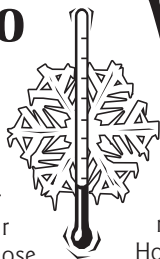
Volume XXXI, Number 1 · January, 2007

Warm Up to Winter Cycling

by Eli Post

The Winter Wheeler program is designed to promote group riding during the winter months. The first December ride offered two options, catering to those interested in social rides as well as to those primarily interested in speed and fitness. There was a fast-paced 45-mile ride where the Ride Leader regrouped periodically. Also offered was a 30-mile route at a 15-mph pace on the flats, which was designed to accommodate those who wanted to ride together at an intermediate pace in a more social environment. The two-option format, which allows riders to cycle comfortably at their own pace, will be the model for future Winter Wheeler rides.

These rides are planned on an impromptu basis whenever weather conditions are favor-



able. The forecast for the first ride was uncertain at best. Early in the week it looked like rain, and by mid-week 40 mph gusts were part of the bleak picture. However, a fortuitous change in the weather as well as Internet technology played a large role in making the first Winter Wheeler Saturday Ride a success.

CRW's newly enhanced website allows Ride Leaders to post rides and ride updates at any time. Although the Ride Leaders for this first winter ride decided to post the ride, they included a warning in the ride description that it would be cancelled in the event of high winds, and advised members to check the website after 7am Saturday morning. The Ride Leaders decided to go forward early that morning

Winter Cycling - Continued on page 3



Vision and Visualization

by John S. Allen

Advice to scan and keep your eyes moving while riding your bicycle is common. I hope to give some advice that goes beyond this.

I am reminded of the classic Japanese movie *Seven Samurai*. In one scene, a young samurai warrior sits inside an open doorway, and strikes out at an intruder who is not yet visible either to him or to the movie audience. Then it turns out that the intruder is a friend, an older samurai testing the young one's skill. The young one reacted when he saw the older one's shadow.

Riding safely in traffic is about cooperation, not combat. But to ride well, it helps to develop good visual skills, including the ability, like that of the samurai, to visualize things you can't even see yet. Developing these skills takes time but is well worth the effort.

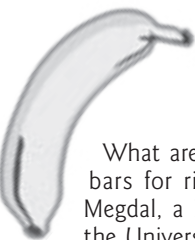
Develop widescreen vision

Cyclists must use central (foveal) vision to scan the road surface—but it helps also to learn to process peripheral vision consciously. Even if you jumpstarted this learning with active, multi-participant sports or video games, there are useful exercises to train your vision better for bicycling.

Safety Corner - Continued on page 6

Nutrition Lecture

Jan 19, 2007



What are the best sports drinks or bars for riding and recovery? Peter Megdal, a Ph.D. nutrition student at the University of Massachusetts, will give the inside scoop on proteins and carbohydrates for your best performance. Based on the latest published scientific evidence, the talk will outline the principles of basic nutrition theory as applied to cyclists and attempt to give the attendees enough knowledge to decipher labels and ingredients to best select products to optimize performance.

Come early, around 6:30, and we'll order some pizza, otherwise 7:30 for the main event. If

Nutrition Lecture - Continued on page 3

CRW Social Events

by Naomi Wernick

Greetings from your new social chair! I've got lots of ideas on what we can do during the "off-season" and I've had other suggestions from friends too, so get ready for lots of fun socializing this winter! If you have any ideas or would like to help plan an event—please contact me at social@crw.org.

In the meanwhile, I've got a great event planned for Thursday, January 25th—so be sure to save the date! We will be meeting at Watch City Brewery in Waltham for a private beer tasting along with a buffet of great appetizers. They are very excited to host this event as many of their staff (including their Brewmaster) are active cyclists! I hope you can join us. It should be a lot of fun. Please

Social Events - Continued on page 3

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Eli Post.....	2009.....	617-306-1838
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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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E-Mail List (CharlesRiverWheelmen@yahoo.com)	
Administrator.....	Barry Nelson... barrynelson@alum.mit.edu



CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 1 Gleason Road, Bedford, MA 01730



Editorial Policy

We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Send copy electronically to editor@crw.org. Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten or handwritten version to:

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

Articles submitted to WheelPeople or parts thereof may also be published on the CRW web site unless the author instructs otherwise.

Insurance

If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

Advertising Rates

Half Page	\$80.00	Third Page	\$55.00
Quarter Page	\$42.50	Eighth Page	\$24.00

For more information please contact
Marty Weinstock at 617-491-6523

Board Meeting Minutes



In Attendance:

Board Members (7): Michael Aarons, Barry Nelson, Linda Nelson, Eli Post, Bill Widnall, Janet Tortora and Eric Evans

December 5, 2006

Minutes (Janet Tortora):

Minutes from the November 7th meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Eric Evans)

Holiday Party

Eric Evans complimented Susan Grieb and the holiday party committee for a lovely holiday party which was well attended by about 100 people. The Bedford Old Town Hall provided a wonderful setting for the party.

Bike shop Program

Eric met with Jim Mello, the Bike Shop Program Coordinator, and they are updating and correcting the bike shop listing. Jim will be contacting previous bike shop representatives to see if they would like to continue to be the representatives.

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for November 2006 were 1096 current memberships, 1313 current members, 20 expired members, 12 new members, 27 renewed members. Board members expressed an interest in some of the information which can be provide by analyzing the membership database. The analysis will be provided at the next Board meeting.

VP of Rides (Bill Widnall)

Bill deferred the ride report to Eli Post, the Saturday Rides Coordinator and Michael Aarons, the Sunday Rides Coordinator. Eli thanked Jack Donohue for setting up the webpage which enables him to offer the impromptu Saturday rides in a dynamic manner. The Saturday Wheel-

ers ride had two ride options, one shorter/slower and the other, longer/faster. People divided themselves appropriately. Michael had nothing

new to report.

VP of Finance (Rich Levine)

There was no finance report.

New Business

Volunteer Ideas (Eli Post)

The Board discussed ways to increase greater membership participation in all of the aspects of CRW. Eli and Michael Aarons offered to develop a Strategic Plan to present to the Board at the January meeting.

CRW Intellectual Property (Eric Evans)

The Board would like to solidify the ownership of the intellectual property associated with CRW. An intellectual property attorney is needed. Michael Aarons agreed to be the contact if a club member has experience with intellectual property issues and would be willing to lead the Board in the right direction.

Other

Gerry Goode

Eric read an email from Gerry Goode who has been a CRW member for 15 years. He moved to Tucson, AZ in 2002. Gerry stated that "I want you to know that my wife and I appreciated all the cards we received from the members while we were recovering from our bike accident in 2003. I enjoyed my years as a member."

Thanks

Eric thanked outgoing Board members Barry Nelson and Andy Brand for their participation on the Board.

The next Board Meeting will be held on January 2, 2007 at 7:00PM, at the United Church of Christ, Lexington, Room 208.

Respectfully Submitted,

Janet Tortora
Secretary

Winter Cycling - Continued from page 1

as weather conditions had improved. They updated the website, enabling members to learn that the ride would proceed. The Winter Wheelers also maintain an e-mail list, and at 7 am emails were sent confirming that the ride was a go. This ability to weigh weather conditions on the morning of the ride and get the word out to members efficiently makes it possible to make last-minute decisions when conditions are uncertain. In the winter, when there are fewer windows of opportunity, the website is a valuable resource for expanding ride offerings.

Although the vast majority of cyclists put their bikes aside as soon as cold weather arrives, others find winter riding to be a challenging experience. If this kind of riding interests you, visit the CRW website at www.crw.org/rides/winterwheelers.htm and sign up.

Nutrition Lecture - Continued from page 1

you're interested in the pizza, call Jack or Susan at 781-275-3991, so we'll know how much to order. Pizza cost \$5 a person.

The talk will be held at 26 Fox Run Road, Bedford.

Directions:

>From Route 62/Concord: L on Routes 4/225; where 225 bears left to Carlisle, stay straight on Route 4 for about 2 miles, at V in road Route 4 goes left (sign to Chelmsford) bear right on North Road till road bears left, turn R on Springs Road, take 1st R on Fox Run Road, we are #26 on right. >From Route 3: Take Concord Street exit toward Bedford; in 1 mile Technology Park on left, another 1/10 mile road bears R, go L on Springs Road, take 1st R on Fox Run Road, we are #26 on right.

Social Events - Continued from page 1

RSVP to me at social@crw.org and be sure to bring approximately \$20 to cover the cost of the food and beer tasting.

EVENT DETAILS:

Thursday, January 25th, 2007 at 7PM

Watch City Brewery

256 Moody Street

Waltham, MA

(781) 647-4000

<http://www.watchcitybrew.com>

I look forward to seeing old friends and meeting new ones over the winter. See you soon!

2007 Mileage Log

A spreadsheet file (Acrobat PDF format) for keeping track of your 2007 ride mileage can be found on the internet at <http://www.crw.org/BikeLog.htm>

Michael Ahljianian

Hari Arisetty

Barry Barkow

Edith Baxter

Paul Bousquet

Jackie Bullock

Nat Cooper

David Durlach

William Earl

Benji Fisher

Timothy Gordon

Tom Keane

Wellesley

Cambridge

Cambridge

Bedford

Mansfield

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Karen Moore

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Thomas Rosch

Daniel Smith, Amy Smith

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Amir Yacoby, Naama Yacoby

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Bedford

Brookline

Framingham

Hanscom A.F.B.

Watertown

Dunstable

Newton Centre

Chestnut Hill



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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OUR 25th YEAR!

Letters to the Editor

My name is Jacek Rudowski, a CRW member since April 1973.

A few weeks ago I went to the CRW Awards Banquet, an event I go to nearly every year. When Eric, our president, asked for help by pulling out tickets for the door prizes, I volunteered. Someone made the unkind comment that I could not read. Maybe they thought they were being witty. The fact is I can read English and Polish.

Jacek Rudowski



January 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.



Happy New Year

Monday - January 1

Times and Routes:
11:00 AM

Leaders: Eric Ferioli (781-235-4762)

Start: Boston Common at the intersection of Park Street and Tremont Street

Bare Natick

Sunday - January 7

Times and Routes: 10:30 AM

Ride Type: Map and Cue Sheet

Description: Route goes to the southwest through Dover, Medfield, Millis, and Sherborn.

Leaders: Eric Ferioli (781-235-4762)

Start: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Round Carlisle

Sunday - January 14

Times and Routes:

10:30 AM

Ride Type: Cue Sheet

Description: We'll see how many times we can circle Carlisle without getting dizzy.

Leaders: Jack Donohue (781-275-3991 before 9PM, jmdonohue@alum.mit.edu)

Start: Bedford Center

Directions: Take Rt. 128 to Rts. 4/225 to Bedford Center, turn left onto Mudge Way to the Bedford Library Parking Lot.



Ride Type: Map and Cue Sheet, Follow the Leader

Description: Start from the Cinnabon in Chelmsford and head to the Cinnabon in Marlborough. We will go on back roads, south of I495 and we will take a different route coming back.

If it is too cold and 50 miles might be too much there is an option of turning back in Stow at mile 16 (please see the map). ****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 studied 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



Leaders: Bogie D (978-761-0574 email preferred, bogie_crw-dec-mar@nordia.us)

Start: Cinnabon at Drum Hill rotary, Chelmsford, MA

Directions: Exit 32 on Rt 3. The rotary is above the highway. Go up and if coming from South take the first exit right and Cinnabon is the first on the left

Weston

Sunday - January 28

Times and Routes: 10:30 AM

Ride Type: Map and Cue Sheet

Leaders: Eric Ferioli (781-235-4762)

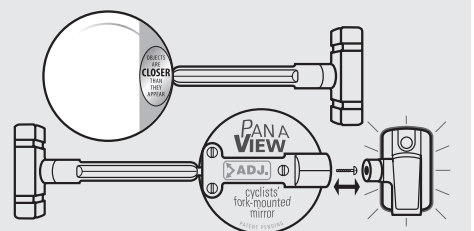
Start: Weston Town Hall, Weston Center

Directions: From Rt. 128 take Rt. 20 and head west to the first traffic light, turn right into Weston Center and park on the far side of the green.

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

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Coffee Shop Tour 2 of 3 Cinnabon (Chelmsford) to Cinnabon (Marlborough)

Sunday - January 21

Times and Routes: 10:00 for 33 miles (to Stow) or 52 miles (to the Cinnabon in Marlborough)

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Little Jack's Corner

by Jack Donohue



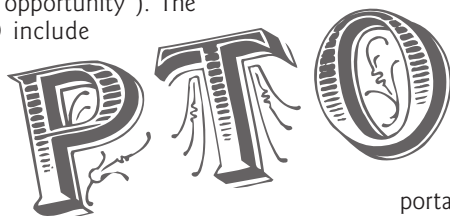
The topic of this month's column is one that may offend those with delicate sensibilities. So, gentle reader, if hearing words like "peepee" upset you, I suggest you not read on.

Biking is one of those outdoors activities that involves being separated from indoor plumbing for hours at a time. Unlike other outdoors activities, like hiking or canoeing, finding a good place to relieve oneself is not that easy. One of our buddies referred to such a place as a PTO ("perfect toilet opportunity"). The characteristics of a PTO include privacy, natural beauty, and firm footing. There are harrowing tales of pit stops gone awry that would make you blanch. My pal, Ken Hablow, in addition to scoping out the best riding in what has come to be known as Hablow country, has also a portfolio of the best PTOs in the area. We've been known to visit them even when we really could hold it.

At the risk of perpetuating the stereotype of men as boorish slobs (I in fact refuse to drink beer from a bottle), I'd venture to say that men find such opportunities much more easily than women. The male requirements for a PTO are rather minimal. Basically a place where you can just turn around and aim. Some amongst us don't even bother with the turning around part. Of course, there are the urban legends that don't even bother with the stopping and getting off the bike part, but they're too far out on the bell curve to consider.

For women, there is a much greater incentive toward sitting as opposed to squatting. Indoor plumbing (which Ken refers to as the "porcelain tree") is much more important for those not supplied with the convenience of outdoor plumbing. Then of course, there is #2, which pretty much levels the playing field with respect to gender.

An interesting phenomenon is that over the years as the demographics of CRW have changed so has the emphasis on toilets. In the old days, Charles River Wheelmen was mostly that, men. Now we probably have almost as many Wheelwomen as Wheelmen. Ride



leaders often announce the location of toilets along with cues and road hazards. This is particularly evident on the centuries. In the old days, there were no

portajohns, at the start or food stops. Now, they are ubiquitous, and a major cost of putting on a century.

One amusing anecdote vis a vis PTOs (or lack thereof) was many years ago when Susan and I were touring in Ireland. Ireland is indeed a very green country, but most of the greenery consists of fields as opposed to trees, at least the part we were in. Susan felt the need, and there really was very little cover to be had. There was also very little traffic and none in sight, so I told her to just hunker down, and I'd watch her back (so to speak). Timing is everything, so just as she was in mid-stream, a tour bus rounded the bend. I signaled for her to cease and desist but not in time, and she effectively mooned an entire busload of tourists.

further. A driver stopped at the edge of the road will almost always scan before merging into the traffic stream, but maybe only far enough to see the far side of a motor vehicle approaching from behind. So, don't pass too closely to the side of a stopped vehicle. Move left so you pass at a position where the driver will look for you. The faster you are going and the longer the vehicle you are passing, the farther away you should be. This tactic also puts you within sight of pedestrians crossing in front of a stopped vehicle, and out of range of opening car doors.

Also use visualization with drivers behind you—for example, if you are negotiating a blind right curve on a narrow road. There is no safety in hugging the right edge of a narrow lane if a motorist would see you around the curve too late to react. Merge to the middle or left of the lane so the motorist sees you sooner, and has time to slow and follow. When it is safe for the motorist to pass, then you merge right.

Before you turn your head to look back or check your bicycle computer, make sure that you have seen everything ahead that you need to—like taking a deep breath before diving underwater. If you find that you aren't keeping track, please get some rest.

Learning to use a helmet-mounted mirror, as described in a previous Safety Corner article, <http://www.crw.org/safety/Apr06-LookBack.html>, is a fascinating and useful mental exercise.

Be aware of blind spots

You don't have X-ray vision, so, like the samurai, you must develop awareness of hazards that might be there—such as the pedestrian who might walk out past the front of a tall SUV, the car that could be about to turn across your lane, hidden behind another car ahead of you. On curvy descents, expect that there is a big pothole or a stopped car hidden around every curve. Regard the potential hazards as real—sometimes they will be. Slow down or change your lane position as necessary to avoid them. Continually evaluate as you ride.

If you are farsighted, consider wearing contact lenses, or undergoing a laser vision correction. Eyeglass lenses for farsightedness magnify, so you have a ring-shaped blind spot and must tilt your head back farther to see ahead when riding in an aerodynamic crouch. If you are nearsighted and wear eyeglasses, you'll adjust quickly to the ring-shaped area where you see double, and you don't have to tilt your head back as far.

In summary

Improving your visual skills will make cycling safer and more enjoyable. Please let the CRW Safety Committee know how these suggestions work out for you—contact safety@crw.org.

Safety Corner - Continued from page 1

As you ride on a quiet road, notice the entire field of vision expanding in front of you and going out of sight at the edges. Follow objects out to the edge of your vision while also scanning ahead with your foveal vision.

You do not need to focus your attention where your vision is sharpest. Practice looking in one direction while focusing your attention on an object in another—though not while in conversation, need I say! Work on this skill until you are paying attention to several objects at once, and then to everything at once.

See—but also be seen

Now, moving from vision to visualization: learn to pay attention to your relation to the scene around you. Think about positioning yourself so motorists, cyclists, and pedestrians can see you in time to react. *Imagine yourself in the place of the other people around you*—including the ones who just *might* be there. Can they see you in time to avoid a collision?

People about to pull out or cross in front of you will look where they expect to see a motor vehicle. This is reason #1 to ride according to the rules of the road, but my advice goes

November Mileage Totals | | | | | | | |---|---|---|---|---|---| | 2 | 8 | 7 | 5 | 1 | 3 | |---|---|---|---|---|---|

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
John Bayley	10306	11	7	4	Dick Arsenault	4704	1	-	-	Bill Hanson	2092	-	-	-
Mike Kerrigan	9784	7	6	5	Joe Repole	4606	11	11	-	Greg Tutunjian	1995	-	-	-
Don MacFarlane	9597	11	-	4	Bruce Ingle	4571	2	2	1	Ed Hoffer	1817	-	-	-
Pamela Blalock	9525	11	7	4	Walter McKay	4570	5	-	-	Cynthia Snow	1782	-	-	-
Jack Donohue	9235	-	-	2	Steve Krich	4550	3	0	2	Susan Grieb	1710	-	-	-
Glen Reed	8811	6	8	2	John Goeller	4368	4	1	-	Mike Hanauer	1612	-	-	-
Robin Schulman	8680	8	3	2	Winslow Green	4277	5	3	-	John Kane	1250	-	-	-
Jim Krantz	8426	8	6	4	Darrell Katz	4263	-	-	-	Elaine Stansfield	1222	-	-	-
Tod Rodger	7936	8	2	3	Peter Knox	4117	3	3	1	Jeff Luxenberg	677	-	-	-
Irving Kurki	7107	10	7	1	John Allen	4060	4	-	-	George Caplan	673	-	-	-
Chris George	6795	-	-	-	Frank Aronson	3965	7	2	-	John Loring	568	3	-	-
Richard Taylor	6692	11	11	-	George Ulrich	3429	2	1	-					
Butch Pemstein	6503	-	-	-	Kent Anderson	3427	5	3	-					
Larry Murphy	6275	9	-	-	Ken Carpenter	3236	4	1	-					
Steve Robins	6193	-	-	1	Ted Elkins	3221	-	-	-					
Don Mitchell	6074	6	5	-	Lisa Weissmann	3125	3	1	-					
Peter Brooks	5838	9	5	-	Dan Freedman	3112	3	1	-					
Daniel Buchanan	5653	4	-	-	Gary Smiley	3087	1	-	-					
David Wean	5636	6	-	-	Douglas Cohen	3023	3	1	-					
Otto DeRuntz	5514	6	4	-	Jean Orser	2860	6	1	-					
Marilyn Hartman	5361	9	2	-	Bill Widnall	2785	6	2	-					
Bob Sawyer	5166	2	-	-	John McCabe	2630	3	1	-					
Pierre Avignon	4941	9	4	-	Marc Webb	2547	3	1	-					
Gabor Demjen	4925	10	5	-	Craig Weiner	2461	3	-	-					
Joseph Tavilla	4883	2	1	-	Cynthia Zabin	2311	-	-	-					
Joseph Moore	4853	8	1	-	John Springfield	2101	-	6	-					

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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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.

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 _____		

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.

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	

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.

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Join/Renew The Charles River Wheelmen New Membership Renewal Please check one

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

- acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
- fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities; the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
- herby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.

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