
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 2 · February, 2007

Route Planning for Group Rides

by Bob Zogg

Are you planning to lead a CRW ride? It's one thing to select a route for yourself and a few friends, but quite another to design a ride for a large group. Here are a few tips, focusing on safety. Also see the CRW Ride Leader Guidelines (<http://www.crw.org/rides/RideLeaderGuide.doc>) for further information that you will need to plan your ride.

Designing a good route is hard work, and starts at least several months prior to the ride. Consider using an existing route to save yourself gobs of time and effort. As a courtesy, consult the person who developed the route or who currently leads the ride using the route. Cue sheets for most CRW rides are available on the CRW website (<http://www.crw.org/CueSheets/index.htm>), along with descriptive information, including the name(s) of the current or most recent ride leader(s). If no one currently leads the ride, you are free to

tailor it to give it your personal flair.

If you decide to develop your own route, consider the start location early on. Information on our most popular ride-start locations is available at <http://www.crw.org/rides/StartInformation.xls>. (Please email safety@crw.org with any additions/corrections to our ride-start database.) Many locations require permission, and some, a permit. Pick a location that will be lightly used on the day of your ride, is away from town centers, and has plenty of space. Examples include: business lots that are normally used only weekdays (for weekend rides), commuter rail lots (for weekend rides), church lots (except Sundays), or synagogue lots (except Saturdays).

It's best to start the ride with a right turn leaving the lot (rather than a left), especially if

Safety Corner - Continued on page 8



31st Annual Tour of New England

May 26-28, 2007

NEEDS A NEW LEADER

I hope to go to Paris-Brest-Paris in August of 2007 and in preparation I am going to a Brevet Week in Wisconsin which ends Memorial Day Weekend 2007.

The leader organizes, provides bag transportation, and funds the float between making reservations and collecting money from par-

ticipants. I will explain the whole process to the next leader and help until I leave the week before the event.

To see the details of the trip, go to web page: <http://crw.org/trips.php?type=crw&year=2007>

I have started a list of interested participants which I will maintain throughout the Winter.

Please contact me at the address and phone number below or at whpage@verizon.net if you are interested in taking over this wonderful ride.

Walter Page
781-259-8598
58 Sandy Pond Rd

CRW Ride Planning and Arrowing Workshop

March 15, 7:00 - 8:30

CRW is sponsoring a workshop on route planning and arrowing presented by Ken Hablow. This workshop will cover planning routes for large groups (50 plus) and the fine points of arrowing.

For those new to CRW, Ken has planned and arrowed both Climb To The Clouds and the CRW Fall Century for 15 years as well as his Bolton Country Tour (the bagel ride) every June. Ken is a long time CRW member, was president for three years, served on the Rides Committee and is currently on the Century Committee. Ken was instrumental in writing the arrowing section of the current Ride leader Guidelines.

Ride Planning Workshop - Continued on page 8

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



Editorial Policy

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

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

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



How To Send Us Your Article

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

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

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

Insurance

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

Advertising Rates

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

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

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| Jack Donohue..... | 2009..... | 781-275-3991 |
| Eric Evans..... | 2007..... | 617-901-3958 |
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| Linda Nelson..... | 2007..... | 617-964-5727 |
| Eli Post..... | 2009..... | 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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| Vice President of Rides..... | Bill Widnall..... | 781-862-2846 |
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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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| Production Editor..... | David Cooper..... | 781-483-6960 |
| Advertising..... | Marty Weinstock..... | 617-491-6523 |

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| | |
|--|--|
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| Touring..... | Andy Meyer..... asm@ameyer.org |
| E-Mail List (CharlesRiverWheelmen@yahoo.com) | |
| Administrator..... | Barry Nelson..barrynelson@alum.mit.edu |

CRW Board Minutes

In Attendance:

Board Members (9): Eric Evans, Michael Aarons, Linda Nelson, Rich Levine, Bill Widnall, Eli Post, Jack Donohue, Don Bake, Janet Tortora; Others: Bob Zogg

Minutes (Janet Tortora):

Minutes from the November 7 meeting were approved.

Reports of officers, Coordinators and Standing Committees

President (Eric Evans)

No report

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for December 2006 were 1103 current memberships, 1324 current members, 8 expired members, 14 new members, 27 renewed members.

Linda presented a report on memberships. The most membership payments are in May. The majority of members are paying for their memberships through PayPal.

VP of Rides (Bill Widnall)

Bill Widnall reported that Rides Committee Member Michael Aarons has volunteered to look at possible locations for the CRW ride leaders/volunteers party. Additionally, Bill reported that Ken Hablow has expressed an interest in leading a Ride Leaders' Workshop. Eli Post reported that he has been working with winter rides coordinator, Eric Ferioli, on winter ride logistics.

VP of Finance (Rich Levine)

Rich Levine is working with Don Bake, Treasurer, on the yearend report and the tax filings.

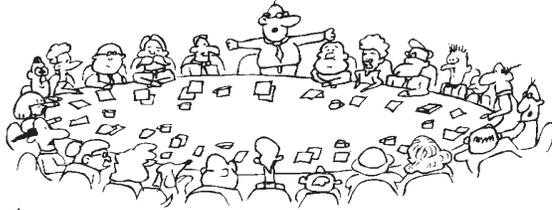
Old Business

Intellectual Property (Michael Aarons)

Michael Aarons has been contacted by a CRW member who is an attorney with experience in intellectual property matters. Mike will be talking to the attorney.

Membership and Volunteer proposal (Michael Aarons & Eli Post)

Mike and Eli are continuing to develop a strategic plan to increase the active involvement of CRW members in the organization. The club would like to expand the ride offerings, foster a greater club spirit, and to increase volunteerism. The Board discussed the possibility of doing a survey of members. If members have suggestions of ways to increase a greater sense of "community" and volunteerism, contact Michael Aarons.



January 2, 2007

New Business

Safety Policy (Bob Zogg & Eli Post)

Bob Zogg, Safety Coordinator, presented the recommendation of the Safety Committee, that the Board adopt the following Safety Policy: "The CRW promotes safe, courteous, and lawful cycling practices. CRW members are expected to cycle in a safe, courteous, and lawful manner when participating in CRW rides, and to encourage the same among fellow members and CRW guests." Eli Post motioned that by resolution, the Board adopt the safety policy presented by Bob Zogg. Eric Evans seconded the motion and the Board unanimously supported the resolution. Don Blake will check with LAB about adding a reference to the Safety Policy on the membership form.

Election of President/Board Chair

The Nominating Committee recommended that Michael Aarons be the CRW President and Chairman of the Board. The Board unanimously supported the recommendation. Mike thanked Eric Evans for his two years as President and Chairman of the Board. Eric will take the position of Executive Vice President.

The next Board Meeting will be held on February 6 at 7:00PM, at the United Church of Christ, Lexington, room 208.

Respectfully Submitted,
Janet Tortora
Secretary

CLASSIFIED ADS

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

Cyclists wanted for weekday rides: Are you interested in riding during the week in the low traffic and scenic areas around and west of Rte 495. Most rides are 2-4 hours with an average speed of 15-17 mph. Some good hills and many scenic vistas. Please call Don MacFarlane at 978-897-7567 (Stow, MA) (sorry, no email)

Social Events

SAVE THE DATE: Feb 22nd there will be a social event at Cycle Loft. Details will come later. Please check the website for updates. Also, there may be some last minute events which take place...so please check the website regularly to see what is new!

New Year, New Roads

by Tom Catalini

You've probably pledged to yourself that you'll ride a certain amount of miles, beat a personal time record on a favorite course, or lose some weight in 2007. Add to that pledge: get out and ride some new roads.

Massachusetts abounds with a variety of terrain, rich history and many cycling enthusiasts. Get out and see a new sight, meet a new challenge, or ride with a new group in a good way to rejuvenate your cycling experience, and a nice compliment to the typical riding resolutions.

Climb Mount Greylock because it is there, and because at 3,491 feet above sea level it is the highest point in the state. In fact, head out to just about anywhere in the Berkshires for beautiful scenery and challenging climbs, where "numbered routes" take on a whole new meaning as they weave through farmlands and fields and the buildings are few and far between.

Ride along the seaside. There are many great choices along Massachusetts' abundant coastline that offer spectacular views of the Atlantic, the Boston skyline and other great sites while you enjoy the refreshing scent of the sea and the challenge of a strong headwind or benefit of a favorable tailwind.

Visit the many quaint towns and historic sites around the state. See some of the over 200 homes in Marblehead that were built prior to the Revolutionary War. Take in a view of the Quabbin Reservoir where 412 billion gallons of drinking water stand in place of four towns discontinued for the creation of this man-made marvel in the early 1900s. Ride through Hopkinton center where the historic Boston Marathon has begun each year since 1927.

Whether you're looking for a more challenging workout or seeking out a new ice cream stand, or both, introduce a change of venue from time to time in 2007. You'll be surprised at how invigorating and fun it can be to see something new and maybe even learn a few things along the way, be it something about the state's rich history or a new tip from another rider whose path you might not otherwise cross.

Tom Catalini is the author of the recently published Road Biking Massachusetts, a detailed guide of forty rides throughout the state, available at local bookstores, bike shops and online at www.RoadBikingMassachusetts.com.



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



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!

Saturday Morning Fitness Ride**

Times and Routes: 8:30 AM. This ride runs

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

Coffee Shop Tour 3 of 3

– Leader’s Choice/Rider’s Choice

Sunday - February 4

Times and Routes: 10:00 for 40 to 50 miles

Ride Type: Map and Cue Sheet, Follow the Leader

Description: I am looking for suggestions from the riders on good “hidden” coffee shops and I will design the route, make cue sheets and print maps. In any case expect between



30 and 50 miles on back scenic roads somewhere west of Boston roughly in the quadrant delimited by Woburn, Andover, Marlborough, Wellesley. Maps and cue sheets will be posted online at least 3-4 days before the ride. ****IMPORTANT**** The night before the ride check the CRW website(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@yahoo.com

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

Start: To Be Determined.

Directions: Please check the CRW website before the ride for details.

Seasonal Order

Sunday - February 11

Times and Routes: 11:00AM for 8, 25, 33 miles

Ride Type: Cue Sheet, or ride with the leader

Description: Easy terrain with a couple of moderate hills, lots of lakes in residential Winchester, 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: 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.

Bruce’s Birthday Ride

Sunday - February 18

Times and Routes: 10:30 for 20 or 35 miles

Ride Type: Cue Sheet

Description: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkington, and Ashland. The long ride is 35 miles with 2010 of climbing and adds Millis and Medway. Post Ride party at Bruce’s house.

Leaders: Bruce Ingle (508-877-1045 before 8PM, ingle@gis.net)

Start: Framingham Center Green at Edgell Rd. and Rt. 9

Directions: From the east: take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126, bear right at the Staples/Walgreens plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left. From the west: take Rt. 9 east. Approximately 2 miles past the Sheraton Tara Hotel, bear right at Framingham State College exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.



Larz Anderson Ride

Sunday - February 25

Times and Routes: 10:30 AM

Ride Type: Cue Sheet

Description: This is the ride developed for the CRW 40th birthday. Starting in Brookline, it heads out to the western suburbs.

Leaders: Eric Ferioli (781-235-4762)

Start: Larz Anderson Park in Brookline - home of the Larz Anderson Antique Auto Museum

Directions: From the West: Take 128 to Route 9 east, towards Boston. You will eventually pass the Chestnut Hill Mall on your left side. Five or six lights after the mall, you will come to the intersection of Route 9 and Chestnut Hill Avenue and Lee Street, take a right onto Lee Street and follow to end. At the end of Lee Street, take a left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left on Goddard Ave. Park is 1/4mile on the right. From the East: Take Route 9 west, towards Newton. After you pass the Brookline Reservoir on your left, take that left onto Lee Street, follow Lee St. to the end. At the light turn left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left onto Goddard Avenue. Park is 1/4 mile on the right.

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



A Touring Life

By John Springfield

SIGN OF PARADISE

I t was going to be a long day. The previous week I had biked over the Cascade Mountains, saw the Grand Coulee Dam, crossed the desert of eastern Washington state (hey, who put a desert here?), and made it through to Sandpoint, Idaho. It was August, 1976. I was on my way across the country with my bike loaded with camping gear (that, as it turned out, I rarely used). After spending the night in a \$10 cabin in Clark Fork, Idaho, I decided to try to make it to Missoula, Montana, to stay with my friend, Bill Harlan. Bill was working for the newly-formed BikeCentennial organization. He had visited me in Boston while on his own cross-country trip.

The route looked pretty straight forward. Follow Route 200 southeast along the Clark Fork River, staying parallel to the mountains. But instead

of my usual 100-mile days, today would require 160 miles if I was going to reach Missoula.

Leaving at dawn, I quickly crossed into Montana and got into my groove. I had the usual problems of a minor upset stomach, a tail that couldn't quite conform to the bike saddle, and a general fatigue of bicycling for 7 days. But then the mountains rose up on both sides of me, inviting me to use the valley road. Hey, maybe this won't be so bad.

Now, western Montana doesn't have a

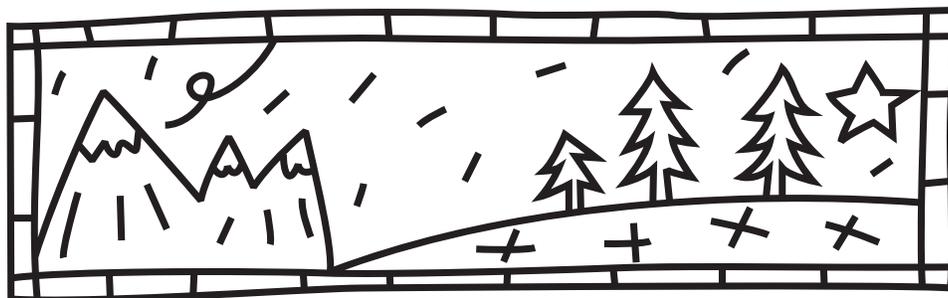
lot of towns. And those that do appear have only a few hundred inhabitants. The smart rider stops and refills his water bottles at every opportunity, because the next town may be 30 miles up the road. As the sweetness of the day unfolded, I found myself keeping an eye out for the signs of upcoming settlements. There were signs welcoming me to Trout Creek, White Pine, Belknap, and Plains. But then I saw the sign that stopped me in my tracks: "Paradise".

Not only had I pedaled over 100 miles so far, but I had made it to Paradise! Who lives here? Is this a mining town? Is this really Paradise? I took a photo of the sign. I needed documentation. I can now say I've been to Paradise.

But was this more than a sign? Maybe this sign was my symbol, the symbol of the touring cyclist. If a handful of people can proclaim paradise in the middle of the mountains, well then, I can proclaim paradise by bicycling across the country. Sure, I confused the sign for it was MY trip. I selfishly consumed this sign as my first gift of things to come. Unknown to me at the time, the trip ahead gave me the song of the grasshoppers in eastern Montana, the solitude of the North Dakota plains, the surprise of the 30-foot wide Mississippi River, and the towering pines of Michigan.

The sign of Paradise drifted to the back of my memory as I arrived in Missoula. Even though it was 9 o'clock at night, the sun was still up. I found Bill, and I took the next day off, enjoying Missoula and catching up on our lives.

Thirty years later I am looking at that photo of the sign of Paradise. Leaned up against the sign is my overloaded touring bike. The bike would serve me well. But where am I? I'm the observer, rightfully not in the picture. It was my role to record my moment in Paradise, honor the bike that got me there, and to plant a seed in memory.



HELP WANTED

Bicycle Mechanic/Customer Service

- Full time, April through mid-October (possibly longer)
- Must be available Saturdays and some Sundays
- Starting salary \$9.00, more with experience
- Mechanical experience preferred, but will train
- Women and people of color encouraged to apply

We also seek:

- Teaching experience
- Aptitude for working with your hands
- Interest in collectively-run organizations

**Come in to fill out an application:
Now through March 7th 2007**

Winter Hours: Tues.-Sat. 10AM-6PM (except Thurs. 12 Noon-7PM)

Location: 351 Broadway in Cambridge, MA • 617-868-3392

Broadway Bicycle School is a unique, collectively owned, full-service bicycle repair shop. We teach people how to fix their bikes in addition to selling new and used bikes, parts and accessories. Since 1972, Broadway has been committed to doing the highest quality repairs and to providing a place where workers and customers feel comfortable learning and being themselves. There is potential here to become a long-term collective worker, earn benefits, and participate in the control of your workplace. A great place to work!

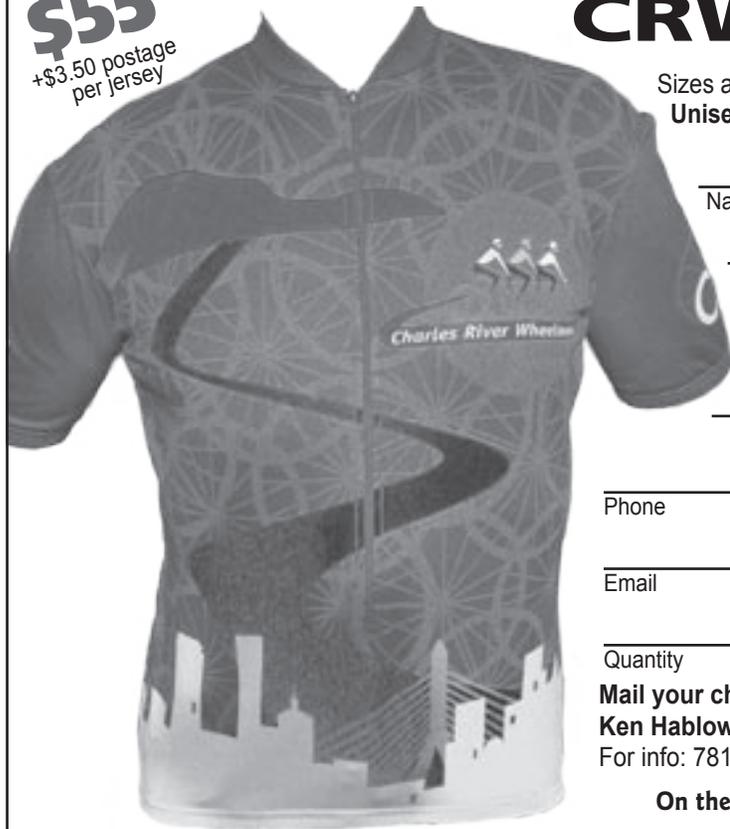


Hanging In Honor Roll for 2006

To qualify, you must have sent in your mileage for at least five years, one being this year. Welcome newcomers Butch Pemstein, webmaster Gary Smiley and Joseph Tavilla to the list this year. We've got quite a few waiting in the wings, so hang in there.

| Name | Years | Average | Total | Name | Years | Average | Total | Name | Years | Average | Total |
|----------------|-------|---------|---------|-----------------|-------|---------|--------|-------------------|-------|---------|--------|
| Melinda Lyon | 22 | 15,452 | 339,941 | Peter Brooks | 15 | 5,356 | 80,335 | John Springfield | 27 | 1,289 | 34,811 |
| Jack Donohue | 25 | 10,102 | 252,549 | Ed Hoffer | 17 | 4,223 | 71,789 | George Caplan | 25 | 1,219 | 30,484 |
| Robin Schulman | 19 | 8,048 | 152,920 | Irving Kurki | 12 | 5,824 | 69,887 | Marc Baskin | 8 | 3,694 | 29,552 |
| John Bayley | 11 | 12,741 | 140,151 | Mike Hanauer | 25 | 2,741 | 68,534 | Bill Hanson | 10 | 2,909 | 29,093 |
| Pamela Blalock | 13 | 10,430 | 135,585 | Ken Hjulstrom | 20 | 3,280 | 65,608 | Butch Pemstein | 5 | 5,383 | 26,915 |
| Paul Corriveau | 16 | 8,073 | 129,169 | Tod Rodger | 7 | 9,148 | 64,037 | Joseph Tavilla | 5 | 4,170 | 20,852 |
| Dave Jordan | 17 | 7,431 | 126,323 | Don MacFarlane | 6 | 9,067 | 54,401 | Gary Smiley | 5 | 3,822 | 19,109 |
| Mike Kerrigan | 13 | 9,080 | 118,040 | David Wean | 10 | 5,308 | 53,075 | Cynthia Snow | 7 | 2,167 | 15,172 |
| Glenn Ketterle | 19 | 5,742 | 109,091 | John Kane | 27 | 1,914 | 51,686 | Elaine Stansfield | 7 | 1,774 | 12,421 |
| Peter Knox | 15 | 6,936 | 104,318 | Jeff Luxenberg | 26 | 1,898 | 49,345 | Cynthia Zabin | 7 | 1,623 | 11,361 |
| Bruce Ingle | 12 | 8,645 | 103,743 | Doug Cohen | 12 | 3,966 | 47,594 | John Loring | 13 | 874 | 11,357 |
| Ken Hablow | 16 | 6,446 | 103,134 | John Allen | 19 | 2,503 | 47,563 | Greg Tutunjian | 7 | 1,272 | 8,901 |
| Joe Repole | 21 | 4,884 | 102,555 | Dick Arsenaault | 9 | 5,284 | 47,560 | Tracey Ingle | 12 | 639 | 7,670 |
| Bob Sawyer | 20 | 5,057 | 101,142 | Bill Widnall | 9 | 4,489 | 40,400 | Jacob Allen | 14 | 237 | 3,320 |
| Jamie King | 23 | 4,177 | 96,062 | Gabor Demjen | 10 | 3,925 | 39,246 | | | | |
| Jean Orser | 12 | 6,774 | 81,289 | Susan Grieb | 21 | 1,746 | 36,667 | | | | |

\$55
+\$3.50 postage
per jersey



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

All new ride leaders and potential new leaders are encouraged to attend. If you plan to attend, please email Ken at khablow@khgraphics.com or call 781-647-0233 so we have an idea of how many people we need to plan for.

The workshop will be held at the Lexington Public Library from 7:30 to 9:00.

Directions:

From the North and South

Take Route 95 (Route 128) to Exit 31A (Route 4-225 East). Follow Route 4-225 (Bedford Street) about 1.5 miles to Lexington Center. As you pass the Statue of the Lexington Minuteman on the Battle Green, the library will be on your right. Go beyond the Library and turn right onto Muzzey Street. Take the next right onto Raymond Street and next right onto Clarke Street. The Library is the second building on the right.

From the East

Take Route 2 West to Exit 54B (Waltham Street). Follow Waltham Street 1.6 miles to Forest Street and turn left. Go two blocks to Clarke Street and turn right. Go 1 1/2 blocks and the Library is on your right.

Location, parking, a map and full directions are available at <http://www.caryllibrary.org/aboutus/directions.html>.

the road is heavily traveled. Avoid bike paths (they can't handle large groups safely), dirt roads, busy roads (unless the lanes are wide or there is a good shoulder), badly broken or very bumpy pavement, and places where riders would need to walk their bikes.

Good road-surface conditions are most important on down hills. Avoid fast down hills having intersections or stop signs at the bottom. It's generally better to climb steep stretches and descend on the more gradual stretches. Right turns are safer and easier than left turns, and clockwise routes generally have fewer lefts than rights. Keep the route relatively simple, without too many turns (especially if the ride won't be arrowed), traffic lights, or stop signs. It's particularly important to keep the route simple for the first few miles, when riders tend to be more bunched up. Check schedules for events that may create heavy entering/exiting traffic along your route, such as religious services, flea markets, fairs, etc.

Obviously, compromises must be made to form a continuous route anywhere in eastern Mas-

sachusetts. Despite the aesthetic drawbacks, heavily traveled roads are often reasonably safe, especially if wide with smooth pavement. If possible, enter busy roads either with a right turn or at a controlled intersection, and where there is good visibility in all directions. Exit busy roads the same way. If there are tricky places along your route, note them in your pre-ride talk and on your cue sheet. If the ride is arrowed, you may wish to place an arrow, with three exclamation points (!!!) under the arrow, far enough in advance of the potential hazard to give riders time to react. Use these warnings sparingly. If you have more than one or two potential hazards, consider modifying your route. As close to your ride date as possible, ride or drive your route to look for problems that may have come up (road construction, bridge closures, etc.), so that you can warn riders during the pre-ride talk. Remember—safety is about choices. What choices will you make?

Keep the route relatively simple, without too many turns (especially if the ride won't be arrowed), traffic lights, or stop signs.

If there are tricky places along your route, note them in your pre-ride talk and on your cue sheet.

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

You can elect to receive WheelPeople by email rather than postal mail. This has several advantages. The email version is available up to two weeks before the printed version. Sending the electronic version saves the club money in postage, which can be put to good use elsewhere.

Renewal Notices

We have been sending out notices for members who need to renew their membership by email. The email contains the member information currently on file, so all you need do is print it out, mark up the copy with any changes, and

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

In order for the last two features to work, we need your help in making sure that the email address we have for you is current. If you've changed email addresses lately please update this information by emailing membership@crw.org.

Late Breaking News

Be sure to include your email address when you join or renew your membership. We occasionally send announcements to all members who have registered email addresses with us of information that happened too late to be published in WheelPeople. Rest assured that your address will only be used for this.



Songs and Poems of the Wind Trainer

Reprinted with permission from the January 2007 issue of New England Mountain Biking Association's SingleTracks magazine.

We love them, we hate them... But let's face it, sometimes there's no choice but to climb on to your wind trainer or rollers to get your cycling fix. Yes, it's boring—even with Coach

Troy urging you to feel the burn—but it gives time to ponder, waste time and generally contemplate life's absurdities.

So what would Paul Simon sing while riding on his indoor trainer? Here are a few lyrics, reworked by NEMBA member, Karl Hanner, sung along to Sounds of Silence.

Hello Trainer, my old friend,
I've come to ride on you again,
Because a snow storm softly creeping,
Left its load while I was sleeping,
And the vision that was planted in my
brain
Still remains
In winter silence.

In restless dreams I ride alone
In warm rooms with no one home,
With the whir of my street tires,
I burn my muscles with much perspire
When my quads were stabbed by the
cramps of a heavy spin
My cries split the air
And broke the winter silence

And in the winter light I saw
Ten thousand bikers, maybe more.
Some talking about riding,
Some riding without falling,

Some riding visions as they sadly stare
and no one cares
Only winter silence.

"Fools" said I, "You do not know
winter snow like a cancer grows.
Heed my words that I might reach you,
Ride your trainers I beseech you."
But my word like silent snow flakes fell,
And echoed
In the wells of winter

And the bikers bowed and prayed
To the fair weather god they had made.
And the sign flashed out its warning,
In the words that it was forming.
And the sign said, "The words of the
winter storms
are written on the suburban lawns
And Lynn Woods now winter gone."
And whisper'd in the snows of winter.

Dr. Seuss: On Riding Rollers

Those rollers aren't fit for man or mouse
I do not want them in my house.

I would not ride them, if I could
I would not, will not, though I should.

I'll ride my bike through snow and rain
although it gives my taint such pain.

I'll gladly take a butt that's wet
over riding those things I have not met.

They look so boring, snoring, bland
like counting traffic up by hand.

I'm surely fatter, weaker, slow
but the torture of rollers, I shall not know.

— NEMBA Member, Mike Rowell

Little Jack's Corner

by Jack Donohue



I'm here to talk about the benefits of being a century volunteer. Sure there's the reward of helping your fellow cyclist, the camaraderie with the great group of volunteers, the pride in a job well done, but more to the point, there's the swag.

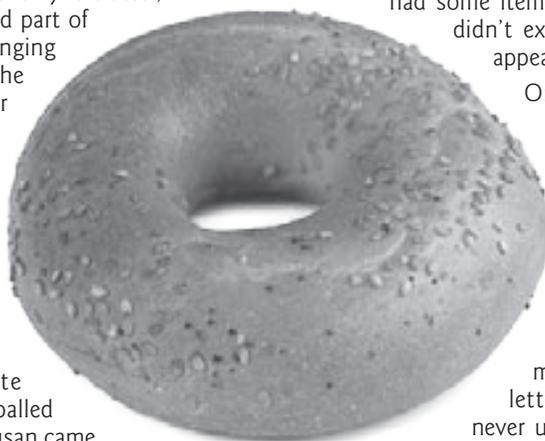
I'm sure you've wondered what happens to all those leftover bagels at the end of the century. Well, wonder no more. Toward the end of the day, century volunteers are hovering around them like seagulls at the dump. Actually, it's more like trying to save all this fine food from the dumpster, and a bit of arm twisting is involved. Susan and I are not of similar minds on this. Susan's arch enemy is clutter, and she spends a good part of her time avoiding bringing yet more junk into the house, while I never overlook the opportunity for free stuff. So, I usually try to carry away my weight in leftover bagels, then she steps in and limits us to a modest bag. This is however enough to satisfy our bagel needs for quite some time. I was appalled the other day when Susan came back from the grocery store with bagels. This is probably the first time in the last ten years when we had to actually BUY bagels. Bagels are a staple of every century. I personally don't find them all that appealing in the middle of a long, hot ride to try to wolf down something with the consistency of a brick, and that requires a substantial caloric input of chewing to get it down (I usually need all my calories for more important things, like propelling the bike forward). But days and weeks later, a toasted bagel slathered with butter accompanied by a massive quantity of coffee is another story entirely. Susan limits me to the number that can be stored in our freezer, but this is usually ends up with enough bagels to carry me from century to century.

There are other food treasures that I've carted off as well. One year there was a large potato salad surplus, which I scarfed up most of. Susan was due to be out of town for some

time shortly thereafter, so this was my main source of food while she was gone. Susan was sure it would go bad in a matter of days, but I subsisted on it for several weeks without any trips to the ER.

The perk from the latest century was leftover salami and provolone cheese. These were also items that Susan would have thrown out within a couple of days, but weeks later I was still feasting on these vittles. Cold salami and provolone is not all that inviting, but I found they were much better microwaved. Much of the salami grease melted out so after you extracted the solids from the resulting puddle of grease, it was practically dietetic.

Besides food, there are the giveaway items at the century. The staple is water bottles, and leftovers are used at the next event, but we've had some items in the past that didn't exactly have lasting appeal.



One was the CRW sweatbands. These were white terry-cloth bands with the CRW logo imprinted in black. Until the first wearing, when the sweat pretty much dissolved the lettering. These were never used again and the leftovers (of which there were a lot) distributed to the volunteers. I have a lifetime supply, or maybe not quite, since they have a tendency to get permanently twisted or stretched out, rendering them unusable.

Then there was the year of the bandannas. Red bandannas with CRW written on them, much like the Harley Davidson ones though not as well designed. Their fatal flaw was that as soon as you washed them they would bleed all over the rest of your clothes. I have many items with colorful reds patches as a result of having been washing machine companions to the bandannas.

Then there are the t-shirts. A good part of my wardrobe consists of volunteer t-shirts I've acquired over the years. That coupled with the vast quantity of free ones I've acquired in other ways means t-shirts are another item that will never require a cash outlay.

CRW Trips

36th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 8-10, 2007

Join us for this classic Vermont tour, biking 100 miles from Ludlow to Waterbury on Saturday, and returning on Sunday. (That's 200 total miles.) This is a tour, so expect some serious climbing (sometimes over 10% grade), wide-ranging weather (cold rain to hot and humid), and varying traffic conditions. Travel through quaint Vermont towns, passing by farms, country stores, ski areas, and the Green Mountains. To enjoy this tour make sure you can bike 100 miles in less than 8 1/2 hours. Helmets are required.

Cost of \$130 covers Friday and Saturday night lodging, Saturday continental breakfast, Saturday night supper, Sunday breakfast, Sunday after-ride showers, an official patch, a map, cue sheet, and baggage support. You are responsible for all other food along the way. Be prepared to fix your own flats and make minor repairs. Bring a touring bike with fenders (unless you don't mind the "skunk streak" of riding in the rain). Strictly limited to 28 riders.

For info and registration form, email John Springfield at: spring6@comcast.net.

New Welcome Members

| | |
|--------------------------|---------------|
| Bob Damiano, Linda Riera | Arlington |
| Rebecca Gitter | Brighton |
| Lauren Hefferon | Arlington |
| Laura Hollister | Framingham |
| Andrew Jones, | |
| Jacqueline Haggett | Swampscott |
| Tamara Kellogg | Cambridge |
| Tony Lee, Margie Lee | Wayland |
| Jason Marder | Jamaica Plain |
| Kenneth Margolin | Newtonville |
| Jennifer Parmenter, | |
| David Parmenter | Newton |
| Mike Royslance | West Roxbury |
| Leonard Wenyon | Wakefield |

December Mileage Totals

3 6 6 5 1 7

| Name | Miles | M | C | K |
|-----------------|-------|----|----|---|
| Melinda Lyon | 16108 | - | - | - |
| John Bayley | 11118 | 12 | 7 | 4 |
| Don MacFarlane | 10611 | 12 | - | 5 |
| Pamela Blalock | 10313 | 12 | 7 | 4 |
| Mike Kerrigan | 10090 | 7 | 6 | 5 |
| Jack Donohue | 10046 | - | - | 2 |
| Robin Schulman | 9125 | 8 | 3 | 2 |
| Glen Reed | 9070 | 6 | 8 | 2 |
| Tod Rodger | 8291 | 9 | 2 | 3 |
| Dave Jordan | 7885 | - | - | - |
| Irving Kurki | 7762 | 11 | 7 | 1 |
| Chris George | 7499 | - | - | - |
| Richard Taylor | 7125 | 12 | 12 | - |
| Larry Murphy | 7077 | 10 | - | - |
| Steve Robins | 7056 | - | - | 1 |
| Butch Pemstein | 7028 | - | - | - |
| Paul Hardin | 6845 | 7 | 3 | - |
| Ilkka Suvanto | 6512 | 4 | 3 | 2 |
| Peter Brooks | 6393 | 10 | 5 | - |
| Don Mitchell | 6389 | 6 | 5 | - |
| David Wean | 6244 | 6 | - | - |
| Daniel Buchanan | 6160 | 4 | - | - |
| Otto DeRuntz | 6082 | 6 | 4 | - |
| Marilyn Hartman | 5898 | 9 | 2 | - |
| Janet Tortora | 5509 | 7 | 5 | - |
| Bob Sawyer | 5426 | 2 | - | - |
| Gabor Demjen | 5256 | 11 | 6 | - |
| Joseph Moore | 5178 | 8 | 1 | - |

| Name | Miles | M | C | K |
|-----------------|-------|----|----|---|
| Joe Repole | 5163 | 12 | 12 | - |
| Pierre Avignon | 5125 | 9 | 4 | - |
| Dick Arsenaault | 5071 | 1 | - | - |
| Joseph Tavilla | 5036 | 2 | 1 | - |
| Walter McKay | 5028 | 5 | - | - |
| John Goeller | 4840 | 4 | 1 | - |
| Darrell Katz | 4652 | - | - | - |
| Winslow Green | 4597 | 5 | 3 | - |
| Bruce Ingle | 4571 | 2 | 2 | 1 |
| Glenn Ketterle | 4470 | - | - | - |
| Jeff Olsen | 4415 | 5 | 3 | - |
| John Allen | 4338 | 5 | - | - |
| Frank Aronson | 4316 | 7 | 2 | - |
| Marc Baskin | 4109 | 6 | 2 | - |
| Henry Marcy | 4013 | 3 | 2 | - |
| George Ulrich | 3820 | 2 | 1 | - |
| Ted Elkins | 3572 | - | - | - |
| Kent Anderson | 3546 | 5 | 3 | - |
| Gary Smiley | 3375 | 1 | - | - |
| Dan Freedman | 3304 | 3 | 1 | - |
| Lisa Weissmann | 3281 | 3 | 1 | - |
| Larry Kornetsky | 3239 | - | - | - |
| Paul Corriveau | 3155 | 6 | 1 | - |
| Jean Orser | 3125 | 6 | 1 | - |
| Douglas Cohen | 3069 | 3 | 1 | - |
| Jerry Green | 3066 | 4 | - | - |
| Bill Widnall | 2990 | 6 | 2 | - |
| John McCabe | 2850 | 3 | 1 | - |

| Name | Miles | M | C | K |
|-------------------|-------|---|---|---|
| Ken Hablow | 2752 | - | - | - |
| Marc Webb | 2704 | 3 | 1 | - |
| Craig Weiner | 2600 | 3 | - | - |
| Cynthia Zabin | 2480 | - | - | - |
| Bill Hanson | 2348 | - | - | - |
| John Springfield | 2343 | - | 6 | - |
| Lincoln Ross | 2186 | - | - | - |
| Cynthia Snow | 2088 | 1 | - | - |
| Greg Tutunjian | 2058 | - | - | - |
| Ed Hoffer | 2036 | - | - | - |
| Susan Grieb | 1922 | - | - | - |
| Mike Hanauer | 1725 | - | - | - |
| Lizete Alcalai | 1632 | - | - | - |
| John Kane | 1450 | - | - | - |
| Elaine Stansfield | 1222 | - | - | - |
| Ken Hjulstrom | 920 | - | - | - |
| William Aldrich | 730 | 1 | 2 | - |
| George Caplan | 720 | - | - | - |
| Jeff Luxenberg | 677 | - | - | - |
| Tracey Ingle | 675 | 1 | - | - |
| John Loring | 671 | 4 | - | - |
| Jamie King | 251 | - | - | - |
| Jacob Allen | 95 | - | - | - |

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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617-776-2100

Adi's Bike World
231 Grove Street, West
Roxbury
617-325-2453

ATA Cycles
1773 Massachusetts Ave,
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

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64 South St., Jamaica Plain
617-522-7082

Frank's Bicycle Barn
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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
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617-441-3700

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617-783-5804
66 Needham St., Newton
617-527-0967

Landry's Bicycles
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Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick
508-655-1990
276 Turnpike Road, Westboro
508-836-3878
890 Commonwealth Avenue,
Boston
617-232-0446

**Marblehead Cycle
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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

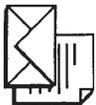
Travis Cycles
7 Oak St., Taunton
508-822-0396
722 N. Main St., Brockton
508-586-6394

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

[http://www.crw.org/
BikeShopsMap.htm](http://www.crw.org/BikeShopsMap.htm)

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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 | |

The electronic file is a pdf file and requires Adobe Acrobat

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

Phone (eve.) _____ (day) _____

e-mail _____

Signature(s) _____ Date _____ Date of Birth _____

Name(s) _____

Address _____

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.