
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 3 · March, 2007

Introducing the CRW Safety Policy

The CRW Safety Committee proudly announces the official CRW Safety Policy. In response to the Safety Committee's recommendation, the CRW Board of Directors unanimously passed a resolution adopting the Safety Policy at their January 2, 2007 meeting. The Safety Policy reads:

"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."

While the Policy itself is new, the concepts it promotes are not. The club has always encouraged safety-conscious bicycling. Ride leaders



ask ride participants to follow the "Rules of the Road" in their pre-ride safety talk, and most ride participants do. Including our Safety Policy in our membership form and on our website will help remind each of us of our responsibilities as CRW members. We hope that members will take the Policy to heart and work together to make it effective.

See the side bar on page 7 for more information about the Safety Policy. Please take the time to evaluate your own riding habits, and take the initiative to speak up if you observe actions that conflict with the Policy—you will make a difference!

Thanks,
The CRW Safety Committee

Safety Corner - Continued on page 7

CRW Ride Planning & Arrowing Workshop

March 15

Note: the location for this workshop has changed from Lexington to the Community Center in Weston due to a scheduling conflict with the Lexington Library.

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

Watch City Brewery Beer Tasting a Big Hit

A good time was had by all, and a decent quantity of beer consumed at the beer tasting at the Watch City Brewery last week! About thirty beer aficionados assembled to sample Watch City's selection of brews, and socialize with fellow CRW members.

Also, thanks to our brewmaster and beer guide, Aaron Mateychuk! He asked that I spread the word that Watch City Brewery is bike friendly and any time you want to stop by on your bike they would be happy to arrange for it to be placed securely in the basement while you dine!! Any questions, you can contact him at the brewery or email him (brewmaster1965@rcn.com).



BOARD OF DIRECTORS

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Jack Donohue.....	2009.....	781-275-3991
Eric Evans.....	2007.....	617-901-3958
Rich Levine.....	2009.....	617-630-1565
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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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

WHEELPEOPLE STAFF

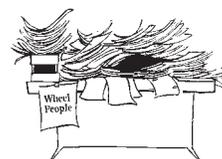
Copy Editor.....	Jack Donohue.....	781-275-3991
Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523

INTERNET STAFF

Web Site (http://www.crw.org)	
Webmaster.....	Gary Smiley..... webguy@crw.org
Picture Gallery.....	Rory Dela Paz..rdelapaz@mindspring.com
Touring.....	Andy Meyer..... asm@ameyer.org
E-Mail List (CharlesRiverWheelmen@yahoogroups.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

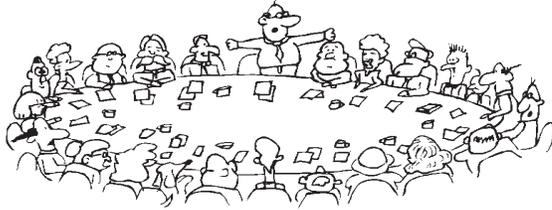
If ride leaders or others have questions about insurance, contact Don Blake at (781) 275-7878. Please do not contact the insurance company.

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

CRW Board Minutes



February 6, 2007

In Attendance:

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

Minutes (Janet Tortora):

Minutes from the January 2 meeting were approved.

Reports of officers, Coordinators and Standing Committees

President (Michael Aarons)

No report

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for January were 1117 current memberships, 1345 current members, 8 expired members, 14 new members, 10 renewed members. She compared 2007 numbers to the 2006 figures: 1125 current memberships, 1357 current members, 10 expired members, 16 new members, 18 renewed members.

VP of Rides (Bill Widnall)

Bill Widnall reported that the ride leaders/volunteer party will be held this year at the Bedford Old Town Hall on Sunday, March 25. This venue will allow the ride leaders/volunteers to bring a guest. This will not be potluck, food will be provided. Eli Post is responsible for creating the list of invitees.

The Rides Committee discussed the authorization of ride leaders/rides with the determination that to be listed as a CRW ride, the ride has to be authorized by the Rides Committee.

VP of Finance (Rich Levine)

Rich Levine presented his report when the Board discussed new business.

Old Business

New Safety Policy & Membership Form Revision (Michael Aarons)

With the approval of LAB, the safety resolution which was passed at the last Board meeting is being incorporated into membership form.

Massachusetts Sales Tax Exemption (Michael Aarons)

Don Blake received the Massachusetts Department of Revenue Certificate of Exemption for CRW. If members purchase items on behalf of club, the tax exemption number should

be used. If a member needs the tax exemption information, a Board member should be contacted.

CRW Intellectual Property (Michael Aarons)

CRW member and lawyer, Alex Pyle, volunteered to offer advice concerning CRW intellectual property. The Board thanks him for his expertise in this area. At the next Board meeting, Michael and Eric will propose a list of CRW items which should be copyrighted at a federal or state level. Michael distributed an "Assignment" sheet to the Board.

New Business

CRW Co-Funding of Event at CycleLoft (Jack Donohue)

The Board discussed co-funding a Social Committee event which is going to be held at CycleLoft. No action was taken.

Awards Banquet & Holiday Party merger discussion (Eric Evans)

Eric has proposed merging the Awards Banquet and Holiday Party. The discussion was deferred until the next Board meeting due to time limitations.

2007 Budget Report & Financial Recommendations (Rich Levine)

Rich Levine presented a Draft for the "2007 Budget" and some recommendations for financial accountability. Additionally he provided information about PayPal usage and fees.

The next Board Meeting will be held on March 6 at 7:00PM, at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford, in the library.

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.

The Tour of the Scioto River Valley TORSV in Columbus, Ohio is on May 12 and 13. I have room for one passenger and bike in my camper van. Call Ralph Galen at 781-935-3225 or email ralphgalendds@yahoo.com

New Welcome Members

Tracey Bennett	Lincoln
Michael Briskin	Lexington
Frank Chirico	Lexington
David Conklin	Newton Highlands
Mark Hammer	Cambridge
Glen Ilacqua,	
Janine Remondi	Cambridge
Patricia Manning,	
George Manning	Grand Junction, CO
Greg Moore	Forestdale
Andrew Reese	Somerville
Cheryl Robinson	Andover
James Rosen	Newton
Paul Sanford	East Falmouth
Mark Siegel	Boston
John Varanelli	Duxbury

BIKE QUOTE

To possess a bicycle is to be able to first look at it, then to touch it. But touching is revealing as insufficient; what is necessary is to be able to get on the bicycle and take a ride. But this gratuitous ride is likewise insufficient; it would be necessary to use the bicycle to go on some errands. And this refers to longer uses . . . But these trips themselves disintegrate into a thousand appropriate behavior patterns, each one of which refers to others. Finally, as one could foresee, handing over a bank note is enough to make a bicycle belong to me, but my entire life is needed to realize this possession.

Jean Paul Sartre,
Being and Nothingness



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, arsenault@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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March 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.

Nashoba Bakery Cafe Ride

Sunday - March 4

Times and Routes: 10:30 am, 35 miles

Ride Type: Map and Cue Sheet

Description: Ride the country roads of Lincoln, Concord, Sudbury, Maynard and Acton. There is a Cafe Stop at mile 23.

Leaders: Peter Brooks (617-833-0087, p.brooks@rcn.com)

Start: South Lincoln Commuter Rail Parking Lot

Directions: Route 128 to Route 2 West 2.2 miles to Bedford Road south to Lincoln Center. Take Bedford Road/Lincoln Road 2.4 miles and make right turn past shopping center. Park at far end past shopping center lot.



Lexington Revolutions - Classic Tour to Celebrate the Spring

Sunday - March 11

Times and Routes: 10:00 for 17, 32 miles or 50 miles

Ride Type: Map and Cue Sheet

Description: Ride beautiful roads of Lexington, Concord, Carlisle, Lincoln, Chelmsford, and Westford. Lunch stop will be up to the individual rider and up to the weather. I will try to point out on the map food stores that might be open. During the summer (!!) some things to see include The Olde North Bridge, Hanscom Field, horse and dairy farms. There is a surprising hill at the end of the ride so save some energy. ****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_december2006@nordia.us)

Start: Clark Junior High School in Lexington

Directions: Take Route 2A East from Rte. 128. Take a right at the light at Waltham ST After 0.2 mile take a left on Brookside Ave. and follow the road to the parking lot at the school

Bridges of the Sudbury River



Sunday - March 18

Times and Routes: 10:30 AM, 27 miles

Ride Type: Cue Sheet

Description: Cross eight bridges of the Sudbury River and see a ninth (one that George Washington crossed). Cruise along in the beautiful Sudbury River valley with 2 small hills to keep you warm. Both Starbucks and Dunkin' Donuts are within 1/4 mile of the end of the ride. Active snowfall or rain cancels.

Leaders: Rich Taylor (781-257-5062, richard_n_taylor@post.harvard.edu)

Start: Crosby Market parking lot on Sudbury Road near the Concord Train station.

Directions: Take Rt 2 West. Turn right on Sudbury Road (4th light from 128) in Concord. The parking lot is about 3/4 of a mile on the right. Please park near the road and away from the stores.

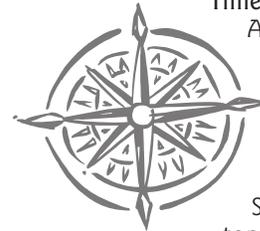
Note: Pay back Rich Taylor for any past pace lining abuse. Coasting on the downhill will be permitted.

Tenth Biennial Southwest Passage (CCW) Revisited

Sunday - March 25

Times and Routes: 10:30 AM (35 Miles)

Ride Type: Cue Sheet



Description: The ride heads southwest out of Framingham through Ashland, Southborough, Hopkinton and Upton. Most of

the ride is on residential and rural back roads with few traffic lights. Points of interest include a golf course, goats, Charlie Chan's summer home, Whitehall State Park, sheep, scenic brooks, Upton State Forest, horses, farms and the Ashland Town Forest.

Leaders: Joe Repole (508-879-6340, joecentury@aol.com), Marilyn Hartman (781-935-9819), Larry Murphy (508-485-7840, lmurphy7840@charter.net)

Start: Framingham, 15 Gryzboska Circle

Directions: From the Mass Pike take exit 12, Route 9 East to Temple St. (2nd traffic light). Right on Temple St. (if you are taking Route 9 West from Boston, go left on Temple St.) Right on Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska, not Salem End Rd or better yet ride your bike there

Note: Standard white arrow with head and tail

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

THEY MIGHT BE GINATS

According to the **Marian Springfield dictionary**, a “ginat” is a noun meaning: a giant gnat, a killer bumble bee, a family of bedbugs, a swarm of beard-seeking sticky things that only appear as you order a meal at a local diner.

Ginats have been attracted to me for 40 years.

In 1964 a large bubble bee flew down the front of my t-shirt as I happily pedaled up M-53 in Michigan. At first I didn't know what was happening. I felt a furry buzzy thing next to my chest. Then I felt a sting. And another. And another. Reflexively, I started slugging myself in the chest with my right hand (this, of course, meant I couldn't effectively brake). I banged away furiously for several scary seconds. When I finally had time to reach my brakes, I pulled off the road, dumped the bike, and tore off my shirt. Looking at my chest I was confronted with an oozing mess of smashed bee parts plastered over a mind field of rapidly rising welts. My friend Larry rode up, took a look at me, and doubled over with laughter. I was not amused.

Now flash forward to 1976 on the Tour of New England. I stopped briefly for water in a forested area just over the Rhode Island line. In no time I was swarmed by a hoard of ginats. They were in my ears, my beard, my hair (yes, I had some back then), and they were trying to fly up my nose. I jumped on my bike, pedaling faster than I can ever remember. Breathing hard, I managed to suck in a large quantity of the little buggers. Finally, after about a mile they left me alone. But the tastes of the ginats will be with me forever.

But by far, the my strangest encounter with ginats was in 2003 in northern Michigan. I was very tired after a 100-mile day. I came



upon an intersection with a group of motels. On my left was a mid-size motel and restaurant with lots of cars in front. On my right was a large, but slightly run-down motel, with few cars. Figuring that the motel on the left was filled up (and probably more expensive), I decided to check into the motel on the right. Big mistake. At the front counter was a sketchy clerk that claimed that my credit card had to be swiped twice. But when I got to my room, it looked okay. After I washed up and had supper, I was ready for some serious zzzz's.

Now, what comes next is a little fuzzy. Remember, I was really tired. The mind can play tricks on you. And I don't know how much of this I dreamed... But here goes. As I pulled back the sheets, I noticed some little black things at the foot of the bed. But hey, I was tired, and I was going to sleep... That night I had a dream. I heard small voices coming from the foot of the bed.

“Hey mister, we're dirty, hungry, and thirsty. Can you help us out?”

Now according to the dream, I ripped back the sheets, and there were three little ginats sitting up and talking to me. I was too tired to think clearly about all this, so I got a glass from the counter, poured in a little sports drink, and brought it over the bugs.

“Okay, guys, jump in,”

Whereupon they jumped into the glass, happy as, ah, er, clams. I left the glass on the counter and went back to bed. It was one of the dreams you can have only after a long day of riding.

The next morning I got my stuff together, packed my bike bags, and left the key on the dresser. And there I noticed the empty glass. On the bottom of the glass were the three black bugs lying on their backs, their little legs extended straight up. They were obviously dead. But the thing I'll always remember were the expressions on their faces. Smiling ginats. It was enough to keep me grinning the rest of the trip.

Frequently Asked Questions about the CRW Safety Policy

Q: So what?

A: Big "so what". This changes what it means to be a CRW member. When joining the CRW or renewing a membership, each CRW member will now explicitly agree to abide by the Safety Policy while participating in CRW rides.

Q: Why do we need a Safety Policy?

A: The Safety Policy formally recognizes that safe, courteous, and lawful cycling practices are core to the CRW and CRW membership. It's intended to strengthen the safety mindset of the club, and to empower members to promote this mindset.

Q: What are we agreeing to when we agree to abide by the Safety Policy?

A: Each of us is agreeing to cycle in a safe, courteous, and lawful manner while participating in CRW rides, and to promote the same among fellow members and CRW guests.

Q: Why does something called a "Safety Policy" deal with courtesy and lawful cycling?

A: We could have called it the "Safe, Courteous, and Lawful Cycling Policy", but that seemed unnecessarily wordy. All three are important and related. Safety is most important, followed by courtesy, followed by lawfulness, recognizing that tradeoffs must sometimes be made in an imperfect world.

Q: Who will enforce the Safety Policy?

A: Each of us, by setting a good example through our own behavior, by talking about the importance of safe, courteous, and lawful cycling, and by politely and thoughtfully reminding others when appropriate.

Q: The Safety Policy seems kind of vague. Why so?

A: We could have made it longer and more complex, but that wouldn't make it better or easier to follow. What constitutes safe, courteous, and lawful cycling depends on

many situation-specific circumstances that cannot be properly addressed in any policy statement.

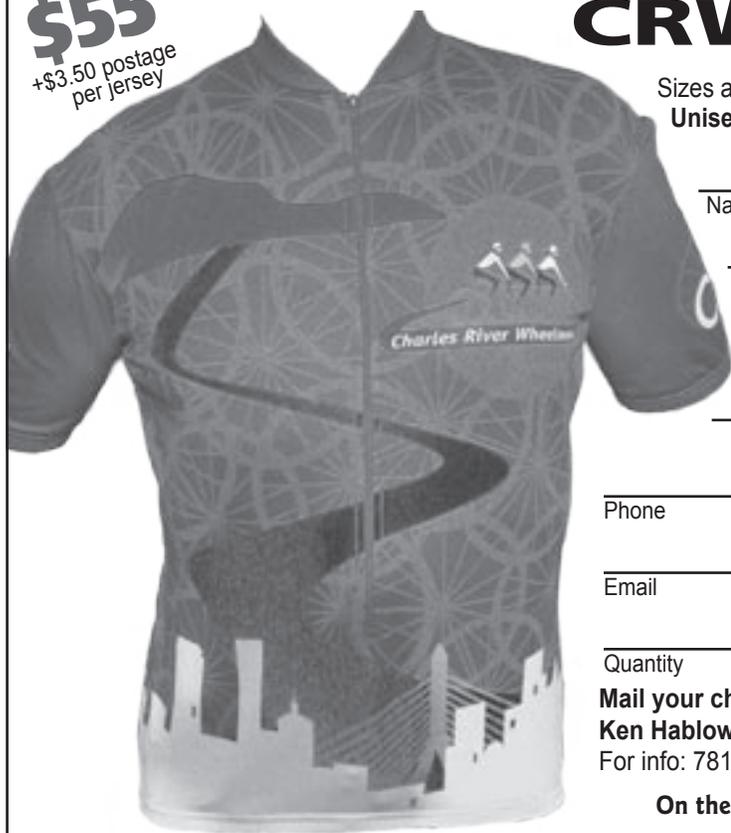
Q: Does this mean that all CRW ride participants must wear helmets?

A: This is a non-issue. All CRW ride participants already wear helmets.

Q: Does this mean that we are expected to ride single file at all times on Massachusetts roads (since this is the law)?

A: No. As always, we expect ride participants to exercise good judgment, and to avoid unnecessarily impeding motor traffic (and other cyclists, for that matter). There are times when riding two abreast is safer—for example, riding two abreast is an effective way to intentionally occupy the travel lane where it is unsafe for motorists to pass within the travel lane. Not paying attention or not caring are, however, poor reasons to impede traffic.

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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.

The workshop will be held at the Weston Community center from 7:30 to 9:00.

The Weston Community center is located at 20 Alphabet Lane in Weston, off School Street behind the Field school. This is close to the Weston Library.

From Rte 128/95, take the Rte 20 exit west toward Weston. At 1 mile turn left onto Wellesley Road at the sign for Regis College. At the stop sign, turn right and immediately left into the Field school parking lot. Follow the road to the left around the school to the Community Center.

Heading east on Rte. 20, turn left at the light in Weston at the School St intersection. The entrance to Field school is 1/2 mile on your right.

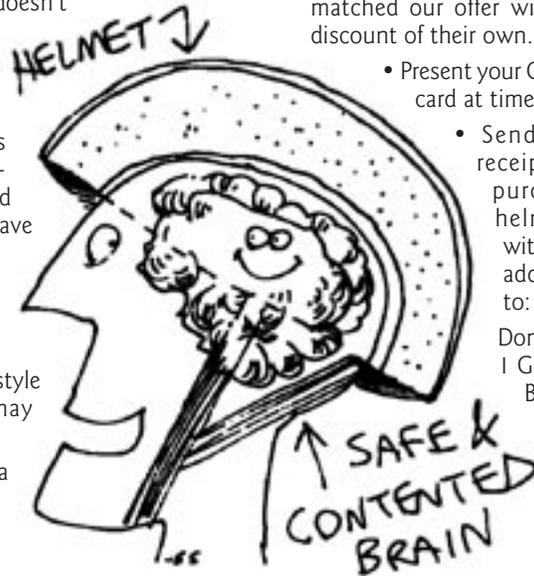
We are upstairs in room 302. There will be signs.

If you plan to attend, please email Ken (khablow@khgraphics.com) or call 781-647-0233 so we have an idea of how many people we need to plan for.

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

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.

RIDING DEFENSIVELY

by Ralph W. Galen

**Whether you are a Club member or you are a solo rider
the same two rules apply.**

Rule #1: Ride Defensively and Rule #2: Don't forget Rule #1.

Riding defensively will not guarantee that you will return to your starting point safely but it will go a long way in helping you achieve that goal. To phrase it another way "You don't have to be an athlete to get hurt on a bicycle". A case in point:

I was touring the Great River Route along the Mississippi River where the signing is a green paddle wheel river steamer on a white background. This spectacular Great River Route is continuous from Minneapolis to New Orleans. My ride started in Minneapolis and ended in Dubuque, Iowa.

It was then time for me to leave "heaven on earth" and return to Route 20 en route to Chicago, my final goal. Route 20 by the way is a heavily traveled east-west truck route. Route 20 is also a legal road for bicyclists.

The moment I entered Route 20 I knew that I was doomed if I continued to bike toward Chicago on this road. Truck traffic was so intense and the road so narrow that there was just no place for a bicycle and its rider. Sure it was legal for me to be there but for sure it was not safe. Exiting Route 20 I located a train station. The train brought me to Rockford, Illinois. From there the cycling was reasonably safe as I pedaled toward the city limits of Chicago.

Being visible is another case in point: There is no law that requires that we wear visible clothing but it makes sense to do so. On this cross country trip much of which was on Route 20 I wore a high visibility jacket identical to those worn by highway workers. Today instead of a jacket a flag projects from my left side bringing notice to motorists that I am on the highway. The flag actually does two things: It alerts the motorist of my presence and it gives me a zone of safety. The motorists will go "around" my flag instead of going "through" me as he might do if I displayed a vertical flag. A vertical flag will alert the motorist of your pres-

ence but will not create the "zone of safety" that I discovered while biking from Miami to Boston on Routes 1 and 1A. Placing the staff of a small American flag through the bungees of my sleeping bag I immediately experienced courtesy on the road that I had heretofore never experienced. I recall motorists giving me the freedom to make my left turn at intersections when they saw my flag. A cyclist at one time asked me if I knew why motorists go around me when I am wearing my flag. "Tell me" I asked. "Because they do not want to scratch their car".

I know that there is a recommended protocol for cyclists to utilize when they want to make a left turn at a

busy intersection. I also know that it will work. Please think about this maneuver keeping in mind that you have been safely biking in the right lane to the right of traffic. Might it not be easier to bike through the intersection and to then dismount. Wait for the light to change and then safely bike in your desired direction keeping alert for right turning traffic.

It is recommended that Club Members ride single file except on those quiet country roads where a car is seldom seen. A rare occurrence I might add. When your riding buddy doubles up on a Club ride and seems intent on carrying a conversation you might say to him or her that it is not safe to ride double or discreetly you might say "I can't hear you". With me that would be the truth.

Keeper at least one bicycle length behind the cyclist ahead of you. Anything can happen and usually does. If the cyclist in front of you suddenly decides to turn right and you are too close your front wheel is destined to touch his

or her rear wheel. You know who will go down. You! That happened one hot day near Lawrence, MA as I was biking with my friend John. Without thinking of the consequences he decided to turn into the parking lot of tavern seeking a cold drink. We spent considerable time in the men's room cleansing my road rash.

The cyclist ahead of you may not know that the lesser of two evils is to bike through the pot hole instead of swerving around it. To bike through the pot hole ones rim might get bent. To swerve around the pot hole the rider to the rear may be "taken down".

In a pace line the team is usually experienced with a full knowledge of proper etiquette. While in the pace line the team cyclist is aware of the consequences of "sudden braking". The same is not always true with the less experienced club rider. Give yourself sufficient room behind the cyclist in front of you. At least one bike length is recommended so that in the case of an emergency you can maneuver defensively.

With cue sheet in hand and arrows on the road you are at liberty to travel at your own speed especially on a leaderless ride. Where there is a ride leader courtesy would suggest that as you approach the leader with the intent of passing that you announce your intentions to the ride leader. Be sure to have a cue sheet with you as you will now be on your "own".

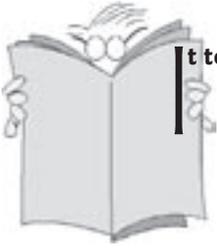
The car door problem will always be a problem until motorists learn to use their left side mirror prior to exiting their vehicle. There is a fine line between staying far enough to the left to avoid the car door syndrome and not being too far to the left thus obstructing the free flow of traffic. All that you can do at this time is remember Rule #1: Ride Defensively as well as Rule #2: Don't forget Rule #1.

RULE #1: RIDE DEFENSIVELY

RULE #2: DON'T FORGET RULE #1

Little Jack's Corner

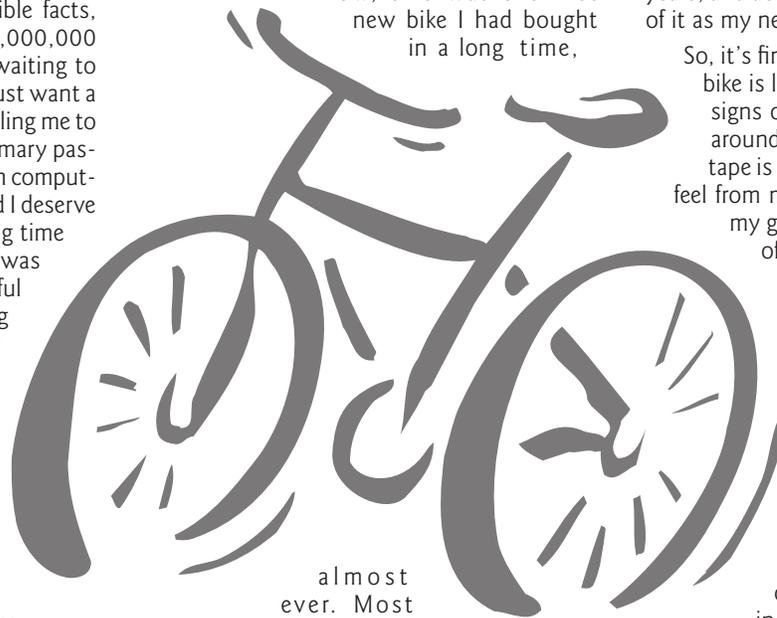
by Jack Donohue



It took me a long time to get around to buying a new bike. The discussion in our family went a little different than most. Usually, cycling zealot of the family has to whine and beg and cajole significant other into allowing the purchase of a new bike. The argument is usually supported with many incontrovertible facts, "My bike has gone through 100,000,000 fatigue cycles and it's an accident waiting to happen," etc., etc. The truth is you just want a new bike. In our family, Susan was telling me to buy a new bike for years. It is my primary passion (I already filled up the house with computers, satisfying my other passion), and I deserve a good bike. I was resisting for a long time because most of our weekend riding was on the tandem and it seemed wasteful to buy another bike that wasn't going to get used very much. So, I finally decided that a new bike was in my future. Then the question was, what kind. Aluminum, titanium, carbon fiber, steel, Serotta, Trek, Litespeed, what to do, what to do. So after agonizing over this for a couple of years, I finally came to the conclusion that I had a Cannondale, I liked my Cannondale, it was good value, so I should just buy another Cannondale. Which I did. I had gotten a gift certificate to WheelWorks for some web site work I did for another club, and it was burning a hole in my pocket, so we hied ourselves over to WheelWorks to buy a bike. As it turned out, this was pretty lame reason

for buying a bike, since the certificate barely covered the sales tax. But it spurred me into action. We looked at the Cannondales, and completely out of character for me, ended up buying a model that cost twice as much as the other one we were looking at (same frame, better components) and really the only reason was the higher priced one came in Mario Cipolini red. Talk about impulse buying.

Now, this was the first new bike I had bought in a long time,



almost ever. Most of my bikes were acquired used, or built up from spare parts laying around. So, I was very careful of it. I tried never to ride it in the rain, which mostly succeeded until one fateful century where we had about 99 miles of rain. I even

took it into the bike store for maintenance instead of mucking about with it myself. This was also because of an irrational fear of integrated shifters — the whole drive train was completely foreign to me (I did subsequently manage to change a broken cable with only two tries).

So, for quite a while it was my new bike. I realized after a while that I had owned it for six years, and about 14K miles, but I still thought of it as my new bike.

So, it's finally starting to happen. My new bike is losing its luster. It's showing the signs of age. Bits of rust are appearing around the cable guides. The handlebar tape is acquiring a distinctly unpleasant feel from many days of being subjected to my greasy hands after downing a bag of chips with lunch. It makes occasional creaking noises, not unlike me in the morning. Not to mention the customization of the paint job that happened on an arrowing expedition when we had a spray mishap.

Then I noticed I was missing the right handlebar plug and the tape was starting to unravel. This was a clear indicator the my new bike was becoming one of "Jack's bikes" which are in general the object of horror or ridicule to most of the cycling community. It's a slippery slope, but it's only a matter of time. Maybe it's time for a new new bike.

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 Sat-

urday, 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.

January Mileage Totals

0 | 1 | 5 | 4 | 2 | 5

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Tod Rodger	1365	1	1	1	Jim Krantz	300	1	-	-	John Kane	64	-	-	-
Don MacFarlane	1054	1	-	1	Joseph Moore	288	-	-	-	Greg Tutunjian	50	-	-	-
John Bayley	737	1	-	-	Henry Marcy	279	-	-	-	Marc Webb	48	-	-	-
Jack Donohue	713	-	-	-	Alison Sheridan	262	-	1	-	Mike Hanauer	40	-	-	-
Pamela Blalock	654	1	-	-	Paul Hardin	256	1	-	-	George Caplan	9	-	-	-
Steve Robins	561	-	-	-	John Allen	237	-	-	-	Bruce Ingle	1	-	-	-
Butch Pemstein	510	-	-	-	Winslow Green	236	-	-	-					
Richard Taylor	482	1	1	-	Ted Elkins	221	-	-	-					
Joe Repole	460	1	1	-	Bob Sawyer	220	-	-	-					
Chris George	453	-	-	-	Pierre Avignon	217	-	-	-					
Larry Murphy	450	1	-	-	Janet Tortora	203	-	-	-					
Glen Reed	429	-	-	-	Darrell Katz	201	-	-	-					
Bruce MacDonald	415	-	-	-	Bill Hanson	198	-	-	-					
Dave Stefanovic	390	-	-	-	Gabor Demjen	192	1	-	-					
Kevin Davis	379	-	-	-	Chris Lennon	164	-	-	-					
Peter Brooks	359	1	-	-	Bill Widnall	164	-	-	-					
Irving Kurki	350	1	-	-	Henriette Elvang	152	-	-	-					
Otto DeRuntz	334	-	-	-	Joseph Tavilla	128	-	-	-					
Marilyn Hartman	329	-	-	-	John Springfield	101	-	-	-					
Don Mitchell	316	-	-	-	Frank Aronson	80	-	-	-					
John Goeller	305	1	-	-	Susan Grieb	69	-	-	-					

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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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. In addition, I agree 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.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

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

I would like to receive my monthly issue of WheelPeople as:

PAPER via Postal Service ELECTRONIC via email

The electronic file is a pdf file and requires Adobe Acrobat.

Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
Household	\$25	\$48	\$70	

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to: Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.

I'd like to help with the activities checked below. Please have someone contact me:

- Ride Leader Publicity Legislative Action Safety Membership
 Newsletter Host a post-ride party Special Events Other _____



Change of Postal or E-mail Address?

Submit the changes at our web site: <http://crw.org/MemberInfo.htm> or mail the changes to our Membership Coordinator at the address above.