
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 5 · May, 2007

More on Promoting the Safety Culture

by Bob Zogg

We agree to two conditions when we participate in CRW rides—they are: 1) to cycle in a safe, courteous, and lawful manner, and 2) to encourage the same among other participants. While this agreement has always been implicit, the recently adopted CRW Safety Policy makes it explicit.

In April's Safety Corner, we discussed yielding and facilitating the smooth flow of traffic, both of which are essential to safe, courteous,



and lawful cycling. We now touch on other safe-cycling practices, including some that are particularly important in group rides.

Dress to be seen: Select bright-colored jerseys (hi-viz fabrics are best), or at least light colors. You'll be much more visible, even on sunny days.

Check your Bike: Inflate tires. Check tires for cuts, bulges, imbedded objects, and excessive wear. Spin wheels—they should spin freely, without wobble or looseness. Check brake pads for wear,

and that they contact the rim squarely when applied. While straddling your bike, squeeze the brake levers firmly. They should not reach the handlebars. While holding the front brake only, try to move your bike forward and backward—the brake should hold and there should be no knocking or looseness at the headset. While holding the rear brake only, try to move your bike backwards—the brake should hold. Check cables for fraying or cracked housings.

Safety Corner - Continued on page 3

New Venue for Annual Ride Leader Party



Ride leaders as far as the eye can see at the annual ride leader party

On March 25th the CRW held its annual party to thank Ride Leaders and others who volunteered their time and effort to the Club during 2006. The CRW is an all volunteer organization and without them the rides and various services the Club offers would not be possible.

In past years Bill and Sheila Widnall have graciously opened their home to host the

party, but the anticipated number of attendees required a new venue. This year, the Rides Committee decided to hold the event at the Bedford Old Town Hall to accommodate the increased number of guests.

Turnout for the event was excellent with 70 people attending. Everyone was treated to a

Ride Leader Party - Continued on page 10

Contents

Safety Corner	1
Ride Leader Party	1
Board Meeting Minutes	3
Recurring Rides	4
May Rides	5
CRW Spring Century Info	6
CRW Trips	8
A Touring Life	9
Little Jack's Corner	10
Welcome New Members	10
NEBC Tuesday Night Women's Rides	10
March Mileage Totals	11



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 advertising@crw.org

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Eli Post.....	2009.....	617-306-1838
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Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenault.....	781-272-1771
Wednesday Ice Cream Ride.....	Justin Haber.....	617-965-3904
	Gabor Demjen.....	617-266-8114
Thursday Fitness Rides.....	Rich Taylor.....	781-257-5062
Friday Rides.....	Ed Glick.....	978-250-1883
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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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CRW Board Meeting Minutes



April 4, 2007

In Attendance:

Board Members (5): Michael Aarons, Don Blake, Jack Donohue, Eli Post, and Bill Widnall.

Minutes (Janet Tortora)

Minutes from the March 6 meeting were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Michael Aarons)

No report.

Rides Committee (Bill Widnall)

VP of Rides, Bill Widnall, reported that the Rides Committee did not hold a meeting in March. Bill reported that everything was going well with the rides program.

Michael Aarons presented an accounting of expenses incurred for the Ride Leaders and Volunteers party which was held in March.

Membership (Linda Nelson)

Michael Aarons, based on a note from Linda, reported that membership numbers for March were 1131 current memberships, 1361 current members, 20 expired members, 14 new members, and 27 renewed members.

Vice President of Finance (Rich Levine)

No report.

Old Business

None.

New Business

None.

Respectfully submitted,
Michael Aarons (for Janet Tortora)

The next Board Meeting will be held on Tuesday, May 1, 7:00 PM at St. Paul's Church Library in Bedford, MA.

CRW NEEDS YOU!

CRW needs Bike Shop Representatives. This is the easiest volunteer job you can do and you can do it when your looking at that bike gear you need.

We need reps for each bike shop listed on the back of the newsletter. All it requires is a visit once a month but pays great dividends to the club.

Interested just email or call the bike shop coordinator Jim Mello at jamesmello@comcast.net or 508-545-0227 and make a difference while you shop!

Safety Corner - Continued from page 1

Be sure your gears work smoothly. Check cogs and chain rings for worn or cracked teeth. Be sure all bags, water bottle cages, pumps, and other items are securely fastened.

Carry ID and Contact Information: Carry ID, including your health insurance card, and emergency contact information, on your person—not on your bike. We suggest carrying photocopies of these items in a plastic bag. No need to lug around a heavy, bulky wallet that you could lose.

Stay Alert, but Relaxed:

It's easy to focus too much on one thing and miss the big picture. Keep your eyes moving, and scan as far ahead as you can see. Anticipate developing situations so that you are ready to react. However, try not to become fearful and tense. Maintaining good control requires a relaxed body. Grip the handlebars only enough to keep your hands from slipping. This will encourage relaxation throughout your body.

Be Predictable: Pick your line and stick with it, being careful not to swerve unnecessarily. Better to ride over a little rough pavement than to sideswipe someone. Use hand signals and/or call out your intentions. Change lane position gradually, after having signaled and checked behind you for approaching traffic (cyclists and motorists).

Slow and Stop Gradually: What might seem like a gradual stop to the rider can seem much

more abrupt to those following. Even simply ceasing to pedal (without applying brakes) can slow a rider faster than is safe in a group ride, especially if climbing a hill or riding at high speed. Slow or stop quickly only when absolutely necessary, and shout "slowing" or "stopping". Don't attempt a hand signal if stopping quickly—you'll need both hands on the handlebars. For non-emergency stops, signal in advance, call out "stopping", and gradually bring your bike to a stop at the far right edge of the roadway. Resist your first instinct to stop quickly if you miss a turn, drop something (such as a

water bottle), need to walk a hill, or your cell phone rings. Even if a rider crashes in front of you, stop quickly only if you must to avoid a collision. It's much better to steer around the crash and keep moving. Well after you've passed the crash, you can stop gradually and walk back to assist. Whenever stopping—even if only briefly—move well off the roadway.

Encourage Safe Cycling: The most effective way to encourage safe, courteous, and lawful cycling among others is to set a good example. You will also have many opportunities while riding or taking breaks to share what you know with others and to emphasize how important these practices are. Don't be shy—just be thoughtful and considerate.

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

The most effective way to encourage safe, courteous, and lawful cycling among others is to set a good example.

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Recurring Rides Calendar

These rides are held every week unless indicated

Sunday South Shore Coastal Loop

Times and Routes: 7:00 AM Rides of 37 and 50 miles.

Ride Type: Cue Sheet, Arrowed

Description: This ride combines shady, quiet roads with beautiful vistas along some of the most scenic coastline on the South Shore. You'll find that the effort to make it to the 7 AM (sharp!) start will be paid back with a great ride with little traffic, and you'll be home in time for a well-earned brunch! Weather permitting, the SSCL will take place every week from April 15 through October 21. Please check the website Saturday after 9:30 PM for last minute cancellations. The 38 mile ride loops through Rockland, Hingham, Norwell, Scituate, and Cohasset. The 50-mile option adds a loop through Nantasket Beach and Pemberton Point in Hull, with a magnificent view of Boston Harbor from under the windmill. A coffee stop in Scituate is optional. An ideal ride for fast to moderate riders with paceline experience or a desire to learn.

Leaders: Andy Brand (abrand@alum.rpi.edu), Bob Dyson (rdyson22@comcast.net)

Start: Park'n'Ride lot, Rockland (opposite Home Depot)

Directions: Take Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. Call to confirm. Space unlimited.



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

Wednesday Fitness and Masters Ride**

Times and Routes: 6:00 PM Sharp! for routes of 24, 27 or 34 miles.

Ride Type: Arrowed, Cue Sheet

Description: This Fitness Ride offers you the opportunity to ride with others in a paceline format. The ride welcomes everyone, especially masters riders who would like to ride with their peers. Groups of approximately 6 riders are started according to their expected speed. We encourage staying together as a group, waiting for others to catch up if you become separated. You will ride on scenic, rolling roads through Needham, Dover, Sherborn and Medfield. Total climbing for the long route is 1475 feet.

Leaders: Keith Miller (kmiller@mathworks.com), Chris Tweed (781-830-1368, cmtweed@psrinfo.com)

Start: Broadmeadow Elementary School at 120 Broadmeadow Road, Needham, MA.

Directions: From Routes 128/95, take Exit 18, Great Plain Ave and head West towards Needham. At the first light, turn right onto Greendale Ave. Go up the hill 0.4 miles, just over the railroad bridge. The first left after the bridge is Grosvenor Road, turn and go .3 miles. Next right onto Broadmeadow Road for 0.1 miles and you are there!



Wednesday Ice Cream Ride

Times and Routes: 6:30 PM, Arrowed rides of 10, 18 and 27 miles.

Ride Type: Cue Sheet, Arrowed

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln. The long route adds the additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at Mark's Sandwich Shop or the Wellesley Hills House of Pizza, followed by ice cream at the shop on Washington St (Rt 16). Steady rain cancels.

Leaders: Gabor Demjen (617-266-8114, gabordemjen@verizon.net)

Start: Grossman's Parking Lot on Rt 16, Washington Street, in Wellesley.

Directions: From 128 North or South, Take Rt 16 West approximately 3/10 mi. Parking Lot is on the right.

Thursday Fitness Ride and Pace Line Clinic**

Times and Routes: 6:00 PM Sharp for routes of 16, 28 and 34 miles

Ride Type: Fitness, Arrowed

Description: The shorter rides wind through Bedford, Concord and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride at 14 to 20+ mph. There is also an introductory pace line clinic to teach safe group riding skills for up to 6 riders. We'll start around 15 mph and pick up the pace as the season progresses.

Leaders: Rich Taylor (781-257-5062 before 9PM, richard_n_taylor@post.harvard.edu)

Start: LG Hanscom - General Aviation Airport.

Directions: Rt. 128 to Exit 30B (Rte. 2A West)-do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road towards Hanscom Field and bear left in 1/2 mile at the fork for the Civil Air Terminal.

Friday TGIF Unwinder

Times and Routes: 5:30 PM. Rides of 18 or 24 miles.

Ride Type: Map and Cue Sheet, Arrowed

Description: A club ride that provides something for all tastes. There is usually a fast group riding peline while others tour at their own speed. The ride winds through the shade of back roads in Concord, Carlisle, Acton and Chelmsford and is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. There is always a group going out for dinner and/or ice cream after the ride. Bring the fun (and bike lights as the ride time is seasonal adjusted for ~1.5 before sundown).

Leaders: Ed Glick (edglick@alumni.neu.edu), Paul Hardin (978-866-3040, CRWGPSGuy@comcast.net)

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way.

Directions: Take 4/225 west from 128 through

Bedford Center. Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left and then right to go behind the library.

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 peline riding techniques.



May 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.

Weston Loop with an extension into Carlisle

Saturday - May 5

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

Ride Type: Cue Sheet, Map

Description: Ride country roads of Weston, Lincoln, Chelmsford, and Sudbury. The ride crosses the Sudbury River, and there is a delightful stretch along the Cambridge Reservoir. The 50 mile ride extends into Concord to reach the Great Brook Farm in Carlisle. "Follow the leader" style rides will also be offered. Details at the ride start or contact ride leader for more information.

Leaders: Bogie D (978-761-0574 email preferred, bogie_crwREMOVETHIS@nordia.us), Eli Post (617-547-6778 before 11PM, elipost@comcast.net)

Start: Weston Town Hall, just north of the Common on Boston Post Road.

Directions: Route 128 to Exit 26, Route 20 West to Weston. There is a Mobile Station at the exit, and you travel 1.2 miles west on Rt. 20 to the traffic light and make a right turn on School Street, and then an immediate left on to Boston Post road. We meet by the Weston Town Hall, just north of the Common on Boston Post Road. You can park on the road in front of the Town Hall.

Harvard Hill Climb

Sunday - May 6

Times and Routes: 9:30 AM for long ride, 50 miles; 10:00 AM for short ride, 35 miles

Ride Type: Cue Sheet, Arrowed

Description: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop that includes Lancaster.

Leaders: Pat Ward (781-646-9196,

PGWard@verizon.net), Rita Long (781-899-9177, ritalong@gmail.com)

Start: parking lot, Taylor Road, Littleton

Directions: Take Route 2 West to Exit 39, 1/4 miles west of the I-495 exit. Turn right at end of Taylor Road exit ramp. In a half mile, turn left onto Foster Street. Take the first possible right (at "Available" sign) into the company parking lot. Go around to the back of the building and park up near Taylor Road. Or take Fitchburg commuter rail line to 495 stop. First train arrives 9:36.

Introductory Ride - Newburyport

Thursday - May 10

Times and Routes: Cushing Park, Newburyport, MA 6PM, Please arrive at least 20 minutes early!

Ride Type: Cue Sheet, Map

May Rides - Continued on page 6

Description: Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is a scenic ~20-mile max. loop through Newbury, West Newbury and Newburyport. Different route will be offered each week. Mostly flats with a few gentle hills. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest.

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right.

Note: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.:

proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.

West Podunk

Saturday - May 12

Times and Routes: 9:30 for 57 miles; 10:00 for 39 miles

Ride Type: Arrowed

Description: A scenic but hilly route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Leominster, Sterling, Lancaster, and Bolton. Long ride adds nice loop in Townsend and Lunenburg. Both routes have late lunch stop in Harvard at the town's annual Apple Blossom Festival.

Leaders: Steve Hoffenberg (781-259-4369, stevecrw@comcast.net)

Start: Nashua River Rail Trail Parking Lot, Groton St., Ayer

Directions: Rt. 2 West, 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after the auto parts store. Parking lot is immediately on the right, before the bike path.

Belmont Hill School Alumni Reunion

Sunday - May 13

Times and Routes: 9:00 for 44 or 26 mi
Ride Type: Map and Cue Sheet, Arrowed

The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 20, 2007

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

START -Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.

Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1 1/2 miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is 1/4 mile on the left. Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

TIMES - 8:00 - 100 miles *Full Century*
9:30 - 62 & 50 miles *Metric & Half Century*
10:30 - 25 miles *Quarter century*

COST - Pre-registration: CRW members - **\$10.00** Non members - **\$12.00**
Day of the event: CRW members and non members - **\$15.00**

- Water & food stops on the longer routes
- Bicycle Bozo's infamous tag sale
- After ride gala including our usual array of food & general camaraderie.
- CRW water bottle for all entrants
- Technical and mechanical support by **CycleLoft**
Please arrive at least 45 minutes early if you want your bike checked before a ride

Register online at <http://crw.org/CenturyRF.htm>



PRE-REGISTRATION FORM

This form must be received by May 14, 2007

There are no confirmations sent, once this form is mailed you are automatically registered.

Name _____ Phone _____

Address _____ City _____

State & Zip _____

Which Ride do you intend to complete: 100 62 50

CRW Member - \$10.00 Non Member - \$12.00

Please include your check made out to CRW and mail with this completed form to:

CRW Century, Jack Donohue, 26 Fox Run Rd., Bedford MA 01730



Total Enclosed

Description: Explore low income neighborhoods in Lexington, Lincoln, Weston, Wayland, Sudbury and Concord. The optional lunch stop is in Concord Center for the long ride only. Although the roads are not totally flat, there are no long or steep hills so you can save your energy for tomorrow's CRW Century ride.

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

Start: Clark Middle School, Lexington

Directions: From Rte 128, take Exit 30, Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi, take a right on Brookside Ave and follow the road to the parking lot at the school.

The Hills of Harvard

Saturday - May 19



Times and Routes: 9:30AM, 40-45 miles

Ride Type: Cue Sheet, Weekend Wheeler

Description: The ride will start at the Stow Shopping Center on Rte. 117 in Stow. It will meander through Stow, Acton, and Boxborough and finally onto the challenging hills of

the Town of Harvard. After resting briefly at the town Green we will conquer Prospect Hill Road on our way to the most magnificent view in eastern Massachusetts, overlooking both Mount Wachusett and Mount Monadnock. We will stop for a quick lunch (only for those who are famished) and proceed through the back roads of Bolton, Acton, and Stow back to the start. The terrain is quite hilly with over 2000 feet of accumulated vertical ascent and will cover 43 miles, 5 miles of which is an optional loop (The Prospect Hill Loop returning to Harvard Center). Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered. Further details at ride start

Leaders: Sander Nydick (978-897-5986, senydick@aol.com)

Start: Stow Shopping Center on Rte. 117

Directions: The Stow Shopping Center is on Rte. 117 approximately 12 miles west of Rte. 128, about 1 mile after entering the Town of Stow and passing Erickson's Ice Cream (where you can get delicious ice cream after the ride). To get to Rte 17 from the south on Rte. 128 you must exit at Rte. 20, bear right and follow directions to Rte. 117 west. You can also get to the Shopping Center by taking Rte 2 west to Rte 62 (turning left to Maynard and Stow).

Follow Rte. 62 through Maynard. At a traffic light (gas station on the left) about a mile after leaving the town center, turn right to 117-62. The shopping center will be about a mile down the road on the right (passed Erickson's). Rain cancels.

100 MILES

SPRING CENTURY

Sunday - May 20

See description and pre-registration form on previous page.

Bicycling 101

Introductory Ride - Newburyport

Thursday - May 24

Times and Routes: 6PM, Please arrive at least 20 minutes early!

Ride Type: Cue Sheet, Map

Description: Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is a scenic ~20-mile max. loop through Newbury, West Newbury and Newburyport. Different route will be offered each week. Mostly flats with a few gentle hills. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest.

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com)

Start: Cushing Park, Kent St, Newburyport, MA 01950

Directions: From Rt. 95 take exit 57 toward Newburyport. Continue on Storey Ave / Rte 113 East, go for two miles and turn left on Kent St, parking lot is two blocks on your right.

Note: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! If weather is questionable, please contact the ride leader. Please check CRW web site ride calendar for any updates or changes.



Battle Road Tour

Saturday - May 26

Times and Routes: 9:30, 25 miles

Ride Type: Follow the Leader

Description: We will ride the route the British



took on April 19, 1775, when they marched to Concord in search of military supplies, thereby provoking the War of Independence, and their desperate retreat back to Boston. We will stop at twelve major historic sites and the leader will give a reading of what happened at each place. We will pass through Lexington Center about noon and lunch on Lexington Green. Bring your lunch or buy from one of the stores in the center. Rain cancels.

Leaders: Dick Arsenault (781-272-1771, rarsenault@rcn.com)

Start: The Minuteman Statue on the Lexington Green in Lexington Center.

Directions: From route 128 take Exit #31 east (Rts. 4 & 225) 1.7 miles to Lexington Center. Park in the surrounding neighborhoods and bike to the start.

Newburyport to Exeter

Sunday - May 27

Times and Routes: 9:30 AM

Ride Type: Map and Cue Sheet

Description: From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. Both rides will follow stretches of quiet roads along the Merrimack River with the longer ride heading as far north as Exeter, where you can stop for lunch. Back in Newburyport, relax with a poolside BBQ!

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com), Michael Moore (coast_cyclist@comcast.net)

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

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

Note: Small contribution requested for BBQ.

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



Velo Vermont

July 20-22, 2007

Join us for this popular weekend of challenging cycling in still beautiful, unspoiled Vermont.

Saturday and Sunday riders can choose from several routes of 40 to 100+ miles distance. Ride options vary from the Mad King Challenge route, with 9000 vertical feet, and four mountain passes, to a leisurely ride to Ben and Jerry's and maybe a stop at the water hole if it's hot. This is an ideal weekend for couples of differing abilities. All rides go through the best of scenic central Vermont.

Total cost of trip is \$160 per person double occupancy. This includes two nights lodging, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Send full amount by July 1st, with your name, email address, postal address, and phone. Call after that for last minute availability. Make checks out to Charles River Wheelmen.

Velo Vermont
c/o Jack Donohue
26 Fox Run Road
Bedford, MA 01730-1104

We will email a poop sheet with information before the trip. For information email or call:

Jack Donohue and Susan Grieb
jmdonohue@alum.mit.edu
781-275-3991 (before 9 PM)

South Royalton Vermont Weekend

July 6-8, 2007

Join us for a weekend of challenging cycling in beautiful central Vermont. Option to arrive early Friday for an afternoon ride. Saturday and Sunday riders can choose from many routes of varying distances - 20 to 80+ miles distance. Rides loop through the pastoral countryside, climbing hills and traveling through idyllic valleys. Many country stores to stop and get refreshments. Loops also through Woodstock. Walking and hiking nearby as well, so options for non-bicycling partners. Trip will be centered on our 52 acre wooded property with a large pond available for swimming. Camping by the pond is available for free. Motel and B&B options short distances away for the non-camping crowd. Whether you camp or stay in accommodations, join us for bicycling, swimming, sitting by a big campfire! Camping cook stoves will be available and option for potluck dinner Saturday night. Also, South Royalton town center is 10 minutes away by car with

restaurants and a health food coop.

Cost of trip (TBD) will be a nominal fee to cover insurance and incidentals (non-camping accommodations extra). Reserve your spot by June 15th, with your name, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders.

Leaders: Pat Stabler and Tom Evers
781-662-2147 (before 9 PM)
49 Whittier St
Melrose, MA 02176

Tour of Northeast Kingdom (TONEK)

July 5-7

Peter Brooks is organizing a three day inn to inn, supported tour from Franconia, NH up to and around this beautiful and unspoiled region of Vermont. We will gather Thursday night at an inn in the Franconia area, get organized and leave the next morning for a 50 mile ride up to E. Burke VT.

Each day's route will have the option of including more scenic un-paved back roads which are free of traffic, or staying on the pavement. This area of Vermont is sparsely settled and dotted with lakes between the hills. If the ride to Burke left you with more energy despite the elevation gain there is a challenging climb up Burke Mountain. Saturday we will ride 50 miles from Burke past Lake Willoughby to the Old Stone House Museum in Brownington, then through Irasburg and on to the Outdoor Center at Craftsbury for the night. Lunches will be at general stores along the way. The Outdoor Center provides all you can eat healthy meals and dormitory style accommodations. Sunday we ride about 70 miles back to the Franconia area where I hope to arrange a farewell event before driving back south.

The trip is limited to 12 by the smallest inn having only six rooms for double occupancy, but more could be accommodated if three or more are agreeable to share the large rooms. The cost of the trip including breakfasts, dinner, and "happy hour" should not be over \$250 per person. A deposit of \$75 is required by May 1, with full payment by June 15. The deposit will be refunded if canceled by June 15 and if the space can be filled. Please contact Peter for details at 617-926-5735 or p.brooks@rcn.com.

32nd Annual Tour of New England

May 26-28, 2007

Every year on Memorial Day weekend the Charles River Wheelmen (CRW) run a three-day bike ride through the six New England states. On the first day the ride starts in MA,

then it goes through RI and CT, back through MA and the ends in Brattleboro VT. On the second day we ride from Brattleboro to Dover, NH. On the third day we return to MA via ME and the seacoast of NH. Mileage the first day is about 150 and about 100 the second and third. Last year a contingent decided not to venture south to RI and CT making it the Tour of Northern NE but reducing the first day's riding to about 100 miles. People who want to do this shorter route are completely welcome.

New this year, the official start/finish for the ride is Robbins Farm Park in Arlington MA. For those not familiar with Robbins Farm Park, it has a spectacular view of the Boston skyline. You will literally go from within sight of the city to the country roads of New England and back again. After a short ride out to Lincoln, MA, the veteran riders will notice the ride follows last year's route.

On the first day most riders stop for lunch at the country store in Petersham MA. Then we ride on to Brattleboro VT. After cleaning up at the motel many of the riders walk to the Steak Out Restaurant for the all you can eat buffet. On the second day the Spofford NH fire department runs an all you can eat breakfast for \$6. Spofford is about 8 miles from the motel in Brattleboro. It is on the route to the Day's Inn in Dover. The Days Inn has an indoor swimming pool so bring your bathing suit. On the third day, after a nice breakfast in Dover, we ride into ME, then down the coast of NH and MA.

The cost of the ride is \$99. The cost includes two nights in a motel (double occupancy), baggage transportation, some snacks, a detailed cue sheet, and a post ride picnic at the park. This is a hard tour at 100+ miles each day. There is bag transport but no sag. Be prepared! Bag transport is limited to one medium sized bag per person. In past years we had trouble getting all the bags in the van so please pack only essential items!

Send checks made out to Charles River Wheelmen to the ride leader at the address below.

Participation is limited to the first 32, so please sign up early. Direct registration and/or questions to ride leader. Cue Sheets available.

Leader: Kevin Davis
617-331-4600
188 Newport St.
Arlington, MA 02476

Leader: Jim Smith

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.

Portland, ME to Quebec City July 6-15, 2007

Join us for the 13th sag van supported tour through northern New England to French, cosmopolitan, delightful Quebec City. Cycle "coast to coast" -- from the Atlantic to the Port of Quebec on the St. Lawrence River. Enroute, cycle through scenic western Maine, New Hampshire's White Mountains and remote Connecticut Lakes, and rural Quebec's upper Appalachians. Experience the cultural change from New England to New France. Some scenic highlights are Crawford Notch, the upper Connecticut River, and the spectacular highest border crossing into Canada east of the Rockies. Cycle 50-70 miles/day for 6 consecutive days. Lots of hills, but also plenty of flat and rolling terrain. We'll meet in Portland, ME on Friday evening and arrive in Quebec City in style the following Thursday, crossing the St. Lawrence by ferry. Then have until Sunday morning to play tourist, and enjoy the city's great restaurants, Eurostyle and annual summer festival. Also, opportunities for bicycling and hiking near Quebec City.

Estimated approx. tour fee of \$1,000 includes 9 nights in lodging in comfortable inns, motels and hotels with 2 persons/room, 6 days fairly lavish road lunches, some breakfasts, large rented support van (for our luggage, etc.), return transportation to Portland, 9 days off-street parking in Portland, and maps and cue sheets. Possible extras: 1 or 2 dinners and trip t-shirt.

LEADER: Arnold Nadler, 978-745-9591, arnadnler@aol.com.

CO-LEADER: Paula Bossone, 978-887-0688, paulabossone@gmail.com



A Touring Life

By John Springfield

OKEFENOKEE INFINITY

I'm not an artist. I'm a bicyclist.

But we seem to have something in common. We both need to project parallel lines to some distant point where they appear to "meet". The bicyclist uses the white lines on each side of the road. Looking down a long straight road, one sees the white lines meet in the far distance. The painter uses other devices to focus our eyes on the Infinity Point, thus turning two dimensions into three.

In New England bicyclists are blessed with roads that rarely go straight and level. As we bike, we are either looking ahead at a bend in the road, or looking up as we climb. Rarely are we looking down a straight road that appears to go on forever.

But a large portion of the country is not hilly. It is flat and level, with few obstructions between towns. And much of it was actually "planned" by surveyors so that land could be easily bought and sold. Townships were created as completely square 6-by-6 mile chunks of land. Roads were created to run north-south and east-west at every mile. In Michigan, where I grew up, the roads were named Eight Mile, Nine Mile, Ten Mile Road, etc.

One of the straightest roads is Route 2 in eastern Montana. However, the monotony is relieved by a gently rolling terrain and the sound of grasshoppers beheading themselves as they jump through your spokes.

Then there is M-28 in the Upper Peninsula of Michigan. One section of this road goes for 20 or more miles without the slightest of bends. But when I biked it, I was blessed with a 30-mile tailwind that made the time go very quickly.

I've biked many straight roads of Illinois, Ohio, Michigan, and Indiana. But I always seemed to focus more on the upcoming farmhouses than the road itself. The large flat farmland landscape seems to have just enough roadside trees to entertain your mind. And, of course, the occasional sprint to outrun a large dog always focuses your attention.



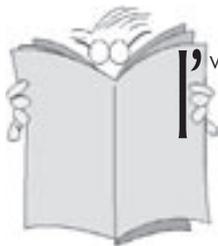
So I know a lot about occupying my mind on long straight flat roads. Until 1994, when I biked Route 121 in southern Georgia. I remember turning off Route 301 at Folkston. At first, Route 121 had a broad turn to the south. The road then straightened out. I had the road to myself, except for the occasional log truck that was hauling extremely long skinny poles, probably used for telephone poles. I noticed a sign for the Okefenokee National

Wildlife Refuge, and then there was nothing... Just a long straight corridor ahead with tall straight skinny trees on both sides of the roads. I stared hard down the road. It seemed to go on forever with the same trees bracketing both sides of the road. I started getting the creeping feeling of traveling the same mile, no matter what my odometer was telling me. Surely this can't go on forever, can it? I strained my eyes to see as far down the road as possible. I fixated on the Infinity Point. There was nothing to break this spell. No towns, no trucks, no curves, no wind. Just my spinning legs, sucking me closer to Infinity...

But somehow after 10 or 15 miles I made it through to the "other side", to the Florida border. The spell was broken. I stopped the bike and looked back and saw Infinity behind in the Okefenokee, laughing and waiting for the next unsuspecting wayfarer. ☺

Little Jack's Corner

by Jack Donohue



I've come to the conclusion that my bikes are out to get me. But bikes are just inanimate objects incapable of sentient thought you say, and until recently I would have agreed with you.

But read on.

The first manifestation was spontaneous shifting. I would get to a hill, downshift, then stand on the pedals. After a few pedal strokes, I would hear that nasty noise that happens when your chain is not really in gear, and then, boom, it would unilaterally shift into the next higher gear. Which, when climbing a hill, is really not what you want. After a few of these, I started shifting down two gears, so that I would eventually end up in the one I wanted. Annoying, but not life threatening.

But it escalated. Next, I would stop at an intersection, and start pedaling, when the chain would basically jump off the chainring leaving me spinning the crank, like a gerbil in a cage. This would of course leave me in the middle of an intersection going nowhere. This would only happen if I stopped pedaling, then started up again. Of course all you fixed gear types are thinking "well that's your problem, don't do that." So I started riding in pseudo fixie style, keeping the pedal going round even though I was slowing for an intersection—the combination of braking and pedaling is really weird. That sort of got over that problem, but I was thinking that it was a good idea the chain slipped off only when at rest, or I could be in for a painful FDGB.

Well, you can guess what happened next. I'm riding up the hill on Curve Street, standing on the pedals, when chain and chainring are no longer attached. This is when I knew the bike had it in for me. I spent the rest of the commuting week afraid to get out of the saddle, and the incident was not repeated, but I knew it was just waiting to catch me off guard.

So I broke down and replaced the offending chainring, even though it didn't look much more worn than most of my other bikes. It was of course a Biopace chainring, which adds not being round into the equation. But I figured I'd mastered the evil chainring and life would be back to normal.

So, right after the repair, I got on another of my ancient bikes to go to the bike store for parts. I decided to take the long way home, the usual route through Carlisle. Most of the way through the ride, I realized there was something funky going on way down low. This was especially noticeable on hills, when there was a definite squishy feeling coming from the pedals. First I thought the right crank arm was loose and about to fall off. This would be another interesting way to precipitate an FDGB, and riding with one crank doesn't work very well (which I knew from experience, having broken two bottom bracket spindles). I got off and applied the usual first aid, whacked it a few times with a log. Then I noticed that there was also squishiness on the left pedal, and realized that the bottom bracket was loose. This is not a good thing, but as long as both crankarms are firmly attached, you won't have flying parts and feet. Made it home pedaling rather gingerly, but I can only wonder what's next.

Ride Leader Party - Continued from page 1

complete buffet dinner which included vegan food. Throughout the event, a slide show of candid CRW photos compiled by Jack Donohue was displayed.

The Rides Committee would like to thank everyone who volunteered their time and effort to help make the party a success. Party volunteers included: Don McFarlane, Marilyn Hartman, Bob Zogg, and Eli Post. The Rides Committee would also like to extend a special "Thank You" to Beth Aarons who arranged for the food and made sure things ran smoothly throughout the evening.

New Welcome Members

Brett Bersson	Weymouth Landing
Sarah Cortes	Cambridge
Tom Daly, Sue Johnson	East Weymouth
Jillian Davis	Saugus
Jon Eckhardt, Lee Eckhardt	Newton Highlands
Amy Ellis	Salem
Joel Feingold	Framingham
Erik Husby	Lexington
Judy Insalaco	Wilmington
Christopher Joyce	West Roxbury
Christopher Joyce	West Roxbury
Joe Kynoch	Framingham
Ray Letourneau	Lexington
Paul Sheehan	Southboro
Matthias Stadtfeld	Cambridge
Eliot Strickon	Sharon

NEBC Tuesday Night Women's Rides

Every Tuesday at 6:00pm
May 1st to September 25th

The Northeast Bicycle Club (NEBC) is offering a weekly all-level fitness ride to the women of the Greater Boston biking community. Our rides will allow women of all levels to learn or work on improving pacyline skills. This will be

an opportunity to ride in small groups with female cyclists of similar abilities. We anticipate having a beginners group focusing on learning pacyline basics and going at a moderate pace of 12-14 mph. There will also be several faster groups of more experienced riders at 14-16, 16-18, and 18-20+ mph.

We will be starting at the Battle Green in Lexington Center at 6:00pm and will be using the same 28 mile loop every week. There will be members of the NEBC women's team on hand to give instructions, get signed waivers, lead the rides, and give suggestions and encouragement during the rides. This will be a great

opportunity for non-racers to get experience learning from and riding with Category 1-4 female racers. If you've ever wondered what it's like to ride in a pacyline or had questions about bike racing, this is your chance to learn in a relaxed women-only environment.

Come join us!

Cue sheets will be available at each ride, and the route will be arrowed.

Please contact nebcwomensride@gmail.com or visit www.northeastbicycleclub.org for more information.

March Mileage Totals

0	4	4	2	8	2
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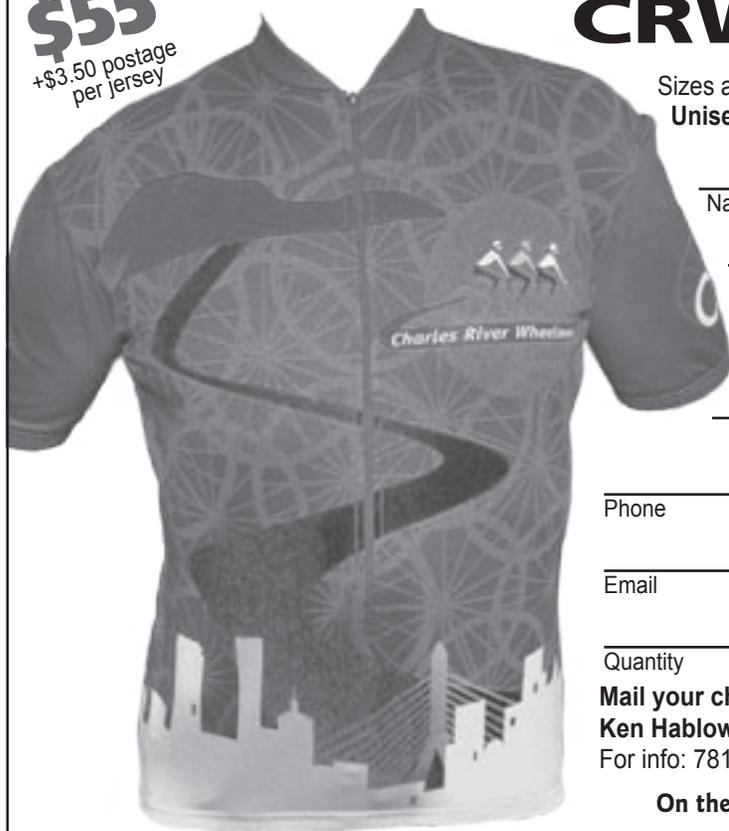
Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Don MacFarlane	3113	3	-	2	Pierre Avignon	718	-	-	-	Mike Hanauer	204	-	-	-
Jack Donohue	1982	-	-	-	Gary Smiley	670	-	-	-	Greg Tutunjian	131	-	-	-
Tod Rodger	1979	1	1	-	Henry Marcy	653	-	-	-	Craig Weiner	117	-	-	-
John Bayley	1968	3	-	-	John Allen	640	-	-	-	Dick Arsenaault	72	-	-	-
Pamela Blalock	1898	3	-	-	Janet Tortora	625	1	-	-	Jeff Luxenberg	68	-	-	-
Steve Robins	1603	-	-	-	Darrell Katz	624	-	-	-	Jeff Holmes	58	-	-	-
Richard Taylor	1592	3	3	-	Alison Sheridan	614	-	2	-	Charles Fosbroke	28	-	-	-
Larry Murphy	1449	3	-	-	Ted Elkins	601	-	-	-	Bruce Ingle	2	-	-	-
Mike Kerrigan	1301	1	1	-	Bob Sawyer	601	-	-	-					
Richard Aubry	1299	-	-	-	Chris Lennon	562	-	-	-					
Joe Repole	1251	3	3	-	Winslow Green	561	-	-	-					
Irving Kurki	1204	3	-	-	Gabor Demjen	560	2	-	-					
Otto DeRuntz	1180	1	-	-	Lisa Weissmann	541	-	-	-					
Butch Pemstein	1160	-	-	-	John McCabe	472	-	-	-					
Jim Krantz	1147	2	-	-	Bill Hanson	442	-	-	-					
Marilyn Hartman	1127	-	-	-	Frank Aronson	415	-	-	-					
Chris George	1122	-	-	-	Cynthia Snow	401	-	-	-					
Peter Brooks	1119	3	-	-	Ken Hablow	378	-	-	-					
John Goeller	1055	2	-	-	John Springfield	345	-	-	-					
Kevin Davis	950	-	-	-	Henriette Elvang	331	-	-	-					
Don Mitchell	950	-	-	-	Ed Hoffer	321	-	-	-					
Joseph Moore	818	1	-	-	Marc Webb	230	-	-	-					
Paul Hardin	810	1	1	-	John Kane	220	-	-	-					

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

\$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")

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617-325-2453

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

Back Bay Bicycles
362 Commonwealth Avenue,
Boston
617-247-2336

Belmont Wheelworks
480 Trapelo Rd., Belmont
617-489-3577

Bicycle Bill
253 North Harvard St.,
Allston
617-783-5636

Bicycle Exchange at Porter Square
2067 Massachusetts Ave,
Cambridge
617-864-1300

Bike Express
96 N. Main St., Randolph
800-391-2453

Bikeway Source
111 South Road, Bedford
781-275-7799

Boston Bicycle
842 Beacon Street, Boston
617-236-0752

Broadway Bicycle School
351 Broadway, Cambridge
617-868-3392

Cambridge Bicycle
259 Massachusetts Avenue,
Cambridge
617-876-6555

Chelmsford Cyclery
30 Chelmsford St.,
Chelmsford
978-256-1528

Community Bicycle Supply
496 Tremont St., Boston
617-542-8623

Cycle Loft
28 Cambridge St.,
Burlington
781-272-0870

Decathlon Sports
570 Providence Highway,
Norwood
781-255-0400

Dedham Bike
403 Washington St.,
Dedham
781-326-1531

Farina Cycle
61 Galen St., Watertown
617-926-1717

Ferris Wheels Bicycle Shop
64 South St., Jamaica Plain
617-522-7082

Frank's Bicycle Barn
123 Worcester Tpke,
Westboro
508-366-1770

Frank's Spoke 'N Wheel
119 Boston Post Rd., Sudbury
978-443-6696

877 Main St., Waltham
781-894-2768

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

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

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

International Bicycle Center
89 Brighton Ave, Allston
617-783-5804
71 Needham St., Newton
617-527-0967

Landry's Bicycles
1210 Boston Providence
Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick
508-655-1990

276 Turnpike Road, Westboro
508-836-3878

890 Commonwealth Avenue,
Boston
617-232-0446

Marblehead Cycle
25 Bessom St., Marblehead
781-631-1570

National Ski and Bike
102 Washington St., So.
Attleboro
508-761-4500

Papa Wheelies Bicycle Shop
653 Islington Street,
Portsmouth
603-427-2060

Pro Cycles
669 Main St., Wakefield
781-246-8858

Quad Cycles
1346 Massachusetts 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>

Charles River Wheelmen
1 Gleason Road
Bedford, MA 01730

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Join/Renew The Charles River Wheelmen

New Membership Renewal Please Check one

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

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

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

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.