
Wheel People



Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 6 • June, 2007

CRW Rides Calendar now on Google Calendar

Thanks to Keith Rousseau, who has recently joined our web site staff, if you have a gmail calendar, you can add the CRW weekend rides to it. They also provide an RSS feed so that you can be informed of new rides as they come out. A fringe benefit of having the rides on Google, is that they will attempt to produce a Google map to the start location. This is still work in progress, but has great potential.

To see and subscribe to the Google RSS calendar feed, go to <http://www.google.com/calendar/feeds/tr2spbm4knhe019p2vuckdcbac%40group.calendar.google.com/public/basic?orderby=sarttime&max-results=15&singleevents=true&sortorder=ascending&futureevents=true>

If you already have a gmail account, to add the CRW calendar to your calendar, click the Google calendar button on the home page.

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Don't Take the Bait —declining unsolicited favors

by John S. Allen

Picture this: you are waiting in a left-turn lane on a four-lane street, and a tall vehicle (a van or SUV) coming toward you from the opposite direction stops to let you make your left turn. Isn't it nice when someone does you a favor, and shows respect for you as a bicyclist?

Maybe so, but it's not always a good idea to accept a favor. As golden as the driver's intentions may be, accepting this favor could get you into a heap of trouble.

Why?

Another motorist, or for that matter, a bicyclist, could be passing the stopped vehicle on its right. There's a moving blindspot behind the stopped vehicle. It hides the moving vehicle from you, and for the driver of the moving vehicle, you are hidden the same way. You and the other driver may each have each seen every square inch of the street in front of you—but not all at the

same time. You never saw the moving vehicle, and its driver never saw you. You could turn left past the front of the stopped vehicle and end up on the hood of the moving vehicle.

This happened once to a friend of mine. Her helmet left a big spider web dent in a car's windshield, and she smashed up one of my bicycles. Very fortunately, she was not seriously injured.

This incident and others like it point out the importance of thinking about traffic situations like a square dance, like choreography, rather than emotional interaction.

The square dance and traffic both have clear rules and patterns, so people move around and past each other without slamming into each other. Granted, a square dance offers more room for nuanced social interaction than traffic.

But, just for that reason, you may be caught off guard when someone in traffic tries to be especially nice to you.

In traffic, in every situation, the rules of the road prescribe clearly which driver may proceed, and which driver must yield right of way. According to these rules, the driver turning left

must yield to all other traffic, unless a special traffic signal indicates otherwise. It is often legal to pass on the right, and whether it is legal or not, a driver who is passing on the right may not expect

conflicting left-turning traffic.

Unsolicited favors have become more common with the increasing use of "Yield to Pedestrian" pylons in the middle of the street. Now more motorists will stop when a pedestrian is waiting to cross. But also increasingly, motorists are treating bicyclists like pedestrians. If I am waiting on my bicycle to make a left turn, a

Safety Corner - Continued on page 3



The square dance and traffic both have clear rules and patterns, so people move around and past each other without slamming into each other.



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
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driver may think of me as a stranded pedestrian, rather than as another driver. Often if I am only waiting near a street, a car will stop. Then others don't stop, or I can't see past the stopped vehicle, and I can't safely go. I even find some drivers who will stop when I have a stop sign and they don't.

Maybe motorists increasingly respect bicyclists because of the environmental benefits of bicycling. Or a motorist may be a bicyclist or have bicyclist friends. Who knows? The bottom line in a traffic situation is whether you have evaluated it for potential hazards, and ruled them out.

Pedestrians can grant unwanted favors, too. One pedestrian waits at the curb, concealing another who then steps out. Don't take the bait—this kind of situation is a stalemate. A person who encourages me to take the right of way illegally can lure me into a crash and then also make it harder to collect on insurance, because I was breaking the law—all with the best of intentions.

What is one to do in these situations? Generally, don't go if the law says that you should yield the right of way. Stop, or stay stopped. If riding alone, you may wave the motorist by. (It's generally risky to wave motorists by when riding with others. Your companions may not see your gesture, and could ride into harm's way.)

Occasionally, you may accept a favor if you won't be breaking the law, and if you can see for sure that there is nobody else you might collide with. Bicyclists have an advantage in being able to see over the tops of passenger cars. I'm not going to be dogmatic in my advice. I'm just asking you to be mindful in each situation you encounter.

After all, as we say at the end of each of these articles, safety is about choices. What choice will you make?

FOR SALE

Cannondale Delta V600 mountain bike, frame size 15.0 inches. Front and rear racks. Too large for rider. Really nice bike. (\$1200 new) Price \$500. Contact Nancy Butler at nancyab71@hotmail.com or call (860)749-7748

Terry Classic Road Bike. Sized for small female. 24" front wheel, 27" back wheel. Front and rear racks, computer, water bottle cage. Converted from drop handlebars (still have if you wish to put back) to mountain bike style handlebars. \$1350 new, Price \$500. Contact Nancy Butler at nancyab71@hotmail.com or call (860)749-7748

Gary Fisher Mt. Tam mountain Bike, disc brakes, used little - too large. Back rack. Like new condition (\$2100 new) Price \$1000. Contact Nancy Butler at nancyab71@hotmail.com or call (860)749-7748

CRW Board Meeting Minutes



May 1, 2007

In Attendance:

Board Members (8): Eric Evans, Don Blake, Jack Donohue, Eli Post, Linda Nelson, Michael Aarons, Rich Levine, and Janet Tortora

Minutes (Janet Tortora)

Minutes from the April 4 meetings were approved.

Reports of Officers, Coordinators, and Standing Committees

President (Michael Aarons)

No report

VP of Rides (Bill Widnall)

Bill Widnall, was not present. Michael Aarons reported that rides are going well. Eli Post expressed his appreciation that ride leaders can post ride updates on the website when weather is questionable.

Vice President of Finance (Rich Levine)

Rich Levine presented the "Statement of Activities for the Three Months Ended March 31, 2007."

Membership (Linda Nelson)

Linda Nelson reported the membership numbers for April 2007: 1118 current memberships, 1351 current members, 49 expired members, 24 new members, 49 renewed members.

Old Business

Discussion of Appropriate Financial Reserve Size

The Board determined that after allowing for appropriate financial reserves, limited funds are available for an initiative to enhance rides or other programs for members. CRW members are encouraged to submit a brief proposal for the Board's consideration. Proposals should be submitted to Eli Post at elipost@comcast.net by June 25th.

New Business

CRW Name Change

A member emailed Michael Aarons about changing the club's name from Charles River Wheelmen to something more gender neutral. The Board agreed to invite this member to the next Board meeting to discuss this issue. The matter has been raised in the past but has not been pursued because implementing a change is complex and requires an extraordinary amount of time and effort.

NOTE: CHANGE OF MEETING DATE

The next Board Meeting will be held on June 26, at 7:00 PM, at the St. Paul's Church Library, Bedford, MA. This is Jack Donohue's Birthday!

Respectfully submitted,
Janet Tortora
Secretary

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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.

Note: Please check the website Saturday after 9:30 PM for last minute cancellations.

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, 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: 6:00 PM. Rides of 18, 24, or 28 miles.

Ride Type: Cue Sheet, Map, Arrowed

Description: A club ride that provides something for all tastes. There is usually a fast group riding paceline(18mph+) while others tour at their own speed. The ride winds through the shade of back roads in Concord, Carlisle, Acton and Chelmsford. This ride 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.

Note: See the Amazing Attack Duck...

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.



June 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.

Quiet Roads North of Boston

Saturday - June 2

Times and Routes: 9:30 for 63 miles; 9:50 for 46 miles; 10:10 for 27 miles.

Ride Type: Map and Cue Sheet, Arrowed

Description: Mostly flat to rolling, shady roads. All rides go through Harold Parker State Forest. Short ride goes through Reading, Wilmington, N. Reading, Middleton, and Lynnfield. Medium ride adds N. Andover, Boxford, and Topsfield. Long ride adds Groveland, W. Newbury, and Georgetown. Lunch is in front of the library in Middleton. Cue sheets for this ride are available. From the Home page follow Rides/Cue Sheet and scroll down to the Database select Local Rides/North.

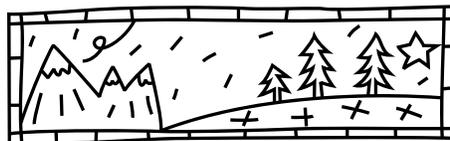
Leaders: Ray Porter (781-944-1292, rporter@ch2m.com), Janet Tortora (978-692-7273, janett@tiac.net)

Start: REI/Registry of Motor Vehicles, Reading.

Directions: Route 128 to Exit 40; go around rotary to Route 129 (Salem St.) West. REI parking lot is third left. Please park away from the shops.

Berlin-Bolton Country Tour

Sunday - June 3



Times and Routes: 9:30 from Acton for 60 and 48 miles (2450 and 1800 vertical feet, respectively); 10:30 from Bolton for 25 miles.

Ride Type: Arrowed

Description: This exquisite tour of Bolton, Berlin and Northboro winds and rambles on

mostly very quiet back roads. The short ride follows the same route as the long from Acton with a common lunch stop. The long and medium routes continue to the Fruitlands in Harvard. The medium route by-passes Northboro. You will experience quiet back roads, some beautiful vistas, and magnificent downhills. The common lunch stop for the long and short is at BagelMakers in Northboro. Lunch for the medium route is in Berlin. Terrain is moderately hilly.

Leaders: Ken Hallow (khalow@khgraphics.com)

Start: Short ride only: Emerson School, Route 117, Bolton. Long and Medium rides start at the South Acton "T" station, Central Street at Rte 27

Directions: Long and Medium rides - Route 2 West, exit left onto Route 111 @ exit 43, turn left onto Route 27 at light. Central Street is a sharp right turn .95 miles past the light

June Rides - Continued on page 6

at Route 111. Look for the Mobil station then the tower of the wheat-yellow colored building (formerly the Action Music Center) on the corner. Short Ride, Emerson School, Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

Northern Exposure

Saturday - June 9



Times and Routes: 10:00 am for options of approximately 55, 42, or 34 miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Those legs should be limbered up by now, so come on out and join us for a late spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this. Moderate terrain. Limited food options.

Leaders: Dana Chandler (978-371-5952, dchand03@yahoo.com)

Start: Byam School, Maple Road, South Chelmsford, MA

Directions: Take Rte. 2 west to Rte. 27 north. Go 7.5 miles to the Kate's Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right just opposite the Agway Store. By bike, ride past Great Brook Farm in Carlisle, take the first left after the Hart Barn onto Proctor. Follow Proctor to South Chelmsford and cross Rte 27 onto Maple Road.

A River Runs Through It

Sunday - June 10

Times and Routes: 9:30 for 50 or 64 miles; 10:30 for 28 miles.

Ride Type: Cue Sheet, Arrowed

Description: We'll wind our way through beautiful rolling wooded countryside west of Boston, with views of the Sud-



bury and Assabet River plains. All rides pass through Concord, Sudbury, Wayland, and Lincoln; the 50-mile ride includes Stow and Hudson and a few hills. There is a scenic 64-mile option that adds Boxborough, Acton, and a few more hills.

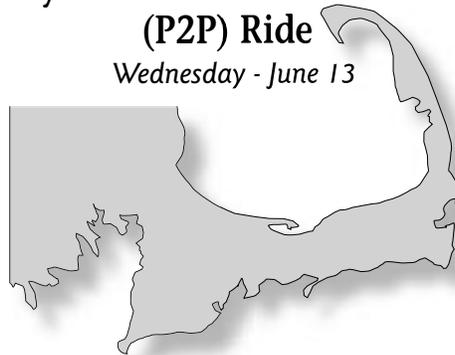
Leaders: Jim Pearl (781-275-8603, curvest@yahoo.com), Steve Kolek (781-652-0354, stevescrwaddress@mac.com)

Start: Concord-Carlisle High School, Concord, MA

Directions: From Route 128/95 take Route 2 West until you come to Walden Street at a traffic light. This is the intersection for Walden Pond and is about 1 mile past the Mobil Gas Station where Route 2 turns left at a traffic light. Take a right turn from Route 2 onto Walden Street. The High School is about 1/3 of a mile down on the left before the fork with Thoreau Street.

Plymouth to Provincetown (P2P) Ride

Wednesday - June 13



Times and Routes: 7am for 85 miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Schedule a day off from work for this annual ride that leaves from the parking lot adjacent to the Radisson Hotel at 7am (or leave from Putterham Circle in South Brookline at 4am for an extra 40 miles). We usually finish in P-town early to mid-afternoon. The chartered ferry back to Plymouth loads at 3:15pm so you should have time to walk around town, get a bite to eat, etc. We'll arrive in Plymouth around 5:15pm. This all day ride has been a great hit because mid-week traffic on the Cape in mid-June is tolerable and the weather for the ride and boat trip back to Plymouth more often than not is ideal. We tend to ride in groups based on pace. As usual, we will provide SAG vehicles for your bag, check points with water, pb&j sandwiches at the lunch stop and a cold one at the finish. In order to cover costs for the ferry and support, early registration (due by June 6th) is \$32 and day-of-event payment will be \$38. If you will not be taking the ferry back to Plymouth, the cost will be \$10. If the ride is cancelled because the ferry isn't running, your money will be refunded. If you can't ride this year but are willing to drive a vehicle, PLEASE let us know. We'll reimburse for fuel and lunch and you will earn the heartfelt thanks of all riders. Alternatively, if you are planning to ride and

your spouse, friend, significant other, or adult child is available, PLEASE let us know. Please respond to p2pride@yahoo.com if you plan to ride and send your check payable to: Mel Stoler, 9 Coolidge Street, Brookline, MA 02446. Questions? Contact Mel Stoler <thestolers@rcn.com> or 617-939-7906

Leaders: Mel Stoler (617-939-7906, thestolers@rcn.com)

Start: Town Parking Lot at the end of Rt. 44 and Water Street in Plymouth

Directions: From Route 3 south, take exit 6A toward Plymouth Center (Rt. 44E). The parking lot will be on your left after the gas station and traffic lights at Rt. 3A.

Note: Pack a change of clothes for the ferry ride. Rain date June 20th.

Cape in a Day

Saturday - June 16

Times and Routes:

Ride Type: Cue Sheet, easy route to Ptown

Description: Highlights: Ride Boston to Provincetown and return by ferry the same day. This is a direct point to point ride, 119 miles, with lots of interesting, changing scenery but without scenic detours. We will stop to rest and to buy food at the Canal (52 miles) and in Orleans (86 miles). We will return to Boston on one of the ferries. This is an unsupported ride. You will get a cue sheet, ferry schedule and a bus schedule for return to Boston in the event of the failure of your equipment. The cue sheet is simple and easy to follow.

Leaders: Nadina Raudales (978-937-7780, nraudales@juno.com), Raúl Raudales (978-937-3460, mesoamerican@juno.com)

Start: Gillette parking lot in South Boston

Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette parking lot.

Note: Rain cancels the ride

Three Burro Ride

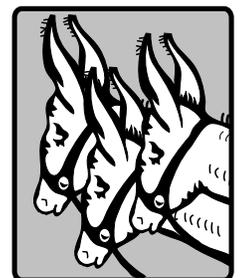
(Southborough, Westborough, Marlborough)

Saturday - June 16

Times and Routes: 9:30 am for 41 miles

Ride Type: Cue Sheet, Map

Description: This is a delightful 41-mile



ride through lovely country roads as we traverse farm land, wooded terrain, and pass by a striking view of a reservoir, along with other beautiful vistas. Some intermittent hills add to the challenge. The Arts Center will be open for restroom use and after for viewing the exhibition.

Leaders: Ann Northup (annnorthup@charter.net)

Start: Arts Center, Southborough

Directions: Mass Pike to Exit 12, to Route 9 West, to Route 85 South. Turn right onto Southville Road at the light. Turn right on Parker, and left onto Highland Street. The Arts Center is two blocks up on the right. Parking is available behind the Center, accessible from Atwood Road. Make a right turn across from St. Matthews Church and before the Arts Center.

Quiet Roads North of Boston

Sunday - June 17



Times and Routes: 9:30 for 63 miles; 9:50 for 46 miles; 10:10 for 27 miles.

Ride Type: Map and Cue Sheet, Arrowed

Description: Mostly flat to rolling, shady roads. All rides go through Harold Parker State Forest. Short ride goes through Reading, Wilmington, N. Reading, Middleton, and Lynnfield. Medium ride adds N. Andover, Boxford, and Topsfield. Long ride adds Groveland, W. Newbury, and Georgetown. Lunch is in front of the library in Middleton. Cue sheets for this ride are available. From the Home page follow Rides/Cue Sheet and scroll down to the Database select Local Rides/North.

Leaders: Ray Porter (781-944-1292, rporter@ch2m.com), Janet Tortora (978-692-7273, janett@tiac.net)

Start: REI/Registry of Motor Vehicles, Reading.

Directions: Route 128 to Exit 40; go around rotary to Route 129 (Salem St.) West. REI parking lot is third left. Please park away from the shops.

Cape Cod Ride

Saturday - June 23

Times and Routes: 10 AM for 34, 43, or 61 miles

Ride Type: Cue Sheet

Description: A gorgeous ride on lightly traveled roads with views of Cape Cod Bay, Buzzards Bay, Vineyard Sound, cranberry bogs, and

salt ponds. The short ride, mostly in Falmouth, gives a brief glimpse of Buzzard's Bay and then 5 miles right on Vineyard Sound with great views of Martha's Vineyard. The long ride adds Sandwich, the Cape Cod Canal, and more of Buzzards Bay. At 34 miles you have the option of continuing to Woods Hole and along Vineyard Sound for 61 miles, or cutting inland to shorten the ride to 43 miles.



Leaders: Ed Foster (508-420-7245, erfoster@comcast.net)

Start: Mashpee High School, at Old Barnstable Road and Rte 151, about 75 miles from Boston

Directions: Via Bourne Bridge: Once over the bridge, continue around the circle to Rte 28 south. Go 7 miles to Rte 151 east (right off the exit ramp.) Go 5.5 miles to Old Barnstable Road (at light), turn right and then take the first left into Mashpee High School, and next left ("deliveries" sign) into parking lot. Via Sagamore Bridge: Once over the bridge, take exit 2 (Rte 130 south, Cotuit, Mashpee) and after 7.2 miles turn right onto Great Neck Road. One mile further turn right onto Lowell Road. Lowell Road becomes Old Barnstable Road and after 1.9 miles crosses Rte 151 at a light. Turn left into Mashpee High School just after the light and take the next left ("deliveries" sign) into parking lot.

Berlin-Bolton Country Tour

Saturday - June 23



Times and Routes: 9:30 in Bolton for 25 miles.

Ride Type: Arrowed

Description: This exquisite tour of Bolton, and neighboring towns winds and rambles on mostly very quiet back roads. You will experience quiet back roads, and some beautiful vistas. Terrain is moderately hilly.

Leaders: Eli Post (617-547-6778 before 11PM, elipost@comcast.net)

Start: Emerson School, Route 117, Bolton.

Directions: Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

The East European Ride

Sunday - June 24

Times and Routes: 9:30 AM for 45 miles; 10:30 AM for 29 miles

Ride Type: Map, Arrowed

Description: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton, Carlisle and Bedford. The lunch stop is in Concord center. The terrain is rolling.

Leaders: John Allen (781-891-9307 until 9:30PM, jsallen@bikexpert.com), Jacek Rudowski (617-361-5273 until 10PM)

Start: Weston High School, Weston.

Directions: From Route 128, take exit 24, Rte. 30 West. The first traffic light west of Rte. 128 is at the end of the southbound off-ramp. Travel 2.3 miles on Rte 30 west to the fifth set of traffic lights (The fourth are blinking lights, in front of a firehouse.) Turn left onto Wellesley Street; the Weston High School is on the left side. Or take commuter rail— Framingham-Worcester line to Wellesley Sq. or Fitchburg line to Brandeis/Roberts. Contact John if you need directions from train station to ride start. The MBTA no longer requires a bike permit.

Note: Do not call on the morning of the ride



Charles River West Loop

Saturday - June 30

Times and Routes: 9:00 for 75mi, 9:30 for 50mi, 10:00 for 35mi

Ride Type: Cue Sheet, Map

Description: Highlights: Rolling tour on back roads in Charles River Valley west of Rt 128. 75 mile ride rises into foothills beyond Westboro. Food stops/bathrooms available in towns along route. Helmet required, mirror and patch kit/spare tube/tire irons and frame pump recommended. Bring lunch or \$. Short loop covers Needham Westwood, Natick, Sherborne, Dover; medium adds Ashland, Holliston; and long adds Westboro, Grafton and Hopkinton.

Leaders: Mike Barry (617-257-2251, mikebarry657@rcn.com)

Start: Needham Junction MBTA Lot

Directions: Directions: Exit off Rt 128 at Rt. 135, go west toward Needham. Left at 0.5mi on South St at light, right at 0.5mi at Y with High Rock St, right at 0.3mi at Chestnut, MBTA lot on right at 0.3 after going under tracks. If first parking lot is full, there are more spots further back

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



for the 16th annual



A Century Ride to Mt. Wachusett Sunday July 15, 2007

62 miles from a remote start
Rides from 45 to 105 miles

NOTE: All routes return to the start point.

Spend the day touring the apple orchard country of east central Massachusetts. Magnificent views, mostly country roads, great company!

START TIMES:

8:00 from Concord Carlisle High School, Concord MA for 105, 90 or 80 miles

9:30 from Nashoba Regional High School, Bolton MA for 62 or, 45 miles

NOTE: All rides return to the respective start point.

COST:

A **\$10.00** event fee per entrant is payable the day of the event.

There is no pre-registration.

DIRECTIONS:

Concord: Rt. 2 to the route 126 intersection. This is the intersection for Walden Pond.

Heading West on Rt. 2, turn right at the first traffic light past Village Saab at Crosby Corner. There is a sign for the District Court house.

Heading East on Rt. 2 turn left at the sixth light past the Concord circle. The High School is at the bottom of the hill on the left.

Mass Turnpike to exit 14, "Route 128/95". Route 128/95 North to the Route 2 exit heading West.

Or Mass Turnpike to Rte 495 North to Rte 2 east.

(No pre-ride tech support in Concord.)

Bolton: Nashoba Regional High School is 2½ miles West of Rt. 495 on Rt. 117 on the right at Green Road.

Mass Turnpike to the Route 495 exit, go North, then take the Rt. 117 exit West for 2½ miles.

Arrive early for tech support.

ROUTES:

The long rides from each start point include a climb up the mountain. All routes join together in Lancaster. The 80 returns from Sterling. The 45 & 90 mile routes go to East Princeton. The 106 & 62 mile routes continue to Mt. Wachusett. **All routes return to the start point.**

All rides return along the Wachusett Reservoir passing through West Boylston & Boylston. We ride through Berlin back to Bolton with a stop at Berlin Orchard. The route back to Concord passes along the high ridge in Harvard. All routes are mostly on back country roads, fully arrowed, and a map is supplied.

TERRAIN:

All routes are hilly. The long rides from each start point includes a one mile climb at a steady 9% grade and the mountain access road itself. From Concord the total vertical for the long ride is 5,500 feet and from Bolton it is 3,500 feet. The other routes are very hilly but no mountain climb.

SUPPORT:

Bananas, bagels & water will be available at the start points and at two staffed water stops along the routes, including a stop at Berlin Orchard. There are convenience stores located in most towns. Water is available at the visitors center at Mt. Wachusett.

INFO:

For this ride only:

Ken Hابلow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khablow@khgraphics.com

Pre-ride tech support and on road support provided by

**CYCLE
LOFT**

www.cycleloft.com

Arrive an hour early if you need to have your bike looked at.



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.

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

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

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)

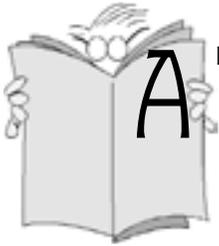
Useful on the CRW Web Site

www.crw.org

- The latest news**
<http://crw.org/cgi-bin/newsbits.pl>
- Updates or cancellations to the CRW monthly rides**
<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>
- Ride cue sheet library**
<http://www.crw.org/CueSheets/index.htm>
- Ride starts for club rides**
<http://crw.org/rides/ridestarts.htm>
- The CRW picture Gallery - includes events and personalities**
<http://crw.org/gallery/index.htm>
- Useful bicycling related links**
<http://crw.org/bikelinks.htm>

Little Jack's Corner

by Jack Donohue



long time ago, during a short jaded summer job as an auto mechanic, I was introduced to the concept of flat rate. This basically means that the customer was charged a specific amount based on the time the job should take, not on the actual time the mechanic took to do it. I came to the conclusion that if I ever opened up "Jack's Bicycle Repair Shop" on that basis, I would go out of business in the first week. Here are a few examples of bicycle repair jobs, and what they would take when working on a Donobike.

Job: Change front brake pads

Anywhere Else

Time: 10 minutes

Tools required: 10mm wrench

Chez Donohue

Time: 30 minutes

Tools required: 10mm wrench, chisel, hammer, crescent wrench, hacksaw

Job: Adjust saddle height

Anywhere Else

Time: 2 minutes

Tools required: 10mm wrench

Chez Donohue

Time: 2 hours

Tools required: 10mm wrench, rubber mallet, blowtorch, bench vise, 6 foot long 2x4

Job: Adjust brakes

Anywhere Else

Time: 10 minutes

Tools required: 10mm wrench

Chez Donohue

Time: 15 minutes + 2 hours to free up the hub bearings, adjust the hub, true the wheel, scrape crud off the rim
Tools required: 10mm wrench, cone wrenches, wheel truing stand, spoke wrench, steel wool, sandpaper, wire brush

Job: Lube chain

Anywhere Else

Time: 1 minute

Tools required: lubricant

Chez Donohue

Time: 2 minutes plus 30 minutes preparation

Tools required: lubricant, putty knife (to remove all the crud between the cogs), wire brush (to remove all the rust on the chain)

Job: Adjust front derailier

Anywhere Else

Time: 1 minute

Tools required: screwdriver, lubricant

Chez Donohue

Time: 2 minutes plus 1 hour preparation: try to free cable so that when you downshift it actually moves for about 1/2 hour by pouring massive quantities of lubricant on it and moving it back and forth until I get carpal tunnel syndrome in my wrist, then give up and either replace the cable and housing or resign myself to the fact I really don't need the small ring very much anyway.

Tools required: screwdriver, lubricant, more lubricant, new cable and housing if I decide to be really anal and actually try to fix the problem.

Anyway, you get the idea. So don't look for "Jack's Bicycle Repair Shop" any time soon.

New Welcome Members

Susan Arapoff	Stow
Richard Aubry	Needham
Laura Bergamini, Petr Sadlo	Arlington
Deb Bernstein	Sudbury
Andrew Conway	Arlington
Ebet Cushman	Wellesley
Christine Dorvel	Concord
Aaron Gilbert	Newton Centre
Paul Levenson	Wakefield
Edwin Martin	Norwell
Babak Najafi	Auburndale
Alison Wallace	Cambridge
Bruce Williams	Boston
Shauna Woody, Hector Martinez	Boston

“ This is not Disneyland, or Hollywood. I'll give you an example: I've read that I flew up the hills and mountains of France. But you don't fly up a hill. You struggle slowly and painfully up a hill, and maybe, if you work very hard, you get to the top ahead of everybody else. ”

- Lance Armstrong

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

April Mileage Totals

0 7 2 4 3 6

Name	Miles	M	C	K
Don MacFarlane	4173	4	-	3
Pamela Blalock	3078	4	1	1
John Bayley	3014	4	1	1
Jack Donohue	2591	-	-	-
Richard Taylor	2434	4	4	-
Glen Reed	2410	1	1	1
Tod Rodger	2392	2	1	-
Steve Robins	2166	-	-	-
Robin Schulman	2119	1	-	-
Larry Murphy	2058	4	-	-
Jim Krantz	1921	3	-	-
Irving Kurki	1838	4	-	-
Joe Repole	1682	4	4	-
David Wean	1678	1	-	-
Marilyn Hartman	1647	1	-	-
Richard Aubry	1605	-	-	-
Otto DeRuntz	1598	3	-	-
Kevin Davis	1586	1	-	-
Butch Pemstein	1485	-	-	-
John Goeller	1471	3	-	-
Peter Brooks	1398	4	-	-
Don Mitchell	1379	1	-	-
Chris George	1321	-	-	-

Name	Miles	M	C	K
Joseph Moore	1288	1	-	-
Paul Hardin	1200	2	1	-
Pierre Avignon	1157	1	1	-
Janet Tortora	1092	1	-	-
Joseph Tavilla	1075	-	-	-
Alison Sheridan	1002	-	3	-
Winslow Green	982	1	-	-
Daniel Buchanan	973	-	-	-
Gary Smiley	970	-	-	-
John Allen	950	-	-	-
Gabor Demjen	899	2	-	-
Darrell Katz	884	-	-	-
Chris Lennon	863	-	-	-
John McCabe	856	-	-	-
Cynthia Snow	842	1	-	-
Henry Marcy	830	-	-	-
Frank Aronson	805	-	-	-
Ted Elkins	804	-	-	-
Erik Husby	791	1	-	-
Lisa Weissmann	741	-	-	-
Bill Hanson	607	-	-	-
Dan Freedman	592	-	-	-
John Springfield	591	-	-	-

Name	Miles	M	C	K
Henriette Elvang	535	-	-	-
Cynthia Zabin	479	-	-	-
Jeff Holmes	438	1	-	-
Marc Webb	401	-	-	-
Greg Tutunjian	398	-	-	-
Craig Weiner	353	1	-	-
Darrow Loucks	350	-	-	-
John Kane	316	-	-	-
Mike Hanauer	298	-	-	-
Dick Arsenalault	226	-	-	-
Bruce Ingle	211	-	-	-
Douglas Cohen	182	-	-	-
Brian Ferrick	158	-	-	-
Jeff Luxenberg	93	-	-	-
Rudge McKenney	88	-	-	-
Walt Drag	72	-	-	-

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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We're the big red barn at the head of the Minuteman Bike path.

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

Ace Wheelworks

145 Elm St., Somerville
617-776-2100

Adi's Bike World

231 Grove Street, West
Roxbury
617-325-2453

ATA Cycles

1773 Massachusetts Ave,
Cambridge
617-354-0907
93 Thoreau St., Concord
978-369-5960

Back Bay Bicycles

362 Commonwealth Avenue,
Boston
617-247-2336

Belmont Wheelworks

480 Trapelo Rd., Belmont
617-489-3577

Bicycle Bill

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

Bicycle Exchange at Porter Square

2067 Massachusetts Ave,
Cambridge
617-864-1300

Bike Express

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

Bikeway Source

111 South Road, Bedford
781-275-7799

Boston Bicycle

842 Beacon Street, Boston
617-236-0752

Broadway Bicycle School

351 Broadway, Cambridge
617-868-3392

Cambridge Bicycle

259 Massachusetts Avenue,
Cambridge
617-876-6555

Chelmsford Cyclery

30 Chelmsford St.,
Chelmsford
978-256-1528

Community Bicycle Supply

496 Tremont St., Boston
617-542-8623

Cycle Loft

28 Cambridge St.,
Burlington
781-272-0870

Decathlon Sports

570 Providence Highway,
Norwood
781-255-0400

Dedham Bike

403 Washington St.,
Dedham
781-326-1531

Farina Cycle

61 Galen St., Watertown
617-926-1717

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

677 North St., Medfield
508-359-8377

Travis Cycles

7 Oak St., Taunton
508-822-0396

722 N. Main St., Brockton

508-586-6394

Wild Women Outfitters

397 Massachusetts Ave,
Arlington
781-641-5776

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

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:

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.