


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 7 • July 2007

Tour de France Viewing at Watch City Brewery

Sunday, July 22

7:30-11:30PM

Join your fellow CRW members after a day of cycling to watch Stage 14 of the Tour de France. This is one of the major climbs of the tour and Watch City Brewery has guaranteed us viewing on their big screen HDTV! They will also provide us with a large buffet including appetizers, dinner and dessert for \$25 per person (drinks are not included...but the beer is fantastic and well worth the extra cost!).

Location:
Watch City Brewing Company
256 Moody Street, Waltham, MA
<http://www.watchcitybrew.com/>

Cost:
\$25 per person plus drinks

RSVP: social@crw.org

Volunteers Needed for Climb to the Clouds

This is our largest event of the year and we need a large number of volunteers to ensure that we have a safe and successful event. There will be a special dinner for volunteers following the event.

Climb to the Clouds is on Sunday July 15. We need people to help on the day of the event and people to help with items that happen before the event. Here are some of the things you could volunteer to help with.

Before the event:

1) Order and pick up fruit and deliver to registration

CTTC Volunteers Needed - Continued on page 3

Portapotties, Bananas and Rain

by Susan Grieb

Behind the scenes it takes three months of planning to put on the CRW Spring Century. By the day of the century, volunteers have put in a good deal of time and effort to make this a good event. The March kick off meeting is a distant memory. The High School has been contacted and permits obtained. The porta potties have been ordered and delivered, their locations

At 6:30 the weather is not as bad as predicted. It is overcast and though about 58 it feels warmish

painstakingly described to the porta pottie positioning system. Food for the after ride party has been agonizingly analyzed based on weather predictions and previous years consumption records. Bananas have been picked up and are stowed in someone's car creating an odor to be remembered by. The bagels are ordered and will be picked up at 6:00 am. Arrowing volunteers have been out on two weekends practicing what to say to curious residents and officious officials as they mark the routes with white spray paint (one man's arrow is often another man's graffiti). Tables,

food and water have been loaded and are ready to be delivered at 6:30 am. Registration folks have printed their forms, sharpened their pencils, gotten change from the bank, loaded their chairs, planned their wardrobes to match the volunteer t shirt and have set their alarms to awaken before the sun. Water stop volunteers have learned the fastest route from where they pick up their supplies to their water stop so they can be ready for the first riders. Their cars are loaded with tables and they have plans on how to pick up the Sunday paper that they will never have a chance to read.

AND as we go to bed on Saturday the prediction for the next day's weather is rain and temperatures in the 50s.

Over 150 riders show for the 100 mile ride . . . about 80 riders for the 50/62 mile ride.

At 6:30 the weather is not as bad as predicted. It is overcast and though about 58 it feels warmish. Bill Haynes shows up with the tables, water bottles (big and small) and the water stop food. Rosalie and crew set up registration

Portapotties - Continued on page 3

Highlights Inside

The Al Bolea Memorial Ride... 3	CRW Trips 8	Little Jack's Corner..... 10
Recurring Rides 4	Other Trips 8	Welcome New Members..... 10
July Rides 5	Make a Difference 8	May Mileage Totals 11
Climb to the Clouds Century. 6	Safety Corner..... 9	



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

BOARD OF DIRECTORS	Term Expires	
Michael Aarons.....	2008.....	508-651-9259
Don Blake.....	2007.....	781-275-7878
Jack Donohue.....	2009.....	781-275-3991
Eric Evans.....	2007.....	617-901-3958
Rich Levine.....	2009.....	617-630-1565
Linda Nelson.....	2007.....	617-964-5727
Eli Post.....	2009.....	617-306-1838
Janet Tortora.....	2008.....	978-692-7273
Bill Widnall.....	2008.....	781-862-2846

OFFICERS AND COORDINATORS		
President.....	Michael Aarons.....	508-651-9259
Executive Vice President.....	Eric Evans.....	617-901-3958
Vice President of Finance.....	Rich Levine.....	617-630-1565
Vice President of Publications.....	Ken Hablow.....	781-647-0233
Vice President of Legal Affairs.....	Jeanne Kangas.....	978-263-8594
Secretary.....	Janet Tortora.....	978-692-7273
Treasurer.....	Don Blake.....	781-275-7878
Insurance Coordinator.....	Don Blake.....	781-275-7878
Membership Coordinator.....	Linda Nelson.....	617-964-5727
	Larissa Hordynsky.....	617-527-5620
Membership Information.....	Keith Manning.....	781-643-4628
Information.....	Marilyn Hartman.....	781-935-9819
Special Projects Coordinator.....	Marty Weinstock.....	617-491-6523
Publicity Coordinator.....	Kimberley Fitch.....	781-354-4780
Merchandise.....	Ken Hablow.....	781-647-0233
Mileage.....	Jack Donohue.....	781-275-3991
Government Relations.....	Bill Widnall.....	781-862-2846
Bike Shop Program.....	Jim Mello.....	508-545-0227
Volunteer Coordinator.....	Marilyn Hartman.....	781-935-9819
Social Committee Chair.....	Naomi Wernick.....	781-894-3668
Safety Coordinator.....	Bob Zogg.....	617-489-5913

RIDE PROGRAM COORDINATORS		
Vice President of Rides.....	Bill Widnall.....	781-862-2846
Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	Eli Post.....	617-306-1838
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenault.....	781-272-1771
Wednesday Ice Cream Ride.....	Gabor Demjen.....	617-266-8114
	Roger Bonomi.....	617-686-4073
Thursday Fitness Rides.....	Rich Taylor.....	781-257-5062
Friday Rides.....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
Saturday Fitness Rides.....	Chris Randles.....	617-969-2545
	Michael Aarons.....	508-651-9259
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

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

INTERNET STAFF		
Web Site (http://www.crw.org)		
Webmaster.....	Gary Smiley.....	webguy@crw.org
Picture Gallery.....	Rory Dela Paz.....	rdelapaz@mindspring.com
Touring.....	Andy Meyer.....	asm@ameyer.org
	Keith Rousseau.....	krousseau@gmail.com
	David Cooper.....	dacooper@tiac.net
E-Mail List (CharlesRiverWheelmen@yahoo.com)		
Administrator.....	Barry Nelson.....	barrynelson@alum.mit.edu

The Al Bolea Memorial Ride

Sunday, August 12

Fun, Sun and BBQ!

In September of 2005 as many of you know, Al Bolea, one of the co-founders of the CRW Wednesday night Ice Cream Ride, lost a long battle with Myelofibrosis; a degenerative bone marrow disease. On August 12th, there will be a ride to remember Al, raise awareness of the disease, and to encourage donations to the MPD Foundation, which is working on a cure (this is not a fundraising ride).

The rides will leave on Sunday morning from the Lexington Municipal Parking Lot. Ride lengths will be approximately 35 and 50 miles; see the CRW website and August WheelPeople for updated details. Tom Magliozzi, from the National Public Radio show Car Talk, will be the Master of Ceremonies.

One of Al's close friends, Tom Fortmann, will host an after ride barbecue at his home next to the Lexington Green. Food from the Blue Ribbon Barbecue, one of Al's favorite restaurants, will be provided. Tom, Al's family and friends will be sponsoring the event. There is no cost to you but reservations are needed so an appropriate amount of food can be ordered. Please RSVP at als_mpd_ride@yahoo.com. Voluntary donations to defray costs will be appreciated but not required (there will be a basket at the BBQ for this); your participation, celebration of Al, and awareness of Myelofibrosis are the emphases of this annual ride.

Donations to the MPD Foundation are encouraged. Information on MPD and Myelofibrosis can be found on at www.mpdfoundation.org. You may make a donation at <http://www.mpdfoundation.org/donate.htm> where you can also indicate that it is in memory of Al Bolea.

See you at the ride!

CTTC Volunteers Needed - Continued from page 1

- 2) Make a Costco food run and deliver to registration
- 3) Ride the ride before hand to check out the arrows

Day of the event

- 1) we need people for registration in Concord and Bolton. You can still ride the ride
- 2) Water stops (you will not be able to ride the ride)
- 3) Sweeps (you ride the ride. But you will not come in first)
- 4) Deliver and pick up tables to registration points in Concord or Bolton (you can ride the ride)

To volunteer contact Susan Grieb at slgrieb@comcast.com

Portapotties - Continued from page 1

and riders actually begin to show up at 6:45. We are beside ourselves. The riders come out in spite of the bad weather prediction. Over 150 riders show for the 100 mile ride. We are elated. Anthony from Cycle Loft arrives ready to help get bikes neglected over the winter back on the road. The water stop folks come to pick up supplies and are pleased to see how many riders we have. Dave Jordan arrives to deliver and set up the after ride party food and to check on the number of riders to plan any additional food needs. About 80 riders for the 50/62 mile ride take off and the weather holds for about an hour.

Then the rain comes and it does not stop. This is where I really start to get proud. The riders ride and they ride and they ride. They are cheerful. Cheerful I say. It is cold and wet and they are cheerful. The volunteers are also cheerful. Standing in the rain, giving new meaning to water stop. All of the riders finish the ride in very good time and enjoy a great spread of food. I think it may be in record time (I have been told by some that maybe I should not be so proud of that since the weather precluded dawdling). There are no accidents.

I am proud of this club. We have wonderful volunteers who work hard to provide a regular riding program of Saturday, Sunday and Wednesday rides and evening rides during daylight savings time as well as three Centuries a year. I am proud of this club because we have a really nice group of members who appreciate

what this club has to offer and are willing to kick in to support those activities. I am proud that we can hold an event like this and have no accidents.

Thanks to the following people who made the Spring Century possible:

Arrowing: Melinda Lyon, Don MacFarland, Bill Aldrich, Bill Haynes, Peter Brooks, Robye Lahlum, and Dave Jordan

Registration: Rosalie Blum, Don MacFarland, Cindy Sragg, Merle Adelman, Lindy King, Linda Nelson, Barry Nelson

Site Coordinator: Martha DasSama

Bagels and Bananas: Heather White and Frank Hiller

Water stops: Nina Siegel, Duane Roth, Howard Miller, Kimberley Fitch

Sag Wagons: Heather White and Susan Grieb

Sweeps: Lee Evans, Bob Evans, Frank Hiller, Tim Martin, Melinda Lyon

Clean up: Marilyn Hartman, Jillian Davis

After ride party:
Dave Jordan, Dick
Arsenault, Lindy
King

Table and water

bottle delivery/pickup: Bill Haynes

Ride starters: Rita Long and Melinda Lyon

Permits and preregistration: Jack Donohue

Permits and porta potties: Melinda Lyon

Publicity, maps/cue sheets: Ken Hablow

Century Supply Storage: Don and Janet Blake

Technical Support: Anthony Laskaris (Cycle Loft)

Then the rain comes and it does not stop.

Meet someone tastefully.

Join thousands of busy single men and women who meet one-to-one over a relaxed lunch, or after work for coffee or drinks. It's fun, low-key, and very easy to use.

Call 617-254-3000



Boston • Burlington
Brighton • Framingham
Weymouth

LunchDatesTM

The One with the Good Reputation!



OUR 25th
YEAR!

Take the free survey online at www.lunchdates.com



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), Roger Bonomi (617-686-4073, Roger_r_bonomi@Raytheon.com)

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.

Wednesday Morning Hill Ride

Times and Routes: 7:00 AM

Description: Start at Horn Pond Parking lot and ride over to where the arrows start for the NEBC hill training ride. There are a couple of doozies.

Leaders: Marilyn Hartman (781-935-9819)

Start: Horn Pond parking lot Lake Avenue, Woburn MA

Directions: From 128 take Rt. 3 SOUTH, Exit 33A (Cycle Loft exit). Head east for approximately 3 miles. Just after Whole Foods, turn left onto Pond St. (This turns into Lake Ave.). The parking lot is approximately 1/2 mile on the left at the pond. It is located directly across the street from University Apartments, 48 Lake Avenue, Woburn MA. There are two commuter rail stops in Winchester located approximately 1 1/2 mile from the ride start.

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.

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: Rain Rain Go Away, we need a ride on this day

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.

Friday TGIF Unwinder

Times and Routes: 6:30 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

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)



July 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.

Climb to the Foothills

Sunday - July 1

Times and Routes: 9:30 for 68 miles, 10:00 for 43 and 29 miles

Ride Type: Cue Sheet, Arrowed

Description: 68-mile ride is designed as a hilly (4,400 ft) warm-up for Climb to the Clouds 3 weeks later. It follows quiet, scenic roads through Harvard, Bolton, Boylston, Ster-



ling, and Lancaster with some great views and downhill runs. The 43 and 29-mile rides are less hilly (2,800 ft and 1,700 ft) repeats of the April 2 Season Opener. All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston with opportunities for picnic at Wachusett Reservoir.

Leaders: Bill Scott (978-456-3138, billscott@alum.mit.edu)

Start: South Acton

Directions: Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St

is sharp right turn (after wheat-yellow Acton Music Center on right) .95 miles from the light at Rt 27 and Rt 111. Immediate left into parking lot.

Lexington Revolutions on the Fourth

Wednesday - July 4

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Cue Sheet, Map, Arrowed

Description: Ride beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Rest stop for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass. (There will be no planned stop for the short ride.) Things to see include Hanscom Field, the Old North Bridge, and horse and dairy farms. There is a surprising hill at the end of the ride so save some energy. In addition, after the ride, there will be a cookout and pool party at the home of Bill and Sheila in East Lexington.

Leaders: Bill Widnall (781-862-2846, BillWidnall@attglobal.net), Sheila Widnall (Sheila@mit.edu)

Start: Clark Middle School, Brookside Ave, Lexington

Directions: From Rt 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.

Nine Towns Knot Maynard

Saturday - July 7

Times and Routes: 9:30 for 50 miles and 9:40 for 30 miles

Ride Type: Cue Sheet, Map

Description: Come enjoy some of our favorite roads in western Middlesex County. Ride characteristics: two opportunities to stop and swim, plenty of pit stops, a combination of

rolling hills and meandering country roads. We will circle but not enter Maynard.

Leaders: Everett Briggs

Start: The Mall at Lincoln Station.

Directions: Route 2 west of 128/95 to first light, Bedford Rd. Turn left (South), stay straight 2.5 mile to The Mall at Lincoln Station on your right. Please park at the back of lot, away from the shops, in the numbered spaces.

Lexington Revolutions

Sunday - July 8



Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Cue Sheet, Map, Arrowed

Description: Ride beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Rest stop for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass. (There will be no planned stop for the short ride.) Things to see include Hanscom Field, the Old North Bridge, and horse and dairy farms. There is a surprising hill at the end of the ride so save some energy.

Leaders: Bob Apsler (781-259-1443, RApsler@mail2.gis.net)

Start: Clark Middle School, Brookside Ave, Lexington

Directions: From Rt 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.



for the 16th annual **Climb to the Clouds**



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

On the web @ www.crw.org

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.

A Ride Through Purgatory (Chasm State Reservation)

Saturday - July 14

Times and Routes: 10:00 am for 35 and 47 miles

Ride Type: Cue Sheet

Description: The ride goes through North Uxbridge, Sutton, and neighboring towns. It includes scenic shores, dams, roads, steep (9 - 12%) climbs and two dairy bars. There are two rides: 34 and 47 miles. Plan an hour travel to the start from 'Newton.'

Leaders: Charles Huizenga (781-237-5939, chas.huizenga@comcast.net)

Start: Blackstone River State Park

Directions: Take the Massachusetts Turnpike to Worcester/Providence Exit 10A to Route 146 South. In 12 miles use the Exit 3 Uxbridge Exit for Route 16 and turn left onto Route 16 East, drive 2 miles to the traffic lights and turn

left on Route 122 North, drive 1-1/4 mile and turn right at traffic light onto Hartford Ave. In 1 mile, turn right on Oak Street at the UMass Memorial Tri-River Family Health Center. The 'River Bend Farm Visitor Center' is 1/10 mile down the road on the left in the red barn. There is plenty of parking. The ranger wants us to park "in the field" at the northern edge of the visitors paved parking lot. There is a sign that reads "Parking in the field."

100
MILES

Climb to the Clouds

Sunday - July 15

See information on previous page

Carlisle Cafe Ride

Saturday - July 21

Times and Routes: 9:30 for 48 miles

Ride Type: Cue Sheet, Map

Description: Ride from Lincoln to Fern's Country Store in Carlisle center for lunch. We ride through Acton, Stow, Boxborough, Littleton, and return through Westford and Concord. The terrain is rolling with short hills.

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

Start: Lincoln Commuter Rail Parking Lot behind the mall parking lot. Look for the bus shelter near the train tracks.

Directions: Take route 2 west from Rt 128/95. At the stop light at Tracey's Shell take Bedford Rd left or south. You have to go right around the "jug handle" to do that. Continue one mile to Lincoln Center. (5 corner intersection with planter and library) continue straight on Lincoln Rd 1.5 miles to South Lincoln. Commuter parking is way at the rear of the shopping center parking.

Note: The ride leaves promptly at the start at 9:30 AM. Plan to arrive a minimum of 15 minutes before the scheduled ride time.



Fences, Fields & Farmlands

Sunday - July 22

Times and Routes: 9:30 for approximately 34 and 50

Ride Type: Cue Sheet, Arrowed

Description: Serene back roads, farm stands, ponds, and potholes of the northern burbs. Have a picnic lunch at Ingaldsby Farm. Terrain is moderately



rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars; it is a farm stand/bakery), so bring enough snacks to keep you going.

Leaders: Eric Evans (ericevans100@comcast.net)

Start: Ipswich River Park, North Reading

Directions: From Route 93, take Exit 39/Concord St. toward North Reading (a right off the exit if you're heading north). Bear right at the stop sign (1.3 mi); cross Rt. 28 at the light; bear right at stop sign onto Park St/Rt. 62 (1.8 mi); turn right onto Central Street (2.5 mi); turn left into park. These mileages are cumulative. From Route 128, take Exit 40 (the REI exit) and the Haverhill Street/Camp Curtis Guild spoke off the rotary. Turn left on Chestnut St. after roughly 4 miles; bear right around the curve and then stay right for Central St. The park is on your right.

Rolling Through Blackstone Valley

Saturday - July 28

Times and Routes: 8:30am for LONG RIDE (~70 miles), 9:30am for MEDIUM (~47miles), and 10:30 for SHORT (~24 miles).

Ride Type: Cue Sheet, Map

Description: All rides leave Hopedale and go through the forested and water areas of the Blackstone River Valley. The long ride also goes Northwest through Upton State Forest then crosses back through Hopedale again to circle around Bellingham. Rest stops at Grafton Center Park and possible lunch at Rebecca's Place Too in Mendon. The Medium ride runs through Douglas State Forest with beautiful views of the many lakes in the area. The short ride goes includes quiet and largely unused roads of Blackstone and Mendon. All rides are hilly, but are on (mostly) very quiet scenic roads. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered for the long ride. Further details at the ride start or contact ride leader for more information. Sandwiches, snacks, and beverages will be provided for riders coming back from the Medium/Long rides.

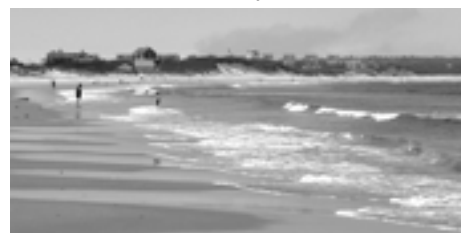
Leaders: Stephanie Marcott (508-361-4744, stephaniemarcott@comcast.net), Amy Bastille (508-361-4746)

Start: Hopedale Junior/Senior High School (small parking adjacent to Hopedale st).

Directions: From Route 495 south, take exit 20/Milford onto Rt-85 south. Take a right onto Rt-16, travel 2 miles passing through Milford, and then take a right onto Hopedale st. The parking lot will be on your right just before you reach the center of Hopedale (there is a cafe and shops on the left).

A Day At the Cape, Dennis Beaches

Saturday - July 28



Times and Routes: 10:00 AM, 35 miles

Ride Type: Cue Sheet, Weekend Wheeler

Description: If you like the beach then this ride is for you! Circumnavigate the Town of Dennis and discover more than a dozen beaches on Nantucket Sound and Cape Cod bay. Waterside lunch at the Sesuit Harbor Cafe. Beach is available after lunch. This is a "follow the leader" style ride. 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 13-14 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace. Further details at ride start.

Leaders: Larry Kornetsky (617-513-6716, thecanoe@comcast.net)

Start: Dennis Senior Citizen Center, Dennis

Directions: From Rt 3 south of Boston go over the Sagamore bridge onto Rt 6. Take exit 9B on to Rt 134 North. Go 2 miles to lights at Setucket Rd. Center is on the left. Rain cancels. If in doubt, call ride leader.

Apple Pi Ride

Sunday - July 29

Times and Routes: 9:30 for 50 and 35 miles

Ride Type: Cue Sheet, Arrowed

Description: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

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

Start: VA Hospital Parking lot, Springs Road, Bedford

Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital/Middlesex Community College. Meet at first parking lot on right.

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



CRW Trips

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)

Wheeling Around the Whites

August 17-19, 2007

Explore the White Mountains of New Hampshire! This cycle weekend will offer hilly and not-so-hilly rides of 23 to 107 miles. Ride options range from the Triple Notch Century, to rolling country rides, to a North Conway loop. Or test your climbing prowess on Hurricane Mountain Road, "the steepest paved road in New Hampshire"! Optional side trips could include swimming at Jackson Falls, après-biking at the Wildcat Tavern, or shopping at North Conway's factory outlets.

The trip fee is \$105 per person, and includes two nights lodging, welcome party on Friday night, breakfast, happy hour and dinner on Saturday, breakfast on Sunday, cue sheets/maps and ride snacks. Lodging and meals will be provided at the Skimos Ski Club in Jackson, NH (10 miles north of North Conway). Trip is limited to 25 cyclists.

For more information, contact David Campbell (david.campbell3@comcast.net, 781-856-3658). Please register by August 1st by sending your contact information with a check made payable to "CRW" to: David Campbell, 24 Central Ave., Needham, MA 02494

Other Trips

Mass BikePike Tour

August 16-19

The Mass BikePike Tour, a bicycle tour across Massachusetts, is now accepting registrations for the four-day event on August 16-19, 2007. The bike tour will travel from Concord to Northampton, with daily riding options ranging from 30 to 65 miles. Overnight stops on the tour will be in Northbridge, Sturbridge, and Ware.

The Mass BikePike Tour is not a race—but a celebration of cycling in Massachusetts. Families and individuals will enjoy ample opportunity to explore the state's scenic byways, quaint towns, and all the varied attractions the region has to offer.

Overnight stops will feature great places to camp, meals featuring fresh local products, and evening entertainment that will involve the entire community. Participants who prefer an alternative to camping can choose to stay close by at local inns or B&Bs.

Registered riders will receive maps, route descriptions, lists of local attractions along the route, access to snack stops, SAG support, a commemorative T-shirt, and the camaraderie of friendly folks having a good time.

The final day of the Mass BikePike Tour will feature a grand lunch followed by a parade of bikes down Main Street in Northampton.

The Mass BikePike Tour is produced with the cooperation of MassBike and the Massachusetts Department of Conservation and Recreation. Proceeds from the event will benefit MassBike, the statewide bicycle advocacy group.

For more information and registration details, visit the web site at www.MassBikePike.org or call 617-710-1832.



Make A Difference

by Eli Post

Excitement fills the air as people gather for a CRW sponsored ride. On a warm weather day the count is in the hundreds, and the scene of so many brightly clad cyclists gives testimony to both the popularity of the sport and the service the CRW is providing. These rides however do not arise in a vacuum. CRW is a volunteer organization, and it is the willingness of members who are motivated to share their love of cycling, and volunteer their time to plan and execute rides and other events that makes this all possible.

In order to expand the Club's services, we are seeking more volunteers, especially those members who would like to be part of the Club's work, make a difference, or are looking for a more substantial experience related to cycling. Your knowledge and expertise may be tremendous assets that can benefit and strengthen the Club.

CRW is a volunteer organization, and it is the willingness of members who are motivated to share their love of cycling, and volunteer their time to plan and execute rides and other events that makes this all possible.

There are various ways volunteers can contribute to the CRW. The Club can always use volunteers to lead or arrow rides thereby expanding the services the Club offers to its members. The CRW's three Centuries are demanding events whose success is only as good as the effort volunteers put into them. We can also use volunteers to plan completely new events or write articles for our monthly newsletter.

A vigorous CRW depends on volunteers. If you've benefited from the Club these past years, volunteering gives you the opportunity to give back. For some it's a challenge to develop leadership skills or develop new and deeper friendships or simply to open you to a new experience. Join the many members who are volunteering and helping to build a better CRW. To get started, please contact Eli Post (elipost@comcast.net), Eric Evans (EricEvans100@comcast.net) or any other Board member.

Dealing with Drivers' False Expectations

by John S. Allen

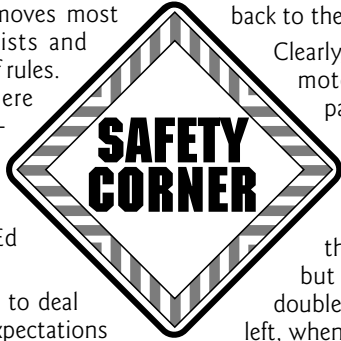
With few exceptions, traffic moves most smoothly and safely if bicyclists and motorists follow the same set of rules.

That approach puts you where other people are looking for traffic, makes you predictable, and avoids a lot of waiting. We teach that, as does the League of American Bicyclists Bike-Ed course, because it works best.

But you still must be prepared to deal with drivers who have false expectations of you. Let me give an example.

The other evening, I was riding around 20 mph slightly downhill in a short block without parking. Of course, I had lights and reflectors. My side of the street had a through lane and a left turn lane. The light at the intersection ahead was green. I intended to turn left, and I had already merged to the right side of the left-turn lane. I hadn't given a hand signal, because no vehicle behind needed to yield to me.

But then, glancing into my helmet mirror, I noticed a car half a block back – merging to go to my left. I made a left turn signal (using an Adidas reflectorized bicycle glove – good stuff!) When I looked in the mirror again, the car had abandoned efforts to pass and merged



back to the right to go straight.

Clearly, the driver had expected that motorists do, or should, always pass a bicyclist on the left. I corrected that with my signaling, avoiding a potentially nasty encounter. In the case I've described, I was headed for the right side of a left-turn lane, but I've even had drivers cross a double yellow line to pass me on the left, when I was waiting just to the right of that double yellow line to prepare a left turn. This illegal conduct by a driver could cause a crash, and it's much better to forestall the problem, by making your intentions clear with a signal. In case the driver doesn't get the message, a quick glance to the rear before initiating the turn is a good precaution.

Here are three other situations in which driver's inaccurate expectations can lead to problems, and my favored answers:

- You are waiting to make a left turn just to the right of the centerline, on a street without a left-turn lane. There is oncoming traffic; nobody is going to pass you on the left. But a driver could pull up on your right side to turn left. Make a slow signal with your right hand,

don't let the car get next to you. If it does, slow or stop and let it go. Slow signals, not only turn signals, are legal with the right hand in Massachusetts.

- You are on a narrow, curvy road. A driver might think "bicycles are slow" and try to pass you where there isn't a safe passing distance. Control the situation by taking the lane space you need, making yourself visible from farther back, and, again, make a slow signal – with your right hand if you are near the middle of the road.

- A driver, also assuming that you are traveling slowly, is inching forward, threatening to cross in front of you from a side street. So, make it clear how fast you are going and that you don't intend to stop. Keep pedaling. Check for traffic behind (there usually isn't any, or the driver wouldn't try to cross). Merge farther from the edge of the road. As you are not heading as nearly straight toward the driver, your angle will change faster. If the driver still pulls out, you have more room to prepare a quick turn into the side street.

I think it's a good choice to learn the techniques I've described.

Safety is about choices; what choice will you make?

CRW in CYBERSPACE

There are several ways you can use your computer to interact with CRW:

CRW Web Site

CRW's web site contains a wealth of information useful to club members:

<http://www.crw.org/>

News items are available from the drop down menu "News" then "CRW News." Here you'll be able to keep up with the latest developments before they reach WheelPeople. Weekend ride schedules for the current and next month, and the weekly rides series are online here, as well as a calendar of all weekend rides for the season. We also publish a calendar of cycling events (weekend and longer trips, etc) from all the local clubs and some not so local.

If you're looking for a ride, the cue sheet database contains detailed cues and in most cases maps of most of the regular CRW weekend rides and centuries.

Our touring section contains descriptions of tours club members have taken, and a lot of links to more touring information.

The picture gallery contains photos of club events (rides, weekends, etc).

The site provides all this and a lot more, you'll want to bookmark it.

WheelPeople by Email

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

Renewal Notices

We have been sending out notices for mem-

bers who need to renew their membership by email. The email contains the member information currently on file, so all you need do is print it out, mark up the copy with any changes, and mail it back with a check. Or you can renew online by clicking the link in the email. If we don't have an email address on file, we have to send out a printed renewal card.

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

Late Breaking News

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

Little Jack's Corner

by Jack Donohue



One thing that is truly unique to cycling is bicycle shorts.

When I started my cycling career, I just wore my normal clothes for many years. Of course, no one has ever suggested me for a role in "The Princess and the Pea," but even I came to the conclusion after a while that these things may improve life when spending long hours in the saddle.

One thing the novice learns right away after buying a brand new pair of designer shorts is that they are meant to be worn sans Underwear. This is a major hurdle for many, but if you think about it, if you're going to wear your jockey shorts under your Pearl Izumi's you might as well just put on cutoffs instead for all the protection is will afford your tender tush.

Cycling shorts are perhaps the most risqué article in the world of athletic equipment. They are only a very thin layer between the world and the naughty bits. This is not a major problem for women, but it's more of an issue for guys. Especially when the elastic gets a bit loose, it's quite easy to see on which side you dress. But you get over it, your cycling buddies don't really notice after a while, and the rest of the world thinks you're crazy anyway for a number of other reasons.

The older shorts do present a problem, but being a frugal Yankee I like to get maximum mileage out of them, so they become winter shorts. Under several other layers, it really doesn't matter how diaphanous they are. Of course, care must be taken to segregate them from the good shorts, or one fine summer day

you may sally forth displaying parts where the sun don't normally shine.

In the beginning, cycling shorts had the color choices of the original Ford, i.e., black. This was a good idea in my opinion, since all my shorts that didn't start out black ended up that way. No matter how hard you try, there will come a day when you wipe your hands on your shorts after mucking about with your chain. As far as shorts go, black is beautiful. But mine is definitely a minority opinion, and now we see shorts in all sorts of designer colors. In addition, you can get shorts with different designs, kind of like having a billboard on your tuckus (they say it pays to advertise) It seems the space could be put to better use. Instead of giving free advertising to some obscure European racing team or bicycle part manufacturer, the space could be used to promote your own interests. Sort of like a personal web page on your butt. "For a good time, call Jack 555-1212" or I guess in the electronic age it would be more like "For a good time, email Jack at bikerbuttboy@uranus.com".

The other problems with bike shorts is that even though the outside is generally black, the padding is invariably white. So, you have to take herculean measures to keep it that way (remember the no underwear lesson) This requires massive quantities of bleach if you don't think a racing stripe would be a stylish addition. Seems to me if they can make the outsides all the colors of the rainbow, they could come up with a few earth colors for the padding.

But when all is said and done, they still beat jockey shorts.

New Welcome Members

Julie Anathan	Cambridge
David Bentley	Winchester
Scott Bernstein, Cindy Bernstein	Andover
Everett Briggs	Cambridge
Tami Buhr, Jeff Gray	Lexington
John Coen	Boston
Bob Cohen	Arlington
Jamie Cook	Westwood
Tom Deakins	Carlisle
Rodney Dowell	Melrose
Julia Eldridge	Wellesley
Judy Foreman	Cambridge
Don Foster	Lexington
Amy Fredrick	Cambridge
Margery Gans	Somerville
Annmarié Godin	Fitchburg
Nick Holland	Melrose
Susan Lowery, Roy Zagieboylo	Glastonbury, CT
Gerard Nelson	Bourne
James Park, Jeannie Park	Boston
Andrew Rothstein	Dover
Eric Solum	Waltham
Josh Tetrault	Jamaica Plain
Jennifer Welsh	Holliston

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

MAY 097694

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K
Don MacFarlane	5481	5	-	4	Paul Hardin	1792	3	1	-
John Bayley	4095	5	2	2	Janet Tortora	1640	2	-	-
Pamela Blalock	4084	5	2	2	Joseph Tavilla	1629	-	-	-
Jack Donohue	3657	-	-	1	Chris Lennon	1614	1	1	-
Richard Taylor	3454	5	5	1	Cynthia Snow	1611	2	-	-
Glen Reed	3418	2	2	2	Winslow Green	1584	2	-	-
Steve Robins	2948	-	-	-	Chris George	1566	-	-	-
Dave Stefanovic	2911	3	2	-	Gabor Demjen	1483	3	-	-
Irving Kurki	2777	5	-	-	Gary Smiley	1445	1	-	-
Larry Murphy	2773	5	-	-	Frank Aronson	1410	1	-	-
Otto DeRuntz	2694	3	1	1	John Allen	1268	-	-	-
Kevin Davis	2572	2	-	-	Darrell Katz	1244	-	-	-
David Wean	2368	2	-	-	Erik Husby	1149	1	-	-
Marilyn Hartman	2225	2	-	-	Lisa Weissmann	1084	1	-	-
Michael Pinnolis	2174	2	1	-	Jeff Holmes	1000	3	2	-
Joe Repole	2127	5	5	-	Darrow Loucks	932	1	-	-
Butch Pemstein	2066	-	-	-	Bill Hanson	911	-	-	-
John Goeller	2047	4	-	-	Kent Anderson	902	-	-	-
Richard Aubry	2000	-	-	-	Craig Weiner	885	2	-	-
Don Mitchell	1950	2	-	-	John Springfield	870	-	2	-
Jim Krantz	1921	3	-	-	Cynthia Zabin	824	-	-	-
Peter Brooks	1867	5	1	-	Bill Widnall	822	1	-	-
Joseph Moore	1828	2	-	-	Douglas Cohen	684	-	-	-

Name	Miles	M	C	K
Marc Webb	672	1	-	-
Bruce Ingle	650	-	-	-
Mike Hanauer	612	-	-	-
Dan Smith	516	-	1	-
Dick Arsenaault	502	-	-	-
Peter Knox	473	-	-	-
Greg Tutunjian	455	-	-	-
John Kane	428	-	-	-
Rudge McKenney	414	-	-	-
Walt Drag	307	1	-	-
Tracey Ingle	249	-	-	-
John Loring	230	1	-	-
Jeff Luxenberg	176	-	-	-
Susan Grieb	117	-	-	-
George Caplan	102	-	-	-
Jacob Allen	5	-	-	-

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



FULL CARBON Road Bikes Starting at \$1499



FULL CARBON ROAD BIKES STARTING AT \$1499

Not sure which bike is best for you? Let us help you find the best bicycle to fit your needs and body. We offer professional fittings with years of experience and use the latest in measuring tools & software to help you optimize performance and comfort on the bike.

The Bikeway Source Advantage:

- PRICE PROTECTION GUARANTEE
- FREE fitting with the purchase of a new road bike.
- One year of free service.
- The best service in Boston!
- The best bicycles on the planet!

WWW.BIKEWAYSOURCE.COM

111 South Road | Bedford, MA 01730 | 781.275.7799 | info@bikewaysource.com

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 Tpk.,
Westboro
508-366-1770

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

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

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

National Ski and Bike
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

NONPROFIT ORG
U.S. POSTAGE
PAID
PERMIT NO. 54601
BOSTON, MA

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.

Signature(s) _____ Date _____ Date of Birth _____

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

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.