


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXI, Number 12 • December 2007

Holiday Party

Friday, December 7

Come kick off the Holiday Season with the CRW Holiday party. The party will take place on Friday, December 7, at the Bedford Old Town Hall. We have arranged for use of the spacious "Great Room", which is located on the upper level of this newly renovated 1856 town hall. This exciting new venue allows for guests to enjoy a wine and beer bar, a dance floor, and festive music. You will also be treated to a lively photo show, consisting of favorite CRW photos submitted by CRW members, and have the opportunity to sign up to lead a ride.

An additional feature this year is that we have combined the volunteer awards into this event, instead of having a separate banquet as in the past.

Each adult guest is asked to either bring one dish to share, or leave the cooking to us by making a \$12.50 contribution. Your \$12.50 contribution will be used to purchase additional food and ensure that we have a varied selection. Either way, registration is required. Please indicate what dish you plan to bring, if any. Children under 12 attend for free. Reserve your spot online here: <http://crw.org/holidaypartyRF.htm>

We will be providing more details as the date draws near on this page: <http://crw.org/holidaypartydetails.htm>

The occupancy of the room is limited to 100 people, so if you plan to go, you should register early. If you elect to pay, you must have sent a check or completed a PayPal transaction to be registered. ☺

Late Breaking News!

Holiday Party Full!!

Due to tremendous demand, the holiday party has already been filled to capacity. If you would like to be put on a waiting list in case someone cancels, send an email to the committee at partywaitlist@crw.org and entering your name and number in your party in the body of the email.

Winter Riding Tips

There is no need to pack your bike away for the winter. With a little knowledge and preparation, you can extend the "riding season" to a full twelve months. Here's how.

Your Bike - In winter months, think less about efficiency and speed, and more about comfort and safety. Touring, hybrid, or mountain bikes provide more stability and hold up better than road bikes under winter riding conditions. Add full fenders, including fender extensions or mud flaps. Mount each fender to fit closest to the tire at the rear so that snow won't jam between the tire and fender. Mount headlights and taillights—winter days are shorter and you're bound to be caught out after dark on occasion. Add a rack, panniers, or a large saddlebag to hold a good tool kit, extra clothing, an emergency space blanket,



and a cell phone. Consider a wind fairing to keep your hands and face warmer.

Roadside maintenance during winter can be difficult, uncomfortable, and hazardous. Opt for puncture-resistant tires (typically Kevlar-belted) and maintain your bike diligently, paying particular attention to tire pressure and lubrication of cables, brake pivots, and derailleur pivots. It's best to store your winter bike in an unheated place to slow corrosion.

If you may be riding on snow or ice, get studded tires (yes, they make studded bike tires). If using only one studded tire, mount it up front for steering control. Remember, ice can form on otherwise dry roads when melted snow refreezes on the road surface, and it is often difficult to see.

Safety Corner - Continued on page 5

Winter is just around the corner!

Although the vast majority of cyclists put their bikes aside as soon as cold weather arrives, others find winter riding to be a great form of exercise and a generally welcome, albeit challenging experience. Winter riders have learned that safe riding in cold weather means special attention to outfitting their bikes, securing the right equipment, dressing appropriately, and dealing with ice and other winter road conditions. For more information on winter riding, visit the CRW website and go to Information/Useful Info/Winter Riding Tips. Dressing properly is essential to comfort and safety, and handling a bike on slippery surfaces requires additional skills than summer riding. After the challenges are met however, winter cycling can become

more routine and a wonderful way to enjoy the cold weather.

The Club's Winter Ride Program starts in December. The Saturday Morning Fitness Ride, and regularly scheduled Sunday Rides continue through the winter, even in severe weather conditions, and Saturday Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side.

The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant experience. The rides will generally be in the 30-35 mile range, and the ride leader will attempt to keep the group together whenever possible. Between December and March, make a point of checking www.crw.org toward the latter part of every week for winter cycling opportunities. ☺

BOARD OF DIRECTORS

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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

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Social Committee Chair.....	Naomi Wernick.....	781-894-3668
Safety Coordinator.....	Pierre Avignon.....	978-510-1021

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	OPEN.....	
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

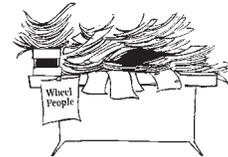
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 1 Gleason Road, Bedford, MA 01730



Editorial Policy

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

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

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



How To Send Us Your Article

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

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

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

Insurance

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

Advertising Rates

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

For more information please contact
Marty Weinstock at advertising@crw.org

CRW Board Minutes

November 6, 2007

In Attendance:

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

Minutes (Janet Tortora):

Minutes from the October 2, 2007 meeting were approved.

Reports of officers, Coordinators and Standing Committees

President (Michael Aarons)

Michael thanked Eric Evans for coordinating the sale of an autographed cycling cap on eBay. Ferris Wheels Bike Shop in Jamaica Plain donated the hat.

VP of Rides (Acting VP of Rides Eli Post)

Eli reported that the December Sunday rides calendar is full. Impromptu rides will take place on Saturdays during the winter when the weather is suitable.

VP of Finance (Rich Levine)

Rich Levine reported that he has completed our required annual information returns to the IRS (Form 990-EZ) and to the Massachusetts Division of Public Charities (Form PC).

Membership Coordinator (Linda Nelson)

Linda Nelson reported the membership numbers for October were 1135 current memberships, 1364 current members, 33 expired members, 30 new members, 58 renewed members.

Grants Committee (Bill Widnall)

Bill presented the responses to the RFPs and the Grants Committee recommendations for grant awards. The Board unanimously agreed to support the following initiatives:

Boston Public Schools Cycling Program - Boston Bikes and the associated nonprofit Boston Digital Bridge Foundation has piloted and is now expanding a program for bicycling education for children in the Boston Public Schools. The money will pay to expand the cycling education for children into the Dearborn Middle School in Roxbury, Mass. in fall 2007.

Bikes Not Bombs - The grant will support the Bikes Not Bombs capital campaign, which is funding the expenses of moving their operations to expanded and refurbished quarters. Bikes Not Bombs provides community-based education for youths in Boston by recycling used bicycles. Additionally, the organization assists development projects in less-developed countries with some of the refurbished bicycles.

Friends of the Bruce Freeman Trail - The Bruce Freeman Trail is a proposed rail trail through the communities of Lowell, Chelmsford, Westford, Carlisle, Acton, Concord, Sudbury, and Framingham in Massachusetts—following the

25-mile route of the old New Haven Railroad Framingham & Lowell line. The grant will accelerate progress on the BFRT and associated connecting trails.

Old Business

Directors and Officers Liability Insurance (Eli Post)

Rich has volunteered to take over coordinating the insurance. The Board voted unanimously to purchase "Directors and Officers Liability Employment Practices Liability with Third Party" at a cost of up to \$1500/year. Eric Evans will get an additional quote.

CRW Board Minutes - Continued on page 5

Board Elections

Since we did not get more candidates for the Board than required to fill the three positions available, we won't be having an election. We have only two candidates, Don Blake and Cindy Sragg, whose statements are below. If you would like to offer to fill the remaining position contact Michael Aarons.

DON BLAKE

My name is Don Blake. I reside in Bedford, MA, and am retired.

My bicycling interests are many and varied:

- When I was younger I owned and operated the "Bedford Bicycle Shop". I gave up the business when I found that I could not combine bicycling as a vocation and as a form of recreation.
- I am a life member of LAB (#294) and AYH, and a member of "MassBike".
- Since the early '80 I have been involved

in the Minuteman Bikeway and am a past Chairman of the Bedford Friends of the Minuteman Commuter Bikeway.

d. I have been Bedford Coordinator of pledge rides with the American Diabetes Association, and a Merit Badge Councilor for the Boy Scouts.

My reasons for seeking a position on the Board are:

I have been a member of CRW for 40 years, and Treasurer for many years. I have seen the "good times" as well as the "not so good." I can bring before the Board an active knowledge of our past history. The past, modified by the present can guide us in planning our future goals. Our financial position is strong, but to remain profitable in today's uncertain economy requires much study and determination. I believe that I can provide the Board with the necessary tools and knowledge to attain our future goals. Thank you.

CINDY SRAGG

As a CRW member for over 15 years, I have previously served on the Board and would like to do so again. During part of my term on the Board I also held the office of Secretary for the club. I am an enthusiastic cyclist and often participate on CRW Sunday rides, but only those folks in the back may know me. (I'm a turtle: determined to finish - but slow.) For the past year I have worked as a volunteer on the Century Committee and assisted with the annual holiday party. Clearly I am committed to CRW and know that without people to step up and volunteer we have no club. Therefore, I am happy to serve on the Board for another term.

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Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times and Routes: Varies, usually 10:00 AM. Distances are typically between 30 and 40 miles.

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace.

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

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, call or e-mail the ride coordinator day or early evening.

Note: Different leader each week, to become a leader contact Dick Arsenault

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 min-

ute 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.



December 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.

Something in Common

Sunday - December 2

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

Description: Eric will give us a taste of winter rides to come. Join us for the first Winter Ride of the Season. This is the season to share in the fun.

Leaders: Eric Ferioli (781-235-4762)

Start: Cambridge Common, 1/2 mile north of Harvard Square on Massachusetts Ave. Meet at the monument in the middle of the Common.

Directions: Harvard Square, Cambridge is accessible from Memorial Drive, and Storrow Drive, as well as the MBTA Red Line.

Groton

Sunday - December 9

Times and Routes: 33 miles and 18 miles at 11:00 AM

Ride Type: Cue Sheet, Map

Description: This ride covers ground not usually seen on CRW rides. There will be an after ride party at Jamie and Lindy's.

Leaders: Jamie King (978-448-0533, jamie_e_king@charter.net)

Start: 41 Whitaker Lane, Groton

Directions: From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Rt. 225 joins 119 from the right at about 3 miles. At 4.2 miles, bear right onto Gay Rd. Take second right onto Whitaker Lane. #41 is on the left near the end of the road. House has yellow door. Park in the driveway or on the street on the power line side.

Needham to Hopkinton

Sunday - December 16

Times and Routes: 10:30 am for 27, 42 and 62 miles

Ride Type: Cue Sheet, Arrowed

Description: You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. The long ride adds Ashland, and Hopkinton, together with some challenging hills. The routes are all arrowed, and a "follow the leader" option will be offered for the 27-mile ride.

Leaders: Eli Post (617-306-1838, elipost@comcast.net)

Start: Cutler Park Reservation in Needham/Dedham

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. Continue about 0.3 miles on Kendrick to Cutler Park on the right. It's prominently marked.

Note: Rain or snow cancel.

Bare Natick

Sunday - December 23

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

Description: Route goes to the southwest through Dover, Medfield, Millis, and Sherborn.

Leaders: Eric Ferioli (781-235-4762)

Start: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Directions: From Route 128, take Route 9

West approximately 6.5 miles to Route 27 south to the Natick Common.

Seasonal Disorder

Tuesday - December 25

Times and Routes: 11:00AM for 8-33 miles depending on weather conditions.

Ride Type: Cue Sheet, or ride with the leader

Description: Easy terrain with a couple of moderate hills, lots of lakes in residential Winchester, Woburn, Burlington, Lexington and Bedford.

Leaders: Marilyn Hartman (781-935-9819)

Start: Horn Pond parking lot Lake Avenue, Woburn MA

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

Weston

Sunday - December 30

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

Leaders: Eric Ferioli (781-235-4762)

Start: Weston Town Hall, Weston Center

Directions: From Rt. 128 take Rt. 20 and head west to the first traffic light, turn right into Weston Center and park on the far side of the green.

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

CRW Board Minutes - Continued from page 3

Holiday Party (Eric Evans & Eli Post)

The holiday party plans are going well.

Other

Century Committee Chairman

Susan Grieb would like someone to take over the leadership of the Century Committee. She offered to continue to have the meetings at her house and to coordinate some of the centuries, but would like someone else to assume overall leadership.

The next Board Meeting will be held on December 4, 2007 from 7:00pm to 8:30pm at the St. Paulis Church Library, Bedford, MA

Respectfully Submitted

Janet Tortora

Secretary

Safety Corner - Continued from page 1

Your Clothing - Avoid cotton from head to toe, from inside to outside. Cotton traps moisture and robs precious body heat. Opt instead for synthetics, wool, or silk. Dress in multiple, thin layers rather than a single, heavy layer. Use a wind-blocking outer layer. Choose high-visibility colors—this is particularly important in winter since motorists do not expect to see cyclists. Don't overdress—you'll warm quickly with exercise. Adjust clothing as you ride to minimize sweating. Stop to add clothing if you don't warm up quickly after starting out. Choose a helmet that can be easily adjusted to accommodate a hat or balaclava. Use wind-protective eyewear. Switch to goggles when it gets really cold.

Keeping hands and feet warm in winter can be particularly challenging. "Lobster gloves" (that keep two fingers together) often work well, and provide adequate dexterity. Before heading out, be sure your hand wear allows you to operate brakes and shifters. You can extend the season for your summer bike shoes by duct taping the vent holes, adding booties, or using chemical warmers. Extra socks can help, but only if your shoes are large enough to avoid a tight fit. Winter riding shoes are best. They have no vents, cover the ankle, and provide ample insulation. Whatever your footwear, be sure you can walk comfortably and safely under winter conditions.

You - Leave your route with someone before

you head out, avoid isolated areas, and avoid riding alone. As always, carry ID, emergency contact information, and your insurance card (or photocopies of these items). Be flexible—wait for good weather conditions. Select shorter routes in winter and leave yourself bail-out options in case weather conditions worsen.

Eat and drink plenty—riding in winter burns more calories and cold air sucks moisture from your lungs. Pick foods that you can chew in the cold. Freeze-protect liquids by warming them at home and using insulated bottles (even a sock over your bottle will help). A hydration

pack, (or Camelbak™) worn under your outer layers works well.

Unless stopping only briefly to add a layer, stop at the bottom of hills rather than at the tops so you can warm up while climbing rather than freeze up while descending. Always stop well away from traffic, which is more difficult when snow banks are present.

If you start to get cold, act quickly. Add layers, eat, and drink. If that doesn't do it, seek a warm shelter, even if you have to knock on a door, call a friend, or call a taxi.

For more tips on winter riding, see Pamela Blalock's website (<http://www.blayleys.com/articles/WinterTips/wintertips.htm>) or, from the CRW home page, go to Information > Useful Info > Winter Riding Tips).

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

Choose high-visibility colors—this is particularly important in winter since motorists do not expect to see cyclists.

Bikers on Skis

February 15-18, 2008

Try your hand at gliding instead of rolling. This cross country skiing and snowshoeing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing and snowshoeing. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$230 for the weekend includes three nights lodging, three breakfasts, two dinners.

Rooms all double occupancy, some with private, some with shared bath. They are assigned in the order checks are received. There are also two luxury rooms (with hot

tub) available for additional cost.

To register send the a check for the full amount made out to Jack Donohue and an e-mail address or stamped self-addressed envelope by January 18 to:

Bikers on Skis
c/o Jack Donohue
26 Fox Run Road
Bedford, MA 01730-1104

Registration fee non-refundable after this date unless we can find someone to take your place.

For more information, you can contact the leaders:

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

Little Jack's Corner

by Jack Donohue



I think I've finally reached t-shirt saturation. I've long since passed the point of having a lifetime supply of t-shirts. So I won't buy any more, but if you're passing out free ones, I'm there. And

that is pretty much how I acquired my collection. I recall a seminal moment back in the 80's (maybe 70's) when I determined that \$7 was too much to spend for a t-shirt. That was pretty much when I stopped buying t-shirts, which proved to be not a problem since I was constantly being showered with free ones from one source or another.

I have a collection of civilian t-shirts and a variety of gag t-shirts that rarely see the light of day, but by far the largest portion of my t-shirt collection is bike related.

Back in the days of bicycle rallies, there was a local one named NEAR (New England Area Rally). Their signature t-shirt was a handsome number with three white stripes down the sleeves. Susan for reasons I could not understand did not think this was the epitome of haute couture, refers to them as my "bowling shirts" and makes rude comments whenever I wear them, so I have to be a bit circumspect.

Another rally freebie was a Shimano SPD shirt. This was in the early days of SPD and they were giving these away for merely getting on a bike and trying out a pair. So, I spun my little legs around a few times, got my t-shirt and have never used SPD's before or since.

One of my favorites is a green Cinelli t-shirt that was a birthday present many moons ago. I used to like it more, but now it seems on the small side, since most of my t-shirt collection looks like they were designed by Omar the tent maker. Having t-shirts that reach most of the way down to your knees hides a lot of evils in the mid-riff area. You can even forget to close your fly and no one will be the wiser.

Then of course, I have practically a closet's worth of CRW volunteer t-shirts. There's the GEAR '98 shirt (an event that was sort of the Woodstock of CRW). Ride leader t-shirts,

volunteer t-shirts, and one or two non-denominational ones. They all bear the CRW logo, and look pretty much the same except for the fine print and the color, so I have to make sure I mix them up a bit so my coworkers don't think I'm wearing the same t-shirt more than the allotted week (in on Monday, into the laundry on Friday whether it needs it or not).

There's the "Slapout, Oklahoma" t-shirt. Slapout's main claim to fame is that it is the halfway point on RAAM (bicycle Race Across America). Mrs. D. was on the crew for Ed Kross a few years ago, and got that for me. *Mirabile dictu*, someone at work actually knew what RAAM was when I wore it in the office.

Then there are the t-shirts from CRW tours, Arnold's Nova Scotia trip, Charles Hansen's Memorial Day Dash to Montreal and CHAD Tour. Some of these I did not actually go on, but they had some left over, and I'm their favorite charity. We each got Applebrook 10th anniversary t-shirts based on our having led so many trips there. I've never done t-shirts for Velo Vermont, mostly out of laziness, cheapness, and the fact that I have no talent in graphic design (the logo I finally came up for the trip is well within the abilities of a 5th grader). So, no Velo Vermont tees for you. ☺

Pedaling History

by Susan Sabin

Like New Yorkers who put off climbing the Statue of Liberty, we CRW riders often put our curiosity on hold. Our need to go trumps our need to know. Since we bike in Massachusetts, where history is a local industry, there are more opportunities to sniff out obscure stories than time to stop. Several are worth the time.

The "Ride Through Purgatory (Chasm State Park)" tells one of those. The next time it's scheduled, go. For one thing, it is a first class ride: no traffic, lots of hills, parks, ponds and farms. For another, it passes the nicest pauper's cemetery in the state.

Pauper's cemeteries, unlike more heralded historic sites, tell the side of our history about which our ancestors would rather not brag. Luckily for cyclists, they often lie on tiny rural roads—the kinds of roads we love to follow.

The highlight of the Purgatory Chasm tour biking wise is a right turn up a 15% grade. Take a left instead, onto Town Farm Road, where a fascinating slice of 19th century life is revealed.

About 25 feet up, on the left, is a small triangular cemetery, edged by rocks and labeled, euphemistically, Town Cemetery. In fact it is a potter's field. Town Farms in New England were really Poor Farms, farms set aside by

communities to house the indigent, old, sick, retarded, or crippled. Anyone who could not earn wages was thrown into this mix be they orphan, widow, tubercular, or, as the 1850 Sutton town census indicates, "idiots". Although communities set aside land, it was the inmates, by their labor, who maintained it. Poor farms existed all over rural New England, including Harvard, where wheelers regularly glide by its old farm house...a story for another article.

Almost always the inmates of these institutions were buried anonymously on the grounds in unmarked, often mass graves. (A modern marker on the NW corner of routes 122 and 101A, for example, memorializes the unknown

site of the burials on the Amherst, NH poor farm.) Sutton's pauper cemetery is a rare exception to this rule of anonymity.

Behind the chain link fence that encloses it are about 60 markers, all identical, but each dignified with a single name, a date of death and most times, a day of birth. One grave, that of Jonathan Pike, is distinguished by a small American flag. Pike fought in the Civil War. It would be ironic if war injuries made him unfit to thereafter earn a living.

Why stop for history? The richness of the past is there if you stop to look. And also, once you've rested, that hill won't feel nearly as steep. ☺

New *Welcome* Members

Carol Bradley	Northboro	Ray Moore	Cambridge
Brian Chu	Boston	Mike O'connor	Quincy
Erika Day	Newton Centre	John O'toole	Westwood
		Robert Richards	Ashland
Heather Fishman	Cambridge	James Robinson,	
James Foley	Dorchester	Melissa Brown	Bedford
Ann Freeman	Brookline	Fabio Selvig	Wellesley
Bruce Gore	Newtonville	William Siegel	Belmont
David Greenstein	Brookline	Darin Smith	Milton
Sandi Hartwell	Framingham	Lee Stevens	East
Eric Henry	Somerville		Weymouth
Betsy Kimball	Waltham	Jonquil Swann	Arlington
Scott Kleekamp	Chestnut Hill	Jan Taylor	Arlington
Mikhail Korablin	Brookline	Scott Teich	Waltham
Stephen Laplante	Walpole	Scott Tinkham	Taunton
Michael Laurin	Cambridge	Andy Youniss	Wellesley
Brian Maguire	Arlington		
Anne Manning	Boston		

Chris Albano Belmont

Don Allison East Weymouth

Jill Appell Newton Centre

Fred Balfour Waban

Peggy Barrasso Tewksbury

Chris Bergh,

 Ann Weaver Malden

Marc Bernier Halifax

Kevin & Leslie Blackham Hanscom A.F.B.

October

2	6	3	8	2	3
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MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K
Don MacFarlane	11349	10	1	8	Janet Tortora	4572	7	3	-
Tod Rodger	9237	7	3	6	Craig Weiner	4512	7	2	-
John Bayley	9142	10	5	5	Peter Knox	4484	4	4	1
Pamela Blalock	8660	10	5	4	Joseph Tavilla	4462	1	1	-
Glen Reed	8569	4	7	5	Joe Repole	4456	10	10	-
Jack Donohue	8513	-	-	4	Gabor Demjen	4416	7	4	-
Jim Krantz	8122	9	6	4	Joseph Moore	4383	6	1	-
Mike Kerrigan	7946	6	6	5	Walter McKay	4214	6	-	-
Steve Robins	7344	-	-	1	Peter Brooks	4125	10	5	-
Richard Taylor	7107	10	10	1	Darrell Katz	4068	-	-	-
Larry Murphy	6585	10	-	-	Frank Aronson	4065	7	1	-
Irving Kurki	6476	10	4	-	Chris George	4064	-	-	-
Otto DeRuntz	6435	8	3	3	Erik Husby	4062	4	1	-
Dave Stefanovic	5678	4	4	-	Chris Lennon	3852	4	2	-
David Wean	5644	7	-	-	Cynthia Snow	3472	3	-	-
Michael Pinnolis	5143	7	4	-	Lisa Weissmann	3293	6	1	-
Butch Pemstein	5026	-	-	-	Alison Sheridan	3259	6	8	-
Marilyn Hartman	4991	7	3	-	Cynthia Zabin	3170	-	-	-
John Goeller	4979	6	1	-	Gary Smiley	2945	2	-	-
Don Mitchell	4974	6	-	-	Marc Webb	2671	4	1	-
Bob Jenney	4835	-	3	1	John Allen	2643	2	-	-
Paul Hardin	4641	7	3	-	Glen Glater	2526	3	2	-

Name	Miles	M	C	K
Bruce Ingle	2446	3	-	-
Jeff Holmes	2372	4	3	-
Bill Hanson	2332	1	-	-
Henry Marcy	2224	-	-	-
John Springfield	2220	-	7	-
Bill Widnall	2152	3	1	-
Ed Hoffer	2053	-	-	-
Mike Hanauer	1978	-	-	-
Jean Orser	1970	5	2	-
Susan Grieb	1360	-	-	-
Ted Elkins	1325	-	-	-
Elaine Stansfield	1104	-	-	-
George Caplan	1055	-	-	-
John Kane	980	-	-	-
Greg Tutunjian	963	1	-	-
Jeff Luxenberg	890	-	-	-
Vic Marcus	775	-	-	-
Elisse Ghitelman	514	-	-	-

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the fifth of each month on the web site at <http://crw.org/mileage.htm> or email mileage@crw.org or call 781-275-3991



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617-354-0907
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

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

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
617-648-5222

Ski Market, Ltd.

322 South Bridge St., Auburn
508-832-8111
860 Comm. Ave, Boston
781-890-1212

Ski Market, Ltd. (cont.)

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

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Southampton Bicycle Center

247 College Hwy.,
Southampton
800-527-9784

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475 Washington St.,
Wellesley
781-235-6669

Travis Cycles

7 Oak St., Taunton
508-822-0396
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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 _____



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