


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXII, Number 3 • March 2008

Take Me to Your Leader

We had quite a ride calendar in 2007 and we'd like to recognize the ride leaders behind this. Some have been doing this for decades, some have just begun. Ride leaders are the core of the club, and we are always looking to add to this elite group.

So, if you've got a favorite ride that isn't being led any more, lead it. If you'd like to lead a Sunday ride but aren't too sure about arrowing, contact Eli (617-306-1838, elipost@comcast.net) who can help you get started. If you've been leading rides for a while and want to get more involved in the behind the scenes action, planning, safety, ride leader gifts, etc join the committee.

So, without further ado, here (drum roll) is the list of 2007 leaders who made it all possible:

Beth Aarons
Michael Aarons
John Allen
Don Allison
Bob Apsler
Dick Arsenault
Pierre Avignon
Katherine Bain
Mike Barry
Amy Bastille
Roger Bonomi
Richard Bowen
Andy Brand
Everett Briggs
Peter Brooks
Susan Broome
Dana Chandler
Paul Corriveau
Mike Counihan
Bogie D
Gabor Demjen
Linda DeNering
Wes DeNering
Jack Donohue
Wayne Douglas
Bob Dyson
Eric Evans

Connie Farb
Eric Ferioli
Kimberley Fitch
Ed Foster
Bruce Gelin
Peggy Gelin
Chris George
Ed Glick
Winslow Green
Susan Grieb
Ken Hallow
Mike Hanauer
Paul Hardin
Marilyn Hartman
Steve Hoffenberg
Betty Hoffman
Charles Huizenga
Bruce Ingle
Larry Isaacson
David Iwatsuki
Sumner Kagan
Penny Karr
Jamie King
Steve Kolek
Larry Kornetsky

Take Me To Your Leader -
Continued on page 6

Road Hazards

By Eli Post

Every so often you hit a stretch of freshly paved road, experience the feel of a silky blacktop, and enjoy an enhanced pleasure to your ride. Unfortunately, this is New England and we more commonly ride on imperfect roads and in uncertain weather. Listed below are common road hazards with suggestions on how to deal with them.



Slippery conditions, including ice, sand and wet leaves are best dealt with by not braking or turning, but coasting over the slippery surface in a straight line. If you must brake, use the rear brake gently rather than the front one. The rear brake is recommended in slippery conditions as you can't balance or steer with locked-up front wheels. If the surface is only wet, not icy, you can use both brakes, but don't use the front brake hard. Avoid any sudden moves on slippery surfaces.

Potholes may come up without warning, and can cause broken spokes and wheels. If you notice a pothole, rock or other such hazard too late to check for traffic and change your line of travel, you may perform the "rock dodge"—a quick weave of your front wheel. Steer it quickly left, then right to restore your balance. Your bicycle leans to one side, then the other under you while your body continues traveling straight ahead. This takes some practice. An easier technique is riding over potholes in a relaxed position with your weight off the saddle.

Drainage grating with slots that run parallel to the direction of travel can easily swallow a cycle wheel and cause a crash. Waffle plates and other alternative bicycle-safe designs use holes that will not grab a bicycle wheel. Your best bet is generally to ride to the left of drainage grates

Steel-decked bridges also require caution, and in many cases dismounting and walking is the wise course of action. Always walk your bike if the steel deck is wet.

Railroad tracks crossing the road combine polished metal surfaces and deep channels that can trap a wheel and throw the rider off the bike. When crossed perpendicularly they usually cause only a jolt, but tracks crossing the roadway at an angle are much more apt to grab the front wheel. Cross tracks at a right angle, or nearly so. Check for traffic before maneuvering to cross at right angles.

Steel plates in construction zones can pose multiple challenges. Wet, they can be

Safety Corner - Continued on page 6

Sheldon Brown 1944 - 2008

Sheldon Brown, recreational and utility cyclist, co-founder of the Bicycle Repair Collective in Cambridge, now Broadway Bicycle School, avid photographer, author, music lover, family man, but above all, unsurpassed in ingenuity as a bicycle mechanic and bicycle builder and generous of spirit, always ready to share from his vast store of knowledge about bicycles and bicycling. In recent years, his talents found full flower through his Internet presence, reaching out to cyclists around the world and expanding Harris Cyclery from seasonal to year-round business. Sheldon died unexpectedly of a heart attack at age 63 Monday, February 3. There will be a memorial service in early March. Sheldon's Web site lives on, go have a look, www.sheldonbrown.com.

BOARD OF DIRECTORS

	Term Expires	
Michael Aarons.....	2008.....	508-651-9259
Don Blake.....	2010.....	781-275-7878
Jack Donohue.....	2009.....	781-275-3991
Rich Levine.....	2009.....	617-630-1565
Eli Post.....	2009.....	617-306-1838
Raúl Raudales.....	2010.....	978-937-3460
Cindy Sragg.....	2010.....	617-987-8778
Janet Tortora.....	2008.....	978-692-7273
Bill Widnall.....	2008.....	781-862-2846

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Information.....	Marilyn Hartman.....	781-935-9819
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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.....	Eli Post.....	617-306-1838
Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	OPEN.....	
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 Arsenaault.....	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

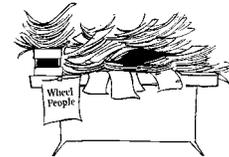
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Circulation.....	Mike Hanauer.....	978-318-1980

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	Keith Rousseau..... krousseau@gmail.com
	David Cooper..... dacooper@tiac.net
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Administrator.....	Barry Nelson..... barrynelson@alum.mit.edu



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



Editorial Policy

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

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

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



How To Send Us Your Article

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

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

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

Insurance

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

Advertising Rates

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

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

Appalachian Mountain Club Bicycle Repair and Information Workshop

WHEN: Sat., March 29, 9:45 - 3:30PM

WHERE: Concord Trinitarian Church, 54 Walden Street, Concord.

Come to the Bike Repair and Information Workshop to improve your bike knowledge and ride preparedness! It is worthwhile for both new and experienced riders wanting more information and more confidence on the road and trail. Matters addressed include:

- Differences between road, mountain, hybrid and other varieties of bikes
- The correct way to fit a helmet
- How to maintain your bicycle
- Understanding gear ratios

Concepts and repairs will be discussed and demonstrated at four stations: basic bike, general maintenance, flat tires, and brakes and derailleurs. Attend all four stations. Receive an extensive handout to take home. During lunch discuss with the instructors topics such as touring, safety, bike accessories, bike clothing, what to carry with you on a ride, finding bike routes, and where to shop.

Attendance will be limited and advance registration is recommended. Prices are \$25 for AMC Members, \$30 for Non Members, and \$35 at the door for ALL (if space is available). To register, mail your check payable to AMC Boston Chapter Bicycling Committee along with contact information to Len Weiss, 46 Hawthorn Road, Brookline, MA 02445-7730. Arrive by 9:45 to sign in. Bring lunch, the front wheel from your bike (it is easier to remove), tire irons, and a pump to practice fixing flats, but NOT your bike (sorry, space is limited). For more information, contact Len Weiss (lenweiss@rcn.com, 617-277-8403, before 10:00 PM).

Directions: From intersection of Rts 128/95 and Rt. 2 in Lexington, go west on Rt. 2 toward Concord. At 2nd traffic light (3.5 miles west of Rt. 128), go straight toward Concord Center, where Rt. 2 turns left. At the stop sign (1.3 miles after traffic light) go straight, then take first left on Heywood St. and then first right on Walden St. The Trinitarian Church is at corner on Walden St. and Hubbard St., across Hubbard St. from the Concord Post Office. Park on Hubbard St. on the church side, after the meters.

WELCOME NEW MEMBERS

Murray Altman
Donald Bergstrom
Ann Berman
Celeste Bettencourt
Rolf Budd
Sue Gordona
Josh McIntyre

Waban
Bridgewater
Cambridge
South Boston
Littleton
South Boston
Lexington

CRW Board Minutes February 5, 2008

In Attendance:

Board Members (7): Cindy Sragg, Rich Levine, Eli Post, Don Blake, Jack Donohue, Bill Widnall, and Janet Tortora

Minutes (Janet Tortora):

Minutes from the January 8, 2008 meeting were amended to include the correct meeting date for the February meeting. The Board approved the amended minutes.

Reports of officers, Coordinators and Standing Committees

President (Michael Aarons)

Eli Post chaired the meeting in Michael Aarons' absence. Eli reported that Michael Aarons has appointed him Vice President of Rides.

VP of Rides (Eli Post)

Eli reported that the ride calendar is starting to get filled up. The ride leader database has been updated so that only members who have led rides since 2005 are included. Eli contacted any members who led rides prior to 2005 to verify the member's interest in leading rides. Eli will coordinate the Fall Century. Melinda Lyon will coordinate the Spring Century. Eli will determine the status of Climb to the Clouds and report back to the Board.

VP of Finance (Rich Levine)

Rich Levine had no report.

Membership

1119 current memberships, 1337 current members, 15 expired members, 5 new members, 12 renewed members.

Old Business

Director's Insurance (Rich Levine)

Directors & Officers Liability insurance has been purchased from American Specialty. The insurance includes coverage for directors, officers, and employment practices.

New Business

Providing "Added Value" to CRW Members (Eli Post)

The Board discussed how to encourage more of the membership to become ride leaders and to more actively participate in the club. One idea, which will be explored, will be to offer club members watermelon or some nourishment at the end of the weekend rides. This will give members an opportunity to share greater camaraderie. Members receive the "Wheel-people", discounts at participating bike shops, don't need to sign a waiver at each ride, incur lower costs for pre-registration at the centuries and can take advantage of the CRW helmet rebate program.

Other

Sheldon Brown

The Board expresses condolences to the family and friends of bicycle guru Sheldon Brown. He died from a heart attack on February 3. "Capt. Bicycle" freely offered technical advice to cyclists all over the world. His expertise and commitment to cycling will be greatly missed.

The next Board Meeting will be held on March 4, 2008 from 7:00pm to 8:30pm at the St. Paul's Church Library, Bedford, MA

Respectfully Submitted
Janet Tortora
Secretary

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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. ☺



March Rides Calendar

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map. You should also carry an ID card, health insurance card, and emergency contact information. Be sure to check the web site (<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>) for possible updates or cancellations.

Coffee shop Tour 2 of 3 - Pete's Coffee Shop(Lexington) To Cinnabon(Chelmsford)

Sunday - March 2

Times and Routes: 10:00 for 36 miles

Ride Type: Cue Sheet, Map

Description: Description: Get your favorite coffee from Pete's Coffee place in downtown Lexington and get back to the Lexington Greens and be ready to go at 10am. Besides Pete's I think there is also a Starbucks or D&D in downtown Lexington. We will ride on back roads going north towards Chelmsford, we'll cut thru the Great Brook Farm State Park and arrive after about 20 miles at Drum Hill in Chelmsford where we can enjoy some hot drinks at the lo-

cal Cinnabon or Starbuck or Panera. We'll take a different route going back, half of which will be on Rt225. my email is bogie_crw_03022008@REMOVETHISnordia.us

Leaders: Bogie D (978-761-0574 email preferred)

Start: Lexington Green

Directions: Exit 31 off Rt128, and take Rt225 towards Lexington until you see the Minute-man statue on your right (right before downtown Lexington)

Note: Check the website the night before for weather related ride cancellation

Bare Natick

Sunday - March 9

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.

Bridges of the Sudbury River

Sunday - March 16

Times and Routes: 10:30 AM for 17 or 27 miles

Ride Type: Cue Sheet

Description: Cross eight bridges of the Sud-

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

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

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

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

Note: Commuter Rail Arrives Concord 9:18 AM, Departs 11:59 AM or 2:34 PM. Verify Sunday train schedule at www.mbtta.com

Whitehall Whiteout

Sunday - March 23

Times and Routes: 10:00 AM for 24 and 34 miles

Ride Type: Cue Sheet, Arrowed

Description: Starting from Framingham Center Common, we will pass through the centers of Ashland, Hopkinton, and Southboro on mostly back roads including a loop around beautiful Whitehall reservoir. A few hills will keep the engine warm. Every town center features a venerable spot to stop and warm the toes or get a bite to eat.

Leaders: Fred Mueller (508-485-7476, fmueller@charter.net)

Start: Old Framingham Town Hall at Framingham Center Common (this is not the current Town Hall near the Commuter Rail downtown).

Directions: From Boston: MA Pike to exit 13; 2 miles on Rte 30 West to Rte 9 West; 1 mi. to "Framingham/Southboro Rt 30" (green sign) ramp; Right on Edgell Rd; 300 ft. to left at Old Town Hall/Common. From West: MA Pike to exit 12, Rte. 9 East 2 mi. to "Main St./Edgell Rd." (green sign) ramp; Left on Edgell/Main St.; 500 ft. to left at Old Town Hall/Common

Tenth Biennial Northwest Passage (CW) Revisited

Sunday - March 30

Times and Routes: 10:30 AM (23 & 41 Miles)

Ride Type: Cue Sheet

Description: The short ride travels northwest, clockwise from Framingham through Ashland, Southborough, and Marlborough. The long ride adds Northborough and Berlin. New long route avoids going up Green St. but does go up Bigalow. Most of the ride is on residential and rural back roads with few traffic lights. The lunch stop is in Berlin for the long ride. Points

of interest include golf courses, Belted Galway, reservoirs, a one way road in the country, scenic views, farms, horses, a donkey and long horned cattle. Several of the roads have been repaved this year.

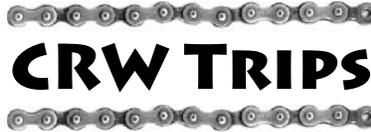
Leaders: Marilyn Hartman (781-935-9819), Joe Repole (508-879-6340, joecentury@aol.com)

Start: Framingham, 15 Gryzboska Circle

Directions: From the Mass Pike take exit 12,

Route 9 East to Temple St. (2nd traffic light). Right on Temple St. (if you are taking Route 9 West from Boston, go left on Temple St.) Right on Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska, not Salem End Rd. You are encouraged to ride your bike to the start.

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



37th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 6-8, 2008

Join us for this classic Vermont tour, biking 100 miles from Ludlow to Waterbury on Saturday, and returning on Sunday. (That's 200 total miles.) This is a tour. Expect some serious climbing (sometimes over 10% grade), changing weather (hope for sun, but plan for cold rain), and varying traffic and road conditions (some sections were being resurfaced last year). Travel through the Green Mountains, passing by farms, country stores, ski areas, and quaint small towns. To enjoy this tour make

you have done a few centuries before this tour. Helmets are required.

Cost of \$135 covers Friday and Saturday night lodging, Saturday continental breakfast, Saturday night supper, Sunday breakfast, Sunday after-ride showers, an official patch, a map, cue sheet, and baggage support. You are responsible for all other food along the way. Be prepared to fix your own flats and make minor repairs. Bring a touring bike with fenders (unless you don't mind the "skunk streak" of riding in the rain). Strictly limited to 26 riders.

For info and registration form, email John Springfield at: spring6@comcast.net.

Velo Vermont

July 25-27, 2008

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.

CRW Trips - Continued on page 6

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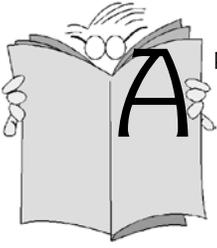
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Little Jack's corner

by Jack Donohue



April and May is arrowing season, and while you may take crocuses sprouting out of the ground as a harbinger of Spring, the sight of freshly painted arrows always does it for me.

Arrowers are a breed in themselves. We all know each other, and admire each other's handiwork. It's not exactly like painting the Sistine chapel, but a finely turned out arrow always makes my heart swell with pride.

You can always tell an arrower. Unlike the gardener with a green thumb, the arrower ends up with a white thumb (or yellow if you're a Climb to the Clouds arrower). They also end up with a customized bike, clothing and shoes since some of the cans tend to blast out in odd directions. My Cannondale now sports an interesting pattern of white paint around the head tube from a recent paint can malfunction.

Like any undertaking, there are tricks to the trade. If you can come by the highway

marking type paint cans, where you hold the nozzle upside down and shoot, that's the best. The real pros have a necessary accessory, a sawed off water bottle to hold the can so that it doesn't rattle around in your water bottle cage. I'm of course too cheap to destroy a perfectly good water bottle despite the fact I've got several boxes of them, but Melinda gave me some, which I prize highly. Raising the bar even more are the people who arrow with stencils. That's way too much work for me, and it takes the personal touch out of my arrows. Fortunately, the designs I pick (or have inherited) for my rides are quite simple, so freehand works quite well.

Sometimes when you have different clubs or charities arrowing much the same route you can get into arrow wars. The guiding principle of arrowing is never black out another ride's arrows. Unless of course, they mess with your arrows, then all bets are off. You're in for a rumble the likes of which hasn't been seen since the Sharks and the Jets duked it out.

Arrowers are candidates for sainthood. While their buddies are out there trying to break land speed records, they are out there stopping at every turn and running the risk of incarceration to perform a service for said buddies. I'm always surprised at how tired I am after arrowing a ride, but when you consider I have to come to a dead stop and accelerate back to cruising speed about 50 or so times, it's not that surprising.

Still there is a certain satisfaction to it. Being a particularly anal arrower, I try hard to reuse the previous arrows, and spend a lot of time looking for traces of what may have been an arrow before being repeatedly scoured by the sand trucks, etc. It's very satisfying to discover that faintest outline that you know used to be an arrow. On the other hand, it's very sad when I decide that it really is time for an arrow, only to find an old one 100 yards down the road. Then when you get a new can, it tends to spray in a shotgun pattern. But when you craft that perfectly formed arrow, that makes it all worth while.

Jack's Back Pages

WheelPeople's layout editor, David Cooper, has been busy compiling past "Little Jack's Corner" articles for the web site. You can find them here: <http://crw.org/ljackc/> and they've been added to the web site menu: Information => Fun => Little Jack's Corner

CRW Trips - Continued from page 5

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 \$180 per person double occupancy (PPDO). This includes two nights lodging with private bath, two breakfasts, Saturday night happy hour, Saturday evening dinner, and maps. Several larger rooms with bath and TV are available for \$200 PPDO. Send full amount by June 20th, with your name, email address, postal address, and phone. Call after that for last minute availability. Make checks out to Charles River Wheelmen. Trip fee is nonrefundable after this date unless we can find someone to take your place.

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)

Take Me To Your Leader - Continued from page 1

Fred Kresse
Irving Kurki
Tom Lambert
Bill Lane
Joan Laxson
Charles Learoyd
Greg Lee
Tony Lee
Andree Lerat
Rita Long
Melinda Lyon
Don MacFarlane
Harry Manasewich
Nancy Marchand
Stephanie Marcott
Keith Miller
Fred Mueller
Larry Murphy
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Jean Orser
Paula O'Sullivan
Jim Pearl
Elizabeth Pell
Ray Porter
Eli Post

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Chris Randles
Nadina Raudales
Raúl Raudales
Joe Repole
Jacek Rudowski
Stan Sabin
Susan Sabin
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Mel Stoler
Brian Sullivan
Julie Sullivan
Ilkka Suvanto
Joe Tavilla
Rich Taylor
Janet Tortora
Chris Tweed
Richard Vignoni
Pat Ward
David Wean
Jim White
Bill Widnall
Sheila Widnall
Lisa Wilk
Bob Zogg

Safety Corner - Continued from page 1

very slippery. Gaps between plates can grab a cyclist's wheel. Edges of plates parallel to the direction of travel can steer a bike out from under the cyclist. Either maneuver around steel plates or cross with care while hitting the edge of the plate straight on.

Speed bumps used as traffic-calming devices can present a hazard to cyclists, especially those with an abrupt edge that can cause a bicycle front wheel to turn sharply and eject the cyclist. Slow down when approaching a speed bump and take most of your weight off the saddle while maintaining a relaxed grip on the handlebars.

It is generally helpful to warn riders behind of road hazards in the path of travel by pointing them out, calling them out, or both. Pointing out hazards generally provides more information to those following because you show them exactly where the hazard is, but calling out is safer for you because your hands stay on the handlebars.

Safety is about choices—what choices will you make?

January

1	3	9	9	9
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MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Tod Rodger	1077	-	-	1	Gabor Demjen	322	1	-	-	John Kane	70	-	-	-
Don MacFarlane	889	1	-	-	Butch Pemstein	304	-	-	-	Bill Widnall	62	-	-	-
Pamela Blalock	791	1	-	-	Richard Taylor	303	1	1	-	Marc Webb	50	-	-	-
Jack Donohue	769	-	-	-	Marilyn Hartman	283	-	-	-	Christopher Smith	35	-	-	-
Bruce Ingle	756	1	-	-	Don Mitchell	276	-	-	-	Greg Tutunjian	25	-	-	-
John Bayley	677	1	-	-	Joseph Moore	260	-	-	-	Jeff Luxenberg	15	-	-	-
Steve Robins	655	-	-	-	Ed Hoffer	258	-	-	-					
Paul Hardin	625	-	-	-	Alison Sheridan	244	-	1	-					
Irving Kurki	472	1	-	-	Dave Stefanovic	207	-	-	-					
Chris George	415	-	-	-	Darrell Katz	180	-	-	-					
Fred Meyer	407	1	-	-	John Goeller	156	-	-	-					
Lisa Weissmann	404	1	-	-	John Allen	155	-	-	-					
John Higley	401	1	-	-	Janet Tortora	131	-	-	-					
David Wean	395	-	-	-	Cynthia Snow	124	-	-	-					
Glen Reed	361	-	-	-	Bill Hanson	122	-	-	-					
Jim Krantz	360	1	-	-	Frank Aronson	115	-	-	-					
Joe Repole	348	1	1	-	Chris Lennon	88	-	-	-					
Larry Murphy	330	1	-	-	John Springfield	82	-	-	-					

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 website at <http://crw.org/mileage/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 Tpke,
Westboro
508-366-1770

Frank's Spoke 'N Wheel

119 Boston Post Rd.,
Sudbury
978-443-6696
877 Main St., Waltham
781-894-2768

Grace Bicycles

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

Harris Cyclery

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

Harvard Square Bicycles

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

International Bicycle Center

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

Landry's Bicycles

1210 Boston Providence
Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick

508-655-1990

276 Turnpike Road, Westboro

508-836-3878

890 Commonwealth Avenue,
Boston

617-232-0446

Marblehead Cycle

25 Bessom St., Marblehead
781-631-1570

National Ski and Bike

102 Washington St., So.
Attleboro
508-761-4500

Papa Wheelies Bicycle Shop

653 Islington Street,
Portsmouth
603-427-2060

Pro Cycles

669 Main St., Wakefield
781-246-8858

Quad Cycles

1346 Massachusetts Ave.,
Arlington
781-648-5222

Ski Market, Ltd.

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

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

Southampton Bicycle Center

247 College Hwy.,
Southampton
800-527-9784

St. Moritz

475 Washington St.,
Wellesley
781-235-6669

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>

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

1. acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;

3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations;

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

In addition, I agree to cycle in a safe, courteous, and lawful manner when participating in CRW rides, and to encourage the same among fellow members and CRW guests.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

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

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

PAPER via Postal Service ELECTRONIC via email
The electronic file is a pdf file and requires Adobe Acrobat.

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

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

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

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



Change of Postal or E-mail Address?

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