

# WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXII, Number 5 • May 2008

## CRW Introductory Rides

Beginning in May the CRW will hold several Introductory Rides for those new to CRW, interested in group riding, looking for a more casual ride or just getting back into cycling after a long winter. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest. Depending on the size and composition of the turnout, the group may be organized into smaller groups so that all can proceed at their own pace.

There are two locations this season: Nahanton Park on the Newton/Needham line, and Cushing Park in Newburyport. The rides are listed on the CRW web site and all are welcome.

The Nahanton Park Ride will be held every Saturday in May. The route is an essentially flat, 19-mile loop through Needham and Dover. The Newburyport route is a scenic 20-mile loop through Newbury, West Newbury and Newburyport. Different routes will be offered each week, mostly flats with a few gentle hills. The rides average 10 to 12 miles per hour. Note that CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! Please feel free to contact one of the Ride Leaders with questions. ☺

## What COLOR is your JERSEY?

by Eli Post •



A video has been making the email rounds recently, and it hits home in addressing how difficult it often is for motorists to spot cyclists when so much else is going on. As of this writing, the video can be viewed at [www.dothetest.co.uk/](http://www.dothetest.co.uk/) and is worth a look.

Making yourself visible to motorists and other road users is a critical component of safe riding. Generally speaking, a bright-colored jersey is best, light is good, and dark just doesn't work, even in broad daylight. Go for hi-viz yellow or lime green. Surprisingly, red can be hard to see on the road, so try to avoid it. On your next group ride, note how much more visible riders are who wear bright-colored jerseys.

In a word, make yourself as visible as possible so other road users can clearly see you.

At night, you'll need a headlight, taillight and large rear reflector. A bright-colored vest or jacket with reflectorized tape will add to your visibility at night.

High visibility clothing is effective at improving motorists' awareness of cyclists. Making a motorist, pedestrian or other bicyclist aware of you just a fraction of a second earlier could avert a collision.

There are many jerseys available that are designed to make cyclists more visible. There are even reflectorized gloves, so your hand signals show up at night.

Safety is about choices, what choices will you make? ☺

## Tag Sale at the Spring Century

The Spring Century is coming and this year it will have the added attraction of a tag sale. So tag up your stuff and come to the Spring Century in Wakefield, May 18. What can you sell there? Anything (so long as it's legal). Past sales have been 95% bike related with the rest being such things as table lamps, a wok, a computer modem and a stereo receiver. Just remember, it is the responsibility to the owner to pick up any unsold merchandise at the end of the sale (4pm). Any items left, will be given, or thrown, away.

Please register your name and address at the sale, so we know where to send the check for

your sold merchandise, which will take about a week.

All merchandise must be tagged, no tape or stickers. This is for inventory, when we sell an item we remove the tag. We have plenty of free tags.

Tagging instructions are simple. Write your name on one side of the tag and the price on the other. Write any pertinent information (size, condition) on the same side as the PRICE. If you are willing to take a discount from the above price, print the amount of the discount with a minus sign in front of it on the same

Tag Sale - Continued on page 9

Highlights		
Board Meeting Minutes.....3	May Rides.....5	Little Jack's Corner..... 10
Welcome New Members.....3	Spring Century .....7	NEBC Women's Ride Series... 10
Recurring Rides .....4	CRW Trips .....8	March Mileage Totals..... 11
	Beware the Beagle.....9	Shops ..... 12

## 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

## 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.....	Bob Richards.....	508-654-6600
Volunteer Coordinator.....	Marilyn Hartman.....	781-935-9819
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 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
Circulation.....	Mike Hanauer.....	978-318-1980

## INTERNET STAFF

Web Site ( <a href="http://www.crw.org">http://www.crw.org</a> )	
Webmaster.....	Gary Smiley..... webguy@crw.org
Picture Gallery.....	Rory Dela Paz..... rdelapaz@mindspring.com
Touring.....	Andy Meyer..... asm@ameyer.org
	David Cooper..... dacooper@tiac.net
E-Mail List ( <a href="mailto:CharlesRiverWheelmen@yahoogroups.com">CharlesRiverWheelmen@yahoogroups.com</a> )	
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](mailto: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](mailto:advertising@crw.org)

## Letters to the Editor

Along with all his other accomplishments the late Sheldon Brown also has the distinction of taking the first photo that ever appeared in Wheelpeople. The cover of the February 1973 edition featured a photo of a radially spoked, high flange, front hub with the spokes perfectly spaced. As I recall, Sheldon said that this was his first published photo.

John Kane

## Bike Shop Locations in 3D

Member David Crossman has come up with a 3D version of the Bike Shop Map which can be opened in Google Earth. In so doing, he's also made the bike shop coordinates more accurate. Some of the shop info is quite old and hasn't been checked for a while, so if you see something wrong either with the shop location or the shop information, send Jack Donohue an email.

Check out the bike shop map page at <http://crw.org/BikeShopsMap.php>.

New

*Welcome*

Members

Edward Chornoboy	Natick
Patrick Dew	Wilmington
Jonathan Doyle, Jessica Huddy	Watertown
Gary Epstein	Andover
Susan Hall	Newton
Brian Lawson	Wellesley
Kelly O'Connor	Cambridge
Barry Shopnick	Wayland
Tom Simon	Wellesley
Gregg Stern	Cambridge
Richard Wolf, Denise Marois-Wolf	Acton

# RIDE

Safe • Smart • Aware  
SAFETY STARTS WITH YOU!

## CRW Board Minutes

April 1, 2008



### In Attendance:

**Board Members (6):** Eli Post, Don Blake, Jack Donohue, Bill Widnall, Raúl Raudales and Janet Tortora

### Minutes (Janet Tortora):

Minutes from the March 4, 2008 meeting approved.

### Reports of officers, Coordinators and Standing Committees

#### President (Michael Aarons)

Eli Post chaired the meeting in Michael Aarons' absence. Eli had no report from the President.

#### VP of Rides (Eli Post)

Eli reported that there is a need for a new Sunday Rides Coordinator. Michael Aarons does not have time to continue as the coordinator. Eli is the person to contact if you are interested in filling the slot. The ride leaders' party will be held in the fall. Eli will organize the party. The ride calendar for the next few months is all set.

#### VP of Finance (Rich Levine)

Rich Levine was not present and there was no report.

#### Membership Coordinator (Linda Nelson)

Linda Nelson reported by email that the

membership numbers for February were 1121 current memberships, 1340 current members, 22 expired members, 11 new members, 27 renewed members.

### Old Business

No old business.

### New Business

No new business

### Other

Janet Tortora noted that the Granite State Wheelmen have changed the weekend for the Seacoast Century and it is now on the same weekend as the CRW Fall Century.

Bill Widnall pointed out that the tax laws have changed for donations which are made for club events. Anyone donating food or other goods needs to have a letter from the club acknowledging the contribution. The receipts should be kept and given to Don Blake to document the donation. The letter should be kept on file.

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

Respectfully Submitted

Janet Tortora  
Secretary

## 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

## LunchDates™

The One with the Good Reputation!

CRW  
Members  
save 25%

Take the free survey online at [www.lunchdates.com](http://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 39 and 52 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 get up early enough to leave promptly at 7 will be paid back by having a great ride with little traffic, and you'll be home in time to cook omelettes for Sunday brunch! The SSCL will take place every week, weather permitting. The 39-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. The 52-mile ride adds a loop to Pemberton Point in Hull, with its magnificent views of Boston Harbor from under the windmill, where we regroup! 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 128 or 93 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. 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:** Cue Sheet, Arrowed

**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:** Chris Tweed (781-830-1368, cmtweed@psrinfo.com), Dave Lafreniere (508-850-3547, dlafreniere@comcast.net)

**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!

## Thursday Fitness Ride and Pace Line Clinic

**Times and Routes:** 6:00 PM Sharp for routes of 17, 28 and 34 miles (5:30 PM in Sept)

**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.

**Note:** First Ride 4/17/08. No clinic April 24, 2008



## Friday TGIF Unwinder

**Times and Routes:** weather dependent 18 / 24 mile, 6pm

**Ride Type:** Cue Sheet, Map, Follow the Leader

**Description:** A club ride that provides something for all tastes. There is usually a fast group riding paceline (18mph+) while others tour at their own speed. The ride



winds through the shade of back roads in Concord, Carlisle, Acton and Chelmsford. This ride is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. There is always a group going out for dinner and/or ice cream after the ride. Bring the fun (and bike lights as the ride time is seasonally adjusted for ~1.25 before sundown).

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

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

**Directions:** Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left and then right to go behind the library.

## Saturday Morning Fitness Ride

**Times and Routes:** 8:30 AM. This ride runs all year 'round. Three routes: 42, 28 and 19 miles

**Description:** You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. We usually try to start people in bunches of about 10 riders, grouped by distance (28/42 miles) and (very roughly) by speed. Often each group ends up breaking into smaller bunches. We do encourage people to "wait up" a minute after certain hilly sections. The routes are arrowed so that you can find your way alone. This ride is for intermediate to advanced riders. The slower groups probably average 15-16 MPH, and the fast groups often average over 20 MPH. Most people do the ride to get a good workout. Even if you don't keep up for the whole ride, hanging



on for as long as you can is a good way to get stronger!

**Leaders:** Michael Aarons (508-651-9259, Michael.Aarons@XOMETRIX.com), Chris Randles (617-969-2545, jcrandles@comcast.net)

**Start:** Nahanton Park, Newton.

**Directions:** From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. (There is another entrance to Nahanton Park on Winchester St. Don't go there!) Because of limited parking in the main Nahanton Park lot, the City of Newton has requested that we no longer park our cars there. Instead, if you need to drive to the ride, please park in the unpaved overflow lot (next driveway after park entrance) or across/down Kendrick St. at Cutler Park. If we do not limit our use of parking spaces in the main lot, the City of Newton has threatened to close the park to our ride, so please respect their request.



## May Rides Calendar

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

### North From Masconomet

Saturday - May 3

**Times and Routes:** 10:00 am for 25, 35, and 50 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Ride quiet, scenic roads thru small towns just west of the shore area north of Boston including Boxford, Topsfield, N.Andover, Groveland, W.Newbury, Byfield and Georgetown. There are few stores along the way so please be sure to pack adequate reserves of food and liquids. The short ride stays almost entirely within the towns of Boxford and N.Andover and splits from the long & medium ride at 13.5 miles. The long ride splits from the medium ride at 21.6 miles. This ride is also offered by the North Shore Cyclists and cue sheets are available at [www.nscyc.org/](http://www.nscyc.org/)

**Leaders:** Jim White (978-621-5935, jimmy-mail@verizon.net)

**Start:** Masconomet High School, Boxford

**Directions:** From Route 95 take exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot closest to Route 95.

### Introductory Ride

Saturday - May 3, 10, 17, 24, 31

**Times and Routes:** Nahanton Park 9AM. Please arrive 20 minutes early!

**Ride Type:** Cue Sheet

**Description:** This Ride will be held every Saturday in May. Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is an essentially flat, 19-mile loop through Needham and Dover. The rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest. NOTE: CRW membership is not required but a HELMET is. Bikes should be ready to roll i.e.: proper tire pressure, chain lubed etc., seat adjusted, filled water bottle on board, pump and a spare tube if you have them. Heavy rain cancels the ride! Please feel free to contact leaders with questions.

**Leaders:** Beth Aarons (beth@pixelmonkey.com), Larry Isaacson (617-267-7081, mail@lawrenceisaacson.com), David Iwatsuki (617-312-6525, diwatsuki@gmail.com)

**Start:** Nahanton Park on the Newton/Needham line

**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. Parking is available in the upper lot next to Nahanton (but not Nahanton itself), and at Cutler Park which is before the river crossing on Kendrick Street

### Harvard Hill Climb

Sunday - May 4

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

**Ride Type:** Cue Sheet, Arrowed

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



**Leaders:** Rita Long (781-899-9177, rita-clong@gmail.com), Pat Ward (781-646-9196, PGWard@verizon.net)

**Start:** parking lot, Taylor Road, Littleton

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

## West Podunk

**Saturday - May 10**

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

**Ride Type:** Arrowed

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

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

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

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



## Belmont Hill School Alumni Reunion

**Sunday - May 11**

**Times and Routes:** 8:50 for 51, 43 or 26 mi

**Ride Type:** Cue Sheet, Map, Arrowed

**Description:** Explore low income neighborhoods in Lexington, Lincoln, Weston, Wayland, Sudbury, Acton, Concord, and Carlisle. The optional lunch stop is in Concord Center for the long and extra long ride only. Although the roads are not totally flat, there are no long or steep hills.

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

**Start:** Clark Middle School, 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.

## Introductory Ride - Newburyport

**Thursday - May 15**

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

**Ride Type:** Cue Sheet, Map

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

**Leaders:** Pierre Avignon (pierreavignon@yahoo.com)

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

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

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

## Cape Cod Ride

**Saturday - May 17**

**Times and Routes:** 10 AM for 36, 48, or 61 miles

**Ride Type:** Cue Sheet

**Description:** A gorgeous ride mostly on lightly traveled roads with views of Cape Cod Bay, Buzzards Bay, Vineyard Sound, cranberry bogs, and salt ponds. To add a bit of variety the ride will go in the opposite direction from previous years, but the same direction as last fall's ride. The 61 mile ride passes along Vineyard sound into Woods Hole, then up to North Falmouth, Monument Beach and along the Cape Cod ca-

nal bike path before turning inland to return to the start. The 48 mile ride goes inland to West Falmouth where it joins the long ride route. The 36 mile ride follows the 61 mile route to North Falmouth where it turns inland to return to the start. If you think you already done this ride, think again, everything looks different when riding in a different direction, so come on down!

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

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



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

## Spring Century

**Sunday - May 18**

**Start:** Wakefield High School

**Description:** see ad on page 7

## Norwellian Atlantic Adventure

**Saturday - May 24**

**Times and Routes:** 9:30 for 35, or 45 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Scenic, low-traffic roads through the eco-balanced towns of Hingham, Hull, Cohasset, Norwell, and Scituate. The ride has a few hills to the sea. See towns such as Hull, where man and nature are balanced with high tech wind turbines. See historic light houses. Coffee will be optional at the famous biker hang-out of Coffee Corner in Scituate. Cue sheets will be available.

**Leaders:** Bill O'Hara (617-792-3126, nley@comcast.net)

**Start:** Norwell High School, 18 South Street, Norwell, MA

**Directions:** From the North take Route 3; take exit 13. Turn left (north) on RT-53. Turn right onto RT-123, which is Webster Street. Turn right onto South Street. Take second right into the school driveway.

**Note:** Rain cancels.

## Newburyport to Exeter

Sunday - May 25

**Times and Routes:** 9:30 AM for 25, 45 and 63 miles

**Ride Type:** Cue Sheet, Map, Arrowed

**Description:** From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. Both rides will follow stretches of quiet roads along the Merrimack River with the longer ride heading as far north as Exeter, where you can stop for lunch. Back in Newburyport, relax with a poolside BBQ! Terrain: Mostly gentle rolling, no real challenging hills.

**Leaders:** Pierre Avignon (pierreavignon@yahoo.com), Michael Moore (coast\_cyclist@

comcast.net)

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

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

**Note:** Small contribution requested for BBQ.

## Introductory Ride - Newburyport

Thursday - May 29

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

**Ride Type:** Follow the Leader, Intro

**Description:** Interested in group riding? New to CRW? Looking for a more casual ride or just getting back into cycling? Then this ride is for you! The route is a scenic ~20-mile max. loop through Newbury, West Newbury and Newburyport. Different route will be offered each week. Mostly flats with a few gentle hills. The

rides average 10 to 12 miles per hour. The focus is on group riding, safety, cycling technique and fun. Skills development coaching and post-ride clinics will be offered if there is interest.

**Leaders:** Pierre Avignon (pierreavignon@yahoo.com)

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

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

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

## Hillsborough Country Ride

Saturday - May 31

**Times and Routes:** 9:00 am for 35 and 62 miles

**Ride Type:** Cue Sheet, Map

## The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 18, 2008

Event held Rain or Shine

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

**START -** Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.  
Heading south on Rte 128, take exit #4, Rte 129. Follow signs for 129 East for 1½ miles to the center. Follow 129 east as it turns left. Approx. 1 mile past the center turn right onto Farm Street. The High School is ¼ mile on the left.  
Heading north on Rte 128, take exit 39, North Ave. Turn right at the bottom of the ramp. Follow this through Wakefield Ctr, across Main St. The high school is at the end.

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

Please arrive at least 1/2 hour prior to the start for a mandatory pre-ride meeting.  
All riders are required to register and sign our liability waiver.

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

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

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

**Description:** This new ride takes you north-west from Tyngsborough up to Mont Vernon NH. Enjoy the spring air and country roads. We go up through Hollis, then take a long downhill and back roads into Amherst Center (store). The green in Amherst (elev. 260) makes a great lunch stop. Then we will roll up to Mont Vernon (elev. 820 feet) to be rewarded with a thundering downhill south toward Milford. We next pick up the Fall Century route so as not to miss the downhill on Old Milford Rd coming into Brookline NH (store). Using some of the less traveled roads we return to Pepperell (stores, rest rooms at Dunkin Donuts) then across Groton to Island Pond Rd. One more uphill then you can coast it home a few miles to the parking lot. The short ride splits west at Hollis to cut off Amherst and Mont Vernon, and returns through Brookline. Several hills on both rides are challenging although rewarding. Ride designed by Tod Rodger and Bill Scott.

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

**Start:** Tyngsborough Elementary School, 205 Westford Rd. Tyngsborough

**Directions:** Rte 3 North to Exit 34 toward Westford. Left at end of ramp onto Westford Rd. In 0.8 miles turn right at third light to stay on Westford Rd. Go another 0.3 miles to school driveway on the right. Follow the long drive into school parking. Use parking to your left next to the woods, away from the school.

**Note:** Rain cancels.

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

**North Country Bike Tours**

Bicycle touring is the perfect way to experience the "Northeast Kingdom". It is a landscape of rolling hills, high lake country where the views are north to Quebec, south to the White Mountains of New Hampshire and west to the Green Mountains. It is New England's Big Sky country, where the air is fresh and the wind strong. Every town has a unique general store.

Come and discover how life was meant to be!

[www.northcountrybiketours.com](http://www.northcountrybiketours.com)

Affordable bike touring in northern Vermont.

## CRW TRIPS

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

Friday-Sunday, June 6-8, 2008

TRIP FULL - Waiting List Only

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](mailto: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. 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](mailto:jmdonohue@alum.mit.edu) 781-275-3991 (before 9 PM)

### Wheeling Around the Whites

August 8-10, 2008

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 \$110 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 Joanne Archambault ([joarch@comcast.net](mailto:joarch@comcast.net) or 617-909-9662). Please register by August 1st by sending your contact information with a check made payable to "CRW" to: Joanne Archambault, 65 Linwood St, Medford, MA 02155



# 30th Annual Appalachian Mountain Club Spring Bike Rally

June 14

Join the Bike Committee at the Friendly Crossways Hostel in Harvard, MA for arrowed rides of 27, 50, and 67 mi. (starting at 11:30, 10:30, 10:00). Helmets req. After the rides, we have showers, happy hour, chicken BBQ (or vegetarian option) & evening presentation.

Check the web site for details:

<http://www.amcboston.org/bicycle/bikerally.htm>

For more information, contact Benji Fisher: [benji@member.AMS.org](mailto:benji@member.AMS.org) or 781-237-3120 before 11 PM.

## Looking Maniacal Helps

by Eric Ferioli

I'm having a lot of work done at Harvard Dental School. After having three teeth extracted, I cycled home down Beacon Street during rush hour. I'm clenching bloody pieces of gauze between my teeth. My mouth is still anesthetized so I'm profusely drooling bloody saliva, which is dripping off my beard.

For unknown reasons a motorist starts yelling at me. Without saying anything, I faced him and grinned. He looked at me, shut up, and drove away.

Tag sale - Continued from page 1

side as your NAME. No discounts will be taken before 1 PM. Securely attach the tags to your items (we always have a few stray tags and unknown items on the tables). Tags can be tied, taped or stapled to the items. If there are several items for one price, put them in a clear heavy duty plastic bag, seal it and attach the tag to the outside.

If you are bringing clothing, please put it on a hanger. There will be a rack. There will be an area for bicycles also.

CRW receives 10% of the selling price of each item sold. CRW is not responsible for lost, stolen or mispriced merchandise. All sales are "as is" and final. We are not responsible for damaged or misassembled items. Caveat emptor.

For any questions, or free tags, see me on a ride or call Eric Ferioli at 781-235-4762 (let it ring).

# Beware the Beagle!

by Eli Post

Several years' back a friend was on a ride with a few buddies when a dog, a beagle he thinks, suddenly took off in the group's direction. The dog's trajectory was approaching the lead rider, who having seen and heard the dog, was accelerating away from it. My friend observed the dog heading in front of him, but without warning the dog veered toward him, and hit his front wheel as if it was attempting to run through the "invisible" spokes. To cut the story short, the dog went his merry way, but my friend went over the handlebars and fractured his wrist and thumb. In retrospect, he would have fared better if he had stopped and waited for the dog to pass. The dog was playful, not attacking. This situation illustrates how unpredictable dogs are, but more generally that judgment calls have to be made in seconds, often with scant information.

Since becoming a CRW Ride Coordinator, I've gathered many such accident related, first person, stories, and believe that some of these may provide a learning opportunity. Fellow cyclists who share an experience allow others to see and feel a mishap or accident, and perhaps learn something about their own cycling practices. In that regard, I'm asking CRW members to contact me with stories about their own mishaps or accidents so that we can put together a report that might hopefully prove useful. I'm presenting a few such stories of CRW members who had cycling accidents, were injured, but ultimately went back to cycling. In some cases there was a lesson to be learned, but sometimes not.

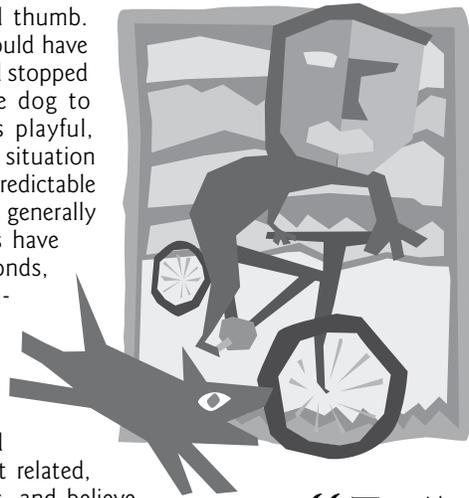
A lone rider noticed that a leaf was caught in his front wheel. He bent over to free up the nuisance, but in doing so his hand became tangled in the wheel and he went over the bars. He recognizes that it was a mistake to attempt a maneuver that caused him to lose control, but in this regard he is not alone. We see cyclists moving along answering cell calls, poking around pockets for food, studying

cue sheets or struggling with water bottles. Under these circumstances they do not have full control of their situation, and it becomes ever more difficult to deal with emergencies. Cycling requires the rider's full attention and a diversion to another task can have serious although unintended consequences.

This rider learned first-hand about keeping a safe distance when on a group ride. He was about 20 feet behind a rider, not drafting, but in a single line as the group proceeded. The rider in front was apparently too close to the side of the road and veered off to the right. He made an effort to recover but slid and fell into this rider's path. He had virtually no reaction time and rode over the fallen rider and then slid down the pavement. Anticipate events that could cause you harm and ride defensively in uncertain circumstances. Being alert means staying on top of the situation, and monitoring the area ahead of you for signs of potential danger.

"Accidents will happen" was the conclusion of this rider. His recitation of his cycling accidents is astounding, and it is difficult to imagine any one person encountering so much grief, none of which was his own doing. A car struck him head-on as it went through a red light; he hit a patch of hidden concrete jutting from the road which slashed both tires and sent him flying; and finally a car about to pass suddenly cut in front of him sending him over a cliff where he fell 30 feet into some bushes. These accidents were no small matters and all involved injury, surgery, and rehabilitation, but this rider loves the sport and is back in action. He believes however that "cycling is a dangerous sport" and that "if you cycle long enough, you will have an accident." We understand his position, but believe that riders following safe riding practices can go a long way to mitigate the dangers.

Again, I encourage you to share your story. I can be reached at [elipost@comcast.net](mailto:elipost@comcast.net).



# Little Jack's Corner

by Jack Donohue



W interrupt our normally scheduled column for a rant on my pet peeve, namely CRW members and RSVPs.

The term RSVP comes from the French expression "répondez s'il

vous plaît". OK maybe you don't speak French, it means "Respond if you please."

This is not a difficult concept.

If you want to attend an event, let the people that invited you know you're coming. Many of you have perhaps gotten wedding invites with RSVPs. So, what, you blow that off and decide to turn up if you haven't got anything better to do that day, "Hi, thought I'd pop in for the reception, raining today so not good for biking, is there an open bar?"

If I was king, I would send out RUPDs (Respond Upon Pain of Death) instead of RSVPs. If you

turned up unannounced, you would promptly be treated to a bicycle pump enema (and not with one of the short ones, either).

This is a chronic problem. No matter how many times you tell people to RSVP, no matter how you emphasize that we need to know numbers to buy food, or whatever, they just

*répondez s'il vous plaît*

don't get it. In the old days, when I was president (known as the Dark Ages of CRW), I had great plans. One of which was an invitational event, which we used to have in the old days, where CRW hosted an event for all the local bike clubs. It was always a good time, and so I thought it would be a nice idea to revive an old tradition. So I arranged to have it at the Littleton Youth Hostel (curiously enough located in Harvard). We would have rides starting from there, they would provide lunch, and

allow people to take showers. It would cost \$5 a person. I got one of my friends in the club to be in charge, and send notices out to all the local clubs. Not only did the local clubs not respond, nobody from CRW did, except for a few people who whined about the \$5 charge ("Why can't we just ride our bikes..."). I never cease to be amazed at people who spend thousands on a bike griping about spending a few bucks for an event. (Oops, we're getting into my runner up peeve).

Anyway, the end result was no one signed up, we had to cancel and CRW was out a \$100 deposit (not to mention what would have been a good time). Then after the fact, I got people saying "why was it cancelled, I would have come". Duh.

**Jack's Back Pages** - Find past "Little Jack's Corner" articles on the CRW website at <http://crw.org/ljackc/> and through the web site menu: Information > Fun > Little Jack's Corner



## NEBC Tuesday Night Women's Ride Series

Starting May 6th, 2008

Every Tuesday at 6:00pm

Starting in Lexington Center at the Battle Green (Junction of Mass Ave and Bedford Road)

May 6th to September 16th

The Northeast Bicycle Club (NEBC) is offering a weekly all-level fitness ride to the women of the Greater Boston biking community. Our rides will allow women of all levels to learn or work on improving pacerline skills. This will be an opportunity to ride in small groups with female cyclists of similar abilities. Each week there will be a beginners group focusing on learning pacerline basics and going at a moderate pace of 12-14 mph. There will also be several faster groups of more experienced riders at 14-16, 16-18, and 18-20+ mph.

We will be starting at the Battle Green in Lexington Center at 6:00pm and will be using the

same loop every week. There will be members of the NEBC women's team on hand to give instructions, get signed waivers, lead the rides, and give suggestions and encouragement during the rides. This will be a great opportunity for non-racers to get experience learning from and riding with Category 1-4 female racers. If you've ever wondered what it's like to ride in a pacerline or had questions about bike racing, this is your chance to learn in a relaxed women-only environment.

Come join us!

Ride length is 20 miles for the 12-16 mph groups, and either 26 or 31 miles for the faster groups.

Please contact [nebcwomensride@gmail.com](mailto:nebcwomensride@gmail.com) for more information. There is no cost to participants. Women only please. You do not need to be an NEBC member to join us.

## CLASSIFIED ADS

CRW members may submit non-commercial ads at no charge. Submit the copy to the editor as described on page 2.

### FOR SALE: 2005 Specialized Sirrus

This is a great commuter bike or recreational road bike. I've ridden it in 3 Pan Mass Challenges and of course countless CRW rides! End bars have been added to help with those hill climbs. Small frame (I'm 5 ft. 2 in.). It has had annual maintenance and is in excellent condition.

\$400 or best offer

If interested, please call Jennie at 617-244-6298 or e-mail: [jenniethomas@juno.com](mailto:jenniethomas@juno.com)

### FOR SALE: 2003 Cannondale Multisport time trial bike

Frame: CAAD5 Aluminum frame, 26" (66 cm) bottom bracket to top of seat tube, integrated headset, powder blue (frame size corresponds to a 58 - 59 cm normal frame)

Fork: Cannondale Carbon, aero; Handlebar: Syntace aero bar with bar end shifters;

Wheels: Mavic Cosmic Elite, deep rims, bladed spokes; Drivetrain: All Ultegra, 53/39 chain rings, 9 speed (11-21) cluster, Dura-ace bar-end shifters

\$1400 or best offer

Contact: Max Diem at [m.diem@neu.edu](mailto:m.diem@neu.edu)

# March

4	7	6	5	4
---	---	---	---	---

## MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Scott Teich	2796	2	-	1	Don Mitchell	953	-	-	-	John Springfield	301	1	1	-
Don MacFarlane	2351	3	-	-	Joseph Moore	932	-	-	-	John Kane	221	-	-	-
Bruce Ingle	2309	3	1	-	Gabor Demjen	926	2	-	-	Marc Webb	192	-	-	-
John Higley	1959	3	1	1	Peter Brooks	891	2	-	-	Christopher Smith	140	-	-	-
Paul Hardin	1842	1	-	-	John Goeller	822	-	-	-	Bill Widnall	124	-	-	-
Pamela Blalock	1804	3	-	-	Joseph Tavilla	802	-	-	-	Susan Grieb	74	-	-	-
Jack Donohue	1798	-	-	-	Dave Stefanovic	729	-	-	-	Greg Tutunjian	67	-	-	-
John Bayley	1701	3	-	-	Ed Hoffer	711	-	-	-	Mike Hanauer	31	-	-	-
Irving Kurki	1701	3	-	-	Marc Baskin	688	2	-	-					
Jim Krantz	1607	2	-	-	Gary Smiley	671	-	-	-					
Steve Robins	1484	-	-	-	Cynthia Snow	624	-	-	-					
Glen Reed	1382	1	-	-	Erik Husby	578	-	-	-					
Susan Raye	1363	2	1	-	George Manning	555	1	-	-					
Chris George	1290	-	-	-	Mike Kerrigan	502	-	-	-					
Larry Murphy	1267	3	-	-	Henry Marcy	483	-	-	-					
Richard Taylor	1240	3	3	-	Frank Aronson	475	-	-	-					
Fred Meyer	1168	3	-	-	Ken Hablow	437	-	-	-					
Butch Pemstein	1106	-	-	-	Chris Lennon	400	-	-	-					
Otto DeRuntz	1032	1	-	-	Bill Hanson	396	-	-	-					
Marilyn Hartman	1024	-	-	-	Andrew Conway	377	-	-	-					
Joe Repole	1014	3	3	-	Rolf Budd	314	-	-	-					

### 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 3rd of each month on the website at <http://crw.org/mileage/mileage.htm> or email [mileage@crw.org](mailto:mileage@crw.org) or call 781-275-3991

## SPRING GEAR UP SALE APRIL 3<sup>RD</sup> - APRIL 13<sup>TH</sup>



The *Bikeway Source* Advantage:

- PRICE PROTECTION GUARANTEE
- One year of FREE service.
- Expert knowledge and service.
- FREE fitting with the purchase of a new road bike.
- The BEST service in Boston!
- The BEST prices in Boston!
- The BEST bicycles on the planet!

**WWW.BIKEWAYSOURCE.COM**

111 South Road | Bedford, MA 01730 | 781.275.7799 | [info@bikewaysource.com](mailto: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

### 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

1 Oak St., Taunton  
508-822-0396  
722 N. Main St., Brockton  
508-586-6394

<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:

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.