

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXII, Number 8 • August 2008

They Rode Sunrise to Sunset

by Eli Post

Arriving at Emerson Hospital at 4:30 the morning of Saturday June 21, they were treated to a boxed breakfast to prepare them for the challenge that lay ahead. Many of them knew each other, and it was not the first time they had undertaken a mission of this scope. No, this was not a military undertaking, but the beginning of the CRW's first Summer Solstice Ride. The ride was the brainstorm of Charles Huizenga. "Chuck" is a 70 year old recently retired physician who fulfilled his dream of an extended ride while still young enough to handle it. It was a breathtaking 140-mile sunrise to sunset, 8000 ft elevation gain adventure on the day when the sun reaches its northernmost extremes, and the time between sunrise and sunset is at maximum.

At 5:20 AM, 15 riders, including CRW Ride Sunrise to Sunset - Continued on page 3

Highlights Inside

New Members	8
Recurring Rides	4
August Rides	6
Fall Century Information.....	8
CTW Trips	9
Little Jack's Corner.....	10
June Mileage.....	11

Pay Attention to Moving Parts

by Eli Post

So many of us take our bikes for granted. We haul them out of the garage or basement, and hop on ready to ride. We forget that the bike is a machine with moving parts that can wear, and that in certain situations an unexpected mechanical failure can have safety repercussions.

To cover this subject fully would require more space than we have available: How do you avoid crashing due to a mechanical failure. What preventive maintenance will avoid mechanical failures? Cables, especially brake cables, can fail, brake pads wear out or become misaligned, forks, especially carbon, can become compromised, spokes fail, handle bars or seat posts loosen, and we all know the terrifying pop of a blowout.

By way of illustration, we will share one story with you. Have you ever considered what might happen when a chain breaks? We suspect you never thought of that at all. Chains just lengthen with wear, right, and wear out cassettes? Here is what one of our members experienced.

Hi Eli,

Today my riding buddy and I had a freak accident during our 18-mile lunch hour ride. Nothing appears to be broken on his body and I'm as good as ever, or at least as good as I was yesterday. While we were pedaling up a slight incline approaching the front of Wakefield High School heading west, Steve's bike was in a high gear traveling at about 16 MPH. He was standing and pumping hard. Suddenly his chain broke and like a rock he came crashing down on one

side of his handlebar. The impact jerked his front wheel left and dumped him on the ground to the right. Because I was about a bike length behind him I almost ran over him, but cut sharp left and fell too, but controlled my fall doing a tuck and roll of sorts. As soon as I came to a stop I leaped up and out of the right lane back onto the shoulder. To my amazement I wasn't scratched or bruised anywhere. Steve has some pretty significant bruises, scrapes and a very sore right shoulder, but nothing seems to be broken. Why did the chain break? I can't answer with total confidence, but I know that this chain probably had over 2000 miles on it, that Steve removes the chain with a chain tool each time he cleans it and the last time he cleaned it was less than two weeks ago. One of the pins seems to have migrated to the point where one of its side plates came loose. Once that happened, the pin, which was now only attached to one plate, pulled out of the companion link, separating the chain under tremendous force. Down went Steve.

Thanks, Bill Fanning

Another rider who also experienced a chain break reported, "Prior to the chain break, I noticed my derailleur skipping between gears

Safety Corner - Continued on page 3





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.

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New Welcome Members

Alexander Barnett	Framingham
David Caplan	Acton
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Nancy Schlecht	Lexington
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Stephen Smith	Carlisle
Rick Spada	Millis
Fabiana Vasconcelos	Waltham
Jed Wartman	Cambridge
Louis Weitzman	Brookline
Jim Weixel	Natick
Tom Wolf	Brookline

Sunrise to Sunset - Continued from page 1

Leaders Melinda Lyon and Peter Brooks, began the trek that took them through local towns and as far west as Uxbridge, Purgatory Chasm, and Mt. Wachusett. Biking in Concord and Wayland in the early morning offered the curious sight of other small groups of cyclists, and a few surprises like grazing cows in what was otherwise a suburban setting. There were magnificent views of the mountains, but it was less scenic as the riders skirted the urban edge of Worcester.

Most of the 15 riders stayed together in a few clusters for most of the ride. In some respects, the ride was more like a winter ride where groups of riders stick together because only one can read the sheet and for mutual support and safety. Occasionally riders would separate only to be reunited at food stops down the road. Some riders maintained a paceline, and a few riders did a 116-mile loop that omitted the Mt Wachusett foothills and park to manage an average pace of 14.4 mph. No one was lost, and all cyclists were back before 4 PM.

By all accounts it was an interesting and challenging ride. It managed to stay off main roads for virtually the entire time, which was pleasant but very tough and slow going using local roads. The cue sheet was an issue. A few riders were very unprepared for a cue sheet of five pages. Those on the route with a cue sheet holder or a GPS had much better luck keeping route data visible and convenient. But everyone finished, and enjoyed the day.

If you missed the Ride, you will have another chance in 2009. Chuck plans to repeat it next year, and every year as long as he can celebrate the solstice in this style. ☺

Safety Corner - Continued from page 1

and feeling rough. I assumed that a cable adjustment would fix it, and I adjusted frequently as I rode. I should have looked at the chain." The Web is filled with helpful information about chain repair and replacement. SRAM,

**you should remember
that bicycle repair and
maintenance is crucial for
safe riding.**

for example, sells its chains with a Power Link, which allows the chain to be separated and removed for cleaning and lubrication without pushing out a pin.

More importantly however, you should remember that bicycle repair and maintenance is crucial for safe riding. There are certain parts of a bicycle where a single failure can cause a crash. The chain is one example, but the handlebars, stem, and front fork could potentially fail and put you in harm's way. We will have more to say about other mechanical failures in a future article.

Safety is about choices. What choices will you make? ☺

Past Safety Corner articles - Find past "Safety Corner" articles on the CRW website at: <http://www.crw.org/safety/index.php> and through the web site menu: Information > CRW Safety Page

BIKE QUOTE

When you get on your first bike you enter a language you'll spend the rest of your life learning, and you transform every move and every event into a mystery for the pedestrian. ”

Paul Fournel,
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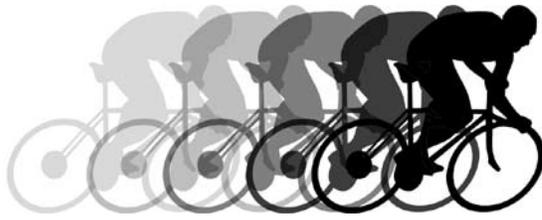
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Recurring Rides Calendar

These rides are held every week unless indicated

Sunday South Shore Coastal Loop



Times and Routes: 7:00 AM Rides of 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 paeline experience or a desire to learn. Please check the website Saturday after 9:30 PM for last minute cancellations.

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. 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, Fitness, Arrowed

Description: This Fitness Ride offers you the opportunity to ride with others in a paeline 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: Dave Lafreniere (508-850-3547,

dlafreniere@comcast.net), Chris Tweed (781-830-1368, cmtweed@psrinfo.com)

Start: Broadmeadow Elementary School at 120 Broadmeadow Road, Needham, MA.

Directions: From Routes 128/95, take Exit 18, Great Plain Ave and head West towards Needham. At the first light, turn right onto Greendale Ave. Go up the hill 0.4 miles, just over the railroad bridge. The first left after the bridge is Grosvenor Road, turn and go .3 miles. Next right onto Broadmeadow Road for 0.1 miles and you are there!

Wednesday Ice Cream Ride

Times and Routes: 6:30 PM, Arrowed rides of 9, 17 and 26 miles.

Ride Type: Cue Sheet, Arrowed

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln. The long route adds the additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at Mark's Sandwich Shop or the Wellesley Hills House of Pizza. Steady rain cancels.

Leaders: Roger Bonomi (617-686-4073, Roger_r_bonomi@Raytheon.com), Gabor Demjen (781-444-4508 9AM - 10PM, gabor-demjen@verizon.net)

Start: Saint Johns School Parking Lot on Columbia Street, Wellesley (off Rt 16, Washington Street, in Wellesley).

Directions: From 128 North or South, Take Rt 16 West approximately 4/10 mi. Columbia Street is on the right, just after the old Grossman's Parking Lot is on the right.

Note: This is a new starting location, about 100 yards from last years start! Last ride is Sept. 10. As the daylight hours shorten, reflectors, blinkies and bright clothing are strongly recommended; be seen!



Thursday Fitness Ride and Pace Line Clinic

Times and Routes: 6:00 PM Sharp for routes of 17, 28 and 34 miles

Ride Type: Fitness, Arrowed

Description: The shorter rides wind through Bedford, Concord and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride at 14 to 20+ mph. There is also an introductory pace line clinic for up to 6 riders to teach safe group riding skills. 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 Airfield Parking Lot, 180 Hanscom Drive Bedford, MA

Directions: NOTE: Address is in Bedford, but roads are in Lexington: Rt. 95/128 to Exit 30 B (Route 2A West) Do NOT take Exit for Rt. 4/225 which also says "Hanscom Field". Go on Rt. 2A W for 1.5 miles to blinking light. Turn right at Airport Road (no sign) towards Hanscom Field and bear left at fork in 1/2 mile towards Civil Air Terminal. Park at bottom of hill.

Note: 5/28/08 The Monument St Bridge is closed. The routes have been rearranged thru Concord Center to Lowell Road to Liberty St. Web Site cue sheets have been updated.



Thursday Fitness and Fun Ride

Times and Routes: 6:00 PM, 21 or 26 Miles

Ride Type: Cue Sheet, Arrowed

Description: The Thursday night fitness and fun ride welcomes everyone.

Weather permitting; you will ride through the scenic countryside of the small towns of West Bridgewater, Bridgewater and Middleborough. We encourage groups of



various speeds riding together and for the last group to wait for ones separated to catch up. This ride will repeat Thursdays through the early fall. Start time is 6:00 PM effective May 1st.

Leaders: Wayne Douglas (508-588-5576, wdouglas5@comcast.net)

Start: Park & Ride, West Bridgewater, MA (near the Charlie Horse Restaurant)

Directions: Take Route 24 to Exit 16B West (Route 106) in West Bridgewater. The Park & Ride parking lot is on your left before the Charlie Horse Restaurant.

Friday TGIF Unwinder

Times and Routes: 6:30 pm, for 18 and 24 mile

Ride Type: Cue Sheet, Map, Arrowed



Description: A club ride that provides something for all tastes. There is usually a fast group riding pacyline

(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.

Note: By popular demand the ride time has been moved to 6:30pm

Saturday Morning Fitness Ride

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

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



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

Start: Nahanton Park, Newton.

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

CRW Helmet Rebate Program

If you are a CRW member, CRW will send you a check for \$5.00 when you buy a helmet. It doesn't have to be the first one you ever bought—we just want to make it as easy as possible for everyone to own a good helmet. It can save your life.

- The helmet must be CPSC approved.
- Some brand or style restrictions may apply.
- You must have a current membership in the CRW.



- It must be purchased from one of our participating bike shops. Many shops have matched our offer with an additional discount of their own.
- Present your CRW Membership card at time of purchase.
- Send your original receipt and proof of purchase from the helmet box, along with a stamped, self-addressed envelope to:

Don Blake
1 Gleason Rd.
Bedford, MA. 01730



August 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.

Four Burro Ride (Southboro, Westboro, Marlboro, Northboro)

Saturday - August 2

Times and Routes: 9:30 for 50 miles and 9:45 for 35 and 25 miles

Ride Type: Cue Sheet, Map

Description: This is a delightful ride through lovely country roads as we traverse farm land, wooded terrain, and pass by several bodies of water in Southborough, Westborough, Northborough and Marlborough. Some intermittent hills will add to the challenge. There are 50 and 35-mile options with the split at mile 29. The lunch stop for the 50-mile ride is at Mauro's Cafe at mile 23. There will be a follow-the-leader, moderately paced option, for the 35-mile ride. Details at the ride start. Note that some turns are arrowed, but cue sheets will be necessary. Please be sure to ask for one.

Leaders: Ann Northup (857 231 1435, annnorthup@charter.net)

Start: MBTA Commuter Parking Lot, Southborough

Directions: Mass Pike to Exit 12, to Route 9 West, continue following signs for 9 West for 3 miles to Route 85 South. After 2 miles, go past the traffic light at Southville Road, under the bridge, and make a quick right into the MBTA Commuter Parking Lot. Use the large parking area on the left.

Note: Rain cancels.

Lexington Revolutions

Sunday - August 3

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

Ride Type: Cue Sheet, Map, Arrowed

Description: Ride beautiful roads of Lexington,

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



Leaders: Bob Apsler (781-259-1443, robbks@verizon.net)

Start: Clark Middle School, Brookside Ave, Lexington

Directions: From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi, take a right on Brookside Ave and follow the road to the parking lot at the school.

The Quiet Corner of CT

Sunday - August 3

Times and Routes: 70, 50, and 20 miles approximately. All start at 10 am.

Ride Type: Map, Arrowed

Description: Beautiful, and hilly country roads! Mostly a rural ride with fields, forests, stone walls, maybe a deer or 2. Snacks/party at leaders' house after ride. No common lunch stop, but food is available on the longer rides. We are barely an hour from Framingham.

Leaders: Craig Smith, Ann-Marie Starck (860-487-4866 before 9:30PM)

Start: Our house, 167 Armitage Rd, Ashford CT

Directions: Mass Turnpike I-90 West to I-84 West ; Exit 72 (Westford/Ashford) off I 84 West; 0.0 miles Left off exit to rt 89 S; 0.5 miles sharp right to stay on rt 89; 3.1 miles right at stop onto Turnpike Rd; 3.7 miles right onto Armitage Rd, ponds on left; 4.5 miles 167 is on the left - driveway goes uphill Mileages are cumulative!! Please park on Armitage, and try not to block the road, or our few neighbors' driveways!

Rolling Through Blackstone Valley

Saturday - August 9

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

Ride Type: Cue Sheet, Map, Arrowed

Description: All rides are arrowed, leave Hopedale, and go through the forested and water areas of the Blackstone River Valley. The long ride also goes Northwest through Upton State Forest then crosses back through Hopedale again to circle around Bellingham. Rest stops at Grafton Center Park and possible lunch at Rebecca's Place Too in Mendon. The Medium ride runs through Douglas State Forest with beautiful views of the many lakes in the area. The short ride goes includes quiet and largely unused roads of Blackstone and Mendon. All rides are hilly, but are on (mostly) very quiet

scenic roads. Cue sheets available for those who choose to ride at their own pace. A "follow the leader" style ride will also be offered for the long ride. Further details at the ride start or contact ride leader for more information. Sandwiches, snacks, and beverages will be provided for riders coming back from the Medium/Long rides.

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

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

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

South Shore Beaches

Saturday - August 9

Times and Routes: 10:00 am for 25 and 50 miles

Ride Type: Cue Sheet, Arrowed

Description: This ride will visit some of the South Shore's scenic beaches. Enjoy the crisp ocean air. The ride will start at newly renovated Wollaston Beach in Quincy and travel over the Fore River Bridge into Weymouth and Hingham. The route will continue past the stately waterfront homes in Cohasset into Scituate Harbor. The shorter ride will go to Nantasket Beach in Hull from Hingham, while the longer ride will incorporate Nantasket Beach on the return trip. Many of the beaches we pass are accessible on the soon-to-be completed Greenbush Commuter Rail Line, a great way to combine a ride and a beach visit. The roads will be mostly quiet and lightly trafficked. There are some moderate climbs and descents in Cohasset and Scituate.

Leaders: Don Allison (781-340-0616, donallison@comcast.net)

Start: Main pavilion at Wollaston Beach in Quincy

Directions: Take exit 9 from the Southeast Expressway (Route 93), Furnace Brook Parkway. Head south, following the signs for Quincy Center. Travel appx three miles to Quincy Shore Drive. Take a left there and go north for appx one mile. Look for the pavilion on your right. There is plenty of beachfront parking. From the Quincy Center Red Line station stop, go north for appx a half-mile on Hancock Street to the Furnace Brook Parkway intersection. Turn right there and follow the above directions to the Wollaston Beach Pavilion. It is appx three miles from the Quincy Red Line stop.

Al Bolea Memorial Ride

Sunday - August 10

Times and Routes: 9:30 am for 53 miles or 10:00 am for 37.5 miles

Ride Type: Cue Sheet, Arrowed

Description: In September of 2006 Al Bolea, one of the co-founders of the CRW Wednesday night Ice Cream Ride, lost a long battle with myelofibrosis (a degenerative bone marrow disease). The purpose of this ride is to remember Al, raise awareness of the disease, and encourage donations to the MPD Foundation (<http://www.crw.org/www.mpdfoundation.org>), which is working on a cure. (This is not a fundraising ride.) Both rides will travel scenic back roads of Concord, Acton, Carlisle, and Bedford. The long ride will also visit Boxborough and Littleton. One of Al's close friends, Tom Fortmann, will host an after-ride barbecue at his home next to the Lexington Green, 5 Harrington Road, Lexington (a short walk from the parking lot). Food from the Blue Ribbon Barbecue, one of Al's favorite places, will be ordered prior to the party and provided at a modest cost (estimated \$10 and collected at the party). Beer, wine, soft drinks, and homemade desserts will also be included courtesy of Al's family and friends. Reservations for the party are required so an appropriate amount of food can be ordered. Please RSVP at als_mpd_ride@yahoo.com no later than noon on Friday August 8th.

Leaders: Rita Long (781-899-9177, ritalong@gmail.com), Harry Manasewich (781-643-1812, hskii@aol.com)

Start: Meriam Street Municipal Lot, Lexington Center

Directions: From Cambridge on Rte 2, exit on Waltham St. towards Lexington. 1.7 miles to the center, left .1 mi., right on Depot Square, pass the tollbooth. Park to the right. From the north, take Rte. 128 south to Rte 4/225 to Lexington Center. Turn left at Depot Square, pass the tollbooth. Park to the right. From the south, take Rte. 128 north to Rte 2A west. Right at 2nd light onto Mass. Ave, 1.8 miles to Lexington Center, left at Depot Square, pass the tollbooth. Park to the right.

Note: Many others are involved in ride and party planning



Carl Isle Ride and Grill - A Dog Day Afternoon

Saturday - August 16

Times and Routes: 10:30 AM for 29 or 36 (plus PoPtional surprise) miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Lots of low traffic country roads with just a single traffic light. Working cranberry bog, ice cream farm plus lots of trees, cows, goats, sheep and pasture cookies. Both rides traverse Carlisle, Westford and Chelmsford with the longer ride adding Concord and Acton plus a PopOption within that ride. There will be a PARTY at Mike's after the ride with hot dogs and other goodies.

Leaders: Mike Hanauer (978-318-1980, mghanauer@yahoo.com)

Start: Mike's Place, 200 Long Ridge Road, Carlisle MA

Directions: From Rt 128/95: Take 225 West thru Bedford and toward Carlisle. Just after crossing the Concord River (and entering Carlisle), take the next left onto Skelton. Go straight across River road onto Nowell Farme Road. Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. **From Concord Center:** Take Lowell Road (to avoid the missing Flint's bridge), right on Liberty, right at the fork, and left onto Monument; it



becomes River Road in Carlisle. Turn left onto Nowell Farme Road 4 miles from Concord Center (at the four way intersection, it's Skelton on the right). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. **From Carlisle Center:** Take Route 225 (Bedford Road) East toward Bedford, but bear right onto River Road 1.5 miles from Carlisle Center. Turn right onto Nowell Farme Road (at the four way intersection, it's Skelton on the left). Take the second right onto Long Ridge Road. Go to the end, Mike's Driveway is on the left. Please Park on the Street away from the driveway.

Note: Please - bikes only in the driveway & don't block mailboxes.

The Lake "C" Ride

Sunday - August 17

Times and Routes: 9:30 a.m. for all distances. Choices of 28, 45, 69, or 83 miles.

Ride Type: Map, Arrowed

Description: This is a pleasant but hilly tour of the heavily wooded quiet back roads of the historic Blackstone River Watershed, going through Hopedale, Mendon, Uxbridge, and Douglas. The longest ride continues on through small parts of RI and CT on to Lake "C". Highlights include old mills, mill ponds,

bogs, reservoirs, many river crossings, and lots of woods. The Blackstone River and Canal State Park is the official lunch stop for all but the short ride. (Water and bathrooms, but no food: BYO or buy shortly before the park.) All rides are very hilly. The pavement is generally in very good shape, but there is 1/10 of a mile of dirt road 10 miles from the end (avoids Milford and a 495 interchange).

Leaders: Linda DeNering (508-881-9117), Wes DeNering (508-881-9117, WDeNering@Jhancock.com)

Start: Holliston High School, 370 Hollis Street, Holliston

Directions: 495 to exit 21A to Hopkinton center. Right onto rt. 85 south. Go 1.7 miles, turn left onto Chestnut street (flashing yellow light). Go 3.6 miles to end. Turn left onto Highland, then immediately right onto Hollis. High School is on the right.

Rhode Island Ramble

Saturday - August 23

Times and Routes: 9:30 am for 44 or 56 miles
Ride Type: Map and Cue Sheet

Description: Ride the rolling rises of the RI and MA shores along the Sakonnet and Westport rivers. Gorgeous water views, bird sanctuaries, working farms, animals, flowers, old money homes and much open land. Westport Winery is on the loop. The drive is worth it! **Notes:** Food: Bring extra hydration as drink stops are few & this is typically a hot August ride. Food available at the country store or restaurants in Little Compton, and periodically along route. Bathroom in Little Compton town library. Ride Leader cell is 617 733 2647

Leaders: Elizabeth Pell (781-605-0435)

Start: Little Compton, Rhode Island, Veteran's Field. Parking is on Commons Rd. Commons Rd takes a sharp turn to left before entering Little Compton town center, field is just after this turn. Little Compton is 1 1/2 hour drive from Boston.

Directions: From 128 take MA Rte 24 South, which becomes RI 24 South. Be careful in Fall River as 24 South merges onto and quickly off of I-195 W. Continue on 24 South, take Exit 8A toward Tiverton RI/Newport RI (crossing into RI), Take exit 6 Fish Road. Turn left onto Fish Rd. Turn right onto Bulgermarsh Rd./RI-177. Turn left onto Main Rd/ RI-77. Turn slight left onto Meeting House Lane which becomes Commons Rd. Look for Veteran's parking lot.

Social: After the ride, meet at the Back Eddy for lunch on the water. <http://www.thebackeddy.com/>



In Search of Llamas

Sunday - August 24

Times and Routes: 9:30 AM for 58 miles, 10:00 AM for 42 & 30 miles.

Ride Type: Cue Sheet, Arrowed

Description: Join us for the 8th Annual Llamas Ride! All rides are primarily along quiet back-

roads. Short ride passes through Dover, Sherborn, and Holliston. Medium & long rides also add parts of Medfield, Millis, and South Natick to the route. We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Flat to medium rolling hills (short ride avoids larger hills). LUNCH stop for all rides is in Holliston.

Leaders: Andree Lerat (andree.lerat@gmail.com), Lisa Wilk (lfwilk@gmail.com)

Start: Chickering Fields (across from Caryl Park/Noanet Woodlands Reservation) on Dedham Street in Dover

Directions: Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B onto Highland Avenue heading towards Needham. TURN RIGHT at intersection onto Great Plain Ave. After ~0.1 miles, TURN LEFT onto Chestnut St. Follow Chestnut St (past Glover Memorial Hospital), and BEAR RIGHT as it becomes Dedham St when you cross the townline into Dover. After ~2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first RIGHT after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodland Reservation). Please do not park on lot entranceway or along road (if lot is full, additional parking lots, < 0.25 miles further down on Dedham Street on left-hand side of road).

Charles River West Loop

Saturday - August 30

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

The Charles River Wheelmen Fall Century Souhegan River Tour Sunday, September 21, 2008

Event held Rain or Shine

Join The Charles River Wheelmen on one of four beautiful and very scenic tours through Groton, Pepperell and Dunstable. The century route travels on back roads through Lunenburg then north along the Souhegan River to Wilton NH and back through Brookline NH.

START - The Damon Building at the Acton-Boxboro school complex, Rt. 111, Acton, MA

From Boston, take Rte 2 West past the rotary to the first Rte 111 exit. This is a left lane exit just past the traffic light after the rotary. Continue straight at the traffic light, crossing Rte. 27. The high school is just past the traffic light on the right.

From the West, exit Rte 2 at Newtown Road, the first exit east of Rte 495. This becomes Central St in Acton. Continue on this until the first traffic light at Rte 111. Turn left. Continue about a mile to the high school on the left.

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

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

REGISTER ONLINE at <http://www.crw.org/CenturyRF.htm>

➤ Water & food stops on the longer routes ➤ After ride gala including our usual array of food & general camaraderie.

Ride Type: Cue Sheet, Map

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

Leaders: Mike Barry (617-257-2251, mike-barry657@mac.com)

Start: Needham Junction MBTA Lot

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

Pigs Ponds & Potholes

Sunday - August 31

Times and Routes: 9:30 for 25, 34 and 50 miles

Ride Type: Cue Sheet, Arrowed

Description: Serene back roads, farm stands, ponds, and potholes of the northern burbs. Have a picnic lunch at Ingaldsby Farm. Terrain is moderately rolling. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles (and Ingaldsby does not sell Power Bars; it is a farm stand/bakery), so bring enough snacks to keep you going. There will be a follow-the-leader option for the 25-mile ride. Details at the ride start.

Leaders: Katherine Bain (617-924-2153, bain@fas.harvard.edu)

Start: Ipswich River Park, North Reading

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

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

CRW Trips

Tour of New Hampshire and Maine

Sept. 5-14, 2008

Enjoy just about all of the kinds of natural and built scenery that New England offers, at a time when the weather is often best for cycling: Ocean, lakes, rivers, valleys, hills, mountains, picturesque villages, the refurbished waterfront of Portland, ME, and one of America's most spectacular natural places (according to Smithsonian Magazine), Acadia National Park. We'll meet, Fri. eve., Sept. 5, in southern NH. Bike six days around Lake Winnepesaukee, the southern White Mountains, the hills of western Maine, and up the coast of Maine from Portland to Bar Harbor. Overnight stops include North Conway, NH, Portland, ME and Wiscasset, ME. Approx. 40-65 miles/day, with 3 days of approx. 65 miles each. Mix of flat, rolling and hilly terrain. Then 2 1/2 days in/near Acadia Park to road bike, mountain bike (rentals), hike, whale watch, kayak (rentals), etc. Some potential highlights are an evening dinner cruise on Lake Winnepesaukee, a tour of Fort Knox (yes, Fort Knox) overlooking the Penobscot River, in Maine, and hiking and/or biking to the highest point on the U.S. east coast -- 1,530 foot Cadillac Mt. in Acadia National Park.

\$900 estimated price includes nine nights in comfortable inns, hotels and motels with two persons/room, some breakfasts, road lunches each bicycling day, large support van to carry our luggage and provide cyclists support, return transportation to the start point, and cue sheets and maps. Max: Approx. 24 persons.

Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com. Co-leader: Jimmy White, 978-689-9847, jimmy@mail@verizon.net

South Royalton Vermont

August 15-17, 2008

Join us for a weekend of challenging cycling in beautiful central Vermont. Saturday and Sunday riders can choose from many routes of varying distances - 20 to 80+ miles distance. Rides loop through the pastoral countryside, climbing hills and traveling through idyllic valleys. Many country stores to stop and get refreshments. Loops also through Woodstock. Walking and hiking nearby as well, so options for non-bicycling partners. Trip will be centered on our 52 acre wooded property with a large pond available for swimming. Camping by

the pond is available for free. B&B options short distances away for the non-camping crowd. Whether you camp or stay in accommodations, join us for bicycling, swimming, sitting by a big campfire! Dinner Friday night included. We'll go out Saturday night to a local restaurant. South Royalton town center is 10 minutes away by car with restaurant serving breakfast and a health food coop.

Cost of trip will be around \$25 per person (non-camping accommodations extra). Reserve your spot by July 15th, with your name, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders.

Leaders:

Pat Stabler and Tom Evers
everstab@verizon.net
781-662-2147 (before 9 PM)
49 Whittier St
Melrose, MA 02176

Useful Links on the CRW Web Site

www.crw.org

The latest news

<http://crw.org/cgi-bin/newsbits.pl>

Updates or cancellations to the CRW monthly rides

<http://crw.org/cgi-bin/calendar.pl/?thismonth=yes>

Ride cue sheet library

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

Ride starts for club rides

<http://crw.org/rides/ridestarts.htm>

WheelPeople Safety articles

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

The CRW picture Gallery

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

Useful bicycling related links

<http://crw.org/bikelinks.htm>

2008 Bike Log Mileage Chart

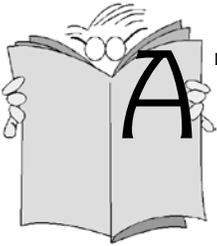
<http://crw.org/BikeLog.htm>

Past Little Jack's Corner columns

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

Little Jack's Corner

by Jack Donohue



A recurring theme in the bike world is saddle sores. It's recurring since round about spring each year when you and your bike have not been as one for quite a while, the reintroduction is somewhat painful.

I'm not exactly in the "Princess and the Pea" competition, and I've got calluses on calluses, but come spring

I always develop saddle sores even though I ride in the winter. My theory is that when it finally gets warm and I shed a couple of layers of insulation, there's not much left between me and saddle.

There are basically two schools of thought on preventing sores: lubricate or desiccate. The lubricate camp views your bum as a moving part, and like any other should be lubed to slide smoothly. Vaseline was the lube of choice since time immemorial, but many more sophisticated cremes and ointments are now available (probably lemon scented like everything else). The desiccation advocates opine that the problem arises from sweat festering down there in the nether regions, and keeping it dry makes for a happy tuckus. Carrying that to its logical conclusion a few blasts of Arid extra dry should do the trick. I suspect if you tried this with some open sores, you might be in for an unpleasant surprise, though.

The other approach is to select a saddle designed to nip saddle sores in the bud, or should I say butt.

The early bike saddle, like those of the horse variety, were made of leather. To this day, there are Brooks saddle fanatics who swear they are the only saddle worth having. They do say they

require breaking in. I had one many years ago, that I tried to break in for several years and in the end I was the breakee. So, to quote "The Graduate" I have one word for you, "plastic."

There's the comfy saddle approach, wide and deeply padded. I've even got one like in the old days, with springs. Thought Susan would like this, but she didn't because it was lacking the hole her other saddles had. The hole in the middle saddle seems popular today, presumably because it gives the naughty bits somewhere to rest without rubbing. I have a couple of saddles that developed holes all by themselves. Can't say they're all that comfortable, though.

There's a lot of talk in the cycling literature about the proper placement of your sitz bones (German for "where you sitz"). After years of experimentation, I've concluded the only comfortable place for my sitz bones is squarely in the center of a Barco-lounger. Let's face it. Your suspending pretty much your entire body mass on this tiny seat (and they seem to getting tinier) using only those bones and some fleshy bits. Actually, the smell the roses crowd has a worse time in this respect than the hammerheads, since when you pedal hard you're putting relatively more weight on the pedals and less on your tender tush.

Of course, the recumbent crowd is off in the corner snickering at the wedgie bike riders, but when you take the not being able to stand and being even less visible than a normal bike, I've got no inclination to try one, saddle sores notwithstanding. ⚙️

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

CRW announce

The internet makes it relatively easy to send out up to the minute information and CRW would like to exploit this to send out announcements of "breaking news" too late for WheelPeople. So we've created a mailing list that will be used for such announcements.

We have invited all members who have email addresses in the membership da-

tabase, and about half those invited accepted the invitation. If for some reason, you did not subscribe at that time, or never got invited, you can subscribe to the list now by sending an email to:

crwannounce-subscribe@yahoogroups.com

The list is intended ONLY for announcements from club officers. It is not a discussion list, and no one can post to it except club officers.

It is used infrequently, so you needn't worry about your inbox filling up.

If you want to check on previous messages you might have missed, you can go to:

<http://groups.yahoo.com/group/crwannounce/>

June

1 4 5 5 2 8

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K
Scott Teich	7364	5	3	4	Marilyn Hartman	2627	2	-	-
Bruce Ingle	5517	6	4	3	Butch Pemstein	2605	1	1	-
Pamela Blalock	5490	6	3	3	Joseph Tavilla	2398	-	-	-
Don MacFarlane	5465	6	-	2	John Goeller	2363	1	-	-
Jim Krantz	5257	5	3	3	Daniel Lipton	2346	6	3	-
John Bayley	5235	6	3	3	Peter Brooks	2325	5	2	-
Jack Donohue	4794	-	-	1	Joe Repole	2230	6	6	-
Irving Kurki	4579	6	2	1	Joseph Moore	2145	2	1	-
Glen Reed	4513	2	3	2	Alison Sheridan	2110	3	3	-
Steve Robins	4343	-	-	2	Erik Husby	1936	1	-	-
Susan Raye	3534	5	4	-	Frank Aronson	1925	3	2	-
Otto DeRuntz	3509	4	2	-	Ken Hابلow	1860	3	-	-
Larry Murphy	3351	6	-	-	David Greene	1759	2	1	-
Chris George	3346	-	-	-	George Ulrich	1675	-	-	-
Richard Taylor	3270	6	6	-	Henry Marcy	1466	-	-	-
Fred Meyer	3253	6	1	-	Brett Serkez	1443	1	2	-
Mike Kerrigan	2994	1	-	1	Ed Hoffer	1394	-	-	-
Dave Stefanovic	2982	1	2	1	Carlo Innocenti	1317	2	-	-
Don Mitchell	2828	1	1	-	John Springfield	1301	1	4	-
Cynthia Snow	2786	3	1	-	Craig Weiner	1247	2	1	-
Gabor Demjen	2733	5	2	-	Marc Webb	1230	3	1	-
David Wean	2669	1	-	-	Douglas Cohen	1188	1	-	-

Name	Miles	M	C	K
Darrow Loucks	1170	-	-	-
Rolf Budd	1119	-	-	-
Cynthia Zabin	1105	-	-	-
Sumner Kagan	1009	-	-	-
Peter Knox	991	1	-	-
Rudge McKenney	951	-	-	-
Dick Arsenault	948	-	-	-
Bill Hanson	913	-	-	-
Brian Gavioli	893	1	1	-
Mike Hanauer	855	-	-	-
Greg Tutunjian	849	-	1	-
Christopher Smith	810	-	-	-
Ron Cater	802	-	-	-
John Kane	702	-	-	-
Elaine Stansfield	517	-	-	-
Jeff Luxenberg	487	-	-	-
Susan Grieb	378	-	-	-
George Caplan	276	-	-	-
Walt Drag	51	-	-	-

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 or call 781-275-3991

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

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

Ace Wheelworks
145 Elm St., Somerville
617-776-2100

Adi's Bike World
231 Grove Street, West
Roxbury
617-325-2453

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

Back Bay Bicycles
362 Commonwealth Avenue,
Boston
617-247-2336

Belmont Wheelworks
480 Trapelo Rd., Belmont
617-489-3577

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

**Bicycle Exchange at
Porter Square**
2067 Massachusetts Ave,
Cambridge
617-864-1300

Bikeway Source
111 South Road, Bedford
781-275-7799

Boston Bicycle
842 Beacon Street, Boston
617-236-0752

Broadway Bicycle School
351 Broadway, Cambridge
617-868-3392

Cambridge Bicycle
259 Massachusetts Avenue,
Cambridge
617-876-6555

Chelmsford Cyclery
30 Chelmsford St.,
Chelmsford
978-256-1528

**Community Bicycle
Supply**
496 Tremont St., Boston
617-542-8623

Cycle Loft
28 Cambridge St.,
Burlington
781-272-0870

Dedham Bike
403 Washington St.,
Dedham
781-326-1531

Farina Cycle
61 Galen St., Watertown
617-926-1717

**Ferris Wheels Bicycle
Shop**
64 South St., Jamaica Plain
617-522-7082

Frank's Bicycle Barn
123 Worcester Tpk.,
Westboro
508-366-1770

Frank's Spoke 'N Wheel
119 Boston Post Rd.,
Sudbury
978-443-6696
877 Main St., Waltham
781-894-2768

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

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

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

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

Landry's Bicycles
1210 Boston Providence
Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick
508-655-1990
276 Turnpike Road, Westboro
508-836-3878
890 Commonwealth Avenue,
Boston
617-232-0446

Marblehead Cycle
25 Bessom St., Marblehead
781-631-1570

National Ski and Bike
102 Washington St., So.
Attleboro
508-761-4500

**Papa Wheelies Bicycle
Shop**
653 Islington Street,
Portsmouth
603-427-2060

Pro Cycles
669 Main St., Wakefield
781-246-8858

Quad Cycles
1346 Massachusetts Ave,
Arlington
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](http://www.crw.org/BikeShopsMap.htm)

Charles River Wheelmen
1 Gleason Road
Bedford, MA 01730

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Join/Renew The Charles River Wheelmen

New Membership Renewal Please Check one

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

- acknowledge, agree and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activities; I further acknowledge that the Activities will be conducted over public roads and facilities open to the public during the Activities and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;
 - fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities; the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
 - herby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.
- I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.
- In addition, I agree to cycle in a safe, courteous, and lawful manner when participating in CRW rides, and to encourage the same among fellow members and CRW guests.

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:

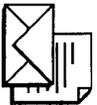
PAPER via Postal Service ELECTRONIC via email
The electronic file is a pdf file and requires Adobe Acrobat.

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.