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# WheelPeople

Newsletter of the Charles River Wheelmen

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On the roads of New England since 1966

Volume XXXII, Number 9 • September 2008

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## Members Helping Members

by Michael Arons

As our slogan says, "Volunteers Keep Us Rolling." Ride leaders may be the most visible CRW volunteers, but there are many other critical roles that need to be played to keep the club rolling. Perhaps you've often thought that it's time to give a little back to CRW in return for all those great rides, but the idea of arrowing 100 miles of steep mountain road doesn't excite you. Well, you're in luck, because the club has volunteer positions available that require no contact with spray paint (or even bicycles for that matter). With both current vacancies and openings starting in January 2009, opportunities abound. We are currently seeking volunteers for Board Members, an Executive Vice President, Ride Program Coordinators (both Sunday and Intro Rides), and a Social Committee Chairperson. If you have executive aspirations, my term as President ends this year. So, no matter what role you'd like to play, if you're interested in giving a few hours back to CRW, please contact me or any of the club's officers and we'll find the position that's right for you.

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## Time to Get on Board

The CRW nominating committee is beginning the process for board elections. We will have three available board positions for 2009, as well as the remainder of Rich Levine's term. The CRW board consists of nine members, and together with the other officers are responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend monthly meetings where CRW issues are discussed. Board members may optionally participate in other activities or committees within the club. Any club member is eligible to apply for the post. To run for a board position,

Get on Board - Cont. on page 5

## Climb to the Clouds— Stairway to Heaven?

by Susan Grieb

In spite of the weather predictions for rain (what else would it be given the weather this summer?) over 650 riders showed up to take the challenge.

Just when you thought it couldn't get any better we added a few new wrinkles. For the first time we offered preregistration and a \$5 discount off the day of event price. We had a separate shorter line for preregistered riders

(aka the EZ riders). We changed the format to have rolling starts where cyclists could leave as soon as they registered. We had people hitting the roads between 7:00 and 9:00. This ensured that we never had huge pacelines and that the riders were spaced out. The ride felt much more relaxed as a result of this. We had no serious accidents and there was never a mad rush at

Climb to the Clouds - Cont. on page 9

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## Happiness is Apple Pie

by Eli Post

We all judge the quality of rides by different measures. For some it's the sheer distance covered or the challenge of daunting hills, while for others the beauty of the terrain or the opportunity to smell the daffodils draws them to the road. And then there's Apple Pie.

Last Labor Day the Club sponsored a ride

starting from Honeypot Hill Orchards in Stow, MA, which and traveled through back roads that covered Stow, Harvard, Bolton and Berlin. Along the route there were beautiful views and working farms, and the ride was a splendid opportunity to wind down the holiday weekend with a scenic tour through apple country. To top the event off, at the end of the ride, refreshments were served compliments of Honeypot Hill Orchards. And these were no ordinary refreshments. Honey Pot Hill Orchards, is a 200-acre family owned and operated farm

Happiness is Apple Pie - Cont. on page 5

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## Encouraging your Fellow Rider

by Bob Zogg

When signing our CRW membership forms, we each agree to a) cycle in a safe, courteous, and lawful manner when participating in CRW rides, and b) encourage the same among fellow members and CRW guests. The second part of this agreement, encouraging others, is key—it is the only way that we can achieve the cycling experience that the vast majority of members want. Some excellent ways to encourage safe, courteous, and



lawful cycling are a) setting a good example, b) talking it up, and c) providing constructive feedback. Setting a good example simply means cycling in a manner that you would like others to mimic. Talking it up means raising awareness by talking (before, during, and after rides) about the importance of appropriate cycling conduct.

The third way, providing constructive feedback,

Safety Corner - Continued on page 8



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



## Editorial Policy

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

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

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



## How To Send Us Your Article

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

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

Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730

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

## Insurance

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

Advertising Rates			
Half Page	\$80.00	Third Page	\$55.00
Quarter Page	\$42.50	Eighth Page	\$24.00
For more information please contact Marty Weinstock at advertising@crw.org			

### BOARD OF DIRECTORS

	Term Expires	
Michael Aarons.....	2008.....	508-651-9259
Don Blake.....	2010.....	781-275-7878
Jack Donohue.....	2009.....	781-275-3991
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.....	Frank Murphy.....	339-223-3557
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
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Insurance Coordinator.....	Don Blake.....	781-275-7878
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	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
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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.....	OPEN.....	
Safety Coordinator.....	Pierre Avignon.....	978-510-1021

### RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Eli Post.....	617-306-1838
Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	OPEN.....	
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenaault.....	781-272-1771
Wednesday Ice Cream Ride.....	Gabor Demjen.....	781-444-4508
	Roger Bonomi.....	617-686-4073
	Rudge McKenney.....	617-332-6242
Thursday Fitness Rides.....	Rich Taylor.....	781-257-5062
Friday Rides.....	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
Saturday Fitness Rides.....	Chris Randles.....	617-969-2545
	Michael Aarons.....	508-651-9259
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

### WHEELPEOPLE STAFF

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Advertising.....	Marty Weinstock.....	617-491-6523
Circulation.....	Mike Hanauer.....	978-318-1980

### INTERNET STAFF

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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..... barynelson@alum.mit.edu

# CRW Board Minutes

August 5, 2008

## In Attendance:

Board Members (7): Michael Aarons, Don Blake, Jack Donohue, Eli Post, Raúl Raudales, Cindy Sragg, Bill Widnall. Others: Susan Grieb



Murphy to the Board to fill the remainder of Rich Levine's term for 2008.

Michael Aarons continued the discussion from last month's meeting on reducing

the number of Board meetings being held. The Board decided to consider holding six instead of eleven Board meetings per year with the meetings to be held on odd number months. The Board will make a decision about this at next month's meeting. To continue to coordinate the Annual Meeting of the Regular Membership with a Board meeting, Bill Widnall proposed that the by-laws be amended to change the Annual Meeting date from April to May. Per the by-laws, this proposed amendment will be voted on by the Board at the next Board meeting after the September 2008 meeting.

Raúl Raudales raised the topic of ways in which to make new participants at CRW rides feel more welcome. The Board discussed ideas on ways to accomplish this. No specific conclusion was reached and this idea will be further investigated and discussed.

The next Board meeting will be held on September 2, 2008 at 7:00pm at the St. Paul's Church Library in Bedford, MA.

Respectfully Submitted  
Michael Aarons  
President

## Minutes (Michael Aarons):

Minutes from the June 3, 2008 meeting were approved.

## Reports of Officers, Coordinators, and Standing Committees

### President (Michael Aarons)

Michael Aarons announced that Frank Murphy has volunteered as the club's new VP of Finance and that he has been officially appointed to this position. Michael also announced that Naomi Wernick has resigned as Social Committee Chairperson. The Board thanked Naomi for her contributions to CRW. With Naomi's departure as Social Chairperson the club is looking for a volunteer to take over this position please contact Marilyn Hartman or any Board Member if you are interested.

### VP of Rides (Eli Post)

Eli Post reported that the ride calendar is filled through the end of October and there are only a few open dates in November.

### Membership Coordinator (Linda Nelson)

Membership numbers for July: 1075 current memberships, 1285 current members, 51 expired members, 49 new members, and 44 renewed members.

### Century Committee (Susan Grieb)

Susan Grieb reported that Eli Post has volunteered to head up the Fall Century and that he is looking for volunteers to help plan and run that ride. Susan also indicated that the club is looking for a volunteer to head up next year's Spring Century. If you are interested or would like more details, please contact Susan.

### Old Business

Michael Aarons announced that a sample of the 2007/2008 Ride Leader gift was on order and would be ready later this year.

Cindy Sragg reported that her investigation of providing watermelon to riders after select rides concluded that the idea was both expensive and logistically difficult. She recommended that alternative ideas be considered. Eli Post volunteered to look into other ideas to create social environments after rides.

### New Business

The Board unanimously voted to elect Frank

## Welcome New Members

Carolyn Aeschliman, and Family	Hanover
George Araneo	Boston
James Bandler	Newton
	Highlands
Mike Barry	Milton
Scott Bruce	Natick
Alex Budzynski	Jamaica Plain
Amy Cahoon	Brookline
Romeo Camba	Somerville
Steven Carriere	Newton
	Highlands
Joel Covitz	Brookline
Jayne Damesek	Frammingham
Nicole Deblois	Boston
Elizabeth Dial	Somerville
Bill Donohue	Barrington, RI
Stephen Dragoni	Boston
Matthew Garrigue, Mary Mccann	Lincoln
Brian Gavioli	East Douglas
Beth Hanrahan	Chestnut Hill
Bob Hatcher	Newton
	Centre
Alton Hughes II	Brookline
Becky Huinker	Cambridge
Maurice King	Natick
Andrea Kronman	Brookline
Pamela Kustas	Cambridge
Brooke Labano	Lawrence
Karen Lacourse	Belmont
Peter Lawler	Lexington
David Leslie	Cambridge
Marc Levitt, Dya Levitt	Medford
Cathleen London	Brookline
Joyce Macknauskas	Southboro
Sue Maclaren	Cambridge
Amanda Martinage	Allston
Frank Murphy	Lexington
John O'Dowd	Maynard
Elliott Place	Quincy
Rich Snider	Newton
Paul Tierney, Jr.	Milton
Gregory Trerotola	Andover
Michael Woods, Jennifer Woods	Boston
Henry Zeuli	Winchester

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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:** 6:00 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), Rudge S. McKenney (617-332-6242)

**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 is strongly recommended; be seen!



## Thursday Fitness Ride and Pace Line Clinic

**Times and Routes:** 5:30 PM Sharp, for routes of 17, 28 and 33 miles. Last ride Sept 25

**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. On the LONG route, Robbins Hill Road is OUT for sewer work. It has been rearranged. 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:** 9/5, 9/12 5:45pm; 9/19, 9/26 5:30pm

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

**Description:** A club ride that provides something for all tastes. There is usually a fast group riding pacerline (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 ~1.5 hours before sundown). A short basic mechanical clinic will be held before the ride.

**Leaders:** Ed Glick (edglick@alumni.neu.edu), Paul Hardin (978-866-3040, CRWGPGuy@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:** Check the website for weather related ride conditions.

## 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. ⚙️



## BIKE QUOTE

You never have the wind with you - either it is against you or you're having a good day.

Daniel Behrman,  
The Man Who Loved Bicycles



Get on Board - Continued from page 1  
send a statement of candidacy to:

Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730  
jmdonohue@alum.mit.edu

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by October 5, for the November issue of WheelPeople. The top three candidates will receive three year terms starting in January and expiring at the end of 2011. ⚙️

Happiness is Apple Pie - Continued from page 1

since 1923. Our ride leaders and hosts, Julie and Brian Sullivan, treated the returning riders to apple cider, donuts, and fresh baked apple pie from the Orchard's own farm. You had to witness riders indulge their inner glutton to appreciate what happiness is all about.

If you missed this ride last year, or want to indulge once more, then join our hosts Julie and Brian Sullivan this Labor Day, Monday September 1st for a repeat of the Honey Pot Hill Orchards Ride. The routes are hilly, but the views and descents make it worthwhile. It's an especially fun ride including some of the best cycling roads in this region. ⚙️



# September Rides

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.



## Honey-Pot Hill Orchard Ride

Monday - September 1

**Routes and Times:** 9:30 for 59 miles, and 9:45 for 25 and 43 miles

**Leaders:** Brian Sullivan (617-851-2938, [brian@essingersullivan.com](mailto:brian@essingersullivan.com)), Julie Sullivan (978-562-5666, [julie@honeypothill.com](mailto:julie@honeypothill.com))

**Description:** Wind down your holiday week-end with a scenic ride through apple country. We start from Honeypot Hill Orchards and travel through back roads that cover Stow, Harvard, Bolton and Berlin. Along the route you will see beautiful views and working farms. All routes are hilly but worth the climbs for the views and descents. The long ride will pass Bolton Orchards [27 miles] and Berlin Orchards [39 miles] for food and water. Short ride will pass Bolton Orchards. At the end of your ride, refreshments will be served compliments of Honeypot Hill Orchards.

**Start:** Honey-Pot Hill Orchards, 144 Sudbury Road, Stow MA

**Directions:** *Directions From Route 2:* Take the Route 62 West exit, then go 7 miles into Stow and watch for our signs on Route 62. *Directions From Route 128:* Take the Route 20 West exit, (Exit 26) for 5 mi. to Route 27 North for 3.5 mi. to Sudbury center - straight through lights for 1/3 mi., then bear left onto Hudson Road (leave Route 27) for 3.3 mi., then right onto Sudbury Rd. for 2 mi. to our orchard. *Directions From Route 1-495:* Take the Route 62 East exit, (Exit 26) for 5.5 mi. into Stow and watch for our signs on Route 62. If you are not from our area and you need directions to Honey-Pot Hill Orchards, call us at: 978 562-5666.

## Lisa Simpson Ride

Saturday - September 6

**Times and Routes:** 10:00 AM for 33 and 44 Miles

**Ride Type:** Cue Sheet

**Description:** This ride is on mostly scenic rural roads. Starting in Concord, it makes a loop through Sudbury, Hudson, Stow, Boxborough, Littleton and Acton. The longer route adds Westford and Carlisle. The terrain is moderate with one notable but short climb. There are food stops in Concord near the start/end of the ride as well as in Acton.

**Leaders:** Richard Vignoni (978-549-2635, [Richard.vignoni@verizon.net](mailto:Richard.vignoni@verizon.net))

**Start:** Concord Carlisle High School

**Directions:** Rt. 2 west to Concord, right at stoplights to Rt. 126, Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile

does not sell deli-type food. However, there are several stores along the way to Mac's where you can stop to buy water, Gatorade and other essential food items.

**Leaders:** Nancy Marchand (978-430-0230 before 9:00 p.m., [nancym@prospeed.net](mailto:nancym@prospeed.net))

**Start:** Pawtucket Memorial & Wang Schools, West Meadow Rd., Lowell, MA

**Directions:** Rte. 128 to Exit 32 (Rte 3 N). Rte 3N to Exit 32 (Drum Hill Rd.) Remain on Drum Hill Rd. going through several traffic lights. Just beyond Princeton Properties, bear left onto Wood St. (At this point there is a traffic light with an old dump on your right. Do NOT turn right). After passing Market Basket and Rite Aide ("on your left"), the Rourke Bridge will be directly in front of you. Cross over the Merrimack River and turn left at the set of lights. At JJ Boomers (on the right), turn right onto Old Ferry Rd. Go to the end of Old Ferry Rd. and turn right onto Varnum Ave. Continue on Varnum Ave. and turn left at West Meadow Rd. (approximately 3/4 - 1 mile) Pawtucket Memorial is approximately 3/10 of a mile on the left.

## Ups and Downs

Sunday - September 7

**Times and Routes:** 9:30 Long 60 miles, Short 35

**Ride Type:** Cue Sheet, Arrowed

**Description:** Like climbing long hills with screaming descents on the downside? This ride is for you!! The short ride of approximately 30 miles, meanders through the towns, and up and down the hills of Tyngsborough, MA, Hudson & Pelham NH. The long ride of approximately 60 miles, adds more hills (we ride lots of streets with the word "Hill" in their name) heading into Windham and Londonderry, NH with a lunch stop at Mac's Apples in Londonderry, where you can buy apples, pears, cider, etc. Be sure to bring a sandwich, as Mac's

## In Search of Llamas

Saturday - September 13

**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 backroads. 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 (lfiwilk@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, you 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).



## Looking For A Hill

*Saturday - September 13*

**Times and Routes:** 10:00 AM 54 miles

**Ride Type:** Cue Sheet, Weekend Wheeler

**Description:** Highlights: The ride name aptly describes the terrain. If you're looking for a hill - that's all you do, look - keep on looking but you will NOT find a hill on this ride. What you will find are lots of lightly travelled flat roads, numerous cranberry bogs, working farms - one with Clydesdale horses, a breathtaking seaside golf course, the campus of Tabor Academy and the charming seacoast village of Marion on the Massachusetts south coast. The route will pass through the towns of Carver, Rochester, Middleboro, Wareham and Marion. We will ride together at a group pace (12-16 mph), trying not to drop anyone, with occasional "re-group" stops. There will be a lunch/ice cream stop in Marion. Note that food/water choices along the route are very limited.

**Leaders:** Joe Tavilla (508-428-6887, silverski@earthlink.net)

**Start:** Carver Public Library, Route 58, Carver MA

**Directions:** From Interstate 495, travel south on 495 to Exit 2. Travel Route 58 north into Carver. Library will be on right, just past police station/Town Hall.

## Needham to Hopkinton

*Sunday - September 14*

**Times and Routes:** 9:15 am for 62 miles and 9:30 am for 27 and 42 miles

**Ride Type:** Cue Sheet, Arrowed

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

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

**Start:** Cutler Park Reservation in Needham/Dedham

**Directions:** From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. Continue about 0.3 miles on Kendrick to Cutler Park on the right. It's prominently marked. Mapquest

## Martha's Vineyard

*Saturday - September 20*

**Times and Routes:** 10 AM for about 50 miles. I'm working on other options, more info later.

**Ride Type:** Cue Sheet

**Description:** We'll get to Oak Bluffs about 11 AM and return ferries leave at 3:45 and 5:15. The round trip ferry is \$15 plus \$6 for a bike and they want cash. I'm working on several routes in the 50 to 60 mile range along with some shorter options. More details as the summer progresses and I get a chance to check options out. Anyone interested in doing some reconnaissance rides with me this summer, give me a call.

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

**Start:** 10 AM for the 10:30 Island Queen ferry from Falmouth Harbor

**Directions:** NOTE: We're taking the Island Queen ferry from Falmouth Harbor NOT the Steamship Authority ferry from Wood's Hole!!! From the Bourne bridge, follow Rte. 28 south into Falmouth Village NOT Woods Hole. There's free parking in lots behind the buildings on the left (north) side of Main Street and then a short bike ride to the ferry at 75 Falmouth Heights Road. (<http://www.mapmyfitness.com/route/ united-states/ma/falmouth/684879642>)

**Note:** I'd appreciate an email or phone call from those planning to ride so I have a rough count of riders.

## Fall Equinox Ride

*Saturday - September 20*

**Times and Routes:** 10:00 AM for 27 and 50 miles

**Ride Type:** Cue Sheet

**Description:** This is an opportunity to celebrate the Equinox, which in astronomy is that moment in time (not a whole day) when the centre of the Sun can be observed to be directly above the Earth's equator, actually September 22nd this year. The ride is on mostly quiet suburban roads. Starting in Concord, it loops through Sudbury, Marlborough, Framingham, and east to Weston. There are 27 and 50 mile options. The 27-mile option is follow-the-leader. Details at ride start. There are frequent food options. A GPS download is available at <http://crw.org/rides/solstice/> Cue Sheets will be distributed at the ride.

**Leaders:** Charles Huizenga (781-266-7658, chas.huizenga@comcast.net), Eli Post (617-306-1838, elipost@comcast.net)

**Start:** Emerson Hospital(Overflow Lot), Concord

**Directions:** From Boston and Route 128: Follow Route 2 West to Concord. Route 2 takes a sharp turn to the left at the intersection of Route 2A (at the bottom of the hill). Stay on Route 2 past two more intersections, Walden Pond/Route 126 and Sudbury Road. Make your next right (Emerson Hospital is on the left). Immediately off Rt. 2, make the first right into the overflow parking at 59 ORNAC, the Concord Health Center medical office building parking lot.

**Note:** Heavy rain cancels.

## FALL CENTURY

*Sunday - September 21*

See ride information on page 8

## Hills of Greenville

*Saturday - September 27*

**Times and Routes:** 10:00 AM for 34 miles and 46 miles

**Ride Type:** Cue Sheet

**Description:** The ride includes lovely, scenic roads passing through historic New England towns, but you should be prepared for some serious hill climbing. Both rides in fact include one long, challenging hill in Mason, NH. The long ride includes several additional hills for your enjoyment. The lunch stop for the short ride is in Townsend, MA. Lunch for the long ride is in Greenville, NH. Inclement weather will cancel the ride. In that event we will post a notice by 11 pm the night before the ride

**Leaders:** Kimberley Fitch (781-354-4780, peerprint@yahoo.com), Bob Zogg (617-489-5913, bobzogg@verizon.net)

**Start:** 344 Main St., Groton, MA

**Directions:** The ride begins at Groton/Dunstable Regional Middle School. From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Continue on 119 W for 7.3 miles, and the school is on your right.

## Harvard Hill Climb

*Sunday - September 28*

**Times and Routes:** 10:00 AM for long ride, 50 miles and 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 right into the 300 Foster St. 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.

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

**Safety Corner - Continued from page 1**

means speaking to riders who exhibit undesirable conduct to help them improve. Easier said than done! Consider all the barriers:

- It can be tough to catch up to a rider, who could be some distance ahead
- Even if you can catch up, riding conditions may not be conducive to conversation, or other riders may be around, making a private conversation impossible
- We may be angry, and if our tone conveys that anger, the rider may become defensive
- Our words may not be effective
- Most of us find confrontation unpleasant, and we try to avoid it.

*Finding the Opportunity*

*to Talk:* If you can catch up, attempt to speak only if you're riding at moderate speed with favorable road conditions, and with no motor traffic in sight. Don't create a second unsafe situation to talk about the first. If possible, talk to the rider out of earshot of others. If you're unable to catch up to your intended audience, consider some alternatives:

- Ask another (stronger) rider to catch up and deliver the message
- Wait for a traffic signal, water stop, lunch break, or the end of the ride.

There will be times, however, when you'll simply have to let it go.

*Managing Anger:* Feeling angry about what you just witnessed? Take a deep breath and relax.

Give the rider the benefit of the doubt- that is, assume the rider just didn't know or simply made a mistake. Whatever it takes, get calm before you speak. Your objective is to effect change. Anger will not help you.

*Being Effective:* As the old saying goes, "You catch more flies with honey than vinegar". Introduce yourself. Be friendly. Be positive. Be empathic. Speak of the benefits of safe, courteous, and lawful cycling rather than the negatives associated with unsafe, discourteous, or unlawful cycling. Focus on the behavior, not the person. You may still get a defensive

reaction or denial, but even an apparently unreceptive individual may eventually reflect upon your words.

*Overcoming Fear of Confrontation:* Focus on the benefits of tak-

ing action, and know that you'll feel better for having done so. We have so few opportunities to influence our world—don't pass them up.

Providing effective feedback can be challenging, but practice makes perfect. Give it a shot. And, when it's your turn to be the recipient of constructive feedback, take it gracefully and thank your critic. We can all benefit from an occasional reminder.

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

**Be friendly. Be positive. Be empathic. Speak of the benefits of safe, courteous, and lawful cycling**

**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

## 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.



# Minneapolis to Niagara Falls

In July 2008 I took a two week bicycle tour from Minneapolis, Minnesota, to Niagara Falls, New York. The trip had many purposes. First, I wanted to see some old high school friends back in Michigan. One I had not seen for 42 years. Second, I wanted to visit my daughter who is in grad school in Minneapolis. Third, I hadn't taken an extended trip in eight years, and I wanted to experience the feeling of being "out there" on the road.

The route took me across Wisconsin on Route 8, then up to Marquette, Michigan on secondary roads. From there I took Route 28 east, Route 123 to Mackinaw, Route 23 along Lake Huron, and secondary roads to Marine City, Michigan. I ferried across the St. Clair River to Canada (hassle free), and then across Ontario to Niagara Falls. I used motels and friends for lodging, thus keeping the load light.

This was probably the luckiest trip I had ever taken. Unlike New England, the roads were

flat and straight (at times, TOO straight). The shoulders were often 8 feet (got to pile that snow someplace). The wind was almost ALWAYS at my back. I had only one flat in 1200 miles. There were only two brief rain showers. I took along a small 8-inch laptop computer that I used to update my process on [www.crazyguyonabike.com/springbike](http://www.crazyguyonabike.com/springbike). The computer and digital camera survived the road shock amazingly well.

I averaged about 100 miles a day, mainly because there aren't a lot of motels in northern Wisconsin, the Upper Peninsula of Michigan, and rural Ontario. One day, anxious to make it to my friend's house, I

biked 150 miles. I arrived around 8:30 p.m., plenty of time before the sun set at 9:45. I found myself getting stronger as the trip progressed, partially I surmise, because I was 10 pounds lighter at the end of the trip.

I realize now that it was the friends along the way that made this solo trip so much fun. I enjoyed the flexibility of riding by myself. When

**I enjoyed the flexibility of riding by myself. When choices were not clear, I found myself arguing with myself. That way, I always win and always lose.**

choices were not clear, I found myself arguing with myself. That way, I always win and always lose. I like taking it slow sometimes, but I occasionally push a big gear (especially with a tail wind). And, it's nice to have friends to talk to at the end of the day.

Finding food became an interesting problem. Several times I rode over 30 miles before finding a diner or cafe. Once in rural southern Ontario, I saw no stores or gas stations for 35 miles. I had "breakfast" in a small diner at noon. After I checked into a motel for the day, I hungered for fresh-water fish. I had the best broiled white fish in Cheboygan, Michigan.

I was expecting long lines at the border at Niagara Falls. Seeing a sign for the Rainbow Bridge, I simply biked over and pulled up to the U.S. customs station. There was only one car in front of me. When it was my turn, I handed my passport to the customs man. He took a quick look at it, then turned to me for questioning.

"How far have you come today?"

"Oh, let me check. 101 miles."

Motioning to his fellow officer, he cries out.

"Hey, check this out. This guy has ridden 101 miles today!"

Motioning me through, he said "Welcome back".

A short distance away was Niagara Falls park. I sat on a bench, watching the famous water plunge over the falls. It was good to get off the bike, take my last sip from the water bottle, and realize that this trip has indeed "going with the flow". ☺

Climb to the Clouds - Continued from page 1

the water stops. You could actually take the time to smell the summer flowers.

This event cannot take place without the help of many volunteers. I would like to thank the following people for their participation:

Ken Hallow for a major portion of the organizing and interfacing with towns and police

Jan Hallow for the fabulous after ride volunteer dinner party

Ken Hallow, Connie Farb, Jack Donohue, Judith McMichael, our team of road warrior arrowers, and our arrow checker Don MacFarlane

Howard Miller, Jennifer Peat and Connie Farb for working the Sterling water stop

Kimberly Fitch, Tom Lawrence and Elsa Lawrence for working the Berlin water stop

Jon Nilsson and Sally Fuller for transporting water and providing sag support

Fred Kresse for sag support

Rosalie Blum, Cindy Sragg, Mike Hanauer, Craig Pasek, Don Cunningham, Magdalen Cantwell, Jon Doyle, Helen Greitzer, Janet Blake, Joanne Samuels, and Rolf Budd for getting up at the crack

of dawn to work the Concord registration

Merle Adelman, Ann Northup, Eli Post, Mike Aarons, Beth Aarons, Lisa Halim, Martha Das-Sarma, Fabiana Vasconcelos, and Rita Long for working in Bolton doing registration

Jack Donohue for pre-registration

Linda and Barry Nelson for obtaining and delivering 12 cases of bananas

Howard Miller for the plums

Mel Prenovitz for the bagels

Our PB&J brigade who made 300 sandwiches: Eli Post, Ann Northup, and John Nilsson

Connie Farb who provided the cookies and snacks needed for the water stops and managed to find enough Fig Newtons when it turned out Costco was not selling them. (the western suburban Stop and Shops are still wondering about the incredible upsurge in Fig Newton consumption for July)

Marilyn Hartman who spent countless hours on the phone in the quest for volunteers

And our ride sweeps: Eric Ferioli, Michael Pinnolis, Bob Evans, Lee Evans, Ann Northup and Eli Post, who fortunately did not have much sweeping to do. ☺



## Bed, Breakfast, Bike and Brew (B4) Weekend

September 26-28

Biking in the beautiful Jefferson, NH area of the Whites. Daily rides ranging from 30-50 mi. on rolling to hilly terrain. Stay at comfy B&B w/mountain view. This Oktoberfest weekend will feature a beer tasting Saturday before dinner. Bring your favorite brew, and if it's judged worthy by our panel of experts, you may win a prize. Pricing, room availability and signup will be found here: <http://www.amc-boston.org/bicycle/applebrook.php> or contact Jack Donohue ([jmdonohue@alum.mit.edu](mailto:jmdonohue@alum.mit.edu), 781-275-3991 before 9pm).

This trip is sponsored by the Appalachian Mountain Club.

# Little Jack's Corner

by Jack Donohue

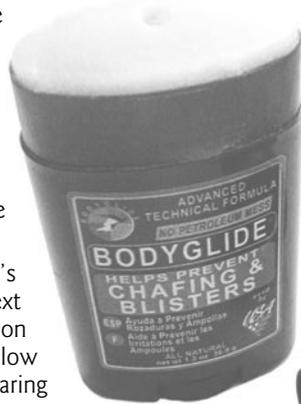


The continuing saga of saddle sores ...

I've been doing the 200K brevet for a number of years. This is my longest ride of the season and also the hardest, as well as the first long ride. This year I was slower than usual and the roads were worse than usual, so saddle sores reared their ugly head late in the ride. It was so bad I started standing even when there were no hills. Carlisle had a particularly rough winter, so I think I stood up all the way to the Concord border.

I was blithely confident that a good night's sleep would put things right, but the next day I went out to do arrow maintenance on the Apple Pi ride, and the fire down below came back. I even went to the extent of wearing my Pearl Izumi shorts. Lest you get the wrong idea, these were actually handmedowns from Susan, who had deemed them unfit to wear but were still far better than anything else I owned. They were a noticeable improvement, but not the panacea I had hoped for.

So, when I got home I decided Something Must Be Done. I went rooting around in the medicine cabinet for something to ease my pain. Susan had all sorts of cremes and ointments, but nothing seemed appropriate until I stumbled onto something called "Bodyglide" which had an anti-friction formula that "stops chafing, blisters, saddle sores, and skin irritation." There it was, the term "saddle sores" so this must be cycling specific. The "stops" part was a bit discouraging, since we were talking about a fait accompli here. Sort of like closing the barn door when the horse is already out, but I figured it was worth a shot. It looked like a roll-on deodorant, sort of like solid Vaseline, and the top was cracked, so all the active ingredients had probably long since



vaporized, and who knows where it's been, but I was in dire straits so I slathered some on.

The next day was a work day and rain was predicted. So I elected to ride the rainy day bike with fenders. Only problem was that it also had the most uncomfortable saddle since the dawn of creation. The original saddle had developed a cleft in the middle which had been widening with time. Now, I knew people spend good money to buy saddles that already have holes, so I tried to look on this as a feature. When the hole had reached critical mass, I delved into my box of saddles for a replacement. I found one that actually looked pretty modern and racy so I opted for that over the rest of the 15 year old \$5 saddles. It looked snappy, but alas was extremely uncomfortable. It also developed a San Andreas fault in the middle. Must be due to the extreme pressure waves. Anyway, I was not too keen on mating wounded bum with saddle from hell, but I didn't want to get my other bike wet. As it turned out, of course, the weathermen were completely wrong and it didn't rain at all. All that suffering for naught.

When I got home I came across one of my shoulder pads. When the football player look went out of fashion in women's clothes, I harvested quite a few of them, which I had used primarily in the winter as extra insulation for the family jewels. It seemed like they could serve as a bit of extra cushioning. So I applied one to the hot spot (the rest of my derriere was merely a warm spot) for the next day's commute.

I also tried the technique I'd learned from watching horse riders, posting. Whenever I saw anything that looked a bit lumpy, I was out of the saddle.

So, after a few days of shoulder pads, body glide and posting I was back in the saddle again. ⚙️

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

## Hills of Greenville

by Kimberley Fitch

I don't think the "Hills of Greenville" ride is notably different from other CRW rides. However, the last time this ride was held, I noticed that most cyclists seemed more wiped out than usual after other CRW rides.

The ride begins in Groton, and quickly makes its way into New Hampshire, passing through the towns of Brookline, Mason, and eventually Greenville. Both long and short riders enjoy a particularly long climb in Mason, where they can stop at Parkers Maple Barn if they wish to rest before continuing up the hill. The short

riders continue on to Townsend. Now that the long riders are warmed up, they get to climb more hills during their approach to Greenville, and enjoy a number of spectacular vistas.

Even though I developed this ride, I still continue to be surprised with the sudden approach of Hubbard Hill Road, popping up out of nowhere, promising to deplete any energy a rider may still possess before stopping for lunch. But the Hubbard Hill climb is over before you know it (it's steep, but short). At the top, a sweet aroma guides riders to the Heart's Desire bakery, located in Greenville's vibrant downtown business district. Our July group enjoyed fresh sandwiches, muffins, and scones, reenergizing us for the challenges ahead.

After lunch, we climb a few more hills before savoring a well deserved 4.5-mile downhill stretch. Great rest for the legs and defibrillator

for the psyche! The bad news, however, is that the long descent dumps cyclists at an elevation significantly lower than the ride start. (Death Valley, basically.) I never warn riders about this. Instead, I just listen to their comments as we start to climb again. During the July ride, as we approached a particularly challenging hill (we were still 10 miles from home), I began to hear comments such as "who chose this route?" and "you do realize that you can easily avoid the hill by redirecting the route down that other road!" Before I had a chance to utter a word of explanation or encouragement, the riders breezed past me. ...Now I was the one in need of encouragement.

For those folks who wish to burn some extra energy, please join us for the next Greenville ride on Saturday, September 27th. ⚙️

# July

1	9	2	4	6	0
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## MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K
Scott Teich	8886	6	4	5	Joseph Tavilla	3127	-	-	-
Bruce Ingle	7071	7	5	4	Peter Brooks	2917	6	3	-
Jim Krantz	6503	6	4	4	Walter McKay	2893	3	-	-
Don MacFarlane	6492	7	-	3	Joe Repole	2712	7	7	-
Pamela Blalock	6474	7	3	3	Joseph Moore	2601	2	1	-
John Bayley	6198	7	3	3	Patricia Schindeler	2573	2	-	-
Jack Donohue	5774	-	-	1	Frank Aronson	2565	4	3	-
Glen Reed	5716	3	4	3	John Springfield	2533	1	5	1
Irving Kurki	5449	7	3	1	Alison Sheridan	2523	4	3	-
Steve Robins	5213	-	-	2	Lisa Weissmann	2460	3	-	-
Susan Raye	4094	6	5	-	Erik Husby	2434	2	-	-
Larry Murphy	4063	7	-	-	Peter Megdal	2330	-	-	-
Richard Taylor	4021	7	7	-	David Greene	2276	3	1	-
Fred Meyer	3983	7	2	-	Brett Serkez	2141	1	3	-
Chris George	3933	-	-	-	Darrell Katz	2110	-	-	-
Paul Hardin	3862	4	-	-	George Ulrich	2088	-	-	-
Cynthia Snow	3642	4	2	-	Craig Weiner	2035	3	1	-
Gabor Demjen	3462	6	3	-	Carlo Innocenti	2031	2	-	-
Mike Kerrigan	3434	1	-	1	Gary Smiley	1790	2	-	-
Don Mitchell	3425	2	1	-	Marc Webb	1738	4	1	-
Dave Stefanovic	3423	1	2	1	Cynthia Zabin	1687	-	-	-
David Wean	3400	2	-	-	Rolf Budd	1676	1	-	-
Butch Pemstein	3324	1	1	-	Peter Knox	1657	2	-	-
Marc Baskin	3312	5	3	1	Darrow Loucks	1644	-	-	-
Marilyn Hartman	3139	3	-	-	Douglas Cohen	1630	2	-	-

Name	Miles	M	C	K
Ed Hoffer	1624	-	-	-
Rudge McKenney	1400	-	-	-
Brian Gavioli	1348	1	2	-
Dick Arsenault	1193	-	-	-
Bill Hanson	1179	-	-	-
Greg Tutunjian	1146	-	2	-
Bill Widnall	1104	1	-	-
Mike Hanauer	1031	-	-	-
Ron Cater	1002	1	-	-
Christopher Smith	997	-	-	-
John Kane	926	-	-	-
Dale Conui	897	1	-	-
Jeff Luxenberg	799	-	-	-
Elaine Stansfield	653	-	-	-
Vic Marcus	635	-	-	-
Peter DiMarzio	547	-	-	-
Susan Grieb	523	-	-	-
George Caplan	461	-	-	-
Charles Fosbroke	331	-	-	-
Yvette Nguyen	200	-	-	-

### 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

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

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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.