


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXII, Number 11 • November 2008

Bikers with Forks Dining Series Returns!!!

Enjoy an evening of food, drink, and camaraderie with fellow cyclists on November 6, 2008 at Flatbread, 213 Burlington Road, Bedford, MA. For directions/menu, go to <http://www.flatbreadcompany.com/2007Bedford.htm> Drinks/socializing begin @ 6:30; we'll be seated for dinner @ 7:00. RSVP to Cindy Sragg via email (preferred) ginger@rcn.com or by calling 617-987-8778. **Deadline to RSVP is Monday November 3rd - event caps at 30 people!**

Charles River Wheelmen Volunteer Awards

The board will be voting on awards for volunteers who have contributed significantly to the club at the November board meeting. If you would like to nominate a volunteer you think worthy of an award, please email or mail the name and a brief description of why they deserve and award to:
Jack Donohue
jmdonohue@alum.mit.edu
26 Fox Run Road
Bedford, MA 01730

CRW Holiday Party

Friday, December 5

Save the date for the popular holiday party which will once again be held at the Bedford Old Town Hall. Brought to you by our Social Committee, it will combine good food, drink, and company. After awarding our deserving volunteers, be ready to get down for dancing.

Keep checking the web site for signup info, this filled up fast last year.

Fall Century 2008

A Picture Perfect Day

By Eli Post

The CRW Fall Century, otherwise known as the Souhegan River Tour, started out in Acton, MA on September 21st. While the Century began for most riders in the early morning as they registered for the ride, for those of us who had a hand in organizing and running the ride, the clock started ticking many months back. This was my first time running, rather than riding, a century, and being part of that group was an exhilarating and often inspirational experience. I simply did not appreciate the logistical complexity or the dedication that goes into making this event a success. All the

Fall Century - Cont. on page 3

Last Chance Century

by Eli Post

If you haven't ridden a century yet this year, we are offering one final opportunity. Ride the Last Chance Century on the South Shore, and enjoy the crisp ocean air and some of the South Shore's coastal towns. The roads will be mostly quiet and lightly trafficked, with some moderate climbs and descents. The ride is on Saturday November 15th with a bad weather option for the following Saturday.

The ride begins in Quincy, and Don Alison, the Ride Leader, has carved out a route that hugs close to the ocean and offers many surprises. Don will try to keep the riders together. He is an accomplished long-distance rider, having crossed the country and completed a double century in Death Valley. You will be in good hands, but be prepared to deal with cold weather and complete the ride before dusk. Don is happy to answer questions if you are uncertain about the challenge. Ride details are available in the ride calendar.

Board Elections

Since we did not get more candidates for the Board than required to fill the three positions available, we won't be having an election. The statements of the three candidates are below. Marilyn Hartman has volunteered to fill the remaining portion of Rich Levine's term.

Board Elections - Continued on page 3

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BOARD OF DIRECTORS

	Term Expires	
Michael Aarons.....	2008	508-651-9259
Don Blake.....	2010	781-275-7878
Jack Donohue.....	2009	781-275-3991
Marilyn Hartman.....	2009	781-935-9819
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
Membership Coordinator.....	Linda Nelson.....	617-964-5727
	Larissa Hordynsky.....	617-527-5620
Membership Information.....	Keith Manning.....	781-643-4628
Information.....	Marilyn Hartman.....	781-935-9819
Special Projects Coordinator.....	Marty Weinstock.....	617-491-6523
Publicity Coordinator.....	Kimberley Fitch.....	781-354-4780
Merchandise.....	Ken Hablow.....	781-647-0233
Mileage.....	Jack Donohue.....	781-275-3991
Government Relations.....	Bill Widnall.....	781-862-2846
Bike Shop Program.....	Bob Richards.....	508-654-6600
Volunteer Coordinator.....	Marilyn Hartman.....	781-935-9819
Social Committee Chair.....	Linda Stevens.....	774-215-0421
Safety Coordinator.....	Pierre Avignon.....	978-510-1021

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Eli Post.....	617-306-1838
Saturday Rides.....	Eli Post.....	617-306-1838
Sunday Rides.....	Michael Aarons.....	508-651-9259
Winter Rides.....	Eric Ferioli.....	781-235-4762
Intro Rides.....	OPEN.....	
Century Committee.....	Susan Grieb.....	781-275-3991
Wednesday Fitness and Masters Ride.....	Keith Miller.....	508-647-7564
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Dick Arsenault.....	781-272-1771
Wednesday Ice Cream Ride.....	Gabor Demjen.....	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

Copy Editor.....	Jack Donohue.....	781-275-3991
Production Editor.....	David Cooper.....	781-483-6960
Advertising.....	Marty Weinstock.....	617-491-6523
Circulation.....	Mike Hanauer.....	978-318-1980

INTERNET STAFF

Web Site (http://www.crw.org)	
Webmaster.....	Gary Smiley..... webguy@crw.org
Picture Gallery.....	Rory Dela Paz..... rdelapaz@mindspring.com
Touring.....	Andy Meyer..... asm@ameyer.org
	David Cooper..... dacooper@tiac.net
E-Mail List (CharlesRiverWheelmen@yahoogroups.com)	
Administrator.....	Barry Nelson..... barrynelson@alum.mit.edu



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



Editorial Policy

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

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

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



How To Send Us Your Article

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

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

Jack Donohue
26 Fox Run Road
Bedford, MA 01730

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

Insurance

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

Advertising Rates

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

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

more impressive when you realize that CRW is an all-volunteer organization. More than 25 volunteers spent countless hours planning and then running the century.

The weather was perfect for cycling with cool temperatures and bright sunshine. We dispensed with the mass start and let riders proceed when they were ready, and as a consequence the riders strung out nicely. While there were a fair number of flats, we had no known injuries, although a few riders had to be sagged back. Riders complimented the road markings, although some were challenged by the climbs. Many riders used the water stops to relax and chat, as well as consume the bananas, pretzels, water, bagels, and assorted cookies and candy bars. There were hungry riders at the finish hanging around and enjoying the traditional CRW food array. The after-ride food included lunchmeat for sandwiches, chips and drinks. We also gave out water bottles to returning riders.

It's fitting that we praise the volunteers for their efforts and spirit. All are noted below and they deserve our special thanks.

Ken Hallow for being the major force behind the Century, organizing and interfacing with towns, police and other essential services

Jack Donohue, Dave Jordan, and Meg Curry for laying down the arrows so all could ride carefree

Bob Zogg, and Kimberley Fitch for working the Pepperell Water Stop and spreading good cheer

Helen Greitzer, Joanne Samuels, and Richard Bowen, for providing special care at the Wilton Water Stop

John Nilsson for running the sag wagon, expertly and with compassion

Larissa Hordynsky for the fabulous food table, assisted by Richard Arsenault and Ken Ross

Ann Northup for letting us use her home for the Peanut Butter and Jelly Brigade, with the help of Ellen Gugel, Raúl Raudales, and Alex Post

Cindy Sragg took command of Registration, and was assisted by Barry and Linda Nelson, Edie Baxter, Jacque Smith

Bogie D handled the parking lots and guided drivers

Mel Prenovitz picked up the bagels

Barry Nelson brought the bananas

Chris George plotted GPS Routes

Peter Brooks swept the 100 and Eric Ferioli swept the 62

Don Blake let us use his home for storage

Ralph Galen provided essential transportation

Bikeway Source assisted with Technical support.

Marilyn Hartman spent untold hours recruiting Volunteers

Susan Grieb was the indispensable fountain of knowledge and friend

Board Elections - Continued from page 1

ROSALIE BLUM

Many of you know me from the registration table at the century rides over the past 20 years, and others from my two terms on the board years ago. A member since 1980, I've seen the club grow in membership, activities and influence. Riding less often now, I know we offer more for our members than rides. We are a strong advocate for bicycling and need to focus on keeping roads safe and cyclists aware in these days of energy-induced ridership increases. If elected, I would work to ensure the club remains inclusive, instructive, responsible, dynamic and fun. Thank you.

ANDY BRAND

In my past term on the board I led the effort towards the CRW accepting electronic payments via PayPal, livening up the holiday party by changing its venue, adding music, dancing, beer and wine. (OK maybe the music, beer and wine helped add the dancing.) I also played a key role in helping limit everyone's liability exposure by helping the CRW change its constitution to become a 501c3 organization.

In my next term on the board I would like to help the CRW become a safer and more courteous club that appeals to a wider range of cyclists.

STEPHEN COHEN

I have been a member of the CRW for the last eight years. My participation in the CRW has been primarily with the Wednesday Wheelers program. I would like to join the CRW board because I have derived real personal value from the CRW and would like to have an opportunity to contribute to its future success. My educational background (MBA) and professional activities (marketing and small company finance) provide me with a set of experiences that should be useful to the board in planning CRW's future activities.

BIKE QUOTE

When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.

Arthur Conan Doyle,
Sherlock Holmes author,
Scientific American, 1896

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Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers



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

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

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

Start: Location Varies.

Directions: The ride coordinator sends ride

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

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

Saturday Morning Fitness Ride

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

Description: You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. We usually try to start people in bunches of about 10 riders, grouped by distance (28/42 miles) and (very roughly) by speed. Often each group ends up breaking into smaller bunches. We do encourage people to "wait up" a 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 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@yahoo.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/>



November 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.

Hillsborough Country Ride

Saturday - November 1

Times and Routes: 10:00 am for 35 and 62 miles

Ride Type: Cue Sheet, Map

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

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

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

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

Note: Rain cancels.

Bagels and A Buffalo

Sunday - November 2

Times and Routes: 10:00AM for 51, 43 or 20 miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Flat to rolling loops through the North Shore. All rides pass through Boxford, Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island including the newly paved bike lane on the Plum Island Causeway. Short ride lunch stop is in Topsfield at Topsfield Bagels. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels.

Leaders: Melinda Lyon (978-887-5755, melindalyon@verizon.net)

Start: Masconomet High School, Boxford, MA

Directions: Interstate 95 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right. Please drive past high school and park in lot at the far end of the school complex.

Linda's Late Birthday Ride

Saturday - November 8

Times and Routes: 9:55 for 27, 32 or 50 miles

Ride Type: Cue Sheet, Map

Description: We take serene and lightly traveled back roads through the safe neighborhoods of Wellesley, Weston, Wayland, Sudbury, and Lincoln. The long rides add Concord.

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

Start: Auburndale commuter rail station parking lot.

Directions: From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd.

Bridges of the Sudbury River

Sunday - November 9

Times and Routes: 9:30 AM for 17 or 27 miles

Ride Type: Cue Sheet, Arrowed

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

Leaders: Paula O'Sullivan (617-327-8175, positivelypolly@aol.com), Alison Sheridan (AMS345@comcast.net)

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

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

Note: Commuter Rail Arrives Concord 9:18 AM, Departs 11:59 AM or 2:34 PM

Bagels and A Buffalo

Saturday - November 15

Times and Routes: 10:00AM for 51, 43 or 20 miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Flat to rolling loops through the North Shore. All rides pass through Boxford, Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island including the newly paved bike lane on the Plum Island Causeway. Short ride lunch stop is in Topsfield at Topsfield Bagels. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels.

Leaders: Melinda Lyon (978-887-5755, melindalyon@verizon.net)

Start: Masconomet High School, Boxford, MA

Directions: Interstate 95 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right. Please drive past high school and park in lot at the far end of the school complex.

Last Chance Century

Saturday - November 15

Times and Routes: 8:00 am for 100 miles

Ride Type: Cue Sheet

Description: Haven't ridden a century yet this year? Looking to get one last one in before the end of 2008? Ride the Last Chance Century on the South Shore. Enjoy the crisp ocean air and some of the South Shore's coastal towns. The roads will be mostly quiet and lightly trafficked, with some moderate climbs and descents. Daylight ends at approximately 4:00 pm at that time of year, so you should be capable of a century in eight hours to do this ride.

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

Start: Stop and Shop parking lot, 495 Southern Artery, Quincy.

Directions: Take exit 8 from the Southeast Expressway (Route 93), Furnace Brook Parkway. Follow the road back underneath the highway on Furnace Brook, following the signs for Quincy Center. Travel appx. two and a half miles to route 3A, the Southern Artery. Take a right there and just past the next light, about a half-mile, you will see the Stop and Shop on your right.

Note: Possible bad weather will postpone for one week. Check the web site for updates in the days preceding the ride.

Tenth Biennial Southwest Passage (CW)

Sunday - November 16

Times and Routes: 9:30AM for 55 miles; 10:30AM for 35 miles on rolling terrain.

Ride Type: Cue Sheet, Arrowed

Description: The short ride travels southwest from Framingham to Ashland, Southborough, Hopkinton and Upton. The long ride adds Uxbridge, Mendon and Northbridge. The lunch stops are in Upton. Most of the ride is on residential and rural tree-lined back roads with few traffic lights. Points of interest include a golf course, horses, sheep, goats, cattle, farms, Whitehall Lake and State Park, scenic brooks, Upton State Forest, Charlie Chan's summer home, and the Ashland Town Forest. In good weather this ride normally attracts 80 to 100 riders.

Leaders: Marilyn Hartman (781-935-9819),

Joe Repole (508-879-6340, joecentury@aol.com)

Start: Framingham, 15 Gryzboska Circle

Directions: From the Mass Pike take exit 12, Route 9 East to Temple St. (2nd traffic light). Right on Temple St. (if you are taking Route 9 West from Boston, take a left at the jug handle onto Temple St.) Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska, not Salem End Rd. The commuter rail leaves South Station at 7:50 and arrives in Framingham at 8:35 AM. You are encouraged to ride your bike to the start.

Whitehall Whiteout

Saturday - November 22

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

Ride Type: Cue Sheet, Arrowed

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

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

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

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

Needham to Hopkinton

Sunday - November 23

Times and Routes: 9:30 am for 62 miles and 10:00 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, 112 Kendrick Street, Needham

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.

Post Thanksgiving Ride

Saturday - November 29

Times and Routes: 9:30 for 52, 43 or 26 mi

Ride Type: Cue Sheet, Map

Description: After a day of rest after Thanksgiving dinner, it's time to burn off the extra calories riding through the low income neighborhoods in Lexington, Lincoln, Weston, Wayland, Sudbury, Acton, Concord, and Carlisle. The optional lunch stop is in Concord Center for the long and extra long ride only. Although the roads are not totally flat, there are no long or steep hills.

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

Start: Clark Middle School, Lexington

Directions: From Rte 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.

Apple Pi Ride

Sunday - November 30

Times and Routes: 9:30 for 52 and 37 miles

Ride Type: Cue Sheet, Arrowed

Description: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

Leaders: Jack Donohue (781-275-3991 before 9PM, jmdonohue@alum.mit.edu), Susan Grieb (slgrieb@comcast.net)

Start: Bedford VA Hospital, 200 Springs Rd, Bedford

Directions: Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital /Middlesex Community College. Meet at first parking lot on right.

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





Bikers on Skis

February 13-16, 2009

Try your hand at gliding instead of rolling. This cross country skiing and snowshoeing weekend at a comfortable B&B in the Northern White Mountains features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams and try some back country skiing and snowshoeing. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$175-240 for the weekend includes three nights lodging, three breakfasts, two dinners.

Rooms all double occupancy, some with private, some with shared bath. They are assigned in the order checks are received. There are also two luxury rooms (with hot tub) available for additional cost. Check:

<http://crw.org/bikersonskis>

for room availability and cost and to register.

To register send the a check for the full amount made out to Jack Donohue and an e-mail address or stamped self-addressed envelope by January 13 to:

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

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

For more information, you can contact the leaders:

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

INTERVIEW

with a Water-Stop Volunteer

by Kimberley Fitch

The following is an interview with Bob Zogg, a water-stop volunteer for CRW centuries.

Q. Bob, thanks for agreeing to speak about your water-stop volunteer experience. Everyone wants to know, what does a water-stop volunteer do?

A. *The water-stop volunteer is an important position. There are usually two water stops per century. Between two and four volunteers staff each water stop (depending on the number of riders expected). The volunteers transport signs, food, water and supplies from the ride start to the water stop. They set up a canopy, arrange the food on a table, and attach pumps to the water jugs. As food and water are depleted, the volunteers refresh supplies from their stock. Volunteers also set up trash receptacles and keep the area neat.*

Q. How much time is required to staff a water stop?

A. *The time spent will vary based on the ride, but generally volunteers need to commit about 6 hours total.*

Q. Why would any sane person choose to volunteer for this job?

A. *Excitement! I get to see cyclists suffer, which is way more fun than suffering myself. And, most importantly, all volunteers receive a CRW Volunteer T-shirt. They're great for gym workouts!*

Oh, one more thing. Water stops provide a huge opportunity to teach riders about respect. CRW rents Port-a-Johns in consideration of century riders and the businesses that let us use their sites. Some riders have the propensity to bypass these Port-a-Johns and boldly relieve themselves elsewhere on the site. It's funny, when I interrupt them, they really seem to listen. Then, they tell their friends. I feel that my instruction provides a valuable community service.

Q. What was the most unusual thing that ever happened to you at a water stop?

A. *Well, at the last century, a rider tried to pay for one of the 300 bananas that we had in stock. I didn't accept the money.*

Q. What are the greatest challenges for water-stop volunteers?

A. *All those road-toned bodies can sure be a distraction... but, I force myself to focus entirely on my job, and never, ever let my mind wander-not even for one second.*

Q. What food do people like the best on these rides?

A. *People seem to like foods containing sugar and/or salt. At our last century, PB&J sandwiches, which other volunteers made in advance, were by far the most popular. Protein, sugar, starch, fruit, salt... it's all there in a PB&J.*

Q. Are riders appreciative of your work?

A. *Yes. Most riders are gracious and thankful.*

Q. Do water-stop volunteers need to have any special skills?

A. *Well... I do it. So, obviously not!*

Q. What if you want to volunteer, but your wife/husband/significant other doesn't permit you under any circumstances to leave them on a Sunday for the required six hours?

A. *That's OK! There is no need to abandon your family to pursue your desire to become a water-stop volunteer. It's a great way to spend a day with family members. Get the whole group to sign up. Your family will love it!*

Q. How does someone become a CRW water-stop volunteer?

A. *It's easy! Just call Marilyn Hartman, CRW Volunteer Coordinator, at 781-935-9819, and let her know you are interested.*

Q. Bob, thanks for sharing your knowledge about water-stop volunteerism.

A. *No problem, Kimberley. It's always a pleasure to talk about one of my great passions. ☺*



The Calculus of the Long Tour

The question is often asked, "How much does it cost to take a long bicycle tour?"

Upon reflection, I started jotting down some formulas.

Let X = the daily cost of food

Let Y = the daily cost of lodging/camping

For camping, assume you stay at campgrounds and cook your own food:

$X = \$20$. $Y = \$20$

For staying at motels, assume you eat at restaurants:

$X = \$50$. $Y = \$75$

Now, assume a 14-day trip, and the costs become:

Camping: $14(20+20) = 560$

Moteling: $14(50+75) = 1750$

But wait, it's not all that simple. Most campers usually eat some meals at a restaurant, and they stay indoors one or two nights a week. So let's change the camping option to be:

Camping: $12(20+20) + 2(50+75) = 730$

So, it would seem it is much cheaper to camp than to "motel-it". Perhaps.

Consider this:

The camper is loaded with 60 pounds of equipment, and averages 60 miles per day, for a total of 840 miles. The moteler carries perhaps 30 pounds, and can average 100 miles per day, for a total of 1400 miles. So the cost per mile becomes:

Camping: $840/730 = \$1.15$ per mile

Moteling: $1750/1400 = \$1.25$ per mile

Now, let's factor in "comfort" and "safety". These will become our "Fun Factor".

Assume that the comfort of a bed is better than that of a sleeping bag.

And assume that a motel removes the threat of devouring mosquitoes, raccoons, snakes, and bears.

So let's set our Fun Factor for camping to 1, so $F=1$.

And set the motel Fun Factor to 1.2, so $F=1.2$.

So recalculating, dividing by the Fun Factor to get the Ease Per Mile:

Camping: $1.15/(1) = 1.15$ ease per mile.

Moteling: $1.25/(1.2) = 1.04$ ease per mile.

It would appear that the human cost is about the same.

But, wait, what about the extra cost of your buns, hands, and feet on the long (motel) days?

And what about the cost of the psyche when climbing hills with extra (camping) weight?

And the angst of possibly not finding a motel (moteling) when you have no camping gear?

Hmmmm... Maybe we need to take a derivative here, or is it an integral?

Or should we have a "Bad/Good Weather" random number generator?

Or base the calculation on revolutions per mile (assuming you use lower gears when camping)?

Or maybe "intuitive grasps of reality per pizza after battling headwinds"?

"The Sum of Random Acts of Kindness per Broken Spoke integrated over the Distance"?

Or maybe.... Uh.... well.....let me see...

Never mind.

Just go riding. ☺

CRW in CYBERSPACE

There are several ways you can use your computer to interact with CRW:

CRW Web Site

CRW's web site contains a wealth of information useful to club members:

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

News items are available from the drop down menu "News" then "CRW News." Here you'll be able to keep up with the latest developments before they reach WheelPeople. Weekend ride schedules for the current and next month, and the weekly rides series are online here, as well as a

calendar of all weekend rides for the season. We also publish a calendar of cycling events (weekend and longer trips, etc) from all the local clubs and some not so local.

If you're looking for a ride, the cue sheet database contains detailed cues and in most cases maps of most of the regular CRW weekend rides and centuries.

Our touring section contains descriptions of tours club members have taken and a lot of links to more touring information.

The picture gallery contains photos of club events (rides, weekends, etc).

The site provides all this and a lot more, so you'll want to bookmark it.

WheelPeople by Email

You can elect to receive WheelPeople by email rather than postal mail. This has several advantages. The email version is available up to two weeks before the printed

version. Sending the electronic version saves the club money in postage, which can be put to good use elsewhere.

Renewal Notices

We have been sending out notices for members who need to renew their membership by email. The email contains the member information currently on file, so all you need do is print it out, mark up the copy with any changes, and mail it back with a check. Or you can renew online by clicking the link in the email. If we don't have an email address on file, we have to send out a printed renewal card.

In order for the last two features to work, we need your help in making sure that the email address we have for you is current. If you've changed email addresses lately please update this information by emailing membership@crw.org.



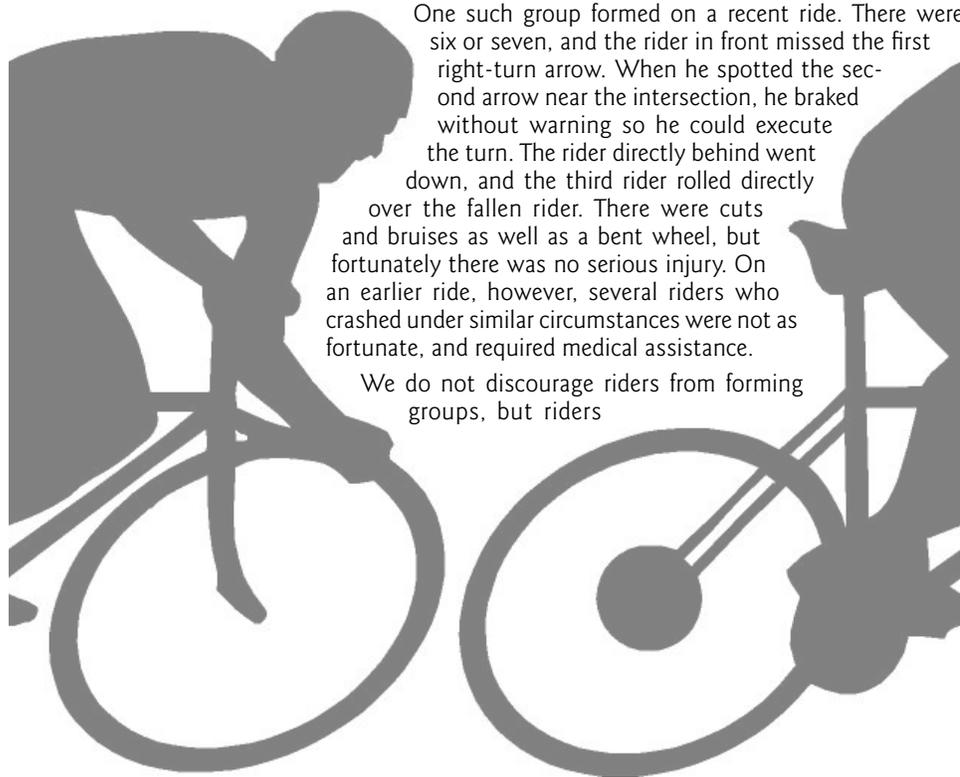
Keep A Safe Distance

by Eli Post

The pattern is familiar. Riders moving at about the same pace meet along the route and end up riding together. They may or may not know each other. They make no formal arrangement about the ride but basically hang together for the pleasure of being part of a group or enjoying the benefits of drafting. There is no denying that is one of the joys of riding and one of the opportunities presented by CRW rides. If not properly done however, this practice is risky, and we have encountered crashes on rides as a consequence.

One such group formed on a recent ride. There were six or seven, and the rider in front missed the first right-turn arrow. When he spotted the second arrow near the intersection, he braked without warning so he could execute the turn. The rider directly behind went down, and the third rider rolled directly over the fallen rider. There were cuts and bruises as well as a bent wheel, but fortunately there was no serious injury. On an earlier ride, however, several riders who crashed under similar circumstances were not as fortunate, and required medical assistance.

We do not discourage riders from forming groups, but riders



must communicate to confirm that all are comfortable with riding as a group and are aware that others are close behind. Pacelines, where riders are inches off the wheel of the person in front, require specialized skills, and there are specific rules for paceline riding such as: leader never stops pedaling, new leaders maintain same speed, ride with wheels offset, ride with people of similar ability and experience, etc.

In any case, you should not ride in close proximity to other riders without permission and an agreement as to how the ride will be handled. Without this, the group is asking for trouble. Again, you should have a prior understanding, one that is the product of fore-thought and coordination.

When cycling, safety is paramount, and riders must be constantly on the alert for the unexpected. You don't have to be a physics whiz to understand that the faster you go, the less time you have to react. In general, you should signal your intentions, keep a safe distance, and limit sudden, abrupt, or unexpected stops to situations in which they are truly necessary—certainly NOT upon missing a turn, dropping a water bottle, or to answer a cell phone. Following these simple guidelines can help prevent mishaps.

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

New *Welcome* Members

Bill Albert	Woburn
Todd Alessandri	Medway
Stephen Allison	Braintree
Jeannie Amedure, Joe O'Connell	North Billerica
Christine Anastos	Arlington
Lynn Cahill	Weymouth Landing
Brant Cheikes	Acton
George Cuddy	Brookline
Peter Dimarzio	Dedham
John Fice	Norfolk
Alfredo Gisholt	West Newton
Geoffrey Harris	Weston
Ezra Hausman, Allison Hausman	Auburndale
Mark Helton	Hudson
Ross Holicker	Framingham
Jeremy Kovacs	Dedham
Barbara Langley	Shrewsbury
Linda Levitt	Northboro
Douglas Luoma, Sharon Luoma	Norwell
Lauren (Lauri) McBurney	Brookline
TK McClintock	Cambridge
Kristine McKinney, Jamie Wong	Brookline
Patricia Morris, Dennis Weed	Cambridge
Maureen Nelting	Everett
Yvette Nguyen	Bolton
Peter Raymond	Dedham
Christopher Russo	Hanover
Michael Sanky	Brighton
Leslie Scheideler	Millis
Noelle Selin	Somerville
Jonathan Simon	Chestnut Hill
Glover Taylor	Cambridge
Victoria Vannederynen	Natick
Heather Weiner	Natick
Robert Zeeb, Holly Zeeb	Newtonville

Little Jack's Corner

by Jack Donohue



Today's lesson is "Love your granny." No, not your mom's mom, the granny gear which is that little metal disk on your crankset with ever so few teeth (probably as few as your actual granny). What, you say you don't have one of those, then today's lesson is "get one." Now I'm hearing a chorus of "No, I don't have one and I wouldn't be caught dead

with one because only sniveling rat face wimps would need a granny" Well, there was a day when I was of similar mind, but I've become more enlightened.

When I started out your basic "racing bike" differentiated itself from the three speed, which is all I had prior experience with, by its dropped handlebars and ten speeds. This seemed like an awful lot of gears at the time, and I couldn't imagine wanting any more. The five speed sprocket was usually a 14x28 tooth affair, which is a pretty wide range (although with massive jumps between gears compared to your corn cob racer type cluster).

My introduction to the granny gear was on my touring bike. There was no shame in having a granny when touring, since the assumption is that you will be carrying twice your weight of stuff, like an ant, and will actually need it.

My first inkling that maybe a triple wasn't such a bad idea was when I was touring in Spain. I was climbing up this hill grinding away in my granny when I came across the local cycling club. At the time, they had an all male constituency, and they all knew the meaning of the word "macho" (no, it's not something you eat with salsa). So no red blooded Spaniard would ever be caught dead with a triple or even a reasonable selection of gears in the back. So they were all struggling up the hill with gearing suitable for Miguel Indurain, "in difficulty" as

Phil Liggett would say, and there I was tooling along comfortably on my pannier laden touring bike and granny.

But that was my only granny, and the racing bikes all had doubles, because that was the way it was meant to be. My early education was from hanging around with the racing crowd where the conversation goes something like "I'm going to climb Mount Washington today, I may need the 21".

The turning point was when I bought my new bike, somewhere around Y2K. It was a Cannondale racing bike which already had more gears than most of my other bikes combined, but when I was offered the option of a triple for not much money, I reasoned that I wasn't getting any younger and it might be nice to have in emergencies.

I started out mostly ignoring it and maybe using it on an occasional steep climb just to make it feel good. Then one day I found myself on Hurricane Mountain Road in granny, wondering when I was going to fall over and hoping I would land softly. I did manage to squeak through that, but shortly thereafter decided that a 27 tooth cog in the back wouldn't be all that bad, and granny became a welcome member of my gear repertoire.

Lately, I've been taking advantage of my granny with only the slightest provocation. It makes life a lot easier than standing and huffing and puffing up the hills. In the old days I would finish a hilly century pretty close to death, while with judicious use of the granny I get there a bit slower but a lot happier. ⚙️

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 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

September 2 | 2 | 0 | 5 | 9 | 1

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	8948	9	7	5	Peter Brooks	4252	8	5	-	Adam Auster	2077	3	1	-
Jim Krantz	8813	8	6	6	Cynthia Snow	4155	4	2	-	Bill Hanson	1744	-	-	-
Don MacFarlane	8436	9	-	4	Marilyn Hartman	4065	4	-	-	Dick Arsenaault	1701	-	-	-
Pamela Blalock	8090	9	4	3	Frank Aronson	3945	6	5	-	Greg Tutunjian	1607	-	2	-
John Bayley	7815	9	4	3	Craig Weiner	3800	5	3	1	Mike Hanauer	1524	-	-	-
Jack Donohue	7558	-	-	1	Joe Repole	3788	9	9	-	Christopher Smith	1520	-	-	-
Glen Reed	7550	3	6	3	Joseph Moore	3471	3	2	-	Dale Conui	1516	2	1	-
Steve Robins	6881	-	-	2	Peter Knox	3458	4	-	1	Jeff Luxenberg	1271	-	-	-
Irving Kurki	6779	9	5	1	Alison Sheridan	3423	6	4	-	John Kane	1222	-	-	-
Otto DeRuntz	6131	7	3	-	Brett Serkez	3266	1	5	-	Susan Grieb	1082	-	-	-
Susan Raye	5803	7	7	-	George Ulrich	3163	2	1	-	George Caplan	766	-	-	-
Richard Taylor	5513	9	9	-	John Springfield	3025	1	7	1					
Chris George	5391	-	-	-	Rolf Budd	2844	3	1	-					
Paul Hardin	5249	6	2	-	Henry Marcy	2805	2	1	-					
Fred Meyer	5133	9	3	-	Chris Lennon	2791	3	-	-					
Don Mitchell	4626	4	1	-	Douglas Cohen	2784	3	-	-					
Butch Pemstein	4527	3	3	-	Carlo Innocenti	2654	2	-	-					
David Wean	4429	3	-	-	Cynthia Zabin	2579	-	-	-					
Marc Baskin	4366	6	3	1	Marc Webb	2465	5	2	-					
Joseph Tavilla	4311	1	1	-	Gary Smiley	2370	4	-	-					
Gabor Demjen	4306	7	4	-	Rudge McKenney	2282	-	1	-					
Dave Stefanovic	4289	1	3	1	Ed Hoffer	2232	-	-	-					

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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781-890-1212

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

- 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/MembershipInfo.htm>
or mail the changes to our Membership Coordinator at the address above.