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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 12 • December 2008

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## Holiday Party

Friday, December 5

Come kick off the Holiday Season with the CRW Holiday party. The party will take place on Friday, December 5, at the Bedford Old Town Hall. We have arranged for use of the spacious "Great Room", which is located on the upper level of this newly renovated 1856 town hall. This venue allows for guests to enjoy a wine and beer bar, a dance floor, and festive music. You will also be treated to a lively photo show, consisting of favorite CRW photos submitted by CRW members, and have the opportunity to sign up to lead a ride.

The Harpoon Brewery will be sponsoring the event with a donation of their beer.

We will also honor our worthy volunteers with the volunteer awards at this event.

Each adult guest is asked to either bring one dish to share, or leave the cooking to us by making a \$12.50 contribution. Your \$12.50 contribution will be used to purchase additional food and ensure that we have a varied selection. Either way, registration is required. Please indicate what dish you plan to bring, if any. Children under 12 attend for free. Reserve your spot online here:

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

We will be providing more details as the date draws near on this page:

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

The occupancy of the room is limited to 100 people, so if you plan to go, you should register early. If you elect to pay, you must have sent a check or completed a PayPal transaction to be registered.

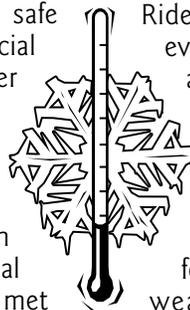
## Keep On Riding!

by Eli Post

The vast majority of cyclists put their bikes aside as soon as cold weather arrives, but others find winter riding to be a great form of exercise and a challenging experience.

Winter riders have learned that safe riding in cold weather means special attention to clothing and other matters, which are addressed in an accompanying Safety Corner article (page 8). Dressing properly is essential to comfort and safety, and handling a bike on slippery surfaces requires additional skills. After the challenges are met however, winter cycling can become more routine, and a wonderful way to enjoy the cold weather.

The Club's Winter Ride Program starts in December. The Saturday Morning Fitness Ride, and regularly scheduled Sunday



Rides continue through the winter, even in severe weather conditions, and Saturday Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side. The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant experience. Between December and March make a point of checking [www.crw.org](http://www.crw.org) toward the latter part of every week for winter cycling opportunities.

## Jerseys 'R Us

Just in time for the holidays, we have a new shipment of jerseys. There are women's jerseys and a limited supply of sleeveless in both men's and women's. We still have plenty of CRW hats. Allow several days for shipping.

You can order them here:

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

or contact Ken Hablow ([khablow@khgraphics.com](mailto:khablow@khgraphics.com), 781-647-0233 before 9PM, no Sunday calls)

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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
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
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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
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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.....	Linda Stevens.....	774-215-0421
Safety Coordinator.....	Pierre Avignon.....	978-510-1021

### RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Eli Post.....	617-306-1838
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

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

### INTERNET STAFF

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

## “ Bicycle Quote

A pedal, most likely, has left a malformed Nike logo on my right shin, and blood's already running into my shoe. The cut probably needs a few stitches, but already I feel proud of the comments the wound will trigger back in the office on Monday.

Eric Eckel, "Mas Fina", collected in "Bicycle Love"



-ADVENTURE CYCLING

**BE COURTEOUS**

**STAY  
TO  
THE  
RIGHT**



## CRW Board Minutes

November 4, 2008

### In Attendance

Board Members (8): Michael Aarons, Don Blake, Eli Post, Cindy Sragg, Bill Widnall, Janet Tortora, Jack Donohue, Marilyn Hartman

Others: Stephen Cohen, Frank Murphy, Rosalie Blum

### Minutes (Janet Tortora)

Minutes from the September 2, 2008 meeting were approved.

### Reports of Officers, Coordinators, and Standing Committees

#### President (Michael Aarons)

CRW President Michael Aarons has appointed Marilyn Hartman to serve the remainder of Rich Levine's term until 2009. The Board is looking for an Executive Vice President, please contact Jack Donohue if you are interested in serving on the CRW Board.

#### VP of Rides (Eli Post)

Eli Post, VP of Rides, reported that there were rides held on every Saturday and Sunday all season. Sometimes there were multiple rides! Thanks to all CRW ride leaders for their contribution to the club. Eric Ferioli will be leading the Winter Rides.

#### VP of Finance

Michael Aarons presented the current budget to the Board.

### Membership Coordinator

1009 current memberships, 1214 current members

### Old Business

#### Holiday Party (Eli Post)

Eli Post reported that the invitation has been sent out and there has been a good response. The party is being held on Friday, December 5th and is capped at 100 people.

### New Business

#### Member Awards

Jack Donohue presented the nominees for the CRW Volunteer Awards. The Board voted on the awards which will be presented at the Holiday Party.

#### LAB Member Contribution

Don Blake requested that CRW make a contribution to LAB (League of American Bicyclists). The LAB is an advocacy group for cycling and is instrumental in providing club insurance. The Board determined that the contribution will be decided in conjunction with the grant awards.

#### 2008 Grants

Bill Widnall presented a list of potential groups for CRW grants. The Board discussed the list and will vote by email.

The next Board Meeting will be held on January 6, 2009 from 7:00pm to 8:30pm at the St. Paul's Church Library, Bedford, MA

Respectfully Submitted  
Janet Tortora  
Secretary

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# Recurring Rides Calendar

These rides are held every week unless indicated

## Wednesday Wheelers



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

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

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

**Start:** Location Varies.

**Directions:** The ride coordinator sends ride

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

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

## Saturday Morning Fitness Ride

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

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

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

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

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

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



# December 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.

## Something in Common

*Sunday - December 7*

**Times and Routes:** 10:30 AM

**Ride Type:** Cue Sheet, Map

**Description:** Join us for the first Winter Ride of the Season, and a taste of rides to come. This is the season to share in the fun. Meet at the monument in the middle of the Cambridge Common

**Leaders:** Eric Ferioli (781-235-4762)

**Start:** Cambridge Common, is north of Harvard Square. 1500 Massachusetts Avenue, Cambridge

**Directions:** Harvard Square, Cambridge is accessible from Memorial Drive, and Storrow Drive, as well as the MBTA Red Line.

## Bare Natick

*Sunday - December 14*

**Times and Routes:** 10:30 AM

**Ride Type:** Cue Sheet, Map

**Description:** Route goes to the southwest through pretty roads in Dover, Medfield, Millis, and Sherborn.

**Leaders:** Eric Ferioli (781-235-4762)

**Start:** Natick Common, at the intersection of Rt. 135 and Rt. 27, Natick

**Directions:** From Route 128, take Route 9 West approximately 6.5 miles to Route 27 south to the Natick Common.

## Holliston

*Sunday - December 21*

**Times and Routes:** 10:30 AM

**Description:** Enjoy scenic roads west of Boston.

**Leaders:** John Goeller (508-429-2832, [goeller@gmail.com](mailto:goeller@gmail.com))

**Start:** Holliston High School. 384 Hollis Street, Holliston

**Directions:** Take Route 16W or 126S to Holliston. From the junction of Routes 126 and 16 in Holliston (near Bertucci's Restaurant), follow routes west 3/4 mile into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left.

## Seasonal Disorder

*Thursday - December 25*

**Times and Routes:** 11:00AM for 8-33 miles depending on weather conditions.

**Ride Type:** Cue Sheet

**Description:** Easy terrain with a couple of moderate hills, lots of lakes in residential Winchester, Woburn, Burlington, Lexington and Bedford.

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

**Start:** Horn Pond parking lot Lake Avenue, Woburn MA

**Directions:** From 128 take Rt. 3 SOUTH, Exit 33A (Cycle Loft exit). Head east for approximately 3 miles. Just after Whole Foods, turn left onto Pond St. (This turns into Lake Ave.). The parking lot is approximately 1/2 mile on the left at the pond. It is located directly across the street from University Apartments, 48 Lake Avenue, Woburn MA. There are two commuter rail stops in Winchester located approximately 1 1/2 mile from the ride start.

**Note:** Light refreshments will be served after the ride.

country roads. See through the trees. As I rode the long route today (Friday), I was mesmerized by the sheer beauty of this place we call home: the blue sky, the bright crimsons, fiery oranges and blinding yellows dancing on the sparkling waters of the many lakes and streams along the way. These are trying times. Come enjoy the fresh air of what promises to be a perfect New England winter day. After the tension of the past two weeks, we are sure the Knot Maynard Ride and getting together with friends (old and new) will be just the medicine you need. Contact Ride Leader before Thursday, December 25, to request GPS files.

**Leaders:** Everett Briggs (617-968-2205, [feed.the.dream@comcast.net](mailto:feed.the.dream@comcast.net))

**Start:** Concord-Carlisle Regional High School, 500 Walden St, Concord

**Directions:**

**From Boston:** Rte. 2 to Rte. 126. Turn right at lights. School driveway on left at bottom of hill

**From Waltham Area:** Rte. 128 North to Rte. 2. Take Rte. 2 West to Rte. 126. Turn right at lights. School driveway on left at bottom of hill.

**From Lexington and North of 128 Belt:** Rte. 128 South to Rte. 2. Take Rte. 2 West to Rte. 126. Turn right at lights. School driveway on left at bottom of hill.

**From Lowell Area:** Lowell to Chelmsford, Carlisle to Concord. Enter Concord Center from Lowell Road. Through Center on Main Street to Sudbury Road. Left on Thoreau Street. School Driveway on right.

**From Western Mass:** Mass Turnpike to Rte. 495 Exit. North to Rte. 2 East. Turn left at Rte. 126. School driveway is on left.

**Note:** Rain cancels - if in doubt, check here for last minute update on the morning of the ride.

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

## Behind the Scenes

by Eli Post

For twenty bucks you become a member and get to go on organized rides, but a lot more goes on behind the scenes. The Club, and many of its members individually, is connected to other cycling related organizations that promote the sport. We also help out those who visit the Boston area and seek advice on where and when to ride. My email address is posted on the CRW website and I am often asked for cue sheets or information about riding. Here's an example, one that tugs at the heart.

A physician from California, who had just returned from a tour of world famous France ascents, including Mt Ventoux, contacted me. He was in touch with Stephane from Marseille, who was staying at the Ronald McDonald House in Brookline with his wife and 7-year-old daughter Lily who had been diagnosed with a rare form of lower spine cancer and undergoing treatment at a medical facility here, one of three locations in the world with the right equipment. Stephane is a cyclist, and I was asked if we could arrange for him to ride while he was here. To make the task more interesting, I was also informed that he does not speak a word of English nor did he have any biking gear or clothing with him. Not to worry, the Club has many hidden resources.

Pierre Avignon, the CRW Safety Officer is a fellow cyclist, and is French, although he has lived here for many years. Pierre called Stephane and started the ball rolling. He and I made a few calls and members came through. We were able to secure a bike the right size, a helmet, as well as clothing that fit, more or less.

One Saturday morning, Pierre, who lives in West Newbury, drove to Brookline, picked up Stephane and his bike, and went to a ride start in Newton. CRW was celebrating the 600th Saturday Fitness Ride (quite a milestone, considering that this happens year round no matter what the weather). There was a good turnout and Stephane met a lot of people, including a few linguists in the club who have cycled in France. They rode the 42-mile ride in a small group. "Stephane killed us" Pierre reported.

Pierre has a daughter the same age as Stephane's, and was especially touched by this experience. He met the entire family and "they seem to be in great spirit and so appreciative that a facility like the McDonald House hosted them, and the hospital took care of them so well." I believe Stephane feels the CRW took care of him as well. ☺

## New Welcome Members

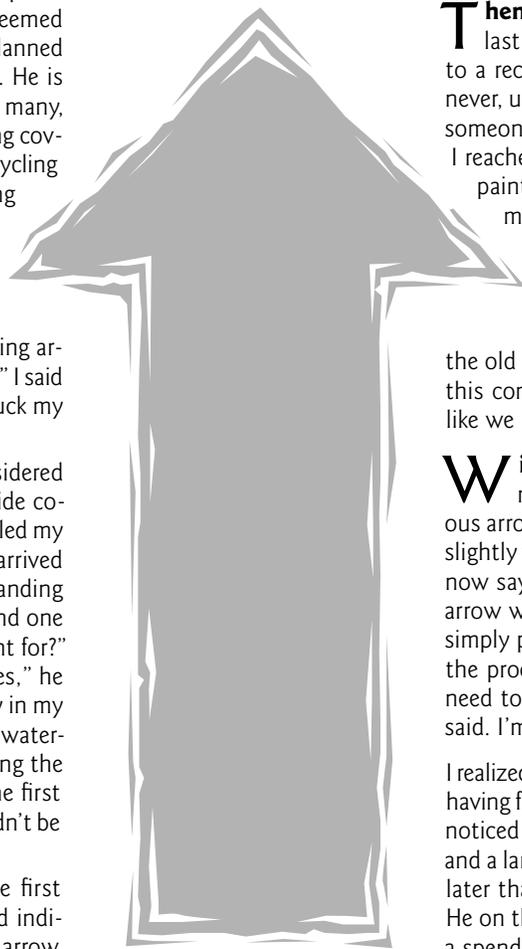
Greg Allen, Perky Nellissen	Millis
Joel Bauman	Cambridge
Joe Bernard	Tewksbury
Marc Cecere	Wellesley
Lisa Curran, Karl Schilling	Bedford
John Galante	Malden
Ron Hadar	Dover
John Hosken, Nancy Friedlander	Chestnut Hill
Karla Labbe	Newton Centre
Scott Limanek	Brookline
Julie Marcal, Conor Mckenzie	Arlington
Jan Murray	Abington
Arnold Robbins	Cambridge
Terry Snyder - Pransky, Glenn Pransky	Sudbury
Andy Spitzer	Cambridge
Richard Steinberger, Victor Steinberger	Waltham
Ricardo Tejada	Norwood
Ed Thomas	Reading
Theodora Van Roijen	Cambridge
Ron Whitehead	Gloucester
Bob Wolf	Lincoln



-ADVENTURE CYCLING

# Shaping of a Bold Arrower

by Kimberley Fitch



**“Make sure that you wear old shoes,”** my friend suggested. “By the end of the day, your shoes will be covered in paint. Actually, you should consider wearing old clothing, too. You will get paint all over the side of your body. It’s unavoidable”.

In one week, I was due to arrow a ride for the first time. Even after having received instruction directly from the most highly respected arrower in the industry (I attended Ken Hablow’s “Arrow Like an Expert” class), I still hadn’t yet touched a bottle of spray paint. Somehow, the prospect of arrowing a ride seemed overwhelming. Thankfully, my ride co-leader planned to coach me on my maiden arrowing venture. He is a seasoned expert, who has arrowed rides for many, many years. I asked him about the risk of getting covered with paint. He said, “a little paint on your cycling shoes is considered a badge of honor among CRW cyclists”. At this point, I questioned the wisdom of my decision to volunteer.

**A few days before** my arrowing debut, it was suggested that I “practice” painting arrows on a piece of cardboard. “Practice painting arrows?” I asked myself, “How difficult can this be?” I said “thank you for your helpful suggestion,” and stuck my nose back into the novel that I was reading.

The day arrived. I awoke, and seriously considered staying home to iron instead of meeting my ride co-leader at the designated time. Eventually, I tackled my fear, and left my house for our meeting point. I arrived 20 minutes late. I found my ride co-leader standing proudly, armed with six cans of white paint, and one can of black paint. “Say, what’s that black paint for?” I asked. “Eraser paint. In case we make mistakes,” he said. He handed me the black paint can to carry in my bike bag. I placed a can of white paint in my water-bottle cage. “Now remember, we’re not painting the Sistine Chapel,” he said, as we approached the first intersection. “There’s no reason why we shouldn’t be able to complete the arrowing today”.

**Three policemen were standing** at the first intersection, along with two plain-clothed individuals. And, we hadn’t even laid down a single arrow. Perhaps we stumbled upon a crime scene. Or, maybe the authorities were expecting us. In any case, we didn’t wait to find out. We skipped the first intersection, and decided to revisit the crime scene at the end of the day.

Everything went great for the first three miles, as I watched a practiced hand, gracefully, yet swiftly, place each arrow. Finally, he delegated an arrow to me. My hand shook a little. My execution was not relaxed, and the result appeared clumsy and juvenile, but to my relief he merely glanced in the direction of my arrow, and continued on.

He delegated more arrows to me. I honestly feel that things started to improve a very small amount with each new arrow, even though it wouldn’t necessarily be visible to the casual observer. However, I was

struck by the differences between his arrows and my arrows. His arrows - bold, confident, and clear. My arrows - lopsided, tentative, and blurry. I was even more surprised by the inconsistencies among my own arrows. How could this be? Each new arrow seemed to have a completely different identity than the last.

But eventually I do think that I got somewhat better. At least I gained speed. I know I gained confidence. I worked through my fears. “This is nothing!” I said to myself. “Anyone can do this!” I realized.

**Then it happened.** We came upon an old arrow from last year’s ride that needed to be “eliminated” due to a recent ride restructure (I learned that one would never, under penalty of death, paint over an arrow from someone else’s ride). “I’ll take care of this one,” I said. I reached into my bike bag to extract the black eraser paint ... but it was gone! Vanished. Disappeared. It may have fallen out of the bag, or perhaps I never placed it into the bag in the first place. To this day, I still don’t know. In any case, the black paint was no longer there. My co-leader suggested that I simply paint the new arrow over the old arrow, thereby negating the old arrow. “Won’t this confuse people?” I asked. “At this point, it looks like we have no choice”, he said.

**With panic-stricken hands,** I worked slowly and meticulously to paint over the existing erroneous arrow. When I was finished, the old arrow was still slightly visible underneath the new one. However, I can now say with complete confidence that this amended arrow was the best arrow I had painted so far. I didn’t simply paint an arrow. I rectified a faulty arrow, and in the process I created a near perfect work of art. “We need to move on, it will get dark soon” my co-leader said. I’m not sure if he noticed my masterpiece.

I realized that I didn’t want the day to end, because I was having fun. I really was... at least until I looked down and noticed a considerable amount of paint on both shoes, and a large smear of paint on my right knee. I found out later that there was another spot on my left ear lobe. He on the other hand, looked as if he had just finished a spending spree on new biking shoes and a matching jersey. Not a spot of paint appeared anywhere on his entire body. “How did you escape unscathed?” I asked. “Left-handed people generally have an easier time with this,” he said.

**Now I know it’s true. Anyone can arrow.** If you would like to lead an arrowed ride or simply help a leader to arrow, you can get guidance by visiting [www.crw.org](http://www.crw.org). Click on “Resources”, then the “Ride Leader Resources” tab. There you will find helpful information, including the Ride Leader Guidelines, which provides instruction on arrowing. Also, you can volunteer to help arrow and enrich yourself as I did. E-mail the VP of rides, Eli Post ([elipost@comcast.net](mailto:elipost@comcast.net)), for details. Hope to see you out there! 🌀



# Staying Warm, Safe, and Upright on Winter Rides

by Bob Zogg

**T**he arrival of colder weather doesn't have to end your cycling season. While winter can present some special safety challenges, with a little preparation you can ride safely and comfortably throughout the chilly months.

Before heading out on a winter ride, take a few extra precautions. If not on an organized ride, leave your planned route with someone, or ride with a friend. Be flexible—wait for good weather conditions. Select shorter routes and leave yourself bail-out options in case weather conditions worsen. As always, carry ID, emergency contact information, and your insurance card (or photocopies of these items).

Dress in multiple, thin layers so you can adjust your clothing as you ride. Stick with synthetics, wool, or silk materials. Leave all cotton at home, from your base to your outermost layer. While no material is particularly warm when wet, damp or wet cotton will suck heat from your body, which at best will make you miserable and at worst will put you at risk of hypothermia. Your outer layer should block wind and be a bright color for greater visibility. Choose a helmet that can be easily adjusted to accommodate a hat or balaclava. Use wind-protective eye-wear. Switch to goggles when it gets really cold.

Keeping hands and feet warm in winter can be particularly challenging. "Lobster gloves" (that keep two fingers together) often work well, and provide adequate dexterity. Before heading out, be sure your hand wear allows you to operate

brakes and shifters. You can extend the season for your summer bike shoes by duct taping the vent holes, adding booties, or using chemical warmers. Extra socks can help, but only if your shoes are large enough to avoid a tight fit. Winter riding shoes are best. They have no vents, cover the ankle, and provide ample insulation. Whatever your footwear, be sure you can walk comfortably and safely under winter conditions.

Don't overdress—you'll warm quickly with exercise. Adjust clothing as you ride to minimize sweating. Add clothing if you don't warm up

**Dress in multiple, thin layers so you can adjust your clothing as you ride. Stick with synthetics, wool, or silk materials.**

quickly after starting out. Stop only briefly at the top of hills (to add a layer, if needed, for the descent). Take breaks at the bottom of hills so you'll warm up more quickly as you climb.

Eat and drink plenty—riding in winter burns more calories, and cold air sucks moisture from your lungs. Pick foods that you can chew in the cold. Freeze-protect liquids by warming them at home and using insulated bottles (even a sock over your bottle will help). A hydration pack (such as Camelbak™) worn under your outer layers works well.

If you start to get cold, act quickly. Add layers, eat, and drink. If that doesn't do it, seek a warm shelter, even if you have to knock on a door, call a friend, or call a taxi.

Even if the roads are generally clear, you may encounter slippery conditions, such as black ice (melted snow that re-freezes on the road surface) or snow or ice in shaded areas. If you don't have time to steer around slippery spots, simply coast over them, traveling in a straight line, your body relaxed but with most of your weight on your feet, and avoid braking.

It's good to keep a "beater" bike for sloppy winter days—perhaps one with an older steel frame, moderately priced wheels, and an internally geared hub or single-speed drive. Sanded, salted roads and dirty melt-water demand that your bike have full fenders, with a front mud flap reaching almost to the road surface to keep crud off your feet and your chain. (You can bolt on a mud flap cut from a plastic orange-juice bottle.) Studded snow tires are available, in case you plan to ride when roads are snowy or icy. They're slow on clean pavement,

so it's best to mount them on a second bike or on a spare pair of wheels. Sealed bearings, or bearings packed full of grease, will help avoid premature wear. Lubricate brake and derailleur pivots, quick releases, cables, chainwheel bolts, etc. so they won't seize up. After riding on a sloppy day, rinse your bike well with clean water. Combining rim brakes, aluminum rims, and winter grime results in faster rim wear, so check rims occasionally. Hub brakes (drum, disc, roller, or coaster) don't pose this problem.

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

## 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

## Useful Links on the CRW Web Site

[www.crw.org](http://www.crw.org)

### The latest news

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

### Updates or cancellations to the CRW monthly rides

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

### Ride cue sheet library

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

### Ride starts for club rides

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

### WheelPeople Safety articles

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

### The CRW picture Gallery

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

### Useful bicycling related links

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

### Past Little Jack's Corner columns

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

# Hospitality!

by Eli Post

**A**fter ride parties are a special treat, and can transform a ride into a more memorable event. Many of our ride leaders have a tradition of opening their homes to riders after the ride, and we owe them our appreciation. Here are some examples from this past season.

Julie and Brian Sullivan hosted a ride out of the Honey Pot Orchard, the family business, and offered returning riders hot apple pie, donuts, hot dogs and cider. They made a lot of riders happy.

Wes and Linda DeNering start a ride by their home in Ashland, and they have a party afterwards. Fresh turkey with all the fixings was just the start. Linda's cookies were heavenly, and one rider was seen carrying some off in a plastic bag. Shame on him.

Ellen Gugel is a first time ride leader, who designed one hilly ride in Westborough, but it was well worth the climbs to be greeted by her husband's beer-tasting party after. Steve could not have been more gracious, and the beer was terrific. My favorite was the brown.

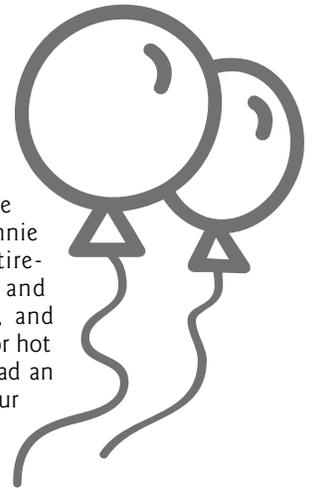
Connie Farb was my predecessor as VP Rides

and she and her husband Mark took time off to build a house in Sudbury. Connie came out of retirement, and she and Mark led a ride, and invited us back for hot soup. We also had an opportunity to tour their impressive new house.

Mike Hanauer has been having his annual party long before I joined the club, and it is a well-attended event with hot-dogs and other goodies.

Bill and Sheila Widnall have hosted a July 4th ride for many years and invited all riders back to their home in Lexington for a cookout and pool party. For many of our members the Widnall party is the 4th and a fine tradition it is.

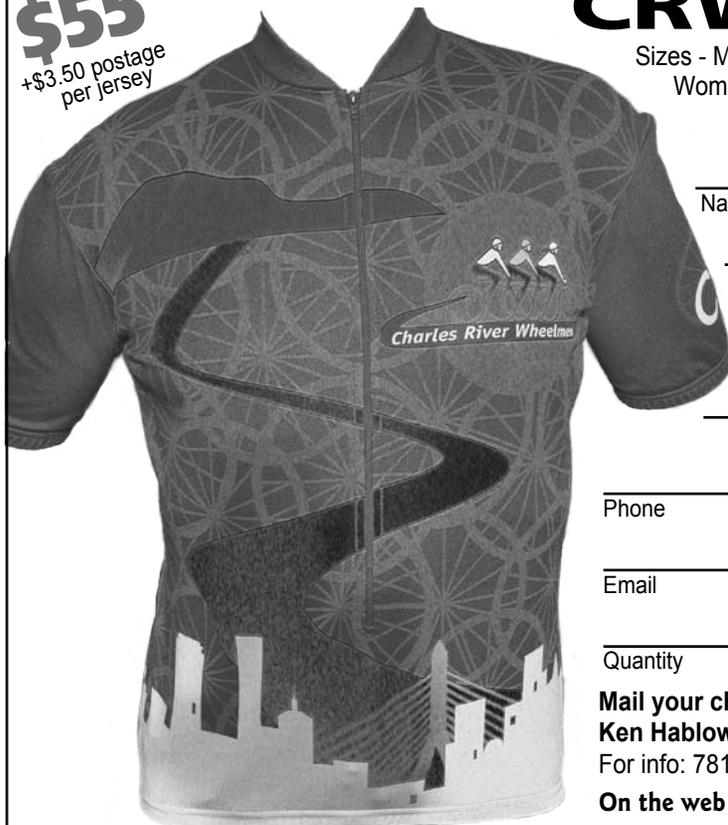
Members should look out for these parties, and we encourage other ride leaders to offer them if their circumstances allow. ⚙️



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# Little Jack's Corner

by Jack Donohue



I've been hanging around the bike weirdo lunatic fringe for many years and I always figured I fit in. In summer I'm all pasty white where the jersey and shorts are (no thongs for me). Winter I'm all scarred and bruised from innumerable FDGBs on snow and ice. On any given day there's a good chance I have a black greasy chain tattoo on my right leg (or both if I've been on the tandem).

Most of my laundry consists of bike shorts and jerseys.

But lately, there are growing signs that I am no longer worthy of this august group.

I've given up all aspirations of riding a fixed gear bike. Not only do I have no desire to ride a fixed gear, I'm starting to find it incomprehensible that anyone does. The only thing that seemed remotely good about them is no exposed moving parts to get clogged up with salt, sand and snow in the winter. But then my old bike I used to ride on my paper route had the same advantage AND you could coast. Of course, there is a large measure of sour grapes here because regardless of whether or not I wanted to ride a fixed gear, the fact is that I couldn't, for the same reason I can't cross country ski or do technical mountain biking, total lack of coordination. I've developed all sorts of clever ways of achieving FDGBs, I don't need another one.

I've decided that riding in the rain really isn't all that much fun. Ditto for snow, sleet, and the other New England things. I still get caught in the occasional downpour (if you listened to the weather and didn't ride when there was a chance of rain you'd never leave the house), but I no longer go out in it. In fact, I've started looking forward to rainy days as "days off."

I've started taking car rides, nay soliciting them, to and from bike rides. In the old days, I would gladly ride to the ride when the getting to and from was almost as much mileage as the ride itself. Now if I can cadge a ride, I'm more than happy to do so.

I've started to enjoy riding slowly. Now, don't get me wrong, I'm still not ready to throw in with the smell the roses crowd, but I'm starting to think that the gasping for breath, tongue hanging out style of riding I'm used to maybe isn't quite as much fun as I once thought. Case in point. I was leading an Appalachian Mountain Club ride. I had planned to ride in the front, but as the ride was starting, after asking people about fifteen times to sign the release form, several laggards emerged. Since everyone was chafing at the bit, I decided to let my coleader lead the group out while I dealt with the problem children, so I ended up sweep. At first, I wasn't sure I could stand the leisurely pace but it was actually, dare I say, enjoyable.

I'm starting to think that short rides are OK. In the old days, I wouldn't consider donning my bike shorts for less than a 50-ish mile ride. Now, my standard is the Friday night ride which comes in at around 27 miles (which coincidentally is almost exactly my round trip commute). And I have yet shorter routes in the 18 mile range all the way down to the 10 mile Tour de Blake (riding over to drop off checks at Don Blake's house and back).

So, bye bye bike geeks, hello middle America. ⚙️

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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

## 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; 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](mailto:membership@crw.org).

# October 240917

## MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Jim Krantz	9732	9	6	6	Frank Aronson	4240	7	5	-	Bill Widnall	1835	2	-	-
Don MacFarlane	9530	9	-	5	Mike Kerrigan	4086	1	-	1	Dick Arsenaault	1783	-	-	-
Bruce Ingle	9364	10	8	5	Joe Repole	4075	10	10	-	Greg Tutunjian	1684	-	2	-
Pamela Blalock	8916	10	4	3	Joseph Moore	4022	4	2	-	Christopher Smith	1670	-	-	-
John Bayley	8695	10	4	3	Peter Knox	4001	4	-	1	Mike Hanauer	1591	-	-	-
Jack Donohue	8529	-	-	1	Brett Serkez	3839	1	6	-	John Kane	1384	-	-	-
Glen Reed	8447	3	7	3	Alison Sheridan	3754	7	4	-	Jeff Luxenberg	1324	-	-	-
Steve Robins	7579	-	-	2	George Ulrich	3650	2	1	-	Susan Grieb	1227	-	-	-
Irving Kurki	7215	10	5	1	Janet Tortora	3617	6	1	-	Elaine Stansfield	1133	-	-	-
Otto DeRuntz	6868	8	3	-	Lisa Weissmann	3522	5	-	-	George Caplan	842	-	-	-
Susan Raye	6463	7	7	-	John Springfield	3371	1	8	1	Jacob Allen	7	-	-	-
Richard Taylor	6316	10	10	-	Carlo Innocenti	3251	2	-	-					
Chris George	6153	-	-	-	Douglas Cohen	3122	3	-	-					
Paul Hardin	5882	7	2	-	Rolf Budd	3118	3	1	-					
Fred Meyer	5768	10	4	-	Chris Lennon	3064	3	-	-					
Don Mitchell	5084	4	2	-	Marc Webb	2691	6	2	-					
Butch Pemstein	4884	3	3	-	Gary Smiley	2593	4	-	-					
Dave Stefanovic	4824	2	3	1	Adam Auster	2463	3	1	-					
Peter Brooks	4789	9	6	-	Erik Husby	2462	4	1	-					
Joseph Tavilla	4710	1	1	-	John Allen	2368	-	-	-					
Gabor Demjen	4568	7	4	-	Dale Conui	2050	2	3	-					
Craig Weiner	4475	6	3	1	Bill Hanson	2012	-	-	-					
Cynthia Snow	4305	4	2	-	Jean Orser	1970	2	-	-					

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

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

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

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect. In addition, I agree to cycle in a safe, courteous, and lawful manner when participating in CRW rides, and to encourage the same among fellow members and CRW guests.

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Name(s) \_\_\_\_\_

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Phone (eve.) \_\_\_\_\_ (day) \_\_\_\_\_

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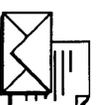
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