


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

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GPS Technology – A Tool For Cyclists

by Eli Post

The ancients would look to the heavens for signs about what might happen on earth. Auroras, comets, and meteors were deemed omens and the sky was studied fastidiously. Modern observers have a very different set of expectations as the heavens now routinely and predictably respond. The Global Positioning System (GPS) is a powerful navigation system developed by the United States Department of Defense. It uses a constellation of satellites that transmit precise microwave signals, and enable GPS receivers to determine their current location, the time, and their velocity.

GPS is now making its way into cycling, and will ultimately have a profound influence on rides. There are several brands available and they generally work in the same fashion, although each has its features and shortcomings. Some of you may be thinking about purchasing a GPS or are just curious. Here we address the models which support navigation functionality and turn-by-turn directions.

The instrument works much like those now found on automobiles showing upcoming turns and other information, but without the voice prompts. It frees you from the tyranny of the cue sheet, allows you to wander side roads, and adapt to detours on the fly. It makes it possible to easily navigate a new or strange route, and if you are traveling you can find routes online. The GPS is also accurate, and depending on availability of satellites, it can even show you which side of the road you are on.

If you know the route or have a cue sheet, it might take an hour or so to plot a 50-mile route on your computer with the provided mapping software. For cycling routes, which often show a preference for scenic and interesting roads, one may need to plot the individual turns. The com-

pleted route is downloaded to the instrument, which can be mounted on your handlebars.

It is truly an amazing piece of cycling equipment, which can add convenience and enhance the riding experience, but a few words of caution are necessary. The software is quirky, not completely intuitive, and will prove frustrating to those lacking comfort in matters related to technology. The cost is also a hurdle for many, as you currently need to spend upwards of \$200 for a bike capable system that will navigate you through the roads. Unless you do long solo rides, lead many rides, or are a gadget freak, you might be better served by waiting, especially when GPS becomes smaller, cheaper and hopefully when you don't need engineering skills to operate one. I am however committed and find my GPS essential equipment, despite cursing it on occasion.

There are a wealth of free routes available online. In fact, many of the 200+ CRW rides have a file, created by CRW member Paul Hardin, which can be transferred to a GPS unit with a GPS mapping program such as the Delorme programs or Garmin MapSource. Please visit www.crw.org/CueSheets. Paul helped with this article, and he can be contacted at CRWGPSGUY@comcast.net if you have specific questions. ⚙



IT'S THE LAW!

Not many of you need to know the exact requirements or plan to read the complete text of the Massachusetts laws pertaining to bicycles. You should however be generally familiar with your rights and your responsibilities. There is a concise summary located at <http://massbike.org/bikelaw/> that is worth reviewing, and remembering when you are out riding.

Perhaps the most misunderstood and least followed requirement is that you must ride single file unless passing. Be forewarned that some towns are now enforcing this requirement. You must also obey all traffic laws and regulations of the Commonwealth, which includes traffic lights and stop signs. You don't get a free pass because you lack an engine. Now that winter is here, remember that you must have your headlight and taillight on if you are riding anytime from 1/2 hour after sunset until 1/2 hour before sunrise.

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

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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.

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	Chris Tweed	781-830-1368
Wednesday Wheelers	Helen Greitzer	508-358-4668
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	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
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The Wind to your Back, Or Not!

by Eli Post

Don Alison wanted to try a new ride. It was to be a "Last Chance Century" on the South Shore for those wanting one more opportunity for a long-haul ride. We scheduled it for a Saturday in mid-November, but weather suggested Sunday might be the better day. Unfortunately, the day began with light rain and I assumed no one would show up and began thinking of when we could next run it. Later in the day, I received an email from Don, which bears testimony to the hard core among us that rides on the edge. Here's Don's ride report.

When I got up for the Last Chance Century ride today, my first thought was "No way anyone will show up." Despite the mild temperatures, it was still raining (lightly), and the skies were dark and ominous.

But five other riders did in fact show up. I had mentally checked out on doing the ride, but had to change that outlook quickly. Not surprisingly for a century in mid November, all five had the look of serious riders, and that was confirmed when they lit out of the Stop and Shop parking lot as if they were racing for a million-dollar prize. I was nearly left behind on my own ride before the Fore River Bridge crossing at 1.5 miles.

Everyone says they have been on rides in which there is a "headwind both ways," but in this ride it really did happen. A warm southerly wind in the morning changed to a cold Northwest wind of more than 25 miles per hour as we headed back toward Quincy at the halfway point in Kingston/Carver. That made the ride very tough. One guy peeled off early and I suggested a shortcut to another tiring rider (which he gladly accepted), but the other four of us did the full route.

We left the parking lot at 8:15 a.m. and were back a little after 2:30 p.m. That's what you call a quick and tidy century ride. We stopped once (at mile 44) for about 20 minutes. I was open to another respite later on (in fact was looking forward to it), but the others seemed intent on forging ahead. I felt the wind would be at its worst in the final quarter of the ride, in which was heading directly northwest-and it was. The last few miles, back over the bridge and through Quincy, were the worst, as if nature was determined not to let us complete the ride without a fight.

Another amazing aspect to this ride was that hardly anyone ate anything. I had a Gatorade and few bites of Powerbar; that was it for the entire 100 miles. The others seemed to be subsisting on an occasional gel and water. No picnic lunches anywhere to be found.

I have had a pretty decent year of cycling, but

CRW Board Minutes

December 4, 2008



In Attendance:

Board Members (5): Michael Aarons, Don Blake, Eli Post, Cindy Sragg, Bill Widnall. Other: Andy Brand, Steve Cohen.

The December 5, 2008 Board Meeting was a special meeting called by the Board to discuss and decide upon the 2008 CRW Grants after email discussions of the topic by the Board proved inconclusive.

The Board unanimously voted to increase the 2008 Grants budget from \$6,000 to \$10,000.

The Board discussed each of the grant applicants in detail and after careful deliberation voted on, and unanimously passed, the following 2008 Grants:

- Boston Bikes (City of Boston) - \$3,000
- Friends of the Bruce Freeman Rail Trail - \$1,000
- Massachusetts Bicycle Coalition (Mass-Bike) - \$1,000
- The League of American Bicyclists (LAB) - \$1,000

- Trips for Kids Boston - \$1,500
- CYCLE Kids - \$1,500

The Board also voted unanimously to allocate the remaining \$1,000 of the 2008 grants budget to be used at the discretion of the Board prior to the 2009 Grant awards to fund any existing or new grant recipient as it may see fit.

The Board wishes to thank all of the 2008 grant applicants and the members who nominated them.

The Board also expressed its thanks to Bill Widnall for his extensive work in interviewing, researching, and disseminating information to the Board about the grant applicants.

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

Respectfully Submitted
Michael Aarons
President

New Welcome Members

Greg Allen,	Millis
Perky Nellissen	Cambridge
Joel Bauman	Tewksbury
Joe Bernard	Wellesley
Marc Cecere	Bedford
Lisa Curran, Karl Schilling	Malden
John Galante	Dover
Ron Hadar	Chestnut Hill
John Hosken,	Newton Centre
Nancy Friedlander	
Karla Labbe	

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

got a wakeup call in this ride. The other three were much stronger riders than me, at least on this day. They kept dropping me during those final 25 miles and I struggled to catch back up at traffic lights. I finished an Ironman triathlon this past summer, and found this ride was much harder. We averaged 17 miles per hour into the wicked headwind, which challenged us almost the entire way.

It is a very nice route though. There was not much traffic at all and a lot of good scenery: the ocean, mansions, and cranberry bogs, as well as several runners and a few other hardy cyclists. The ride would be far more enjoyable on a nicer day, however. And, I might add, at a bit more relaxed pace. ☺



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: Helen Greitzer (508-358-4668, helengreitzer@hotmail.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 Helen

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. ⚙️

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



January Rides Calendar

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

Happy New Year

Thursday - January 1

Times and Routes: 11:00 AM

Description: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Leaders: Eric Ferioli (781-235-4762)

Start: Boston Common, Park Street and Tremont Street, Boston - <http://tinyurl.com/5mrfhy>

Directions: The Boston Common is accessible from Route 93, Storrow Drive, and the Mass Pike.

Cunningham Park

Sunday - January 4

Times and Routes: 10:30

Ride Type: Cue Sheet, Map

Description: A ride along the Quincy shore guaranteed to add some color to your nose. Note: if there is snow, there is the option of cross-country skiing in Cunningham Park. This ride was originated by Jim Merrick, who moved to Maine because the Massachusetts winters were too mild.

Leaders: Eric Ferioli (781-235-4762)

Start: Cunningham Park, 75 Edge Hill Road, Milton.

Directions: From Rt. 128/93 South take Rt. 28 North about 3 miles, turn right on Pleasant St. 1 1/2 miles to Cunningham Park on the right.

Round Westford

Sunday - January 11

Times and Routes: 10:30 AM for 35 miles

Ride Type: Cue Sheet, Follow the Leader

Description: We'll be recycling the northern part of the classic "Another Side of Carlisle" ride. Actual route taken is weather dependent. If the temperature is reasonable and the condition of the back roads of Carlisle is not "packed powder" we might add a few miles.

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

Start: Bedford library, 7 Mudge Way, Bedford MA

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the driveway on the left.

Coffee Shop Tour -

**Petes Coffee Shop(Lexington) To
Cinnabon(Chelmsford)**

Sunday - January 18

Times and Routes: 10:30 for 36 miles, shorter ride of roughly 25miles

Ride Type: Cue Sheet, Map

Description: Get your favorite coffee from Petes Coffee place in downtown Lexington and get back to the Lexington Greens and be ready to go at 10:30am. Besides Petes I think there is also a Starbucks or D&D in downtown Lexington. We will ride on back roads going north towards Chelmsford, we will cut thru the Great Brook Farm State Park and arrive after about 20 miles at Drum Hill in Chelmsford where we can enjoy some hot drinks at the local Cinnabon which is near Starbucks (Panera is across the street). We will take a different route going back, much easier to follow, faster, half of which will be on Rt225. A shorter cue sheet and map will be offered for a roughly 25miles ride for those who want to finish before 1pm. To contact me please email to bogie_january2009@nordia.us

Leaders: Bogie D (978-761-0574 email preferred)

Start: Lexington Green, 1893 Mass Avenue, Lexington

Directions: Exit 31 off Rt128, and take Rt 225 towards Lexington until you see the Minute-man statue on your right (right before downtown Lexington)

Larz Anderson Ride

Sunday - January 25

Times and Routes: 10:30 AM

Ride Type: Cue Sheet

Description: This is the ride developed for the CRW 40th birthday. Starting in Brookline, it heads out to the western suburbs.

Leaders: Eric Ferioli (781-235-4762)

Start: Larz Anderson Park, 15 Newton Street, Brookline

Directions: From the West: Take 128 to Route 9 east, towards Boston. You will eventually pass the Chestnut Hill Mall on your left side. Five or six lights after the mall, you will come to the intersection of Route 9 and Chestnut Hill Avenue and Lee Street, take a right onto Lee Street and follow to end. At the end of Lee Street, take a left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left on Goddard Ave. Park is 1/4mile on the right. From the East: Take Route 9 west, towards Newton. After you pass the Brookline Reservoir on your left, take that left onto Lee Street, follow Lee St. to the end. At the light turn left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left onto Goddard Avenue. Park is 1/4 mile on the right.

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

Little Jack's Corner

by Jack Donohue



I park my bike in the hall at work, and usually its only companion is the soccer net. Monday, I came down to leave and there were two other bikes there, they seemed to be sprouting like mushrooms. One was a generic fat tire mountain bike, but the other one caught my attention. It was an ancient Schwinn ten speed (yes, that's ten total), complete with stem shifters and safety levers. Good, I thought, more bike commuters. Then I realized that the forecast predicted heavy rain and I got a bit of it towards the end of my ride, so those that left later were in for a real drenching. I felt bad that this would put a damper (pun intended) on future bike commuting, and didn't really expect to see either bike there again, but the next day there was the old Schwinn again. Unfortunately, the weather was like a replay of the day before only worse. I had almost gotten home when the skies opened, thunder and lightning, drenching rain, and again, my mystery commuter would be in for the worst of it.

Then I thought maybe the owner had just brought it in to ride at lunch, and he or she wouldn't get drenched after all. No, that's not very likely, this bike is clearly for transportation and no other purpose. There are groups that ride at lunch but they all have serious bikes and wouldn't be caught

dead on the Schwinn (or probably not on my commuter bike either).

On Wednesday, there it was again. Looks like the owner had survived the trial by fire. Or more like the trial by water. It was there again on Thursday, chain had acquired a nice patina of rust by now. I bailed early since there had already been an afternoon shower, and it looked likely there would be another one. Looked like ten speed owner was in for another wet one.

I tried to imagine the history of the bike. Was it languishing in someone's garage for twenty years, somehow surviving a myriad of spring cleanings because the owner had fond memories and couldn't bear to part with it.

Despite some really iffy weather (this was the summer the sun never shone) the Schwinn showed up pretty regularly for a few weeks, and I was thinking we had a real convert here. Then it went missing for a while, and I thought maybe its owner was on vacation. It didn't reappear though, and I had to conclude that Schwinn owner had gone over to the dark side (either that or bought a real bike that has a more secure home). ⚙️

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

The New Member

by Kimberley Fitch

No one notices him. He quietly appears at the ride start and cautiously hovers near his recently waxed car. He is somewhat nervous, yet well prepared. Some may argue even a little bit too prepared. His bike tires are pumped, water bottles filled, and his helmet is perfectly adjusted. After a final review of his cycling inventory (power bar-check, money-check, tire levers-check), he confidently clicks his remote vehicle lock. All set to go.

He glances at his watch. He is discomforted to find that twenty minutes remain until the ride start. Twenty long minutes. Minutes consumed with nothing to do, but stand there. Our friend bends down over his bike and pretends to fix something.

The buzzing of excited voices permeates the school parking lot as other riders begin to arrive. One couple loudly announces that they have forgotten water bottles, and yells to the group parked on the other side of the lot. "Have you guys ever tried to insert your travel coffee mugs into your water-bottle holders?" A response comes from yet another corner of the lot. Apparently, this was tried before, but without success. Others join the echo of voices. The final verdict involves use of duct

tape. Our friend sees a role of tape fly over the top of five cars (including his), and land near the feet of the desperate couple, who quickly go to work to retrofit their water-bottle holders. He steps back into the shadow of his car and stares at his bike computer.

Other people begin to arrive with only five minutes to spare. Bikes fly off of roof racks the clatter of individual voices blends into an incomprehensible frenzy. Miraculously, all riders organize themselves and circle around the ride leader in time for the 9:26 AM pre-ride talk.

One would have to look closely to pick out our friend, so well camouflaged was he by the surrounding spandex-clad huddle. He listened carefully to the ride leader, even through the interference of a dull hum emanating from behind him (apparently, the duct tape scheme had already failed, and other proposed solutions were being attempted). Riders began to exit the lot, and our friend was careful to morph exactly into the middle section of the middle-paced group and ride at a medium pace. We leave him for now.

Let's face it. With over 1,300 members, it's easy for a new member to get lost in the crowds. It can be difficult for seasoned members to introduce themselves to new members and, instead, converse only with friends.

For sure, I don't feel qualified to talk about ways to make new folks feel welcome. I'm

guilty of rarely introducing myself to new members. I consistently search the crowd for folks I know, rather than extending a welcome to folks I don't know. After all, what's more comforting than a familiar face? But, recently I've decided to take a good hard look inside myself. I emerged with the belief that my behavior can change. Frankly, it doesn't take much to make an introduction. A little extra effort, perhaps, and a new person will be more likely to feel comfortable and ride with the club in the future. At a minimum, I've decided to try and become more aware of people who are obviously newcomers, and to make an effort to welcome them into the club.

Now, back to our friend. He completed the ride. He rode solo, without event-until shortly after stopping to extract a twig from his wheel spokes. When he began to pedal again, a woman caught up from behind, and introduced herself. They began to converse, and our friend found a cycling partner for the remaining 10 miles of the ride. Because of this positive experience, our friend decided that he might yet try another CRW ride. He rides with the CRW to this day. Someone reached out to a new member, and it really made a difference. Perhaps you will consider doing the same.

Thanks to Marilyn Hartman, CRW Volunteer Coordinator, for suggesting the topic for this article. ⚙️

November

2	7	4	7	1	0
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MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Jim Krantz	10263	10	6	6	Craig Weiner	4852	6	3	1	Rudge McKenney	2301	-	1	-
Don MacFarlane	10183	11	-	5	Joe Repole	4702	11	11	-	Bill Hanson	2279	-	-	-
Bruce Ingle	9975	11	9	5	Frank Aronson	4530	7	5	-	Jean Orser	2210	2	-	-
Pamela Blalock	9519	11	4	3	Cynthia Snow	4508	4	2	-	Vic Marcus	2185	-	-	-
John Bayley	9312	11	4	3	Joseph Moore	4412	5	2	-	Bill Widnall	1938	2	-	-
Jack Donohue	9231	-	-	1	William O'Hara	4350	6	1	-	Christopher Smith	1863	-	-	-
Glen Reed	8815	4	7	3	Erik Husby	4291	4	1	-	Greg Tutunjian	1780	-	2	-
Steve Robins	8409	-	-	2	Peter Knox	4183	4	-	1	Mike Hanauer	1606	-	-	-
Irving Kurki	7800	11	5	1	Brett Serkez	4148	2	6	-	John Kane	1491	-	-	-
Otto DeRuntz	7470	9	3	-	George Ulrich	4000	3	1	-	Jeff Luxenberg	1373	-	-	-
John Higley	7142	11	7	2	Lisa Weissmann	3738	5	-	-	Susan Grieb	1250	-	-	-
Susan Raye	7024	8	7	-	John Springfield	3640	1	9	1	George Caplan	869	-	-	-
Chris George	6794	-	-	-	Henry Marcy	3467	2	1	-					
Richard Taylor	6705	11	11	-	Rolf Budd	3458	3	1	-					
Paul Hardin	6230	8	2	-	Walt Drag	3447	-	-	-					
Fred Meyer	6229	11	4	-	Carlo Innocenti	3353	2	-	-					
Marc Baskin	5431	8	3	1	Glenn Ketterle	3332	-	-	-					
Don Mitchell	5417	4	2	-	Cynthia Zabin	3305	-	-	-					
David Wean	5366	3	-	-	Chris Lennon	3188	3	-	-					
Peter Brooks	5281	10	6	-	Gary Smiley	2788	4	-	-					
Butch Pemstein	5237	3	3	-	Marc Webb	2746	6	2	-					
Gabor Demjen	5012	8	4	-	Ed Hoffer	2680	-	-	-					
Dave Stefanovic	5012	2	3	1	John Allen	2590	-	-	-					

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

Keep On Spinning

by Eli Post

A few year's back Wayne Douglas started a "Thursday Fitness and Fun Ride" out of West Bridgewater, which is not exactly a central location. However, Wayne attracted a dedicated group that came week after week. The group stayed together even though the ride was arrowed, and weekly emails reporting on the previous ride helped build a sense of group cohesion. Cookouts after a few of the rides also played a part in making all feel welcome.

Alas, the shorter days of winter brought the Thursday ride to an end, but one of the regulars, Kieran Fennell, would not have it that way, and he came up with an ingenious idea to keep the group spinning.

Hello Everyone,

Yes we will continue our Thursday Evening Ride in the garage! Starting next Thursday 11/20 at 6 PM. The address is 29 Windsor Dr. Whitman. We will plan on an hour group ride and nobody will get left behind. Bring your bike, trainer and some warmer clothing we will be out of the wind

but the garage is not heated. Let me know if you have any questions.

See you on Thursday,

Kieran

I'm sure many of you have spacious garages or equivalent, and might consider bringing your cycling friends together so you all can keep spinning during the cold weather. We would even be pleased to post the "ride" on the CRW website. ⚙️



A Touring Life

By John Springfield

The 1976 Cross Country Tour

Recently I came across a scrapbook and journal of my 1976 cross country bike trip. The journal was never meant to be "public". Rather, it was "notes to myself". But reading it 32 years later was interesting on many levels.

First, it showed how meticulously prepared I was for this solo journey "into the wild". Second, I had forgotten how hard it was on my body and mind to complete the trip. Third, my old fashioned 10-speed steel framed bike performed admirably.

But, of course, this adventure would not have been interesting without "adventure". There were washed-out roads, broken spokes, extreme temperature changes, and saddle sores. New to the far west, I was amazed to find a desert in Washington state and vast plains in Montana. The mighty Mississippi River was only 100 feet wide in Bemidji, Minnesota.

In 3200 miles, I met only 6 other touring bicyclist. My contact with people were mostly motel owners. I expected the northern plains to be "most empty" of towns and stores. But it was the Upper Peninsula of Michigan that was the "most remote".

But, most importantly, my journal notes reveal the thoughts of me as a young man. When you're in your 20's, lean, and in shape, you feel you can do anything. So, I invite you into my 1976 world, my trip of a lifetime, by going to this website:

<http://www.crazyguyonabike.com/doc/4509>

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790 Worcester St. (Route 9),
Natick

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276 Turnpike Road, Westboro

508-836-3878

890 Commonwealth Avenue,
Boston

617-232-0446

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

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Join/Renew The Charles River Wheelmen

New Membership Renewal Please Check one

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

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

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

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

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

In addition, I agree to cycle in a safe, courteous, and lawful manner when participating in CRW rides, and to encourage the same among fellow members and CRW guests.

Date _____ Date of Birth _____

Signature(s) _____

Name(s) _____

Address _____

Phone (eve.) _____ (day) _____

e-mail _____

We sometimes allow bicycle-related companies the use of our membership list.
Check this box if you don't want to receive mailings from these companies.

I would like to receive my monthly issue of WheelPeople as:

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

Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
Household	\$25	\$48	\$70	

Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to: Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.

I'd like to help with the activities checked below. Please have someone contact me:

Ride Leader Publicity Legislative Action Safety Membership
 Newsletter Host a post-ride party Special Events Other _____



Change of Postal or E-mail Address?

Submit the changes at our web site: <http://crw.org/MembersInfo.htm>
or mail the changes to our Membership Coordinator at the address above.