


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXIII, Number 2 • February 2009

Where Are the Kids?

by Eli Post

Most of the Club's ride leaders are older riders, and there are precious few under forty. We filled the ride calendar this season, and I have no complaints about the support we've had from our ride leaders, but I can't help be curious why we have many young riders but not young volunteers. There's been very little young blood in the running of the Club lately, and in the spirit of making the Club more inclusive and sharing the work that make our services possible, I have to ask where the kids are? Are they busy elsewhere, raising young children or possibly not yet ready to give back. While I am happy to see the same dedicated ride leaders continue to make their contribution, any organization has to recruit new leadership to continue to provide its services.

So this is a call to the younger riders in the Club to get more involved, and to become engaged in the life of the Club. There are hundreds of clichés about how it is better to give than receive, but my own experience is that there is gratification and fulfillment in making a contribution to the Club's work. I would be happy to expand on this to anyone who is interested or needs more motivation, and hope the volunteer spirit is not dying. Perhaps you've been meaning to volunteer, but don't know where to start. Just email me at elipost@comcast.net and you might be

surprised at how easy it is to get going.

CRW is an organization of volunteers, and they are our most valuable asset, for without them quite literally nothing would happen. We would have no website, no newsletter, and especially no rides. Help us out and get more involved. You will find it rewarding, and actually fun.

Bikers with Forks series continues!!!

Please come and enjoy an evening of food, drink and camaraderie with fellow cyclists!

When: Thursday, February 12th



Where: Not Your Average Joes, 645 Mass Ave, Arlington, MA

Time: 6:30 congregate for drinks/socializing; 7:00 sit down for dinner

RSVP [mandatory] by Tuesday, February 10th

Contact Cindy Sragg at ginger@rcn.com or 617-987-8778 to RSVP or ask questions.



A Winter Ride Experience

by Eli Post

Winter riding offers many challenges and for those in the Club who keep their wheels rolling year-round, it can be a rewarding experience. I am a fan of winter riding and encourage others to join me, but at the same time recognize that this end of the sport is not for everyone. Most riders simply do not wish to deal with the cold weather so they hang up their wheels, and wait for the early signs of spring.

Tough calls come up frequently in winter cycling, but it is not necessarily fraught with peril. However, ice on the road requires extra care.

If you do ride in winter however, there are considerations specifically associated with the season. Often a judgment call has to be made on the spot to decide whether road conditions are acceptable or might make riding hazardous. In fact, sometimes it is not clear and no single decision is the right one. Here's an illustration from a recent ride. An impromptu Saturday ride was planned, as reasonable weather was forecast early in the week, but an ice storm the day before changed that. There was roughly 4" of rain in two days, and temperatures plunged. It caused a power disaster if you lived north

Safety Corner - Continued on page 11

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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			

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Marilyn Hartman	2009	781-935-9819
Eli Post	2009	617-306-1838
Raúl Raudales	2010	978-937-3460
Cindy Sragg	2010	617-987-8778

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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
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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	Helen Greitzer	508-358-4668
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@yahoo.com)	
Administrator	Barry Nelson barrynelson@alum.mit.edu

New Welcome Members

Kim Antonellis, Donato Antonellis	Brighton
Dorene Calmus	Framingham
Gail Foley	Bedford
Allison Geuder	Boston
Sherry Gordon, Stephen Smith	Concord
Jon Grand	Brookline
Laura Johannes	Dorchester
Anthony Leonardi	Somerville
Robert Manning, Yasmina Vinci Manning	Boston
Liz Palacios	Lexington
David Reid	North Easton
John Vanscoyoc	Chestnut Hill

CRW Board Minutes

December 4, 2008



Present:

Rosalie Blum, Don Blake, Eli Post, Steve Cohen, Marilyn Hartman, Jack Donohue, Andy Brand

Minutes:

The previous meeting's minutes were accepted.

Reports:

Rides (Eli)

The 2009 weekend rides program is in good shape. Dates for the three century rides have been reserved. A ride leader party will be scheduled in the spring. Eli will continue an initiative to publicize rides from other local clubs that are complementary to our own.

Financial:

No report

Membership:

Statistics for November 2008: 1010 current memberships, 1215 current members

New Business:

- Jack Donohue and Stephen Cohen were unanimously elected president and vice-president respectively for 2009.
- Steve has formed a committee aimed at increasing the social aspect of CRW activities with a particular emphasis on making these activities more welcoming and inclusive for new members.

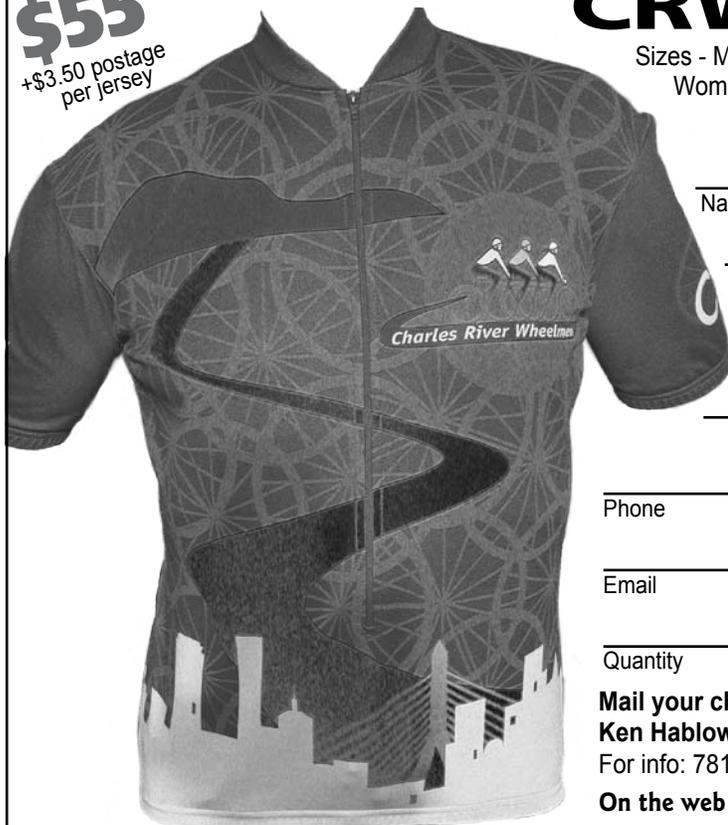
The next board meeting will take place on Tuesday March 3, 2009 at 7:00PM in the library of the St. Paul's Church Bedford, MA.

Respectfully submitted,
Stephen Cohen
Secretary

\$55
+\$3.50 postage
per jersey

CRW Club Jersey

Sizes - Mens short sleeve: M, L, XL • Men's sleeveless: M, L
Womens short sleeve: XS, S, M, • Women's sleeveless: XS, S



Name _____

Address _____

City _____

State, Zip _____

Phone _____

Email _____

Quantity _____ Size(s) _____ Total \$ _____

**Mail your check, made out to CRW, and this order form to:
Ken Hablow, 35 Longmeadow Road, Weston, MA 02493**

For info: 781-647-0233 - or - khablow@khgraphics

On the web at www.crw.org - Click on About CRW > Merchandise



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. ⚙️

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



February 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.

Holliston

Sunday - February 1

Times and Routes: 10:30 AM

Description: Enjoy scenic roads west of Boston.

Leaders: John Goeller (508-429-2832, 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.

Willetts Pond Wayfare

Sunday - February 8

Times and Routes: 10:30 for 42 and 20 miles

Ride Type: Cue Sheet

Description: Recycled GEAR ride and then some. Short ride goes through Wellesley, Needham, Dover and Westwood. Long ride adds Walpole, Norwood and Sharon.

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School. 50 Rice Street, Wellesley

Directions: From Rt. 128 Exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley



Hills past clock tower on right. Continue on Rt. 16 through intersection at lights of Forest St (on left) and Rockland (on right). Take next left at green sign for school (about 500 ft) onto Rice St. Continue to school. Parking lot is just past school, entrance to lot is at the far end of the lot.

Coffee Shop Tour -- Lexington Revolutions

Sunday - February 15

Times and Routes: 10:30am for 17 and 30 miles

Ride Type: Cue Sheet, Map



Description: I love Pete's Coffee shop in downtown Lexington ... especially Sumatra coffee ... especially on this weather :-)

The Lexington Revolutions ride is a classic and I think this is a perfect ride especially for this weather. Bring helmets, big gloves, face mask, tube and pump, bike tool, bring some warm liquids in your water bottles CUE SHEET 30 mi <http://crw.org/cgi-bin/cues2htm.pl?id=110> CUE SHEET 17 mi <http://crw.org/cgi-bin/cues2htm.pl?id=111> To contact me please email to bogie_january2009@nordia.us

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

Start: Clark Junior High School. 96 Brookside Avenue, Lexington

Directions: Take Route 2A East from Rte. 128.

Take a right at the light at Waltham St. After 0.2 mile take a left on Brookside Ave. and follow the road to the parking lot at the school.

Bruce's Birthday Ride

Sunday - February 22

Times and Routes: 10:30 for 20 or 35 miles

Ride Type: Cue Sheet

Description: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkinton, and Ashland. The long ride is 35 miles with 2010 of climbing and adds Millis and Medway. Post Ride party at Bruce's house.

Leaders: Bruce Ingle (508-877-1045 before 8PM, bruceingle@rcn.com)

Start: Framingham Center Green. 32 Edgell Road, Framingham

Directions: From the east: take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126, bear right at the Staples/Walgreens plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left.

From the west: take Rt. 9 east. Approximately 2 miles past the Sheraton Tara Hotel, bear right at Framingham State College exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.



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

38th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 12-14, 2009

Join us for this classic Vermont tour, biking 100 miles from Ludlow to Waterbury on Saturday, and returning on Sunday. (That's 200 total miles.) Although the route follows the valleys as much as possible, there is some serious climbing (sometimes over 10% grade) to get over the ridges. The weather is unpredictable (could be rainy 40 degrees, or a very humid 95 degrees). But, hey, this is a tour, and you like challenges! We stay on numbered state roads, with varying traffic and road conditions. Travel through the Green Mountains, passing by farms, country stores, ski areas, and quaint small towns. You need to be in shape to enjoy this tour, so make sure you have completed a few century rides before this trip. Helmets are required.

Cost of \$145 covers Friday and Saturday night lodging (double occupancy), Saturday continental breakfast, Saturday night supper, Sunday breakfast, Sunday after-ride showers, an official patch, a map, cue sheet, and baggage support. You are responsible for all other food along the way. Be prepared to fix your own flats and make minor repairs. Bring a touring bike with fenders (unless you don't mind the "skunk streak" of riding in the rain). Strictly limited to 25 riders.

For info and registration form, email John Springfield at: spring6@comcast.net.

Tour of Northeast Kingdom, VT (TONEK)

This is a club three day weekend July 16, 17 & 18 at the Craftsbury Outdoor Center (COC). The Center is an athletic facility that caters to rowers, runners and cross-country skiers. They

provide dormitory lodging in double rooms with lounges and shared baths.

The lounge includes a big screen cable TV suitable for watching the Tour de France. Breakfast and dinner are healthy and delicious, all you can eat meals served cafeteria style. Beer and wine are sold on site at the Center office/store. I have stayed there many times; it is fun to stay with other athletes, even if not cyclists. The lake swimming and kayaking are welcome after a day of riding. You will see and hear loons.

The rides options include loops from Craftsbury to Newport (75 M); Lake Willoughby (60 M) Orleans/Barton (50 M) and Sunday's shorter ride to Hardwick (40 M). All the routes include breathtaking scenery and hills! I will provide cue sheets and GPS routes for all rides. Traffic is minimal. All the routes can be shortened. The Newport route can be lengthened, by taking a Rail Trail to the Canadian border.

The trip cost is \$340 per person and includes a shared room for three nights, breakfast and dinner, happy hour before dinner on the dining room porch. Lunch will be at general stores; the cost is not included. Reserve as early as possible, because we are competing with others for space in the dorm. Call Peter Brooks at 617-833-0087 or email p.brooks@rcn.com for more information.

Cycling Results Measured in Toll-House Cookies

A Paper for Submission to the
American Journal of Medicine

by Gregory P. Lee

I have never been much for counting calories. It's not a manly thing to do, and besides, as a kid I had a black hole in my leg that forced extraneous calories into some alternate dimension. Or maybe I had a skinny metabolism. I'm sure my doc would prefer that rather simplified explanation.

Well, we manly men know what happens to a skinny metabolism as we age. It becomes a pudgy metabolism. Yes, I have evidence of a pudgy metabolism in my current figure.

Yesterday (December 4, 2008), I completed my 2524th mile for 2008, as we get into the

swing of the holiday season. It occurred to me that I deserved a few extra Toll House cookies as a result. I arbitrarily decided on the number 436 as the number I had burned off. Today, my strange little mind asked me, "How many Toll House cookies' worth of calories have you REALLY burned off this year?"

Well, in the Internet age, it's easy to derive such matters while sitting at one's desk. Here it is.

A perfect Toll House cookie made from a plastic tub of dough purchased at the store contains 130 calories (70 from fat).

A moderate level of cycling for a 195 pound man burns 708 calories per hour. I upped that to 750 per hour, as I weigh in at 215 (down from 230!), and most of my hours have been on my 42-pound bent.

I spreadsheet my minutes cycled, distance, and so on to keep some statistics. I have cycled 218.9 hours this year, and thus have burned 164,175 calories. Dividing this by 130, I can now reliably state that I have burned off 1262.884615 Toll House cookies so far in 2008.

Time to get baking. I have a clear Toll House deficiency in my diet. ☺

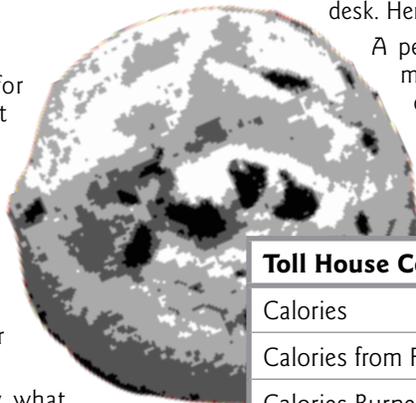


Figure 1: Toll House Math

Toll House Cookies	
Calories	130
Calories from Fat	70
Calories Burned Per Hour Cycling	750
Hours I have Cycled 2008	218.9
Total Calories Burned 2008	164175
Toll House Cookies I Have Cycled Off	1262.884615



HANGING IN HONOR ROLL FOR 2008

To qualify, you must have sent in your mileage for at least five years, one being this year.

We've got quite a few newcomers this year, so welcome Henry Marcy, Craig Weiner, John Goeller, Darrell Katz, Frank Aronson, Janet Tortora, Otto DeRuntz, Richard Taylor, Jim Krantz and Glen Reed.

Name	Years	Average	Total	Name	Years	Average	Total	Name	Years	Average	Total
Melinda Lyon	24	15453	370877	Ken Hjulstrom	22	3013	66285	Bill Hanson	12	2843	34114
Jack Donohue	27	10076	272049	David Wean	12	5440	65276	George Caplan	27	1200	32408
Robin Schulman	21	8055	169163	John Kane	29	1881	54536	Joseph Tavilla	7	4415	30905
John Bayley	13	12333	160330	Doug Cohen	14	3877	54281	Otto DeRuntz	5	5644	28221
Pamela Blalock	15	10353	155289	John Allen	21	2538	53289	Gary Smiley	7	3622	25352
Dave Jordan	19	7331	139298	Jeff Luxenberg	28	1845	51648	Janet Tortora	5	5011	25053
Paul Corriveau	18	7463	134342	Dick Arsenaunt	11	4690	51587	Cynthia Snow	9	2658	23920
Mike Kerrigan	15	8683	130251	Steve Robins	6	8418	50509	Frank Aronson	5	4434	22169
Bruce Ingle	14	8387	117420	Gabor Demjen	12	4149	49787	Darrell Katz	5	4186	20929
Glenn Ketterle	21	5559	116748	Glen Reed	5	9193	45964	John Goeller	5	4120	20600
Peter Knox	17	6680	113567	Bill Widnall	11	4057	44626	Lisa Weissmann	6	3260	19559
Joe Repole	23	4902	112752	Jim Krantz	5	8885	44424	Craig Weiner	5	3725	18627
Ken Hablow	18	6090	109628	Paul Hardin	6	7218	43305	Cynthia Zabin	9	2017	18155
Peter Brooks	17	5335	90703	John Springfield	29	1411	40925	Henry Marcy	5	2979	14896
Jean Orser	14	6148	86069	Susan Grieb	23	1714	39412	Marc Webb	6	2448	14688
Irving Kurki	14	6094	85314	Butch Pemstein	7	5494	38459	Elaine Stansfield	9	1629	14658
Don MacFarlane	8	9739	77912	Chris George	6	6234	37405	John Loring	15	848	12719
Ed Hoffer	19	4064	77211	Marc Baskin	9	3914	35229	Greg Tutunjian	9	1317	11849
Mike Hanauer	27	2672	72152	Richard Taylor	5	6880	34399	Jacob Allen	16	209	3343

Let Us Know What You See!

by Eli Post

Ride participants provide a valuable service when they take the time to report out of the ordinary situations. We ride leaders do our best to provide a safe and pleasant ride, but sometimes events occur which we are not aware of.

We welcome all suggestions, especially if you see something that causes you concern, something we should change, or something we might do differently. The only thing we ask when you provide criticism about a ride is that you also suggest a constructive (and realistic) way to address the issue. Criticizing someone else's hard work is easy; suggesting constructive ways to improve it is not. We're always trying to make our ride program safer and more interesting. Any comments you share with us will be taken seriously.

Usually the feedback we receive is overwhelm-

ingly positive. However, over time we have noticed a pattern to many of these concerns, and thought it would be a good idea to address the most frequently received comments:

The ride was not arrowed! Our Sunday rides during the regular ride season (April-November) are all arrowed as are the recurring rides, but this is not required for our Saturday rides, although some are. If you have ever arrowed or helped to arrow a ride, you know that the process can take anywhere from hours to days and requires a huge commitment of time and effort to complete. If you were on a Saturday ride that was not arrowed, and you were disappointed, your recourse is to help us arrow. We welcome volunteers and will try to match you up with a ride leader and ride that is convenient to you. We would gladly arrow every ride if we had enough volunteers to do this.

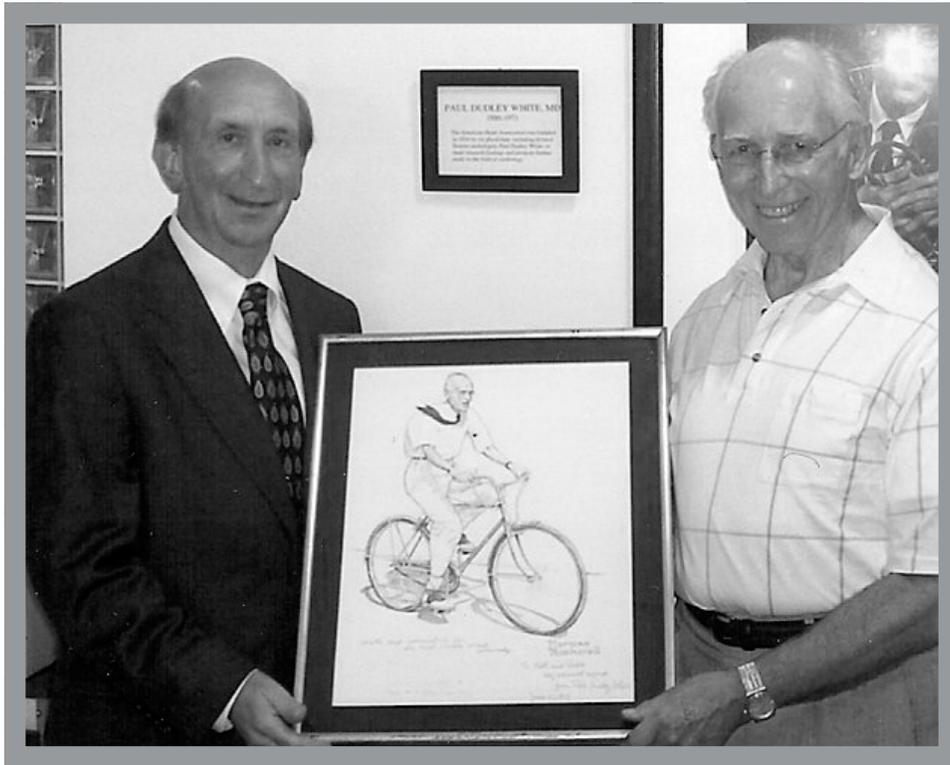
I was only 5 minutes late and the ride left without me. The ride announcements are clear about the start time, but predictably riders show up late, as the assembled group is ready to go. We understand that traffic may interfere or that the ride's start may be in unfamiliar ter-

ritory, but it is not fair to hold up those who are ready on time. Always make sure you give yourself enough time to safely get to the ride and prepare yourself to "roll".

Why were there no restrooms at the start? Many of our rides start at public places like schools or "T" Lots where facilities are not available. We should mention that renting port-a-potties is the single largest expense we incur for our century rides, but the service is not otherwise feasible.

One of the riders was not polite. Our rides are open to the public and we ask everyone to be responsible for their own behavior. We are not the police, and if you have a problem with a fellow rider you will have to deal with it on your own. Our suggestion is simply to smile at the offender and say, "Thank You". We have found that courtesy in the face of rudeness is the best solution.

Again, we're always trying to make our ride program safer and more interesting, and encourage you to share your experiences. ⚙️



Dr. White (L) and Ralph Galen (R) with the Norman Rockwell sketch

Personal Memories of a Remarkable Man

A Physician, a Bicyclist and a Visionary

by Ralph W. Galen

When President Dwight Eisenhower's family asked Beacon Hill cardiologist Doctor Paul Dudley White to treat the President following his heart attack the world learned of this remarkable man who lived quietly in Belmont and practiced his profession in Boston. My personal contact with Doctor White occurred quite by accident.

In 1969 bicyclist Hartley Alley was elected president of the LAW (the League of American Wheelmen) now known as the LAB (the League of American Bicyclists). Newly appointed as New England Vice President of the League, I decided to bicycle to the LAW National Convention in Marion, Indiana. Hartley Alley and I became acquainted at that time.

Originally from New England and with fond memories of the North Shore, Hartley asked

me to be chairman of his forthcoming 1970 LAW National Convention in Rockport, Massachusetts. Arriving in Marion, Indiana ahead of schedule and full of vigor I accepted this challenge. I then headed back toward my home in Lexington, Massachusetts following a weekend of cycling.

Shortly after my return with a "barrel" of memories I received a telephone call from the Bicycle Institute of America, a commercial branch of the bicycle industry. The caller explained that the world renowned illustrator Norman Rockwell had given the Institute a charcoal sketch of Doctor White riding his three speed bicycle. The sketch was executed using a pho-

tograph as a guide. "Could I as an officer of the League make good use of this sketch?" Without knowing what we would do with this work of art I heartily agreed to accept it.

Members of the Charles River Wheelmen and I began to bike to Rockport and back laying plans for the 1970 convention. I recall that Dwight Doyle from Brookline, Bill Wade from Scituate and other members of

the CRW as well as myself stopping at a muffin shop in Rockport to sample their cranberry muffins prior to our meeting the town fathers of Rockport. Thereafter

when we found it necessary to visit Rockport we found it necessary to visit the muffin shop.

Doctor White was a founder of the American Heart Association

The name Paul Dudley White opened doors that might not have been opened had we not temporarily owned this Rockwell sketch. The Rockport town fathers were extremely cooperative: "Could we use a Rockport fire engine in our planned bicycle parade?" they asked. Again we accepted without knowing what we would do with a fire engine.

The final piece of the puzzle was the selection of the quaint Ralph Waldo Emerson Inn as our convention headquarters. Again the name Doctor White opened the doors of the Inn. Before cycling back to the Boston area we arranged for a clam bake at the Emerson Inn as one of the key events of the convention. The remainder of the arrangements were made from my home and/or office. As an example the antique bicycle club the Wheelmen were to ride in the parade. Bob McNair from Pennsylvania the "captain" of the Wheelmen was agreeable to our invitation.

Lastly we contacted the American Heart Association in Natick, Massachusetts. "Would they be interested in working with us?" By that time we had learned that Doctor White was a founder of the American Heart Association. They appeared delighted to assist in any way that they could. As an example they suggested that little Miss Heart could ride atop the Rockport fire engine in the parade. She would be dressed in white wearing a red sash to signify the American Heart Association. Everything was now in readiness or so we thought.

The morning of the event the weather could not have been worse. As we gathered at the Emerson Inn the rain was slightly less than torrential. Our bicycle parade was put on hold and the sale of clam bake tickets of which we had reserved a certain number were not selling. Things looked grim to say the least.

At the very last moment the rain stopped; the sun came out and Rockport was at its glorious best. The big question now was "where is Doctor White?" He was scheduled to ride with us on his brand new bicycle given to him by the Columbia Bicycle Company in Westfield, Massachusetts. On the top tube of his bike was engraved the name of its owner. A bicycle had also been given to us by the Columbia Bicycle Company for Norman Rockwell to ride but we knew that the artist would not be able to attend. His wife was ill. She was recuperating at the Copley Plaza Hotel in Kenmore Square. Mrs. Rockwell a graduate of Radcliffe, had planned to attend her Radcliffe College reunion on that date.

At the last minute Doctor White arrived at the Emerson Inn. He had been making a "house call" and was therefore delayed.

At the last minute Doctor White arrived at the Emerson Inn. He had been making a "house call" and was therefore delayed. Dressed for riding and wearing a flag given to him by the American Heart Association for that purpose he was ready to ride. Each of us wore a similar flag on our arm. The parade began.

The fire engine with little Miss Heart aboard led the parade. Next came Doctor White on his gift bicycle. The Wheelmen astride their antique cycles followed Doctor White. Finally bringing up the rear were members of the CRW and guests. Our destination was the Rockport kiosk approximately one mile distant.

Waiting for us at the kiosk was our auctioneer congressman Tip O'Neill. At that time Tip had yet to become speaker of the House of Representatives in Washington, D.C. His daughter Susan was an orthodontic patient of mine. What did we have to auction?

Twelve copies of the White sketch were presented to our auctioneer as well as the two bicycles given to us by the Columbia Company. One bore the name of Doctor White and the other of Norman Rockwell. In addition, Rockport artists donated works of theirs to be auctioned off with the stipulation that if they did not sell they would be returned to their owner. All was now in readiness: Doctor White signed each copy of the Rockwell sketches as they were sold adding his personal note to each. The bicycles as well as the art work each found a new owner. In conclusion a proclamation signed by then Governor Sargent declaring this day in June as Massachusetts Bike Day was presented to

...the Rockwell sketch of Doctor White, the proclamation by Governor Sargent, and the photographs of the event especially the one of Doctor White eating his lobster are in the AHA Paul Dudley White museum in Natick Massachusetts

Doctor White. All proceeds of the auction as planned were presented to the American Heart Association. In conclusion, though we ran out of clam bake tickets we resorted to chicken dinners as a substitute.

Readers of this report will be pleased to know that the Rockwell sketch of Doctor White, the proclamation by Governor Sargent, and the photographs of the event especially the one of Doctor White eating his

lobster are in the AHA Paul Dudley White museum in Natick Massachusetts to be kept there for perpetuity. All visitors are welcome to visit the museum. Wait! There is more!

Annually Ben Olken, owner of the Bicycle Exchange at 3 Bow Street, Harvard Square arranged a bicycle ride around the Charles River Basin on the Paul Dudley White Bicycle Path. Needless to say Doctor White was always the honored guest. Also the safety officer of the Newton Police was invited to lead the ride on his motorcycle.

Following our ride we adjourned at the Harvard Boat House where Mrs. White served us tea and cookies. I recall that on one of the events Doctor White addressed this group of rag tag cyclists. Spandex had not yet come into fashion. "Now that you worked off those calories you are going to put them back on by eating sweets" said our guest of honor.

On another occasion, the City of Boston decided to expand the bicycle path from the Boston Garden to the path along the Jamaica Way. Doctor White was invited to cut the ribbon prior to our riding the path. Again as in Rockport the good doctor was late. He explained to us his reason. As he was leaving his Beacon Hill office a tourist

detailed him on the sidewalk. "Are you not Doctor White?" the tourist asked. He then walked from his office to the site of the ribbon cutting. Being a cardiologist he was careful to not ride elevators when he could walk and to cycle whenever possible. He, Norman Rockwell and Mrs. Rockwell had this philosophy in common.

Some may not know that as a visionary Paul D. White, MD brought acupuncture to the United States. On a visit to China he experienced first hand the possible benefits of acupuncture to the field of medicine.

In conclusion, Doctor White expressed the need for exercise of the crew on long distance flights. He suggested the placement of a stationary bicycle in the cockpit of each airplane so that the pilots and crew could refresh themselves both physically as well as mentally while in flight.

It is my hope that this report will help keep alive the memory of this remarkable man: a physician, a cyclist and a visionary. ⚙️

Note: My thanks to Doctor Marion Hogan, my cardiologist at the Mount Auburn Hospital. It was Doctor Hogan who suggested that I put these memories on paper.

Little Jack's Corner

by Jack Donohue



yclists don't bear illness well. We tolerate it pretty well in others, actually it supports our general theory that we are doing things right and everyone else isn't. Even when other cyclists get sick, we usually ascribe that to some fatal flaw, overtraining or eating the wrong gu, etc. We are smug in the confidence that we never get sick because we subscribe to the principles of a Healthy Lifestyle. Until we do.

I had been thinking recently that I hadn't got sick in a Really Long Time. That was of course because of my Healthy Lifestyle. Every time someone at work was out sick, I could barely control feelings of smug superiority that their illness was rooted in their imperfect lifestyle. So smug was I that didn't bother with flu shots. At work, they had given them out for free for a number of years, and I always passed. This year I actually considered it, but since I Never Get Sick, I figured, why bother? I had my annual doctor visit end of September, and in passing he offered me one, but again I declined.

So, when I finally got sick, it came as quite a surprise. I had worked at home on Tuesday and was feeling a bit under the weather, but determined to go into the office on Wednesday since it looked like the rest of the week would be bad weather-wise. Got up Wednesday AM, stumbled into the bathroom, and while brushing my teeth realized that I needed to become horizontal pretty soon or it would be done for me. Finished the rest of the brushing sitting on the toilet, and decided to lunge for the bed, which wasn't very far and seemed an achievable goal. Mrs. D was awakened by a thump to find I had executed a perfect FDGB right next to the bed. Needless to say, I did not go to work that day. So I spent the next three days working at home, venturing out only to clear the two plus feet of snow that arrived meanwhile. Mrs. D, ever sympathetic, was quick to point out that she had had a flu shot and felt fine.

Towards the end of the week, I was getting pretty bored. It had been ten days since I had been on a bike. Being bored was a good sign, since before that I had been too sick to be bored and spending all day watching reruns of the Twilight Zone seemed like a reasonable goal. So I announced to Mrs. D. I was thinking of going for a bike ride. I was prepared

for resistance ranging from "are you out of your mind?" to threatening to chain my leg to the bed with a kryptonite lock. Instead she allowed as how that might not be a bad idea, might clear out the lungs. It would either make me feel a lot better, or a lot worse. I concluded that she was so tired of me whining, muddling about and being generally pathetic that it was either let me go out for a bike ride or put me out on an ice floe. The funny thing about all this is that these are exactly the arguments I had used on her whenever she was incapacitated in one way or another. Dr. Donohue's cure for all known ills was to go on a bike ride.



So, with Mrs. D.'s blessing, I went downstairs to don my bike apparel. First, I reached into the accessories box for the wind briefs. These clever Lycra undies had a wind-impermeable nylon layer sewed strategically across the front. On top, we had polypro, wool, Lycra, and more, layer upon layer until I made the Michelin man look anorexic. Encased the whole thing in my windbreaker like a giant sausage and I was ready to brave the elements. Pumped up the tires on my winter steed when I realized I had just replaced the right shifters and the cable was too short. This would not have been a problem unless I wanted to turn left, and I suppose with a strategically designed route that could have been avoided. But I took the coward's way out and decided to ride another bike. For a moment I pondered if this was perhaps a Sign From God and I should abort

the mission. But no, I selected the Cannondale, pumped its tires up, and again I was ready to go. By this time, I had probably enough aerobic exercise as I needed pumping tires, but off I went. I was first pleased to see the roads were actually in pretty good condition. I had waited out both snowstorms, and the Christmas rainstorm that got rid of a lot of it. Next, I was happy to see that the legs still worked. It actually didn't feel that much different that a presickness bike ride, except for some additional wheezing. When I got home, the wheezing accelerated and I was beginning to think that this hadn't been such a great idea after all. But after a shower, lot of liquids, and more acetaminophen, I really didn't feel any worse, had expectorated a bunch of nasty stuff, and put an additional 13 miles on my annual mileage. Wa-hoo! 🌀

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 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/>

December

3 | 7 | 2 | 7 | 2 | 5

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	15399	-	-	-	Marilyn Hartman	4711	4	-	-	Paul Corriveau	2585	2	1	-
Don MacFarlane	10666	12	-	5	Joseph Moore	4626	5	2	-	Bill Hanson	2419	-	-	-
Jim Krantz	10626	10	6	6	Frank Aronson	4621	7	5	-	Jean Orser	2385	2	-	-
Bruce Ingle	10501	12	9	5	Cynthia Snow	4602	4	2	-	Rudge McKenney	2301	-	1	-
Pamela Blalock	10004	12	4	3	Alison Sheridan	4509	7	4	-	Patricia Manning	2020	2	2	-
John Bayley	9769	12	4	3	Erik Husby	4444	4	1	-	Bill Widnall	1942	2	-	-
Jack Donohue	9609	-	-	1	Brett Serkez	4272	2	6	-	Greg Tutunjian	1821	-	2	-
Glen Reed	9174	4	7	3	Peter Knox	4183	4	-	1	Dick Arseneault	1809	-	-	-
Steve Robins	9009	-	-	2	Mike Kerrigan	4135	1	-	1	John Kane	1631	-	-	-
Otto DeRuntz	8064	10	3	-	George Ulrich	4026	3	1	-	Mike Hanauer	1606	-	-	-
Irving Kurki	8064	12	5	1	Lisa Weissmann	3860	5	-	-	Jeff Luxenberg	1373	-	-	-
Robin Schulman	8003	-	-	-	Janet Tortora	3815	6	1	-	Susan Grieb	1250	-	-	-
Susan Raye	7430	8	7	-	Winslow Green	3747	-	-	-	Elaine Stansfield	1133	-	-	-
John Higley	7375	11	8	2	John Springfield	3747	1	10	1	George Caplan	869	-	-	-
Bob Cohen	7363	-	-	-	Henry Marcy	3703	2	1	-	John Loring	600	2	-	-
Chris George	7271	-	-	-	Richard Dweck	3642	-	-	-	Ken Hjulstrom	288	-	-	-
Richard Taylor	6873	12	12	-	Rolf Budd	3528	3	1	-	Jacob Allen	7	-	-	-
Dave Jordan	6732	-	-	-	Glenn Ketterle	3521	1	-	-					
Paul Hardin	6523	8	2	-	Cynthia Zabin	3356	-	-	-					
Fred Meyer	6429	12	4	-	Carlo Innocenti	3353	2	-	-					
David Wean	5689	3	-	-	Darrell Katz	3338	-	-	-					
Marc Baskin	5677	9	3	1	Chris Lennon	3242	3	-	-					
Don Mitchell	5639	4	2	-	Douglas Cohen	3174	3	-	-					
Peter Brooks	5638	10	6	-	Ken Hablow	2985	4	-	-					
Butch Pemstein	5526	3	3	-	Ed Hoffer	2951	-	-	-					
Gabor Demjen	5464	9	4	-	Gary Smiley	2943	4	-	-					
Dave Stefanovic	5232	2	3	1	George Manning	2782	2	2	-					
Joseph Tavilla	5160	1	1	-	Marc Webb	2780	6	2	-					
Joe Repole	5019	12	12	-	John Allen	2777	-	-	-					
John Goeller	5012	2	-	-	Darrow Loucks	2758	1	-	-					
Craig Weiner	5002	6	3	1	Adam Auster	2613	3	1	-					

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

Safety Corner - Continued from page 1

and west of 495, but just a big rainstorm if you lived close to or inside of 128. New England weather obviously does not always conform to forecasts and the morning of the ride offered quite a surprise.

Chris George, the Ride Leader, started out from Newton where roads were dry and clear. The temperature was below freezing but sunny, perfectly fine for winter riding. However as he approached the start, he tentatively decided to call off the ride due to ice on the roads. Three other riders showed up, and they debated about doing the ride when Bob Wolf, a recent convert to winter riding, rode up on his bike. He reported that roads were mostly fine but that there were stretches where they would have to walk.

Then Rich Taylor, another CRW Ride Leader, drove up and said that he had fallen on his bike on the way to the start (on a stretch where

Bob had walked). Some Good Samaritans had driven him home, where he got his van, and drove to the start to warn Chris about Tower Road where he fell. The small group ultimately decided to proceed. Chris activated his toe

Watch for dry patches where you can brake or turn safely, and learn to focus more on the road than you ordinarily would.

warmers, and they started the 29 mile ride, taking it slow to watch for ice. The four had a delightful ride, although there were several sections where walking was necessary, and there was an inconsequential low speed fall due to ice.

Tough calls come up frequently in winter cycling, but it is not necessarily fraught with

peril. However, ice on the road requires extra care. Try to avoid the ice, but if you can't, do not brake or turn on the slippery stuff. Watch for dry patches where you can brake or turn safely, and learn to focus more on the road than you ordinarily would. We hope you don't let cold weather discourage you from riding. With the proper precautions and skills development, you can stay safe in cold weather conditions. You might find winter riding far more satisfying than you ever imagined.

Postscript: A week after this ride Rich Taylor's pain from the fall sharply increased and he sought medical attention. Unfortunately, the fall generated a hairline femur fracture, which required surgery. Rich now has a screw in his leg and cannot engage in weight bearing activity for several months. We all wish him a speedy recovery.

"Safety is about choices, what choice will you make?" 

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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:

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 _____

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

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

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

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

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

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

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



Change of Postal or E-mail Address?

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