

# WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXIII, Number 4 • April 2009



## Safety Video Resources



## Marilyn Hartman - Volunteer for Volunteers

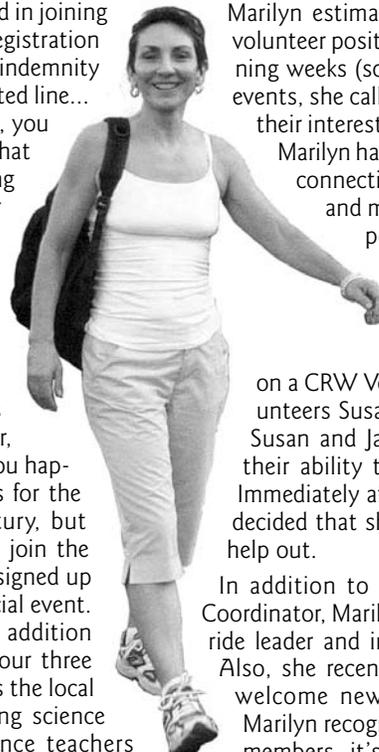
by Kimberley Fitch

The old adage that a picture is worth a thousand words has taken on new dimensions in this age of YouTube and other Web related media. The array of information available in video form is overwhelming, and bicycle safety is no exception. The number of relevant videos is staggering, including the ones that provide useful cycling safety tips and others that just might make you chuckle. We've prepared a list of some of the more significant videos, and you might wish to take a moment out and expand your safety knowledge, and perhaps enjoy yourself in the process. The videos are listed at <http://crw.org/safety/safety-video.php>

Past Safety Corner articles - Find past "Safety Corner" articles on the CRW website at: <http://www.crw.org/safety/index.php> and through the web site menu: Information > CRW Safety Page

Let's say you're interested in joining the CRW. You locate a registration form, read through the indemnity agreement, sign the dotted line... and in a moment of weakness, you check off the box indicating that you're interested in volunteering for the club. You write out your check, and send it off. Soon afterwards, you receive a phone call. "Hi, I'm Marilyn Hartman. Welcome to the CRW! I see that you're interested in volunteering..." And the conversation continues from there. Ten minutes later, you hang up. Not only have you happily agreed to register cyclists for the upcoming CRW Spring Century, but you have also volunteered to join the CRW Safety Committee, and signed up to organize the next CRW social event. You reflect on this. Now, in addition to juggling the activities of your three kids, your full-time position as the local middle school's sole remaining science teacher (the two other science teachers were recently let go due to budget cuts), and your gig coaching a community youth bowling league, you have joyfully committed yourself to take on responsibilities for the CRW. How did this happen?

Marilyn Hartman has been the Volunteer Coordinator for CRW for about five years. During this time, Marilyn has called hundreds of members to discuss volunteer positions. Marilyn's efforts are critical to the smooth operations of the club. Each CRW event requires a team of volunteers, and without Marilyn, there would be no organized volunteer management.



Marilyn estimates that she fills about 50 volunteer positions each year. Often beginning weeks (sometimes months) ahead of events, she calls members to inquire about their interests and determine availability. Marilyn has a sincere interest in making connections with her fellow cyclists and members often find Marilyn's personable approach to be irresistible.

Why did Marilyn take on this position? A number of years ago, Marilyn went on a CRW Velo Vermont trip, led by volunteers Susan Grieb and Jack Donohue. Susan and Jack impressed Marilyn with their ability to organize a fulfilling trip. Immediately after this experience, Marilyn decided that she wanted to give back and help out.

In addition to her position as Volunteer Coordinator, Marilyn is a CRW Board member, ride leader and information contact person. Also, she recently formed a committee to welcome new members into the club. Marilyn recognizes that in a club of 1,300 members, it's easy to get lost. Working with others, she ensures that each new member receives a personal welcome phone call. For many folks, this first contact serves as an important catalyst for their integration into the club. Most new members really appreciate the phone call.

Marilyn's activities (outside of the CRW) are numerous. Her lifestyle reflects continually evolving strategies to shrink her carbon footprint. She rides her bike to work most days, and competes with herself in a race to the bottom

CRW Volunteer - Continued on page 3

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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](mailto: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			
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Quarter Page	\$42.50	Eighth Page	\$24.00
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Steve Cohen	2011	617-641-9954
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

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Safety Coordinator	Pierre Avignon	978-510-1021

### RIDE PROGRAM COORDINATORS

Vice President of Rides	Eli Post	617-306-1838
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Intro Rides	OPEN	
Century Committee	Eli Post	617-306-1838
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
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For email contact go to the hot links at <a href="http://crw.org/contacts.php">http://crw.org/contacts.php</a>	

of the electricity usage grid. Each month, Marilyn strives to produce an electric bill which is lower than bill from the month before.

Marilyn is an avid fiction reader. She maintains a list of recommended books the same way that some people keep wine lists. In addition, Marilyn volunteers at her local YWCA, she creates mix-media artwork, and, when inspired, sews her own clothing.

No synopsis of Marilyn would be complete without a comment regarding plants-both the house plant and edible varieties. Most people feel that they do a decent job of caring for their plants-until they visit Marilyn's place. Marilyn's plants get more attention than the average pet. Next to Marilyn's plants, my hearty Christmas cactus (even during its prime flowering season) looks anemic. What's her trick? "It's the shower. Just like humans, plants need a shower every now and then." As a vegan, Marilyn is equally cognizant of the vegetables and other foods that she consumes. She cooks with fresh organic produce and "refers" to cookbooks, rather than follow the recipes. The result? Just ask anyone who has had dinner at her house-amazing! As a vegan, what does Marilyn do when she encounters rich chocolate cake with buttery frosting? "That's the beauty of the vegan lifestyle" she says. "It's not like marriage. You can always cheat when tempted."

CRW certainly benefits from Marilyn's determination and commitment. Thanks to Marilyn, volunteerism has improved significantly over the last five years. New members feel more welcome. Marilyn makes important connections with members due to her personal approach. So, the next time your phone rings... 

## CRW Board Minutes

March 3, 2009



**Present:** Board members: Don Blake, Eli Post, Steve Cohen, Marilyn Hartman, Jack Donohue, Andy Brand, Others: Helen Greitzer

### Reports:

#### Rides (Eli)

The 2009 weekend rides program is in good shape. Saturday/Sunday rides are set through mid-July. Dates for the three century rides have been reserved. A new member's ride is scheduled for 5/16. A ride leader party will be scheduled in the spring. The detailed planning for the spring century is on track.

#### Financial (Don)

Bulletin reproduction was the only major expense in 2/09.

#### Membership

Statistics for February 2009: 1000 current memberships, 1202 current members.

#### Old Business

The board authorized the expenditure of \$175 to help offset the cost of Dick Arsenault retirement party.

#### Membership and Connectivity

Steve presented the committee's findings/

actions since the last board meeting. CRW membership is down ~20% in 2008 vs. 2007 after steady growth from 2005-2007. As a consequence the board approved the issuance of a survey of ex-CRW members to ascertain the reasons for their departure. After the survey results are in the committee will refocus its efforts to address the issues raised. The board also approved revised new member and renewing member letters that more strongly encourage WheelPeople distribution via email vs. postal mail. Also, to improve new member connectedness to the CRW, Kimberley Fitch and Marilyn Hartman have been calling all new members to welcome them to the CRW, answer any questions, and promote the new member ride on 5/16.

#### New Business:

The board approved the following regarding bicycle trips that involve an overnight stay (a.k.a. extended trips):

New rides will be proposed (both budget and route) to the VP of Rides (or, in his absence, the President) for approval

All monies will be collected and expended directly by the trip leader. This is in contrast to current policy where all participant checks are made out to the CRW for deposit and the proceeds then sent to the trip leader.

The next Board meeting will take place on Tuesday, May 5th from 7:00pm to 8:30pm in the library of the St. Paul's Church Bedford, MA. This meeting will be our official annual meeting as stated in the bylaws, all members are welcome to attend.

Respectfully submitted,  
Stephen Cohen  
Secretary

## New Welcome Members

Tim Brandall	Billerica
Mark Coleman	Arlington
Alan Day	Weston
Mary Dygert	Somerville
Christopher Hubbard, Cynthia Spurr	Wellesley
Brian Postlewaite	Somerville
David Sobell	Dedham
Tad Staley	Needham
Mark Stephansky	Whitman

## Meet someone tastefully.

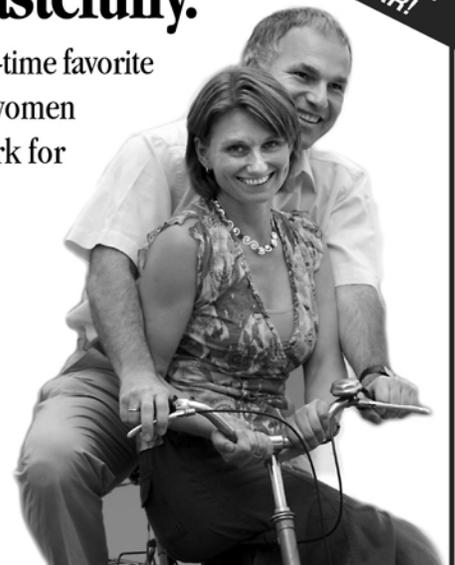
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# Recurring Rides Calendar

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:** Helen Greitzer (508-358-4668, helen@greitzer@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



## Thursday Fitness Ride and Pace Line Clinic

**Times and Routes:** 6:00 PM Sharp for routes of 17, 28 and 34 miles. First ride is April 16.

**Ride Type:** Fitness, Arrowed

**Description:** The shorter rides wind through Bedford, Concord and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride at 14 to 20+ mph. There is also an introductory pace line clinic to teach safe group riding skills for up to 6 riders. We'll start around 15 mph and pick up the pace as the season progresses.

**Leaders:** Rich Taylor (781-257-5062, richard\_n\_taylor@post.harvard.edu)

**Start:** LG Hanscom - General Aviation Airport.

**Directions:** Rt. 128 to Exit 30B (Rte. 2A West)-do not take exit for Rt. 4/225 which also says "Hanscom Field" on the sign. Go on 2A West for 1.5 miles until you come to the blinking light. Turn right at Airport Road towards Hanscom Field and bear left in 1/2 mile at the fork for the Civil Air Terminal.

**Note:** No clinic April 16, 2009

## 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. ☺





# April 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.

## Nashoba Bakery Cafe Ride

*Saturday - April 4*

**Times and Routes:** 10:30 am, 35 miles

**Ride Type:** Cue Sheet, Map

**Description:** Ride the country roads of Lincoln, Concord, Sudbury, Maynard and Acton. There is a Cafe Stop at mile 23. A follow-the-leader option will be offered. Details at the ride start.

**Leaders:** Peter Brooks (617-833-0087, [p.brooks@rcn.com](mailto:p.brooks@rcn.com))

**Start:** South Lincoln Commuter Rail Parking Lot

**Directions:** Route 128 to Route 2 West 2.2 miles to Bedford Road south to Lincoln Center. Take Bedford Road/lincoln Road 2.4 miles and make right turn past shopping center. Park at far end past shopping center lot.

## Needham to Sherborn

*Sunday - April 5*

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

**Ride Type:** Cue Sheet, Arrowed

**Description:** You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. The routes are all arrowed, and a "follow the leader" option will be offered for the 27-mile ride.

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

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

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

## TGIS

### (Thank Gawd It'S funday)

*Saturday - April 11*

**Times and Routes:** 10:00am for 53 miles or 10:30am for 35 miles

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

**Description:** The rides wind through mild rolling back roads in Concord, Carlisle, Acton and Chelmsford for those out to enjoy the scenery. The 53mi adds some hills for the fitness rider and extends through Stow, Harvard, and Littleton. We'll stop for food in Harvard. Shorter versions are also arrowed (18, 24 mile) The ride passes: the Minuteman visitor center, Great Brook Farms/Carlisle state forest, Kimball Farms (18mi), recent Carlisle 'This old house', Nagog Pond(35mi), Chelmsford cranberry bog.

**Leaders:** Paul Hardin (978-866-3040, [CRWGPSGuy@comcast.net](mailto:CRWGPSGuy@comcast.net))

**Start:** The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way

**Directions:** By car: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left and then right to go behind the library. By Bike: go to the end of MinuteMan Rail trail, continue on Railroad ave past bikeway source until just after the highschool football field (0.6 mi) take a right (on to the side sidewalk) up past the school driveway.

**Note:** Snow/Rain cancels

## North From Masconomet

*Sunday - April 12*

**Times and Routes:** 10:00 am for 25, 35, and 50 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Ride quiet, scenic roads thru small towns just west of the shore area north of Boston including Boxford, Topsfield, N.Andover, Groveland, W.Newbury, Byfield and Georgetown. There are few stores along the way so please be sure to pack adequate reserves of food and liquids. The short ride stays almost entirely within the towns of Boxford and N.Andover and splits from the long & medium ride at 13.5 miles. The long ride splits from the medium ride at 21.6 miles. This ride is also offered by the North Shore Cyclists and cue sheets are available at [www.nscyc.org/](http://www.nscyc.org/)

**Leaders:** Jim White (978-621-5935, [jimmy-mail@verizon.net](mailto:jimmy-mail@verizon.net))

**Start:** Masconomet High School, Boxford

**Directions:** From Route 95 take exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot closest to Route 95.

## Harold Parker

*Saturday - April 18*

**Times and Routes:** 10 am for 35 and 50 miles

**Ride Type:** Cue Sheet

**Description:** Cycle into spring with a 50 mile loop on quiet gentle rolling country roads. Start at Harold Parker State park headquarters parking Lot to Ipswich Little Neck. Farms, ponds, marsh and sea make this a quintessential New England setting. GPS and cue sheets will be available. There are numerous eating options in Ipswich Village

**Leaders:** Charles Huizenga (781-266-7658, [chas.huizenga@comcast.net](mailto:chas.huizenga@comcast.net))

**Start:** Park Headquarters. 305 Middleton St, North Andover, MA

**Directions:** FROM BOSTON: Take 93 North to exit 41, follow 125 north (toward Andover), for about 4 miles to the State Police Barracks (on right). Turn right on Harold Parker Rd to Jenkins Rd. Turn left on Jenkins Rd, right onto Salem

Rd, Headquarters is Approx 1-1 miles on the left. FROM LAWRENCE: From 495 take exit 42, travel east on Rt. 114 for 6 miles. Take a right at brown Harold Parker State Forest sign, follow to the end of rd then take a left to the headquarters. FROM SALEM, PEABODY & DANVERS: Travel west on Rt. 114. Take a left at brown Harold Parker State Forest sign, follow to the end of rd then take a left to the headquarters.

**Note:** Rain cancels

## Knot Maynard

*Sunday - April 19*

**Times and Routes:** 9:30 for 50.3 and 31 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Come enjoy some of our favorite roads in western Middlesex County. The route was just freshly arrowed. Ride characteristics: a combination of rolling hills and meandering country roads. The foliage is at its peak. 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 fall 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, 16 April, to request GPS files.

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

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

**Directions:** 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 South to Rte. 2. Take Rte. 2 West to Rte. 126. Turn right at lights. School driveway on left at bottom of hill. FROM LEXINGTON & 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.

## Lisa Simpson Ride

*Saturday - April 25*

**Times and Routes:** 10:00 AM for 27, 33 and 44 Miles

**Ride Type:** Cue Sheet

**Description:** This ride is on mostly scenic rural roads. Starting in Concord, it makes a loop through Sudbury, Hudson, Stow, Boxborough, Littleton and Acton. The longer route adds Westford and Carlisle. The terrain is moderate with one notable but short climb. There are food stops in Concord near the start/end of the ride as well as in Acton. The 27 mile route will be a "follow the leader" moderately paced ride.

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

**Start:** Concord Carlisle High School, 500 Walden Street, Concord

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

**Note:** Rain cancels

## The Charles River Wheelmen Spring Century North To New Hampshire Sunday, May 17, 2009

Event held Rain or Shine

*Join The Charles River Wheelmen on one of three beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.*

**START - Wakefield High School, Rte 129 & Farm Street, 1 mi. east of Wakefield Ctr.**

*Take Rt. 95 (128), to exit #40, Rt. 129 East. Follow signs for Rt. 129 East for 1½ miles to Wakefield center. Follow Rt. 129 East as it turns left. Go approximately 1 mile past Wakefield center. Turn right onto Farm Street. Go 0.25 miles and turn left into Wakefield High School.*

**TIMES -** 8:00 - 100 miles *Full Century*  
9:30 - 62 & 50 miles *Metric & Half Century*

Please arrive at least 1/2 hour prior to the start for a mandatory pre-ride meeting. All riders are required to register and sign our liability waiver.

**COST -** Pre-registration: CRW members - **\$10.00** Non members - **\$12.00**  
Day of the event: CRW members and non members - **\$15.00**

- Fully arrowed routes with CRW precision, with a map and cue sheet for each ride.
- Water & food stops on the longer routes
- Technical and mechanical support by **CycleLoft**  
*Please arrive at least 45 minutes early if you want your bike checked before a ride*
- After ride gala including our usual array of food and great socializing.

**Register online at <http://www.crw.org/SpringCentury.htm>**

## Blackstone Valley - Hills and Mills

Sunday - April 26

Times and Routes: 10:00 am for 30 and 38 miles

Ride Type: Cue Sheet, Arrowed

Description: This is a moderately hilly, 38 mile ride from Westborough through Upton, Northbridge, and Grafton.

Leaders: Ellen Gugel (774-262-7320, emgugel@verizon.net)

Start: (Stop & Shop, BJ's). 290 Turnpike Rd, Westborough

Directions: From Route 495: Take Exit for Route 9 West (Exit 23B). Approx. 4 miles west of I-495 on Route 9 turn left at the 2nd traffic light into the Speedway Plaza (Stop & Shop, BJ's) - meet over near Stop & Shop. (You'll pass intersections of Route 30 and Route 135 before the Speedway Plaza.)

Note: Rain cancels

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

# RIDE

Safe • Smart • Aware

SAFETY STARTS WITH YOU!

## Other Trips

### Memorial Day Weekend in the White Mountains

Fri.-Mon., May 22-25, 2009

Biking in the beautiful Jefferson, NH area of the White Mountains. Daily rides ranging from 30-50 mi. on rolling to hilly terrain. Helmets required. Stay at comfy B&B w/ mountain view. Cost ranging from \$185-\$250 includes 3 nights lodging, 3 breakfasts and 2 dinners. Luxury rooms (with hot tub) available at a higher price. Check <http://www.amcboston.org/bicycle/applebrook.php> for room availability and to register. This is an Appalachian Mountain Club trip. Leaders Mary Ellen Kiddle(781-646-5514 before 9PM), Jack Donohue(jmdonohue@alum.mit.edu), Susan Grieb(slgrieb@comcast.net, 781-275-3991 before 9PM)

## CRW Trips

### 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 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](mailto: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 to 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](mailto:p.brooks@rcn.com) for more information.

### South Royalton Vermont Weekend

July 17-19, 2009

Join us for a weekend of challenging cycling in beautiful central Vermont. Option to arrive early Friday for an afternoon ride. Saturday and Sunday riders can choose from many routes of varying distances - 20 to 80+ miles distance. Rides loop through the pastoral countryside, climbing hills and traveling through idyllic valleys. Many country stores to stop and get refreshments. Loops also through Woodstock. Walking and hiking nearby as well, so options for non-bicycling partners. Trip will be centered on our 52 acre wooded property with a large pond available for swimming. Camping by the pond is available for free. Hotel and B&B options short distances away for the non-camping crowd. Whether you camp or stay in accommodations, join us for bicycling, swimming, sitting by a big campfire! Dinner Friday night included. We'll go out Saturday night to a local restaurant (Dutch treat). South Royalton town center is 10 minutes away by car with restaurant serving breakfast and a health food coop.

Cost of trip will be around \$30 per person (non-camping accommodations extra). Reserve your spot by June 15th, with your name, check, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders: Pat Stabler and Tom Evers ([everstab@verizon.net](mailto:everstab@verizon.net), 781-662-2147 before 9 PM).

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# Notes from the Rear (Admiral), Touring on a Tandem

by Joan Laxson

**S**aturday, April 26, 2008. Me, "I can't figure out these directions... No, I don't think that's our turn... This isn't it either. Just go straight. Oh good lord, we're on the Interstate!!!" And so began our 2000 mile journey from Mobile, Alabama, to Owen Sound, Ontario, on Adventure Cycling's Underground Railroad Bicycle Route.

My husband, Ilkka Suvanto, and I have separately crossed the country with different commercial tour groups. This time we wanted to go solo and self-supported on our tandem and see if we could survive weeks on a "divorce bike." Adventure Cycling Association, working in partnership with the University of Pittsburgh's Center for Minority Health, recently created a new route to memorialize the Underground Railroad, a network of secret routes for freedom seekers attempting to escape slavery. The route follows the Tombigbee, Tennessee, and Ohio Rivers as the Big Dipper points northward to freedom in the northern states and Canada.

There is no richer way to get to know our vast and complex nation and its people than from a bicycle. We love history, and this new route captured our imagination. While club rides are great; there is something special about long-distance touring. I love the delicious morning frisson of anticipation of the day's unknown adventures on the way from Point A to Point B. On a club ride, 60 miles seems sometimes daunting. On a long-distance bike tour? All in a day's work.

**W**ith a bike, you actually meet people. "Where y'all goin'?" "Are ya'll nuts?" And then as we pant by on a steep hill, "Are y'all in a race?" Yeah, right. Since the second or third day out of Mobile consisted of 70 miles of absolutely nothing, no services, motels, or campgrounds, we decided to bring camping gear in case we got stranded by a diabolical mechanical event. So there we were on our trusty Co-Motion tandem, pulling a BOB trailer with stuff sacks on top of the BOB



*On the road in Mississippi*

bag, and small panniers on the bike. I'd taken off the BOB banner and replaced it with an American flag and Red Sox banner. I estimate the two of us, the bike, gear, water, at between 450 and 500 pounds. We were so long and loaded we looked like a bicycle version of a semi. But we were certainly visible.

Visible to drivers, and magnets to madly chasing dogs. In the Deep South, the drivers are some of the most courteous I've ever seen—patiently waiting for minutes to safely pass us on a hilly, twisting road, and waving a thank you as I motioned them around. But the dogs are beyond crazed. Sometimes we had packs of 5 or 6 of every size and variety after us. Anyone who cycles in the South is well advised to arm themselves with pepper spray. I kept ours in Ilkka's jersey pocket for a quick grab, and became the rear gunner. I got pretty good at it. There was great satisfaction when my heart-thumping anxiety turned to relief at a sneezing dog stopped in its tracks. On the other hand, in Ontario it was quite the reverse. Drivers worse than anything we've ever seen in Massachusetts but farm dogs were mellow. Go figure.

For a full accounting of our adventures, see our website <http://ilkkaandjoan.wordpress.com/about/>

**T**o mention a few: camping on the Tombigbee River in Alabama, serenaded by roaring bull alligators and awakened in the dewy morning by a huge tow blasting its horns as it pushed loaded barges up the river. Rocking on Tennessee William's boyhood porch in Columbus, Mississippi. Rocking on Elvis' porch at his birthplace in Tupelo, Mississippi! Local color: the waitress at the Midway Café in Decaturville, Tennessee, had a T-shirt that read, "31st Annual Decaturville World's Largest Coon Hunt." Wrangler Camp, beautifully run and maintained by the U.S. Forest Service, in the Land Between the Lakes in Kentucky. Who knew that not only could you bring your tent or your RV to camp, you could also bring your horse. When I wandered out of our tent at 4:00 AM, the brilliant sky was spangled with stars and the Milky Way, and there was the Drinking Gourd, pointing our way to the north.

Continued on the next page

**W**e met many other cyclists along the way ranging from couples to solos, to a bike group with their own sag. (We talked their sag driver into carrying some of our gear up the hills on one hard day.) And hills there were aplenty. East of the Mississippi River, a wide plateau rises up to the Appalachian Mountains. We paralleled the rivers, and each tributary cuts deeply into the plateau. Many of the experienced cyclists we met proclaimed this route the most challenging they had ever seen. The climbs were relentless. I'm the navigator, and as useful as the Adventure Cycling maps are, there is one feature I could do without. The dreaded elevation profile! On one memorable day in Tennessee, the profile showed two mountains that looked like two upside down ice cream cones next to each other, and towards the end, one that was depicted as straight up. We dubbed it "The Wall." Mean sucker, and a walker, for sure.

And we opened our eyes and hearts to slavery and its role in the making of America. In Mobile, we visited an African-American museum where Clara, the young docent told us, "This isn't just our history. It's everyone's history." One of the most emotional and enriching museums along the way was the National Underground Railroad Freedom Center in Cincinnati. I always thought I was reasonably knowledgeable about American history. I knew we had slavery. I knew about the hideous Middle Passage. I knew that Lincoln emancipated the slaves. But until we rode this route and visited the abolitionist homes in Ripley, Ohio, and the Cincinnati museum, I knew nothing. I'd never seen a slave holding pen, and, in truth, I don't think I understood the legacy of African Americans, past and present.

**A**fter many adventures, our last hilly day on June 12 was just beautiful. The air was clear and crisp, no headwinds, an extraordinary view, hardly any traffic for once in Ontario, and a wonderful sense of accomplishment. The route ended in Owen Sound, on the shores of Lake Huron, because it was the northernmost refuge of escaping slaves. Our journey ended at the Black History Cairn in a park in Owen Sound where for 146 years, they still hold an annual Emancipation Festival. Imagine, people fleeing all those hundreds and thousands of miles to find freedom in Canada. I wish every American could learn the history we learned.

The end of a long bicycle journey is always bittersweet. Sweet because our goal of 48 days was achieved; bitter because the next day we wouldn't be getting on the bicycle; and all our new friends would scatter to their corners of the world. But the sweetest of all! 2038 miles, eight states, two Great Lakes, and one Canadian province later, no divorce and NOT ONE FLAT TIRE! 🌀

# BSI Miami

by Don Allison

**F**ew would argue that when it comes to cycling, sunny and temperatures in the 70s beats cold, gray and temperatures in the 20s. After coping with sub-freezing temperatures and mountains of snow for two months, this February I finally gave in and made a winter escape to south Florida. Although the cost and logistics were both formidable, I was able to enjoy six days in the sun and fun of Hollywood, just north of Miami's famed South Beach.

Although I did not bring my bike with me (too many travel hassles) it was not a problem, since I have always found renting a pretty easy option, especially in tourist destinations. Most bike shops rent what serious cyclists would call "beater bikes," casual hybrids with primitive frames and components.

But so what? For a ride of an hour or two these bikes suffice. "Beach cruisers" are even heavier and clunkier, adding to the effort it takes to travel any kind of distance. These models have old fashioned foot brakes, which sure took some getting used to.

I was anxious to check out the local surroundings, so the day after arriving I rented one of the beach cruisers. After dodging the beachgoers on the Hollywood Broadwalk (yes, I spelled that correctly), I got out onto the local roads and into a nice park, which offered scenic views of Fort Lauderdale.

My next ride was more ambitious, through the heart of Miami. I must say I was impressed with this city. It is very clean and even in February (a prime tourist time) was not at all crowded with vehicular traffic. Starting at South Beach I crossed over several small islands (called the "Venetian Islands") to reach the business district, then headed south. Even at midday I encountered few problems and was able to enjoy the surroundings, as well as the novelty of cycling in shorts and a short sleeved shirt in February.

The two-mile Rickenbacker Bridge offered more spectacular views and took me into Biscayne Bay. There I turned around and made

my way back to South Beach. Despite having a population of more than five million (in Greater Metropolitan Miami), I found the cycling much easier than in Quincy, much less Boston. Although there were a fair number of dedicated bike lanes, even where there were no bike lanes there was usually room to ride without worrying about unfriendly encounters with a car or truck.

A few days later I traveled north to ritzy West Palm Beach. Pristine and featuring flawless lawns and stately homes, again the riding was very enjoyable. Again, I started on the "bike trail" (a paved walkway) next to the Intracoastal Waterway, but

quickly exited to the street since there was a large volume of foot traffic.

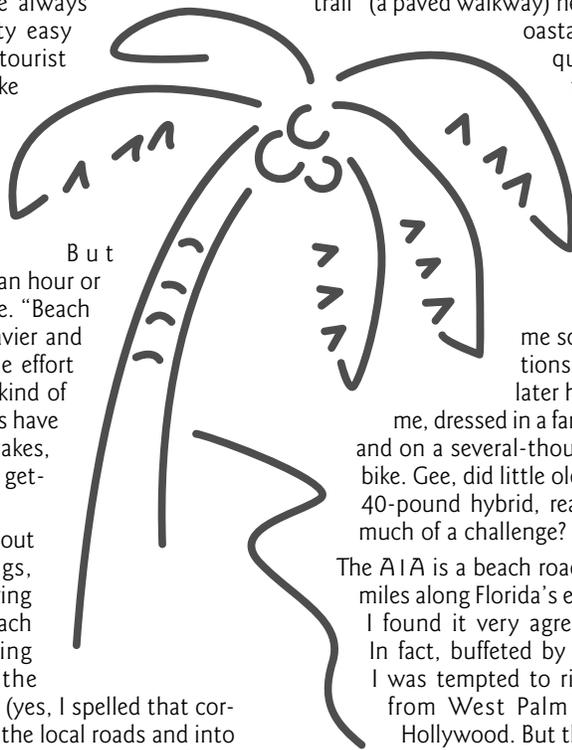
After asking a fellow rider where to ride in the area, he gave me some vague directions. A few minutes later he went flying by

me, dressed in a fancy cycling outfit and on a several-thousand dollar road bike. Gee, did little old me, riding on a 40-pound hybrid, really present that much of a challenge?

The A1A is a beach road that travels for miles along Florida's eastern coastline. I found it very agreeable for riding. In fact, buffeted by a mild tailwind, I was tempted to ride the 50 miles from West Palm Beach back to Hollywood. But then how I would have retrieved the rental car? So

after just a few miles I reluctantly turned around and rode back to the town center, past the massive Breakers Hotel and its \$700 per night rooms.

I snuck in one final ride on the day we were leaving to come back to Boston. The weather that day had turned positively hot, into the upper 80s. I could feel the sun beating down as I rode up and back the Hollywood Broadwalk, again on the beach cruiser. It was depressing to think that the next time I would be able to ride in temperatures this warm back in New England would not come around for several more months. Still, it was a wonderful break from a long and hard Boston winter. 🌀



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# Little Jack's Corner

by Jack Donohue



I have a love/hate relationship with Carlisle. It is the nicest town to cycle through around where I live, but it has the worst roads of any town in the area (Lincoln is a contender, though).

Happens because there are lots of trees. This is a good thing, but in the winter, they keep the roads from ever drying out, so you have the daily melting/freezing cycle. Mostly the holes go untended and grow from little cavities to giant caverns with the passing of time. The early warning signs are bits of rubble strewn all over the road that used to be pavement.

Now other towns have trees and somehow manage to keep their roads in good shape. Carlisle on the other hand, seems to revel in their potholes. Every once in a great while they make an attempt at road repair, which generally replaces the holes with mounds of asphalt in their place (potlumps as Pamela calls them).

I do a variation of the Friday night TGIF ride a lot. There are places where there is nowhere on either side of the road you can avoid some sort of hole, so the best you can do is damage control. One section in particular is a test of skill,

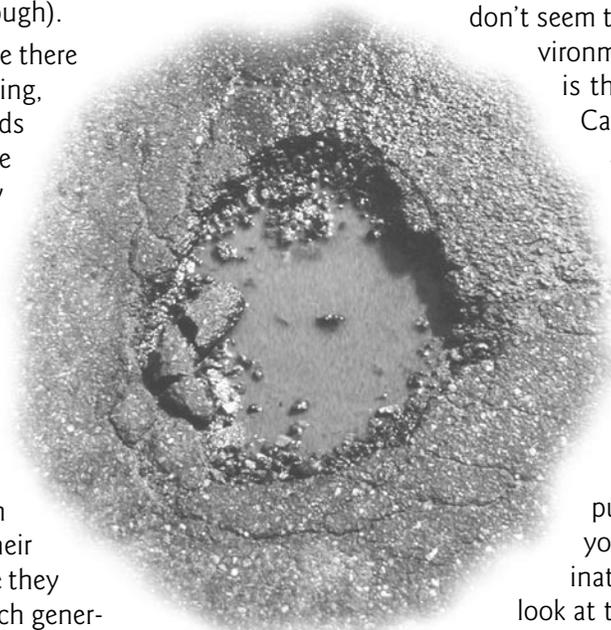
since there is about a six inch wide strip of residual pavement between two caverns that you can shoot for, kind of like white water kayaking.

They use a lot of sand in Carlisle, mostly because they don't seem to use any salt. This is of course an environmentally Good Thing, but the net result is that in winter the condition of most of Carlisle back roads can best be described as packed powder. This is what prompted me to invest in studded tires and mountain bikes a while ago.

I did actually see a sand sweeper one day in Carlisle, I thought I was going to faint dead away. Mostly, though the cars just push it out of the way. The consequence of this is that you will find a pile of sand at just about every corner in Carlisle, year round, pushed out of the car lane into where you try to turn your bike. A moment of inattention and you'll get a real up close look at that sand.

So, you ask why do I ride in Carlisle? Because it's a lovely place to ride, and I'm willing to put up with a bit of discomfort for that. Can you say "suspension seatpost?" ⚙️

**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



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## Letters to the Editor

Dr. Ralph Galen, who was President of CRW and of the League of American Wheelmen in the 1960s, donated his CRW and League-related materials to the CRW a while back.

I would like to locate these materials, as I am working on a history of the League. Anyone know where they are? Thanks. Please contact me at [jsallen@bikexpert.com](mailto:jsallen@bikexpert.com) or 781 891-9307.

John S. Allen

## 31st Annual Appalachian Mountain Club Spring Bike Rally

Saturday, June 6

Join the Bike Committee at the Friendly Crossways Hostel in Harvard, MA for arrowed rides of 27, 50, and 67 mi. (starting at 11:30, 10:30, 10:00). Helmets req. After the rides, we have showers, happy hour, chicken BBQ (or vegetarian option) & evening presentation.

For more information see <http://amcboston.org/bicycle/bikerally.htm> or contact Ingrid Shuttleworth (617-576-2542 before 10PM, [ishuttle@aol.com](mailto:ishuttle@aol.com))m

## “ Bicycle Quote ”

SO, IF YOU'RE OUT TONIGHT,  
DON'T FORGET,  
IF YOU'RE ON YOUR BIKE,  
WEAR WHITE....AMEN. ”

Mick Jagger  
*Something Happened To Me Yesterday*

# February

0 | 2 | 0 | 2 | 7 | 5

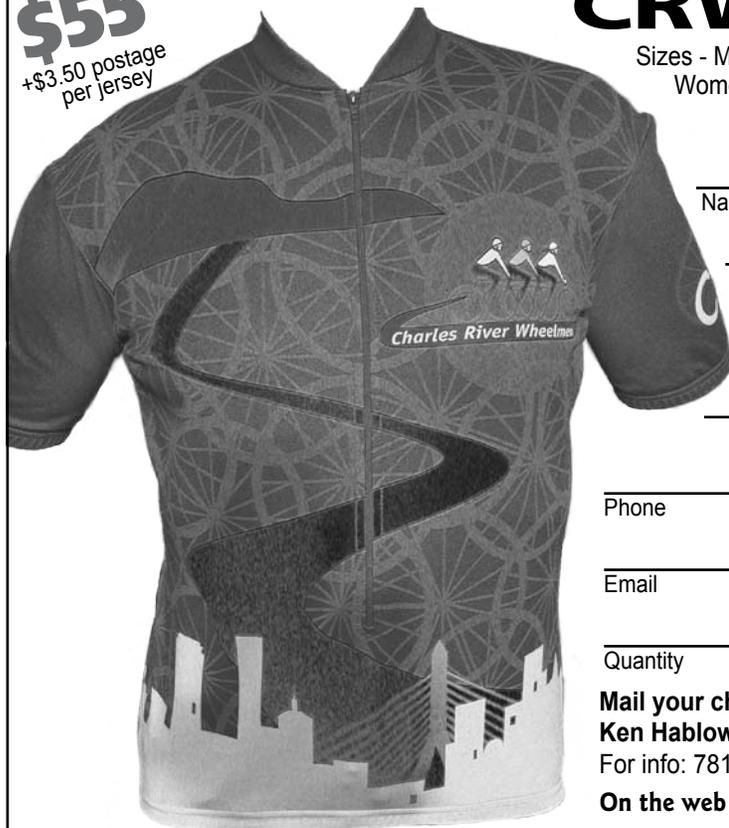
## MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	1221	2	-	-	Lisa Weissmann	458	-	-	-	Bill Widnall	27	-	-	-
John Bayley	1142	1	-	-	Don Mitchell	442	-	-	-	Frank Aronson	20	-	-	-
Steve Robins	1069	-	-	-	Gabor Demjen	432	1	-	-	Carlo Innocenti	18	-	-	-
Bob Wolf	1018	1	-	-	Larry Delaney	395	1	-	-	Jeff Luxenberg	15	-	-	-
Chris George	991	1	-	-	Butch Pemstein	388	-	-	-	Susan Grieb	10	-	-	-
Susan Raye	882	1	-	-	Rolf Budd	336	-	-	-					
Pamela Blalock	873	1	2	-	Ed Hoffer	312	-	-	-					
Don MacFarlane	855	-	-	-	Alison Sheridan	275	-	-	-					
Joe Repole	820	2	2	-	Richard Taylor	273	1	1	-					
Irving Kurki	780	2	-	-	Jacob Allen	239	-	-	-					
Jack Donohue	773	-	-	-	John Springfield	231	-	-	-					
Paul Hardin	772	1	-	-	Bill Hanson	206	-	-	-					
Glen Reed	753	-	-	-	John Kane	201	-	-	-					
Larry Murphy	729	-	-	-	Erik Husby	168	-	-	-					
David Wean	718	-	-	-	Chris Lennon	125	-	-	-					
Henry Marcy	573	-	-	-	Brett Serkez	93	-	-	-					
Jim Krantz	498	1	-	-	Greg Tutunjian	91	-	-	-					
Dave Stefanovic	495	-	-	-	Cynthia Snow	50	-	-	-					
Joseph Moore	459	-	-	-	Marc Webb	49	-	-	-					

### 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.

Date \_\_\_\_\_ Date of Birth \_\_\_\_\_

Signature(s) \_\_\_\_\_

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

Address \_\_\_\_\_

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

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

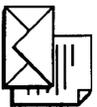
PAPER via Postal Service  ELECTRONIC via email  
The electronic file is a pdf file and requires Adobe Acrobat.

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.