


WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXIV, Number 1 • January 2010

Signup for FREE Bike Shop Night Events!

Four evening events are scheduled and each will include a social hour with refreshments followed by a presentation as described below. To learn more and sign up for any or all of these events, please visit

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

New Shimano Products - January 14th.
Hosted by: Belmont Wheelworks, Belmont

The evening features a presentation by a Shimano representative, Mark McCormack, on their latest technology including the new electronic shifting system, and the latest Dura-Ace and Ultegra components, especially ergonomic features of the new shift levers. You will be able to "test drive" electronic shifting albeit on a stationary bike, and of course ask questions about any Shimano product. Mark is also an accomplished cyclo-cross and road racer who holds national championships in

both. You will have an opportunity to get some training tips from a professional.


Repair on the Road - January 21st.
Hosted by: Landry's, Natick

There are some things you need to know about your bike, especially when you are on the road and a bike mechanic is not nearby to rescue you. This event offers useful insights on bike repair you might have to make yourself, including front and rear derailleur adjustment, broken shift cable, and complicated flat tire repair. These tutorials by an expert bike mechanic could come in handy when you need to rely on your own resources.

Computer Bicycle Fitting - January 28th.
Hosted by: Grace, Holliston

Grace will demo a 3D motion capture system for bicycle fitting. The system gathers data from key anatomical points in the cyclist's riding position, and provides existing and ideal angles for riding. LED's are positioned at key landmarks on the cyclist's body. As the cyclist pedals, the motion of the LED's is captured three dimensionally and is computer analyzed, returning data that is used to precisely position the rider. This is a live demonstration.

How to Buy a Bicycle - February 4th.
Hosted by: Cycle Loft, Burlington

Whether you are thinking about a new bike or upgrading a major component, you likely have a host of questions. What type bike is best suited for the kind of riding I do or anticipate? How do I decide what frame size will provide the best fit? What are the advantages and disadvantages of the various frame materials (aluminum, carbon fiber, titanium)? Which components offer the best payback for my money? This is an opportunity to inform yourself, and help you decide what is most important to you and offers the best value. 



Ride Leader of the Month

The Bike Expert

by Eli Post

We all have a connection with cycling. Most of us engage in the sport for exercise, some race, there those who collect bikes, and we would now like to introduce an unusual



association with cycling. John Allen is a "bike expert" who comes by this title professionally. "Expert" in the legal sense is someone who has expertise and specialized knowledge in a particular subject beyond that of the average person, so that others may rely upon the expert's specialized opinion about an evidence or fact issue. John offers opinion in legal cases involving bicycles. He cites for example a recent case he testified in involving four police officers on bicycles who were approaching a road where construction workers had strung a waist high chalk line across the road. Thinking it a wire, the four all braked quickly. Three stopped without incident, but the fourth went over the bars, was injured, and brought an action against the construction company. John offered "expert" testimony on the kind of training one needs to handle a bike in emergency situations and related issues of fact. John represents the plaintiff in about 2/3 of the cases he deals with, and most are settled without a trial.

John is an MIT graduate in electrical engineering, and early on in his career migrated to cycling and cycling advocacy. He collaborated

Ride Leader of the Month - Continued on page 3

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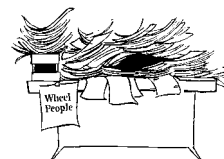
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 1 Gleason Road, Bedford, MA 01730



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 Ken Hablow at 781-647-0233. 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

The Athlete in Balance

by Meryl Lemeshow

A successful and effective off-season fitness program should integrate several vital components. These components include not only strength, but balance, agility, stability, CORE strength and stability, and stamina. Where the body needs development in one or more of those elements, it is so important to integrate those elements that you need for a well rounded program. For example, cycling focuses on just a few muscle groups and those muscle groups are susceptible to stiffness without other forms of movement. The body must be able to move in all three planes of motion, those being frontal, sagittal, and transverse. A proper exercise regimen includes all of these components to build the foundation ...and the tools needed to gradually add to the structure. Improper body alignment is an invitation for injury. To avoid injury, athletes should be instructed and corrected in proper posture and technique, thus enabling them to exercise correctly and safely.

Cycling workouts must provide a means to increase your aerobic conditioning, your anaerobic threshold, and strengthen the muscle groups that are directly affected by pedaling a bicycle. Cycling mainly trains your heart and your lungs while developing particular muscles, particularly the quads and the glutes. The position of the body required for cycling ignores some of the major muscles and places strain on others. The shoulders are highly susceptible to injury for the cyclist, therefore specific shoulder strengthening exercises are highly recommended in an effective off-season exercise program. Also, the importance of CORE strength and stability cannot be understated. A strong CORE helps to deliver power to the bike. A well-rounded sport-specific cycling exercise program will encompass strength and endurance of both the cardio-respiratory systems as well as all muscle groups, while adding in flexibility and stability.

How can you possibly add more weight if you do not have stability to safely support that weight? It is truly amazing how effective exercise can be with your body weight alone. How stable would a building be if the foundation was wobbly...? Would you want to add the floors above if there was any question of the integrity of the support beneath? It is not about the weight on the weight stack or the number on the dumbbell...it is about the posture and the alignment and the stability first. These are the realities of how the body moves as we perform our daily activities.

Traditional machines will always have an important place, but only provide you with a predetermined track and a weight stack for progression. A highly functional physique is more likely achieved with stability balls, balance discs and beams and platforms, weighted balls of all kinds, quality resistance bands, free weights, BOSU balls, and kettle bells. Our facility has cardio equipment consisting of treadmills, an Arc-Trainer, a Nu-Step, a rowing machine, and a yes, even a stationary bike neatly placed for unobstructed view of the large screen TV. In a functional workout environment, you will also see unique pieces of equipment that you do not see in cookie cutter gyms that will challenge even the fittest athletes.

Basic knee bends will slowly progress into a squat that will combine other muscle groups as well as integrating balance and CORE. The body may need to acclimate to become accustomed to moving in more than one plane, which more accurately mirrors how we move in our daily activities.

Although machines are valuable and often times are the only means of exercising for some, there are no other components to add other than additional weight. Athletes of all types will thrive when properly instructed in performing exercises that imitate the machines but add the stability, agility, CORE component, and balance depending on the ability of the individual. Another important component of a quality program is that you move along as you have mastered one level and are ready to advance to another level...each progression addressing all of the components of effective exercise. Rest assured...you will not progress unless and until you are ready. A qualified trainer will also be mindful of the athlete's medical history along with data collected from performance of carefully selected group of movements that will determine your fitness level and the entry point at which you will begin a functional exercise program.

By Meryl Lemeshow, RN, BSN, CNOR(E), CPT, CCES. Meryl is the owner of *The Fitness Prescription in Natick MA*, with a staff of trainers with various specialties including post-physical therapy programs, with half-hour and one-hour personal training packages as well as a monthly membership. www.thefitnessprescription.com

YOU ARE NOT BODYBUILDING...YOU ARE BUILDING YOUR BODY. ☺

Ride Leader - Continued from page 1

with the late Sheldon Brown, was a board member of the League of American Bicyclists (the national bike advocacy organization) and has been involved with MassBike (the Massachusetts bike advocacy organization). He has authored various publications related to cycling, and his "Street Smarts", a book about riding confidently, legally and safely, has sold over 400,000 copies. He is co-author of Sutherland's Handbook for Bicycle Mechanics, a handbook that professional bicycle mechanics rely on.

John has also created musical software, and is the principal inventor of the Notebender Keyboard, which uses longitudinal key motion to permit independent pitch bending on each key. For a more complete record of John's work visit his website, www.bikexpert.com

Finally of course John is also a ride leader, and although his popular Eastern European Ride was rained out this year, it will be on the calendar for 2010, and when you do that ride, be sure to ask John what he's been working on recently. ☺

The CLAVICLE Club

by Eli Post

Clavicle or collarbone fractures involve approximately 5% of all fractures seen in hospital emergency admissions. Clavicles in fact are the most common broken bone in the human body, as well as the most commonly broken bone in cycling. Tyler Hamilton fractured his clavicle during a crash in 2003 and Lance Armstrong in 2009.

Not to be outdone, many CRW members have followed the same path. Most recently Jack Donohue, the CRW President, went over the handlebars and fractured his clavicle, but he is not alone. We may have missed some, but other members who have suffered fractured clavicles include Ann Northup, Melinda Lyon, Mike Cramer, Pamela Blalock, Peter Brooks and Rich Taylor.

We have enough people to start a CRW Clavicle Club, and those mentioned can become founding members. The Club however is intended to be inclusive, and it is our fond hope that no one else qualifies. We would be pleased if we don't hear any more clavicle incidents, and wish you all safe riding. ☺



Recurring Rides

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. Non-members of CRW are wel-

come to ride with us and experience what the Wednesday Wheelers offer. If you like our rides however, and wish to continue to ride with us, we expect you to become a CRW member.

Leaders: Helen Greitzer (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

Ride Type: Cue Sheet, Arrowed

Description: You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. We usually try to start people in groups of 10-12 riders, grouped by distance and average speed. However, this is a popular ride, so if you know the route and come in a group of 5 or more riders, please set off immediately and do not wait to be started. We encourage people to wait and regroup after hilly sections, and the routes are arrowed so that you can also find your way alone. The ride is for intermediate to advanced cyclists. The slower groups probably average 15-16 MPH, and the fast groups 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! Join the group for coffee afterwards at Starbucks in Needham.

Leaders: 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.

Note: This ride is very popular, so much so that we have had to designate it a CRW members-only ride (otherwise we'd spend all the riding time signing waiver forms). Non-members, please join us but sign up for membership at CRW.org first!

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January Rides

Impromptu Saturday Rides will be scheduled whenever weather conditions are favorable.

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

Happy New Year

Friday - January 1

Times and Routes: 11:00 AM

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

Leaders: Eric Ferioli (781-235-4762)

Start: Boston Common, Park Street and Tremont Street, Boston

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

A New England Ride

Sunday - January 3

Times and Routes: 10:00 AM for 27, and 50 miles

Ride Type: Cue Sheet, Arrowed

Description: Ride is on mostly quiet suburban roads. Starting in Concord, it loops through Sudbury, Weston, Wellesley, Needham, Natick and Wayland.

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

Start: Emerson Hospital(Overflow Lot). 57

Directions: From Boston and Route 128: Follow Route 2 West to Concord. Route 2 takes a sharp turn to the left at the intersection of Route 2A (at the bottom of the hill). Stay on Route 2 past two more intersections, Walden Pond/Route 126 and Sudbury Road. Make your next right (Emerson Hospital is on the left). Immediately off Rt. 2, make the first right into the overflow parking at 59 ORNAC, the Concord Health Center medical office-building parking lot. Park at the lot at the far end of the access road. [Mapquest Link](#)

Note: Heavy rain cancels.

Southbound From Wellesley

Sunday - January 10

Times and Routes: 10:00 am for 25 and 45 miles

Ride Type: Cue Sheet, Arrowed

Description: Rides head south through neighboring towns on quiet roads.

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 on opposite side of the street..

Larz Anderson Ride

Sunday - January 17

Times and Routes: 10:30 AM

Ride Type: Cue Sheet

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

Leaders: Eric Ferioli (781-235-4762)

Start: Larz Anderson Park, 15 Newton Street, Brookline

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

At the light turn left onto Newton Street. Follow Newton Street for approximately 1/4 mile. The road will fork, go to the left onto Goddard Avenue. Park is 1/4 mile on the right.

Cunningham Park

Sunday - January 24

Times and Routes: 10:30

Ride Type: Cue Sheet, Map

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

Leaders: Eric Ferioli (781-235-4762)

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

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

Bare Natick

Sunday - January 31

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

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

Leaders: Eric Ferioli (781-235-4762)

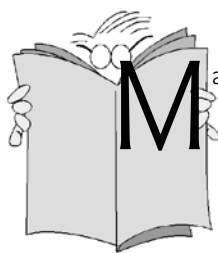
Start: Natick Common, at the intersection of Rt. 135 and Rt. 27, Natick

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

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

Little Jack's Corner

by Jack Donohue



Many families employ the hand me down concept. With several children, the smallest inherits stuff from the older ones when they outgrow it. In our family, consisting of Susan and me, the hand me down concept is alive and well. The flow of goodies in this case is in my direction, since Susan generally buys good stuff new, and I generally scrounge around for the old and cheap. It was before the turn of the century when I last bought a brand new pair of bike shorts, for example.

Over the years Susan has bestowed on me a number of her castoffs, including some fine Pearl Izumi shorts. Leaving aside the debate over whether bike shorts are truly unisex, they managed to carry the additional payload fairly comfortably, and were way better than my others. She is not a fan of Lycra, so whenever anything of this ilk came her way, it usually ended up with me.

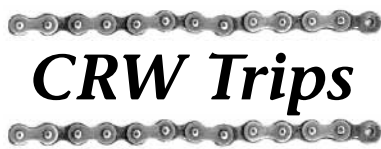
But this time I was the happy recipient of a hand me down bike. Mrs. D had a very nice

Miyata that she could no longer ride, and I was heir apparent. Granted it was several sizes too small for me, but my penultimate Cannondale was also rather small. Someone I knew had traded up back in the days when Cannondale offered trade-ins on a new frame, and the bike shop didn't want the old one, so for \$75 I got his old frame. With a suitably long seatpost and stem, it became my main road bike for many years. So, too with the Miyata. It required an even longer seatpost, but it came with STI and a good set of wheels, so it became a contender for my main bike. I found one seatpost in the parts collection that looked long enough, and it happened to be a shock absorbing seatpost I had bought for Susan and never installed.

Now, I've always considered shock absorbing seatposts to be a tool of the devil. Why would one want to mount a device that would absorb energy that could be turned into forward motion? When someone suggested a soft ride bike for me many years ago, I responded that I was a hard ride kind of guy. No squishy seats for moi. But since it was the only seatpost that fit, unless I, god forbid, bought another one, I

decided to try it out. So, I put it on, jacked it up nearly to the sky, and off I went. I hate to admit it, but it was amazing. My usual routes through Carlisle are fraught with colossal potholes. On the rare stretches where there weren't gaping holes, there were world class bumps every 30 yards or so. My usual ride through there is a carefully orchestrated ballet involving coordinating dodging these natural features and cars. The seatpost really took the edge off, so I could plow over the smaller cavities with grace and ease and concentrate exclusively on dodging cars. By the time I got through with the ride, I was having thoughts of retrofitting all my other bikes with this magical device. I admit, I had become a weenie. In my case, my Achilles heel was in my butt. ☺

Jack's Back Pages - Find past "Little Jack's Corner" articles on the CRW website at <http://crw.org/ljackc/> and through the web site menu: Information > Fun > Little Jack's Corner



CRW Trips

Bikers on Skis

February 12-15, 2010

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

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

<http://crw.org/bikersonskis> for room availability and cost and to register.

To register send the a check for the full amount made out to Jack Donohue and an e-mail address or stamped self-addressed envelope by January 12 to the address below:

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

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

For more information, you can contact the leaders.

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

39th Annual Tour of Scenic Rural Vermont, TOSRV-East

Friday-Sunday, June 4-6, 2010

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.

November

2 | 1 | 1 | 9 | 5 | 9

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	9800	11	9	3	Dave Stefanovic	4331	1	2	-	Marc Webb	1934	3	1	-
Don MacFarlane	9421	7	-	4	Joseph Tavilla	4292	-	-	-	John Kane	1475	-	-	-
Jim Krantz	8938	10	6	5	Peter Knox	4173	4	3	2	Greg Tutunjian	1322	3	1	-
Jack Donohue	8233	-	-	2	Alison Sheridan	4081	9	1	-	Bill Widnall	1259	3	-	-
Steve Robins	8041	-	-	-	Gary Smiley	3935	2	-	-	Chris Lennon	1007	-	-	-
Irving Kurki	7601	11	8	1	George Ulrich	3926	4	-	-	George Caplan	796	-	-	-
Bob Wolf	7471	10	2	-	Erik Husby	3769	2	-	-	Susan Grieb	592	-	-	-
Peter Megdal	7300	-	-	2	Fred Meyer	3496	6	1	-	John Loring	488	-	-	-
Chris George	6408	9	-	-	Ed Foster	3484	6	-	-	Jacek Rudowski	58	-	-	-
John Higley	6102	8	6	2	Cynthia Zabin	3463	-	-	-					
Butch Pemstein	5762	8	1	-	Rudge McKenney	3395	5	1	-					
Glen Reed	5677	3	4	-	Jean Orser	3260	5	2	-					
Susan Raye	5573	5	-	-	Glenn Ketterle	3228	-	-	-					
Don Mitchell	5378	5	2	-	Douglas Cohen	3087	2	-	-					
Peter Brooks	4896	10	8	-	Henry Marcy	2761	1	-	-					
Joe Repole	4814	11	11	-	Michael Filosa	2685	4	2	-					
Joseph Moore	4737	7	-	-	Bill Hanson	2616	-	-	-					
Carlo Innocenti	4640	2	1	-	John Springfield	2457	-	9	-					
David Wean	4546	3	-	-	Ed Hoffer	2340	-	-	-					
Rolf Budd	4504	2	1	-	Tad Staley	2037	-	-	-					
Frank Aronson	4370	9	6	-	Mark Helton	2000	4	-	-					

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

To All "Ice Screammers"

This is for anyone who has participated or would like to join us on the Wednesday Night Ice Cream Ride out of Wellesley. We will be meeting the 3rd Wednesday of each month until the ride begins again in the Spring. The meeting place will be: Shoppers Cafe, 731 Moody Street, Waltham for fun, food, drinks and karaoke at 7:30 each month. Dates are: November 18, December 16, January 20, February 17, and March 17. If you have any questions you can contact Sharon Cummings at (339) 234-1580 or Ed Glick (978) 758-0100.

CLASSIFIED ADS

CRW members may submit non-commercial ads at no charge. Submit the copy to the editor as described on page 2.

For Sale:

Cyclops fluid trainer with block for front wheel - \$50

Bacchetta Strada w/650c wheels, size medium, 9 spd, Grip Shift, carbon fiber seat and seat bag. \$1200. Mark 781-696-9486.

New Welcome Members

Bruce Black,
Mary Brogan Sudbury
Janet Braggs Natick
Gail Breslow Watertown
Patrick Cunningham,
Judith Lazrus Cambridge
Lisa Davis Lewis Carlisle
Kat Downey Petersham
Robert Downing Plymouth
Eric Dubiner,
Deb Dubiner Westwood
Kent Duckham Newton
Melissa Durfee Grafton
Nate Dutile Lexington
Jennifer Edwards Haverhill
Michael Emanuele Boston
David Goldberg Needham Heights
Carl Goodman Framingham

Billy Haynes, Bill Haynes Needham
Leo Hermacinski Wellesley
Christopher Kaiser Lexington
John Koon Dover
Jonathan Lawrence Cambridge
Raymond Luft Leominster
Ji Luo Allston
Wayne Maceyka Waltham
Meghan McSheffrey South Boston
Jack Ouellette Braintree
Jim Reynolds Concord
Wendy Rieder Framingham
Andy Rogovin Waban
Adriana Sassoon Chestnut Hill
Linda Shahood Ashland
Peter Simshauser Newtonville
Charles Stahl Framingham
Karen Thomas Natick
Kevin Tully Winchester
Travis Wenkman Abington
Brenda White Revere
Eric Winer Boston

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

Ace Wheelworks

145 Elm St., Somerville
617-776-2100

Adi's Bike World

231 Grove Street, West
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617-325-2453

ATA Cycles

1773 Massachusetts Ave,
Cambridge
617-354-0907
93 Thoreau St., Concord
978-369-5960

Back Bay Bicycles

362 Comm. Ave., Boston
617-247-2336

Belmont Wheelworks

480 Trapelo Rd., Belmont
617-489-3577

Bicycle Bill

253 North Harvard St.,
Allston
617-783-5636

Bicycle Exchange at

Porter Square

2067 Massachusetts Ave,
Cambridge
617-864-1300

Bikeway Source

111 South Road, Bedford
781-275-7799

Boston Bicycle

842 Beacon Street, Boston
617-236-0752

Broadway Bicycle School

351 Broadway, Cambridge
617-868-3392

Cambridge Bicycle

259 Massachusetts Avenue,
Cambridge
617-876-6555

Chelmsford Cyclery

30 Chelmsford St.,
Chelmsford
978-256-1528

Community Bicycle

Supply

496 Tremont St., Boston
617-542-8623

Cycle Loft

28 Cambridge St., Burlington
781-272-0870

Dedham Bike

403 Washington St., Dedham
781-326-1531

Eastern Mountain Sports

300 Needham St, Newton
Upper Falls
617-559-1575

Farina Cycle

61 Galen St., Watertown
617-926-1717

Ferris Wheels Bicycle

Shop

64 South St., Jamaica Plain
617-524-2453

Frank's Bicycle Barn

123 Worcester Tpke,
Westboro
508-366-1770

Frank's Spoke 'N Wheel

119 Boston Post Rd.,
Sudbury
978-443-6696

Frank's Spoke 'N Wheel

887 Main St., Waltham
781-894-2768

Grace Bicycles

1566-A Washington Street,
Holliston
508-429-9177

Harris Cyclery

1353 Washington St., West
Newton
617-244-1040

Harvard Square Bicycles

36 J.F.K. Street, Cambridge
617-441-3700

International Bicycle

Center

89 Brighton Ave, Allston
617-783-5804
71 Needham St., Newton
617-527-0967

JRA Cycles

229 Salem St, Medford
781-391-3636

Landry's Bicycles

1210 Boston Providence
Turnpike (Route 1), Norwood
508-440-0310

790 Worcester St. (Route 9),
Natick

508-655-1990

276 Turnpike Road, Westboro

508-836-3878

890 Commonwealth Avenue,
Boston

617-232-0446

Marblehead Cycle

25 Bessom St., Marblehead
781-631-1570

Papa Wheelies Bicycle

Shop

653 Islington Street,
Portsmouth
603-427-2060

Pro Cycles

669 Main St., Wakefield
781-246-8858

Quad Cycles

1346 Massachusetts Ave,
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781-648-5222

Ski Market, Ltd.

425 Washington St, Woburn
781-932-6766

Ski Market, Ltd. (cont.)

860 Commonwealth Ave,
Boston
781-890-1212
686 Worcester Rd.,
Framingham
508-875-5253
Christmas Tree Shops Rt. 139,
Pembroke
781-826-1155

Southampton Bicycle

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247 College Hwy.,
Southampton
800-527-9784

St. Moritz

475 Washington St.,
Wellesley
781-235-6669

Travis Cycles

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Go to

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If you are unable for some reason to join online, send a stamped, self-addressed envelope to:

Larissa Hordynsky
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West Newton, MA 02465
who will mail you a printed form.