

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXIV, Number 2 • February 2010

Hanging In Honor Roll for 2009

To qualify, you must have sent in your mileage for at least five years. The other rule is that you must submit your year end mileage in December. Just get in the habit of recording mileages on the web site each month:

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

Welcome new members to the club this year: Richard Dweck, Winslow Green, Don Mitchell and Joseph Moore.

Name	Years	Average	Total
Melinda Lyon	25	15431	385775
Jack Donohue	28	10024	280680
John Bayley	14	12222	171114
Pamela Blalock	16	10236	163779
Dave Jordan	20	7074	141479
Paul Corriveau	19	7257	137877
Mike Kerrigan	16	8530	136475

Honor Roll - [Continued on page 4](#)

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Best New Ride of the Year

by Eli Post

We are pleased to announce the first annual award for best new ride of the year in recognition of a ride which is well crafted, appreciated by those who ride it, and which immediately earns its place among the Club's classics. This award seeks to recognize a special achievement that has demonstrated excellence, innovation and the promotion of cycling. While we now single out one ride, we also note that without the considerable contributions made by all of CRW's ride leaders, our ride program would not have been possible.

Best New Ride of the Year - [Continued on page 8](#)

CRW Holiday Party

by Eli Post

The adage that "a picture is worth a thousand words" applies appropriately to the CRW holiday party where a single image of smiling faces is testimony to the success of the event. The party was held at the Old Town Hall in Bedford. We left no one out but filled the place to capacity. Pot luck dinner, a beer/wine bar, and dancing to old time music made for a festive evening among kindred spirits. By any measure the party was enjoyed by all, and we are already at work deciding how to make it even better for 2010. Thanks to the following volunteers who helped make the party work: Helen Greitzer, Ann Northup, Betty Hoffman, Joanne Samuels, Nancy Schlecht, Marilyn Hartman, Jennifer Greitzer, Kimberley Fitch, Cindy Sragg, Eli Post, Pat Schindler, and Walter McKay. Susan Grieb and Jack Donohue helped with the pre-party preparations, but could not attend when the flu took its toll. We thank Landry's and Cycle Loft for their generous contributions.

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Volunteer of the Month

Bill Widnall No Limits

by Kimberley Fitch

I ran into long-time CRW volunteer Bill Widnall while he was munching on an appetizer at the CRW Holiday Party in December. We took a risk that night - we fought against the tide of convention and diverted our conversation away from cycling. I discovered that Bill was preparing for a swim meet the following weekend. Prior to this discussion, I had no idea that Bill was a swimmer! I was interested to learn more and called Bill later to conduct an interview.

When did you first begin to ride a bike?

Like most people, I learned to ride a bike as a child. Later, as an undergraduate at MIT, I used my bike for transport. After college, my bike sat in the basement and collected dust for years. Then, in 1988, something interesting happened. My wife Sheila suddenly decided one day that she would bike commute from our home in Lexington to her workplace at MIT for fitness. I stood by and encouraged her in this endeavor. I was happy to observe. Between you and me, I was convinced that the novelty would wear off, and that Sheila's cycling would last a couple of months, at most. Well, it soon became evident that cycling was a priority in Sheila's life... so eventually I took up cycling as well. Shortly afterward, I began cycling with CRW.



Volunteer of the Month - [Continued on page 7](#)

BOARD OF DIRECTORS

	Term Expires	
Don Blake	2010	781-275-7878
Rosalie Blum	2011	781-272-7785
Andy Brand	2011	617-247-9770
Steve Cohen	2011	617-641-9954
Kimberley Fitch	2012	781-354-4780
Howard Miller	2012	617-909-8492
Eli Post	2012	617-306-1838
Raúl Raudales	2010	978-937-3460
Cindy Sragg	2010	617-987-8778

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President.....	Jack Donohue.....	781-275-3991
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Vice President of Publications	Ken Hablow.....	781-647-0233
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Social Committee Chair	OPEN.....	
Safety Coordinator	Bob Zogg.....	617-489-5913

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Winter Rides	Eric Ferioli.....	781-235-4762
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
Sunday Fitness Rides.....	Andy Brand.....	617-247-9770
	Bob Dyson.....	508-668-8122

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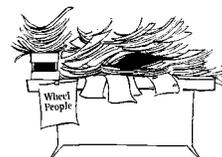
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For email contact go to the hot links at <http://crw.org/contacts.php>



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

CRW Board Meeting



January 5, 2010

Present - Andy Brand, Howard Miller (new), Kimberley Fitch (new), Don Blake, Steve Cohen, Jack Donohue, John Harmon, Cindy Sragg, Rosalie Blum, and Eli Post

Minutes - The previous meeting's minutes were accepted.

Reports

VP Rides (Eli) - Winter ride program, consisting of Sunday rides only, is in progress. Ride leaders are encouraged to post rides to the 2010 ride calendar.

Treasurer (Don) - Current club cash balance is ~\$61,000

VP Finance (John) - In 2009 CRW realized a surplus of ~\$4,800. With reduced dues for electronically distributed WheelPeople and increased social activities, the club is projected to break even in 2010.

Membership (Jack) - Membership statistics for December 2009: 1200 current memberships,

1429 current members, 17 expired members, 12 new members

Old Business

Bike Shop Nights (Eli) - CRW and local bike shops have collaborated on running a four week series on current bicycling topics. The presentations (including a social hour) run Thursday nights starting January 14th. Complete information at <http://www.crw.org/bikeshopnights.php>

(Eli) Spring ride leaders and volunteers party will take place in April/May.

Holiday party (Eli) - The holiday party was a great success - the hall was filled with 100 enthusiastic CRWers. Thoughts for next time: 1) music - consider either a DJ who encourages party games, etc or an iPod and amplifier/speakers 2) allocate additional financial resources for supplemental food.

New Business

Election of officers - Jack Donohue and Steve Cohen were unanimously elected President and Executive Vice-President respectively.

Facebook - The board agreed that Facebook should be used as means of 1) facilitating social interactions between club members through sharing of ride photos, etc. and 2) attracting interest from potential new members. Posting information requires a Facebook account and becoming a 'fan' of the CRW presence. The CRW website will remain the primary information source. The CRW website, WheelPeople,

and other electronic media will contain a Facebook link to facilitate and encourage the use of Facebook.

The next board meeting will take place on Tuesday, March 3, 2010 at 7:00PM in the library of the St. Paul's Church Bedford, MA.

Respectfully submitted,
Stephen Cohen
Secretary

New Welcome Members

Elizabeth Afanasewicz	Chestnut Hill
Pierluigi Balduzzi	Newton Centre
Charles Barsam	Belmont
Allison Brookes	Hopkinton
Margaret Burroughs	New York, NY
Nameeta Dookeran	Jamaica Plain
Jim Freedman	Holliston
Brooke Howard	Cambridge
Maggie Hunt, Jim Hunt	Boston
John "Jack" O'Malley	Brockton-West Side
John Smathers	Cambridge
Grace Spinali	Dorchester



2010 New Year's day ride starting at the Park Street Subway Station in Boston



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 welcome 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

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!

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



Honor Roll - Continued from 1

Name	Years	Average	Total
Bruce Ingle	15	8531	127959
Glenn Ketterle	22	5458	120081
Joe Repole	24	4909	117816
Peter Knox	18	6541	117740
Ken Hablow	19	6024	114458
Peter Brooks	18	5322	95798
Irving Kurki	15	6225	93379
Jean Orser	15	5958	89369
Don MacFarlane	9	9770	87933
Ed Hoffer	20	3990	79796
Mike Hanauer	28	2633	73722
David Wean	13	5400	70203
Steve Robins	7	8442	59093
Doug Cohen	15	3825	57368
John Kane	30	1872	56173
John Allen	22	2522	55494

Name	Years	Average	Total
Jim Krantz	6	8938	53626
Jeff Luxenberg	29	1842	53430
Gabor Demjen	13	4071	52917
Jacek Rudowski	20	2636	52713
Glen Reed	6	8655	51931
Paul Hardin	7	6915	48405
Bill Widnall	12	3824	45885
Butch Pemstein	8	5551	44405
Chris George	7	6329	44303
John Springfield	30	1448	43435
Marc Baskin	10	4004	40039
Susan Grieb	24	1667	40004
Richard Taylor	6	6380	38278
Bill Hanson	13	2835	36854
Joseph Tavilla	8	4424	35391
George Caplan	28	1186	33204

Name	Years	Average	Total
Otto DeRuntz	6	5267	31603
Gary Smiley	8	3678	29426
Cynthia Snow	10	2793	27925
Don Mitchell	5	5553	27767
Janet Tortora	6	4605	27630
Joseph Moore	5	4773	23863
Darrell Katz	6	3968	23805
Richard Dweck	5	4582	22912
Lisa Weissmann	7	3261	22827
Cynthia Zabin	10	2170	21702
Winslow Green	5	4234	21170
Henry Marcy	6	2959	17751
Marc Webb	7	2376	16632
Elaine Stansfield	10	1561	15608
John Loring	16	829	13266
Greg Tutunjian	10	1319	13190



February 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.

Holliston Ride

Sunday - February 7

Times and Routes: 10:30 AM

Ride Type: Cue Sheet

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.

Valentine's Day Ride

Sunday - February 14

Times and Routes: 10:30 AM for 27 and 45 miles

Ride Type: Cue Sheet

Description: What better way to celebrate Valentine's Day than to ride the scenic roads of New England. The route will take us through familiar roads of Lincoln and surrounding towns.

Leaders: Bob Wolf (781-259-9892, robertg-wolf@gmail.com)

Start: 12 Meadowbrook Road, Lincoln, MA

Directions: Rt. 128/95 to Exit 29, Rt. 2 West. Go 4.6 mi., look for the Rt. 126 sign, and turn left onto Rt 126 (south). Go about 2.5 miles to Rt 117 and turn left (east) and travel 1/2 mile to Meadowbrook Road, which is your first right. 12 Meadowbrook Road is the 3rd house on the left.

Bruce's Birthday Ride

Sunday - February 21

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.

Say Goodbye to the End of February

Sunday - February 28

Times and Routes: 10:30 for 22 or 32 miles

Ride Type: Cue Sheet, Map

Description: Starting in Acton at Bagels Plus on Rte 2A, the routes wind through Westford and back through Concord and Carlisle.

Leaders: Ken Hablo (781-647-0233 before 9PM No Sunday morning calls., khablow@khgraphics.com)

Start: The parking lot at Bagels Plus on Rte 2A. 93 Great Road, Acton

Directions: 1 mile past the Concord Rotary on Rte 2A at the base of Pope Road.

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



To All "Icecreamers"

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 Café, 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.



CRW on Facebook

Thanks to Kimberley Fitch, CRW now has a presence on Facebook. Facebook users can become a "fan" of "Charles River Wheelmen" to participate. Not a Facebook user? You can see what the page looks like by going here:

<http://www.facebook.com/pages/Charles-River-Wheelmen/100740914229>

you can click the "Sign Up" button to create your own Facebook account.



BLACK ICE:

Winter Biking's Invisible Hazard

by Tad Staley

One of winter cycling's greatest hazards is black ice—a thin layer of ice that freezes without bubbles or other visible imperfections, making it nearly invisible or easily mistaken for water. In either case, when riding over black ice you will have far less traction than you might have expected.

Traction is key to bicycling, whether accelerating, turning or stopping. Black ice dramatically reduces your bike's traction, and compromises your control.

One of the insidious characteristics of black ice is that it is often difficult or impossible to see. It is sometimes visible in the form of a dark patch on the road or, if you're lucky, you may catch some glare off the surface that signals that the pavement is covered. But black ice is often disguised, so it's best to be alert to conditions that can create it.

When does black ice form?

Any time the road surface drops below the freezing point, it can turn water into ice.

Just because the air temperature has risen above freezing, it doesn't mean that you won't encounter black ice on the road. Ice can form on the road even when the air temperature is above freezing, as long as the road surface remains below freezing. This can happen if the air warms quickly after an extended cold spell that leaves the surface of the roadway below 32°F, or on a clear night when the road surface radiates its heat to the night sky.

The loss of traction on ice is created when friction from your tires melts the very top layer of the ice, and the resulting water reduces friction. At lower temperatures, the top of the ice melts more slowly so the surface actually becomes

less slippery as the temperature drops further below 32°F. This means that the most slippery conditions occur at temperatures right around freezing.

Where are you most likely to encounter black ice?

Black ice can occur any time a thin layer of water freezes on the road surface:

- Snow banks on the side of the road that melt during the day, often in direct sunlight, can create a thin layer of water by the roadside that can turn to ice as the temperature drops later in the afternoon. On a hill or curve, the black ice can extend across the entire roadway.
- When plowing has left a layer of snow between tire tracks on the road surface, runoff can turn to black ice with a drop in temperature. Sidewalks and bike paths may have snow on the uphill side, which melts across them and refreezes.
- Bridges and overpasses are prime territory for black ice, because air temperature beneath the bridge can drop lower than the ground temperature normally beneath the road. Highway departments are often reluctant to deposit salt on bridges to avoid the corrosive effects on the bridge's metal, making bridges even more treacherous.
- Underpasses can also be prone to black ice, because they generally get no sunlight. If the underpass is at the base of a descent, water will naturally pool there.
- Water can also come in the form of condensation from a car's tailpipe. Watch for black ice where cars have been idling, for example, at traffic lights or in driveways.

Negotiating Ice

Because traction is harder to come by on ice (black or otherwise), you will need to modify your riding style.

First, be aware of where black ice can form, and under what conditions, so you can avoid potential trouble spots.

If you find yourself on ice, stay calm. If possible, coast in a straight line (no braking, turning, or accelerating) until you've reached dry pavement.

If you must turn on ice, take it slowly so you can stay as upright as possible. Leaning into a turn requires a lot of lateral traction to keep your tires connected to the road. Without that traction on ice, your tires will quickly lose their grip and you may find yourself having a direct encounter with the ice. If you must brake, use your rear brakes only. This will keep your front tire rolling and in the best possible contact with the road surface, and will help maximize your steering traction.

If you use a single studded tire, mount it on the front wheel because that will ensure better traction where you need it most—for steering. One strategy is to have a spare tire with studs that you can mount if you anticipate ice on a ride.

The possible presence of black ice need not stop your winter bike rides. Proper attention to the conditions that create black ice, avoiding turning or braking (when you can), and using the turning/braking techniques discussed above (when you must), will help ensure that your bike doesn't slide out from under you. ☺

You have done a lot of volunteer work for CRW over the years. How did you begin?

From 1993 to 1997, Sheila and I moved to Washington DC when Sheila was appointed Secretary of the Air Force under the Clinton Administration. During this time, my cycling momentum continued, and I joined a cycling group in DC. This cycling group had an interesting way of conducting rides. They lead mid-week, mid-day group rides, with a "follow-the-leader" structure, without using painted arrows or cue sheets.

I found the model used in DC to be so successful, that I set out to replicate it with CRW upon my return from DC in late 1997. This was the genesis of a long established tradition which continues to this day, called the "Wednesday Wheelers". The concept includes riding together as a group, using a system of human arrows and a sweep to ensure no one gets left behind, and communicating by e-mail so that rides don't have to get organized months in advance. Since arrowing is not necessary, this structure attracts more ride leaders and increases the diversity of ride locations. It was important to me to establish an intermediate pace in order to include average recreational cyclists, and stop for a real sit-down lunch. There is an important social aspect to this model which creates a strong sense of community within the group. Wednesday Wheelers has been running continuously for 12 years, and has enjoyed a long run of leadership stability. Since its founding, there have been only three Wednesday Wheeler coordinators.

In addition to originating and leading many different rides for the Wednesday Wheelers, I've led weekend and holiday rides for CRW. My first painted arrow ride was the North Shore and Cape Ann Tour co-led with Steve Kolek in Sept 1998. Weekend rides that I originated include the Bridges of the Sudbury River ride and historic tour rides in Plymouth and Duxbury.

You and Sheila are so generous to open your home for after-ride parties. I love your 4th of July party!

Sheila and I began two holiday traditions which have continued for many years. The day before Thanksgiving, we offer a ride and turkey party at our home as part of the Wednesday Wheeler program. We started this tradition in 1998. Also, since 1999, every Fourth of July, we have offered the "Lexington Revolutions" ride followed by a barbecue at our home.

What do you consider to be your most important accomplishments at CRW?

In addition to founding the Wednesday Wheelers, I've enjoyed making other contri-

butions while serving as a Board member and volunteering in other various positions. I was on the CRW Board for three three-year terms from 1999 - 2008. I served as Executive Vice President and then in 2003 and 2004 I was club President and Chairman of the Board. I was VP for Rides from 2006-2007. I was chairman of the Board's Grants Committee for eight years from 2001 through 2008.

I feel that my most significant accomplishment while club president was to clarify CRW's non-profit status and to obtain recognition from the IRS that our non-profit category was 501(c)(3). This category provides to our volunteers and officers greater protection from liability



suits, it allows financial contributors to CRW to deduct their contributions, and it entitles CRW to reduced postage for mailings.

Also, during the eight years that I was chairman of the grants committee, we instituted important changes to our charitable contributions program. For a long time, CRW contributed exclusively to the League of American Bicyclists (in Washington DC). We eventually decided that this was not the best course for the club, and instead decided to contribute to Mass Bike. For six years in a row, Mass Bike received contributions from CRW after they prepared a very targeted proposal indicating what they would do with the funds. When Mass Bike went through a period where they were having leadership issues, I put in place the system which remains in place today, whereby CRW solicits requests for grants from multiple cycling related organizations, evaluates the requests, and allocates our grants budget among the competing applicants.

What did you do for work?

I was an aerospace engineer and college teacher. I attended MIT for my undergraduate degree and Doctorate (I finished in the mid-60's). I had the good luck to be at MIT when the university was awarded the contract to develop the on-board computer for the Apollo project. The Apollo project was my first assignment as an engineer! I also worked on development of GPS satellite navigation systems. In addition, I was professor in the Aeronautics and Astronautics Department, teaching in navigation and control systems. I retired at the time that Sheila and I moved to DC.

I've visited your home, and noticed the nautical wood models and photos. Where and when did you learn to sail?

I learned to sail as a child on Long Island Sound and won my first race as a 10-year-old. Since then, I've been hooked on competitive sailing. As an undergrad at MIT, I was captain of the sailing team. My junior year was the last time that the MIT team won the nationals.

I race most Saturdays in Marblehead during the summer in an International One design. I skipper the boat with three or four additional crew members. Sheila and I enjoy representing the Marblehead fleet. There are ten fleets around the world, and since 1967, we have won the world championships nine times. This event takes the fleet to locations in the U.S., Bermuda, U.K., Norway, and Sweden.

I'm almost afraid to ask... are there other activities that you participate in?

I get enjoyment from learning something new and improving. About nine years ago, I became interested in competing in triathlons. Since I feel that swimming is my least competitive sport, I joined a Masters Swim Team (coached by a CRW member) in order to improve my swimming skills. This weekend, I'll compete at the New England Masters swim championship. Also, I have run for the last three years in the Boston marathon. I plan to run again in April for the Dana Farber team.

How many children do you and Sheila have?

We have two grown children, and two grand children ages nine and six. My daughter, her children and I ran in races on Thanksgiving in Andover in conjunction with the Feaster Five. A special race was held for the children, and everyone had a lot of fun.

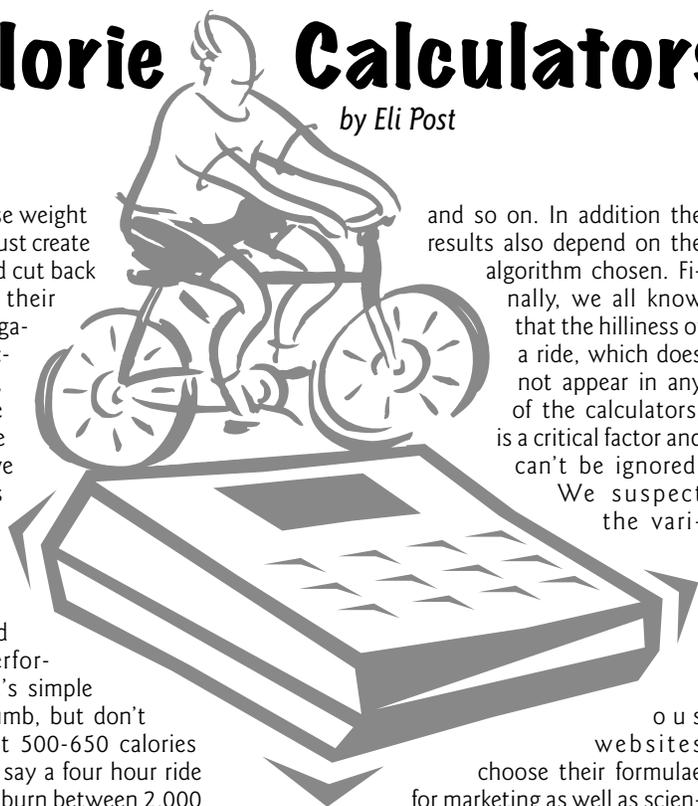
The next time you see Bill Widnall out there cycling, sailing, running, swimming, hosting a CRW party, or spending time with his grandchildren, offer a word of thanks for all his volunteer work over the years! 🌀

Calorie Calculators

by Eli Post

Those desiring to lose weight soon realize they must create a calorie deficit, and cut back intake to achieve their goal. There is information galore on strategies to effectively burn extra calories, but for many cyclists the issue is related but quite different. The question we hear frequently asked is “how many calories do I burn” in relation to a ride of a particular length or difficulty. Some ask so they can adjust their food intake for improved performance, and for others it’s simple curiosity. The rule of thumb, but don’t ask whose rule, is about 500-650 calories per hour. That means on say a four hour ride of 50-60 miles one might burn between 2,000 and 2,600 calories, which is significant when you realize that most of us require about 2,000 calories to get through the day, absent any vigorous exercise.

There are now several web sites which have calorie calculators, claiming scientific backing, but provide very different numbers. They all can’t be accurate and any claim of an exact or even closely approximate calorie burn is bogus. There are factors beyond weight and speed in calories burned, e.g., age, innate metabolism, efficiency of movement, fitness, equipment,



and so on. In addition the results also depend on the algorithm chosen. Finally, we all know that the hilliness of a ride, which does not appear in any of the calculators, is a critical factor and can’t be ignored.

We suspect the vari-

ous websites choose their formulae for marketing as well as scientific reasons. However the online calorie counters still have value, but the only proper use is relative, on this ride I burned more calories than on that ride.

It may be possible to calibrate your burn with careful measurement of calories consumed, weight fluctuations, miles ridden, hills climbed, etc. You could then develop your personal “conversion factor” from one of the sites you happen to like for other reasons, but that is a lot of precise work.

We reviewed several websites, each of which has a calories counter, and if you make the rounds you will see the limitations, but again you may find the general range useful. One website asks the pace, ride time and weight. For a 14-16 mph pace lasting 4 hours, a 150 pound person would burn 2,700 calories. A second website adds gender, weight and age, and we get 2800 calories for a 30-year old male, and 2500 calories for a 60-year old male. A third website asks only weight and estimates 2,900 calories burned for a 150 pound person irrespective of age or gender.

Two friends of ours have calorie counters on their bikes or watches and one would get 1700 calories for 50 miles and the other would get 2100. The heavier rider got the 1700 number and was always a bit miffed, “Hey, I rode just as hard as you did!” We offered the explanation that the devices were probably using different algorithms, but they finally stopped checking the numbers deciding it added too much stress to an otherwise pleasant time. You might decide the same, but below are links to a few websites if you wish to calculate your own burn rate.

http://www.sjwheelmen.org/get_ready_metric.htm South Jersey Wheelmen

http://www.mapmyride.com/calculate_calories Map My Ride

<http://www.healthstatus.com/cgi-bin/calc/calculator.cgi> Health Status

Best New Ride - continued from page 1

The “Back Roads of Switzerland” first ran in August 2009. It was the creation of John Aslanian who lives in Boylston and who cycles regularly in that area. John reported that friends who were invited to ride with him often commented on the beauty of the route and that it reminded them of Switzerland. Hence the ride name.



The ride offered many riders from the Boston area an opportunity to experience beautiful country roads, dramatic views, and challenging hills they ordinarily don’t encounter. The ride passes along and over the Wachusett



Reservoir, the second largest body of water in Massachusetts. West Boylston, Holden, and Rutland all offer small town charm and pretty roads that are a pleasure to travel on. Admittedly this is a hilly ride and presents a challenge, but is well worth the struggle.

We measured the ride’s success in several ways. First, returning riders said “what a great ride” as they made it back to the start. Second, the ride leader received a record number of emails thanking him for the ride. When we repeated the ride in September 2009 we had even more riders than before as word of mouth ran its course. Finally, one of the Club’s most demanding critics went out of his way to let us know how well laid out and arrowed he found the route. The “Back Roads of Switzerland” is a cyclist’s delight, and will certainly be included in our 2010 ride program. It should not be missed.



Holiday Party Names
(Listed left to right)

A: Top Row
 (A1) Sheila Widnall
 (A2) Ilkka Suvanto
 (A3) Jim Pearl
 (A4) Ron Menner
 (A5) Barry Nelson
 (A6) Linda Nelson
 (A7) Paula O'Sullivan
 (A8) Rich Taylor
 (A9) Alison Sheridan

B: Second Row
 (B1) Joanne Samuels
 (B2) Ken Hablow
 (B3) Pat Schindler
 (B4) Cindy Sragg
 (B5) Marilyn Hartman
 (B6) Richard Vignoni
 (B7) Eli Post
 (B8) Walter McKay

C: Third Row
 (C1) Kimberly Fitch
 (C2) Everett Briggs
 (C3) Bob Wolf
 (C4) Pamela Blalock
 (C5) John Allen
 (C6) Jake Kassen
 (C7) Mike Hanauer
 (C8) Eric Ferioli

D: Fourth Row
 (D1) Bill Widnall
 (D2) Andy Brand
 (D3) Pamela Blalock
 (D4) John Bayley
 (D5) Peter Megdal
 (D6) Cass Zelny
 (D7) Nadina Raudales
 (D8) Ingrid Shuttleworth
 (D9) Ilkka Suvanto
 (D10) Joan Laxson

E: Bottom Row
 (E1) Bob Zogg
 (E2) Dick Arsenaull
 (E3) Mike Counihan
 (E4) Sumner Kagan
 (E5) Rita Cramer
 (E6) Mike Cramer
 (E7) Ken Hablow

Holiday Party - [continued from page 1](#)

The food volunteers worked without stop in the kitchen and the photographer regrets

missing them as he made his rounds of those dining, dancing, and otherwise enjoying the get together with friends. You can also view the

"smiling faces" at CRW's expanding Facebook page (<http://www.facebook.com/photo.php?pid=3218452&id=100740914229>).

Little Jack's Corner

by Jack Donohue



Last December I went on a Wednesday Wheelers ride. Well, I didn't actually go on it, it was more like ships passing in the night, but I got to observe the Wheeler phenomenon in action.

I was off the week between Christmas and New Years, not with any grand plan, but because I had unused vacation days, and they would expire end of year. I was going to take some of the week of Thanksgiving, but the house was crawling with in-laws then, so that seemed like a bad idea. I was looking for something different to do than my standard ride, the TGIF ride starting from my house. The day before I had ridden over to Ken Hablow's house to drop off a check, not so much to save a stamp but that I wanted a new destination. So, when Eli told me about a Wheeler ride starting in Acton, that seemed like a goal. Riding out there and doing the ride would roughly double my usual mileage, but I figured worst comes to worst, I could just ride out, say hi and go home. The start was pretty close to my normal turn around point on Strawberry Hill Road anyway. I had considered doing the whole ride, but

another WW characteristic is stopping for lunch. Now, I generally don't eat much lunch, and the thought of coming in from the cold and having to warm up all over again was not appealing. Given that the lunch stop was far enough away from the start for me to get lost on my own, I opted for Plan B, which was to ride with them for a while, then diverge and take the Apple Pi route home.

Now, back in the day, when Bill Widnall started WW, they were quite civilized. The stated

policy was no rides if the temperature was below 45 degrees. But as time passed, the bar kept being lowered, and now there was a merry band setting out with temperatures barely in the 20's. Not the usual cast of thousands, but numbers in the double digits.

Now, back in the day, when Bill Widnall started WW, they were quite civilized. The stated policy was no rides if the temperature was below 45 degrees.

So, we set out, and Bob the leader announced that we would stay together. This already was a departure from the normal CRW policy of leaving the stragglers for dead. I gather that even in warmer times with larger crowds, they

post "human arrows" at the turns so no one is left behind. But beyond that, Bob commissioned a helper to cruise the pack and make sure everyone was still having fun. If not, there were a number of bailout points that could be taken to shorten the ride. The ride was well planned in this respect, the route folded back on itself numerous times so that it looked like the small intestine. Again, on a normal ride in the unlikely event anyone asked how you were doing, the question was largely rhetorical.

The ride was definitely hi-tech with the leaders brandishing cell phones and GPS units. You would have really have to go out of your way (no pun intended) to get lost on this ride.

So, I was beginning to see what all the fuss about Wednesday Wheelers was about. I've still got my dead end day job, so Wheeling is not in my immediate future, but I can see this as a regular retirement activity. I may even start eating lunch. ☺

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



Photo: Richard Vignoni

includes three nights lodging, three breakfasts, two dinners.

Rooms are all double occupancy, some with private, some with shared bath. They are as-

signed in the order checks are received. There are also two luxury rooms (with hot tub) available for additional cost. Check <http://crw.org/bikersonskis> for room availability and cost and to register.

To register send 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)

CRW Trips - Continued on page 11

December

3	3	4	6	4	1
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MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	14898	-	-	-	Alison Sheridan	4257	9	1	-	Dave Jordan	2181	-	-	-
John Bayley	10784	9	6	5	Hasmet Akgun	4212	1	1	-	Tad Staley	2175	-	-	-
Bruce Ingle	10539	12	10	3	George Ulrich	4202	4	-	-	Mark Helton	2127	4	-	-
Don MacFarlane	10021	8	-	4	Peter Knox	4173	4	3	2	Marc Webb	1944	3	1	-
Jim Krantz	9202	10	6	5	Gary Smiley	4074	2	-	-	Jeff Luxenberg	1782	2	-	-
Jack Donohue	8631	-	-	2	Erik Husby	4005	2	-	-	John Kane	1637	-	-	-
Steve Robins	8584	-	-	-	Cynthia Snow	4005	1	-	-	Mike Hanauer	1570	-	-	-
Pamela Blalock	8490	9	9	2	Richard Taylor	3879	8	8	-	Greg Tutunjian	1341	3	1	-
Irving Kurki	8065	12	8	1	Fred Meyer	3774	6	1	-	Bill Widnall	1259	3	-	-
Bob Wolf	7926	10	2	-	Ed Foster	3548	6	-	-	Chris Lennon	1067	-	-	-
Larry Murphy	7002	11	-	-	Cynthia Zabin	3547	-	-	-	Elaine Stansfield	950	-	-	-
Chris George	6898	10	-	-	Paul Corriveau	3535	5	2	-	George Caplan	796	-	-	-
John Higley	6354	9	6	2	Rudge McKenney	3400	5	1	-	Brian Dias	637	-	-	-
Mike Kerrigan	6224	-	-	-	Otto DeRuntz	3382	10	5	-	Susan Grieb	592	-	-	-
Susan Raye	6001	5	-	-	Elliott Morra	3372	3	2	1	John Loring	547	-	-	-
Glen Reed	5967	3	4	-	Glenn Ketterle	3333	-	-	-	Jacek Rudowski	58	-	-	-
Butch Perstein	5946	8	1	-	Jean Orser	3300	5	2	-					
Brett Serkez	5789	9	4	-	Lisa Weissmann	3268	3	1	-					
Don Mitchell	5492	5	2	-	Winslow Green	3214	-	-	-					
Paul Hardin	5100	9	3	-	Gabor Demjen	3130	6	2	-					
Peter Brooks	5095	11	8	-	Douglas Cohen	3087	2	-	-					
Joe Repole	5064	12	12	-	Richard Dweck	3068	-	-	-					
Joseph Moore	5006	7	-	-	Darrell Katz	2876	-	-	-					
David Wean	4927	3	-	-	Henry Marcy	2855	1	-	-					
Ken Hablow	4830	9	-	-	Michael Filosa	2780	4	2	-					
Marc Baskin	4810	5	1	-	Bill Hanson	2740	-	-	-					
Rolf Budd	4700	2	1	-	Ed Hoffer	2585	-	-	-					
Carlo Innocenti	4673	2	1	-	Janet Tortora	2577	-	-	-					
Dave Stefanovic	4566	1	2	-	Adam Auster	2562	1	-	-					
Joseph Tavilla	4486	-	-	-	John Springfield	2510	-	9	-					
Frank Aronson	4453	9	6	-	John Allen	2205	-	-	-					

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

CRW Trips -Continued from page 10

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.



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“ The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart. ”

Iris Murdoch
The Red and the Green

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617-776-2100

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617-325-2453

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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

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Sudbury
978-443-6696

Frank's Spoke 'N Wheel
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Holliston
508-429-9177

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Newton
617-244-1040

Harvard Square Bicycles

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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

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781-631-1570

Papa Wheelies Bicycle Shop

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Portsmouth
603-427-2060

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781-246-8858

Quad Cycles

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Arlington
781-648-5222

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781-932-6766

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781-890-1212

686 Worcester Rd.,
Framingham
508-875-5253

Christmas Tree Shops Rt. 139,
Pembroke
781-826-1155

Southampton Bicycle Center

247 College Hwy.,
Southampton
800-527-9784

St. Moritz

475 Washington St.,
Wellesley
781-235-6669

Travis Cycles

1 Oak St., Taunton
508-822-0396
722 N. Main St., Brockton
508-586-6394

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

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If you are unable for some reason to join
online, send a stamped, self-addressed
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Larissa Hordynsky
365 Cherry St
West Newton, MA 02465

She will mail you a printed form.

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2010 New Year's day ride - Boston

photo by Gary Smiley