
WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

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CRW Volunteer Party Register Now!

by Kimberley Fitch

OK, let's say you are just completing a grueling CRW Spring Century, not your first. By this time, you should be able to predict exactly how you will feel. But somehow you are never prepared. The gradual wilting you first noticed in your shoulders, has since moved into your wrists, and now your neck feels as though it can barely hold up your head. You look at your legs. They are still there, but somehow they no longer feel connected to your body.

But then you glide into the finish. What is this? You notice a spirited team of people, all wearing CRW t-shirts. They seem enthusiastic, joyful even. Look! You move towards the seductive spread of food. One CRW volunteer offers sandwiches and another pours lemonade. You remember. This is the reward. Though it takes every ounce of your meager remaining strength, you drag yourself three feet to the food table. But there you observe an aberrant sight.

A CRW volunteer eagerly re-stocks the potato chips while enjoying lively conversation. This volunteer laughs at something (you have no idea what), then leaps over several boxes of Volunteer Party - [Continued on page 3](#)

Kicking off the New Season

PART 1

by Bob Zogg

Spring marks the time when many of us pull our bikes out of storage and once again hit the roadways—a good time to reflect upon how we can demonstrate and promote the common values that tie us together as a club. Arguably, the most important of our common values are captured in the CRW Safety Policy:

"The CRW promotes safe, courteous, and lawful cycling practices. CRW members are expected 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."



Read on for some suggestions on how you can make a difference. We'll present additional suggestions next month.

Encouraging Others: Promoting safe, courteous, and lawful cycling is not only the responsibility of the CRW Board of Directors, Ride Leaders, or Safety Committee—it is your responsibility as a CRW member, too. "Promotion" sounds simple, yet can be hard to execute. With practice, you'll become more effective. Try this:

- Set a good example through your own behavior

Safety Page - [Continued on page 3](#)



Ride Leader
of the Month

"Joe Century"

by Eli Post

Those of us who take cycling seriously have our own way of deriving pleasure from the sport, and deciding how successful we are at accomplishing our mission. We all know a rider who clocks in a phenomenal number of miles or did a particular ride in record time, but those aren't the only challenges open to us. Joe Repole is a long-time CRW member who has led rides for over 20 years, and who still rides over 5,000 miles a year. We think that earns him some special distinction especially when you consider that Joe is 73 with four children,

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

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Wednesday Ice Cream Ride.....	Gabor Demjen.....	781-444-4508
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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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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

Volunteer Party - Continued from page 1

granola bars while at the same time opening a container of peanuts. It's not fair, you think, that so much energy should permeate from any one individual, when your inert body feels extinct. Suddenly, you realize that this volunteer is speaking to you - would you like a turkey or ham sandwich? You answer "Yes". The volunteer understands exactly what you mean. You gradually gain consciousness as the sandwich slowly seeps into your system. You thank the volunteer.

Of course, you know that CRW is an all volunteer organization. Volunteers coordinate registration, water stops and post-ride food at CRW centuries. Volunteers coordinate social events. Volunteers create each newsletter. The CRW website, CRW Facebook page (<http://www.facebook.com/pages/Charles-River-Wheelmen/100740914229>) and CRW listserves are all managed by volunteers. Each ride is designed, arrowed and led by volunteers. CRW is fortunate to have a committed group of trustworthy volunteers who allow the club to function. The quantity of activities offered by the club is mainly a function of the number of volunteers willing to contribute, and the number of hours each volunteer can commit. The more volunteers we have, the greater our ability to offer rides and services for members.

If you are one of CRW's many volunteers, we want to say "thanks!" by inviting you to a volunteer dinner party on April 11, 2010, at 5PM. The event location has not been selected yet, but will be posted at a later date. Also, if you are a member who has never volunteered before, and wish to join CRW's team of vivacious volunteers, you are welcome to attend the party. This is a free event, including drinks and dinner. Please be warned that if you attend this event, a CRW "Volunteer Ambassador" will present you with a multitude of diverse volunteer opportunities from which you can select. Don't worry, if you don't find the Ambassador, he or she will find you! You must pre-register for this party, as space is limited. Please go to the CRW Volunteer Party Page (<http://crw.org/volunteers/party.php>) to register. ⚙

Safety Page - Continued from page 1

- Look for ways to interject into conversations your personal convictions about safe, courteous, and lawful cycling
- Provide constructive feedback, while remaining positive and polite
- Accept with grace any feedback you may receive, and offer a "thank you" for the reminder
- Keep at it. At times, it can be hard to appreciate the incremental value of your efforts.

Staggering Ride Starts: When a CRW ride attracts 30 to 40 or more participants, the Ride Leader may stagger the ride start. Generally, this means dividing riders into three groups based on expected riding speed and then releasing each group, separated by a minimum of 90 seconds. Staggering a ride start lowers our impact on traffic flow while making the ride safer and more enjoyable for participants. As any Ride Leader can attest, successfully staggering a ride start is no easy task. Please do your part:

- Listen attentively to the ride talk so that you hear all directions. Encourage fellow riders to gather closely and stop talking so that all can hear.

- Pick a group and stick with your choice
- Wait for the Ride Leader to release your group. Starting out between groups can confuse other cyclists and disrupt the process.

Bright Clothing: Always wear a bright or light-colored jersey. Dark colors (including most reds) are much less visible, even on sunny days.

ID: Carry identification, along with health-insurance and emergency-contact information. For convenience, carry photocopies of these items in a plastic bag. Carry ID on your person, not in your bike bag. If you are taken to the hospital, your bike bag will not be with you.

Bio Breaks: Use public restrooms or CRW porta-potties (provided on CRW century rides) whenever possible. Otherwise, pick a secluded, wooded area. Avoid grassy areas that may harbor deer ticks that can transmit Lyme disease. Also, learn to recognize and avoid poison ivy (see photo below and other photos at: <http://www.poison-ivy.org>). Be considerate of restaurants, stores, and other private establishments, especially those that host our lunch stops. Please be a paying customer if you intend to use their facilities. ⚙



Photo courtesy of www.poison-ivy.org

Poison Ivy—Sometimes Shiny, Sometimes Not

New Welcome Members

- | | |
|------------------|------------|
| John Cali | Norfolk |
| Renee Commerford | Arlington |
| Stephen Dadagian | Concord |
| James Godbey | Canton |
| Robert Green | Boston |
| Ralph Hanseler | Methuen |
| Craig Haug | Sherborn |
| Clare O'Brien | Somerville |
| Jay Sparks | Arlington |



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.



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, e-mail the ride coordinator.

Note: Different leader each week, to become a leader contact Helen

Thursday Fitness and Fun Ride



Times and Routes: 4:30 PM, 25 or 30 Miles

Ride Type: Cue Sheet, Arrowed

Description: The Thursday night fitness and fun ride welcomes everyone.

Weather permitting; you will ride through the scenic countryside of the small towns of West Bridgewater, Bridgewater and Middleborough. We encourage groups of various speeds riding together and for the last

group to wait for ones separated to catch up. This ride will repeat Thursdays through the early fall. Please bring your lights, and bright clothing is strongly recommended

Leaders: Wayne Douglas (508-588-5576, wdouglas5@comcast.net), Kieran Fennell (617-835-9731, JBWESF@yahoo.com)

Start: Park & Ride, West Bridgewater, MA (near the Charlie Horse Restaurant)

Directions: Take Route 24 to Exit 16B West (Route 106) in West Bridgewater. The Park & Ride parking lot is on your left before the Charlie Horse Restaurant.

Note: Rain cancels the ride. As the season progresses, the start time will be adjusted.

Friday TGIF Unwinder

Times and Routes: 5:15PM for 18 or 24 mile

Ride Type: Cue Sheet, Map, Arrowed

Description: A club ride that provides something for all tastes.

There is usually a fast group riding paeline (18mph+) while others tour at their own speed. The ride winds through the low traffic back roads in Concord, Carlisle, Acton and Chelmsford. This ride is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. There is always a group going out for dinner and/or ice cream after the ride. Bring the fun (and bike lights as the ride time is seasonally adjusted for ~1.25 before sundown).

Leaders: Ed Glick (edglick@alumni.neu.edu), Paul Hardin (978-866-3040, 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: 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 just after the police station and then a quick RIGHT to go behind (west of) the library.

Note: BRING bike lights! due to lack of Sunlight

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!





March 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.

Willett's Pond Wayfare

Sunday - March 7

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

Ride Type: Cue Sheet, Arrowed

Description: Rides head south through though 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.

Needham to Hopkinton

Sunday - March 14

Times and Routes: 10:30 am for 27 and 42, miles

Ride Type: Cue Sheet, Arrowed

Description: This is the popular "Saturday Morning Fitness Ride". You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. The routes are all arrowed.

Leaders: Eli Post (617-306-1838, 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.

Bridges of the Sudbury River

Sunday - March 21

Times and Routes: 10:30 AM for 17 or 27 miles

Ride Type: Cue Sheet

Description: Celebrate SPRING! Cross eight bridges of the Sudbury River and see a ninth (one that George Washington crossed). Cruise along in the beautiful Sudbury River valley with

4 hills to keep you warm. Both Starbucks and Dunkin' Donuts are within 1/4 mile of the end of the ride. Active snowfall or rain cancels.

Leaders: Rich Taylor (781-257-5062 Not on Thursday, richard_n_taylor@post.harvard.edu)

Start: Crosby Market Parking Lot (Near train station), 211 Sudbury Road Concord, MA

Directions: Take Rt. 2 West. Turn Right on Sudbury Road (4th light from Rte. 128) in Concord. Parking lot is about 3/4 mile on the right before the tracks.

Note: Commuter Rail Arrives Concord 9:18 AM, Departs 11:59 AM or 2:34 PM. Verify Sunday train schedule at www.mbtta.com

Tenth Biennial Northwest Passage (CCW) Revisited

Sunday - March 28

Times and Routes: 10:30AM for 27 and 48 miles on rolling terrain.

Ride Type: Cue Sheet

Description: The short ride travels northwest from Framingham to Southborough, Marlborough and Ashland. The long ride adds Northborough, Berlin and Boylston. The short ride is rolling. The long ride goes up Linden and Ball Hill and down Green St. The lunch stop for the short ride is in Southborough and in Berlin for the long ride. Most of the ride is on residential and rural tree lined back roads with few traffic lights. Points of interest include reservoirs, alpaca, long horned cattle, Millbrook golf course, Callahan State Park, horse farms, Sterns and Eastleigh farms and Belted Galloway cattle. In warm weather this ride attracts 80 to 100 riders.

Leaders: Marilyn Hartman (781-935-9819), Joe Repole (508-879-6340, joecentury@aol.com)

Start: 15 Gryzboska Circle, Framingham

Directions: From the Mass Pike take exit 12, Route 9 East to Temple St. (2nd traffic light). Right on Temple St. (if you are taking Route 9 West from Boston, take a left at the jug handle onto Temple St.) Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska, not Salem End Rd. The commuter rail leaves South Station at 7:50 and arrives in Framingham at 8:35 AM. You are encouraged to ride your bike to the start.



Memorial Day Weekend in the White Mountains

Fri.-Mon., May 28-31, 2010

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 \$205-\$265 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)

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

Friday-Sunday, June 4-6, 2010

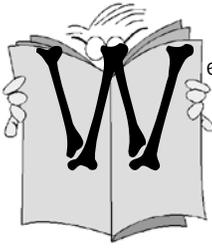
Join us for this classic Vermont tour, biking 100 miles from Ludlow to Waterbury on Saturday, and returning on Sunday. (That's 200 total miles.) Although the route follows the valleys as much as possible, there is some serious climbing (sometimes over 10% grade) to get over the ridges. The weather is 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.

Little Jack's Corner

by Jack Donohue



Well, I finally did it. After many years of cycling and countless FDGB's, I finally broke my collarbone. The fact that I had never done this before was somewhat of a minor miracle, since if you're a cyclist and you're going to break something, it's almost always the collarbone. The Clavicle Club has many members in the cycling community. Racers probably lead the pack in this respect, since they are wont to meet the pavement at high speeds, but even we mere mortals can manage to break this little bone without too much trouble. After the fact, I got really familiar with my x-rays and I have to say, what a poor excuse for bone it is. Sitting between sternum and shoulder, it's just a little thing, just asking to be snapped asunder ("make a wish").

My particular break is somewhat of a mystery. It was accompanied by a mild concussion, and despite the fact I got up, went to someone's house and asked them to call Mrs. D., my first recollection after the fall was getting into the D-mobile, and then to the hospital. They patched me up, sent me home with a sling and some good drugs. The surprising thing was that the break really didn't hurt that much, so I ended up not taking the drugs.

First question of course was when I could get back on the bike. Since it didn't hurt much, I naturally didn't pay much attention to it. The sling was kind of inconvenient so I had it off most of the time. Walked around looking like a cross between Napoleon and Quasimodo. Went for a trial bike ride a few days later and

things seemed Ok, except there was some crunching going on when I got out of the saddle, so I pretty much stopped doing that.

A week later I was due to see the orthopedist and was feeling pretty good. Figured he'd say I was fine, go thy way and FDGB no more. He was pretty happy when I told him I was feeling good, ready to rock and roll, but not so cheerful after he looked at the x-rays. The split ends hadn't done much to get back together in fact

He said most of his type A patients went for the surgery since they couldn't be trusted to sit still and let it heal on its own. I definitely fit into that category...

they looked like they were a bit further apart than initially. That's when he brought up the S word. When I went in I never in a million years thought I would need surgery, but there it was. He said most of his type A patients went for the surgery since they couldn't be trusted to sit still and let it heal on its own. I definitely fit into that category, since I had already pushed it around more than I should have. He said I could wait and see but it would be better to do it sooner than later when scar tissue had formed.

So, next I embarked on a fact finding mission. As I mentioned, cyclists break their collarbones with astonishing regularity, so I had a large population to draw on. On one end of the spectrum was Melinda, who had a major break. Conventional wisdom was that surgery is not required as long as the parts are in the same county. In her case, they weren't even in the same state. Nonetheless, she decided against surgery, was doing brevets in a couple

of weeks, and then Paris-Brest-Paris, apparently not the worse for wear. On the other side was my buddy Peter, who recommended surgery instantly. He had surgery, was riding in two days, then doing centuries in two weeks. The tiebreaker was the story Susan told of a friend who did not have surgery, then it didn't heal and she had to have surgery later on. I really didn't want to do through that, so surgery it was. Nonetheless, after giving the go ahead, I agonized over the decision, changed my mind about ten times, but in the end went ahead with it.

Surgery was scheduled for 3pm, no eating or drinking on the day of. First thing that

happened was the nurse said the doctor was running about two hours late. I should have had an inkling that something like this would happen, since he was averaging about an hour late for his office visits. Well two hours turned into six, and I was finally ready to hit the road around 11pm, had a fine belated breakfast at 11:30 and then to bed.

There were some complications that had nothing to do with the collarbone, which made for a rough few weeks after, but the collarbone was fine, and the orthopedist finally gave me a clean bill of health.

Did I really need the surgery? No one will ever know. ☺

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



Photo: Ingrid Shuttlesworth

Appalachian Mountain Club Bicycle Repair and Information Workshop

WHEN: Sat., March 27, 2010 9:45AM - 3:30PM

WHERE: Concord Trinitarian Church, 54 Walden Street, Concord.

Learn about types of bikes, maintenance, clothing and equipment and riding technique. Four stations: basic bike info, general maintenance,

flat tires and brakes and derailleurs, plus an comprehensive handout to take home. See <http://www.amcboston.org/bicycle/workshop.htm> for details. Prices are \$25 for AMC Members, \$30 for Non Members, and \$35 at the door for all. To register, mail your check payable to AMC Boston Chapter Bicycling Committee along with contact information to Valerie Paul, 85 Fruit St., Ashland MA 01721. For more information contact Len Weiss (lenweiss@rcn.com, 617-277-8403, before 10:00 PM) or Valerie Paul (Valerie@african-safari.com, 508-231-1483 before 9:00PM). ☺

January

0 1 2 9 7 1

MILEAGE TOTALS

Name	Miles	M	C	K
Scott Teich	1161	1	1	1
Bruce Ingle	1054	1	1	1
John Bayley	805	1	-	-
Susan Raye	620	1	-	-
Don MacFarlane	600	-	-	-
Bob Wolf	597	1	-	-
Steve Robins	596	-	-	-
Pamela Blalock	589	-	-	-
Jack Donohue	483	-	-	-
Michael Laurin	471	-	-	-
Joe Repole	407	1	1	-
Irving Kurki	405	1	-	-
Peter Brooks	361	-	-	-
Jim Krantz	335	1	-	-
David Wean	319	-	-	-
Lisa Weissmann	316	-	-	-
Glen Reed	307	-	-	-
Dave Stefanovic	293	-	-	-
James Sparks	286	-	-	-

Name	Miles	M	C	K
Rolf Budd	261	-	-	-
Ed Hoffer	241	-	-	-
Fred Meyer	241	-	-	-
Joseph Moore	198	-	-	-
Greg Tutunjian	196	-	-	-
George Ulrich	192	-	-	-
Michael Filosa	175	-	-	-
Cynthia Snow	149	-	-	-
Brian Dias	144	-	-	-
Glenn Ketterle	129	-	-	-
Gabor Demjen	123	-	-	-
Don Mitchell	112	-	-	-
Bill Hanson	110	-	-	-
Marc Webb	102	-	-	-
Gary Smiley	97	-	-	-
John Allen	95	-	-	-
John Kane	94	-	-	-
Gregory Roche	73	-	-	-
Henry Marcy	63	-	-	-

Name	Miles	M	C	K
John Springfield	61	-	-	-
Chris Lennon	48	-	-	-
Mark Helton	42	-	-	-
Erik Husby	20	-	-	-

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

Ride Leader of the Month -Continued from page 1

eight grandchildren and a great grandchild. However, those who ride with Joe think of him in a somewhat different light. Since May 1992, Joe has completed a century and metric century ride each and every month. That's nearly 18 continuous years of doing monthly 100 and 62 mile rides. That's what we call a commitment. Joe started on this path in 1992 when the League of American Bicyclists, the national bike advocacy group, came up with the century per month program as a cycling promotional effort. Several CRW members at the time hopped on the bandwagon, and as far as we know Joe is the only one who has kept up to the challenge. When Joe shows up at a ride start he usually has 20-25 miles under his belt, and he might add an equal number of miles after the ride to meet his century goal.

Joe started his century tradition in May, which was easy, but then came the New England cold and unpredictable weather. On one occasion his water bottles froze solid, but to Joe "it was a blast!" And so it went month after month. Joe's biggest problem in the winter is the short days. In December he has to get up by 5 AM and start by sunrise (7 AM) in order to finish his 100 miles by sunset (4:15 PM). The riding in the winter was slower and with less company. A few years back, Joe got a new bike that in-

creased his average speed by 1 mph. That took about 30 minutes off his century time so that in December, when there are only 8+ hours of daylight, he now has a larger safety margin to complete his ride. Joe can lose his way now and again on rides, but when you're trying to get a century anyway, you can be more sanguine about a few extra miles.

Since May 1992, Joe has completed a century and metric century ride each and every month.

usually a candy bar, to whoever rode the most distance to the start. If every ride leader did this, there is a good chance that Joe would weigh 250 lbs from winning all the other prizes. A feature of Joe's rides is that for the first half of the ride the arrows show how far you've gone and after the halfway point, his arrows show the number of miles left to ride. So even if your computer or GPS is broken, you can count down the miles until you are done. Joe offers two different rides from his house and they alternate between a clockwise and a counter-clockwise loop, so it takes 4 years to complete the circuit. Few rides in CRW reverse the direction, and often a ride has a very different flavor when you go the other way.

Joe was a financial management consultant dealing with mergers and acquisitions, and is still active in that field. He also does volunteer work for the Framingham Bicycle and Pedes-

trian Advisory Committee, which serves in an advisory capacity to Framingham on issues relating to bicycle recreation, transportation, and safety. He is also cochairman on the Massachusetts Bicycle and Pedestrian Advisory Board, appointed by the Governor. So for those of you who only recognize Joe Repole from a CRW ride listing, you now know this is a guy committed to cycling and who deserves our admiration for his accomplishments. Joe is leading a ride late in March and you might tell him directly. ☺

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Bicycle Quote

“ I've got a bike,
you can ride it if you like.
It's got a basket,
a bell that rings and things
to make it look good.
I'd give it to you if I could,
but I borrowed it. ”

Pink Floyd,
Bike from the album
The Piper at the Gates of Dawn

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

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145 Elm St., Somerville
617-776-2100

Adi's Bike World

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ATA Cycles

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

Back Bay Bicycles

362 Comm. Ave., Boston
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Belmont Wheelworks

480 Trapelo Rd., Belmont
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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
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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

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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

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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

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Ski Market, Ltd.

425 Washington St, Woburn
781-932-6766

Ski Market, Ltd. (cont.)

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Southampton
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Wellesley

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

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Larissa Hordynsky

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West Newton, MA 02465

She will mail you a printed form.

