

---

---



# WheelPeople

Newsletter of the Charles River Wheelmen

---

---

On the roads of New England since 1966

Volume XXXIV, Number 10 • October 2010

---

---

## Time to Get on Board

The CRW nominating committee is beginning the process for board elections. We will have three available board positions for 2011. The CRW board consists of nine members, and together with the other officers are responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend bi-monthly meetings where CRW issues are discussed and voted on. Board members may optionally participate in other activities or committees within the club. Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to: [editor@crw.org](mailto:editor@crw.org)

or: Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730

E-mail is preferred, or typed hard copy. The statement should be about 100 words or so, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by October 5, for the November issue of WheelPeople. The top three candidates will receive three year terms starting in January and expiring at the end of 2013. ☺

---

## Charles River Wheelmen Volunteer Awards

The board will be voting on awards for volunteers who have contributed significantly to the club at the November board meeting. If you would like to nominate a volunteer you think worthy of an award, please email or mail the name and a brief description of why they deserve an award to: [jmdonohue@alum.mit.edu](mailto:jmdonohue@alum.mit.edu)

or: Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730

## REFUGE for the Beleaguered Cyclist

by Kimberley Fitch

*Economy got you down? Worried about the long-term effects of global climate change? Sharks invading your favorite beach? Heck, you can't sink your teeth into a fried egg these days without performing a background check on the layer hen.*

Don't despair! Among all this chaos, I'm here to tell you that things are actually changing for the better in some realms. Welcoming oases for cyclists are popping up throughout the CRW cycling territory. Take a look at the list below, then let us know if you have a favorite bike-friendly spot that you'd like fellow cyclists to know about:

### Best New Water Stop - Westford Town Center:

The town of Westford recently installed a beautiful granite water fountain in the town center. Cyclists are encouraged to visit, fill up their water bottles, and socialize with local residents.

I was interested in how this phenomenon came to be (cyclists actually being encour-

aged to visit a town center??). A little research led me to Ellen Harde - Town Moderator for the town of Westford, who filled me in on the background story.

A Westford resident named Rose O'Donnell gave the town of Westford a water fountain about seven years ago. The only problem was that this water fountain was located in a spot where few people knew of its existence. In July, the fountain was relocated to its present loca-

Refuge - [Continued on page 8](#)



---

## Attention Early Birds!

CRW has recently added a 7:30am "Early Bird" ride option for a few future scheduled weekend rides so members can enjoy group rides and be home no later than 12pm. Since CRW is a bicycle social club we felt there should be some flexibility for our members to balance their increasingly busy schedules. The rides will be the medium length of a weekend ride that was already scheduled for that day (around 30-45miles). In spirit of keeping the riders together for a social environment (and be home at a reasonable time) we ask that riders for the Early Bird be able to maintain a 16-19mph average on rolling terrain.

To attend the next Early Bird check back on the CRW website ride descriptions for updates

which are typically posted 2 weeks before an Early Bird selected ride. Non-CRW members are welcome to ride with waiver signature. Any other questions or comments feel to reach out to the Early Bird coordinator, Howard Miller at [HowardRM12@aol.com](mailto:HowardRM12@aol.com). ☺

---

## Cycling Experiences for October

by Eli Post

There's more to cycling than long distances, mountain climbs, thrilling descents, and for some a grueling endurance ride can be a rewarding experience. However, even the hardest of us, can appreciate that cycling also provides an opportunity to smell the

October Rides - [Continued on page 10](#)



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



## Editorial Policy

We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.



## How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Send copy electronically to [editor@crw.org](mailto:editor@crw.org). Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten or handwritten version to:

Jack Donohue  
26 Fox Run Road  
Bedford, MA 01730

Articles submitted to WheelPeople or parts thereof may also be published on the CRW web site unless the author instructs otherwise.

## Insurance

If ride leaders or others have questions about insurance, contact Ken Hablow at 781-647-0233. Please do not contact the insurance company.

### 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

### OFFICERS AND COORDINATORS

President	Jack Donohue	781-275-3991
Executive Vice President	Steve Cohen	617-641-9954
Vice President of Finance	John Harmon, CPA	617-794-0778
Vice President of Publications	Ken Hablow	781-647-0233
Vice President of Legal Affairs	Jeanne Kangas	978-263-8594
Secretary	Steve Cohen	617-641-9954
Treasurer	Don Blake	781-275-7878
Insurance Coordinator	Ken Hablow	781-647-0233
Membership Coordinator	Linda Nelson	617-964-5727
	Larissa Hordynsky	617-527-5620
Information	Marilyn Hartman	781-935-9819
Publicity Coordinator	Kimberley Fitch	781-354-4780
Merchandise	Ken Hablow	781-647-0233
Mileage	Jack Donohue	781-275-3991
Bike Shop Coordinator	Marilyn Hartman	781-935-9819
Volunteer Coordinator	OPEN	
Social Committee Chair	OPEN	
Safety Coordinator	Bob Zogg	617-489-5913

### RIDE PROGRAM COORDINATORS

Vice President of Rides	Eli Post	617-306-1838
Winter Rides	Eric Ferioli	781-235-4762
Intro Rides	OPEN	
Century Committee	Eli Post	617-306-1838
Wednesday Fitness and Masters Ride	Dave Lafreniere	508-259-9676
	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

### WHEELPEOPLE STAFF

Copy Editor	Jack Donohue	781-275-3991
Production Editor	David Cooper	781-483-6960
Advertising	Marty Weinstock	617-491-6523
Circulation	Mike Hanauer	978-318-1980

### INTERNET STAFF

Web Site ( <a href="http://www.crw.org">http://www.crw.org</a> )		
Webmaster	Gary Smiley	617-661-8908
Touring	Andy Meyer	603-427-5001
	David Cooper	781-483-6960
E-Mail List ( <a href="mailto:CharlesRiverWheelmen@yahoo.com">CharlesRiverWheelmen@yahoo.com</a> )		
Administrator	Barry Nelson	617-964-5727

### 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](mailto:advertising@crw.org)

# A Quick Ride Through the Numbers

by John Harmon

I think the CRW is a bargain. \$15 isn't much for a year's membership to anything. \$10 for a fully supported century ride is downright perplexing. As the finance person for the CRW, I'll attempt to briefly explain the finances of CRW using our 2010 finances up to July 31.

We have taken in \$22,900 in membership dues and \$700 in merchandise sales. Out of that, we spent \$5,900 to print and mail the bulletins we still produce, \$2,300 for insurance, \$1,700 to throw parties, \$800 for the wildly popular "Bike Shop Nights", \$600 for paint and other rides expenses, \$400 for pizza for various meetings and another \$300 on website hosting. This results in a surplus of \$11,600 for the year in operating the core club functions.

In our Spring Century, we had registration fees of \$12,800 and spent \$3,500 (food, insurance, porta-potties, etc). The Spring Century's unexpected surge of last minute registrations increased the registration revenues quite a bit this year. In the Climb to the Clouds, we had fees of \$10,500 and spent \$7,800 on similar, but more, items than the Spring Century. So, on rides we took in \$23,300 and spent \$11,300, which leaves us with another \$12,000.

From September through year-end, the club typically runs at about break even. So, I believe the surplus for the entire year will be between \$21,000 and \$25,000. This success is thanks to all of our members. On behalf of The Board, I would like to give special thanks to our many volunteers who perform 100% of the work necessary to run the club without compensation (pizza aside). I would also encourage anyone who might be able to help out with rides or anything else, to please click on the "Volunteer" icon on the CRW homepage. That will get you through to the right person. We appreciate any help.

In my professional career, I have serviced several not for profit organizations and I have never seen so much done with this level of funding. Given our strong financial position, we will be able to donate some of these surpluses to various national and local cycling advocacy programs at year-end. Last year, CRW donated to; Mass Bicycle Association, Boston Bikes, League of American Bicyclists, US Association of Blind Athletes, Cycle Kids and several more local and national non-profit organizations. I'm very pleased to report this and hope the rest of the season is as fun and fulfilling as it has been thus far.

John Harmon CPA, VP-Finance

## CRW Board Meeting

September 7, 2010



**Present:** Howard Miller, Kimberley Fitch, Don Blake, Steve Cohen, Jack Donohue, Rosalie Blum, Raúl Raudales, Eli Post

**Minutes:** The previous meeting's minutes were accepted.

### Reports

**VP Finance (Jack for John)** - strong financial performance in the first half due to high conversion from paper to email version of WheelPeople and a blowout attendance at the Spring Century.

**Treasurer (Don)** - Current club cash balance is approximately \$66,300.

**VP Rides (Eli)** - The ride schedule is full through October. The early bird weekend rides are attracting good interest with ~10 participants on the initial rides.

**Membership (Jack)** - 1505 memberships and 1776 members - a new record.

### Old Business

**CTTC (Eli)** - Pre-registration worked very well. 700 registrants in total.

**Grants (Steve)** - Gathering grant proposals. Will submit final recommendations in time for

the November board meeting.

**Labor day extravaganza (Eli)** - the ride and party attracted 125 participants. An excellent ride and social event.

**Rider guidelines (Jack/Rosalie)** - in progress.

### New business

**Fall century (Eli)** - all set for 9/19/2010. Have 200 pre-registrants as of the board meeting and expect between 350-500 participants. There will be a new water stop at 25 miles.

**Board elections (Jack)** - three board member terms are expiring. This will be publicized in the next WheelPeople - new board candidates welcome.

**Volunteer awards** - four awards will be made to the largest contributors to the CRW activities. Vote at the November board meeting.

**Holiday party** - tentatively scheduled for 12/3/2010

The next board meeting will take place on Tuesday, November 2, 2010.

Respectfully submitted,  
Stephen Cohen  
Secretary

## Meet someone tastefully.

LunchDates is Greater Boston's all-time favorite and fun way for single men and women to meet... over lunch or after work for coffee or a drink. It's easy and efficient to get started.

Just call **617-254-3000** or visit

**www.LunchDates.com**

# LunchDates™



*The One with the Good Reputation!*



Brighton • Burlington • Weymouth • Framingham • Downtown Boston



# Recurring Rides

These rides are held every week unless indicated

## Sunday South Shore Coastal Loop



**Times and Routes:** 7:00 AM, 7:30 AM starting Oct. 3. Rides of 39 and 52 miles. Last ride Oct. 10  
**Ride Type:** Cue Sheet, Arrowed

**Description:** This ride combines shady, quiet roads with beautiful vistas along some of the most scenic coastline on the South Shore. You'll find that the effort to get up early enough to leave promptly at 7 will be paid back by having a great ride with little traffic, and you'll be home in time to cook omelets for Sunday brunch! The SSCL will take place every week, weather permitting. The 39-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. The 52-mile ride adds a loop to Pemberton Point in Hull, with its magnificent views of Boston Harbor from under the windmill! Set your alarm. You'll be happy you did.

**Leaders:** Andy Brand ([abrand@alum.rpi.edu](mailto:abrand@alum.rpi.edu)), Bill O'Hara (617-792-3126, [nley@comcast.net](mailto:nley@comcast.net))  
**Start:** Park'n'Ride lot, Rockland (opposite Home Depot)

**Directions:** Take 128 or 93 to Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. Space unlimited. Please check the website Saturday after 9:30 PM for last minute cancellations.

## 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](mailto: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 Helen day or early evening.

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

## Thursday Night Fun Ride

**Times and Routes:** 5:15PM, 23, 28 or 33 Miles  
**Ride Type:** Cue Sheet, Arrowed

**Description:** The Thursday Night 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](mailto:wdouglas5@comcast.net)), Kieran Fennell (617-835-9731, [JBWESF@yahoo.com](mailto: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:** 5:00pm, 10/1, 10/8, 10/15 – 18 mile only.

**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](mailto:edglick@alumni.neu.edu)), Paul Hardin (978-866-3040, [CRWGP5Guy@comcast.net](mailto:CRWGP5Guy@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:** Headlights/Taillights recommended.

## 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](mailto: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! ☺

## Unleash your Passion!

Do you have strong feelings about safe, courteous, and lawful cycling? If so, put those feelings into action. To learn more, contact Bob Zogg at 617-489-5913 or [safety@CRW.org](mailto:safety@CRW.org).

# Navigating intersections in a group

by John S. Allen and Bob Zogg

**CRW ARROWS ITS MAJOR RIDES AND OFTEN STAGGERS ITS RIDE STARTS TO AVOID LARGE GROUPS RIDING IN CLOSE PROXIMITY AS WELL AS PILEUPS OF CYCLISTS AT INTERSECTIONS.**

For some of its largest rides, CRW also works with police to control traffic at major intersections. While these steps can help spread out cyclists, groups will still form. Indeed, we often prefer to ride in small groups, be it a pace line, a group of friends intentionally riding together or a group assembled by chance, which is common on CRW rides.



Navigating intersections in groups is more complex than when riding alone. The temptation is to try to cross an intersection all at once so that the group remains together. When the lead cyclists enter an intersection, however, it does not mean that it's safe for others to follow. Each cyclist must decide for him/herself when it is safe to enter an intersection. Considerate lead cyclists will slow the pace momentarily upon clearing an intersection to allow others to catch up.

It is most efficient to double up when approaching an intersection if a stop will be needed. This tactic generally allows the group to cross an intersection more quickly, making it less likely that a changing traffic signal or cross traffic will require cyclists at the rear of the group to wait.

If you are first to arrive at an intersection, think about those who will arrive after you. Signal the turn if you are turning. Your position as you wait sets up the situation for those following. The standard rule for bicyclists is to merge to the rightmost position that is appropriate for your destination. You may do well to be a bit more assertive about lane positioning if there will be others, to hold room for them.

Motor vehicles also may arrive while you are waiting at an intersection. They can't go for the same reason you can't; hold your position in line. If a motor vehicle is waiting, pull up behind it. Few encounters are as inefficient, confusing and annoying—to both bicyclists and motorists—as bicyclists' "swarming" around a motor vehicle. It is efficient for cyclists to wait side by side, two by two, behind a waiting

motor vehicle. Remember to single up after leaving the intersection so that traffic behind your group can pass.

Getting into the proper lane position when preparing for left turns can be particularly challenging for cycling groups.

Sometimes, the lead cyclists are able to merge left, but then a motorist approaching from behind prevents the trailing cyclists from following safely. The motorist, however, cannot pass, because the lead cyclists now block their path. By the time the situation sorts itself out, it's too late for the trailing cyclists to make the left turn safely and the motorist has had to slow to a crawl. What to do? While it takes some advanced coordination and communication, this can be done with grace. First, well in advance of the intersection, the trailing cyclists signal and merge left, claiming the appropriate lane position. After allowing any motorists in front of the trailing cyclists to pass, the lead cyclists then signal and merge left. By merging first, the trailing cyclists take control of the lane, allowing time for the whole group to take the appropriate lane position. If a motorist approaches from behind after the trailing cyclists have merged left, the motorist simply waits until the cyclists have cleared the intersection or until it is safe to pass the cyclists on the right.

Again, each member of the group needs to be on the lookout. No matter how experienced and skilled the group, conditions can change and people can make mistakes. It is not safe for trailing members of a group to start across an intersection simply because it was safe for the ones ahead, nor is it safe to change lanes simply because someone else did, either ahead of you or behind you. The expression "clear" is an invitation for trouble; playing "follow the leader" is a game for children, not cyclists. Don't get swept up in groupthink: please, always look before starting to cross, and look back before starting to change lane position. ☺



# October Rides

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.

## Cape Cod Ride

*Saturday - October 2*

**Times and Routes:** 10 AM for 41, 49, or 61 miles

**Ride Type:** Cue Sheet, Map

**Description:** Gorgeous rides mostly on lightly traveled roads with views of Cape Cod Bay, Buzzards Bay, Nantucket and Vineyard Sounds, cranberry bogs, and salt ponds. The 61 mile ride goes north to Sandwich, along the Cape Cod canal, south through Bourne, North Falmouth, Woods Hole, and along Nantucket Sound. The 41 mile ride follows the long ride to North Falmouth and the 49 mile follows the long ride to West Falmouth. I've rerouted part of the ride through Sandwich to get us off the Service Road and onto some attractive back roads. The routes are similar to those of the Spring Cape Cod Ride but go in the opposite direction for a little variety.

**Leaders:** Ed Foster (508-420-7245, [erfoster@comcast.net](mailto:erfoster@comcast.net))

**Start:** Mashpee High School, 500 Old Barnstable Road, Mashpee

**Directions:** Via Bourne Bridge: Once over the bridge, continue around the circle to Rte 28 south. Go 7 miles to Rte 151 east (right off the exit ramp.) Go 5.5 miles to Old Barnstable Road (at light), turn right and then take the first left into Mashpee High School, and next left (deliveries sign) into parking lot. Via Sagamore Bridge: Once over the bridge, take exit 2 (Rte 130 south, Cotuit, Mashpee) and after 7.2 miles turn right onto Great Neck Road. One mile further turn right onto Lowell Road. Lowell Road becomes Old Barnstable Road and after 1.9 miles crosses Rte 151 at a light. Turn left into Mashpee High School just after the light and take the next left (deliveries sign) into parking lot.

## Tour de Sol

*Saturday - October 2*

**Times and Routes:** 10 AM for 50 miles (possible shorter option; check web)

**Ride Type:** Cue Sheet, Arrowed

**Description:** Bike a loop including several buildings that are part of the NESEA Green Buildings Open House (formerly Tour of Solar Homes). Tour goes south from Sudbury to the Broadmoor Wildlife Sanctuary, then out to houses in Marlboro & Stow with Green

Building features - solar panels, insulation, and maybe some trees to hug too. Ride the greenest transportation option around (bike) to see some green homes, with a post ride party at the ride leader's solar home. Prize to the rider with the sunniest disposition!

**Leaders:** Connie Farb (978-443-4993, [chfarb@yahoo.com](mailto:chfarb@yahoo.com)), Mark Sevier (978-443-4993, [m\\_sev@yahoo.com](mailto:m_sev@yahoo.com))

**Start:** Fairbank Community Center, 40 Fairbank Rd, Sudbury

**Directions:** From Rte. 128, take Route 20 West through Weston and Wayland to the light at the intersection with Rtes. 126/27. Turn right onto 126/27 and continue straight to stay on Rte. 27. Follow Rte. 27 about 3 miles into the town of Sudbury (traffic light). Continue straight on Hudson Road as Rte. 27 bears off to the right. Go another 1.5 miles and turn right onto Fairbank Rd. If you pass the large ball fields, you've gone too far.

## Bridges of the Sudbury River

*Sunday - October 3*

**Times and Routes:** 9:30 AM for 17, 27 or 60 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** 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. The river should be back safely within its banks. The 60 mile route crosses the river another 14 times as you head thru Framingham, Ashland, Hopkinton and Southboro toward the headwaters. Caution: this route has a few bumpy roads and a little urban riding in Framingham but also explores some new roads that haven't been arrowed before. The arrow is a white thermometer. Both Starbucks and Dunkin Donuts are within 1/4 mile of the end of the ride. Active rain cancels.

**Leaders:** Alison Sheridan ([AMS345@comcast.net](mailto:AMS345@comcast.net))

**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. Please park away from the stores. Overflow parking at Concord Carlisle High School.

**Note:** Commuter Rail Arrives Concord 9:18 AM, Departs 11:59 AM or 2:34 PM. Verify train schedule at [www.mbta.com](http://www.mbta.com)

## Westborough to Winery, The W2W ride

*Saturday - October 9*

**Times and Routes:** 10:30 for 35 miles

**Ride Type:** Cue Sheet

**Description:** A leisurely ride from Westborough to the Nashoba Winery in Bolton. The ride is short and somewhat hilly through Westborough, Northborough, Shrewsbury, West Boylston, Berlin and Bolton. The winery offers tastings of the locally produced wines and beer. Food is available at the winery including box lunches. For tasters, the return ride is flat and short. The fall foliage will be right on schedule.

**Leaders:** Graham Eacock (508-330-2207, [graham22@mindspring.com](mailto:graham22@mindspring.com))

**Start:** Hastings School, 111 East Main Street, Westborough

**Directions:** Mass Pike West to Route 495 North, go one exit north to Route 9 West. Go one mile to Route 30 West. Take a right at the end of the ramp. Go 3/4 mile to the Hastings school on the left.

## Brake-for-Beavers Ride

*Sunday - October 10*

**Times and Routes:** 9:30 AM for options of 24, 48 and 61 miles

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

**Description:** New this year, this ride borrows from several CRW classics while adding some new territory as well. All routes offer a mix of suburban and rural riding, with terrain varying from gradual grades to downright hilly. The short ride hits the Towns of Chelmsford, Westford, Groton, Dunstable, and Tyngsborough. The medium ride adds a loop west and north into Pepperell and Hollis, NH. The long ride adds a scenic loop north of Hollis. Lunch on the long ride is 40 miles into the ride, but food/beverages are available at the 17-mile point.

**Leaders:** Kimberley Fitch (781-354-4780, [peerprint@yahoo.com](mailto:peerprint@yahoo.com)), Bob Zogg (617-489-5913, [bobzogg@verizon.net](mailto:bobzogg@verizon.net))

**Start:** Parker Middle School, 75 Graniteville Rd., Chelmsford, MA

**Directions:** Take Rt. 3 North to Exit 32. Go

straight at light to enter Drum Hill Rotary. Proceed around rotary to second exit onto Old Westford Rd. Go 0.2 mi., fork right onto Graniteville Rd. Go 0.6 mi., and turn into school (on right). Keep right and proceed to parking lot behind school.

## Brake-for-Beavers Ride— Encore

*Saturday - October 16*

**Times and Routes:** 9:30 AM for options of 24, 48 and 61 miles

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

**Description:** If you missed this ride last week, it's not too late. New this year, this ride borrows from several CRW classics while adding some new territory as well. All routes offer a mix of suburban and rural riding, with terrain varying from gradual grades to downright hilly. The short ride hits the Towns of Chelmsford, Westford, Groton, Dunstable, and Tyngsborough. The medium ride adds a loop west and north into Pepperell and Hollis, NH. The long ride adds a scenic loop north of Hollis. Lunch on the long ride is 40 miles into the ride, but food/beverages are available at the 17-mile point.

**Leaders:** Kimberley Fitch (781-354-4780, [peerprint@yahoo.com](mailto:peerprint@yahoo.com)), Bob Zogg (617-489-5913, [bobzogg@verizon.net](mailto:bobzogg@verizon.net))

**Start:** Parker Middle School, 75 Graniteville Rd., Chelmsford, MA

**Directions:** Take Rt. 3 North to Exit 32. Go straight at light to enter Drum Hill Rotary. Proceed around rotary to second exit onto Old Westford Rd. Go 0.2 mi., fork right onto Graniteville Rd. Go 0.6 mi., and turn into school (on right). Keep right and proceed to parking lot behind school.

## Two State Tango (Revised)

*Sunday - October 17*

**Times and Routes:** 10:00 a.m. for 45 and 60 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** The start takes advantage of the Commuter Rail. Independent starters will be able to take the 11:05 a.m. train from South Station to Attleboro, arriving at 11:53 a.m. You can also get an earlier start on a subsequent Saturday or any weekday, as the trains run earlier. Those who ride fast enough should be able to complete the short ride before sundown. You do this at your own risk, of course.

Starting at the Attleboro Commuter Rail lot on South Main Street (Route 152), both rides go northwest, tangoing over the Massachusetts-Rhode Island border, going through Attleboro, North Attleboro, Plainville, Wrentham, and Franklin, Mass. as well as Cumberland, Rhode Island. The longer route cuts off further north through Bellingham, into Mendon and past the Southwick Petting Zoo, before re-joining the short route in Franklin. Moderate hills, quiet

and rural roads. This is often a great time to view the foliage of the "deep South." There are no formal lunch stops, but several possible stops will be noted in the cue sheets. The "Ice Cream Machine" in Cumberland, RI, will be a nice stop at mile 17 (sugar AND protein). Toward the end of the ride (approx mile 28 short, 48 long) is "The Big Apple," an orchard store in Wrentham at which you can have warm cider, various kinds of apples, fresh, old-fashioned donuts, hay rides, and encounters with thousands of honey bees who want to share your warm cider. Please note that there are no rest rooms at the start or at the Big Apple, and the area is somewhat residential. You should take care of this catch-as-catch-can (plenty of fairly deserted areas along the way for the daring and desperate).

**Leaders:** Greg Lee (508-643-4134, [greglee@gregleelaw.com](mailto:greglee@gregleelaw.com))

**Start:** Attleboro Commuter Rail Station, Rt. 152 (South Main Street)

**Directions:** Rt. 95 to Exit 5 for Route 152. The ramp goes up to a traffic light. Turn LEFT at the light onto Robert Toner Boulevard, then RIGHT on Rt. 152 (North Main Street). From there, proceed about 2.2 miles into and through Attleboro center. You will pass the Dunkin Donuts, Courthouse, and Library on your right and come to a light at the intersection of Rt. 152 (North Main Street) and Rt. 123 (County Street right/Park Street left). You VEER right to stay on Rt. 152 (becomes South Main Street), but do NOT turn left onto Rt. 123 (County Street) (unless, of course, you are interested on going west and finding yourself lost). You will see the commuter rail station about 2 tenths of a mile ahead, which is higher than the roadway. There are TWO underpasses going under the rails. Pass the FIRST underpass. Parking is on the RIGHT just before the SECOND underpass. Sundays are free of charge, last time I checked. Rail Users — Attleboro Station on the Providence Line. Do NOT confuse with the "South Attleboro" stop. Use the Attleboro stop.

## Hills of Greenville

*Saturday - October 23*

**Times and Routes:** 10:00 AM for 34, 46 and 58 miles

**Ride Type:** Cue Sheet

**Description:** The ride includes lovely, scenic roads passing through historic New England towns, but you should be prepared for some serious hill climbing. All rides include one long, challenging hill in Mason, NH. The long rides include several additional hills for your enjoyment. The lunch stop for the short ride is in Townsend, MA. Lunch for the long rides is in Greenville, NH. Inclement weather will cancel the ride. In that event we will post a notice by 11 pm the night before the ride

**Leaders:** Kimberley Fitch (781-354-4780, [peerprint@yahoo.com](mailto:peerprint@yahoo.com))

**Start:** 344 Main St., Groton, MA

**Directions:** The ride begins at the Northeast corner of Groton/Dunstable Regional Middle School, behind the school building. From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Continue on 119 W for 7.3 miles, and the school is on your right.

## Bagels and a Buffalo

*Sunday - October 24*

**Times and Routes:** 10:00 AM for 52, 44 or 20 miles

**Ride Type:** Cue Sheet, Arrowed

**Description:** Flat to rolling loops through the North Shore. All rides pass through Boxford, Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island including the newly paved bike lane on the Plum Island Causeway. Short ride lunch stop is in Topsfield. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels. An optional stop for buffalo viewing at Tendercrop Farm is included on the long and medium ride. Feel free to visit the farm store for coffee and fresh local products! This ride is offered jointly with the North Shore Cyclists (<http://www.nscyc.org/>).

**Leaders:** Melinda Lyon (978-887-5755, [melindalyon123@yahoo.com](mailto:melindalyon123@yahoo.com))

**Start:** Masconomet High School, 20 Endicott Rd, Boxford, MA

**Directions:** Interstate 95 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right. Please drive past high school and park in lot at the far end of the school complex.

**Note:** There will be no arrowing done in the town of Boxford due to a recent request from the town selectmen. This involves the first 6 miles of the ride. Please download a cue sheet in advance or make sure to get a cue sheet at the ride start.

## Linda's Early Birthday ride

*Saturday - October 30*

**Times and Routes:** 9:55 for 26, 32 or 50 miles

**Ride Type:** Cue Sheet, Map

**Description:** We take serene and lightly traveled back roads through the safe neighborhoods of Wellesley, Weston, Wayland, Sudbury, and Lincoln. The medium ride adds Acton and Concord, and the long ride goes to Carlisle after Concord.

**Leaders:** Barry Nelson (617-964-5727 before 9PM, [BarryNelson@alum.MIT.edu](mailto:BarryNelson@alum.MIT.edu)), Linda Nelson (617-964-5727 before 9 PM)

**Start:** Auburndale commuter rail station parking lot, 451 Auburn St, Auburndale

**Directions:** From Route 128 take the Exit for Route 30. Take Route 30 East toward Newton. At the first light bear to the right for Auburn St. The parking lot is on the right just after Woodland Rd.

October Rides - [Continued on page 8](#)

# Eleventh Biennial Southwest Passage (CCW)

Sunday - October 31

**Times and Routes:** 10AM for 40 and 55 miles on rolling terrain.

**Ride Type:** Cue Sheet, Arrowed

**Description:** The short ride meanders southwest from Framingham to Ashland, Southborough, Hopkinton and Upton. The long ride adds Uxbridge, Mendon and Northbridge. Both rides are rolling. The lunch stop for both rides is in Upton center. Most of the ride is on residential and rural roads with few traffic lights. Points of interest include Framingham Country Club, Charlie Chan's summer home, Whitehall Lake and State Park, scenic brooks, Upton State Forest, farms, and the Ashland Town Forest. In warm weather this ride attracts 80 to 100 riders. There may still be some autumn foliage to view. Costumes are optional.

**Leaders:** Joe Repole (508-879-6340 Before 8 PM, [joecentury@aol.com](mailto:joecentury@aol.com))

**Start:** Gryboska Circle, 15 Gryboska Circle, Framingham MA

**Directions:** From the Mass Pike take Exit 12 and Route 9 East to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St. from the jug handle). Right at end onto Salem End Rd. First right is Gryboska Circle. Park on Gryboska Circle on the even numbered side of the circle (outside of the circle). The commuter rail leaves South Station at 7:40 AM and arrives in Framingham at 8:30 AM. You are encouraged to ride your bike to the start.

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

## Be Kind to our Vets

by Jack Donohue

The Apple Pi ride starts in a parking lot of the VA Hospital in Bedford. The speed limit on Springs Road there is 20MPH. The reason for this is that a lot of people cross the street there. Civilians. Veterans. Disabled veterans. It's not very nice to go terrorizing them. Aside from humanitarian concerns, be aware that the VA police actively patrol that area, and enforce this speed limit.

Last time I led this ride, the police had apprehended a perp and were looking for the ride organizer. I fessed up, and got lectured by them, and they were completely in their rights to do so. They've been observing our rides for some time, and have noticed that the average speed on the road climbs dramatically as the ride start time nears.

So, if you're running late, be late, don't go breaking land speed records on the VA grounds to get there. Better yet, leave early and arrive on time. ☺

Refuge - [Continued from page 1](#)

tion - within the hedge around the bandstand, facing the First Parish Church.

Rose O'Donnell donated the fountain in memory of her husband, who passed away from cancer. He loved to socialize with people around water fountains, and Rose wished for the Westford fountain to be used by as many people as possible. Thus, Westford issued a welcoming message for the cycling community to visit Westford and enjoy the water fountain.



**Best Old Water Stop - Great Brook Farm State Park** (Carlisle): A popular stop on CRW rides, this park offers bathroom facilities, a wooden shelter with picnic tables, homemade ice-cream, and a fountain with a seemingly endless supply of cool water.

**Best Dinner Stop - Redbones BBQ** (located in Somerville): I rode the Mass Bike Century Ride in August, and at the ride start, they announced that Redbones would provide the after-ride food. Great! I love Redbones! But now that the thought was in my brain, I couldn't stop thinking about it... the whole ride. Have you ever had a song stuck in your head for 100 miles? Well, this was worse. Much worse. All along the ride, about every fifth mile or so, a different barbeque image popped into my head - wood grilled chicken, Texas beef ribs, pulled pork sandwiches, fried okra, and other things like that. As we approached the last turn, my mind almost exploded with visions of sweet potato pie.

# REDBONES®

Unfortunately, my friend and I started the ride a tad late, and by the time we finally returned from the century, only one lone portabella mushroom remained on the BBQ table. Admittedly, there was a brief tang of disappointment. Then, we both said "no problem!" We had a nice ride, and sincerely considered this a great incentive to pedal faster next year, and to visit Redbones as regular customers in the near future.

Redbones BBQ is well known for its bike-friendly focus. They provide free bicycle valet parking service. They also deliver meals by bike. The restaurant conducts a number of events to raise money for cyclists and cycling organizations throughout the year.

**Best Lunch Stop - Ferns Country Store** (located in Carlisle Center): Per CRW member Janet Tortora, Ferns Country Store truly caters to the cycling community. It has bike racks, a



port-o-john out back, and good sandwiches that are easy to grab. So nice in a community where cyclists don't always feel welcome!



**Best Place to Find Local Food - Bedford Farmers Market** (located at the end of the Minuteman Bikeway in Bedford): Once per month, the Bedford Farmers Market offers a \$2.00 coupon (redeemable at the market) to the first 50 cyclists who bike to the market. According to Marilyn Hartman, Market Manager, the program has been very successful. The Bedford Farmer's Market is held on Mondays, from 2:00 to 6:30 PM, through October 18th. The coupon program is sponsored by CRW.

**Best Bathrooms - Concord Center Visitors Center** (58 Main Street): It's great to know that you can visit public restrooms with modern amenities while cycling through Concord!



By no means is this list comprehensive. If you know of bike-friendly spaces and businesses, it would be great to hear from you! Please visit the [Charles River Wheelmen Facebook page](#) and share your ideas! Thanks. ☺



# Bob Sawyer - Accelerating through Life's Turns

by Kimberley Fitch

**B**ob started our conversation by mentioning a recent trip to Connecticut where he cycled with his son and daughter-in-law. Next, he mentioned that he was preparing for a more distant trip, to visit friends in Germany, where he plans to cycle on a borrowed bike. Did I dial the correct phone number? I thought that Bob's age (88) made him an unlikely candidate for such an active lifestyle. But, as our conversation continued, I learned that this was just the beginning.

Bob Sawyer, long-time CRW member and volunteer, originally from Haverhill, MA, has cycled since he was a child. He joined the CRW in the early 70's, when his son left home for college. Prior to that, Bob rode with his son to help him train for junior cycling competitions, culminating in a victory in the Massachusetts Junior championship one year. Bob himself began competitive cycling later in life and, at age 60, placed first in his age group in a

competition. He currently competes in the Senior Games.

As a CRW volunteer, Bob was the Government Relations Representative (now defunct position) from January 1988 to February 1999. In addition, he was a Wednesday Wheeler ride leader. He was also active with both the Lexington and Bedford Friends of the Minuteman bikeway groups. Bob promotes cycling for both utility and recreation, and has been active with many local projects to improve the environment for biking/walking.

What cyclist in the Boston area has not biked on the Minuteman Bikeway? It's easy to take for granted this highly utilized community asset. Through my interview with Bob, I gained a new appreciation for the bikeway and the work that went on behind the scenes to make it (and other cycling improvements) happen.

Bob worked with other cycling advocates to establish the Minuteman Bikeway. The proposed width of the bikeway (12 feet) was highly controversial.

Bob's group foresaw the need for a wide path to improve safety and handle better high traffic volumes. Bob and his group persevered and the 12-foot width prevailed.

Bob also promoted several of his own ideas that were incorporated into the bikeway. For example, everyone must stay right (opposite of the protocol on the Rhode Island paths). The original proposal called for a U-shaped fence at every intersection, which would force people to get off their bikes when crossing. Bob argued that U-shaped fences would not allow wheelchair access. This argument prevailed, and the intersections were built with more user-friendly transitions.

Bob was the CRW Government Relations Representative at the time of the Big Dig. The original design called for a tunnel under the river, which would end at an expansive spaghetti interchange in Charlestown with 18 ramps. Bob got together with Charlestown and Boston residents, and convinced the government to adopt a more community-sensitive redesign. Not only was the redesign more community sensitive, it was also less expensive. In addition, Bob worked with the City of Boston to represent cyclist's interest in construction of Revere Park, Rose Kennedy Greenway, and the Zakim Bridge.

Bob currently lives in a retirement community in Bedford. There are about a dozen people in the community who cycle, but Bob prefers the challenge of cycling with younger riders from outside the community. For example, Bob enjoys a weekly bike ride with a group of CRW Wednesday Wheelers.

In addition to cycling, Bob frequents the woodworking shop in his 358-resident community, where, he says "there is never a lack of repair projects". Bob also enjoys cooking, and makes his own bread since discovering about 20 years ago that he is allergic to gluten.

For many years, Bob and his wife Ruth led rides for the American Youth Hostels cycling group. Bob built a tandem so that he and Ruth (who had never ridden a bike) could ride together. Bob and Ruth traveled extensively on their tandem. They explored five provinces of Canada, and twelve European countries. They also covered about one half of the US by bike. Some trips were supported and others were not. Ruth passed away about five years ago during a trip with Bob.

As documented in a recent [Boston Globe](#) article, Bob made a surprising recovery last year from his illness with lymphoma and pneumonia. He says that he now feels 90% to 100% recovered. Bob credits this in part to the support he received from staff and friends during and after his hospitalization, as well as the nice fitness facility in his community. After a recent fitness test, doctors told Bob that he "exceeds the norms". Exceeds the norms? That seems like an understatement. I think Bob has established a new standard for fitness, as he continues to accelerate through life's turns. ☺



---

# Little Jack's Corner

by Jack Donohue



Every year I do the 200K brevet I think it's going to be my last. This year I think it really is.

I started doing these brevets around 13 years ago. Now, I'm not one of your dyed in the wool (literally) randonneur types that thinks a 600K ride is just a stroll in the park. A century ride is about my limit, and not being known for pacing myself, I usually end these events fairly close to death. The 200K is a bit of a stretch, but it's a nice route, and it lets me hob nob with those zany randonneurs. Also, since it starts at Hanscom in Bedford, my home town, it's convenient. So I usually ride to the ride adding a few more miles.

But I'm getting a bit long in the tooth, and I don't know how many 200K's I have in me. This last one seems to have made the decision for me.

The other reason I do the 200K is that it is arrowed. I'm

of the old school that believes "real men don't use cue sheets" (sort of the moral equivalent of asking for directions) and being directionally challenged, doing any ride further than five miles from my house without arrows is madness.

I had heard some nasty rumors that this 200K was in fact not arrowed, which caused me much fear and trepidation. But I dismissed it since I had seen brand spanking new arrows on route 225 and other places. Turns out that my pal Dave had done the arrowing out to Groton and back, but left the rest of the ride to the organizers, who apparently didn't bother to finish the job.

I found this out at the ride start and immediately started making contingency plans.

I specialize in wheel sucking, but now it was imperative that I tuck myself into a group that presumably could find their way.

All went well initially, I tucked into a group that I could keep up with as long as someone else was pulling. There was a dilemma at one point when we found that a bridge was out. This was no surprise to some of the riders, but apparently the organizers were unaware of it. Upon close examination, it looked like you could do a cyclocross number and ford the stream, and several of the more adventurous in the group did. I was inclined to follow their lead, but then I realized the my group was starting to turn around, which would leave me without my native guides, so I did too.

Made it to the first check point without

My first save.

They of course dropped me so I was again riding alone. There was a dreaded Y intersection and a barely discernible arrow which I thought pointed left, but really didn't. Again I was saved since I saw a rider heading the other way, who had just figured out that this was the wrong direction.

Then I got to another Y intersection, and there was absolutely no remnant of arrow to be seen anywhere. This called for desperate measures, so I was forced to extract the cue sheet and try to figure out where I was. Now in all the years I've been doing this ride, I think I only looked at the cue sheet once. The first time I did it, near the end I got to a point where there was a large "Entering New Hampshire"

sign. Now, I'd been in New Hampshire a large portion of the day, and I knew the end was in Massachusetts, so this seemed wrong (it wasn't). So I tried to locate myself on the cue sheet. I figured I must be around mile 80 or so, and after vainly seeking a mileage like this on the cue sheet realized that

all the mileages were not cumulative, as they were on every other cue sheet I'd ever seen, but from each check point. So, I finally found the appropriate cue, which fortunately referenced a farm stand by name that was across the street, so that was pretty unequivocal.

Now I was getting really worried. If I missed another turn I could end up most anywhere. But fortune smiled again, and I was able to blunder my way back to where Dave's arrows picked up and home.

Another tragedy narrowly averted. ☺

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

---

I'm of the old school that believes  
**"real men don't use cue sheets"**  
(sort of the moral equivalent of asking for directions)

---

further incident. Started out with much of the same group as before, including Melinda, who I had planned to try to ride with, since I managed to have her group drag me into the finish last year. Rode with her and a smaller group for a while, until I lost my head and decided to take the lead for a while. Shortly thereafter, they all left me for dead, and I was in the exact situation I was trying to avoid, riding by myself sans arrows.

For a while I was OK, there were enough faint arrows from yesteryear that I could figure out where to go. Came upon an intersection bereft of arrows, but fortunately there was a group of puzzled riders stopped there as well trying to figure out where to go, and one of them cheated and looked at the cue sheet.

---

October Rides - [Continued from page 1](#)

daffodils or otherwise enjoy the beauty of the countryside or to make a noteworthy place a highlight on your route or to simply socialize with kindred spirits. Our October ride program provides two such opportunities.

Connie Farb and Mark Sevier built a solar home, and will host an after-ride party at their ride on October 2nd. The ride itself however will be a tour of several solar homes on a route which goes south from Sudbury to the Broad-

moor Wildlife Sanctuary, then out to houses in Marlboro & Stow with Green Building features - solar panels, insulation, and maybe some trees to hug. This is an opportunity to experience the efficiency of transportation by bicycle as you view efficiently constructed buildings. Perhaps if you rode from home, we could consider this a 'zero fossil fuel day', no small achievement.

A very different opportunity presents itself the following Saturday on October 9th when Graham Eacock will offer a short, but hilly, lei-

surely ride from Westborough to the Nashoba Winery in Bolton. We will have a scheduled stop at the winery which offers tastings of the locally produced wines and beer. Food is also available at the winery including box lunches. For tasters, the return ride is flat and short. And as an added bonus we expect the fall foliage to add to the delight of the ride. These kinds of rides are common in California and we need to show that this coast can also combine a challenging ride with fun stuff. ☺

# August

2 2 8 2 5 0

## MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Scott Teich	9644	8	8	8	Hasmet Akgun	3231	1	-	-	Mark Helton	1330	2	-	-
Tom Fortmann	9549	6	5	5	Dave Stefanovic	3229	-	3	-	Marc Webb	1274	2	-	-
Bruce Ingle	8692	8	8	8	Don Mitchell	3219	4	4	-	Bill Widnall	1021	1	-	-
Pamela Blalock	7503	7	2	3	Clyde Kessel	3186	6	4	-	John Kane	1019	-	-	-
John Bayley	7232	8	3	2	Frank Aronson	3130	6	4	-	Jeff Luxenberg	1008	1	-	-
Jim Krantz	7216	8	6	5	Joseph Tavilla	3101	-	-	-	Nick Gilligan	901	-	-	-
Jack Donohue	6766	-	-	2	Fred Meyer	3090	7	-	-	Bill Aldrich	700	1	-	-
Irving Kurki	5983	8	3	2	George Ulrich	3059	1	-	-	Ann Breckenridge	670	-	-	-
Don MacFarlane	5833	3	-	1	Alison Sheridan	3013	5	2	-	George Caplan	663	-	-	-
Steve Robins	5791	-	-	1	Peter Knox	2832	2	2	-	Susan Grieb	558	-	-	-
John Higley	5527	7	5	5	Gary Smiley	2825	-	-	-	Blake Treves	230	2	-	-
Bob Wolf	5201	8	2	-	Douglas Cohen	2785	3	-	-	Jacob Allen	64	-	-	-
Peter Brooks	4818	6	5	-	Cynthia Zabin	2695	-	-	-	Michael Green	50	-	-	-
Carlo Innocenti	4379	3	6	-	Chris Lennon	2613	4	1	-					
Eric Sansone	4314	2	-	1	Rudge McKenney	2515	3	-	-					
David Wean	3976	3	-	-	Ed Foster	2460	3	-	-					
Michael Laurin	3912	5	3	-	Joe Hagan	2439	2	1	-					
Brett Serkez	3865	6	3	-	Patrick Hayes	2254	3	-	-					
Marc Baskin	3605	3	2	-	Brian Dias	2213	1	1	-					
Erik Husby	3582	1	1	-	Phil Sartori	2115	5	2	-					
Rolf Budd	3528	1	-	-	John Springfield	1903	1	4	-					
Ken Hابلow	3502	6	-	-	Michael Filosa	1880	3	3	-					
Richard Taylor	3481	6	5	-	Adam Auster	1664	3	-	-					
James Sparks	3433	6	-	-	John Allen	1662	-	-	-					
Lisa Weissmann	3424	4	1	-	Ed Hoffer	1651	-	-	-					
Cynthia Snow	3421	2	-	1	Gregory Roche	1619	1	-	-					
Glen Reed	3336	1	2	-	Bill Hanson	1565	-	-	-					
Joe Repole	3312	8	8	-	Joe & Kathy Marino	1370	2	1	-					
Joseph Moore	3278	2	1	-	Gabor Demjen	1341	2	-	-					

**Mileage Table Explained**  
Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.  
Report mileage by the 3rd of each month on the website at <http://crw.org/mileage/mileage.htm> or email [mileage@crw.org](mailto:mileage@crw.org) or call 781-275-3991

<b>Welcome New Members</b>					
Daniel Alarco,		Joshua Greenberg	Newton	John Paquette	Framingham
Michele Pellam	Brighton	Duncan Harvey	Braintree	Darrin Punchard	Boston
David Balaban	West Newton	Patrick Hayes	Natick	Raul Raudales	Lowell
John Barnett	Newton Centre	Doug Hobkirk	Acton	Larrie Rockwell	Boston
David Baumgart,		Mimi Jespersen	Salem, NH	Daniel Rosmarin	Newton
Joan Clifford	Westboro	Salma Kazmi	Cambridge	Jeffrey Rothschild	Newton Highlands
Narendra Beliganur	Somerville	Deborah Kemp	Arlington	Jennifer Runo	Brighton
Jay Borden	Boston	Gayle Leinberry	Maynard	Marcia Sailor	Wayland
Stephen Bradley,		Victor Lewis	Brookline	Lisa Sarno	South Boston
Robin Summerhill	Cambridge	Elizabeth Liebow	Brookline	Derek Sawyer	Winchester
Stephen Brooks	Weston	Jeanne & Keith Mahon	Stow	Nicholas Schmid	Carlisle
Eric Brown	Woburn	Scott Manchuso	Wrentham	Nicholas Sheckman	Somerville
Evelyn Carrera	Somerville	Sinead McLaughlin	Jamaica Plain	Prem Shekar	Lynnfield
Gene Clerkin	Bedford	Katie Morrison	North Chelmsford	Christopher Smith	Dedham
Joel Covey	South Lancaster	Michael Murray	Brookline	Paul Smith	Stoughton
Larry Davis	Braintree	Kenan Nacar	Lynnfield	Stephanie Soccia	Boston
Steve Garafalo	Watertown	David Nanian,		Aron Steck	Framingham
Jennifer & Daniel		Elizabeth Billingham	Weston	Ariane Theriault	Allston
Gardner	Norwood	Kathleen Nilles	Wellesley	Lisa Todd	Jamaica Plain
William Gassman	Newton Centre	Nathalie Nopakun	Cambridge	Paul & Joyce Vyriotes	Cambridge
Susan Ghalili	Newton Centre	Megan O'Connor	South Boston	Jorgen Weikert	Braintree
		Angel & Maria Ocasio	Jamaica Plain	Jim Weitz	Cambridge
		Rosie Olson	Medford	Jane & Michael Wojcik	Brookline
		Dan Pappalardo	Natick	Lauren Wooley	Newton Upper Falls

## 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 Roxbury  
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

### **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

### **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  
887 Main St., Waltham  
781-894-2768

### **Grace Bicycles**

1574 Washington Street,  
Holliston  
508-429-9177

### **Harris Cyclery**

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

### **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  
781-440-0310

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

### **Quad Cycles**

1043 Massachusetts Ave,  
Arlington  
781-648-5222

### **Southampton Bicycle Center**

247 College Hwy.,  
Southampton  
800-527-9784

### **Superb Bicycle**

842 Beacon Street, Boston  
617-236-0752

### **Travis Cycles**

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

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

Charles River Wheelmen  
1 Gleason Road  
Bedford, MA 01730

NONPROFIT ORG  
U.S. POSTAGE  
PAID  
PERMIT NO. 54601  
BOSTON, MA

# JOIN CRW!

Go to

<http://crw.org/join.php>

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

Larissa Hordynsky  
365 Cherry St

West Newton, MA 02465

She will mail you a printed form.



Find us on  
**Facebook**