

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXVI, Number 2 • February 2012



Ride Leaders
of the Month

Brian and Julie Sullivan How do you like them apples!

by Eli Post

Most CRW rides are products of intentional planning and forethought, but serendipity is also a player. The Honey Pot Hill Ride was conceived during a casual conversation when a rider mentioned that her family ran an apple orchard in Stow, MA. We realized this was an opportunity for a ride starting in a great setting. Besides the fact that Honey Pot Hill Orchard has a reputation for friendly service and good eating, for those of us who cherish country roads, free of traffic, the orchard is located in prime cycling territory.

Julie and Brian Sullivan created what may be the most popular ride CRW offers, and it's time we thanked them. The ride debuted on Labor Day in 2007 and drew a record crowd. Perhaps it was the segment of the ride announcement that said "At the end of your ride, refreshments will be served compliments of Honey Pot Hill Orchards." In any event we've repeated the ride every year since, and it has become one of the Club's main events.

Julie's grandfather started Honey Pot Hill Orchards 87 years ago, and it has been run by her family ever since. Julie and her brother now run the operation. Brian helps out in the busy season, but primarily runs a graphic design firm.

Both Julie and Brian are avid cyclists, each having gravitated to cycling in their own way. Brian decided 20 years ago to show his Dad he was a power to be

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More After-Ride Events in 2012

by Eli Post

CRW is a social club, not a racing club! We aim to offer a congenial atmosphere for cyclists of all levels and ages. Our main objective is to provide a high quality year round recreational ride program in a friendly, social atmosphere. After-ride events go a long way to allow members to socialize and further extend the benefits of riding together. To that end the CRW board authorized a \$1,000 allocation for after-ride events over the 2012 season. A plan is now in preparation. On some rides it will include parties at the finish, refreshments for returning riders, and other such treats. Stay tuned: we hope to make riding this season an even more enjoyable group experience. ⚙️

Concentrate While Cycling

by Eli Post

Concentration, the act of focusing all one's attention on the task at hand, is essential in sports, and distractions can lead to trouble. Though not exhaustive, the list below includes several potentially dangerous distractions cyclists may encounter. Train yourself to recognize and respond to these so that you maintain control and avoid injury.

Cell Phones – These are invaluable in emergencies and/or for obtaining directions. Responding to a ring when moving, however, is asking for trouble. It is far better to stop the bike before answering or, as many believe, not to answer out of respect for fellow riders. Texting on a cell phone while riding is one of the most dangerous distractions imaginable. When stop-

ping, find a safe area, signal your intentions well in advance, and slow gradually.

Dropped objects – We've all seen or had the experience of cue sheets flying off the bike, objects popping out of an open saddle bag or a water bottle that is jolted out of its cage. Our

first instinct is to stop immediately and retrieve the object, but that may put the riders behind (as well as you) in jeopardy. Keep moving, signal that you are slowing, and stop gradually after you have made your intentions clear to those behind you.

Missed Turns – Sometimes riders are distracted and, therefore, see arrows too late or miss a turn, and then stop short. This situation

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Helen Greitzer	2013	508-878-6988
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	Chris Tweed	781-830-1368
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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
Sunday Fitness Rides	Andy Brand	617-247-9770
	Bill O'Hara	781-236-3126

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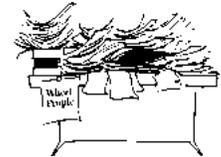
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 26 Fox Run Road, Bedford, MA 01730



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 before 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 wppadvertising@crw.org

CRW Board Meeting Minutes

January 3rd, 2012

Present: Mike Byrne, Andy Brand, Peter Brooks, Steve Cohen, Kimberley Fitch, Howard Miller, Eli Post, Cindy Sragg, and guest Bob Wolf (chair of Helmet Committee)

Acceptance of prior Board Meeting Minutes Reports

Presidents report (Steve) – no new items to report

Treasurer (Steve for Jack) – The total balance in CRW accounts is \$79,200

VP of Rides (Eli) – During the winter months, scheduled rides take place on Sundays and impromptu rides take place on Saturdays. The Ride Calendar is filled thru March.

Membership (Steve) – There are 1,757 current members and 1,484 memberships

Election of a new President – Steve Cohen was elected as CRW President for 2012.

Old Business

Helmet Policy (Bob Wolf) – A new helmet requirement will go into effect March 15th,

which the Board approved at the November 2011 Board meeting. The policy states that "All participants in a CRW-sponsored ride are required to wear properly attached ANSI-, SNELL-, CPSC-approved bicycling helmets. The CRW will enforce this policy by requiring that members agree to wear helmets as a condition of membership and non-member participants agree to wear helmets as part of the non-member liability waiver." The policy will go into effect March 15, 2012. In addition, the Board voted in favor of the following policy, to be put into effect immediately: "All participants in CRW-sponsored rides must either be a current member in good standing or have signed a non-member waiver before the ride in question commences." An implementation time line for all aspects of the helmet policy was approved by the Board. Ride leaders will communicate helmet policy but will not be responsible for its enforcement.

New Business

Budget (Steve) – A draft 2012 budget was circulated for review. A final 2012 budget will be available in March.

Online Mapping Seminar (Eli) – An evening

event is being planned in which a CRW member would educate guests regarding how to generate GPS files using on-line mapping. The Board voted to allocate \$350 for the event.

Repository for Official CRW Policies (Kimberley) – Kimberley will look into the possibility of posting Board-approved CRW policies on the CRW website.

Formulation of Advocacy and Governance Sub-Committees (Steve) – A subcommittee was formed for the purpose of establishing mechanisms for potential future advocacy activities. A second subcommittee was formed for the purpose of reviewing CRW bylaws and evaluating compliance.

Ride Leader party Update (Eli) – A notice will be sent out to ride leaders soon regarding scheduling of the party.

Funds for Post-Ride Social Events (Eli) – The Board approved \$1,000 to promote and conduct after-ride parties.

The next board meeting will take place on March 6th 2012.

Respectfully submitted,
Kimberley Fitch
Secretary

Ride Leaders of the Month - Continued from page 1

reckoned with but finished behind. Determined to prove himself, he trained, got a newer bike, and has become a contender. Brian and I started and finished at the same time on a CRW ride last season, but I did 33 miles at 15 mph while he did 50. Do the math and then decide if you want to ride with him!

Julie's introduction to cycling was quite different. Motivated by an opportunity to travel to Italy, she so wanted to be on this vacation that involved cycling that she borrowed a bike to get ready and found that instead of the grueling experience she had expected, she enjoyed cycling and was hooked.

It was exciting to mingle with orchard customers and witness families participating in the various agrarian events during the first Honey Pot Hill Ride in 2007, but there were so many customers and cyclists that we got in the way of business. We have now moved the ride to a less busy date, which provides ample room for both apple lovers and cyclists to enjoy the orchard experience.

Now we get to the best part: Julie generously arranged for the orchard to serve hot apple pie, cider donuts and apple cider to returning riders. To say these treats were appreciated does not convey the delight riders expressed as they dug in. Usually at the end of a ride, riders get in their cars and take off, but cyclists hang out after the Honey Pot Orchard ride making the day an enjoyable social experience.

And let's not forget that Brian and Julie have designed three challenging route options. Hang around with me as the riders return, listen to their testimonials and there will be no doubt that they thoroughly enjoy the day. That hap-

pens to be one of the reasons the Orchard does all this for CRW. Brian and Julie say that they get so much out of riding with us, the large circle of friends they enjoy, and really appreciate those who volunteer. They felt that it was time for them to "give back."

The weather has not been on our side the last two seasons on Honey Pot day, but we go at it again in 2012 and hope to see you and some sunshine! ☺

Safety Corner - Continued from page 1

has caused several crashes on CRW rides as the fast-moving group does not have time to respond when there is a sudden stop or abrupt change in direction. Keep moving, even if you have gone off route, until you can safely stop and reverse course.

Music Players – Despite the pleasure of hearing music, we recommend that you not use a portable music player. It reduces your awareness of traffic noise and your ability to hear signals and warnings from other riders. In fact, in Massachusetts it is not legal to use headphones with a music player when driving an automobile. The club totally agrees with that and goes further in recommending that a cyclist not use a music player at all. Moreover, it makes little sense to ride with a group if you are going to completely ignore everyone else to listen to music.

GPS Instruments – GPS navigation is becoming ever more popular, but we caution about the danger of watching the screen instead of the road, road hazards, and other riders. There have been crashes due in part to the rider being distracted by his or her GPS. At 15 mph you are traveling at 22 feet per second

and in about 4 seconds you cover the length of a basketball court. A lot can happen and/or go unobserved over that distance, and problems can arise over much shorter distances.

Socializing – There are times when we want to enjoy the company of others on a ride. Even then, we should not get so caught up in conversation that our concentration and awareness suffer. Your safety and that of those around you depend on your knowing what is going on around you.

Crashes are usually caused by a convergence of factors. While you are distracted, another cyclist, a dog or a car could move into your path. Sometimes you may have only a fraction of a second to react. If your attention is diverted during that period, you could crash. Understanding when a distraction could do you harm is the key to avoiding injury to yourself and others. Whether you are crossing the street, driving a car, or, to the point of this article, riding a bike, you should be on alert for potential accidents. Recognize when hazards are present and stay focused on them, a more difficult task when confronted with multiple hazards. Also, watch for others who may have become complacent or preoccupied. It would not be out of line to politely remind them of the importance of paying attention for the sake of the group.

Concentration is one of the major areas of emphasis of sports psychology. Cyclists sometimes focus on unimportant events at the expense of more critical ones and/or become distracted. Although developing concentration requires practice, once it is achieved it can become a habit that requires less conscious effort. It will serve you well in your riding. ☺



Recurring Rides

These rides are held every week unless indicated

Wednesday Wheelers



Times and Routes: Varies, usually 10:00 AM. Distances are typically between 30 and 40 miles.

Description: A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the

end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace. Non-members of CRW are 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 Helen.

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

February Rides

Sunday Rides continue through the winter, even in severe weather conditions. Saturday Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side. The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant experience.

Weston

Sunday - February 5

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

Leaders: Eric Ferioli (781-235-4762)

Start: Weston Town Hall, Weston Center

Directions: From Rt. 128 take Rt. 20 and head west to the first traffic light, turn right into Weston Center and park on the far side of the green.

Bare Natick

Sunday - February 12

Times and Routes: 10:00 AM

Ride Type: Cue Sheet, Arrowed

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

Leaders: Eric Ferioli (781-235-4762)

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

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

Bruce's Birthday Ride

Sunday - February 19

Times and Routes: 10:30 for 20 or 35 miles

Ride Type: Cue Sheet

Description: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkinton, and Ashland. The long ride is 35 miles with 2010 of climbing and adds Millis and Medway. Post Ride party at Bruce's house.

Leaders: Bruce Ingle (508-877-1045 before 8PM, bruceingle@rcn.com)

Start: Framingham Center Green. 32 Edgell Road, Framingham

Directions: From the east: take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126, bear right at the Staples/Walgreens plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left. From the west: take Rt. 9 east. Approximately 2 miles past the Sheraton Tara Hotel, bear right at Framingham State College exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.

Say Goodbye to the End of February

Sunday - February 26

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

Ride Type: Cue Sheet, Map

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

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

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

Directions: 1 mile past the Concord Rotary on Rte 2A at the base of Pope Road. Please park in the middle of the lot. Do not park in front of Colonial Spirits.

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

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.

Signs of the North West

by Peter Brooks



The North West coast is an amazing place for a bike tour and attracts cyclists from afar; I even met three Europeans on my recent tour of Washington, Oregon and Northern California. Due to different signage conventions around the world some confusion could result. This article is an attempt to clue New Englanders into the hidden meaning of signs in the North West.

Washington has thoughtfully provided **BIKE TURNOUTS**, signed spots to pull off the road to rest, where the road grade is too steep for cyclists to continue pedaling up hill. These are frequent on Orcas Island, one of the San Juan Islands in Puget Sound. Along much of the rest of the coast the

Scenic Vista pullouts provide the same function.

GRADE PERCENT signs are common there, as they are also here. In Washington some are signed at 16%!

The **OREGON COAST BIKE ROUTE** provides dramatic riding and unique signage. The coast route is mainly highway US 101 with dramatic

ocean views and dramatic hazards. The following signs can clue you in to the hazards if you know how to interpret them.

TSUNAMI HAZARD ZONE - These signs seem like a waste of money to me., but they appear where the elevation is slightly above normal sea level, usually where you are descending into a beach front community.

KEEP RIGHT EXCEPT TO PASS

- This means that a third climbing lane has been added and the slower traffic (cyclists) should keep right. These signs are used on the many hills.

YIELD CENTER LANE TO UP-

HILL TRAFFIC - This means you are still climbing and hope the traffic cooperates! Stay right!

CURVY ROAD SIGN - This generally means switchbacks ahead, whether you are climbing or descending.

RIGHT LANE ENDS - Whew....

This means you are near the summit, and you can feel the northwest sea breeze cooling you off, after that long hot sheltered climb in the sun! You will have to merge into one lane with all the vehicular traffic, less space on the road, be careful.

TIPPING TRUCK GRAPHIC, NEXT 2 MILES, really means to be cautious of trucks (DUH!) and watch the

road for the cause of the tipping truck!

ROCKS - Will they be falling? They may also be laying in the road. Watch out!

WATCH FOR ICE - Really? I think there is a temperature sensor that lights the flashing yellow light. Generally the temps along the Pacific coast range between 40 and 80 degrees F. Without ice and frost the pavement stays in great shape.

CONGESTION - Perhaps this means to slow down due to thick settlement, rather than colds and flu ahead.

ELK - Like "Caution MOOSE CROSSING.....hundreds killed", as they say in New Hampshire. I've been there hundreds of times and I've never seen a moose on the highway, or anywhere else! I finally did see a herd of rather tame elk devouring someone's garden on the roadside. You wouldn't want an elk hood ornament!

BIKES ON THE ROAD, NEXT 4 MILES - This really means no shoulder ahead, you will be riding on a two lane road with lumber trucks, signed at 55 mph. Those are very impressive lumber trucks hauling huge Douglas Fir tree trunks!

BIKES IN THE TUNNEL WHEN LIGHTS FLASHING - There are two tunnels on the Oregon coast. A sign states that cyclists should push the button to activate flashing lights. No designation on how long the lights flash. There

are no lights or acoustic material in the tunnel. There is a narrow sidewalk and curb and a narrow shoulder. There are

lumber trucks moving rapidly. Imagine if your pedal hit the curb,not for the faint of heart. I would recommend the narrow sidewalks on bridges and in tunnels be removed to allow a wider shoulder space for cyclists and any walkers to negotiate.

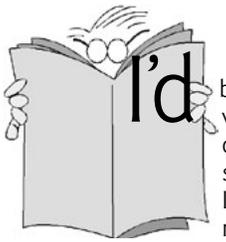
Don't get me wrong, this is mostly a heavenly tour that I heartily recommend. I had only ten minutes of a rain shower one evening. There was a reliable tail wind heading south and reliable climbs the whole way! The Adventure Cycling Association Pacific Coast maps got me to San Francisco with no big problems.

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Little Jack's Corner

by Jack Donohue



I'd been thinking about preventive maintenance. I detect snickering in the studio audience, since I'm mostly known for no maintenance at all, or maintenance only for catastrophic failures. But I realized I hadn't checked the tires on any of my bikes in a while, and when they get old, they are more prone to flats, and fixing flats of the road is not one of my favorite pastimes. So, I decided I should check them and proactively replace them if they looked dicey. Of course, that plan never got past the thinking stage.

So, I'm out on the road and I realize my tires are feeling squishy. Really should have pumped them up before setting out, I thought. Then they got really squishy, and I had to admit I had a flat. Fortunately, and very unusually, it was the front tire. Since it was in the slow leak rather than big bang category, I figured I'd just pump it up again and see how far that got me. As it turned out not very far at all, since the pump that I had been carrying on the bike for these many years didn't seem to be able to actually inject air into the tire. I hadn't actually used it in a very long time (ever?) and I couldn't

remember which position to twist the shaft to make the presta side spit out air. Seems no matter what position I chose, air would come out in various directions but never into the tire. I seem to recall having problems with it the last time I had a flat, but fortunately I had a companion with a working pump that time. Made a mental note to check the pump when I got home. Needless to say, that never happened. So, given the pump was useless, there was no point in even taking out the spare tube I had.

So, what to do? Another thing on the list of Things to Do was carry my cell phone with me. In this case it wouldn't have helped since Susan was in a Yoga class and non-interruptible. So, the only other solution was to ride on the rim. I've had years of practice doing this with my commuting bikes, but in that case the rims were pretty disposable and the distances were short. But this was a very nice rim, and I really didn't want to destroy it. As it turns out, I was under time pressure, since we were due to drive down to the Cape to visit friends, and riding on the rim seemed like the fastest way to get back. I was near the intersection of Barretts Mill and Strawberry Hill, so I figured the quickest way was to ride back into Concord and then Bedford (later confirmed by my map program). This had

the advantage that the roads (Lowell, Rte 62, Route 4) were all in good shape, minimizing the possible rim destruction.

At first, I was alarmed by the loud noises emanating from the bike, but realized this was just the tire/tube squishing around the rim. After a while I got quite used to the rhythmic thump, thump, thump as the part of the tube with the valve stem contacted the road.

Always the engineer, I started wondering whether my trip mileage would be off, since now the effective wheel diameter was closer to that of the rim, and not a fully inflated tire. I decided that this would in fact give me a higher mileage reading, and decided that was OK, since I deserved it for a somewhat more difficult ride with only one inflated tire.

I realized there was a bike store in Concord, but didn't recall exactly where it was, and given the time pressure, didn't want to wait for a repair, so when I got there, I just blew by. Next possibility was stopping in Bedford center where Susan was doing yoga and wait for a ride. But I didn't recall where the yoga place was and I was getting quite adept at this rim riding thing, so I soldiered on home.

The tube and tire were of course trash, but the rim didn't fare too badly. Got to see about getting a pump that works ... ☺

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



This list honors those cyclists who have reported their outdoor road or trail mileage to the CRW member monthly mileage database each month. The **Average** is for the number of **Years** reporting. To qualify, you must have sent in your mileage for at least five years. The other rule is that you must submit your year end mileage in December. Just get in the habit of recording mileages on the web site each month: <http://crw.org/mileage/mileage.htm> For more information on the rules see: <http://www.crw.org/mileage/MileageInfo.htm> Welcome new members to the club this year: Erik Husby and Dave Stefanovic.

Name	Yrs	Average	Total	Name	Yrs	Average	Total	Name	Yrs	Average	Total
Melinda Lyon	27	15,410	416,067	Steve Robins	9	8,085	72,761	Don Mitchell	7	5,175	36,225
Jack Donohue	30	10,010	300,301	Jim Krantz	8	9,037	72,295	Gary Smiley	10	3,582	35,822
John Bayley	16	12,083	193,333	Doug Cohen	17	3,819	64,919	George Caplan	30	1,152	34,565
Pamela Blalock	18	10,376	186,764	Glen Reed	8	7,609	60,871	Joseph Moore	7	4,884	34,187
Dave Jordan	22	6,943	152,754	John Allen	24	2,511	60,274	Cynthia Zabin	12	2,727	32,724
Mike Kerrigan	18	8,413	151,431	John Kane	32	1,847	59,114	Lisa Weissmann	9	3,633	32,696
Bruce Ingle	17	8,907	151,421	Gabor Demjen	15	3,814	57,217	Frank Aronson	7	4,488	31,416
Paul Corriveau	21	6,886	144,607	Jeff Luxenberg	31	1,800	55,790	Darrell Katz	8	3,556	28,447
Joe Repole	26	4,921	127,947	Butch Pemstein	10	5,523	55,226	George Ulrich	6	4,082	24,493
Glenn Ketterle	24	5,215	125,158	Paul Hardin	9	5,831	52,477	Dave Stefanovic	5	4,862	24,310
Ken Hablow	21	5,903	123,972	Marc Baskin	12	4,258	51,094	Erik Husby	5	4,799	23,996
Irving Kurki	17	6,491	110,345	John Springfield	32	1,513	48,400	Henry Marcy	8	2,915	23,322
Peter Brooks	20	5,480	109,597	Richard Taylor	8	6,049	48,395	Marc Webb	9	2,229	20,060
Don MacFarlane	11	9,565	105,218	Bill Widnall	14	3,443	48,197	Rudge McKenney	7	2,544	17,805
Jean Orser	17	5,628	95,674	Joseph Tavilla	10	4,347	43,470	Elaine Stansfield	12	1,382	16,582
Ed Hoffer	22	3,857	84,862	Bill Hanson	15	2,845	42,677	John Loring	18	806	14,508
David Wean	15	5,501	82,517	Susan Grieb	26	1,581	41,103	Greg Tutunjian	11	1,275	14,029
Mike Hanauer	30	2,573	77,203	Cynthia Snow	12	3,041	36,486	Jacob Allen	18	190	3,423

December

3	4	6	6	4	7
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MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	15179	9	9	-	Frank Aronson	4661	7	5	-	John Kane	1515	-	-	-
Pamela Blalock	12898	12	7	9	Don Mitchell	4206	5	1	-	Rudge McKenney	1488	1	-	-
John Bayley	11547	12	7	5	Ken Hablow	4180	5	-	-	Nick Gilligan	1463	-	-	-
Bruce Ingle	10678	12	12	3	Joe & Kathy Marino	4178	6	4	-	Mike Hanauer	1268	-	-	-
Jack Donohue	9659	-	-	2	Darren Garnier	4145	3	3	1	Paul Hardin	1250	1	-	-
Irving Kurki	8543	10	4	4	George Ullrich	4108	2	-	-	Michael Filosa	1239	3	1	-
Don MacFarlane	8525	1	-	-	Cynthia Snow	4059	2	-	1	Jeff Luxenberg	1056	-	-	-
Bob Wolf	8373	12	3	-	Eric Sansone	4054	5	-	1	Bill Widnall	997	1	-	-
Mike Kerrigan	8245	7	5	4	Dave Stefanovic	4046	-	2	-	Greg Tutunjian	839	-	-	-
Jim Krantz	7764	7	4	4	Glenn Reed	3941	2	2	-	Elaine Stansfield	654	-	-	-
Clyde Kessel	7763	12	-	3	James Sparks	3720	5	-	-	George Caplan	541	-	-	-
Peter Brooks	7447	11	5	1	Douglas Cohen	3691	1	-	-	John Loring	503	1	-	-
Bob Cohen	7444	1	-	1	Joseph Tavilla	3685	-	-	-	Susan Grieb	447	-	-	-
Michael Laurin	7348	12	8	-	Brett Serkez	3606	4	1	-	Jacob Allen	15	-	-	-
William O'Hara	6710	7	2	1	Paul Corriveau	3490	5	1	-					
Scott Tyler	6389	8	5	1	Jean Orser	3280	5	-	-					
Steve Robins	6271	-	-	1	Gary Smiley	3026	-	-	-					
Cynthia Zabin	6209	-	-	-	Jeff Dieffenbach	2877	3	5	-					
David Wean	6186	6	-	-	Bill Hanson	2858	-	-	-					
David Cooper	6151	8	8	-	Mark Druy	2719	6	1	-					
Marc Baskin	5822	7	3	1	Henry Marcy	2651	1	-	-					
Erik Husby	5636	1	2	-	Ed Foster	2584	5	-	-					
Nicholas Sheckman	5615	5	3	2	Adam Auster	2524	2	-	-					
Butch Pemstein	5380	6	1	-	Ed Hoffer	2420	-	-	-					
Dave Jordan	5338	-	-	-	Gabor Demjen	2390	6	2	-					
Lisa Weissmann	5169	6	2	-	Darrell Katz	2338	-	-	-					
Joe Repole	5103	12	12	-	John Allen	2315	1	-	-					
Joseph Moore	5060	7	-	-	Glenn Ketterle	2282	-	-	-					
Carlo Innocenti	5049	3	3	-	John Pacheco	2151	-	1	-					
Rolf Budd	4894	3	1	-	John Springfield	2041	-	9	-					
Richard Taylor	4824	12	8	-	Brian Dias	1634	2	-	-					
Fred Meyer	4692	5	3	1	Marc Webb	1601	1	-	-					

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the 3rd of each month on the website at <http://crw.org/mileage/mileage.htm> or email mileage@crw.org or call 781-275-3991



CRW Trips

Bikers on Skis

February 17-20, 2012

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

weekend. Cost of \$200-270 for the weekend includes three nights lodging, three breakfasts, two dinners and gratuities.

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

To register send a check for the full amount made out to Jack Donohue and an e-mail address or stamped self-addressed envelope by January 17 to the address below.

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

For more information, you can contact the leaders.

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

Welcome New Members

John Gotal	Framingham
David Grucza	Somerville
Richard Henige	Marblehead
Slav Lerner	Chestnut Hill
Frank Longmore	Middleboro
Kevin & Gina McCusker	Roslindale
Ed Moore	Scituate
Stephen Neff	Sudbury
Joe Parslow	Clinton
Louise Ryan	Boston
Daryl Van Straaten	Beverly

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 Commonwealth 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 Ave.,
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 Ave.,
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

Urban AdvenTours

103 Atlantic Ave, Boston
617-670-0637

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

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Larissa Hordynsky
365 Cherry St
West Newton, MA 02465
She will mail you a printed form.

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