



WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

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STAGGERING Ride Starts

by Bob Zogg

(adapted from the July 2005 Safety Corner article)

Staggering ride starts means releasing riders in several smaller groups, rather than one large group, so that riders are less apt to be clustered together on the road. The process is particularly applicable to our weekend rides, which can attract 100 or more riders, and our Century rides, which can attract two to three times this number. Why Stagger Starts? First, it's safer and more enjoyable for cyclists. Riding in smaller groups decreases the chances of bike-to-bike collisions, makes it easier to see road hazards, and is generally less stressful. Second, it's courteous to motorists. It can be very difficult for motorists to pass large groups of cyclists safely. A motorist following a large group of cyclists might have to wait a long time for a safe opportunity to pass. Worse, a motorist may grow impatient and attempt to pass when it's not safe.

For several years, the club has encouraged weekend ride leaders to stagger starts. In recent years, we have also employed staggered starts on all CRW centuries by starting the ride over a time period (typically 7 AM to 8:30 AM for riders on the full century). The process of staggering ride starts is not, however, as simple as it seems. It takes a skilled ride leader and conscientious participants. Here is what you need to know.

How to Stagger Starts—the Ride Participant's Perspective. Becoming familiar with the general process, listening carefully to instructions, and being patient will help immensely with staggering ride starts. The ride leader will generally release riders in three



groups based on riding speed. The ride leader will announce the speed ranges and ask you to select a group. For this purpose, your riding speed is your typical rolling average speed (i.e., not including stops) on CRW rides. Don't worry that you might not be able to maintain the pace that you estimate—no one will be timing you. If you have no idea how fast you ride, select the more leisurely paced group. The ride leader will release faster groups first, waiting at least 90 seconds between releases. 90 seconds will feel like a long time when you're eager to get going, but shorter waits can result in groups bunching up at traffic signals or stop signs. Use the time for a final check of your bike, helmet fit, cue sheet, etc. Unless you're in the last group, please leave promptly when your group is released. Riders sneaking out between groups can confuse others and tempt them to leave early. Finally, wait for the group that best matches your riding speed. If you move up a group to shorten your wait, the groups can become lopsided, defeating the purpose. Besides, you'll soon find yourself riding alone as the faster riders leave you behind, and riding alone isn't nearly as much fun as riding with others more closely matched to your speed.

How to Stagger Starts—the Ride Leader's Perspective. We recommend (but do not require) staggering ride starts whenever there are more than 30 to 40 riders. The ride leader should announce in advance that he/she will release riders in three groups and indicate the

Safety Corner - Continued on page 6

34th Annual AMC Boston Chapter Bicycle Rally

Saturday, June 16

The rally will be held at the Friendly Crossways Hostel on Saturday, June 16. It is a wonderful opportunity for cyclists of all levels to get together to begin the summer bike season. Come help us celebrate.

This year there will be rides of 15, 27, 50 and 67 miles on beautiful rolling terrain. The cost of \$25 (\$30 after May 1) includes rides, showers, happy hour, dinner and evening presentation. The speaker this year is Mike Barry, who will talk about recent tours he has led and been on in the Czech Republic, Tuscany and a self-supported ride through northwestern Maine.

For more information and to register, go to <http://www.amcboston.org/bicycle/bikerally.php>

AMC Trip Memorial Day Weekend in the White Mountains

Fri.-Mon., May 25-28, 2012

Biking in the beautiful Jefferson, NH area of the White Mountains. Daily rides ranging from 30-50 mi. on rolling to hilly terrain. Helmets required. Stay at comfy B&B w/mountain view. Cost ranging from \$225-\$290 includes three nights lodging, three breakfasts, two dinners and gratuities. Luxury room (with hot tub) available at a higher price. Check <http://www.amcboston.org/bicycle/applebrook.php> for room availability and to register. This is an Appalachian Mountain Club trip.

Leaders: Mary Ellen Kiddle, Jack Donohue (jmdonohue@alum.mit.edu), Susan Grieb (781-275-3991 before 9PM)

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	Paul Hardin	978-866-3040
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	Bill O'Hara	781-236-3126

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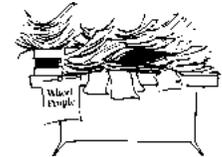
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 26 Fox Run Road, Bedford, MA 01730



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



Recurring Rides

These rides are held every week unless indicated

Sunday South Shore Coastal Loop

Times and Routes: 7:00 AM Sharp in May. Rides of 39 and 52 miles.

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.

Please check the website at 6 AM Sunday for any last minute updates.

Leaders: Andy Brand (abrand@alum.rpi.edu), Bill O'Hara (781-236-3126, nley@nley.com)

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.

Note: The ride will start at 7:30 in April and after Labor day

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

Wednesday Fitness and Masters Ride

Times and Routes: 6:00pm for 19, 27, 32 and 38 miles

Ride Type: Fitness, Arrowed, GPS

Description: This Fitness Ride offers you the opportunity to ride with others in a paceline format. We strongly encourage proper paceline etiquette! The ride welcomes everyone, especially masters riders who would like to ride safely with their peers. Groups of approximately 6 riders are started according to their expected speed. We encourage working together as a group and regroup dropped riders at two points on the longer routes. You will ride on scenic, rolling roads through Needham, Dover, Sherborn and Medfield. Total climbing for the long route is 1475 feet.

Leaders: Dave Lafreniere (508-259-9676, dlafreniere@comcast.net), Chris Tweed (781-830-1368, cmtweed@psrinfo.com)

Start: Cutler Park, 110 Kendrick St, Needham Heights, MA 02494

Directions: Take Exit 19 off Route 128 toward Needham. At the lights, turn left onto Hunting Rd. After 0.7 miles, turn left onto Kendrick Street. The Cutler Park parking lot is located 0.5 miles on the right.

Note: Cue sheets can be found under the Ride-WithGPS Links.

Thursday Fitness Ride and Pace Line Clinic

Times and Routes: 6:00 PM SHARP Routes of 17, 28 and 34 miles

Ride Type: Fitness, Arrowed

Description: The short and medium rides wind through Bedford, Concord and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride at 14 to

20+ mph. In May will be an introductory pace line clinic (22-28 miles) to teach safe group riding skills for up to 6 riders. We'll start around 15 mph and pick up the pace as the season progresses.

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

Start: LG Hanscom Airfield Parking Lot, 200 Hanscom Drive Bedford, MA

Directions: NOTE: Address is in Bedford, but roads are in Lexington: Rt. 95/128 to Exit 30 B (Route 2A West) Do NOT take Exit for Rt. 4/225 which also says "Hanscom Field". Go on Rt. 2A W for 1.5 miles to blinking light. Turn right at Airport Road towards Hanscom Field and bear left at fork in 1/2 mile towards Civil Air Terminal. Park at bottom of hill.

Note: Merle-Leader 5/3. Pace Line Clinic – Will begin later due to injury

Thursday Night Fun Ride

Times and Routes: 5:30 PM Start with 24, 29, and 34 Mile Routes

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 (508-245-5228, wdouglas5@comcast.net), Kieran Fennell (508-846-6988, 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: 6pm, 18 or 24 mile

Ride Type: Cue Sheet, Map, Arrowed

Description: A club ride that provides something for all tastes. There is usually a fast group riding paceline (18mph+) while others tour at their own speed. The ride winds through the low traffic back roads in Concord, Carlisle, Acton and Chelmsford. This ride is conducive

to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. There is always a group going out for dinner and/or ice cream after the ride. Bring the fun (and bike lights as the ride time is seasonally adjusted for ~1.25 before sundown).

Leaders: Ed Glick (edglick@alumni.neu.edu), Paul Hardin (978-866-3040 after 5pm, CRWGPSGuy@comcast.net)

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way.

Directions: Take 4/225 west from I 28 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.

Get Up 'N Go

Times and Routes: Mondays, Tuesdays and Thursdays, 10:00 AM for 12-20 miles on mixed terrain, 12-15mph pace, (Tuesdays 10 mph), some offroad

Ride Type: Follow the Leader

Description: Contact the leaders for details. Because all the rides take advantage of fire roads, bike paths, and easy off-road trails to avoid traffic, serve as shortcuts, or just for the fun of it, hybrid or mountain bikes are the (highly!!) recommended equipment. Pre-registration required. To sign up for the rides, email leader. Max. 15 riders per day.

Links: <http://www.getupngoventures.com>
Leaders: Bob Evans, Lee Evans (lee.evans675@gmail.com)

Start: Location Varies. ⚙

May Rides

We are in full swing for May with rides each weekend, recurring rides during the week, and our Spring Century (at a new start location) on May 20th. Depending on weather and ride leader availability we may schedule additional impromptu rides so watch the CRW website before you make your weekend plans.

Norwellian Atlantic Adventure

Saturday – May 5

Times and Routes: 9:30 for 31, or 42 miles

Ride Type: Cue Sheet, Arrowed

Description: Scenic, low-traffic roads through the eco-balanced towns of Hingham, Hull, Cohasset, Norwell, and Scituate. The ride has a few hills to the sea; this is the easy route. See towns such as Hull, where man and nature are balanced with high tech wind turbines. A new turbine has been built in Scituate. See historic light houses. Coffee will be optional at the famous biker hang-out of Coffee Corner or Dunkin' Donuts in Scituate. Cue sheets will be available.

Leaders: Bill O'Hara (781-236-3126, nley@nley.com), Andy Brand (abrand@alum.rpi.edu)

Start: Norwell High School, South Street, Norwell, MA

Directions: From the North take Route 3; take exit 13. Turn left (north) on RT-53. Turn right onto RT-123, which is Webster Street. Turn right onto South Street. Take 2nd right. Park in the High School southern parking lot.

Note: Rain cancels.

Ups and Downs

Saturday – May 5

Times and Routes: 9:30 Long 60 miles, Short 35

Ride Type: Cue Sheet, Arrowed

Description: Description: Do you enjoy climb-

ing long hills with screaming descents? Yes?.... this ride is for you!! The short ride of 33 miles, meanders through the towns, and up and down the hills of Tyngsborough, MA, Hudson & Pelham NH. The long ride of 60(ish) miles, adds more "Ups & Downs" (with long flats in between; great for pace lining) heading into Windham and Londonderry, NH with a lunch stop at Mack's Apples in Londonderry. Be sure to bring plenty of food to get you through all the "UPS & DOWNS". There are several stores along the way to Mac's Apples where you can stop to buy water, Gatorade and other essential food items.

This ride is taking place in conjunction with NVP. It is also being offered as a training ride for the American Diabetes Association, New England Challenge. Come along and have some fun with us. There is a possibility that this ride will have sag support.

Leaders: Nancy Marchand (978-430-0230 before 8:30 p.m day before and before 8:00 a.m. day of ride, nancym@prospeed.net)

Start: Pawtucket Memorial School, West Meadow Rd., Lowell, MA 01854

Directions: Rte. 128 to Exit 32 (Rte 3 N). Rte 3N to Exit 32 (Drum Hill Rd.) Remain on Drum Hill Rd, going through several traffic lights. Just beyond Princeton Properties, bear left onto Wood St. (At this point there is a traffic light with an old dump on your right. Do NOT turn right). After passing Market Basket and Rite Aide ("on your left"), the Rourke Bridge will be directly in front of you. Cross over the Merrimack River and turn left at the set of lights. At JJ Boomers (on the right), turn right onto Old Ferry Rd. Go to the end of Old Ferry Rd.

and turn right onto Varnum Ave. Continue on Varnum Ave. and turn left at West Meadow Rd. (approximately 3/4 – 1 mile) Pawtucket Memorial is approximately 3/10 of a mile on the left. From Gallagher Transportation Terminal in Lowell (Yes, you can take your bike on the train): Exit Train Station and take left onto Thorndike St. (be careful, lots of traffic). Proceed on Thorndike St to Kazanjian Square & bear left, continuing on Fletcher St. to end. Turn left onto Pawtucket St. (Bachand Hall is directly in front of you). Continue to Franco American School and turn right, going over the bridge. Turn left at McDonalds onto Rte 113. At the fork in the road and heading toward LGH, bear right onto Varnum Ave. Approximately 3/4 of a mile turn right onto West Meadow Rd. The Pawtucket Memorial school is just up the road on your left.

Harvard Hill Climb

Sunday – May 6

Times and Routes: 9:30 AM for both long ride, 50 miles, and short ride, 35 miles

Ride Type: Cue Sheet, Arrowed

Description: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop that includes Lancaster. This ride is an excellent training ride for the Spring Century.

Leaders: Rita Cramer (781-899-9177, ritalongcramer@gmail.com), Patrick Ward (781-646-9196, PGWard@verizon.net)

Start: 300 Foster Street, Littleton, Mass. 01460
Directions: Take Rt. 2 West to Exit 39, 1/4 mile

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. — **HELMETS REQUIRED ON CRW RIDES.**

W of Rt. 495. Go right on Taylor St. In 1/2 mile turn left on Foster St. Take first right into 300 Foster St. parking lot and follow drive around to the top of the hill near Taylor St. (map) OR Fitchburg Commuter Rail line to 495 Stop. First train arrives 9:36.

West Podunk

Saturday – May 12

Times and Routes: 9:30 for 57 miles; 10:00 for 38 miles

Ride Type: Arrowed

Description: A scenic but hilly route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Leominster, Sterling, Lancaster, and Bolton. Long ride adds nice loop in Townsend and Lunenburg. Both routes have late lunch stop in Harvard center at the town's annual Apple Blossom Festival (weather permitting). Limited food and drink opportunities, so BYO.

Leaders: Steve Hoffenberg (781-259-4369, stevehof@yahoo.com)

Start: Nashua River Rail Trail Parking Lot, Groton St., Ayer

Directions: Rt. 2 West, 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Just after passing through downtown Ayer, turn right to stay on Rt. 111/2A. After 1/10 mile, turn right on Groton St., immediately after the blue NAPA auto parts store. Parking lot is on the right, before the bike path.

Apple Pi Ride

Sunday – May 13

Times and Routes: 9:30 for 55 and 35 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

Links: <http://crw.org/rides/applepi/>

Leaders: Jack Donohue (jmdonohue@alum.mit.edu), Susan Grieb (slgrieb@comcast.net)

Start: Bedford VA Hospital, 200 Springs Rd, Bedford

Directions: Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital /Middlesex Community College. Meet at first parking lot on right.

Willett's Pond Wayfare

Saturday – May 19

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

Ride Type: Cue Sheet, Arrowed, GPS

Description: Rides head south through neighboring towns on quiet roads. There will be a

party at the ride leader's after the ride. Details at the start.

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School, 50 Rice Street, Wellesley

Directions: From Rt. 128 Exit 21-22, Rt. 16 West towards Wellesley. Go through Wellesley Hills past clock tower on right. Continue on Rt. 16 through intersection at lights of Forest St (on left) and Rockland (on right). Take next left at green sign for school (about 500 ft) onto Rice St. Continue to school. Parking lot is just past school on opposite side of the street..

SPRING CENTURY

Sunday – May 20

Times and Routes:

Description: Link (<http://crw.org/century.php?event=s>) and [page 8](#)

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

Start: Wakefield

Cape Cod Ride

Saturday – May 26

Times and Routes: 10 AM for 31, 38, or 59 miles

Ride Type: Cue Sheet, Map

Description: A gorgeous ride mostly on lightly traveled roads with views of Cape Cod Bay, Buzzards Bay, Vineyard Sound, cranberry bogs, golf courses, and salt ponds. All rides go along Vineyard sound into Woods Hole and up to West Falmouth. The [59 mile ride](#) continues to North Falmouth, Monument Beach and along the Cape Cod canal bike path before turning inland to return to the start. The [31 mile ride](#) follows the first 22 miles of the [59 mile route](#) to West Falmouth where it turns inland to return to the start. The [38 mile ride](#) follows the first 27 miles of the [59 mile route](#) to North Falmouth where it turns inland to return to the start.

Leaders: Ed Foster (508-420-7245, 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.

Introduction to Group Riding

Saturday – May 26

Ride Type: Cue Sheet, Arrowed

Routes and Times: 10:30 AM, 20 miles

Leader: Jacque Smith (973-787-7452, jacquerodneysmith@yahoo.com)

Description: New to CRW? Looking for a more casual ride or just getting back into cycling? This is not a beginner's ride, but an introduction to group riding for those who wish to participate in the CRW weekend rides. The route is essentially flat with a few hills, providing a 20-mile loop through Concord and Carlisle. Riders should have road bikes and be able to average 15 mph on the flats. The ride leader will try to keep the group together, but cue sheets will be available for those who ride on their own. The focus is on group riding, safety, and fun. Feel free to email ride leader with questions.

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.

Newburyport to Exeter

Sunday – May 27

Times and Routes: 9:30 AM for 25, 45 and 63 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. Both rides will follow stretches of quiet roads along the Merrimack River with the longer ride heading as far north as Exeter, where you can stop for lunch. ! Terrain: Mostly gentle rolling, no real challenging hills.

Leaders: Pierre Avignon (617-594-6854, pierreavignon@yahoo.com), Eli Post (617-306-1838, elipost@comcast.net)

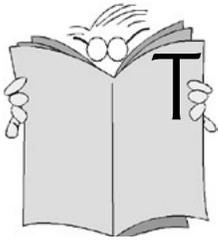
Start: Nock Middle School, 70 Low Street, Newburyport, MA 01950

Directions: Rte 95 North (from split off of Rte 128 in Peabody) to Exit 57. Keep right at the ramp towards Newburyport then turn right at the second set of lights(Shell gas station) into Low Street. NPT Middle School is ~1 mile on your left after a set of lights. Plan to arrive by 09:00 AM, park as close to Low Street as possible to reserve parking spaces for any activity at the skate park

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

Little Jack's Corner

by Jack Donohue



There are several street names that strike fear into the hearts of local cyclists. Bruce Street in Littleton is one of them. It figures into many rides since it is scenic and a direct way to get from Harvard Road to Littleton depot without going on Route 110. The road gets very little traffic since any drivers that value their suspension are wise to avoid it, and the only cars that ever travel there belong to those few unfortunate enough to live there. But you can't really enjoy the bucolic nature and smell of pig manure because you need to be on red alert to avoid the mine field of potholes that cover it. Pothole is a bit of a misnomer since this implies an irregularity in an otherwise flat surface. There is no part of Bruce Road that is flat, just varying degrees of destruction. Most pothole strewn roads can be negotiated by judicious bobbing and weaving in an attempt to find a good line that avoids the cavities. On Bruce Street there is no such line even if you take up the entire road since

there is not an inch of flat surface the entire width. The best you can do is brace for impact and try for the shallower bits.

I became familiar with Bruce (yes, we are now on a first name basis) when I used to do the NEBC Saturday rides out of Bedford. The standard route was going out to Harvard and climbing Oak Hill Road and always seemed to involve Bruce. Riding in a paceline while dodging crevasses raised the bar a bit.

My other annual encounter with Bruce is towards the end of the Appalachian Mountain Club rally ride. After 60 plus miles, it's always something to look forward to, and Whitcomb road soon after, though not in the same league at all, adds another jarring section.

It wasn't that there was never an attempt to repair Bruce and the holes grew without



bound. Periodically road crews would go out and drop asphalt into some of the bigger crevasses, thereby turning potholes into potlumps which had a roughly equivalent deviation from level, if such a thing existed. So now the surface closely resembles a moon-scape, with several generations of patches upon patches.

But that has all changed. A miracle on the order of hell freezing over has occurred and they have actually repaved Bruce. Not just spots here and there but the whole road. I claim full responsibility for this, since immediately after the last Appalachian Mountain Club rally, there was such a hue and cry about it that I sat right down and changed the cue sheets, rerouting the ride onto Route 110.

Sadly, I haven't been able to work my magic on Dudley Road in Bedford, even after rerouting the Apple Pi ride. ☹

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

Cuesheets 'R Us

Many of you have used the online cuesheet database:

<http://crw.org/CueSheets/index.php> for planning rides. There have been a lot of changes over the last few years and it may be somewhat confusing.

In the beginning, all CRW rides had cuesheets, and most of the original data came from cuesheets produced by the ride leaders. The mileages at turns were derived from cyclocomputers. With the widespread advent of GPS, it's possible to determine these mileages much more accurately, and include information such as elevation gain. Many of the recent CRW rides have been plotted on mapping programs and contain route data suitable for download to a GPS unit.

So, now rides in the database may contain any or all of the following information:

Cues – the original set of cues hand generated by the ride leader. If these cues are available, you will see a Cuesheet row saying "download CUESHEET" which will let you download the cues in spreadsheet format so you can customize and print your own cuesheet.

GPS Data – this row will be present if the ride has a GPS route data file. If so, you can either download the file and load it into your GPS, or view a Google Map generated from the route data.

RideWithGPS Map – if this button is present, this means the ride is available on the ridewithgps.com web site. This is sort of a superset of the first two in that it generally contains the cues, which can be printed or downloaded, the GPS route which can be downloaded, and it also includes an elevation profile. You do not have to have a GPS unit to use this information.

A good example of all this is the Apple Pi ride: <http://crw.org/CueSheets/cues2htm.php?id=213>

One caveat with this ride is that the cues are not available from RideWithGPS because the route was developed offline with a mapping program and uploaded. But the cues are available in the database. So, all rides in the database will have cuesheets available either directly in the database or via download from RideWithGPS. ☹

Safety Corner - [Continued from page 1](#)

speed ranges. We suggest 1) 17 mph and over, 2) 15 – 16 mph, and 3) under 15 mph. Or, if you prefer, simply 1) fast, 2) medium, and 3) casual (or leisurely). You may find that you need to encourage the fast group to start when you first release them. You may then need to encourage the others to wait. Time the interval between group releases, as it is very difficult to estimate with any accuracy (and you'll be tempted to cut it short when you're staring at a sea of eager faces). You may want to use the time between group releases to answer additional questions and provide additional ride information. Managing a crowd of cyclists can be a daunting challenge. Don't be discouraged if your first attempt doesn't work as smoothly as you had hoped. It'll get easier with time.

How Big is too Big? Even with staggered starts, large groups can form on the road. We recommend limiting group size to six riders—eight at the most. If you find yourself in a large group, suggest to those within earshot splitting into two groups.

Please do your part to minimize our impact on motor traffic, and maximize our safety and enjoyment—listen closely and depart only when released by the ride leader. ☹

March

0 5 8 1 7 5

MILEAGE TOTALS

Name	Miles	M	C	K
Pamela Blalock	4075	3	1	3
Scott Teich	3572	3	3	3
John Bayley	2857	3	2	1
Bruce Ingle	2479	3	3	-
Jack Donohue	2251	-	-	-
Michael Laurin	2052	3	1	-
Steve Robins	2033	-	-	-
Cynthia Zabin	1626	-	-	-
Irving Kurki	1512	2	1	-
Henry Marcy	1507	-	-	-
David Cooper	1505	3	1	-
Douglas Cohen	1470	-	-	-
Bob Wolf	1461	3	-	-
Joe Repole	1427	3	3	-
Ken Hablow	1404	2	-	-
Erik Husby	1384	-	-	-
Francis Hubbard	1366	2	-	-
David Wean	1343	-	-	-
Bob Cohen	1298	-	1	-

Name	Miles	M	C	K
Rolf Budd	1219	-	-	-
Butch Pemstein	1202	2	-	-
Joseph Moore	1115	3	-	-
Clyde Kessel	1040	3	-	-
Peter Brooks	1014	2	-	-
Harry Wolf	972	-	-	-
Bill Hanson	904	-	-	-
Jay Sparks	887	1	-	-
Don Mitchell	852	-	-	-
Scott Tyler	829	1	-	-
Brian Dias	812	-	-	-
Cynthia Snow	782	-	-	-
Jean Orser	615	-	-	-
James West	612	-	-	-
John Springfield	565	1	-	-
Carlo Innocenti	544	-	-	-
Gabor Demjen	534	1	-	-
John Allen	522	-	-	-
Joel Bauman	499	-	-	-
Frank Aronson	470	1	-	-
Joe Parslow	462	-	-	-
Andy Brand	458	-	-	-
Ed Hoffer	411	-	-	-
Tim Mathews	372	1	-	-
Nicholas Sheckman	352	-	-	-
Mark Drury	337	-	-	-
Chad Cover	334	-	-	-
John Kane	317	-	-	-
Jeff Dieffenbach	294	1	-	-

Name	Miles	M	C	K
Gary Smiley	292	-	-	-
Dave Stefanovic	282	-	-	-
Jim Krantz	264	-	-	-
Mike Hanauer	250	-	-	-
John Pacheco	186	-	-	-
Jeffery Luxenberg	176	-	-	-
Mark Helton	145	-	-	-
Brian Mardirosian	108	-	-	-
Paul Hardin	95	-	-	-
Peter Tzanetos	91	-	-	-
Rudge McKenney	84	-	-	-
Rangaswamy Keshavan	68	-	-	-

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 South Royalton Vermont

July 27-29, 2012

Join us for a weekend of challenging cycling in beautiful central Vermont. There will be sponsored rides on Saturday and Sunday. Riders can also choose to ride on their own from many routes of varying distances – 20 to 80+

miles distance. Rides loop through the pastoral countryside, climbing hills and traveling through idyllic valleys. Many country stores to stop and get refreshments. Walking and hiking nearby as well, so options for non-bicycling partners. Trip will be centered on our 52 acre wooded property with a large pond available for swimming. Camping by the pond is available for free. Hotel and B&B options short distances away for the non-camping crowd. Whether you camp or stay in accommodations, join us for bicycling, swimming, sitting by a big campfire! Dinner Friday night included. We are working on options for Saturday night dinner (it will be extra). South Royalton town center is 10

minutes away by car with restaurant serving breakfast and a health food coop.

Cost of trip will be around \$20 per person (non-camping accommodations extra). Reserve your spot by July 8th, with your name, check, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders.

Leaders:

Pat Stabler and Tom Evers

everstab@verizon.net

781-944-1414 (before 9 PM)

194 Pearl St

Reading, MA 01867

Welcome New Members

Jack Barry Boston
John Becker Boston
Terrence Brannick Portsmouth, RI
David Callaghan Waltham
Tara Cataldo Charlestown
Jack Chang Carlisle
Crystal Chenoweth Natick
John & Lisa English Hopkinton
Thomas Evans Pembroke
Henry Finch Waban

Zach Flechtner Boston
John Gearhart Groveland
Glen Giovannetti Sudbury
Rick Goldstein Cambridge
Chip Greer Waban
Chris Haas Needham
Susan Hall Newtonville
Daniel Hawkins Cambridge
Philip Katz Framingham
Karen Kolarik Natick

Tim & Kelley Kounadis Framingham
Matthew Lincoln, Leanne George Brookline
Jay Livingston Lowell
Helen Long Quincy
John & Yvonne Lynch Ashland
Allan McEwen, Nancy Rudman Belmont
Matthew McManus Concord
George Michaels Westford
Kimberly Milberg Jamaica Plain
Catherine 'Kate' Mills Stoughton

Derek & Melanie Mueller Medford
Jim Nally Reading
Caleb Nichols Wilmington
Harry Parsekian Boston
Erin Pfeifer Cambridge
Alexander Scala Boston
John Smits Stow
Julia Stoner Medford
Shane Treadway Cambridge
Robert Verge Medfield
Kim Wach Hopkinton

THESE FINE BIKE SHOPS OFFER DISCOUNTS TO CRW MEMBERS

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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

Frank's Spoke 'N Wheel (cont.)

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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The Charles River Wheelmen Spring Century North to New Hampshire

Sunday, May 20, 2012

*Event held Rain or Shine
Registrations will be accepted on-line only.
No day of event walk-ins.*

Join The Charles River Wheelmen on one of three beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

Start: Northeast Metropolitan Regional Vocational High School (New for 2012)

180 Hemlock Rd., Wakefield, MA -- 1 mi. east of Wakefield Center

Check-in: 7:00-8:30 A.M. All Rides

Cost: **NOTE:** This ride is now **PRE-REGISTRATION ONLY!** The ride will be limited to 500 riders, and you must pre-register to participate. You will **NOT** be able to pay at the start.

Until May 12: CRW members \$10.00 Nonmembers \$15.00

May 13 and after: CRW members \$15.00 Nonmembers \$20.00

Take advantage of our early registration discount, and be certain you have a place in the ride.

Preregistration will be CLOSED Thursday May 17 or when we reach our limit of 500 riders.

[More ride info](#)

[Link to
Preregistration](#)

- Fully arrowed routes with CRW precision, with a map and cue sheet for each ride.
- Water & food stops on all routes.
- Technical and mechanical support by [Cycle Loft](#).
Please arrive at least 45 minutes early if you want your bike checked before a ride
- After-ride refreshments for returning riders.

Helmets required on CRW rides