

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXVI, Number 6 • June 2012

Introduction to Group Riding

by Eli Post

Are you new to CRW? Looking for a more casual ride or just getting back into cycling? We are offering rides this season to introduce group riding for those who eventually wish to participate in the CRW weekend rides, but not certain they are ready or simply prefer a small group environment. The chosen routes will be essentially flat with a few hills, providing 20 to 25-mile loops on country roads. Note that these are not beginner rides, and 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. We will provide riding hints as we regroup along the route, and the focus is on group riding, safety, and of course fun. Rides are scheduled for May 26 and June 16. They start at 10:30 in Concord with full details on the CRW website. Feel free to email ridesvp@crw.org with questions or if you wish to be notified when additional "Introduction to Group Riding" rides are scheduled. ☺

Advanced Learning to Bike

by Carol Hausner

Most of us in the CRW feel pretty good about our ability to bike. Sure, we may not always ride as far as we would like, climb a hill as strongly as we would like, or go as fast as we would like, but we're all a long way from those days of training wheels. But, should we be finished learning?

The CRW Safety Committee has arranged two very different types of cycling clinics to be offered this summer. Advanced registration and a modest fee are required for either clinic. We encourage you to sign up for one or both and - very importantly - to share information about these clinics with others. We have the greatest opportunity to increase awareness and support for cycling and cyclists if we can demonstrate groundswell interest.

The courses are:

Bicycling for Grownups - The impetus for this course came from conversations with numerous adults who complain that they would like to get out on a bicycle, or ride more, but think it is just too unsafe. For many, the last real instruction they had about cycling was learning how to physically operate a bicycle. There are a number of learnable techniques that can help make bicycling safer and more enjoyable for adults.

Newton Community Education and then Brookline Adult & Community Education both graciously agreed to offer "Bicycling for Grownups" when approached with the idea and provided with a credentialed League Cycling Instructor. Registration is open to all adults, regardless of town of residence. The Brookline course is the evening of June 13; the Newton course is the evening of June 27.



For more information and to register, please contact these organizations by phone (Brookline: 617-730-2700; Newton: 617-559-6999) or through their websites (brooklineadulted.org; newtoncommunityed.org).

Skills for Group Cycling - Saturday, June 30, 9:30 AM to 2:30 PM, Devens, MA. Fee: \$15 for CRW members, \$20 for non-members. Register early—space is limited. No registrations after June 23.

This half-day clinic is intended for experienced recreational road cyclists who want to be safe and reliable participants in group rides. Many do not realize that safe group riding requires specialized skills—one participant not having those skills can endanger the entire group. Practicing in parking lots and on quiet roads in and around Devens, we will cover the pre-ride bike check, riding in a straight line, cornering, riding in formation, basic paceline riding, inadvertent contact, and more. Instructor Mark Bowen served as a coach for Harvard University Cycling Association, and now instructs at the Northeast Velodrome and at the annual Northeast Bicycle Club (NEBC) clinic. Instructor Dick Ring is a former national-caliber bike racer and speed skater. He founded the NEBC, ran the North American School of Bicycle Racing for 12 years, and works tirelessly to promote cycling as a sport and a way of life. Register at: <http://crw.org/event.php?event=clinic>

If you have questions about the June 30 clinic, please contact Bob Zogg at safety@crw.org, or 617-372-6469. ☺

Highlights Inside

Board Meeting Minutes.....	3
Bicycle Advocacy.....	3
New Members.....	3
Recurring Rides.....	4
June Rides.....	5
Climb to the Clouds Info.....	8
The Down Side of Hybrids.....	9
Little Jack's Corner.....	10
April Mileage.....	11
CRW Trips.....	11
Other Trips.....	11

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Wednesday Ice Cream Ride	Gabor Demjen	781-444-4508
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	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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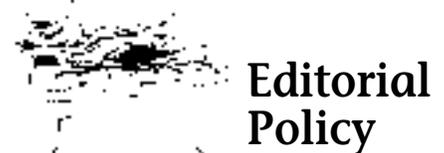
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CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists. Address correspondence to: The Charles River Wheelmen - 26 Fox Run Road, Bedford, MA 01730



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.



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

May 2nd, 2012

Present: Mike Byrne, Andy Brand, Peter Brooks, Steve Cohen, Kimberley Fitch, Helen Greitzer, Howard Miller, Eli Post, Cindy Sragg.

Reports

CRW Annual Meeting - The CRW President opened the Annual Meeting of the CRW Board. Since no motions were made, the Annual Meeting was adjourned.

Acceptance of Prior Board Meeting Minutes

Treasurer Report (Steve for Jack): There is a total of about \$80K in the deposit accounts. VP of Rides: The rides calendar is full through the end of July.

Membership (Steve for Jack): 1,542 total members.

Old Business

Helmet Policy (Eli): Members of the Helmet Committee met with reps from the CRW insurance company to make language modifications to ensure the new waiver forms align with insurance company requirements. Ride leaders have been cooperative in delivering the new helmet policy message.

Spring and CTTC Century Status (Eli): The Spring Century will begin at the Northeast

Metropolitan Regional Vocational High School in Wakefield. The ride is sold out with 500 cyclists. **WheelPeople April 1st Issue (Eli):** The April Fools WheelPeople issue was well-received.

Advocacy Update (Howard): The new Advocacy Column will debut in an upcoming WheelPeople. Howard encouraged CRW members to provide relevant content for future Advocacy Columns.

Bylaws (Steve): Steve presented a draft set of updated Bylaws for discussion by Board members. The Bylaws will be voted on at the July meeting.

New Business

After Ride Parties: Eli is working with ride leaders to encourage social events in conjunction with CRW rides. He will be trying out different approaches and will report on results at the end of the season.

The next meeting will take place on July 10th, 2012

Respectfully submitted,
Kimberley Fitch, Secretary

CRW & Bicycle Advocacy

by Howard Miller - board member

As our membership has grown the past few years club members have expressed more interest in the subject of advocacy.

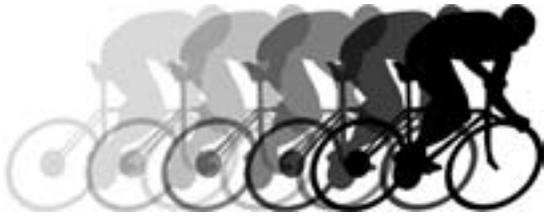
As a standard practice CRW and its board do not explicitly endorse other organizations or causes. In the past the CRW board has granted funds to organizations who indirectly support CRW's mission such as various "rail-trails" projects or advocacy organizations like Mass-Bike, but without any explicit endorsement.

The CRW board receives many unsolicited requests from bicycle-related organizations for non-monetary support such as endorsement letters for certain projects or for members of CRW to aid their particular organization. The CRW board does not feel it is appropriate to endorse organizations with whom there is limited knowledge or interaction. On the other hand, the CRW board does feel that some action should be done to progress general bicycle advocacy for the benefit of the members.

Going forward in WheelPeople CRW will dedicate a section for organizations who have reached out to the board on matters that could be of reasonable interest to CRW members. The section will contain a summary of the mission/event and contact information of the organization. Readers of WheelPeople can decide on their own if and how they want to support an organization. Organizations that are posted in the column are not endorsed by CRW or its board. Do you have an organization or cause that you think deserves the support of CRW members? Go to <http://crw.org/advocacy.htm> and follow the instructions under the heading "CRW". ☺

Welcome New Members

Julianne Asbury	Newton Highlands	Jonathan & Debbie Forman	Newton Center	Dino Liang	Abington
Kate Barry	Newton	Thomas Funke	Framingham	Jason Lyon	Quincy
Stephen Bailey	North Reading	Matthew Funston, Amanda Beaudette	Roslindale	Karl McCarthy	Cambridge
Burt Beckwith	Somerville	Larry Gelbien	Needham Heights	Matthew McGinty	Dedham
Kenneth Bishop	Hudson, NH	Martha Gold	Hopkinton	David Nalven	Chestnut Hill
Pam Boisse	Northborough	Michael Gordon	Boston	Elizabeth Nolan	Boston
Amanda Breneman	Brighton	Kerry Goyette	Canton	Eve & Maryellen O'Rourke	Newton Center
Karen Brody	Watertown	Jeffrey Griffor	Medfield	Harry Ohmstede	Hingham
Katarzyna Bryc	Brookline	Jen Guebert	Roslindale	Steven Orsini	Cumberland, RI
Aubrey Burdick	Arlington	Margaret Higham	Winchester	Jeremy Rishel	Boston
Alen Burrell	Westford	John Ho	Ashland	Joseph Rogers	Malden
Ranjan Chattopadhyay	Boston	Liz Horber	Acton	Nancy Ryan	Newton Center
Albert Clark	Hingham	David Joncas	Wellesley Hills	Shuji Sato	Somerville
James Cormier	Natick	Bennett & Carolyn Jones	Fitchburg	Tamara Shubin	Charlestown
Jim Cracraft	Wellesley Hills	Larry Krupp	Arlington	Thomas Stefanik	Newbury, NH
Don & Kathy Cunningham	Milford	Jon Keene	Northborough	Tori Stevens	Boston
Kristina Dakos	Cambridge	Laura & Seth Larner	Charlestown	Byron Sumner	Hyde Park
Jennifer Dullea	Sudbury	Dawna Leger Phillips	Framingham	Ryan Teksten	Lincoln
Nathaniel Farny	Cambridge	Gary Levine	Needham	Bruce Teris	Newtonville
Amy Fife	Watertown	Andrew Lewine	Cambridge	Liane & Aaron Weber	Arlington
Michael Flaherty	East Walpole			Edward Wenzell	Groton
				Jamie Wiggins	Boston
				Nancy Zabe	Franklin
				Sarah Zack	Boston



Recurring Rides

These rides are held every week unless indicated

Sunday South Shore Coastal Loop

Times and Routes: 7:30 AM Sharp. 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 7:30 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.

Wednesday Ice Cream Ride

Times and Routes: 6:30 PM, Arrowed rides of 10, 18 and 25 miles.

Ride Type: Cue Sheet, Arrowed

Description: Scenic rolling roads through the towns of Wellesley, Weston and Lincoln. The long route adds the additional towns of Sudbury and Wayland. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the

ride and have pizza at Mark's Sandwich Shop or the Wellesley Hills House of Pizza. Steady rain cancels.

Leaders: Roger Bonomi (617-686-4073, Roger_r_bonomi@Raytheon.com), Gabor Demjen (781-444-4508 9AM - 10PM, gabordemjen@verizon.net), Rudge McKenney (617-332-6242, Rudge_McKenney@verizon.net)

Start: Saint Johns School Parking Lot on Columbia Street, Wellesley (off Rt 16, Washington Street, in Wellesley).

Directions: From 128 North or South, Take Rt 16 West approximately 4/10 mi. Columbia Street is on the right, just after the old Grossman's Parking Lot is on the right.

Thursday Fitness Ride and Pace Line Clinic

Times and Routes: 6:00 PM SHARP (April 19, 26) 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. There 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 (978-925-9624 Before 9 PM, merle.adelman.80@alum.dartmouth.org), 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.

Thursday Night Fun Ride

Times and Routes: 6:00 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 pacyline (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 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.

Get Up 'N Go

Times and Routes: 10:30 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. 16 riders per day.

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

Start: Location Varies. 🌀

JUNE RIDES

June is generally a **DELIGHTFUL** month weather-wise and has long been **CELEBRATED** in verse and song. It's also a big wedding month which reminds us of the "**SOMETHING OLD, SOMETHING NEW**" custom, but more to the point, our June ride offerings.

We have some old favorites which are back by popular demand or at least back to satisfy the happy riders when we ran these rides last year. Most of you have been on Dana's "Northern Exposure" which takes you past Lost Lake, or the "East European Ride" on familiar roads in Wayland, Sudbury and neighboring towns, or "River Runs Through It" travels beautiful countryside west of Boston. Ann's "Four Burro Ride" has a special charm, and Ken's Berlin-Bolton Tour has a new start and has been touched up by an old master. There are also two very new rides.

"One Hillish Ride" on June 9 is an opportunity to ride in small "follow the leader" groups, climb challenging grades in the Wachusett region, and enjoy a CRW food stop after you climb the mountain. The "Sterling Ride from Framingham" is a chance to visit some of the charming roads west of I-495, not to mention a few hills to warm you up. Cape in a Day is a CRW classic which we run as near to the summer solstice as we can. And of course our recurring rides are in full swing and ready for you to join on a regular basis. June is "busting out all over" and so are our June rides.

New Member Ride

Saturday - June 2

Times and Routes: 9:30 am for 19, 27, and 42 miles

Ride Type: Cue Sheet, Arrowed

Description: Are you a new bike rider? Or one who is returning to bicycling after a long interruption, or new to the CRW? We'd like to help you get going. The New Member Ride is for you, although all are welcome. Several distances and speeds are available, all are marked, and ride leaders will be there to answer questions,

ease you in to the joys of group riding, and take out small groups. This ride will help you to get to know other people faster and facilitate riding with the club. We will try to make it an enjoyable experience and hope to see you for your first ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield.

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

Start: Cutler Park Reservation, 112 Kendrick Street, Needham

Directions: From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at

the first light onto Hunting Rd. At the next light make another left onto Kendrick St. Continue about 0.3 miles on Kendrick to Cutler Park on the right. It's prominently marked.

Berlin-Bolton Country Tour Redux

Sunday - June 3

Times and Routes: 9:30 for 61 miles or 46 miles; 10:00 for 36 miles

Ride Type: Cue Sheet, Map, Arrowed, GPS

Description: A vastly improved version of this 15 year old classic has moved to Bolton. Along with the short, the medium and long will now also start from Bolton. This will avoid some confusion with the arrowing that has occurred in past years and provides new vistas and scenic roads on all routes. There are rides of 21, 36, 46 or 61 miles. All routes go through Berlin and Northboro except the 21. The 36 goes to the Fruitlands in Harvard overlooking the Nashua River Valley, the medium and long circle the Wachusett reservoir then back through Sterling and Lancaster. The medium returns to the Bolton start and the long adds the Fruitlands. All routes return from Harvard to Bolton on the same roads. Food: On the short route there is a store in Berlin center. On the medium and long routes there is a Honey Farms and a bakery/restaurant in West Boylston, and a take-out restaurant in Sterling. There is a store in Harvard on the short and long routes.

Leaders: Ken Hallow (781-647-0233 before 9PM No Sunday morning calls., khalow@khgraphics.com), Eli Post (617-306-1838, elipost@comcast.net)

Start: Emerson School, 100 Mechanic Street, Bolton

Directions: The Emerson School is on the westbound side of Rte 117 .7 miles west of the traffic light at the intersection of the Rte 495 ramp and Sugar Road across from the old police station.

Note: NOTE: The medium and long go through the town of Lancaster where there are no arrows. We are in Lancaster from mile 36 to mile 40. About mile 36 there will be an arrow saying "LAST ARROW." At that point you need to follow your GPS, be with someone with a GPS or use the detailed map provided with the cue sheet until mile 40. Cue sheets, Lancaster map and GPS files can be downloaded from the website. The detail for Lancaster is on page 2 of the long/medium cue sheet file.

One Hillish Ride

Saturday - June 9

Times and Routes: 10 am

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: An exhilarating 52 mile ride that leads you to the top of Mt Wachusett and explores its neighborhoods and backcountry. Experience expansive views, secluded woodlands, steep climbs, and dramatic descents on roads you know and maybe some you don't. All while you ride with the friends you came with or just met. The ride will be guided by multiple ride leaders in "follow the leader" fashion with each group proceeding at different paces. There will be a CRW-sponsored food stop at the Wachusett Visitor Center after the climb to the top. While this route has been lots of fun for those who have done it, make your deci-

sion to join us with eyes wide open. There is lots of climbing, maybe twice the average for a CRW ride of this length. Mile Hill Rd up to the Wachusett Visitor Center is typical (~9% grade) and there are grades in excess of 15%. Descents can be gnarly so you need to take care especially right after you leave the Visitor Center. Stick with your group unless you are confident of navigation on your own. You can easily get lost if you don't know the area. And start eating and drinking early. Folks burn lots of calories on this ride. Consider the CRW food at the mountain to be a part but not all of what you consume.

Leaders: Bob Wolf (robertgwolf@gmail.com)

Start: Emerson School, 100 Mechanic Street, Bolton

Directions: The Emerson School is on the westbound side of Rte 117 .7 miles west of the traffic light at the intersection of the Rte 495 ramp and Sugar Road across from the old police station.

Sterling Ride from Framingham

Sunday - June 10

Times and Routes: 9:30 AM for 46 or 68 miles and 10:00 AM for 29 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: Long ride (3074' elevation gain) circumnavigates Wachusett Reservoir clockwise. Work up an appetite on the Green St. hill, convenience store in West Boylston or market in Sterling (food/water), then a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Stow, Marlboro and Sudbury. Medium ride (1945' elevation gain) avoids the reservoir, going north through Berlin Center (food/water at market), re-joining long route in Bolton. Short ride (1117' elevation gain) meanders through some of the less traveled roads of Framingham, Southboro, Marlboro, Stow and Sudbury. All rides pass the Farside (Wayside) Inn and Grist Mill on the way back.

Leaders: Mike Byrne (978-337-3394 before 9:30 PM, raddad47@aol.com)

Start: Nobscot Shopping Plaza, 784 Water Street (corner of Edgell Rd.), Framingham, MA

Directions: From Rte 20 in Sudbury, at traffic signal take Nobscot Rd. South (becomes Edgell Rd. entering Framingham), turn left on Water St. (traffic signal & TD Bank), then Nobscot Plaza immediately on right. From Rte 9 in Framingham take the exit for Edgell Rd. & Union St. (Framingham State & Framingham Common). Go North on Edgell Rd. and turn right at Water St. (Gulf Oil and traffic signal), then Nobscot Plaza immediately on right. PARK IN FRONT OR ON RIGHT SIDE OF THE CLOSED GROCERY STORE (away from stores that are open for business).

Note: Post ride party at leader's house, one mile (uphill) from finish.

Northern Exposure

Saturday - June 16

Times and Routes: 10:00 am for options of approximately 55, 42, or 34 miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Those legs should be limbered up by now, so come on out and join us for a late spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this. Moderate terrain. Limited food options.

Leaders: Dana Chandler (978-371-5952, dchand03@yahoo.com)

Start: Heart Pond Beach, 65 Pond St., Chelmsford, MA (NOTE NEW START LOCATION FOR THIS RIDE!)

Directions: Take Rte. 2 west to Rte. 27 north. Go approx. 7.3 miles then turn left on Pond St. (no sign) just before Landry's Automotive in South Chelmsford. (If you get to Kate's Corner store, you've gone 1/4 mile too far.) Dirt parking area is 100 yards down Pond St. at beach and Bruce Freeman Rail Trail.

Introduction to Group Riding

Saturday - June 16

Times and Routes: 10:30 AM, 20 miles

Ride Type: Cue Sheet, Arrowed

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.

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

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.

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.**

The East European Ride

Sunday - June 17

Times and Routes: 9:30 AM for 45 miles; 10:30 AM for 29 miles with follow-the-leader option

Ride Type: Map, Follow the Leader, Arrowed
Description: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton and Carlisle. The lunch stop is in Concord center. The terrain is rolling. Contact Eli Post about the follow-the-leader option on the short ride.

Leaders: John Allen (781-891-9307 until 9:30PM, jsallen@bikexprt.com), Eli Post (617-306-1838, elipost@comcast.net)

Start: Weston High School, 444 Wellesley Street, Weston.

Directions: From Route 128, take exit 24, Rte. 30 West. The first traffic light west of Rte. 128 is at the end of the southbound off-ramp. Travel 2.3 miles on Rte 30 west to the fifth set of traffic lights (The fourth are blinking lights, in front of a firehouse.) Turn left onto Wellesley Street; the Weston High School is on the left side. Or take commuter rail — Framingham-Worcester line to Wellesley Sq. or Fitchburg line to Brandeis/Roberts. Contact John if you need directions from train station to ride start. The MBTA no longer requires a bike permit.

Cape in a Day

Saturday - June 23

Times and Routes: Start at 5:15 AM sharp for 118 Miles

Ride Type: Cue Sheet

Description: Bike from Boston to Provincetown and return to Boston by Ferry. This ride has been a tradition going back over 30 years. The direct route is 118 miles long and features constantly changing scenery from the streets of Boston to the delicate sand dunes of Truro and Provincetown and everything in between. Heading out of Boston you can expect light traffic as you watch the sun rising over Dorchester Bay. The return by ferry is part of the experience providing views of Provincetown and Boston from the water and skirting Stellwagen Bank National Marine Sanctuary along the way. The schedule provides several choices allowing people to have dinner before returning if they so choose. Staying overnight and returning the next day is another option. Catching the earlier ferries can put you back in Boston around 5:00PM. From the Ferry docks, it's less than 2 miles back to the parking lot on routes which include bike paths. Parking for this event is free and overnight parking is allowed. This is an unsupported ride but there are food and a few bus stops along the way. Traditional stops are Breakfast at the 52 mile mark at the Sagamore Bridge and snacks at Orleans at 86 miles but there are other opportunities as well. The Plymouth and Brockton Street Railway Company has a morning and an afternoon bus departing Provincetown for South Station with stops providing bailout

points in the event that someone may need to truncate their ride. Cue sheets, ferry and bus schedules will be handed out at the ride start. As always, monitor the ride description on the CRW website for any changes or additional information. The ride is free. Return transportation, food and water are not provided and are the responsibility of the riders. Return Transportation: The high speed ferries take 1 ½ hours to return to Boston. The stated costs below do not include the \$6 fee for the bike. Bay State cruises also runs a traditional ferry at 3:30PM providing a more leisurely journey completing the trip in 3 hours. The cost is \$22. Note: It will be dark in Boston when the 7:30 and 8:30 ferries arrive. Bay State Cruise Company: \$51 3:00PM and 7:30PM Boston Harbor Cruises: \$49 4:00PM and 8:30PM Plymouth and Brockton Bus Schedule. For route from Baystate Cruises back to Gillette Parking and route from Boston Harbor Cruises back to Gillette Parking see listing for this ride on the CRW website.

Links: [Bay State Cruise Company](#): \$51 (3:00PM and 7:30PM), [Plymouth and Brockton Bus Schedule](#), [Boston Harbor Cruises](#): \$49 (4:00PM and 8:30PM)

Leaders: Ellen Gugel (508-366-5884, emgugel@verizon.net), Richard Vignoni (978-549-2635, Richard.vignoni@verizon.net)

Start: Gillette parking lot in South Boston, 5:15 AM (Please arrive at 5:00 AM for instructions).

Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At ½ mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette parking lot.

A River Runs Through It

Sunday - June 24

Times and Routes: 9:30 for 27, 48 or 63 miles
Ride Type: Cue Sheet, Arrowed, GPS

Description: We'll wind our way through beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet River plains. All rides pass through Concord, Sudbury, Wayland, and Lincoln; the 48-mile ride includes Stow and Hudson and a few hills. There is a scenic 63-mile option that adds Boxborough, Acton, and a few more hills.

Leaders: Steve Kolek (781-652-0354, stevescrwaddress@mac.com), Jim Pearl (781-275-8603, curvest@yahoo.com), Nadina Raudales (nadinafreije@hotmail.com)

Start: Concord District Court, 305 Walden St, Concord MA

Directions: Rt. 2 west to Concord, right at stoplights to Rt. 126, Walden Street (where the sign says Walden Pond to left). The courthouse is on your right in about 7/10 of a mile.

Note: Note new start location. Early Bird Special - We will also run the 25 mile option at 7:30 AM for those who want an early start. For details email CRWearlybirds@gmail.com

Four Burro Ride (Southboro, Westboro, Marlboro, Northboro)

Saturday - June 30

Times and Routes: 9:30 am for 48 and 32 miles
Ride Type: Cue Sheet, Arrowed

Description: This is a rolling ride through some commercial as well as lovely country and town roads that pass by several bodies of water in Southborough, Westborough, Northborough, Marlborough, Hopkinton and Upton. The short ride is mostly north of route 9. The long ride is much more rural and continues through and south of Hopkinton. Road conditions vary from newly paved to pot-holed to a short stretch of hard packed dirt of the long ride. The short split is at mile 23; the medium at 26. For refreshments it is recommended to stop at Starbucks or Quiznos at the corner of #9 and Breakneck Hill Road or at the Red Barn Cafe next to Angel Nurseries at the corner of School and W. Main on the long ride. There is a water faucet on the left side of the Nipmuc Clubhouse at the corner of Pond and Fiske Hill. Porta Potties are available at the ride start.

Leaders: Ann Northup (857-231-1435, northupa@verizon.net)

Start: Mary Finn School, 60 Richards Road, Southborough

Directions: From #128: Take the Mass Pike west to the second exit, # 12 / Route 9. Go west approximately 2 miles on route 9. Take # 85 south for a mile to the set of lights at Richards Road. Go right on Richards Road to the end. You will see the school on your left. From # 495: Take # 9 east. When you see the yellow Eagle Leasing Corp. sign at the top of the hill, slow down. Parkerville Road is hidden just after the Kaz sign on the right, .06 miles from # 495. The school is 1 mile on the left. Or, continue on #9 a short distance to # 85 south to Richards Road.

Note: Rain cancels.

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

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 617-372-6469 or safety@CRW.org.



Climb to the Clouds

A Century Ride to Mt. Wachusett

in Princeton, Massachusetts

Sunday July 15, 2011

Spend the day with fellow cyclists touring through the apple orchard country of east central Massachusetts. Rides from 47 to 100 miles,

- Magnificent views,
- Mostly back country roads,
- Great company!

TERRAIN: All routes are hilly. The long rides from each start point, the 100 from Sudbury and the 60 from Bolton, include a one mile climb at a steady 9% grade to the Visitors Center at the State Park. The other routes are rolling and very hilly with no major climb.

Note: All rides return to the start point • **Climb To The Clouds is NOT for beginners.**

CHECK-IN AND ROLLING START TIMES:

7:00 - 8:30 from Lincoln Sudbury Regional High School, Sudbury MA for 100, 90 or 80 miles.
8:00 - 9:30 from Nashoba Regional High School, Bolton MA for 60 or 48 miles

COST: NOTE: This ride is now **PRE-REGISTRATION ONLY!** The ride will be limited to 800 riders, and you must pre-register to participate. You will **NOT** be able to pay at the start. Preregistration will be **CLOSED Friday July 13 at noon or when we reach the limit of 800 riders.**

Pre-registration price until Sunday, July 8 -
CRW members **\$10.00** Non-members **\$15.00**

Pre-registration price July 8 and after
CRW members **\$15.00** Non-members **\$20.00**

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

**THERE IS
NO REGISTRATION
THE DAY
OF THE EVENT**

ROUTES: The rides from Sudbury pass through Bolton Center where all riders join together. From Bolton all rides go through Lancaster and Sterling center. The **80** returns from Sterling; the **48 & 90** mile routes go to East Princeton. The **100 & 60** mile routes continue to Mt. Wachusett. All routes join back together at the water stop in Sterling.

All rides return along the Boylston side of the Wachusett Reservoir, passing through West Boylston & Boylston. We ride through Berlin back to Bolton with a well deserved stop at the Berlin Orchards where you will find great hospitality, plenty of water and great food. All routes are fully arrowed and are on back country roads with minimum travel on numbered roads. A map and cue sheet are supplied.

RIDE INFORMATION: We may make last minute route changes based on road conditions, but route information will be made available to registered riders approximately one week before the ride. This will include cue sheets, maps, GPS and elevation data.

SUPPORT: Food, water, and portajohns will be available at two staffed points along the routes, one in Sterling and one in Berlin. All routes pass both stops. There are convenience stores in towns along the route.

On-road support and pre-ride technical support is provided courtesy of [Cycle Loft](#), Burlington, MA.. Please arrive early if you want your bike checked before a ride.

INFO: For this ride only: Ken Hallow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khalow@khgraphics.com



Tech support and on road support provided by

**CYCLE
LOFT**

www.cycleloft.com

Arrive an hour early if you need to have your bike looked at.

Questions? Click here for answers to some [Frequently Asked Questions](#) about our century rides.

[Click to PREREGISTER](#)

On Marathon Eve, I remarked that not only were we bringing more computing power to today's activities than NASA routinely took to the moon, but perhaps also more planning. After a great carbo-loading dinner with Elden (Fatty of www.fatcyclist.com fame) and his wife Lisa at the wonderful Carlo's in Allston, Bruce and Ellen and Ashley and Ryan went their respective ways while Betsy, Philly Jen, and I dropped the runners back at the Liberty Hotel.

Jen and I drove Betsy to her place in Cambridge to pick up her bike and gear—we then headed for the Cambridgeport Star Market and provisions. Jen excelled at this task as she does at all tasks, carrying more than her body mass in ice down two flights of steps to the waiting minivan. Betsy beat us to Framingham, where we made Base Camp and managed to get to sleep a bit before midnight.

The Monday morning plan had Betsy and Jen driving west to Cordaville (if you're from MA and know where Cordaville is, you're probably lying) for a 3.7 mile ride down to Hopkinton Center. I was to drop my van and a Marine Company's worth of food and drink at the top of Heartbreak Hill, where I'd meet Bruce for the 21 mile jaunt out to meet the women.

Amazingly, these plans all worked out perfectly (if you can call my waking at 4:30 and the women 30 minutes later "perfect"). Along the way to Hopkinton (and by plan), Bruce and I connected up with Phil in Newton and then Marc, Jim, and Cynthia in Wellesley at Peet's. Along with hundred if not thousands of other riders, we made good time to Hopkinton for the 7:15am turnaround and "The Chase" (Bruce's and my effort to catch Jen and Betsy, who had departed around 6:55am).

We zipped east down the hill to the Ashland line, then made our way uneventfully to Wellesley College where we connected with Betsy and Jen. By this time, Elden and Lisa were most likely enjoying their Finagle a Bagel aboard the runner's bus from downtown to Hopkinton. Cynthia, Jim, Marc, and Phil stopped at Peet's for coffee and to let the roads clear of cars. Not minding the cars so much, Bruce, Jen, Betsy, and I pushed on to the downslope out of Wellesley at the Newton line just west of Route 128. In retrospect, I like Peet's, and should have paused for a pit stop.

A bit before Paparazzi, I was in the lead at the right of the road at or just behind a car to my left. This would have been fine had said car not opted to make a right into a parking lot. I'm fairly certain that the sequence of events that followed was my yelling (not Elden screaming), sheet metal/handlebar/left hip contacting, tumbling, asphaltting, thinking about whether/hoping that my bike was okay, breathing a sigh of relief that my new helmet and its older contents hadn't hit the ground, sitting up, and wondering why my right shoulder no longer felt like my left shoulder.

The car graciously pulled around rather than over me into the parking lot. Before the driver could reach me, another man announced himself



THE DOWN SIDE OF HYBRIDS

by Jeff Dieffenbach

a few more than that to the race finish line on Boylston Street. After crossing Route 128, Newton-Wellesley Hospital and better judgment came into view. I insisted that the rest of the group continue while I checked out the emergency room (my second visit there, the first having come decades ago when an 11pm indoor soccer game in Revere and a bone in my wrist didn't see eye to eye). I don't know the exact time, but I'm guessing it was between 8:30am and 9:00am.

The reception team agreed to look after my bike while a nurse shot some x-rays (she wouldn't use the otherwise idle machine to check my bike, I must report, but the care was otherwise outstanding). I was then led to an exam room. That's when the pain really kicked in. You see, there was a TV high on the wall showing ABC morning programming, and the remote was nowhere to be found. Fortunately, it wasn't too long before I was seen by a doctor. He informed me that I had a Grade 3 caveat emptor

as a trauma surgeon and asked if I might be in need of assistance. I thanked him but said that I thought I was okay (note to self: doctor's tend to know more than you do). The driver was profusely apologetic, which was nice since it was more bad luck than bad driving. I've concluded that it's never the right time to be in the wrong place if that wrong place is your bike being co-located with a motor vehicle.

Fortune was smiling on me this day—the car that hit me was a Prius (its silent mode not having been a contributor). Not clear if it was totaled.

I inventoried my bike—carbon fiber frame, fork, and wheels all performed exactly as they should when cushioned from impact by 165 pounds of humanity: pristine condition (the former, not the latter). (That said, it's been suggested that I have a bike shop take a look, which I plan to do when ... oh, look, a margarita.) I did have to put my chain back on, and I noticed (but didn't act on) the fact that the red lens from my rear light was lying separate on the ground.

The parking lot happened to be that of a Taylor Rental. After I declined the discount on a dozen round tables and 96 folding chairs for next weekend, they offered me some handi-wipes to clean the chain grease off. (A question: how does oil turn to grease, since it's the former I apply every few rides and the latter that gets on the furniture?)

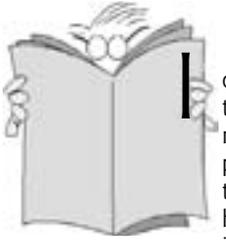
At this point, I felt fine to carry on. We were only a few miles from the van at the top of Heartbreak Hill and only



Down Side - [Continued on page 10](#)

Little Jack's Corner

by Jack Donohue



I determined it was time to clean out my garage. This was mostly prompted by the fact that I had stuff in there I hadn't used for decades, if at all. But being reluctant to dispose of stuff that might potentially be useful to someone, I decided to see if I could give it away.

I figured the CRW email list was a good place to start. I'd seen postings there about stuff that even I wouldn't use. I figured it was fertile haven for retrogrouches who might actually want this stuff. So I took pictures of some of my showcase items, like a fine pair of Detto Pietro cycling shoes. These were slightly newer than the wooden variety, but were in pretty good shape.

I posted an email to the list with links to the pictures, how could anyone resist? Ever vigilant Google suggested I might want to include Mike Shuttenberg in my offering, another kindred retrogrouch. They were spot on, since Mike responded immediately that he would be happy to relieve me of some of these treasures. The hot ticket item was the \$2 chains I bought from

Nashbar a while ago. The catch here is that they were meant for seven speed cog sets, and mirabile dictu, most of my bikes now actually had more than seven cogs. That and a bunch of other stuff found a good home with Mike.

Next customer was John Allen, who was firmly entrenched in the previous century, thought I could get rid of lots of stuff with him.

John was a tough customer, his criteria in addition to it being free was that it actually be serviceable. He pointed out a few items in my collection that had no reason for continued existence, like a warped handlebar and a wheel with grooves where they shouldn't have been. That was useful in itself, since I now could rid myself of this stuff without guilt.

In rummaging through my various parts boxes, I was actually surprised at some of the stuff I had. I had a rather large collection of handlebars, for instance. Now handlebars are something I don't routinely purchase, most of them are organ donors from bicycles that have gone to meet their maker. Must have been quite a lot of ex-bikes to provide me with that many scavenged handlebars.

I had an excellent collection of seat bags. The fatal flaw with them is that the zippers

had reached an advanced state of rigor mortis so that if the bag was open, it was impossible to close, and vice versa.

Then there was my shoe cover collection. Shoe covers were a fad for me, I tried them for a while and decided the putting on and taking off was more of a pain than the marginal increase in foot warmth, and my feet never got that cold anyway (one advantage of having high blood pressure). They all looked rather nasty, being held together with various bits of duct tape, so I was unable to unload them.

I have an impressive collection of mountain bike tires which is really strange considering I rarely mountain bike. I bought my first mountain bike for riding in the snow, hoping the big tires would reduce the incidence of FDGB. These are all big knobby tires, suitable for serious off-road use, which for me would just be a recipe for FDGB. Don't know how I came by them, but they look like they will be with me to the grave.

Then there was my collection of stuff that for most part had gone the way of the dodo bird, 27" wheels and tires, freewheels instead of cassettes. A couple of Schrader tubes with no wheel to call home. But I know there are still people out there who use this stuff, just need to find them.

So, my clearance sale (giveaway) was a bit of a bust, and I still have a garage full of stuff looking for a good home. ☺

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

Down Side - Continued from page 9

diem (my Latin is a bit rusty), which translates to a separated shoulder (with the benefit of my hospital "report card:" acromio clavicular separation, which sounds to me more like a Harry Potter spell). No surgery needed, and if I choose to mirror the incident on my left shoulder, I'll be symmetric again.

I asked when I'd be able to ride. The doctor said that the pain should be gone and the range of motion back in about 4 weeks. Since that wasn't the question I'd asked, I repeated it. His answer, translated to Polite-ese, was something along the lines of, "As soon as you're foolish enough to give it a try." So, I gulped down the ibuprofen the nurse offered, strapped on the sling, snapped my helmet buckle, exited the building, and saddled up.

My 9:30am worries that the road was now closed for the race came to nothing, so off I went. It was my good fortune that as I turned right onto Route 16, I tucked in behind a pair of motorcycle officers who escorted me (technically, I don't think they knew I was behind them) down 16 to the right onto Commonwealth Ave and most of the way through the rolling hills and up Heartbreak Hill to the Advance Camp fBIKE Direct tent that the scout

team had established. Said team was on its way back from the finish line and joined me shortly thereafter. We unloaded the rest of the car and set up to watch the real athletes roll and run by.

The shade was great, the food and drinks were cold, and the spectator energy was buzzing. And, I was thrilled when Betsy handed me the red plastic lens cover from my bike—it was back to the same condition when we started! We received text alerts about the progress of Elden, Lisa, and a handful of non-celebrity runners that kept us apprised of their position on the course. When they reached the 30k mark about 3 miles downhill from us, we jumped into motion to prepare gel packs, a Coke (for Elden), and Mountain Dew (the elixir of life, for Lisa). They shortly came into view looking a lot fresher than 21 miles in mid 80s temperatures should have had them looking. We snapped some pictures, taped a "Kick Me" sign to the back of Elden's 2012 Fat-

Cyclist.com Tech T, and sent them on to their finish line reward (which is at least slightly different than their final reward).

Great day in great company, and that includes the fantastic staff at Newton-Wellesley Hospital.

Postscript: Upon closer inspection, I noticed that the hole in my Twin Six Fat Cyclist jersey pointed out by Jen did NOT correspond, as I had imagined, to where my shoulder impacted the ground, but rather, to the pocket where my phenomenal Panasonic Lumix DMC-ZS5 camera was stored. As the photo shows, the jersey tear, camera bag tear, and lens shape correspond remarkably to one another. The damage was so minimal that I (a) didn't



notice it until this morning and (b) was able to keep shooting pictures the rest of the day. Now, if only I'd had my Contour GPS helmet camera on and recording during the altercation

For more, visit Jeff's web page: http://www.deepbrook.com/portfolio/marathon_2012-04/index.htm ☺

April 0 9 3 2 6 7

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	6177	4	2	4	Bill Hanson	1357	-	-	-	Adam Auster	439	-	-	-
Scott Teich	4805	4	4	4	Scott Tyler	1268	2	-	-	John Kane	391	-	-	-
John Bayley	4069	4	3	2	Glen Reed	1260	1	1	-	John Pacheco	390	-	-	-
Bruce Ingle	3385	4	4	-	Brett Serkez	1201	1	-	-	Dave Stefanovic	382	-	-	-
Jack Donohue	3192	-	-	-	Cynthia Snow	1136	-	-	-	Eric Sansone	349	-	-	-
Steve Robins	2891	-	-	-	Carlo Innocenti	1075	-	-	-	Carolyn Pacheco	338	-	-	-
Michael Laurin	2824	4	2	-	Jean Orser	1050	1	-	-	Peter Tzanetos	328	-	-	-
Irving Kurki	2431	3	2	-	Brian Dias	1042	1	-	-	Rudge McKenney	300	-	-	-
Bob Wolf	2424	4	-	-	Andy Brand	955	-	-	-	Greg Tutunjian	242	-	-	-
Cynthia Zabin	2231	-	-	-	Richard Taylor	948	2	2	-	Bill Widnall	152	-	-	-
David Cooper	2185	4	2	-	John Springfield	928	1	1	-					
Thomas Funke	1997	1	-	-	Frank Aronson	905	1	-	-					
Bob Cohen	1980	2	1	-	Donald Harbison	814	-	-	-					
Erik Husby	1972	1	-	-	Tim Mathews	812	1	-	-					
David Wean	1919	1	-	-	Marc Cohen	792	-	-	-					
Joe Repole	1885	4	4	-	Joe Parslow	757	-	-	-					
Douglas Cohen	1868	-	-	-	Jim Krantz	684	1	-	-					
Henry Marcy	1790	-	-	-	Mark Druy	663	-	-	-					
Butch Pemstein	1767	3	-	-	Gabor Demjen	592	1	-	-					
Rolf Budd	1749	-	-	-	Jeff Dieffenbach	562	2	-	-					
Clyde Kessel	1709	4	-	-	Joe & Kathy Marino	555	1	-	-					
Marc Baskin	1685	2	-	-	Ed Hoffer	552	-	-	-					
Joseph Moore	1612	4	-	-	Nicholas Sheckman	540	-	-	-					
Lisa Weissmann	1571	1	-	-	Chad Cover	507	-	-	-					
Don Mitchell	1485	1	-	-	Marc Webb	490	-	-	-					
Peter Brooks	1472	3	-	-	Jeffery Luxenberg	478	-	-	-					
Harry Wolf	1362	-	-	-	Neal Schuster	463	-	-	-					

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



Other Trips Mass BikePike Tour 2012 - Back to the Berkshires

August 2nd - 5th

The 2012 Mass BikePike Tour is a four-day ride through western Mass and the Berkshires. The tour is designed to satisfy all levels of

riders, whether they're new to riding or looking for a challenge - it is great for riders of differing abilities. Extra challenges for 2012 include a Mt Greylock hill climb, and an optional long ride to Bennington, VT.

It seriously is the Friendliest Ride in the East - plenty of time to visit tourist landmarks with new friends, or sample the local ice cream. A social hour wraps up each day of riding, and you can enjoy the group campfire at night or do impromptu excursions to destinations like Tanglewood.

It is extremely affordable - just \$415 for four days of riding paradise!

To sign up or find more information see www.massbikepike.org

Call out hazards (such as "car left" or "car right"), but not non-hazards (such as "all clear")

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Cambridge
617-354-0907
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978-369-5960

Back Bay Bicycles

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Belmont Wheelworks

480 Trapelo Rd., Belmont
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Bicycle Bill

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Allston
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Bicycle Exchange at

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She will mail you a printed form.

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