

WheelPeople

Newsletter of the Charles River Wheelmen

On the roads of New England since 1966

Volume XXXVI, Number 7 • July 2012



Missed Turns

by Eli Post

CRW promotes group rides that offer a variety of benefits including planned routes and a congenial social atmosphere. Very often, riders, who may not even know each other, find themselves riding in an impromptu group, connected by pace and enjoying the pleasure of riding together. Whether it's an organized peloton, or just riders in close proximity, the risk of a crash between two or more riders in these circumstances is always a danger.

Safety Page - [Continued on page 15](#)

CRW Training Clinic 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 road cyclists who want to be safe and reliable participants in group rides. 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. Register at: <http://crw.org/event.php?event=clinic>

Questions? Please contact Bob Zogg
at safety@crw.org, or 617-372-6469
(evenings).



The Spring Century route is essentially flat, ideal for an early season ride.

All Photos by Jack Dorofue

A Very Special Day The 2012 Spring Century

by Eli Post

Any orchestrated event, whether it is a military mission, a rock concert or more to the point a cycling century involves distinct phases. You plan the event, run the event, and afterwards reflect on the event for future planning.

Planning the Century

You would think that after 20 years of running the same event we would have it down to a science and that all the steps and procedures would be become routine. Not so. There are always surprises, and here are just a few examples from 2012. The Wakefield High

School was our home for 20 years, but they had a competing event and late in the game we had to scurry about and secure a new start. The Boxford Selectmen prohibited us from marking the road, but we negotiated an agreement to use road signs instead. A short stretch of the route had been under construction forever, but DPW decided to pave it the day before the ride (and the construction crew would not restore our road markings). The Porta-John folks, were used to the old start, and delivered to the wrong location. We could go on, but you get

Spring Century - [Continued on page 12](#)

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Sunday Fitness Rides	Andy Brand	617-247-9770
	Bill O'Hara	781-236-3126

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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

CENTURY

*by
Committee*

Many of you have participated in one or more of our club century rides, but may not be aware of the behind the scenes organization that makes it all possible.

In the old days, when the club had barely 400 members, our century rides were run by individuals or couples. **Jamie and Lindy King**, for example, were for many years the king and queen of centuries. In those days, centuries were much more bare bones, no portajohns, no sag support, etc. As the years went on and we had “feature creep,” it became clear that running two centuries a year was too much for an individual and the germ of the committee idea was started.

Susan Grieb was the first chair of the committee, started in the mid 90’s. The committee per se was loosely defined, mostly the people who showed up at the meetings and did the most work. **Melinda Lyon** took over in late 1998 and held the position until the fall of 2004. She was also doing most of the work for the Spring Century, which she developed, as well as hosting the “arrowing parties” at her house. **Susan Grieb** took over again after **Melinda** and held the position until 2009. The committee didn’t exist per se and the chair was really responsible for total organization. **Eli Post** took over from Susan (March 2009 – October 2010) and then **Connie Farb** (November 2010 – February 2012). By this time Climb to the Clouds, created by **Ken Hablow**, which had evolved from a “long Sunday ride” to a full fledged Century with all the trimmings, had also come under the aegis of the committee. What this really meant was that the chair was responsible for organizing three major events each year, a full time job.

That’s when the idea of a real committee, with a fixed cast of characters, was born. The idea was that Committee as a whole would deal with global century issues, and there would be a different committee member re-

sponsible for organizing each of the centuries, with other committee members in charge of specific tasks. With this “many hands make light the work” approach each volunteer would be able to enjoy his or her contribution and not feel like it was an ordeal.

In March of this year the present committee was formed, with the following members:

Connie Farb
Helen Greitzer
Ken Hablow
Eli Post
Richard Vignoni

Eli is in charge of the Spring Century, **Ken Hablow** Climb to the Clouds, and **Connie** the Fall Century. **Helen** is now queen of the water stops, and **Richard**, the newest member, is quickly filling in where needed. He was instrumental in finding us a new start location for the Fall Century when Acton-Boxborough high school became unavailable. **Eli** also serves as committee chair, being the liaison of the committee with the CRW board.

While not on the committee per se, **Melinda** is still a key person for the Spring Century, taking on the additional task of planting signs in Boxford, where arrowing is forbidden, and **Susan** teams with **Ken** on organizing Climb to the Clouds.

Besides the improvements with the reorganized committee, the volunteers themselves are making the centuries run smoothly. In the



BECOME
*a
Volunteer*
MAKE
*a
Difference*

We are surrounded by a massive number of advertising tag lines that are meant to instill your confidence (100% all natural, no artificial anything), stir you into a spending frenzy (best sale ever, all prices smashed), or awaken your wishful thinking (The Most Anticipated Film of All Time). And CRW competes with all this wonder with just a “totally volunteer organization” three words which however speak volumes. Whatever rides and services we provide to our members and the bicycling community results from a volunteer effort. Simply put, without our volunteers there would be no rides, no events and no club.

Later this month we are running Climb to the Clouds, our premier century, and we need volunteers to make the event work. The people who run the water stops, check-in and other services are cyclists like you who take the day off to help out and give back to make CRW a better club for us all. We are expecting hundreds of riders for Climb to the Clouds and will need a good number of volunteers. This is a great event to volunteer for. The day is busy and action packed. As a volunteer you will receive a designer T-shirt and will participate in a fabulous volunteer dinner. This is your chance to be part of CRW’s ride program, meet the leaders and other volunteers in the club, and take pride that you made our premier ride what it was meant to be. Contact ridesvp@crw.org to express your interest in helping out. ☺

old days it was a major chore to find volunteers and there was a lot of nail biting before the start as to whether we would have enough volunteers to cover the event, but now we seem to have a reliable crew of regulars and an eager number of new recruits who enjoy the tasks and each other and have a real sense of camaraderie. ☺



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.

Coordinator: 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: 6:00 PM 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.

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 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/Hanscom Drive 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 pace-line (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

Monday, Tuesday and Thursday

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.

Leaders: Bob Evans, Lee Evans (lee.evans675@gmail.com)

Start: Location Varies. 🌀



Welcome New Members

Jon Atwood	Wellesley Hills	Anne Farina	Dunstable	Paul McNiff	Rockport
Jerry Babcock	Devens	Michael Garrity	Sagamore Beach	Karen Meixner	Marshfield
Ritesh Banerjee	Boston	Joseph Gosselin	Malden	Matthew Mulkern	Westford
Ellie Botshon	Somerville	Stephen Greene, Amy Lawrence	Boston	Andrea Nenopoulos	Arlington
Kevin Brooks, Laura Packer	Malden	Jon Haber, Carolyn Goldstein	Lexington	Gary Parece	Somerset
Stacey Brown	Quincy	Evelyn Hale	Sudbury	Glenn Pelrine	East Weymouth
Cynthia Butler	Newton	Angela Halliwell	Newton Center	Jim Salvie	Brighton
David Caplan, Barbara Epstein	Acton	Vladimir Kondratenok	Boston	Jeremiah Schuur, Lauraine Boccone	Stow
Colleen Carney	Boston	Peter Malley	Bolton	Ron Sheffer	Cambridge
Carol Conway	Framingham	Alex Manley-Helton	Watertown	Chris Sousa	Brookline
Andrew Cunningham, Jie Li	Cambridge	Jack Markuse	Bedford	Carl Thibeault	Stoughton
Andy Cunningham	Charlestown	Barbara Martin, Jeff Cohen	Newton Highlands	Rick Vandekerkhoff	Boston
Maria Doe	Wellesley	Peter Martin	Medfield	Evelyn Wang	Braintree
Holly Dressler	Holliston	James McLaughlin	Boston	D. Morgan Wilson	Cambridge
Mark Ensign	Sudbury	Daniel McNeil Jr	Boston		Waltham

JULY RIDES

July is "Climb to the Clouds" month. It's our premier century with a distinctive New England flavor, not to mention some challenging climbs. There are also a few old favorites, our traditional July 4th ride, as well as two completely new rides which you just might add to your list of favorites.

Lexington Revolutions

Sunday - July 1

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Cue Sheet, Map, Arrowed

Description: Ride beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Rest stop for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under glass. (There will be no planned stop for the short ride.) Things to see include Hanscom Field, the Old North Bridge, and horse and dairy farms. There is a surprising hill at the end of the ride so save some energy.

Leaders: Bob Apsler (781-259-1443, robbs@verizon.net)

Start: Clark Middle School, Brookside Ave, Lexington

Directions: From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi, take a right on Brookside Ave and follow the road to the parking lot at the school.

Lexington Revolutions on the Fourth

Wednesday - July 4

Times and Routes: 9:30 for 51 mi, 10:00 for 32 or 18 mi

Ride Type: Cue Sheet, Map, Arrowed

Description: Ride beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Rest stop for the long and medium rides will be at Great Brook Farm in Carlisle where they have ice cream and cows under

glass. (There will be no planned stop for the short ride.) Things to see include Hanscom Field, the Old North Bridge, and horse and dairy farms. There is a surprising hill at the end of the ride so save some energy. In addition, after the ride, there will be a cookout and pool party at the home of Bill and Sheila in East Lexington.

Leaders: Bill Widnall (781-862-2846, BillWidnall@alum.mit.edu)

Start: Clark Middle School, Brookside Ave, Lexington

Directions: From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi, take a right on Brookside Ave and follow the road to the parking lot at the school.

Note: The party at Bill and Sheila's house is on rain or shine. So, even if you decide not to do the ride, please come to the party starting at 1PM

Needham, Dover and Beyond

Saturday - July 7

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

Ride Type: Cue Sheet, Arrowed

Description: Ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield.

Leaders: John O'Dowd (978-897-3973, johnodowd@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. Con-

tinue about 0.3 miles on Kendrick to Cutler Park on the right. It's prominently marked.

Note: Rain cancels

Climb to the Foothills

Sunday - July 8

Times and Routes: 9:30 for 68 miles, 10:00 for 43 and 29 miles

Ride Type: Cue Sheet, Arrowed

Description: Tune up for Climb to the Clouds by climbing to the foothills. This 68-mile ride is hilly with 4,400 ft of climb. It follows quiet, scenic roads through Harvard, Bolton, Boylston, Sterling, and Lancaster with some great views and downhill runs. The 43 and 29-mile rides are less hilly (2,800 ft and 1,700 ft) All rides pass Bolton Orchards for food; long ride passes delicious Darby's Bakery in Boylston.

Leaders: Bill Scott (billscott@alum.mit.edu)

Start: South Acton Train Station

Directions: Route 2 West, Left Exit 43 on Route 111, Left on Route 27 at light. Central St is sharp right turn .95 miles from the light at Rt 27 and Rt 111. Immediate left into parking lot.

South Shore Ride Coastal Route

Saturday - July 14

Times and Routes: 10:00 for 27 and 39 miles

Ride Type: Arrowed

Description: Both rides will traverse the back roads of Hingham to access a scenic coastal route through Hull, Cohasset and Scituate. This is one of the prettiest rides the Club has to offer. Along the coast, you will see the beautiful homes of Jerusalem Road, quaint Cohasset Harbor and the active waterfront in downtown Scituate. The longer loop extends the route to the tip of the Hull peninsula, with views of the

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.**

Boston skyline. The ride consists of mostly flat terrain along the coast, with rolling hills on the inland portion of the route.

Leaders: Sandi Hartwell (508-879-8477, sandrasaccount@yahoo.com)

Start: Wompatuck State Park. 178 Union Street, Hingham

Directions: Follow Rte 3 South to exit 14 and the intersection with Rte. 228. Follow Rte. 228 North approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right.

CLIMB TO THE CLOUDS

Sunday - July 15

Times and Routes:

Description: Link(<http://crw.org/CTTC/climb2clouds.php>)

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

Start: Sudbury

North to Newbury

Saturday - July 21

Times and Routes: 9:30 am for 50 and 62 miles

Ride Type: Cue Sheet, Arrowed

Description: The Spring Century was held in May, and if you missed it, here's a second chance to ride the route and do either 62 or 50 miles. The ride will not be supported with water stops and the like, but join us on one of these beautiful routes on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts. Travel through Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest. Note that the sections of the ride in Boxford are not arrowed.

Leaders: Edie Baxter (781-879-2829, ediebaxter33@gmail.com), Jacque Smith (973-787-7452, jacquerodneysmith@yahoo.com)

Start: Wakefield High School. 60 farm Street, Wakefield

Directions: Take Rt. 95 (I 28) to exit 40, Rt. 129 East. Follow signs for Rt. 129 East for 1.5 miles to Wakefield center. Follow Rt. 129 East as it turns left. Go approximately 1 mile past Wakefield center. Turn right onto Farm Street. Go .25 miles and turn left into Wakefield High School.

Rally Ride

Sunday - July 22

Times and Routes: 9:30 for 50 and 62 miles, 10:00 for 27 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: The ride comes to us courtesy of the AMC Boston Chapter and includes beautiful rolling terrain starting in Littleton and

extending out to neighboring towns.

Leaders: Gene Konik (781-248-3803, genekonik@comcast.net)

Start: Littleton, MA

Directions: The exact start location in Littleton has not yet been determined. Check the CRW website after 6/15 for an update.

The Quiet Corner of CT

Sunday - July 22

Times and Routes: 75, 50, and 20 miles approximately. All start at 10 am.

Ride Type: Map, Arrowed

Description: Beautiful, and hilly country roads! Mostly a rural ride with fields, forests, stone walls. Snacks/party at leaders' house after ride. No common lunch stop, but food is available on the longer rides.

Leaders: Craig Smith (860-810-7848, craig.f.smith@gmail.com), Ann-Marie Starck (860-810-7848 before 9:30PM)

Start: Our house. 167 Armitage Rd, Ashford, CT

Directions: Mass Turnpike I-90 West to I-84 West ; Exit 72 (Westford/Ashford) off I 84 West; 0.0 miles Left off exit to rt 89 S; 0.5 miles sharp right to stay on rt 89; 3.1 miles right at stop onto Turnpike Rd; 3.7 miles right onto Armitage Rd, ponds on left; 4.5 miles 167 is on the left - driveway goes uphill Mileages are cumulative!! Please park on Armitage Rd.

Not Apple Pi Ride

Saturday - July 28

Times and Routes: 9:30 for 30, 45 and 65 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: The VA parking lot in Bedford is home to the Apple Pi Ride, a CRW classic, and we using a familiar start for a new ride, still in development. The 30 and 45 are worked out and fully arrowed, and are on familiar roads extending as far west as Westford and Chelmsford with some hills to keep you busy. The 65 is not yet arrowed, but cue sheet and GPS are available. It goes further west beyond I 495 into some of the prettiest roads in the area.

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

Start: Bedford VA Hospital, 200 Springs Rd, Bedford

Directions: Directions: From I 28 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.

In Search of Llamas

Sunday - July 29

Times and Routes: 9:30 AM for 38, and 53 miles.

Ride Type: Cue Sheet, Arrowed, GPS

Description: All rides are primarily along quiet back roads. Short ride passes through

Dover, Sherborn, Millis and Holliston. Long ride reaches up to Hopkington. We'll pass by several farms in the area (seeing burros, horses and chickens searching for a llama). The short ride has medium rolling hills. The long ride adds some more vigorous climbing in Holliston. Lunch stop for both rides will be at Coffee Haven in Holliston.

Leaders: Frank Hubbard (508-404-6357, fhub@verizon.net)

Start: Chickering Fields (across from Caryl Park). 110 Dedham Street, Dover

Directions: Chickering Fields is about 0.5 mi northeast of the center of Dover. From Rt 128/95, Take Exit 19B onto Highland Avenue heading towards Needham. TURN RIGHT at intersection onto Great Plain Ave. After ~0.1 miles, TURN LEFT onto Chestnut St. Follow Chestnut St (past Glover Memorial Hospital), and BEAR RIGHT as it becomes Dedham St when you cross the townline into Dover. After ~2 miles on Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first RIGHT after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodland Reservation). Please do not park on lot entranceway or along road (if lot is full, additional parking lots, < 0.25 miles further down on Dedham Street on left-hand side of road).

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

BICYCLE QUOTE

“

In the context of the great debates about identity politics—are you gay or straight, nationalist or republican, British or English and so on—I would ask, “Do you ride a bike?”. I love everything about the machine—the sensation of the tyres on the road, the mobility—and I love the fact that you have this intimate relationship with the elements, and the landscape.

Beatrix Campbell

”



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 (**New Start Location**) 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 Hابلow, (781) 647-0233, after 8:30 AM and before 9:00 PM — or khablow@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](#)

CRW Trips

4th Annual Bicycling out of Burlington, VT

June 30 – July 4, 2012

Enjoy up to five days of bicycling in beautiful, quiet northern Vermont and New York's Adirondack Mountains. See some of the best mountain and lake scenery in the northeast. Experience Burlington's small city sophistication, numerous restaurants, and big city style fireworks on July 3. Our hotel offers complimentary breakfasts each morning, indoor and outdoor swimming pools, and a good restaurant and bar on the premises. Drive up on Saturday morning for up to five days of cycling and four nights lodging. Drive up on Sunday for a three night option.

Choice of approx. 30-70 mile rides on Sunday, Monday and Tuesday, and half day rides on Saturday and Wednesday. Terrain varies from flat to hilly. Here is the preliminary schedule. All distances are approximate.

- **SATURDAY AFTERNOON:** Remote start from Jericho, VT. 30-40 miles with excellent views of the rarely visited west side of Mt. Mansfield, Vermont's highest peak. This is a new route.

- **SUNDAY:** Remote start from Vergennes, VT. 30-70 very scenic miles south of Burlington.

- **MONDAY:** Today we cross Lake Champlain to bike in New York's Adirondacks. Options include starting from our hotel and remote starts. 30-70 mile routes via the Burlington or Charlotte ferries. Longest route goes into the heart of the Adirondacks to the base of 4,867 foot Whiteface Mountain. Also, options to stay in Vermont.

- **TUESDAY:** Remote start from Milton, VT. North of Burlington toward the Canadian border, partly along Lake Champlain. Optional lunch stop at a favorite restaurant in St. Albans.

- **WEDNESDAY MORNING:** Hotel start for local cycling in/near Burlington. Includes bike path adjacent to Lake Champlain.

\$310/person double occupancy includes 4 nights lodging (Sat., Sun., Mon., Tues.) 4 breakfasts, lunch snacks each day, happy hours after riding, maps, cue sheets, and off-street parking. \$240/person same as above, except 3 nights lodging (Sun., Mon., Tues.) and 3 breakfasts. Single occupancy is \$530 for 4 nights and \$405 for 3 nights. Maximum trip capacity is approx. 30 persons.

TO SIGN UP: Please send a check for the appropriate amount, payable to Arnold Nadler. Send it to Arnold Nadler, 43 Walter Street,

Salem, MA 01970-2440. With your check, please include your e-mail address, telephone numbers, and street address.

Within about a week after receiving your check, I will send you an e-mail or phone confirmation. If you don't hear from me, get back to me or to Jimmy to verify that your check has arrived. To help with car-pooling, shortly before the trip, a list of participants will be sent out.

Leaders: Arnold Nadler, (ardnadler@aol.com), 978-745-9591 (H), 978-766-1128 (cell) Jimmy White, (jimmymail@verizon.net), 978-689-9847 (H), 978-621-5935 (cell).

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

MassBike's 3rd Annual Summer Century and Family Fun Ride

July 28

Starting at Lexington High School. Fully supported Century and Metric – includes BBQ lunch by RedBones of Somerville. All proceeds support MassBike's education and advocacy efforts to make Massachusetts a better, safer, and more fun place to ride!

Fund raising option. \$40.00 in advance – \$45.00 day of event. Discount for MassBike Members. For details see: <http://massbike.org/summer-century-family-ride/>

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

**Carry ID when cycling,
plus insurance and
emergency contact
information**



A Touring Life

By John Springfield

Goin' Home

It had been four years since I took a serious bicycle trip. Working at a cube farm gave little satisfaction. So I quit. Time for a road trip.

But where to go? West. Yes, just head west for a few weeks. Maybe Minneapolis. Go through Michigan to visit some old friends.

Okay, now there was a plan. I left Boston on May 6, not knowing if I would run into cold weather, maybe even snow.

I took an indirect route, going north toward Quebec, just east of Montreal. I'd never biked in Quebec before, and wanted to chalk up another Canadian province.

But most of the cycling would be in flat Ontario. The farther west I got, the more the landscape reminded me of lower Michigan, where I spent much of my youth cycling.

Unlike the twisty roads of New England, the roads in Ontario and Michigan were surveyed before the settlers arrived in large numbers. For the most part there is a grid of roads, all 1 mile apart. To make things easier, the road names are consistent. So Six Mile Road is one mile south of Seven Mile Road. It's pretty hard to get lost. If there is a lot of traffic on one road, you can be assured that there is an alternate parallel route just 1 mile away.

So there I was in Western Ontario, getting closer to Michigan in distance. But I was also getting younger in time. A flood of memories rushed through my head as I biked down straight flat roads, wide open fields, interrupted only by an occasional farmhouse surrounded by trees.

And then there were the barns. Red barns, green barns, old barns, twin barns. It was as if I was being welcomed back to Michigan...

As in my youth, I felt compelled to get off

the main highways and explore the county roads. I was pleasantly surprised that I was able to bike on the hard-packed dirt roads, even though I carried 30 extra pounds in my pannier bags. I had many roads all to myself. I would go for miles before an occasional school bus or car would pass. It was quiet. No noise from traffic. No need to be constantly looking at the rear-view mirror. Sound vanished. Time stood still, then starting reversing itself. I was 15 again, cruising through the rural roads of Macomb County, north of Detroit. I was seeing farms for the first time again. Cows and horses gave me the

"what are you doing here" look as I passed. Dogs barked as I approached their property line, and quit barking as soon as I passed the outer property line. There was a rhythm out here. The rules were rules of Nature.

When you are "out here", you leave your city ways behind...

So the ride was not about getting to Minnesota. Rather, this ride was to be a homecoming. Michigan became the destination.

Once into Michigan I headed through farm land that hasn't changed since the original settlers arrived. Except for a few billboards

Goin' Home - Continued on page 13





Volunteers of the Month

EDIE & JACQUE

by Edie Baxter, Jacque Smith
and Kimberley Fitch

The biking community is a community of people who enjoy being active & outside. Jacque and I enjoy the outdoors and the active life. We have come to love biking. Biking is exhilarating, a way to slow down and appreciate one's surroundings. Volunteering is a way of contributing to that community.

Jacque's biking career began in 2007 when a friend encouraged him to get a bike. The last time Jacque biked was in elementary school.

Jacque, an acknowledged athlete, plays paddle tennis, is an excellent downhill skier, a tennis player, golfer, a wind surfer and a cross country skier. Increasingly, he finds his enthusiasm for biking cuts into the time available for other athletic endeavors.

As a child, Edie rode horses, competing & riding to hounds. A runner, Edie ran half marathons & marathons (New York & Boston). She ran with the Concord Runners for many years and is still part of that community. The Concord Runners run on Saturdays for seven to eight miles. Runners used to meet on Sundays for an additional extended run. A small group of runners began biking together on Sundays. Finding biking easier on the body, Edie soon found biking eclipsed running. She enjoys cross country skiing, snow shoeing, swimming and hiking.

Edie with a Masters in Education from the University of Chicago taught in Gary Indiana for a year, then went to Washington to be part of a National Science Foundation project working to create a model of change for urban school systems. As head of Language Arts, Edie won a grant from Polaroid acquiring cameras and film to promote literacy. She taught in Lincoln for thirty five years where she developed Social Studies & Literature Curriculum which earned her a travel fellowship to Japan and two summer Fulbrights: one to Egypt and Israel after the Gulf War, one to South Africa after Mandela came to power.

Edie and Jacque met on a Wednesday



Cycling enables us to celebrate our love for the outdoors and provides opportunity to celebrate connection and community.

Wheeler ride in Essex. At the end of the ride, a friend Jacque played golf with and Edie ran with introduced them. The three had lunch together. Edie and Jacque are now partners living together in Bedford.

Jacque, a mechanical engineer, has had a successful, varied career. Out of college, Jacque worked as a salesman for a major plastics company, and moved on to increasing responsibility in technical sales and marketing positions. He worked for a materials science research company and was a founder of a fiber optics company. Before he retired he owned a small business developing & printing 35 mm film with four stores in the Woodstock, White River Junction and Hanover communities.

Jacque for many years was a member of a number of Barbershop Quartets. He enjoys singing and has a wonderful voice. Prednisone taken for a serious allergenic reaction to Lisinopril, to his dismay, weakened his vocal cords. He no longer sings as a member of a quartet but continues to enjoy singing and does so. Jacque volunteers on Thursdays at Emerson Hospital in the Transport Division where he has clocked in 1,500 plus hours. He is the Treasurer of the Timothy Wheeler Home in Concord, a house for independent seniors providing housing and meals for minimal cost.

As cycling became an increasingly important part of our weekly activities, we began looking for additional ways to acknowledge our joy for the sport. We have ridden the California Coast from San Francisco to San Diego, Virginia Horse Country, a week long fixed base ride in Cooperstown. We have ridden from Northern Italy to Slovenia, enjoying a ten day cycling holiday. In February we went to the South Island of New Zealand and spent seventeen days cycling there. It was a beautiful, highly memorable trip. We have plans to bike in the Eastern Pyrenees starting in Toulouse in

Edie & Jacque - Continued on page 14

Spring Century - Continued from page 1

the point. Planning for the century is far from routine. As the event evolves, we need to keep on top of a great many details.

Running the Century

Although the route has been modified over time, it remains essentially the same. Riders start in Wakefield, wander through Harold Parker State Park, along the Merrimack River, pretty towns that dot the New England landscape, and ultimately north to New Hampshire. A century ride should take riders to destinations and/or terrain which they don't ordinarily encounter, and this ride accomplishes that task quite well with delightful stretches along scenic roads and water views. Several major event changes this season enhanced the ride experience. The new start at Northeast Metro Tech worked out splendidly. It borders on the massive Breakheart Reservation, and offered shady spots for returning riders. Our new 25-mile water stop in Groveland was an instant success as evidenced by the riders who eagerly devoured snacks and refilled their water bottles. The road signs we placed in Boxford made navigation a breeze, and got rave reviews. Hungry returning riders appreciated the self-service deli sandwich makings and cold lemonade available at the after-ride refreshment stand, all under a shady tree. It was a nice way to end a rigorous day.

While innovation is always noteworthy, we must not forget to thank the many registration and water stop volunteers who make the day possible. And it's not all work. As one of the new volunteers said "I had a fun time. I kept saying that I wanted to volunteer more and this was a great opportunity."

The Spring Century has experienced more than its share of less than ideal weather over the past 20 years, but 2012 brought no precipitation or temperature extremes at either end of the spectrum. In short, it was a perfect weather day!

Unfortunately there was an accident late in the day, close to the finish. Many returning riders witnessed the aftermath and asked about the injured rider. This is what we learned from the Wakefield police blog.

3:08 p.m. – A cyclist was sent to the hospital after he was hit by a car at the corner of Farm Street and Nahant Street. Police said a 2011 Honda Civic that was attempting to turn from Farm Street onto Nahant Street did not see the bicyclist as he was biking south on Farm Street towards Hemlock Road. The driver hit the bicyclist and he flipped up over onto the hood of the car before falling on the ground. The bicyclist experienced minor injury and was transported to the hospital for an evaluation.

We later made contact with the injured rider who was recovering after rib fracture and numerous cuts and bruises. His beloved carbon fiber bike was split in half unfortunately, and will not recover. The rider thanks all who

Spring Century - Continued on page 13



Our new 25-mile water stop in Groveland was an instant success as evidenced by the riders who eagerly devoured snacks and refilled their water bottles.

Riders enjoyed views of the Merrimack River



Tree lined roads make for pleasant cycling.

The Georgetown water Stop is in a delightful setting.



Goin' Home - Continued from page 10

that established the time as “present time”, I was overwhelmed with a feeling of being “in the past”. The crops of sugar beets, the rich soil, the pesky crows, the tiny settlements, it was all the same.



When I stopped at the small-town diners for lunch, I got the same amused look from the locals. The initial look of “gee, he ain’t from around here” was quickly followed by the “well, I’m sure he’ll eat a lot” nod. Food in small towns comes in large portions at an affordable price.... A good combination when you’re 15 and lacking in funds.



After I ended the bicycling part of the trip, I rented a car for the ride back to Boston. On the way back, I decided to visit the old neighborhood where I grew up. Most people have long since left the area, but there were still a few “old” people left. I visited with an 89 year-old woman who was a good friend of my mother. We talked about the old days, how the kids ran all over the neighborhood, treating the street and all the yards as one big playground. I then reverted to being 10 years old, playing “curb ball” by bouncing an old tennis ball off the curved curb, hoping to put the right spin to keep the “defense” from catching it.

I bicycled over 1000 miles in 2 weeks. But, somehow, I reversed almost 50 years in the same 2 weeks. Ain’t nothing like “goin’ home”.

P.S. For pictures: <http://www.crazyguyonabike.com/doc/Bostonwest2012>



Spring Century - Continued from page 12

stopped to help and who talked to the police on his behalf. He expects to be back on the road before long.

Reflecting on the Century

We learn more with each century, and we strive to make them even better and more enjoyable. We took stock immediately after this event, and here is a partial list of changes for the next time: a larger team of volunteers will ensure that cars park more quickly and prevent riders from filling the spaces we agreed to keep open for local residents; reconfiguring the sign-in/cue sheet/wrist band sequence will speed the registration process; emergency cell number will be printed on cue sheets; and floor pumps, replacement tires and tubes, and information about what is next on the ride will be available at each water stop.

The no-show rate for the Spring Century was perplexingly high given the excellent weather conditions. We sampled non-riders and were not surprised that some had competing family obligations or forgot about the ride. We were

surprised, however, by the number who had suffered recent injuries or hadn’t recovered as quickly as they had hoped from older injuries. One response read “Unfortunately I made the decision to not ride only days before the ride itself. I had knee surgery a few months ago, and the recovery has been slow to say the least. I have been riding but wasn’t quite ready to tackle the distances for the century.” Those who ride centuries are a dedicated group, not easily discouraged, and we are pleased to provide them with challenging rides.

The spring century went well by any definition, but we are guided by a tried and true measure – happy customers. Returning riders complimented the route, the road markings, the volunteer spirit, and of course the near perfect weather. One rider summed it up nicely, “I was so very impressed with the kindness of the volunteers, the excellently marked routes and the total organization of the ride. Thank you so very much. Kudos to you all.” We feel we did a good job and are taking pride in having made this event a success. ☺

Thanks to all the volunteers that made this event possible:

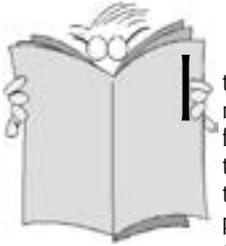
Bill Aldrich	after-ride	Melinda Lyon	arrow route
Peter Brooks	arrow route	Ron Marland	water stop
Mike Byrne	water stop	Judith McMichael	arrow route
Steve Cohen	check-in	Janet Miller	water stop
Joel Covitz	water stop	Barry Nelson	check-in, food
Jack Donohue	pre-registration, photography	Maureen Nelting	after-ride
Connie Farb	food	John Nilsson	sag wagon
Eric Ferioli	sweep	Eli Post	event coordinator
Helen Greitzer	water stop, food shopping/delivery	Mel Prenovitz	check-in
Susan Grieb	water stop	Mark Sevier	food
Ken Hablow	cue sheets	Cindy Sragg	check-in
Sandi Hartwell	volunteer recruitment	Ilkka Suvanto	water stop
Bill Haynes	transportation	Richard Vignoni	after-ride
Larry Isaacson	after-ride	and thanks to the Century Committee members for organizing this event:	
Ann Janik	after-ride	Connie Farb	
Stan Kay	check-in	Helen Greitzer	
Marie Keutmann	after-ride	Ken Hablow	
Gene Konik	water stop	Eli Post	
Joan Laxson	water stop	Richard Vignoni	

Pictures from the century are available here:

<http://picasaweb.google.com/crwcal/SpringCentury2012?feat=directlink>

Little Jack's Corner

by Jack Donohue



It was a rainy Sunday morning and my goal for the day was to ride three miles down to the Bedford Library to pick up some CDs I'd ordered, when I saw an email from Rich Taylor that Bikes not Bombs was coming to Bedford today. They were at the Town Hall, a stone's throw from the library.

The stars must have aligned perfectly today, since Susan was away and I had access to our minivan. Susan is the designated driver in our family. Not that I want to drive all that much, but I'm more or less banned from driving due to my somewhat aggressive style. Susan has to literally be at death's door before I'm allowed behind the wheel. But when the cat's away ... Now I just had to find my car keys.

You may recall from a previous article that I had decided to get a rid of my vast storehouse of ancient bike parts. I had been singularly unsuccessful in that mission, and had decided that most this stuff would follow me to the grave. Like Jacob Marley, doomed to spend all eternity shackled to the chains he had forged in life, I would spend eternity shackled to a bunch of old knobby tires and seat packs.

So here was my chance to unburden myself. I was a little apprehensive since it said on their web site one of the no-nos was "Anything that has spent significant time in the rain (and has rust)." That pretty much excluded most of my rolling stock. I figured, what the heck, if they didn't take it there was a dumpster nearby. I vowed this stuff was not coming home.

So, I loaded up the van. Most of the space was occupied by my vast collection of mountain bike tires. I have no idea where they came from, since I rarely mountain bike. I also

Like Jacob Marley, doomed to spend all eternity shackled to the chains he had forged in life, I would spend eternity shackled to a bunch of old knobby tires and seat packs.

seemed to have a bunch of wheels of dubious origin. I did need to keep some spares, but anything with a Schrader valve or 27" tires was history.

I felt a bit bad about trying to unload my shoe cover collection. I really didn't think that Filipino kids had too much use for shoe covers, but you never know. Anyway they would be a smart accessory for the Detto Pietro shoes which might possibly be the only pair in the

Philippines (I'd bet on that).

I added my collection of seat bags, one of which had a custom closure consisting of a spring clip, since the zipper had long since ceased to be. I removed the spring clip, didn't want to give the wrong impression.

I had to pause about donating my home made front panniers, which I had made out of some sort of corduroy material. They were one of my early sewing triumphs, but they had since been nibbled on by various vermin inhabiting our garage, and weren't quite as natty as they once were.

So, I rolled into the parking lot where they seemed to be dealing with actual working bikes given by people. But they said they took parts and clothing (shoe covers?) on their web site, so I went up to one of volunteers with my stash, and he actually took the whole lot! I was a happy man. And I knew Susan, when she returned from vacation, would be an even happier woman. ☺

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

Edie & Jacque - Continued from page 11

September and in May of next year have signed up for a biking trip in Ireland and a one week trip in August cycling Amish Pennsylvania.

We are frequently seen at CRW Century Registration tables signing riders in & attaching wrist bands. This enables us to support the ride and bike as well. We have taken over a WW ride Dick Arsenault developed from Salisbury Beach to Portsmouth, a gorgeous day of cycling following the coast line.

In support of CRW Century Events we have hosted a number of day before efforts to make voluminous numbers of peanut butter sandwiches to support the riders. The event soon becomes a party, everyone has such a good time, many laughs as well as sticky fingers.

We have hosted parties for CRW. We honored Dick Arsenault's retirement from leading

Wednesday Wheelers with a celebration including lunch, a barbershop quartet with Jacque singing tenor. A song with original lyrics was sung celebrating Dick's accomplishments. Sixty Wednesday Wheelers congregated to say their Thank Yous to Dick. It was a good time.

Bob Sawyer turned ninety last November. In his honor we celebrated his birthday. Bob is loved, admired and heralded by CRW members. He is an extraordinary model for staying active, outgoing & happy from one decade to the next. More than sixty members joined us for a birthday salute to Bob.

Noting a number of CRW members with cycling sustained injuries, we hosted a Wounded Warrior Party last winter to honor the injured riders' fortitude and determination to resume cycling as soon as possible.

Jacque acts as "wine steward" for CRW celebrations.

Volunteering is a way to say thank you to the cycling organizations we ride with.

He is a director of the Nashoba Valley Peddlers. For CRW, Jacque leads Introduction to Group Riding ride events.

Edie with Sandi Hartwell and Nancy Schlect led the Kids Ride for Breakaway, an organization dedicated to fighting childhood obesity & diabetes by getting kids more involved with cycling. The organization, based in Cambridge, has plans to go national in the near future.

For us cycling is an important part of our lives. Cycling enables us to celebrate our love for the outdoors and provides opportunity to celebrate connection and community. It is a wonderful way to celebrate life.

Volunteering is a way to say thank you to the cycling organizations we ride with. We enjoy doing so. Doing so is a celebration of the cycling community and the many biking friends we have made in enjoying this sport. ☺

May 130066

MILEAGE TOTALS

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	8097	5	3	5	Peter Brooks	1997	4	1	-	Ed Hoffer	716	-	-	-
Scott Teich	6011	5	5	5	Brett Serkez	1878	2	-	-	Adam Auster	695	-	-	-
John Bayley	5279	5	4	3	Scott Tyler	1773	3	1	-	Peter Tzanetos	665	-	1	-
Jack Donohue	4237	-	-	1	Harry Wolf	1738	-	-	-	John Pacheco	654	-	1	-
Bruce Ingle	4205	5	5	-	Richard Taylor	1582	3	3	-	Eric Sansone	582	-	-	-
Steve Robins	3909	-	-	1	Bill Hanson	1569	-	-	-	Rudge McKenney	522	1	-	-
Michael Laurin	3869	5	3	1	Tim Mathews	1551	3	-	-	John Kane	485	-	-	-
Mike Kerrigan	3404	3	2	2	James West	1537	-	1	-	Carolyn Pacheco	462	-	-	-
Bob Wolf	3229	5	-	-	Andy Brand	1533	1	-	-	Greg Tutunjian	382	-	-	-
David Cooper	2898	5	3	-	Carlo Innocenti	1505	1	-	-	Bill Widnall	343	1	-	-
Cynthia Zabin	2889	-	-	-	Jean Orser	1435	2	-	-	Pete Knox	314	-	-	-
Ken Hablow	2884	4	-	-	Darren Garnier	1389	1	-	-	Darrell Katz	173	-	-	-
Bob Cohen	2842	3	2	-	Frank Aronson	1380	2	1	-	George Caplan	63	-	-	-
Francis Hubbard	2719	3	1	-	Brian Dias	1279	1	-	-					
Thomas Funke	2626	1	1	-	Glenn Ketterle	1250	-	-	-					
David Wean	2505	1	-	-	Jeff Dieffenbach	1215	3	1	-					
Erik Husby	2436	1	-	-	Marc Cohen	1192	1	1	-					
Marc Baskin	2380	3	1	-	Mark Druy	1175	1	1	-					
Douglas Cohen	2375	-	-	-	Donald Harbison	1125	1	-	-					
Clyde Kessel	2260	5	-	-	Joe Parslow	1122	-	1	-					
Henry Marcy	2256	-	-	-	Jim Krantz	1015	1	-	-					
Rolf Budd	2244	-	-	-	John Allen	915	-	-	-					
Butch Pemstein	2221	4	-	-	Jeffery Luxenberg	833	1	-	-					
Joe Repole	2136	5	5	-	Joel Bauman	800	1	-	-					
Joseph Moore	2107	5	-	-	Mike Hanauer	773	-	-	-					
John Springfield	2099	1	2	1	Gary Smiley	772	-	-	-					
Don Mitchell	2062	2	1	-	Rangaswamy Keshavan	752	-	1	-					
Lisa Weissmann	2007	2	-	-	Marc Webb	739	1	1	-					

Mileage Table Explained

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

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

Safety Corner - Continued from page 1

If a rider executes a sudden, abrupt maneuver (for example, slows or changes lane position abruptly), it can leave others with little time to react, especially when riders are close to each other. As the size of the group increases, a rider suddenly slowing can create a ripple affect, with those furthest back having the least amount of time to react. The reduced time available for riders to react presents the danger.

There are a variety of reasons why a rider in front of you might stop or slow suddenly. These include avoiding an automobile turning into the group or a pedestrian crossing the group's path. Obviously, emergency situations require an immediate stop, and one should

shout "stopping" and hope the others behind are able to react in time. Stopping quickly, however, is not always the correct solution. One common occurrence on CRW rides is that the lead riders will see an arrow too late, realize that they missed a turn, and then stop short to go back. Over the years, this situation has caused several crashes and injuries on rides as the fast-moving group does not have time to respond to sudden braking or an abrupt change in direction. If at all possible, you should not brake abruptly, but keep moving, even if you go off route, until you can safely stop and reverse course. There are a multitude of safety rules we all have to remember, but this one ranks high if you find yourself in front of a fast moving group. ☺

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.

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