

WheelPeople

Newsletter of the Charles River Wheelmen



On the roads of New England since 1966

Volume XXXVI, Number 12 • December 2012

December Highlights

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TouringLife



by John Springfield

Adirondack Atrophy

The plan was simple. Take a 3-day 300-mile bike trip from Boston to the Adirondack Mountains in early October. My wife was driving up to visit relatives, so we would meet in Old Forge, New York, and drive back together. I booked motels in Brattleboro, Vermont, and in Lake George, New York. Traveling light. Washing my long sleeve wool shirt in the sink each night.

The first day started out with some spitting rain, but the temperatures were okay.

Near Fitchburg, I discovered Rindge Road that angled toward New Hampshire and Vermont. Freshly paved, very low traf-

fic. But also no stores. At the 50-mile mark, I found a country store that sold home-made turkey tortellini soup. It was just what I needed to shake off the spitting rain. Rejuvenated, I angled up Route 119, through New Hampshire, and ended in Brattleboro. I noticed a slight back pain, unusual for me. Figured it was due to the weather.

Next day I headed west on VT-9, toward the Hogback.

Up and up I climbed, getting slower and slower.

The back pain increased, so I popped some ibuprofen.

The weather slowly got better, but somehow I was not

Touring Life - [Cont. on page 8](#)

CRW 2012 Holiday Party

Featuring Catered Buffet Dinner and Live Music

A Reminder

Friday December 7th



These are the happy faces from CRW holiday parties of the past. You could be one in 2012.

CRW's Annual Holiday Party is the chance for all members and their guests to celebrate a year of riding and fun with a fully catered dinner and a party atmosphere. Join us for beer and wine, to be enjoyed with your cycling friends, followed by dinner, live music

featuring the Trusting Fate trio (<http://trustingfate.com/>).

The party will be held Friday December 7 starting at 6:00PM at the Bedford Old Town Hall, 16 South Road and will, once again, be catered by Firebox BBQ of Bedford. Space is limited so please reserve your

space early. Online reservations will close November 30. If you have problems with registration please contact Jack Donohue (jmdonohue@alum.mit.edu).

Online Reservations:
<http://crw.org/event.php?event=holidayparty>



BoardMinutes

November 5, 2012

Present: Andy Brand, Mike Byrne, Peter Brooks, Steve Cohen, Kimberley Fitch, Helen Greitzer, Eli Post, Cindy Sragg, and incoming Board Members Bob Wolf, Linda Nelson and Barry Nelson.

Reports

Acceptance of Prior Board Meeting Minutes

Presidents Report (Steve):

Incoming board members Linda Nelson, Barry Nelson and Bob Wolf were welcomed. Board members acknowledged Steve Cohen's contributions during this final meeting of his term as President.

Treasurer Report (Steve for Jack):

As of Oct. 30th, there was a balance of \$90,700 in the CRW accounts. A total of \$13,700 will be expensed for grants to non-profits (see Grants, below).

VP of Rides (Eli): The CRW rides calendar includes impromptu Saturday and scheduled Sunday rides until the spring, when more regularly scheduled rides resume.

Membership (Steve for Jack):

There are 1,529 memberships

Old Business

Fall Century (Eli): A total of 425 cyclists registered, and 300 cyclists participated in the Fall Century, which required pre-registration and included rolling starts.

New Wheelpeople (Steve): Implementation of the new all-digital Wheelpeople was successful.

CRW Jersey Promotion

(Steve): Barry Nelson has stepped forward to lead the new CRW Jersey promotion.

Ride with GPS Clinic (Eli): More and more cyclists are using GPS. The first GPS clinic was held in October 2012. A second clinic is scheduled for Nov. 9th 2012 at the Ride Studio Café in Lexington. Zack Ham (Co-Founder of Ride with GPS) will be skyped in to address questions.

New Business

Century Committee: The Century committee is considering the participation of for-profit vendors in activities of the 2013 Centuries, and also reviewed new pricing structure. The Board voted in favor of the new pricing for the Spring Century only: \$15 for members and \$25 for non-members. Non-members will be encouraged to join the club (for an additional \$5). The early registration discount option will be eliminated. The pricing structure will be revisited after the Spring Century to determine whether the new structure will be carried forward.

Ride Leader Gift (Eli): We have an exciting assortment of featured ride leader gifts from prior years

to be distributed.

Endorsement of Charles River Conservancy (Eli):

The Board is empowered to make endorsements of non-profits which conduct initiatives of particular importance to CRW members. Charles River Conservancy (CRC) is lobbying the state for construction of pedestrian underpasses to enhance cycling in Boston. The Board voted in favor of endorsing CRC's proposal.

Volunteer Awards (Steve):

Candidates for volunteer awards were considered. The Board voted in favor of awards to five members.

Sharing of CRW Documents with Other Cycling Clubs

(Steve): A request came from another cycling club for use of the CRW Rider Guidelines. Board members were in favor of this request.

Grants (Steve): CRW provides money to nonprofits which promote cycling, and whose work is aligned with the guidelines established by the grant committee. A total of \$13,600 was proposed by the Grants Committee for funding of six organizations. The Board voted in favor of the grants as proposed by the Grants Committee.

The next meeting will take place on January 8, 2013
Respectfully submitted,
Kimberley Fitch
Secretary

Recurring Rides

These rides are held every week unless indicated otherwise

Wednesday Wheelers

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

Ride Type:

Description: A group that enjoys exploring

ing 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 (<mailto:helengreitzer@hotmail.com>)

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, e-mail Helen.

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

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



The Club's Winter Ride Program runs from December until March. Regularly scheduled Sunday Rides continue throughout the winter, even in severe weather conditions. Saturday Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side, and suggest a safe and pleasant riding experience. The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become available.

Something in Common

Sunday - December 2

Times and Routes: 10:30 AM

Ride Type: Cue Sheet, Map

Description: Join us for the first Winter Ride of the Season, and a taste of rides to come. This is the season to share in the fun. Meet at the monument in the middle of the Cambridge Common.

Leaders: Eric Ferioli (781-235-4762)

Start: Cambridge Common, is north of Harvard Square. 1500 Massachusetts Avenue, Cambridge

Directions: Harvard Square, Cambridge is accessible from Memorial Drive, and Storrow Drive, as well as the MBTA Red Line.

A Winter Ride From Concord

Sunday - December 9

Times and Routes: 10:30

for 28 and 38 miles

Ride Type: Cue Sheet, GPS

Description: Ride starts at Concord's North Bridge, site of "the shot heard 'round the world.'" There are 28 and 38 mile routes. Both routes go through Carlisle, South Chelmsford, Westford and Acton. The 38 continues deeper into Westford and up the most gentle hill into Westford center. After ride coffee, hot chocolate and lunch at the Trails End Café on Lowell Road in Concord.

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

Start: Old North Bridge Parking lot, 362 Monument Street, Concord MA

Directions: Route 2 to Rt 126 (Walden Street) to Concord Center, right on Main Street, left around monument and right onto Monument Street. The North Bridge Parking Area is 1/2 mile ahead on the right.

Ride Information:

38 Mile Route and Cue Sheet (<http://ridewithgps.com/routes/931101>),
28 Mile Route and Cue Sheet (<http://ridewithgps.com/routes/926419>)

Bare Natick

Sunday - December 16

Times and Routes: 10:30

AM for 29 miles

Ride Type: Cue Sheet, Arrowed

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

Leaders: Eric Ferioli (781-235-4762)

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

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

Ride Information: Online Map (<http://ridewithgps.com/routes/813564>)

Willetts Pond Wayfare

Sunday - December 23

Times and Routes: 10:30

am for 25 and 45 miles

Ride Type: Cue Sheet, Arrowed

Description: Rides head south through the neighboring towns on quiet roads. This ride repeats Christmas Day.

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School. 39 Paine St, Wellesley

Directions: From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights (green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). After

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.**

December Rides

0.2 miles turn right into Paine Street and park on street

Ride Information:

Willett 25 (<http://ridewithgps.com/routes/1002650>),

Willett 45 (<http://ridewithgps.com/routes/1002651>)

Merry Christmas Ride

Tuesday - December 25

Times and Routes: 10:30

am for 25 and 45 miles

Ride Type: Cue Sheet, Arrowed

Description: Rides head south through the neighboring towns on quiet roads.

Leaders: Eric Ferioli (781-235-4762)

Start: Wellesley High School. 39 Paine St, Wellesley

Directions: From Rt. 128 exit 21-22 Rt. 16 west toward Wellesley. Go through Wellesley Hills past clock tower on right. Turn left onto Forest St. at lights

(green sign for Babson College on left and 'Rockland Street to Linden St.' sign on right). After 0.2 miles turn right into Paine Street and park on street

Thursday is Sunday Morning Sunday - December 30

Times and Routes: 10:30 for 17, 28 and 34 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: This is the Thursday Night Ride offered as a Sunday winter ride. The 17 and 28 mile rides wind through Bedford, Concord and Carlisle. The 34 mile ride of rolling hills adds Westford and Chelmsford.

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

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

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.

Ride Information:

34 mile (<http://ridewithgps.com/routes/1684304>),

28 mile (<http://ridewithgps.com/routes/1163706>),

17 mile (<http://ridewithgps.com/routes/1683330>)

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

CRW Trips

Bikers on Skis

February 15-18, 2013

Come take part in the cyclist's off-season sport, cross country skiing! It's a great way to stay in shape and get outdoors in the winter, especially when the roads are too messy for riding. We'll be staying at Applebrook, a favorite, comfortable B&B in the Northern White Mountains that features plentiful gourmet meals. Bretton Woods is a short drive away and offers both excellent cross country and downhill skiing. You can also try back country skiing and snowshoeing, and even ice skating right up the road if you bring skates. Skiers of all abilities welcome. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$200-270 for the weekend includes three nights lodging, three breakfasts, two dinners and gratuities.

Rooms are all double occupancy, some with private, some with shared bath. They are assigned in the order checks are received. There are also two luxury rooms (with hot tub) available for additional cost.



Check <http://crw.org/bikerson-skis> for room listing and cost.

To register, send a check for the full amount made out to Constance Farb and an e-mail address or stamped self-addressed envelope by January 17 to the address below. Registration fee non-refundable after this date unless we can find someone to take your place.

For more information, you can contact the leaders: Connie Farb and Mark Sevier chfarb@yahoo.com (978)443-4993 (before 9PM)

NewMembers

Christine Axbey	Wellesley Hills	Lori Laliberte	Milton
John Buchheit, Jane		Michael Lepie	Waban
Anna Chapman	Somerville	Colleen McLaughlin	Framingham
Michael Diener	Needham	Inga Nelson	Natick
Dee Galacki	Needham	Clyde Newton	Sudbury
Gardner Gray	Billerica	Jodi Weiner	Jamaica Plain
Joe Hagan	Lowell	Li Yu	Burlington
Ann & Skip Irving	Lexington		



Photograph by Rob V. Ride Studio Café

RideWithGPS.com Evening Clinics with Bob Wolf and Zack Ham

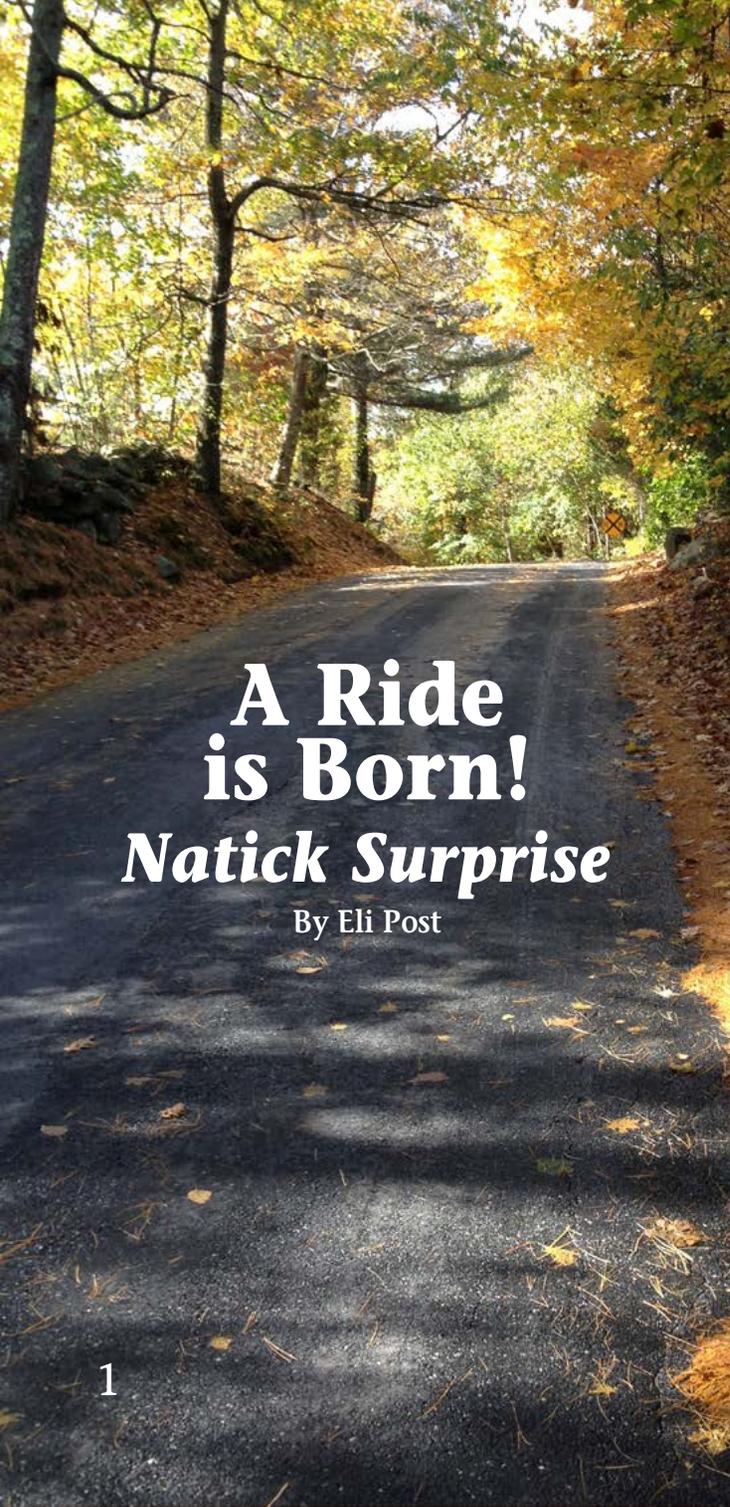
In October and November CRW, in collaboration with the Ride Studio Café in Lexington, co-sponsored RideWithGPS.com evening clinics led by CRW's Bob Wolf and special guest, RideWithGPS.com co-founder Zack Ham, who attended via Skype to help answer questions.

RideWithGPS.com has become an important feature on CRW's website offering interactive maps, elevation profiles, cue sheets, and of course GPS routes. More

and more of our rides include links to RideWithGPS.com and the clinics offered an opportunity to learn more about how the routes are created, and the various resources the website offers. Downloading rides to a Garmin bike computer couldn't be simpler. It's also very easy to upload GPS data from a ride and view your metrics from that day, such as how many feet you climbed. We are pleased to report that as a direct result of audience suggestions, RideWithGPS.com made

several upgrades to their website, and we thank them for being so responsive.

You can see by the accompanying photo that the captive audience found this an enlightening evening, and clearly appreciated the full spread of seasonal appetizers courtesy of Ride Studio Café. And finally we also hope to repeat the clinic in 2013. ☺



A Ride is Born! Natick Surprise

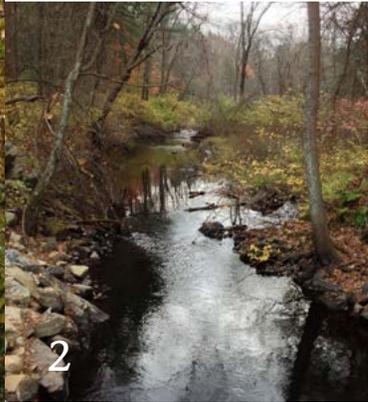
By Eli Post

Some rides arise spontaneously due to geography: a mountain to be climbed, a lake to be circled or a forest preserve to be crossed. Word of mouth promotes a route and eventually it becomes adopted. Then there are those who live in a special place and realize that their personal routes might find a wider following. We also “borrow” rides from neighboring clubs when the start and route are suitable for our membership. However, very often serendipity or ordinary dumb luck is the key factor. The “Natick Surprise Ride” came about in this fashion. Several of us plan impromptu rides during the week depending on

weather and the usual considerations. One of our favorite meet up spots is South Natick which is conveniently located, has easy access to a variety of routes, and most importantly offers a coffee shop where we can relax after the ride. For a change of pace, we tried a new route out of South Natick, and it got a “thumbs up” from all. As one of the riders was also CRW’s VP Rides, the new route was quickly added to the rides calendar and will run November 18, just a few days after this issue is released. We hope you can make it on short notice, and in the meantime we have some photos to whet your appetite. ⚙️

Photo Captions

1. Hunting Lane in Sherborn is a delightful road, and comes as a complete surprise as you turn off busy Route 27.
2. The Charles River is crossed many times.
3. No ride is complete without a red barn to remind you of times past.
4. No this isn’t Niagara Falls, but the Charles in South Natick. It’s near the end of the ride and not to be missed.
5. We stopped to arrow an intersection in Millis and tried not to disturb the family of swans.
6. Horses don’t exactly run wild, but there are many visible corrals in Dover.
7. Forest Street was one of the prizes in the new route but when we went to arrow, we stopped in our tracks and re-routed.





by Jack Donohue

Now that the baby boomers are a major demographic, bicycle makers really need to redesign their bikes for that market. I'm sure Madison Avenue can come up with a better marketing name, but for now I'll refer to the new model as the geezer bike.

One thing a geezer bike needs for sure is a triple. Many of us that had bikes in the glory days sporting corncob freewheels (and I do mean free-wheel) can't push those gears any more. Even triples are hard to come by these days with the advent of the compact crank. The compact crank is a communist plot to make people think they can get away with just two chainrings. The gen-x/y/z riders may have no problem with this, but we geezers know it's not called a granny gear for nothing, and if you do the math you can see that no way is a compact crank going to match a triple.

For you engineering types gear inches (measure of how far you go per crank revolution) should be inversely proportional to age. You can still get up the same hills, just much much slower. At some point you might as well just get off and walk, but from personal experience, I've determined that you can ride

GEEZERS

about 1.5 mph without falling over (and you don't have to unclip). Unfortunately my bike computer can't handle these extremes so it usually shows a speed of zero, somewhat discouraging, but not far from the truth.

Handlebars are another sore point for geezers. We all remember the prime directive of having a flat back when you ride, but we ancients can no longer comfortably hunker down on the bars with our knees nearly grazing our chest. So drop bars are a thing of the past for our generation. The bicycle industry is on this one, having invented the hybrid some time ago with those upright bars. So instead of the rule of thumb that the bars should be one inch below the top

of the saddle, we go the other way.

Which brings us to saddles. Gone are the days when we happily traversed hundreds of mile on brick hard saddles, made out of unyielding (but light) substances. We need something more akin to the barco-lounger, or a saddle with a secret. The secret is that it is designed for comfort, not performance.

Performance is not a issue with geezers. Gone are the days of trying to be a contender,

the geezer is now happy just being pack fodder. In the early days, when each ride was a new personal best, it was interesting to measure your progress. There's a large overlap of cyclists and techno-geeks, who outfit their bikes with all manner of technology, watt-meters, gps-training things that let them go home and make spreadsheets of their rides. We geezers realize that we are over the hill (literally) and are on the down slope of the performance curve. So there is no percentage in outfitting your bike with all manner of devices that

just serve to tell you how much slower you're going. The geezer bike should have none of these depressing doodads. The only useful geezer device is a GPS, since geezers tend to be easily confused. I have to admit I've been in this condition long before geezerhood set in. That and a cell phone as a backup when they forget to change the batteries in the GPS. ⚙️

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

Touring Life - Cont. from page 1

making very good time.

Crossed into New York, and headed north toward Lake George.

Found some great roads with large paved shoulders.

But, for some reason, I was running out of energy.

The lower back pain got worse.

I managed to limp into Lake George as the sun set at 6:30.

I ordered a pizza, and went straight to bed.

Lying down seemed to ease the back pain.

The third and final day started out okay. I told myself to take it slow. I would be on Route 28 the whole day. The first 20 miles would be climbing up, and up, and up. The road was smooth and had a large paved breakdown lane.

Another cold front came in from the west. Cold rain became the weather du jour. The temperature dropped into the 40's. I never got cold, but I was losing energy. I started craving hot coffee. But there were few stores along the route. The pain in my lower back was getting intense. I could no longer enjoy the October leaves or the beautiful scenery. I just wanted to stop and drink/eat something warm. But alas, no stores. So I ate power bars and drank sport drinks from my water bottles.

I only had 20 miles to go, but I found my body to be unresponsive to my brain. Go faster, Dummy! No can do,

replied the body. Back aches, blisters on my hands, legs are like mush....

I needed to stop at a store and regroup. Needed to get out of the cold rain. Needed to feel some sensation beside pain. But alas, there were no stores... My brain went into "conserve energy" mode.... No need to bother having thoughts... auto pilot will do... just keep the legs cranking... make sure you do not start shivering... only 10 miles to go... ignore the pain... remember to drink....

One last climb, and I made it to Old Forge. No euphoria. Just wanted to get off the bike....

When I spotted my wife in the car, I pulled over. My feet hit the ground, but my brain was nowhere to be found.

Loaded up the bike and sped off to find food and warm drink....

That night I started getting the chills, fol-

lowed by a fever. What was happening to me?

Then it dawned on me... Did I have the flu? Have I been pushing my body up mountains while it was fighting infection? Was the back pain really my kidneys exploding?

Well, the next few days were spent running to bathroom. Yep, it was the flu, dummy.

So is there a moral to this story? Not sure. Maybe, something like "don't go running down the road when you're running down the road".... ☺

October Mileage 247657

Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	15226	10	6	10	Bill Hanson	3153	-	-	-
Jack Donohue	8858	-	-	3	Jeff Dieffenbach	3139	8	3	-
Bob Cohen	7305	8	6	1	Mike Barry	3099	4	1	-
Michael Laurin	6967	8	6	2	Joe Parslow	2748	1	1	-
Bruce Ingle	6790	10	8	-	Dave Stefanovic	2623	-	-	-
Ken Hابلow	6769	9	-	-	Peter Tzanetos	2518	3	2	-
Irving Kurki	6702	9	5	1	Brian Dias	2353	3	-	-
William O'Hara	6500	7	4	1	Ed Foster	2172	1	1	-
David Cooper	6437	10	8	1	Jean Orser	2115	4	-	-
Cynthia Zabin	6217	-	-	-	Rudge McKenney	2104	4	-	-
Bob Wolf	5848	10	1	-	Mike Hanauer	2046	-	-	-
Francis Hubbard	5746	8	3	-	Pete Knox	2043	2	1	-
Butch Pemstein	5689	9	2	1	John Pacheco	1997	-	1	-
Marc Baskin	5670	6	3	-	Jeffery Luxenberg	1861	1	-	-
Clyde Kessel	5476	10	-	-	Ed Hoffer	1646	-	-	-
Douglas Cohen	5237	2	-	-	Marc Webb	1359	1	1	-
Erik Husby	5208	1	-	-	Carolyn Pacheco	1282	-	-	-
Thomas Funke	5044	3	2	-	A J Gemperline	1278	1	-	-
David Wean	5000	4	-	-	John Kane	805	-	-	-
Tim Mathews	4928	7	2	-	George Caplan	754	-	-	-
Brett Serkez	4868	7	-	-	Bernhard Paul	749	1	-	-
Rolf Budd	4809	1	1	-	Greg Tutunjian	708	-	-	-
Andy Brand	4494	6	1	-	Darrell Katz	314	-	-	-
Joseph Moore	4404	10	-	-					
Richard Taylor	4400	8	8	-					
Scott Tyler	4252	5	5	-					
Joe & Kathy Marino	4232	6	6	-					
Carlo Innocenti	4213	3	-	-					
Henry Marcy	4200	1	1	-					
Joe Repole	4095	10	10	-					
John Springfield	4088	1	7	1					
Frank Aronson	3950	8	5	-					
Cynthia Snow	3831	2	1	1					
Neal Schuster	3604	4	3	-					
Joseph Tavilla	3603	-	-	-					
Morgan Wilson	3518	-	1	-					
Mark Druy	3358	4	4	-					
Harry Wolf	3255	-	-	-					

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 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 by 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 advertising@crw.org

Board of Directors

Term Expires

Andy Brand	2014.....	617-247-9770
Mike Byrne	2014.....	508-788-7120
Peter Brooks	2013.....	617-833-0087
Steve Cohen.....	2014.....	617-641-9954
Kimberley Fitch.....	2012.....	781-354-4780
Helen Greitzer.....	2013.....	508-878-6988
Howard Miller	2012.....	617-909-8492
Eli Post	2012.....	617-306-1838
Cindy Sragg	2013.....	617-993-3245

Officers and Coordinators

President	Steve Cohen.....	617-641-9954
Executive Vice President.....	Eli Post	617-306-1838
Vice President of Finance	John Harmon, CPA.....	617-794-0778
Vice President of Publications.....	Ken Hablow	781-647-0233
Vice President of Legal Affairs.....	Jeanne Kangas.....	978-263-8594
Secretary.....	Kimberley Fitch.....	781-354-4780
Treasurer	Jack Donohue	781-275-3991
Insurance Coordinator	Ken Hablow	781-647-0233
Membership Coordinator	Linda Nelson	617-964-5727
	Larissa Hordynsky	617-527-5620
Publicity Coordinator	Kimberley Fitch.....	781-354-4780
Merchandise.....	Ken Hablow	781-647-0233
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Social Committee Chair	Marcia Greenblatt	781-864-5055
Safety Coordinator.....	Bob Zogg	617-372-6469

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Intro Rides.....	Jacque Smith	781-271-1571
Century Committee	Eli Post	617-306-1838
Wednesday Fitness and Masters Ride	Dave Lafreniere.....	508-259-9676
	Chris Tweed.....	781-830-1368
Wednesday Wheelers.....	Helen Greitzer.....	508-878-6988
Wednesday Ice Cream Ride	Gabor Demjen	781-444-4508
	Roger Bonomi	617-686-4073
	Rudge McKenney.....	617-332-6242
Thursday Fitness Rides.....	Rich Taylor	781-257-5062
Friday Rides	Ed Glick.....	978-250-1883
	Paul Hardin.....	978-866-3040
Sunday Fitness Rides	Andy Brand	617-247-9770
	Bill O'Hara	781-236-3126

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