

WheelPeople

Newsletter of the Charles River Wheelmen

March Highlights

Recurring Rides.....2	Little Jack's Corner.....4
New Members2	January Mileage5
March Rides2	Club Officers & Coordinators6
Spring Century Announcement....3	Bike Shops7

On the roads of New England since 1966

Volume XXXVII, Number 3 • March 2013

Greetings from our New President Eli Post

The CRW Board voted me President at their January meeting, and I look forward to serving the club in this new capacity. My efforts in organizing rides, running centuries, initiating special events and writing for WheelPeople have all I hope made CRW a better club. I will continue contributing as President, and going forward will focus on initiatives which increase member services and make cycling more of a social experience.

Let's not forget however that we are an all-volunteer organization and that any new suggestion has to reflect reality, and the resources we can put behind that suggestion. More often than not, it means volunteers willing to do the work. Ideas are plenti-

ful, but taking the idea from here to there is the challenge. Don't be surprised if I call or email you and ask that you help. I am excited to be handed this responsibility, and will reaching out to you in the months ahead. ☺

CRW on Twitter

So, the club had decided to get social, which seems all the rage today. We started a while ago with our Facebook page (<https://www.facebook.com/crw1966>), and now we've taken it one step further with a Twitter account. Right now we've mostly used it to announce impromptu rides in the winter when the weather looks to be good. After that, who knows? Follow us at @CR-Wheelmen to find out. ☺

It's Cold - Go Out and Ride SLOWLY

By Ken Hابلow



When 7 of us started out the temperature was in the low 20s, the sky was bright and there was a slight annoying wind. At the end of 30 miles we were happy to learn we had averaged 14 mph. Not a speed record by any means but still, with the temperature going all the way to 29 degrees, it was very respectable. One rider commented to me his wife thought he was crazy. He said an organized ride got him up and out where he probably would not have done so himself. I once told Eli the reason I lead winter rides is it gets me out also and gives me people to ride with. It's a bit more comfortable than riding alone and complaining to myself about the cold air. It seems it is not quite as cold when I am riding with other people.

I often hear people say they do not know why they ride so much slower in the winter than in the summer. There are 2 reasons.

It's Cold - Continued on page 5

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 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. 



New Members

Bijan Etemad-Gilbertson	Jamaica Plain
Walter & Elizabeth Frank	Bedford
Monique Gipps	South Grafton
Rodney Green	Bedford
Dan Hurwitz	Bedford
Amanda Loomis	Newtonville
Alexandre Maymone	Boston
Ross O'Neill	Medford

March Rides

March weather is unpredictable. It tends to start out cold with chances for a bad snow storm, but by the end of the month we might see warmer days. Let's hope for decent weather, and we will plan impromptu rides as opportunities arise!

The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant experience.

Bridges of the Sudbury River Sunday - March 3

Times and Routes: 10:30 AM for 18 or 27 miles

Ride Type: Cue Sheet

Description: Cross eight bridges of the Sudbury River and see a ninth (one that George Washington crossed). Cruise along in the beautiful Sudbury River valley with 4 hills to keep you warm. Experience the new Pelham Island bridge. Both Starbucks and Dunkin Donuts are within 1/4 mile of the end of the ride. We're try-

ing to get this in before the thaw. Active rain or snow cancels.

The arrows (white thermometer) exist in some places, but are faded in others. If you see an arrow, follow it, but don't depend on them.

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

Start: Crosby Market Parking Lot (Near train station) 211 Sudbury Road Concord, MA

Directions: Take Rt. 2 West. Turn Right on Sudbury Road (4th light from Rte. 128) in Concord. Park-

ing lot is about 3/4 mile on the right before the tracks. Please park away from the stores. **Note:** Commuter Rail arrives Concord about 9:20 AM. Departs 11:46 AM, 2:36 PM

Blue Moon Tour Sunday - March 10

Times and Routes: 10:15 am for 30 or 34 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: The [Blue Moon bagel cafe](#) has more than bagels. Last year CRW mem-

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.**

bers decided that this stop is the highlight of the ride.

Leaders: Barry Nelson (<mailto:BarryNelson@alum.mit.edu>, 617-964-5727 before 9PM), Linda Nelson (617-964-5727 before 9 PM)

Start: Cutler Park Reservation, 112 Kendrick Street, Needham

Directions: From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. Continue about 0.3 miles on Kendrick to Cutler Park on the right.

Ride Information: 30 mile (<http://ridewithgps.com/routes/1855409>), 34 mile (<http://ridewithgps.com/routes/1855416>)

Lisa Simpson Ride Sunday - March 17

Times and Routes: 10:30 AM for 25, 35 and 47 Miles

Ride Type: Cue Sheet, GPS

Description: This ride is on mostly scenic rural roads. Starting in Concord, it makes a loop through Sudbury, Hudson, Stow, Boxborough, Littleton and Acton. The longer route adds Westford and Carlisle. The terrain is moderate with one notable but short climb. There are food stops in Concord near the start/end of the ride as well as in Acton. The 25

mile ride at 10:30 will be "follow the leader" at a relaxed pace.

Leaders: Richard Vignoni (<mailto:Richard.vignoni@verizon.net>, 978-549-2635)

Start: Concord Carlisle High School

Directions: Rt. 2 west to Concord, right at stoplights to Rt. 126, Walden Street (where the sign says Walden Pond to left). The school is on your left in 1/10 mile

Ride Information: 25-mile route (<http://ridewithgps.com/routes/1113075>), 35-mile route (<http://ridewithgps.com/routes/1111768>), 47-mile route (<http://ridewithgps.com/routes/1111754>)

Twelfth Biennial Southwest Passage (CW) Revisited Sunday - March 24

Times and Routes: 10:30AM for 25, 36 and 56 miles on rolling terrain.

Ride Type: Cue Sheet

Description: This ride is "arrow assisted" using the arrows from the October 24, 2012 ride with some repainted. The super short (SS) and short (S) rides meander south west from Framingham through Ashland, Southborough,

Hopkinton and Upton. The long (L) ride adds Northbridge, Uxbridge and Mendon. All three rides are rolling. The lunch stop is in Upton center for the short and long rides. Most of the rides are on residential and rural roads with few traffic lights. Points of interest include Framingham Country Club, the Oregon Club, Whitehall reservoir, Upton State Forest, Charlie Chan's summer home and farmlands.

Leaders: Joe Repole (<mailto:joeecentury@aol.com>, 508-879-6340 Before 8 PM)

Start: Gryboska Circle, 15 Gryboska Circle, Framingham MA

Directions: From the Mass Pike take Exit 12 and Route 9 East to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St. from the jug handle). Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska Circle on the odd numbered side of the circle (inner circle). The commuter rail leaves South Station at 7:25 AM and arrives in Framingham at 8:15 AM. You are encouraged to ride your bike to the start.

Ascent of Mt Wegman Sunday - March 31

Times and Routes: 10 AM for 43 miles

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: A ride to Northboro with a stop at Wegmans. Out over Sawyer Hill. Then up Mt Wegmans for lunch that's sold by the pound. Return through Marlboro with more hills than you might think.

Wegmans is a public grocery store. Bring a lock if you feel you need to for lunch stop bike security.

As with the 1/13 running of this ride, it will be 'follow the leader' for those that would like to ride with company. The ride leader will take out a group at 14-15 mph. Contact me if you would like to lead a faster group.

We will have two competitions for this ride. More to appear here as plans develop. Leaderboards will appear in the subsequent Wheelpeople

1. If you record your ride on a GPS unit or iPhone using RidewithGPS app, upload your track to RidewithGPS afterward to see who climbs Mt Wegmans the fastest!

2. Submit your Wegmans receipt to the ride leader. A leaderboard will be established for the most pounds of food purchased for lunch. A la carte items don't apply as we don't have proper weights, though I

do recommend the sticky buns in the bakery. The current record is 2.25 pounds. See if you can set a new record or or at least win the day! Multiple people on one receipt are not eligible.

Leaders: Bob Wolf (<mailto:robertgwolf@gmail.com>)

Start: Haskell Field, 16 Fairbanks Road, Sudbury

Directions: From Rte. 128 take Rte. 20 west to Wayland Center. Turn right at the lights onto Rte. 27, heading to Sudbury Center. Continue through the lights in Sudbury Center. Rte. 27 is now Hudson Road. Less than half a mile later Rte. 27 and Hudson Road split. Stay left, on Hudson Road. A mile and a half later you'll see Haskell Field on your right. Turn right onto Fairbank Road. Your first left is the entrance to the Haskell Field parking lot.

Cuesheets: [Mt Wegmans winter Ride Information:](#) Mt Wegman 43 (<http://ridewithgps.com/routes/1968596>)

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

The CRW Spring Century is on Sunday May 19, 2013.

Last year we sold out. Register early and be sure you have a place on the ride. <http://www.crw.org/century.php?event=s>



by Jack Donohue

I always check out the Nashbar catalog when it arrives. Hadn't gotten one in a while, I thought they had cut me off for not buying anything in a long while.

I don't usually end up buying anything, except maybe some tires if they're on sale, since I pretty much have a lifetime supply of everything. But I like to keep up with things.

After browsing through pages of helmets of various kinds I came across what was dubbed an "urban/street helmet." This, unlike all the others with myriad vents and aero design, was just a plain helmet, kind of like a jockey helmet, with no holes to speak of. Not sure what the "urban/street" part was all about, unless it was designed for hand to hand combat. They were on the low end of the price range, but you could get a real helmet complete with holes for the same price, so I couldn't see buying one unless you were training to be a gladiator.

Then there was the "clutch/handlebar bag" which is the closest thing I've seen to a designer handlebar bag. It was said to be perfect for, among other things, a

"night out." I guess you could go to the local night club prepared with a toothbrush and change of underwear, which is about all you could fit into said clutch. On the other end of the spectrum was the wicker basket a la "Call the midwife." That's a bit retro even for me.



I was glad to see Clif bars are still around, I've got one that looks just like the picture, except for the fact that it's probably 10 years old. Power bars in general are emergency food, to be eaten only if bonking was imminent and there was no sign of a Dunkin Donuts. Unfortu-

nately, on most of the rides when it would have been nice to have it, I forgot to bring it. Hence the agedness of my Clif bars.

One new item that seemed like a good idea was parabolic rollers. I didn't quite get it at first until I read the bit about "ramped edges to help you out." I guess this prevents you from sliding off the end if you lose control, thereby avoiding an embarrassing FDGB in the privacy of your own home.

They seemed to sell a lot more whole bikes than they used to.

When I first started shopping chez Nashbar, they had maybe two whole bikes, a touring bike and a racing bike, and some frames. I vaguely recall buying their aluminum frame of yore and being rather peeved when all the braze-ons became braze-offs. Now they seem to have all sorts of bikes including a "29er" mountain bike. I haven't really been keeping up with bike technology so I have no idea what that is but since it only had one speed I was pretty sure I didn't want one.

One interesting bike dubbed a commuter bike had an 8 speed internal hub. Now I come from the three speed generation and I had heard rumors of five, but EIGHT. I was clearly out of the loop.

That seemed to me to be an excellent idea for a commuting bike, since derailleur bikes don't fare well in sand/salt/snow (back in the day mine would regularly be reduced to one or two speeds after a massive accumulation of snow on it). I guess I was born too soon, since this sort of thing didn't exist when I was a die hard commuter, and to paraphrase the old commercial "we go in snow," I don't go in snow any more.

The piece de resistance was a single speed cyclocross bike (not sure if it was an actually fixed gear or just a coaster with one speed). This seemed like the worst of both worlds, bad enough you ride a bike that you have to carry half the time but then throw in no gears and possibly no coasting. Not for me, thank you very much. ⚙️

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

It's Cold - *Continued from page 1*

1) Regardless of how much clothing you wear the body always wants to protect the inner core and in so doing restricts blood flow to the extremities, including the leg muscles. When your fingers or toes get colder this signals the brain to protect the core and your extremities are apt to get even colder.

2) More noticeably, cold air is much denser than warm air which makes it tougher to pedal at a more normal speed. Add a slight head wind or cross wind and your speed will drop drastically. Following

is an excerpt of an article by Lennard Zinn in a recent issue of Velo where he quotes Chris Wisner of Ambi-

ent Air Technologies in Ft. Collins, CO., wind tunnel experts.

"The drag you experience at 25°F is about 10% greater than you would experience at 75°F. This is approximately equivalent to the difference between riding at 20 mph and increasing your speed to 21 mph. Making things even more challenging is the wind chill of negative 22°F that your body is experiencing as you cruise along at 20 mph.

The physics behind this is based on the fact that aerodynamic drag is proportional air density and, in turn, air density is inversely proportional to absolute temperature. For a temperature in Fahrenheit degrees, the absolute temperature is calculated in Rankine degrees by adding 460 degrees. So 25 degrees Fahrenheit is 485 degrees Rankine. Similarly, 75 degrees Fahren-

heit is 535 degrees Rankine. The ratio of these Rankine temperatures is 1.10 which means the air on your cold rides is 10% denser than on your 75-degree rides. Since drag is proportional to air density, the drag you experience is also about 10% greater on the cold rides.

Drag is also proportional to the square of the speed with which the air passes by you and your bike. If there is no wind and you are travelling at 20 mph, then increase your speed to 21 mph (or pick up a 1 mph headwind) the drag increases by the square of the speed. The ratio

of the squares of 21 mph and 20 mph is about 1.10. So this increase would have the same effect on the drag you are

pedaling to overcome as the 50-degree Fahrenheit temperature difference.

So you can take some consolation on your cold rides that it really is harder for you to pedal than your more fortunate cohorts in warmer climes.

This brings up a nagging question for those of us who ride all winter; if we are experiencing a 10% drag in the winter do we get to add 10% to our mileage logs? Jack Donohue, keeper of the mileage logs, vehemently replies, "I DON'T THINK SO!"

The bottom line is when the roads are clear enough a 20 or 30 mile ride in the winter is better than being a couch potato. ☺

Ken's rule of winter riding is:
"never ride more miles than the temperature"

January Mileage

Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	840	1	-	-	John Allen	72	-	-	-
Jack Donohue	719	-	-	-	Butch Pemstein	67	-	-	-
Douglas Cohen	600	-	-	-	Morgan Wilson	60	-	-	-
Cynthia Zabin	513	-	-	-	Darrell Katz	59	-	-	-
Joe Repole	462	1	1	-	John Kane	53	-	-	-
Marc Baskin	431	1	-	-	Mark Druy	48	-	-	-
Steve Robins	365	-	-	-	Jeffery Luxenberg	46	-	-	-
Erik Husby	344	-	-	-	Bernhard Paul	31	-	-	-
David Cooper	340	1	-	-	Jim Krantz	28	-	-	-
Dave Stefanovic	313	-	-	-	Eric Sansone	24	-	-	-
Richard Taylor	308	1	1	-	Linda Vaughan	17	-	-	-
Irving Kurki	305	-	-	-	Joe Parslow	16	-	-	-
David Wean	276	-	-	-	A J Gemperline	15	-	-	-
Bruce Ingle	253	-	-	-	Marc Cohen	12	-	-	-
Larry Delaney	249	-	-	-	Jeff Dieffenbach	8	-	-	-
John Springfield	238	-	1	-					
Ken Hablov	215	-	-	-					
Cynthia Snow	209	-	-	-					
Harry Wolf	207	-	-	-					
Bob Cohen	199	-	-	-					
Rolf Budd	193	-	-	-					
Peter Brooks	173	-	-	-					
Clyde Kessel	170	1	-	-					
Darren Garnier	157	1	-	-					
Joseph Moore	153	-	-	-					
Ed Hoffer	124	-	-	-					
Gary Smiley	121	-	-	-					
Walter Frank	114	-	-	-					
Scott Tyler	103	-	-	-					
Bill Hanson	98	-	-	-					
Brian Dias	87	-	-	-					
Greg Tutunjian	80	-	-	-					

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 ver-

sion 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.

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.....	617-997-6861
Helen Greitzer.....	2013.....	508-878-6988
Barry Nelson.....	2015.....	617-964-5727
Linda Nelson	2015.....	617-964-5727
Cindy Sragg	2013.....	617-993-3245
Bob Wolf	2015.....	781-259-8529

OFFICERS AND COORDINATORS

President	Eli Post	617-306-1838
Executive Vice President.....	Steve Cohen.....	617-997-6861
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	Mike Byrne	508-788-7120
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
Mileage.....	Jack Donohue	781-275-3991
Safety Coordinator.....	Bob Zogg	617-372-6469

RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Gene Konik.....	978-692-5143
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

WHEELPEOPLE STAFF

Copy Editor	Jack Donohue	781-275-3991
Graphic Designer.....	David Cooper	781-483-6960
Circulation	Cindy Sragg	617-993-3245

INTERNET STAFF

Web Site		
Webmaster.....	Gary Smiley	617-661-8908
	David Cooper	781-483-6960
Touring	Andy Meyer	603-427-5001
Facebook	Jeff Dieffenbach.....	508-353-3175
E-Mail List		
Administrator.....	Barry Nelson.....	617-964-5727

BikeShops

These fine bike shops offer discounts to CRW members

- Ace Wheelworks**
145 Elm St., Somerville..... 617-776-2100
- Adi's Bike World**
231 Grove Street, West Roxbury 617-325-2453
- ATA Cycles**
93 Thoreau St., Concord 978-369-5960
- Back Bay Bicycles**
362 Commonwealth Avenue, Boston 617-247-2336
- Belmont Wheelworks**
480 Trapelo Rd., Belmont..... 617-489-3577
- Bicycle Bill**
253 North Harvard St., Allston 617-783-5636
- Bicycle Exchange at Porter Square**
2067 Massachusetts Ave, Cambridge 617-864-1300
- Bikeway Source**
111 South Road, Bedford..... 781-275-7799
- Broadway Bicycle School**
351 Broadway, Cambridge 617-868-3392
- Cambridge Bicycle**
259 Massachusetts Avenue, Cambridge..... 617-876-6555
- Chelmsford Cyclery**
30 Chelmsford St., Chelmsford..... 978-256-1528
- Community Bicycle Supply**
496 Tremont St., Boston 617-542-8623
- Cycle Loft**
28 Cambridge St., Burlington 781-272-0870
- Dedham Bike**
403 Washington St., Dedham..... 781-326-1531
- Farina Cycle**
61 Galen St., Watertown 617-926-1717
- Ferris Wheels Bicycle Shop**
66 South St., Jamaica Plain..... 617-524-2453
- Frank's Bicycle Barn**
123 Worcester Tpke, Westboro 508-366-1770
- Frank's Spoke 'N Wheel**
119 Boston Post Rd., Sudbury..... 978-443-6696
887 Main St., Waltham 781-894-2768
- Grace Bicycles**
1574 Washington Street, Holliston..... 508-429-9177
- Harris Cyclery**
1353 Washington St., West Newton 617-244-1040
- International Bicycle Center**
89 Brighton Ave, Allston 617-783-5804
71 Needham St., Newton..... 617-527-0967
- JRA Cycles**
229 Salem St, Medford..... 781-391-3636

- Landry's Bicycles**
1210 Boston Providence Trnprk (Rte 1), Norwood... 781-440-0310
790 Worcester St. (Route 9), Natick..... 508-655-1990
276 Turnpike Road, Westboro 508-836-3878
890 Commonwealth Avenue, Boston 617-232-0446
- Marblehead Cycle**
25 Bessom St., Marblehead 781-631-1570
- Papa Wheelies Bicycle Shop**
653 Islington Street, Portsmouth 603-427-2060
- Quad Cycles**
1043 Massachusetts Ave, Arlington..... 781-648-5222

- Southampton Bicycle Center**
247 College Hwy., Southampton 800-527-9784
- Superb Bicycle**
842 Beacon Street, Boston 617-236-0752
- Travis Cycles**
1 Oak St., Taunton..... 508-822-0396
722 N. Main St., Brockton 508-586-6394
- Urban AdvenTours**
103 Atlantic Ave, Boston 617-670-0637



 Find us on
Facebook

JOIN CRW!

Go to
<http://crw.org/join.php>

If you are unable to join online and need a printed form, send a stamped, self-addressed envelope to: Larissa Hordynsky, 365 Cherry St., West Newton, MA 02465