

WheelPeople

Newsletter of the Charles River Wheelmen



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On the roads of New England since 1966

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CRW Holiday Party



Friday, December 6

The popular holiday party will once again be held at the Bedford Old Town Hall. Brought to you by our Social Committee, it will combine good food, drink, and company. We will also award our deserving volunteers.

Helen Greitzer will once again be heading the party volunteers, so if you'd like to help out with this fun event, contact Helen, helengreitzer@hotmail.com. Volunteers can attend the party at no charge.

You can sign up for the party by going to this web page:

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

This is a CRW members only event with limited attendance, so sign up early. ☺

Board Election Candidate Statements

Below are the statements from the candidates for the three open board positions, three year terms starting in January.

JOHN ALLEN

CRW faces new opportunities as well as new challenges. As an active CRW member, I have been pleased to see how the club's membership and ride program have grown over the years. I would like to see CRW more closely involved with communities where we ride. I'd like also to help maintain and build our the ride program and promote safe cycling.

I have previous experience on the Board of Directors of Massbike and the League of American Bicyclists. I serve on the CRW Safety Committee and write some of the Safety Corner

Board Candidates - Continued on pg.7



The Fall Century - What a Great Day!

by Ken Hablow

After a week of hot and wet weather, Sunday was cool and sunny, not a cloud in the sky. When we arrived in Littleton to set up for check-in, the temperature was in the high 40s. It ultimately warmed to the low 70s – a perfect day to ride a century. Almost 350 rode that day, about 250 did the full century and the rest either the metric or half century.

Our "seasoned" water stop volunteers were well organized. All three stops were open in time for the early riders. Our food and fruit selection seemed to be a well accepted mix with not much left over. The post ride refreshments seemed to please

the riders as many hung out for a while going over their day on the bike.

This day was 3/3 for great weather for our 3 centuries this year.

Unfortunately the day was not without incident, as one rider on the metric hit a lump of blacktop that spilled out of a paving truck, and he broke a collar bone. He could not have been too upset as he had a smile on his face as he was wheeled into the ambulance and showed up near the end of the day at Littleton in full hospital dress. (See the accompanying photos.)

Fall Century - Continued on pg.8

Board Meeting Minutes

September 10, 2013

Present: Eli Post, Mike Byrne, Steve Cohen, Helen Greitzer, Barry Nelson, Linda Nelson, Bob Wolf, and Cindy Sragg.

Acceptance of Prior Board Meeting Minutes

Reports:

President's Report (Eli): Eli noted there are three members of the Board of Directors whose terms are expiring in the coming months. Two of those will not be running for re-election. Several CRW members have expressed an interest in running for the Board and an election via emails to the membership will be scheduled.

Treasurer's Report (Eli for Jack): As of the end of July 2013, there was a balance of \$102,349 in the CRW accounts.

VP of Rides (Eli for Chris): The CRW rides calendar is filled through mid-November with scheduled Saturday and Sunday rides, as well as recurring rides. The Spring Century and Climb to the Clouds rides were successful in terms of number of riders, volunteer support and riders' comments.

Membership (Linda): There are 1492 current memberships (family memberships and single memberships) resulting in 1759 members. Since the last meeting there is one new membership and 64 memberships expired.

Old Business:

Membership Privileges (Eli): Several after ride parties were scheduled this year, including some (Labor Day) open for club members only. There will be additional discussion in the future re: membership privileges.

CRW Jersey/Clothing Promotion (Barry): Status will be discussed in the next meeting.

Governance (Bob/Eli): Annual Reports have been filed with the Commonwealth of Massachusetts and we are now up to date.

New Business:

Grants Program 2013 (Steve): Eli and Mike will serve as committee members with Steve as the Grants Committee Chairman. The Board approved a budget of up to \$20,000 for grants. There is now one request for a grant in process

and an outreach program to identify other potential grants is underway.

Member's Only Section of CRW Website (Eli/Jack): This new section of the website is now operational. The Board discussed options for events and services which could be for members only and which would be highlighted in this section.

Estate of Ralph Galen (Eli): The Estate of Ralph Galen (a CRW Founder) has named CRW as a beneficiary. Details are not known at this time but will be forthcoming.

The next meeting will take place on October 28, 2013

Respectfully submitted,
Mike Byrne
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 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. ☺



November Rides



Don't put your bike away just yet. November is a time when, with a bit of luck, you'll experience some fine days for riding - hopefully before the snows hit and icy winds blow.

Linda's Birthday Ride

Saturday - November 2

Times and Routes: 9:30

for 39 or 60 miles

Ride Type: GPS

Description: The route is new for CRW covering towns in the south that appear infrequently in the CRW calendar. We take mostly quiet roads in Medfield, Norwood, Sharon, Mansfield, Foxboro, and Walpole. The long ride adds Norton and Attleboro. Highlights of the ride include several notable ponds: Jewells, Pettee, Willett, Bird, Sawmill, Chartley, Fulton, Kingman. Whitville, Beaumont, Vandys, Crackrock, Plimpton, and Cobbs. If the weather is unusually warm, bring a towel since we will be stopping at the beach on Lake Massapoag for a swim. The ride is designed

for tandem bicycles since the ride is flat and has only one long gradual climb. We will celebrate Linda's birthday with a cake and coffee at the [Blue Moon Bagel Cafe](#) at the end 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: Blue Moon Bagel Cafe, Route 109, 236 Main St. Medfield, MA

Directions: From Rte. 128, take Rte. 109 West to the [Blue Moon Bagel Cafe](#). Please park away from the stores and use the spaces near Route 109.

Ride Information: Long ride (<http://ridewithgps.com/routes/3352058>), Short ride (<http://ridewithgps.com/routes/3352504>)

Natick Surprise

Sunday - November 3

Times and Routes: 10:00

AM for 25 and 36 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: These new routes are on streets usually not encountered on club rides. The medium ride heads south to Sherborn and Dover, while the long ride goes further east.

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

Start: Memorial Elementary School. 107 Eliot Street, Natick
Directions: From Rt 128 take Exit 21 Rt 16 West. Travel 5.5 miles on Rt. 16. The School is in South Natick (0.5 miles past the S. Natick traffic light) on your right.

Ride Information: 25 mile route (<http://ridewithgps.com/routes/1854801>)

Bagels and a Witch

Saturday - November 9

Times and Routes: 10:00 AM for 52, 44 or 20 miles

Ride Type: Cue Sheet, Arrowed

Description: Flat to rolling loops through the North Shore. All rides pass through Boxford, Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island including the paved bike lane on the Plum Island Causeway. Short ride lunch stop is in Topsfield. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels. Abraham's is in the same block where a 17th century woman named Elizabeth Morse lived who was convicted of witchcraft a dozen years before the Salem witch trials. Visit the plaque dedicated to her on the north side of the building. An optional stop is at Tendercrop Farm on the long and medium rides. Feel free to visit the farm store for coffee and fresh local products!

Leaders: Melinda Lyon (<mailto:melindalyon123@yahoo.com>, 508-641-3956)

Start: Masconomet High School. 20 Endicott Rd, Boxford, MA

Directions: Interstate 95 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right. Please drive past high school and park in lot at the far end of the school complex.

Note: There will be no arrowing done in the town of Boxford due to a recent request from the town selectmen. This involves the first 6 miles of the ride. Please download a cue sheet in advance or make sure to get a cue sheet at the ride start.

Cuesheets: [Short Ride](#)

Ride Information:

Long (<http://ridewithgps.com/routes/1790353>), Medium (<http://ridewithgps.com/routes/1772579>)

A River Runs Through It

Sunday - November 10

Times and Routes: 9:30 for 28, 49 or 64 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: We'll wind our way through beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet River plains. All rides pass through Concord, Sudbury, Wayland, and Lincoln; the 49-mile ride includes Stow and Hudson and a few hills. There is a scenic 64-mile option that adds Boxborough, Acton, and a few more hills.

Leaders: Steve Kolek (<mailto:stevescrwaddress@mac.com>, 781-999-4034), Jim Pearl (<mailto:curvest@yahoo.com>, 781-275-8603), Nadina Raudales (<mailto:nadinafreije@hotmail.com>)

Start: Crosby Market Parking

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.**

Lot (Near train station) , 211 Sudbury Road Concord, MA

Directions: Take Rt. 2 West.

Turn Right on Sudbury Road (4th light from Rte. 128) in Concord. Parking lot is about 3/4 mile on the right before the tracks.

Ride Information:

28 Miles (<http://ridewithgps.com/routes/3352090>),

49 Miles (<http://ridewithgps.com/routes/3352094>),

64 Miles (<http://ridewithgps.com/routes/3352095>)

Natick Surprise Saturday - November 16

Times and Routes: 10:00 AM for 25 and 36 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: These new routes are on streets usually not encountered on club rides. The medium ride heads south to Sherborn and Dover, while the long ride goes further east.

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

Start: Memorial Elementary School. 107 Eliot Street, Natick
Directions: From Rt 128 take Exit 21 Rt 16 West. Travel 5.5 miles on Rt. 16. The School is in South Natick (0.5 miles past the S. Natick traffic light) on your right.

Ride Information:

25 mile route (<http://ridewithgps.com/routes/1854801>)

Fall Foliage Bonanza Sunday - November 17

Times and Routes: 10:00 AM for 20, 33, 42 and 53 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: New England is at its best in the fall. This ride showcases foliage and apple orchards from Concord to Berlin. All routes go through Acton and Stow. The medium adds Bolton. The long ride goes to Berlin. Only the medium has a food stop along the route. Terrain is mostly rolling. The medium and long both climb Sugar Road and Long Hill in Bolton.

Links: 33 mile cuesheet (<http://www.crw.org/cuesheets/pdf/Fall-FoliageBonanza-33.pdf>), 42 mile cuesheet (<http://www.crw.org/cuesheets/pdf/FallFoliageBonanza-42.pdf>), 53 mile cuesheet (<http://www.crw.org/cuesheets/pdf/FallFoliageBonanza-53.pdf>)

Leaders: Ken Hallow (<mailto:khalow@khgraphics.com>, 781-257-5268 before 9PM No Sunday morning calls.)

Start: Concord Carlisle High School, 500 Walden St, Concord MA

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

Ride Information:

33 mile (<http://ridewithgps.com/routes/996575>),

42 mile (<http://ridewithgps.com/routes/995937>),

53 mile (<http://ridewithgps.com/routes/1504004>),

20 mile (<http://ridewithgps.com/routes/3434595>)

Twenty Fifth Annual Gryzboska Circle Ride (NWCCW) Revisited Saturday - November 23

Ride Type: Cue Sheet, Arrowed, GPS

Routes and Times: 10AM for 23 and 42 miles on rolling terrain.

Leader: Joe Repole (508-879-6340 Before 8 PM, joecentury@aol.com)

Description: The short (S) ride meanders north west from Framingham through Southborough, Marlborough and Ashland, The long (L) ride adds Berlin and Bolyton. Both rides are rolling. The long ride goes up Linden Street and Ball Hill Road and down Green Street. The lunch stop is in Southborough center for the

short ride and Berlin center for the long ride. Both of the rides are on residential and rural roads with few traffic lights. Points of interest include the Sterns and Sudbury reservoirs, Calahan State Park, horse farms, belted galaways, the Oregon Club and the Framingham Country Club.

Start: Gryboska Circle, 15 Gryzboska 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 even numbered side of the circle (outside of the circle). The commuter rail leaves South Station at 7:40 AM and arrives in Framingham at 8:30 AM. You are encouraged to ride your bike to the start.

RideWithGPS Links:

24 mile (<http://ridewithgps.com/routes/3464814>),

42 mile (<http://ridewithgps.com/routes/3467538>)

Needham, Dover and Beyond Sunday - November 24

Times and Routes: 10:30 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 (<mailto:johnodowd@comcast.net>, 978-760-4705)

Start: Cutler Park Reservation, 112 Kendrick Street, Needham

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

Note: Rain cancels

Cuesheets: [19 mile route](#)

Ride Information:

19 mile route (<http://ridewithgps.com/routes/2322657>),

28 mile route (<http://ridewithgps.com/routes/2318958>),

42 mile route (<http://ridewithgps.com/routes/2322799>)

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



Parking lot safety

by John Allen

Most CRW members arrive at the ride start in a car. Bicyclists, motorists, and pedestrians flow around the parking lot at the same time. On our century rides, which have a start time spanning a few hours (people arrive, sign in, and leave when ready), motorists enter the lot as cyclists leave. All this creates the potential for collisions.

There are several things we can do to keep the parking lot safe during ride starts:

- Arrive early. Latecomers can interfere with crowds gathered for the pre-ride talk and with departing bicyclists.
- Drive slowly, whether in your car or on your bike! (Did I have to say this?) Motor vehicles, bicyclists, and pedestrians travel in various directions in a parking lot. The traffic flow is far more complicated than on the road you just left.
- When setting up your bicycle, stay out of travel aisles.
- Follow the markings in the aisles when riding to the sign-up spot or to where the ride leader is making announcements. Avoid cutting between parked vehicles. It may be tempting to take shortcuts, but they can lead to a motorist or another bicyclist not

seeing you as you arrive from an unexpected direction.

- Ride in the middle of the aisles between rows of parked cars. This gives you more time to avoid a car that backs out, or someone who walks or rides out. Also, you'll be more visible.
- When exiting the parking lot, take the lane position appropriate for where you are going. For example, at the exit from the Bolton parking lot on Climb to the Clouds (a left turn), line up on the left side of the parking lot exit lane. A bicyclist making this turn from the right side of the driveway can force others out into the middle of the street after they have turned left.
- Ride leaders: Choose a location for your pre-ride talk that is near the exit from the parking lot, but that does not block motor traffic entering the lot. The best location will depend on the layout of the lot, and is a matter of judgment.

Have a safe parking lot experience and enjoy your ride! ☺

Donations of Bicycling History Materials

by Larry Finison, Cycling Historian

The recent death of Ralph Galen (1924-2013), one of the founders of the Charles River Wheelmen, reminds me of the importance of preservation of papers, letters, pictures, scrapbooks and other historical materials that will be vital resources for historians' decades from now. Luckily, UMass-Boston Archives is interested in helping to save our history.

Joanne Riley, University Archivist, wants bicycle history collections containing original documents relevant to Boston and vicinity. This will make our history secure, provide finding aids, and open papers to scholars from all over the world who will research our sport and recreation. Here are some notes from her:

"We would be delighted to establish a collection on Bicycling History here at UMass Boston to consist of primary resources related to early and more recent history of bicycling in and around the city. Such a collection would be a very appropriate expansion of our existing collections, which reflect the University's urban mission and strong support of community service and grassroots activities, notably in collections of records of urban planning, social action, alternative movements, community organizations and local history of Boston and neighboring communities."

"We have an active and ongoing digitization program, and digitize parts or all of collections as appropriate based on research relevance, condition of materials, available staffing and resources, and privacy and permissions restrictions."

More detail is available at: <http://blogs.umb.edu/archives/collections/donating-materials-to-special-collections/>

Boston area items of interest could include Charles River Wheelmen organizational materials and papers of its founders and those of other related organizations such as American Youth Hostels, Boston Area Bicycle Coalition, Mass-Bike, Boston Wheelmen, Cambridge Sports and Cycle Club, Middlesex County Wheelmen, Federated Cycle Clubs of New England, Massachusetts Division, League of American Wheelmen, Association for Bicycle Commuting, Committee for Safe Bicycling, "Pedal Against Pollution," local cycle clubs, or materials on the development of cycle lanes, paths, regulations, and relationships with other modes of transportation from the 1870s to the present. Initiate contact with UMass Archives by emailing library.archives@umb.edu If you have questions please contact me at lfinison@bu.edu ☺



by John Springfield

Wide Open Cycling

by John Springfield

In September 2013 I decided to complete my goal of bicycling in all 48 states. (Yes, I know we added two more states in 1959, but we only had 48 when I was a kid.) This required me to drive out west and bike three separate

patterns. As I approached a pass at 7000 feet, the scenery talked to me in a low whisper. Hot springs laughed out loud as I struggled to maintain 3 m.p.h. Elk turned their backs to keep from showing their “get a load of this one” smirks. But as I raced downhill to thicker air I was treated to a beautiful collage of mountains, rivers, and forest.

The next day I left Yellowstone heading north on US-287. This required another kind of effort. There were no services for 70 miles of the 120 mile day. I had to pack extra food and water. Luckily for me the route



loops: one in Yellowstone, one in Oregon near California and Nevada, and one at the famous Four Corners in the southwest.

The first day in Yellowstone tested my ability to bike uphill and simultaneously suck in thin air. For a guy used to the low altitudes of New England, I started noticing changes in my thought



was relatively flat. And, thanks to the weather patterns, I got a 30 m.p.h. tailwind. Now I entered my first “wide open space” of the trip. With a stiff tail wind, I hardly had to pedal for mile and miles. Distant mountain ranges to my right and left ushered me through a vast open range. Concentration was hopeless, so I let my mind enter a state of floating. Floating effortlessly through the vast landscape.

The second loop of the trip centered around the Oregon/California/Nevada border. Bicycling south from Oregon and into California was relatively easy. But connecting up with Nevada required going over a snow-covered mountain pass. So I loaded the bike into the car and drove over the pass. On the eastern side was a huge alkali deposit that extended for 10-15 mile to the Nevada line. The sun screamed through the enormous clouds, turning the huge valley into an array of color. I jumped on my bike and headed due east to Nevada, enjoying a smooth California road. After 10 miles, I arrived at the Nevada border. The smooth road turned into a dirt Nevada road! I biked up the dirt road a ways, and turned back to enjoy the smooth ride back. Then it happened again. I stopped the bike, looked over the valley, smelled the silence, and stood in awe. Remember this, I said. You will not be back here again.



For my last four states, I drove to the Four Corners where Arizona, Utah, Colorado, and New Mexico meet. I designed a 75-mile loop through the mesa that would connect all four states. Starting out early in the cold morning, I headed west from Teec Nos Pos, Arizona. After 20 miles, I headed north from Red Mesa on a back road. Gone was the traffic. The next town was 25 miles across the mesa. It was just me and the wide open spaces again.

Then I felt something squishy. I had a flat tire. I looked down. I looked around. It was just me, the flat tire, and the desert. I looked up for any circling buzzards. There were none. I tipped my

A Touring Life - Continued on pg. 7



bike on its side, removed the wheel. I found a small wire sticking into the tire. I looked up again. Still no buzzards. I tried to concentrate on the task at hand. A big red mesa was on my right, nothing but desert on my left. I replaced the tube, and gingerly pumped up the tire. It dawned on me that I did not have another spare tube. I looked up; still no buzzards. Slowly I set off on the bike again. I looked down at the rear tire. It seemed to be okay. I looked ahead at the red mesa land. Again, I entered a state of grace, where the circular pedaling synced up with rolling road. When I entered Montezuma Creek, the trance lifted and I realized I was in Utah.

Somehow I finished the ride, collecting the last of my 48 states. But the vision of wide open space remains.

Photos:

<http://www.crazyguyonabike.com/doc/Noodle2013>

<http://www.crazyguyonabike.com/doc/Jefferson2013>

<http://www.crazyguyonabike.com/doc/4corners2013> ☺

articles in WheelPeople. Please feel free to e-mail me with questions, jsallen@alum.mit.edu.

CHRIS BERG

Over the past 3 years, I have really benefited from the CRW rides. I've met a number of cyclists and enjoyed their company while riding on the weekends. This past half year I've helped out as the VP of Rides in organizing the rides. I like to become a board member so as to help the club in developing cycling in our community, the Greater Boston area.

I'm an avid cyclist. I commute daily to work, 30 miles round trip (my cutoff is 34 degrees or ice). I rode about 50 rides with CRW and cycled about 6,000 miles last year. I cycled as an undergrad and a grad student, primarily because I couldn't afford a car. But, once married and working, stopped cycling and, like so many others, have once again picked it up later in life. The triggering event for me was close to a workplace with showers and towels.

HELEN GREITZER

I have been a member of this wonderful cycling club for eight years. During that time I have cycled regularly with, and been a ride leader for, the Wednesday Wheelers, been a CRW century water stop volunteer for six years, coordinated the CRW holiday party for four years, and my fifth anniversary as Wednesday Wheeler Coordinator is fast approaching. I am a member of the CRW Century

and the Wednesday Wheeler Safety committees. I would like to continue to be able to contribute to CRW as a board member, with special interests in rider safety and in expanding our volunteer base.

KEN HABLOW

Past board member, vice president, president for 3 years, designed and run Climb To The Clouds for over 20 years, designed the current Fall Century over 15 years ago, chaired the 1998 LAB/CRW GEAR rally out of Babson College for 1,000 attendees.

FRANK HUBBARD

I have enjoyed being a member of CRW for the last 5 years and am grateful for the support given me by club members as returning cyclist. I have participated in planning and leading rides. I think that we have seen a variety of health problems recurring on rides over the last few years and I think that discussion of some health issues is an appropriate board concern which could profit from the input of a retired physician. I would be interested in serving on the board if this is the case.

STANLEY KAY

Over the four years of my membership, I have valued the opportunities that it has provided to me for a structured and safe environment for cycling, and to gain a fuller understanding of cycling and maintenance. I also value the warm and lasting friendships that I have made with other club members.

In recent times, I have started to look for opportunities where I may give back to the club for the benefits that I have received. To date, I have volunteered to support several of the club's century rides. I would now like to broaden my commitment by participating as a board member. In that regard, I think that my experience as a corporate lawyer could be helpful to the board's work since I frequently advise companies and non-profit organizations on governance and compliance issues. I would like to do the same for the club.

I would also like to help the board to find new opportunities to improve and expand its missions to its members. Of special interest to me is the need for more programs to promote safe cycling, and a greater awareness of cyclists' rights and responsibilities. I would like to help the club to develop ways to increase its participation in such programs.

All CRW members can vote for up to three candidates (family memberships can vote twice). You can vote online by going to this page:

<http://crw.org/election.htm>

You can vote any time from Tuesday, October 15 until Friday, November 15.

Votes after November 15 will not be counted. ☺



Century riders taking advantage of the 25 mile water stop.

Fall Century - Continued from page 1

In an effort to keep riders aware of riding responsibly and being courteous to motor vehicles, we instituted several measures which we will carry forward. We had 3 posters, strategically placed, to remind people to ride single file in traffic. We hired a police detail at the start to tell riders to obey the rules of the road as they left the parking lot.

While arrowing, we sensed a potential problem on the century route where the riders turn onto Rte 31 in Greenville, NH. The road was recently repaved and there was no white line. The shoulder is loose crushed stone, not exactly bicycle friendly. After discussion with the



A rider passing one of the strategically placed signs we made up to remind riders to obey the law and be courteous to riders.

Greenville NH police chief, we determined a detail would be a good thing. Wanting to see what we were doing, the chief himself took the detail. He placed his car with flashing lights just where we turned onto Rte 31. We sent him a sign to place behind the police car telling motorists there are bicycles on the road for the next 5 miles. He also reminded riders to ride single file as they entered the main road.

Hopefully our efforts paid off. We plan to continue this procedure on all three centuries next year as safety matters override all other considerations.

John Nilsson graciously drives a SAG vehicle for all three centuries. Here are two interesting comments from him:

The SAG claims a record - three flats within the first two miles.

Another record claim - newest bike serviced - He had picked up the new bike the previous evening - so it had less than two miles on it.

Typical comments from riders:

"I wanted to take a moment to thank you (and all the volunteers) for organizing such a great day. The route (we did the metric century) was fun and well marked, the snacks plentiful and tasty, the people supportive and friendly. I'll

be honest and admit that I have no idea what goes into organizing and pulling off rides like this (I'm a newcomer to cycling) but I appreciate every bit of work and energy and time that you and your crew put into it. Thank you!"

"Please pass my thanks on to the amazing CRW volunteers who worked so hard to make yesterday so terrific." ☺



Even though his ride was cut short this rider was smiling as he was placed into the ambulance.



This same fellow escaped from the hospital just to return to the start and see his fellow riders finish.

and those "amazing volunteers" are:

Fall Century Coordinator: Connie Farb

Century Committee: Eli Post, Connie Farb, Helen Greitzer, Jack Donohue, Susan Grieb, Ken Hablow, Richard Vignoni, Mark Sevier

Transportation and storage of CRW supplies: Bill Haynes

Arrowing: Ken Hablow, Jack Donohue, Frank Hubbard, Richard Vignoni

Web Site / registration: Jack Donohue

Logistics including all permits, cue sheets, posters, portajohns, police details: Ken Hablow

Food Procurement: John Allen, Barry Nelson, Connie Farb

Vehicle Sag: John Nilsson, Fred Kresse

Bike sweeps: Eric Ferioli, Ken Hablow, Richard Vignoni

Early morning check-in: Rosalie Blum, Mike Byrne, Rene Lowrance, James Park, Mark Sevier, Cindy Sragg

Water stops: AJ Gemperline, Helen Greitzer, Susan Grieb, Mike Hanauer, Betty Hoffman, Joan Laxson, Ron Marland, Dawn Michelle, Mel Prenovitz, Joanne Samuels, Adena Schutzberg, Ilkka Suvanto, Eli Post

Post ride refreshments: Eli Post, Claire Robinson, Steve Robinson, Mark Sevier, Connie Farb

After ride volunteer party organized and hosted by Susan Grieb & Jack Donohue.



by Jack Donohue

For those of you that remember the Monty Python show, the opening line was “And now for something completely different.” The Get Up’n Go ride series, led by Bob and Lee Evans, is just that. They strongly recommend a hybrid or mountain bike, not because it’s an off-road ride but because they find some funky ways to get from point A to point B that don’t always involve pavement.

It’s not a road ride in the sense of a fast peline, or a mountain bike ride where you clamber over rocks and boulders with an occasional faceplant. This is great for me since I have no technical skill, and my mountain bike on modest dirt stretches is well within my comfort zone. You’re mostly on roads, but if there’s a convenient or interesting way to deviate from macadam, Bob and Lee will find it.

My first ride with Bob and Lee started in Lexington. This in itself was completely different, since I rarely ride inside 128. I lived in Malden for many years and commuted downtown, so I figured I’d paid my dues, and now that

I live in the suburbs, that’s where I ride. The entire ride was inside 128, and though we would occasionally pop out to somewhere I recognized, for the most part I could have been in darkest Africa. The ride was billed as a pond ride, and true to its name, we encountered quite a few, including Horn Pond, and the Mystic Lakes, scene of many of my rides in years past.

The second ride was a Tuesday ride, which is supposed to be shorter/slower than the Monday or Thursday rides. Didn’t matter, since I wasn’t planning on breaking any land speed records.

It was clear from the start that this was not the usual CRW crowd. Instead of aero bars and watt meters there were kickstands and panniers. Cotton garments outnumbered lycra. Hardly any jerseys with multiple pockets were in evidence.

A very friendly group, I was the new kid on the block but had no trouble fitting in. This ride started in my neck of the woods, Foss Farm in Carlisle, so

I was able to ride to the start. I mostly knew the roads, but learned a few new tricks, and places I hadn’t noticed before. Since my eyes were not glued to the wheel in front of me, I was actually able to enjoy the scenery (still not a “smell the roses” kind of guy).

The GUNG ride has a unique niche.

They’re not for the dyed in the lycra roadie.

They’re not gnarly enough for the technical mountain biker. But if you want a diversion from your usual form of cycling

and just want to have fun on a bike, you should give this a try.

PS: Bob and Lee have been snowbirding in Arizona for some years, and have finally decided to move there (becoming sunbirders?). Susan and I have been their apprentices on some rides and may continue the series in some fashion next year. We can’t come close to filling their shoes, but with help we might manage a once or twice a week ride with the same flavor. ☺

It was clear from the start that this was not the usual CRW crowd. Instead of aero bars and watt meters there were kickstands and panniers. Cotton garments outnumbered lycra.

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

NewMembers

Christine Baker	Holliston
Mary Baker	Westford
Sally Bray	Wellesley
David Brother	Bedford
Wendy Catlin	Newton Center
Samuel Chamberlain	Somerville
Cathleen Clemens	Needham
Christopher Conkey	West Newton
Nancy Dumont	Boston
Tim & Laura Duncan	Belmont
Max Eringros	Arlington
Matty Evanosky, Blair MacDonald	Westford
Kathleen Gilroy	Cambridge
Jeanette & Jonathon Hauke	Lexington
Evan Hecker	Arlington
Christof Huebner	Watertown
Chip Lesburg	Waban
Sarojit Malik	Norfolk
Andrew Namiot	Ashland
Fiona ODonovan	Waltham
Michael Oliverio	Canton
Jeffrey Orlin	Newton
Stephen Page	Hopkinton
Christine & Michael Prevost	Buzzards Bay
Elizabeth Rectanus	Cambridge
Beth Ross	Stoughton
John Roy	Melrose
John Rutigliano	Southborough
Eli Schneider	Newton Center
Holly Shelton, Michael Lee	Cambridge
Keith Smith	Waltham
Alan Starr	Auburndale
Stephen Thomas	Newton
Cheryl Weiler	Bolton
Jeffrey Weller	Needham
Glenn Williamson	Hull
Patty Yoffe	Cambridge

September Mileage

226338

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Pamela Blalock	9034	9	7	5	Butch Pemstein	3019	3	2	-	Evan Hecker	811	2	-	-
Jack Donohue	8390	-	-	4	Walter Frank	3005	2	1	-	Ari Davidow	727	-	-	-
Mike Kerrigan	8093	7	5	3	Cynthia Snow	2950	2	-	-	Greg Tutunjian	578	-	-	-
Gardner Gray	7331	5	3	3	Rudge McKenney	2885	4	-	-	John Kane	559	-	-	-
Martin Estner	5848	1	-	-	Joseph Moore	2851	3	-	-	Carolyn Pacheco	371	-	-	-
Richard Taylor	5741	9	9	1	Dawn Michelle	2744	-	3	-	Leon Bablouzian	244	-	-	-
Don Fraser	5520	-	-	-	Glenn Williamson	2520	2	3	-	D Garrett	62	1	-	-
Irving Kurki	5506	6	4	-	Harry Wolf	2482	-	-	-	George Caplan	9	-	-	-
Marc Baskin	5503	9	5	-	Marc Cohen	2481	6	-	-					
David Cooper	5452	9	4	1	Bill Hanson	2357	-	-	-					
Douglas Cohen	5410	2	-	-	Bruce Larson	2294	3	2	-					
Cynthia Zabin	5280	-	-	-	Henry Marcy	2187	2	-	-					
Erik Husby	4578	1	-	-	Bernhard Paul	2088	4	1	-					
John Springfield	4418	-	8	1	Mark Druy	2038	3	2	-					
Steve Robins	4333	-	-	-	Steven Roberge	2032	1	1	-					
Eric Sansone	4242	6	-	1	Jean Orser	1950	4	3	-					
Clyde Kessel	4140	9	1	-	Darrell Katz	1775	-	-	-					
David Wean	4024	6	-	-	James Hill	1773	-	-	-					
Joel Bauman	3978	3	1	-	Mike Hanauer	1755	-	-	-					
Bob Wolf	3963	8	-	-	Gary Smiley	1723	1	-	-					
Ken Hablow	3833	6	-	-	Dave Stefanovic	1719	-	-	-					
Larry Delaney	3729	6	1	-	Arne Buck	1689	-	-	-					
Don Mitchell	3711	2	-	-	A J Gemperline	1499	2	-	-					
Andy Brand	3670	4	1	-	Ed Hoffer	1459	-	-	-					
Brett Serkez	3539	6	1	-	John Allen	1421	1	-	-					
Joe & Kathy Marino	3433	5	4	-	Jeffery Luxenberg	1331	-	-	-					
Alan Cantor	3365	6	5	-	Don Anderson	1315	3	2	-					
Fred Newton	3364	-	-	-	Scott Tyler	1205	1	-	-					
Joe Repole	3363	9	9	-	Nicholas Sheckman	1051	-	-	-					
Bruce Ingle	3319	1	-	-	Keith Smith	1048	-	-	-					
Jeff Dieffenbach	3220	8	3	-	Elaine Stansfield	1028	-	-	-					
Neal Schuster	3096	5	3	-	Marc Webb	989	-	-	-					
Carlo Innocenti	3029	3	-	-	John Pacheco	963	-	-	-					
Frank Aronson	3020	6	4	-	Susan Grieb	876	-	-	-					

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 781-257-5268. Please do not contact the insurance company.

BOARD OF DIRECTORS

Term Expires

Andy Brand	2014	617-247-9770
Mike Byrne	2014	508-788-7120
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

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Thursday Night Fun Ride	Wayne Douglas	508-245-5228
	Kieran Fennell	508-846-6988
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	Paul Hardin	978-866-3040
Sunday Fitness Rides	Andy Brand	617-247-9770
	Bill O'Hara	781-236-3126

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BikeShops

<http://www.crw.org/shops.php>

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 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

Centre Ski and Bike

1239 Washington Street, West Newton 617-332-0300

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

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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

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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

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