

WheelPeople

Newsletter of the Charles River Wheelmen



February Highlights

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On the roads of New England since 1966

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Bike Shop Nights 2014

by Eli Post

During the winter months when weather inhibits riding, we are offering evening events for our members in association with our affiliated bike shops. These are opportunities to learn about bike related subjects, all in a social setting. A J Gemperline is our new Bike Shop Coordinator and has been in contact with the shops who have agreed to participate this season. The events

scheduled in February are listed here, and we may have additional events in March and April. Sign up for the events that interest you, and do it early as space is limited. The signup is at <http://crw.org/events/bikeshopnights.php>

All events have a social hour from about 6 to 7 PM with the lecture/demo starting at about 7PM.

Bike Shop Nights - Continued on page 6

SafetyCorner



Situational Awareness

by Eli Post

'Situation awareness' is the study of the environment critical to decision-makers in complex, dynamic areas from military command and control, and emergency services such as firefighting and policing; to more ordinary but nevertheless complex tasks such as driving an automobile or bicycle. From Wikipedia.

aying sufficient attention to one's surroundings to identify and respond to potentially dangerous situations is especially critical where hazards exist or could arise without warning. Whether it's the scuba diver looking out for sharp rock edges, the skydiver aiming for cleared land, or the road cyclist making sure the path ahead is clear of road debris, certain tasks require close attention to one's surroundings. Cyclists cannot assume that others (motorists or other cyclists) are watching out for their safety.

Situational awareness is a mindset, and strategies can be learned that better prepare cyclists for situations where danger might lurk. Awareness of what is happening in your environment helps you understand how information, events, and your own actions will impact you. For example, you are riding on a country road that is free of traffic when you see cars parked ahead and hear cars approaching from behind. These cues should make you realize that you will have a

Safety Corner - Continued on page 4

BoardMinutes

January 7, 2014

Present: Eli Post, Mike Byrne, Bob Wolf, Helen Greitzer, Andy Brand, Chris Berg, Ken Hablow, John Allen, Frank Hubbard and Stanley Kaye. Also present was CRW member and volunteer Dave Cooper.

Reports:

Acceptance of Prior Board Meeting Minutes

Board of Directors: As a result of the recent election by club membership, and effective January 1st, John Allen and Ken Hablow began terms on the Board and Helen Greitzer, who was reelected, began a new term. The Board's first action was to appoint Chris Berg, Frank Hubbard and Stanley Kay to one-year terms on the Board to fill vacant spots from previously tendered resignations. The Board then reelected Eli Post to a second term as President and appointed Bob Wolf as Executive Vice President.

The Board made the following additional appointments: Ken Hablow will be VP of Rides and will chair the newly formed Rides Committee. Butch Pemstein was appointed VP of Legal Affairs. The Finance Committee shall include John Harmon, Jack Donohue, Bob Wolf and Eli Post.

President's Report (Eli): With the club's ride offerings becoming more complex and varied over the years, it is felt the VP of Rides with a committee approach will spread the workload more efficiently. The committee's first priority will be filling the rides calendar, while addressing the mix of rides and general ride considerations.

Treasurer's Report (Eli for Jack): As of mid-December, there was a balance of \$88,586 in the CRW accounts. The balance has been reduced since the last meeting, reflecting the payout of a majority of the grants approved in 2013. One 2013 grant has not yet been paid out, but is expected to be distributed in 2014.

Membership (Eli for Jack): There are 1778 current members. This is a slight decrease from the previous meeting. Membership generally picks up as weather improves in the Spring.

Old Business:

CRW Jersey/Clothing Promotion (Eli and Dave Cooper, with input from Barry Nelson): The basic jersey design was approved by the Board. Details are being worked out on other clothing items. Bids have been

received and bidders have been evaluated. Sugo has been selected to be the supplier. Dave is working with the supplier on fine tuning the designs to the supplier's requirements. Barry Nelson and Dave, with Eli and Mike helping with input, will work on the details. The intent is to have the products and pricing finalized for approval at the March Board meeting for subsequent promotion to the membership in April's Wheelpeople.

Estate of Ralph Galen: CRW was named as a beneficiary in the estate of Ralph Galen. Details are still unknown and forthcoming.

New Business:

2013 Year-End Financials (Bob and Eli with input from Jack): Preliminary results for the year ended December 31, 2013 were analyzed and discussed. Various ideas on reformatting the financial statements and their presentation were discussed, as were ideas relating to developing the 2014 Budget. Final 2013 Financial Statements will be made available to the Board members prior to the March Board meeting.

The next meeting will take place on March 4, 2014

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. ☺



NewMembers

Gregory Ascrizzi	Brighton
Margaret Coughlin	Charlestown
Claire McCarthy	Medfield



Sunday Rides continue through 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. 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.

Willett's Pond Wayfare

Sunday - February 2

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

Ride Information:

25 mile route (<http://ridewithgps.com/routes/1183640>), 45 mile route (<http://ridewithgps.com/routes/1183698>)

Wayside Inn from Weston

Sunday - February 9

Times and Routes: 10:30 AM for 23, 31 and 37 miles

Ride Type: Cue Sheet, GPS

Description: Don't let the cold weather hold you back from a delightful ride to the Wayside Inn from Weston. The short ride goes to the Fairbanks Center in Sudbury.

Leaders: Ken Hallow (<mailto:khalow@khgraphics.com>, 781-257-5268 before 9PM

No calls the morning of the ride)

Start: Weston Town Hall, just north of the Common on Boston Post Road. 46 Townhouse Road, Weston

Directions: Route 128 to Exit 26, Route 20 West to Weston. There is a Mobil Station at the exit, and you travel 1.2 miles west on Rt. 20 to the traffic light and make a right turn on School Street, and then an immediate left on to Boston Post road. We meet by the Weston Town Hall, just north of the Common on Boston Post Road. You can park on the road in front of the Town Hall.

Cuesheets: 23 & 30 mile

Ride Information: 23 Mile (<http://ridewithgps.com/routes/890038>), 31 Mile (<http://ridewithgps.com/routes/890023>), 37 Mile (<http://ridewithgps.com/routes/890046>)

Bruce's Birthday Ride

Sunday - February 16

Times and Routes: 10:30 for 20 or 35 miles

Ride Type: Cue Sheet

Description: The short ride is 20 miles and 1160 feet of climbing through Framingham, Sherborn, Holliston, Hopkinton, and Ashland. The long ride is 35 miles with 2010 of climbing and adds Millis and Medway. Post Ride party at Bruce's house.

Leaders: Bruce Ingle (<mailto:bruceingle@rcn.com>, 508-877-1045 before 8PM)

Start: Framingham Center Green. 32 Edgell Road, Framingham

Directions: From the east: take Rt. 9 west. Approximately 1 mile past junction of Rts. 9 and 126, bear right at the Staples/Walgreens plaza. Take a right at first traffic light onto Edgell Rd. The green is on your left. From the west: take Rt. 9 east. Approximately 2 miles past the Sheraton Tara Hotel, bear right at Framingham State College exit. Take a left at first traffic light onto Edgell Rd and cross over Rt. 9. The Green is on your left.

North into Chelmsford

Sunday - February 23

Times and Routes: 10:30 AM for 25 mile and 39 mile rides

Ride Type: Cue Sheet, Arrowed, GPS

Description: To boldly go where no man has gone before was the mission of the Starship Enterprise. This ride is not that ambitious but it does reach out to roads not previously used on club rides as it ventures north into Chelmsford and Billerica. Along the way it also includes familiar roads in Bedford and Carlisle, making for an unusual mix of the old and new, the rural and the suburban, and a few surprises. No major climbs but several short hills. Rest and food stops are noted on cue sheet.

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

Start: Bedford VA Hospital, 200 Springs Rd, Bedford

Directions: Directions: From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital / Middlesex Community College. Meet at first parking lot on right.

Cuesheets: [Route Map](#)

Ride Information:

39 mile route (<http://ridewithgps.com/routes/2405255>), 25 mile route (<http://ridewithgps.com/routes/2567876>)

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

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.**

Safety Corner - *Continued from page 1*

more limited corridor to ride and need to become more watchful of obstacles in the road that might cause you to alter your line of travel, now more difficult with cars passing on one side and cars parked on the other.

Some situations; however, require more preparation than simply a heightened sense awareness. A parked car can pull out without warning or, a car door might swing open in front of you, blocking your path. The larger challenge is to develop strategies to prepare for, and deal with, the unexpected.

Obviously, this article can't define the entire range of possible situations and/or provide all the answers. The key is to develop a sense of awareness that guides you in determining your actions. Over time, cyclists develop an experience base that tells them what is safe and gives them a heightened alertness of any aberrations from the expected that might represent a danger.

Although we do not recommend a state of hyper-vigilance, which can be exhausting, cyclists need to remain aware of their current situation and simultaneously prepare for what might be coming up. Situational awareness involves preemptively figuring out maneuvers to ensure safety in a variety of common cycling situations. Experienced riders are prepared for many possible hazards, and develop strategies to prevent being caught off guard and/or unprepared. Though that sounds complicated, it becomes second nature once one understands where dangers can exist.

Some specific examples illustrate how a cyclist's decision-making requires attention to the road ahead, and reading the signs and environmental clues that facilitate proactive decision-making:

- While riding in a group, you make sure you and your fellow riders are well off the roadway when you stop to regroup.
- As you cycle down the road to the left of another cyclist, you notice a pothole in the distance in the path of the other rider. You call out the hazard, check to see whether it is safe to

hazards like parked cars, potholes and curb extensions.

- Anticipate and look for signs of changes in the roadway, such as a right lane becoming a right-turn lane, a new lane entering from the right, a bike lane ending or traveling to the right of right-turning traffic.
- A rear-view mirror really helps you see what's coming up behind. Scan it frequently, especially when you anticipate having to make a lane change, as for an upcoming turn. Though you also must turn your head to check

when you are badly fatigued!

- Don't assume when a car pulls in a driveway you're in the clear. It may back up to reposition, get the mail, etc. and be prepared to take evasive maneuvers.
- When making a left turn, position yourself near the center of the roadway, or in a left-turn lane if there is one, well before the turn. Avoid jumping over at the last moment.
- Similarly, when you're approaching a line of parked cars and will need to move over, do it early to stay with the flow of traffic and to avoid the "door zone" where doors might swing open without warning.
- Finally, as we noted earlier, a parked car can pull out without warning or, a car door might swing open in front of you, blocking your path. Your only recourse would be to swerve out, possibly in front of overtaking traffic. Instead, plan ahead: check for traffic behind you and change lane position before reaching the potential hazard, controlling a travel lane if necessary.

The polar opposite of situational awareness is mindless cycling, which can be very dangerous for you and for everyone around you. Mindless cycling has many forms including obliviousness of the need to follow the rules of the road and being inattentive to potential hazards such as car doors, blind spots and being hidden from motorists. Becoming a mindful cyclist is an essential part of safe cycling and improves the odds that you will not be the cause, or the victim, of a mishap. ☺

SITUATIONAL AWARENESS INVOLVES PREEMPTIVELY FIGURING OUT MANEUVERS TO ENSURE SAFETY IN A VARIETY OF COMMON CYCLING SITUATIONS.

move left, signal, and then move to your left or drop back, giving the other cyclist room to avoid the pothole.

- Cyclists must assume that every oncoming car might turn left —perhaps without signaling. Have a plan in mind for turning behind the car, in front of the car, or braking, depending on the situation. Focus your attention on what is happening well up the road. Look ahead and prepare for what is coming, not just for where you are now. Run all possible scenarios through your mind and make sure you have an exit strategy because you can't be sure what others will do.
- Continuously watch out for roadway

your blind spot — especially, for other bicyclists — a mirror can help you determine when it is not safe to change lane positions. Use hand signals to give others behind you (cyclists and motorists) adequate warning that you are going to changing lane positions.

- A cyclist unintentionally bumps you from behind. Do not stop but keep moving to give the other rider space to stop safely (or fall, which is usually the result of touching wheels).
- Fatigue undermines our ability to maintain situational awareness. We begin to lose focus and slowly lose our ability to deal with the complexities of the environment just when we are the most vulnerable. Don't cycle



by John Springfield

December at the South Natick Dam

by John Springfield

December is a terrible month. Snow, extreme cold, and ice. All of this keeps me off my bicycle, stuck inside, hoping for a warm spell. You see, I need to complete 89 miles to complete my goal of bicycling 5000 miles in 2013.

I doubt if I'll ever bike this many miles again. Go away ice. Please, please, just give me a few days where I can see the pavement. No more ice...



And then it happened. The temperature shot up to the 40's, even 50's. But I was out of shape. No way could I do the 89 miles in one day. But the weather held, and on December 21 (the shortest day of the year), I only had to bike 28 more miles. Where to go? How about Dover, then to the South Natick Dam? Yes, that's it, the South Natick Dam.

Soon I was enjoying a cup of coffee, looking at the water slowing running over the dam. My thoughts took me back 40 years to one of my first Charles River Wheelmen rides. The dam hasn't changed much, still lazily holding back the river. But today the river has a film of ice on top. And no ducks. Where are the ducks? They are always here.

Now 40 years ago, different water spilled over the dam. But to me, it was the same water. Then, I thought, maybe it is the same water... Maybe the water that travels downstream evaporates, ascends to the clouds, moves upstream, and then falls from the rain clouds. Yes, that's it. The dam is a perpetual water machine, located as such to bring pleasure to all that linger. A place of rejuvenation, a place to re-joy, a treasure to cleanse the soul...

I rode home, clocking in at 5002 miles for the year. Maybe December isn't so bad after all. ☺



SVHV (Southern Vermont & Hudson Valley) Tour

July 2-6, 2014

This tour explores areas farther west than most New England riders are familiar with, including the upper Hudson Valley. We stay in Brattleboro, VT, Tuesday night, and then ride to the most excellent Echo Lake Inn, NW of Ludlow. Thursday we cross the Green Mountains on our way to lunch in Poultney, then enter NY on lightly rolling roads in farming country. We spend two nights at the classic Queensbury Hotel in surprising Glens Falls, with many restaurants nearby. Day rides on the 4th head south to Saratoga Springs, or north to remote sections of the Hudson - all roads well paved. Saturday we ride south next to the Hudson, then turn east and return to Vermont on quiet roads, staying at the wonderful Paradise in Bennington. Sunday morning we climb the Green Mountains, but later have a fun 19-mile downhill almost back to the start. Post-tour showers and lunch available before heading home, after a short (~50 M) day.

Average daily mileage is about 65, with longer/hillier options usually available - see route here: <http://ridewithgps.com/routes/3672399> The \$590 tour fee includes five nights lodging (double oc-

cupancy), two breakfasts, four lunches, one Inn dinner, two happy hours, quality cue sheets and maps - including GPS, and sag support. Maximum of 19 riders. This is a Rogue Riders Bike Club trip. Contact for full flyer or to register - Leader: Charles Hansen (velotrain@yahoo.com)

N.B. My contract at one lodging requires a go/no-go decision by April 3; register early!

Bicycle Seattle & Around: Tour of Lakes & Islands

July 5-13, 2014

This bicycle trip thoroughly explores the best that the Pacific Northwest have to offer around Seattle, Lake Washington, Puget Sound islands, San Juan island, & Vancouver Island. We will have a base camp in downtown Seattle. Daily rides will include moderate & advanced options. \$1,950 includes lodging, breakfast, dinner, and local transport. Airfare estimate \$500, bicycle (transport or rental) estimated \$200, & group picnic lunches not included. Leader Dick Cable, r.cable@sbcglobal.net, 860-673-1940; co-leader Rami Haddad, mdxix@me.com, 425-922-0454.

For more information: <http://activities.outdoors.org/search/index.cfm/action/details/id/73061>

This is an Appalachian Mountain Club trip. ☺

Bike Shop Nights - *Cont. from pg. 1*

**GPS Bike Computer,
Thursday February 13, 2014
Wheelworks, Belmont** www.wheelworks.com

If you are interested in acquiring a GPS bike computer, this is an opportunity to learn about Garmin GPS instruments that provide navigation and performance monitoring.

**Electronic Shifting,
Thursday February 20, 2014
Cycle Loft, Burlington** www.cycleloft.com

Learn about electronic shifting, and how it affects shift performance, and other new components.

**Indoor Training, Thursday
February 27, 2014 Landry's**

Natick, www.landrys.com

Three trainers in Natick with three different courses for folks to compete on will be set up all week for anyone to come in and try their best times at any time in the day, with prizes for the winners in certain categories. The evening event on 2/27 will offer more direct one-on-one challenges on the courses.

These events will be a chance to learn/train, meet some other riders, and more importantly have some fun. We will serve pizza and beverages, and try to make this learning in a party atmosphere. Feel free to email AJ (ajgemperline@gmail.com) if you have questions or need additional information. ☺



This list honors those cyclists who have reported their outdoor road or trail mileage to the CRW member monthly mileage database each month. To qualify, you must have sent in your mileage for at least five years. The other rule is that you must submit your year end mileage in December. Just get in the habit of recording

mileages on the web site each month: <http://crw.org/mileage/mileage.htm> For more information on the rules see: <http://www.crw.org/mileage/MileageInfo.htm>

Welcome new members to the club this year: Bob Cohen, Bob Wolf, William O'Hara, and Michael Filosa.

Name	Yrs	Average	Total	Name	Yrs	Average	Total
Melinda Lyon	29	15,328	444511	Bill Widnall	16	3,109	49747
Jack Donohue	32	10,049	321553	Cynthia Zabin	14	3,357	46996
Pamela Blalock	20	10,696	213913	Don Mitchell	9	5,003	45029
Mike Kerrigan	20	8,513	170257	Cynthia Snow	14	3,164	44299
Dave Jordan	24	6,963	167110	Joseph Moore	9	4,782	43041
Bruce Ingle	19	8,654	164434	Susan Grieb	28	1,506	42178
Paul Corriveau	23	6,679	153623	Gary Smiley	12	3,364	40364
Joe Repole	28	4,914	137582	Frank Aronson	9	4,385	39466
Ken Hablow	23	5,951	136863	Lisa Weissmann	11	3,564	39207
Peter Knox	22	5,790	127375	Bob Cohen	5	7,620	38099
Irving Kurki	19	6,608	125554	Bob Wolf	5	7,338	36688
Peter Brooks	22	5,335	117365	Erik Husby	7	5,137	35959
Jean Orser	19	5,290	100504	George Caplan	32	1,105	35359
David Wean	17	5,463	92866	George Ulrich	8	3,926	31406
Ed Hoffer	24	3,701	88820	Henry Marcy	10	3,134	31338
Steve Robins	11	7,853	86386	Darrell Katz	9	3,417	30756
Mike Hanauer	32	2,538	81217	Dave Stefanovic	7	4,297	30078
Jim Krantz	10	7,732	77319	Brett Serkez	6	4,581	27485
Doug Cohen	19	4,035	76665	Carlo Innocenti	6	4,536	27217
Butch Pemstein	12	5,514	66162	William O'Hara	5	4,995	24977
Glen Reed	10	6,585	65846	Rudge McKenney	9	2,593	23336
Marc Baskin	14	4,622	64712	Marc Webb	11	2,069	22760
John Allen	26	2,466	64114	Harry Wolf	11	2,005	22055
Gabor Demjen	17	3,615	61447	Elaine Stansfield	13	1,380	17946
Richard Taylor	10	6,104	61039	Ed Foster	6	2,718	16305
John Kane	34	1,788	60781	Greg Tutunjian	13	1,197	15556
Jeff Luxenberg	33	1,801	59445	John Loring	20	763	15267
John Springfield	34	1,701	57848	Michael Filosa	5	1,706	8532
Bill Hanson	17	2,935	49903				



by Jack Donohue

It was with a heavy heart that I finally got rid of my old Romic.

The Romic and I go back a long way. I bought the frame from Bike Nashbar in the early 80's. It was my first real "racing" frame, Reynolds 531, a serious frame back then. Before that I had mainly garden variety "10 speeds" (that's right, ten total). It was the bike I did a spectacular FDGB on Smuggler's Notch (two actually) many years ago. It was my main bike for many years until I discovered aluminum, when it was replaced by a Cannondale, and then another, which I've been riding ever since.

The years have not been kind to it. Being a steel frame, it's pretty much covered in rust and the seatpost had long ago frozen in place, so if you didn't like the saddle height, tough luck.

In recent years it filled a rather specialized niche in the stable. It was the only bike fitted with regular pedals and toe clips, so when I just wanted to go into town and wear real shoes, it was the bike of choice. Now, I know you're

thinking it's not all that hard to change pedals, but when you've got a number of bikes in double digits, you can dedicate one to this.

I took it out of the bike stand recently and it had two flat tires. I took this as perhaps a sign from God that its days were numbered. I pumped them up and decided that if the tires both became flat again, that it was history. It got a temporary reprieve when only one of the tires remained flat.

The years have not been kind to the Romic. Being a steel frame, it's pretty much covered in rust and the seatpost had long ago frozen in place

So, I agonized some more over whether it should stay or go. The gears really didn't work very well, a seven speed setup I'd cobbled together from some parts I had laying around, the indexing really didn't index much. The headset was developing rigor mortis. None of these things by themselves would have sounded the death knell for the bike, but the combination was enough to seal its fate.

But even though the bike was history, it could still be an organ donor, or at least parts donor. First thing I did

was take off my John Tobin original aero bars (long story, but they were my first and most comfortable bars). I figured I'd keep the wheels. Rear wheel was my last remaining freewheel, not cassette, wheel, and wasn't in great shape anyway, so it went. The handlebar was possibly useful, so I decided to take that off. This required the application of a hammer and a hack saw, but finally got it off. Downtube index shifters, bit of an

odddity but you never know when they might come in handy, they went into the parts bin.

Having picked the carcass clean, now it was time to actually get rid of it. In the old days, you could drag just about anything out to the curb and by magic it would disappear. Now we have more sophisticated trash removal, so I was unclear if they would take it. I did a trial run with the rear wheel, and sure enough, it disappeared, so flush with success, I put out the frame next week. The trash men came and went, but the frame stayed. So I read the fine print about trash collection, and it appears you have

to make an appointment to have one "bulky item" per week removed, "bulky item" being defined as anything too large to fit in the automated trash bins. But the frame, devoid of wheels isn't that much bigger than the container. Maybe it's time to get the hacksaw out again ... ☺

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

December Mileage

364491

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	13514	-	-	-	William O'Hara	6050	7	2	-	Don Mitchell	4513	2	-	-	Jim Krantz	1922	-	-	-
Jack Donohue	10915	-	-	5	Steve Robins	5984	-	-	-	Fred Newton	4381	-	-	-	John Allen	1890	1	-	-
Mike Kerrigan	10111	9	5	4	Erik Husby	5832	1	-	-	Butch Pemstein	4309	4	2	-	Keith Smith	1778	-	-	-
Pamela Blalock	9034	9	7	5	Bernie Flynn	5608	8	2	-	Andy Brand	4290	5	1	-	A J Gemperline	1652	2	-	-
Gardner Gray	8563	7	4	3	Bob Wolf	5537	11	-	-	Joe & Kathy Marino	4240	6	4	-	Peter Tzanetos	1558	3	-	-
Chris Roberts	8165	10	5	-	Bruce Ingle	5408	4	-	-	George Ulrich	3900	-	-	-	Jeffery Luxenberg	1530	-	-	-
Martin Estner	7675	1	-	-	Ken Hablow	5177	9	-	-	Jeffrey Orlin	3843	-	-	-	Ed Foster	1495	1	-	-
Bob Cohen	7477	-	6	1	Darren Garnier	5040	9	5	-	Matthew Burke	3841	7	5	-	Don Anderson	1491	3	2	-
Richard Taylor	7244	12	12	1	John Springfield	5002	-	10	1	Joseph Moore	3802	4	-	-	John Pacheco	1367	-	-	-
Irving Kurki	7107	7	5	-	Clyde Kessel	4934	11	1	-	Alan Cantor	3777	6	6	-	Elaine Stansfield	1364	-	-	-
Don Fraser	7026	-	-	-	David Wean	4830	7	-	-	Ed Pastor	3704	2	1	-	Marc Webb	1274	-	-	-
Cynthia Zabin	6988	-	-	-	Tim Mathews	4721	9	3	-	Brett Serkez	3693	6	1	-	Scott Tyler	1257	1	-	-
Marc Baskin	6745	12	5	-	Joel Bauman	4678	4	1	-	Neal Schuster	3585	6	3	-	Ari Davidow	1136	-	-	-
David Cooper	6568	12	4	1	Larry Delaney	4585	7	1	-	Walter Frank	3583	3	1	-	Michael Filosa	1071	2	1	-
Douglas Cohen	6509	2	-	-	Eric Sansone	4583	7	-	1	Cynthia Snow	3529	2	-	-	Pete Knox	1005	-	-	-
Dave Jordan	6348	-	-	-	Joe Repole	4528	12	12	-	Jeff Dieffenbach	3476	8	3	-	Susan Grieb	947	-	-	-
										Harry Wolf	3439	-	-	-	John Kane	752	-	-	-
										Rudge McKenney	3427	5	-	-	Bill Widnall	723	2	-	-
										Paul Corriveau	3365	7	3	-	Greg Tutunjian	712	-	-	-
										Bill Hanson	3346	-	-	-	Carolyn Pacheco	466	-	-	-
										Carlo Innocenti	3234	3	-	-	John Loring	338	-	-	-
										Peter Brooks	3005	6	-	-	George Caplan	32	-	-	-
										Henry Marcy	3000	2	-	-	Ken Hjulstrom	14	-	-	-
										Bruce Larson	2945	5	2	-					
										Dawn Michelle	2861	-	3	-					
										Daniel Sheehan	2812	-	-	-					
										Lisa Weissmann	2780	2	1	-					
										Dave Stefanovic	2638	-	-	-					
										Jean Orser	2520	5	3	-					
										Mark Druy	2507	3	2	-					
										Bernhard Paul	2474	4	1	-					
										Glen Reed	2406	-	-	-					
										Darrell Katz	2309	-	-	-					
										Arne Buck	2226	-	-	-					
										Gary Smiley	2224	1	-	-					
										Adam Auster	2195	1	-	-					
										James Hill	2063	-	-	-					
										Gabor Demjen	2039	3	-	-					
										Ed Hoffer	1982	-	-	-					
										Mike Hanauer	1968	-	-	-					



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



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.

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Ken Hablow	2016	781-257-5268	
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	Susan Grieb	781-879-9523	
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	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	OPEN		
Thursday Night Fun Ride	Wayne Douglas	508-245-5228	
	Kieran Fennell	508-846-6988	
Friday Rides	Alan Cooney	617-293-2244	
	Ed Glick	978-250-1883	
	Paul Hardin	978-866-3040	
Sunday Fitness Rides	Andy Brand	617-247-9770	
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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

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 Trnkp (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

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103 Atlantic Ave, Boston 617-670-0637



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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