

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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Basic Bike Repair and Maintenance

- Learn from the Experts

During the winter months, we are reinstating the bike shop nights program that was enthusiastically received last year. This season the program will emphasize the elements of bike maintenance and bike

mechanics we all need to know. We hope that members will take this opportunity to see some new gear and learn how to get their bikes in shape for the spring. It's also a good time to get your questions answered. As an added incentive to join us, we will provide food and beverages before the presentation.

Several events are planned and will be announced in WheelPeople as they are scheduled. There is no charge but we request that you register for each event so that

we can anticipate the number of attendees.

The first bike shop night will be at Ride Studio Cafe in Lexington on February 12th from 7 to 9PM. The store closes at 7 but come anytime after 6:30. Ride Studio Cafe is located on Massachusetts Avenue in the center of Lexington. Parking at the municipal lot is free in the evenings. (<http://goo.gl/Pxz9Mg>)

To register for this event go to:

<http://crw.org/events/bikeshopnights.php>

CRW Has a New President

At its January meeting the Board of Directors voted unanimously for Bernie Flynn to become the new president. Bernie is well prepared for the task. He has participated on other non-profit



boards and committees and continues to run a successful business. He has been a member of CRW for many years and has participated in many club events. More recently Bernie assumed the position of VP for Financial Affairs where he demonstrated expertise in financial management and providing the Board with reports, which as one board member said "raises the bar" in our budget discussions. After being elected, Bernie opened a discussion of budget and marketing considerations that should be considered in revisiting the club's vision and planning for its future as the premier bike club in New England. He also stated he would work closely with other Board members going forward and will be in touch with the membership next issue. We all wish Bernie well.



Board Meeting Minutes

Special Meeting - December 2, 2014

Present: Eli Post, Mike Byrne, Bob Wolf, Andy Brand, Ken Hallow, John Allen, Stan Kay and Helen Greitzer. Also present was Butch Pemstein, CRW Vice President of Legal Affairs and Bernie Flynn, CRW Vice President of Finance.

Reports:

Election (Eli): There were 226 votes received in the election of Directors to fill vacancies and expiring directorships on the CRW Board of Directors. Connie Farb, Bernie Flynn and Mike Byrne were elected to three year terms starting January 1, 2015. Eli polled the 2015 Board and expects them to fill two remaining one year terms starting January 1, 2015 with Stan Kay and Erik Sobel.

VP of Finance Report (Bernie): Bernie gave an update on the progress made in migrating to Quick Books and revision of certain bookkeeping and financial reporting procedures. Bernie passed out current Balance Sheet, Profit and Loss and Century Contribution schedules from Quick Books, which were discussed. Cash and equivalents total \$127,729 as of December 2, 2014.

Old Business:

CRW Grants (All): The Board discussed a number of issues relating to the progress to date and proposed revisions to the structure and function of the Grants Committee and procedures related to grants. It was generally agreed that the

Committee would be ongoing, would after a 2/3 vote seek authority from the full Board for any grant, and that non-Board members would not serve on the Committee (except for Andy who will continue to serve) but can be invited to appear before the Committee to support and/or discuss a particular grant under review. Ken will revise the Grants Committee draft for further presentation to the Board.

The next regular Board Meeting will take place on Tuesday, January 6, 2015.

Respectfully submitted,
Mike Byrne
Clerk

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: Follow the Leader

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. ☺



More New Year's Day ride photos

Photo by John Springfield

New Members

Ken Ansin	Lexington
Gayle Filomia	Jamaica Plain
Barry Lamkin	Norwell
John OToole	Westwood
Donald Ostertag	Belmont



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.

A Winter Ride From Concord Sunday – February 1

Times and Routes: 10:30 for 28 and 38 miles

Ride Type: Cue Sheet, Follow the Leader, GPS

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

Leaders: Ken Hablow

(<mailto:khablow@khgraphics.com>, 781-257-5268 before 9PM

No calls the morning of the ride)

Start: Old North Bridge

Parking lot, 362 Monument Street, Concord MA
Directions: Route 2 to Rt 126 (Walden Street) to Concord Center, right on Main Street, left around monument and right onto Monument Street. The North Bridge Parking Area is 1/2 mile ahead on the right.

Cuesheets: 28 mile

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

Weston Loop Sunday – February 8

Times and Routes: 10:30 for 25 and 45 miles

Ride Type: Cue Sheet, GPS

Description: Ride country roads of Weston, Lincoln, and Sudbury. The ride crosses the

Sudbury River, and there is a delightful stretch along the Cambridge Reservoir. The 45 mile ride extends further into Wayland, Weston and Sudbury.

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

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

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: 25 mile route

Ride Information: 45 mile route (<http://ridewithgps.com/routes/844071>), 25 mile route (<http://ridewithgps.com/routes/1023238>)

(<http://ridewithgps.com/routes/844071>), 25 mile route (<http://ridewithgps.com/routes/1023238>)

Neither a Valentine nor President Be Sunday – February 15

Times and Routes: TBD at 10:30

Ride Type: Follow the Leader, GPS

Description: The ride starts in Lincoln. But the date is one of the most unpredictable weather times of the year. If the weather is in the 30's or 40's we will do ~45 miles and get to Bolton. If colder, we will go shorter and only get to Stow. If spring has sprung, we may do over 50 miles and get to Lancaster. Check the CRW website within a week of the date for a more definitive ride description.

The ride leader will take out a social group at about 14 mph for those who would like to join me.

Leaders: Bob Wolf

(<mailto:robertgwolf@gmail.com>)

Start: 52 Birchwood Lane, Lincoln, MA 01773

Directions: From the intersection of MA-117 and MA-126, head south on 126, turn right on Farrar Rd, right on Oxbow Rd, right on Kettlehole Dr, then left on Birchwood Ln which you follow to #52 (use signs for exact location). Park on the right side of Birchwood as you head in.

Bruce's Birthday Ride

Sunday – February 22

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.

Ride Information: 35 mile ride (<http://ridewithgps.com/routes/1994485>)

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.

— Helmets required on all CRW rides.

Please be sure to check the [website](#) for last minute changes including weather related cancellations.



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: Clyde Kessel, Andrew Brand, and the tandem team of Joe & Kathy Marino.

It's interesting to note that Pamela Blalock, despite two severe bike accidents this year, still increased her average miles/year from 10,696 last year to 10,735. Way to go, Pamela.

Name	Yrs	Average	Total
Melinda Lyon	30	15,285	458559
Jack Donohue	33	10,059	331934
Pamela Blalock	21	10,735	225434
Mike Kerrigan	21	8,591	180403
Bruce Ingle	20	8,684	173681
Dave Jordan	25	6,916	172908
Paul Corriveau	24	6,544	157049
Ken Hablow	24	5,966	143183
Joe Repole	29	4,920	142683
Irving Kurki	20	6,615	132305
Peter Knox	23	5,633	129559
Peter Brooks	23	5,179	119114
Jean Orser	20	5,169	103384
David Wean	18	5,398	97171
Steve Robins	12	7,912	94938
Ed Hoffer	25	3,631	90767
Doug Cohen	20	4,163	83251
Mike Hanauer	33	2,508	82758
Jim Krantz	11	7,323	80551
Butch Pemstein	13	5,494	71424
Marc Baskin	15	4,667	70012

Name	Yrs	Average	Total
Glen Reed	11	6,336	69698
Richard Taylor	11	6,295	69246
John Allen	27	2,440	65878
John Springfield	35	1,819	63678
Gabor Demjen	18	3,509	63163
Jeff Luxenberg	34	1,815	61696
John Kane	35	1,757	61493
Cynthia Zabin	15	3,566	53497
Bill Hanson	18	2,948	53060
Bill Widnall	17	2,958	50293
Don Mitchell	10	4,900	48999
Cynthia Snow	15	3,142	47133
Joseph Tavilla	11	4,203	46237
Joseph Moore	10	4,539	45385
Bob Cohen	6	7,354	44125
Bob Wolf	6	7,268	43607
Susan Grieb	29	1,472	42692
Frank Aronson	10	4,267	42674
Gary Smiley	13	3,243	42157
Lisa Weissmann	12	3,494	41932
Erik Husby	8	5,179	41431

Name	Yrs	Average	Total
George Caplan	33	1,081	35680
George Ulrich	9	3,959	35627
Henry Marcy	11	3,144	34582
Dave Stefanovic	8	4,302	34412
Carlo Innocenti	7	4,715	33003
Darrell Katz	10	3,295	32945
William O'Hara	6	4,956	29733
Clyde Kessel	5	5,800	29000
Rudge McKenney	10	2,644	26444
Harry Wolf	12	2,152	25823
Andrew Brand	5	4,968	24842
Marc Webb	12	2,040	24480
Joe & Kathy Marino	5	4,155	20774
Elaine Stansfield	14	1,367	19144
Greg Tutunjian	14	1,151	16110
John Loring	21	745	15639
Adam Auster	6	2,601	15607
Michael Filosa	6	1,593	9559
Jacob Allen	20	172	3438

Why Do You Ride?

by Darrell Katz

One day I was at Wheelworks in Belmont, chatting with an employee, whose name, sadly, I have forgotten, and who if he is still there, I don't recognize.

"Did you know", he asked me, "that Albert Einstein said that the three greatest inventions of the modern world were the three masted sailing ship, the refrigerator and the bicycle?"

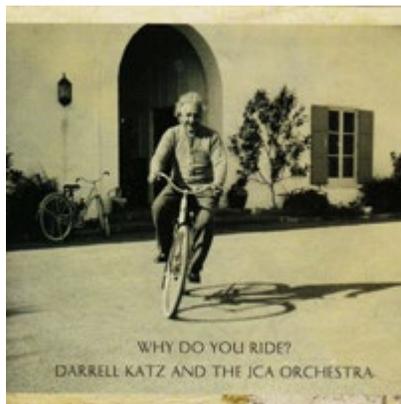
I did not. He elaborated, pointing out that those ships could easily go between continents and made the world smaller, that food could be preserved by the refrigerator, and that the bicycle was an absolute marvel of efficiency.

I am a composer, and write for a 20

piece ensemble that I've been working with since 1985, the Jazz Composers Alliance Orchestra, and thought: I'd love to put that quote into a piece of music, and have our singer bring it into the world in song.

Wanting to make sure that I got the quote correct, I went to Google to locate this statement and I could find no evidence that Albert Einstein said this. Or that anyone else had, for that matter.

In my search, I went to any number of web sites that contained quotes of things that Einstein DID say (or, as I was later to learn, allegedly said). And I became a fan.



He had many wonderful things to say about life, love, knowledge, education, war, peace, and music, and even bicycling.

The idea of a much more involved piece of music began to take shape; I'd create a work that featured many things that Albert Einstein said.

I sifted through hundreds of quotations, selected those that most appealed to me, and that seemed workable, and set out composing. Over the next two years (approximately) I'd complete sections, and the group would play them in our concerts.

Finally, I was done: I'd written an 8 (or 10, depending on how you look at it) movement piece that is about 45 minutes of music, containing extensive written and improvised sections. We haven't ever really defined the form, but it could be thought of as being any of the following: a suite, an oratorio, a song-cycle, or an improvisational cantata. Though

most of the text I'd set (lyrics) was Einstein's (allegedly) I'd written some myself, to explain what was going. The piece, called **WHEELWORKS**, after all, was founded on a false premise. Once it was completed, we played the whole thing in concert, and a year later, went into a studio and recorded it. It features great Boston jazz musicians, including Rebecca Shrimpton, voice; Phil Scarff and Jim Hobbs, saxophones, and Bill Lowe on tuba. The resulting album was released by Leo Records (an English label) on Oct. 10, 2014. The cover art is the well-known, iconic photo of Einstein happily riding a bicycle. The following is from the 6th movement:

The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead:

his eyes are closed.

Albert Einstein

He also said the following, and it is included in the music.

Life is like riding a bicycle. To keep your balance you must keep moving.

Albert Einstein

There are two more parts to this story.

One is that while searching for things that Einstein said about bicycles I came across a great story about a Zen master and his five bicycle riding students. Each of whom gave him their answer as to why they ride their bicycles. As I'm quite into the idea of putting prose into music, this became an additional composition, **WHY DO YOU RIDE?** which is also the title of the album. It's about the intellec-

tual, spiritual and practical reasons why these students rode (*see sidebar on the next page*).

The other thing that happened was: I wanted to be sure that using the Einstein material was okay. Virtually all of his intellectual property, it turns out, is under the domain of the Albert Einstein Institute, at Hebrew University in Jerusalem (I had secured the rights to use the photo for cover art elsewhere). I sent them the text and sought approval/permission.

They wrote back and told me that many of my quotations were incorrect: misquoted, poorly translated, not verified, and some instances outright fabrications.

Early on in the piece, the lyric was, before leading to many of these quotations:

"He didn't say it,

He didn't say it,

He didn't say it, however, he said all of the following things:"

We went back to the studio and my vocalist overdubbed that last line to "most of these were apocryphal too"(and my liner notes include a definition).

It was an odd thing. One of the quotes I first decided to use was one of more famous:

"I know not with what weapons world war III will be fought, but world war IV will be fought with sticks and stones". which with me, ends up being about six minutes of music.

The CORRECT thing that Einstein said, was:

"I do not know with what weapons world war III will be fought, but world

Why Do You Ride? - Continued. on page. 6

Why Do You Ride? - *Continued from page 5 war IV will be fought with rocks.*"

So, I wasn't that far off, but they did not want me saying that Einstein had said what I had used.

I wasn't about to re-record the whole album: the one line was my limit. My recording is not done in someone's bedroom. It required a high quality studio, with room for 20 performers (not the case in most recording studios) to play live in the studio, and me hiring 19 high quality musicians, and countless hours of mixing and editing: no way did I have

the energy, the desire or the money to do it again.

So, I changed the concept from things Albert Einstein said to things that Albert Einstein did and didn't say.

You can pick up a copy, by the way, at Wheelworks in Belmont.

<http://www.leorecords.com>
<http://jazzcomposersalliance.org>
<http://darrellkatz.com> ☺

Why Do You Ride?

Darrell Katz
(from a Zen story, author unknown)

A Zen teacher saw five of his students, returning from market on their bicycles.
When they arrived at the monastery the teacher asked his students, "why do you ride?
Why do you ride?"

The first student said
"The bicycle is carrying the sack of potatoes
I'm glad to get them off my back"
The teacher praised him:
"You are a smart boy
when you grow old
you will not walk hunched over
like I do."

The second student replied:
"I love to watch the trees and fields
pass by as I roll down the path!"
The teacher commended him:
"your eyes are open and you see
the world".

The third student replied "when I ride
my bicycle, I am content to chant
nam myoho renge kyo."

The teacher gave praise to his student: "your mind
will roll with the ease of a newly
trued wheel."

The fourth student replied to the question, "When I
ride my bicycle I live in
harmony with all
sentient beings. That's why I ride."
The teacher was pleased, and said to
him, "You are
riding on the golden path of non
harming."

The fifth student replied "I ride my
bicycle to ride my
bicycle. I ride my bicycle to ride my
bicycle "
The Zen teacher sat at the feet of his
fifth student and
said, "Master! Master, I am your
student.
I am your student!"

Why do you ride?
Why do you ride?



Winter Riding

by Frank Hubbard

Most cyclists have stopped outdoor riding for the winter, but for the obstinate and those who eventually find gerbil riding on an indoor trainer or spinning class too confining, accommodation to winter riding is necessary.

Winter riding presents some unique challenges. The first of which is the weather: the cold and the wind. The ride starts in the cold and ends in the cold. If you

are lucky, you will get some sun and warming between 11 AM and 3 PM. Later starts and shorter distances improve riding conditions. You can expect to be cold for the first 15 minutes of any winter ride but want to warm up during this time period. Keeping your torso and legs warm can generally be achieved with layering: 3 layers on your chest and heavy tights or tights and winter underwear on your legs. Avoid cotton garments which retain sweat. Wear synthetics, silk or wool that breathe. Keeping your ears and head warm is best achieved with a balaclava or equivalent covering under your helmet.

Hands and feet are generally the biggest problem. Winter boots pro-

vide the best insulation (<http://www.bicycling.com/bikes-gear/bikes-and-gear-features/best-winter-cycling-shoes-and-boots?slide=1>). Shoe covers are a cheaper alternative. Heavy gloves or mittens are required. You can avoid

the initial period of misery as you warm up by using foot or hand warmers inserted on the palms of your hands or under the lacing of your boots. These are available in bulk

quantity at Joblots.

Winter presents its unique set of road hazards: snow on the side of the road or shoveled into the street, new and deeper potholes, black ice and snow glare.

Black ice is formed by a thin film of water frequently formed by the side of the road. It is clear without air bubbles and easily missed. It occurs most frequently when temperatures hover below and just above the freezing point. Melting snow produces water which refreezes. Black ice is most common at the beginning of the ride but can be present any time and frequently reappears with temperature drop at the end of the day.

In winter, the sun is low on the horizon. The sun rises later and sets earlier so that maximal glare is noted during the

Safety Corner - *Continued on page. 7*

Safety Corner - Continued from page 6

start and end of most rides. As the sun remains low through out the day, glare can be encountered at any time.

Avoiding problems with snow glare and black ice requires attention. Encountering either is a signal to slow down, increase space between riders and stay focused. On a bright day when snow glare is likely, sunglasses or, even better, polarized sunglasses should be part of your riding gear.

Melting snow, salt and sand present another problem keeping your bike clean. Wet chain lubricant won't wash off on winter rides but will accumulate dirt. Keeping your drive chain clean will require frequent washing in the winter. Installing fenders on your bike will both help to keep you dry and help you retain cycling companions.

Finally bring some snack food, eat whenever you briefly stop and ignore the stares of people who can't seem to understand that you are having a great time. ☺

Unleash your Passion!

Do you have strong feelings about safe, courteous, and lawful cycling? If so, put those feelings into action. To learn more, contact Frank Hubbard fhub@me.com

Little Jack's Corner



by Jack Donohue

I received the newly created Ralph Galen Service Award at the holiday party. It's true that over the years I've done a lot of work for the club, but it wasn't like work work, which I am thankfully beyond now. It's more like fun work.

My buddy Ken presented the award. Ken is no slouch in the volunteer biz himself. I recall an early special award was given to him in 1998, shortly after the successful GEAR rally CRW hosted, which was Ken's baby. The award in the case was a rocking chair, and though critics complain he is often off his rocker, he has certainly earned it. Almost two decades later, he's still doing yeoman's work for the club. Maybe it's time for another rocker.

Most of what I do for the club doesn't interfere with riding. There's a lot of pushing bits and bytes around, but little actual labor. Over the years, I've automated a lot of stuff, so I have even less work. The closest thing to work would be arrowing, which still gets me out on the road on my bike. Leading rides is another activity I get brownie points for that is really just fun. I show up, make people listen to me for five minutes, then go ride. Working a water stop for the whole day on a century, now that's work.

Some of my best ideas weren't mine. A long long time ago, when dinosaurs roamed the earth, people paid for their membership with cash or check. As the club grew, this was a lot of checks to handle. At a board meeting, Andy Brand suggested we use Paypal for this. My first reaction was no way, this would only confuse our treasurer. I think you can see where this is going. Now we use Paypal exclusively for membership and the money just rolls in. That begat prereg-

Some of my best ideas weren't mine.

istration for the centuries with Paypal, which streamlined processing people at the start, though it was fun playing with the wads of cash at the after ride volunteer parties.

Another great idea from Andy was electronic checking. At another board meeting, after I had become treasurer, he suggested this. My natural reaction to anything involving change is negative, but after mulling it over, it sounded like a great idea. Now I rarely write paper checks for CRW. As treasurer, I rarely see the filthy lucre.

Our ride submission system for ride leaders is John Allen's brainchild. Back in the dark old days, leaders submitted rides by email or (gasp) snail mail to the VP of rides, who combined them in the month's calendar which was submitted

to the WheelPeople copy editor. Lot of work involved by several parties here. If the weather was bad on the day of your ride, you had to show up anyway since there was no way of calling it off. John suggested that it would be nice to have an online way of submitting rides. I of course initially poo-poo'd the idea, but on reflection, thought that maybe that wasn't a bad idea after all. That begat the current system for submitting (and canceling) rides. Instead of relying on a month old paper copy of

WheelPeople, you can get an update the morning of the ride, and leaders can cancel if the weather is bad. ☺

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

Q · U · O · T · E

“ [On] Valentine’s Day, I’ll present my beloved with a shiny bauble I bought from our favorite store. Next I’ll take my honey out for a sunset cruise, maybe to the spot where we first got acquainted. Later, back home, I’ll give my baby a bath. Then I’ll gently dry my sweetie and turn out the lights...I’m talking, of course, about my bike...I humbly submit that my bike and I make a better team than most relationships I’ve seen...Your bicycle invigorates you, strengthens you, relaxes you, lets you vent your frustrations without interrupting, nodding off or making judgments. Your bicycle helps you meet other people. Your bicycle always goes where you want to go. And if you buy your bicycle a box of chocolates for Valentine’s Day, you get to eat them all.”

-- Scott Martin, roadbikerider.com

December Mileage

390396

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	14048	-	-	-	Walter Frank	4340	1	1	-	Bernhard Paul	2081	3	-	-
Pamela Blalock	11521	11	6	6	Dave Stefanovic	4334	1	2	-	A J Gemperline	2055	3	-	-
Jack Donohue	10381	-	-	5	David Wean	4305	4	-	-	Arne Buck	2010	2	2	-
Mike Kerrigan	10146	9	8	7	Ed Pastor	4227	5	1	-	Ed Hoffer	1947	-	-	-
Chris Roberts	10145	10	6	2	George Ulrich	4221	1	-	-	Lance Maguire	1910	3	1	-
Bruce Ingle	9247	12	6	2	Eric Sansone	4159	4	-	-	Scott Tyler	1824	2	3	-
Richard Deandrea	8749	10	2	2	Don Mitchell	3970	4	1	-	Gary Smiley	1793	1	-	-
Steve Robins	8552	-	-	2	Glen Reed	3852	-	1	-	John Allen	1764	1	-	-
Richard Taylor	8207	12	12	3	Harry Wolf	3768	-	-	-	Peter Brooks	1749	2	-	-
Martin Estner	7011	-	-	1	Darren Garnier	3730	7	5	-	Marc Webb	1720	-	-	-
Bob Wolf	6919	9	-	-	Larry Delaney	3683	4	-	-	Gabor Demjen	1716	1	-	-
Irving Kurki	6751	7	2	-	Alan Cantor	3490	6	3	-	Mike Hanauer	1541	-	-	-
Douglas Cohen	6586	3	-	-	Neal Schuster	3452	5	2	-	Barbara Gaughan	1369	-	-	-
Cynthia Zabin	6501	1	-	-	Paul Corriveau	3426	5	2	-	Elaine Stansfield	1198	-	-	-
David Cooper	6417	12	5	-	Mark Druy	3370	7	1	-	Michael Filosa	1027	3	1	-
Ken Hablow	6320	8	-	1	Henry Marcy	3244	1	-	-	John Kane	712	-	-	-
Bernie Flynn	6229	10	1	-	Jim Krantz	3232	3	-	1	Greg Tutunjian	554	-	-	-
Don Fraser	6074	1	-	1	Frank Aronson	3208	7	5	-	Bill Widnall	546	-	-	-
Bob Cohen	6026	7	5	-	Bill Hanson	3157	-	-	-	Susan Grieb	514	-	-	-
John Springfield	5830	2	10	1	Rudge McKenney	3108	4	-	-	John Loring	372	-	-	-
Dave Jordan	5798	-	-	-	Adam Auster	3025	1	-	-	George Caplan	321	-	-	-
Carlo Innocenti	5786	6	5	1	Bernard Price	3024	-	-	-	Jacob Allen	5	-	-	-
Clyde Kessel	5753	9	1	1	Clarence Wayne	3005	-	-	-					
Tim Mathews	5505	10	4	-	Daniel Sheehan	2982	1	-	-					
Erik Husby	5472	5	-	-	Joel Bauman	2933	3	-	-					
Marc Baskin	5300	10	4	-	Jean Orser	2880	4	-	-					
Butch Pemstein	5262	5	-	-	Gardner Gray	2848	6	-	-					
Joe Repole	5101	12	12	-	Cynthia Snow	2834	-	-	-					
Peter Sousounis	5052	3	2	-	Joseph Tavilla	2767	-	-	-					
Andy Brand	5005	5	1	-	Lisa Weissmann	2725	2	-	-					
Joe & Kathy Marino	5003	-	-	-	Dawn Michelle	2720	1	1	-					
Dom Jorge	4942	7	-	-	Marc Cohen	2587	6	-	-					
William O’Hara	4756	6	-	-	Joseph Moore	2344	3	-	-					
Samuel Leadholm	4748	8	2	-	Jeffery Luxenberg	2251	1	-	-					
Fred Newton	4539	2	-	-	Darrell Katz	2189	-	-	-					
Bruce Larson	4412	9	4	-	Pete Knox	2184	1	-	-					

Mileage Table Explained

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

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



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

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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
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BikeShops

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

These fine bike shops offer discounts to CRW members

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145 Elm St., Somerville..... 617-776-2100

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1754 Centre 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

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111 South Road, Bedford..... 781-275-7799

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Frank's Bicycle Barn

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Frank's Spoke 'N Wheel

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887 Main St., Waltham..... 781-894-2768

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Landry's Bicycles

1210 Boston Providence TrnPk (Rte 1), Norwood 781-440-0310

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276 Turnpike Road, Westboro..... 508-836-3878

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44 Granite Street, Braintree..... 781-519-6306

Marblehead Cycle

25 Bessom St., Marblehead..... 781-631-1570

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