

WheelPeople

Newsletter of the Charles River Wheelmen



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On the roads of New England since 1966

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Bike Shop Nights

Cycle Round at Wheelworks



The next bike shop event will take place at Belmont Wheelworks Thursday April 16 from 6:30 to 8:30 PM. Checking frame, tires, brakes, chains, cassettes, all those things that we need to do before the new season. Wheelworks event will be emphasizing close bike inspection with 4 bikes and 4 mechanics to demonstrate what to look for, what to replace and what to adjust giving us some clear advice on maintenance issues that we know something about but never quite enough. Attendees will be divided into 4 groups and will rotate to permit close inspection and help demystify some elements of bike mechanics. Pizza and beverages will be provided.

Park on the street or in the Church Street parking lot. <https://goo.gl/maps/dJA14>

The final bike shop event will take place at Landry's in Natick on April 22. Further details will be provided in the next issue of WheelPeople. If you wish to attend either event, please preregister at <http://crw.org/events/bikeshop-nights.php>

NEW to CRW

Do you work in Boston and yearn for the Thursday night ride out of Hanscom but can never make it? Starting Thursday, April 2 Hannah Rossi at Back Bay Bicycles will lead a new urban ride every Thursday evening starting at 5:30 pm. This 30 mile ride starts at Back Bay Bicycles, 362 Commonwealth Avenue, Boston and cycles out of town through Brookline, Needham to Dover and back through Newton Highlands, and Brookline into Boston. This is a "no drop" ride so the group will stay together. Riders are welcome to convene at the Trident Book Store and Café around the corner from BBB on Newbury Street after the ride. In full disclosure Trident is owned by our president, Bernie Flynn.

Dick Arsenault – A Tribute to a Beloved Guy

by Eli Post

Our club has many heroes. Some are distinguished by how far or how fast they ride, or by the magnitude of their contributions. Then there are heroes like Dick Arsenault whose charm, energy, good deeds and personal warmth made him beloved by all whom he embraced. On February 12, 2015, a day before his 86th birthday, Dick Arsenault lost his battle with Parkinson's disease. Dick was a serious marathoner but at some point switched his passion to cycling and logged thousands of miles a year well into his seventies. Dick was a long time CRW member who made many contributions. He led the Cape in a Day Ride biking from Boston to Provincetown and back (the same day) and did this over a few decades. However, when he



took over the Wednesday Wheelers his leadership and personal qualities came into full focus.

We asked his friends to share their remembrances.

Dick knew I was a runner and would often share stories of running marathons. He warned me to be ready to switch to biking when my knees went.

While he recalled running

with great warmth, he made it clear he loved, and I too would love biking, when running was no longer possible. I'm confident he found something to love right to the end. Adena Schultzberg

Dick was a dear friend, a kind, gentle man and leader who faced his illness and aging as a cyclist with determination, courage and grace. Ann Northup

Dick Arsenault - Continued on pg.2

Dick Arsenault - *Continued from page 1*

The long-term Wheelers have precious memories of happy times with Dick. He was a good friend and had been missed in the last few years. I remember rides up to Joanne's and other points north in Jerry's "truck" and the many wonderful conversations we had on rides Dick led along the Middlesex Canal, in downtown Boston, and other places we no longer visit. Dick's commentaries and unique insights, his wit and wonderful stories, and his warmth and generosity of spirit were appreciated by all of us who became part of a close group of cyclists who appreciated the wonderful experiences we looked forward to under Dick's caring and benevolent leadership. Our hearts go out to Joan and to their wonderful children and grandchildren of whom Dick was so proud. Betty Hoffman

Dick's commentaries and unique insights, his wit and wonderful stories, and his warmth and generosity of spirit were appreciated by all of us

Let's see. There was the original email from Dick: Could I ride 13 mph average for two hours? I didn't know and had never been on rides with a group. He made me comfortable enough to try. Discussions while riding: Asking questions about him he replied with tales of running. Not cycling. Athleticism: He was the man. We once rounded a small, pebbly corner with a slope, his wheel slipped and down he went. It was not a small fall. We



all gathered to help him up. Knee bloody, he politely brushed us off. He must have been made of rubber he bounced back on his bike so quickly. Leadership: how kind, firm and fun he was. How lucky we were to have him as our friend and leader. Bill Lane

I am saddened by this news. Dick was the glue that held the Wheelers together, by his good humor, his active spirit and especially his willingness and ease at being the "boss" but never making it "his" game. We will all miss him and his presence. Butch Pemstein

As part of the original group of WWs, Dick and I were much more than riding buddies. As the wheelers know, the group is focused on cycling but is also a way of life. I learned many things from my friend Dick, about both biking

Dick was the glue that held the Wheelers together



are key to acceptance. I learned more about faith and prayer, beyond the boundaries of Catholicism (for many years, Dick was an usher at his parish). I learned that two people decades apart in age, had a lot to share with each other. And, once again, I learned about grief and the impact of the loss of a great friend. Carol Glod

Dick Arsenault was a great friend to countless people and a great contributor to our bicycling club. I personally recall his tours of the Big Dig in which he brought his professional knowledge to explain how the construction was being conducted. I recall how he took

and life. I learned how to draft, and what "on your wheel" means. I learned not only how to "arrow" but how relationships grow when you're standing there together. I never quite learned how to fix a flat, but

knew Dick would quickly change it for me. I learned how life experiences, with a family member who struggled with mental illness affects the family, and how dedication and love

up the leadership of the Wednesday Wheelers program with alacrity and enthusiasm and made our rides more enjoyable whether or not he was leading them. Reading others' reminiscences of Dick brought back to mind more things of value to me and others and added yet more which I hadn't known about. As I grieve his passing, I also feel gratitude to him and am fortunate to have known him. Some people make the world a distinctively better place. Doug Kline

Some people make the world a distinctively better place.

I thought myself accomplished in management, but learned a valuable lesson from Dick. One can lead with kindness which is more compelling and effective than any command. Look to the best in people and they will be on your side. It's not that Dick gave me lessons but that I observed him in action. I remember Dick with warmth and gratitude. Eli Post

Dick filled my life with his joy and humor, which is how I will remember him. The funniest episode I can recall is when I was dressed in my new dashing Gore-Tex cycling jacket, Dick looked at me and said, with a straight face, "You know, you really don't need a fancy jacket - you can just stuff some newspapers down (inside) the front of your shirt." I wanted to ask him where I would find a supply of newspapers for this purpose, and whether he provided stuffing lessons, but did not want to offend him. Dick was honest

Dick Arsenault - *Continued on pg.3*

Dick Arsenault - *Continued from page 2* and sincere. About one year after he reluctantly stepped down as Coordinator, Dick admitted to me that he had thought that the WWs would never be the same, that the group would “fall apart.” He then told me that he was both surprised and pleased to see that I was doing a “pretty good job of keeping everything together” - high praise, indeed, from my mentor. Helen Greitzer

I first met Dick when I joined the almost brand-new Wednesday Wheelers back in the late fall of 1998. He was a great guy, a great rider and a wonderful club leader. As I thought about him and his passing, I realized that I owe him an enormous thank you. He set my feet along the path I took later in my life—a United States National Park Service Ranger. On Saturday of Patriots’ Day Weekend one April, Dick led a ride focusing on the events of April 19, the opening day of the American Revolution. He’d stop along the route, and tell us what momentous events had taken place there during the fighting. Like many fellow citizens of the Commonwealth, I had been to the North Bridge, but at that time I didn’t know about the Battle Road section of the park. Cycling along the Battle Road, we came across a number of reenactors who regaled us with comments about our most peculiar



means of locomotion—our bicycles. All of this reawakened a long-time desire of mine to be a National Park Service Ranger (that hat!), and it stimulated me to volunteer at Minute

Man National Historical Park where I eventually did become a ranger. Thank you, Dick. I owe you a debt of gratitude for your love of history and your leadership on a wonderful bike ride. Love, Joan Laxson

Dick made life a bit better for all he knew.

Evidently the rule in 2001 was that you needed to be cleared by Dick before you could become a member of the Wheelers. My first ride was in Weymouth - I didn’t realize I was being checked out, but Dick rode with me the whole way. At the end he let me know that I had earned the seal of approval.

Funny, but we became great friends after that. I traveled to a ride in Providence RI, and was a little late. Rushing, I hit the side of the exit curb and blew out my car tire. I got to the ride start on a wing and a prayer. Before the ride ended, it started

to rain, and I mean rain, rain, rain, like I’d never experienced before. Dick and someone else (yikes forgot who) changed my tire in about 2 seconds flat and I was on my way back to Portsmouth. As I said, he was my friend. He and I would ride together and talk about everything. Nancy Greenhouse and I planned his 75th birthday at dim sum in China Town. We had a blast, and he always loved Hanukah and July 4th at my house. I remember fondly that we always gave him the turkey carcasses at the end of the parties so he could make the soup. He was my dear, dear friend and I will miss him very much. I hope he was peaceful and comfortable at the end. I can’t think of a more dignified, gracious person. Joanne Samuels

Dick was always cheerful and helpful leading Wednesday Wheelers events. He greeted me warmly and asked after my family at Wednesday Wheelers post-ride luncheons and CRW socials,

even when he could no longer ride with the club. One of a kind, and I’ll miss him. John Allen

It breaks my heart to hear this news. Dick took me under his wing when I first joined the Wheelers about a dozen years ago. He loved variety in his rides—urban, rural, even some off-road. Those were the days when we would stop at a historic site and learn some real history. It wasn’t all about how many miles or how fast, and he got me to lead rides at a comfortable pace. He will be missed. Larry Kornetsky

And – ah – the old “gather round”!

This news brings back fond memories of my days with the Wednesday Wheelers. I joined as a very new cyclist and was quite intimidated at first. I’ll never forget how Dick used to move with ease from the head of the group to the back – where I certainly was a good many times – and give such precious encouragement to us stragglers! And – ah – the old “gather round”! Nancy Greenhouse

What a lovely guy. When I joined the Wheelers in the spring of ’03, Dick was both welcoming and encouraging to this first-timer. As the start time drew near, Dick called out “Gather round” to the assembled riders in a gentle, but firm, tone of voice. That was how every WW ride started, with his trademark “Gather round.” Dick was passionate about cycling, caring about his friends and dedicated to the Wheelers. And now we gather round to say farewell to our dear friend. Nancy Smith

Dick Arsenault - *Continued on pg.4*

Dick Arsenault - *Continued from page 3*

I often accompanied Dick on explorations and adventures. Dick was perhaps the most giving person I have ever met. From a cycling trip in Martha's Vineyard, to a trip to Maine, to an exploration of Boston's Big Dig, Dick made life a bit better for all he knew. I will miss him. Mike Hanauer

I didn't know Dick personally - just knew of him, and how much folks revered him. The historic rides were a hallmark of my early Wheeler experience. Rich Taylor

He will be greatly missed by all.

It felt to me that Dick dealt in the "possible" and enjoyed whatever possibilities there were. When he could no longer win his running races, he enjoyed his biking, when he could no longer bike as fast as he had, he started the Meanderers and enjoyed biking slower. Dick was a leader in many ways, and showing us the way to enjoy what we CAN do was one more way to lead us all. My love and admiration goes to Joan. Susan Sabin

Dick was a dear friend for over 15 years. He will be remembered for his enthusiastic participation in the early years of the Wednesday Wheelers and for his leadership of many urban rides taking us to the Boston waterfront and beyond. His most famous ride was the Cape in a Day ride which left early from South Boston and got us to the Canal in time for breakfast and then to P'town for the trip back to Boston. Most of all he was loved on account

His years of coordination of the WWs helped the group become the success that it presently is and was a model to be followed in later years.

of his congenial good nature and affordability. His years of coordination of the WWs helped the group become the success that it presently is and was a model to be followed in later years. He will be greatly missed by all. My sympathies go to Joan and all the family. Winslow Green

We sent Dick's daughter Colette an earlier draft of this tribute and she responded warmly:

Thank you so much for this beautiful tribute. I have sent it to my family and I will print it out to show it to my Mother. It is so gratifying to know that Dad had such dear friends who really appreciated him. He loved being a member of the Wednesday Wheelers, it added tremendously to his life. Thank you so much.

Colette

Dick Arsenault added to our lives and we are gratified we added to his. We extend our best wishes to Dick's family, and to his many friends who will miss him. ☺

Recurring Rides

These rides are held every week unless indicated otherwise

Sunday South Shore Coastal Loop

Times and Routes: 7:30 AM Sharp. Rides of 39 and 52 miles. Starts April 12
Ride Type: Cue Sheet, Arrowed
Description: This ride combines shady, quiet roads with beautiful vistas along some of the most scenic coastline on the South Shore. You'll find that the effort to get up early enough to leave promptly at 7:30 will be paid back by having a great ride with little traffic, and you'll be home in time to cook omelets for Sunday brunch! The SSCL will take place every week, weather permitting.

The 40-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. The 52-mile ride adds a loop to Pemberton Point in Hull, with its magnificent views of Boston Harbor from under the windmill! Set your alarm. You'll be happy you did. The 56 mile ride includes 2nd and 3rd cliff in Scituate and is often ridden at a more deliberate pace.

All rides include a glorious new finish that avoids Grove Street.

See our [Facebook Page](#) for more details

Please check the website at 6:30 AM Sunday for any last minute updates.

Links: Facebook Page (<http://www.facebook.com/SundayCoastalLoop>)

Leaders: Andy Brand (<mailto:abrand@alum.rpi.edu>)

Start: Park'n'Ride lot, Rockland (opposite

Home Depot) '42.165871, -70.894654'
Directions: Take 128 or 93 to Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. Space unlimited. Please check the website Saturday after 9:30 PM for last minute cancellations.
Note: The ride will start at 7:30.
Cuesheets: [Short and Long Cue Sheet](#)
Ride Information: SSCL 52 (<http://ridewithgps.com/routes/3143277>)

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

Recurring Rides

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.

Thursday Fitness Ride and Pace Line Clinic

Times and Routes: 6:00 PM SHARP Routes of 17, 28 and 34 miles. Starts April 16

Ride Type: Cue Sheet, Fitness, Arrowed, GPS

Description: The short and medium rides wind through Bedford, Concord and Carlisle. The long ride of rolling hills adds Westford and Chelmsford. Groups do the fitness ride at 14 to 20+ mph. There will be an introductory pace line clinic to teach safe group riding skills for up to 6 riders. We'll start around 15 mph and pick up the pace as the season progresses. Pace line clinics will be the first Thursday of each month beginning May 7 and ending August 6. Steady rain cancels.

Note - Rides of 20 and 22 miles are also available with short detours.

Leaders: Kathy Horvath (<mailto:kathy.j.horvath@gmail.com>,

781-271-1308 Before 9:00 PM)

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

Directions: NOTE: Address is in Bedford, but roads are in Lexington: Rt. 95/128 to Exit 30 B (Route 2A West) Do NOT take Exit for Rt. 4/225 which also says "Hanscom Field". Go on Rt. 2A W for 1.5 miles to blinking light.

Turn right at Airport Road/Hanscom Drive towards Hanscom Field and bear left at fork in 1/2 mile towards Civil Air Terminal. Park at bottom of hill.

Note: RideWithGPS files are OK for GPS, but their cue sheets have not been validated.

Cuesheets: [Cue sheet for all routes](#)

Ride Information: Long (<http://ridewithgps.com/routes/1163795>), Medium (<http://ridewithgps.com/routes/1163706>)

Thursday Boston-Dover Loop

Times and Routes: 30 miles starting at 5:30 pm

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: We start at Back Bay Bicycles, 362 Commonwealth Avenue, Boston and cycle out of town through Brookline, Needham to Dover and back through Newton Highlands, Brookline into Boston. This is a "no drop" ride so the group will stay together. Riders are welcome to convene at the Trident Book Store and Cafe around the corner from BBB on Newbury Street after the ride.

Leaders: Hannah Rossi (<mailto:backbayshop@gmail.com>, 671-247-2336 Daytime)

Start: Back Bay Bicycles, 362 Commonwealth Avenue, Boston

Cuesheets: [30 mile Boston-Dover Loop Map and Cue](#)

Ride Information: 30 mile Boston-Dover Loop (<http://ridewithgps.com/routes/7114698>)

Friday TGIF Unwinder

Times and Routes: 6:00 pm, 18 or 24 mile. Starts April 17

Ride Type: Cue Sheet, Map, Arrowed

Description: A club ride that provides something for all tastes. There is usually a fast group riding pacerline (18 mph+) while others tour at their own speed. The ride winds through the low traffic back roads of Concord, Carlisle, Acton and Chelmsford. This ride is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. **BEGINNERS WELCOME!**

There is always a group going out for dinner and/or ice cream after the ride. Bring the fun and bike lights.

Leaders: Alan Cooney (<mailto:alanc256@gmail.com>, 617-293-2244 after 5PM), Ed Glick (<mailto:edglick@alumni.neu.edu>, 978-319-8722 after 4PM)

Start: The library parking lot of the Bedford Town Hall/High School/Library complex on Routes 4/225/62 in Bedford Center, 7 Mudge Way.

Directions: Take 4/225 west from 128 through Bedford Center. Just before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left just after the police station and then a quick RIGHT to go behind (west of) the library.

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

Q · U · O · T · E



[A bicycle is] an unparalleled merger of a toy, a utilitarian vehicle, and sporting equipment. The bicycle can be used in so many ways, and approaches perfection in each use. For instance, the bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon. A person pedaling a bike uses energy more efficiently than a gazelle or an eagle. And a triangle-framed bicycles can easily carry ten times its own weight - a capacity no automobile, airplane or bridge can match.



Bill Strickland

We are in full swing for April with rides each weekend and recurring rides during the week. We encourage you to get out and ride. However, due to the harsh and extended winter, many roads cannot be arrowed. Sunday rides in April therefore will not be arrowed. Share our hopes for pleasant spring weather.

Lisa Simpson Ride Saturday - April 4

Times and Routes: 10:00

AM for 34 and 50 Miles

Ride Type: Cue Sheet, Arrowed, GPS

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

Leaders: Bernie Flynn
(<mailto:tharpa@aol.com>)

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:

50 mile route (<http://ridewithgps.com/routes/5985320>),

35 mile route (<http://ridewithgps.com/routes/5986401>)

Round Carlisle Sunday - April 5

Times and Routes: 10:00 AM
for 25 mile and 39 mile rides

Ride Type: Cue Sheet, GPS

Description: We'll see how many times we can circle Carlisle without getting dizzy. Along the way, we'll venture north into Chelmsford and Billerica. No major climbs but several short hills.

Leaders: Jack Donohue
(<mailto:jmdonohue@alum.mit.edu>)

Start: Bedford library, 7 Mudge Way, Bedford MA

Directions: Take 4/225 west from 128 through Bedford Center. Just

before Route 62 splits off to the left, you'll see the blue lights of the police station. Take the driveway left and then right to go behind the library.

Ride Information:

25 Mile Route (<http://ridewithgps.com/routes/2091614>),

39 Mile Route (<http://ridewithgps.com/routes/2405255>)

Say Goodbye to Snow Saturday - April 11

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

Ride Type: Cue Sheet, GPS

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

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

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.

Note: There is a 20 mile option.

Cuesheets: 20 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>)

Rosy Cheeks Ride Sunday - April 12

Times and Routes: 9:30

AM for 30 or 45 miles

Ride Type: Cue Sheet, Arrowed, GPS
Description: Procrastinate doing your taxes just a little longer with this early season ride through quiet, scenic, well-loved roads. The short ride goes through Sudbury, Hudson, Stow, and Acton. The long ride adds Bolton, and the hills of Harvard and Littleton. Post-ride party at leaders' house with homemade soups (vegan and gluten-free) and bread.

Leaders: Connie Farb (<mailto:chfarb@yahoo.com>, 978-443-4993),
Mark Sevier (mailto:m_sev@yahoo.com, 978-443-4993)

Start: Fairbank Senior Center parking lot, 40 Fairbank Rd, Sudbury

Directions: From Rte. 128, take Route 20 West through Weston and Wayland to the light at the intersection with Rtes. 126/27. Turn right onto 126/27 and continue straight to stay on Rte. 27. Follow Rte. 27 about 3 miles into the town of Sudbury (traffic light). Continue straight on Hudson Road as Rte. 27 bears off to the right. Go another 1.5 miles and turn right onto Fairbank Rd. Continue past the first parking lot and the building and turn into the lot AFTER it.

Ride Information:

30 mile route (<http://ridewithgps.com/routes/1068255>),

45 mile route (<http://ridewithgps.com/routes/1068256>)

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. — **Helmetts required on all CRW rides.**

Please be sure to check the website for last minute changes including weather related cancellations.

Needham, Dover and Beyond

Saturday - April 18

Times and Routes: 10:00 am for 19, 27, and 42 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: Ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield. Please arrive early for pre ride instructions.

Leaders: John O'Dowd (<mailto:bikejon@verizon.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. Check website by 8:00 Saturday morning for updates. There are NO restrooms at ride start

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>)

In Search of Llamas

Sunday - April 19

Times and Routes: 10:00 for 38, and 52 miles.

Ride Type: Cue Sheet, Arrowed, GPS

Description: All rides are primarily along quiet back roads. Short ride passes through Dover, Sherborn, and Holliston. Long ride extends to Ashland.

We'll pass by several farms in the area (may see some Llamas, Burros, and Horses in addition to the usual farm animals). Short ride varies from flat to medium hills. Long ride adds hills in Holliston. LUNCH stop for all rides is in Holliston at the Coffee Haven

Leaders: Frank Hubbard (<mailto:fhub@verizon.net>, 508-404-6357)

Start: Chickering Fields (across from Caryl Park).

110 Dedham Street, Dover

Directions: Chickering Fields is about 0.3 mi northeast of the center of Dover. From Rt 128/95, take Exit 19B onto Highland Avenue heading towards Needham.

TURN RIGHT at intersection onto Great Plain Ave. After ~0.1 miles, TURN LEFT onto Chestnut St. Follow Chestnut St (past BI Needham Hospital) . Chestnut St becomes Dedham St and bears right as you cross into Dover. After ~2 m Dedham Street in Dover, will see Mill Farm (White Barn) on left side of road. Take first RIGHT after Mill Farm (about 0.1 miles from Mill Farm) into Chickering Fields parking lot (across the street from Caryl Park/Noanet Woodland Reservation).

Please do not park on lot entranceway or along road (if lot is full, additional parking lots, < 0.25 miles further down on Dedham Street on left-hand side of road).

Cuesheets: [In Search of Llamas short 38](#)

Ride Information:

38 Mile Ride (<http://ridewithgps.com/routes/826295>),

51 mile ride (<http://ridewithgps.com/routes/5494914>)

Some New Views

Saturday - April 25

Times and Routes: 10 AM: 24 or 36 miles

Ride Type: Cue Sheet, Map, GPS

Description: We'll ride through areas we don't usually go through and discover new views in Groton, Shirley, Lunenburg, Townsend and West Groton. The long ride has one big hill climb with views with a stop for food/water/rest in West Townsend. We'll rendezvous after the ride for lunch at Filho's Cucina on Main Street in Groton. This will be a joint ride with the Nashoba Valley Pedalers.

Leaders: Lindy King (<mailto:lindybikes@charter.net>, 978-448-0533

please call before 9PM)

Start: Groton @ Nashua River Rail Trail, 0 Station Avenue, Groton, MA

Directions: From I-495, take exit 31 to Rt 119 West and continue for about 7.0 miles to Groton center. Turn left onto Station Avenue, after the Bank of America and before Groton Town Hall, to the end and park alongside the Rail Trail.

Ride Information: Some New Views (Short) (<http://ridewithgps.com/routes/7094337>), Some New Views (Hilly) (<http://ridewithgps.com/routes/7094316>)

Willett's Pond Wayfare

Sunday - April 26

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

Ride Type: Cue Sheet, Arrowed, GPS

Description: Rides head south through the neighboring towns on quiet roads. The short ride goes through Westwood and Dover. The long ride goes by Willett's Pond in Norwood then through Sharon.

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>)

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

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

MDDM 2015 – 30th Anniversary Memorial Day Dash to Montreal

May 20-25, 2015

Join us for the 30th Anniversary edition (Annual 1985-2009) of a classic international bicycle tour. Friday we ride through the beautiful Lake Champlain Islands ~75 flat miles to Montreal, where we stay (in private rooms - no bunk beds :-)) in that city's official youth hostel. Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride along the New York shore of Lake Champlain, and the tour ends with a short ferry ride back to the start. \$385 trip fee includes 4 nights lodging (2 per room), 3 continental buffet breakfasts, 2 road lunches, tour water bottle, happy hour, quality maps and cues (all digital - with GPS links), and sag support.

View route overview map here: <http://ridewithgps.com/routes/6643951>

==>> Please NOTE that a valid passport is required for this tour.

For additional info, contact Charles Hansen (velotrain@yahoo.com)

Memorial Day Weekend in the White Mountains

Fri.-Mon., May 22-25, 2015

Biking in the beautiful White Mountains of NH. Daily rides ranging from 30-60 mi. on rolling to hilly terrain. Stay at comfy ski lodge. Cost of \$165 including three nights lodging, three breakfasts, two dinners. Lodging is bunk rooms with shared bath, supply your own bedding.

Check here:

<http://amcboston.org/bicycle/trips/memorialday/rooms.php>

for room availability and to register. This is an Appalachian Mountain Club trip. Leaders: Jack Donohue (jmdonohue@alum.mit.edu) and Susan Grieb (slgrieb@comcast.net, 781-879-9523 before 9PM)

CHAD Tour – Lake Champlain and Adirondacks

August 9-14, 2015

This tour combines some of the finest riding in the Lake Champlain basin with two great days of more challenging cycling in the Adirondacks. Starting from Burlington, we ride to Plattsburgh, Lake Placid, Ticonderoga,

Middlebury, and back to Burlington. Three mileage options daily - usually ~60-80 miles. The \$650 tour fee includes five nights lodging (2 per room), two breakfasts, five lunches, two happy hours, quality maps and cue sheets (digital, including GPS), and sag support.

View route overview map here: <http://ridewithgps.com/routes/6163178>

For additional info, contact Charles Hansen (velotrain@yahoo.com)

Central Vermont Tour

August 16-21, 2015

This tour explores a wide cross-section of Vermont, with good scenery and generally quiet roads. Starting in White River Junction, we first ride

to the excellent Castle Hill Resort, and then cross the Green Mountains for two nights at the Middlebury Inn. I have six routes (44-76 miles) planned for our free day. Next we cross App Gap on our way to Montpelier, and then a day largely following the White River as we return to W.R.J. Three mileage options daily - usually ~60-80 miles. The \$710 tour fee includes five nights lodging (2 per room), four breakfasts, four lunches, one deluxe dinner, two happy hours, quality maps and cue sheets (digital, including GPS links), and sag support.

View route overview map here: <http://ridewithgps.com/routes/3680512>

For additional info, contact Charles Hansen (velotrain@yahoo.com)

The 2015 CRW Board



L to R, John Allen, Mike Byrne, Stanley Kay, Erik Sobel, Connie Farb, Bernie Flynn, Ken Hablow, Helen Greitzer, Eli Post (past president), Bob Wolf.

The Charles River Wheelmen Spring Century North to New Hampshire

Sunday, May 17, 2015

*Event held Rain or Shine
Registrations will be accepted on-line only.
No day of event walk-ins.*

Join The Charles River Wheelmen on one of three beautiful routes of 100, 62 and 50 miles on slightly rolling rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire. Our 100 mile ride will take you through Exeter and Hampton Falls, NH. The other routes travel through such towns as Boxford, Groveland and Topsfield. All routes pass through the Harold Parker State Forest.

Start: Northeast Metropolitan Regional Vocational High School

180 Hemlock Rd., Wakefield, MA -- 1 mi. east of Wakefield Center

Check-in: 7:00-8:30 A.M. All Rides

Cost: All riders must pre-register and you will not be able to pay at the start. The ride is limited to 600 riders and we suggest you register early to be certain you have a place in the ride.

CRW members \$15.00

Nonmembers \$25.00

Registration closes Friday May 15, 12 noon, or when we reach our limit of 600 riders.

[More ride info](#)

[Link to Preregistration](#)

- Fully arrowed routes with CRW precision, with a map and cue sheet for each ride.
- Water & food stops on all routes.
- Technical and mechanical support by [Cycle Loft](#).
Please arrive at least 45 minutes early if you want your bike checked before a ride
- After-ride refreshments for returning riders.

Helmets required on all CRW rides

Sharing the Grief

by Eli Post

The relentless snow and bitter cold has taken many tolls in New England including devastating effects on sections of the economy, property damage, disruption to daily living and worse. All of this real hardship suggests that we shouldn't complain that we have not been able to get on our bikes for what seems like an eternity. After all how can you justify a complaint about not exercising compared to a roof collapsing or a flooded basement or so few customers that the business is in jeopardy? Well you can as we all occupy our own square inch of this planet and what happens on that spot is of utmost importance to us. There's nothing wrong with a bit of "sharing the grief" when you can't do what you value highly.

Joe Repole is more courageous than most and ventured out on a bone chilling day, with lots of snow still on the ground. His saga might make you feel your day was not so bad. Note that Joe has completed a century ride each and every month since May 1992, and February 2015 was to be his 274th continuous century month.

Joe's Saga of the Month #274

by Joe Repole

Month #274 was February, 2015. I hadn't ridden my bike all month, and in fact I hadn't ridden since January 23, one of the largest gaps in a long time. I was going to attempt my February century on Feb. 25th but it snowed overnight so I postponed it to the next day. The forecast for the 26th was 11 to 24 degrees with 20% chance of precipitation, not bad considering the past month's weather.

I had a routine start at about 7AM with a temperature of 19 degrees. My street was snow covered, but I had a good ride to Whitman about 37 miles. Then at about 11AM heavy snow started to fall. I continued another 13 miles to mile 50, and I did my planned U turn and headed home, riding another hour in the falling snow. I had to ride in the travel lane as the shoulder was covered in fresh snow. The drivers were very courteous and only passed me when no one was coming the other way. I stopped at McDonald's and had a hot chocolate and was able to drink out of my Camelbak, which was previously frozen as were my two water bottles. By the time I left McDonald's the snow had stopped.

In Brockton an attractive woman was walking toward me in the street. The sidewalk was not shoveled. She was wearing green and yellow boots. I said "nice boots". She said "thank you" and gave me the biggest SMILE. That made my day!

When you think the weather is problem enough, you don't need mechanical issues as well, but no such luck. In Walpole, 20 miles from home, my rear derailleur cable broke, making it much harder to climb the hills. (I had called my bike mechanic in late Janu-

ary to have the cable replaced, but then the blizzards came and I didn't have a chance to get my bike into the shop.)

In Sharon I took a side road to go around a steep hill. The road was lightly traveled, but it was heavily salted. It was pure shush. The slush came up around my front wheel hit my fork and brakes and spewed out in front of me. I've seen that before. But this time it was so bad that the spokes of my front wheel were all heavily coated with slush!

And yet another malfunction! In Sherborn I felt something give around my waist. My wind pants drawstring gave way and traveled down my pants and onto my chain ring and then onto my freewheel. (The string came loose some time ago and I just let it hang down inside my pants, BIG MISTAKE.) Going up a hill the string tangled so badly that I could no longer pedal. My bike stopped. I couldn't unclip

from my pedals. The pavement was to my left, a dirty snow bank to my right. I managed to lean to the right and fell into the soft snow bank. I couldn't even turn the pedals by hand. A pickup truck stopped and the driver asked if I was OK. I said yes. He asked me if I was sure. I said yes. I walked to the top of the hill and managed to get enough of the string out of the freewheel so I could ride. I rode a couple more miles and then it got stuck again five miles from home. I thought there goes my streak. I'll never be able to ride the last five miles. I stopped at a house and asked the woman who answered the door for a pair of scissors. I was able to cut more of the string out of the freewheel. But then the derailleur wire was loose. Juan, the man of the house, cut the wire with the scissors. I continued the last five miles and completed century #274 a little after 6PM. The streak continues! Onwards to March. ☺

When you think the weather is problem enough, you don't need mechanical issues as well, but no such luck.



I experienced what can only be called Breakdown Weekend. One of the mechanical kind, not the mental kind (though some would beg to differ).

Saturday, we had plans to finish arrowing the Fall Century. Ken and I drove out and met Connie in Groton, and started off. I was riding my arrowing bike, a Miyata that used to belong to Susan. It was good for arrowing since it was very small and easy to lean over and place arrows. I was a bit ahead of the others when I heard the tell-tale snapping noise of a derailleur cable being rent in twain. So I waited for the others who were right behind me. And waited. By this time I was getting worried that I had somehow strayed off the route despite the fact I had it programmed in my GPS. Finally Ken shows up and announces that Connie, too, has just broken her rear derailleur cable. What are the odds? I had a triple, so at least I had converted the bike into a three speed, but I knew there was no way I could climb the big hills in New Hampshire in the small cog, even in the granny. So we had to abort the mission.

The rest of Saturday was spent trying to fix it. Seems simple enough, replace the cable. I had a drawer full of derailleur cables, piece of cake. So I took one out, slipped it into the lever, then wondered

why it would not shift. After poking around with it for a while, I figured I'd extract the cable, start over. This didn't work either, it apparently was the wrong size cable and when it was tensioned, slipped through where it wasn't supposed to be and got stuck. Another half hour spent in vain trying to unstuck it, gave up and installed bar end shifters.

Breakdown Weekend

Sunday I had high hopes since I planned to ride the Serotta. I was sure that the Serotta would serve me well, having ridden it on many occasions without incident. But as they say in the investment business, past performance is no guarantee of future. In fact one could take the contrary view, that I was living on borrowed time.

So Ken and I set out from Concord. Round about when we got to Westford, I detected a thumping noise coming from the rear wheel. Since this is the noise I usually hear just before the tire blows off the rim, I felt it prudent to stop.

Ken opined that my rear well was "horribly out of true" which I translated to "a tad askew." There was a definite bulge in the tire near the valve stem, and, once bitten, twice shy, so Ken and I rode back to my house.

In my old age, I have revised my previous rule which went something like "don't even think about replacing the tire until you can see cord all the way around." I read somewhere that the chances of getting a flat are way higher with old tires that aren't as thick as they once were. So, since I tend to buy cheap tires anyway, replacing them before they self destruct at the most inopportune time in the most inopportune place seemed like a good idea. So off with the tire.

This was a three day weekend, and I was really getting nervous about Monday's ride. I took the Serotta with new tire mostly because there was a slight threat of rain. Good news, bad news on this ride. Good news was no crippling mechanical failures. Bad news is that the shifters, that were often problematical but had been shifting ok, started shifting hardly at all. It took three or four clicks of the lever for anything to happen, but it was rideable.

Fortunately, I have a large stable of bikes, but the ranks are thinning. ☺

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

Appalachian Mountain Club Bicycle Repair and Information Workshop

WHEN: Sat., April 11, 2015
9:45AM - 3:30PM

WHERE: Concord Trinitarian Church,
54 Walden Street, Concord.

Come to the Appalachian Mountain Club Bike Repair and Information Workshop to improve your bike knowledge and ride preparedness! It is worthwhile for both new and experienced riders wanting more information and more confidence on the road and trail. Matters addressed include:

- types of bikes
- maintenance
- clothing and equipment
- riding technique

Concepts and repairs will be discussed and demonstrated at four stations: basic bike, general maintenance, flat tires, and brakes and derailleurs. Attend all four stations. Receive an extensive handout to take home. During lunch discuss with the instructors topics such as touring, safety, bike accessories, bike clothing, what to carry with you on a ride, finding bike routes, and where to shop.

Advance registration is recommended. Prices are:

	AMC Member	Non-Member
Adult	\$30	\$35
Youth (12-18)	\$20	\$25

and \$40 at the door for all.

For more information: <http://amcboston.org/bicycle/workshop.php>

To register: <http://www.amcboston.org/bicycle/workshop/reg.php>

For more information, contact Valerie Paul (valerie.paul@gmail.com, 508-561-8097 before 9:00PM).

AMC Boston Chapter Bicycle Rally

Saturday, June 13

The 37th annual AMC Boston Chapter Bicycle Rally will be held at Verrill Farm in Concord on Saturday, June 13, 2015. It is a wonderful opportunity for cyclists of all levels to get together to begin the summer bike season. Come help us celebrate.

This year there will be rides from 15 to 63 miles on beautiful rolling terrain.

After the rides, riders can enjoy an outdoor happy hour with appetizers, beer, wine, and soft drinks followed by dinner.

Dinner will be served under a tent on the grounds. We will have a sumptuous meal with vegetarian option. You can sign up for the rides, happy hour and dinner or just the rides and happy hour.

For more information and to register, go to this page:

<http://www.amcboston.org/bicycle/bikerally.php>

February Mileage



Name	Miles	M	C	K	Name	Miles	M	C	K
Don Fraser	1837	-	-	-	Mark Druy	134	-	-	-
Chris Roberts	1284	1	-	-	John Allen	132	-	-	-
Douglas Cohen	1127	-	-	-	John Kane	123	-	-	-
Bruce Ingle	1098	2	1	-	Cynthia Snow	93	-	-	-
Jack Donohue	1039	-	-	-	Gabor Demjen	86	-	-	-
Richard Taylor	775	2	2	-	Walter Frank	83	-	-	-
Steve Robins	688	-	-	-	Arne Buck	68	-	-	-
Bob Wolf	656	-	-	-	Bob Cohen	37	-	-	-
Don Mitchell	496	1	-	-	John Springfield	15	-	-	-
Cynthia Zabin	480	-	-	-	Marc Webb	2	-	-	-
Clyde Kessel	456	-	-	-					
Harry Wolf	448	-	-	-					
Joe Repole	445	2	2	-					
Ed Hoffer	341	-	-	-					
Henry Marcy	336	-	-	-					
Larry Delaney	307	-	-	-					
Irving Kurki	303	-	-	-					
Pamela Blalock	280	1	-	-					
Carlo Innocenti	268	-	-	-					
Marc Baskin	262	1	-	-					
Martin Estner	257	-	-	-					
David Wean	233	-	-	-					
Bill Hanson	213	-	-	-					
David Cooper	170	-	-	-					

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

New Members

Phil Alvarez	Boxborough	Evan Mead	Winchester
Justin Bradley	Boston	Amy Murphy	Wellesley
James Card	Cumberland, RI	Martin Naley	Winchester
Jim Glass	Winchester	Amy Rosen	Swampscott
Robert Johnson	North Billerica	Hannah Rossi	Allston
Jennifer Lieber	Lexington	Gary & Carol Tucker	Waltham
Robert McKee	Wayland	Beth York	Pembroke



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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Helen Greitzer	2016	508-878-6988
Ken Hablow	2016	781-257-5268
Stanley Kay	2015	617-928-3677
Erik Sobel	2015	857-636-0900
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Wednesday Fitness and Masters Ride	Charlie Dow	617-543-4826
	Ken Milne	508-458-5621
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	Kathy Horvath	781-271-1308
Thursday Night Fun Ride	Wayne Douglas	508-245-5228
	Conrad Kauffman	617-833-8638
Friday Rides	Alan Cooney	617-293-2244
	Ed Glick	978-250-1883
	Kathy Horvath	781-271-1308
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

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

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

C K Bikes

1 Still River Road, Harvard..... 978-844-7539

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

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

44 Granite Street, Braintree 781-519-6306

66 Needham St., Newton 617-527-0967

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

Sheldonville Bicycle Repair

277A Hancock Street, Wrentham 508-384-0665

Southampton Bicycle Center

247 College Hwy., Southampton..... 800-527-9784

Superb Bicycle

842 Beacon Street, Boston..... 617-236-0752

Travis Cycles

1 Oak St., Taunton 508-822-0396

722 N. Main St., Brockton 508-586-6394

Urban AdvenTours

103 Atlantic Ave, Boston 617-670-0637



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JOIN CRW!

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

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