

WheelPeople

Newsletter of the Charles River Wheelmen

May Highlights

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On the roads of New England since 1966

Volume XXXIX, Number 5 • May 2015

LAST CHANCE Bike Night at Landry's



When: Wednesday April 22,
2015 at 6 p.m.

Where: Landry's Natick, Route 9
eastbound just east of Route 27.

<https://goo.gl/maps/900TH>

We are continuing our series of Bike Shop Nights. Everyone is welcome and we have extended our invitation to the NVP. So come out and enjoy the camaraderie of your fellow bicyclists. The CRW is providing food

and refreshments. Landry's is providing the space and one to two presenters to take questions on bike maintenance, pre and post ride checks, how to fix your bike on the road in order to limp it back home if need be and maybe how to fix a broken chain.

So please come on out and enjoy the fun. You can sign up on the CRW website <http://crw.org/events/bike-shopnights.php>. If you encounter any difficulty contact A.J. Gemperline at ajgemperline@gmail.com NLT Tuesday evening April 21. ☺

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/bikerrally.php> ☺



A Prediction about the CRW Spring Century

by Eli Post

Take my chances in Red Sox territory quoting Yogi Berra, the New York Yankee baseball legend, who stated famously that "it is difficult to make predictions, especially about the future." However we can predict that the CRW Spring Century will sell out. It has sold out the last several years and last year it even sold out three weeks before the event. So this is not a hard sell but a friendly warning that if you want to experience some of the most delightful roads north of Boston, if you want to ride with kindred spirits who are out to get their first big ride in for the season, or if you enjoy being part of a classic New England bike event, or you want to accomplish your first century, a milestone nearly every cyclist strives to reach, sign up now before the gate closes.

And if you aren't ready to do a 100 mile ride but would like to be part of the event, you could join the volunteer team that runs the event. Let us know and we can arrange a task that suits you. eli@crw.org ☺

Board Meeting Minutes

March 3, 2015

Present: Eli Post, Mike Byrne, Bob Wolf, Ken Hablow, Bernie Flynn, Connie Farb, Helen Greitzer, John Allen, Stan Kay and Erik Sobel. Also present was Butch Pemstein, CRW Vice President of Legal Affairs.

Reports:

President's Report (Bernie): Bernie opened a discussion of the club's goals for 2015. He also noted that Stan Kay will head up the Grants Committee.

VP of Finance Report (Bernie): Bernie passed out a Profit and Loss Schedule and Statement of Cash Flows from Quick Books for January 1 through March 3, 2015. These were discussed by the Board. Net Loss and Negative Cash Flow for this period were \$3,533 due to the once a year payment of insurance premiums. Cash and equivalents total \$122,154.46 as of December 31, 2014.

Marketing Committee (Bob): Bob described how the Marketing Committee

was moving ahead with the planning and implementation of various initiatives to strengthen membership and participation, and the use of various communication platforms to do so. Eli provided additional detail on the Bike Shop Nights program.

New Business:

Budget (Bernie): A discussion was held on the process for forecasting and setting the 2015 Budget. It was agreed that most operating expenditures would likely be similar to actual expenditures of the prior year, and that the proposed budget would be finalized once the Grants Committee has made their recommendations.

The next regular Board Meeting will take place on Tuesday, May 5, 2015, at a location to be determined.

Respectfully submitted,
Mike Byrne
Secretary

New cafe planned for Bikeway Source Bike Shop location at Bedford Depot Park

Do you know a small cafe owner, who is looking to add a new location or relocate? There is a new cafe opportunity available in Bedford in the Bikeway Source building (Bedford Depot Park). 1,250 sq. ft., contact Ken

781-640-4559. Building owner looking for a tenant who connects well with both the expected biking customers as well as the local community and nearby business walk-ins.

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.

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.

Wednesday Ice Cream Ride

Times and Routes: 6:30 PM, Arrowed rides of 10, 19.5 and 25 miles.

Ride Type: Cue Sheet, Arrowed

Description: Scenic quiet rolling roads through the towns of Wellesley, Weston and Lincoln, many freshly paved. The long route adds the additional towns of Sudbury and Wayland. Named one of the Ten Best rides by Bicycling Magazine. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at the Wellesley Hills House of Pizza. Steady rain cancels.

Leaders: Roger Bonomi (mailto:Roger_r_bonomi@Raytheon.com, 617-686-4073), Gabor Demjen (mailto:gabordemjen@verizon.net, 781-444-4508 9AM - 10PM), Rudge McKenney (mailto:Rudge_McKenney@verizon.net, 617-332-6242)

Start: Saint Johns School Parking Lot

on Columbia Street, Wellesley (off Rt 16, Washington Street, in Wellesley).

Directions: From 128 North or South, Take Rt 16 West approximately 4/10 mi. Columbia Street is on the right, just after the old Grossman's Parking Lot is on the right.

Thursday Fitness Ride and Pace Line Clinic

Times and Routes: 6:00 PM SHARP

Routes of 17, 28 and 34 miles

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>)

Friday TGIF Unwinder

Times and Routes: 6:00

pm, 18 or 24 mile

Ride Type: Cue Sheet, Map, Arrowed

Description: A club ride that provides something for all tastes. There is usually a fast group riding pacerline (18mph+) 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.

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 Café around the corner from BBB on Newbury Street after the ride.

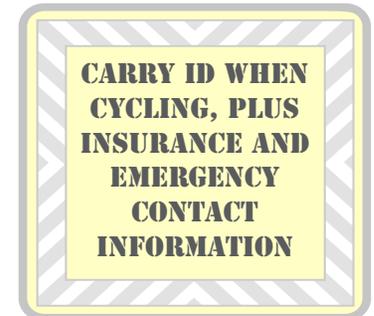
Leaders: Hannah Rossi
(mailto:backbayshop@gmail.com, 617-247-2336 Daytime)

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>)

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





We are in full swing for May with rides each weekend, recurring rides during the week, and our Spring Century on May 17th. It's time to get out and ride and take advantage of these multiple opportunities.

Bridges of the Sudbury River Saturday - May 2

Times and Routes: 10:00 AM for 19, 27 or 35 miles

Ride Type: Cue Sheet, GPS

Description: Cross six, eight or ten bridges of the Sudbury River and see up to 3 more, including one that George Washington crossed. Cruise along in the beautiful Sudbury River valley with 4 or more hills to keep you warm. Experience the new (2012) Pelham Island bridge. Both Starbucks and Dunkin Donuts are within 1/4 mile of the end of the ride. We're hoping the spring floods have receded. Active rain or snow cancels.

Old arrows (white thermometer) may exist in some places, but we've rerouted in some places so do not depend on them.

The routes and cue sheets for the 19 and 35 mile routes are being modified for beauty and construction reasons. Paper copies will be provided at the start.

Leaders: Rich Taylor (mailto:richard_n_taylor@post.harvard.edu, 781-257-5062)

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

Directions: Take Rt. 2 West. Turn Right on Sudbury Road (4th light from Rte. 128) in Concord. Parking lot is about 3/4 mile on the right before the tracks. Please park away from the stores.

Note: Commuter Rail arrives Concord about 9:20 AM. Departs 11:32 AM and 2:18 PM Fitchburg/South Acton Line. Please check current schedules.

Ride Information: 19 miles (<http://ridewithgps.com/routes/6962397>), 27 miles (<http://ridewithgps.com/routes/6966227>), 35 miles (<http://ridewithgps.com/routes/6966204>)

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.

Lisa Simpson Ride Sunday - May 3

Times and Routes: 10:00 AM for 35 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: Richard Vignoni (<mailto:rich.vignoni@gmail.com>, 978-549-2635)

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>)

A River Runs Through It Saturday - May 9

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

Ride Type: Cue Sheet, Arrowed, GPS

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

Boxborough, Acton, and a few more hills.

Leaders: Steve Kolek

(<mailto:stevescrwaddress@mac.com>, 781-999-4034), Jim Pearl

(<mailto:curvest@yahoo.com>,

781-275-8603), Nadina Raudales

(<mailto:nadinafreije@hotmail.com>)

Start: 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: 28 Mile (<http://ridewithgps.com/routes/4522186>), 49 Mile (<http://ridewithgps.com/routes/4522193>), 64 Mile (<http://ridewithgps.com/routes/4522194>)

Apple Pi Ride Sunday - May 10

Times and Routes: 9:30 for 55 and 35 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

Leaders: Jack Donohue

(<mailto:jmdonohue@alum.mit.edu>), Susan Grieb (<mailto:slgrieb@comcast.net>)

Start: Bedford VA Hospital, 200 Springs Rd, Bedford

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: [Long](#)

May Rides - Continued on page. 5

Ride Information: Long (<http://ridewithgps.com/routes/5988323>), Short (<http://ridewithgps.com/routes/5992620>)

Ups and Downs Saturday - May 16

Times and Routes: 10:00 a.m.
Long 60 miles, Short 32

Ride Type: Cue Sheet, Arrowed, GPS
Description: **HILLS, HILLS, HILLS!!!!**
Do you love 'em? Yes?.... then this ride is for you!! The short ride of 32 miles, meanders through the towns, and up and down the hills of Tyngsborough, MA, Hudson & Pelham NH. The long ride of 60(ish) miles, adds more "Ups & Downs" (with long flats in between; great for pace lining) heading into Windham and Londonderry, NH with a lunch stop at Mack's Apples in Londonderry. The long ride has approximately 3,400 feet of elevation gain. Be sure to bring plenty of food to get you through all the "UPS & DOWNS". There are several stores along the way to Mack's Apples where you can buy water, Gatorade and other essential food items. Unfortunately Mack's is not open for business at this time of year, but there is water available and an ice cream shop.

This ride is taking place in conjunction with NVP. It is also being offered as a training ride for the American Diabetes Association, New England Classic Tour de Cure. There is a possibility of some SAG support provided by volunteers of the NEC.

Leaders: Merle Adelman (<mailto:merle.adelman.80@alum.dartmouth.org>),

978-925-9624 Before 9 PM), Nancy Marchand (<mailto:n.marchand714@gmail.com>), 978-430-0230 before 8:30 p.m day before and before 8:00 a.m. day of ride)
Start: Lowell General Hospital LOT B, 295 Varnum Ave., Lowell, MA 01854
Directions: Rte. 128 to Exit 32 (Rte 3 N). Rte 3N to Exit 32 (Drum Hill Rd.) Remain on Drum Hill Rd, going through several traffic lights. Just beyond Princeton Properties, bear left onto Wood St. (At this point there is a traffic light with an old dump on your right. Do NOT turn right). After passing Market Basket and Rite Aide ("on your left"), the Rourke Bridge will be directly in front of you. Cross over the Merrimack River and turn left at the set of lights. At JJ Boomers (on the right), turn right onto Old Ferry Rd. Go to the end of Old Ferry Rd. and turn right onto Varnum Ave. Continue on Varnum Ave. and turn left at LGH employee parking, proceed **to LOT B**.

From Gallagher Transportation Terminal in Lowell (Yes, you can take your bike on the train): Exit Train Station and take left onto Thorndike St. (be careful, lots of traffic). Proceed on Thorndike St to Kazanjian Square & bear left, continuing on Fletcher St. to end. Turn left onto Pawtucket St. (Bachand Hall is directly in front of you). Continue to Franco American School and turn right, going over the bridge. Turn left at McDonalds onto Rte 113. At the fork in the road and heading toward LGH, bear right onto Varnum Ave. Continue past the main LGH entrance to Employee Parking. Turn left and head toward **LOT B**.

Cuesheets: Long Ride

Ride Information: Short 32 (<http://>

ridewithgps.com/routes/2344124), Long 60(ish) (<http://ridewithgps.com/routes/2172931>)

SPRING CENTURY Sunday - May 17

Times and Routes:

Ride Type:

Description: [Click to see the century web page](#)

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

Start: Wakefield

Ride of Silence Wednesday - May 20

Times and Routes: 7:00 pm - 5.2 miles through downtown Boston

Ride Type:

Description: The Ride of Silence is a world wide free ride in honor of those who have been injured or killed while cycling on public roadways. On May 20, 2015 at 7:00 PM the Ride of Silence will begin in North America and roll across the globe. Cyclists will ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. There will be a volunteer police bicycle escort. The Boston ride is now sponsored by CRW. There are no registration fees. Ride of Silence/CRW t-shirts will be available.

The ride, which is held during National Bike Month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured.

Links: Ride of Silence Website (<http://rideofsilence.com/main>).

[php](#)), Boston Ride of Silence Facebook page (https://www.facebook.com/RideOfSilenceBoston?_rd)

Leaders: Joel Feingold (<mailto:joelafeingold@me.com>)

Start: City Hall Plaza, Boston MA, 1 City Hall Square, Boston, MA 02201

Ride Information: This route is subject to change by the Boston Police escort (<http://ridewithgps.com/routes/4344561>)

Needham, Dover and Beyond Saturday - May 23

Times and Routes: 9:30 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

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>)

May Rides - Continued on page. 6

Newburyport to Exeter Sunday - May 24

Times and Routes: 9:30 AM
for 25, 47 and 64 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. Both rides will follow stretches of quiet roads along the Merrimack River with the longer ride heading as far north as Exeter, where you can stop for lunch. ! Terrain: Mostly gentle rolling, no real challenging hills.

Leaders: Pierre Avignon (<mailto:pierreavignon@yahoo.com>, 617-594-6854), Eli Post (<mailto:elipost@comcast.net>, 617-306-1838)

Start: Nock Middle School, 70 Low Street, Newburyport, MA 01950

Directions: Rte 95 North (from split off of Rte 128 in Peabody) to Exit 57. Keep right at the ramp towards Newburyport then turn right at the second set of lights (Shell gas station) into Low Street. NPT Middle School is ~1 mile on your left after a set of lights. Plan to arrive by 09:00 AM, park as close to Low Street as possible to reserve parking spaces for any activity at the skate park

Note: NEW ROUTES (M & L) THIS YEAR! DOWNLOAD CUE SHEETS AND GPX BELOW!

Cuesheets: Short

Ride Information: Short (<http://ridewithgps.com/routes/2535648>), Medium (<http://ridewithgps.com/routes/2535487>), Long (<http://ridewithgps.com/routes/2533258>)

3 Loops from Devens Saturday - May 30

Times and Routes: 10 am
for 33/45/57 miles

Ride Type: Cue Sheet, Map, Arrowed, GPS

Description: Join Team Robinson (aka Steve and Claire) for a tour of some of the back roads near the New Hampshire border. Rides go north through rolling terrain from Devens toward Mason, NH. While the 33 mile route returns through Townsend and West Groton, the longer rides tackle hillier roads north of the border, and have a rest stop at Parker's Maple Barn before returning through Brookline. Note that the 57 mile route has several significant climbs. This is a joint ride with the Seven Hills Wheelmen.

Leaders: Claire Robinson (<mailto:claire.v.robinson@comcast.net>, 256-348-6496 before 9pm), Steve Robinson (<mailto:steven.e.robinson@comcast.net>, 256-348-6584 before 9pm)

Start: MWCC parking lot, 27 Jackson Rd, Devens, MA

Directions: From Route 2, take exit 37 Jackson Road/ Devens. Go through the first traffic light. The MWCC parking lot will be your first left after the light.

Note: Rain or wet roads cancels

Cuesheets: 3 Loops Medium
Ride Information: Short (<http://ridewithgps.com/routes/5931075>), Medium (<http://ridewithgps.com/routes/5931074>), Long (<http://ridewithgps.com/routes/5931070>)

Thirtieth Annual Gryboska Circle Ride (SWCCW) Revisited Sunday - May 31

Times and Routes: 10:30AM for 26 and 40 miles on rolling terrain.

Ride Type: Cue Sheet, Arrowed, GPS

Description: The super short (SS) ride meanders southwest from Framingham to Ashland, Southborough and Hopkinton. The short (S) ride adds Upton. Both rides are rolling. The lunch stop for the short ride is in Upton center. The super short ride has no lunch stop. Most of the ride is on residential and rural roads with few traffic lights. Points of interest include Framingham Country Club, Charlie Chan's summer home, Whitehall Lake and State Park, scenic brooks, Upton State Forest, farms, llamas and the Ashland Town Forest.

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

Start: Gryboska Circle, 15 Gryboska Circle, Framingham MA

Directions: From the Mass Pike take Exit 12 and Route 9 East to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St. from the jug handle). Right at end onto Salem End Rd. First right is Gryboska Circle. Park on Gryboska Circle on the even numbered side of the circle (outside of the circle). The commuter rail leaves South Station at 8:40 AM and arrives in Framingham at 9:31 AM. You can take your bike on the commuter rail. You are encouraged to ride your bike to the start, however there is plenty of parking on the circle.

Ride Information: SS (26 Miles) (<http://ridewithgps.com/routes/5946505>), Short Ride (39 Miles) (<http://ridewithgps.com/routes/5977703>), Long Ride (55.9 Miles) (<http://ridewithgps.com/routes/6000956>)

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

NewMembers

Theodore Argentieri	Needham
Doug Browne	Groton
Roger Bush	Duxbury
Frank Carrano	Needham
Deborah Chandler	Duxbury
Ian Dargin	Duxbury
Dwight Doyle	Gainesville, TX
Lisie Haustein	Arlington
Michael Hluska	Needham
Barbara Jacobs, Ted Nyder	Waltham
Deborah & Abigail Keenan	Millis
Daniel Kent	Cambridge
Kristine Kim	Boston
David Lautman	Amesbury
Patrick McCormick	Somerville
Michael McLean	West Roxbury
Jeffrey Miller	Needham Heights
Jules Morgan	Penacook, NH
Pat Morris	Gloucester
Paul Pacino	Braintree
Michael & Jennifer Penn	Hudson, NH
Eric Pierce	Belmont
Howard Reubenstein	Bedford
David Sachs	Bedford
Farhana Stevenson	Lexington
Naoyuki Tai	Arlington
Beth Tuck	Boston
David Turrettini	Concord
Gerald Venditti	North Providence, RI

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

MDDM 2015 – 30th Anniversary Memorial Day Dash to Montreal

May 21-25, 2015

Join us for the 30th Anniversary edition (Annual 1985-2009) of a classic international bicycle tour. Stay Thursday night in Colchester, VT. 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)

Grants Committee Announcement

CRW has a long tradition of promoting the benefits of cycling through selective financial grants. Continuing that tradition, CRW is pleased to invite cycling organizations to submit their proposals for cycling programs for the evaluation of its Grants Committee.

Although CRW does not intend to limit the purpose and scope of proposals, it will be more inclined to approve grants that help achieve one or more of these goals:

1. Promote and enhance a bike-friendly environment for infrastructure projects that lead to a bike-friendly environment such as bike paths, road/bridge improvements, etc. and;
2. Promote improved understanding and respect between cyclists and motorists by increasing mutual awareness of the other group's rights and responsibilities, and how one's own behavior may result in misunderstanding and disrespect; and
3. Promote the increased use of cycling as a form of recreation and transportation through educational initiatives and facilities development.

So that it can help to increase goodwill in our host communities, CRW expects to receive recognition or another reciprocal benefit for its grant.

Interested organizations should contact Stanley Kay, Chairman of the Grants Committee (stankaylaw@comcast.net) for further details and an application form. ☺



Sand, potholes, trenches and frost heaves: Spring 2015

by Frank Hubbard

Spring is slowly emerging from under the snow and, even if Killington plans to stay open until June, we will soon be getting back on the roads. There are some surprises, however, which we caution you to heed. Many of the wider roads are clear with only minor potholes. Some of our more scenic roads have not done as well. Road shoulders are narrowed by debris and sand. Snowplows appear to have created minefields of potholes and linear trenches that are tricky to navigate. Riding on these roads demands attention and use of precautionary measures. Reducing speed, leaving more room between riders and riding single file reduces the risk of crashes when road conditions deteriorate. You need to



pay attention to the road ahead and the rider in front of you but also pay attention to the riders behind you and oncoming car traffic in case you have to veer to the left to avoid a road hazard. When passing a pothole, remember that it is safer to pass to the right of a pothole if there is sufficient room. When descending on gouged roads, especially with sharp descents, slow down rather than pass the rider in front of you. Be especially careful when a sharp descent leads to an intersection where you will make a right turn as there is frequently an accumulation of sand and a deep pothole awaiting. The roads are finally inviting but think safe. ☺



Every time I go on a CRW ride, I seem to repeat the same scenario. I go out with a group that's too fast for me, hang in for a while, get dropped and end up riding by myself. My days of being a contender are long over, and these days all I want is to ride at a moderately brisk pace.

I got a ride from Eli to the "Hills are your Friends" ride. The name of the ride should have raised red flags. I've never met a hill I would consider my friend, maybe several I am barely on speaking terms with, and then a bunch that are downright enemies.

We rolled into the parking lot early and I had time to survey the field. Bunch of gaunt looking racer types, not looking good. Then Mike and Rami rolled in. I knew Mike was about my speed and assumed Rami would ride with Mike since they came together. Good, I thought, I'll ride with them. But right off the bat Rami takes off at full throttle. I sat in behind him figuring he would eventually wear out and we could settle down to a more sedate speed. Unfortunately, some of the young pups were feeling their oats, and took over pushing the pace even more. At the first hill, part of the group went off the front. Good, I thought, the pack was way too big anyway. I figured group #2 might be more appropriate for me. Didn't get too much of a chance to test my theory, since I got a flat tire at mile 22. By this time I was hanging on by a thread, and figured if I con-

tinued with this group, I might have had the big one. So, maybe fixing a flat was better than cardiac arrest.

After fixing the flat, thought it prudent just to head home, which I was going to do anyway, just a bit later in the ride. One nice feature of my GPS is that you can just tell it to go home and it will find the shortest route. Since it knows I'm a bike it won't take me on Route 128.

I've never met a hill I would consider my friend, maybe several I am barely on speaking terms with, and then a bunch that are downright enemies.

The first directions were a little odd, since it seemed to do a circle and come back on itself. I surmised that was because I had told it to avoid u-turns. Next it tried to take me on a non-existent road it referred to as "alley," which should have been a clue. Next I came to a sign that the road was closed. In my experience, when you're on a bike "road closed" can generally be ignored. You can usually sweet talk your way through, or at worst, shoulder your bike in true cyclocross fashion and walk around. This particular impediment wasn't kidding. There was a large wire mesh fence that effectively prevented any ingress, and I didn't feel like marching

off into the bushes to find a place to ford the stream.

But there was a side road that looked promising, so I pointed myself in that direction. Sure enough, my GPS started ciphering, and voila, a new route. Unfortunately, the new route eventually turned to dirt and looked a lot like a dead end for a while but I finally worked my way through to a real road.

It was a really hot day, and by this time I was entering death march mode. At this point I really wasn't having fun any more and just wanted the ride to be over. I got really worried when I saw a sign that said entering Tyngsboro. Since I'd already seen signs for Chelmsford, it seemed like this was the wrong direction. Fortunately several hundred yards down the road there was another one leaving Tyngsboro.

But I trusted my GPS, and finally got to familiar territory, threaded the maze in Chelmsford center, back on Route 4 and home. 🌀

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

Cyclists are the biggest sandbaggers and secret trainers around. They'll say anything to soften you up for the kill. Don't let this happen to you. Study this handy rider's phrasebook to find out what they really mean when they say:

Said: "I'm out of shape"

Meant: I missed one day last week. Otherwise, I ride 400 miles a week and haven't missed a day since the Ford administration. I replace my 11-tooth cog more often than you wash your shorts. My body fat percentage is lower than your mortgage rate.

Said: "I'm not into competition. I just ride to stay in shape"

Meant: I will attack until you collapse in the gutter, babbling and whimpering. I will win the town line sprint if I have to force you into oncoming traffic. I will crest this hill first if I have to grab your seat post, and spray energy drink in your eyes.

Said: "I'm on my beater bike"

Meant: I had this baby custom-made in Tuscany using titanium blessed by the Pope. I took it to a wind tunnel and it disappeared. It weighs less than a fart and costs more than a divorce.

Said: "It's not that hilly"

Meant: This climb lasts longer than a presidential campaign. Be careful on the steep sections or you'll fall over -- backward. You have a 39x23 low gear? Here's the name of my orthopedist.

Said: "This is a no-drop ride"

Meant: I'll need an article of your clothing for the search-and-rescue dogs. You brought your GPS, didn't you?"

Said: "It's not that far"

Meant: Bring your passport.

Said: "You're doing great, dude."

Meant: "Yo, lard ass, I'd like to get home before midnight. This is what you get for spending the winter eating at the Golden Corral. I should have dropped you on that last hill when I was out of sight."

Said: "I raced on Saturday. This is my rest day."

Meant: "Yes, I know you kept up with me on the Catoctin Hollow Road hill climb and you are not a racer, but I'd rather die than admit I pushed on this hill to keep you from passing me."

Said: This energy bar tastes like real food.

Meant: This energy bar tastes like real dog food.

Said: It's not that windy.

Meant: Yes, that was a mobile home cartwheeling by.

Said: I was just riding along when it broke.

Meant: I rode down a flight of stairs on my 398-gram race wheels.

I drove into the garage with my bike on the roof.

I decided to save weight by filing the rails on my saddle.



Name	Miles	M	C	K	Name	Miles	M	C	K
Don Fraser	2607	-	-	-	Walter Frank	227	-	-	-
Chris Roberts	2103	2	-	-	Bruce Larson	175	-	-	-
Bruce Ingle	1922	3	2	-	John Kane	170	-	-	-
Jack Donohue	1768	-	-	-	Mark Druy	165	-	-	-
Douglas Cohen	1757	-	-	-	Butch Pemstein	160	-	-	-
Steve Robins	1283	-	-	-	Arne Buck	112	-	-	-
Bob Wolf	1228	-	-	-	John Springfield	101	-	-	-
Richard Taylor	1188	3	3	-	Gabor Demjen	100	-	-	-
Dawn Michelle	1131	-	-	-	Scott Tyler	56	-	-	-
Mike Kerrigan	1102	-	-	-	Fred Newton	51	-	-	-
Clyde Kessel	883	1	-	-	Naoyuki Tai	28	-	-	-
Harry Wolf	863	-	-	-	Marc Webb	18	-	-	-
Cynthia Zabin	806	-	-	-	Jeffery Luxenberg	13	-	-	-
Paul Greco	775	-	-	-	Ari Davidow	4	-	-	-
Don Mitchell	775	1	-	-					
Lisa Weissmann	758	-	-	-					
Joe Repole	724	3	3	-					
Pamela Blalock	705	1	-	-					
Erik Husby	692	-	-	-					
Ken Hablow	681	-	-	-					
Carlo Innocenti	624	1	-	-					
Irving Kurki	579	1	-	-					
Ed Hoffer	481	-	-	-					
David Cooper	473	1	-	-					
Gardner Gray	435	-	-	-					
Joel Bauman	408	-	-	-					
Larry Delaney	408	-	-	-					
David Wean	400	-	-	-					
Martin Estner	383	-	-	-					
Dom Jorge	338	-	-	-					
Bill Hanson	336	-	-	-					
Henry Marcy	336	-	-	-					
Clarence Wayne	265	-	-	-					
Gary Smiley	235	-	-	-					
John Allen	234	-	-	-					

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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Term Expires

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Stanley Kay	2015	617-928-3677
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	Rudge McKenney	617-332-6242
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Thursday Night Fun Ride	Wayne Douglas	508-245-5228
	Conrad Kauffman	617-833-8638
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	Ed Glick	978-250-1883
	Kathy Horvath	781-271-1308
Sunday Fitness Rides	Andy Brand	617-247-9770

WHEELPEOPLE STAFF

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

INTERNET STAFF

Web Site		
Webmaster	Gary Smiley	617-661-8908
	David Cooper	781-483-6960
Touring	Andy Meyer	603-427-5001
Facebook	Jeff Dieffenbach	508-353-3175
E-Mail List		
Administrator	Erik Sobel	857-636-0900

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

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2067 Massachusetts Ave, Cambridge 617-864-1300

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

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351 Broadway, Cambridge..... 617-868-3392

C K Bikes

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

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259 Massachusetts Avenue, Cambridge..... 617-876-6555

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496 Tremont St., Boston..... 617-542-8623

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403 Washington St., Dedham 781-326-1531

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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

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Landry's Bicycles

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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

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103 Atlantic Ave, Boston 617-670-0637



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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