

WheelPeople

Newsletter of the Charles River Wheelmen

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On the roads of New England since 1966

Volume XXXIX, Number 6 • June 2015

SOLD OUT CENTURY

By Eli Post

The Spring Century sold out once again, this year even earlier, a full two weeks before the ride. We had many requests to join the ride after we closed registration and regret we could not accommodate all those who wished to ride.

Some of the stories of those left out are heartwarming and usually involve planning to ride with a friend who is registered. While we would like to embrace all, the cutoff is not arbitrary but based on the realities of where the ride starts and the roads and towns we travel through. Most immediate is the parking at the start which limits our rider capacity but there are other considerations too numerous to list. We hope those riders who we turned down find other opportunities to ride and there's always next year. Don't forget CRW has two other supported Century rides so all is not lost. There is Climb to the Clouds on July 19 and the Fall Century on September 20. See you on the road. ☺

CRW Custom Jersey, Shorts and Bib Shorts

In response to numerous requests, we are repeating the custom apparel offer, again with discounted prices to members, and now with fitting sessions. Note that we offer long-sleeve jerseys (lined and unlined), which is a must for cool weather riding. Here are the details:

We are accepting pre-paid orders until June 15, 2015 for merchandise to be shipped directly to you later in the summer of 2015. We are using Sugoi, a premier supplier of custom cycling apparel. No ordering will be permitted after the closing date, and we regret that returns will not be offered. We will only purchase what is ordered and will not have any excess inventory for sale.

We are offering jerseys in Short and Long Sleeve and Sleeveless styles with the Short Sleeve Jersey available in two different fits (Evolution and Evolution Relaxed). The Evolution Jersey is more tailored or form-fitted (available in men's and women's sizes) and the Evolution Relaxed Jersey is a much roomier fit (available in unisex sizes). The fabric and

CRW Custom Apparel is Available with Fitting Sessions



full-front zipper options are identical for all the styles. Shorts and Bib Shorts are offered in both men's and women's fit, and in black or with a design matching the jersey. Note that the long sleeve jersey is available lined and unlined.

For additional product information visit the Sugoi Custom website

(<http://custom.sugoi.com/usa/custom-landing-page>).

The order form is available here: <http://crw.org/merchandise/index.php?type=N>

You need to login as a member first if you haven't done so already.

Prices are displayed on the website order form. They are wholesale prices with an additional discount by CRW to encourage you to order, and we hope you take advantage of the offer.

If you have any questions you can email merchandise2@crw.org.

If you are uncertain about your size in the Sugoi product line and their website does not address your concern, we strongly suggest you attend one of our fitting opportunities where you can try on live samples.

Saturday May 30, 2015 [65 Hillside Avenue, Newton](#) 4:00 to 5:30 PM hosted by Barry and Linda Nelson

Sunday May 31, 2015 at [26 Fox Run Road, Bedford](#) 4:00 to 5:30 PM hosted by Susan Grieb and Jack Donohue ☺



Wednesday Show and Go

A new evening ride from Hudson through western suburbs

We have a new recurring Wednesday evening ride starting at Brother's Pizza, 275 Cox St, Hudson. The ride starts at 6:30 sharp and goes on quiet roads through Stow, Harvard, Boxborough; and returns through Acton and Stow. The route is approximately 18 miles with a Harvard hill option of 3 additional miles. There are plenty of great places to eat in Hudson after the ride. This is being led by Glenn Davis, a new ride leader. Watch the CRW ride calendar for more information.

Sunday South Shore Coastal Loop

Times and Routes: 7:30 AM Sharp. Rides of 43 and 55 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. Both Rides go through Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor and include 2nd and 3rd cliff in

Scituate. The 43 mile ride is often ridden at a more deliberate pace. The 56-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. All rides include a new start the avoids bumpy Lazel downhill, and First Parish Streets. We also keeping the 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, Rock-

land (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: This Ride has changed since last year so print a cue sheet. The ride will start at 7:30.
Cuesheets: [Short and Long Cue Sheet](#)

Ride Information:

Short (<http://ridewithgps.com/routes/7452740>),
Long (<http://ridewithgps.com/routes/7452730>)

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 aver-

age hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace. Non-members of CRW are welcome to ride with us and experience what the Wednesday Wheelers offer. If you like our rides however, and wish to continue to ride with us, we expect you to become a CRW member.

Coordinator: Helen Greitzer (<mailto:helengreitzer@hotmail.com>)

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, e-mail Helen.

Note: Different leader each week. To become a leader contact Helen.

Wednesday Fitness and Masters Ride

Times and Routes: 6:00 PM for 27, 32 and 38 miles

Ride Type: Fitness, Arrowed, GPS

Description: This Fitness Ride offers you the opportunity to ride with others in a pacerline format. We strongly encourage proper pacerline etiquette! The ride welcomes everyone, especially masters riders who would like to ride safely with

their peers. We encourage working together as a group and regroup dropped riders at two points on the longer routes. You will ride on scenic, rolling roads through Needham, Dover, Sherborn and Medfield. Please access/print any cue sheets that you may need by clicking on the RideWithGPS route links below. Check back here on days with inclement weather, we'll post cancellations by 3PM.

Leaders: Charlie Dow (<mailto:cdow1@bidmc.harvard.edu>)

Start: Cutler Park, 110 Kendrick St, Needham Heights, MA 02494

Directions: Take Exit 19 off Route 128 toward Needham. At the lights, turn left onto Hunting Rd. After 0.7 miles, turn left onto Kendrick Street. The Cutler Park parking lot is located 0.5 miles on the right.

Note: Cue sheets can be found under the RideWithGPS Links.

Ride Information:

27 Mile Route (<http://ridewithgps.com/routes/2365946>),
32 Mile Route (<http://ridewithgps.com/routes/2365971>),
38 Mile Route (<http://ridewithgps.com/routes/2365999>)

Wednesday Ice Cream Ride

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

Ride Type: Cue Sheet, Arrowed

Recurring Rides - Cont. on pg. 3

Recurring Rides

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). '42.325008, -71.262467'

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>)

Thursday Night Fun Ride

Times and Routes: 5:30PM Start with 24, 29, and 34 Mile Routes

Ride Type: Cue Sheet, Arrowed

Description: The Thursday Night Fun Ride welcomes everyone. Weather permitting; you will ride through the scenic countryside of the small towns of West Bridgewater, Bridgewater and Middleborough. We encourage groups of various speeds riding together and for the last group to wait for ones separated to catch up. This ride will repeat Thursdays through the early fall. **Please bring your lights, and bright clothing is strongly recommended**

Leaders: Wayne Douglas (<mailto:wdouglas5@comcast.net>, 508-245-5228)

Start: Park & Ride, West Bridgewater, MA (near the Charlie Horse Restaurant)

Directions: Take Route 24 to Exit 16B West (Route 106) in West Bridgewater. The Park & Ride parking lot is on your left before the Charlie Horse Restaurant.

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 paceline (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.

Ride Information:

TGIF 24 (<http://ridewithgps.com/routes/2591025>),

TGIF 18 (<http://ridewithgps.com/routes/7527223>)

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>, 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://ride-withgps.com/routes/7114698>)

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

June is generally a delightful month weather-wise and has long been celebrated in verse and song. We are reminded of the musical line “June Is Bustin’ Out All Over” when we see how far and wide are June’s ride starts. If you live in or nearby Boston, Chelmsford, Concord, Dover, Framingham, Hingham, Littleton, or Weston, we have a ride for you.

Northern Exposure Saturday - June 6

Times and Routes: 10:00 AM for options of approximately 55, 42, or 34 miles

Ride Type: Cue Sheet, Map, Arrowed

Description: Those legs should be limbered up by now, so come on out and join us for a late spring ride as we explore some of our neighboring towns to the north. All routes pass through Chelmsford, Westford, Dunstable, and Groton (including Lost Lake). Medium ride adds a bit of Nashua, NH. Long ride adds Hollis, NH and Pepperell to this. Moderate terrain. Limited food options.
Leaders: Dana Chandler (<mailto:dchand03@yahoo.com>, 978-371-5952), Steve

Hoffenberg (<mailto:stevhof@yahoo.com>, 781-259-4369)

Start: Byam School, 25 Maple Rd. Chelmsford, MA
Directions: From Boston take Rte. 2 west to the Concord Circle then west on Route 2A to the traffic light at Route 27. Turn right on Rte 27 and go 5.5 miles to the Kate’s Corner Store in South Chelmsford. Turn left on Maple Road. Byam School is 0.2 miles on the right just opposite the Agway store.

The East European Ride Sunday - June 7

Times and Routes: 9:30 AM for 44 miles; 10:00 AM for 27 miles
Ride Type: Cue Sheet, Arrowed, GPS

Description: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton and Carlisle. The lunch stop is in Concord center. The terrain is rolling. Arrowing stops just short of Concord Center due to Concord’s concern with arrow pollution; departure is east on Route 2A, then take first right. A map of Concord Center will be available at the ride start.

There will be post-ride party with refreshments (Gatorade, pretzels, energy bars...) on the lawn at the Spellman Museum following the ride. The museum will offer discounted admission (\$5) and this is the Museum’s Bicycle Day -- with a special exhibit of bicycle stamps.
Leaders: John Allen (<mailto:jsallen@bikexpmt.com>,

781-891-9307 until 9:30PM), Eli Post (<mailto:elipost@comcast.net>, 617-306-1838)

Start: Spellman Museum of Stamps and Postal History, 241 Wellesley Street, Weston, MA

Directions: Note new ride start location. From Rte 20, take School Street (at the Weston center traffic light) approx. 0.5 miles **south** and bear right on Wellesley Street. Continue about 1.0 miles to the museum, on the right, after the Regis College campus. Park in the museum’s parking lot.

From Rte 30, take Wellesley Street (at the traffic light near Weston High School) approx. 0.4 miles **north** to the museum, which is on the left. Park in the museum’s parking lot.

Or take commuter rail - Framingham-Worcester line to Wellesley Sq. or Fitchburg line to Brandeis/Roberts.

Cuesheets: [Short East Eur. Ride](#), [Spellman Start](#)

Ride Information: Short East Eur. Ride, Spellman start (<http://ridewithgps.com/routes/4692078>), Long East Eur. Ride, Spellman start (<http://ridewithgps.com/routes/4855104>)

South Shore Coastal Ride Saturday - June 13

Times and Routes: 9:30 for 27 and 38 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: Both rides will traverse the back roads of Hingham to access a scenic coastal route through Hull, Cohasset and Scituate. This is one of the prettiest rides the Club has to offer. Along the coast, you will see the beautiful homes of Jerusalem Road, quaint Cohasset Harbor and the active waterfront in downtown Scituate. The longer loop extends the route to the tip of the Hull peninsula, with views of the Boston skyline. The ride consists of mostly flat terrain along the coast, with rolling hills on the inland portion of the route.

Leaders: John O’Dowd (<mailto:bikejon@verizon.net>, 978-760-4705)

Start: Wompatuck State Park, 178 Union Street, Hingham

Directions: Follow Rte 3 South to exit 14 and the intersection with Rte. 228. Follow Rte. 228 North approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right. Parking lot will be on the left beyond the main gate.
Note: PLEASE arrive early for pre-ride instructions, note that traffic on RT 3 south is heavy.

Rain cancels. Check website for updates

Cuesheets: 27 Mile S Shore Loop

Ride Information: 27 miles (<http://ridewithgps.com/routes/3716841>),

June Rides - *Continued on page. 5*

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map. You should also carry an ID card, health insurance card, and emergency contact information.

— Helmets required on all CRW rides.

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

38 miles (<http://ridewithgps.com/routes/5018665>)

Sterling Ride from Framingham Sunday - June 14

Times and Routes: 9:30 AM for 45 or 65 miles and 10:00 AM for 26 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: Long ride (3228' elevation gain) circumnavigates Wachusett Reservoir clockwise. Work up an appetite on the Green St. hill, fuel up at convenience store in West Boylston or market in Sterling (food/water), then a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Stow and Sudbury. Medium ride (2246' elevation gain) avoids the reservoir, going north through Berlin Center (food/water at market), re-joining long route in Bolton. Short ride (1166' elevation gain) meanders through some of the less traveled roads of Framingham, Southboro, Marlboro, Stow and Sudbury. All rides pass the Farside (Wayside) Inn and Grist Mill on the way back.
Leaders: Mike Byrne (<mailto:raddad47@aol.com>, 978-337-3394 before 9:30 PM)

Start: Nobscot Shopping Plaza, 784 Water Street (corner of Edgell Rd.), Framingham, MA
Directions: From Rte 20 in Sudbury, at traffic signal take Nobscot Rd. South (becomes Edgell Rd. entering Framingham), turn left on Water St. (traffic signal & TD Bank), then Nobscot Plaza immediately on right. From Rte 9 in Framingham take the exit for Edgell Rd. & Union St. (Framingham State & Framingham Common). Go North on Edgell Rd. and turn right at Water St. (Gulf Oil and traffic signal), then Nobscot Plaza immediately on right. PARK IN FRONT OR ON RIGHT SIDE OF THE CLOSED GROCERY STORE (away from stores and BofA ATM which are open for business).
Note: Severe rain or thunderstorm may cancel -- check website by 8:00 am Sunday for UPDATES. No restrooms at start. PARTY - After ride party at leader's house, one mile before downhill finish.
Cuesheets: Sterling Rie From Framingham - Short
Ride Information: Sterling Short (<http://ridewithgps.com/routes/971754>), Sterling Medium (<http://ridewithgps.com/routes/979491>), Sterling Long (<http://ridewithgps.com/routes/4281184>)

The Sweet and Long of it Saturday - June 20

Times and Routes: 10:00 for 38 or 52 miles

Ride Type: Cue Sheet, GPS
Description: Starting from Verrill Farm in Concord both routes go through South Acton and up Sugar Hill and Long Hill in Bolton returning through Sudbury. The long ride adds some rarely used roads in Hudson and up the back side of Sawyer Hill in Berlin. You can pre-order lunch at Verrill Farm to avoid lines.

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

Start: Verrill Farm, 11 Wheeler Road in Concord, MA.

Directions: PARKING: All parking is on the left (South side of Wheeler Road. Cars must park face in. DO NOT PARK IN THE PAVED LOT.

Note: There are 2 porta-johns. Management requests we do not use the inside bathrooms with cycling shoes.

Ride Information: 52 mile (<http://ridewithgps.com/routes/7691614>), 38 mile (<http://ridewithgps.com/routes/7691777>)

Harvard Hill Climb Sunday - June 21

Times and Routes: 9:30 AM for both long ride, 50 miles, and short ride, 35 miles

Ride Type: Cue Sheet, Arrowed
Description: Both short and long rides include several hill climbs and smooth descents in the Harvard/Bolton "big thigh" country. The long ride adds a 15-mile loop that includes Lancaster and Sterling. Lunch for the long ride is at Meadow Brook Orchards in Sterling

Leaders: Rita Cramer (<mailto:ritalongcramer@gmail.com>, 781-257-5024), Patrick Ward (<mailto:PGWard@verizon.net>, 781-646-9196)

Start: 300 Foster Street, Littleton, Mass. 01460

Directions: Take Rt. 2 West to Exit 39, 1/4 mile W of Rt. 495. Go right on Taylor St. In 1/2 mile turn left on Foster St. Take first right into 300 Foster St. parking lot and follow drive around to the top of the hill near Taylor St. (map) OR Fitchburg Commuter Rail line to 495 Stop. First train arrives 9:36.

Note: NOTE: There are no arrows in the Town of Lancaster. We will use paper arrows there, but please use your cue sheet or GPS if in doubt.

Cuesheets: Harvard Hill Climb 2014 Short

Ride Information: Short Ride (<http://ridewithgps.com/routes/378937>), Harvard Hill Climb Long 2014 (<http://ridewithgps.com/routes/4808684>)

Sterling Ride from Framingham Saturday - June 27

Times and Routes: 9:30 AM for 45 or 65 miles and 9:45 AM for 26 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: Long ride (3228' elevation gain) circumnavigates Wachusett Reservoir clockwise. Work up an appetite on the Green St. hill, convenience store in West Boylston or market in Sterling (food/water), then a few more hills, followed by an ice cream? Back through Lancaster, Bolton (up one more hill and past the winery), Stow, Marlboro and Sudbury. Medium ride (2246' elevation gain) avoids the reservoir, going north through Berlin Center (food/water at market), re-joining long route in Bolton. Short ride (1166' elevation gain) meanders through some of the less traveled roads of Framingham, Southboro, Marlboro, Stow and Sudbury. All rides pass the Farside (Wayside) Inn and Grist Mill on the way back.
Leaders: Mike Byrne (<mailto:raddad47@aol.com>, 978-337-3394 before 9:30 PM)

June Rides - Continued on page. 6

Start: Nobscot Shopping Plaza, 784 Water Street (corner of Edgell Rd.), Framingham, MA
Directions: From Rte 20 in Sudbury, at traffic signal take Nobscot Rd. South (becomes Edgell Rd. entering Framingham), turn left on Water St. (traffic signal & TD Bank), then Nobscot Plaza immediately on right. From Rte 9 in Framingham take the exit for Edgell Rd. & Union St. (Framingham State & Framingham Common). Go North on Edgell Rd. and turn right at Water St. (Gulf Oil and traffic signal), then Nobscot Plaza immediately on right. PARK IN FRONT OR ON RIGHT SIDE OF THE CLOSED GROCERY STORE (away from stores and BofA ATM that are open for business).
Cuesheets: [Sterling Ride from Framingham - Medium](#)
Ride Information: Sterling Short (<http://ridewithgps.com/routes/971754>), Sterling Medium (<http://ridewithgps.com/routes/979491>), Sterling Long (<http://ridewithgps.com/routes/4281184>)

South Shore Coastal Ride Saturday - June 27

Times and Routes: 9:00 for 27 and 38 miles
Ride Type: Cue Sheet, Arrowed

Description: Both rides will traverse the back roads of Hingham to access a scenic coastal route through Hull, Cohasset and Scituate. This is one of the prettiest rides the Club has to offer. Along the coast, you will see the beautiful homes of Jerusalem Road, quaint Cohasset Harbor and the active waterfront in downtown Scituate. The longer loop extends the route to the tip of the Hull peninsula, with views of the Boston skyline. The ride consists of mostly flat terrain along the coast, with rolling hills on the inland portion of the route.
Leaders: John O'Dowd (<mailto:bikejon@verizon.net>, 978-760-4705)
Start: Wompatuck State Park. 178 Union Street, Hingham
Directions: Follow Rte 3 South to exit 14 and the intersection with Rte. 228. Follow Rte. 228 North approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right. Parking lot will be on the left beyond the main gate.
Note: PLEASE arrive early for pre-ride instructions. Traffic may be heavy coming south on RT 3
Ride start and route TBD
Cuesheets: [27 Mile S Shore Loop](#)

Ride Information:
27 miles (<http://ridewithgps.com/routes/3716841>),
38 miles (<http://ridewithgps.com/routes/5018665>)

Cape in a Day Saturday - June 27

Times and Routes: Start at 5:30 AM for 124 Miles
Ride Type: Cue Sheet, Arrowed, GPS
Description: Bike from Boston to Provincetown and return to Boston by Ferry. This ride has been a tradition going back over 30 years. This years ride is 124 miles long and features constantly changing scenery from the streets of Boston to the delicate sand dunes of Truro and Provincetown and everything in between. Heading out of Boston you can expect light traffic as you watch the sun rising over Dorchester Bay.
The return by ferry is part of the experience providing views of Provincetown and Boston from the water and skirting Stellwagen Bank National Marine Sanctuary along the way. The schedule provides several choices allowing people to have dinner before returning if they so choose. Staying overnight and returning the next day is another option. Catching the earlier ferries can put you back in Boston around 5:00PM. From the Ferry docks, it's less than 2 miles back to the parking lot on routes which include

bike paths. Parking for this event is free and overnight parking is allowed.

This is an unsupported ride but there are food and a few bus stops along the way. Many stop for Breakfast at the 60 mile mark just before the Sagamore Bridge. Other good food stops include the Barnstable Market and Sandwich shop and the Nirvana Coffee shop at mile 76 as well as the Hot Chocolate Sparrow right off the bike path in Orleans at mile 95. There are other opportunities along the way.

The Plymouth and Brockton Street Railway Company has a morning and an afternoon bus departing Provincetown for South Station with stops providing bailout points in the event that someone may need to truncate their ride. The Cape Cod Flyer train from Hyannis to South Station departing at 6:30PM. Cue sheets, ferry and bus schedules will be handed out at the ride start. As always, monitor the ride description on the CRW website for any changes or additional information.

The ride is free. Return transportation, food and water are not provided and are the responsibility of the riders Return Transportation: The high speed ferries take 1 1/2 hours to return to Boston. The stated costs below do not include the \$6 fee for the bike. Note: It will be dark in Boston when the 7:30 and 8:30

ferries arrive. Bay State Cruise Company: \$56. 3:00PM and 7:30PM Boston Harbor Cruises: \$56 4:00PM and 8:30PM Plymouth and Brockton Bus Schedule. See links below.

Links: Plymouth and Brockton Bus Schedule (<http://www.p-b.com/Sched-Provtwn.html>), Cape Cod Flyer Train: \$20 Hyannis to So Station (<http://capeflyer.com/#sthash.uEMOGYdf.dpbs>), Baystate Cruise Company: \$56 (3:00 & 7:30 PM) (<http://www.baystatecruisecompany.com/schedule-fares.php>), Boston Harbor Cruises: \$56 (4:00 & 8:30PM) (<http://www.bostonharborcruises.com/provincetown-ferry/schedule-rates.aspx>)
Leaders: Ellen Gugel (<mailto:emgugel@verizon.net>, 508-366-5884), Richard Vignoni (<mailto:rich.vignoni@gmail.com>, 978-549-2635)
Start: Gillette parking lot in South Boston, 5:30 AM (Please arrive at 5:15 AM for instructions).
Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is on the right. Enter the third and last entrance to the Gillette parking lot.

Route from Baystate Cruises back to Gillette Parking [Here](#)

June Rides - Continued on page. 7

Route from Boston Harbor Cruises back to Gillete Parking [Here](#)

Note: Rain date is Sunday June 28th

Cuesheets: [Cape in a Day](#)

Ride Information: CRW Cape in a Day 124 Miles 2014 (<http://ride-withgps.com/routes/2544608>)

Four Burro Ride (Southboro, Westboro, Marlboro, Northboro) Sunday - June 28

Times and Routes: 9:30 AM for 48 and 32 miles. 10:00 for 20 miles

Ride Type: Cue Sheet, GPS

Description: This is a rolling ride through some commercial as well as lovely country and town roads that pass by several bodies of water in Southborough, Westborough, Northborough Marlborough, Hopkinton and Upton. The short ride is mostly north of Route 9. The long ride is much more rural and continues through and south of Hopkinton. Road conditions vary from newly paved to pot-holed to a short stretch of hard packed dirt of the long ride. The short split is at mile 23; the medium at 26. For refreshments it is recommended

to stop at Starbucks or Quiznos at the corner of #9 and Break-neck Hill Road or at the Red Barn Cafe next to Angel Nurseries at the corner of School and W. Main on the long ride. There is a water faucet on the left side of the Nipmuc Clubhouse at the corner of Pond and Fiske Hill. Porta Potties are available at the ride start. The 20-mile route at 10:00 has a few hills, and is a relaxed pace "follow the leader" ride.

Leaders: Ann Northup (<mailto:northupa@verizon.net>, 857-231-1435)

Start: Mary Finn School. 60 Richards Road, Southborough
Directions: From #128: Take the Mass Pike west to the second exit, # 12 / Route 9. Go west approximately 2 miles on Route 9. Take # 85 south for a mile to the set of lights at Richards Road. Go right on Richards Road to the end. You will see the school on your left. From # 495: Take # 9 east. When you see the yellow Eagle Leasing Corp. sign at the top of the hill, slow down. Parkerville Road is hidden just after the Kaz sign on the right, .06 miles from # 495. The school is 1 mile on the left. Or, continue on #9 a short distance to # 85 south to Richards Road.

Note: Rain cancels.

Ride Information: 48-Mile Route ([\[gps.com/routes/1275158\]\(http://gps.com/routes/1275158\)\), 32-Mile Route \(<http://ridewith-gps.com/routes/1275092>\), 20-Mile Route \(<http://ridewith-gps.com/routes/1368141>\)](http://ridewith-</p></div><div data-bbox=)

The Quiet Corner of CT Sunday - June 28

Times and Routes: 75, 50, and 20 miles approximately. All start at 10 am.

Ride Type: Map, Arrowed
Description: Beautiful, and hilly country roads with very few cars! Mostly a rural ride with fields, forests, stone walls. Snacks/party at leaders' house after ride. No common lunch stop, but food is available on the longer rides.

Leaders: Craig Smith (<mailto:craig.f.smith@gmail.com>, 860-810-7848), Ann-Marie Starck (860-810-7848 before 9:30PM)

Start: Our house. 167 Armitage Rd, Ashford ,CT
Directions: Mass Turnpike I-90 West to I-84 West ; Exit 72 (Westford/Ashford) off I 84 West; 0.0 miles Left off exit to rt 89 S; 0.5 miles sharp right to stay on rt 89; 3.1 miles right at stop onto Turnpike Rd; 3.7 miles right onto Armitage Rd (road sign missing), ponds on left; 4.5 miles 167 is on the left - driveway goes uphill Mileages are cumulative!! Please park on Armitage Rd.

Moose Hill Madness Sunday - June 28

Times and Routes: 9:30 AM, 30, 40 and 50 Miles

Ride Type: Cue Sheet, Arrowed
Description: This ride starts in Dover, and heads south with the long ride wandering through the Moose Hill Reservation in Sharon, and includes a loop around Massapoag Lake. The rides return through Walpole, Norfolk and Medfield.

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

Start: Chickering Fields, 114 Dedham Street, Dover
Directions: Route 95/128 to Exit 16 (Rt 109 - High St.. West on Rt 109 0.6 mi to Summer St. (traffic light) Right on Summer St. 1.2 mi to T intersection Left on Westfield St. 0.8 to T Intersection Left on Dedham St. 2.0 mi to Chickering Fields on right.

Cuesheets: [30 cue sheet](#)

Ride Information: 30 mile route (<http://ridewithgps.com/routes/4480010>), 40 mile route (<http://ridewithgps.com/routes/5587753>) 50 mile route (<http://ridewith-gps.com/routes/4480189>),

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

“ I won't pretend I've read much Heidegger (or any, in fact), but I'd like to think Martin had just spent a happy half-hour in Freiburg's bike shop when he was struck by "the thinginess of things". There it is, a cornucopia of exquisitely machined alloys, lustrous carbon-fibre frames, and innumerable form-fitting garments in hi-tech fabrics. Things don't much thingier than this. ”

Matt Seaton,
The Guardian,
September 14th 2005



Questions? Here are the answers to some [Frequently Asked Questions](#) about our century rides.

[Click to PREREGISTER](#)

Climb to the Clouds

*A Century Ride to Mt. Wachusett
in Princeton, Massachusetts*

Note: All rides return to the start point

Sunday July 19, 2015

**Spend the day with fellow cyclists touring through
the apple orchard country of east central Massachusetts.**

- Rides from 48 to 100 miles
- Magnificent views
- Mostly back country roads
- Great company!



TERRAIN:

All routes are hilly. The long rides from each start point, the 100 from Sudbury and the 60 from Bolton, include a one mile climb at a steady 9% grade to the Visitors Center at the State Park.

The other routes are rolling and very hilly with no major climb.

Climb To The Clouds is NOT for beginners.

START TIMES:

7:00 - 8:30 from Lincoln Sudbury Regional High School, Sudbury, MA for 100, 90 or 80 miles.

8:00 - 9:30 from Nashoba Regional High School, Bolton, MA for 60, 48 miles

COST:

NOTE: This ride is now **PRE-REGISTRATION ONLY!** The ride will be limited to 1000 riders, and you must pre-register to participate. You will **NOT** be able to pay at the start.

CRW members **\$15.00**
Non-members **\$25.00**

Register early, and be certain you have a place in the ride. **Preregistration will be CLOSED Friday July 17, 12 noon OR when we reach the limit on the number of riders.**

ROUTES:

The riders from Sudbury pass through Lancaster Four Corners where they join those starting from Bolton. All routes continue to Sterling center. The **80** returns from Sterling; the **48 & 90** mile routes return from East Princeton. The **100 & 60** mile routes continue to Mt. Wachusett. All routes join back together at the water stop in Sterling.

From Sterling all rides return along the Boylston side of the Wachusett Reservoir, passing through West Boylston & Boylston. There is a well deserved stop at the Berlin Orchards where you will find great hospitality, plenty of water and great food. All routes are fully arrowed (with the exception of the town of Lancaster) and are on back country roads with minimum travel on numbered roads.

RIDE INFORMATION:

We may make last minute route changes based on road condition. Route information will be made available to registered riders shortly before the ride. This will include cue sheets and GPS links.

SUPPORT:

Food, water, and porta-johns will be available at two staffed points along the

routes, one in Sterling and one in Berlin. All routes pass both stops. There are porta-johns and free water at the Kwik Stop in East Princeton. There are convenience stores in towns along the route.

On-road support and pre-ride technical support is provided courtesy of [Cycle Loft](#), Burlington, MA. Please arrive early if you want your bike checked before a ride.



AFTER RIDE:

New this year! [Joint Ventures Physical Therapy and Fitness](#), a multi-disciplinary physical therapy clinic located in Wayland, MA, will be at Lincoln-Sudbury High School from 12:00 noon - 4:00 pm to welcome you back and help with any sore muscles or ailments by providing complimentary stretching, injury screens, and massages for any interested riders. This service is open to all riders. Those starting in Bolton are welcome to drive to Sudbury if you want to participate.



For other questions for this ride only: [Ken Hablow](#) (781) 257-5268, after 8:30 AM and before 9:00 PM

7th ANNUAL BICYCLING OUT OF BURLINGTON, VT

JULY 1-5, 2015

Enjoy up to four days of bicycling in beautiful northern Vermont and in New York's Adirondack Mountains. See some of the best mountain and lake scenery in the northeast, including numerous views of Lake Champlain. Experience Burlington's small city sophistication, many restaurants, and big city style fireworks on July 3. Our comfortable hotel offers complimentary breakfasts each morning, indoor and outdoor swimming pools, and a good restaurant and pub on the premises. Choice of 4 nights (Wed.-Sat.) or 3 nights (Thurs.-Sat.).

Approx. 30-60 mile rides on Thurs., Fri. and Sat. Shorter rides on Sunday morning. Some rides are from our hotel. Others are about about 15-30 minutes driving time to the starts. Routes include south of Burlington starting in Vergennes, VT, west of Burlington ferrying across Lake Champlain to New York's Adirondacks, and north of Burlington starting in Georgia, VT and heading toward the Canadian border.

\$325/person double occupancy includes 4 nights lodging (Wed., Thurs., Fri., & Sat.), 4 breakfasts, road snacks each day, happy hours after riding,

maps, cue sheets, and hotel parking. \$255/person same as above, except 3 nights lodging (Thurs., Fri. and Sat.) Single occupancy is \$560 for 4 nights and \$430 for 3 nights. Maximum trip capacity is approx. 30 persons.

Arnold Nadler, L (ardnadler@aol.com), 978-745-9591 (H), 978-766-1128 (cell).

Jimmy White, CL (jimmymail@verizon.net), 978-689-9847 (H), 978-621-5935 (cell).

TO SIGN UP: Please send a check for the appropriate amount, payable to Arnold Nadler. Send it to Arnold Nadler, 43 Walter Street, Salem, MA 01970-2440. With your check, please include your e-mail address, telephone numbers and street address. Within about a week after receiving your check, I will send you an e-mail or phone confirmation. If you don't hear from me, get back to me or to Jimmy to verify that your check has arrived. To help with car-pooling, shortly before the trip a list of participants will be sent out. Other trip information will also be included.

QUESTIONS? Contact Arnold or Jimmy. ☺

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> ☺

No "Bike Pike"!

Our April Fool's announcement of a Century ride on the Mass Pike elicited more email responses than any article in recent memory. Most thanked us for adding a chuckle to their day, but a handful took us seriously. They wanted to know the day of the ride or the start location or some other ride detail. One fellow had arranged to participate in a ride elsewhere in the country and was trying to wiggle out of it but we gently told him our "ride" was not going to happen. Another, to our disbelief, thought the Pike ride was real and that our denying it was the April Fool's joke. Anyway, we did appreciate the responses, enjoyed celebrating the day with our members, and of course are starting to work on next year.





by Jack Donohue

I finally got a new bike. My rule of thumb with cars was they should last ten years (the impossible dream, never had one that did). The Cannondale, pride of the fleet, was going on fifteen, so I figured I was due. Especially since in the Donogrieb household, there was no resistance from my better half. In fact there was downright encouragement. So, I had decided to get a new bike, and I figured I'd just get another Cannondale from my local bike store in Bedford, the Bikeway Source. I had heard good things about carbon fiber, but since I'm really hard on equipment, and carbon fiber has a tendency to break, I figured it was a poor choice for me.

So one day, I went out for my morning ride, and over to the local Council on Aging (COA) to shoot pool. I had forgotten that they were having a match that day, so no pool for me. Since I was about a quarter mile from the Bikeway Source with time on my hands, I took this as a Sign from God that I was meant to look at bikes.

When I showed up, I told Eric the owner I wanted to look at aluminum Cannondales. But when he suggested I consider carbon fiber, I finally decided not to be such a dinosaur, and since many of my buddies had such bikes, how bad could it be? The clincher (no pun intended) was when Eric told me

that the carbon fiber Giant would be far more comfortable than the Cannondale I was looking at without sacrificing performance.

Now my loyal readers will realize that in days of old comfort was way down on my list of desirable bike traits. In fact I subscribed to the school of thought that can best be summarized in the classic Sheldon Brown post on the Real Man Saddle (<http://sheldon-brown.com/real-man.html>). When I first rode an aluminum bike, it was very, very stiff, which for me was a good thing. I could climb in a gear higher than my old steel frames, so I abandoned steel and never looked back.

But in later years, I been experiencing saddle sores with great regularity on rides over ~40 miles. In fact, most of the reason I spend so much time out of the saddle is to give my aching butt some relief. So maybe comfort wouldn't be such a bad thing. Especially with the state of the roads around here, with potholes that could more accurately be described as craters.

Long story short, I ended up with a Giant carbon fiber bike. It was a whirlwind romance, looked at the bike on Friday, took it for a test ride on Saturday, and bought it. It had exactly what I

wanted, or I should say didn't have what I didn't want. It was an older model with 10 speeds instead of 11 and regular caliper brakes instead of disk brakes which I preferred.

On its maiden voyage I encountered the Curse of the New Bike. My friend Bob had recently gotten a new bike, and suffered several flats. I of course ascribed this to bad karma, and was sure my new bike was invincible. Which it was until it encountered a rather large staple that embedded itself in my rear tire. I almost went

out sans any sort of repair gear, but not wanting to tempt fate, I fitted a seat bag with tube and a tiny pump. I had never actually used the pump and when I did I found out it was in fact useless. There was no way I could find to force air from pump into tube, turning all the handles in all possible combinations and permutations, but the only air that was emitted seemed to come out the Schraeder side.

A passing cyclist asked if I needed help. As I started to say "Well, yes, I could use a pump that actually works" I realized that he was already out of earshot and his query was more of a rhetorical question. So, after flailing around some more with the pump, I gave up

and called Susan.

This was something of a last resort, since I try not to take advantage of Susan. She puts up with so many of my idiosyncrasies on a regular basis that I try not to add to the list unnecessarily, and being rescued for going on a ride without a working pump certainly fits the bill. Over the years, I've required a Susan rescue fairly infrequently, once when I broke a crank arm and again when my freewheel started freewheeling in both directions. Then there were several mystery FDGB's that included a visit to the ER. If it were any of my other bikes, I would have just ridden on the rim, but I really didn't want to destroy a brand new rim.

After I made the call, several more cyclists rode by, who all asked if I needed help and actually listened to the answer, which by now was "no" since Susan was on her way. I had by this time figured out how to get some air in the tube, but it was only around 10psi, not really enough to ride on.

So, Susan to the rescue, all was well, and I am still forever in her debt.



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

The CURSE of the NEW BIKE

NewMembers

Janice Aucoin	Framingham	Greg Licholai	Newton Highlands
Laurie Barron	Roslindale	Benjamin Loper	Newtonville
Tamara Bonn	Allston	Linda Lucken	Woburn
Tom Burns	Littleton	Julie Malinowski	Boston
Jeffrey Cho	Wellesley	D Markuson	Burlington
Janet/James Clary	Natick	Marykate McDonald	Worcester
Nancy Cole	Waltham	Anand Merchant	Marshfield
Glenn Curry	North Grafton	Sam Mercier	Marlborough
Dave Damm-Luhr	Brookline	Steve Millsap	Sudbury
Glenn Davis	Hudson	Gloria Moran	Stoneham
Yoana Dimitrova	Brookline	Brenda Morris	Roslindale
Nancy Dragoon	Boston	William Morton	Newton Center
Alexandra Fedele	Somerville	Lisa Nekoroski	Lynnfield
Neal Fineman	Sharon	Toan Nguyen	Marlborough
Keith Garland	Lakeville	Beth Nicklas	Chestnut Hill
Heather Guthrie, Gary Galuski	Cambridge	Ted O'Leary	Brookline
Andy Hackett, Dawn Aiello	Cambridge	Richard Packer	Holliston
Kristen Hafferty	Salem	Way Poh	North Billerica
Hugh Hallawell, Alett Mekler	Boston	Roger Ritt	Newton Center
Jill Hallisey	Jamaica Plain	Megan Rubin	Wayland
Debra Hodgkins	Centerville	Kirstin Rudd	Somerville
Marcel Hoek	Brighton	Anke Schafer	Watertown
Scott Hudler	Wellesley	Robert Schulein	Waltham
David Jacobson	Middleboro	Philip Shute	Hingham
Dayle James	Framingham	Drew Smith	Watertown
Jerome Lang	Arlington	Hayley Soffer	Brookline
Ken Lawas	Kensington, NH	Susan Sommer	Cambridge
James Lent	Cambridge	Beverly Tangvik	Charlestown
Kate Lewis	Cambridge	Liviu Toader	Wayland
		Peter Vocatura	Weston
		Sharon Woodward	Middleboro

AprilMileage

055598

Name	Miles	M	C	K	Name	Miles	M	C	K
Don Fraser	3507	-	-	-	Clarence Wayne	527	-	-	-
Chris Roberts	2949	3	1	-	Bill Hanson	522	-	-	-
Jack Donohue	2789	-	-	1	Mark Druy	442	-	-	-
Bruce Ingle	2677	4	3	-	John Allen	380	-	-	-
Douglas Cohen	2441	-	-	-	Frank Aronson	360	1	-	-
Bob Wolf	1996	1	-	-	Alan Cantor	358	1	-	-
Steve Robins	1787	-	-	-	Cynthia Snow	325	-	-	-
Richard Taylor	1731	4	4	-	Arne Buck	301	-	-	-
Clyde Kessel	1614	2	1	-	John Kane	224	-	-	-
Dawn Michelle	1466	-	-	-	John Springfield	202	-	-	-
Samuel Leadholm	1404	2	-	-	Scott Tyler	169	-	-	-
Ken Hابلow	1400	1	-	-	Marc Webb	166	-	-	-
Cynthia Zabin	1387	-	-	-	Gabor Demjen	163	-	-	-
Pamela Blalock	1298	2	-	-	Eric Sansone	143	-	-	-
Harry Wolf	1293	-	-	-	Neal Schuster	134	-	-	-
Carlo Innocenti	1243	2	1	-	Jeffery Luxenberg	119	-	-	-
Erik Husby	1233	-	-	-	John Loring	109	-	-	-
David Cooper	1217	2	-	-	Mike Hanauer	107	-	-	-
Peter Sousounis	1200	-	-	-	Joseph Moore	90	-	-	-
Don Mitchell	1140	1	-	-	A J Gemperline	25	-	-	-
Richard Deandrea	1127	3	-	-					
Joe Repole	1106	4	4	-					
Marc Baskin	1105	2	-	-					
Irving Kurki	1062	2	-	-					
Paul Greco	962	-	-	-					
Bruce Larson	910	1	-	-					
Bob Cohen	873	1	1	-					
Dom Jorge	850	-	-	-					
Dave Stefanovic	843	-	-	-					
David Wean	781	-	-	-					
Joel Bauman	772	-	-	-					
Gardner Gray	765	1	-	-					
Henry Marcy	691	-	-	-					
Fred Newton	662	-	-	-					
Martin Estner	656	-	-	-					
Walter Frank	644	-	-	-					
Ed Hoffer	609	-	-	-					
Gary Smiley	542	-	-	-					

Mileage Table Explained

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

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



CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists.

Address correspondence to:
The Charles River Wheelmen -
26 Fox Run Road
Bedford, MA 01730

Editorial Policy

We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not

represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelmen, Inc.

How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Send copy electronically to editor@crw.org. Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten or handwritten ver-

sion to: Jack Donohue

26 Fox Run Road, Bedford, MA 01730

Articles submitted to WheelPeople or parts thereof may also be published on the CRW web site unless the author instructs otherwise.

Insurance

If ride leaders or others have questions about insurance, contact Ken Hablow at 781-257-5268. Please do not contact the insurance company.

BOARD OF DIRECTORS

Term Expires

John Allen	2016	781-891-9307
Mike Byrne	2017	508-788-7120
Connie Farb	2017	978-443-4993
Bernie Flynn	2017	617-968-3506
Helen Greitzer	2016	508-878-6988
Ken Hablow	2016	781-257-5268
Stanley Kay	2015	617-928-3677
Erik Sobel	2015	857-636-0900
Bob Wolf	2015	781-259-8529

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	Susan Grieb	781-879-9523

Century Committee	Eli Post	617-306-1838
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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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

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

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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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