

# WheelPeople

Newsletter of the Charles River Wheelmen



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On the roads of New England since 1966

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## CRW Holiday Party



Friday, December 4, 2015

Start your holiday celebration off early with the popular CRW holiday party, which will once again be held at the Bedford Old Town Hall. It will combine good food, drink, all in the company of your biking friends. We will also award our deserving volunteers.

The party is brought to you by our Social Committee, and Helen Greitzer will once again be heading the party volunteers. If you'd like to help out with this fun event, contact Helen, [helengreitzer@hotmail.com](mailto:helengreitzer@hotmail.com). Volunteers can attend the party at no charge.

You can sign up for the party by going to this web page: <http://crw.org/event.php?event=holidayparty>

This is a CRW members only event with limited attendance, so sign up early. ☺



## CRW Winter Ride Program

The Club's Winter Ride Program runs from December until March. Regularly scheduled Sunday Rides continue throughout the winter, when conditions permit. Saturday Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side, and suggest a safe and pleasant riding experience.

The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become available.

If you would like to be on an email notification list for winter weekend rides send an email to [ridesvp@crw.org](mailto:ridesvp@crw.org) with the subject "Impromptu rides."



## Wednesday Wheelers

**Times and Routes:** Varies, usually 10:00 AM. Distances are typically between 30 and 40 miles.

**Ride Type:** Follow the Leader

**Description:** A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration.

We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the

group, we require that prospective riders be capable of maintaining this pace. Non-members of CRW are welcome to ride with us and experience what the Wednesday Wheelers offer. If you like our rides however, and wish to continue to ride with us, we expect you to become a CRW member.

**Coordinator:** Helen

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

**Start:** Location Varies.

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

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



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## Something in Common

### Sunday - December 6

**Times and Routes:** 10:30 AM for 23 and 34 miles

**Ride Type:** Cue Sheet, Map

**Description:** Join us for the first Winter Ride of the Season, and a taste of rides to come. This is the season to share in the fun. Meet at the monument in the middle of the Cambridge Common.

**Leaders:** Eric Ferioli (781-235-4762)

**Start:** Cambridge Common, is north of Harvard Square. 1500 Massachusetts Avenue, Cambridge

**Directions:** Harvard Square, Cambridge is accessible from Memorial Drive, and Storrow Drive, as well as the MBTA Red Line.

**Cuesheets:** 34 miles

**Ride Information:**

23 mile route (<http://ridewithgps.com/routes/1955564>),  
34 mile route (<http://ridewithgps.com/routes/1955500>)

## The Gypsy Ride

### Sunday - December 13

**Times and Routes:** 10:30 AM for rides of 24 or 33 miles

**Ride Type:** Cue Sheet, Follow the Leader, GPS

**Description:** Come out to Groton for this winter ride! It will feature routes where there is just enough climbing to keep warm. Both rides start at the leader's house. The long ride will circumnavigate Scribner's Hill and ride through Groton, Westford, Tyngsboro and Dunstable. Those on the short ride will miss the "big" hill. Everyone is welcome to stay for the after-ride party which will feature "Gypsy Soup". PLEASE: NO CLEATS IN THE HOUSE.

**Leaders:** Lindy King (<mailto:lindybikes@charter.net>, 978-448-0533 please call before 9PM)

**December Rides - Cont. on page 3**

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.

## December Rides

**Start:** Lindy and Jamie's House

**Directions:** Take Route 495 to Exit 31 and follow Route 119 West to Groton for 4.2 miles; turn right onto Gay Rd for .25 miles then right onto Whitaker Lane to #41 (the only blue house). Park on Whitaker Ln: Be sure to leave room for cars to pass (please don't park in the driveway).

**Note:** Ride will be cancelled if it snows or rains - check website in the morning! We'll still have the party at noon even if the weather doesn't cooperate.

**Ride Information:**

Short Ride: 24 miles (<http://ride-withgps.com/routes/6331653>), Long Ride: 33 miles (<http://ride-withgps.com/routes/6365642>)

### Sunday - December 20

No scheduled ride as of Wheel-People publication date, [check the rides calendar](#) on the website for updates

### Sunday - December 27

No scheduled ride as of Wheel-People publication date, [check the rides calendar](#) on the website for updates

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



by Jack Donohue

Engineers like numbers, and they can get pretty anal about it. Give them anything that can be measured/ counted, and they're on it. By they I really mean we, since I'm one of them.

I've been recording bike mileage ever since 1982. Back in the old days I would call in my mileage to Ed Trumbull, whose mileage database consisted of a stack of index cards. Somewhat primitive by today's standards, but it worked. I, of course, kept my own copy of all the data for each of my bikes and each month in a spreadsheet. At the end of the month, I'd add up the numbers for all bikes to get my total for the month, and call Ed.

After Ed, Jamie King was doing mileage for a while. I took it over from him and decided it would be less work for me if people entered their own mileage online. And that's where we are today.

I never got into the century/metric of the month club mostly because they're not that easy to keep track of. If there were an app for that, well maybe.

But 1000 mile months are easy. You just subtract this month miles from last months and voilà! Now that we have the on line mileage program, it does the math for you, even easier.

In the old days, I just had a vague idea of how many miles I'd ridden in any month. I'd wait until after my last ride of the last day of the month to log in my bike computer odometer readings to my spreadsheet. If I had a 1000 mile month, I was happily surprised.

But now that I'm using the RideWithGps app, I upload my miles after every ride. So it's real easy to see how I'm doing for the current month. In fact it's

### I've been recording bike mileage ever since 1982.

pretty hard to avoid seeing how I'm doing. They have this pretty little bar graph with miles per month for the year, including the current month which is still in play. Mousing over the bar give you the total for the month. Even if you don't do that you can visually see how your paltry bar for the current month is dwarfed by previous months. Better get cranking.

I started paying attention to this in September. Not a problem there, lots of good weather, a big fat century toward the end, piece of cake.

October was another story. On Wednesday the 28th, I was at 894 miles with only three days to go. What if life intervened and I had to do something besides ride my bike? What if it rained?

I try not to be too obsessive about this, but what if it was the last day with 5 miles to go and there was a monsoon? Would I do enough laps around Fox Run Road in the rain to put me over the top?

As it turned out, there was just a smattering a rain the next few days, so another 1000 mile month was mine! Don't even want to think about November.

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### Clarification

It has been pointed out to me that people might get the wrong idea from my previous column about the Ride-WithGps phone app. I do in fact use it all the time, and have given up using the real GPS units entirely. My problems largely stem from trying to repurpose old smartphones (in some cases very old), but if you have a relatively new phone, you should have no problems. ☺

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

Dear Editor,

I'd like to cast my vote for "CRW Best New 25 Mile Route of the Year" to Eli Post and the Whitehall Reservoir Ride. It had some challenges, but was eminently rideable, had some lovely long down-hills, a variety of scenery and housing views and some sweet new pavement. I believe the 38 mile route may also be up for the "CRW Best New Route of the Year under 40 Miles" based on the smiles of the returnees on a chilly day in October. None of them seemed fazed by the killer 2.4 mile Northbridge St climb of over 250 feet. And kudos to the club for sponsoring a post-ride party at Cornell's Irish Pub, a very welcoming place. Many riders stayed around and socialized after the ride before heading homeward.

Sincerely,  
Rich Taylor

## Family Membership Email Addresses

We've changed the membership database so that it is now possible to enter two email addresses for a family membership. To add a second one to your account, log into the members page, click the "Membership Information" button and enter the second email address on the form, You will then receive an email notification for WheelPeople at both addresses.

## NewMembers

Douglas Antelman	Hopkinton
Nathalie Apchin	Milton
Mike Benedetto	Marshfield
Neil Benjamin	Waltham
Matt Bernard	Lowell
Anthony Bethony	Norwell
Catherine Cagle	Waltham
Norman Conklin	Methuen
Amy Dobecki	North Grafton
Risa Engel	Atlanta
Greg Foy	Boston
Karen & Bill Haddock	Wellesley
Bryan D Haggerty	Milton
Leo & Lisa Haskin	Milton
Sanjay Jaiman	Tyngsboro
Bill Kerr	Beverly
Daniel Landreville	Middleboro
Carlos Leira Rey	Chestnut Hill
David Levy	Milton
Andrew McKee	Arlington
Daniel Norris	Brighton
Nicholas Oliva	Waltham
Carlos Pedraza	Wilmington
Ellen Prairie, Mark McDonald	Cambridge
Clement Rubeaud	Boston
Manish Sinha	Boston
Bill Zucker	Milton

## OctoberMileage

223627

Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	9277	10	9	5	Steve Cohen	2713	2	3	-
Jack Donohue	9243	-	-	6	Alan Cantor	2704	6	3	-
Chris Roberts	9015	9	7	3	Frank Aronson	2585	6	4	-
Richard Taylor	7949	10	10	4	John O'Dowd	2478	3	-	-
Don Fraser	7494	-	-	-	Rudge McKenney	2460	3	-	-
Ken Hablow	6688	7	1	-	Pete Knox	2198	-	-	-
Bob Wolf	6523	7	1	-	Cynthia Snow	2016	1	-	-
Steve Robins	6360	-	-	3	John Springfield	2000	-	4	-
Carlo Innocenti	6355	7	6	1	Bill Hanson	1918	-	-	-
Douglas Cohen	5875	2	-	-	John Allen	1901	2	-	-
Marc Baskin	5785	6	4	-	Harriet Fell	1838	3	3	-
Pamela Blalock	5658	8	-	1	Arne Buck	1779	3	1	-
Clyde Kessel	5346	8	4	1	Scott Tyler	1729	1	-	-
Cynthia Zabin	5206	-	-	-	Jean Orser	1715	3	-	-
Diane Mutchler	4697	7	6	-	Jeffery Luxenberg	1591	-	-	-
Irving Kurki	4633	6	-	-	A J Gemperline	1589	1	-	-
Erik Husby	4614	1	-	-	Gabor Demjen	1551	4	-	-
David Cooper	4566	8	4	-	Ed Hoffer	1499	-	-	-
Dom Jorge	4446	6	-	-	Mike Hanauer	1432	-	-	-
Walter Frank	4366	3	-	-	Eric Sansone	1270	-	-	-
David Wean	4277	2	-	-	Ilissa Schild	674	-	1	-
Larry Delaney	4055	6	4	-	John Kane	543	-	-	-
Fred Newton	4049	2	1	-	John Loring	428	-	-	-
Don Mitchell	3840	4	1	-					
Harry Wolf	3714	-	-	-					
Dawn Michelle	3681	-	1	-					
Neal Schuster	3638	6	1	-					
Lisa Weissmann	3436	3	1	-					
Bruce Larson	3431	7	6	-					
Dave Stefanovic	3340	1	-	-					
Henry Marcy	3334	3	-	-					
Doug Cornelius	3291	6	3	-					
Joe Repole	3159	9	10	-					
Gardner Gray	3064	5	1	-					
Joel Bauman	2916	4	-	-					
Paul Greco	2889	-	-	-					
Joseph Tavilla	2806	-	-	-					

### 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](mailto: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](mailto: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

### OFFICERS AND COORDINATORS

President.....	Bernie Flynn.....	617-968-3506
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Vice President of Publications.....	Ken Hablow.....	781-257-5268
Vice President of Legal Affairs.....	Butch Pemstein.....	617-969-6574
Secretary.....	Mike Byrne.....	508-788-7120
Treasurer.....	Jack Donohue.....	
Insurance Coordinator.....	Ken Hablow.....	781-257-5268
Membership Coordinator.....	Linda Nelson.....	
	Larissa Hordynsky.....	617-527-5620
Mileage.....	Jack Donohue.....	
Bike Shop Coordinator.....	A J Gemperline.....	508-881-6676
Safety Coordinator.....	Frank Hubbard.....	508-376-6265

### RIDE PROGRAM COORDINATORS

Vice President of Rides.....	Ken Hablow.....	781-257-5268
Get Up 'n Go Rides.....	Jack Donohue.....	
	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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	David Cooper.....	781-483-6960
	Jack Donohue.....	
Touring.....	Andy Meyer.....	603-427-5001
Facebook.....	Erik Sobel.....	857-636-0900
E-Mail List		
Administrator.....	Erik Sobel.....	857-636-0900

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 Trnkp (Rte 1), Norwood..781-440-0310

790 Worcester St. (Route 9), Natick ..... 508-655-1990

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

890 Commonwealth Avenue, Boston..... 617-232-0446

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

66 Needham St., Newton ..... 617-527-0967

### Marblehead Cycle

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

### Papa Wheelies Bicycle Shop

653 Islington Street, Portsmouth..... 603-427-2060

### Quad Cycles

1043 Massachusetts Ave, Arlington..... 781-648-5222

### Sheldonville Bicycle Repair

277A Hancock Street, Wrentham ..... 508-384-0665

### Southampton Bicycle Center

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

### Superb Bicycle

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

### Travis Cycles

1 Oak St., Taunton ..... 508-822-0396

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

### Urban AdvenTours

103 Atlantic Ave, Boston ..... 617-670-0637



**DON'T THROW IT AWAY  
RECYCLE IT!**

Use your no-longer-inflatable inner tubes as handlebar tape or under your store-bought tape for an extra cushy grip. Tighten up a loose handlebar endplug with a section cut from an old tube. Thanks to Jack Donohue and Marc Sevier for these suggestions.

If you have an interesting way of recycling your worn out bike parts send us a photo and we might run it.