

WheelPeople

Newsletter of the Charles River Wheelmen

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50 years on the roads of New England 1966-2016

Volume XL, Number 1 • January 2016

Bicycling in Cuba

Pizza & Photos
Sunday January 10

In November, Mark and Connie joined a group of Canadians on a week-long bike trip of central Cuba. We will show photos from the trip and describe some of the challenges and rewards of cycling in Cuba. Come join us for pizza and drinks beforehand, or just for the photos. They'll include Cuban cowboys, those famous, old American cars, bicycles carrying and pulling everything imaginable, and even some real Cuban bike racers.

Date: Sunday January 10

Time: 6PM for pizza; 7 or so for photos

Location: our house in Sudbury (details upon RSVP)

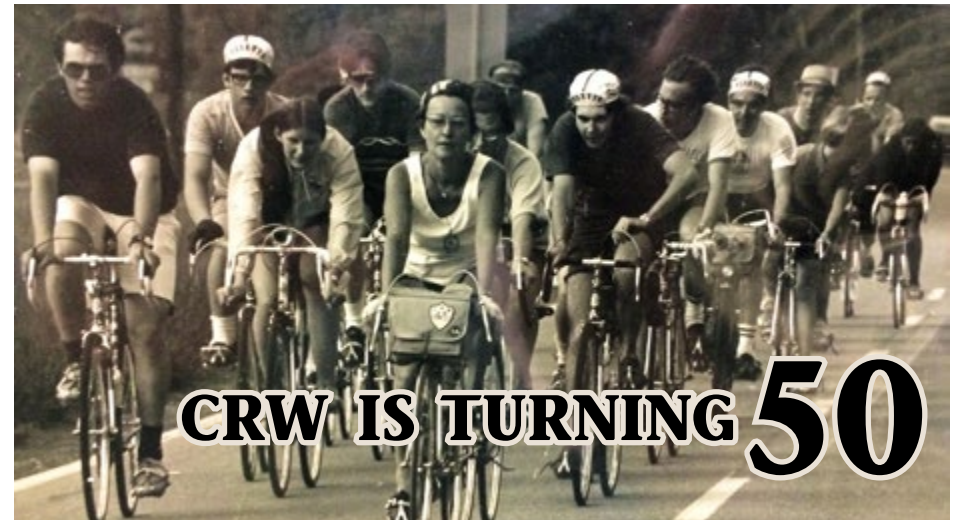
RSVP: here -- <https://goo.gl/K495RI>



CRW Holiday Party

by Eli Post

The CRW 2015 holiday party was held Friday December 4, 2015 at Old Town Hall in Bedford. Helmets were not required for this event so it was a bit difficult recognizing our riding friends without their gear, but we managed to have a grand time nevertheless. We enjoyed a fun-filled evening including a cocktail hour, wine and beer, a sit down dinner and an awards ceremony. Joan Laxson and Ilkka Suvanto received awards for their work on the club centuries and Connie Farb a "Lifetime Achievement Award" for her years of service to CRW in many capacities. We especially wish to thank Helen Greitzer for organizing and running the event.



A CRW ride in the early 1970's! Do you recognize anyone?

by Eli Post

In August of 1966 twelve riders did an inaugural ride out of Cambridge to Ashland State Park where they picnicked and afterwards made the return to Cambridge. The day was a huge success and they decided to form the Charles River Wheelmen so that they could continue riding together. From these modest beginnings CRW, as it's now referred to, has become the largest

bike club in New England with close to 2,000 members and a full calendar of events throughout the year, including a wide range of rides. In 2016 CRW celebrates its fiftieth birthday and we will honor those who built the club, the volunteers who make our rides and events possible, and of course enjoy riding and partying.

CRW Turning 50 - Cont. on pg. 2



A CRW family outing to Rockport

Plans for the 50th celebration are still under development but this much we can share:

We will run three 50th celebration rides on beautiful New England routes, and offer food and possibly entertainment at the finish. You can put these events in your calendar right now – Concord (Verrill Farm) on June 19, Stow (Honey Pot Orchard) on August 21, and Devens (Wachusett Community College) on Labor Day September 5.

There will be other ride celebrations as opportunities arise, mainly at ride starts where food can be served and riders can comfortably relax.

We will offer a 50th edition of the club jersey, and also look for memorabilia related to the 50th.

We are planning a glorious evening event with food and drink on us. The date and location will be announced.

Those of us who have been with the club for a while have an appreciation for how it adds to our athletic and social interests. Hopefully you have ride moments that made the club a special part of your life, and we expect to make the next 50 years an even better experience. ☺

Board Election Results

Bob Wolf and Erik Sobel were elected for a second three year term. Gardner (Sandy) Grey was elected for the remaining three year term. These terms start in January and expire at the end of 2018. Dom Jorge was elected to fill the remaining term that Connie Farb vacated, which expires the end of 2017.

Congratulations to the new and returning board members. ☺

Board Meeting Minutes

November 3, 2015

Present: Directors Eli Post, Mike Byrne, Bob Wolf, Ken Hablow, Bernie Flynn, John Allen, Helen Greitzer, Stan Kay and Erik Sobel. Also attending were CRW members Dom Jorge and Larry Kernan.

Reports:

VP of Finance Report (Bernie): Bernie passed out a Profit and Loss Schedule from Quick Books for January 1 through November 3, 2015. The financial operating results were discussed by the Board. Net Income and Positive Cash Flow for this period were \$27,833.58, including \$24,202.31 received from the Ralph Galen Estate. The cash balance, much of which is attributable to the Galen bequest, was \$153,568.

Membership (Bernie): There are currently 1472 memberships, including 269 family memberships.

Volunteer Awards: The Board had an open discussion and decided to postpone volunteer awards until the 50th Anniversary Celebration in 2016.

Lifetime Achievement Award: Ken nominated Connie Farb to receive the Ralph Galen Lifetime Achievement Award for her years of service to CRW in many capacities. The Board approved and the award will be presented at the Holiday Party.

Marketing Committee (Bob): The Board discussed and approved a resolution to address the redesign and

modernization of the CRW website, potentially including the use of outside sources.

Grants Committee (Stan): Although Stan's term as a Director expires December 31st, he volunteered to stay involved as Chairman of the Grants Committee. Efforts are continuing to reach out to organizations and encourage appropriate applications.

CRW Apparel (Eli): Eli described the success in the first two years of selling the latest CRW jersey and shorts kits. The Board approved a resolution to sell shorts and jerseys again in 2016, with a minor change to reflect CRW's 50th Anniversary, and to conduct a survey to help determine if other items should be offered.

CRW 2015 Initiatives (Bernie): Bernie led a discussion of the initiatives discussed at the beginning of the year, current status thereon, and continuing efforts.

The next regular Board Meeting will take place on Tuesday, January 5, 2016, at the offices of PSMJ Resources in Newton.

Respectfully submitted,
Mike Byrne

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. ☺



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.

Happy New Year Day Ride

Friday - January 1

Times and Routes: 11:00 AM for approximately 20 miles

Ride Type: Cue Sheet

Description: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Leaders: Eric Ferioli (781-235-4762)

Start: Boston Common, Park

Street and Tremont Street, Boston

Directions: The Boston Common is accessible from Route 93, Storrow Drive, and the Mass Pike. [Google Map](#)

Post New Years ride

Sunday - January 3

Times and Routes: 10:02 for 51, 45, or 26 miles

Ride Type: Cue Sheet, GPS

Description: This ride goes on quiet roads to discover the low income neighborhoods in Weston, Wayland, Sudbury, Lincoln, Concord, and Carlisle.

Leaders: Barry Nelson (<mailto:BarryNelson@alum.MIT.edu>), 617-448-5150

before 9PM), Linda Nelson
Start: Charles River--Norumbega Duck Viewing Area '42.344667, -71.261634'
Directions: Going West on Rt. 30 in Newton heading towards Rt. 95 (i.e. 128), Take the I-95 N/MA-128 N exit toward Waltham/Portsmouth NH. Keep right, follow signs for **Boat Rental Parking** instead of getting on the highway. Then right turn on Norumbega Rd. to the [parking lot](#).
Ride Information: Long 51 miles (<http://ridewithgps.com/routes/6455891>), Medium 45 miles (<http://ridewithgps.com/routes/6456353>), Short 26 miles (<http://ridewithgps.com/routes/6456397>)

January Rides - *Cont. on page 4*

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.

Mid January Meander

Sunday - January 10

Times and Routes: 10:30 for 29 or 39 miles

Ride Type: Cue Sheet, Follow the Leader, GPS

Description: Starting in Concord we "meander" on quiet back roads through Carlisle and Chelmsford to Westford and back. The long ride goes on to Forge Village and up the most gentle hill into Westford center. Hot drinks and lunch at Trail's End Café back in Concord.

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

Start: North Bridge parking lot '42.469583, -71.348611'

Directions: The parking lot is approx .5 miles out of Concord center on Monument St.

Ride Information: 39 mile (<http://ridewithgps.com/routes/931101>), 29 mile (<http://ridewithgps.com/routes/11353167>)

Sunday - January 17

No scheduled ride as of Wheel-People publication date, check the rides calendar on the website for updates.

Sunday - January 24

No scheduled ride as of Wheel-People publication date, check the rides calendar on the website for updates.

Say Goodby to January

Sunday - January 31

Times and Routes: 10:30 for 25 or 41 miles

Ride Type: GPS

Description: These are gently rolling rides through Carlisle, Chelmsford and Acton. The long ride adds Forge Village. Gather after the ride at Trail's End Café.

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

Start: 150 Keyes Rd., Concord
Directions: This is the main visitors parking lot in Concord center. There is indoor plumbing.

Ride Information: 41 miles (<http://ridewithgps.com/routes/877079>), 25 miles (<http://ridewithgps.com/routes/878186>)

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

Little Jack's Corner



by Jack Donohue

When I retired, I needed a new hobby. I heard they had pool tables at our local Council on Aging (COA). I used to shoot pool quite a bit in my college days, and thought I would check it out. I found to my surprise that the tables were in excellent condition, and the cue sticks were straight. So, I could see this could become my new home away from home.

I decided to go incognito, dressed like a normal person, not a bike weirdo. The first step was to move to biking shoes one could actually walk in, instead of clomping around in Look cleats. I had been a die-hard Look pedal man all these years, but Susan had an SPD phase that she abandoned, so I found an old pair of her shoes with SPD cleats. They were a tad snug, but close enough.

We also seemed to have quite a collection of the SPD pedals, so I outfitted two former commuting bikes with them. The first had been my main commuter, a good steel bike from days of yore. The second was my rain bike, outfitted with a seven speed cluster of which only about five actually worked, down tube shifters, more rust than steel. This would be fine for getting me the three miles to the COA in the worst of weather. Another fringe benefit was I didn't need to carry a lock since chances of theft were pretty low. Actually, if someone took the old rust bucket it would save me a trip to the dump.

It was cool weather when I started, so I could get away with regular pants over my bike shorts and no one would be the wiser. That provided the necessary pockets I would have had in my bike jersey, so I had somewhere to put my stuff.

I actually passed for a normal person for a while, though when I trundled in with my bike helmet in tow, people figured it out. Once I was outed, I gave up all pretense of normality, and would roll in resplendent in Lycra. I would of course have real clothes in my backpack and change in the bathroom. I felt a bit self-conscious for a while, then I realized that the staff might actually like to see old men in tights hanging out to attract the younger old folks who are still active. Still not clear whether I'm an asset or a liability. ⚙

Jack's Back Pages - Find past "Little Jack's Corner" articles on the CRW website at <http://crw.org/ljackc/> and through the website menu: Information > Fun > Little Jack's Corner

2016 Bicycle Mileage Chart

Keeping track of your bicycle mileage is easy with the CRW 2016 Bicycle Mileage Chart (Adobe PDF format) created by Ken Hablow. It is available for download and printing from our website at <http://www.crw.org/BikeLog.php?year=2016>. Also on that page is a link for an mileage spreadsheet in Microsoft Excel format. Compliments of Mark Pankin of the Potomac Pedalers Touring Club.

2016 MILEAGE CHART

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL
						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31	1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30				
SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL	

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL
						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	1	2	3		
	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL	

Going Down Hill on a Bicycle

A Boy's Song

With lifted feet, hands still,
I am poised, and down the hill
Dart, with heedful mind;
The air goes by in a wind.

Swifter and yet more swift,
Till the heart with a mighty lift
Makes the lungs laugh, the throat cry:—
"O bird, see; see, bird, I fly.

"Is this, is this your joy?
O bird, then I, though a boy,
For a golden moment share
Your feathery life in air!"

Say, heart, is there aught like this
In a world that is full of bliss?
'Tis more than skating, bound
Steel-shod to the level ground.

Speed slackens now, I float
Awhile in my airy boat;
Till, when the wheels scarce crawl,
My feet to the treadles fall.

Alas, that the longest hill
Must end in a vale; but still,
Who climbs with toil, wheresoe'er,
Shall find wings waiting there.

Henry Charles Beeching
1859–1919

*Thanks to Eric Sansone for
submitting this poem*

Year End Mileage Reporting for



The "Hangin' In" list includes members who have reported their mileage for at least five years. To be included in the list, you must submit your year end mileage in December. It doesn't matter if you didn't ride in December, we can only know that the mileage in the database is your total for the year if you enter it in December. Just go to the online mileage page as usual and enter your miles for the month or zero if you didn't ride, or better yet just enter your total for the year. The statistics will be compiled from the current data on January 3, so you would need to enter your mileage before that.

If you've hung up your cleats and don't plan to ride any more this year, you can enter your cumulative miles for the year or zero for December now. ⚙️

New Members

Olga Bitsakis	Waltham
Patrick Brennan	Acton
Wing Chow	Newton Highlands
Douglas Gray	Medford
Harry Gulati	Brookline
Fred Price	Hooksett, NH

November Mileage

239763

Name	Miles	M	C	K	Name	Miles	M	C	K
Bruce Ingle	10342	11	10	6	Steve Cohen	2840	2	3	-
Jack Donohue	10314	-	-	7	Rudge McKenney	2765	4	-	-
Mike Kerrigan	10112	7	6	6	Frank Aronson	2755	6	4	-
Chris Roberts	9815	10	7	3	John O'Dowd	2649	3	-	-
Richard Taylor	8752	11	11	4	Harriet Fell	2341	4	3	-
Don Fraser	8126	-	-	-	Pete Knox	2300	-	-	-
Ken Hallow	7515	8	1	-	John Springfield	2263	-	5	-
Steve Robins	7125	-	-	3	Cynthia Snow	2215	1	-	-
Bob Wolf	7121	8	1	-	Bill Hanson	2212	-	-	-
Carlo Innocenti	6969	7	6	1	Jean Orser	2060	3	-	-
Marc Baskin	6321	7	4	-	Arne Buck	2023	3	1	-
Douglas Cohen	6058	2	-	-	Scott Tyler	1781	1	-	-
Cynthia Zabin	5791	-	-	-	A J Gemperline	1753	1	-	-
Clyde Kessel	5775	9	4	1	Gabor Demjen	1737	4	-	-
Diane Mutchler	5371	8	7	-	Ed Hoffer	1684	-	-	-
Irving Kurki	5052	6	-	-	Jeffery Luxenberg	1619	-	-	-
Erik Husby	4996	2	-	-	Butch Pemstein	1278	1	-	-
David Cooper	4943	9	4	-	Eric Sansone	1270	-	-	-
Dom Jorge	4742	7	-	-	Daniel Landreville	890	1	-	-
David Wean	4690	3	-	-	John Kane	578	-	-	-
Fred Newton	4605	2	1	-	John Loring	489	-	-	-
Walter Frank	4583	3	-	-					
Harry Wolf	4105	-	-	-					
Dave Levy	4066	2	2	-					
Don Mitchell	4065	4	1	-					
Dawn Michelle	4008	-	1	-					
Henry Marcy	3819	3	-	-					
Lisa Weissmann	3818	3	1	-					
Bruce Larson	3801	8	6	-					
Dave Stefanovic	3675	1	-	-					
Doug Cornelius	3663	7	3	-					
Joe Repole	3497	10	11	-					
Joel Bauman	3252	5	-	-					
Mark Druy	3174	5	2	-					
Ed Pastor	3150	-	-	-					
Paul Greco	3050	-	-	-					

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

OFFICERS AND COORDINATORS

President	Bernie Flynn	617-968-3506
Executive Vice President	Eli Post	617-306-1838
Vice President of Finance	Bernie Flynn	617-968-3506
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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	Jack Donohue	
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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 a section of a no-longer-inflatable inner tube for gripping an automotive oil filter. Thanks to Marc Sevier for this suggestion.

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