



WheelPeople

Newsletter of the Charles River Wheelmen

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On the roads of New England since 1966

Volume XLI, Number 3 • March 2017

The New Website is Launched!

For the past year, several of your fellow riders have been working on a new CRW website that went live February 12. Our new site will continue to be crw.org and will feature many enhancements:

- New “Easy to See” routes
- Attractive and easy to use for CRW members, volunteers, and the entire cycling community
- Consistent and compatible across both desktop and mobile devices
- Easy for multiple volunteers to contribute content and maintain the site
- Flexible to address new ride types (e.g., MTB, commuters)
- Highly Secure Platform

To log-in:

- Go to crw.org > LOG IN
- Follow the instructions for: “**First time logging in?**”

Moving forward, I am sure that bugs will pop up and additional features will be identified, prioritized and created. Please understand that websites are always a work in progress. We look forward to your comments and suggestions.

Thanks to all who contributed to our new site.

Regards,
Gardner (Sandy) Gray

In Case of Emergency

by Chris Spear

{Ed: good advice from the CRW Google group}

Punxsutawney Phil may have predicted more weeks of winter, but CRW riders are a tough lot and won't wait that long.

Make sure you are ready for better weather by setting up emergency calling on your cell phone. On most cell phones, you can set up contacts so that in case of an accident, the emergency workers can call your family, even if the phone is locked.

On an Android:

- Go to your contacts.
- Select the “Groups” tab.
- Select “ICE - emergency contacts”
- Use the icon to the right of “Find contacts” (a silhouette with a plus sign) to add an emergency contact.
- Select an existing contact from your

contact list, or enter the details of a new contact.

On an iPhone:

- Open the Apple Health app.
- Tap on Medical ID in the bottom right corner.
- Tap Create Medical ID.
- At the very top, make sure Show When Locked is turned on (to green). Fill in as much information as is relevant to you. If you have no known allergies or aren't taking medication, it still helps to write “None” or “None known” so that medical personnel don't assume you've overlooked these fields.
- Make sure you assign at least one person as your emergency contact person. You must save that person's name and phone number in your Contacts app for the Health app to be able to include it.
- Hit Done to save.

Board Meeting Minutes

January 3, 2017

Present: Directors John Allen, Michael Byrne, Bernie Flynn, Gardner (Sandy) Gray, Dom Jorge, Mary Kernan, Linda Nelson, Erik Sobel, Bob Wolf, as well as members Larry Kernan and Barry Nelson.

Officers: Mary Kernan and Linda Nelson were welcomed as new Directors. Bernie Flynn nominated Gardner Gray to succeed him as president. Dom Jorge seconded and the Board voted by acclamation to elect Gardner as President. Gardner described an agenda stressing enhanced communication and inclusiveness.

Reports:

Finance: The financial statements for the year ended December 31, 2016 were reviewed. The spring Century made money; the other two Centuries were slightly in the red. Net Operating Loss of \$(12,788) compares to Net Operating Income of \$24,307 for the previous year. Income was similar but expenses were greater in almost every category, especially centuries. Not all bills and expenses for the Holiday Party had been received and recorded in these statements. The possibility of opening a new bank account which will integrate more smoothly with Quickbooks and the new web site functionality was discussed.

Grants: The Board discussed the grants program for 2017. Grants of \$3000 were distributed in 2016, based on a proposal deferred from 2015; no call for proposals was issued in 2016. Stan Kay is willing to continue as head of the Grants committee. We need to review the donation budget in the light of long-term goals. Discussion of the Grants program will be continued at future meetings.

Goals setting: There was a discussion of the club's status as a 501 C3 nonprofit, reflecting an educational goal and on the percentage of income going to programs. The percentage is 100% except for small expenses, as the club is all-volunteer; also, safety efforts and workshops qualify as educational, but we could do more to cultivate cyclists and ride leaders. We need to spend a couple of months thinking about goals.

Web site: The look and feel of the new web site under development are similar to those of the old Web site, but with an up-to-date platform. As Web developer Nancy Cole could not be present, further discussion was postponed to a meeting scheduled for Jan. 17.

Century committee: Larry Kernan will be in charge of the Spring Century if he has help from Nina Siegel, Eli Post, Susan Grieb. Ken Hablow will run Climb to the Clouds. With declining participation, whether to hold the Fall Century remains in question. Bernie Flynn has Century numbers which go back years. Larry Kernan suggested signing people up as members at centuries.

Apparel: The Board discussed continuing to offer CRW club apparel, and alternative supply sources.

New Business:

Club name change: Dom Jorge moved and Michael Byrne seconded changing the name to Charles River Wheelers. The Board approved unanimously. According to the club constitution, the secretary has to send a ballot to all members and an affirmative vote of 2/3 of voting members within 21 days is required. An e-mail will be sent out asking for a response.

WheelPeople: David Cooper is willing to continue with layout. Alternatives to the PDF format were considered: Newsletter function in the new web site? Monthly e-mail communication to the members?

Holiday party recap: Videos are online and will be announced later. A survey of attendees was taken. Most respondents approved of the food, except for the desserts. Some felt the deCordova was noisy and the dining area was cramped (due to increased attendance after selecting the venue). Others felt a fancy venue isn't so important.

Possible social gatherings: There was a discussion and the board was positively inclined. Bob Wolf was tasked with exploring venue possibilities and welcomed subsequent input from the Board and members.

Next meeting: March 7, 7 PM at the Kernans' home in Bedford.

John Allen
Secretary

Recurring Rides

These rides are held every week unless indicated otherwise

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.

March Rides

March weather tends to start out cold, but by the end of the month we will hopefully see warmer days. Sunday rides are scheduled, and we will plan impromptu rides as weather opportunities arise! The Winter Saturday

Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant riding experience. We may also use the CRW Facebook and Twitter accounts (@CRWwheelmen) for last minute notices.

Ride 'Em Cowboy Ride

Sunday - March 5

Times and Routes: 10:30AM for 32 miles

Ride Type: GPS

Description: We'll cover a lot of familiar ground in Concord and Carlisle, but explore some new roads in the Wild West section of Chelmsford.

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

Start: Bikeway Source, 111 South Rd, Bedford

Directions: Park in the lot behind the store.

Note: No cuesheets provided at start, download the RideWithGps route or print out the cuesheet from that link

Ride Information: 32 miles (<http://ridewithgps.com/routes/18815196>)

Back Roads of Northboro

Sunday - March 12

Times and Routes: 10:30 for 37 or 46 miles

Ride Type: Cue Sheet, GPS

Description: Starting in Sudbury we ride through Marlboro to the back roads in Northboro and return through Berlin and Hudson. The long ride goes past Tougas Farm in Northboro (closed in March) then DOWN Green Street.

There is a convenience store approx. 10 miles from the finish of both routes.

Links: Map for the start. (<https://www.google.com/maps/place/Haskell+Field/@42.3924371,-71.4449787,17z/data=!3m1!4b1!4m2!3m1!1s0x89e38e441779dcc7:0xb2cf157987ab5bf5?hl=en>)

March Rides - Cont. on pg. 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. — **Helmetts required on all CRW rides.**

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

Leaders: Ken Hallow (<mailto:khablow@khgraphics.com>), 781-257-5268 before 9PM. No calls the morning of the ride)
Start: Haskell Field at the corner of Fairbanks Rd. and Hudson Rd. in Sudbury. There are bathrooms available.

Directions: (map)

Note: If you need a cue sheet for navigation please print one from the cuesheet or GPS links above. No cue sheets will be handed out at the start.

Cuesheets: 46 Mile

Ride Information:

37 miles (<http://ridewithgps.com/routes/12527728>),

46 miles (<http://ridewithgps.com/routes/12527767>)

Bridges of the Sudbury River Sunday - March 19

Times and Routes: 10:30 AM - 19, 27 or 36 miles

Ride Type: Cue Sheet, GPS

Description: Cross six, eight or twelve bridges of the Sudbury River and see up to 3 more, including one that George Washington crossed. Cruise along in the beautiful Sudbury River valley with 4-6 hills to keep you warm. Experience beautiful Pelham Island Road paving on the 2 longer routes.

Active rain or snow cancels. NO BATHROOM FACILITIES at the start. Starbucks and Dunkin Donuts are at intersection of Sudbury Road and Thoreau St., 1/4 mile from the ride start.

The arrows (white thermometer) exist in some places, but are faded in others. If you see an arrow, follow it, but don't depend on them. S=19 miles, L=27, XL=36.

Food: Long-Whole Foods mile 14.3; XL-Subway at mile 17.6, Whole Foods mile 24.2

You can print cue sheets from the RideWithGPS app. Limited paper copies will be provided at the start.

POST-RIDE option at Trail's End Cafe. Less than a mile from the Ride Start - 97 Lowell Rd, Concord, MA 01742 8 AM - 3 PM Sundays

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

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

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

Note: Commuter Rail arrives Concord about 9:15 AM. Departs 1:50 and 4:10 PM Fitchburg/South Acton Line Check for updates at http://www.mbta.com/schedules_and_maps/

Ride Information:

36 miles (<http://ridewithgps.com/routes/17485689>),

27 miles (<http://ridewithgps.com/routes/11133423>),

19 miles (<http://ridewithgps.com/routes/11133410>)

Thirty First Annual Gryzboska Circle Ride (SWCCW) Revisited Sunday - March 26

Times and Routes: 10:30 AM for 26 or 39 miles on rolling terrain.

Ride Type: Cue Sheet, GPS

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

Leaders: Joe Repole

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

Start: Gryzboska Circle, 15 Gryzboska Circle, Framingham MA

Directions: From the Mass Pike take Exit 12 and Route 9 East to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St. from the jug handle). Right at end onto Salem End Rd. First right is Gryzboska Circle. Park on Gryzboska Circle on the odd numbered side of the circle (inside of the circle). The commuter rail leaves South Station at 8:40 AM and arrives in Framingham at 9:41 AM. You are encouraged to ride your bike to the start, however there is ample parking.

Ride Information:

Super Short Ride (<http://ridewithgps.com/routes/16285238>),

Short Ride 39 miles (<http://ridewithgps.com/routes/16286029>)

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

NewMembers

Ed Connolly	Medfield
Cornelius Cronin	Dedham
Roland Gonzalez	Braintree
Gleb Kopchenkov	Andover
Shannon Lepore	Burlington
Madeline McGill	Boston

Q · U · O · T · E



[A bicycle is] an unparalleled merger of a toy, a utilitarian vehicle, and sporting equipment. The bicycle can be used in so many ways, and approaches perfection in each use.

For instance, the bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon. A person pedaling a bike uses energy more efficiently than a gazelle or an eagle. And a triangle-framed bicycle can easily carry ten times its own weight - a capacity no automobile, airplane or bridge can match.



-- Bill Strickland

Little Best of Jack's Corner



by Jack Donohue

Recycled articles from 20 odd years of WheelPeople.

(Reprinted from the December 1995 issue of WheelPeople)

I've decided that I truly fit the bill of being a retrogrouch. I was reading the Rivendell catalog the other day. The Rivendell catalog is put out by an ex-Bridgestone guy, another card carrying retrogrouch. It's like an extension of the old Bridgestone Owner's newsletter, which I've never seen, but which I'm told was quite good. This is fundamentally a bike catalog for a lot of oddball stuff that he sells, but is about 50% articles on biking. In one article he recounts being asked if he subscribed to ancient remedies for saddle sores such as putting raw steak in his shorts. He said that he did not actually put raw steak into his shorts as an antidote to saddle sores, but did indeed once sew a potholder into them. I'm not sure how the steak concept would fly these days -- perhaps chicken or fish would be better. Vegetarians would be at a definite disadvantage. Somehow, I don't think a healthy serving of greens would provide quite the comfort of something straight off the hoof. I must confess that I did once do something similarly creative with my shorts.

I knew about chamois, but didn't have any in my possession. I did, however, have some scraps of rather thick leather around (I think this was a remnant from my sandal making ersatz hippy days). In any case, I reasoned that chamois and this stuff both came from the same animal (just like steak, only from the outside), so this should work. So I embellished one of my pairs of cutoff jeans with a leather bottom, sort of a variation on *liederhosen* (still couldn't yodel worth a damn, though). They were stiff enough to double as armor, and even I didn't wear them for very long.

The trouble with me as a Rivendell customer is that I'm too cheap to actually buy the catalog, and most of the interesting low tech solutions he comes up with, I can usually lower tech myself. For instance, he was selling a musette bag as an alternative to a handlebar or saddle bag. A musette bag, for those of you who don't spend most of July glued to the tube watching the Tour de France, is a little canvas bag with a shoulder strap that is filled with food and handed up to the racers as they blast past. This seemed like a good idea to

me. Upon further reflection, I determined that rather than spend \$12 on a prefabricated bag, I could make my own out of an old pair of blue jeans. The next item was a tool and tube tote, that was basically a 16" square of fabric you folded around the tools, etc. Not much value added here. Now \$2 is not much, but I figure that my old pair of jeans would be worth about \$10 suitably repackaged as tool bags. Actually, old calculator cases make excellent tool bags. I seem to have a lifetime supply of those.

I'm too cheap to pay for the catalog, so I will gradually be phased out of their mailing list. It is against my religion to pay money for a catalog. Basically, you are paying money for the opportunity to spend more money. Something un-American in that. Like paying for air. ☺

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

Time to start thinking about

The Charles River Wheelmen
Spring Century

North to New Hampshire

Sunday, May 21, 2017

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

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

REGISTRATION WAS NOT AVAILABLE AT THE TIME OF WHEELPEOPLE PUBLICATION, CHECK THE WEBSITE FOR FURTHER INFORMATION

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

Helmets required on all CRW rides

January Mileage

014256

Name	Miles	M	C	K	Name	Miles	M	C	K
Jack Donohue	872	-	-	-	Harriet Fell	127	-	-	-
Chris Roberts	814	-	-	-	Douglas Bajgot	124	-	-	-
Don Fraser	767	-	-	-	Lisa Weissmann	124	-	-	-
Richard Taylor	751	1	1	-	John Allen	120	-	-	-
Marc Baskin	674	1	-	-	Walter Frank	119	-	-	-
Ken Hablow	646	-	-	-	Gabor Demjen	109	-	-	-
Douglas Cohen	522	-	-	-	Joseph Tavilla	105	-	-	-
Carlo Innocenti	518	1	-	-	Rudge McKenney	100	-	-	-
Butch Pemstein	504	-	-	-	John Kane	78	-	-	-
Joe Repole	478	1	1	-	Gary Smiley	75	-	-	-
David Cooper	464	1	-	-	John Springfield	73	-	-	-
Bob Wolf	451	-	-	-	A J Gemperline	71	-	-	-
Cynthia Zabin	407	-	-	-	Douglas Chin	64	-	-	-
Diane Mutchler	391	1	1	-	Ken Mostello	56	-	-	-
Andy Brand	377	-	-	-	Mark Druy	38	-	-	-
Erik Husby	366	-	-	-	Jeffery Luxenberg	34	-	-	-
Ed Pastor	339	-	-	-	Mike Hanauer	20	-	-	-
Greg Stathis	335	-	-	-	Cynthia Chin	14	-	-	-
Steve Robins	328	-	-	-					
Pamela Blalock	323	-	-	-					
Larry Delaney	298	-	-	-					
David Wean	272	-	-	-					
Arne Buck	269	-	-	-					
Irving Kurki	266	-	-	-					
Don Mitchell	205	-	-	-					
Bill Hanson	195	-	-	-					
Clyde Kessel	181	-	-	-					
Henry Marcy	169	-	-	-					
Joe Hagan	166	-	-	-					
Cynthia Snow	158	-	-	-					
James Broughton	153	-	-	-					
Ed Hoffer	146	-	-	-					

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	2019	781-891-9307	
Mike Byrne	2017	978-337-3394	
Bernie Flynn	2017	617-968-3506	
Gardner (Sandy) Gray	2018	978-663-7460	
Dom Jorge	2017	978-395-1283	
Mary Kernan	2019	781-860-0500	
Linda Nelson	2019		
Erik Sobel	2018	857-636-0900	
Bob Wolf	2018	781-929-7789	
OFFICERS AND COORDINATORS			
President	Gardner (Sandy) Gray	978-663-7460	
Executive Vice President	Bob Wolf	781-929-7789	
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	John Allen	781-891-9307	
Treasurer	Larry Kernan	339-234-0404	
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	OPEN		
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	
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	
WHEELPEOPLE STAFF			
Copy Editor	Jack Donohue		
Graphic Designer	David Cooper	781-483-6960	
INTERNET STAFF			
Web Site			
Webmaster	Gary Smiley	617-661-8908	
	David Cooper	781-483-6960	
	Jack Donohue		
Social Media	Erik Sobel	857-636-0900	
E-Mail List			
Administrator	Erik Sobel	857-636-0900	

BikeShops

<http://www.crw.org/shops.php>

These fine bike shops offer discounts to CRW members

Ace Wheelworks

145 Elm St., Somerville..... 617-776-2100

Adi's Bike World

1754 Centre Street, West Roxbury..... 617-325-2453

ATA Cycles

93 Thoreau St., Concord..... 978-369-5960

Back Bay Bicycles

362 Commonwealth Avenue, Boston..... 617-247-2336

Belmont Wheelworks

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

675 Lowell St. Suite 170, Lexington..... 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

Sirois Bicycle Shop

893 Landry Ave, North Attleborough..... 508-695-6303

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



A below freezing start temperature did not deter fourteen riders on Ken Hahlow's February Frolic ride on Sunday, the 5th.