



WheelPeople

Newsletter of the Charles River Wheelers

April Highlights

Rides 'R' Us.....	1	Spring Century Info.....	6
We are Charles River Wheelers ..	1	AMC Bike Repair Workshop.....	7
New Members.....	2	February Mileage.....	7
Recurring Rides.....	3	Club Officers & Coordinators.....	8
April Rides	4	Bike Shops	9

On the roads of New England since 1966

Volume XLI, Number 4 • April 2017



by Jack Donohue

That's right. Ask anyone what is the raison d'être of the CRW and they'll say "rides." Rides don't happen on their own, they need ride leaders. That's where you come in.

Any CRW member can be a ride leader and your ride will be covered by the club insurance in case you were worried about that. So, what does it take to be a ride leader?

In the old days, a leader had to go out armed with a bike computer and a pencil (or maybe a dictaphone) and record the distance, directions for every turn on the ride, and laboriously create a cue sheet when done. Now, you can map out a route from the privacy of your own home with tools like Google maps or RideWithGps, You can in principle map out a route

without ever having ridden it, though it's a good idea to do so, since the online maps don't always correspond to reality. In particular, though known to be directionally challenged, I have mapped and led many rides giving a good impression that I know where I'm going. If I can do it, so can you.

Once you've developed a route, you need a date and a starting point. We've got a database of possible start locations, but basically all you need is a big parking lot.

Next thing is to tell the world. We have an online system for leaders to enter rides, you just have to contact us to say you want to be a ride leader, and we'll bestow ride leader-hood on you. Next time you

Rides 'R' Us - [Continued on page 2](#)

We are Charles River Wheelers

As many of you know, the CRW Board of Directors recently polled the membership regarding changing the name of our club to make it more welcoming, gender neutral and inclusive of all our members. This topic has been raised several times over the last few decades of the club's 50 year history.

After some technical difficulties and 2 rounds of voting, the final results are in:

Votes in favor of changing the club name, 438

Votes against changing the club name, 105

Our constitution requires 66%, of the members that voted, to favor passing an amendment. With 80% of the membership that voted, approving the change of our name to "Charles River Wheelers", the constitutional amendment has passed.

We are Charles River Wheelers - [Continued on page 2](#)

Rides 'R' Us - Continued from page 1

log in, all will be revealed about ride leader info. Once you submit a ride online it will shortly appear on the calendar.

Then the only thing you need to do is show up to lead the ride.

The term leader is somewhat of a misnomer, you don't actually lead the ride. CRW riders are a self sufficient bunch, and they are quite happy to go off on their own. So your responsibilities on the day of the ride, are to show up and start the ride, giving a short talk describing the route, hazards, stops, safety. Short is the operative word, since most riders have the attention span of a flea and just want to hit the road.

Sounds easy, right? Now for the fine print. The cornerstone of the rides program has always been the Sunday arrowed rides. Every leader who leads a Sunday ride between May and November is expected to arrow the ride. i.e., mark direction arrows at each turn with spray paint. Arrowed rides were the main reason I joined CRW in the first place (remember, directionally challenged). Now with the advent of GPS

devices and phone navigation, arrows aren't so necessary, but we are still arrowing, at least for now. Of course, you could dodge the bullet and lead an arrowless Saturday ride instead. But we'd really like to keep the arrowed Sunday rides and need leaders willing to do this.

Arrowing is admittedly a lot of work, but, once done, you can get a lot of mileage (no pun intended) out of your arrows. I lead one arrowed ride a year, put down the arrows in the spring and typically reread the ride several times.

So what are the rewards for being a ride leader? First and foremost is the heartfelt gratitude of your fellow riders. Without you, there would be no ride. Other leader perks are that you get to ride our centuries for free and get invited to the annual ride leader party.

Ready to sign up? Just send an email to webmaster@crw.org asking to be put on the leader list, and we'll get back to you with more information or join us on April 18th, 6:30 - 9:00 PM at [Bocca Bella in Newton](#) for our Spring Ride Leader meeting. More information to follow via email.

We are Charles River Wheelers - Cont. fr. pg. 1

During the vote, several members took issue with the voting process and requested an opportunity to discuss the results and the process of the vote in an open member forum. The meeting was held on March 22, 2017, at the Waltham Public Library. We had 5 members and 8 board members attend the meeting. We all agreed that in the future, if a "Major

Change" in the organization is being contemplated, member input should be given, prior to an up or down vote.

If you were unable to attend the meeting in person, we invite you to send your thoughts directly to the board members at, <mailto:crwboard@google-groups.com>

Gardner (Sandy) Gray



Ride 'em Cowboy Ride 3/5/2017 - Led by Jack Donohue, taking the photo. A small group with the cold weather and wind. Joe Repole gets the punctuality award, arriving almost spot on 10:30, though he did admit to arriving early and circling.

NewMembers

Jee Chung	Canton
Mark S Coleman	Arlington
Peter L DiMarzio	Dedham
Conor Dolan	Harvard
Donald Dusenberry	Wakefield
Susan J Feist	Concord
Peter Hartzbech	Boston
Robert Edward Koziel	Marlborough
Michael McCarthy	Boston
Howie R Richman	Medfield
Peter Sliker	E Boston
Beth Wiggins	Acton
Terry H Williams	Lowell

Recurring Rides

These rides are held every week unless indicated otherwise

Sunday South Shore Coastal Loop

Times and Routes: 8:00 AM for 43 and 56 miles. 7:30 AM, starting in May

Note: - Ride begins on April 9.

Ride Type: Arrowed, Cue sheet, GPS

Description: This ride combines shady, quiet roads, scenic harbors, historic lighthouses, windmills, beaches and beautiful vistas and occurs on some of the most spectacular 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. Because we leave early, you'll be home in time to cook omelets for Sunday brunch! The SSCL will take place every week, weather permitting. The 43-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. 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.

Please check the website at 6 AM Sunday for any last minute updates.

Notes: The ride will start at 8 AM in April and October, 7:30 May through September.

Start: Park'n'Ride lot, Rockland (opposite Home Depot)

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.

Leaders: Andy Brand (<mailto:abrand@alum.rpi.edu>)
Ride Information: [43 miles](#), [55 miles](#)

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.

Thursday Fitness Ride and Pace Line Clinic

Times and Routes: 6 PM sharp. Plan to arrive 5-10 minutes earlier. Routes of 17, 28 and 34 miles

Note: - Ride begins on April 20. Lights strongly recommended.

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 4. Steady rain cancels.

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.

RideWithGPS Links: [Long](#), [Medium](#), [Short](#)

Leaders: [Kathy Horvath](#) (781-271-1308 Before 9:00 PM)

Friday TGIF Unwinder

Times and Routes: 6:00 pm, 18 or 24 mile

Note: - Ride begins on April 21.

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.

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/

Recurring Rides - *Cont. on pg. 4*

Recurring Rides - Cont.

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 and then right to go behind the library.

Ride Information:

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

TGIF 24 (<https://ridewithgps.com/routes/13124424>)

Be sure to check the web site (<http://crw.org/rides-calendar>) for possible updates or cancellations.

April Rides



We are in full swing for April with rides each weekend and recurring rides during the week. We encourage you to get out and ride. Share our hopes for pleasant spring weather.

Nashoba Bakery Ride

Saturday – April 1

Times and Routes: 9:30 am for 33 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: A tour of the rolling hills of Lincoln, Weston, Sudbury, Acton and Concord, where we stop at the Nashoba Bakery for a coffee warm-up.

Leaders: John O'Dowd (<mailto:bikejon@verizon.net>)

Start: Brooks School Parking Lot

Directions: From 128 take Rt. 2 west to Bedford Rd south to Lincoln Center. (This is the five corner intersection at Trapello Rd, the library and a big flower pot at the intersection) Continue straight on Lincoln Rd. After

approximately 1/2 mile Ballfield Rd will be on the right.

Ride Information: 30 miles

Sunday - April 2

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

Saturday - April 8

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

Sunday - April 9

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

Southeast from Jack's Abby Beerhall Social Ride

Saturday – April 15

Times and Routes: 10:30 am for 35 and 47 miles.

Ride Type: Follow the leader, GPS

Description: Join us to ride with your friends or to meet new ones! This event will be two **SOCIAL GROUP RIDES** with leaders working to keep each group together and make the ride enjoyable for all. The 35 mile ride will target a 13 mph overall moving pace, while the 47 mile ride will look to maintain one of ~14-15 mph. As with our social ride in May, both routes end at the Jack's Abby Beerhall where we can get together for post ride eats and drinks. From the Jack's

Abby Beerhall in Framingham the 35 mile ride heads to Dover, Westwood, Medfield, and Sherborn while the 47 mile ride adds Norfolk, Medway, and Millis to the middle of the ride. Neither route will be arrowed. **Please note that this event is intended to be a social riding opportunity and not the traditional CRW ride structure of riding at your own pace.**

Please come if you both can and want to ride with a social group at 13 mph for the 35 miler and 14-15 mph for the 47 mile ride.

Leaders: Bob Wolf (<mailto:robertgwolf@gmail.com>)

Start: Jack's Abby Beerhall

Directions: While the beerhall is at 100 Clinton, we've been asked to park in the large lot at the intersection of Clark and Bishop. Start address at that intersection.

Ride Information: 35 miles, 47 miles

Sunday - April 16

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

Some Newer Views Saturday – April 22

Times and Routes: 10 AM for all rides

Ride Type: Cue sheet, GPS

Description: We'll ride through areas we don't usually go

April Rides - Cont. on pg. 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.

through and discover new views in Groton, Shirley, Lunenburg, Townsend and West Groton. All rides will pass by the Storybook Cottage in Shirley. The short ride has a moderate climb from W. Groton to the end. The medium and long rides have one big hill climb with views with a stop for food/water/rest in West Townsend. The long riders will have a couple more hills to contend with and briefly cross over the border into NH for another view. We'll rendezvous after the ride for lunch at either the Salt & Light Cafe or Filho's Cucina on Main Street in Groton. This will be a joint ride with the Nashoba Valley Pedalers.

Leaders: Lindy King (<mailto:lindy.king@charter.net>)

Start: Nashua River Rail Trail

Directions: From I-495, take exit 31 to Rt 119 West and continue for about 7.0 miles to Groton center. Turn left onto Station Avenue, after the Bank of America and before Groton Town Hall, to the end and park alongside the Rail Trail.

Ride Information: 40 miles, 33 miles, 21 miles

Rosy Cheeks Ride Sunday - April 23

Times and Routes: 9:30 AM for 28 or 44 miles

Ride Type: Cue Sheet, Arrowed, GPS

Description: Celebrate the end of tax season with a Spring bike ride. The routes feature quiet, scenic, well-loved roads with a few hills thrown in for good measure. The short ride goes through Sudbury, Hudson, Stow, and Acton. The long ride adds Bolton, and the hills of Harvard and Littleton. Possible post-ride party -- check web site the week before the ride.

Leaders: Connie Farb (<mailto:chfarb@yahoo.com>, 978-443-4993), Mark Sevier (mailto:m_sev@yahoo.com, 978-443-4993)

Start: Fairbank Senior Center parking lot, 40 Fairbank Rd, Sudbury

Directions: From Rte. 128, take Route 20 West through Weston and Wayland to the light at the intersection with Rtes. 126/27. Turn right onto 126/27 and continue straight to stay on Rte. 27. Follow Rte. 27 about 3 miles into the town of Sudbury (traffic light). Continue straight on Hudson Road as Rte. 27 bears off to the right. Go another 1.5 miles and turn right onto Fairbank Rd. If you pass the large ball fields, you've gone too far.

Ride Information:

28 mile (<http://ridewithgps.com/routes/11604226>), 44 mile (<http://ridewithgps.com/routes/11027751>)

Berlin Hills Saturday - April 29

Times and Routes: 9:00 AM for 24 and 34 hilly miles

Ride Type: Cue sheet, GPS

Description: Bucolic, tree-lined rural roads with very little traffic, a particular treat dressed in bright green colors on a crisp morning in Spring. The 34-mile route is more hilly and includes several significant climbs, including the always-popular Green Street hill. The 24-mile route, while also hilly, avoids Green Street and is more

rolling. Both routes include a 1/2-mile warm-up climb followed immediately by a breezy and fun one-mile downhill run before the split at mile 4.6. The routes merge again 13 miles from the end to share several more rolling hills and two additional downhill runs.

Leaders: Chris Summerfield (<mailto:chris@system.com>)

Start: Berlin Memorial School

Directions: From I-495, take Exit 26, Route 62 West toward Berlin. After 2 miles, when Route 62 curves sharply to the right in the center of Berlin, turn left onto Linden Street, then left again (around the traffic island) onto South Street. Less than 1/4 mile down South Street, find the Berlin Memorial School driveway on

the left. Go down the driveway and completely around the school to the large parking lot behind the school. Do not park in front of the school or near the soccer and recreation fields.

Ride Information: 24 miles, 34 miles

Sunday - April 30

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/rides-calendar>) for possible updates or cancellations.

CRW Club Member Discount!!

Clean-bottle, as seen on Shark-tank, is offering CRW members a discount on their unique cleanable bottles. Use the code: **CRW2017** and it'll take 50% off your whole order! (from their online store at www.clean-bottle.com).



The Charles River Wheelers Spring Century North to New Hampshire

Sunday, May 21, 2017

*Event held Rain or Shine
Advance Registration on-line only.
No day of event walk-ins.*

Join The Charles River Wheelers on rural roads through the Merrimack Valley of northeastern Massachusetts and southern New Hampshire.

- Fully arrowed routes with CRW precision, with a map and cue sheet for each ride.
- Water & food stops on all routes.
- Technical and mechanical support by [Cycle Loft](#). Please arrive early if you want your bike checked before a ride
- After-ride refreshments for returning riders.

Helmets required on all CRW rides

Routes Join us for one of three beautiful routes of 100, 62 and 50 miles on slightly rolling rural roads.

- 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.

Time Check-in from 7:00-8:30 AM for all rides, start ride after check-in

Registration *The ride will be limited to 700 riders, and you must register to participate. You will not be able to pay at the start.*

CRW members - \$20 (members must login to the site to register at this price)

Nonmembers - \$30

Register early, and be certain you have a place in the ride.

Registration will be CLOSED Friday May 19, 12 noon. or when we reach our limit of 700 riders.

Ride Start Northeast Metro Tech - 100 Hemlock Rd., Wakefield, MA

See map: [Google Maps](#)

Directions: Take Rt. 95 (128) to exit 40, Rt. 129 East. Follow signs for Rt. 129 East for 1.5 miles to Wakefield center. Follow Rt. 129 East as it turns left. Go approximately 1 mile past Wakefield center. Turn right onto Farm Street. Go .25 miles and turn left into Northeast Metro Tech.

Volunteer CRW is an all volunteer club, and we need help running this event. You can volunteer for some tasks and still ride the full century (and for free!). Or you may have a friend or significant other who isn't riding and would like to have fun and help riders like you have a great day. If so, have them contact Century Committee for more information.

Questions about registration, contact [Jack Donohue](#) • Questions about the ride, contact Century coordinator [Larry Kernan](#)

>> REGISTER NOW <<

Appalachian Mountain Club BIKE REPAIR AND INFORMATION WORKSHOP

Saturday, April 22, 2017 9:45AM - 3:30PM

Trinitarian Congregational Church,
54 Walden Street, Concord, MA 01742

Come to the Bike Repair and Information Workshop to improve your bike knowledge and ride preparedness! It is worthwhile for both new and experienced riders wanting more information and more confidence on the road and trail. Matters addressed include:

- types of bikes
- maintenance
- clothing and equipment
- riding technique

Concepts and repairs will be discussed and demonstrated at four stations: basic bike, general maintenance, flat tires, and brakes & derailleurs. Attend all four stations. Receive an extensive handout to take home. During lunch discuss with the instructors topics such as touring, safety, bike accessories, bike clothing, what to carry with you on a ride, finding bike routes, and where to shop.

Advance registration is recommended. Prices are:

	AMC Member	Non-Member
Adult	\$30	\$40
Youth (12-18)	\$20	\$30

and \$45 at the door for all.

REGISTER

Arrive by 9:45 to sign in. Bring the front wheel from your bike (it is easier to remove than the rear; try this well in advance of the workshop if you are



unfamiliar with the procedure), tire irons, and a pump to practice fixing flats, but **NOT** your bike (sorry, space is limited).

Lunch will be provided.

Directions: Take best route to Concord Center. The church is at corner of Walden St. and Hubbard St., across from the Concord Post Office. Enter the church via the Hubbard St. doors, towards the back of the building. Best parking is on Hubbard St. on the church side, after the meters, and the church's lot on Walden St.

For more information, contact Lamar Winters

February Mileage 026883

Name	Miles	M	C	K	Name	Miles	M	C	K
Jack Donohue	1554	-	-	-	Cynthia Snow	284	-	-	-
Chris Roberts	1414	1	-	-	Ed Hoffer	271	-	-	-
Richard Taylor	1279	2	2	-	Gardner Gray	231	-	-	-
Ken Hابلow	1114	-	-	-	Gary Smiley	225	-	-	-
Don Fraser	1081	-	-	-	Joseph Tavilla	223	-	-	-
Douglas Cohen	1040	-	-	-	A J Gemperline	216	-	-	-
Pamela Blalock	994	-	-	-	Bruce Larson	215	-	-	-
Marc Baskin	971	2	-	-	Douglas Bajgot	208	-	-	-
Carlo Innocenti	940	2	-	-	Gabor Demjen	158	-	-	-
David Cooper	918	2	-	-	John Kane	120	-	-	-
Cynthia Zabin	871	-	-	-	Douglas Chin	108	-	-	-
Joe Repole	841	2	2	-	John O'Dowd	106	-	-	-
Bob Wolf	783	-	-	-	Rudge McKenney	100	-	-	-
Diane Mutchler	769	2	2	-	Jeffery Luxenberg	76	-	-	-
Steve Robins	764	-	-	-	Ken Mostello	75	-	-	-
David Wean	746	-	-	-	Eric Sansone	49	-	-	-
Butch Pemstein	740	-	-	-	Darrell Katz	44	-	-	-
Andy Brand	684	-	-	-	Mark Druy	38	-	-	-
Erik Husby	677	1	-	-	Mike Hanauer	36	-	-	-
Larry Delaney	567	1	-	-	Cynthia Chin	24	-	-	-
Arne Buck	544	-	-	-					
Irving Kurki	524	-	-	-					
Bob Cohen	512	-	-	-					
Jean Orser	410	-	-	-					
Dom Jorge	398	-	-	-					
Joe Hagan	378	1	-	-					
Harriet Fell	347	-	-	-					
Henry Marcy	340	-	-	-					
Lisa Weissmann	335	-	-	-					
Don Mitchell	324	-	-	-					
James Broughton	315	-	-	-					
Clyde Kessel	308	-	-	-					
Walter Frank	304	-	-	-					
Bill Hanson	290	-	-	-					

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 Wheelers
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 Hابلow at 781-257-5268. Please do not contact the insurance company.

BOARD MEMBERS		Term Expires	WHEELPEOPLE STAFF	
John Allen	2019	781-856-4058	Copy Editor	Jack Donohue 781-728-9621
Mike Byrne	2017	978-337-3394	Graphic Designer	David Cooper 781-483-6960
Bernie Flynn	2017	617-968-3506	RIDE PROGRAM COORDINATORS	
Gardner Gray	2018	978-663-7460	Vice President of Rides	
Dom Jorge	2017	978-395-1283	Get Up 'n Go Rides	Jack Donohue 781-728-9621
Mary Kernan	2019		Get Up 'n Go Rides	Susan Grieb 781-728-9621
Linda Nelson	2019		Wednesday Wheelers	helengreitzer 508-878-6988
Erik Sobel	2018	857-636-0900	Wednesday Ice Cream Ride	Rudge McKenney 617-332-6242
Bob Wolf	2018	781-929-7789	Wednesday Ice Cream Ride	Gabor Demjen 781-444-4508
OFFICERS			Wednesday Ice Cream Ride	Roger Bonomi 617-686-4073
President	Gardner Gray	978-663-7460	Thursday Fitness Rides	Kathy Horvath 781-405-5480
Executive Vice President	Bob Wolf	781-929-7789	Thursday Night Fun Ride	Wayne Douglas 508-588-5576
Vice President of Finance	Bernie Flynn	617-968-3506	Friday Rides	Kathy Horvath 781-405-5480
Vice President of Publications	Ken Hابلow	781-257-5268	Friday Rides	Ed Glick 978-319-8722
Vice President of Legal Affairs	Bernard Pemstein	617-969-6574	Friday Rides	Alan Cooney 617-484-4645
Secretary	John Allen	781-856-4058	Sunday Fitness Rides	Andy Brand 617-247-9770
Treasurer	larrykernan	339-234-0404	Wednesday Masters & Fitness Ride	Ken Milne 508-458-5621
COORDINATORS			INTERNET STAFF	
Insurance Coordinator	Ken Hابلow	781-257-5268	Webmaster	Jack Donohue 781-728-9621
Mileage Coordinator	Jack Donohue	781-728-9621	Webmaster	Nancy Cole 781-899-7187
Bike Shop Coordinator			Social Media	Erik Sobel 857-636-0900
Safety Coordinator			E-mail list	Erik Sobel 857-636-0900
Membership Staff	Barry Nelson	617-448-5150		

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 St, West Roxbury..... 617-325-2453

ATA Cycles

93 Thoreau St, Concord 978-369-5960

Back Bay Bicycles

362 Commonwealth Ave, 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 Rd, Bedford..... 781-275-7799

Broadway Bicycle School

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

C K Bikes

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

Cambridge Bicycle

259 Massachusetts Ave, Cambridge 617-876-6555

Centre Ski and Bike

1239 Washington St, 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, 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

887 Main St, Waltham 781-894-2768

119 Boston Post Rd, Sudbury 978-443-6696

Grace Bicycles

1574 Washington St, 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

44 Granite St, Braintree 781-519-6306

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

66 Needham St, Newton 617-527-0967

276 Turnpike Rd, Westboro 508-836-3878

890 Commonwealth Ave, Boston 617-232-0446

Marblehead Cycle

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

Papa Wheelies Bicycle Shop

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

Quad Cycles

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

Sheldonville Bicycle Repair

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

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 St, 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



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