



# WheelPeople

Newsletter of the Charles River Wheelers

On the roads of New England since 1966

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## Helping Cyclists be More Traffic Savvy

The national CyclingSavvy education program seeks to provide urban bicyclists with knowledge and techniques to flow more smoothly with traffic.

The CyclingSavvy program will be providing classes in Waltham on May 18 and 29 on improving knowledge and skills as a cyclist, especially on the roads with other traffic. While using a bicycle for transportation can be rewarding, healthy, and economical, the stress of riding around traffic can be inhibiting. While many utility bike trips can be accomplished mostly on smaller streets, even a short time on a large busy street can make an otherwise easy route overwhelming. CyclingSavvy seeks to bridge that gap, empowering cyclists to travel

anywhere, anytime, with confidence.

The full course consists of three sessions.

- Truths and Techniques of Traffic Cycling” is a classroom session, to be presented on Friday evening May 18, at 6:30PM at First Parish Church in Waltham
- Train Your Bike” is an on-bike skills course at Hobbs Brook office Park, 9 AM Saturday morning, May 19.
- After lunch, we take our new knowledge and skills to the streets with a group Bicycle Tour of Waltham

The outdoor sessions will be rescheduled in case of rain.

Pre-registration is required, at <http://cyclingsavvy.org>, click “Find a Course”.

CyclingSavvy began in Orlando, Florida, in 2009, and has already spread to over a dozen states from Maine to California. The Boston courses will be taught by Waltham resident John Allen and Maine cyclist John Brooking, both certified CyclingSavvy instructors.

For more information, contact John Allen, 781 856-4058, or [jsallen@alum.mit.edu](mailto:jsallen@alum.mit.edu). 

## SafetyCorner



## A Pragmatic Sidewalk Use

*John S. Allen, CRW Safety Coordinator*

If you have been reading my articles and blog posts for a while, you know that I am not a great fan of riding on sidewalks, or of riding on anything located alongside a street like a sidewalk, even a so-called “protected” bikeway. A sidewalk or sidepath can allay bicyclists’ fears of being struck from behind by motor vehicles, but this type of crash actually is very rare under urban conditions. Other hazards are far more common, and much worse when bicyclists ride in sidewalk space. People on foot appear unexpectedly from behind obstructions. Bicyclists on sidewalks and motorists on the roadway are out of sight of each other until too late at intersections and driveways. On most sidewalks, I slow down, because I must be able to stop on a moment’s notice.

So, you may be surprised that I am going to say that sometimes riding on a sidewalk is exactly the right thing to do.

Let’s look at a specific location: Massachusetts Route 9 and Kingsbury Street in Wellesley. Route 9 is a major highway with a 50 mph speed limit. Quiet local streets on either side of Route 9 make some good connections. Bicyclists need to get across Route 9.

Kingsbury Street T’s into Route 9 from the south. A signalized crosswalk across Route 9 connects with the sidewalk on the left side of Kingsbury Street. Pushbuttons trigger the traffic signal to stop the traffic on Route 9.

Need to cross Route 9 with your bicycle? Push the button, use the crosswalk. End of story. Whoa, no, wait a

**Safety Corner - Continued on page 7**

# Board Meeting Minutes

March 22, 2018

Minutes prepared by John S. Allen

## Attendance

Sandy Gray, President; Board members John Allen, Steve Carlson, Larry Kernan, Mary Kernan, Linda Nelson, Erik Sobel; CRW member and publicity consultant Judith McMichael; Membership staffer Barry Nelson

## Financials

Larry distributed a budget and described the idea to reduce the assets in the bank over a period of five years. There could be two methodologies; a faster one, \$14K in the first year or level over the 5 years. The difference would not be great this year, but it would be in the sixth year.

Rides program is ambitious, response at the ride leaders' event on March 4 was strong; make events more social, save money in how we implement things. Eli Post wants \$1K for intro to CRW rides and a couple of other events. He has committed to 10 events.

Increasing expenses will put us further into deficit.

No Climb to the Clouds this year: but we can make more money this year on the Fall Century. Merchandise is not significant. Holiday party cost more than we expected. Liability insurance for centuries was \$5800, now \$7800. D&O insurance is flat, \$875. We get good rates through the League of American Bicyclists. IT and Web site expenses have gone up, as we hired a consultant. For how long?

The increased expense could be offset by ads on the Web site. Potomac Pedalers does this.

Skills workshops: students pay \$25 and the instructor gets \$80; might cost the club if sign-up is small. We could run more advanced skills workshops. Encourage more riders, give them skills. Also if we are going to get people off arrows we need GPS workshops.

We could spend the excess on grants – Are we content with the amount for charitable gifts? We are taking a different approach: Give us proposals.

Last page of the budget showed how we are doing through February. Memberships are way down, otherwise there is nothing remarkable.

The Board approved the Proposed Budget with two modifications. It added \$1,000 to After-Ride Parties and removed \$500 from Social Events. The Approved Budget is available online, here: <https://www.crw.org/sites/files/docs/2018%20Approved%20CRW%20Budget.pdf>

## Rides

The March 4 event at Lexington Depot was a success. 69 people attended, 15 filled out feedback forms. Four who came for kit fittings also signed up for volunteer positions. Volunteer positions are beginning to get filled – mentors, intro ride leaders. May weekend calendar is full except for one Saturday and one Sunday. The rides committee is Chris

Tweed Michael Needle, Matt Berube. John O'Dowd, and Curt Dudley-Marling. First rides committee meeting is April 9. Mary has established a Google group, CRWRideProgram, that will allow communications among all volunteers for the Ride Program. T

If the choice is between a ride without arrows and no ride, then the ride will run without arrows. Skills workshops are scheduled for May 5, June 3, June 24, and will also be promoted through Nashoba Valley Pedalers and Wheelpeople. Intro-to-group-riding CRW ride is the following week, tagged onto another ride but is separate on the calendar.

The Ice-Cream Ride attracts beginners. Regulars complain about newbies showing up. Susan Grieb has a 10:15 ride meeting, Thursday ride still needs a new start location.

## Centuries

Larry: we have a great century committee and are in good shape for spring. Pre-ride party is April 19. E-mail is going out tomorrow. Fall century, will be October 7. We may run CTTC as an unsupported Sunday ride.

## Membership Enhancement

We are losing members because of all the bugs on the Web site. Persons whose memberships have expired are unable to login to the website and renew their memberships. The club needs not only new people, but also engagement and winter events. Some other clubs are experiencing the same thing. Jack's Abby rides have a big social element. Ride-start location can offer an attraction and a place for a post-ride picnic. Narragansett Bay Wheelmen just has a tent for post-ride socializing.

Priority is to figure out why people are not renewing. There was an e-mail survey; most respondents wanted to renew. Everyone was 50 or older. Action item is 3 renewal messages, once per quarter. If you are still a member that page is pre-filled. The Board should suggest questions for a questionnaire. Social and volunteer coordinator positions were open: Sandy agreed to be volunteer coordinator, Linda, social coordinator. There was a discussion of household membership arrangements.

## Insurance

Insurance: Review with Ken Hablow. List the Insurance coordinator now as Larry.

## Merchandise

Bernie Flynn reports that we had \$10K of sales and 80 orders for our new kits.

## Web site

A phone call was placed to IT consultant David Marshall: we should put bugs into the bug-tracking system in Jira (app development software). He has been moving from easy to hard bugs. High priorities are payments and membership, ability to renew.

Content on the Web site needs review. One issue is extracting databases (e.g., ride starts, ride listings) so they are easy to proofread. This is lower on the priority list.

## Outreach to local shops

Steve suggested outreach to bike shops, to enhance membership benefits and gain new members. increase membership. Bike shop affiliation would include discounts, a CRW promotional flyer on display, sponsored content in Wheelpeople, and a link in Wheelpeople-

Board Meeting Minutes - *Cont. on pg. 6*



## South Shore Coastal Loop

**Times and Routes:** 8:30 AM in April; 7:30 AM starting May 6

**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 start 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 57-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 promptly at 8:30 AM in April; 7:30 May through the end of the season. The 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:** Andrew Brand

**Start:** Park and Ride-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. Please check the website Saturday after 9:30 PM for last minute cancellations.

**Ride Information:** 57 miles, 45 miles

## Wednesday Wheelers

**Times and Routes:** Varies, usually 10:00 AM.

**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. Distances are typically between 30 and 40 miles. 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. If interested, contact the [Wednesday Wheeler coordinator](#).

**Coordinator:** Helen Greitzer

## Wednesday Ice Cream Ride

**Times and Routes:** 6:30 PM

**Ride Type:** Arrowed, Evening

**Description:** Description: Scenic quiet rolling roads through the towns of Wellesley, Weston and Lincoln, many freshly paved. The long route adds the additional towns of Sudbury and Wayland. Named one of the Ten Best rides by Bicycling Magazine. Ride pace is varied, and ideal for the uninitiated as well as the experienced rider. We like to get together after the ride and have pizza at the Wellesley Hills House of Pizza. Steady rain cancels.

**Leaders:** Gabor Demjen, Rudge McKenney, Roger Bonomi

**Start:** Saint Johns School Parking Lot

**Directions:** From 128 North or South, Take Rt 16 West approximately 4/10 mi. Columbia Street is on the right, just after two banks on the right (formerly Grossman's parking lot). The ride start is about 3/10 mi from the Wellesley Farms commuter rail station on the Framingham-Worcester line: take Glen Rd east, left onto Washington St (Rte 16) and left into parking lot. Schedule is here: <https://mbta.com/schedules/CR-Worcester/timetable>

## Thursday Night Fitness Rides and Paceline Clinic

**Times and Routes:** 6 PM sharp. Plan to arrive 5-10 min. earlier  
**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** The short and medium rides wind through Lincoln, 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 a paceline clinic to teach safe group riding skills for up to 6 riders. We ride around 13 - 15 mph and pick up the pace depending on the experience of the participants. Paceline clinics are generally the first Thursday of each month beginning May 3. Steady rain cancels.

**Leaders:** Kathy Horvath

**Start:** Paul Revere Capture Site Parking Lot

**Directions:** From Route 95, Take Exit 30B (Route 2A) West about 1 mile. Parking lot is on right, .3 miles past the Visitor Center (also on right) and across from Mill St. on left.

**Ride Information:** 21 miles, 28 miles

Recurring Rides - *Cont. on pg. 4*

## Thursday Night Fun Ride

**Times and Routes:** 5:30 PM  
Start with 24, 29, 32 and 37 Mile Routes;h

**Ride Type:** Arrowed, Cue sheet

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

**Please bring your lights, and bright clothing is strongly recommended.**

**Leaders:** Wayne Douglas

**Start:** Park and Ride-West Bridgewater

**Directions:** Park& Ride is near the near Barrett's Alehouse the former Charlie Horse Restaurant

From Boston take Rt.128 to Rt. 24 South (exit 4) and continue to RT. 106 (Exit 16 W. Bridgewater).

## TGIF Unwinder

**Times and Routes:** 6:00 pm;  
5:30 pm 9/15 - 9/29

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** A club ride that provides something for all tastes. There is usually a fast group riding peline (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 WEL-**

**COME!** There is always a group going out for dinner and/or ice cream after the ride.

**Start:** Bedford Public Library parking lot. 7 Mudge Way, Bedford

**Leaders:** Alan Cooney

**Ride Information:** 23 miles, 18 miles

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



## May Rides

*We are in full swing for May with rides each weekend, recurring rides during the week, and our Spring Century on May 20<sup>th</sup>. It's time to get out and ride and take advantage of these multiple opportunities.*

### Berlin Hills Saturday - May 5

**Times and Routes:** 9:00 AM for 14, 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. The 14-mile route is an abbreviated version of the 24-mile, featuring similar terrain with 10 fewer miles. All routes feature 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. All

routes merge again near the end to share several more rolling hills and two additional downhill runs.

**Leaders:** Chris Summerfield

**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, 14 miles

### Revisit the Charles: Where bicyclists played in 1895

Sunday - May 6

**Times and Routes:** 2:00 PM for 12 miles, with stops at historic sites: about 3 hours

**Ride Type:** Arrowed, Follow the leader, GPS, Map, Intro

**Description:** Take an easy ride, about 14 miles among bicycle-related historical sites with Larry Finison, author of the acclaimed book Boston's Cycling Craze, 1880-1900. Visit and learn where bicycles were built, where bicyclists by the hundreds hung out and picnicked by the Charles River, and about Waltham's former bicycle racetrack. We will ride in a

May Rides - Continued on page 5

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

**Please be sure to check the website for last-minute changes including weather-related cancellations.**

group -- nobody will be left behind.

**Leaders:** John Allen, Lorenz Finison

**Start:** Duck Feeding Area

**Directions:** From Route 128 take exit 24. The first traffic light west of Route 128 on Route 30 is River Road to the north. The second right on River Road is the access road to the Duck Feeding Area parking lot. There is a sign. The above mentioned traffic light is at the end of the exit 24 ramp from Route 128 southbound. From the Brandeis-Roberts station on the Fitchburg commuter rail line, take South St southwest and turn left onto Norumbega Rd after about 0.3 mi. The Duck Feeding Area is at the end of Norumbega Rd, about another 0.4 mi. Train schedule is here; <https://mbta.com/schedules/CR-Fitchburg/timetable>. Returning to the station, it is most pleasant to bear right onto Charles River Road, then left onto Angleside Rd and right through parking lots to the station.

**Ride Information:** 14 miles

### Apple Pi Ride Sunday - May 6

**Times and Routes:** 9:30 for 55 or 35 miles

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** The short ride goes through Concord, Acton, Littleton, Westford, and Carlisle. The long ride adds Stow and Harvard. The long ride passes an impressive array of apple orchards, while taking in a few hills.

**Leaders:** Jack Donohue

**Start:** Bedford VA Hospital

**Directions:** From 128 Take Rt 4 north to Bedford Center. Turn right on Springs Rd. Follow signs for VA Hospital / Middlesex Community College. Meet at first parking lot on right. By bicycle from the Minuteman Bikeway: take the Narrow Gauge Rail Trail to where it crosses Springs Road diagonally, then bear right onto Springs Road.

**Ride Information:** 55 miles, 35 miles

### Needham, Dover and Beyond Saturday - May 12

**Times and Routes:** 9:00am for 41 miles, 9:30am for 19 and 28 miles

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** Ride on scenic rolling roads through Needham, Dover, and Medfield. Long ride

adds Sherborn. Please arrive early for pre ride instructions. Note this is a “show and go” ride, no set pace. It is not a “no drop” ride, but riders are encouraged to stay together in small groups.

**Leaders:** John O’Dowd

**Start:** Cutler Park Reservation

**Directions:** From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. Continue about 0.3 miles on Kendrick to Cutler Park on the right. It’s prominently marked.

**Ride Information:** 19 miles, 28 miles, 41 miles

### 3 Lakes & London Bridge Saturday - May 12

**Times and Routes:** 10:00

**Ride Type:** Cue sheet, GPS

**Description:** NEW ROUTE!! Meandering through the towns, and up and down the hills of Tyngsboro, MA, Pelham, NH, Windham, NH and Dracut, MA you’ll ride along some familiar roads with a new twist. There will be many new quiet, back roads for you to enjoy and explore. This is a joint ride with NVP and also a training ride for the American Diabetes Association New England Classic Tour de Cure. There will be two manned rest stops and, if nec-

essary, a stop at a Dunkin’ Donuts.

**Leaders:** Nancy Marchand, Merle Adelman

**Start:** Park and Ride-Tyngsborough

**Directions:** Rte. 128 to Exit 32 (Rte 3 N). Rte 3N to Exit 35 (Rte 113E). Commuter lot is less than a half mile on the left. Park at the Eastern most corner of the lot.

**Ride Information:** 51 miles

### A River Runs Through It Saturday - May 19

**Times and Routes:** 9:30 for 28, 49 or 64 miles

**Ride Type:** Cue sheet, GPS

**Description:** We’ll wind our way through beautiful rolling wooded countryside west of Boston, with views of the Sudbury and Assabet River plains. All rides pass through Concord, Sudbury, Wayland, and Lincoln; the 49-mile ride includes Stow and Hudson and a few hills. There is a scenic 64-mile option that adds Boxborough, Acton, and a few more hills.

**Leaders:** Jim Pearl

**Start:** Alcott Elementary School

**Directions:** From Rt. 2 take the Walden Street exit, heading north to Concord. Bear left at fork onto Thoreau Street, and make first right onto Laurel Street. The school is on your right. The ride start is only a few

blocks east of the Concord commuter rail station on the Fitchburg line. From the station, go east on Thoreau Street and turn left onto Laurel Street. Schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>

**Ride Information:** 28 miles, 49 miles, 64 miles

### Introduction to CRW

**Saturday - May 19**

**Times and Routes:** 10:30

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** New to CRW?

Looking for a more casual ride or just getting back into cycling? This is not a beginner’s ride, but an introduction to group riding for those who wish to participate in the CRW weekend rides. We start at a charming farm, and travel a route which is essentially flat, but with a few hills, and providing a 16-mile loop on scenic roads through Concord and Sudbury. Riders should have road bikes and be able to average 15 mph on the flats. The ride leader will try to keep the group together, but cue sheets and road markings will be available for those who ride on their own. The focus is on group riding, safety, and fun, and we will have refreshments for returning riders. Feel free to

**May Rides - Continued on page 6**

email the ride leader with questions.

**Leaders:** Eli Post

**Start:** Verrill Farm

**Directions:** Park in the designated lot on Wheeler Road just past the farm store on the left. Do not park in the paved lot. From the Concord commuter rail station on the Fitchburg line, take Sudbury Road south approximately 4 mi to Wheeler Rd. Train schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>

**Ride Information:** 16 miles

### Spring Century Sunday - May 20

**Times and Routes:** Check-in from 7:00-8:30AM for all rides, start ride after check-in

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** North to New Hampshire 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 CRW RIDES**

**Leaders:**

**Start:** Northeast Metro Tech

**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 past Wakefield High School. Turn left on Hemlock Rd follow sign to NE Metro Tech HST. The nearest commuter rail stop is Wakefield, on the Haverhill line. From the station, go south and east on North Street and Nahant Street to the High School. Distance is about 2.2 mi. Train schedule is here: <https://mbta.com/schedules/CR-Haverhill/timetable>

### Introduction to CRW Saturday - May 26

**Times and Routes:** 10:30

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** New to CRW? Looking for a more casual ride or just getting back into cycling? This is not a beginner's ride, but an introduction to group riding for those who wish to partici-

pate in the CRW weekend rides. We start at a charming farm, and travel a route which is essentially flat, but with a few hills, and providing a 16-mile loop on scenic roads through Concord and Sudbury. Riders should have road bikes and be able to average 15 mph on the flats. The ride leader will try to keep the group together, but cue sheets and road markings will be available for those who ride on their own. The focus is on group riding, safety, and fun, and we will have refreshments for returning riders. Feel free to email the ride leader with questions.

**Leaders:** Eli Post

**Start:** Verrill Farm

**Directions:** Park in the designated lot on Wheeler Road just past the farm store on the left. Do not park in the paved lot. From the Concord commuter rail station on the Fitchburg line, take Sudbury Road south approximately 4 mi to Wheeler Rd. Train schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>

**Ride Information:** 16 miles

### Newburyport to Exeter Sunday - May 27

**Times and Routes:** 9:30 AM for 25, 38 and 55 miles

**Ride Type:** Arrowed, Cue sheet, GPS

**Description:** From beautiful Newburyport, we'll wind through some lovely back roads into Southern New Hampshire. Both rides will follow stretches of quiet roads along the Merrimack River with the longer ride heading as far north as Exeter, where you can stop for lunch. ! Terrain: Mostly gentle rolling, no real challenging hills.

**Leaders:** Pierre Avignon

**Start:** Nock Middle School

**Directions:** Rte 95 North (from split off of Rte 128 in Peabody) to Exit 57. Keep right at the ramp towards Newburyport then turn right at the second set of lights (Shell gas station) into Low Street. NPT Middle School is ~1 mile on your left after a set of lights. Plan to arrive by 09:00 AM. Ride start is about 1.2 miles from the Newburyport station on the Rockport-Newburyport line. From the station, take Parker Street west to Graf Road north to Low Street west. Train schedule is here: <https://mbta.com/schedules/CR-Newburyport/timetable>

**Ride Information:** 38 miles, 55 miles, 25 miles

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

**Board Meeting - Cont. fr. pg. 1**

ple to the bike shop Website. Tri-fold flyers, single sheet, are very cheap: set up with a special receiving e-mail address. Idea is to get people who are not currently members to join quickly. It can't work with old members as this would be a way to game the system. Barry: first we have to fix the registration. \$400 was approved for membership brochures.

#### Massbike affiliation

Bob Wolf, who has been in communication with Massbike, could not be at the meeting, and Massbike Executive Director Richard Fries has left, so this topic will be taken up at a later meeting.

#### Holiday party:

Linda proposed that the party be held again at the K of C in Lexington. Sandy moved do to this, John seconded. The Board voted unanimously in favor of this.

#### Wheelpeople

Joel Feingold's response to John Allen's article is to be published in the April Wheelpeople.

#### Next meeting

Meeting is to be May 1 (note, less than 2 months out because of the amount of business) at the Nelsons'. 🌀



Looking toward Route 9 from Kingsbury street

minute, we're getting ahead of ourselves here. Let's think about this. Smart bicyclists plan ahead.

From Kingsbury Street, the intersection looks like the image above.

The best strategy here is to cross Kingsbury Street hundreds of feet before reaching Route 9 and ride up to the intersection on the left sidewalk. Yes, I said it.

Why? Think about it. What could happen if I rode up almost to the corner on the right side of Kingsbury Street and then cut across? The shared-lane marking in the picture looks tempting, but what if a car is turning right from Route 9, like in the photo? The driver and I couldn't see around the corner until too late to avoid a collision.

Instead, I cross Kingsbury Street onto the left sidewalk hundreds of feet before reaching the intersection. I can see into the driveways that cross this sidewalk, no problem. I check ahead and behind for traffic, merge across Kingsbury street, use one

of the driveways to enter the sidewalk and ride up to the corner. I push the button, and cross when the traffic signal changes.

I am careful to wait until all the traffic has stopped, because I am entering the intersection from an unusual location.

When I get to the other side of Route,

I can ride a short distance on Route 9, and turn right onto Sprague Road.

The next image, an overhead view from Google Maps, shows my route:

- A) On Kingsbury Street headed for Route 9
- B) Merging across Kingsbury Street
- C) Pushing the button on the corner



The route northbound from Kingsbury Street to Sprague Street

and waiting for the signal to change

- D) Turning left onto Route 9
- E) Turning right onto Sprague Street.

But, wait a minute. You may ask, why does the illustration show me riding the travel lane on Route 9? What is the point of that? There is a wide, paved shoulder!

Well, yes that would be nice, but it isn't always possible. Have a look at the next image, which is from Google Street View.



Child activates traffic signals. Shoulder of Route 9 is in use as a travel lane due to construction.

We are looking west along Route 9 from location D in the earlier image, with location E in the background. A child is pushing the button to turn the traffic signal red and use the crosswalk. This crosswalk is important: a public school is just outside the left side of the previous image, on Kingsbury Street.

But returning to my earlier question: You can't always count on an empty shoulder's being available, whether because of construction, snow in winter; a disabled vehicle, a Statie issuing traffic ticket to an all too common type of Massachusetts driver. In the photo, construction work is underway and the shoulder of Route 9 is serving temporarily as a travel lane.

So, I'm going to enter from a cross-

walk, and immediately turn left into a travel lane on a highway with a 50 mph speed limit? Scary?

Not! If the signal has just turned red, I can have Route 9 all to myself all the way up to Sprague Street. The signals for each side of Route 9 are controlled by different pushbuttons, and so I'll always be entering just after the signal changed, unless someone else has pushed the button first. In that case, I

can just wait for the next go-round. In either case, I can ride all the way up to Sprague Street on an empty roadway, if needed.

The most common use of traffic-signal timing in this way is to empty the street by waiting for the green instead

of turning right on red. After 25 years a League Cycling Instructor, I learned this tactic only last year, with CyclingSavvy. But that is another story.

Now let's figure out how to cross Route 9 in the opposite direction.

The most favorable route enters at Audubon Road, which Ts into the north side of Route 9 without a traffic signal or crosswalk. You ride on Route 9, up to Kingsbury Street, and cross there.

You could ride on the shoulder (if available) and pull onto the sidewalk to push the button, or ride on the sidewalk. The image on the next page shows the route from Audubon Road to Kingsbury Street, shoulder option.



**The route southbound from Audubon Road to Kingsbury Street, shoulder option**

Riding on the shoulder is faster, if the shoulder is available. You might merge from the shoulder to the roadway if there is a gap in traffic, or if someone has already pushed the button at Kingsbury Street and traffic is slow. You can't use the trick with traffic signals to ride on the roadway, though. The previous traffic signal is more than a mile back; platoons of traffic spread out and mix together.

In case the shoulder isn't available, there's the sidewalk. A quick exploration of Route 9 in Google Street View reveals that there are exactly zero driveways on the north side of Route 9 between Audubon Road and Kingsbury Street. Instead, a big, long, high fence offers residents some degree of isolation from the unpleasantness of Route 9, but it offers you, on the other hand, a first-rate

opportunity to ride safely on a sidewalk. Just take care around any school-children, or others, who may be sharing the sidewalk with you.

Now we've looked at both directions of travel. Here are the main take-aways from this exploration:

- Riding in sidewalk space is unsafe where there are hazards with turning and crossing traffic, obscured sight lines and the unpredictable pedestrians, but sometimes it does make sense to ride on a sidewalk, and in particular, where you need to enter a crosswalk on the left side of a street.
- Smart use of traffic-signal timing can empty a street for you.
- Planning and thinking ahead can make it easy to get through segments of a route which at first appear challenging and even intimidating.

- Now with the availability of Google Maps and Google Street View, you can armchair pre-plan – and this is very useful, by the way, for ride leaders planning routes. Most of the features of Google Maps and Street View are available in RidewithGPS, which CRW ride leaders sue for that purpose.

### Link

In case you would like to explore this intersection yourself, it is here in Google Maps.

<https://goo.gl/maps/NWbRv1MUJT12>

Icons on that page let you zoom in, go into Street View etc. but that gets beyond the scope of this article. ⚙️

## Time to start thinking about

The Charles River Wheelers  
Spring Century

## North to New Hampshire

Sunday, May 20, 2018

*Event held Rain or Shine*

*Advance Registrations will be accepted 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 will be provided. Please arrive early if you want your bike checked before a ride.
- After-ride refreshments for returning riders.

### 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.

### 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 - \$35 (CRW membership costs just \$15, so consider joining for future discounts and other member benefits)

Click [here](#) to view details on membership

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

Registration fee is non-refundable.

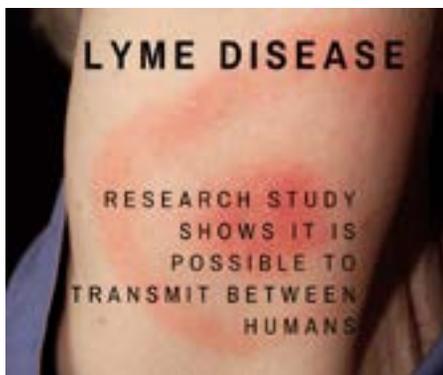
Registration will be CLOSED Friday May 18, or when we reach our limit of 700 riders.

Click [HERE](#) for full information and to register.

**Helmets required on all CRW rides**

## Lyme Disease May Be Transmitted Between Humans

An international team of research scientists and practicing doctors from Canada, the United States and Australia report that the bacterium that causes Lyme disease is found in 100 percent of the vaginal secretions of women and half of the semen of men suffering from Lyme disease (*Journal of*



*Investigative Medicine*, 2014;62:280-281). Furthermore, a heterosexual couple with Lyme disease had exactly the same strain of the Lyme spirochete in their genital secretions. The Lyme spirochete was not found in the secretions of men and women who did not have Lyme disease. This suggests that Lyme disease can be transmitted through sexual contact.

### What is Lyme Disease?

You are most likely to become infected with Lyme disease from a tick

bite with a spirochete called *Borrelia*. It is very similar to the spirochete that causes syphilis and like syphilis, if it is not treated, it runs a long course of progressively worsening symptoms. Like syphilis, if the disease progresses untreated, it can damage

- nerves to cause pain and loss of feeling,
- the brain to cause forgetfulness and dementia,
- muscles to cause weakness and pain,
- blood vessels to burst arteries and kill you, and
- joints to cause a terrible arthritis.

### Symptoms of Lyme Disease

A week after the bite, 75 percent of the infected people will develop a progressively enlarging red circle at the site of the tick bite. This circle goes away without treatment. Weeks or months later, a person may suffer fever, headache, weakness and tiredness, loss of memory, and pain and weakness in the arms and legs. Then the spirochete can damage joints, heart, nerves and brain. An infected person may develop joint swelling and pain, loss of control of the facial muscles, and numbness and tingling all over the body. Early treatment with antibiotics usually cures the disease.

### Why This New Research Is Very Important

More than 300,000 new cases of Lyme disease are diagnosed each year in the United States. Lyme disease occurs twice as frequently as breast cancer and six times more frequently than AIDS. Many scientists have suspected that Lyme disease may be sexually transmitted, but this is the first study to show that the Lyme spirochete is found living in the genital secretions of infected people.

### What This Study Should Mean to You

The authors say: "There is always some risk of getting Lyme disease from a tick bite in the woods, but there may be a bigger risk of getting Lyme disease in the bedroom." If you suffer from chronic fatigue, muscle weakness and pain, joint pain, loss of feeling and tingling, or forgetfulness, ask your doctor for a test for Lyme disease, called Enzyme-linked immunosorbent assay (ELISA). In the early stages of Lyme disease the test can be negative, so, even if the test is negative, all people with an expanding circle around a tick bite should be treated with antibiotics for at least three weeks. Sometimes the ELISA test can be falsely positive in people who do not have Lyme disease, so your doctor may not treat you unless your Lyme Western blot is also positive. I think that this is foolish because untreated Lyme disease can kill you. I have treated all of my symptomatic patients who had a positive ELISA test. This study suggests that perhaps their partners should be treated as well. ⚙

## Good News for Male Cyclists

Cycling is not associated with increased risk for impotence or urinary symptoms. The largest and best study on the subject to date shows that serious cyclists are no more likely to suffer impotence or urinary problems than swimmers or runners (*The Journal of Urology*, March 2018;199(3):798–804). This refutes earlier and much smaller studies that suggested increased risk for these conditions (*Int J Impot Res*, 2001;13:298). Other earlier studies suggesting an association were hampered by extremely small numbers of participants and control groups (*Korean J Urol*, May 2011;52(5):350-4). The authors of this new study used questionnaires filled out by 2,774 cyclists, 539 swimmers and 789 runners. The results showed that high-intensity cyclists (>2 years, >3 times a week, >25 miles per day) suffered even less from impotence than casual riders. The only genito-urinary symptom that cyclists suffered more frequently than swimmers or runners was narrowing in the urethra (urinary tube) to decrease the flow rate of urine from the body, and that symptom was extremely rare. The largest previous study, a cross-sectional internet survey of 5,282 cyclists, failed to show any increased risk for impotence in cyclists (*J Mens Health*, 2014;11:75).

### Prevention of Numbness

Cyclists who stood more than 20 percent of the time during cycling and/or had their handlebars level or above

DrMirkin.com - [Continued on page 9](#)

DrMirkin.com - Continued from page 8

their seat height reported less genital numbness or saddle sores. Every cyclist learns sooner or later to prevent numbness by using a bike that fits well, wearing shorts with padding, using a cutout seat, setting the seat level with the ground, and/or standing up frequently and whenever they start to feel numbness.

### My Recommendations

This study found that neither recreational nor intense cyclists suffered increased risk for lower urinary tract symptoms. Both groups of cyclists were less likely to be impotent than non-cyclists, probably because of the protective effect of exercise on sexual potency. The cyclists were more likely to suffer transient genital numbness and saddle sores.

- Before you ride, make sure that your bike fits your body properly. Most bike shops offer fitting assistance if you have any questions. You can tell when a bike fits because you will feel comfortable when you sit and pedal on the bike, even for a long ride.
- If you are a recreational cyclist, set your seat so that it is lower than your handle bars and level with the ground.
- If your seat makes you uncomfortable, pick another one. Try seats that have some padding, have a center cut-out, and are wider than your sitz bones. You may need to try several seats before you find one you like.
- If you begin to feel discomfort when you ride, immediately stand up for at least a few pedal strokes. If that does not help, stop riding and readjust your seat. ⚙️

### About the Author: Gabe Mirkin, MD



Sports medicine doctor, fitness guru and long-time radio host Gabe Mirkin, M.D., brings you news and tips for your healthful lifestyle. A practicing physician for more than 50 years and a radio talk show host for 25 years, Dr. Mirkin is a graduate of Harvard University and Baylor University College of Medicine. He is board-certified in four specialties: Sports Medicine, Allergy and Immunology, Pediatrics and Pediatric Immunology. The Dr. Mirkin Show, his call-in show on fitness and health, was syndicated in more than 120 cities. [Read More: http://www.drmirkin.com/about-dr-mirkin](http://www.drmirkin.com/about-dr-mirkin)

## OtherEvents

### 40th Annual AMC Spring Bike Rally

Saturday, June 2, 2018

The 40th annual Appalachian Mountain Club Boston Chapter Bicycle Rally will be held at Verrill Farm in Concord on Saturday, June 2, 2018. It is a wonderful opportunity for cyclists of all levels to get together to begin the summer bike season. Come help us celebrate. This year there will be rides from 15 to 63 miles on beautiful rolling terrain. Helmets are required. After the rides, riders can enjoy an outdoor happy hour followed by dinner. We will have a happy

hour with appetizers, beer, wine, and soft drinks. Dinner will be served under a tent on the grounds. We will have a delicious meal with vegetarian option.

Cost:  
AMC Members \$35  
Non-members \$50

To register go here: <http://amcboston.org/bicycle/rally/rallyreg.php>  
More information here: <http://amcboston.org/bicycle/bikerally.php>

### NewMembers

Scott Andrews	Quincy	Staci Jackson	Boston
Jeremy Baker	Winchester	Philip Keyes	Acton
Jacquelyn Burmeister	Worcester	Ulandt Kim	Somerville
John Buten	Cambridge	Ken Krutt	Winchester
John Campbell	Newton	Paul Lippe	Concord
Sean Cooper	Bridgewater	Paulo Lopes	Worcester
Olivier Delaporte	Boston	Lynn Lutz	Pepperell
Roland Desrochers	Wrentham	Matthew McCabe	Salem, NH
Guy Dixon	Winchester	Ronald Molin	Needham
Jeffrey Doane	Reading	Kathy Nowak	Southampton
Joseph Ferraro III	Sudbury	Maria X. Noya	Groton
Gus Flanagan		Michael Ojeh	Raynham
Mimi Flanagan	Salem, NH	Kenneth Ross	Boston
Malcolm Galvin	Melrose	Chris Schuch	Stow
Michael Garden	Whitman	Dmitry Smelansky	Brighton
Patricia Goudvis	Cambridge	Brandon Swamy	Bolton
Jed Hellstrom		Mike Trunca	Litchfield, NH
Linda Hellstrom	Newton	Joyce Zakim	Newton
Daniel Hullah	Somerville		

## South Royalton Vermont

July 27- 29, 2017

Join us for a weekend of challenging cycling in beautiful central Vermont. There will be sponsored rides on Saturday and Sunday. Riders can also choose to ride on their own from many routes of varying distances – 20 to 80+ miles distance. Rides loop through the pastoral countryside, climbing hills and traveling through idyllic valleys. Many country stores to stop and get refreshments. Walking and hiking nearby as well, so options for non-bicycling partners. Trip will be centered on our 52 acre wooded property with a large pond available for swimming. Camping by the pond is available for free. Hotel and B&B options short distances away for the non-camping crowd (ask for recommendations). Whether you camp or stay in accommodations, join us for bicycling, swimming, sitting by a big campfire! Dinner Friday night included. We are working on options for Saturday night dinner (it will be extra). South Royalton town center is 10 minutes away by car with restaurant serving breakfast and a health food coop.

Sponsored rides this year are:

Sat: [Horse Country, 2015](#)

Sun: [Pomfret Perambulations](#)

Cost of trip will be \$20 per person for both Friday and Sat night (includes dinner) or \$5 for just Sat night (non-camping accommodations extra). Reserve your spot by July 15th, with your name, payment, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders.

Leaders:

Pat Stabler and Tom Evers

[everstab@verizon.net](mailto:everstab@verizon.net)

781-929-9085 (before 9 PM)

194 Pearl St

Reading, MA 01867

Name	Miles	M	C	K	Name	Miles	M	C	K
Chris Roberts	2240	3	1	-	Jean Orser	255	-	-	-
Jack Donohue	2082	-	-	-	John Allen	249	-	-	-
Jeffrey Zaveloff	1701	2	1	-	Cynthia Snow	249	-	-	-
Ken Hابلow	1531	2	-	-	Frank Aronson	245	1	-	-
Marc Baskin	1447	2	-	-	Joe Hagan	241	-	-	-
Cynthia Zabin	1363	-	-	-	Gabor Demjen	194	-	-	-
Henry Marcy	1343	-	-	-	Wing Chow	192	-	-	-
Bruce Ingle	1341	3	-	-	Bill Hanson	177	-	-	-
Doug Cohen	1305	-	-	-	Douglas Chin	166	-	-	-
Steve Robins	1179	-	-	-	Roy Westerberg	149	-	-	-
Rick Savage	1145	2	-	-	Jeff Luxenberg	137	-	-	-
Joe Repole	1118	3	3	-	Ed Hoffer	127	-	-	-
Ed Olhava	1101	-	-	-	John O'Dowd	112	-	-	-
David Cooper	1100	2	-	-	John Zicko	109	-	-	-
Jack Gregory	1056	3	-	-	Mike Needle	77	-	-	-
Bruce Larson	1049	1	-	-	Geoffrey Baum	76	-	-	-
Andy Brand	972	-	-	-	Clyde Kessel	72	-	-	-
Richard Taylor	952	3	3	-	Darrell Katz	63	-	-	-
Larry Delaney	942	1	-	-	Cynthia Chin	57	-	-	-
Lisa Weissmann	899	-	-	-	Eric Sansone	57	-	-	-
Bernie Flynn	854	-	-	-	Rudge McKenney	14	-	-	-
Joel Bauman	827	-	-	-					
Mark Druy	820	-	-	-					
David Wean	772	-	-	-					
Bob Wolf	772	-	-	-					
Greg Stathis	747	1	-	-					
Erik Husby	727	-	-	-					
Philip Garrett-Engel	663	-	-	-					
Irving Kurki	586	-	-	-					
Harriet Fell	565	-	-	-					
Carlo Innocenti	540	1	-	-					
Bob Cohen	494	-	-	-					
Douglas Bajgot	323	-	-	-					
John Springfield	270	1	-	-					
Arne Buck	255	-	-	-					

### 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 by logging into your member account on the website at <http://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 Wheelers, Inc.

### How To Send Us Your Article

Articles and letters must be received by the 15th 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 version 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 MEMBERS

	Term Expires	
John Allen	2019	781-891-9307
Steve Carlson	2020	781-290-7818
Gardner Gray Jr	2018	978-663-7460
Larry Kernan	2020	339-234-0404
Mary Kernan	2019	781-860-0500
Linda Nelson	2019	617-448-5149
Dave Patti	2020	781-505-0055
Erik Sobel	2018	857-636-0900
Bob Wolf	2018	781-929-7789

### OFFICERS

President	Gardner Gray Jr	978-663-7460
Executive Vice President	Bob Wolf	781-929-7789
Vice President of Finance	Bernie Flynn	617-968-3506
Vice President of Legal Affairs	Bernard Pemstein	617-969-6574
Treasurer	Larry Kernan	339-234-0404
Secretary	John Allen	781-891-9307

### COORDINATORS

Insurance Coordinator	Larry Kernan	339-234-0404
Membership Enhancement	Judith McMichael	617-306-8759
Merchandise	Bernie Flynn	617-968-3506
Social	Linda Nelson	617-448-5149
Century Committee	Larry Kernan	339-234-0404
Grants Coordinator	Stanley Kay	857-234-7730
Membership Coordinator	Barry Nelson	617-448-5150

Mileage Coordinator	Jack Donohue	781-728-9621
Bike Shop Coordinator	Steve Carlson	781-290-7818
Safety Coordinator	John Allen	781-891-9307
Medical Information	Linda Nelson	617-448-5149

### WHEELPEOPLE STAFF

Copy Editor	Jack Donohue	781-728-9621
Graphic Designer	David Cooper	781-483-6960

### RIDE PROGRAM COORDINATORS

Vice President of Rides	Mary Kernan	781-860-0500
Wednesday Wheelers	Helen Greitzer	508-878-6988
Wednesday Night Ride	Gabor Demjen	781-444-4508
Wednesday Night Ride	Roger Bonomi	617-686-4073
Wednesday Night Ride	Rudge McKenney	617-332-6242
Thursday 10-15 Rides	Susan Grieb	781-879-9523
Thursday Fitness Rides	Kathy Horvath	781-405-5480
Thursday Night Fun Ride	Wayne Douglas	508-245-5228
Friday Rides	Alan Cooney	617-293-2244
Sunday Fitness Rides	Andrew Brand	617-247-9770
Hanson Sunday Winter Ride	Mike Togo	781-878-5445

### INTERNET STAFF

Meetup / Twitter	Erik Sobel	857-636-0900
Webmaster	Jack Donohue	781-728-9621
Webmaster	Nancy Cole	781-899-7187
Facebook	Gardner Gray Jr	978-663-7460

# BikeShops

<http://www.crw.org/bicycle-shops>

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
- 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
- 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**  
119 Boston Post Rd, Sudbury ..... 978-443-6696  
887 Main St, Waltham ..... 781-894-2768
- 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**  
890 Commonwealth Ave, Boston ..... 617-232-0446  
1210 Boston Providence TrnPk (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
- 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
- Sirois Bicycle Shop**  
893 Landry Ave, North Attleborough ..... 508-695-6303
- 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



**These are just some of the club rides you could have ridden in 2017.**

<ul style="list-style-type: none"> <li>3 Loops from Devens</li> <li>Annual Al Bolea Memorial Ride</li> <li>Another Side of Londonderry</li> <li>Apple Dumpling Ride</li> <li>Apple Pi Ride</li> <li>Back Roads of Northboro</li> <li>Bagels and a Witch</li> <li>Bare Natick</li> <li>Beerhall Social: Southeast from Jack's Abby</li> <li>Beerhall Social: West from Jack's Abby</li> <li>Beat the Snow</li> <li>Berlin Hills</li> <li>A Blast from the Past</li> <li>Bridges of the Sudbury River</li> <li>Bruce's Birthday Ride</li> <li>Cape Ann and North Shore</li> <li>Cape Cod tour: Hyannis-Provincetown</li> <li>Cape in a Day</li> <li>Climb to the Clouds Century</li> <li>Climb to the Foothills</li> <li>Climbing the Mont</li> </ul>	<ul style="list-style-type: none"> <li>Cranberry Harvest Century</li> <li>The East European Ride</li> <li>Erikson's Ice Cream Ride</li> <li>February Frolic</li> <li>Friday TGIF Unwinder</li> <li>Hills are your Friends</li> <li>Happy New Year Day Ride</li> <li>Hanson Sunday Winter Ride</li> <li>Lexington Revolutions</li> <li>Linda's Birthday Ride</li> <li>Lisa Simpson Ride</li> <li>Live Free or Die</li> <li>Mainly Fun</li> <li>Medway Meander</li> <li>The MetroWest Mixie</li> <li>Miles for Myles</li> <li>Moose Hill Mania</li> <li>Nashoba Bakery Ride</li> <li>Natick Surprise</li> <li>Needham, Dover and Beyond</li> <li>Needham to Dover</li> <li>A Needle in a Haystack</li> <li>Newburyport to Exeter</li> <li>Northern Lighthouse Tour</li> </ul>	<ul style="list-style-type: none"> <li>Oak Hill or Not</li> <li>Revisit the Charles: Where bicyclists played in 1895</li> <li>Ride 'Em Cowboy Ride</li> <li>Rosy Cheeks Ride</li> <li>Some Newer Views</li> <li>Something in Common</li> <li>South Shore Coastal Loop</li> <li>Southeast from Jack's Abby</li> <li>Beerhall Social Ride</li> <li>Spring Century</li> <li>Sunday South Shore Coastal Loop</li> <li>TGIF Unwinder</li> <li>Thirty-Third Annual Gryzboska Circle Ride (SWCCW)</li> <li>Through the Parks</li> <li>Thursday 10:15 Rides</li> <li>Thursday Night Fitness Ride and Paceline Clinic</li> <li>Thursday Night Fun Ride</li> <li>Ups and Downs</li> <li>Wachusett Brewery</li> </ul>	<ul style="list-style-type: none"> <li>Ride and Tour</li> <li>Waltham Artists' Ride</li> <li>Waltham Night Ride</li> <li>Waltham Social Ride</li> <li>Wednesday Ice Cream Ride</li> <li>Wednesday Wheelers</li> <li>West Podunk</li> <li>Westford - Groton Tour</li> <li>Willett's Pond Wayfare</li> <li>The Zig-zag Ride</li> </ul>
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**Don't miss out next year! JOIN NOW!**