



WheelPeople

Newsletter of the Charles River Wheelers

December Highlights

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On the roads of New England since 1966

Volume XLI, Number 12 • December 2017

Year End Mileage Reporting for



The "Hangin' In" list includes members who have reported their mileage for at least five years. To be included in the list, you must submit your year end mileage for December. It doesn't matter if you didn't ride in December, we can only know that the mileage in the database is your total for the year if you enter it for December. Just go to the online mileage page as usual and enter your miles for the month or zero if you didn't ride, or just enter your total for the year. The statistics will be compiled from the current data on January 5, so you would need to enter your mileage before that.

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

CRW is all about our rides.

Our ride leaders make our club fun, inviting and a general good time!

We Need Your Help!

Currently our Winter Ride Calendar is as bare as the trees.

Leading rides is easy.

Pick an open day, set a time, and choose your ride – one of your own or something from our library of rides.

Current Ride Leaders: A full guide to leading rides is available on our website. Please check it out by signing in at CRW.org and clicking on [How to Schedule a Ride](#)

New Ride Leaders: If have never lead a ride and you would like to, we welcome you. Please contact [Bob Wolf](#), [Eli Post](#) or [Gardner \(Sandy\) Gray](#).

Our goal – a full winter weekend ride calendar.

CRW GRANTS COMMITTEE

In addition to using members' dues to pay for CRW's rides and social events, CRW allocates a small portion of its annual budget for financial grants to promote the benefits of cycling. Although it does not intend to limit the purposes and scope of grants, it is principally interested in programs and events that support bicycle usage, advocacy, safety, infrastructure development, and skill development.

A range of cycling-related organizations in New England, including Bikes Not Bombs, CYCLE Kids, LivableStreets Alliance and Bike Newton have been the recipients of CRW's grants in the past. Most recently, the LivableStreets Alliance of Boston received a second grant for \$4,000 to help promote three of its programs for the Emerald Greenway Bike Tours in partnership with the Metropolitan Area Planning Council, the annual

10-in-1 Street Talk to promote cycling and related infrastructure, and its annual Tour de Streets for guided family rides through Boston and Cambridge.

Although there are no established guidelines for the grants amounts, most grants have been in the range of \$1,000 to \$5,000.

If members know of cycling organizations that may be interested to apply for CRW grants, please have them contact Stanley Kay, Chairman of the Grants Committee (stankaylaw@comcast.net), for further details and an application form.



Board Meeting Minutes

November 2, 2017

Present: President Sandy Gray, John Allen, Bernie Flynn, Dom Jorge, Linda Nelson, Bob Wolf, Grants Committee chair Stan Kay, Barry Nelson.

President's Report

Sandy mentioned things that are going well: we have had Sunday rides on all but one weekend, including recurring rides, we have had a couple hundred rides. Finances are in good shape, name-change contention has died off. The Web site is all-in-all a success despite frustrations. Sandy thanked board members, and Stan for being here to discuss grants. Discussion may turn to contributions rather than grants. There will be three new Board members next year: Steve Carlson, Larry Kernan, Dave Patti. Bernie will stay on as financial VP. There was no election because there were also three available spots: our tradition is no election if we only fill the slots.

Sandy was instrumental in gaining an easement for a Bruce Freeman Trail segment which had been deeded over to a car dealership. Planners in Lowell had no idea about the importance of continuity of the trail.

This is only one of many advocacy issues. The Route 495 bridge in Haverhill is being replaced with no plan for bicycle or pedestrian accommodation. The nearest bridges are 9 miles away in one direction and 2 miles in the other. John mentioned this to Richard Fries at Massbike.

Finance

Bernie passed out a report. We took in more from centuries this year, less from dues, much less from merchandise: net increase of \$4400. There were increases in century costs, but we netted out \$8800 more from centuries. CTTC food is down down \$2400, suspicious. We didn't scrimp. Where is the anomaly from? Ask Larry when he returns.

We made money on the centuries. Investigate reason for the insurance increase \$766 to \$2424. This doesn't seem right. Holiday party is on par. The main reason we are making more money is that we are not spending so much. This year isn't the 50th anniversary. With Mary taking over, there was a bit of a lag in spending.

The board considers a prudent level of financial assets for CRW to maintain given the current scope of operations to be \$75,000 (2017 dollars). As the current accounts are approximately \$140,000, the board directs the Treasurer and VP for Finance to develop for the January meeting the following:

- A plan to reduce our financial assets to the desired level in 5 years, with approximately 20% of the reduction taking place each year. The increased expenditures could be allocated to a variety of expenditures that could include CRW events for members and the broader cycling community, marketing the club, grants, donations.
- A budget for 2018 reflecting the

first year of this plan of asset reduction with specific recommendations across the categories of expenditure.

- Any recommended changes to the quantitative elements of this motion including current assets, recommended long term asset level, or number of years to achieve the goal.

A motion to do this was passed unanimously after it was understood that this is a first step only, not a mandate.

Grants

Number of grants has declined, a function of the budget. Stan went ahead to evaluate Livable Streets and CRW gave them a grant, the only one this year. The amounts are within a range because we have suggested one.

Stan thinks that the grants should be tied in as a strategic adjunct to useful alliances but he doesn't know the bicycling community. Purpose of grants is to support a specific project with specific means. Amount of grant activity depends on the amount of money set aside. A better way? We are open to new ideas.

Instead of taking in grant proposals, we might prepare RFPs: we decide what the money should be for. How do we benefit the members and do something worthwhile, increase the club's viability by having more members? Stan is of the opinion that grants should be strategic alliances. Charter says break even unless there is an overwhelming Board vote. We have options.

Most expenses are incurred by individuals and get reimbursed. Only real expenses are with centuries. We never have more than \$10K expenses in a month. Funding for grants/donations

for each year should be from previous year's surplus. If that amount is not yet identified, we have two months till the March meeting to come up with a schedule of grants.

Dom: all clubs have a flower fund and need a volunteer for that. Hospital, funeral etc. This will be looked into.

Cranberry Century

This was the first new Century route in a couple of decades, established by, Bob, Eli and Larry, who had never created a century before. Miracle is that it happened at all. It turned out that we had more parking capacity than we anticipated and could have accommodated another 100 people. It was cold in the morning but 625 signed up and 535 came. Food cost was up but we had the best after-ride party ever. Margin was lower but the positive balance was not primarily by cutting costs. There were more police details than usual but people appreciated them. Mattapoisett and Standish rest stops were popular. Debriefing sessions: Larry put together a folder describing everything we have done; it could be carried out by someone else. Sandy: this deserves a round of applause: great ride, Comments: everyone had a good time. First objective was not to lose money this first time. The no-show rate was lower than usual.

Website

David Marshall, a consultant, has been hired to help with the Web site. He is to get credentials from Jack and Nancy, check overall structure, gather requests and triage them. In many ways we don't know what needs to be done: many frustrations. Contract can be ter-

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minated at any time.

John is going through the list of ride-start locations and improving information, especially about commuter-rail access.

There is now a route library on the Web site. It is now members-only but the Board will vote on whether to make it public in January.

Sandy sent a message to 15 clubs asking them to put events on our calendar. We should integrate these rides into one calendar. Sandy also has prepared a list of guidelines for the club e-mail list / Facebook and posted it on our web site.

Online waivers for nonmembers will be added to our web site. They reduce the work load for the ride leader, though paper waivers are still needed too. The Board voted for this. In the future, it is an easy step to go to the phone for waivers. Butch Pemstein said that this meets legal requirements.

Working with Massbike

How do we do this: go through Massbike or offer Massbike membership with CRW and vice versa? But this does not comport with the mission statement. Right now grants need to be project-specific -- but this does not have to be a grant.

Bob reported on a presentation by Richard Fries of MassBike entitled *Middlesex Revelations*. The board invited Richard to attend the January meeting to explain MassBike's new focus and discuss ways that CRW might work with Massbike. We discussed a preliminary proposal from MassBike creating membership discounts for CRW members that will be considered further at the

January meeting assuming a MassBike representative can attend.

Our members got an e-mail about front and rear blinking lights to people in underserved communities. We could give Massbike \$5K for this. Grants should be all about variable costs, not salaries. We can just make a check to that project. Stan put together a revision of the charter to define an advocacy position. We need to figure out what we are going to do first, and publish about this to let our members know. Bias in the past was to expand awareness of the club among other organizations e.g., Livable Streets.

Membership Enhancement

Judith McMichael has stepped up. She would like to change wording on the site: list benefits, "sign up here".

We have consistently turned over approximately 22% of members per year but signups have decreased from 26% to 18%. We have competition from Meetups, bike shops, many other local clubs, etc. Judith wants to do a survey to understand what members and non-members want from CRW. She has a background in marketing. No mention of social media is in her proposal, but she is experienced with that. Throw social media into the medium-term list of the tasks.

Linda: we used to have a way to put a request for donations in with membership, and acknowledge them.

Sandy posted some messages on Facebook hoping to drum up memberships. The largest response was to "please post a picture of your bicycle in its prettiest spot."

Kits

Bernie paid Pactemo \$500 today. There are 7 different items. Once David Cooper finalizes the design, it sets up team store online. We set up times and places for people to check fit, and they order online.

Other Business

The ride-leader meeting will be March 11.

We can tentatively have a membership meeting in March or May.

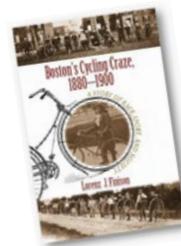
Adjournment

The meeting adjourned around 9:45 PM. ☺

Book Reading & Cycling History at Belmont Wheelworks with Lorenz Finison & Dick Ring

Belmont Wheelworks is hosting a book reading event on Sunday, December 3rd 1pm-4pm with local author, Lorenz Finison - *Boston's Cycling Craze, 1880-1900* and cycling announcer, Dick Ring. A fun history lesson for bike geeks! Lorenz Finison will read from his trilogy of books on the history of bicycling. His first book, *Boston's Cycling Craze, 1880-1900: A Story of Race, Sport, and Society* (UMass-Press, 2014) made the Boston Globe's "Best of New England" list in 2014, and the New England Independent Booksellers' "Recommended Nonfiction Award" in

2015. His second book, *Boston's 20th Century Bicycling Renaissance: Cultural Change on Two Wheels* is anticipated in fall, 2018. A third book, *The History of Boston Cycling: Selected Essays* is underway. He will tell some little-known stories about Boston area recreational riding and racing, and illustrate with some recently unearthed photographs.



[https://www.bostonglobe.com/arts/books/2014/07/05/new-england-literary-news/LdMWnS9OFg-](https://www.bostonglobe.com/arts/books/2014/07/05/new-england-literary-news/LdMWnS9OFg-79P8TcIC9kMO/story.html)

[79P8TcIC9kMO/story.html](http://www.bostonglobe.com/arts/books/2014/07/05/new-england-literary-news/LdMWnS9OFg-79P8TcIC9kMO/story.html)

Website event page:

<http://www.wheelworks.com/about/book-reading-cycling-history-with-lorenz-finison-dick-ring-pg1618.htm>

Facebook invite:

<https://www.facebook.com/events/711029139106263/>

December 3, 2017 1:00 PM – 4:00 PM
Belmont Wheelworks
480 Trapelo Road
Belmont, MA 02478

Recurring Rides

These rides are held every week unless indicated otherwise

Hanson Sunday Winter Ride

Times and Routes: 9 am for 25 & 32 miles

Ride Type: Arrowed, Cue sheet, GPS, Map

Description: The Hanson Sunday Ride is your chance to ride on roads that are not common for CRW and take in terrain so gorgeous that you might wonder how you have missed it. The HSR are full of cranberry bogs, lakes, farms, woods, and the flattest terrain in Massachusetts. Take it easy and 'smell the cranberries' or record your fastest ride this season. Coffee after will be at DD at intersection of RT14/58 near start location. Please check the website at 7 AM Sunday for any last minute updates and cancellations.

Leaders: Mike Togo (<mailto:mtogo@verizon.net>)

Start: Shaws Plaza Shopping Center-Hanson

Directions: From North/West: Take Route 93 South to Route 3 South. Take exit 13. Turn Right onto Washington Street (Route 53). Right onto Silver St. Right onto Main St. Right onto Rt 139. Next left onto Center Street Left onto Old Cross Street Right

onto Brook St. Left onto Cross Street. Right onto Rt 58. Go past Town Hall. Take the left after the next set of lights by the Dunkin Donuts. From South: Take 3 North. Take either Rt 14 or Rt 27 to Route 58. Follow Route 58 to the parking lot. Take the first left after the traffic lights and the Dunkin Donuts. The ride start is about 2 miles from the Hanson commuter rail station: go east on Rte 27 a short distance, then north on Phillips st, east on Holmes St, and north on High St. Train schedule is at <https://mbta.com/schedules/CR-Kingston/timetable>

Ride Information: 33 miles, 26 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 (<mailto:helengreitzer@hotmail.com>)

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

From the true story of Brent Curry and his friend Eivind's travels through Maritime Canada on a human powered couch in the summer of 2002.



RCMP Constable Kevin Demeau was diplomatic. He readily conceded that he wasn't sure how things worked where we came from. But still, after having spotted my Norwegian cycling partner and I pedaling in the opposite direction down the coastal highway north of Kouchibouguac National Park, a sense of duty had compelled him to turn back and fill us in on how things work in the province of New Brunswick. A quick chirp of his siren and flash of lights had brought us together by the roadside.

As storm clouds loomed overhead, he and his partner surveyed our bicycle. Ours was a lot like other tandem bikes one might spot on the roads from time to time. It had two sets of pedals and very long lengths of chain. The frame was welded together and made of light but strong chromoly steel tubing. But what made our bike so special, and also what seemed to be Constable Demeau's chief concern, was the couch. It was an old leatherette loveseat. Our frame was built around it, and Eivind and I were perched on top of it. We sat side by side on the cushions, our legs extended in front to spin the pedals. I steered the bike with a tiller linked to the two front wheels on either side of the couch.

While Constable Demeau couldn't cite any specific laws or regulations concerning wheeled furnishings, he put together some pretty solid arguments against our chosen means of travel. Much of the trouble had to do with the width of our contraption. At nearly seven feet across, it was three inches wider than a Lincoln Navigator. This alone may not have been such a problem had it not also been for our speed, which could only generously have been described as pokey. And then there was the question of whether or not it qualified as a bicycle at all. If it did, then we were in violation of New Brunswick's helmet law. Yet, despite all our transgressions, Constable Demeau seemed at odds with himself over how to handle us. Though our couchbike may have posed an imminent threat to public safety, he had to admit that it was indeed "a nice rig". He said that it might be against his better judgment, but that he was going to let us go. "Do whatever you guys think is best." He said. We assured him that we'd keep an eye on traffic and pull off into the ditch when cars came by.



<http://www.bikeforest.com/cb/cb.php>

December Rides



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

Something in Common

Sunday - December 3

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

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

Leaders: Eric Ferioli (<mailto:eli@postconsulting.com>)

Start: Cambridge Common Park (1/2 mi north of Harvard Square)

Directions: Just North of Harvard Square on Massachusetts Ave.

Parking is scarce so riders should park in nearby towns and ride to the start. Or take the Red Line subway to Harvard Square

station. The Red Line connects with the Minuteman Bikeway at Alewife Station.

Ride Information: 23 miles, 34 miles

Willett's Pond Wayfare

Sunday - December 10

Times and Routes: 10:30 am for 25 and 45 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: Rides head south through the neighboring towns on quiet roads. The short ride goes through Westwood and Dover. The long ride goes by Willett's Pond in Norwood then through Sharon.

Leaders: Eric Ferioli (<mailto:eli@postconsulting.com>)

Start: Wellesley High School
Directions: From Rt. 128, north or south, take Rt. 16 west/Wellesley exit. Proceed west on Rt. 16 past the intersection with Rt. 9 (at about 1.1 mile), and then past several (2 or 3) traffic lights. After the traffic light at the intersection with Rockland/Forest St., Rice St. is the next left. Turn left on Rice, and after a short distance the High School will appear on the left. The High School is about 0.4 mi from the Wellesley Hills commuter rail station: take Washington Street west, turn left onto Forest Street and right onto Paine Street. Schedule is here: <https://mbta.com/schedules/CR-Worcester/timetable>
Ride Information: 23 miles, 46 miles

Bare Natick

Sunday - December 17

Times and Routes: 10:30 AM for 29 and 38 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: Route goes to the southwest through pretty roads in Dover, Medfield, Millis, and Sherborn.

Leaders: Eric Ferioli (<mailto:eli@postconsulting.com>)

Start: Natick Common

Directions: From Route 128, take Route 9 West approximately 6.5 miles to Route 27 south to the Natick Common. There is a parking lot next to Town Hall. The Common is two short blocks south of the Natick Center commuter rail station on the Framingham-Worcester line. Schedule is here: <https://mbta.com/schedules/CR-Worcester/timetable>
Ride Information: 29 miles, 38 miles

Needham to Dover

Sunday - December 24

Times and Routes: 10:30 AM for 19, 27, and 42 miles

Ride Type: Arrowed, Cue sheet

Description: This is a classic CRW ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield. [Check website for GPS routes.](#)

Leaders: Eric Ferioli (<mailto:eli@postconsulting.com>)

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.

Natick Surprise

Sunday - December 31

Times and Routes: 10:30 AM for 24, and 36 miles

Ride Type: Cue sheet, GPS

Description: These routes are on Natick streets usually not encountered on club rides. The medium ride heads south to Sherborn and Dover.

Leaders: Eli Post (<mailto:elipost@comcast.net>)

Start: Memorial Elementary School

Directions: From Rt 128 take Exit 21 Rt 16 West. Travel 5.5 miles on Rt. 16. The School is in South Natick (0.5 miles past the S. Natick traffic light) on your right.

Ride Information: 24 miles, 36 miles

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

CARRY ID WHEN CYCLING, PLUS INSURANCE AND EMERGENCY CONTACT INFORMATION

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.

Don't Try Breathing Only Through Your Nose

People who exercise with their mouths closed aren't working very hard. You can't get enough air through your nose to meet your needs for oxygen when you exercise vigorously. The cross sectional area of the openings in your nose is less than one-tenth the opening in the back of your mouth. That space is so narrow that when you pick up the pace, you could turn blue if you failed to open your mouth.

Your nose clears pollutants far more efficiently than your mouth does, but people with healthy lungs can exercise safely on polluted days. Pollutants that you breathe in through your mouth can be quickly cleared from your lungs. Your air tubes are lined with small hairs, called cilia, that sweep pollutants towards your mouth where you swal-

low them with your saliva and they pass from your body. If you are concerned on high-pollution days, you can wear a mask or exercise away from automobile traffic.

Some people believe that exercising with your mouth open in very cold weather could harm your lungs, because your nose warms the air much more than your mouth does. However, exercise causes your body to produce such large amounts of heat that air taken through your mouth at 40 degrees below zero Fahrenheit will be warmed almost 100 degrees before it reaches your lungs. Breathing air that cold would burn and hurt so much that you would quickly lose interest in exercising and seek shelter. ☺



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 Im-

munology. 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)

Desire for Junk Food is in Your Genes

Because it's been programmed into our genes, people prefer calorie-dense foods (*Am J Clin Nutr*, 2016 Aug; 104(2): 446-453), such as:

- pastries and desserts that are loaded with sugar, starch and fats,
- fried foods full of calories and advanced glycation end products (AGEs) that are known carcinogens, and
- potatoes that increase their caloric content with baking and frying.

Our hunter-gatherer ancestors spent all their waking hours scrounging for food and trying to keep from starving to death. They developed a taste for the most calorie-dense foods that satisfied best, such as honey, meats and starchy roots (the precursors of today's potatoes, yams and taro). Today, when our major nutritional problem is too much food, not too little, we still have the same taste preferences for high-density-calorie foods that are making us fat (*Am J Clin Nutr*, July 2005;82(1):236S-241S). We should be eating lots of vegetables and fruits that are of low-calorie density and full of water and fiber (*Trends in Food Science & Technology*, Feb 2015;41(2):149-160).

For example, consider these studies:

- Four-year-old children prefer calorie-dense potatoes over low-calorie vegetables such as cabbage (*Appetite*, Aug 2003;41(1):97-8).
- Three-year-old children prefer high-calorie-density foods such as animal products and starchy foods and tend to avoid vegetables (*Acta Paediatrica*, July 2005).

- Children think that the foods divided into multiple smaller meals have fewer calories than the same number of calories in one large meal (*Appetite*, Nov 2017;118:106-112).
- Adults markedly underestimate the caloric content of foods and choose high-calorie side dishes over those with fewer calories (*J Consum Res*, October 1, 2007;34(3):301-314).
- In studies lasting longer than six months, people lost three times as much weight when they ate low-energy-dense foods (low in calories and high in fiber) than in those who simply tried to restrict calories (*Nutr Rev*, 2001;59:247-58).
- Fruits and vegetables are full of water and fiber and therefore are almost always of low calorie density (*Br J Nutr*, 2001;86:265-76), and a review of the world's literature shows that people can lose weight just by increasing their intake of fruits and vegetables (*J Am Diet Assoc*, 1991;91:421-4).
- A review of 22 studies showed that adding high-fiber foods to a person's diet helps them lose weight (*Am J Clin Nutr*, 2001;73:1010-1018).
- Children prefer calorie-dense, high-fat junk foods (*Nutrition Reviews*, Sept 1, 1992;50(9):249-255).
- Children eat far more cereal for breakfast when sugar is added to it compared to cereals with bananas, strawberries and milk (*Pediatrics*, January 2011;127(1)).
- Overweight children and adolescents markedly increase their intake of

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calorie-dense meat, bakery products, pastas, sugar-sweetened drinks and potato chips when they eat away from home (*J Amer Coll of Nutr*, June 18, 2013;22(6):539-545).

Today most of us have a virtually unlimited supply of energy-dense food available, and more than 40 percent of North Americans are overweight. It is frightening to realize that the same energy-dense foods associated with obesity are also associated with increased risk for diabetes and heart disease (*Circulation*, July 2, 2012) and several cancers (*Journal of the Academy of Nutrition and Dietetics*, August 17, 2017).

My Recommendations

The low-calorie-density foods that help to prevent obesity also help to prevent many diseases. A healthful diet should contain lots of vegetables, fruits, whole grains (not ground into flour), nuts, beans and other seeds and restrict energy-dense foods such as sugary drinks and foods, meats, refined grains and fried foods. Many studies show that restricting calorie-dense junk foods can help to prolong your life. See [How Eating Less May Prolong Life](#) 🌱



So,
if you're out tonight,
don't forget,
if you're on your bike,
wear white...
Amen

Mick Jagger
Something Happened To Me Yesterday

NewMembers

| | | | | | |
|------------------------|----------------|--------------------|----------------------|------------------------|---------------------|
| Fred Adair | Chestnut Hill | Yulika Forman | Brookline | Yvette Nguyen | Bolton |
| Serguei Alleko | Waban | Pam Gardner | Nantucket | Margaret Nipson | Cambridge |
| Neil Arnold | Scituate | Theresa Gariepy | Wellesley | Adam Nisson | Ipswich |
| Lori Ashworth | Boston | Ben Gebo | Brighton | Nick Nurnberg | Franklin |
| Jason Atwood | Brighton | Pamela Geiger | Hopkinton, NH | Laura Olton | Wellesley |
| Thomas Ball | Framingham | Alan Gordon | Newton | Karen Ontell | Boxford |
| Natalie Beaumont-Smith | Cambridge | Judy Graham-Garcia | Ipswich | Michael Pekowsky | Brookline |
| Alex Benik | Lincoln | Ken Green | Concord | Valerie Perini | Acton |
| Sergio Bermudez | Boston | Jack Gregory | Sharon | Karen Phillips | Waltham |
| Alan Berrick | Hingham | Kathy Habeeb | Stoneham | Bruce Picard | Seabrook, NH |
| Robyn Betts | Framingham | Stephen Hart | Concord | Sam Porter | Southborough |
| Susie Bockard | Duxbury | Beth Herman-Davis | Quincy | Sarah Reed | Brookline |
| Mark Boudreau | Arlington | Robert Herold | Boston | Greg Rich | Ipswich |
| Robert Boudreau | Tewksbury | Chip Herzog | Sudbury | Paula Rose | Boston |
| Melaney Bouthillette | Newton Center | Peter Higgins | Woburn | Rob Ross | Brookline |
| Don Brabants | Easton | Kelly Hulshult | Salem, NH | Jen Salman | South Boston |
| Harrison Bralower | Somerville | Bob Keezer | Pembroke | Holly Salter | Brighton |
| Mark Brissenden | North Andover | Craig Kelley | East Waterboro, ME | Jim Schmidt | Acton |
| Bill Brown | Bourne | Rob Keohane | Hopkinton | Nancy Siegal | Westborough |
| Steven Cardillo | Cambridge | Nancy King | Canton | Mark Simon | Sudbury |
| Melissa Cavallaro | Cambridge | Chris Kochanski | Bridgewater | Nancy Simon | Sudbury |
| Mabelle Chua | Andover | John Koenitzer | Carlisle | Connie Snow | Brattleboro, VT |
| Gustavo Cinci | Watertown | Patricia Koenitzer | | Roy Solomon | Natick |
| Michael Cohen | Newton | Lorie Komlyn | Roslindale | Nathan Somogie | Boston |
| Beth Collins | Malden | Kimou Koulet | Laconia, NH | Harry Sousa | Boston |
| Bill Connolly | Milton | Konstantine Krekis | Walpole | | North Waterboro, ME |
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| Laura Days | West Roxbury | Christine LeBlanc | Dartmouth | Edward Stapel | Haverhill |
| Nuria De Mas | Concord | Richard Litchfield | Hopkinton | Kathy Sunderland | Malden |
| Rary Delaney | Medfield | Leslie Logan | Wrentham | Allen Taylor | Brookline |
| Gregory Donoghue | Holliston | Terence Lonsdale | Hingham | Bob Tomczyk | Sterling |
| LeaAnne Doyle | Plymouth | Michael Malanga | North Providence, RI | Peter Vakhutinsky | Westwood |
| David Dugas | Lincoln, RI | Steven Malpiedi | Providence, RI | Scott Wagner | North Reading |
| Amy Dymont | Pelham, NH | Mark Mansoor | Watertown | Tom Walsh | Northboro |
| Andy Ebert | Bolton | Lee Ann Marchionna | Newton Highlands | Lori Watkins | Scituate |
| Bob Eddy | Whitinsville | Ryan McCarthy | Bedford | David West | Wakefield |
| James Ellis | Chestnut Hill | Stephen McCreary | Norwell | Kathleen White | Brattleboro, VT |
| James English | Providence, RI | Conor McKenzie | Newton | Andrea Williams | Cambridge |
| Cem Er | Lowell | Paul Mende | Arlington | William Williams | Concord |
| Daniel Fandel | Hull | Jennifer Merlan | Sharon | Terry Wong | Wayland |
| Matthew Farrellee | Somerville | Daniel Milton | Pembroke | Carol Wright | Lyndeborough, NH |
| David Fay | Still River | Mary Morse | Hudson | Meng Wu | Quincy |
| Shawn Fitzgibbons | Newton | Daniel Natale | Westford | Kim Wynja | Worcester |
| Peter Fontecchio | Norwell | Danh Nguyen | Seekonk | Barbara Zack | Boston |
| | | | Avon | Karen Zielinski | Nashua, NH |



Horse Sense

by Safety coordinator
John Allen,
with lots of help

On Sunday, October 29, CRW member Pierre Avignon posted a message on the CRW e-mail list:

Here is a post from the West Newbury, MA residents' page about encountering horses on the road. It is particularly addressed to bicyclists as an incident happened earlier today.

There are often horses on the road in West Newbury and I would like to remind people of the MA laws in regards to approaching/passing these animals.

"Every person operating a motor vehicle shall bring the vehicle and the motor propelling it immediately to a stop when approaching a cow, horse or other draft animal being led, ridden or driven, if such animal appears to be frightened and if the person in charge thereof shall signal so to do; and, if traveling in the opposite direction to that in which such animal is proceeding, said vehicle shall remain stationary so long as may be reasonable to allow such animal to pass; or, if traveling in the same direction, the person operating shall use reasonable caution in thereafter passing such animal."

[<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXIV/Chapter90/Section14>]

I would also think that common sense would tell us bicyclists should use similar strategies when approaching/passing horses. A friend's horse was injured today when it was passed by two bicyclists

who did not give room or announce themselves. Please, let's keep everyone safe, animals and humans alike."

I believe most cyclists do not really know what to do when approaching a horse, and I can understand that as few of us are familiar with them. Sometime we may think passing silently and slowly is best, but in fact the opposite may be almost true. The key is not to startle a horse, and to remember that the rider relies on the horse's behavior to stop, move or more importantly remain calm.

Horses have the right of way, whether on trail or the road, it is our duty to stop, yield, or if we are about to pass, to slow down, stay at a good distance and announce ourselves, and only pass or cross path once the rider has acknowledged that the horse is under control.

Pass it on.

This message had me very concerned for the club's reputation, as Melinda Lyon's Bagels and a Witch ride ran from Boxford to Newburyport and back on October 29. Whew, for our sake anyway: Pierre later pointed out that our ride did not go through West Newbury. Pierre also got the equestrian in touch with me. Keep reading for some hair-raising detail and good advice:

Hi John, my name is Dan Marinos, I'm the gentleman that had the horse wreck yesterday in West Newbury where cyclists were involved. First let me say how thrilled I am that this has reached your attention, I can only educate the cyclists I come in contact with, you on the other hand.....

I'm gonna explain what happened and then let you know how incidents like this can be avoided. I was ponying, which means I was astride one horse leading another, something I have done hundreds of times.....my horses are well trained and very much used to traveling on roads. But they are horses, prey animals, they choose flight when perceiving a threat. The cyclists came up behind us silently and were upon us in an instant, much like a mountain lion would behave. The ponied

horse spooked and bolted, the horse I was on did the same, herd instinct it's called. I had to let go of the second horse in order to gain control of the horse I was on. The loose horse lost his footing, went down, and slid 40 ft on his side. I'm extremely lucky that his wounds are superficial and he'll be ok, it could have been so much worse.

It could have been avoided so easily, two words, behind you! If they had announced their presence, most cyclists do, none of it would have happened. So, when approaching a horse on a cycle, do not stay silent, it worries them. When approaching from the front slow down, look for direction from the rider, say anything so the horse realizes it's a human approaching. All horses are different, a good rider who knows his horse is responsible for instructing cyclists on what to do after they greet. Approaching from the rear is a whole different story, they don't see you or hear you.....it is imperative you announce your approach from a decent distance. If this had been done the other day, I would have stopped, turned the horses so they could see what was approaching, and allowed them to pass.

I hope this sheds some light on the subject. Thanks so much for your time and concern!

The horse may not necessarily be the one injured. My friend Karen Loewen commented in a Facebook group:

"I watched a horse bolt at three riders that I was about 30 feet behind. They refused to slow down with me. The horse was fine. All three of the riders ended up on the ground. I'm so scared of meeting a horse now, I dismount and remove my helmet and let the horse pass me."

Unless perhaps the horse is in Memorial Day parade or the like and I'd be paying my respects, I'd keep my helmet on though. Equestrians wear helmets too. Horses are used to them.

Many thanks to Mr. Marinos, Pierre and Karen for their concern and attention, and for writing most of this article for me! Be safe out there. ☺

Best of Little Jack's Corner



by Jack Donohue

For those not familiar with Little Jack's Corner, it was a column that Jack Donohue wrote from 1995 until 2015 and published in the WheelPeople newsletter. It was a humorous mixture of personal bicycling experiences and observations.

(This one had been laying around for a while seemed apropos for the season)

Winter again, time to drag out the winter bikes. This is usually a painful process, since I invariably neglect to get all the salt and sand off the bikes before putting them away for the summer, so when I look at them again as winter approaches, they have developed an advanced case of rigor mortis. To wit, most of the moving parts no longer move. This year I had an extreme case with my Diamondback mountain bike. I acquired the Diamondback many years ago at a bike parts swap I staged in my garage. Our friends Bob and Lee showed up with the bike, which used to belong to their daughter. I was looking for a front wheel, which they said I could have for free as long as I took the rest of the bike. Rather than cannibalizing it for the front wheel, I decided to turn it into a winter bike.

The weather report was my least favorite phrase, a "wintry mix" which basically means ice on top of snow on top of ice, etc. I was planning on riding into town and it was clear that the road bike wasn't going to cut it, so I got out

the Diamondback, which had a studded front tire.

I first noticed that the pedals were basically frozen in place. After a bit of an effort I got them to turn with an astronomical coefficient of friction. The left toe clip had rusted off but the strap remained. It was unclear whether the shifters would work at all so I tried to pick a good midrange gear to start since I might be in it for the duration. The brakes seemed to work, but I made a mental note to favor the front one, since the rear one had a tendency to go on and stay on. The entire chain was bright orange which was not a good sign. I started down my block, up the hill and the chain immediately started skipping badly. That was the death knell for the Diamondback. Went back to the house to get another bike, decided I wouldn't ride the Diamondback again.

Now, I'm not one to toss things away lightly. If something has the smallest shred of usability, I will try to salvage it. Or at least save the possibly useful pieces. In this case, I could truly say there was nothing worth saving save the studded front tire. ⚙️

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

October Mileage

229097

| Name | Miles | M | C | K | Name | Miles | M | C | K |
|------------------|-------|----|----|---|------------------|-------|---|---|---|
| Jack Donohue | 9597 | - | - | 6 | Jim Broughton | 2310 | - | - | - |
| Chris Roberts | 9263 | 9 | 6 | 4 | Clyde Kessel | 2194 | 5 | 1 | - |
| Richard Taylor | 8405 | 10 | 10 | 4 | Roy Westerberg | 2134 | - | - | - |
| Bob Cohen | 7839 | 8 | 2 | 2 | Gary Smiley | 2116 | - | - | - |
| Ken Hابلow | 7487 | 8 | - | 1 | Douglas Bajgot | 2031 | 2 | 2 | - |
| Jeffrey Zaveloff | 7263 | 7 | 5 | 1 | Bill Hanson | 2014 | - | - | - |
| Ronald Gobbi | 6897 | 4 | 7 | 3 | Barbara Gaughan | 1844 | - | - | - |
| Peter DiMarzio | 6065 | 4 | - | 2 | Douglas Chin | 1820 | 2 | - | - |
| Andy Brand | 5927 | 6 | 1 | - | Cynthia Snow | 1740 | - | - | - |
| Greg Stathis | 5855 | 7 | - | - | John Allen | 1733 | - | - | - |
| Bernie Flynn | 5698 | 8 | 1 | - | Bruce Larson | 1692 | 3 | - | - |
| Joe Hagan | 5683 | 8 | 5 | - | Mike Needle | 1635 | 1 | - | - |
| Cynthia Zabin | 5647 | - | - | - | John Zicko | 1551 | - | - | - |
| Doug Cohen | 5572 | - | - | - | Gardner Gray | 1471 | 2 | - | - |
| Carlo Innocenti | 5521 | 6 | 2 | - | Gabor Demjen | 1465 | - | - | - |
| Larry Delaney | 5510 | 8 | 6 | - | John Springfield | 1435 | 5 | 1 | - |
| Harriet Fell | 5275 | 8 | 6 | 1 | Pete Knox | 1364 | - | - | - |
| Diane Mutchler | 5242 | 8 | 10 | 2 | Ed Hoffer | 1299 | - | - | - |
| Bob Wolf | 4807 | 5 | - | - | Mike Hanauer | 1115 | - | - | - |
| Butch Pemstein | 4684 | 3 | 1 | - | A J Gemperline | 1093 | - | - | - |
| David Cooper | 4608 | 10 | 1 | - | Cynthia Chin | 1061 | 2 | - | - |
| Arne Buck | 4430 | 3 | 2 | - | Jeff Luxenberg | 729 | - | - | - |
| Neal Schuster | 4403 | 4 | 3 | - | John Kane | 196 | - | - | - |
| Erik Husby | 4375 | 2 | - | - | Scott Tyler | 44 | - | - | - |
| Joe Repole | 4188 | 10 | 10 | - | | | | | |
| Bruce Ingle | 4016 | 6 | 2 | - | | | | | |
| David Wean | 3665 | 2 | - | - | | | | | |
| Dom Jorge | 3605 | 3 | - | - | | | | | |
| Ed Pastor | 3524 | 3 | 1 | - | | | | | |
| Henry Marcy | 3504 | 3 | - | - | | | | | |
| Lisa Weissmann | 3027 | 2 | 1 | - | | | | | |
| Rudge McKenney | 2846 | 4 | - | - | | | | | |
| Frank Aronson | 2815 | 7 | 5 | - | | | | | |
| Eric Sansone | 2776 | 1 | - | - | | | | | |
| Mark Druy | 2769 | 5 | 2 | - | | | | | |
| Joel Bauman | 2660 | - | - | - | | | | | |
| Jean Orser | 2635 | 2 | - | - | | | | | |
| Irving Kurki | 2530 | - | - | - | | | | | |
| Ken Mostello | 2398 | 4 | 3 | - | | | | | |

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 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 | |
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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

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

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 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

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

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

[f](#) [Meetup](#) [Twitter](#)

| | | | |
|---|---------------------------|--|-------------------------|
| 3 Loops from Davens | Climbing the Mont | Newburyport to Exeter | Thursday Night Fun Ride |
| Annual Al Bolea Memorial Ride | Cranberry Harvest Century | Northern Lighthouse Tour | Ups and Downs |
| Another Side of Londonderry | The East European Ride | Oak Hill or Not | Wachusett Brewery |
| Apple Dumpling Ride | Erikson's Ice Cream Ride | Revisit the Charles: Where bicyclists played in 1895 | Ride and Tour |
| Apple Pi Ride | February Frolic | Ride 'Em Cowboy Ride | Waltham Artists' Ride |
| Back Roads of Northboro | Friday TGIF Unwinder | Rosy Cheeks Ride | Waltham Night Ride |
| Bagels and a Witch | Hills are your Friends | Some Newer Views | Waltham Social Ride |
| Bare Natick | Happy New Year Day Ride | Something in Common | Wednesday Ice |
| Beerhall Social: Southeast from Jack's Abby | Hanson Sunday Winter Ride | South Shore Coastal Loop | Cream Ride |
| Beerhall Social: West from Jack's Abby | Lexington Revolutions | Southeast from Jack's Abby | Wednesday Wheelers |
| Beat the Snow | Linda's Birthday Ride | Beerhall Social Ride | West Podunk |
| Berlin Hills | Lisa Simpson Ride | Spring Century | Westford - Groton Tour |
| A Blast from the Past | Live Free or Die | Sunday South Shore | Willett's Pond Wayfare |
| Bridges of the Sudbury River | Mainly Fun | Coastal Loop | The Zig-zag Ride |
| Bruce's Birthday Ride | Medway Meander | TGIF Unwinder | |
| Cape Ann and North Shore | The MetroWest Mixie | Thirty-Third Annual Gryzboska Circle Ride (SWCCW) | |
| Cape Cod tour: | Miles for Myles | Through the Parks | |
| Hyannis-Provincetown | Moose Hill Mania | Thursday 10:15 Rides | |
| Cape in a Day | Nashoba Bakery Ride | Thursday Night Fitness Ride | |
| Climb to the Clouds Century | Natick Surprise | and Pacheline Clinic | |
| Climb to the Foothills | Needham, Dover and Beyond | | |
| | Needham to Dover | | |
| | A Needle in a Haystack | | |

Don't miss out next year! JOIN NOW!