



# WheelPeople

Newsletter of the Charles River Wheelers

## February Highlights

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On the roads of New England since 1966

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### 2018 Rides Program Kickoff

Sunday, March 11, 2018,  
3:00 - 6:00

The Depot, 13 Depot Square,  
Lexington

When you plan on doing a CRW club ride, you probably come at it with a set of expectations. You expect to be able to go to the rides calendar and see rides listed. You expect a good description, details on a start location, a Ride with GPS route, a link to a cue sheet, a contact name in case you have questions, and maybe a few other details so that you can show up

Rides Program Kickoff - *Continued on page 4*



## Hanging-In Honor Roll for 2017

This list honors those cyclists who have reported their outdoor road or trail mileage to the CRW member mileage database each month for at least five years. The other rule is that you must submit your year end mileage in December.

For more information on the rules see: <http://wpp.crw.org/mileage/MileageInfo.htm>

Melinda is just shy of the half a million mile mark this year. Pamela has been sidelined with several injuries this year, but came back strong.

We have quite a few new members on the list this year, welcome new members: A J Gemperline, Arne Buck, Bernie Flynn, Bruce Larson, Chris Roberts, Ed Pastor, Fred Newton, Gardner Gray, Joel Bauman, Larry Delaney, and Walter Frank.

Name	Yrs	Average	Total
Melinda Lyon	33	15146	499816
Jack Donohue	36	10166	365958
Pamela Blalock	24	10674	256184
Mike Kerrigan	24	8664	207935
Bruce Ingle	23	8375	192622
Dave Jordan	28	6747	188911
Paul Corriveau	26	6433	167269
Ken Hablow	27	6015	162394
Joe Repole	32	4894	156596
Irving Kurki	23	6338	145777
Pete Knox	26	5162	134210
Peter Brooks	26	4930	128167
Steve Robins	15	7683	115250
David Wean	21	5320	111710
Jean Orser	23	4845	111439
Doug Cohen	23	4370	100513
Richard Taylor	14	7048	98676
Ed Hoffer	28	3427	95951
Marc Baskin	18	5080	91439
Mike Hanauer	36	2413	86856
Butch Pemstein	16	5220	83522
Jim Broughton	23	3493	80331
Cynthia Zabin	18	4100	73805
John Allen	30	2403	72086
John Springfield	38	1853	70400
Gabor Demjen	21	3262	68510
Bob Cohen	9	7507	67562

2017 Honor Roll - *Continued on page 7*

# Board Meeting Minutes

January 2, 2018

## Attendance

Sandy Gray, President; Board members John Allen (also Secretary), Mary Kernan (also Rides VP), Erik Sobel, Bob Wolf; new Board members Steve Carlson, Larry Kernan (also Treasurer), Dave Patti.

## Board business

Sandy called the meeting to order around 7:10 PM; there was a round of introductions. It was noted that Board member Linda Nelson was not present, nor was consultant Dave Marshall to discuss Web issues.

Sandy read out what CRW had done in 2017: over 100 weekend rides, over 200 recurring rides and 3 centuries, plus parties and social events. The Thursday rides and Cranberry Century were new developments; also cooperation with the University of Massachusetts archive, Livable Streets and Massbike and Sandy's advocacy for continuity of the Bruce Freeman Trail.

Sandy was re-elected as president, Mary moving, Steve seconding, unanimous vote.

## Finances

Larry reported on finances. The club had a surplus of \$10K in 2017 but also is trying to recoup \$3400 from insurance, Sandy having discovered that additional payment is required only for individual non-members on paid rides. This can be recouped only for the past

year. Bookkeeping has been on a cash basis, but this is a credit, a receivable. CRW has never had an insurance claim in its 50 years, but lawyers could come after Board members personally and Sandy recommends that each have an umbrella policy up to asset value. This is not expensive.

2017 was a good year; grants were smaller than in previous years; the party was less expensive. Larry is not ready with a budget; Mary has a dramatically higher budget for rides than in the past.

There had been a motion at the November meeting that the Board spend down the surplus. The endowment from Ralph Galen led to the club's having \$140K in the bank rather than the \$75K which would be adequate.

The club has given away 262 free 1-year memberships in connection with Century sign-ups: 69 Spring, 77 Climb to the Clouds, 116 Fall.

There is an issue with signatures required to write checks. Sandy moved, Bob seconded and the Board unanimously approved increasing the limit for a single signature from \$250 to \$500. Sandy had not been able to write a check for the appreciation plaques for recurring-ride leaders. He reported that this went over well at the Holiday Party, though only 2 of the 11 recurring-ride leaders were present.

## Club Priorities

Club priorities were skipped over, to be addressed at a future meeting.

## Rides Program

Mary presented a plan for the 2018 rides program with some ways to attract new and younger members: support for existing ride leaders including a kickoff event March 11 3-6 PM; recruitment of volunteers; skills workshops; a social atmosphere; Adapt-a-Route program; updating Web resources; coordination of ride calendars with other clubs;

## Massbike Affiliate Program

Bob described the Massbike Affiliate program, whereby people may join Massbike through an additional payment of \$10 on a CRW membership, rather than the usual \$40 Massbike membership fee. This was voted unanimously.

We need membership data from this partnership. A question arose about CRW's previous affiliation with the League of American Bicyclists as a full chapter club; this had ended because dues to LAW were high.

## Web Issues

Major Web issues were postponed to a conference call, as consultant David Marshall was not present at the meeting. Bob explained Web site developments to the new Board members. A revised waiver for minors needs to be added to

the task list. Steve volunteered to review the bike shop list and explore how shops can promote CRW.

## Holiday Party

CRW spent \$8220 and collected \$3745. This was in accord with the budget. The holiday party at the new venue was well-received.

## Centuries

Net income from the 2017 Spring Century was \$6,686. Climb to the Clouds brought in \$6,637 and the Cranberry Harvest Century netted \$2,680 but could do better this year as the number of signups could be increased. Ken Hablow won't run the Climb to the Clouds and Bob will continue to assist with the Fall Century. We may have only two Centuries. Larry and Dave agreed to run the Spring Century; Steve Carlson and Larry will run the Cranberry Harvest Century. Larry will gather CTTC information from Ken and will recommend whether or not to run CTTC at a later meeting.

## Merchandise

Kits are ready to go: a fitting will probably be in February.

## Next Meeting

The meeting adjourned at 9 PM. Next meeting will be March 13.

# Recurring Rides



These rides are held every week unless indicated otherwise

## Hanson Sunday Winter Ride

**Times and Routes:** 10am 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. Snow, ice, rain, or temps under 32° may cancel rides. If in doubt, contact ride leader for cancellation postponement message (by about 7:30 am on Sundays). Also, check the CRW Hanson Sunday Ride page on FaceBook for updates and cancellations.

**Leaders:** Mike Togo

**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

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

# February Rides



## Keep On Riding - Impromptu Winter Rides!

*Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side. These rides will be posted on the CRW website a few days in advance as weekend weather forecasts become more dependable. Between December and March make a point of checking the web site ([www.crw.org](http://www.crw.org)) for winter cycling opportunities.*

## Natick Surprise Sunday - February 4

**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

**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:** 35 miles, 24 miles

## Willett's Pond Wayfare

**Sunday - February 11**

**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

**Start:** Wellesley High School

**Directions:** From Rt. 128, north or south, take Rt. 16 west/ Wellesley exit. Proceed west on

**February Rides - Cont. on pg. 4**

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

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

## February Rides - Continued

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

### Needham to Dover Sunday - February 18

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

**Ride Type:** Cue sheet, GPS

**Description:** This is a classic CRW ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield.

**Leaders:** Eric Ferioli

**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:** 41 miles, 28 miles, 19 miles

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

**Rides Program Kickoff - Continued from page 1**  
and enjoy a ride with the camaraderie of other club members.

None of that happens by itself. Behind that ride is a cadre of people hard at work making sure that all of the pieces are in place. Whether it's maintaining the website, keeping our interface with RwGPS working smoothly, arrowing the route, or all the work a leader puts in to make that ride happen, this is all done by volunteers.

Sometimes, you won't find what you expect. There will be a Sunday ride that isn't arrowed or the Saturday ride is far away and there's nothing closer. Or the worst, a weekend with no ride scheduled.

Why don't things always work perfectly? It's because we are a club of volunteers. We're people who are passionate about riding and want to help sustain the CRW community. Some volunteers don't even ride, but have spouses, partners and friends who do, and join in to support them. This year, there are a lot of new volunteer jobs in the rides program that don't require you to lead a ride and can be done in your spare time.

The bonus? Volunteering to help with the rides program can be really fun. You'll meet a great group of people, attend wonderful volunteer kickoff and end of the season parties, ride centuries for free and have the gratitude of other club members.

What if everyone stopped volunteering? There's a natural attrition as people move, become involved in other activities (what! there's something out there other than riding??), have growing family

responsibilities or simply burn out. The fewer volunteers, the fewer rides we can offer.

It's time for you to step up. Winter is a great time to think about what contribution, big or small, you can make. Here's a list of jobs that need to be filled for the 2018 rides program:

**Ride Leaders** - Yes, we can always use more ride leaders.

**Ride Leader Mentors** - Are you an experienced ride leader looking to help a new leader learn the ropes? Even if you're not currently leading rides, others could benefit from your expertise.

**Arrowing Team** - Release your inner Picasso! Volunteer to help arrow a route. We'll supply the paint and teach you all the nuances that go into placing arrows.



**Website Content Manager for Ride Program** - Do you have decent writing skills and know a little about websites? We're looking for someone who can help keep the ride information on the website up to date and add new information that will help riders.

**Adopt a Route** - Is there a route you love that would be great for a weekend ride? In adopting that route, we'll have you implement all of the pieces necessary for a leader to run a ride along your favorite route. We can even suggest routes that we'd like to have you adopt.

Having routes ready to go makes running rides easier for leaders.

**Social Butterfly** - How would you like to run a small social event after a ride? This could be as easy as setting up a snack table and encouraging riders to mingle. If you love a party, this is the job for you.



**Rides Committee Member** - The Rides Committee works to generate ideas and implement programs to support CRW rides. You'll be asked to participate in Rides Committee meetings and talk to ride leaders and club members to get their input, as well as providing your own, regarding ways that we can improve our rides program. You'll also be encouraged to help with the implementation of programs.

The 2018 Ride Program Kickoff is open to current ride leaders and anyone who is interested in volunteering to help with the rides program.

For more detail or to RSVP for the kickoff, go to <https://www.crw.org/content/ride-program-kickoff>, or contact **Mary Kernan**, VP of Rides. 🌀



## What can a rear-view mirror do for you?

By John Allen

**W**e humans, with our eyes on the front of the head, can easily look behind when walking or running, even going backwards for a step or two. A look to the rear is more difficult when bicycling: the body can rotate only from the waist upward, and a quick turn of the head disturbs the sense of balance. Maintaining a straight line while looking back takes practice.

A rear-view mirror eases and simplifies the job of checking to the rear. Bicyclists, unlike other vehicle operators, can look in any direction without a mirror. Most bicyclists don't use a mirror, and there's no legal requirement to. But I'd still like to convince you to try one.

We humans can usually hear something coming up from behind – when riding a bicycle, usually a motor vehicle – but can't tell whether it poses a threat. The result can be a persistent unease. Unease leads to self-defeating behaviors. The tendency, when unable to gauge a threat is to shy out of the way.

Many if not most bicyclists stay at the edge of the road and hope for the best. But safety requires active engagement — communication with other road users. Communication requires that you see how they are reacting to you. Safety also often requires you to ride in line with motor vehicles.

CRW rides favor narrow, lightly-traveled, scenic, winding country roads where the sight line ahead may be short. Riding at the edge then invites motorists to overtake despite the risk of unseen oncoming traffic. Some motorists will be foolish and reckless enough to take up the invitation. If an oncoming vehicle appears, you, the bicyclist, are most likely to lose out, with a close pass or worse.

I find that a rear-view mirror makes a big difference in this situation. With quick glances into my mirror, I can check the position of the vehicle behind me and use hand signaling and roadway position to discourage unsafe passing. I move aside and encourage the driver behind me to pass when it becomes safe.

The mirror increases the overall level of confidence. It isn't that I am obsessively glancing into it, expecting trouble,

but rather that looking into it from time to time confirms the reality that nothing bad is likely to happen

The mirror makes it easy for me to determine the best time to start a merge to pass an obstacle or prepare a left turn. If I need a motorist behind me to let me into line, I can time my left-turn signal for the merge so the motorist has plenty of time to react. Of course, I also give a quick turn of the head – to acknowledge that I've seen the vehicle behind me, and to check for a bicyclist silently passing.

When I'm riding at the front of a group, the mirror lets me adjust my speed as necessary to avoid outpacing the people following me. (Granted, this has become more of a theoretical issue for me as I age, but your miles per hour may vary!) Spur-of-the-moment route choices are possible. The last rider in the group repeats the leader's turn signals, confirming that they are understood, and negotiates with traffic behind the group. By starting to move out for a lane change first at the rear of the group, the last rider has the group's back – preventing a motor vehicle from intruding into the middle of the group.

I favor a helmet-mounted mirror. It is always there when you put on your helmet, and you don't need a different one for each bicycle if you have more than one. A helmet-mounted mirror lets you look in different directions with a turn of the head.

I acknowledge that a mirror takes some getting used to. For a week or two after you start using a helmet-mounted mirror, you won't know in what direction

it is looking. Give it some time, and pay attention to adjusting it so it gives the best field of view without blocking your view ahead.

Your eyes can perform a neat trick – making the objects you would see “through” the mirror with your other eye appear and disappear. This is easier if the dominant eye looks into the mirror: more usually the right eye. While it is conventional to mount a mirror on the left side of a helmet, a mirror on either side can be adjusted to look directly back. (And if you wear contact lenses or are going to have cataract surgery so one eye focuses close and the other distant, the eye that looks into the mirror should be the one for distant vision).

Big hair is admittedly a problem with a helmet mirror, and there may be other reasons that one does not work out for you. A mirror on the handlebar can work too. It is certainly worth a try. As the handlebar mirror is viewed with both eyes, it is usually mounted on the left, where it tends to be most useful. There are now even very small mirrors which mount inside eyeglasses or goggles, but I haven't tried these.

There's more information about mirrors at <http://bikexpert.com/bicycle/mirror.htm>. Be safe out there! ⚙️

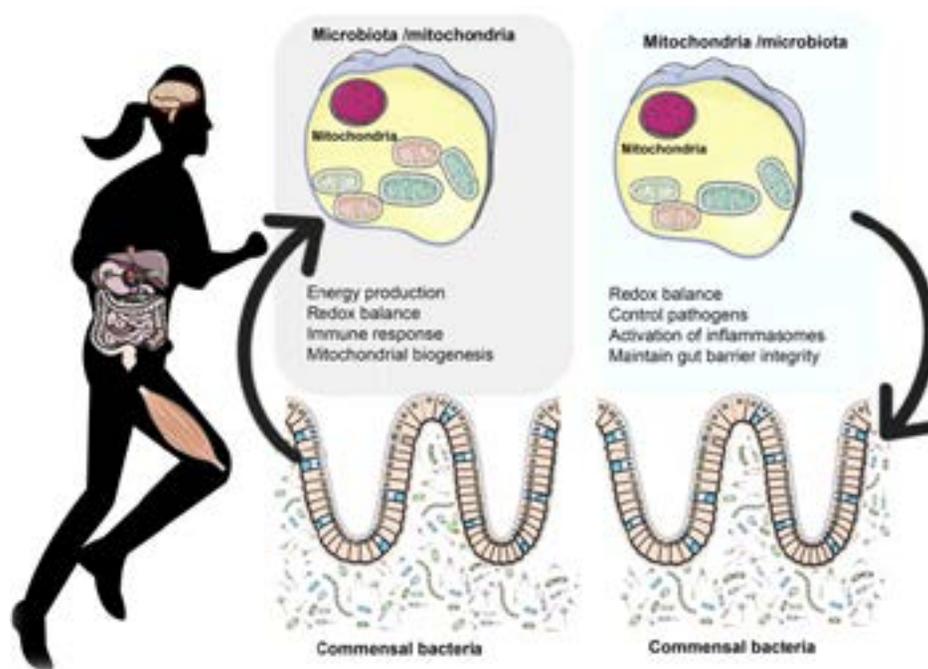
# Mitochondria and Gut Bacteria Work Together for More Endurance

Endurance training for six weeks in humans and mammals has been shown to increase mitochondrial content from 30 to 100 percent and volume density up to 40 percent (*Front Physiol*, May 19, 2017;8:319). This fascinating study shows that the exercise-induced increase in available energy markedly increases the growth of the types of good bacteria in the colon that need more energy. These good bacteria have enzymes that break down foods that you cannot absorb by yourself. For example, all foods from plants have soluble fiber. Since you cannot break down soluble fiber, it passes through your intestines to your colon, where the good bacteria break down the soluble fiber and convert it to short chain fatty acids that are absorbed into your bloodstream and travel to your liver to help lower blood levels of the bad LDL cholesterol. The short chain fatty acids also dampen inflammation, which reduces risk for heart attacks, cancers, strokes and diabetes. The diagram below illustrates how mitochondria and gut bacteria (microbiota) work with each other.

## What are Mitochondria?

Between hundreds and thousands of small energy-producing chambers called mitochondria are found inside every cell

in your body except mature red blood cells. Exercise increases the number of mitochondria and makes them far more efficient in turning the components of food into energy for your body,



particularly your muscles (*Ageing Res. Rev*, 2008;7:34–42). Since endurance athletes need a tremendous amount of energy to just to train for their sports, they have among the highest number and volume of mitochondria in their skeletal muscles (*Med. Cell Longev*, Sept 6, 2016). Increasing mitochondria improves muscle endurance (*Compr. Physiol*, 2011;1:1119–1134). See [More Mitochondria for Better Athletes](#)

## My Recommendations

You have heard this from me many times before. **Inflammation** can cause disease and an anti-inflammatory lifestyle helps to prevent disease and prolong life. We have strong evidence that exercise is anti-inflammatory and helps to prevent disease and prolong life. **Exercise increases the growth of good bacteria in your colon.** These good bacteria produce short-chain fatty acids from the plants that you eat in your **high-plant, anti-inflammatory diet.** These short-chain fatty acids increase the number and size of mitochondria in your cells, which in turn reduce inflammation and thus lower your risk for many diseases and life-shortening conditions. ⚙️



## 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)



by Jack Donohue

Despite what your peers may tell you riding in the winter isn't exactly fun. Much better than a sharp stick in the eye, but not nearly as good as sitting on the couch binge-watching "Breaking Bad" episodes. So why do I do it?

I guess I've become sort of an exercise junkie. I can stay still for most of a day, but I eventually get restless and need to get out and do something. That something in winter for most of the normal cycling crowd is indoor trainers or more traditional winter sports, like skiing. I did give cross-country skiing a try. Actually, I tried it for about twenty years until I finally concluded that I would never get any better, and my slight gains in ability just meant I was going faster when I had the inevitable FDGB. So what about mountain biking now that they've invented the fat tire bike? This does seem attractive, but I'm basically uncoordinated, and don't have much luck with anything requiring skill like singletrack mountain biking, cross country skiing, you get the picture. But I am generally able to ride my bike in a straight line on a smooth surface, hence road biking.

Over the years, I've amassed quite a collection of winter clothing, mostly hand-me-downs from friends who have

gone on to buy newer stuff. I'd be quite stylish if it were the 80's but not so much now. Nonetheless, I definitely have enough gear to stay warm. The trick is not to pile on so much that you overheat and sweat. I've got it down to a science deciding exactly what I need for each

I guess I've become sort of an exercise junkie. I can stay still for most of a day, but I eventually get restless and need to get out and do something.

degree Fahrenheit. This process usually takes almost as long as the ride itself. Even then, I go through cycles of being cold one day, putting on too much the next day and being too warm, then back to cold, etc.

Layering is the secret, and I try to wear things that can be easily removed if I get too warm, like arm warmers, scarves, wind shell. If your main garment is a giant parka, you don't have much room for adjustment. I cycle back and forth during the ride as well. Climbing in the sun, I decide I'm too warm, take off layers at the top, then freeze on the descent. My riding buddies are not real patient with my attire adjustments and usually leave me in the dust during my frequent stops.

Getting started is the hard part. On most winter rides when I leave the house and get confronted with a blast of cold air, I start wondering why I'm doing this. After the "this really sucks" moment, I start devising contingency plans. Bailout A is to ride three miles to Bedford and if I'm still not having fun, pack it in and go shoot pool. If I get past that hurdle, I ride out 225 and reassess the situation when I get to the river. Even if I decide to abort the mission I still get credit for giving it the old college try. Mostly I find that by the time I get to Bedford Center I have warmed up and riding has become actually enjoyable so I soldier on.

I'm still a strict adherent to the "no more miles than degrees Fahrenheit" rule, though in my old age I'm thinking of converting to Celsius. ⚙️

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

## Rides Program Kickoff - Continued from page 1

Name	Yrs	Average	Total
Jeff Luxenberg	37	1780	65878
Bob Wolf	9	7063	63568
John Kane	38	1652	62775
Bill Hanson	21	2888	60649
Erik Husby	11	5231	57546
Frank Aronson	14	4022	56311
Joseph Tavilla	14	3978	55696
Cynthia Snow	18	3033	54587
Carlo Innocenti	10	5374	53743
Lisa Weissmann	15	3579	53692
Bill Widnall	20	2551	51017
Chris Roberts	5	10044	50220
Gary Smiley	16	3084	49345
Joseph Moore	13	3702	48126
Henry Marcy	14	3268	45758
David Cooper	7	6123	42864
Clyde Kessel	8	5340	42723
Andy Brand	7	5406	37842
Rudge McKenney	13	2727	35446
Bernie Flynn	5	6418	32091
Eric Sansone	6	4351	26103
Harriet Fell	13	1940	25223
Larry Delaney	5	4992	24961
Mark Druy	7	3490	24430
Neal Schuster	6	3961	23766
Walter Frank	5	4484	22421
Ed Pastor	5	4049	20244
Gardner Gray	5	3897	19487
Fred Newton	5	3681	18405
Bruce Larson	5	3621	18107
Scott Tyler	7	2499	17494
John Loring	24	728	17462
Joel Bauman	5	3476	17380
Arne Buck	5	3192	15959
A J Gemperline	5	1910	9549

## 2017 Mileage

5,254,757

## NewMembers

Marlene Heroux	Stoneham
Hank Holstein	Stoughton
Gregory Przybyl	Tewksbury
Bill Widnall	Lexington
Sheila Widnall	Lexington

“ I live and breathe bike transportation. Does that make me a granola-crunching, world-saving utopian? Actually, my riding has a lot to do with what's good for me. Riding makes me healthy. It saves me time. It makes me feel good and gives me energy to do more in life. Of course, getting around by bike is a green thing to do. And altruism does have its rewards. Frankly, I wouldn't mind saving the world. Makes one want to crunch some granola. ”

US bike builder Joe Breeze  
VeloNews, 2005

## December Mileage

341679

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	13306	-	-	-	Dave Jordan	4727	-	-	-	John Zicko	1896	-	-	-
Jack Donohue	11258	-	-	7	Walter Frank	4703	3	1	-	Gardner Gray	1758	2	-	-
Chris Roberts	10961	11	6	4	David Wean	4194	2	-	-	Gabor Demjen	1596	-	-	-
Pamela Blalock	9303	1	-	-	Steve Robins	4149	-	-	-	Ed Hoffer	1517	-	-	-
Richard Taylor	9284	12	12	4	Dom Jorge	4145	3	-	-	John Springfield	1468	5	1	-
Bob Cohen	8644	8	2	2	Paul Corriveau	4110	3	-	-	Pete Knox	1409	-	-	-
Ronald Gobbi	8478	4	7	3	Ed Pastor	4066	3	1	-	Ross Mair	1268	4	1	-
Jeffrey Zaveloff	8383	8	5	1	Henry Marcy	3886	3	-	-	Cynthia Chin	1175	2	-	-
Ken Hablow	8373	10	-	1	Joseph Tavilla	3658	-	-	-	A J Gemperline	1166	-	-	-
Mike Kerrigan	7947	-	-	-	Mark Druy	3581	6	2	-	Mike Hanauer	1115	-	-	-
Peter DiMarzio	7513	6	-	3	Lisa Weissmann	3312	2	1	-	Joseph Moore	908	-	-	-
Marc Baskin	6981	7	2	1	Joel Bauman	3290	-	-	-	Jeff Luxenberg	851	-	-	-
Andy Brand	6940	6	1	-	Irving Kurki	3027	-	-	-	John Loring	488	-	-	-
Doug Cohen	6716	-	-	-	Rudge McKenney	3000	5	-	-	Fred Newton	402	-	-	-
Jack Gregory	6697	7	4	-	Jean Orser	2970	2	-	-	Ari Davidow	281	-	-	-
Cynthia Zabin	6496	-	-	-	Frank Aronson	2883	7	5	-	Bill Widnall	251	-	-	-
Greg Stathis	6462	7	-	-	John O'Dowd	2848	4	3	-	John Kane	196	-	-	-
Larry Delaney	6453	9	6	-	Eric Sansone	2799	1	-	-	Scott Tyler	44	-	-	-
Bernie Flynn	6195	8	1	-	Clyde Kessel	2744	5	1	-					
Joe Hagan	6073	9	5	-	Peter Brooks	2648	-	-	-					
Carlo Innocenti	5978	6	2	-	Jim Tennermann	2563	5	1	1					
Diane Mutchler	5882	9	10	2	Jim Broughton	2503	-	-	-					
Bob Wolf	5707	5	-	-	Roy Westerberg	2483	-	-	-					
Harriet Fell	5568	9	6	1	Ken Mostello	2423	4	3	-					
Erik Husby	5219	2	-	-	Bill Hanson	2334	-	-	-					
David Cooper	5123	11	1	-	Gary Smiley	2321	-	-	-					
Butch Pemstein	5064	4	1	-	Douglas Bajgot	2304	2	2	-					
Joe Repole	5017	12	12	-	Bruce Larson	2196	3	-	-					
Mark Centracchio	5002	-	-	-	Mike Needle	2088	2	-	-					
Arne Buck	5000	4	2	-	Douglas Chin	2086	2	-	-					
Bruce Ingle	4948	7	2	-	Cynthia Snow	2049	-	-	-					
Neal Schuster	4828	4	3	-	John Allen	2001	1	-	-					

### 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](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 or handwritten ver-

sion to: Jack Donohue  
26 Fox Run Road, Bedford, MA 01730

Articles submitted to WheelPeople or parts thereof may also be published on the CRW web site unless the author instructs otherwise.

## Insurance

If ride leaders or others have questions about insurance, contact Ken Hablow at 781-257-5268. Please do not contact the insurance company.

### BOARD MEMBERS

#### Term Expires

John Allen .....	2019 .....	781-891-9307
Steve Carlson .....	2020 .....	781-453-4050
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
Vice President of Finance .....	Bernie Flynn .....	617-968-3506
Vice President of Legal Affairs .....	Bernard Pemstein .....	617-969-6574
Secretary .....	John Allen .....	781-891-9307
Treasurer .....	Larry Kernan .....	339-234-0404

### COORDINATORS

Insurance Coordinator .....	Ken Hablow .....	781-257-5268
Mileage Coordinator .....	Jack Donohue .....	781-728-9621
Safety Coordinator .....	John Allen .....	781-891-9307
Membership Staff .....	Barry Nelson .....	617-448-5150
Medical Information .....	Bob Wolf .....	781-929-7789

### 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
Century Committee .....	Larry Kernan .....	339-234-0404
Sunday Fitness Rides .....	Andrew Brand .....	617-247-9770
Hanson Sunday Winter Ride .....	Mike Togo .....	781-878-5445
Wednesday Wheelers .....	Helen Greitzer .....	508-878-6988
Wednesday Ice Cream Ride .....	Gabor Demjen .....	
Wednesday Ice Cream Ride .....	Roger Bonomi .....	617-686-4073
Wednesday Ice Cream Ride .....	Rudge McKenney .....	617-332-6242
Thursday Fitness Rides .....	Kathy Horvath .....	781-405-5480
Thursday 10-15 Rides .....	Susan Grieb .....	781-879-9523
Thursday Night Fun Ride .....	Wayne Douglas .....	508-245-5228
Friday Rides .....	Edward Glick .....	978-319-8722
Friday Rides .....	Alan Cooney .....	617-293-2244
Friday Rides .....	Kathy Horvath .....	781-405-5480

### INTERNET STAFF

Webmaster .....	Jack Donohue .....	781-728-9621
Webmaster .....	Nancy Cole .....	781-899-7187
Google Group .....	Erik Sobel .....	857-636-0900
Facebook .....	Gardner Gray Jr .....	978-663-7460

# BikeShops

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 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
- 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.**

- 3 Loops from Devens
- Annual Al Bolea Memorial Ride
- Another Side of Londonderry
- Apple Dumpling Ride
- Apple Pi Ride
- Back Roads of Northboro
- Bagels and a Witch
- Bare Natick
- Beerhall Social: Southeast from Jack's Abby
- Beerhall Social: West from Jack's Abby
- Beat the Snow
- Berlin Hills
- A Blast from the Past
- Bridges of the Sudbury River
- Bruce's Birthday Ride
- Cape Ann and North Shore
- Cape Cod tour: Hyannis-Provincetown
- Cape in a Day
- Climb to the Clouds Century
- Climb to the Foothills

- Climbing the Mont
- Cranberry Harvest Century
- The East European Ride
- Erikson's Ice Cream Ride
- February Frolic
- Friday TGIF Unwinder
- Hills are your Friends
- Happy New Year Day Ride
- Hanson Sunday Winter Ride
- Lexington Revolutions
- Linda's Birthday Ride
- Lisa Simpson Ride
- Live Free or Die
- Mainly Fun
- Medway Meander
- The MetroWest Mixie
- Miles for Myles
- Moose Hill Mania
- Nashoba Bakery Ride
- Natick Surprise
- Needham, Dover and Beyond
- Needham to Dover
- A Needle in a Haystack

- Newburyport to Exeter
- Northern Lighthouse Tour
- Oak Hill or Not
- Revisit the Charles: Where bicyclists played in 1895
- Ride 'Em Cowboy Ride
- Rosy Cheeks Ride
- Some Newer Views
- Something in Common
- South Shore Coastal Loop
- Southeast from Jack's Abby
- Beerhall Social Ride
- Spring Century
- Sunday South Shore
- Coastal Loop
- TGIF Unwinder
- Thirty-Third Annual Gryzboska Circle Ride (SWCCW)
- Through the Parks
- Thursday 10:15 Rides
- Thursday Night Fitness Ride and Paceline Clinic

- Thursday Night Fun Ride
- Ups and Downs
- Wachusett Brewery Ride and Tour
- Waltham Artists' Ride
- Waltham Night Ride
- Waltham Social Ride
- Wednesday Ice Cream Ride
- Wednesday Wheelers
- West Podunk
- Westford - Groton Tour
- Willett's Pond Wayfare
- The Zig-zag Ride

**Don't miss out next year!**  
**JOIN NOW!**