



WheelPeople

Newsletter of the Charles River Wheelers

June Highlights

| | | | |
|-----------------------------|----|------------------------------------|----|
| Take the Train | 1 | Safety Corner: Brakes..... | 11 |
| Spring Century Report | 2 | Dr. Mirkin: Fruit/Sports Drinks .. | 13 |
| Board Meeting Minutes..... | 4 | New Members..... | 15 |
| Recurring Rides..... | 5 | April Mileage | 15 |
| June Rides..... | 6 | Club Officers & Coordinators.... | 16 |
| CRW Trips..... | 10 | Bike Shops | 17 |

On the roads of New England since 1966

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Take the Train?

by John Allen

When checking ride listings on the CRW Web site, you may notice a new feature. Every ride-start location within a couple miles of an MBTA commuter-rail station now has a link to the train schedule, and directions from the station.

The MBTA accepts bicycles on most of its trains—though only folding bicycles during weekday peak hours. On commuter rail, this restriction applies only in the peak direction (inbound in the morning, outbound in the evening) – works fine you want to get out to the countryside for the day. The Green Line and Mattapan Trolley take only folding



At South Station, Boston.

bicycles. Service interruptions or delays also may occur, but mostly, though, it's smooth going on weekends. Bike rules are [on the MBTA Web site, here](#) and schedules may be reached from [the MBTA home page](#).

Rail connections have led to a new series of CRW Wind at Your Back rides. Examples: [Worcester to Providence](#), [Worcester to Ipswich](#), [Worcester to Braintree](#). The CRW Web site and social

media make it possible to adjust the route to fit the weather forecast. Tip of the helmet to ride leader Malcolm Galvin for these rides! Many cyclists who live in the city do not own a car and may find it especially useful to take the train to and from a CRW ride.

For the [East European Ride](#) which I lead on June 17, the Framingham-Worcester line or Fitchburg line outbound are convenient.

Ride times do sometimes need to be adjusted to work with the train schedule. [Spring Century](#) Coordinator Larry Kernan comments:

I'd like to see more riders living in Boston be able to join us on our rides which are mostly based in the west suburbs. Although we included a mention that there was a Commuter Rail Station close to the start of the Spring Century, I was not aware of an issue until a potential participant contacted me. Although registration for the Spring Century closed at 8:30 AM, the first train to Wakefield didn't arrive until 9:05 AM.

As an experiment, I decided to run a remote check-in for cyclists using commuter rail right at the station. They can then join the ride a short distance away. We will have a bike sweep join the group. One caveat for the commuter rail cyclists is that due to the late start, the rider must certify that they know that event support ends at 5 PM and if the rider intends to ride the full century, they must be able to ride at a 16 mph pace.

I hope this turns out to be successful

Take the Train - [Continued on page 14](#)

Photo by King Transit/MA, released under Creative Commons Attribution-ShareAlike 4.0 International License

**it was a dark and stormy afternoon
but only those doing the full Century had to
contend with the downpour. Most riders made it
back to Wakefield well before the storm broke.**

Despite the dreary weather forecast all week, 725 people registered and 536 stalwart riders set out Sunday morning. 66% of the riders chose to ride the full Century, 23% rode the Metric and the remaining 11% opted for the Half. 65% of the riders were members of CRW.

Continuing with the numbers. 30 dozen bagels, 5 cases of bananas, 3 cases of peanut butter and 19 Porta-potties. Most importantly, 55 volunteers – many of them performing multiple tasks to make this event possible.

Spring Century - [Continued on page 3](#)

2018 Charles River Wheelers **Spring Century** Another Ride for the Record Books

By Larry Kernan, CRW Century Coordinator



Spring Century - *Continued from page 2*

Charles River Wheelers is incredibly grateful for all of their huge efforts in pulling this ride together.

The CRW Spring Century has been running for over 20 years, and we continue to make improvements and to work hard to improve food and refreshments to our riders. We led three different Group Rides for riders who desired the camaraderie of pedaling along with others. For the first time, we offered the opportunity for riders to take the Commuter Rail from Boston. These 4 commuting riders were checked in at the Commuter Rail station in Wakefield, given wristbands, cue sheets and directed to the route with a sweep right from the station.

On a side note, two of the commuting riders were planning to ride the Century and two the Metric. They formed a quick friendship and rode the full Century together!

Photos have been posted to Instagram with the hash tag #crwphotocontest and on the CRW Facebook page.

We have received many wonderful comments from riders, universally positive. Thanks again to all the Volunteers, the Riders, and the Communities along the route! 🌀



Groveland Rest Stop at Shanahan Field



Wakefield Commuter Rail Station



Georgetown Rest Stop crew and canine helpers



Kensington, NH Rest Stop



...biggest competition at a century ride? The bathroom rest stop line.

2018 Spring Century Volunteers

Coordinators
Larry Kernan
Steve Carlson
André Wolff

Pemits
Dave Patti

Route Design and Signage
Melinda Lyon

Arrowing
Larry Kernan
Dom Jorge
Ray Komow
Gardner Gray
Judith McMichael
Jack Donohue
Andy Brand

On-line Registration Support
Jack Donohue

Volunteer T-Shirt Design
David Cooper
Rosalie Blum

Food & Fruit Purchasing
Harriet Fell
Mel Prenovitz
Merle Adelman
Steve Delaney
Randall
Nelson-Peterman

Transport
Bill Hayes

Parking
Steve Carlson
Stan Kay
Randall
Nelson-Peterman
Rich Vignono
Jim Egan

Check-In
Rosalie Blum
Harriet Fell
Lindy King
Julie Dodd
Larry Kernan

Sag Wagons
Ray Tice
Susan Grieb
Larry Kernan

Sweeps
Eric Ferioli
Bob Apsler
John Allen

Groveland Water Stop
Nina Siegel
Adena Schutzberg
Susan Yohalem
Ken Weber

Kensington Water Stop
Harriet Fell
Patricia Wolff
Carolina Magina
Sally Fuller
Miriam Jost

Georgetown Water Stop
Ron Marland
Maureen Febiger
Chris Febiger
Carol Carlson
Kristi Carlson
Bill Aldrich
Julie Dodd
Maureen Nelting

Wakefield Post-Ride Refreshments
Elsa Lawrence
Tom Lawrence
Barbara Jacobs
Ted Nyder
Marie Keutmann
Barbara Martin

Volunteer Party
Mary Kernan
Wing Chow
Barbara Jacobs
Ted Nyder
Ron Marland
Rosalie Blum
Penny Leslie
Nina Siegel
Eric Ferioli

Board Meeting Minutes

May 1, 2018, prepared by John Allen

Attendance: President Sandy Gray; Board members John Allen, Steve Carlson, Larry Kernan, Mary Kernan, Linda Nelson, Erik Sobel, Bob Wolf; Membership staffer Barry Nelson; IT consultant David Marshall

President's report

Sandy called the meeting to order. He reported that the rides program is doing very well with two or three rides on weekends. Mary was given due credit.

Board member Dave Patti has resigned for personal reasons. A temporary replacement was considered and a couple of names were mentioned but the topic was tabled until the next meeting.

Web site hack

The club's database had been exposed to the public and notices were sent out. There has been some blowback, 35 e-mails to Sandy – 1/3 "we appreciate the message" 1/3 "take me off the site" and 1/3 "was my password taken?" (Answer: passwords were encrypted, and recovering them would be difficult.)

Other Web site issues

Other issues with the Web site were discussed. Many of our emails have not been received by users due to the way they were flagged, including membership notifications and WheelPeople. Web Consultant David Marshall introduced signing to the emails, partially solving the problem.

David has recommended putting up a web application firewall (WAF) in front of the site to provide additional security. Cloudflare and Sitelock have options. \$40-60 month. These protect against known vulnerabilities and intrusions, attempted hacks but not user errors.

David will continue to work to address high severity issues and make recommendations to the board regarding improvements to the website.

Finance

Larry: Good news, we are about where we expected to be. We are ahead because we haven't given a grant. We are getting as many new members as before but renewal rates have dropped. We have revenues from the Spring Century but we don't have expenses yet. There are no surprises.

Century review

Larry reported that we expect a gain of about \$7000 for this Century. Eli Post has a \$1500 budget for the post-ride refreshments. \$1600 for the volunteer party. We have over 60 volunteers; most positions are filled. We have 427 signups and the limit is 750. 46% of the riders were members last year. Now we are up to 65% by making it worth signing up. Of the people who signed up as members, 50% are doing the full Century, 10% the 50. Remote registration at the train station and group rides

with leaders are added features this year. Arrowing starts Thursday – upper half, lower half, cleanup. The volunteer party will be catered by Redbones.

Rides program

Mary reported that the calendar has been filling well: it is full up almost through the end of May. We have openings in June. Mary is succeeding "by being nice to people." Five Intro to CRW rides are scheduled so far, including one in May. The first basic skills workshop is this Saturday (May 5) out of Landry's in Boston. Sign-up for the workshops has been slow. Mary is concerned about getting a number of walk-ins.

No start location has been found yet to start the Thursday Night Fitness Ride. Kathy Horvath has reached out to Minuteman National Park for use of the Hartwell Tavern site, and looked everywhere for parking lots. If people have good ideas, get back to Mary or Kathy Horvath.

Membership enhancement

We are getting new sign-ups but people are not getting renewal notices. We lose about 50 per month and gain 25. We could put a renewal notice in WheelPeople. Each copy is already customized with the subscriber's name.

Grants

There is a section on the Website now for grants under the resources tab. There is an e-mail address to send grant requests to Stan Kay.

Sandy unilaterally approved a grant to provide T shirts for the Ride of Silence. NEMBA is growing, has 6000 members paying \$40 each and has hundreds of small grants for trail improvement projects.

Holiday party

Linda nailed down December 8. The Lexington K of C and Via Lago are on board. We should send out a notice in September.

Bike shop updates

Steve has cards to go to bike shops. He called affiliated shops, got contact names, 100% said they would support the flyers. One shop has more of a loyalty program; most will do discounts. Most customers don't ask for the discounts. The list is down to 35 shops. Other shops have popped up. They should be contacted.

Promotion of non CRW items

Guidelines were formulated regarding the use of CRW's communications vehicles for bicycle-oriented, non CRW organizations, as follows: the organization may post on our Non-CRW calendar page, our Facebook / social media pages and If a board member agrees that a promotion, by a commercial non CRW entity, would benefit CRW members, use the CRW Google group email list.

Next meeting

The next meeting is scheduled for July 9th. Location is TBD.

Recurring Rides

These rides are held every week unless indicated otherwise

South Shore Coastal Loop

Times and Routes: 7:30 AM

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)

Leaders: Andrew Brand

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 Wheelers 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 10-15 Ride

Times and Routes: 10:00 am

Ride Type: Follow the leader

Description: The rides will start at 10:00 and start locations will vary each week. Rides will be between 15–20 miles. You can expect some combination of asphalt, easy dirt roads and paths, all suitable for a road bike. We stay together, following the leader for the day, while being careful not to drop anyone. To participate, you need to be able to maintain a speed of 10 to 12 mph, have a multi-speed bike in good condition and arrive ready to have a great time. Non-members of CRW are

welcome to ride with us and experience what the Thursday 10:15 rides offer. If you like our rides however, and wish to continue to ride with us, we expect you to become a CRW member.

Leaders: Susan Grieb

Thursday Night Fun Ride

Times and Routes: 6:00 PM

Start with 24, 29, 32 and 37 Mile Routes; 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).

June Rides - [Continued on page 6](#)

Recurring Rides

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 long route is 29 miles for rolling hills through Concord, Acton, Chelmsford and Carlisle. The 26 mile route makes a slight detour into Kate's Corner and picks up the long route arrows on Proctor Road. The 23.8 mile route gives riders more time flexibility and leaves the main route at mile 11.4 and rejoins it later on Lowell Road. Groups are divided into 6-8 riders each by average pace which ranges from 15 to 22+ 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. From Route 95 Take exit 30B for Route 2A West. Pass flashing yellow light at Hanscom Drive and continue to second flashing light at fork; stay right onto Lexington Road AKA Battlefield Road. There will

be a sign for parking for Meriam's Corner.

Leaders: Kathy Horvath

Ride Information: 29 miles, 26 miles, 24 miles

TGIF Unwinder

Times and Routes: 6:00 pm;

5:30 pm 9/15 - 9/29

Ride Type: Arrowed, Cue sheet, GPS

Ride start: Bedford Public Library parking lot. 7 Mudge Way, Bedford

Description: A club ride that provides something for all tastes. There is usually a fast group riding paceline (18mph+) while others tour at their own speed. The ride winds through the low traffic back roads of Concord, Carlisle, Acton and Chelmsford. This ride is conducive to both the fitness rider and those out to enjoy the scenery. It is a great way to end the work week. **BEGINNERS WELCOME!** There is always a group going out for dinner and/or ice cream after the ride.

Leaders: Alan Cooney, Edward Glick

Ride Information: 23 miles, 18 miles

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



June Rides

June is generally a delightful month weather-wise and has long been celebrated in verse and song.

We are reminded of the musical line "June Is Bustin' Out All Over" when we see how far and wide are June's ride starts.

Newton-Dover Saturday - June 2

Times and Routes: 10 a.m. for 26.6 & 35 miles

Ride Type: Cue sheet, GPS

Description: A delightful ride that includes Newton, Wellesley, Needham and Dover. The hills are not challenging and the length is a nice way to get you back into biking after the winter. The starting point has free parking. Please print and bring the cue sheet if want to have one for the ride. Social option after the ride to grab a bite at Manow Thai Kitchen, 1138 Beacon St, Newton, MA 02461 (across the street from the ride start)

Leaders: Lisa Najavits, John O'Dowd

Start: Parking Lot, Beacon St, Newton

Directions: Exit 21 from rt. 128 to rt 16 East, bear right onto Beacon St. Park behind the building.

Ride Information: 27 miles, 35 miles

Climbing Le Mont Saturday - June 2

Times and Routes: 9:30 for rides of 45 or 58 miles; 10:30 for 30 miles

Ride Type: Cue sheet, GPS

Description: We'll travel the quick route from Groton to Hollis NH, South Amherst and long route riders will attempt "the climb" up to Mont Vernon. Please be certain you have low gears for this and the Old Milford Road climb on the return. Be forewarned that both climbs have some steep sections!! If in

doubt, the 45 (medium) mile ride has plenty of more do-able hills and travels a lovely route through Milford to Brookline, NH. The 30 mile ride detours from the longer rides in Hollis taking in quiet back roads into Brookline. Once back in Groton Filho's Cucina and the Salt and Light Cafe on Main Street are great places for lunch.

Leaders: Lindy King

Start: Groton-Dunstable Middle School

Directions: From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Continue on 119 W for 7.3 miles, and the school is on your right.

Ride Information: 30 miles, 45 miles, 58 miles

June Rides - *Continued on page 7*

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.

June Rides

Basic Skills Workshop - Newton Highlands Sunday - June 3

Times and Routes: 9:00 - 12:00

Ride Type: Intro

Description: • Are your biking skills a bit rusty? • Would you like to try a CRW ride but are a little intimidated about riding in a group? • Did you sign up for a charity ride but don't know where to start?

Join CRW and Landry's Bicycles to expand your bike handling skills while learning with others who are near your skill level.

This class is for cyclists who already know how to ride but need additional practice. Most students should have recently learned how to ride or haven't been on a bike in a number of years. The workshop will start with a classroom discussion to learn about safe riding techniques and will then move to a parking lot for some practice before culminating with a ride on local, low-traffic roads to solidify what you've learned.

Learn How to: • Check your bike for safety before each trip • Properly fit a helmet Briefly check your bike fit • Start riding efficiently • Stop elegantly • Ride in a straight line • Turn gracefully • Identify traffic and hazards

Once you've completed this course, you'll be ready to participate in CRW group rides.

The cost to participate is \$25.00 and the course is open to anyone 18 and older. Each participant will receive a free, one year CRW membership, or a one year extension if you're already a member. In addition, you'll get a coupon from Landry's Bicycles for \$25.00 off any purchase of \$100.00 or more.

You'll need a bike that's safe and ready to ride. If you have any questions about your bike, please have it checked out before the day of the workshop. There will not be time for repairs on the day of the program. Be sure to bring with you a helmet, comfortable clothing, close-toed shoes and a water bottle.

For questions or more information, contact Mary Kernan, VP of Rides, at mary.kernan@gmail.com.

Advance registration is required. Are you ready to sign up? All classes run from 9:00 - 12:00. Pick a date/location:

May 5 - Boston,
June 3 - Newton Highlands,
June 24 - Natick

Leaders: Mary Kernan

Start: Landry's Bicycles

Directions: Landry's Bicycles in NEWTON is located on Needham Street in Newton Highlands with easy access from Route 128 (I-95) and Route 9.

Kittery to Kennebunkport Saturday - June 9

Times and Routes: 9:00 am

Ride Type: Cue sheet, GPS, Map

Description: Ride from my house in Kittery (43 miles) to Kennebunkport mostly following the beautiful backroads of the Eastern Trail/ECG/USBRs1. You can also leave from the Lion's Club in Kittery for a 39 mile ride (please let me know so I can alert the Lions that someone will be leaving a car there). Bring lunch or stop a few miles before our resort at the Bull and Claw or the Maine Diner. We'll drop off our bags (you shouldn't need much for this overnight trip, so pack lightly!) and head along ocean roads to bustling Kennebunkport. Have an early dinner if you'd like, wander around, pick up snacks for later, and enjoy the ambience of this vibrant town before the summer crush arrives. We'll cycle back the same way we came. The resort has a fire pit, pool, hot tub, and pingpong. Walk down the lane across the street and in about 10 minutes you're at the ocean. In the morning, a continental breakfast is offered, but the iconic Maine Diner is just a few miles along our return route, so we usually breakfast there. This is a VERY casual weekend. You are responsible for your own gear and food. You may ride

alone or with others. Please contact Shorelands Resort at shoreland@roadrunner.com directly to make your reservation. See more about the accommodations (very nice duplex cottages!) at www.shorelands.com. Please let me know if you're coming so I can get a sense of the number of people coming. kitterykaren@yahoo.com.

Leaders: Karen Saltus

Start:

Ride Information: 43 miles, 43 miles, 13 miles

Through the Parks Saturday - June 9

Times and Routes: 10:00 am

Ride Type: Cue sheet, GPS

Description: Riding by and through Parks - DeCordova Sculpture Park, Walden State Park, Minuteman National Park, and Great Meadows. The ride begins at Lincoln Schools and goes through Lincoln, Concord, Carlisle and Acton. Come for a lovely ride on roads you know. Barbara, Nina, and Ted plan to send you off and then sweep the route. **PLEASE NOTE:** There are two (2) cue sheets - the auto one from RWGPS and the ANNOTATED sheet (lower down the page) where Barbara and Ted included a column of the sites we are going by while cycling.

Leaders: Nina Siegel, Barbara Jacobs, Ted Nyder

Start: Lincoln Public Schools
Directions: Take Rt 2 west. Exit to Bedford Rd south to Lincoln. At Lincoln Center, 5 corner intersection, go straight on Lincoln Rd. Travel 0.7 miles to the school access road Ballfield Rd on the right. First parking lot on left, at tennis courts. The schools are about 0.7 mi north-east of the Lincoln commuter rail station. Train schedule (Fitchburg line) is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>
Ride Information: 30 miles

Intro to CRW: Needham, Dover and Beyond Saturday - June 16

Times and Routes: 10:00am for 19 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: New to CRW? Looking for a more casual ride or just getting back into cycling? Then this is the ride for you. It's not a beginner's ride-- riders should have road or fitness bikes and be able to average 12-13 mph on the flats. The ride leader will try to keep the group together, but cue sheets can be downloaded and road markings will be available for those who may want or need to do a different pace. The focus is on briefly reviewing how group riding

June Rides - *Continued on page 8*

June Rides

works, staying safe, and most of all, having fun. Feel free to text or email the ride leader with questions. Ride along the scenic Charles River on rolling roads through Needham and Dover.

Leaders: Lisa Najavits, Matt Berube

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

Brookline and Boston City Ride Sunday - June 17

Times and Routes: 9:30 a.m. arrival, 10:00 a.m. start

Ride Type: Cue sheet, Follow the leader, GPS

Description: The Ride - This CITY RIDE encompasses portions of Boston and Brookline. We will enjoy the Boston portion first, while traffic is still moderate, before heading into Brookline and enjoying several significant hills with views of Boston. **The Details** - A no-drop ride, with different qualities than the suburban and rural group rides prevalent in the CRW club, the

orientation is important, so please be punctual. There are many intersections on this ride. Although our pace may be 13-18 mph while riding, the elapsed time will not reflect that. Plus, we will stop for the views. Anticipate a total time of 4 hours and possibly a little more. Bring snacks so we don't have to stop for food, although we will likely stop briefly to replenish fluids. 33.2 miles, 1,260' of elevation.

The View - The first half of the ride includes part of the Paul D White Bike Path, an interesting wander through the new parks at North Point, walk crossing of the Charles River Locks, portions of the North End, Financial District, Seaport District and Black Falcon Terminal, before circumnavigating the Boston Common and heading out of downtown. **And More Views** - The second half of the ride features part of the Emerald Necklace and then a lovely tour of the Arnold Arboretum, which includes two excellent climbs with views to Downtown Boston. From there we tour South Brookline, and feature Goddard Avenue as a downhill, which is as exciting as you can get around here, before climbing back up Pond Street. (Pond St gets its name from the top just like Summit Ave gets its name from the bottom!) Then we bike past the golf courses, and on superb streets with awesome houses, which will mostly be

hidden from view due to their similarly excellent landscaping before we re-enter the business districts and complete the ride.

Leaders: Joel A Feingold

Start: Sunshine Academy

Directions: There is no parking available at the Sunshine Academy. You can find metered parking on the street and the meters are free on Sundays. You can also use the MBTA Green line 'D' train and depart at the Tappan Street stop.

Ride Information: 33 miles

The East European Ride Sunday - June 17

Times and Routes: 9:30 AM for 45 miles; 10:00 AM for 29 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: The short ride travels through Weston, Wayland, Sudbury, Concord and Lincoln; the long ride adds Acton and Carlisle. The lunch stop is in Concord Center. The terrain is rolling. There will be post-ride party with refreshments (Gatorade, pretzels, energy bars...) on the lawn at the Spellman Museum following the ride.

Leaders: John Allen

Start: Spellman Museum of Stamps and Postal History

Directions: From Rte 20, take School Street (at the Weston center traffic light) approx. 0.5 miles south and bear right on Wellesley Street. Continue about

1.0 miles to the museum, on the right, after the Regis College campus. From Rte 30, take Wellesley Street (at the traffic light near Weston High School) approx. 0.4 miles north to the museum, which is on the left. Park in the large parking lot on the right of the driveway just past the museum -- not in the small lot behind the museum. Or take commuter rail--Framingham-Worcester line to Wellesley Farms -- Schedule here <https://mbta.com/schedules/CR-Fitchburg/timetable> -- or Fitchburg line to Kendall Green -- schedule here: <https://mbta.com/schedules/CR-Worcester/timetable>.

Ride Information: 45 miles, 28 miles

Beerhall social: Southeast from Jack's Abby Beerhall Saturday - June 23

Times and Routes: 11 am for 38 miles

Ride Type: GPS

Description: We will be running the Beerhall Social Rides this year on the 4th Saturday of each month starting June 23. Stay tuned for more detail.

Leaders: Bob Wolf

Introduction to CRW Saturday - June 23

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 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.

June Rides - [Continued on page 9](#)

June Rides

Train schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>

Ride Information: 16 miles

Cape in a Day Saturday - June 23

Times and Routes: Start at 5:30 a.m. for 124 Miles

Ride Type: Arrowed, Cue sheet, GPS

Description: Bike from Boston to Provincetown and return to Boston by ferry. This ride is a CRW tradition going back over 30 years. The ride is 124 miles and features constantly changing scenery from the streets of Boston to the delicate sand dunes of Truro and Provincetown and everything in between. Heading out of Boston, expect light traffic as you watch the sun rise over Dorchester Bay. The return by ferry is part of the experience providing views of Provincetown and Boston from the water. The ferry schedules provide choices allowing people to have dinner before returning if they choose. Staying overnight and returning the next day is another option. Catching the earlier ferries can put you back in Boston around 5:00 p.m. From the ferry docks, it is less than 2 miles back to the parking lot on routes which include bike paths. Parking for this event is

free and overnight parking is allowed. This is an unsupported ride but food stops on the route include Dunkin' Donuts in Plymouth around mile 40, Friendly's at mile 60 just before the Sagamore Bridge, Barnstable Market and Nirvana Coffee at mile 75 in Barnstable, Hot Chocolate Sparrow right off the bike path in Orleans at mile 95, and as well as other opportunities along the way. The Plymouth and Brockton Street Railway Company has a morning and afternoon bus departing Provincetown for South Station with stops providing bailout points in the event that someone may need to shorten their ride. The Cape Cod Flyer train departs Hyannis for South Station at 6:30 p.m.. Cue sheets, ferry and bus schedules will be handed out at the ride start. As always, monitor the ride description on the CRW website for any changes or additional information. The ride is no charge. Return transportation, food and water are not provided and are the responsibility of riders. The high speed ferries take 1.5 hours to return to Boston. Note: It will be dark in Boston when the 7:30 and 8:30 ferries arrive. Bay State Cruise Company: \$71 (including bike) @3:00 and 7:30. Boston Harbor Cruises: \$69 (including bike) @4:00 and 8:30. See links below. <http://www.baystatecruisecompany.com/>

<http://www.bostonharborcruises.com/>.

Leaders: Ellen Gugel, Chris Tweed

Start: Gillette parking lot in South Boston

Directions: From downtown Boston take Summer St. over the Fort Point Channel. Immediately turn right onto Melcher St. At end turn right onto "A" St. At 1/2 mile turn right onto W. Second St. (traffic light). At end turn right onto Dorchester Ave. Parking is ahead on right

Ride Information: 124 miles

South Shore Coastal Ride Saturday - June 23

Times and Routes: 9:30 for 27 and 41 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: Ever wanted to do the Sunday morning coastal ride but just couldn't get yourself out of bed in time? This is your chance to enjoy the scenic coastal route through Hull, Cohasset and Scituate. This is one of the prettiest rides the Club has to offer. Along the coast, you will see the beautiful homes of Jerusalem Road, quaint Cohasset Harbor and the active waterfront in downtown Scituate. The longer loop extends the route to the tip of the Hull peninsula, with views of the Boston skyline. The ride consists of mostly flat terrain along the

coast, with rolling hills on the inland portion of the route.

Leaders: John O'Dowd

Start: Wompatuck State Park

Directions: Follow Rte 3 South to exit 14 and the intersection with Rte. 228. Follow Rte. 228 North approximately 5 miles to the intersection with Free Street on the right. Turn right onto Free St. and follow it one mile to the Park entrance on the right.

Ride Information: 41 miles, 28 miles

Basic Skills Workshop - Natick Sunday - June 24

Times and Routes: 9:00 - 12:00

Ride Type: Intro

Description: • Are your biking skills a bit rusty? • Would you like to try a CRW ride but are a little intimidated about riding in a group? • Did you sign up for a charity ride but don't know where to start? Join CRW and Landry's Bicycles to expand your bike handling skills while learning with others who are near your skill level. This class is for cyclists who already know how to ride but need additional practice. Most students should have recently learned how to ride or haven't been on a bike in a number of years. The workshop will start with a classroom discussion to learn about safe riding techniques and will then move to a parking lot for some practice before culminating with

a ride on local, low-traffic roads to solidify what you've learned.

Learn How to: • Check your bike for safety before each trip • Properly fit a helmet • Briefly check your bike fit • Start riding efficiently • Stop elegantly • Ride in a straight line • Turn gracefully • Identify traffic and hazards

Once you've completed this course, you'll be ready to participate in CRW group rides.

The cost to participate is \$25.00 and the course is open to anyone 18 and older. Each participant will receive a free, one year CRW membership, or a one year extension if you're already a member. In addition, you'll get a coupon from Landry's Bicycles for \$25.00 off any purchase of \$100.00 or more.

You'll need a bike that's safe and ready to ride. If you have any questions about your bike, please have it checked out before the day of the workshop. There will not be time for repairs on the day of the program. Be sure to bring with you a helmet, comfortable clothing, close-toed shoes and a water bottle.

For questions or more information, contact Mary Kernan, VP of Rides, at mary.kernan@gmail.com.

Advance registration is required. Are you ready to sign

June Rides - Continued on page 10

up? All classes run from 9:00 - 12:00. Pick a date/location:-

May 5 - Boston,
June 3 - Newton Highlands,
June 24 - Natick

Leaders: Mary Kernan

Start: Landry's Bicycles

Directions: Landry's Bicycles in NATICK is located on Route 9 Eastbound just past Route 27.

Annual Al Bolea Memorial Ride Sunday - June 24

Times and Routes: 9:00 for 20, 37 or 52 miles

Ride Type: Arrowed, Cue sheet, GPS

Description: This always popular ride is in memory of the late Al Bolea who lost his fight against Myelofibrosis, a degenerative bone marrow disease, on September 23, 2005. Al was a prominent member of CRW and was co-founder of the CRW Wednesday night Ice Cream Ride, which remains a popular club ride! Al had a profound effect on the people around him. He showed them the importance of valuing and welcoming each person; that riding is about sharing our passion for cycling and enjoying the road together. With this in mind, we will be encouraging you to ride with Al's spirit of inclusion and to ask someone new to ride with you

today! Routes travel beautiful back roads of Concord, Acton, Carlisle, and Bedford. The long ride will also visit scenic Boxborough and Littleton. Information on Myelofibrosis or to make a donation can be found at the [MPN Research Foundation](#), which is working on a cure.

Leaders: Harry Manasewich, Sheldon Cooperman

Start: Municipal Parking Lot-Merriam Street

Directions: From Cambridge on Rte. 2, exit on Waltham St. towards Lexington. 1.7 miles to the center, left .1 mi., right on Depot Square, pass the toll-booth. Park to the right. From the north, take Rte. 128 south to Rte. 4/225 to Lexington Center. Turn left at Depot Square, pass the tollbooth. Park to the right. From the south, take Rte. 128 north to Rte. 2A west. Right at 2nd light onto Mass. Ave, 1.8 miles to Lexington Center, left at Depot Square, pass the toll-booth. Park to the right.

Ride Information: 20 miles, 37 miles, 52 miles

Introduction to CRW Saturday - June 30

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 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

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

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
781-929-9085 (before 9 PM)
194 Pearl St
Reading, MA 01867



by John Allen

Bicycle brakes get better mostly

Bicycle brakes have come a long way since the days of wooden-wheeled boneshakers with steel tires, but change does not bring perfection in this world.

Some history

Most early bicycles had only a fixed gear, or a spoon brake, which pressed on the tread of the tire. High-wheeler bicycles couldn't benefit from a powerful brake anyway, as it would only pitch the rider forward from a high perch.

With the 1890s and the safety bicycle came the coaster brake, popular in the USA, Germany and the Netherlands, and rim brakes, most popular in the British isles. Coaster brakes were a major improvement over spoon brakes, but overheat on long downhill runs. So do all other hub brakes except for disc brakes and the very large drum brakes sometimes seen on tandems.

English three-speeds became popular in the USA following World War II, much so in the Boston area. These represented the first widespread exposure to hand-lever-operated rim brakes in the USA. But the long-reach sidepull brakes on steel rims of typical three-speeds

offered poor leverage. The rims were as slippery as ice in wet weather, and prone to damage which made the brakes lurch and grab. I'm old enough to remember! My own first bicycles as an adult were three-speeds, and the braking ranged from marginal to terrible depending on rim condition.

Bicycling took a turn upward in the USA with the rise of the baby-boom generation, but fashion and marketing oversold the American bicycle market on imitation racing bicycles. The run-of-the-mill 10-speeds of the 1960s and the 1970s bike boom generally had good-quality rim brakes, but steel rims.

Only high-grade derailleur-equipped bicycles had aluminum rims until the 1980s, and wheel true had to be excruciatingly accurate for braking to be even, because the rims had angled sidewalls, and any departure from roundness made them wedge the brake shoes apart. French Super Champion Model 58 rims, the first common aluminum clincher rims with parallel sidewalls, first became available in the mid-1970s.

The mountain-bike phenomenon brought other changes in technology, not least with the widespread application of cantilever brakes, then direct-pull brakes and now disc brakes.

All-around advice

So, here we are now.

Any bicycle should have a rear brake capable of skidding the rear wheel (but to spare the rear tires, do it only briefly as a test). The front brake also should be powerful but you need to be careful in using it – more about that in another article. Operation should be smooth and predictable.

Cable failure – or loss of hydraulic fluid -- disables any brake – which is one reason every bicycle should have two independent braking systems, and brakes should be serviced from time to time. Anywhere a cable is repeatedly bent back and forth – on a brake lever, pulley or brake – it is like bending a paperclip back and forth. The cable will fail sooner or later. Cables should pivot rather than bend where they attach, and the pivots should be kept lubricated. Cables should be replaced periodically.

If the front fork has carbon-fiber dropout surfaces, replace it. Carbon-fiber surfaces erode. Carbon-fiber "lawyer tabs" (to keep the wheel from coming out if the quick release is loose) can tear right off.

Rim-brake issues:

- Brake shoes wear and also need to be replaced periodically. But you knew that. They also need to be aligned carefully with the rims.

- Cable failure with a traditional cantilever brake will rotate the brake arms downward and outward and drop the transverse cable onto the tire. With a knobby tire, that will instantly lock the wheel, and if it is a front wheel, pitch the rider forward. A fender, reflector bracket, lamp bracket – something – needs to be in place to catch the cable.



A traditional cantilever brake without protection for the transverse cable. Tolerable with a smooth tire, but

- Brake shoes of cantilever and direct-pull brakes (with the pivots on the fork or frame, closer to the hub than the rim) migrate downward as they wear. The brake shoes can dive under the rim and catch on the spokes. So, check alignment frequently.



A direct-pull brake (also called V Brake)

Safety Corner - *Continued on page 12*

Safety Corner - Continued from page 9

- Both brake shoes of a centerpull brake and the off-center pivoted brake shoe of a dual-pivot sidepull brake migrate upward toward the tire as they wear. Check alignment periodically to avoid a potential blowout.



A dual-pivot sidepull brake. One pivot is off-center.



A centerpull brake. Both pivots are off-center.

- Rim damage even with today's better rims can result in a brake's grabbing, resulting in a wear spot on the rear tire, or pitchover in hard braking with the front brake.

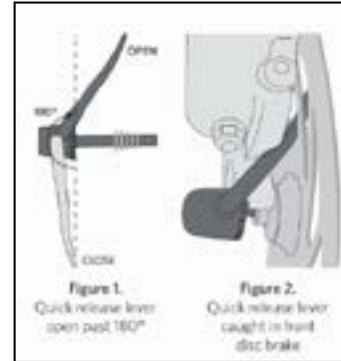
- Carbon-fiber rims can't take the heat which braking generates, to the extent that the Union Cycliste Internationale has banned their use with rim brakes.
- Aluminum rims wear, especially in winter conditions or off road. Air pressure in the tire can split the rim. If the braking surfaces of a rim have become concave, replace it. Many newer rims have a wear indicator – a groove or indentation which, when worn away, tells you it is time to replace the rim.

Disc brake issues:

Disc brakes are much preferable to rim brakes for off-road use in the wet and mud but introduce new issues. A disc brake stresses the front fork heavily. It can loosen a quick release and pull the front wheel out of the fork, or put a quick-release lever which opens too far into the rotor – leading to a Trek recall, but not only a Trek problem. Many CRW members are now riding bicycles with disc brakes, but I'll make a case here for lagging behind the bleeding edge of progress. This way, other people, not you, get to experience early-production bugs. Things to watch out for:

- Disc-brake pads and rotors wear. Pads should be checked and replaced as needed. If a rotor is significantly thinned (generally to less than 1.5mm thick) it should be replaced.
- If the bicycle has a through axle – with holes rather than slots to secure the wheel in the dropout – good. That avoids the quick-release issues and will prevent the wheel from coming out.

- The drawing below, from Trek, illustrates the problem with quick-release lever which can rotate backward too far, into the rotor. If your quick-release can do this, replace it – but also see additional advice below.



- If the quick-release is of the exposed-cam type, replace it with an enclosed-cam one, which has more leverage.



Exposed-cam quick release



A Shimano internal-cam quick release

- The quick-release surfaces that contact the dropouts should be of steel, and serrated. Shimano makes the best quick-releases, these days.



**Left_ one-piece aluminum quick-release adjusting nut
Right: Aluminum adjusting nut with steel insert**

- The hub also should also have serrated surfaces that bite into the metal of the dropouts. Avoid a front hub with smooth surfaces that contact the dropouts. Carbon-fiber dropout surfaces are a bigger no-no yet with a disc brake.
- Note the position of the quick release handle as you install the wheel. If it rotates bit by bit while you ride, it is loosening.
- On a bicycle with a front disc brake, check the tightness of the front quick release every time you get onto the bicycle.

More info

More about rim brakes is at <https://sheldonbrown.com/rim-brakes.html> and linked pages.

More about disc brakes is at <https://www.sheldonbrown.com/disc-brakes.html>

More about quick releases is at <https://www.sheldonbrown.com/skewers.html>

Be safe out there! ⚙️

Fruit Beats Sports Drinks for Exercisers

Many studies show that you can exercise longer and more intensely and recover faster when you take a source of sugar during vigorous exercise. Dozens of brands of sports drinks are promoted to fill this need, but a new study from Appalachian State University shows that a banana appears to offer superior results, specifically helping athletes to recover faster from intense exercise (*PLoS One*, March 22, 2018). The red blood cells of athletes eating bananas produced much lower blood levels of a genetic precursor of COX-2, which causes inflammation that delays recovery, than those of the group that took sports drinks.

Fruits and their juices have lots of antioxidants and other nutrients that sports drinks do not contain. An earlier study by the same authors showed that fruit caused less inflammation than some sports drinks (*PLoS One*, May 17, 2012). Other studies have also shown that fruit juices can improve athletic performance better than sports drinks do (*Am J of Physiol-Endo and Metab*, December 2015).

Taking Sugar During Exercise Helps You Go Faster and Longer

When you exercise, your muscles use sugar, fat and a very small amount of protein as a source of energy. You have

an almost infinite amount of fat stored in your body, but only about 600 grams of sugar, called glycogen, stored in your muscles and liver (2400 calories). Of course your liver can make new sugar, but it cannot make it fast enough to keep up with your needs during very hard exercise. The limiting factor to how intensely and fast you can exercise is the time it takes to move oxygen into muscles. Since fueling your muscles with sugar requires less oxygen than fat does, you have to slow down when you start to run out of sugar. Also, running out of sugar increases inflammation, damages muscles and delays recovery from exercise. When your muscles run out of their stored sugar, they hurt and you have to slow down and work harder. Runners call this “hitting the wall.”

Your brain gets almost all of its fuel from sugar in your bloodstream. When your liver starts to run out of sugar, blood sugar level drops, your brain cannot get enough fuel to function properly, you feel tired and confused and can pass out. There is only enough sugar in your bloodstream to last three minutes. To keep your blood sugar level from dropping, your liver must constantly release sugar from its cells into your bloodstream, but there is only enough sugar in your liver to last 12 hours at

rest, and far less than that when you exercise. During long and intense exercise, your muscles draw sugar from your bloodstream at a rapid rate, your liver can run out of its stored sugar and your blood sugar level drops. Long-distance bicycle racers call this “bonking.”

How Fruits Help You Recover Faster from Intense Exercise

All fruits and their juices contain two sugars, glucose and fructose, either bound together or separate. Some sports drinks contain only glucose. Several studies show that cyclists exercise with less effort and have less gut irritation from drinks made with sucrose (regular table sugar, found in fruit juices), rather than the single sugar, glucose (*Am J of Physiol-Endocrinol and Metab*, December 2015). Compared to drinks that contain only one sugar (glucose), drinks that contain two sugars (glucose and fructose) help you to race faster in competitions lasting more than two hours (*Applied Physiology, Nutrition, and Metabolism*, April 2012). Drinks that contain both glucose and fructose include fruit juices, soft drinks made with high fructose corn syrup (HFCS) and any drink made with sucrose, which is regular table sugar. Sports drinks that contain only maltodextrin, (made from starches extracted from rice, corn, potato and whole grains) are not as effective for racing because maltodextrin contains just the single sugar called glucose. However, drinks that contain maltodextrin plus fructose are similar to drinks made with HFCS or sucrose.

Why Racers Need Both Glucose and Fructose

How much sugar you can provide to your muscles is limited by how fast

you can absorb the sugar from your intestines into your bloodstream and then from your bloodstream into your muscles. Sugar is transported through the intestines into the bloodstream and then to your muscles by special carrier proteins called carbohydrate transporters. Each carbohydrate transporter is specific for each type of sugar, so if you eat two different sugars, you use two different carbohydrate transporters and therefore can take in more sugar. Sugar absorption into your bloodstream is increased by as much as 65 percent by taking both glucose and fructose, compared to glucose alone. According to one report, “The increased carbohydrate oxidation with multiple transportable carbohydrates was accompanied by increased fluid delivery and improved oxidation efficiency, and thus the likelihood of gastrointestinal distress may be diminished. Studies also demonstrated reduced fatigue and improved exercise performance with multiple transportable carbohydrates compared with a single carbohydrate” (*Curr Opin Clin Nutr Metab Care*, July 2010;13(4):452-7).

Avoid Sugared Drinks When You Are Not Exercising

Taking sugared drinks can cause very high rises in blood sugar, particularly if you are not exercising or are overweight or diabetic. Every cell in your body is like a balloon full of fluid. When blood sugar levels rise too high, sugar sticks to the outer membranes of cells. Once there, sugar can never get off. Eventually sugar is converted by a series of chemical reactions to sorbitol, which destroys the cells. This cell destruction causes all of

DrMirkin.com - [Continued on page 14](#)

DrMirkin.com - *Continued from page 13*

the side effects of diabetes: blindness, deafness, heart attacks, strokes, kidney failure and so forth. Unless you are in the midst of vigorous exercise, I recommend that you use plain water to quench thirst.

My Recommendations

If you plan to compete in sports lasting longer than an hour, you should take in some form of sugar while you compete to help you exercise longer and more intensely and recover. Eating fruit is as good or better than drinking sugared fluids, but for some people, eating whole fruit during exercise may cause discomfort from gas or bloating. Experiment and see what works best for you. ⚙️

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)

Take the Train - *Continued from page 1*



Bob Apsler (sweep) with Andy Marinelli, Jess Morrow, Gavin Lund, Ben Judge at the Wakefield commuter rail station. 2 were planning to do the full Century and two, the Metric.

and can serve as a model for more of our big events!

When commuter rail will be used at the end of a ride, it is helpful to point out an eatery near the station, or have a post-ride party so riders can refuel while waiting for the train. Having a ride end at an outlying MBTA rapid-transit stop works especially well: the trains run frequently, so there is no need to hurry or wait to meet a train.

A station at the start or end of the line offers plenty of time to take bicycles onto and off the train, and is the preferred gathering and dispersal point, though additional riders may board the train along the way to the ride start.

High platforms at stations work very nicely with wheelchairs, shopping carts, baby strollers and – bicycles. Larger commuter rail stations, as well as many rapid-transit stations, have full-length

high platforms. If bicycles may have to be loaded onto more than one rail car, these stations are the best choice. Shorter platforms at many other stations meet the first cars of outbound trains; the last cars of inbound trains. PDF schedules indicate which stations have these platforms.

The MBTA has a few special commuter-rail cars where all the seats on one side have been replaced with bike racks. These cars make regular runs

Bicycle car encountered by chance on one of my trips into Boston. CRW could fill this car!



Photo credit: Larry Kernan

Photo credit: John Allen

in the summer and are also available by request for special occasions. If a ride promises to be very popular, recruiting one of these cars may be necessary.

MBTA commuter-rail fares are much lower when starting or finishing a trip in fare Zone 2—roughly 6 miles from Boston—or farther out. (On the Fitchburg line, for example, that is everywhere from Belmont on outward.) So, a slightly longer ride or drive to a station can save you a few bucks.

The trains work for solo trips too. I frequently take the train from Waltham into Boston with my folding bike. The train is faster than riding into the city, but the bike is faster once I am downtown. I once had to go to Northfield from Waltham—an 85-mile trip, but I took the train from the Brandeis-Roberts station—in Zone 2—to the end of the line in Fitchburg, and rode the remaining 43 miles. This made for an easy half-day's trip and the fare was only a little more than four dollars. Fares have gone up since then, but still, the deal is hard to beat! ⚙️

NewMembers

| | | | |
|-------------------|-----------------|----------------------|---------------|
| Matt Ashe | Foxboro | Lindsay Macdonald | Waltham |
| Adrian Beach | Arlington | Matthew McCabe | Salem, NH |
| Ronald Beland | Roslindale | John McClellan | Concord |
| Lauren Brissette | Wakefield | Damon McClure | Brookline |
| Zachary Brissette | | Maria Miller | Chelmsford |
| Dorota Bulik | Melrose | Joy Mills | Duxbury |
| Kay Bullis | Milton | Ronald Molin | Needham |
| Frank Corrao | Franklin | Randy Muniz | Reading |
| Chuck Cue | Windham, NH | Daniel Najemy | Wayland |
| Anthony Cukras | Brookline | Marcia Okun | |
| Roland Desrochers | Wrentham | Kathleen OMara | Barnstead, NH |
| Sylvie Donatien | Waltham | Gregory Orzolek | Newton |
| Chad Dooley | Wellesley | Lisa Pacino | Braintree |
| Scott Dyer | Bedford | Paul Pacino | Braintree |
| James Fay | Sudbury | Jennifer Phoenix | Wayland |
| Andrew Gardner | Arlington | Ken Rabinoff-Goldman | Waltham |
| Philip Gay | Braintree | Soroya Rahaman | Wellseley |
| Daniel Gomez | Lexington | Frank Ravinal | Waltham |
| Felix Gonzalez | Rumford, RI | Michael Roberts | Boston |
| Lucila Gonzalez | | Rick Savage | Needham |
| Kristen Green | Bedford | Cecilia Scimia | Newton |
| Cindy Hemenway | Stoneham | Matthew Shumway | Boston |
| Thomas Hogan | Newton | Ann-Marie Starck | Ashford, CT |
| Robert Holmgren | North Haven, ME | Keith Strang | Windham, NH |
| MJ Jensen | Cambridge | Andrew Tappe | Weston |
| Lisa Kantor | Brookline | Chiara Testini | Boston |
| Carol Keane | Weymouth | Charlie Tharp | Brookline |
| David Keenan | Mansfield | Frank Vetere | West Newbury |
| PHILIP KEYES | Acton | Bella Vogt | Brighton |
| Lauren Langbert | Quincy | Ira Weinberg | Newton |
| David Lapenson | Winthrop | Andrew Wild | Boston |
| Laura Lewis | Lexington | Randall Wingate | Windham, NH |
| Josh Lieberman | Newton | Eugene Wogan | Dunstable |
| Paul Lind | | Susan Worrall | Melrose |

AprilMileage

054617

| Name | Miles | M | C | K | Name | Miles | M | C | K |
|----------------------|-------|---|---|---|------------------|-------|---|---|---|
| Chris Roberts | 3106 | 4 | 2 | - | Arne Buck | 464 | - | - | - |
| Jack Donohue | 2995 | - | - | - | Roy Westerberg | 427 | - | - | - |
| Jeffrey Zaveloff | 2583 | 3 | 1 | - | John Allen | 416 | - | - | - |
| Ken Hابلow | 2191 | 3 | - | - | Wing Chow | 414 | - | - | - |
| Marc Baskin | 1875 | 3 | - | - | Frank Aronson | 400 | 2 | - | - |
| Doug Cohen | 1858 | - | - | - | Gabor Demjen | 385 | - | - | - |
| Bruce Ingle | 1851 | 4 | - | - | Bill Hanson | 380 | - | - | - |
| Rick Savage | 1799 | 3 | - | - | Douglas Chin | 372 | - | - | - |
| Cynthia Zabin | 1760 | - | - | - | John Springfield | 315 | 1 | - | - |
| Steve Robins | 1751 | - | - | - | Gardner Gray | 309 | - | - | - |
| Ed Olhava | 1708 | - | - | - | Rudge McKenney | 237 | - | - | - |
| David Cooper | 1622 | 3 | - | - | Eric Sansone | 218 | - | - | - |
| Henry Marcy | 1593 | - | - | - | Mike Needle | 186 | - | - | - |
| Jack Gregory | 1579 | 4 | - | - | Ed Hoffer | 167 | - | - | - |
| Bruce Larson | 1570 | 2 | - | - | Geoffrey Baum | 166 | - | - | - |
| Andy Brand | 1533 | - | - | - | Jeff Luxenberg | 161 | - | - | - |
| Joe Repole | 1422 | 4 | 4 | - | A J Gemperline | 136 | - | - | - |
| Richard Taylor | 1377 | 4 | 4 | - | Cynthia Chin | 125 | - | - | - |
| Greg Stathis | 1252 | 2 | - | - | John Roy | 115 | - | - | - |
| Larry Delaney | 1250 | 1 | - | - | Mike Hanauer | 96 | - | - | - |
| Philip Garrett-Engle | 1209 | - | - | - | Fred Newton | 70 | - | - | - |
| Erik Husby | 1160 | - | - | - | Bill Widnall | 17 | - | - | - |
| Mark Druy | 1130 | 1 | - | - | | | | | |
| Joel Bauman | 1082 | - | - | - | | | | | |
| Harriet Fell | 1025 | 1 | - | - | | | | | |
| David Wean | 997 | - | - | - | | | | | |
| Irving Kurki | 925 | - | - | - | | | | | |
| Dom Jorge | 827 | - | - | - | | | | | |
| Carlo Innocenti | 721 | 2 | 1 | - | | | | | |
| Gary Smiley | 646 | - | - | - | | | | | |
| Clyde Kessel | 591 | 1 | - | - | | | | | |
| Douglas Bajgot | 562 | - | - | - | | | | | |
| Butch Pemstein | 506 | - | - | - | | | | | |
| Cynthia Snow | 499 | - | - | - | | | | | |
| Joe Hagan | 486 | 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 15th 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 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 Larry Kernan at 339-234-0404. 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 |
| 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

Apex Cycles

999 Boylston Street, Newton 617-244-3970

Back Bay Bicycles

362 Commonwealth Ave, Boston 617-247-2336

Belmont Wheelworks

480 Trapelo Rd, Belmont 617-489-3577

Bikeway Source

111 South Rd, Bedford..... 781-275-7799

Broadway Bicycle School

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

CK Bikes LLC

1 Still River Road, 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

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

66 Needham St, Newton 617-527-0967

276 Turnpike Rd, Westboro 508-836-3878

890 Commonwealth Ave, Boston 617-232-0446

1210 Boston Providence Trmpk (Rte 1), Norwood 781-440-0310

44 Granite St, Braintree 781-519-6306

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

Ride Studio Cafe

1720 Massachusetts Ave, Lexington 339-970-0187

Sirois Bicycle Shop

893 Landry Ave, North Attleborough 508-695-6303

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"> 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 | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 this year!
JOIN NOW!