



# WheelPeople

Newsletter of the Charles River Wheelers

On the roads of New England since 1966

## July Highlights

Safety Corner: Idaho stop? .....	1	Dr. Mirkin: Triglycerides .....	7
Confessions .....	1	New Members .....	8
Recurring Rides .....	3	May Mileage .....	8
July Rides .....	4	Club Officers & Coordinators .....	9
CRW Trips .....	6	Bike Shops .....	10

Volume XLII, Number 7 • July 2018

## SafetyCorner



by John Allen

### Idaho stop?

There are two requirements at a stop sign: stopping, and yielding right of way. The yielding is what prevents crashes.

A so-called “Idaho stop” law allows bicyclists not to come to a full stop unless necessary for yielding. The Idaho stop gets its name because it is, in fact, the law in Idaho, and has been for a number of years. Delaware has adopted it, Colorado is allowing localities to adopt it and it is being proposed for Massachusetts too.

One common explanation for the Idaho stop is that bicyclists and motorists should have different rules. Different rules certainly do make sense in situations which relate to equipment, vehicle width, vulnerability and permissions

(For example, bicycles are prohibited on limited-access highways and motor vehicles are prohibited on paths). But getting back to the question of stop signs, in reality, *neither* bicyclists nor motorists usually come to a full stop at stop signs unless restricted sight lines or conflicting traffic make a stop necessary.

The Idaho stop proposal reflects this reality, at least for bicyclists, but on the other hand, it is a software solution to a hardware problem which has become so entrenched that it now is also a behavior problem. The USA heavily overuses stop signs where yield signs would be sufficient, reflecting political pressure to “do something”. On neighborhood streets with low speed limits, no signs really

Safety Corner - *Continued on page 2*

## Confessions of a Wheel Sucker

by Jack Donohue

**OK,** I’ve been riding for a very long time and I know proper riding etiquette, to wit, that if you’re on someone’s wheel for a while the right thing to do is eventually take a pull. In my youth, I was pretty scrupulous about adhering to the rules and felt pangs of guilt were I to abuse the privilege.

In my old age, the fact of the matter is that were I to take a pull, I would immediately be toast and dropped like a stone by the next rider up, and my taking a pull would be pretty pathetic anyway. So I rationalize this by saying I get a senior pass, old folks like me should get a “free ride” to quote Edgar Winter (<https://www.youtube.com/watch?v=7GjYITwWQHl>)

On the spring century, I figured I’d just ride along and if I caught up to someone, suck their wheel for a while and rest. Problem with that was I started

early, and there were no potential suck-ees in front of me. So, time for plan B, which is to wait for a group behind me to catch up and latch onto them. This is tricky, since if the group is way faster, then you bust your butt trying to stay with them, and are reduced to a quivering mass of protoplasm when they finally drop you.

I started out alone and was quickly passed by a rider. It was an effort to stay behind him, but eventually he slowed down and I speeded up, and this looked

Confessions - *Continued on page 2*

## Safety Corner - *Continued from page 1*

ought to be necessary, yet drivers sometimes think that they don't have to be prepared to yield, because they expect a stop sign in the cross street. Excessive use of stop signs produces a "cry wolf" situation which only calls for more stop signs, and onward to political pressure for more expensive and gaudy solutions such as flashing displays where stopping is actually needed. In Massachusetts, there is, to be sure, often no stop sign at the "vertical" leg of T intersections, but there, it is possible only to turn right or left, and that always requires a yield.

A neighborhood four-way intersection near my home used to be uncontrolled, but as of a few months ago, it got two-way stop signs. While it may be no coincidence that the Mayor drives a stop-sign-free route through this intersection on her way between her home and City Hall, she has lots of support for the stop signs. And there was in fact a nasty right-angle collision at this intersection a few years back.

A major national educational campaign would be needed to reinforce the understanding of yield signs and uncontrolled intersections which is common knowledge in, say, France, and I can't see that happening. We do have increasing use of shark's tooth yield markings in the USA, and I consider that to be a positive development.

Research has shown that Idaho stop law doesn't increase bicyclists' crash rate. And, almost all motorists safely slow and are prepared to yield at stop signs, but the percentage who actually stop when a stop is not needed is very low, except when a driver's license

examiner is looking over a candidate's shoulder. There's a cognitive dissonance in that people understand that a stop sign doesn't require a stop. Making that legal for bicyclists but not for motorists adds to the dissonance.

For now, I'm going to admit that I don't come to a complete stop unless I must in order to yield, or to make it clear that I'll yield. Usually, slowing way down communicates that, and I can cross the intersection in less time if I don't put a foot down. Communication is, in my opinion, the important issue.

While stop sign installation often reflects politics, the requirement to yield to a vehicle which reaches an uncontrolled intersection or four-way intersection before yours rests solidly on logic. And at four-way uncontrolled intersections and four-way stops -- and even with an Idaho stop law -- you yield to a vehicle coming from the right if it arrives at nearly the same time. The logic here: you have half the width of the cross-street in which to stop, in case of any confusion.

Sometimes I do have to merge farther toward the center of the road and keep pedaling assertively, to let a motorist know that I expect a stop. Sometime I have to direct traffic like a traffic cop with hand signaling, to let a driver know that I am going to stop and stay stopped. That's the real world, folks. It is good that a bicyclist is out in the open and can do that!

Be safe out there! 🌀

## Confessions - *Continued from page 1*

like the beginning of a beautiful relationship. We rode together most of the first 25 miles. By together I mean me tucked in behind him, though I did take an occasional pull. Through the magic of aero bars, I could take a pull on a flat straight bit to make it seem like I was doing my part without expending too much effort.

After the first rest stop I realized I couldn't keep this pace for 100 miles and resolved to settle in for a "Slow Ride" a la Foghat. Susan was driving sag wagon, and I wouldn't get a ride home until she arrived, so there was no point in getting back too early anyway.

But, nooo. Two riders came by at a reasonable speed and this was an opportunity too good to pass up. So I rode with them for most of that segment. I did occasionally take a pull, again thanks to my aero bars.

Towards the end of that section a small group of about a half dozen riders came by. They had official-looking jerseys and though they were faster than I liked, we were close to the second water stop, and I figured I could hang on until then, so I got on that train.

After the second water stop I decided I really, really needed to go slower. I seemed to keep seeing the same faces (or more accurately the same butts) again and again, so temptation got the better of me, and I latched onto a group of four for most of that segment.

I would periodically get dropped

**I would periodically get dropped when I wasn't paying attention and found myself drafting someone who would become a droppee**

when I wasn't paying attention and found myself drafting someone who would become a droppee, but there were a couple of strategically placed traffic lights that let me regain my position as group parasite.

Into the home stretch, I had again decided I needed to "stop that train" or die. But the engineer in me realized the physics are such that it's way easier to

ride in a group than alone. Even if you're pulling you go faster if you have someone behind you. But I had lost the usual suspects by now. Large packs would occasionally blow

by, but they were way too fast for me to even think of affixing myself to them.

I got passed by a lone woman who seemed a good candidate. But the weaker sex proved stronger than I and after a herculean effort to catch her wheel, I finally had to abandon the chase.

Toward the end I'd lost all the regulars and I was on my own, but overall I probably dropped an hour off my time had I gone it alone. 🌀

### Correction

The next Board meeting will be held on Tuesday July 10th

# 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 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

**Start:** Park and Ride-Rockland (opposite Home Depot)

**Directions:** Take 128 or 93 to Route 3 to Exit 14 (Rt. 228) in Rockland. Turn left at the end of the ramp, then left again at the first set of lights, and park in the Park'n'Ride lot. Space unlimited. Please check the website Saturday after 9:30 PM for last minute cancellations.

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

## Wednesday Wheelers

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

**Ride Type:** Follow the leader

**Description:** A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride

of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace. Distances are typically between 30 and 40 miles. Non-members of CRW are welcome to ride with us and experience what the Wednesday Wheelers offer. If you like our rides however, and wish to continue to ride with us, we expect you to become a CRW member. If interested, contact the [Wednesday Wheelers coordinator](#).

**Coordinator:** Helen Greitzer

## Wednesday Ice Cream Ride

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

**Ride Type:** Arrowed, Evening

**Description:** Description: Three rides: 26, 18, and 9 miles. The "short" 18 mile route with scenic quiet rolling roads goes through the towns of Wellesley, Weston and Lincoln. The "long" 26 mile route adds the towns of Sudbury and Wayland. There is an "extra-short" ride of 9 miles which stays in Wellesley. Ride pace is varied and ideal for the uninitiated as well as the experienced rider. The name of the ride is maintained for historical purposes but the ice cream parlor is no longer in business.

**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 and 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.

**Coordinator:** Susan Grieb

## Thursday Night Fun Ride

**Times and Routes:** 6:00 PM  
Start with 24, 29, 32 and 37 Mile Routes; First ride starts April 19th

**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).

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

## 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.

**Leaders:** Kathy Horvath

**Start:** Meriam's Corner Parking Lot

**Directions:** 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.

**Ride Information:** 29 miles, 24 miles, 26 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

**Start:**

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

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



*July features multiple scheduled rides every weekend, as well as our recurring rides during the week. There are a few old favorites, our traditional July 4th ride, as well as some completely new rides which you just might add to your list of favorites.*

### Beat the Train: Boston — Portland Wednesday - July 4

**Times and Routes:** 9:30 MBTA train to Newburyport

**Ride Type:** GPS

**Description:** I have bicycled this route twice with both of my young sons over **two days & three days**. Now the challenge is to complete it in one day: bicycle 150km in 8 hours or overall average of 19km/h. Follow the **East Coast Greenway** from Newburyport along the coast with most beautiful views to Portsmouth for bakery snack stop. Continue along the coast on **Adventure Cycling Association Atlantic Coast route** for late lunch at Maine Diner. We are two-thirds of the way. The remaining stretch is mostly on trails,—hard packed gravel trails. There are no services here

all the way to Portland for plenty of choices for dinner & gelato ahead of boarding the train. We meet in Boston North station to board **MBTA train at 9:30 to Newburyport** arriving at 10:34. We eat breakfast on the train, get bicycles ready, & roll out as soon as we arrive. We take the **Amtrak train at 18:55** arriving in Boston at 21:25. You must purchase your train & bicycle tickets in advance of starting on the ride. Many options for bakeries & convenience stores along the way. These will be very quick stops, mostly for liquid & snacks: orange juice, protein shake, V8, chocolate milk, & energy bars. Bail out points include: **Bus**; Taxi, Uber, & Lyft; Hotels & motels. Bring small handlebar bag to carry extra clothes, gear, snacks, USB battery, lights, & hydration tablets.

**Leaders:** Rami Haddad

**Start:** North Station

**Directions:** Meet near the ticket windows for the commuter rail station.

**Ride Information:** 93 miles

### Lexington Revolutions Wednesday - July 4

**Times and Routes:** 9:00 am for 51; 9:30 am for 33 & 19 miles

**Ride Type:** Arrowed, GPS

**Description:** Celebrate the 4th with this classic ride! Tour the beautiful roads of Lexington, Concord, Carlisle, Westford, Chelmsford, and Bedford. Rest stop for the long and medium rides at Great Brook Farm in Carlisle: water, bathrooms, and ice cream. (No planned stop for the short ride.) Things to see include Hanscom Field, the Old

**July Rides - Continued on page 5**

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

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

## July Rides - Continued

North Bridge, and horse and dairy farms. Save some energy for a hill near the end of the ride.

**Leaders:** Bob Apsler, John O'Dowd

**Start:** Clark Middle School

**Directions:** From Rt 128, take Exit 30 Rt 2A east. Take a right at the light at Waltham St. After 0.2 mi take a left on Brookside Ave and follow the road to the parking lot at the school. From Rt 2 going west, take Exit 54 Waltham St toward Lexington center. After 0.6 mi take a right on Brookside Ave and follow the road to the parking lot at the school. The school is about 1 mile from the Minuteman bike-way: take Marrett Road to Brookside Avenue and from there, follow driving directions.

**Ride Information:** 19 miles, 33 miles, 52 miles

## Introduction to CRW

*Saturday - July 7*

**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 es-

entially flat, but with a few hills, and providing a 18-mile loop on scenic roads through Concord and Sudbury. Riders should have road bikes and be able to maintain 12 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:** 18 miles

## Hills are your Friends

*Saturday - July 7*

**Times and Routes:** 9:30 for 33 or 48 or 60 miles

**Ride Type:** Cue sheet, GPS

**Description:** This is a ride where you can make a lot of friends especially when they are hills! They'll make you a stronger

cyclist and you can count on them to prepare you well for hilly rides this summer. This year we have some new hills friends to meet on both the medium ride and long ride whereas the short ride is rolling. The medium route passes through Brookline, NH and the long route adds a scenic and (of course) hilly loop through Mason, NH. All rides visit the lovely hamlet of Hollis just over the New Hampshire border and stop at Monument Square for the Market. We'll ride by Filho's Cucina in Groton near the ride's end where a well deserved and sumptuous post-ride lunch can be enjoyed by all.

This is a joint ride with the Nashoba Valley Pedalers.

**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:** 60 miles, 49 miles, 33 miles

## Lisa Simpson Ride

*Saturday - July 14*

**Times and Routes:** 10:00 AM for 20, 34 and 48 Miles

**Ride Type:** Cue sheet, GPS

**Description:** The ride is on mostly scenic rural roads. Starting in Concord, it makes a loop through Sudbury, Hudson, Stow, Boxborough, Littleton and

Acton. The longer route adds Westford and Carlisle. The terrain is moderate with one notable but short climb. Lunch is at Verrill Farm at the end of the ride.

**Leaders:** Francine Sparks, Gayle Nye

**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:** 21 miles, 34 miles, 48 miles

## Bolton to Princeton

*Sunday - July 15*

**Times and Routes:** 9am for 58 and 48 miles

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

**Description:** The routes for this ride are the two hilliest loops of the celebrated Climb to the Clouds. Starting in Bolton, both routes go through the lovely towns of Lancaster, Sterling, Princeton, West Boylston, Boylston and Berlin. The 58-mile route includes a spin up to the top of Mt. Wachusett with a 360-degree view as your reward

for the climb. The 48-mile route avoids Mt. Wachusett, but still provides some good climbing and screaming downhill.

**Leaders:** Julie Dodd, Judith McMichael

**Start:** Forbush Mill Fields parking lot

**Directions:** Take I495 to exit 17 and go west towards Bolton Center. Drive approximately 2 1/2 miles and then turn left onto Forbush Mill Road. The Forbush Mill Fields parking lot is just under a mile from the turn, on your left.

**Ride Information:** 58 miles, 48 miles

## Erikson's Ice Cream Ride

*Saturday - July 21*

**Times and Routes:** 9:30 for 37 and 23 miles

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

**Description:** Come take a tour around the Wachusett Reservoir and reward yourself with ice cream at Erikson's Dairy at the end. You will earn your treat, as the long and medium routes climb Wattaquodock Hill in Bolton. 37 mile route omits reservoir loop. 23 mile route omits Wattaquodock Hill. If you prefer something stronger than ice cream, you can sip a beer on the patio at Battle Road Brewery instead.

**Leaders:** John O'Dowd

*July Rides - Continued on page 6*

## July Rides - Continued

**Start:** Mill & Main Sudbury Street Lot

**Directions:** From the east: Take RT 2 west to Concord. Get off onto Main St/RT 62 WEST. Drive 4.2 miles into Maynard. At traffic light go STRAIGHT onto Parker St/RT 27 SOUTH. Drive 0.6 miles and turn RIGHT onto Great Rd/RT 117 WEST. Drive 0.6 and turn RIGHT onto Sudbury St. Parking lot is on right. From the west: Take RT 495 to EXIT 27/Bolton. Drive EAST on RT 117 7.5 miles across Stow into Maynard. Turn LEFT onto Sudbury St. Parking lot is on right.

### **Newton-Dover** *Sunday - July 22*

**Times and Routes:** 9:30 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 starting point has free parking. Please be sure to either use your GPS (e.g., Ride with GPS or Garmin) or print and bring the cue sheet if you want to have one for the ride as none will be distributed at the ride. Social option after the ride to grab a bite at Manow Thai Kitchen, 1138 Beacon St, Newton, MA 02461 (a 2-minute walk from the ride start)

**Leaders:** Lisa Najavits, Mary Kernan

**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

### **Whitehall** **Reservoir Ride** *Saturday - July 28*

**Times and Routes:** 10:00 am for 25, 38 and 50 hilly miles

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

**Description:** The ride encompasses scenic country roads in Hopkinton, Upton and Southborough that will charm you and make you feel you are riding in another era, perhaps 100 years ago. And it is hilly. The 38 and 55 mile options have about the same climb (in feet per mile) as Climb to the Clouds. We start at a genuine Irish Pub so you can enjoy pizza on us after the ride. The 25 mile option is less hilly but still a challenge.

**Leaders:** Eli Post

**Start:** Cornells Irish Pub

**Directions:** From Main Street in Hopkinton center, take Route 85 South. Cornell's Irish Pub is 2 miles on your left.

**Ride Information:** 25 miles, 37 miles, 51 miles

### **Beerhall Social:** **Southeast from** **Jack's Abby** **Beerhall** *Saturday - July 28*

**Times and Routes:** 11 am for 39 miles

**Ride Type:** Follow the leader, GPS

**Description:** Join us to ride with your friends or to meet new ones! This year we will ride one route of 39 miles and, for the most part, be scheduled for the 4th Saturday of the month (exception September q.v.). We will also start a bit later at 11 AM so we can be better accommodated to lunch together after the ride. There will be 4 groups riding at 13, 14-15, 15-6, and 16+ mph. Each group will have a leader working to keep the group together and enjoyable. The entire "train" will be swept behind the 13 mph group. We end at the Jack's Abby Beerhall where we can get together for post ride eats and drinks. From the Jack's Abby Beerhall in Framingham the ride heads to Dover, Westwood, Medfield, and Sherborn. Please note that this event is intended to be a social riding opportunity and not the traditional CRW ride structure of riding at your own pace. Please come if you both can and want to ride with a social group at 13-16+ mph.

**Leaders:** Bob Wolf

**Start:** Jack's Abby Beerhall

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

**Ride Information:** 39 miles

---

## **CRW Trips**

### **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

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

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 Saturday night (includes dinner) or \$5 for just Saturday night (non-camping accommodations extra). Reserve your spot by July 15th, with your name, payment, email address, postal address, and phone. Call after that for last minute availability. For more info, call or e-mail leaders.

Leaders:

Pat Stabler and Tom Evers  
[everstab@verizon.net](mailto:everstab@verizon.net)  
781-929-9085 (before 9 PM)  
194 Pearl St  
Reading, MA 01867

# What Do High Triglycerides Mean?

If your routine blood tests show that you have high triglycerides (greater than 150 mg/dl), this usually means that you are at high risk for diabetes and all of its side effects, including heart attacks (*Eur Heart J*, Feb 14, 2018;39(7):620-622). Your doctor measures blood levels of the bad LDL cholesterol to predict your susceptibility to suffering a heart attack, but triglycerides are just as important in predicting your risk for a heart attack, diabetes and premature death.

When blood sugar levels rise too high after meals, sugar is converted to a type of fat called triglycerides so that high blood triglyceride levels are usually caused by a high rise in blood sugar after meals and usually mean that a person is already diabetic or pre-diabetic (*J Clin Endocrinol Metab*, Oct 2011;96(10):E1596-E1605). High rises in blood sugar after meals causes sugar to stick to the outer membranes of every type of cell in your body and eventually destroy these cells. Sugar can stick to:

- brain cells, to cause dementia
- nerve cells, to cause pain or loss of feeling
- matrix cells of bones, to weaken bones and cause osteoporosis
- the DNA of cells, which can cause the uncontrolled growth that is cancer

- the inner lining of arteries, to form plaques
- plaques that have already formed, causing them to break off, leading to a heart attack or stroke and so forth. This is why diabetes has so many devastating side effects.

Normal fasting blood sugar is below 100, but a normal fasting blood sugar does not rule out diabetes because having a high blood sugar after meals usually happens earlier than having a high fasting blood sugar. You suffer cell damage even if your blood sugar levels are normal when you fast, but rise too high only after you eat. Many studies show that having a blood sugar greater than 140 one hour after eating a meal causes cell damage and indicates that you are already pre-diabetic or diabetic (*Atherosclerosis*, 2016 Nov 17;256:15-20). A high rise in blood sugar after a meal causes your liver to convert the extra sugar to fatty triglycerides and a triglyceride level >150 usually means that your blood sugar is also too high.

## How High Triglycerides Cause a Fatty Liver

When you have high triglycerides, you use up your good HDL cholesterol because it tries to protect you by carrying triglycerides from your bloodstream into your liver. This is the most common cause of a low HDL (below 40). Your HDL has helped you by clearing excess triglycerides from your bloodstream, but

the excess fat collects in your liver to eventually form a fatty liver.

Your body tries to protect you from high rises in blood sugar after meals that causes cell damage. Your pancreas releases insulin that lowers blood sugar levels by driving sugar from your bloodstream into your liver. However, if your liver is full of fat, it cannot accept the sugar and the liver then releases even more sugar from its cells to drive blood sugar levels even higher.

## How to Predict High Risk for Diabetes

You are at high risk for diabetes if your:

- triglycerides are higher than 150,
- blood sugar is higher than 140 one hour after eating a meal,
- good HDL cholesterol is lower than 40.

A sonogram of your liver can be used to show whether you have excess fat stored there (“fatty liver”).

## Triglycerides Can Also Lead Directly to Heart Attacks

Having high blood triglycerides also puts a person at increased risk for a heart attack because triglycerides can penetrate the inner lining of arteries to start plaques forming in them (*Arterioscler Thromb*, Nov 1994;14(11):1767-74). Once that has happened, the high triglycerides are associated with inflammation that causes plaques to

break off and form clots (*Circa Res*, 2014;114:214-26) that cause heart attacks (*Mymensingh Med J*, Jul 2004;13(2):185-7).

## My Recommendations

If your fasting blood triglyceride levels are greater than 150, you are likely to be pre-diabetic or diabetic and susceptible to cell damage from high blood sugar levels. If you have a big belly and small buttocks, the odds are that you are already diabetic. Check with your doctor immediately and go on a [lifestyle program to cure diabetes](#) and prevent heart attacks. ☺

## 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)

## NewMembers

Younes Abesi	Everett	Anuj Khetarpal	Jamaica Plain
Timothy Adler	Newton	Timmy King	Quincy
Dileesh Aluri	Medford	Audra Kirtland	Lunenburg
Charles Barry	Arlington	Bjarni Kristinsson	Boston
Cathy Bearce	Andover	Karen Landy	Brookline
Christine Bell	Lowell	Frederick Lane	Dover
Jeff Bellavance	Methuen	Michael Langan Jr.	East Bridgewater
Keith Bines	Boston	Toby Lester	Belmont
Ralph Block	Boston	Elisha Long	Cohasset
Will Boericke	Braintree	Timothy MacDonald	North Andover
Kristin Borowski		Venkata Mallampati	Ashland
Anne Bower	Littleton	Stephen Marcus	Quincy
Gary Breder	Milford	Kathleen Martinick	Medford
JA Carlson	Lincoln	Jill McKelvey	Ashland
Kathy Carlson	Goffstown, NH	Maryanne McNamara	Gansevoort, NY
Emily Chen	Boston	Robert Mechanic	Newton
David Corbett		William Menezes	Revere
Robert Cormack	Milton	Zach Meszoely	Boston
Robert Cunningham	Lexington	John Methot	Melrose
Erik D' Entremont	Ashland	Kimberly Milberg	Jamaica Plain
Peter Daus-Haberle	Lexington	Marcos Miranda	Leominster
Steven Degon	North Andover	Tom Morley	Milton
Frederic Deriot	Winchester	Felipe Nunes	Everett
Laurie Donovan	Braintree	John O'Neill	
Steven Emmett	Hingham	Jenna Obelsky	Arlington
Lisa Erickson Gorman	Watertown	Michael Obelsky	Hopkinton
Richard Fan	Jamaica Plain	Lisa Olson	Boston
Stephanie Feltman	Waltham	Carlos Ortea	Brookline
Jonathan Forman	Newton	Richard Panciera	Boston
Carl Forsythe	Cohasset	Daniel Plourde	Westford
Kelly Foss	Rehoboth	Albert Reuther	Jamaica Plain
Philip Grzyb	Princeton	Stephen Ringlee	Falmouth
Sriram Gudipelly	Boston	Edward Rowan	Boston
Michelle Hannigan	Dorchester	Joan Sarles	
Michael Hecht	Brookline	Pixley Schiciano	
Bret Hekking	Acton	Frank Schultz	Sudbury
Brendan Hines	Boston	Denise Schultz	North Attleboro
Laurie Houle	Hyde Park	Paul Servais	Medford
Amy Huber	Rockport	Jim Smith	Brookline
David Jacobs	Boston	Rena Sokolow	Leominster
Julie Jenkins	Billerica	Michael Stockwell	Leominster
Peter Johnston	Somerville	Robert Stockwell	Roxbury
Robert Kaufmann	Auburndale	Mike Tauss	Westford
Herbert Kavet	Wayland	Todd Tomaino	
Karen Kavet	Wayland	Sahitya Vadde	
Dorothy Keyworth	Acton	Gerard Vaio	Sherborn
		Kathryn Weiler	Sudbury
		Todd Wheatley	Stow
		Pace Willisson	Cambridge

## May Mileage



Name	Miles	M	C	K	Name	Miles	M	C	K
Jack Donohue	4158	-	-	1	Rudge McKenney	769	-	-	-
Chris Roberts	4106	5	3	-	Bill Hanson	753	-	-	-
Jeffrey Zaveloff	3484	4	1	-	Arne Buck	701	-	-	-
Ken Hablo	3055	4	-	-	John Allen	691	-	-	-
Marc Baskin	3048	4	1	1	Frank Aronson	690	3	-	-
Steve Robins	2639	-	-	-	Gabor Demjen	678	-	-	-
Richard Taylor	2582	5	5	1	Jean Orser	670	-	-	-
Bruce Ingle	2564	5	-	-	John Springfield	645	2	-	-
Ed Olhava	2434	-	-	-	Gardner Gray	635	-	-	-
Doug Cohen	2413	-	-	-	John O'Dowd	630	1	-	-
Rick Savage	2413	4	1	-	Douglas Chin	605	-	-	-
Jack Gregory	2401	5	-	-	John Zicko	603	-	-	-
Andy Brand	2372	1	-	-	Mike Needle	464	-	-	-
Cynthia Zabin	2367	-	-	-	Fred Newton	461	-	-	-
David Cooper	2321	4	-	-	Geoffrey Baum	457	-	-	-
Harriet Fell	2157	2	1	1	David Delaney	430	-	-	-
Greg Stathis	2123	3	-	-	Darrell Katz	395	-	-	-
Peter DiMarzio	2113	2	-	1	A J Gemperline	383	-	-	-
Henry Marcy	2112	1	-	-	Cynthia Chin	295	-	-	-
Bruce Larson	2075	3	-	-	Jeff Luxenberg	229	-	-	-
Joe Repole	1801	5	5	-	Ed Hoffer	209	-	-	-
Larry Delaney	1694	2	-	-	Jeffrey B Smith	174	-	-	-
Philip Garrett-Engel	1659	1	1	-	Bill Widnall	170	-	-	-
Erik Husby	1636	-	-	-	Mike Hanauer	144	-	-	-
Mark Druy	1555	2	1	-	Robert Burkhardt	54	-	-	-
Lisa Weissmann	1540	-	-	-					
Joel Bauman	1539	1	-	-					
David Wean	1445	-	-	-					
Clyde Kessel	1420	2	1	-					
Irving Kurki	1372	-	-	-					
Carlo Innocenti	1357	2	1	-					
Dom Jorge	1256	-	-	-					
Neal Schuster	1128	1	-	-					
Joe Hagan	1124	2	-	-					
Butch Pemstein	1115	-	-	-					
Roy Westerberg	913	-	-	-					
Walter Frank	905	-	-	-					
Douglas Bajgot	806	1	-	-					
Wing Chow	800	-	1	-					
Eric Sansone	784	-	-	-					

### Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred-mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the 3rd of each month by logging into your member account on the website at <http://crw.org>



CRW members receive WheelPeople, the Club's newsletter. CRW is also an associated club of the League of American Bicyclists.

Address correspondence to:  
The Charles River Wheelers  
26 Fox Run Road  
Bedford, MA 01730

## Editorial Policy

We welcome contributions to this newsletter, but reserve the right to edit articles in any way that we deem appropriate.

We will make every effort to preserve both the style and intent of the author, but we may rewrite an article to fit available space, to clarify ambiguities in the text, and to correct factual errors.

Articles and other materials which appear in WheelPeople, unless specifically identified as editorial policy, represent the opinion of the author, and do not

represent the opinions of the editors, coordinators, officers, or board of directors of The Charles River Wheelers, Inc.

### How To Send Us Your Article

Articles and letters must be received by the 15th of the month to be included in the next issue of WheelPeople.

Send copy electronically to [editor@crw.org](mailto:editor@crw.org). Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten version to:

Jack Donohue, 26 Fox Run Road, Bedford, MA 01730

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

## Insurance

If ride leaders or others have questions about insurance, contact Larry Kernan at 339-234-0404. Please do not contact the insurance company.

### Board Members

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	Nancy Cole	781-899-7187
Webmaster	Jack Donohue	781-728-9621
Facebook	Gardner Gray Jr	978-663-7460

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.**

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

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

  