



WheelPeople

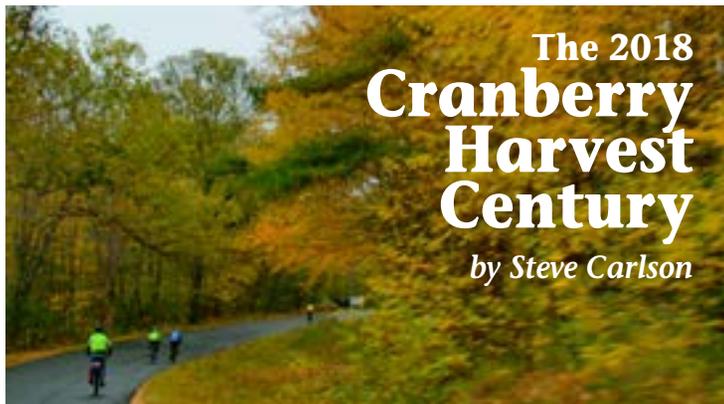
Newsletter of the Charles River Wheelers

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On the roads of New England since 1966

Volume XLII, Number 8 • August 2018



The 2018
Cranberry Harvest Century
by Steve Carlson

Cooler days are coming...
it's a promise I guarantee I can keep!

I get it. You have just finished your weekly CRW bike ride soaking your shirt, and perspiring so heavily that your phone stopped working. You're thinking there has to be an easier way to get a little exercise and socialize, and wondering maybe now might be the time to begin that water aerobics class.

Hold that thought...at least for now. The heat wave will pass, and when it does, it signals CRW to hold *the event*...the fall century. CRW will once again be offering our Cranberry Harvest Century!

This is our second year running this new century route. Based on last year's positive comments, there was no doubt we had to repeat the ride which offers fantastic routes through some of the

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SafetyCorner



This month, Safety Corner presents a guest article by Randy Swart, the leading independent expert on bicycle helmets. He discusses the rating system for bicycle helmets recently launched by Virginia Tech University, a development which came to my attention through a message on the CRW e-mail list. The article also appeared on Randy's Web site, helmets.org, which includes lots of other useful information -- and is reproduced here with his permission -- John Allen

Virginia Tech's STAR helmet ratings

Summary: Virginia Tech University has developed a methodology for testing helmets for their ability to reduce concussions. After football and hockey helmets, they launched ratings for bicycle helmets in June of 2018. We have some reservations about their testing, but support the concept of trying to rank helmets for low-level impact performance. We have a page listing helmet models where [the STAR ratings and Consumer Reports ratings concur](#).

Virginia Tech's Biomechanical Engineering department has been involved in concussion research in football for a number of years, outfitting teams with sensors to detect concus-

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New Recurring Ride - the Back Bay Derby

Join CRW leader Zach Meszoely for our newest recurring ride, the Back Bay Derby. The ride will run every Tuesday evening beginning at Back Bay Bicycles, 362 Comm Ave in Boston, starting at 6:30 p.m. There will be a second pick up point at 6:45 p.m. at the corner of Beacon Street and Chestnut Hill Ave, near the Chestnut Hill Reservoir.

Zach is a collegiate rower and uses cycling to stay in shape during the off season. The group will stay together in a no drop ride until the half way point, when there will be an option to ride at full race pace back into the city. Riders of all levels are welcome to join and should be sure they have a cue sheet, GPS or RwigPS for navigation. The ride will run through August 28, 2018.

For more information, go to <https://www.crw.org/content/back-bay-derby> 🌀

Cranberry Harvest Century - Continued from page 1

most idyllic landscapes
New England has to offer.

We will offer 4 distances (52, 66, 84 and 101 miles), with fairly flat terrain so you will be able to actually see the views versus grinding your way to the finish line.

The century route passes through Myles Standish State Park and *all routes* take you to a breathtakingly beautiful rest stop on the Mattapoiset waterfront (seriously, you need to see it). Finally, refreshments will await you at the finish where you can meet up with your friends to share stories of your day and accomplishments!

The big event will be held on October 7th, so mark your calendar and save that date. Registration is open, so go ahead and grab your friends and sign up today at:

<https://www.crw.org/content/crw-cranberry-harvest-century>



Side note: If you have not ridden a century before, it does require some training, but this is a good one for a first-timer due to the moderate elevation gain. I would encourage you to consider trying it. We will have ride leaders for all distances if you have any apprehension on venturing out solo.

Oh, one more promise. Our volunteers are the best, most committed team that will work hard to offer you an enjoyable experience throughout the entire day. Registration, rest stops, SAG, port-a-potties, police safety details will

all be taken care of. All you need to do is show up (and pedal) !!

PS...the cranberry bogs better cooperate and be red this year! 🍁



Safety Corner - Continued from page 1

sion-level hits and developing a very large database of hits and diagnoses. They developed a program called STAR ratings based on that research, rating football helmets on their ability to prevent concussions. Although there is no agreement among helmet and concussion experts that the ratings are based on exact concussion parameters, we think they represent a valid attempt to use lab testing to highlight concussion-level performance. After football, Virginia Tech took on hockey helmets. Now in 2018 they have developed a program to rate bicycle helmets. It is headed up by Megan Bland, a Graduate Research Assistant and PhD Candidate at the Virginia Tech Helmet Lab in their Department of Biomedical Engineering and Mechanics. She is working with Dr. Steven Rowson and Craig McNally, and the methodology is similar to the football and hockey helmet programs. Their STAR ratings page has all the details. Here is a [video of the test methods](#) that summarizes the testing.

Standards development has lagged far behind the increased concern with concussion-level impacts. The science of concussions is still developing, and standards-makers are reluctant to introduce new benchmarks until the exact anatomical parameters are clear. The resultant helmets might not be any better than today's. The Virginia Tech approach is an attempt to use field data to get close enough to concussion causality to rate helmets on their ability to perform in the range of impacts that lead to concussions. For that reason, we consider their program an important ad-

vance in helmet testing. The bicycle-helmet impact tests evaluated a helmet's ability to reduce linear acceleration and rotational velocity of the head from a range of impacts a cyclist might experience. The risk formula identifies helmets that may provide a reduction in concussion risk for these impacts compared to helmets with fewer stars. There are four at the top: Bontrager Ballista MIPS, Louis Garneau Raid MIPS, Bell Stratus MIPS and Specialized Chamonix MIPS. At the bottom are the Lazer Genesis and Bern Watts, with only two stars. You can access the [most current version of the ratings](#) on the Virginia Tech site.

Limitations and caveats

We are excited by the release of the first bicycle helmet STAR ratings. But we recognize some limitations of the Virginia Tech program. Only 30 models were rated in the initial testing. Ten were MIPS models. They were tested using the methodology that MIPS uses: sticky headform, tight strap, severe anvil angle, rough grippy anvil, no neck. That methodology couples the headform more tightly to the helmet than it would be in the real world. It would be expected to favor the MIPS models, unlike the Snell Foundation's research that showed no benefit from MIPS.

There is still no consensus that the Virginia Tech formula for rating helmets for concussion pinpoints the helmets that reduce concussion the best. Changes to the tested helmets to improve their scores might not result in fewer concussions in the field. But since established standards organizations have failed to respond to concussion

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concerns, these ratings represent a good start at testing helmets systematically for lower-level and rotational-impact performance.

In addition, the Virginia Tech testing uses only medium-sized helmets at ambient lab conditions. Normal standards testing uses more helmets, more impact locations, and tests helmets that are cold, hot and wet. It is difficult to see how Virginia Tech drew general conclusions about the value of MIPS and about urban (skate-style) helmets needing improvement based only on their limited testing.

We think consumers should take note of the STAR rankings, but use them as one decision-making factor in their buying decisions. Avoiding a concussion is important, but not as important as knowing how your

helmet performs in more severe impacts that can kill. There is no program that addresses that except the few helmets that Consumer Reports tests. We look for further development of the effort by Virginia Tech and others, and hope that this will pressure traditional standards-making organizations to move forward with similar testing. We have a page listing helmet models where [the STAR ratings and Consumer Reports ratings concur](#).

Some additional perspective

Here is a [presentation](#) that BHSI's Randy Swart did for the International Conference on Safety in Cycling in 2017. It outlines our hopes for the rating systems being developed by Virginia Tech and other universities in the UK, Europe and Australia. 🌀

“When the spirits are low. When the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.”

-- Arthur Conan Doyle, in an article for Scientific American, 1896.

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 45-mile loop includes Rockland, Hingham, Norwell, Scituate, and Cohasset with a coffee stop in Scituate Harbor. The 57-mile ride adds 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.

Start: Park'n'Ride lot, Rockland

(opposite Home Depot) The ride has a Facebook page. <https://www.facebook.com/Sunday-CoastalLoop/> Like it, if you want more updates.

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

Back Bay Derby

Times and Routes: 6:30 p.m. for 28 miles

Ride Type: Cue sheet, GPS

Description: This rolling 28 mile route is great for city riders who want to get out of town in the evening for a good workout in the near west suburbs. We'll ride as a group until we reach our second pick up point at the Chestnut Hill Reservoir (at the corner of Beacon Street and Chestnut Hill Ave at approximately 6:45 p.m.) then proceed at a conversational no drop pace until the turn around/half way point. From that point on

the ride will be full race pace back into the city. Riders who prefer a more leisurely ride are welcome to join us and should be sure to have either a GPS, Rwigps or cue sheet for navigation. We'll have a quick meet up just prior to the pace change point where groups and ride details can be established. Recommended to bring lights in case it gets dark before we finish.

Leaders: Zach Meszoely

Start: Back Bay Bicycles

Directions: The location is near the southwest corner of Commonwealth Avenue and Massachusetts Avenue. The most convenient commuter rail stop is Back Bay station, which is on all the lines that terminate at South Station, and the MBTA Orange Line. System map and link to schedules is here; <https://mbta.com/schedules/commuter-rail>

Ride Information: 28 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.

Recurring Rides - Cont. on pg. 4

Recurring Rides

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>

Bike Thursday 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 any-

one. 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 Bike Thursday 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 Barrett's Alehouse, the for-

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

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

Mainly Fun (Thursday)

Times and Routes: 10am

Ride Type: Follow the leader

Description: A social ride in the spirit of the Wednesday Wheelers. Average pace is 12-14 mph. Not slow and not terribly speedy, but brisk. We'll ride somewhere locally and have lunch or a snack before returning. Perhaps lunch following the ride if we don't have it on the ride. Contact the leader at kitterykaren@yahoo.com to confirm the ride is being held.

Leaders: Karen Saltus (<mailto:k-saltus@me.com>)

Start: Kittery Lions Club

Directions: I-95 to Exit 2 in Maine. At rotary, take 2nd right onto route 1 (just to the left of the gas station). Lions club is about 1/2 mile up on right. Please park in far corner.

Date: Repeats every week until Thu Nov 01 2018 except Thu Oct 04 2018, Thu Oct 11 2018, Thu Oct 18 2018.

Recurring Rides - *Cont. on pg. 5*

TGIF Unwinder

Times and Routes: 6:00 pm;

5:30 pm 9/15 - 9/29

Ride Type: Arrowed, Cue sheet, GPS

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. ⚙️



August brings a variety of rides including a few with food and refreshments. Check out the entire selection for old favorites, and a couple of new rides, all in places you don't ordinarily ride but should not miss.

Miles for Myles Saturday - August 4

Times and Routes: 9:00 for 27 and 40

Ride Type: Cue sheet, GPS

Description: Your mission is to find the long lost Myles Standish Monument. Rumor has it the pilgrims hid it atop a remote hilltop. We will cruise by the bays of Kingston and Duxbury and explore the back roads of Pembroke and Marshfield. The long ride adds Humarock beach. Both rides pass through Marshfield Hills. You can climb the monument and take in the view. There is a coffee/treat stop at French Memories in Duxbury, or you can stop for an ice cream treat at Humarock. Please arrive early for ride instructions so we can leave on time.

Leaders: John O'Dowd

Start: Furnace Brook Middle School

Directions: From Rt 3 take exit 12 onto Rt 139 East. At approx. 1.75 miles take left at lights onto Furnace St. School is on the left.

Ride Information: 27 miles, 40 miles

Ups and Downs Sunday - August 5

Times and Routes: 9:00 a.m. for 27, 53 and 64 miles

Ride Type: Cue sheet, GPS

Description: The ride name says it all...UP & DOWN the hills of Tyngsborough, MA, Hudson, Windham, Pelham, Londonderry, NH. The L&XL rides have suggested stops at Dunkin Donuts in Pelham, NH, Mack's Apples in Londonderry, NH and Sunnycrest Apple Orchard, Londonderry, NH. Though there

is no food at Mack's, there is always free cold water available and water to purchase at Sunnycrest. There are also several convenience stores along the way to purchase any necessary items. The short ride does not have any stops available; be sure to bring enough of whatever you need. This is a joint club ride with NVP. Rain cancels; leaders will cancel by 7:30 a.m. on the morning of the ride.

Leaders: Nancy Marchand, Merle Adelman

Start: Park and Ride-Tyngsborough

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

Ride Information: 26 miles, 53 miles, 64 miles

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, multi-tool, lock, water bottle, some money, helmet, gloves, and some form of navigation - map, cue sheet, GPS, etc. 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.

Moose Hill Mania Saturday - August 11

Times and Routes: 10:00 a.m.

Ride Type: Cue sheet, GPS

Description: Please join us once again on this scenic venture to Moose Hill! While it's rumored moose have been sighted along the route, there are no guarantees you will get that lucky, however, we can guarantee a beautiful ride on a summer day! Both routes start in Dover and head south into beautiful country with the long ride splitting off at approximately mile 14 in Walpole to wander through the charming Moose Hill Reservation in Sharon, including a dramatic loop around Massapoag Lake. The two rides join again in Norfolk and continue through delightful roads into Medfield before heading back to Dover. The short ride is 32 miles with 1225' elevation gain. The long ride is 49 miles with 1917' elevation gain. A limited number of cue sheets will be available at the ride start. If you'd like to be sure to get one, please print your own from the link below. ***Please note that there are no restrooms available at the ride start...first opportunity will be Noanet Woodlands, 7.3 miles on the right side. ***

Leaders: Steve Carlson, Steven Delaney

Start: Chickering School Dover

Directions: From route 128

August Rides - *Cont. on pg.6*

coming from north or south. Take exit 16B to route 109 West/Westwood. Ride 0.8-1.2 miles and turn right onto Summer Street at the light. Continue 1.2 miles to a stop sign and then continue onto Westfield Street for 0.7 miles. You will come to a stop sign. Turn left at the stop sign onto Dedham Street. Proceed 1.6 miles and then turn onto Cross Street crossing Willow Street. The school is located 0.4 miles further on Cross Street. <https://goo.gl/maps/wLrC6M6nj1T2>
Ride Information: 32 miles, 49 miles

The East European Ride

Sunday - August 12

See the website for details

Whatcha talking 'bout, Willis?

Saturday - August 18

Times and Routes: 9:30 for 45 miles

Ride Type: Cue sheet, GPS

Description: Rolling hills on familiar and infrequent roads.

Leaders: [Kathy Horvath](#)

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: 45 miles

Thirty-Fourth Annual Gryzboska Circle Ride (SWCCW)

Sunday - August 19

Times and Routes: 10AM for 26, 39 or 56 miles on rolling terrain.

Ride Type: Arrowed, Cue sheet, GPS

Description: The super short (SS) ride meanders southwest from Framingham to Ashland, Southborough and Hopkinton. The short (S) ride adds Upton. The long (L) ride adds Uxbridge, Mendon and Northbridge. All rides are rolling. The lunch stop for the short and long rides is in Upton center. The super short ride has no lunch stop. Most of the ride is on residential and rural roads with few traffic lights. Points of interest include Framingham Country Club, Charlie Chan's summer home, Whitehall Lake and State Park, scenic brooks, Upton State Forest, farms, llamas and the Ashland Town Forest. In nice weather

this ride can attract over 70 riders.

Leaders: [Joe Repole](#)

Start: Gryzboska Circle

Directions: From the Mass Pike take Exit 12, then Route 9 east to Temple St. (2nd traffic light).

Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St.)

Right at end onto Salem End Rd.

First right is Gryzboska Circle. Park on Gryzboska Circle.

Ride Information: 26 miles, 39 miles, 56 miles

Nashoba Valley Pedalers' Apple Country Century 2018

Saturday - August 25

Times and Routes: 7:00 AM

Ride Type: Arrowed, Cue sheet, GPS, Map

Description: NVP offers scenic rides of 25, 50, 75, and 100 miles through quiet back roads in Massachusetts and into New Hampshire for the 100 mile route. All rides are fully arrowed. Back-up cue sheets are provided. GPS files will be available from the NVP website before the ride. 3 fully staffed rest stops with food, water and comradery! Additional information can be found on the NVP website www.nvp.bike or go directly to www.applecountrycentury.org. Online registration will be open

until 9 pm Aug. 23. Pre-registration cost for NVP members is \$15, non-members \$20 (plus a small bikereg.com user fee).

Registering the day of the event will cost \$20 for members and \$25 for non-members. The cost for the 25 mile route is \$10. The ride is limited to 250 riders.

Leaders: [Merle Adelman](#)

Start: Lincoln-Sudbury Regional High School

Directions: Take the 2nd entrance to the HS parking lot and park under the overhead on the far right closest to the tennis courts

Ride Information: 27 miles, 51 miles, 75 miles, 101 miles

Beerhall social: Southeast from Jack's Abby Beerhall

Saturday - August 25

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, 15-16, 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. Click on the map below to open the route on Ride with GPS website.

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

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

Heat Stroke

Nobody should ever die of heat stroke, a rapid uncontrolled rise in body temperature that causes you to pass out. Your body sends you warning signals as your temperature rises.

In 1965, I almost died from heat stroke in an unimportant local race in Arlington, Virginia. I passed out during the race and lay unconscious for a while. I am still embarrassed by the stupidity that I showed when I ignored all the warning signs as my temperature continued to climb. First your muscles are affected, then your lungs and then your brain.

• **Muscles:** As your temperature starts to rise, your muscles feel like a hot poker is pressing against them. It is normal for intense exercise to make your muscles burn, but hard exercise does not cause painful burning that feels like fire. Furthermore, the burning of hard exercise is relieved by slowing down, while the muscle burning of impending heat stroke does not go away when you slow down.

• **Lungs:** As your temperature rises further, the air that you breathe feels like it is coming from a furnace and no

matter how rapidly and deeply you try to breathe, you can't take in enough air. When you exercise intensely, you can become very short of breath, but the air you breathe will not burn your lungs. Burning in your lungs, not relieved by slowing down, signals impending heat stroke. When you feel that the air is so hot that it burns your lungs, stop exercising. This sign means that your heart cannot pump enough blood from your exercising muscles to your skin so heat is accumulating and your temperature is rising rapidly. Your temperature is now over 104 degrees F. and continuing to exercise will raise your body temperature even further so it will start to cook your brain.

• **Brain:** When heat stroke begins to affect your brain, your head will start to hurt, you may hear a ringing in your ears, feel dizzy and have difficulty seeing. Then you will end up unconscious. Your temperature is now over 106 and your brain is being cooked just like the colorless portion of an egg that turns white when it hits a hot griddle.

Mechanism

During exercise, more than 70 percent of the energy used to drive your muscles is lost as heat, so your heart has to pump the heat in your bloodstream from your hot muscles to your skin where you sweat and the sweat evaporates to cool your skin to dissipate the heat. The harder you exercise, the more heat your muscles produce. Everyone who exercises, particularly in hot weather, has to sweat to keep their body temperatures from rising too high.

Risk for heat stroke is increased by:

- any pre-existing illness
- heart disease
- use of various recreational drugs such as cocaine, and some prescription drugs
- lack of fitness
- not drinking enough fluid
- exercising for extended periods without eating
- wearing excess clothing that traps heat in your body
- not listening to your body when you feel the warning signs described above

Many cases of heat stroke during exercise occur when a person suddenly

increases the intensity of exercise, such as a sprint at the end of a long distance running or cycling race, or an intense run down the field in soccer.

Treatment

When a person passes out from heat stroke, get medical help immediately. Any delay in cooling can kill the person, and you may need an expert to help decide if the person has passed out from heat stroke or a heart attack.

Carry the victim rapidly into the shade and place him on his back with his head down and feet up so blood can circulate to his brain. Once it has been established that the person is not having a heart attack, he or she can be cooled by pouring on any liquids you can find. Evaporation of any liquid cools. As you cool him, he may suddenly wake up and talk to you and act like nothing has happened. Don't stop cooling him, because while he's sitting or lying there, his temperature can rise again and he can go into convulsions or pass out again. He must be watched for several hours after he is revived.

Prevention

When you exercise in hot weather, stop exercising when you start to feel any of the symptoms described above and find a shady spot to recover. Stay well hydrated, but realize that too much fluid (**Hyponatremia**) can also be harmful. ⚙️



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

		Autumn Loomis	
		James Loomis	Cambridge
		Pascal Marmier	Lexington
Jennifer Abramson	Somerville	Kevin Mawe	Dedham
Thierry Auperin	Arlington	Erin McNeill	
Mike Borden	East Taunton	Carey Medin	Worcester
Richard Born	Jamaica Plain	Simon Miller	Somerville
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Joseph Cleary	Belmont	Peter Nash	Newton
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Ron Ezekian		Stephen Savage	Foxboro
Susan Farris	Waban	Susan Scheible	Watertown
Ridgely Ficks	Auburndale	Catherine Schroeder	Quincy
R. Kelly Fradet	Watertown	Craig Schwarze	
Eugene Gallagher	Boston	Raymond Seivwright	Roslindale
Andrea Gerken	Somerville	Dyan Sierra	Groton
Ken Gray	Belmont	Jeanne Simko	Melrose
Robert Hockett	Wellesley	Peter Simko	Melrose
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Katherine Hsu		Dan Stoll	Newton
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Michael Lawrence		Gail Walker	Watertown
Danru Lee		David Wiederspahn	Cambridge
Di Lee		John Wild	Concord
Gayle Leinberry	Bedford	Arnold Zaff	Newton
James Leone	Belmont, MA		
Shifang Liu			

June Mileage

1 2 8 3 6 5

Name	Miles	M	C	K	Name	Miles	M	C	K
Chris Roberts	5382	6	4	1	Douglas Bajgot	1197	2	1	-
Jack Donohue	5184	-	-	2	Wing Chow	1123	-	1	-
Jeffrey Zaveloff	4527	5	2	1	Arne Buck	1098	-	1	-
Ken Hallow	3926	5	-	-	Roy Westerberg	1086	-	-	-
Marc Baskin	3740	5	2	1	John O'Dowd	1072	2	1	-
Steve Robins	3674	-	-	1	Jean Orser	1055	1	-	-
Richard Taylor	3673	6	6	2	John Springfield	1039	3	-	-
Jack Gregory	3431	6	1	1	John Zicko	1031	-	-	-
Bruce Ingle	3395	6	1	-	Frank Aronson	1015	4	-	-
Peter DiMarzio	3367	3	1	2	Bill Hanson	965	-	-	-
Andy Brand	3248	2	-	-	Gabor Demjen	939	-	-	-
Harriet Fell	3162	3	2	2	Douglas Chin	904	-	-	-
Ed Olhava	3158	-	-	-	John Allen	838	-	-	-
Cynthia Zabin	3075	-	-	-	A J Gemperline	724	1	-	-
Doug Cohen	2922	-	-	-	Fred Newton	720	-	-	-
Rick Savage	2833	5	1	-	Mike Needle	611	-	-	-
Greg Stathis	2763	4	-	-	Geoffrey Baum	609	-	-	-
David Cooper	2742	5	-	-	Eduardo Rodenas	558	-	-	-
Henry Marcy	2729	2	-	-	Cynthia Chin	527	-	-	-
Bob Wolf	2626	1	-	-	Ed Hoffer	304	-	-	-
Erik Husby	2474	1	-	-	Jeff Luxenberg	292	-	-	-
Larry Delaney	2430	3	1	-	Bill Widnall	213	-	-	-
Bob Cohen	2341	2	1	-	Nancy Sorenson	200	-	-	-
Joe Repole	2328	6	6	-	Pete Knox	156	-	-	-
Philip Garrett-Engle	2175	1	1	-	Robert Burkhardt	150	-	-	-
Mark Druy	2125	3	2	-					
Bruce Larson	2092	3	-	-					
David Wean	2066	1	-	-					
Clyde Kessel	2043	3	1	-					
Joel Bauman	1995	2	-	-					
Neal Schuster	1943	2	1	-					
Carlo Innocenti	1895	3	1	-					
Joe Hagan	1864	3	-	-					
Eric Sansone	1821	1	-	1					
Wayne Anderson	1804	-	3	-					
Butch Pemstein	1756	-	-	-					
Irving Kurki	1698	-	-	-					
Dom Jorge	1616	-	-	-					
Walter Frank	1406	-	-	-					
Rudge McKenney	1302	-	-	-					
Cynthia Snow	1208	-	-	-					

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

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Executive Vice President	Bob Wolf	781-929-7789
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Vice President of Legal Affairs	Bernard Pemstein	617-969-6574
Treasurer	Larry Kernan	339-234-0404
Secretary	John Allen	781-891-9307

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Merchandise	Bernie Flynn	617-968-3506
Social	Linda Nelson	617-448-5149
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Thursday Fitness Rides	Kathy Horvath	781-405-5480
Thursday Night Fun Ride	Wayne Douglas	508-245-5228
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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 Velo

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

1210 Boston Providence TrnPk (Rte 1), Norwood 781-440-0310
790 Worcester St (Route 9), Natick 508-655-1990
276 Turnpike Rd, Westboro 508-836-3878
890 Commonwealth Ave, Boston 617-232-0446
44 Granite St, Braintree 781-519-6306
66 Needham St, Newton 617-527-0967

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

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