

# WheelPeople

Newsletter of the Charles River Wheelers

On the roads of New England since 1966

Volume XLII, Number 9 • September 2018

## September Highlights

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## Minuteman Commuter Bikeway 25th Anniversary Celebration

Come celebrate the 25th anniversary of the Minuteman Commuter Bikeway on Saturday, September 29, 2018, when Arlington, Lexington, and Bedford will host a tri-town celebration of the popular rail-trail. The bikeway was completed and dedicated by the three towns during 1992-93, and its success has inspired countless rail-trail and pathway projects in New England and beyond. As



we celebrate the past 25 years of *Going Places on the Minuteman Bikeway*, we look forward to an even better trail that is part of a robust regional bicycle transportation network.

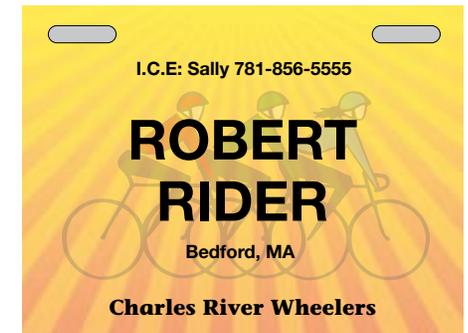
Community celebrations will be held simultaneously along the bikeway in all three towns from 11 AM to 3 PM on September 29th. You are welcome to visit as many activities as you like in Arlington Center (Jefferson Cutter House), Lexington Center (Visitors Center lawn), and Bedford (near the Bikeway Source). Each location will feature

conversations with local bicycle enthusiasts and bikeway representatives, information about current and future bicycling initiatives, and light

Minuteman Bikeway - *Continued on page 3*

## Say Hello to your fellow "Wheeler" by Name

CRW would like to send you your own "Name Badge" that you can attach to your bike or your helmet. In addition to your name, we will be adding an ICE (in Case of Emergency) name and phone number to your badge. However we do not have your ICE information on file, so please sign-in to your online CRW profile and add your ICE information. We will print the badges and send them out to you when we have a significant group of members that have added their ICE information to our database.



**It is never too early  
to save this date  
on your calendar!**

The CRW Holiday Party is planned for **Saturday, December 8, 2018**. Attendance is limited to 125 people. Watch for more details in the coming months.

# Board Meeting Minutes

Minutes prepared by John Allen, July 9, 2018

**Attendance:** Sandy Gray, President; Board members John Allen, Steve Carlson, Larry Kernan, Mary Kernan, Linda Nelson, Bob Wolf; IT Consultant David Marshall

## President's Report

We are not ticking from crisis to crisis except that the Web site will need improvement for the Fall Century.

## Board Vacancy

Suggestions for a replacement Board member were made, but the issue can wait till November

## Finances

Larry: We are in a really good financial position, not as far along in reducing our money in the bank as we might have been. We have \$8000 profit from the Spring Century. Membership is going up. We can't compare with last year because no Climb to the Clouds, but we are \$10,000 ahead of budget and have \$153,000 in the bank.

## Rides

Mary: Kathy Horvath has been running Thursday-night rides out of Merriam's Corner (on route 2A): the crisis is over for this year. Intro rides from Verrill Farm have drawn about 20 riders. Lisa Najavits has been running rides from Newton and Dover. The calendar is filling well. We have only two Saturdays open till the end of October, but 10 Sundays.

Two basic bicycling skills classes have had about 10 attendees each; a third class was cancelled due to too few sign-ups. All who attended are now

club members. Galen Mook did a great job teaching. These classes are publicized only through Meetup, Facebook and the Web site. It didn't help that we had problems with people finding these classes using Web searches. Sandy wants to know how to publicize: classes may be a better fit through Massbike, which has more of an educational mission. Larry: many attendees were young people.

A Category 3 racer, Zach, 21 years old, wants to run a recurring ride starting in the city, pickup point in Chestnut Hill. This will run a couple of weeks, as he is going back to school in September.

Concord sent us two invoices for parking at Concord public schools; new person there is no longer forgiving invoices. Mary sent a letter, and hasn't had a response. We had gotten approvals at the time of the ride and got no notification of the charge. Whether we pay the bill is a judgment call.

Arrowing: we need to have a plan. Mary and the board would rather have an un-arrowed ride than no ride. Other clubs have rides with leaders instead of arrowing. People who lead like it. Steve: if the choice is either to arrow or to hang back and lead, then he would rather hang back and lead. Mary: some ride leaders still ask whether they have to pay for centuries.

Larry: any ride could be arrowed or not at the discretion of the leader, but we need a Board policy. The issue could blow up like the name change. John: for

a leader, there is a tradeoff between riding with the group, and being at the start to welcome the first people back for a post-ride party. Linda: we could post an article in Wheelpeople, and conduct a survey. Mary: no, call a tactical group together. She can work on this with the Rides Committee. Sandy will help.

## Massbike and CRW

Galen Mook is very enthusiastic. Mary wants to have a couple of talks with Galen and then invite him to a Board meeting: look at the educational mission, and we might tie it to Massbike.

## Centuries

Larry: the Spring Century was very profitable: nearly \$8000. We did have a long-term cost, tables etc. 726 registered; 25% no-show rate; 54% non-members last year; only 37% this year. Our membership-with-registration campaign did drive people to join. We do not have a breakout on instantaneous v. long-term members.

Steve, Fall Century: Larry and he are co-hosting. Date has been moved to October 7, the day before Columbus Day. Approval from the Middle School is still pending. Next meeting is to be at the pre-ride volunteer party, September 4.

Sandy: there were upset residents, people walking dogs etc. where last year's Century went through the water works: There has been no kickbacks on that. There is a group of aggressive riders, the Rippers. Add a police detail? Think this through.

## Holiday party

Linda: we have a contract with the Knights of Columbus. We paid \$852 for drinks and \$160 for bartenders last year.

We need to pay at least \$850 this year. Via Lago will be nice to us. We won't go out of the way to have dancing. Sandy's son will supply a sound system.

## Grants

Worcester earn-a-bike grant was passed by the Grants Committee, \$1000. Larry moved, Bob seconded and the Board voted to accept this. A grant to an MIT group to ride across the country and teach people about science was not approved.

## Wheelpeople

Who will contribute content? Steve can write a short article about the Fall Century. Mary: article about recruiting ride leaders.

## GPS training

Mary indicated that major need is instruction in use of Ride with GPS phone app. Garmin users are for the most part OK with their devices. On-the-road instruction as modeled by Jack Donohue appears to be the best approach. Bob proposed that an additional group be added to the Beer Hall Social rides out of Jack's Abby which are held monthly. In discussion it was felt that these sessions would include:

- A shortened route (~20 miles) since there will be stops to discuss what is happening on participants' devices.
- Instructions for what participants should do before the training session.
- A person in the parking lot about 30 minutes before the ride to ensure that participants are ready to engage at the ride start.
- A small inventory of inexpensive handlebar mounts that could be used by participants during the training ride

Minutes - *Continued on page 3*

## Minutes - *Continued from page 2*

(returned afterwards to be used by the next group)

Bob has had to withdraw from the on-the-road training for health reasons for the 2018 season. The program is on hold at the moment.

Mary noted that NSC has run a couple classroom trainings. CRW will follow up with them about what they have learned.

## Web

David: we have gone as far as we can go with our current platform. Our current Web apps don't talk well to each other and must be reconciled with a batch job every night.

Where should we be two years from now? Take a look at using best-in-class software options: professionally-built system that is an extensible platform, easy to administer and grow. David will put together a requirements document and will make recommendations on how to rebuild the site. David will send out an e-mail.

## Membership enhancement:

For the first time in the past several years we have had an increase, membership going up from 1725 to 1850. To understand why membership declined, Judith McMichael sent a survey to several expired members. As a follow-up to the surveys, we fixed most of the web notification and renewal issues, we have offered memberships during our century sign up, we have sent out an email to expired members asking them to rejoin, we have added an expiration notice to all Wheelpeople emails and we will send out an email to the 200+ non-members that have used our online waiver system.

Sign-ups at different dates during the year make record-keeping more difficult. We might have people all renew at the start of the year: implement this with the new Web site.

## Member badges:

Sandy and Mary thought that members might like to attach a CRW badge to their bike or helmet with their name, hometown and ICE (In Case of Emergency) contact information. To do this we need to add a mandatory ICE contact field to the members' online profile. After enough members have added their ICE information, we will get badges produced and mail them out going forward. We will periodically produce and send the badges out as current members renew their membership and as new members join. We also discussed supplying them at centuries. Sandy will look into this.

## E-bikes

We have been asked whether we endorse e-bikes: this could be part of our discussion with Massbike. Trails in Colorado prohibit them.

## Annual awards

These were discussed but no determinations were made.

## Bike shop update

Has anyone seen whether the brochures distributed to bike shops are gone? This needs to be checked.

## Massachusetts Bicycle and Pedestrian Advisory Board

John applied for a spot on the Board but has not heard back.

## Merchandise

We didn't have shorts at the fitting in the spring. We need only to open up the store now, and again next spring. Sandy

will ask Bernie Flynn about this. Go with the existing design; open up if it doesn't cost us anything.

## Adjournment:

The meeting adjourned at 9:10 PM. Next meeting will be September 12. ☺

## Minuteman Bikeway - *Cont. from page 1*

refreshments. Planning is under way for special visual art and musical interludes along the path.

Of course, the best way to celebrate the bikeway's success is to get out and enjoy it by foot, bicycle, skates, or wheelchair! We look forward to celebrating "Minuteman Bikeway Day" with everyone on September 29th.

Throughout September, in collaboration with the Lexington Historical Society, an exhibit of historic photographs, *Trains and Bicycles in Lexington*, will appear in the CVS windows on Massa-

chusetts Avenue. An historic presentation, *Living History: The Lexington Branch, from Railway to Bikeway*, by Sam Doran and Tom Fortmann, is scheduled for 7:00 PM on Wednesday, September 5th, at the Society's old depot building.

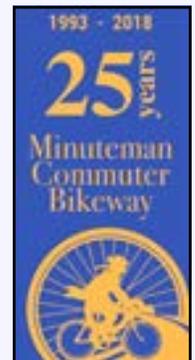
For up-to-date details, visit <https://bikeway25.org>. To learn more about the Minuteman Bikeway visit <http://minutemanbikeway.org> and view the 25th Anniversary video at <http://youtube.com/watch?v=gBY81vjAD2E>. ☺



## Living History: The Lexington Branch, from Railway to Bikeway

Sam Doran                      Tom Fortmann  
Local Historian and          Local Cyclist and  
B&M Railroad Buff          Bikeway Co-Founder

An historical presentation with refreshments  
Wednesday, September 5, 2018, 7:00 PM  
In the old railway depot building  
13 Depot Square, Lexington



A brief illustrated history of the Lexington and West Cambridge Branch Railroad: its conception, birth, heyday, decline, death, and finally its rebirth as the Minuteman Commuter Bikeway, our nation's 500th rail-trail and inspiration for many other rail-trails in the region.

Sponsored by  
the Lexington Historical Society  
and the Friends of Lexington Bikeways

Presented as part of the bikeway's 25th Anniversary Celebration ([bikeway25.org](http://bikeway25.org)).

# 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

## 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

## Mainly Fun

**Times and Routes:** 9am

**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](mailto:kitterykaren@yahoo.com) to confirm the ride is being held.

**Leaders:** Karen Saltus

**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.

## 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 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 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:** 5:30 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 former 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:** 5:30 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

**Recurring Rides - Cont. on pg. 5**

## Recurring Rides

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

**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 (<https://www.crw.org/rides-calendar/month/2018-09>) for possible updates or cancellations. 🌀

## September Rides



*September is Century Month: There are enough centuries in New England during September so that doing them all would wear out even the toughest riders. Close to home, on October 7 is our fall century, the Cranberry Harvest Ride, which we hope is at the top of your list.*

### Needham, Dover and Beyond

**Saturday - September 1**

**Times and Routes:** 9:30 am for 41, 27 & 19 miles

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

**Description:** Ride on scenic rolling roads through Needham, Dover, and Medfield. Long ride adds Sherborn. Please arrive early for pre ride instructions. Note this is primarily a "show and go" ride with no set pace. Sorry, at this time there are no "no drop" groups available.

**Leaders:** John O'Dowd

**Start:** Cutler Park Reservation

**Directions:** From Rt. 95/128 take exit 19A (Kendrick St.) toward Needham. From the South, merge onto Kendrick (watch for cyclists!). Cutler Park is at the next light. From the

North, turn left off the exit onto Kendrick St. Cutler Park is down the hill at the next stop light.

**Ride Information:** 28 miles, 41 miles, 19 miles

### TBA

**Sunday - September 2**

**Times and Routes:** 10:00 a.m.

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

**Description:** TBA

**Leaders:** Mary Kernan, Lisa Najavits

**Start:** Ride Headquarters

**Directions:** Ample parking is available behind the store and across the street.

### Whitehall Reservoir Ride

**Saturday - September 8**

**Times and Routes:** 10:00 am for

25, 38 and 50 hilly miles

**Ride Type:** Cue sheet, GPS

**Description:** The ride encompasses scenic country roads in Hopkinton, Upton and Southborough that will charm you.

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, 55 miles

September Rides - *Cont. on pg.6*

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. — **Helmetts required on all CRW rides.**

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

### Northern Lighthouse Tour Saturday - September 15

**Times and Routes:** 10:00 am for 34 and 57 miles

**Ride Type:** Cue sheet, GPS

**Description:** This is the long-loved ride from Portsmouth NH that goes up the coast to Nubble Light and Perkins Cove, and then goes inland;. When people ride up the coast, they think that the best part of the ride is over first, but it gets even better inland. The short ride does not go as far as Nubble Light, but is flat. The highest point on the long ride is 250 feet. This is a non-arrowed Saturday ride (Leaders live in Lexington and Lincoln, so arrowing isn't practical). But we're confident that between Ride with GPS, smartphones, Garmins and whatever, we can find our way back to the Memorial Bridge crossing from ME to NH, and then back to the Rt. 33 Park and Ride. We hope you'll join us.

**Leaders:** Rita Cramer

**Start:** Park and Ride-Portsmouth

**Directions:** Take 95N to Exit 3 (1st Exit past the toll booth). Turn right at the end of the ramp onto Rte 33. The Park and Ride will be about 1 mile on the left

**Ride Information:** 57 miles, 34 miles

### Weston Loop Saturday - September 15

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

**Ride Type:** Cue sheet, GPS

**Description:** Ride country roads of Weston, Lincoln, and Sudbury. The ride crosses the Sudbury River, and there is a delightful stretch along the Cambridge Reservoir. The 45 mile ride extends further into Wayland, Weston and Sudbury.

**Leaders:** Steve Carlson, Steven Delaney

**Start:** Weston Town Hall

**Directions:** From Rt. 128 take Rt. 20 and head west to the first traffic light. Turn right into Weston Center and park on the far side of the green.

**Ride Information:** 25 miles, 45 miles

### The East European Ride Sunday - September 16

**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

refreshments on the lawn at the Spellman Museum following the ride. The museum will be open after 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

### Wachusett Brewery Ride and Tour Saturday - September 22

**Times and Routes:** 9:30 for 55 miles; 10:00 for 35 & 20 miles

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

**Description:** Enjoy a beautiful rustic ride on mostly quiet country roads in Worcester County. Long ride goes through Westminster, Gardner, Ashburnham and Winchendon. There are some hills and challenging road terrain but you'll be rewarded with some beautiful views and scenery. Both rides pass the entrance to Mt. Wachusett for anybody interested in adding some elevation. The long ride goes farther north into New Hampshire with some beautiful views of lake Monomonac. There will be brewery tours and tasting compliments of Wachusett Brewing Company as well as food and refreshments immediately following the ride.

**Leaders:** Alan Cooney, Edward Glick, Kathy Horvath

**Start:** Wachusett Brewing Company

**Directions:** From I-95/128 take exit 29B to merge onto MA-2 W toward Acton/Fitchburg, turn left onto MA-2 W/Massachusetts 2A W/Concord Turnpike (signs for Littleton/Ayer). At the traffic circle, take the 4th exit onto MA-111 N/MA-2 W/Union Turnpike and continue to follow MA-111 N/MA-2 W. Take exit 27 for Depot Rd toward Narrows Rd. Turn right onto Depot Rd and take the 3rd right onto Massachusetts 2A E/State Rd E and Wachusett Brewing Com-

pany will be on the right. From I-495 take exit 29B to merge onto MA-2 W toward Acton/Fitchburg, turn left onto MA-2 W/Massachusetts 2A W/Concord Turnpike (signs for Littleton/Ayer). At the traffic circle, take the 4th exit onto MA-111 N/MA-2 W/Union Turnpike and continue to follow MA-111 N/MA-2 W. Take exit 27 for Depot Rd toward Narrows Rd. Turn right onto Depot Rd and take the 3rd right onto Massachusetts 2A E/State Rd E and Wachusett Brewing Company will be on the right. From Wachusett commuter rail station on the Fitchburg line, take Turnpike Road (parallel to the tracks) westbound, then right on Curtis Road, continue on Depot Road and from there, follow driving directions. Distance from the station is about 2 miles. Train schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>

**Ride Information:** 20 miles, 36 miles, 50 miles

### Kittery to Kennebunkport - Saturday - September 22

**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

September Rides - *Cont. on pg.7*

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](mailto:shoreland@roadrunner.com) directly to make your reservation. See more about the accommodations (very nice duplex cottages!) at [www.shorelands.com](http://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](mailto:kitterykaren@yahoo.com).

**Leaders:** Karen Saltus

**Start:**

**Ride Information:** 43 miles, 43 miles, 13 miles

### Beerhall social: Southeast from Jack's Abby Beerhall

*Sunday - September 23*

**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! As we have earlier this season, we will ride one route of 39 miles. This ride, however, will be scheduled for the 4th Sunday to avoid conflict with one of the few other beer themed CRW rides. We will also start a bit later than past years 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

### Berlin Hills

*Saturday - September 29*

**Times and Routes:** 9:30 AM for 24 and 34 hilly miles

**Ride Type:** Cue sheet, GPS

**Description:** Bucolic, tree-lined rural roads with very little traffic, a particular treat when dressed in Fall colors. The 34-mile route is more hilly and includes several significant climbs, including the always-popular Green Street hill. The 24-mile route, while also hilly, avoids Green Street and is more rolling. Both routes include a 1/2-mile warm-up climb followed immediately by a breezy

and fun one-mile downhill run before the split at mile 4.6. The routes merge again 13 miles from the end to share several more rolling hills and two additional downhill runs.

**Leaders:** Chris Summerfield

**Start:** Berlin Memorial School

**Directions:** From I-495, take Exit 26, Route 62 West toward Berlin. After 2 miles, when Route 62 curves sharply to the right in the center of Berlin, turn left onto Linden Street, then left again (around the traffic island) onto South Street. Less than 1/4 mile down South Street, find the Berlin Memorial School driveway on the left. Go down the driveway and completely around the school to the large parking lot behind the school. Do not park in front of the school or near the soccer and recreation fields.

**Ride Information:** 24 miles, 34 miles

### Minuteman Commuter Bikeway 25th Anniversary Celebration

*Saturday - September 29*

**Times and Routes:** 11:00 am to 3:00 pm

**Ride Type:** Show and Go

**Description:** Come celebrate the 25th anniversary of the Minuteman Commuter Bikeway on Saturday, September 29, 2018, when Arlington, Lexing-

ton, and Bedford will host a tri-town celebration of the popular rail-trail. The bikeway was completed and dedicated by the three towns during 1992-93, and its success has inspired countless rail-trail and pathway projects in New England and beyond. As we celebrate the past 25 years of Going Places on the Minuteman Bikeway, we look forward to an even better trail that is part of a robust regional bicycle transportation network. Community celebrations will be held simultaneously along the bikeway in all three towns from 11 am to 3 pm on September 29th. Visit as many activities as you like in Arlington Center (Jefferson Cutter House), Lexington Center (Visitors Center lawn), Bedford (near the Bikeway Source), and all along the bikeway. Local bicycle enthusiasts and bike shop staff will be on hand to demonstrate the wide range of bicycles available today, to help with bike maintenance, and to promote support for our growing bicycle community and regional network of bike trails. Planning is under way for special visual art, haiku, and musical interludes along the path. Of course, the best way to celebrate the bikeway's success is to get out and enjoy it by foot, bicycle, skates, or wheelchair! Antique, unusual, and just plain weird human-powered vehicles

September Rides - Cont. on pg.8

## September Rides

are encouraged. We look forward to celebrating “Minuteman Bikeway Day” with everyone on September 29th. Throughout September, in collaboration with the Lexington Historical Society, an exhibit of historic photographs, *Trains and Bicycles in Lexington*, will appear in the CVS windows on Massachusetts Avenue. A historic presentation, *Living History: The Lexington Branch, from Railway to Bikeway*, by Sam Doran and Tom Fortmann, is scheduled for 7:00 pm on Wednesday, September 5th, at the old Lexington depot building. For up-to-date details, visit <http://bikeway25.org>. To learn more about the Minuteman Bikeway visit <http://minutemanbikeway.org> and view the 25th Anniversary video at <http://youtube.com/watch?v=gBY81vjAD2E>.

**Leaders:** Tom Fortmann

**Start:** Minuteman Commuter Bikeway

**Directions:** Visit as many activities as you like in Arlington Center (Jefferson Cutter House), Lexington Center (Visitors Center lawn), Bedford (near the Bikeway Source), and all along the bikeway.

Be sure to check the web site (<https://www.crw.org/rides-calendar/month/2018-09>) for possible updates or cancellations. 🌀

## CRW Trips

### 5<sup>th</sup> Almost Annual Bicycling from North Conway, NH September 13-16, 2018

Enjoy the scenic valleys and hills of New Hampshire's White Mountains and near-by western Maine. See some of the most dramatic mountain vistas in the east. We'll stay in North Conway, NH, with numerous restaurants nearby. This is a generally quiet period after summer vacation season. Maybe some early fall foliage at the higher elevations and north of the mountain notches. Our resort hotel offers complimentary full buffet breakfasts each morning, and views of the Moat Mountains & Mt. Chocorua. The two swimming pools, indoors and outdoors, are larger than in most hotels. On Saturday night, we'll have a Happy Hour and dinner barbecue at a fellow cyclist's house in nearby Bartlett, NH.

Up to three days of cycling (Friday, Saturday and Sunday).

Approx. 20-70 mile rides with a mix of flat, rolling and hilly terrain. Some rides start from our hotel. Other remote starts are a relatively short drive away. Routes include west

of North Conway over Bear Notch; north starting in Bretton Woods or Twin Mountain; and east out of Fryeburg, Maine. Shorter and flatter options include a West Side Road loop.

- 240/person for 3 nights, double occupancy (Thursday, Friday & Saturday nights)
- 170/person for 2 nights, double occupancy (Friday & Saturday nights)
- 420/person for 3 nights, single occupancy (Thursday, Friday & Saturday nights)
- 290/person for 2 nights, single occupancy (Friday & Saturday nights)

If you're a single who wishes to share a room, we'll try to help you find a room-mate.

Includes lodging in a comfortable resort style hotel, breakfasts each day, lunch road snacks, Saturday night Happy Hour & dinner, maps, cue sheets and hotel parking. Max. trip capacity is approx. 30 persons.

Arnold Nadler, L ([ard-nadler@aol.com](mailto:ard-nadler@aol.com), 978-745-9591 (H), 978-766-1128 (cell))

Jimmy White, CL ([jimmy-mail@verizon.net](mailto:jimmy-mail@verizon.net), 978-689-9847 (H), 978-621-5935 (cell))

TO SIGN UP: Please send a check for the correct amount payable to Arnold Nadler at 43 Walter Street, Salem, MA 01970-2440. Please note your phone number(s), e-mail address and home address. If you do not hear from me within about a week after mailing your check, please get back to me to make sure I've received it. Also, please send a confirming e-mail to me and to Jimmy ASAP.

## Time to Get on Board

The CRW board consists of nine members and, together with the other officers, is responsible for running the club. If you have strong feelings about how things should be done, or are interested in helping the club, run for the board. Board members are required to attend bi-monthly meetings where CRW issues are discussed and voted on. Board members may optionally participate in other activities or committees within the club. Any club member is eligible to apply for the post. To run for a board position, send a statement of candidacy to [editor@crw.org](mailto:editor@crw.org). The statement should be no more than 200 words, introducing yourself and your bicycling interests, and stating your reasons for seeking the board position. Statements must be received by October 5, for the November issue of WheelPeople. The top three candidates will receive three year terms starting in January. 🌀



## Traffic signals and the Idaho Stop, Part 2

The Safety corner article in the July Wheelpeople examined “Idaho stop” laws which permit bicyclists to yield right of way at stop signs without coming to a full stop.

Another typical provision of Idaho Stop laws permits bicyclists to treat traffic signals as if they were stop signs – that is, bicyclists may enter the intersection on red after yielding to any conflicting traffic.

I regard this provision as more troublesome than the Idaho stop for stop signs.

Why is that? A traffic-signal warrant – the official documentation which establishes that a signal is – well, warranted – must be based on data identifying a problem that stop signs cannot solve. At a crossing of a multi-lane street with heavy and fast traffic and no traffic signal, you might wait a very long time until you can find an opportunity to cross safely. A restricted sight line over a hillcrest or around a curve could prevent you from seeing the cross traffic in time to yield. In such situations, a traffic signal is warranted.

Traffic signals cause delay, and they are expensive to install and maintain. Warrants for them aren’t taken lightly.

Given these facts, why would anyone want to have a law allowing bicyclists to enter an intersection on the red? Well, actually, there are reasons, some better than others.

- Traffic signal timing must account for heavy traffic. If traffic is light, waiting for a red light can be reduced to a frustrating exercise in good citizenship.
- Often, traffic signal timing along a street is coordinated for travel at the speed limit (a “green wave”) – but bicyclists don’t travel that fast.
- Traffic signals may be triggered by sensors that detect whether a vehicle is waiting, and those may not work for bicycles. That is to say, you may never get a green light until a car comes up behind you and triggers the detector.
- Also, some people just don’t like to think that the law applies to them. Unfortunate, but true.

Better vehicle detectors do detect bicycles. There is more than one type.

- An upside-down metal detector antenna with three lengthwise wires rather than two. These concentrate the signal so that the detector can be made more sensitive without false triggering on vehicles in the next



lane. This is the most common type, shown in the photo above. Ride up the middle wire. Usually, there will be a sign and a marking on the pavement indicating where to wait. There may also be diagonal wires, and that works everywhere over the pattern of wires. If there is no middle wire, position your bicycle over one of the side wires, and hope.

- Some detectors use video cameras mounted on the signal mast. You will see a cylindrical camera pointing down at you. These usually work. At night, you may have to tilt your bicycle and turn the handlebars so your headlight shines up at the camera.
- The best kind of detector, though still rare, uses LIDAR (laser image detection and ranging) – like radar except

that instead of radio waves, it uses infrared light. LIDAR can determine the distance and speed of all kinds of vehicles including bicycles, as well as pedestrians.

But most vehicle detectors are still the upside-down metal detector type with no center wire and do not reliably detect bicycles. This is where the Idaho stop law attempts to fill the gap. You might call it a software solution to a hardware problem. If bicyclists may legally enter an intersection on a red light, then the problem with detection is solved, right? Well, not necessarily, as it may not always be possible, or safe. And, a special exemption for bicyclists doesn’t do anything

for our community relations.

How does this affect us on our group rides? It is best to be patient. If one bicycle sitting directly over the wires doesn’t trigger the signal, more than one may. And usually, a car will come up behind. Beckon the driver to pull forward, just behind you, or the car may not trigger the signal.

Massachusetts may soon have an Idaho Stop law, thanks to efforts by Massbike and other advocacy organizations but again, the light really should change for us. The technology to make this happen exists but its use depends on funding, and politics, and with many such things, progress is slow. ☺

## What You Eat, Not Your Genes, Determines Your Microbiome

The hottest area of medical research today may well be on the bacteria that live in your gut to affect how much you weigh, how long you live, and your susceptibility to many diseases. In the largest and most complete study of its kind ever, researchers analyzed genes of colon bacteria from 1,046 healthy Israelis and found that the bacterial composition of your colon is determined primarily by your lifestyle and what you eat, and has less than a two percent association with your genes (*Nature*, March 8, 2018;555:210–215).

Analyzing a person's colon bacteria is far more dependable than analyzing a person's genes for predicting their:

- weight
- fasting blood sugar
- ability to respond to insulin
- HDL cholesterol
- waist and hip circumference
- waist-hip ratio
- lactose level (the amount of dairy products person eats)

The authors also found that genetically unrelated people living in the same

household tended to have the same bacteria in their colons, while a person's relatives who did not live in the same household had totally different colon bacteria. This is an incredibly exciting study because a motivated person can change his lifestyle but at this time scientists have no safe way to change a person's genes.

### Mediterranean Diet and Bacterial Endotoxins

Another recent study shows how the Mediterranean diet helps to prevent diseases and prolong life by changing the colon bacteria and reducing the harmful endotoxins produced when your body turns food into energy (*Advances in Nutrition*, May 15, 2018;9(3):193–206). Hundreds of studies show that an overactive immunity (inflammation) is a major cause of disease and premature death in North America today. Several recent papers suggest that certain bacteria in your colon can cause a two- to three-fold increase in blood levels of bacterial endotoxin that can cause inflammation. Diets high in sugar and saturated fat

and low in fiber contribute to bacteria in your colon releasing bacterial toxins, and changes in your bile production that contribute to disease-causing inflammation. The Mediterranean diet is rich in unsaturated fats and fiber, and low in added sugars and saturated fats. An anti-inflammatory diet such as the Mediterranean diet also changes colon bacteria to reduce arterial stiffness, a significant risk factor for heart attacks (*European Heart Journal*, May 9, 2018).

### Healthful and Harmful Colon Bacteria

Two to five pounds of bacteria, or about 40 trillion bacterial cells, live in your body (*PLoS Biol*, Aug 19, 2016;14(8):e1002533). Of the more than 1000 different types of bacteria that live in your colon, some are good for you while others can be harmful (*Nature*, 2014 Jan 23; 505(7484): 559–563). The healthful bacteria are content to eat what you eat as food passes through your intestines, so they stay in your colon and do not try to cross into your cells and bloodstream. Healthful colon bacteria can form metabolites that help to prevent obesity, diabetes, and heart attacks. On the other hand, the harmful bacteria are not happy with your food supply so they try to find food somewhere else by invading the cells lining your colon. The damage caused by invading colon bacteria turns on your immunity to cause inflammation (*PLoS*

*One*, Apr 13, 2017;12(4):e0176062). The harmful bacteria can also convert nutrients in your colon to other chemicals that can be harmful and cause diseases.

### Gut Microbiome and Your Weight

Several studies show that obesity may be caused by unhealthy colon bacteria (*Postgrad Med J*, May 2016;92(1087):286-300). Studies in twins of which one is fat and the other is skinny show that transferring the colon bacteria from the fat twin to mice made mice fat, while the stool of the skinny twin did not fatten the mice (*Science*, 2013 Sep 6; 341(6150):10.1126). Overweight people may have colon bacteria that specifically help them to absorb more calories and form more fat in their bodies (*Nature*, 2006;444:1027–1031).

### How to Grow a Healthful Microbiome

- Eat lots of fruits, vegetables, whole grains, beans, nuts and other seeds. They are high in fiber that fosters healthful colon bacteria (*Food Funct*, Apr 2016;7(4):1788-96).
- Eat whole grains that contain lots of fiber and beta-glucan (*Br J Nutr*, Jan 2008;99(1):110-20).
- Try a plant-based diet (*Environ Microbiol Rep*, Oct 2013;5(5):765-75).
- Restrict mammal meat (*J Transl Med*, Apr 8, 2017; 15: 73).
- Restrict refined carbohydrates (*Diabetes Metab Syndr Obes*, 2012;5:175-89).
- Restrict fried foods (*Amer Journal Clin Nutr*, Aug 2014;100(2):667–675).
- Avoid artificial sweeteners. Some artificial sweeteners appear to stimulate the growth of unhealthy colon bacteria (*Gut Microbes*, 2015; 6(2): 149–155). ☺



### 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

Jen Alpert	Framingham	Kevin Lind	Framingham
Michael Amster	Concord	Robert Lynch	Needham
Allison Averill	Boston	Richard Manders	Cambridge
Benjamin Averill		Richard Masasabi	Bedford
Robert Bakalyar III	Marlborough	John McCormack	Quincy
Michael Baker		Breno Melo	Framingham
Andrew Bielecki	Malden	Anton Moehrke	Wellesley
Kathryn Bond	Somerville	Deborah Morse	Cambridge
Mike Borden	East Taunton	Anne Moseley	Wayland
Julie Buchta	Wellesley	Francis Murphy	Groton
Richard Callaghan	Fiskdale	Denise Musket	
Benjamin Cameron	Boston	Kenneth Musket	
Carol Cameron	East Walpole	Lynne O'Riorden	Stow
Loe Cameron		Michael Pare	Brockton
Sally Chapman	Medford	Angela Pelaez	Boston
Jason Coffin		Dana Penney	
Siobhan Coffin		Louise Picard	
Lisa Davidson	Newburyport	Sam Record	Belmont
Norm Decker	Acton	David Rioux	
Thomas DiSilvio	Watertown	Joanna Rioux	New Bedford
Wayne Douglas	West Bridgewater	Nate Robinson	Boston
Nicole Ewart		Elaine Rousseau	
Vivek Farias	Newton	Steven Rousseau	
Kirsten Fehrenbach	Jamaica Plain	James Saucedo	Cambridge
Emilio Flores	Boston	Andrea Seek	
Jill Geiger	Newton	William Serpico	Quincy
Maia Germain	Hingham	Diane Stempel	Wellesley
Gerard Girling		Richard Stimpfle	Arlington
Gary Guillemette	Peterborough, NH	Christopher Taylor	Ashland
Gina Harrison		Maureen Thompson	Marshfield Hills
Siddharth Jawahar		Bryan Tucker	Jamaica Plain
Sarah Jensen	Belmont	Jeff Woodworth	Watertown
Frank Judge	Scituate	Yi Zhou	
Michael Kain	Lexington	David Zigas	Chestnut Hill
Linda LaMonica	Boston		

# July Mileage

155626

Name	Miles	M	C	K	Name	Miles	M	C	K
Chris Roberts	6234	7	5	1	Douglas Bajgot	1512	2	1	-
Jeffrey Zaveloff	5696	6	3	2	Jean Orser	1480	1	-	-
Jack Donohue	5486	-	-	2	Arne Buck	1478	1	1	-
Marc Baskin	5085	6	3	2	Wing Chow	1452	-	1	-
Peter DiMarzio	4741	4	1	3	Cynthia Snow	1437	-	-	-
Ken Hablo	4711	6	-	-	John Zicko	1401	-	-	-
Steve Robins	4676	-	-	2	John Springfield	1370	3	1	-
Jack Gregory	4490	7	2	2	Bill Hanson	1193	-	-	-
Richard Taylor	4269	7	7	2	Douglas Chin	1139	-	-	-
Harriet Fell	4263	4	3	3	Eduardo Rodenas	1116	-	-	-
Bruce Ingle	4206	7	2	-	John Allen	1046	-	-	-
Andy Brand	4161	3	-	-	A J Gemperline	1033	1	-	-
Ed Olhava	3891	1	-	-	Gardner Gray	988	1	-	-
Cynthia Zabin	3822	-	-	-	Fred Newton	969	-	-	-
Doug Cohen	3619	-	-	-	Mike Needle	947	-	-	-
Henry Marcy	3566	3	1	-	Darrell Katz	868	-	-	-
David Cooper	3507	6	-	-	Cynthia Chin	744	-	-	-
Greg Stathis	3444	5	-	-	Geoffrey Baum	738	-	-	-
Rick Savage	3248	6	1	-	Ed Hoffer	434	-	-	-
Bob Cohen	3095	2	1	-	Jeff Luxenberg	405	-	-	-
Larry Delaney	3014	4	2	-	Robert Burkhardt	366	-	-	-
Bernie Flynn	3005	3	-	-	Pete Knox	357	-	-	-
Erik Husby	2876	1	-	-	Caroline Morse	301	-	-	-
Joe Repole	2722	7	7	-	Meghan Kopaska	192	-	-	-
Philip Garrett-Engel	2643	2	1	-	Mike Hanauer	144	-	-	-
Carlo Innocenti	2630	4	1	-	John Loring	49	-	-	-
Joe Hagan	2612	4	-	-					
David Wean	2578	1	-	-					
Mark Druy	2519	4	2	-					
Joel Bauman	2441	3	-	-					
Clyde Kessel	2434	4	1	-					
Bruce Larson	2386	3	-	-					
Irving Kurki	2087	-	-	-					
Lisa Weissmann	2067	-	-	-					
Walter Frank	1973	-	-	-					
Butch Pemstein	1963	-	-	-					
Rudge McKenney	1632	-	-	-					
Roy Westerberg	1587	-	-	-					
Gary Smiley	1572	-	-	-					
John O'Dowd	1516	3	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](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

#### 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 (Sandy) Gray	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 (Sandy) Gray	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 Trnprk (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

103 Atlantic Ave, Boston ..... 617-670-0637

