

# WheelPeople

Newsletter of the Charles River Wheelers



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On the roads of New England since 1966

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## A Touring Life



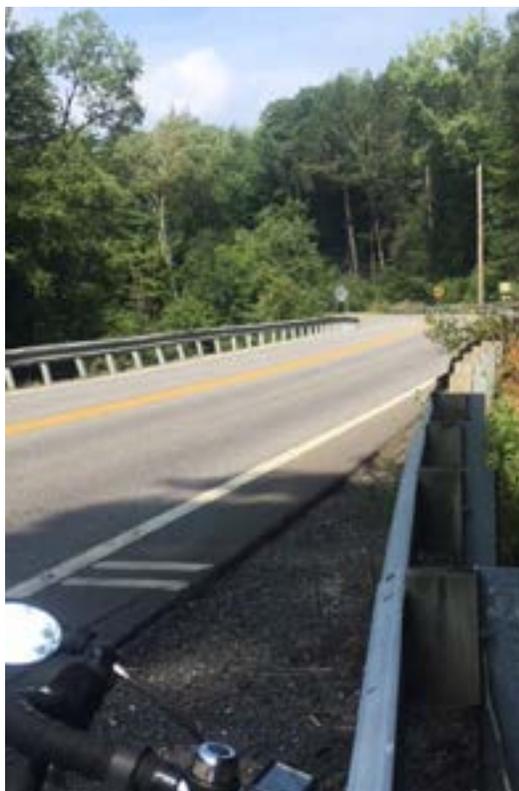
by John Springfield

### Boston to Michigan at Age 70

In late August I set off to see my old high school friends in Detroit. My 70th birthday was in early September. I wanted to see if I had “one last long bike trip” in me. Here was my chance.

The theme of the trip quickly became “heat and humidity”. The first day to Keene, New Hampshire, was oppressively hot. But day 2 through southern Vermont (Route 9) almost did me in. About 20 years ago I rode this route with no major difficulty. Somehow I forgot the steep long climb over Hogback Mountain. I stopped many times, drinking water constantly. Once I leaned over the handlebars on my

A Touring Life - *Continued on page 5*



## 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. ⚙️



### Come join CRW for our 51st Anniversary Holiday Party.

Our gala event will be held on **December 8th** from 6 to 10PM at the Heritage Hall, KoC, 177 Bedford Street (back of building) Lexington, MA., where you will enjoy great food, catered by Via Lago Restaurant and drinks, along with the company of your biking friends.

This event is open to Charles River Wheeler members and their guests only, with limited attendance, so please sign up early on the CRW website.

If you would like to help out with the event please contact Linda Nelson. Holiday party volunteers can attend the event at no charge.

# Recurring Rides

These rides are held every week unless indicated otherwise

## South Shore Coastal Loop

**Times and Routes:** 7:30 AM, Oct. 7 & 14

**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. The

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. 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.

**Leaders:** Andrew Brand

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

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

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

## Wednesday Wheelers

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

**Ride Type:** Follow the leader

**Description:** A group that enjoys exploring a variety of scenic routes, mostly in the western suburbs but also to the north or

south. Occasionally we do an urban exploration. We always include a lunch stop, either during or at the end of the ride. In the winter we may substitute other activities, such as cross-country skiing. We stay together, following the leader for the day, while being careful not to drop anyone. On a rural ride of average hilliness, the pace is 15 to 17 mph on the flats, but slows considerably on the hills, so we wind up with a rolling average of about 13 mph. In fairness to the group, we require that prospective riders be capable of maintaining this pace. Distances are typically between 30 and 40 miles. Non-members of CRW are welcome to ride with us and experience what the Wednesday Wheelers offer. If you like our rides however, and wish to continue to ride with us, we expect you to become a CRW member. If interested, contact the [Wednesday Wheelers coordinator](#).

**Coordinator:** Helen Greitzer

## Mainly Fun

**Times and Routes:** 9 am, Oct. 24 & Nov. 1

**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 return-

ing. 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 these 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:** 4:30 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 near Barrett's Alehouse the former Charlie Horse Restaurant From Boston take Rt.128 to Rt. 24 South (exit 4) and continue to RT. 106 (Exit 16 W. Bridgewater).

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



*October in New England offers wonderful biking opportunities with country roads dotted with the bright colors of autumn. On October 7 is our fall century, the Cranberry Harvest Ride, a great opportunity to ride rural roads in cranberry country in southeastern Massachusetts.*

## Return of the Killer Hill Ride Saturday - October 6

**Times and Routes:** 10.00 for 25, 40 and 49 miles

**Ride Type:** Cue sheet, GPS

**Description:** Return of the Killer Hill may sound like a horror movie but it's just a ride where all routes are hilly and present a challenge. Be prepared! The Killer Hill family has three routes. The medium route (Mama Hill) is 40 miles with 3,400 feet of climb or 80 feet per mile of climb. The short route (Baby Hill) is 25 miles with 74 feet per mile of climb, almost as hilly. The 49 mile long route (Papa Hill) gratuitously grabs every hill in sight and is a whopping 82 feet of climb per mile making it one of the club's hilliest rides. Besides being hilly, the roads are as charming as

they get, and if you've been out riding this season the short ride is a treat. GPS navigation is recommended as there are numerous turns on all the routes

**Leaders:** [Eli Post](#)

**Start:** Florence Sawyer School (Emerson School)

**Directions:** Route 117, Bolton, 1/2 mile west of Route 495 on the left opposite the Bolton Police station.

**Ride Information:** [26 miles](#), [41 miles](#), [50 miles](#)

## CRW Cranberry Harvest Century Sunday - October 7

**Times and Routes:** Check-in from 7:30-9:00 AM for all rides. Riders start after checking-in.; Riders doing the 84 and 101 mile routes are encouraged to depart between 7:30 AM and

8:00 AM.; Riders doing the 52 and 66 mile routes are encouraged to wait until after 8:00 AM to begin. If you leave too early, you may arrive at a rest stop before it is open.

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

**Description:** EVENT HELD RAIN OR SHINE Join the Charles River Wheelers on rural roads through cranberry country in southeastern Massachusetts. This is your chance to ride on roads that are not common for CRW and take in terrain so gorgeous that you might wonder how you have missed it. Please note these two independent steps To participate, you must [register](#) To access all Ride with GPS features for the event, go to the [Ride with GPS event page](#) and click the RSVP button, or just click [here HELMETS](#)

## REQUIRED ON CRW RIDES

**Start:** John T. Nichols Middle School

**Directions:** From I-93/MA-128, take MA-24 south to I-495 South. Take exit 4 with a left off the ramp onto MA-105 North. Take a right on MA-28/East Grove Street at the light. In 1.1 miles, turn left onto Wood Street. At Wareham Street (crossed at odd angle), you will pick up the CRW signs. In 0.7 mile on Wood St, turn left onto Tiger Drive, a long access road, which you follow to the middle school. With no delays, the trip takes about 50 minutes to drive from the intersection of 128/95 and the Mass Pike. The school is about 3.5 mi. from the Middleborough/Lakeville commuter rail stop. Timetable is here: <https://mbta.com/schedules/CR-Middleborough/timetable> .

## Onyx and Diamonds Saturday - October 13

**Times and Routes:** 9:30

**Ride Type:** Cue sheet, GPS

**Description:** This ride begins in Franklin goes into Wrentham and then into Cumberland, Woonsocket and Lincoln, Rhode Island before coming back into Wrentham and Franklin. A section of the ride is on the (fully paved) Blackstone River Bike Path and then goes through the Diamond Hill Reser-

voir. At ~ mile 26 we will pass the Big Apple that has cider donuts and other goodies (as well as fruit) at this time of year. The foliage in the area is usually good for viewing at this time of year. After the ride, Coles Tavern (553 Washington Street, Franklin) is nearby the end point, if lunch is in your plans.

**Leaders:** [John Zicko](#)

**Start:** Remington - Jefferson School

**Directions:** From North or South -- I - 495 to Exit 16 (King Street, Franklin). Take King Street toward Woonsocket, RI. King becomes Washington Street at a flashing yellow light. The school entrance has a sign, and is on the left.

**Ride Information:** [32 miles](#)

## Nashoba Bakery Ride

*Sunday - October 14*

**Times and Routes:** 1:30 pm for 30 miles

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

**Description:** A tour of the rolling hills of Lincoln, Weston, Sudbury, Acton and Concord, where we stop at the Nashoba Bakery for a coffee warm-up. Yup, it's an afternoon ride. No set pace.

**Leaders:** [John O'Dowd](#)

**Start:** Lincoln MBTA Station Parking Lot

**Directions:** From 128 take Rt. 2

**October Rides - [Cont. on pg.4](#)**

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, 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.**

west to Bedford Rd south to Lincoln Center. (This is the five corner intersection at Trapelo Rd, the library and a big flower pot at the intersection) Continue straight on Lincoln Rd to South Lincoln. The shopping center will be on the right. Take the second right into the RR parking lot. If you cross the RR tracks, you just missed it. Train schedule (Fitchburg line) is here: <https://mbta.com/schedules/CR-Fitchburg/timetable> .  
**Ride Information: 30 miles**

### West Podunk Revamp

*Saturday - October 20*

**Times and Routes:** 9:30 for 53 miles; 10:00 for 34 miles

**Ride Type:** Cue sheet, GPS  
**Description:** Modified version of the former West Podunk route on back roads in and around Shirley, MA, voted America's Most Historic Small Town by ePodunk.com (really!). Short ride includes Groton, Sterling, Lancaster, and Bolton. Long ride adds nice loop in Townsend and Lunenburg. Both routes now have lunch stop at Kimball's Farm in Lancaster and avoid busy retail area in Leominster. Limited food and drink opportunities, so BYO.

**Leaders:** Steve Hoffenberg, Dana Chandler

**Start:** Nashua River Rail Trail Parking Lot, Ayer

**Directions:** Rt. 2 West, 4 miles beyond Rt. 495, take exit 38B for Rt. 110 East/111 North. Go 2 miles to rotary and follow Rt. 111 North/2A West toward Ayer. Stay on Rt. 111/2A turning right in downtown Ayer, then turn right on Groton St. just after NAPA auto parts store. Parking lot is immediately on the right, before the bike path. Or take the Fitchburg commuter rail line to the Ayer station: schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>  
**Ride Information: 34 miles, 53 miles**

### Goat Farm Ride

*Saturday - October 20*

**Times and Routes:** 11:00am for 27 miles

**Ride Type:** GPS

**Description:** This ride is a modified version of the Georgetown Winter Sun ride, starting at Great Rock Farm in Georgetown. Ride loops up to Newburyport and back to the farm for 27 miles total. After the ride, the farm will be hosting a separate charity event benefitting MassBike, with a Goat Yoga class and hard cider tastings by Saintly Cider starting at 3pm.

Yoga participants that ride their bike to the event will receive free yoga mat rentals. For more information about the MassBike charity event, visit the Events page at [www.goatstogo.farm/events](http://www.goatstogo.farm/events) and look for the "Bike to Goat Yoga: MassBike Fundraiser" Event.

**Leaders:** Matt Berube

**Start:** Great Rock Farm

**Directions:** Look for the Great Rock Farm sign on Pond St. Drive up the driveway and park along the sides of the dirt road just beyond the driveway.

**Ride Information: 27 miles**

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

*Saturday - October 27*

**Times and Routes:** 10 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**

### Bagels and a Witch

*Sunday - October 28*

**Times and Routes:** 10:00 AM for 52, 44 or 20 miles

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

**Description:** Flat to rolling loops through the North Shore. All rides pass through Boxford,

Topsfield and Rowley. Medium ride adds Newbury and Newburyport. Long ride adds Plum Island including the paved bike lane on the Plum Island Causeway. Short ride lunch stop is in Topsfield. Long and medium ride lunch stop is in Newburyport at Abraham's Bagels. Abraham's is in the same block where a 17th century woman named Elizabeth Morse lived. She was convicted of witchcraft a dozen years before the Salem witch trials. Visit the plaque dedicated to her on the north side of the building. An optional stop is at Tendercrop Farm on the long and medium rides. Feel free to visit the farm store for coffee and fresh local products!

**Leaders:** Melinda Lyon  
**Start:** Masconomet High School  
**Directions:** Interstate 95 north to exit 51 "Endicott Rd, Topsfield, Middleton". Take right at end of exit ramp. High School is on right.

**Ride Information: 53 miles, 45 miles, 20 miles**

Be sure to check the web site (<https://www.crw.org/rides-calendar/month/2018-10>) for possible updates or cancellations. 🌀

“ Bicycling is the nearest approximation I know to the flight of birds. The airplane simply carries a man on its back like an obedient Pegasus; it gives him no wings of his own. There are movements on a bicycle corresponding to almost all the variations in the flight of the larger birds. Plunging free downhill is like a hawk stooping. On the level stretches you may pedal with a steady rhythm like a heron flapping; or you may, like an accipitrine hawk, alternate rapid pedaling with gliding.

If you want to test the force and direction of the wind, there is no better way than to circle, banked inward, like a turkey vulture. When you have the wind against you, headway is best made by yawing or wavering, like a crow flying upwind. I have climbed a steep hill by circling or spiraling, rising each time on the upturn with the momentum of the downturn, like any soaring bird. I have shot in and out of stalled traffic like a goshawk through the woods.”

Birdwatching author Louis J Halle  
*Spring in Washington, 1947/1957*

### A Touring Life - Continued from page 1

forearms, watching a pool of sweat splashing on the ground. What exactly was I doing out here, with all this heat and humidity? Finally I reached the summit, and was treated to a long downhill. Instead of riding my usual 70-80 miles, I stopped at a motel after 38 miles. However, I knew the mountains were over. The ride through New York was much less severe. But it was hot and humid.

My plan was to travel through Ontario, entering at Buffalo, and getting to Michigan via a



small ferry that crossed the St. Clair River. That was the plan. But I almost threw in the towel after my first night in Ontario. I couldn't sleep, and I was dreading another day of heat. But after I got on the bike in the early morning, I felt refreshed and continued toward Michigan.



My 10th day turned out to be the hardest. I was on County Road 2, a flat route through the Ontario farmlands. I assumed I would find a store or gas station to replenish my water bottles. But there were NO stores for 40 miles. My bike computer was reading 96 degrees all afternoon. There was no shade. I started worrying about dehydration. After running out of water, I stopped at a farm house and begged for water. This saved me. I was able to make it the ferry at Sombra, only 1/2 mile from Michigan.

But something was wrong. Where was the line of cars? I pulled up to the ferry dock, only to be greeted with a sign that the ferry was not running! Apparently the winter ice had damaged the dock...

Did I make it to Michigan? Yes, but only with the help of my friend who drove his car over the Blue Water Bridge to pick me up.

I ended up biking 700 miles in 10 days. Not bad for a 69.99 year old. ⚙️



For more pictures and blog see:

<http://www.crazyguyonabike.com/doc/2018pushin70>



## Taking the Opportunity

This article could be about any two people on a CRW ride, when one rider catches up with another.

I don't know who you are but you'll remember me after you read this, if you read this. Or maybe not, because countless similar encounters happen on CRW rides. In any case, I have an apology to offer you.

You were stopped at the side of the road when I caught up with you. You were poring over the smartphone clamped to your handlebar. I think that it's fair to assume that you were trying to get RidewithGPS working.

As I passed, I asked "are you OK?" I do this when I catch up with people who are stopped. Often they are having mechanical problems. I'll give myself a pat on the back for quite a number of flat tire fixes and other minor repairs. Often when I ask "are you OK," people simply reply that they are. And you did, this time, but it was different.

Why and how? Well, for one thing, it happened twice on the same ride. I was following the arrows painted on the street for this ride, and I missed a turn. My deviation from the route ended up being a shortcut, and I caught up with you poring over your phone again. For

the second time, I asked "are you OK," you said "yes," and I rode on.

If I had not been so intent on maintaining the steady, if slow, pace of my ride, I would have stopped and asked whether I could help sort out the GPS issues, maybe ride with you. It looked to me as though this might have been your very first ride with CRW. And the helpful assistance and companionship of another, more experienced rider might have avoided its also being your last.

### "Are you OK?"

How does this tie in with safety? CRW has over 50 years of organizing rides on the beautiful rural roads of eastern Massachusetts -- sometimes not so beautiful roads, when necessary to make connections. We have a tradition of respect for traffic law and of reasonable riding skill. It isn't perfect, to be sure, but we do better than most.

As older CRW members like me age out, maintaining CRW's tradition requires that we recruit younger members, and ride leaders. CRW's membership count had been declining slightly until only this year, when it again began to rise, thanks to multiple recruiting efforts and improvements to our Web site and social media presence. We could go a lot fur-

ther with this, and I hope that we do.

CRW's continued presence and example are essential in setting the tone for bicycling in the communities where we ride. This is important not only to the people who enjoy our rides; it is important to the larger bicycling community, to the public at large and to the political climate for bicycling.

I missed an opportunity with you. The best promotion for our rides is the rides themselves, but people often need a little help to get started and to feel welcome. This is how we recruit new members, maintain our tradition and now expand it.

I might have gained something too, myself if I had stopped. A pleasant encounter? A riding companion? A friendship? If I'd helped with the GPS, and turned on the GPS on my own phone -- or ridden with you, at least I would have finished the ride. I should have gotten the message after already missing a turn. Some arrows a bit farther along didn't look quite like the earlier ones. I rode past them and found myself prematurely on my way home.

Got what was coming to me, I suppose. I hope to do better next time. Readers, please do as I say, not as I did! 🌀

## Do Vegetarians Live Longer?

Three large studies provide more support for a primarily plant-based diet. Two of the studies compared dietary protein from plants and animals and the third one compared dietary fats from plant or animal sources.

### Comparing Protein Sources:

Researchers at Harvard monitored the records of more than 130,000 people for more than thirty years (*JAMA Intern Med*, August 1, 2016), and found that:

- every three per cent increase in calories from plant protein, compared to animal protein, reduced risk of death during the study period by 10 per cent, and risk for death from heart disease by 12 percent
- eliminating unprocessed red meat dropped death risk by 12 per cent
- a 10 percent increase in animal protein was associated with a two per cent increased risk for death from all causes and an eight per cent increased risk for death from heart disease
- death rate rose markedly for those who smoked, drank excess alcohol, were obese or did not exercise

- regular eaters of red meat died earlier than those who regularly ate fish or chicken

Researchers from the Mayo Clinic in Arizona reviewed six studies involving more than 1.5 million people (*Journal of the American Osteopathic Association*, May, 2016), and found that:

- people who restrict red meat, fish and chicken for at least 17 years lived an average of 3.6 years longer than those who ate meat regularly
- eating red meat and processed meats is associated with earlier death, particularly from heart disease

Comparing Fat Sources: Data from more than 126,000 participants followed for 32 years showed that increasing total fat intake is associated with decreasing risk of death during the study period (*JAMA Intern Med*, August 1, 2016;176(8):1134-1145). This may surprise you because previously researchers have associated increased dietary fat intake with increased heart attack risk. However, we now know that reducing fat intake by substituting sugars and other

refined carbohydrates for fats actually increases heart attack risk. Heart attack risk appears to be increased primarily by eating too many foods and drinks with added sugars.

Saturated fats from animal sources and trans fats (partially hydrogenated vegetable oils) appear to increase heart attack risk, while polyunsaturated and monounsaturated fats decrease risk. The Nurses' Health Study and the Health Professionals Follow-up Study show that replacing five percent of saturated fat calories with polyunsaturated fats reduced death rate by 27 percent, and replacing five percent of saturated fat calories with monounsaturated fats reduced the death rate by 13 percent. Both omega-3s, found in deep water fish and many plant sources such as nuts, and omega-6 polyunsaturated fats found in most plants, are considered healthful. See my recent report on [The Saturated Fat Debate](#).

All foods contain mixtures of different types of fats. Foods are classified by the dominant type of fat in them:

- Meat and poultry are classified as predominantly saturated fats
- Most plants are classified as predominantly polyunsaturated fats
- Olives, avocados, peanuts and many nuts and seeds are rich sources of monounsaturated fats

### My Recommendations

Whether you are a vegan, a vegetarian or an omnivore, try to eat large amounts of unprocessed fruits, vegetables, whole grains, beans, seeds and nuts. I recommend that you restrict red and processed meats, sugar-added foods and all sugared drinks, including fruit juices and milk (which is high in the sugar lactose). If you are overweight, have high blood sugar levels or store fat primarily in your belly, you should also restrict all refined carbohydrates made from flour such as bakery products, pastas and most dry breakfast cereals.

Also see [Anti-Inflammatory Foods and Pro-Inflammatory Foods Reduce Heart Attack Risk with Vegetable Oils](#)



### 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

Chris Abele	Brookline	Daniel Lucas	
John Ahearn		John Maisano	
Michael Amster	Concord	Ryan Martin	Mansfield
Sharon Arkoff	Sudbury	Sarah Maxwell	Cambridge
Jack Basile		C. Camille McGregor	Cambridge
Ted Basile	Franklin	Scott McNey	Jamaica Plain
Jack Beggs		William Menezes	Revere
Kelly Benard		Kelly Miller	
Jim Boettcher		Sergio Mori	Brookline
Trey Byrum	Weymouth	Christine Murphy	
Paul Caccamo	Boston	Michael Pare	Brockton
Jonathan Cash		Jennifer Parkos	
Rosemarie Cepeda		Craig Peterson	Barre
Sonia Connaughton	Bedford	Paul Piselli	Dedham
Carolyn Coppersmith	Wellesley	Eric Puterbaugh	
Romona Crescitelli	Hopkinton	Anna Robert	Charlton
Sam Cuddeback III	Wellfleet	Tom Robert	Charlton
John DeBartolo	Hingham	Ailton Rodrigues	Medford
Mark Dolphin		Paula Ross	
Marty Doscher	Wellesley Hills	Dan Russell	
Neide DosReis	Whitinsville	Anthony Salerno	
Gail Ferreira	Westford	Klaus Schleicher	
Edward Jr Fish Jr.	Quincy	Jodi Silver	Quincy
Joanna Frechette		Robert Stefanik	Littleton
Dana Fuller	Somerville	Meg Storey	Wellfleet
Fred Furnari	Andover	Jonathon Swersey	Auburndale
Gerard Girling		Jeff Taggart	Boston
David Goodman	Lincoln	Maureen Thompson	Marshfield Hills
Johanna Goodman	Lincoln		
Gordon Hart	Shrewsbury	Andy Tomolonis	
Drew Hyman	Jamaica Plain	Valerie Tomolonis	Bellingham
		Don Vescio	
Svetlana Javakhyan-Fuller	Somerville	Gustavo Vicentini	Needham
Josh Kernan	Boston	Alexander Zaitsev	Chestnut Hill
Vince Kourdov	Arlington		
Mark Larkin	Arlington		
Mark Leiter	Newton Highlands	Ruth Zearfoss	

# August Mileage



Name	Miles	M	C	K	Name	Miles	M	C	K
Chris Roberts	7285	8	6	2	John Zicko	1800	-	-	-
Jeffrey Zaveloff	6790	7	4	3	Douglas Bajgot	1765	2	1	-
Jack Donohue	6442	-	-	2	Arne Buck	1710	2	1	-
Jack Gregory	5452	8	3	2	John Springfield	1669	4	1	-
Richard Taylor	5369	8	8	3	Kiran Chinnayakanahalli	1631	1	-	-
Ken Hablo	5367	7	-	-	Douglas Chin	1624	1	-	-
Steve Robins	5328	-	-	2	Cynthia Snow	1604	-	-	-
Harriet Fell	5294	5	4	4	John Roy	1557	2	-	-
Andy Brand	5178	4	-	1	Gabor Demjen	1470	-	-	-
Bruce Ingle	5002	8	3	-	Bill Hanson	1363	-	-	-
Peter DiMarzio	4741	4	1	3	John Allen	1362	-	-	-
Ed Olhava	4622	1	-	-	Fred Newton	1294	-	-	-
Cynthia Zabin	4566	-	-	-	A J Gemperline	1196	1	-	-
David Cooper	4189	7	1	-	Cynthia Chin	1195	1	-	-
Greg Stathis	4063	6	-	-	Mike Needle	1128	-	-	-
Henry Marcy	3897	3	1	-	Paul Piselli	1102	1	1	-
Doug Cohen	3761	-	-	-	Gardner Gray	1068	1	-	-
Rick Savage	3723	6	1	-	Geoffrey Baum	874	-	-	-
Erik Husby	3456	1	-	-	Nancy Sorenson	587	-	-	-
Carlo Innocenti	3405	5	1	-	Ed Hoffer	581	-	-	-
Joe Repole	3134	8	8	-	Jeff Luxenberg	557	-	-	-
Philip Garrett-Engel	3115	2	1	-	Pete Knox	538	-	-	-
David Wean	3015	1	-	-	Ryan Martin	463	2	-	-
Joe Hagan	2964	5	-	-	Robert Burkhardt	420	-	-	-
Mark Druy	2806	5	3	-	Bill Widnall	290	-	-	-
Bruce Larson	2765	3	-	-	Mike Hanauer	144	-	-	-
Joel Bauman	2667	4	-	-					
Clyde Kessel	2547	4	1	-					
Butch Pemstein	2501	1	-	-					
Lisa Weissmann	2463	-	-	-					
Dom Jorge	2460	-	-	-					
Walter Frank	2435	-	-	-					
Joseph Tavilla	2362	-	-	-					
Irving Kurki	2291	-	-	-					
Rudge McKenney	2132	1	-	-					
Eric Sansone	2016	1	-	1					
John O'Dowd	1926	3	1	-					
Roy Westerberg	1916	-	-	-					
Frank Aronson	1895	5	1	-					
Wing Chow	1806	-	2	-					

## 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	339-234-0404
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	339-234-0404
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	781-308-1604

### 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 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

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

