



# WheelPeople

Newsletter of the Charles River Wheelers

## January Highlights

Board Meeting Minutes.....	2	2019 Bicycle Mileage Chart .....	5
Grants Committee .....	2	Dr. Mirkin .....	6
Women's Tire Repair Workshop .	2	Safety Corner.....	7
New Members.....	2	November Mileage.....	8
January Rides .....	3	Club Officers & Coordinators.....	9
Recurring Rides.....	4	Bike Shops .....	10

On the roads of New England since 1966

Volume XLIII, Number 1 • January 2019

### Mark Your Calendar – Member Annual Meeting and Ride Program Kickoff

Please mark your calendar for a CRW Member Annual Meeting and our Ride Program Kickoff on Saturday, March 23, 2019 at St. Michaels Church in Bedford. Festivities will start with our Ride Program Kickoff at 1:30.

For existing ride leaders, this is a great way to connect with friends, put some rides on the club calendar and learn about the ride programs CRW will be running in 2019. If you've never led a ride and would like to know more, you are encouraged to attend!

Refreshments will be served after the Kickoff, and we'll then move into our Member Annual Meeting. This will give all a chance to meet our new Board members and learn more about what's happening with CRW.

More details for both of these events will be following.

### Winter Ride Series

Best you think winter is the time to hang up your bike for the season, there are actually some great rides available to you. CRW leader Mike Togo is again running his Hanson Sunday Winter Ride every week, starting at 10:00 a.m. in Hanson, MA. You're sure to make new friends, enjoy some unfamiliar roads and get outside for a bit of exercise. Consummate winter ride leader Eric Ferioli is leading rides most Sundays over the winter, so be sure to check the ride calendar for his and other leader's rides postings.

In addition, CRW is teaming up with Ride Headquarters in Sherborn, MA for their Saturday Sunshine Express ride starting at 11:00 a.m. when it's sure to have warmed up. You'll ride 36 miles with other enthusiastic cyclists and enjoy the amenities of Ride Headquarters when you're done.

We've begun to partner with local bike shops to bring more winter riding opportunities to the attention of CRW members. If your favorite bike shop

would like to participate and have us publicize their winter rides, they can contact VP of Rides, Mary Kernan, at [mary.kernan@gmail.com](mailto:mary.kernan@gmail.com) for more information.

Plus, be sure to check the ride calendar for other rides posted this winter.

### Winter Workshop – Winter Riding 101

Not sure what to do with yourself this winter? Is it time you finally tried to ride in January? Then join us on Sunday, January 6th from 3:00 – 5:00 at Ride Headquarters in Sherborn for our Winter Riding 101 workshop where you'll learn everything you need to know to get out in the snow. This event is free, refreshments will be served and registration is required. [Click here](#) for more information and to register.

### Year End Mileage Reporting for



The "Hangin' In" list includes members who have reported their mileage for at least five years. To be included in the list, you must submit your December year end mileage. It doesn't matter if you didn't ride in December, we can only know that the mileage in the database is your total for the year if you enter it for December. Just go to the online mileage page as usual and enter your miles for the month or zero if you didn't ride, or just enter your total for the year. The statistics will be compiled from the current data on January 5, so you would need to enter your mileage before that.

If you've hung up your cleats and don't plan to ride any more this year, you can enter your cumulative miles for the year or zero for December now.

# Board Meeting Minutes

November 14, 2018

Minutes prepared by John S. Allen

## Attendance

President Sandy Gray, Board members John Allen, Steve Carlson, Linda Nelson, Larry Kernan, Mary Kernan, Bob Wolf; incoming board members Dan Gomez, Lisa Najavits, Eli Post, André Wolff; Grants Committee chair Stan Kay.

## President's report, introductions

Sandy introduced himself and indicated that the club is in good shape. There are 3 incoming Board members; there were introductions all around; Sandy, Bob and Erik Sobel will be stepping down.

## Finances

Larry reported that we are ahead of budget, largely due to the increase in membership. We might have an off-site Board meeting about grants: we need proposals before the January meeting. A motion to move \$120K into a CD ladder was approved.

## Century

Larry reported: Cranberry Harvest Century is very popular. We got great feedback. Group rides were a major addition. 61% of riders did the full century; there is a larger percentage of younger riders on centuries.

## Grants

Stan Kay described two proposals vetted by the Grants Committee:

Livable Streets requested \$4K for its Street Talk program. The committee approved that and Massbike's \$2,500 "light brigade" proposal. Sandy moved

to approve both proposals. Bob seconded. Both were unanimously approved.

Stan asked: would the Board feel comfortable delegating authority to approve grants? Board approval does slow the process down.

## Web updates.

We have ended the contract with our IT consultant. Larry has some leads on other consultants to work with the club. Lisa Najavits also provided the name of a possible consultant.

## Holiday party

Linda reported that the party will be at the Knights of Columbus Hall in Lexington, December 8. Everything is in order.

## Social media

We are up to 2800 followers on our Facebook page. Procedures to propagate ride listing changes to Facebook need review.

## Volunteers needed

Larry wants to find a volunteer coordinator; we need a social coordinator, treasurer, etc.

## Bylaws revision

Bylaws need to be updated. Steve wants to be involved. Bob, André and John volunteered to form a committee to review the Bylaws and make a recommendation to the Board.

## Next meeting

Next Board meeting was scheduled for Tuesday, January 8 [but this has been changed to Monday, January 14.]

## CRW GRANTS COMMITTEE

CRW allocates a small portion of its annual budget for financial grants to promote the benefits of cycling. Although it does not intend to limit the purposes and scope of grants, it is principally interested in programs and events that support bicycle usage, advocacy, safety, infrastructure development, and skill development.

A range of cycling-related organizations in New England, including Bikes Not Bombs, CYCLE Kids, LivableStreets Alliance and Bike Newton have been the recipients of CRW's grants in the past. For example, the LivableStreets Alliance of Boston received a for \$4,000 to help promote three of its programs for the Emerald Green bike rides in partnership with the Metropolitan Area Planning Council, the annual 10-in-1 Street Talk to promote cycling and related infrastructure, and its annual Tour de Streets for guided family rides through Boston and Cambridge.

Although there are no established guidelines for the grants amounts, most grants have been in the range of \$1,000 to \$5,000.

If members know of cycling organizations that may be interested in applying for CRW grants, please have them contact Stanley Kay, Chairman of the Grants Committee ([stankaylaw@comcast.net](mailto:stankaylaw@comcast.net)), for further details and an application form.

## Winter Workshop – Women's Only Flat Tire Repair

Ladies, it's time to learn how to repair your own flats. Mark your calendar for Sunday, March 17th from 3:00 – 5:00. It'll be just us ladies with female instructors and the proper refreshments to get you in the mood. You'll leave knowing all you need to know to fix a flat like a pro. Stay tuned for more details and registration information.

## NewMembers

Al Berardi	Wayland
Brian Kersanske	Canton
Patricia Lynch	Charlestown
Stuart Nixdorff	Weston



## Keep On Riding - Impromptu Winter Rides!

Winter Rides will be held on an impromptu basis whenever weather conditions are on the moderate side. These rides will be posted on the CRW website a few days in advance as weekend weather forecasts become more dependable. Between December and March make a point of checking the web site ([www.crw.org](http://www.crw.org)) for winter cycling opportunities.



### Happy New Year Day Ride

Tuesday - January 1

**Times and Routes:** 11:00 AM for approximately 20 miles

**Ride Type:** Cue sheet, GPS

**Description:** This is our famous

annual New Year's Day Ride. What better way is there to clear the mind and body in the crisp, clear air of downtown Boston. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the

New Year off right with friends old and new. See you on the Common!

**Leaders:** Eric Ferioli

**Start:** Boston Common, Park Street and Tremont Street

**Directions:** The Boston Common is accessible from Route 93, Storrow Drive, and the Mass Pike. [Google Map](#) The Green line does not carry bicycles, and bicycles may not be unloaded or loaded from Red Line trains at Park Street Station, but they may be at other nearby stations including Downtown Crossing, a block away. System map is here: <https://mbta.com/schedules/commuter-rail>

**Ride Information:** 19 miles

### Winter Riding 101 Workshop

Sunday - January 6

**Time:** 3:00 - 5:00 p.m.

**Description:** Interested in trying a winter ride? Join us for our Winter Riding 101 clinic on Sunday, January 6th from 3:00 - 5:00 to learn everything you need to know about getting out in the snow. Registration is required. Click [here](#) for more information and to register.

### Willett's Pond Wayfare

Sunday - January 13

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

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

**Description:** Rides head south through the neighboring towns on quiet roads. The short ride goes through Westwood and Dover. The long ride goes by Willett's Pond in Norwood then through Sharon.

**Leaders:** Eric Ferioli

**Start:** Wellesley High School

**Directions:** From Rt. 128, north or south, take Rt. 16 west/ Wellesley exit. Proceed west on Rt. 16 past the intersection with Rt. 9 (at about 1.1 mile), and then past several (2 or 3) traffic lights. After the traffic light at the intersection with Rockland/ Forest St., Rice St. is the next left. Turn left on Rice, and after a

short distance the High School will appear on the left. The High School is about 0.4 mi from the Wellesley Hills commuter rail station: take Washington Street west, turn left onto Forest Street and right onto Paine Street. Schedule is here: <https://mbta.com/schedules/CR-Worcester/timetable>

**Ride Information:** 23 miles, 46 miles

### Bare Natick

Sunday - January 20

**Times and Routes:** 10:30 AM for 29 and 38 miles

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

**Description:** Route goes to the southwest through pretty roads in Dover, Medfield, Millis, and Sherborn.

**Leaders:** Eric Ferioli

**Start:** Natick Common

**Directions:** From Route 128, take Route 9 West approximately 6.5 miles to Route 27 south to the Natick Common. There is a parking lot next to Town Hall. The Common is two short blocks south of the Natick Center commuter rail station on the Framingham-Worcester line. Schedule is here: <https://mbta.com/schedules/CR-Worcester/timetable>

**Ride Information:** 29 miles, 38 miles

January 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.**

## January Rides

### Needham to Dover Sunday - January 27

**Times and Routes:** 10:30 AM  
for 19, 27, and 42 miles

**Ride Type:** Cue sheet, GPS

**Description:** This is a classic CRW ride on scenic rolling roads through Needham, Dover, Sherborn, and Medfield.

**Leaders:** Eric Ferioli

**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:** 41 miles, 28 miles, 19 miles

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

## Recurring Rides

These rides are held every week unless indicated otherwise

### Hanson Sunday Winter Ride

**Times and Routes:** 10am for 25 & 32 miles

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

**Description:** The Hanson Sunday Ride 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. The HSR are full of cranberry bogs, lakes, farms, woods, and the flattest terrain in Massachusetts. Take it easy and “smell the cranberries” or record your fastest ride this season. Ride starts promptly at 10AM every Sunday. Please arrive early! Coffee after will be at DD at intersection of RT14/58 near start location. Snow, ice, rain, or temps under 32° may cancel rides. If in doubt, contact ride leader for cancellation postponement message (by about 7:30 am on Sundays). Also, check the South Shore Mellow Riders on Facebook for updates and cancellations.

**Leaders:** Mike Togo

**Start:** Shaws Plaza Shopping Center-Hanson

**Directions:** From North/

West: Take Route 93 South to Route 3 South. Take exit 13. Turn Right onto Washington Street (Route 53). Right onto Silver St. Right onto Main St. Right onto Rt 139. Next left onto Center Street Left onto Old Cross Street Right onto Brook St. Left onto Cross Street. Right onto Rt 58. Go past Town Hall. Take the left after the next set of lights by the Dunkin Donuts. From South: Take 3 North. Take either Rt 14 or Rt 27 to Route 58. Follow Route 58 to the parking lot. Take the first left after the traffic lights and the Dunkin Donuts. The ride start is about 2 miles from the Hanson commuter rail station: go east on Rte 27 a short distance, then north on Phillips st, east on Holmes St, and north on High St. Train schedule is at <https://mbta.com/schedules/CR-Kingston/timetable>

**Ride Information:** 33 miles, 26 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

### Sunshine Express, Hosted by Ride Headquarters

**Times and Routes:** 11:00 a.m.  
for 36 miles

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

**Description:** CRW has teamed up with Ride Headquarters in Sherborn to host the Sunshine Express, a Saturday morning winter ride along paved roads through quiet neighborhoods. This is the perfect opportunity to try some winter riding with a group of enthusiastic cyclists. All rides will have leaders and groups will go out according to pace, 15-16 mph and 17-18 mph. For more information, weather updates, etc. please go to <http://www.rideheadquarters.com/rides-and-events-calendar/> **The fine print:** If you have never done a ride with Ride Headquarters please click [here](#) to sign their liability waiver. Sorry, the lawyers make us do this.

**Leaders:** Patria Vandermark

**Start:** Ride Headquarters

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

**Ride Information:** 36 miles

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

**2019 Bicycle Mileage Chart** Keeping track of your bicycle mileage is easy with the CRW 2018 Bicycle Mileage Chart (Adobe PDF format) created by Ken Hablow. It is available for download and printing from our website at <https://wpp.crw.org/mileage/BikeLog2019.pdf>.

An electronic mileage spreadsheet in Microsoft Excel format can be found at <http://www.pankin.com/miles.htm>. Compliments of Mark Pankin of the Potomac Pedalers Touring Club.

**2019 MILEAGE CHART**

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL
			1	2	3	4	5		
6	7	8	9	10	11	12			
13	14	15	16	17	18	19			
20	21	22	23	24	25	26			
27	28	29	30	31	1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31	1	2	3	4	5	6			
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30	1	2	3	4			
5	6	7	8	9	10	11			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29	30	31	1			
2	3	4	5	6	7	8			
9	10	11	12	13	14	15			
16	17	18	19	20	21	22			
23	24	25	26	27	28	29			
30									
SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL	

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL
		1	2	3	4	5	6		
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30	31	1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			
1	2	3	4	5	6	7			
8	9	10	11	12	13	14			
15	16	17	18	19	20	21			
22	23	24	25	26	27	28			
29	30	1	2	3	4	5			
6	7	8	9	10	11	12			
13	14	15	16	17	18	19			
20	21	22	23	24	25	26			
27	28	29	30	31	1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
1	2	3	4	5	6	7			
8	9	10	11	12	13	14			
15	16	17	18	19	20	21			
22	23	24	25	26	27	28			
29	30	31							
SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY	CUMUL	

# How Much Alcohol is Safe?

A review of 83 scientific studies covering almost 600,000 current alcohol drinkers in 19 higher-income countries shows that men and women who take in as few as six drinks a week (100 grams of alcohol) are at increased risk for death from strokes, heart failure, heart disease and aortic aneurysms, but not heart attacks (*The Lancet*, April, 2018;391(10129):1513–1523). An editorial in the same issue of *Lancet* bears the headline, “Thresholds for Safer Alcohol Use Might Need Lowering.”

Another recent study showed that taking two drinks a day is associated with decreased memory because of smaller hippocampal brain size that governs memory, and the more a person drinks, the greater the decrease in brain size (*BMJ*, June 6, 2017;357:2353).

Other studies have shown that:

- Alcohol can damage the heart: People who take in just one drink a day are at increased risk for heart disease (*American College of Cardiology*, December

5, 2016) and irregular heartbeats, called atrial fibrillation, that cause clots and strokes (*J Am Heart Assoc*, Sep 14, 2016;5:e004060; *Am Coll Cardiol*, 2016;68(23):2567-2576).

- Alcohol increases cancer risk: Alcohol is an established risk factor for cancers of the head and neck (*Lancet Oncology*, 2007;8(4):292-293), esophagus (*Monographs on the Evaluation of Carcinogenic Risks in Humans*, 2012;100(Pt E):373-472), liver (*Clinics in Liver Disease*, 2012;16(4):839-850), colon (*Annals of Oncology*, 2011;22(9):1958-1972), and breast (*J of the Nat Can Inst*, 2009;101(5):296-305). Drinking just one glass of wine a day raises the risk of cancer of the throat, esophagus, liver, colon, rectum and breast (*Addiction*, Jul 21, 2016). Alcohol has also been associated with cancers of the skin (*Am J Clin Nutr*, Nov 2015;102(5):1158-66) and prostate (*BMC Cancer*, Nov 5, 2016). See Alcohol and Cancer Risk

- Alcohol complicates control of diabetes: By restricting alcohol, diabetics gain better control of their blood sugar levels, HBA1C and insulin (*Diabetes Care*, 2015;38(9):1804-1812 & 2015;35(4):723-732).
- Alcohol increases risk for osteoporosis: Alcohol is associated with increased risk for hip and vertebral fractures (*NIH Osteoporosis and Related Bone Diseases National Resource Center*, April 2016).
- Alcohol is associated with liver damage: Drinking alcohol regularly increases risk for permanent liver damage called cirrhosis (*Journal of Hepatology*, January 26, 2015). Liquor and beer are linked to higher risk for liver damage than wine. The authors of this study warn that older drinkers are more likely to have health conditions affected by alcohol or to take medicines that impair their ability to metabolize alcohol.

## Moderate Drinking Does Not Prevent Heart Attacks

An analysis of 45 studies showed that many studies associating moderate alcohol consumption with reduced heart attacks rates are flawed (*Journal of Studies on Alcohol and Drugs*, May 2017;78(3):394-403). To claim that moderate drinking is associated with heart attack prevention, researchers have tried to show that non-drinkers have more heart attacks than moderate drink-

ers. The problem is that the group of non-drinkers includes a very high number of sick people who had been told to stop drinking (alcoholics, people with liver, heart, lung or kidney disease or diabetes, and so forth). Once the studies had been corrected to remove these people from the group of non-drinkers, these studies no longer showed that the drinkers had fewer heart attacks. Another study, from England, followed 53,000 men and women over 50 for 6-10 years and found that alcohol consumption had no demonstrable health benefit and did not reduce risk of death during the study period (*British Medical Journal*, February 10, 2015).

## My Recommendations

Many people have the mistaken belief that it is safe and even beneficial for women to take up to one drink per day and for men to take up to two drinks per day. Almost 30 percent of North Americans drink more than that. The studies I have listed in this article and many more suggest that no amount of alcohol is beneficial. Whatever decision you make about your own consumption of alcohol, do not base it on bad information promoted by the alcoholic beverage industry.

More at [Alcohol Has No Health Benefits](#) 



## 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)



by John Allen

**From age 7**, I got around on a bicycle in the quiet suburb where I lived as a child. Mostly, that was practical and useful, but I recall an incident with the sound of a car's screeching tires. The mistake which led to that incident was mine.

Having survived childhood and having moved to Boston, I was pleased to discover the paths along the Charles River. They weren't quite like they are now. Example: along Charles River Road between North Beacon Street and Watertown Square, the broken surface of a path slanted toward the river. I was happy to ride that segment, in spite of the risk of falling into the river, because I wasn't comfortable riding on Charles River Road, which had been overbuilt as a four-lane highway.

Since that time, options for bicyclists along Charles River Road have improved. It has been restriped with bike lanes which, for the most part, are serviceable, because there are no parked cars. A newer, much better shared-use path runs next to the road. In its mile length, the path crosses only one driveway.

But most of all, I am different now.

The broken surface of a path slanted toward the river. I was happy to ride that segment...because I wasn't comfortable riding on Charles River Road,

While the narrow, bumpy path near the river is still there, I would ride it only as a challenge or to enjoy the scenery. I might ride the newer path next to the road, if it takes me where I want to go in the riverfront park. But mostly, I ride on the road, using the bike lane when that works, leaving it to stay out of the door zone when necessary. It is faster, and the connections with streets at the

end are more convenient. A survey a few years back showed that more bicyclists were using the roadway of Charles River Road than the path. The bicyclists were mostly adult commuters.

### Wouldn't It Be Nice?

Riding on Charles River Road isn't for children, but wouldn't it be nice if children could ride their bicycles safely everywhere in the Boston area? Advocacy campaigns promote this vision with slogans: "ages 8 to 80" and "bicycling for all ages and abilities."

Clearly, this option doesn't reflect present-day reality, but also, it doesn't reflect the way I see that we are heading. Both an infrastructure issue and a behavior issue stand in the way of that. Paths in rail and riverfront corridors – like the ones along the Charles River – can

have few enough intersections to be reasonably safe for children. Bikeways on streets with frequent driveway and intersection crossings, not. As to behavior, I have seen a general improvement in motorist courtesy toward bicyclists over the years, but a major cultural change is still to be wished for. Even in Amsterdam, though, small children ride as passengers rather than on their own bicycles.

Reality: the actual population which is riding, and is capable of riding in reasonable safety, on Boston-area streets is of high-school age and up: people mature

## Child's Play?

*Is bicycling child's play?  
Let me speak from experience.*

enough to earn a driver's license: to understand and apply the rules of the road and to interact competently with other road users. Not that all do that.

An incoming student at one of the many fine colleges and universities in the Boston area will probably ride on the newer path along the river. That can work well outside the peak use time for the park, or with moderated speed and caution when the path is crowded. But beyond that, unfortunately, we can't make bicycling safe for grownups through well-intentioned but flawed attempts to make it safe for children. I see three problems with this approach.

- The expectation that safety must come from outside – through infrastructure and motorists' behavior -- leaves bicyclists in a state of arrested devel-

opment as to how they might create safety for themselves. Promoting cycling for people of all ages and abilities as if that were an attainable goal perpetuates the fantasy that bicycling is, and should be, child's play. The more likely trend is for people to accumulate bad habits as they find bicycling to be less dangerous than expected.

- Attempts to create spaces which make people feel safe ("perceived safety") create a false sense of security. For 25 years now, Cambridge, and for 10 years, Boston, have been installing door-zone bike lanes, with the predictable result, dooring collisions, right hooks, left crosses. Now, with the belated acknowledgement that the lanes aren't safe, the trend is toward placing bike lanes behind a barrier, and these also have a host of problems: crowding, drainage, black ice, forced conflicts at driveways and intersections.
- Separate spaces promote motorist harassment. Call it tribalism, or segregation, or whatever, a bicyclist does not get to explain patiently to the motorist honking the horn, that the separated bikeway has potholes, or black ice, or a crowd riding at 8 miles per hour and you need to get to work on time, and yes, it is legal for me to ride on the roadway and how about just passing me instead of playing vigilante?

### Not Rocket Science, but...

I'm all for infrastructure which avoids the problems, but that is a topic for another article. Let me return to the central issue of what needs to work for grownups.

*It has to include education.*

[Safety Corner - Continued on page 7](#)

Safety Corner - Continued from page 7

And I'm stressing this point now because just recently, on November 9, a right-hook collision with a large truck killed Meng Jin, a BU graduate student recently arrived from China. Over the past few years, Chris Weigl, also a BU graduate student; Kanako Miura, a young MIT research scholar with a list of professional publications as long as your arm; Anita Kurmann, a distinguished MD medical researcher, also died in right-hook collisions. All of them were riding legally. But all of them were riding at the right side of large trucks.

The loss of these highly-educated and productive people is not only to their families and friends. It is the loss of their talent, and their education, to their colleagues and to society at large.

Unfortunately, they did not understand that riding legally is not enough to be safe on a bicycle in Boston. It is necessary to ride to be visible, to recognize hazards as they develop, and to apply defensive driving practices. That will continue to be so, even following a transition to autonomous vehicles. These won't have x-ray vision either.

*Mea culpa*, me too: in 1971, my first year in the Boston area, I struck a pedestrian who walked out from my left where she had been hidden by the third or fourth car waiting in line at a traffic light. What you can't see can hurt you. I was passing cars on the right and going too fast to avoid the collision. From this crash, I learned the hard way not to expect naively that other people would

follow the rules. The pedestrian had it worse, with a broken bone. I was riding legally and she was crossing illegally but the point above all is to avoid crashes.

I picked up the first book to teach defensive driving for bicyclists – John Forester's *Effective Cycling* – in 1977 and for forty years now, and it isn't all dumb luck, I have not had a collision with a motor vehicle. There are other resources, now, more refined and easier to digest, including video and online coursework. Forester's book is still in print, in its 7th edition.

Yes, I'd like to think that children could ride anywhere on a bicycle in reasonable safety. On the other hand, learning to be safe on a bicycle isn't child's play, but it isn't rocket science. The basics are a matter of a few hours. People need to understand that they have to look out for themselves and not assume that everything will be made right for them. After bicyclists have learned the basics, the many hours which they spend in the saddle offer ample opportunities to think things through and improve.

I'm waiting for a Boston-area college or university to take up the challenge and get beyond treating its bright incoming students, and personnel, as children when it comes to bicycling. The fatalities to date should have been enough to drive the lesson home.

Enough. ☺

Learning to be safe on a bicycle isn't child's play, but it isn't rocket science.

# November Mileage

219718

Name	Miles	M	C	K	Name	Miles	M	C	K
Chris Roberts	10116	11	7	3	John Springfield	2286	6	1	-
Jeffrey Zaveloff	9365	10	6	4	Cynthia Snow	2214	-	-	-
Jack Donohue	9364	-	-	4	Douglas Chin	2153	2	-	-
Cory Maxemino	8534	9	1	5	Eric Sansone	2103	1	-	1
Richard Taylor	8157	11	11	5	Arne Buck	2100	3	1	-
Peter DiMarzio	8044	8	1	5	John Allen	1958	2	-	-
Bruce Ingle	7510	11	4	-	Bill Hanson	1908	-	-	-
Steve Robins	7227	-	-	2	Daniel Ostertag	1706	2	1	-
Andy Brand	7007	6	-	1	Gabor Demjen	1670	-	-	-
Cynthia Zabin	6536	-	-	-	Gary Smiley	1636	-	-	-
Ed Olhava	6390	1	1	-	Fred Newton	1539	-	-	-
Harriet Fell	6335	6	5	4	Cynthia Chin	1515	2	-	-
Bob Cohen	6120	2	2	1	Geoffrey Baum	1497	1	1	-
Greg Stathis	5648	9	-	-	A J Gemperline	1277	1	-	-
Doug Cohen	5358	-	-	-	Ed Hoffer	1045	-	-	-
David Cooper	5185	8	1	-	Nancy Sorenson	1003	1	-	-
Henry Marcy	5018	3	1	-	Pete Knox	867	-	-	-
Larry Delaney	4924	7	5	-	Jeff Luxenberg	602	-	-	-
Erik Husby	4899	1	-	-	Bill Widnall	419	-	-	-
Carlo Innocenti	4649	8	3	-	Mike Hanauer	224	-	-	-
David Wean	4455	2	-	-	John Loring	215	-	-	-
Philip Garrett-Engle	4230	2	1	-	John Kane	2	-	-	-
Joe Repole	4126	11	11	-					
Joe Hagan	3983	7	-	-					
Mark Druy	3820	5	4	-					
Butch Pemstein	3568	2	-	-					
Bruce Larson	3482	6	1	-					
Lisa Weissmann	3381	1	1	-					
Joel Bauman	3187	5	-	-					
Joseph Tavilla	3178	-	-	-					
Irving Kurki	3044	-	-	-					
Wing Chow	2779	1	2	-					
Rudge McKenney	2763	2	-	-					
Roy Westerberg	2740	-	-	-					
Douglas Bajgot	2357	2	2	-					
Jean Orser	2300	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 printed 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	617-965-5156
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
Bike Thursday	Susan Grieb	781-879-9523
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 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
Facebook	Gardner (Sandy) Gray	978-663-7460

These fine bike shops offer discounts to CRW members

- Ace Wheelworks**  
145 Elm St, Somerville..... 617-776-2100
- Adi's Bike World**  
1754 Centre St, West Roxbury..... 617-325-2453
- Apex 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
- City Cycle**  
286 Main St, Stoneham ..... 781-438-0358
- 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 Trnkp (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  
20 Jolma Road, Worcester..... (508) 713-9695
- Marblehead Cycle**  
25 Bessom St, Marblehead..... 781-631-1570
- Papa Wheelies Bicycle Shop**  
653 Islington St, Portsmouth..... 603-427-2060

- Quad Cycles**  
1043 Massachusetts Ave, Arlington..... 781-648-5222
- Ride Studio Cafe**  
1720 Massachusetts Ave, Lexington ..... 339-970-0187
- Sirois Bicycle Shop**  
893 Landry Ave, North Attleborough ..... 508-695-6303
- Travis Cycles**  
1 Oak St, Taunton ..... 508-822-0396  
722 N. Main St, Brockton ..... 508-586-6394
- Urban AdvenTours**  
103 Atlantic Ave, Boston ..... 617-670-0637



**These are just some of the club rides you could have ridden in 2018**

<ul style="list-style-type: none"> <li>3 Lakes &amp; London Bridge</li> <li>Annual Al Bolea Memorial Ride</li> <li>Apple Dumpling Ride a.k.a. Not Apple Pi</li> <li>Apple Pi Ride</li> <li>Back Bay Derby</li> <li>Bagels and a Witch</li> <li>Bare Natick</li> <li>Basic Skills Workshop - Natick</li> <li>Basic Skills Workshop - Newton Highlands</li> <li>Beerhall Social: Southeast from Jack's Abby Beerhall</li> <li>Beat the Train: Boston - Portland</li> <li>Berlin Hills</li> <li>Bike Thursday Ride</li> <li>Billerica Bound</li> <li>Bolton to Princeton</li> <li>Bridges of the Sudbury River</li> <li>Brookline and Boston City Ride</li> <li>Cape in a Day</li> <li>Climbing Le Mont</li> <li>Cranberry Harvest Century</li> <li>The East European Ride</li> <li>Erikson's Ice Cream Ride</li> <li>Goat Farm ride</li> <li>Hills are your Friends</li> </ul>	<ul style="list-style-type: none"> <li>Happy New Year Day Ride</li> <li>Hanson Sunday Winter Ride</li> <li>CRW Holiday Party Ride</li> <li>Intro to CRW: Needham, Dover and Beyond</li> <li>Introduction to CRW</li> <li>Kittery to Kennebunkport</li> <li>Lexington Revolutions</li> <li>Linda's Birthday Ride</li> <li>Lisa Simpson Ride</li> <li>Mainly Fun (Thursday)</li> <li>Miles for Myles</li> <li>Minuteman Commuter</li> <li>Bikeway 25th Anniversary Celebration</li> <li>Moose Hill Mania</li> <li>Nashoba Bakery Ride</li> <li>Nashoba Valley Pedalers' Apple Country Century 2018</li> <li>Natick Surprise</li> <li>Needham, Dover and Beyond</li> <li>Needham to Dover</li> <li>Newton-Dover</li> <li>Newburyport to Exeter</li> <li>Northern Lighthouse Tour</li> <li>Onyx and Diamonds</li> </ul>	<ul style="list-style-type: none"> <li>Post Thanksgiving Ride</li> <li>Return of the Killer Hill Ride</li> <li>Revisit the Charles: Where bicyclists played in 1895</li> <li>A River Runs Through It</li> <li>Some Newer Views</li> <li>Something in Common</li> <li>South Royalton, Vermont</li> <li>South Shore Coastal Loop</li> <li>South Shore Coastal Ride</li> <li>Spring Century</li> <li>Sunday South Shore Coastal Loop</li> <li>Sunshine Express, Hosted by Ride Headquarters</li> <li>TGIF Unwinder</li> <li>Thirty-Third Annual Gryzboska Circle Ride (SWCCW) Revisited</li> <li>Thirty-Fourth Annual Gryzboska Circle Ride (SWCCW)</li> <li>Through the Parks</li> <li>Thursday 10-15 Rides</li> <li>Thursday Night Fitness Ride and Paceline Clinic</li> <li>Thursday Night Fun Ride</li> </ul>	<ul style="list-style-type: none"> <li>Ups and Downs</li> <li>Wachusett Brewery Ride and Tour</li> <li>Waltham Artists' Ride</li> <li>Wednesday Ice Cream Ride</li> <li>Wednesday Wheelers</li> <li>West Podunk Revamp</li> <li>Weston Loop</li> <li>Whatcha talking 'bout, Willis?</li> <li>Whitehall Reservoir Ride</li> <li>Willett's Pond Wayfare</li> </ul>
--	---	--	--

**Don't miss out in 2019! JOIN NOW!**

  