



# WheelPeople

Newsletter of the Charles River Wheelers

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On the roads of New England since 1966

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### A Message from Your New President Larry Kernan



I am honored to have been elected by the CRW Board to serve as your President for the next year. Many of you know me already, having seen me on a CRW ride

or at one of the Century events that I have been organizing over the last few years. I have also had the opportunity to be the CRW treasurer.

We have an excellent Board and Club Officers and I look forward to working with them. Steve Carlson was elected to be the Executive Vice President and he stands ready to back me up as need be. Steve has also agreed to be the Club's Century Coordinator replacing me. André Wolff and I will continue to be part of the Century Committee.

President's Message - *Continued on page 2*



## Hanging-In Honor Roll for 2018

This list honors those cyclists who have reported their outdoor road or trail mileage to the CRW member mileage database each month for at least five years. The other rule is that you must submit your year end mileage in December. For more information on the rules see:

<http://wpp.crw.org/mileage/MileageInfo.htm>

Melinda passed the half million mile mark this year! Congratulations, Melinda. Injuries have sidelined some of our heavy hitters this year, but I expect they will be back in force for 2019. We had one new member on the list this year, Dom Jorge. Welcome Dom! Joe Repole was the only surviving member of the century of the month club, but this year Rich Taylor has joined this august group.

Name	Yrs	Average	Total
Melinda Lyon	34	15102	513468
Jack Donohue	37	10170	376279
Pamela Blalock	25	10634	265844
Mike Kerrigan	25	8574	214345
Bruce Ingle	24	8372	200919
Dave Jordan	29	6672	193481
Paul Corriveau	27	6357	171632
Ken Hablow	28	6039	169099
Joe Repole	33	4881	161079
Irving Kurki	24	6209	149008
Pete Knox	27	5004	135104
Peter Brooks	27	4797	129513
Steve Robins	16	7691	123060
David Wean	22	5290	116389
Jean Orser	24	4739	113739
Richard Taylor	15	7141	107112
Doug Cohen	24	4438	106515
Marc Baskin	19	5258	99897
Ed Hoffer	29	3350	97154
Butch Pemstein	17	5138	87349
Mike Hanauer	37	2354	87080
Cynthia Zabin	19	4254	80821
John Allen	31	2390	74095
Bob Cohen	10	7394	73940
John Springfield	39	1865	72745
Gabor Demjen	22	3198	70361
Bob Wolf	10	6676	66759

Hanging-In Honor Roll - *Continued on page 9*

We are bringing back the Member Meeting which at one time was a regular feature of the Club. See [page 5](#) to find information about the Member Party and Meeting. It would be great to see you there and have a chance to speak.

CRW is a volunteer organization and we rely totally on those of you who generously contribute your time. At the moment, we are looking for 3 important candidates:

- VP of Volunteers – This important new position will act as a Human Resources person for the club. The VP of Volunteers is part of the Executive Committee and will assist the Club with volunteer policy, recruiting and communication with our volunteers. Because this is a new position, the time commitment is to be determined.
- VP of Communications – This candidate is also part of the Executive Committee and will work with the Board on communications with members. This person will be responsible for all aspects of our communications including mailings, WheelPeople and other newsletters and social media. Time commitment is to be determined.
- Treasurer – I am currently serving as CRW's treasurer but I don't think it's a good idea for the same person to be both President and Treasurer. The Treasurer is also on the Executive Committee and is responsible for budgeting, preparing financial statements, advising on financial policies, and making payments to vendors and members. A finance, management or

CRW's 2018 Holiday Party was held on December 8th and party organizer Linda Nelson put on a great event. A sell-out crowd of 125 enjoyed a delicious banquet with many choices of appetizers, entrees, sides and desserts. Many thanks also to Barry Nelson, Terry Snyder, Glenn Pransky and Mary Kernan who helped with the event!

During the Holiday Party, we had the opportunity to announce two Volunteer Awards for the year and I was pleased to present the awards. The first Volunteer Award was for Outstanding Service to Charles River Wheelers and I wasn't surprised that the vote was unanimous in awarding it to Harriet Fell. I and others can't say enough good things about Harriet and I pared down my thoughts to these few remarks:

*For as long as I've been involved with CRW centuries and well before that, I'm told that Harriet has been a model of the true volunteer. Whatever we need, Harriet raises her hand and smiles. I've seen her checking in riders, buying our fruit, running*

bookkeeping background would be a plus and knowledge of QuickBooks would be helpful. Time commitment is approximately 4 hours per month. If you are interested in discussing any

# CRW's Holiday Bash Was a Great Success!

by Larry Kernan

rest stops and laying down arrows.

*It is long overdue that we recognize Harriet for all that she has done year after year. I thank you and our members thank you. We recognize you with this plaque.*



**Harriet Fell receiving 2018 Volunteer Award for Outstanding Service to CRW**

Our second Volunteer Award went to Gardner (Sandy) Gray Jr who has graciously served as our club president for the past two years. Here are my remarks during the presentation:

*Sandy, the members of the Board and the CRW membership recog-*

*nize you for your last two years of service as President. Over the last two years we have witnessed a vibrant ride program, great centuries, membership growth, financial stability and a new name for our organization, Charles River Wheelers.*

*Thank you for your hard work. We present this gavel as a token of our appreciation.*



**Gardner (Sandy) Gray Jr. received a Volunteer Award for 2 years of service as President of CRW**

Many thanks to all who attended.

sharing my thoughts with you in future issues. 🌀

# 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.

## Women-Only Flat Tire Repair Workshop - New Session Added

Our Women-Only Flat Tire Repair Workshop sold out in 3 days! With that much interest, we've added another session on Sunday, March 24 at Ride Headquarters in Sherborn. Doors will open at 2:30 for refreshments and the program will run from 3:00 - 5:00.

We expect this workshop to fill quickly so please sign up now. Registration is required and space is limited. The cost is \$15 and the event is open to all. You'll go home with a goodie bag including a tire iron and a spare tube. Click here:

<https://www.crw.org/content/women-only-flat-tire-repair-workshop-1> for more information and to register.



## 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.

### Natick Surprise Sunday - February 3

**Times and Routes:** 10:30 AM for 24, and 36 miles

**Ride Type:** Cue sheet, GPS

**Description:** These routes are on Natick streets usually not encountered on club rides. The medium ride heads south to Sherborn and Dover

**Leaders:** Eric Ferioli

**Start:** Memorial Elementary School

**Directions:** From Rt 128 take Exit 21 Rt 16 West. Travel 5.5 miles on Rt. 16. The School is in South Natick (0.5 miles past the S. Natick traffic light) on your right.

**Ride Information:** 35 miles, 24 miles

### Willett's Pond Wayfare

**Sunday - February 10**

**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 - February 17

**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 approximate-

ly 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

### Needham to Dover Sunday - February 24

**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.

## Other Rides

### Looking Forward to an Endurance Ride

So, you've got your bike and you've been enjoying CRW club rides and happily spinning out 30 or 40 miles on a Saturday afternoon. But, how far can you really go? You've seen the club promos for century rides and heard about the great time people have doing weekend charity rides. More impressive are those week-long bike vacations to all sorts of cool places. Then, there's the ultimate – the multi-week tour and maybe even a brevet. Yeah, what the heck is a brevet?

If 2019 is the year you've decided to try your first long ride, then this workshop is here to help you figure out everything you need to know to be smiling when you finish and better yet, anxious for the next one. We'll give you general guidelines on a training schedule and some specific resources you can use to figure out the right plan for your level of fitness. What we'll really focus on are the little things to make your ride so much more enjoyable and fun. What do you need to think about on the

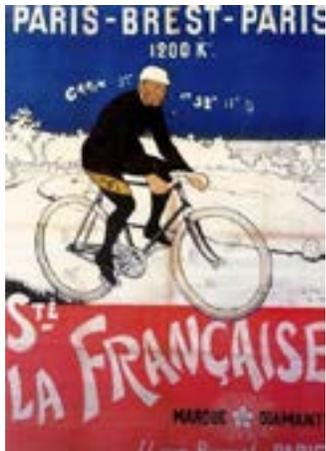
Endurance Ride - *Cont. on pg. 5*

## Endurance Ride - Continued from page 1

few days before the ride? Should you do any special maintenance on your bike? How much to eat and drink on the day of the event? What should you wear and carry with you? How do you deal with inclement weather? Are frequent stops the right way to go? Is it ok to stop and take pictures? Is this a race? Should you try to grab on to a paceline?

The devil is in the details. Join CRW

## Paris-Brest-Paris and CRW



CRW will host a social event, a presentation by CRW members who have ridden this bicycling classic.

**WHEN:** Wednesday, February 27, 7 PM

**WHERE:** Lexington Depot in Lexington Center

Socializing from 7 PM; Light Refreshments will be served. Presentations followed by Q&A from 7:30 to 9 PM.

The iconic 750 mile Paris-Brest-Paris (PBP) ride runs from Paris westward to

and Ride Headquarters on February 10th and we'll break down and demystify what you need to know for any endurance ride. This event is free and registration is required. Doors will open at 2:30 for refreshments and the program will run from 3:00 – 5:00. This event is free and open to all. Click here:

<https://www.crw.org/civicrm/event/register?id=15&reset=1> to register. 🗄

the Atlantic and back. CRW members will illustrate and describe their PBP experiences.

PBP is the world's oldest organized bicycling event, first run in 1891. It is above all a test of endurance, not open to professional racers. Riders are allowed 90 hours to finish and may eat and sleep at control points along the route.

Expect an entertaining evening as our hometown heroes tell their stories. Did you know that CRW member Harriet Fell was among the first group of Americans to complete Paris-Brest-Paris? Melinda Lyon was the first female finisher in a PBP -- twice? Two CRW members completed it on fixed gear and two others on a tandem? Some of these exploits have been reported in Wheelpeople November 2003 through February, 2004, online on the CRW Web site.

But also, PBP will run again in 2019. Might you be interested in PBP? Here's your chance to find out more.

This event is free and open to all. Registration is required. Register here: <https://www.crw.org/pbp-presentation-form> 🗄

## 2019 Member Party and Meeting

CRW members are a vocal bunch and it's been a while since we've given you a chance to dress in something other than Spandex and get together to not only hear about what's happening in the club but also \*gasp\* let you tell us and others what you think about what the club is doing, isn't doing and can do better. We'll share with you all the details about the club's goals for 2019 as well as the state of our finances. This only gets better because we're going to feed you too and it's all free!

Our member meeting will be on Saturday, March 23rd and refreshments will be available starting at 2:30. This will give you a chance to get in a ride in the morning and we all know that

March can be the cruelest of months when you're really wanting to shake off some winter dust. The meeting will start at 3:30 and you'll meet the CRW Board members and officers (no there won't be a dunking booth – we're all volunteers and doing our best), including three new members, and we'll share our goals and finances before opening up the floor for questions.

For ride leaders, the party will start at 1:00 for the annual Ride Leader Kickoff, which will precede the annual meeting. All current ride leaders and anyone curious about becoming one are invited to attend. This event will be held at St. Michael's Church, 90 Concord Street, Bedford, MA.

### Member Party and Meeting

We invite all CRW members to attend a party and member meeting on Saturday, March 23rd. A chance to mingle and enjoy refreshments begins at 2:30 PM. We will serve pizza, salad, beer, wine and cookies.

At 3:30, we will have a brief presentation by the Board which will include:

- Introduction of Board members and officers
- CRW's 2019 goals
- CRW financials

At that point, we will open the floor for some dialogue. We look forward to your questions.

If you plan to attend, please register online at [LINK](#). You must sign in to your CRW account to register.

Immediately preceding the Member Party and Meeting, we will be hosting the 2019 Ride Leader Kickoff at 1 PM. All members are welcome to attend if they are interested. This event will be held at St. Michael's Church, 90 Concord Street, Bedford, MA.

## Excess Sugar Favors Growth of Harmful Gut Bacteria

**D**ietary sugar is supposed to be absorbed in the upper intestinal tract, but new research from Yale suggests that taking in excessive amounts of sugar can cause some of the sugar to pass through the intestines unabsorbed. This sugar arrives in your colon where it can harm you by keeping healthful bacteria from growing in your colon and encouraging the overgrowth of harmful bacteria (*PNAS*, Dec 17, 2018). Specifically, unabsorbed sugar in your colon can prevent the good bacteria from producing a key protein called “Roc” (regulator of colonization), which is required for growth of the healthful species *Bacteroides thetaiotaomicron* (*B. theta*) in your colon. This research was done in mice, but it should also apply to humans.

### How Too Much Sugar Harms You

We have known for many years that eating too much sugar can harm you by causing high rises in blood sugar, which can damage cells throughout your body and can also lead to diabetes. The new theory proposed by this study is that some excess sugar also passes unab-

sorbed all the way to your colon where it can harm you by changing the bacteria that live in your colon.

### The Differences between Healthful and Harmful Colon Bacteria

More than 100 trillion bacteria live in your colon and these bacteria help to govern your immune system. The healthful bacteria are happy eating the food that reaches them in your colon, while the harmful bacteria are not happy with the food that you eat and instead try to invade the cells lining your colon. Your immune system tries to defend you by producing huge amounts of white blood cells and chemicals that work to destroy the invading bacteria by punching holes in their outer membranes and trying to kill and eat them. This constant invasion of your colon cells by harmful bacteria can cause your immune system to stay overactive all the time, which is called [inflammation](#).

### Findings of This New Study

The good and bad bacteria compete for space in your colon. Healthful bacteria called *B. theta* produce a chemical called Roc that enhances their growth.

Normally the sugars glucose and fructose do not reach your colon, but eating and drinking excess sources of sugar can cause these sugars to overload your intestines so that they are not all absorbed and reach your colon where they prevent the *B. theta* from producing Roc. Without Roc, the *B. theta* do not thrive and multiply, which allows harmful bacteria to replace them in your colon. The researchers at Yale demonstrated this by engineering a strain of *B. theta* in which sugar did not suppress Roc, and showed that these engineered bacteria were able to thrive in the colons of mice fed a high-sugar diet. If these results can be duplicated in humans, they will show how eating large amounts of sugar can affect the numbers of good and bad bacteria that grow in your colon.

### My Recommendations

I will watch for more research on the effects of excess sugar on colon bacteria, but meanwhile, this study gives one more important reason to limit or avoid foods with added sugars and drinks with sugars in them, including fruit juices. Anything that hinders the growth of healthful bacteria and fosters the growth of harmful bacteria can increase your risk for obesity, heart attacks, strokes and some types of cancers. For a more complete discussion on how harmful gut bacteria can cause disease and shorten lives, see [What You Eat, Not Your Genes, Determines Your Microbiome](#)

## Unexpected Perils of Age

by Eli Post

I turned 80 last year and am still riding albeit doing shorter rides at a slower pace. I was prepared for this development after riding many years with older buddies, some of whom either fell to the back of the pack or disappeared from riding altogether. However, age produced other impediments to riding, ones I was not prepared for. Regrettably, there isn't a reference manual that lets you know in advance what is in store as you age. Let me give some examples.

I used to ride all winter, even in bitter cold. I had all the right clothing and found winter riding an adventure. However in the last few years my tolerance to cold diminished sharply. While increased sensitivity to cold could be a medical problem, there are also age related reasons including a decrease in circulation as the walls of the blood vessels lost their elasticity. Fortunately I learned from friends that this was a common development, and I did not fret but looked for warmer days to venture out and ride.

Then came the crunched toes. My right toenail was a mess and eventually fell off. I saw a doctor and was patched up. No big deal. However a short time later I realized toes on both feet were bruised. I purchased a size larger shoe as a temporary solution until I could decide next medical steps. By chance however I mentioned the problem to a friend who had the very same experience and had to replace her entire shoe

Perils of Age - [Continued on page 7](#)



### 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)

inventory, an expensive undertaking. I learned that with age feet change in shape. They flatten out and elongate. In fact, many people over the age of 40 can gain half a shoe size every 10 years. Feet flatten out because the supporting tendons and ligaments lose their elasticity. As the tendon along the length of the sole elongates, the arch lowers and your feet need more room.

I wonder what comes next!

**NewMembers**

Alicia Bowman	Newton Center
Linda Brocato	Wyoming, RI
Rick Brocato	Wyoming, RI
Lee Coddens	Peabody
Hugh Folsom	Chelmsford
Laura Petsching	Oxford
Dan Wong	Meriden, CT



by John Allen

## Stopping Distance

Quora is an online service where people can ask questions for other people to answer. I recently answered the question:

“Do people realize that bicycles take longer to stop than a car?”

The question reads like wagging the finger of blame at cyclists. “Do people realize...?” assumes that its premise is true without saying that outright.

The true answer depends on the bicyclist, and on the bicycle. And you might actually not want to have to stop quickly.

It is true that a bicycle with the conventional riding position can't decelerate as hard as a car. Stopping is limited by the potential to pitch forward due to the bicycle's high center of mass. But with typically lower bicycle speeds, the stopping distance is short. At half the speed, perception/reaction distance is half as long — and braking distance, only a quarter as long — braking distance being proportional to the square of speed.

For a bicycle with dual handbrakes in good condition and an expert rider, on a good, dry paved surface, maximum deceleration is about 0.5g. It is achieved mostly with the front brake. For a car with ABS, maximum deceleration is about 0.8g. (One g is the force of gravity.) So, at any speed, the bicycle has about 1.6 times the braking distance.

That translates, though, only to the bicycle's going 80% as fast as a car for the same braking distance, say 24 mph instead of 30.

(I might also ask: “do you know that motorists speed, and speed kills?” But I'll hold it there.)

Even a novice cyclist – or a cyclist with only a rear brake – who can achieve only 0.3g, has the same braking distance at 16 mph as a car has at 30.

A cyclist with hands over the brake levers can have a shorter reaction time than a motorist who has to switch a foot from the accelerator pedal to the brake pedal. The bicyclist also has no hood out in front, effectively reducing braking distance when a look to the side is needed for cross traffic.

In over 50 years of riding bicycles with dual handbrakes, I have never run into the back of a car. Avoiding this is simply a question of maintaining a reasonable following distance. I'm struggling to remember any time when I couldn't stop as quickly as I'd have liked. Well, actually I recall one incident: my front brake cable snapped just as I was reaching an intersection.

On group rides, it's different. I have overrun a bicyclist ahead of me more than once. Most recently was only last September, when I was arrowing for CRW's Cranberry Century. The cyclist

in front of me slowed abruptly. We touched wheels. I was fortunate not to crash. (I knew to steer toward the wheel I touched.)

Strong anecdotal evidence suggests that riding close behind another cyclist is the largest single cause of crashes on CRW rides. Cyclists who ride in pacelines are always taking a risk, to some degree – though wheel touching doesn't happen only in pacelines.

Though the leading and following cyclists in a paceline may have the same ability to decelerate in theory, perception/reaction time is the villain. Everything I have said about the advantages of expert braking to avoid a dog that runs out, a car that pulls out from a stop sign, a pedestrian who steps off the curb – comes to nothing if you are close behind the cyclist in front of you. Best I can say is – even though the cyclist in front of you can't stop quite as short as a car, keep your distance unless you are willing to take the risk!

More about how to use bicycle brakes effectively: <https://sheldon-brown.com/brakturn.html>

# Winter cycling is fun!

by Judith McMichael

CRW recently partnered with Patria Vandermark of Ride Headquarters and Ride Studio Café for Winter Cycling 101, an introduction to cycling outside in the winter. Here are the basics of what Patria presented along with suggestions from my own experience. This article is specific to road cyclists venturing into the cold when the roads are free of snow and ice.

## Mindset

Riding outside in the winter should be fun, therefore other than maintaining your base fitness, to have fun, keep yourself comfortable and safe and don't go for speed.

## Warmth

People vary in their sensitivity to the cold, so to start, use the recommendations here or from an experienced outdoor cyclist friend, then adjust as you gain experience. Plus, you'll need a backpack or under-saddle bag for holding the extra clothing you'll shed as you warm up from riding or as the outside temps climb during the course of your ride.

**Body and head:** Once the temps drop into the low 50's, pulling on a pair of tights over your bike shorts will add a lot of comfort. Up top, wear a wicking base layer and a long sleeve cycling shirt and a vest or lightweight windbreaker at the start of your ride. When the temps

fall into the 40's, wear fleece-lined bike pants over your cycling shorts. Alternatively, you can wear fleece-lined cycling pants or bibs with an integrated chambray. On top, wear a base layer and a cycling jacket plus a vest or windbreaker to start. And if the temps drop into the low 30s or below, you can pull on a pair of wind pants over your cycling pants and add another layer under your cycling jacket.

For your head, in the 40's and 50's, wearing a headband or buff to keep your ears warm and a fitted helmet cover that blocks the draft is a good start. Once you warm up, removing the helmet cover and headband are very quick adjustments to cool off. In the low 40's and into the 30s, wear a hat that covers your ears and a neck gaiter you can pull over your nose and chin for chilly descents. Alternatively, wear a balaclava or a head/neck tube for full head and neck coverage that you can pull over your chin and nose when necessary. If your helmet is not big enough to accommodate your winter headgear, get a larger helmet to use in winter. Also consider packing an extra dry shirt in your under-saddle bag to change into if all your other layers get wet from sweat.

**Feet:** Optimally, you should use winter cycling boots. But, if you aren't ready to make the investment and want to use your regular cycling shoes, when

the temp falls to the low 50's, then cut a large square of plastic from a grocery store vegetable bag and fit that inside your shoe to cover your toes. This will keep the cold air from coming into the ventilation holes of the shoes. Alternatively, get a pair of regular cycling shoes a size or two larger than your summer shoes so you can wear pair of thicker, warm socks.

When riding in temps below 50 degrees, use shoe covers that cover just the toe area or a bootie that covers your entire shoe and ankle. The covers have openings at the bottom to allow your cleats to connect with the pedals. Consider using waterproof or water-resistant shoe covers because there is often water on the roads from snow melt. When the temps dip below 40 degrees, I stick chemical toe warmers by HotHands on the outside of my summer shoe at the toe area, then put a shoe cover over that. But if your shoes/boots are roomy enough, you can stick the toe warmers to the underside of your sock.

**Hands:** In the 50's, wear full fingered gloves. When the temps dip below the 50's, then wear lined, full fingered gloves. When the temps fall below 40 degrees, then use a lobster claw-style glove. Generally, mittens provide the most warmth, but they will not provide the dexterity you need for braking and shifting. You can also experiment with chemical hand-warmers. Some bike gloves provide a pocket to insert a handwarmer.

For very cold conditions or if your hands are very sensitive to the cold, you can equip your bike with pogies. These strap to your handlebars and add additional insulation for your hands.

Patria uses Bar Mitts brand on both her road bike and off-road bike. Keep some thin latex gloves in your saddle bag to give you some protection if you need to do on-road repairs and need finger dexterity not possible with your heavier riding gloves.

Finally, for fun and for warmth, plan a stop during the ride so you can get inside and enjoy a hot drink and change into your dry shirt, if necessary.

## Safety considerations

Winter light conditions are variable, so use front and rear lights to increase your visibility to drivers. When roads are wet or sandy, keep your weight back over your rear wheel and avoid leaning into turns — this maximizes the surface of your tire that is in contact with the road and minimizes the chance that your bike will slip out from under you.

Many winter cyclists equip their bikes with fenders for the winter. Fenders will make for a cleaner, dryer ride. Alternatively, a large, under-saddle bag will limit some of the rear tire spray from wet roads. Also, if you decide to experiment riding in snow, then Patria suggests that the snow will pack up into the underside of your fender, which will be a cold, wet job to clear on the road. Finally, exposure to the cold will reduce the life of batteries. So, if you are in a group, have one person keep her/his phone in a warm pocket so the batteries will stay charged in case of an emergency and you need to call for help.

CRW's ride program is year-round, so why not come outside in the winter and enjoy riding with like-minded cyclists? 🌟

Name	Yrs	Average	Total
Jeff Luxenberg	38	1749	66480
Bill Hanson	22	2855	62804
John Kane	39	1610	62777
Erik Husby	12	5231	62773
Chris Roberts	6	10212	61274
Joseph Tavilla	15	3932	58975
Carlo Innocenti	11	5337	58704
Frank Aronson	15	3911	58661
Lisa Weissmann	16	3581	57296
Cynthia Snow	19	2998	56962
Bill Widnall	21	2449	51436
Gary Smiley	17	3002	51026
Henry Marcy	15	3392	50880
Joseph Moore	14	3522	49310
David Cooper	8	6058	48462
Clyde Kessel	9	5115	46036
Andy Brand	8	5655	45242
Rudge McKenney	14	2735	38296
Bernie Flynn	6	6054	36321
Darrell Katz	13	2738	35592
Harriet Fell	14	2276	31862
Larry Delaney	6	5019	30112
Neal Schuster	7	4110	28772
Mark Druy	8	3576	28608
Eric Sansone	7	4029	28206
Ed Pastor	6	3718	22310
Dom Jorge	5	4427	22136
Bruce Larson	6	3637	21820
Gardner Gray	6	3507	21043
Joel Bauman	6	3474	20842
Fred Newton	6	3324	19944
Arne Buck	6	3018	18105
John Loring	25	709	17735
A J Gemperline	6	1808	10847

### Hangin'-In Total

**5,438,436**

# December Mileage

**336312**

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	13652	-	-	-	Mark Druy	4178	6	4	-	Gardner Gray	1556	1	-	-
Chris Roberts	11054	12	7	3	Butch Pemstein	3827	2	-	-	Fred Newton	1539	-	-	-
Jack Donohue	10321	-	-	4	Bruce Larson	3713	6	1	-	Cynthia Chin	1526	2	-	-
Jeffrey Zaveloff	10305	11	7	4	Lisa Weissmann	3604	1	1	-	Geoffrey Baum	1497	1	1	-
Pamela Blalock	9660	-	-	-	Joel Bauman	3462	5	-	-	Darrell Katz	1476	-	-	-
Cory Maxemino	9648	10	1	6	Dom Jorge	3444	1	-	-	Peter Brooks	1346	-	-	-
Marc Baskin	8458	9	4	2	Eric Davis	3439	-	1	-	Mike Needle	1339	-	-	-
Richard Taylor	8436	12	12	5	Clyde Kessel	3313	5	2	-	A J Gemperline	1298	1	-	-
Bruce Ingle	8297	12	4	-	Walter Frank	3284	1	1	-	Ed Hoffer	1203	-	-	-
Peter DiMarzio	8245	8	1	5	Joseph Tavilla	3279	-	-	-	Joseph Moore	1184	-	-	-
Steve Robins	7810	-	-	2	Irving Kurki	3231	-	-	-	Ross Mair	1138	3	1	-
Andy Brand	7400	6	-	1	Bob Wolf	3191	2	-	-	Pete Knox	894	-	-	-
Cynthia Zabin	7016	-	-	-	Wing Chow	3076	1	2	-	Jeff Luxenberg	602	-	-	-
Ed Olhava	6746	1	1	-	Rudge McKenney	2850	2	-	-	Robert Burkhardt	503	-	-	-
Ken Hablow	6705	9	-	-	John Zicko	2841	1	1	-	Bill Widnall	419	-	-	-
Harriet Fell	6639	6	5	4	Roy Westerberg	2802	-	-	-	John Loring	273	-	-	-
Mike Kerrigan	6410	-	-	-	John O'Dowd	2734	3	2	-	Mike Hanauer	224	-	-	-
Bob Cohen	6378	2	2	1	Douglas Bajgot	2513	2	2	-	John Kane	2	-	-	-
Greg Stathis	6105	10	-	-	Cynthia Snow	2375	-	-	-					
Doug Cohen	6002	-	-	-	Frank Aronson	2350	6	1	-					
David Cooper	5598	9	1	-	John Springfield	2345	6	1	-					
Erik Husby	5227	1	-	-	Jean Orser	2300	2	-	-					
Larry Delaney	5151	7	5	-	John Roy	2292	3	-	-					
Henry Marcy	5122	3	1	-	Douglas Chin	2191	2	-	-					
Rick Savage	5073	7	1	-	Bill Hanson	2155	-	-	-					
Neal Schuster	5006	4	4	-	Arne Buck	2146	3	1	-					
Carlo Innocenti	4961	8	3	-	Eric Sansone	2103	1	-	1					
David Wean	4679	2	-	-	Ed Pastor	2066	-	-	-					
Philip Garrett-Engel	4578	2	1	-	John Allen	2009	2	-	-					
Dave Jordan	4570	-	-	-	Gabor Demjen	1851	-	-	-					
Joe Repole	4483	12	12	-	Daniel Ostertag	1737	2	1	-					
Paul Corriveau	4363	4	-	-	Gary Smiley	1681	-	-	-					
Bernie Flynn	4230	4	-	-	Paul Piselli	1583	2	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
Daniel Gomez	2020	786-879-0374
Larry Kernan	2020	339-234-0404
Mary Kernan	2019	781-860-0500
Lisa Najavits	2021	617-299-1620
Linda Nelson	2019	617-448-5149
Eli Post	2021	617-306-1838
Andre Wolff	2021	857-320-9274

### OFFICERS

President	Larry Kernan	339-234-0404
Executive Vice President	Steve Carlson	781-290-7818
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	Eli Post	617-306-1838
Grants Coordinator	Stanley Kay	857-234-7730
Holiday Party Coordinator	Linda Nelson	617-448-5149
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
Century Committee	Steve Carlson	781-290-7818
Wednesday Wheelers	Helen Greitzer	508-878-6988
Wednesday Night Ice Cream Ride	Gabor Demjen	781-444-4508
Wednesday Night Ice Cream Ride	Roger Bonomi	617-686-4073
Wednesday Night Ice Cream 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	9786637460

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**

<p>3 Lakes &amp; London Bridge Annual Al Bolea Memorial Ride Apple Dumpling Ride a.k.a. Not Apple Pi Apple Pi Ride Back Bay Derby Bagels and a Witch Bare Natick Basic Skills Workshop - Natick Basic Skills Workshop - Newton Highlands Beerhall Social: Southeast from Jack's Abby Beerhall Beat the Train: Boston - Portland Berlin Hills Bike Thursday Ride Billerica Bound Bolton to Princeton Bridges of the Sudbury River Brookline and Boston City Ride Cape in a Day Climbing Le Mont Cranberry Harvest Century The East European Ride Erikson's Ice Cream Ride Goat Farm ride Hills are your Friends</p>	<p>Happy New Year Day Ride Hanson Sunday Winter Ride CRW Holiday Party Ride Intro to CRW: Needham, Dover and Beyond Introduction to CRW Kittery to Kennebunkport Lexington Revolutions Linda's Birthday Ride Lisa Simpson Ride Mainly Fun (Thursday) Miles for Myles Minuteman Commuter Bikeway 25th Anniversary Celebration Moose Hill Mania Nashoba Bakery Ride Nashoba Valley Pedalers' Apple Country Century 2018 Natick Surprise Needham, Dover and Beyond Needham to Dover Newton-Dover Newburyport to Exeter Northern Lighthouse Tour Onyx and Diamonds</p>	<p>Post Thanksgiving Ride Return of the Killer Hill Ride Revisit the Charles: Where bicyclists played in 1895 A River Runs Through It Some Newer Views Something in Common South Royalton, Vermont South Shore Coastal Loop South Shore Coastal Ride Spring Century Sunday South Shore Coastal Loop Sunshine Express, Hosted by Ride Headquarters TGIF Unwinder Thirty-Third Annual Gryzboska Circle Ride (SWCCW) Revisited Thirty-Fourth Annual Gryzboska Circle Ride (SWCCW) Through the Parks Thursday 10-15 Rides Thursday Night Fitness Ride and Paceline Clinic Thursday Night Fun Ride</p>	<p>Ups and Downs Wachusett Brewery Ride and Tour Waltham Artists' Ride Wednesday Ice Cream Ride Wednesday Wheelers West Podunk Revamp Weston Loop Whatcha talking 'bout, Willis? Whitehall Reservoir Ride Willett's Pond Wayfare</p>
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**Don't miss out in 2019! JOIN NOW!**