



# WheelPeople

Newsletter of the Charles River Wheelers

## March Highlights

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On the roads of New England since 1966

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## Message from the CRW President

by Larry Kernan



I am very excited with the huge amount of energy that I'm seeing in the Club. (It's February – aren't we supposed to put on our skis and hang our bikes?) Not only

is Eric Ferioli leading a ride each and every Sunday, we have been besieged with great events. In January, we ran an event called "Winter Riding 101". In February, we did a workshop on "How to Prepare for an Endurance Ride" and a forum on the Paris-Brest-Paris event. There are workshops for women on "Flat Tire Repair" and we have a "Winter Training Series" with four indoor cycling sessions available free of charge for CRW members. And I'm happy to report, there are more on the way.

President's Message - [Continued on page 2](#)



## CRW Spring Century Brings Back The Clouds!

That's right, you spoke and we listened! In January, we surveyed our membership and past century riders for their appetite to do our classical spring century route, or head to Mt. Wachusett for our coveted Climb to the Clouds. With an undeniable voice of support, a revamped Climb to the Clouds will be coming to you on May 19th with all the fun you have come to expect on our Centuries!

As you pedal your Zwift, spin that new Peloton, or actually brave the cold of this polar vortex with a real bike ride, your century committee has been working hard to bring this spring century experience to you!

Permit filings, township approvals, police details, working with our DCR to climb the mountain are all underway. Soon, our great volunteers will gather

Spring Century - [Continued on page 2](#)

## Member Party and Meeting

March 23, 2019 2:30 PM  
St. Michael's Church  
90 Concord Street, Bedford, MA

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 introducing Board members and officers, discussing our plans for the year and hearing what you have to say. . . If you plan to attend, please [REGISTER](#) online. Also, if you are interested in CRW kits, we will have kit fittings from 2:30 to 3:30 PM. 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 for anyone who is interested.

**President's Message - Continued from page 1**

Mike Togo continues to run his Han-son rides on Sundays and we offer the Sunshine Express Rides on Saturday, hosted by Ride Head- quarters in Sherborn. And, of course, Helen Greitzer continues to run Wednesday Wheel- er rides or hikes every week, unless weather interferes.

In addition to Ride Headquarters which has hosted or co-host- ed many of the events this winter, we are also pleased to have worked with Ar- lington Bike Club on the Winter Training Series. We look forward to partnering with additional bike clubs and shops to cre- ate even more opportunities for CRW members.

In my January message, I made a plea for some senior volunteer positions. I am extremely grateful that we had a member step up for the Treasurer position. A formal announcement will happen shortly. I am still searching for a VP of Volunteers and a VP of Communications. Additionally, our Century Committee is looking for a Marketing Coordinator who

can help the club develop sponsorships for our events. If any of these sound in- triguing, please drop me a note at [larry.kernan@gmail.com](mailto:larry.kernan@gmail.com) and we can discuss



***Patria Vandermark of Ride Headquarters addresses an enthusiastic crowd for the February workshop, How to Prepare for an Endurance Ride.***

what you can bring to these positions.

Our Century Committee is hard at work. Steve

Carlson has written an article that you'll find in this issue of WheelPeople. I was hugely gratified by the extremely strong response to our survey on rider's feelings about our two century options. We sent the survey to about 2500 people (all CRW members plus riders of our 2018 centuries and the 2017 Climb to the Clouds). We received 559 responses (an unheard of 22% response rate). You also wrote 208 thoughtful comments which

were very useful. We heard from you that there is lots to love about both our traditional Spring Century (North to New Hampshire) and the Climb to the Clouds.

So, you can expect to see both of these rides at various times in the future.

On March 23rd, CRW is hosting a Member Party in conjunction with an an- nual member meeting. In addition to pizza, other

goodies and libations, we look forward to introducing Board members and officers, discussing our plans for the year and hearing what you have to say. For those of you who are ride leaders or interested in becoming a ride leader, we are hosting the Ride Leader Kick- off immediately preceding the Member Party. Please sign up for either event at: <https://www.crw.org/content/crw-annual-meeting-and-ride-program-kickoff-2019>.

As we move into March, we are work- ing hard to put together a great program of Rides and Centuries. I look forward to seeing you at the Member Party and Meeting and then on the road! ⚙️

**Spring Century - Continued from page 1**

to work all the logistics of arrowing, registration, rest stops and the after ride party!

While the actual scenic routes are still being designed, expect the typical distances (century-100 mi, metric-62 mi, and 50 miles).

Our fall century was a sell out and we expect a repeat this spring as we limit the field to the available car parking we have. Mark your calendar and reg- ister below cuz when we're full, we really are full!

By the way, glad so many first time century riders actually did your first century last fall with CRW at the Cran- berry Harvest Century! I am sure you wondered if you could do it and you nailed it. Clearly, this ride will be a bit more challenging (6000 ft of elevation gain), but do not be anxious you can do it! As in the past, we will have leaders at various speeds to keep you compa- ny and keep the team spirit alive from beginning to end!

Between now and May, we would advise you to get out on the road as you are able to log some miles. Our ongo- ing CRW weekly rides provide a great opportunity, so please check out the site calendar for the latest.

More route details will be forthcoming over the next few weeks. To review the preliminary century route and early reg- ister for the CRW Climb to the Clouds, please click [HERE](#). Please note, early registration discounts will end April 30th.

# Why Be a CRW Ride Leader?

by Mary Kernan

Spring is just around the corner and it's that time of year when we start writing these pesky articles about why you should volunteer for the club, why you should be a ride leader, etc. If things are just too hectic in your life right now, please jump to the next article and maybe you'll be able to help next year. Curious? I invite you to continue reading.

We are an all-volunteer organization. I'm sure you know that but remember this means we need people like you to make things happen. We know all the reasons you can't help (we've used many of them ourselves) but at some point, maybe today, this is the time when you can step in and make a difference.

So, why would you want to lead a ride?

- It's fun.
- You get to choose the route, the pace, and the food stops. This means that you get to share your favorite destinations and routes, ride at your preferred pace, and bring people to your favorite eateries.
- You get to decide when and where to take a pit stop.
- It's a great way to meet new people. This expands your pool of potential riding partners (and friends) who like to ride the way you do.
- You can share your other interests, knowledge, or talents with people by leading theme rides or rides combined with other activities. For instance, people have led rides through the streets

of Boston, sundae and ice cream rides, rides that use the MBTA to get to a starting point, and more.

- You can inspire people, motivate them, and get them excited about bicycling.
- Ride leaders have countless tales of novices who could barely shift gears on their first ride and later blossomed into avid cyclists.
- You contribute something to the cycling community.
- Leading a ride makes you go riding yourself.
- Other people have to call you "Leader."
- And, you get to participate in our century rides for free and attend our great ride leader thank you party in the fall.
- You can throw an after-ride party and get CRW to help with the expenses!

What skills do you need to be a ride leader? At its simplest, you need to know how to navigate a route (RwGPS is better than reading from a cue sheet) and you need to be willing to interact and ride with others. If you like to ride slowly and take a lot of pictures, you would be a great sweep. If you prefer to ride at a pace that's comfortable for you and are looking for others to join you, we can connect you with any of our ride leaders to have you lead a group on an already scheduled ride.

For those who are interested in posting their own rides to our calendar and leading them, we'd love to have you. Not sure about any of this and just want to try something out with no commit-

ment, yes, we can do that too! We'll provide the training necessary and hook you up with a mentor to get you started. And remember, ride leaders are not expected to be mechanics, EMTs or the fastest rider in the group.

Want to learn more? Come to our Ride Program Kickoff on March 23rd or contact anyone on our Rides Committee for more information.

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## Ride Program Kickoff

The Ride Program will be run in conjunction with our Annual Meeting and is open to all current ride leaders and any CRW club members who are thinking about becoming a ride leader. The Kickoff will open for sign in at 1:00 and the program will run 1:15 - 2:30. We invite you to join us for the Kickoff and stay to attend the Annual Meeting.

This event will be held at St. Michael's Church, 90 Concord Street, Bedford, MA.

This event is open only to CRW club members and registration is required for both of these events; please click [here](#) to RSVP.

## 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-new-session-added> for more information and to register.

**The minutes of the CRW Board meeting are now available online for Members: <https://www.crw.org/board-minutes>**

*You must be a logged-in member to access this page.*

# Recurring Rides

These rides are held every week unless indicated otherwise

## Hanson Sunday Winter Ride

**Times and Routes:** 10 am 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, 11 S Main St, Sherborn, MA

**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.

## Other Rides

### 41st Annual AMC Spring Bike Rally

Saturday, June 8, 2019

The 41st annual Appalachian Mountain Club Boston Chapter Bicycle Rally will be held at Verrill Farm in Concord on Saturday, June 8, 2019. It is a wonderful opportunity for cyclists of all levels to get together to begin the summer bike season. Come help us celebrate. This year there will be rides from 15 to 50 miles on beautiful rolling terrain. Helmets are required. After the rides, riders can enjoy an outdoor happy hour followed by dinner. We will have a happy hour with appetizers, beer, wine, and soft drinks. Dinner will be served under a tent on the grounds. We will have a delicious meal with vegetarian option.

Cost:

AMC Members \$40

Non-members \$50

To register go here: <http://amcboston.org/bicycle/rally/rallyreg.php>

More information here: <http://amcboston.org/bicycle/bikerally.php>



*March weather tends to start out cold, but by the end of the month we will hopefully see warmer days. Sunday rides are scheduled, and we will plan impromptu rides as weather opportunities arise! The Winter Saturday Rides will be posted on the CRW Website a few days in advance as weekend weather forecasts become more dependable, and suggest a safe and pleasant riding experience. We may also use the CRW Facebook and Twitter accounts (@CRWheelmen) for last minute notices.*

## Bridges of the Sudbury River Sunday - March 10

**Times and Routes:** 10:00 AM - 19, 27 or 36 miles DAYLIGHT SAVINGS TIME BEGINS!!

**Ride Type:** Cue sheet, GPS  
**Description:** Cross six, eight or twelve bridges of the Sudbury River and see up to 3 more, including one that George Washington crossed. Cruise along in the beautiful Sudbury River valley with 4-6 hills to keep you warm. Experience beautiful Pelham Island Road paving on the 2 longer routes. Active rain (or snow) cancels. There are NO BATHROOM FACILITIES at the start. Consider the coffee shops

at the stop light and please make a small purchase. Starbucks and Dunkin Donuts are at the intersection of Sudbury Road and Thoreau St., just across the RR tracks from the ride start. The arrows (white thermometer) are labeled: S=19 miles, L=27, XL=36. As a winter ride, this may be ARROW ASSISTED. There may be ONE fresh arrow at every turn. The faded arrows are accurate. Food: XL-Subway at mile 17.4 You can print cue sheets from the RideWithGPS app. Please print your own CUE SHEET if needed before coming to the ride! Limited paper copies be provided at the start to NEW riders.

POST-RIDE option at Trail's End Cafe. Less than a mile from the start. 97 Lowell Rd, Concord, MA 01742 8 AM - 3 PM Sundays (978) 610-6633 Call them if you plan to go! Rich is NOT making/ taking reservations  
**Leaders:** Richard Taylor  
**Start:** Crosby Market Parking Lot  
**Directions:** Take Rt. 2 West. Turn Right on Sudbury Road (3rd light from Rte. 128) in Concord. Parking lot is about 3/4 mile on the right before the tracks. Please park ONLY IN COMMUTER SECTION away from the stores. LIMIT 80 CARS IN COMMUTER SECTION OF CROSBY'S PARKING LOT

On all CRW rides, please arrive at least 15 minutes before the published ride starting time. It is recommended that you bring pump, patch kit, spare tube, multi-tool, lock, water bottle, some money, helmet, gloves, and some form of navigation - map, cue sheet, GPS, etc. You should also carry an ID card, health insurance card, and emergency contact information. — Helmets required on all CRW rides.

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

OVERFLOW PARKING AT AL-COTT SCHOOL 93 LAUREL ST about 1 mile from start.

From the Concord commuter rail station on the Fitchburg line, cross the tracks on Sudbury Road (just east of the station), and turn left into the parking lot.

Train schedule is here: <https://mbta.com/schedules/CR-Fitchburg/timetable>

**Ride Information:** 19 miles, 27 miles, 36 miles

## Thirty Fourth Annual Gryzboska Circle Ride (SWCCW) Revisited Sunday - March 31

**Times and Routes:** 10:30 AM for 26 or 39 miles on rolling terrain.

**Ride Type:** Cue sheet, GPS  
**Description:** The super short (SS) ride meanders southwest from Framingham to Ashland, Southborough and Hopkinton. The short (S) ride adds Upton. Both rides are rolling. The lunch stop for the short ride is in Upton center. The super short ride has no lunch stop. Most of the ride is on residential and rural roads with few traffic lights. Points of interest include Framingham Country Club, Charlie Chan's summer home, Whitehall Lake and State Park, scenic brooks, Upton State Forest, farms, llamas and the Ashland

Town Forest. The ride is arrow assisted (at least one arrow before a turn).

**Leaders:** Joe Repole

**Start:** Gryzboska Circle

**Directions:** From the Mass Pike take Exit 12, then Route 9 east to Temple St. (2nd traffic light). Right on Temple St. to end. (If traveling west on Route 9, take a left on Temple St.)

Right at end onto Salem End Rd.

First right is Gryzboska Circle. Park on Gryzboska Circle.

**Ride Information:** 26 miles, 39 miles

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

## NewMembers

|                  |            |
|------------------|------------|
| Johnna Barry     | Boston     |
| Gregory Boyd     | Waltham    |
| David Brooks     | Concord    |
| Martta Desanges  | Sharon     |
| Julie Deschenes  | Bedford    |
| Girard Healy     | Newton     |
| Patricia Morris  | Gloucester |
| Christophe Perez | Belmont    |



## About acceleration – pick up speed quickly when you need to

**B**icyclists don't accelerate as fast as most motor vehicles, but many bicyclists could do better. Smooth, quick acceleration is not only for racers. It offers a safety advantage – for example, to get across an intersection in a short gap in the cross traffic, to pass a double-parked car before traffic from behind catches up, or to outrun a chasing dog.

And now I'll bet I've got you thinking: "Oh no, can see the next line coming: Thighs of Steel --Ten Helpful Hints!, just like in That Magazine."

Relax, I'm not one for bodybuilding pep talks. Despite my rather advanced age, and training which is much more fitful than fitness-oriented, I regularly outpace younger bicyclists for the first 100 feet or so when cross traffic clears. I owe this moderate success to riding technique and bicycle setup. I'm going to tell you how I do it, so you can accelerate quicker than I do.

Fitness determines cruising speed, but acceleration requires only a short burst of power, not a major, sustained effort. Short of a Herculean effort that involves pulling up on the handlebars, your weight, standing on the pedals, gets you started from a stop. (If you ride a recumbent bicycle, you must start in a lower gear and spin up from a stop, but it's still only a short sprint.)

All too often, I see cyclists struggling to accelerate in a high gear. The bicycle may not have low gears – typical of many road-racing bicycles -- or the cyclist may not be using the gears well.

At the start of a ride, or when you didn't have time to shift down before stopping, it is possible to lift the rear end of the bicycle with one hand, shift down with the other hand, and spin the cranks with one foot -- as long as you have clipless pedals or toe clips and straps, and there isn't heavy baggage on the rear of the bicycle. Usually, you want the foot on the ground to be the right foot and the shifting hand to be your right hand, so you are shifting the rear derailleur. But preferably, downshift before stopping.

Your starting gear should be just low enough that your strongest pedal thrust, standing out of the saddle, barely hops the front wheel off the road. Lower gears than that are useful for long climbs, but they won't get you going any faster from a stop. It is important that your bike shift easily and quickly, and if it doesn't, get it adjusted.

A good starting gear is about 35 to 40 gear inches (3 to 6 meters development). If this gear uses the largest rear sprocket, you can shift the rear derailleur to the end of its travel entirely by feel. Using the large-large combination is

heresy due to chain angle, but you won't be in that gear for more than a few pedal strokes, and it helps to find that starting gear easily when shifting down. A 50-tooth chainwheel and 34-tooth largest rear sprocket will give you a 35 to 40-inch starting gear on a bicycle with the usual wheel size. This combination uses a "mountain bike" cassette and rear derailleur -- also entirely possible on a road bike – check mine out -- but you can also get a starting gear in the same range with a 38- to 40 tooth chainwheel and 28-tooth sprocket. You will in that case probably benefit from a triple crankset, and then this is the middle chainwheel.

Relatively wide ratios in the lower gears (larger sprockets) work best, so you don't have to shift every couple of pedal strokes at low speeds. These days, the "more is better" syndrome has increased the number of rear sprockets to the extent that you may have to skip over gears because the steps are too small.

To start from a foot-on-the-ground stop, you stand over the bicycle in front of the saddle with one foot on the ground and the other foot already on its pedal, forward and high. Your first pedal stroke will get you into a standing position to pedal. Practice till it's second nature to get the second foot clipped in

quickly. If you don't, then wait to clip in until you have reached cruising speed. After your first few stomps, as the cadence rises, you transition to seated pedaling and then shift up through the gears to maintain a high cadence. Work is force times distance, and so faster pedaling accelerates you quicker, as long as it isn't so fast that your feet can't keep up.

You won't always be accelerating from a complete stop. A red traffic signal may change to green before you reach the intersection. Or, the traffic situation ahead of you might open up. So, as you slow down, keep the pedals turning, and shift down repeatedly so you are always in the gear which would work best for acceleration. With one of the new 1x systems that has a single chainwheel and a pie-plate sized largest sprocket, your cadence as you soft-pedal provides the only clue that you are in the best gear for acceleration.

Is there a law that requires you to come to a complete stop at a traffic light? No, the law requires only that you not cross the stop line before the intersection. If you slow to a crawl before reaching the intersection, you can keep both feet on the pedals, ready to restart: skill at a "slow race" can help you be faster! If you still have to come to a complete stop, stop a few feet short of the intersection so you can get both feet on the pedals when you see that the light is about to change, and creep forward, ready to sprint.

Stop signs are more difficult, because you are required by law to come to a complete stop, whether or not this is ac-

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

tually necessary. It is fairly easy to come to a full stop and immediately restart without placing a foot down – I've heard this called the "genuflection stop." With practice, some cyclists learn to stay balanced at a full stop – a track stand – though on a freewheeling bicycle only if the front wheel is turned uphill. I'll look the other way if you only slow to a crawl.

I like bar-end shifters – quick to shift down through multiple gears at once. Their position will inform you whether the rear derailleur is nearing the high or low end of the cassette, and which chainwheel you are using. Grip shifters, dual-trigger shifters and brake-lever shifters tell you what gear the bicycle is in only at the extreme ends of their range.

The advice so far has assumed that your bicycle has derailleur gears, but for nimbleness in urban traffic, an internally-gear hub is better. It has a bit more power loss, and generally wider steps, but importantly, it can shift when the bicycle is stopped or moving very slowly, so you need never get stuck in the wrong gear. Hubs with 5 or fewer speeds should be set up so the starting gear is their lowest gear. If a hub has more than 5 speeds, the starting gear might be second gear or higher, with lower gears for steep climbs. Often, internally-gear bicycles are overgeared, and so it may be to your advantage to install a larger rear sprocket or smaller chainring. Information on setting up internal-gear hubs is at <https://sheldon-brown.com/internal-gears.html>

I hope this is helpful, but I will decline invitations to drag races. ☺

## Sunlight: More than Vitamin D

For many years I have offered my opinion that sunlight provides benefits that are not gained just from taking vitamin D pills. Recent research is confirming that opinion, and many scientists now believe that low vitamin D blood levels are only a marker for not getting enough sunlight.

People who get little sunlight are at increased risk for heart attacks, strokes, several types of cancers, infections, bone fractures, diabetes, obesity, depression, auto-immune diseases and other diseases that can cause premature death (*J Intern Med*, Oct 2016;280(4):375-87), yet the increased risks for these diseases are not reduced by taking vitamin D pills:

- Dr. JoAnn Manson and her associates at Harvard Medical School showed that giving 2000 IU of vitamin D3/day and one gram/day of omega-3 fatty acids for five years to 25,871 U.S. men and women 50 years of age or older did nothing to reduce deaths from heart attacks, strokes, or cancers of the breast, prostate, colon or rectum (*N Engl J Med*, Jan 3, 2019;380:33-44).

- A study that followed 217,244 Danish people for up to 10 years found that vitamin D did not protect them from developing cancers. Higher blood levels of hydroxy vitamin D were not associated with protection from breast, colo-rectal, urinary, ovarian or uterine cancers, and were associated with increased risk for non-melanoma skin cancers, melanoma, prostate and blood cancers, but a reduced incidence of lung cancer (*International Journal of Cancer*, Jan 9, 2019).
- The most recognized function of vitamin D is to strengthen bones, yet taking up to 48,000 IU of vitamin D per month for a year did not cause any increase in bone density in 379 men and women over 70 (*The American Journal of Clinical Nutrition*, Jan 8, 2019).
- Daily supplementation with 4000 IU of vitamin D3 for three years did not improve heart attack risk markers for 161 patients in heart failure (*Annals of Nutr and Metab*, Dec 17, 2018).
- Many other major controlled studies have also shown lack of benefit from vitamin D pills. A review of 290 prospective studies and 172 randomized trials of the effects of vitamin D pills on

disease and disease markers in people aged 18 years or older showed that higher blood levels of hydroxy vitamin D are not associated with a lowered risk for diseases including cancers and that giving higher doses of vitamin D (>20 mg/ or >800 IU/day) to people with lower blood levels of vitamin D did not significantly reduce their chances of developing these diseases (*The Lancet Diabetes and Endocrinology*, Jan 1, 2014;2(1):76-89). See my recent report, [Do You Need Vitamin D Pills?](#)

### Other Functions of Sunlight

Certainly sunlight causes the skin to manufacture vitamin D, but it also causes the skin to make large amounts of nitric oxide (*J Invest Dermatol*, Jul 2014;134(7):1839-1846). This nitric oxide can lower or prevent high blood pressure (*Curr Opin Nephrol Hypertens*, Jan 2016;25(1):11-15). Exposing the skin to 30 minutes of summer sunlight caused nitric oxide levels to go up and high blood pressure to go down. High blood pressure leads to heart attacks, strokes, and arteriosclerosis, so it may be more important to worry about getting enough sunlight even if sun exposure increases the number of skin cancers. Heart attacks kill 100 times as many North Americans each year as skin cancer does.

People who get ample sunlight are less likely to suffer diabetes (*Diabetes*

Dr. Mirkin - Continued on page 8



### 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)

**Dr. Mirkin - Continued from page 7**

*Res Clin Pract*, Oct 2010;90(1):109-14). A study of sunlight exposure in mice showed that it prevented obesity and metabolic syndrome independent of vitamin D in mice fed a high-fat diet (*Diabetes*, Nov 2014;63(11):3759-69). Another study in mice showed that ultraviolet light suppressed weight gain, glucose intolerance and insulin resistance, and lowered blood levels of fasting insulin, glucose and cholesterol, and that vitamin D pills did not produce these benefits (*Int J Environ Res Public Health*, Oct 2016;13(10):999).

Exposure to sunlight also helps to prevent infections including tuberculosis (*PLoS ONE*, 2013;8:999), increases cancer survival (*Int. J. Cancer*, 2006;119:1530-1536), and lowers cholesterol (*QJM*, Aug 1996;89(8):579-89). Sunlight converts squalene in the skin to both cholesterol and vitamin D, so sunlight may lower cholesterol by shifting squalene conversion to vitamin D, rather than to cholesterol.

**Avoiding Skin Cancers**

It is firmly established that excessive sunlight exposure causes skin cancers, so any recommendation for increasing sunlight exposure must be accompanied by an extensive [list of precautions](#).

- The people who are most susceptible to skin cancer are those with the lightest skin pigments. It is likely that African Americans are at increased risk for diabetes and heart attacks specifically because of their darker skins and they may need, and can safely tolerate, larger doses of sunlight exposure.
- People who have very light colored skin are at high risk for skin cancers

from sunlight and should limit their exposure to sunlight. It takes only a few minutes of exposure of a small area of skin to reap the benefits of sunlight.

- Protect the areas of your skin that have received the most exposure over your lifetime. For most people this will be the face and lower arms. Wear a hat and long sleeves, or use sunscreens to protect these areas. Target your sun exposure to less-damaged areas such as your legs and expose them only for short periods of time. Use clothing and/or sunscreens for any activity that keeps you in the sun for more than about 15 minutes.

**Cautions About Sunscreens**

The most effective protection for your skin is a roof, next are clothes and the least effective are sunscreens. Anything that rubs your skin or causes heavy sweating can remove enough of your sunscreen to lose its protection. Apply enough sunscreen so you can see it on your skin, and re-apply often.

Several common sunscreen ingredients may be more harmful than beneficial. For example, oxybenzone is an endocrine disrupter (*Environ Health Perspect*, 2001;109(3):239-44) that may increase cancer risk (*J Cosmet Dermatol*, Feb 2018;17(1):15-19). At this time, micronized zinc oxide and titanium dioxide appear to be safe and effective. For more on sunscreens see: [Sunscreens Only Partially Block the Sun's Rays](#) ☼

# January Mileage



| Name                 | Miles | M | C | K | Name                    | Miles | M | C | K |
|----------------------|-------|---|---|---|-------------------------|-------|---|---|---|
| Chris Roberts        | 844   | 1 | - | - | Bill Hanson             | 100   | - | - | - |
| Bruce Ingle          | 778   | 1 | - | - | Craig Weiner            | 99    | - | - | - |
| Jack Donohue         | 760   | - | - | - | Walter Frank            | 75    | - | - | - |
| Jeffrey Zaveloff     | 665   | - | - | - | Joe Hagan               | 72    | - | - | - |
| Richard Taylor       | 555   | 1 | 1 | - | Arne Buck               | 60    | - | - | - |
| Cynthia Zabin        | 554   | - | - | - | Cynthia Snow            | 56    | - | - | - |
| Nicholas Linsky      | 546   | - | - | - | Douglas Chin            | 49    | - | - | - |
| Pamela Blalock       | 533   | - | - | - | Cynthia Chin            | 37    | - | - | - |
| Marc Baskin          | 505   | 1 | - | - | Randall Nelson-Peterman | 35    | - | - | - |
| Ed Olhava            | 481   | - | - | - | Neal Schuster           | 28    | - | - | - |
| David Cooper         | 473   | 1 | - | - | Jeff Luxenberg          | 13    | - | - | - |
| Doug Cohen           | 399   | - | - | - | John Springfield        | 13    | - | - | - |
| Cory Maxemino        | 383   | 1 | - | - | John Loring             | 12    | - | - | - |
| Greg Stathis         | 344   | - | - | - |                         |       |   |   |   |
| Erik Husby           | 340   | - | - | - |                         |       |   |   |   |
| Clyde Kessel         | 320   | - | - | - |                         |       |   |   |   |
| Philip Garrett-Engel | 310   | - | - | - |                         |       |   |   |   |
| Steve Robins         | 306   | - | - | - |                         |       |   |   |   |
| Jesse Morrow         | 289   | - | - | - |                         |       |   |   |   |
| Larry Delaney        | 238   | - | - | - |                         |       |   |   |   |
| Joel Bauman          | 217   | - | - | - |                         |       |   |   |   |
| Joe Repole           | 215   | 1 | - | - |                         |       |   |   |   |
| Lisa Weissmann       | 205   | - | - | - |                         |       |   |   |   |
| Butch Pemstein       | 194   | - | - | - |                         |       |   |   |   |
| David Wean           | 190   | - | - | - |                         |       |   |   |   |
| Douglas Bajgot       | 164   | - | - | - |                         |       |   |   |   |
| Ed Hoffer            | 161   | - | - | - |                         |       |   |   |   |
| Henry Marcy          | 151   | - | - | - |                         |       |   |   |   |
| John Allen           | 141   | - | - | - |                         |       |   |   |   |
| Irving Kurki         | 119   | - | - | - |                         |       |   |   |   |
| Gabor Demjen         | 108   | - | - | - |                         |       |   |   |   |

**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 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!**

  