

Wheel People

Newsletter of The Charles River Wheelmen

On the roads of New England since 1966

Volume XXVIII, Number 12 · December, 2004

Annual Holiday Party

Our Christmas season party will be held from 6 to 11 PM on Friday, December 10 at St. Paul's Episcopal Church, 100 Pine Hill Road, Bedford. From route 128 take the 4/225 exit west through Bedford Center. Where 62 and 4/225 split, turn right onto 4/225. At the next split just ahead, stay to the right on route 4. Pine Hill Road is about 3/4 mile ahead on the right. The church is

Holiday Party - Continued on page 3

Bikers with Forks Dinner Series

Lemon Tree Cafe,
Bedford

Come see what all the post-TGIF-ride dinner fuss is all about!! Most Fridays after a great TGIF ride we'd all convene in the parking lot to discuss dinner options. Nine times out of ten we'd end up eating at Lemon Tree Cafe! It's a fabulous Thai restaurant with a great waitstaff who is always happy to see our cycling crew take over much of their cafe. They usually even reward us with a

Bikers with Forks - Continued on page 4

400th Fitness Ride Celebration

by Dave McElwaine

Please join us on December 18th for our 400th Consecutive Saturday Fitness Ride. Our biggest celebration ever will take place at and be sponsored by Starbucks, Needham. There will be lots of free coffee, food, and good cheer. As usual, we will be making some light-hearted awards to some deserving members.

As those of you on the CRW e-mail list know, we are running a Saturday Fitness Ride Trivia Contest, sponsored by Cycle Loft. Each week we have a new winner who will be awarded some cool bike swag at the 400th Ride Party. To participate all you need to do is be the first to answer the week's question correctly.

We are fairly confident that the CRW Saturday Fitness Ride has the longest running streak in North America. The ride began in September 1995. But since the April Fool's Day

storm of 1997 there has never been a week without riders. Needless to say, there have been some weather challenges along the way to the 400th. None was greater than the blizzard of December, 2003 (photo below). Even when the mercury hit zero last winter, we had 11 riders!

2004 was our busiest year ever with over

Fitness Ride Celebration - Continued on page 3



Blizzard of December, 2003 (left to right: Marty Estner, Dave McElwaine, Mark Dionne, Coleman Rogers, and Peter Cole)

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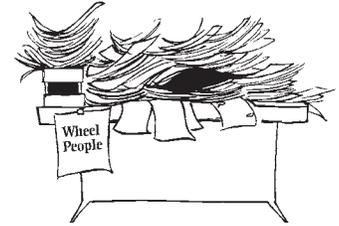
The Charles River Wheelmen is a group of active adult bicyclists which sponsors a year-round program to promote the enjoyment of cycling. During the regular season - early Spring to late Fall - at least two ride loops are available every Sunday, designed to be ridden at your own pace. The Sunday rides, are arrowed in advance, and maps or cue sheets are generally provided. There are also rides each Saturday and during the week. Our Winter rides program, The Second Season, is more informal; the route and pace are decided by those who show up. We also hold social events and related activities.



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 Wheelmen - Club Address: 1 Gleason 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 Wheelmen, Inc.



How To Send Us Your Article

Articles and letters must be received by the 5th of the month to be included in the next issue of WheelPeople.

Send copy electronically to editor@crw.org. Your document should be plain ASCII text, formatting will not be preserved. If the article can't be emailed, send a typewritten or handwritten 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 Don Blake at (781) 275-7878. Please do not contact the insurance company.

BOARD OF DIRECTORS

	Term Expires	
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Connie Farb	2005	617-497-0641
Rita Long	2004	781-899-9177
Eric Evans	2005	617-527-0517
Barry Nelson	2006	617-964-5727
Tod Rodger	2005	978-456-8654
Paul Schimek	2006	617-983-9111
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Social Committee Chair	Ed Glick	978-250-1883
Safety Coordinator	Bob Zogg	617-489-5913

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Saturday Rides	Michael Aarons	508-651-9259
	Kelly O'Connell	781-395-1485
Sunday Rides	Tod Rodger	978-456-8654
Winter Rides	Eric Ferioli	781-235-4762
Intro Rides	Jenny Craddock	617-332-4098
Century Committee	Susan Grieb	781-275-3991
Wednesday Fitness and Masters Ride	Coleman Rogers	617-969-3403
Wednesday Wheelers	Dick Arsenault	781-272-1771
Wednesday Ice Cream Ride	Al Bolea	617-484-0851
	Justin Haber	617-965-3904
Thursday Fitness Rides	Rich Taylor	978-287-4921
Friday Rides	Ed Glick	978-250-1883
	Daniel Rabinkin	781-275-2391
Saturday Fitness Rides	Dave McElwaine	781-821-8643
	Chris Randles	617-969-2545
Sunday Fitness Rides	Andy Brand	617-247-9770
	Bob Dyson	508-668-8122

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Touring	Andy Meyer
E-Mail List (CharlesRiverWheelmen@yahoo.com)	
Administrator	Barry Nelson

Advertising Rates

Half Page	\$80.00	Third Page	\$55.00
Quarter Page	\$42.50	Eighth Page	\$24.00
For more information please contact Marty Weinstock at 617-491-6523			

CRW Board Meeting Minutes

November 2, 2004

Present: Don Blake, Andy Brand, Jack Donohue, Eric Evans, Connie Farb, Rita Long, Barry Nelson, Linda Nelson, Tod Rodger, Marty Weinstock, Bill Widnall

Last month's minutes were approved.

CRW Grant (Bill Widnall)
Bill presented MassBike with our fourth annual \$5,000 Advocacy Grant at their Bike Night dinner.

501C Filing (Bill Widnall)
Bill expects to have the filing ready by the November 15 deadline.

Appointment of Nominating Committee
Bill and Barry Nelson have formed a committee to nominate the next CRW president, and are looking for one or two more committee members.

Finance Committee (Eric Evans/Don Blake)
Eric presented the third quarter results. We showed a good profit on all three centuries, for which he provided detailed breakdowns. Merchandise sales also contributed significantly. The net cash flow and the net cash balance agreed perfectly, which is remarkable. There were a couple of items that required further investigation.

Don requested that a donation of \$25 to the American Cancer Society be made in the name of George Neilson, owner of a bike



shop popular in the early days of CRW. The motion passed.

Rides Committee (Connie Farb)
Connie reported we have another Saturday Rides Coordinator, Kelly O'Connell. Connie is preparing the rides board for the banquet. Bob Zogg, Safety Coordinator, is going to focus on several aspects of bike safety, the first one being riding single file. The committee passed on a request from Dave McElwaine for a club contribution of \$100 towards the Saturday Fitness Ride 400th Celebration, which the board approved.

Membership (Linda Nelson)
Membership statistics for October 2004: 983 current memberships, 1171 current members, 59 expired members, 27 new members, 31 renewed members. This was down slightly from the previous month, and this time last year.

Extended Trips Committee (Eric Evans)
The committee had their first meeting where

they discussed the 10% rule for leader reimbursement, and the place of scouting trips. They are contacting trip leaders for input and Eric expects to have an updated policy document by the next board meeting.

Award Party (Marty Weinstock)
Marty reported banquet arrangements are made. Suzi Melotti, Bike Shop Program Coordinator, has arranged for the gifts from bike shops. Robin Schulman will be accepting the Al Lester award for Tim Baldwin. The board voted to allow Robin and Dorie Clark of MassBike to attend the banquet for free.

Holiday Party (Don Blake)
Arrangements for the party are in place. It was suggested that the club provide some food, and Bill volunteered to pick up four lasagna dishes for the club. Several suggestions were entertained to improve the ambience of the party.

Voting by Internet (Jack Donohue)
The procedure of voting for board members on the internet was tested by the volunteers before rolling out, and seems to be working quite well. Bill pointed out that the bylaws do not mention internet voting as an option and will have to be revised if we continue to do this.

Jack Donohue (acting for secretary Janet Tortora)

Holiday Party - Continued from page 1

near the top of the hill on the right.

The 2005 ride calendar will be available for ride leader sign-up and for planning purposes.

Here's your chance to unmask yourself as successor to Julia Child! Bring food based on the starting letter in your last name from the following categories:

- A-L: Appetizers & Salads
- M-S: Main Courses
- T-Z: Desserts

This is a great opportunity to socialize with your riding buddies and see what they look like without Lycra, not to mention getting first dibs on the choice dates for leading rides.

Volunteers are needed for basic tasks like buying food, helping with decorations and, of course, cleanup. To volunteer, contact Don Blake (781-275-7878, dgblake@rcn.com).

Fitness Ride Celebration - Continued from page 1

100 riders per week in the warmer months. As you may recall, in May of 2003 Rich Taylor was crowned our 10,000th rider. We have now nearly reached the 14,000 rider mark! That's pretty amazing for a ride that started with just two guys.

After our 300th Ride Fred Kresse wrote "Since we celebrate every 50 weeks instead of 52 weeks, the date comes earlier each year, so that next year it will fall during the holidays, and in 13 years or so it will fall in July. That'll be fun. More women, fewer clothes, water fights maybe, over in the park."

Keep the faith, Fred! We keep getting closer. Join us on December 18th, Nahanton Park, 8:30 AM.



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Recurring Rides Calendar

These rides are held every week unless indicated

Wednesday Wheelers

Times: Varies, usually 10:00 AM

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.

Routes: Distances are typically between 30 and 40 miles.

Leaders: Different leader each week, to become a leader contact Dick Arsenault [arsenault@rcn.com]

Start: Location Varies.

Directions: The ride coordinator sends ride announcements and ride reports by weekly e-mail. For more information, including the next ride start location, call or e-mail the ride coordinator Dick Arsenault [arsenault@rcn.com] 781-272-1771 day or early evening.

Saturday Morning Fitness Ride at Nahanton Park**

Times: 8:30 for 42 miles or longer; 8:40 for 28 miles or shorter. This ride runs all year 'round.

Description: You will ride scenic rolling roads through Needham, Dover, Sherborn, and Medfield. We usually try to start people in bunches of about 10 riders, grouped by distance (28/42 miles) and (very roughly) by speed. Often each group ends up breaking into smaller bunches. We do encourage people to "wait up" a minute after certain hilly sections. The routes are arrowed so that you can find your way alone. This ride is for intermediate to advanced riders. The

slower groups probably average 15-16 MPH, and the fast groups often average over 20 MPH. Most people do the ride to get a good workout. Even if you don't keep up for the whole ride, hanging on for as long as you can is a good way to get stronger!

Routes: Three routes, cue sheet and arrows: Long Route - 42 miles Medium Route - 28 miles Short Route - 19 miles

Leaders: Dave McElwaine [McElwaineD@aol.com] (781-821-8643) Chris Randles [crandles@comcast.net] (617-969-2545)

Start: Nahanton Park, Newton.

Directions: From Rt. 95/128 take exit 19B (Highland Ave.) toward Needham. Go left at the first light onto Hunting Rd. At the next light make another left onto Kendrick St. The park is on your left immediately AFTER crossing the river. (There is another entrance to Nahanton Park on Winchester St. Don't go there!)

** CRW's Fitness Rides Program is designed to assist intermediate and advanced riders to improve their skills and learn cooperative paceline riding techniques.

Twelfth Annual Bikers on Skis

February 18-21, 2005

Try your hand at gliding instead of rolling. This cross country skiing and snowshoeing weekend at a comfortable B&B in the Northern White Mountains, features gourmet food and a hot tub to soothe aching muscles apres ski. We'll visit ski touring centers at Bretton Woods and the Balsams, and try some back country skiing and snowshoeing. Skiers of all abilities welcome. Downhill skiers can join us and ski Bretton Woods. If there's no snow bring your hiking boots and/or mountain bike. The trip spans the three day President's Day weekend. Cost of \$210 for the weekend includes three nights lodging, three breakfasts, two dinners.

To register send the a check made out to Jack

Donohue for the full amount and an e-mail address or stamped self-addressed envelope by January 18 to:

Bikers on Skis, c/o Jack Donohue
26 Fox Run Road,
Bedford, MA 01730-1104

Rooms are assigned in the order checks are received. Registration fee non-refundable after this date unless we can find someone to take your place.

For more information, you can contact the leaders:

Jack Donohue and Susan Grieb
(781) 275-3991 (before 9pm)
jmdonohue@alum.mit.edu

Bikers with Forks - Continued from page 1

complimentary dessert!! So please join us for dinner on Thursday Dec. 16th at 7:00! Any questions, or to RSVP, please contact Naomi Wernick at 781-894-3668 or email her (preferred mode of contact) at Naomi.Wernick.97@alum.dartmouth.org





December Rides Calendar

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, allen wrenches, screwdriver, lock, water bottle, some money, helmet, gloves, and a map. You should also carry an ID card, health insurance card, and emergency contact information.

Something in Common

Sunday - December 5

Times: 10:30 AM

Ride Type: Map and/or Cue sheet.

Leaders: Eric Ferioli (781-235-4762)

Highlights: Eric will give us a taste of winter rides to come. Join us for the first Winter Ride of the Season. This is the season to share in the fun.

Start: Cambridge Common, 1/2 mile north of Harvard Square on Massachusetts Ave. Meet at the monument in the middle of the Common.

Bike and Brunch

Saturday - December 11

Times and Routes: 16 to 25 miles depending on the weather at 10:30AM

Ride Type: Follow the leader, mix of road and easy offroad

Leaders: Susan Grieb (781-275-3991, slgrieb@comcast.net) and Jack Donohue

Highlights: Join us for the Tour De Bedford followed by a potluck brunch. Come with your mountain bike or hybrid and explore the trails, fields and abandoned railroad beds of Bedford with the potential of a short excursion into Concord's Great Meadows. Leader will provide main course and drinks. Riders should bring bread, dessert or a salad. The ride is limited to 20 people. Email or call leader Susan Grieb to reserve a spot.

Groton

Sunday - December 12

Times and Routes: 33 miles and 18 miles at 10:30 AM

Ride Type: Map and/or Cue sheet.

Leaders: Jamie and Jesse King (978-448-0533)

Highlights: This ride covers ground not usually seen on CRW rides. There will be an after ride party at Jamie and Lindy's.

Start: 41 Whitaker Lane, Groton

Directions: From Rt. 495, take exit 31 onto Rt. 119 West, toward Groton. Rt. 225 joins 119 from the right at about 3 miles. At 4.2 miles, bear right onto Gay Rd. Take second right onto Whitaker Lane. #41 is on the left near the end of the road. House has yellow door. Park in the driveway or on the street on the power line side.

Holliston

Sunday - December 19

Times and Routes: 10:30 AM

Leaders: John Goeller (508-429-2832)

Start: Holliston High School

Directions: Take Route 16W or 126S to Holliston. From the junction of Routes 126 and 16 in Holliston (near Bertucci's Restaurant), follow routes west 3/4 mile into center of town. Just past the Town Hall and the green in front of the Congregational Church, turn right onto Hollis Street. The school is approximately 7/10 of a mile on the left.

Bare Natick

Sunday - December 26

Times: 10:30 AM

Ride Type: Map and/or Cue Sheet

Leaders: Eric Ferioli (781-235-4762)

Highlights: Route goes to the southwest through Dover, Medfield, Millis, and Sherborn.

Start: Natick Common, at the intersection of Rt. 135 and Rt. 27.

Happy New Year

Saturday - January 1

Times: 11:00 AM

Ride Type: Show and go

Leaders: Eric "Bicycle Bozo" Ferioli (781-235-4762)

Highlights: This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body (of that hangover) in the crisp, clear air of downtown Boston as it once was - before the internal combustion engines took over. We will visit many interesting sights from Charlestown to Castle Island, and maybe Dorchester Heights. Start the New Year off right with friends old and new. See you on the Common!

Start: Boston Common at the intersection of Park Street and Tremont Street

MDDM 2005 - 21st Annual Memorial Day Dash to Montreal

May 26-30, 2005

Thursday night stay at a ski lodge near Montpelier, Vermont (motel option). Friday morning drive to Gordon Landing in the Lake Champlain Islands. Park cars, put gear in sag van and cycle north through the beautiful Lake Champlain Islands and Quebec approx. 75 absolutely flat miles to Montreal, where we stay in the downtown Youth Hostel (2-

person rooms available). Saturday & Sunday are free days with many options - cycling, cultural and otherwise. Monday ride approx. 75 miles south on the New York side of the lake, ending with a short ferry ride. Although there are no hills, this can be a tough ride due to strong headwinds! \$180 trip fee includes 4 nights lodging, 4 meals, sag sup-

port, T-shirt, tour water bottle, happy hour and tour literature. Call for info or to register. This is a Sub Sig Outing Club trip. Leader: Charles Hansen H: (617) 734-0720 Email: velotrain@peoplepc.com Note: This tour filled the first week in February last year.

The Herd Instinct

“Madness is rare in individuals, but in groups, parties, nations, and ages it is the rule.”

Friedrich Nietzsche

We humans definitely exhibit herd instincts. Have you ever stepped off a curb to cross a street, not because the light changed or because the traffic cleared, but because others started to cross? In the investing world, the herd instinct is often blamed for unsubstantiated rallies or sell-offs.

We are, after all, social animals, and many aspects of the herd mentality are beneficial. We want and need acceptance by others, and doing as others do can help secure that acceptance. We even determine acceptable/appropriate behavior by observing the behavior of others.

One can observe the herd instinct at work on CRW rides. Cyclists sometimes follow

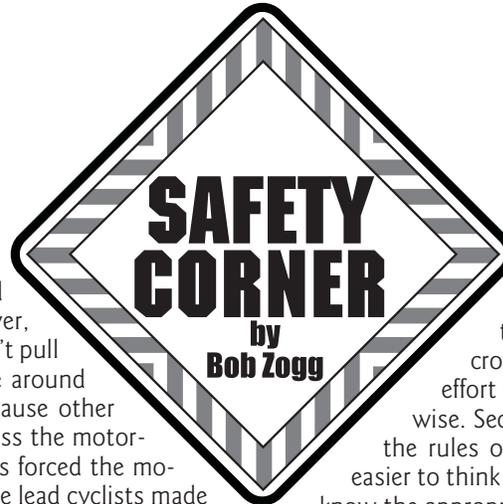
others into an intersection without looking to see if it's clear. Cyclists sometimes stay two or even three abreast when there is a car

behind, and no one seems to move to single up. On our Fall Metric Century, I started near the back of the pack. Early in the ride, the route turned left onto a side street. I could see cyclists well ahead pulling to the left side of the lane (consistent with the law) to position themselves for the left turn. As they

waited for oncoming traffic to pass, two motorists approached from behind. However, the motorists couldn't pull to the right to move around the lead cyclists because other cyclists started to pass the motorists on the right. This forced the motorists to stop. As the lead cyclists made the turn, at least 25 cyclists streamed past the waiting motorists on the right and then turned left directly in front of them. In the time it took this pack to make the turn, the line of motorists built to five. I was in the middle of the motorists, waiting to make the left as they, in turn, waited for the stream

of cyclists to clear. As I made the left, the motorist behind me gave a long horn blast in protest of our behavior.

One wonders how many of these cyclists would have done this had they been riding alone. So, why did they do it here? Perhaps they simply did what everyone else was doing, without thinking for themselves. Or perhaps they feared being left behind (abandoned by the herd).



How does one avoid “group think”? First, be aware that we all have an innate tendency to follow the crowd and that conscious effort is needed to do otherwise. Second, be sure to know the rules of the road. It's much easier to think for yourself when you

know the appropriate action for a given situation. Third, stay alert and aware when riding in a group. Keep your eyes moving. It's very easy to focus on one thing to such a degree that you lose track of what's happening elsewhere. You're much more likely to follow the crowd when you haven't taken in enough information to make your own decisions. Fourth, don't worry about being left behind. The lead cyclists in a group should back off the pace after intersections to allow others to catch up. If they don't, find yourself a more considerate group. On a CRW ride, there's probably another group not far behind.

In the end, it's about making your own decisions. Sometimes the group is doing exactly as you should. And sometimes it isn't.

Remember—safety is about choices. What choices will you make?

... be aware that we all have an innate tendency to follow the crowd and that conscious effort is needed to do otherwise.

WELCOME NEW MEMBERS

Mary Lou Tierney	Groton	Philip Poley	South Boston	John Hart	Rockland
Mark O'Connor	North Grafton	Fred Meyer	Roslindale	Kevin Hays	Brookline
Allan Werner	Natick	Coleman Harrison	Roslindale	Katherine Ladetto	Newton Centre
Scott Bernstein, Cindy Bernstein	Andover	Matt Barber	Brighton	William Wolk, Linda Wolk	Newtonville
L.A. Richard	Tewksbury	Leslie Cioffi	Cambridge	Beth Goldman	Watertown
Jack Darr	Winchester	Arnold Kim	Cambridge	Francis Murphy	Watertown
Skip Perry	Dover	Jim Smith	Somerville	Teresa Hutt	Arlington
Christopher Jenkins	Foxboro	Gena Ratcliff	Medford	Edward Stella	Wellesley
Keith Hartstein, Sarah Hartstein	Medfield	Jason Brown	Boston		
		Rod Cleveland	Bridgewater		

Supplements: The Good, the Bad, the Ugly, and the Unknown

by Susan I. Barr, Ph.D., RDN, Contributing Editor, *UltraCycling* magazine

(Copyright 2004 UltraMarathon Cycling Association, Inc.)

The popularity of nutritional supplements has skyrocketed over the last decades: currently 40% of Americans use a supplement at least once a week, and the industry is worth as much as \$1.7 billion annually. Considerable research is being conducted to assess possible health benefits of vitamins and minerals. The committees that established the most recent revision of the Recommended Dietary Allowances (RDAs) carefully considered the science relating vitamin and mineral intakes to health promotion and chronic disease prevention. When possible, intake recommendations were based on the potential of nutrients to prevent chronic disease, and not simply on the prevention of nutrient deficiency disease. For example, an average of 10 mg/d of vitamin C will prevent scurvy, but vitamin C also acts as an antioxidant and may therefore have a role in chronic disease prevention. The new RDA (75 mg/d for women and 90 mg/d for men) was based on this antioxidant role, and is the amount of vitamin C needed to almost saturate white blood cell vitamin C levels, without excessive amounts being excreted in the urine.

Scientific studies show that some supplements are beneficial for certain groups:

Women of child-bearing potential

Folic acid: To reduce the risk of neural tube defects (such as spina bifida) developing during pregnancy, it's recommended that all women capable of becoming pregnant consume a supplement with 400 micrograms (0.4 mg) folic acid. Waiting until you're pregnant or planning a pregnancy isn't a good idea, as the neural tube closes before many women even know they're pregnant, and 50% of pregnancies are unplanned. Most multivitamins provide 400 - 600 micrograms of folic acid.

Adults over age 50

Vitamin B12: Food sources of vitamin B12 are bound to protein, and acid is needed to release the vitamin so that it can be absorbed. Stomach acid production decreases in some people over the age of 50, making it difficult to digest food sources of vitamin B12. For this reason, it's recommended that

adults over 50 meet the RDA for vitamin B12 (2.4 micrograms) from a synthetic source - either a supplement or foods that have been fortified with the vitamin. Most multivitamins provide the RDA for vitamin B12.

Vitamin D: Low levels of vitamin D are associated with risk of osteoporosis, and may also be linked with risk of colon cancer and multiple sclerosis. With aging, the skin's ability to synthesize vitamin D from sunlight exposure decreases, so the need for dietary vitamin D increases to 400 - 600 International Units (I.U.) per day. Vitamin D is found in only a few foods (e.g., fluid milk, margarine, salmon) and most diets don't provide amounts of the vitamin recommended for older adults. Multivitamin supplements typically provide 400 I.U. of vitamin D.

Vegetarians

Vitamin B12: Vegan vegetarians require a vitamin B12 supplement to meet the RDA, since this vitamin is found only in animal products. Although vitamin B12 deficiency develops slowly, if undetected it can lead to permanent damage to the nerves and spinal cord.

Vitamin D: Most vegan vegetarians will require a supplement to meet the recommended intake of vitamin D, unless their diet includes regular use of foods that have been fortified with the vitamin.

Other Nutrients: Other nutrients that may be low in vegetarian diets (either because plant foods provide lower amounts, or because they contain substances that reduce absorption) include iron, zinc and calcium.

What about athletes???

Some studies suggest that high mileage distance runners may have increased needs for iron, but there is no evidence that this is the case for cyclists, who don't experience the gastrointestinal and urinary blood loss seen in some runners. Although iron deficiency can definitely affect physical performance, supplementation by those who are not iron deficient is of no benefit. If you suspect that you may be iron deficient (you're a woman with heavy menstrual losses, or a blood donor), have your doctor check your iron status. High intakes of iron by those who aren't deficient can interfere with absorption of other minerals.

What about decreasing risk of heart disease, cancer, Alzheimer's disease???

In recent years, several research studies have suggested that people who took supplements were at lower risk of a number of chronic diseases. However, most of these studies were observational studies, in which participants were assessed at baseline, and followed over time. After a number of years, the habits of those who developed a disease were compared to those who did not, to see if disease risk was lower in supplement users. These studies, however, merely show associations between supplement use and reduced risk of the disease, rather than demonstrating that supplement use is actually responsible for disease prevention. In most cases, many other factors vary between those who do and do not use supplements (e.g., income, education, diet, physical activity), and these factors, rather than the supplement use, may be responsible for reducing the risk of disease. Although scientists attempt to control for these differences statistically in observational studies, they are not always successful, as shown by the fact that randomized double-blind studies - the "gold standard" - may show opposite results.

The best example of this comes from the recent Women's Health Initiative (WHI). Observational studies had suggested that postmenopausal women who used hormone replacement were at a 40-50% lower risk of heart disease, so the WHI was designed to test this directly. Postmenopausal women were randomly assigned to receive hormone replacement therapy or placebos. The results, rather than showing a beneficial effect of hormone use in preventing heart disease, actually showed a higher risk in hormone users (Manson et al. 2003). Similarly, studies suggesting that dietary intakes and blood levels of beta-carotene were associated with reduced risk of cancer and heart disease led to randomized trials using beta-carotene supplements. The results of these studies, however, did not show any benefits of supplementation, and in some cases they appeared to increase the risk (Dagenais 2000). In other words, although observational studies indicated that beta-carotene was associated with reduced risks, randomized trials showed that the associa-

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Little Jack's Corner

by Jack Donohue



This was a bad year for leading rides.

Take the January Ride. This is always pretty iffy since I like to lead a ride through Carlisle, but Carlisle

does not salt the roads as near as I can tell. So after a snowstorm the road conditions in Carlisle can best be described as "packed powder." I gave up riding a road bike on snow a long time ago when mountain bikes were invented, but there are always some brave souls who show up on road bikes, and it becomes an adventure rather than a ride. This year, the weather contributed by being pretty miserable. I think it was in the 30's and drizzling. The day before I had had a conversation with Ken, who was berating me for starting the ride at a different time than all the other rides. I replied that I didn't mean to, but since it was in print, I showed

up at 10 rather than the usual 10:30. It was true I had scheduled a different time for my ride, but I did several years earlier, and it became clear that Ken had not actually checked the WheelPeople. Neither did I, so when I showed up at ten, there was no one there. Not that there was a big crowd, but I know at least Peter B showed up and found no one there. Needless to say, Ken was in the doghouse after that.

Then there was the August Apple Pi ride. Seems hurricane season came early this year, and my ride coincided with torrential downpours. This time I was there on time, but no one else was.

Not to worry, I reran the ride end of October, and guess what, not only was it raining, it was cold, perfect hypothermia weather. This time I actually got two hardy souls who wanted to do the ride, so I did the speech (didn't have to spend too much time on the

"ride single file" issue), gave out maps and sent them on their way. I had told Janet, my coleader, not to bother coming out all the way to Bedford if it was another washout, I would start the short ride which started a half hour later.

I had forgotten to bring a watch, so I had no idea what time it was. Since it had started raining more seriously now, I started riding in circles around the parking lot to ward off hypothermia. I determined with the one-Mississippi, two-Mississippi method that it took approximately 30 seconds to do a slow lap around the lot. I figured I would do 20 laps and then take off. Of course, as I started getting colder, I started riding faster, which threw that calculation off. So I stayed until what I thought was 10 o'clock and headed home.

So the tally for the year is three rides, two riders. This may be a new CRW record.

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tion was not causal. It's possible that substances in fruits and vegetables other than beta-carotene may be responsible for the risk reduction seen in observational studies.

Research in this area is continuing actively, and future studies will undoubtedly provide new information. At present, however, there are no studies demonstrating that supplements providing more than recommended intakes of nutrients are effective in preventing chronic disease in healthy people.

It's also important to remember that more is not better. The committees that established the RDAs acknowledged that adverse effects may occur as a result of excessive intakes of vitamins and minerals. This possibility has increased considerably with fortification of the food supply and increased use of supplements. In recognition of this, they established a "Tolerable Upper Intake Level", or UL, that represents the amount of a nutrient that can be tolerated by the body when consumed on a daily basis over a prolonged period of time.

Further, there is no requirement for supplement manufacturers to prove that their products are either safe or effective. The supplement may not contain what IS listed on the label: The supplement may contain substances that are NOT listed on the label.

The bottom line

When choosing a vitamin-mineral supplement, stick to reputable brands and intakes that are not excessive. You don't have to spend a lot of money to purchase a good supplement - the cost shouldn't be more than about ten cents a day. If you're paying more, you're wasting your money.

Remember that excessive intakes of vitamin/mineral supplements have not been shown to be beneficial, and can expose you to unnecessary risks.

Remember that taking a supplement will not "make up" for a poor diet. There's an old saying amongst nutrition types: A poor diet plus a supplement does not equal a good diet, it just equals a poor diet plus a supplement.

Caveat emptor!

For further information on supplements and possible risks, as well as references to other sources of information, see the full article at: www.ultracycling.com/nutrition/supplements.html

CLASSIFIED ADS

CRW members may submit non-commercial ads at no charge. Submit the copy to the editor as described on page 2.

FOR SALE:

Full Shimano 105 components except for a great Sugano 26-35-36 triple front chain rings. Ratchet stem. I cannot remember the handlebars but you can look this great rig over. These components would be a great setup for your road or commuter frame! I was in an accident last year, broke my clavicle, and cracked my beautiful 1999 blue Olmo Race Gara road frame. My mechanic said he would not fix the bike due to the crack and suggested selling the components which all look like they are in perfect condition, except that the rear wheel is damaged.

I live in Brighton and would prefer to sell all the gear together, The components were about \$700 new and I would accept \$250 or best offer.

Feel free to call me at 617-355-6606, 24 hour office voice mail or email me at marc.baskin@childrens.harvard.edu

October Mileage Totals

2 5 7 7 1 5

Name	Miles	M	C	K	Name	Miles	M	C	K	Name	Miles	M	C	K
Melinda Lyon	13845	7	6	6	Glenn Ketterle	4069	-	-	-	Lyn Rodger	1721	5	-	-
Rick Gowen	11713	9	9	8	Don Mitchell	4058	6	1	-	John Springfield	1685	2	4	-
Tod Rodger	10291	10	5	7	Joe Repole	4025	10	10	-	Cynthia Zabin	1600	-	-	-
Robin Schulman	9175	6	3	4	Doug Cohen	4021	5	1	-	Rich Whalen	1380	-	1	-
Jack Donohue	8286	-	-	2	Nick Linsky	3920	3	2	-	Susan Grieb	1368	-	-	-
Paul Hardin	8065	9	2	5	Darrell Katz	3889	-	-	-	Jeff Luxenberg	1088	-	-	-
Irving Kurki	7959	9	7	3	Nancy Marchand	3810	5	2	1	George Caplan	1036	-	-	-
Don MacFarlane	7717	10	2	3	Joseph Tavilla	3769	2	-	-	John Kane	647	-	-	-
Steve Robins	7655	-	-	-	Ed Sullivan	3685	4	2	-	Jamie King	399	1	-	-
Jim Krantz	7487	6	4	3	Bob Sawyer	3604	2	-	-	Tracy Ingle	382	-	-	-
Bruce Ingle	7224	4	-	-	Gabor Demjen	3323	5	4	-	Rosalie Blum	370	-	-	-
Richard Dweck	6262	6	2	2	Walt Drag	3308	6	3	-	Mike Hanauer	198	-	-	-
Butch Pemstein	5834	-	-	-	John Campbell	3268	4	2	-	Jared Luxenberg	99	-	-	-
Peter Knox	5542	5	4	2	Bill Widnall	2858	2	3	-					
Cory Lovett	5403	4	1	-	Otto DeRuntz	2620	4	4	-					
Chris George	5146	5	-	1	Craig Weiner	2585	5	-	-					
Andrew Brand	5091	5	4	-	Cynthia Snow	2425	3	1	-					
Mike Kerrigan	5039	6	2	1	William Lane	2424	-	-	-					
Peter Brooks	4831	9	6	-	Lisa Weissmann	2424	6	1	-					
Edward Boches	4702	7	1	-	Henry Marcy	2420	2	1	-					
Dick Arsenault	4451	1	1	-	Bill Hanson	2305	1	-	-					
David Wean	4449	3	-	-	Marc Webb	2274	9	-	-					
Frank Aronson	4420	6	3	-	Ed Hoffer	2162	-	-	-					
Ken Hablow	4241	4	1	-	Elaine Stansfield	1819	3	1	-					
Janet Totor	4091	5	2	-	Greg Tutunjian	1758	1	-	-					

Mileage Table Explained

Miles are year-to-date totals. The M column indicates the number of months the rider reported completing a metric century. The C column shows the number of months with a hundred mile century, and the K column is the number of months with 1000 or more miles.

Report mileage by the fifth of each month to: Jamie King (jamie_e_king@charter.net or 978-448-0533) or on the web at <http://crw.org/mileage.htm>.



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2. fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death; (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the conditions in which the activities take place, or the negligence of the other participants designated below; (c) there may be other risks and social or economic losses either not known to me or not readily foreseeable at the time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activities;
3. hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless CRW, their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the participants or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

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Name(s) _____

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(day) _____

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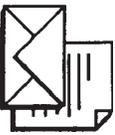
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CRW Membership Fees	1 year	2 years	3 years	Additional contributions to CRW (\$1, \$5, ...) are greatly appreciated!
Individual	\$20	\$38	\$55	
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Make check or money order payable to Charles River Wheelmen and send completed form and membership fees to Linda Nelson, 65 Hillside Ave, West Newton, MA 02465.

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