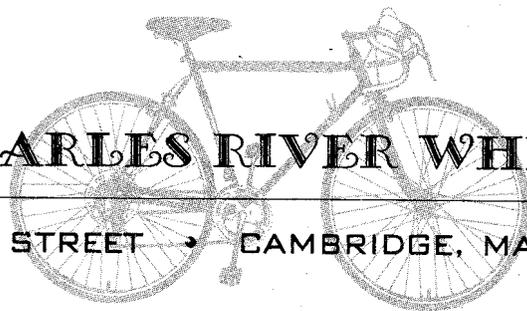


JULY 1972

# THE CHARLES RIVER WHEELMEN



131 MOUNT AUBURN STREET → CAMBRIDGE, MASSACHUSETTS 02138

SUNDAY, JULY 2, 11:00 A.M. Twenty-five mile ride through Newburyport and Amesbury. Meet at A&P parking lot just beyond the rotary on Rt 1 upon entering Newburyport. Leader: Charlie Hudson, 465-7916.

SATURDAY, JULY 8, 8:30 A.M. Seventy-five mile ride with the AYH to Uxbridge and return. AYH members can use this as their 75/7 qualification. Pace will be slow . . . about 12 mph average with three rest stops. Meet at the Fresh Pond parking lot in Cambridge opposite Porter Chevrolet on Fresh Pond Parkway. Leader: Dave Bailey, 868-3529.

First CPW Ride →

SUNDAY, JULY 9, 1:30 P.M. Twenty mile ride through Newton, Weston, Wellesley, Natick and Needham. Meet at the duck feeding area at the junction of Rts 128 and 30. Leader: Ed Trumbull, 332-8546.

SUNDAY, JULY 16, MAGNOLIA MANOR. A day of biking and swimming with a delicious buffet dinner of organically grown food by the New England Conservatory of Health. A beautiful ocean-front fresh water and salt water pool. Bike ride at 11:00 with Richard Konig, leader. Meal at 2:30. Contact Janet Belsky, 58 Amsden St., Arlington, for reservations., telephone, 646-1694. Cut-off date for reservations is July 12th. Adults: \$5.00, children up to the age of 14, \$3.00. Directions to Conservatory: Rt 127 to Magnolia Square, follow signs to Conservatory on Norman Ave., Magnolia, Mass.

SUNDAY, JULY 23, 11:00 A.M. LEISURE RIDE AND COOKOUT. Meet at the home of Pat Goodwin, 65 Candia St., Arlington, for a leisure ride of 20 miles through Arlington, Lexington, and Concord. (Longer ride available if you wish.) After the ride, a cookout will be held with hamburgers, hot dogs, and cold drinks. Bring your swim suit for a swim in the pool. Cookout cost - \$2.00. Reservations must be made with Pat by July 19. No reservations after the 19th. (tel. 646-1408). Directions to Pat's house: From Rt 128 onto Rt 2A, follow 2A past Park Ave. Ext. (ball field on right) to first left (Washington St.) after ball field. First right on Washington St. is Candia St. From Arlington Center, follow Rt 2A to just beyond Symmes Hospital sign. First right will be Washington St., and Candia St. the first right off Washington St.

SUNDAY, JULY 30, 11:00 A.M. Leisure ride of 25 miles in the Newburyport area. Town of Newburyport festivities will be occurring on this date. Meet at the A&P parking lot just beyond the rotary on Rt 1 upon entering Newburyport. Leader: Charlie Hudson, 465-7916.

SUNDAY, JULY 30, 10:30 A.M. The Brockton "Y" Wheelmen have extended an invitation to join them on their ride from Brockton to Plymouth, a trip of about 60 miles. Meet at the parking lot of the YMCA on Main St., Brockton. Leader: Doug Fountaine, 583-2155.

SUNDAY, AUGUST 6, 11:00 A.M. Leisure ride of 30 miles through Foxboro, Wrentham, Franklin, Norfolk, and Walpole. Bring along a sandwich .. punch will be provided after the ride. Meet at the home of Bob and Mary Jane Bohlen, 30 Baker St., Foxboro, tel. 543-4626. From the green at the center of Foxboro, take Rt 140 toward Wrentham and Rt 1 a short distance to the first right which leads to Baker St. Turn left on Baker St. to number 30.

SUNDAY, AUGUST 6, 11:00 A.M. Leisure Ride (longer ride optional). Meet at the parking lot of supermarket which is no longer in operation - there is plenty of parking space. Directions from Boston: Cross the Neponset Bridge and take the first left to the liquor store on the right hand side at stop light. The parking area is there. The leisure ride will be no more than 5miles one way to the Long Island Hospital, Squantum, with a visit to Fort Strong and a beautiful view of the harbor. Longer riders can return to Wollaston Beach and ride along it to Hough's Neck for another good view of the harbor. The tide will be going out on August 6th; but on August 13th, which will be the rain date, the tide will be high in the afternoon so you can bring your bathing suit, as I have friends nearby who have offered us the use of their home to change. Rain date: August 13. Leader: Norman Satterthwaite, 74 Sixth Ave., Quincy, Mass. 773-3068.

\* \* \* \* \*

NEW PRESIDENT ANNOUNCES PROMOTIONS AND DESCRIBES NEW JOBS  
IN C R W.

Congratulations to Bob Shave, Ed Trumbull and Mary Jane Bohlen, and Joe Stanewick! (Congratulations to you too, Rod Huck!!) As shown in the table below, these individuals have accepted a much larger responsibility. They have said, "these are areas in which I can help" and we have proceeded to define a structure around their interests. In other words, CRW structure will serve active membership interests instead of membership serving a structure. The structure will change with changing interest of those active members causing the change. You want a change? Step Forward - call Bob Shave or me. You want a job? Call the person now in charge. (New members call Joe Stanewick at 364-4432).

CHARLES RIVER WHEELMEN INC.

PRESIDENT

Rod Huck  
(266-4011)

COMMITTEES

CHAIRMAN

EXEC. VICE PRESIDENT

Bob Shave (583-1739)

(cont.)

COMMITTEES

CHAIRMAN

V. P. RIDES

Ed Trumbull (332-8546)

- 1. Leisure Rides
- 2. Intermediate
- 3. Advanced Dave Bailey, 868-3529
- 4. Metro
- 5. Tours
- 6. Frostbite Mike Gildea

V. P. SPECIAL PROGRAMS

Mary Jane Bohlen  
(543-4626)

- 1. Winter Activities
- 2. Indoor Programs
- 3. Century Ride
- 4. Social Events

V. P. LEGISLATION & MEMBERSHIP

Joe Stanewick (364-4432)

- 1. New Members Joe Stanewick  
Activities/Opportunities
- 2. Membership Ann Murphy 484-3727
- 3. Legislative Action
- 4. Collegiate

V. P. COMMUNICATIONS

- 1. Bulletin Editor Carol Storrs 326-4504
- 2. Bulletin Production Al Basso 666-8571
- 3. Safety Al Basso 666-8571
- 4. Advertising Sales Sharon Albert 536-1935
- 5. Public Relations Isabel Kelly 383-9493

V. P. HUMAN RESOURCES

Alan Barkin (527-2714)

- 1. Awards
- 2. Improvement Programs
- 3. Fitness

TREASURER

Don Ealke (275-7878)

- 1. Budget
- 2. Audits

SECRETARY

- 1. Legal
- 2. Annual Roster
- 3. Historian

EXPERIMENT I - Officers Ride

Rod Huck, President

Each Saturday morning an "officers ride" will be held. This will take the form of a workshop, so bring your ideas and problems. We will meet at the Jamaica Pond Boathouse and depart promptly at 8 A.M. - cycle to Dover Common

and return to Jamaica Pond by 11 a. m.

Dates: July 15, 22 and 29  
Time: 8-9 a. m. Ride from Jam. Pond to Dover Common  
9-10 Workshop at Dover Common  
10-11 Ride back to Jamaica Pond  
Who is Invited? Officers, Directors, Committee Chairmen and their members and any member willing to do a job for the CRW  
Ride Leadership: This will be an unmarked ride and the leadership will rotate. RULE: Depart at 8 a. m. - don't wait for anyone.  
ANOTHER RULE - no driving! I prefer you to ride directly to Dover from your home. If you do drive, please keep it a secret.

KUDOS A big THANK YOU and congratulations for a job well-done to outgoing President, Dick Bostwick.

And, about those rides that occur each Sunday of every month - they just happened to appear because of the hard work of our outgoing V. P. in charge of Rides, Bob Shave. Great job, Bob!

WEEK OF JULY 24 - TANDEM RIDES FOR BLIND COLLEGE STUDENTS ...

Volunteer tandem pilots are needed for five late afternoon sessions of leisure rides. The stokers are 25 blind high-school graduates who will be entering college in the fall and are taking a four-week campus orientation program at Carroll Rehabilitation Center, 770 Center Street, Newton Center. We will adapt trip schedule as needed. Volunteers with little or no tandem experience can practice by either showing up a little ahead of time, or calling Fred Silver to make arrangements for a try between now and then. Ten tandem (7 six-speed and 3 two-speed) are available. Bring your own if you prefer. To obtain further information or to sign up, call Bob Gildea at 861-8222, Fred Silver days at 969-6200 Ext 17, or sign up at Bicycle Repair Collective, 351 Broadway, Cambridge (354-9891) from 10 a. m. to dusk.

Bicycle caps are available free to all members of the CRW who have not received them, while they last. You may get them by calling Richard Bostwick, 332-7745 (Newton) or Norman Satterthwaite 773-3068 (Quincy), or we will try to have them at all the rides.

I would like to thank all those who have supported me this past year in which I have seen the C. R. W. grow from 200 to 300 members. This would not have been possible without your support. I hope that you will give the same loyalty and support to Rodney Huck, our new President, this coming year.

Your past president,  
Dick Bostwick

## SHORT ITEMS

At the Board meeting held June 6th at club headquarters, Dave Bailey was elected new Chairman of the Board. Congratulations Dave!

For those of you in the Concord area, John Vanderpoel will be giving a Basic Bicycle Maintenance course at the Concord-Carlisle Regional High School. The course will cover care, adjusting and maintenance for 10-speed and 3-speed bicycles; repair and mounting of tubes and tires; and specific areas of interest as requested. It meets Tuesday and Thursday evenings, 7:30-9:30, July 18, 20, 25, 27. It sounds great!

I received my latest copy of Bike World yesterday. I think the publishers are doing a great job - there is good variety in articles, and some very informative ones to boot. They need more subscribers; if you don't receive a bike magazine already, I think you would like this one.

On June 4th I joined the Granite State Wheelmen on one of their rides. We met at 9 a. m. in Bedford, N. H. and rode some 22 miles through Bedford, Merimack, and Amherst. It was a pleasant ride, mostly on back roads, with little or no traffic. The group was very friendly and I am sure would welcome any CRW members who would like to ride with them.

As of June 26th, your editor will be located at a different address. Please send any material for the August bulletin (deadline, July 15th - I'm going on vacation that day so anything that comes in after the 15th will go into the September issue) to: 405 Washington Street, Westwood, MA 02090.

## C R W DIRECTORS MEETING

Your new board of directors held its first meeting on Tuesday, June 6 at club headquarters, with 7 directors present. Bruce Bailey and Will Mason were absent. Norman Satterthwaite, chairman of the old board, ran the meeting. The board named Dave Bailey as its new chairman.

The board accepted the resignation of last year's president, Dick Bostwick, and elected Rodney Huck to succeed him. The directors also voted unanimously to give Rod all possible support. So when he or his officers ask you for help, please lend a hand.

Bob Gildea is in charge of preparing our new constitution and bylaws, which will be presented for approval at a future board meeting.

There was considerable discussion about CRW's bid for next year's Great Eastern Rally. It was felt that during Memorial Day weekend on Cape Cod, heavy motor traffic and a shortage of sleeping accommodations would both be major obstacles to the rally. The board voted to leave our bid in for GEAR 73, but to specify a location in southern New England, not necessarily the Cape.

Several other topics were discussed, but no formal action was taken on them.

Happy cycling!  
Dave Bailey

Congratulations are in order for Dick Bostwick. His term as CRW president has been a most enjoyable one for us. We had a lot of fun, and also accomplished quite a bit for the advancement of cycling. Dick did a great deal of work, for which the club is most thankful.

Dr. Galen reports that the April 30 Ride for the Retarded has earned over \$85,000 for MARC. Money is still coming in.

## AN OPEN LETTER TO THE "SILENT MAJORITY"

by Ed Trumbull

I have just accepted the job of Vice President in charge of rides. My first thoughts in this capacity were to wonder about our "Silent Majority". Of something in excess of 300 members, we never see more than 50 on any of the scheduled rides. I say to myself, "why?"

All of you joined voluntarily, paid your dues, and we haven't seen you since! There has to be an answer. It occurred to me that it is entirely possible that the fault is the club's. Maybe the rides we plan for each Sunday are not the type you were expecting when you joined. Too long?? Too short?? Would Saturday and/or Monday holidays be a better day than Sunday? These are some of the questions for which we would like to get some answers so that plans can be made, geared to the wishes of YOU, the members.

It is entirely possible that if enough varied interest is indicated, we could schedule two or even three rides on each weekend ranging from, say, 5 or 10 miles for those who are just getting started in this wonderful sport up to rides in excess of 50 miles for the "hard core".

We don't know the answers to these questions and we need your help. So won't you take a couple of minutes to jot down your thoughts and send them along to me:

Edson W. Trumbull, 19 Chase Avenue, West Newton, Ma 02165: tel 332-8546

I would like to think that I could look forward to receiving 300 replies. The thoughts and wishes of each of you are important. This includes those who already show up frequently for the rides, but, most importantly, our "Silent Majority."

Now, there is one more very important item to bring up. In order to put a real good plan together and make it work, I will need some volunteers to help with the plans and/or lead the various rides. Please accept my assurance that nobody will be asked to do more than he indicates a willingness for. I am a great believer in many people doing a little instead of a few doing a lot.

Remember, it's your club! Let's have fun together. Drop me a line SOON!!

## QUALIFICATION FOR WHAT?

Why? Why does anyone choose to spend four and on-half hours on a bicycle on a perfectly beautiful day, when they could be canoeing, sailing, picknicking, swimming, you name it? Why? Sunday was a lovely day for a bicycle ride - one could almost forget the constant headwind, except when it sneaked around to the side and

tried to blow one over. The funny thing is the wind is always blowing from the direction towards which you are riding. Ever notice that? Anyway, a few minutes before 10 a.m. we received our directions .. gulp! Norfolk!? Franklin!? (Remember, we are starting from the Newton City Hall.) Great! Who will pick us up and bring us back? NO ONE? We RIDE back? That was the moment to retrieve ones 15¢ and suddenly remember that it is great-aunt Sarah's birthday! But, alas, pride goeth before a ride, so off we go. The first hour and one-half is fine pedaling, through Needham, Dover, and Medfield, and suddenly here is the town of Norfolk. Unfortunately, there are also two young men with iron legs who act much like the rabbit at the dog races to the solitary rider. Away we go. Up and down and up and up. Well, you get the idea. Welcome to Franklin! I am especially excited when I see the sign reading Woonsocket 9. I remember too late that there is a bus that runs from Woonsocket right past my front door! Newton might just as well be on the moon. How is one to pedal all the way back? Now it is short detour time to look at the new Franklin High School (unintentional, of course). Up and down and up we go. Ouch, ouch say the legs. But they can't feel that way out here in the middle of the country. Ah, you wait and see, say the quadriceps. On to West Medway, Rt 126 to Holliston. Comforting - it is only 25 miles to Boston. And 250 miles to Newton! I'll never make it - I "burned myself out" chasing after those darn rabbits. Wouldn't it be pleasant now, floating down the Charles River watching all the things go on? Up and down and up we go. Ouch, ouch say the legs. Every mile is a mixed blessing - closer to the end but more painful. Sherborn, then South Natick. Time to invade the drug store (for the 4th time this season!) And sit .. and listen to the rock band by the dam. They had a bike rally out there in the morning as part of Charles River Day. It was 1 1/2 miles on one side of the river - and 1 1/2 miles on the other side of the river. How I would have enjoyed that ride! The pain won't go away but it is time to struggle on. It can't be all that far from So. Natick to Newton via Rt 16. Not very exciting, but who cares. It is merely a matter of covering inches at a time. The rabbits have sprinted ahead and disappeared out of sight. It is just as well. Then one can't hear the mutterings and see the grimaces of the solitary rider. The legs hurt too much to coast - and too much to pedal. Try that one on for size! Wouldn't it be nice to be sitting on a blanket enjoying a delicious fried chicken picnic lunch? Did you know that from the intersection of Rt 16 and Commonwealth Avenue, to go towards the Newton City Hall there is a 10 mile long hill? Curse anyone who plans a hill at the end of a 50 mile ride - whether or not one has been chasing rabbits. O.K. So it was only half a mile - what difference could that possibly make to those poor, distressed quadriceps. Then, suddenly, the end. Watch out! Sit down carefully .. that new tilt to the sit acted like a hammer to the poor coccyx. Still no answer, of course, to the burning and original question, why? But, isn't bicycling fun?

### CYCLING EVENTS OF THE 30s AND 40s

by Howard Moore

In the 1930s and 40s certain clubs were well-known for certain outstanding events. In my opinion the Hartford Cycle Club put on a great show in conducting the Avon Mountain race for a number of years. The course was over something of a trapezoidal route and started in the business section of West Hartford. It proceeded to a point in Farmington, turned north on Rt 10, then easterly on Rt 44 over Avon Mountain to the north part of West Hartford, then went south about 2 miles to the

starting point.

This route measured a little more than 17 miles, but 5 laps were made for a strenuous 86½ mile race. From the intersection of Rts 10 and 44 in Avon easterly to the height of land was about 1½ miles. Can you imagine climbing Avon Mountain five times in the course of a road race?

It was fun to stand about two-thirds of the way up this mountain, enjoy the beautiful valley view and watch those riders come around each time. They would be quite well bunched in the first three times around but strung out or in small packs the fourth and fifth times. This race was held in June and drew contestants from near and far. On June 16, 1940 there were 55 starters, 25 finishers, and the winner's time for the 86½ miles was 4 hours and 17 minutes.

The Worcester Cycle Club of that period was well-known for its annual 50-miler and for its Mt. Wachusett hill-climb. The road race, a rugged one, started and finished right in downtown Worcester and included the hill towns of Paxton and Rutland. In later years the course was changed to a repeating, four-lap, 12½ mile route, starting and finishing on Lake Ave. by Lake Quinsigamond, and including hills on Rt 9 and 20. Year after year the Worcester 50-miler was well contested and drew riders from New York and Canada.

The Yankee Wheelmen of Providence were another great club. Prominent in their program for many years was the Triangle Ride each May. The group would leave Providence at 6 a. m. come north on Rt 1 or 1A, and meet the Boston Wheelmen at Huntington Ave. overpass. The enlarged group would then ride out Rt 9 to Worcester and on occasion, some of the Greater Boston riders would go to Providence and return home to complete the triangle.

World War II marked the end of the Best-All-Rounder competition, but the three clubs just mentioned were large enough to remain active during the war with touring and racing programs. Locally, the Boston Wheelmen were no longer in the picture. The Cambridge Cycle and Sports Club had been formed and with clubrooms in North Cambridge, attracted many former members of the Boston Wheelmen. Miller W. Robb was president, and drew up a good program. A notable event was a get-together at Al Surette's home then on Pleasant St. in West Bridgewater. Also noteworthy was a Labor Day weekend trip to Plymouth in 1942. About 25 riders really took over a couple of tourist houses.

The Middlesex County Wheelmen consisted of a small group of long distance riders. The first Tour of Middlesex County started in Davis Sq., West Somerville, and passed through such outlying communities as Dunstable, West Townsend and Hopkinton. It was a 137 mile route. Only four riders completed this trip. The date was Sept. 17, 1939.

A year later, Sept. 15, 1940, the Tour of Middlesex County was shortened to 110 miles, but, starting again in West Somerville, included such points as Tewksbury, Groton, Boxboro and Framingham.

The M. C. W. also scheduled double centuries. In each case, however, only two or three riders actually passed the 200 mark, or even intended to. For the others it

was a well filled out century or maybe just a good ride of less than that. On July 16, 1939 two riders left Malden at 4:32 a. m. , picked up other riders in Medford and Waltham, and rode to Worcester. Then, on to Spencer, Palmer and Springfield. We spent about 2 hours with 8 or 10 members of a club in Holyoke, and some of them rode back with us as far as Granby. We then continued to Gilbertville, South Barre, Princeton, Clinton, and Hudson, where a stop at a diner was necessary. One rider turned for home at Wayland, another dropped off in Medford and the remaining two arrived home a bit after midnight.

The M. C. W. also had a "double" on June 23, 1940. Two riders met at Wellington traffic circle quite early and arrived in Providence at 7:18 a. m. Here we were met by seven members of the Yankee Wheelmen and south of the city we were joined by three more. The group used R. I. Rt 2 and what is now Rt 91 to get to Westerly. The homeward route included Voluntown and Sterling Hill in Connecticut. Re-entering Rhode Island, the Providence riders separated from us where Rt 14 leaves Rt 102 near Scituate Reservoir. Horace Gray and I rode through Chepachet to Franklin, Mass. , then through Medfield, Needham and Watertown. We arrived at our respective Medford and Malden homes with a nice double century shortly after 11:00 p. m.

The Middlesex County Wheelmen had only 10 members and were a touring rather than a racing group. Yet, in 1939, as an A. B. L. of A. club, the M. C. W. placed fourth among New England racing clubs in the final standing of the Best-All-Rounder competition.

... More bicycle events and recollections of the 30s and 40s in the August Bulletin.

## THE LAZY CYCLIST

... a forum on efficiency in cycling ... by Dave Bailey

I have received an interesting comment from Fred Chaffee concerning the use of salt in hot weather. He writes as follows:

Dear Dave:

I would take issue with you when you wrote in the June CRW Bulletin that bicycling in hot weather requires the use of "large quantities of water and salt to balance the losses due to sweating." You went on to say that "before you start out on a long ride, try to get a head start on your fluid balance by drinking a few cups of something wet, along with some salt."

It is well known that athletes are encouraged by their coaches and managers to drink more water, causing them to sweat more, enabling them to keep cooler during practice than they normally would. The use of salt tablets is also claimed to stabilize the amount of "natural" salts in the body when one is subjected to extreme physical activity and heat.

Nevertheless, Arnold DeVries in his classic work Dangers in Modern Foods

has this to say about salt. "About one-third gram of salt is needed each day by the body. This is found in green vegetables and many other natural foods, in an organic combination with other minerals, in particular calcium and potassium. In this form salt appears to be non-toxic, and it serves the body without producing any detrimental side-effects.

"Actually, the loss of salt in perspiration is helpful, and such salt need not be replaced. Its presence in perspiration is only the result of elimination of a material the body cannot use, and with the work of the kidneys being lessened accordingly. "

Liquid intake can very easily be increased without the use of salt. Indigestion and nausea are the most common immediate reactions after using iodized salt tablets.

DeVries further pointed out "that regular and habitual salt intake can and does raise the osmotic pressure of the body and interferes with the passage of solvent through the membrane lining of the blood vessels. Salt is a significant factor in producing Bright's disease, as well as hypertension (High blood pressure) and its many complications. "

Finally, we should remember that common table salt and salt tablets are not necessary for human health or life. It serves no known useful purpose in the body and tends to act as a toxic irritant to all body tissues.

I'd suggest using distilled or natural spring water on hot days, or in the absence of this, eat fresh oranges or grapefruit, or buy Hood's 100% Pure Orange Juice. This is what I do when touring during hot weather, and I have no problems. I might add that my diet is made up exclusively of only fresh raw fruits, vegetables, salads, raw nuts, nut butters and natural juices. I've been a strict vegetarian for over 17 years - and with no ill effects. Frankly, I've improved my well being considerably.

One doesn't need stimulating food and drink, nor processed and artificially flavored substances to keep in good shape and have abundant energy.

I think we can make a distinction between the habitual, excessive use of table salt and the taking of salt on a hot ride to compensate for sweating. On the first point I agree with author DeVries - diseases can be caused or aggravated by excessive amounts of salt in the body.

But I cannot agree that salt serves no purpose. It provides the body both with sodium, which is involved in the action of nerve cells, and with chloride, which the stomach needs for the production of digestive juices. Also, the quantity of salt in the blood is an important factor in determining its osmotic pressure. The kidneys continuously control this osmotic pressure by removing excess salt as it appears.

A textbook of biochemistry by Philip Mitchell has the following information:

"Excretion of chlorides is very nearly proportional to the NaCl ingested. Conservation of the chlorides of the body fluids is demonstrated by the rapid decrease in excretion during use of a salt-free diet. In two days the 24-hour output of chlorides may fall from 10 gm. (computed as NaCl) to a small fraction of a gram. This again emphasizes the role of the kidneys in maintaining the steady state of the osmotic pressure of the blood."

So we see that there is a correct amount of body salt that should be maintained. And DeVries' figure of one-third gram per day seems to be just about the amount required to balance the unavoidable loss through the kidneys.

But now what happens if I go out on a ride and lose 15 grams of salt by sweating? The kidneys can get rid of excess salt, but they cannot produce it on demand. So I will become salt-deficient unless I take salt in some form.

I understand that it has been found that trained athletes lose only half as much salt as the average man does in sweating a given amount. That might help explain Mr. Chaffee's ability to get along without salt tablets. I also suspect that he has become expert in adjusting his level of effort to the heat and humidity, so as to keep sweating to a minimum.

Keith French has reminded me of an omission from this column two months ago. I should have warned that if you adjust your handlebars higher, you should make sure that at least two inches of the stem is inserted into the frame. Pull the stem all the way out and mark the two inch point with a pencil. Then insert it at least as far as the mark, and you should be safe.

Items for this column should be sent to 381 Western Ave., Cambridge 02139 or phone 868-3529.

#### FOR SALE ...

Eldi wheel truing jig excellent condition - \$25.00 or trade for equal value of bicycle equipment. DON BLAKE 275-7878

#### JULY EXPIRATIONS ...

Edith Almgren - Albert Basso - Donald Burch - Susan Crystal - John Cummings - Craig Inglis - Paul Jefferson - Isabel Kelley - Dr. C. Levy - Lewis Lubar - Barbara Malinauskas - John Mohr - John Seibert - Helen Sullivan - Javier Tajeda - Edson Trumbull

Please mail renewal checks to:

Ann Murphy, 15 Harvard Road, Belmont 02178

NEW MEMBERS

Frederick Chaffee  
15 Piggott Rd., Apt 3  
Medford, Ma 02155

Glenn Fiscus 262-2644  
583 Beacon St.  
Boston 02215

Cheryl Anderson  
995 Mass. Ave. Apt 305  
Arlington 02174

646-9426

Emil Sefner  
11 Dwey Ave.  
Wilmington 01887

Kenneth S. Opin  
66 Chilton St.  
Cambridge 02138

868-7550

Pamela Gordon 734-6699  
33 Lyman Road  
Chestnut Hill 02167

Margaret Finn  
46 Gaslight Drive  
So. Weymouth 03975

337-3975

Ron & Margery Hazelton 782-9794  
4 Shepard Way  
Brighton 02135

Galen Wentworth  
19 Carolyn Drive  
Danvers 01923

774-2725

Henry Hasenbush 484-8471  
8 Leslie Road  
Belmont 02179

Alice M. Kern  
821 Parker Street  
Roxbury 02120

445-5045

Edward Saltzberg 484-4089  
150 Radcliffe Road  
Belmont 02178

Harvey Horwitz  
9 Franclaine Drive  
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Jack Hajj 623-0191  
147 Willow Ave.  
Somerville 02144

Richard Samet  
201 Kelton St., Apt 8  
Allston 02134

566-4093

Doku Yoshikami 661-8426  
1038 Mass. Ave.  
Cambridge 02138