

THE CHARLES RIVER WHEELMEN
131 Mt. Auburn Street
Cambridge, Mass. 02138

W H E E L P E O P L E

JUNE - JULY 1973

All news, want-ads, etc. by the fifteenth of each month to: John Likins, 201 Webster Street, East Boston, Mass. 02128 (tel. 567-2841)

CALENDAR

SATURDAY, JUNE 16, 10:00 A.M. Meet at the So. Natick dam on Rt 16. This will be a bicycle orienteering rally of approximately 20 miles. Maps and instruction sheets will be provided. Bring a pen or pencil and also some way to accommodate a map so as not to have to ride one-handed. Basically bike orienteering is finding your way from one point to another by the most convenient route. The participant who wins is the one who returns first and has, therefore, chosen the most practical route and, most important, has avoided getting lost. You can see from the above that physical strength is relatively unimportant. Leader: Dave Bailey, 858-3529.

SUNDAY, JUNE 17. Traditional Father's Day Bicycle Ride, to Wayside Inn in South Sudbury including visits to the Little Red School House, the old Grist Mill, Martha and Mary Chapel as well as a stop at the Country Store in Marlboro. Formerly this ride was organized by Dr. Percy Anderson for the AYH. Dr. Anderson passed away last year. This year and subsequently the ride will be identified as the Dr. Percy Anderson Memorial Ride in memory of this good friend of all us cyclists. Various bicycle clubs, as in the past, will be invited to participate by the AYH with an expected 200 riders participating. The meeting time at the Wayside Inn is set for 2:30 P.M. Either plan your own route or meet at one of the following gathering points: Brockton - 10:30 A.M. Rt. 27 entrance to Cardinal Cushing Hospital. Leader: Bob Shave 583-1739. Shrewsbury - 12 noon Meet at the Town Common to join members of the Worcester Bike Club. Leader: The Cooks, 752-1880. Concord - 1:00 P.M. Town parking lot off Main Street in the center of Concord. Leader: Donna Haines, 851-7717.

SUNDAY, JUNE 24, 11:00 A.M. Meet at Danvers Plaza on Rt. 1 (Newburyport Tpke.), 5 miles north of Rt. 128. Ride goes through Danvers, Middleton, Boxford and Topsfield to Benson's Ice Cream Stand. Distance: short-intermediate (approximately 29 miles); pace: moderate. Shorter rides of 16 and 22 miles can be accommodated for those who do not wish to ride the full distance. However, the shorter rides do not get to Benson's. Leader: Howard Moore, 324-3477.

SUNDAY, JUNE 24 (ALL DAY). "Spokes Spectacular", a fun day of bicycle events to be held at the North Shore Shopping Center, Peabody. Sponsored jointly by Streeter & Quarles, WBCN-Radio, and the North Shore Shopping Center. CRW will hold a clinic on the proper methods of cycling, man a special CRW booth, and provide behind-the-scenes support. Ron Hazelton (782-9794) will coordinate our participation; Gene Ritvo is in charge of the skills clinic (899-2464); Rod Huck is in charge of the booth (769-0451). If you can help in any way, please phone one of these members.

SUNDAY, JULY 1, 11:00 A.M. Meet at the Stop & Shop parking lot on Rt. 3A at the Kingston-Plymouth line. From Rt. 3 take exit 35 for 3A South. Distance: short-intermediate (approx. 30 miles); pace: Moderate. There will be a refreshment stop along the way. The ride goes through Plymouth and Manomet, going along the waterfront for some distance. Time permitting there will be additional stops at the Yankee Atomic Electric Station, Plymouth Rock, and the Mayflower. Because of the stops the elapsed time is indeterminate (about 4-5 hours). Leader: Paul MacDonald, 698-2832.

ATTENTION 3-SPEED & SINGLE SPEED RIDERS: The following is offered especially for you. Mazeikus' Magical Meaningful Midweek Meanderings of Malden, Medford, Melrose (Maybe More) Massachusetts. Also known as "the rides you can truly say Mmmmm about." This is a series of rides for people riding 3-speed or single speed bikes - no 10-speed bikes, please - in and about Malden and the neighboring cities. The rides will be from 5 to 10 miles long and will be at a real slow pace, 5 miles will usually be maximum. Meet in front of the Wheel Dealer Bicycle Shop, 339 Main Street (Malden Square), Malden, at 6:15 P.M. each Wednesday evening from now through September. Leader: Richard Mazeikus, 395-8010 (days) and 322-5569 (evenings).

SUNDAY, JULY 8, 11:00 A.M. Meet at the home of Don Blake, 1 Gleason Road, Bedford, for a ride through Bedford, Concord, Acton, Chelmsford, and Billerica. Distance: short-intermediate (approx. 25 miles); pace: moderate. Directions - From Rt. 128 take Rt. 4/225, watch for Rt. 62 bearing left. Follow 62 to first right, Davis Road. Second right off Davis Road is Gleason Road. Leader: Don Blake, 275-7878.

SUNDAY, JULY 15, 11:00 A.M. Meet at the BPM Shopping Center, corner of Central Street and Rt. 138, Stoughton (Rt. 128 South to Rt. 138 South). Ride goes through Stoughton, Canton, Walpole, Sharon and Easton. Distance: short-intermediate (approx. 30 miles); pace: moderate. Turnoff available for a 20-mile ride for those not wanting to ride the full distance. Leader: Jim Emerson, 344-7364.

SUNDAY, JULY 15. Block Island ride with the Narragansett Bay Wheelmen. Reservation through Torn Miller, 737-8675. Ferry sails at 11 a.m. returns 6 pm

SUNDAY, JULY 22, 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.) Cook-out after the ride. Hamburgers, hotdogs, cold drinks! Bring your swim suit for a swim in Pat's pool. Due to yard limitations, reservations will be limited to 50 - reserve early - in no event later than July 18. Directions: From Rt. 128 take Rt. 2A past Park Ave. exit (ball field on right) to first left (Washington St.) after ball field; then first right onto Candia Street. From Arlington Center follow Rt. 2A to just beyond Symmes Hospital sign. First right will be Washington Street; Candia Street is next right. Leader: Pat Goodwin, 646-1408. Reservations with check payable to Pat directly to 65 Candia Street, Arlington 02174. \$3

SUNDAY, JULY 29. Bike Marathon, a ride over the route of the annual Boston Marathon. Three starting points: 10:00 A.M. - Meet at Boylston Street entrance to the Prudential Center, Boston. Leader: Dave Bailey, 868-3529.

10:30 A.M. Meet at Boston College, corner Commonwealth Ave. and Lake St. Leader: Irv Pfau, 969-5965.

11:30 A.M. Meet at Wellesley Hills Square, Rt. 16, just off Rt. 9. Leader: Ed Trumbull, 332-8546.

Rides will be of 52, 40 and 30 miles. All will merge and proceed to Hopkinton where a lunch stop will be had. Return trip at 1 P.M. Bring a lunch.

SUNDAY, AUGUST 5, 8:00 A.M. (Note the earlier time!!) Meet at Fresh Pond, Cambridge, at entrance nearest to the junction of Alewife Brook Parkway and Huron Ave. Ride through Belmont, Lexington and Winchester. Distance: short-intermediate (approx. 25 miles); pace: moderate. Leader: Janet McBride, 354-1552.

SUNDAY, AUGUST 12. Three-ride combination.

Ride #1 - Meet 10 AM at Cavicchi's Supermarket, Bedford St., Abington (Rt. 18, between Rts. 123 and 27) for a ride to Brant Rock and return. Distance: long-intermediate (48 miles); pace: moderate.

Ride #2 - Meet same time and place for a ride turning back at Pembroke Center. Distance: short-intermediate (approx. 20 miles); pace, leisurely.

Ride #3 - Meet at 11 AM (note - one hour later) at Fernandes parking lot, Pembroke Center, to join up with others coming from Abington. Ride to Brant Rock and return. Distance: short-intermediate (28 miles); pace: moderate. Leader: Jack Cassidy, 586-9378.

SATURDAY-SUNDAY, SEPTEMBER 15-16. Bourne will be the site of the annual LAW New England Rally this year. Rides will be marked in the Falmouth-Woods Hole, Sandwich Cotuit, Bourne, Plymouth-Duxbury, and Martha' Vineyard areas. Information from Bob Shave, 715 High St., Hanson, Ma 02341. Please enclose a stamped, addressed envelope.

RAMBLIN' Part I
with Henry I. Soron

I don't often go ramblin' with my bike, so I'll do it with words. I enjoy fast riding best. My most pleasant memory of cycling: the Atlantic City boardwalk. I spent a few April days there several years ago. I would start cycling this six mile long boardwalk about 7 in the morning. Temperatures were in the 50s and too early for many strollers. The going was very fast. I could feel the ocean air on my face, cooling my entire body. The whir of tires on the boards. The ocean splashing up through the boardwalk. The perfume of the cool salty air tantalizing my nostrils, filling my lungs. I would probably get soft down there. The country is so flat. The only resemblance to a hill is the bridge connecting the islands.

Second place in the most pleasant cycling sweepstakes: The time is five o'clock on a late October morning. Sunrise is a long time off. I am doing one of my 19 mile rides, just for fun. The ride to work comes later. There is little traffic, no wind, and I ride all out. Riding in the early morning is slower than at other times. In addition riding in the dark is slower still. The moon is full and bright. Familiar scenes have a strange glow. It's a bit scary, but exciting. The romance of cycling.

A couple of years ago I experimented with crank lengths. On the PX-10 I was riding then, 170 mm cranks were normal. I tried 180 mm cranks for weeks at a time. I keep records of my times, weather conditions and changes to the bike. Looking back through my records, I noticed that my time for my short 19 mile ride was shortened with the longer 180 mm cranks. In contrast these longer cranks lengthened the time for my longer 50 mile ride as compared to riding the 170 mm cranks. One of my 19 milers with the 180 mm cranks and heavy Elvezia tires had a short time that I have never again equaled. The extra cranking length must be more tiring on long rides. The longer cranks require care. I had to coast around turns, or the pedal would strike the road.

Does a rider get more exercise riding a bike with the heavier clincher tires or a bike with the light tubular tires? Again I scan back through my notebook. I get more exercise riding a tubular tired bike with light tires. I can feel the difference. The gung-ho responsiveness of the lighter tired bike allows me to push harder and move faster. I do more deep breathing and my body becomes all keyed up. I lost more weight, on a 50 mile ride for instance, riding the tubular tired bike than the clincher tired bike. When I push hard on the clincher wheeled bike it doesn't seem to want to go. It requires a lot more shifting.

For about a half year now I have been riding my Raleigh Professional in a 97.6" gear (47 and 13 sprockets) without shifting. Later I added a 53 tooth chain-wheel, and I rode this 110" gear in strong tailwinds. I tried three 19 mile rides not shifting out of the 110" gear. One of these was faster. The other two were about normal time. Then I tried my 50 mile, moderately hilly ride, Rt 2A to Ayer, staying in the 110" gear. My time was shorter than normal considering the low temperature of the day. Low temperatures make the going slower.

Strong winds make the exclusive use of the 110" gear a chore. Ride data refers to days with little or no wind. Early morning rides have been generally windless; part of the joy in riding at this time.

(to be continued)

BOARD OF DIRECTORS MEETINGS. With eight of the directors present on May 8th, Norm Satterthwaite's resignation was read and accepted. His contribution to CRW from the beginning has been outstanding, with his holding almost every office at one time or another. We look forward to Norm's continued participation on rides.

Ed Gross was chosen to fill out the remainder of Norm's term till the next regular election.

The Board again considered CRW's hosting the Great Eastern Rally.

The Board voted to support proposing at GEAR '73 that GEAR '75 be held in Amherst, Mass. on Memorial Day Weekend. Ralph Galen volunteered to see what he could do in getting the project launched.

Bob Shave reported there were 242 members of CRW - the count being the result of removing the names of inactive members.

With five of the directors present on June 1st a special Board Meeting was held to discuss the production of WHEELPEOPLE. It was decided in order to get the Bulletin out more quickly, that it revert to the old format, eliminating the need for pasteups or typesetting. Our sincere thanks to Ken Opin, Carol Storrs, and Walt Kaplan for working on our printed issues. The Board also discussed and agreed to include separate flyers in future issues, with printed information and club photos. Advertisers whose ads were cut or inadvertently dropped, will be carried the appropriate number of extra issues of WHEELPEOPLE.

HEMISTOUR is now in southern Mexico. Before entering Central America, the group will probably take some time off to write a second article for the National Geographic. Greg Siple, on the tour, is promoting BIKECENTENNIAL '76 - a 5000 cyclist cross-country tour of 3500 miles in 70 days - for the summer of '76. Further information from 317 Beverly Ave., Missoula, MT 59801.

ADVERTISING COORDINATOR ... WHEELPEOPLE needs one pronto!!
Anyone wanting to help the club in this way please call Rod Huck, 769-0451.

NEW MEMBERS

Richard A. Anderson, Jr. 147 Summer Street Waltham 02154 899-2327	Leslie H. Carter 57 Pearl Street Amesbury 01913 388-1332
Victor A. E. Anderson 12 Farrington Ave. #4 Allston 02134 782-6119	Cherie E. Crane 553 Walnut Street Newtonville 02160 969-1149
Norman Brunell 73 Main Street Foxboro 02035 534-7055	Susan Farwell 32 Chatham Street #6 Cambridge 02139 868-1837

Robert F. Giarratana
135 Magazine Street
Cambridge 02139 876-0112

Glenn Gustavson
12 Pleasant Street
Waltham 02154 492-6310

Jim and Marry Hickey
273 Ferry Street
Malden 02148

Rodney M. Hobson
31 Deep Run
Cohasset 02025 383-6870

Linda Krupp
538 Green Street
Cambridge 02139 354-2184

Mary McCormack
145 Auburndale Ave.
West Newton 527-3653

Stephen McGowen
588 Cottage Street
New Bedford 02740

Noel Negroni
61D Beacon Street
Burlington 01803

Carolyn Nichols
14 Westgate Dr. #207
Woburn 01801 933-6268

Joe Pasciah
84 Pembroke Street
Boston 02118 262-0093

Peter Reagan
1119 Mass. Avenue
Arlington 02174

Gayle Saccone
64 Beacon Village
Burlington 01803 272-7037

Eugenia & Irwin Young
111 Holland Road
Brookline 02146 738-0119

FOR SALE .. All-Campagnolo (except brakes) custom-built W. B. Hurlow in perfect condition. Handlebar shifters, spare tubular tires, many other extras.
Dick Bostwick, 332-7745

NEXT MONTH .. A 500-mile tour in four days. A 1937 adventure with Howard Moore. More ramblin' with Henry Soron. A report on the "Crane GT" and other new touring derailleurs, by John Likins.