

## WHEELPEOPLE

The Charles River Wheelmen  
2210 Massachusetts Ave.  
Cambridge, Mass. 02140

2/76

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MALDEN MA 02148

APRIL 1975

NEWS, ARTICLES, CLASSIFIED ADS ... Please send typed copy by the 10th of the preceding month to the editor, Richard Mazeikus, 55 Newman Road, Malden 02148.

CLASSIFIED ADS ... Free to members, 25¢ per word to dealers and non-members.

### CALENDAR

SUNDAY, APRIL 6, 11:00 AM - Meet at Westbrook Village Shopping Center (formerly Hancock Village) Rt 1 (VFW Parkway) in West Roxbury for a ride of approximately 25 miles through Newton, Needham, Dover, Westwood and return. This ride uses a new type of route marker which allows riders to travel at their own pace while still keeping everybody together. This may sound ridiculous but it really works. Join us and provide it to yourself. If you need a little more incentive, the ride will terminate at our leader's home for a modest libation. Leader: Erv Pfau, 969-5965.

SUNDAY, APRIL 13, 10:00 AM - Meet at the duck feeding area at the intersection of Rt 30 and Rt 128 for a 50 miler. Ride will proceed through Waltham, Weston, Lincoln, Concord, Carlisle, Westwood and return. Leader: Ken Berger, 899-2915

THURSDAY, APRIL 17, eve. Club meeting at the Roundup Steak House, 39 Main Street, Waltham on Rt 20 between Waltham and Watertown. Dinner 6-7; meeting 7-8; program 8-9. Dr. Buxbaum will speak about an exercise program that, although new to this country, is very popular in Europe. The program uses park courses with station timing and there is an attempt being made to introduce it on a large scale in the metropolitan Boston area.

SATURDAY, APRIL 19, 5:00 AM - Paul Revere (Bicycle?) Ride. Join the Boston Council AYH in their third annual reenactment of following Paul Revere's exact route, by bicycle, from Boston to Concord, a distance of 20 miles. Ride arrives in Concord in plenty of time for their pancake breakfast and reenactment parade at the North Bridge. You may return at your leisure. To participate you must pre-register by sending 25¢ to: American Youth Hostels, 251 Harvard St., Brookline 02146, for which you will receive a route sheet and schedule: Leader: Ron Gallagher, 731-0591.

SUNDAY, APRIL 20, 11:00 AM - Meet at the BPM Shopping Center, corner of Central Street and Rt 138, Stoughton. Ride goes through Stoughton, Canton, Walpole and Easton. Distance, approximately 30 miles with a 20 mile turnoff available for those not wishing to go the full route. This is one of the ten original rides published in the atlas. Leader: Jim Emerson, 334-7364.

*SP 27*  
SATURDAY, APRIL 26, 11:30 AM - The first of the CRW timetrials will be held beginning and ending in front of the Middlesex School on Lowell Road, 2 miles north of Concord. The 6 mile time trial will be preceded by a ride and a bring-your-own picnic lunch. The actual start of the timetrial will be 2:00 p.m. Please park your cars as far off Lowell Road as is possible as it is a busy thoroughfare. Leader: John Vanderpoel, 369-7237.

SUNDAY, APRIL 27 - Annual MARC ride. This is the fourth annual ride to raise funds for the retarded citizens of our state. It has been demonstrated that these unfortunate children and adults can be helped. However, it takes money. That's where we come in. Get your friends, relatives, neighbors and co-workers to sponsor you at so much a mile; you ride the miles on your bike and collect the money afterwards. It's easy! All it takes is a little time. The results are their own reward. In the past there has been a disappointingly small number of CRW riders participating. Let's make a big effort this year - even if you get only \$10 pledged, one hundred riders at \$10 each is \$1,000. If you can't get an official sponsor sheet just write down your sponsors on a piece of paper and copy them on to the official sheet when you show up for the ride. Four excellent rides of 25 miles each will be laid out in Tewksbury with check points every 12½ miles. There is also a mini-ride of 5 miles available, so you can ride any distance from 5 miles to 200 miles. If you are real ambitious and want to ride the 200 miles, this will start at 8:00 pm Saturday night. Those wishing to make this longer ride should contact Donna Haines, 851-7717 (eves), all others can start any time from 7:30 a.m. on Sunday morning. Directions: Take Rt 38 north from Rt 128 to Tewksbury Center and turn left on Pleasant Street at the bandstand and go 2/10 of a mile to Center School (on right). Check-in table will be set up at the rear of the school. See you ALL there!

SUNDAY, MAY 4 M.B.T. DAY (Metro Bike Train Day) In cooperation with Sen. Saltonstall's office and the MBTA there will be a combined effort to introduce cyclists to the advantages of take the T. On Sunday morning, weather permitting, we will gather on the Cambridge Common for greetings from Mayor Sullivan of Cambridge and other dignitaries. From there we will cycle to the Harvard Subway Station via the bus access ramp on Mass. Avenue. We will pay our dime as it will be "Dime Time" and will ride the Red Line to Ashmont Station in Dorchester, where we will detrain and either join the AYH in their rides through the Blue Hills or ride on our own. In the afternoon the directions will be reversed and we will board the T for the ride back to Harvard Square - another dime will do it. Watch the newspapers and other media for more information on these activities as the day comes closer.

SUNDAY, MAY 11, 2:00 P.M. Mother's Day Family Ride. Meet at Fresh Pond parking lot near the intersection of Huron Ave. and Alewife Brook Pkwy (Rt 16) for

a leisurely type family ride of 15 miles or even less for those who prefer a shorter distance. Come one - come all! Let's see all you mothers and the kids out there for a fun afternoon. Of course, if you do not happen to be a mother, or a kid - come anyway. Leader: Janet McBride, 354-1552.

MAY 17 and 18, 8:00 A.M. - Wolfboro, N. H. The Granite State Wheelmen will host the fourth annual Lake Winnepesaukee Rally, featuring various length rides from 15 mile local trips to the hilly 62 mile Metric Century around the lake. Maps, lead rides, sag wagons will be available for all scheduled rides. Cyclists may also ride on their own. An advance registration is requested and the fee is \$1.00. There will also be a patch available for \$1.00. Rally headquarters will be the Allen "A" resort which will also offer a wide variety of indoor and outdoor activities for those cyclists staying there. Reservations should be made by those attending direct with the resort and the Allen "A" has a special rate for the riders in this rally; modified American plan for \$19 to \$22 per day per person, calling for 2 to 4 people per room and includes a full breakfast and dinner. The Allen "A" requires a \$10 deposit per person on advance registrations. Rally advance registrations should be sent to the Granite State Wheelmen, 11 Winter St., RFD #1, Salem, New Hampshire 03079.

SATURDAY, MAY 17, 11:30 A.M. The second of the CRW timetrials will be held beginning and ending in front of the Middlesex School on Lowell Road 2 miles north of Concord. The 11 mile timetrial will be preceded by a ride and a "bring-your-own" picnic lunch. The actual start of the timetrial will be 2:00 p.m. Leader: John Vanderpoel, 369-7237.

SUNDAY, MAY 18, 8:30 A.M. - First Leg of a multi-level ride. Meet at the Fresh Pond parking area (same directions as May 11 ride) for a ride straight out to South Natick at the Charles River Dam on Pleasant Street to meet up with others there for the second leg. This first leg will be approximately 13 miles. Leader: Bob Fontana, 776-2399.

Second Leg at 10:30 a.m. Ride starts from South Natick as above. This will be a 60 mile loop proceeding south and cuts the northeast corner of Rhode Island at Cumberland Hill and return. Ride passes through Natick, Medfield, Norfolk, Plainville and Wrentham. The ride also passes a number of state parks which some may wish to explore including the Rhododendron State Park and the Stony Brook Reservation which contains a bird sanctuary. Leader: Mike Gengler, 247-1482.

Some fast mathematics will show the above accommodates three different rides: first leg and return, 26 miles; second leg and return, 60 miles; first and second leg combo, 86 miles.

MAY 24 through 25. GO TO GEAR ... By this time you probably have your GEAR information and hopefully are planning to go to Amherst for the event of the year. Here is how to get there:

1. Ride to GEAR: Groups will leave 2210 Massachusetts Ave., Dr. Galen's office, in Cambridge at 7:00 a.m. on Friday and Saturday, May 23 and 24. The route generally follows Rt 20 to Worcester and Rt 9 to Amherst. Riders also can assemble in Weston on the town green to meet the riders from Cambridge.

If you wish to ride on your own, watch next month's WHEELPEOPLE for a map of Worcester bypass routes.

2. Bus service: If enough people are definitely interested we will charter a bus and hire a van to move people, bikes, and baggage to and from Amherst. Please fill out and return the questionnaire below before April 15 if possible. Cost for the bus and bike transport will be approximately \$15-25 depending on how many go. One-way service will also be available if we hire the bus; please indicate your interest below. Be prepared to forward payment in early May!

3. Car pool: If enough spaces are offered, we can use this method to get ourselves to GEAR. I will try to coordinate this.

FURTHER INFORMATION: Watch next month's WHEELPEOPLE. If you call, please phone between 7 and 9:30 p.m. (969-0477)

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### GEAR 75 TRANSPORT QUESTIONNAIRE

Return to Dr. E. Gross  
38 Moreland Avenue  
Newton Centre, MA 02159

I AM GOING TO GEAR \_\_\_\_\_ NUMBER IN PARTY \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE \_\_\_\_\_

\_\_\_\_\_ will ride to GEAR, expect to meet group at \_\_\_\_\_ on \_\_\_\_\_  
(Fri. or Sat.)

\_\_\_\_\_ riding alone.

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\_\_\_\_\_ Bus preferred. I prefer bus on \_\_\_\_\_ Fri. evening \_\_\_\_\_ Sat. morning

\_\_\_\_\_ One-way bus desired: To Amherst \_\_\_\_\_  
Return to Boston (Monday noon) \_\_\_\_\_

\_\_\_\_\_ Need baggage transportation (bags to be brought to bus or carpool locations)

\_\_\_\_\_ Number of suitcases or bags.

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#### CAR POOL:

I can take \_\_\_\_\_ Bikes and riders to GEAR on Fri. \_\_\_\_\_ or Sat. \_\_\_\_\_  
or Sunday \_\_\_\_\_.

I would like to be a passenger to GEAR on \_\_\_\_\_ No. in party  
(day)

Tour of Scenic Rural Vermont parallels the famous Long Trail which extends from Massachusetts to the Canadian border over the mountain range to the west. The ride starts near South Londonderry, Vermont, and winds north on Rt 100 beside the Black River and on through the Green Mountain National Forest. You will pass several renowned skiing centers; cycle through Plymouth, Calvin Coolidge's home town; cool off by wading in a mountain brook; snack on delicious real Vermont cheese. Photographers will love the many pastoral scenes; mountain views, and Moss Glen Falls.

This trip is for the experienced cyclist only - a total of approximately 212 miles will be covered in two days. At the end of the first day's ride will be a bountiful buffet and a comfortable overnight in Waterbury Center. (continued pg 6)

TOSRV-EAST (continued)

Send self-addressed stamped envelope (don't forget to include your phone number) for making a reservation or requesting information. Cost of weekend is \$17 and includes rustic Friday overnight accommodations, Saturday evening buffet and overnight, and a country breakfast on Sunday. Your canceled check is your receipt. Detailed information will be mailed two weeks prior to trip. \$1 additional (payable at Ski Hostel Lodge) for linen charge if you don't bring your own sheet sleeping sack. Reservations close May 15. No refunds after June 1. Space limited to 80.

Donna Haines, 12 Munro Circle, Tewksbury, MA 01876. 1-617-851-7717

A MESSAGE FROM PRESIDENT RALPH -

The interesting thing about a bicycle club is that members offer their assistance without being asked. Perhaps it is because we have a participation type of organization. In any event we can use all of the talent that is available to us. As an example, would you like to lay out a ride and lead it? Send in your suggestions to club headquarters and we will see that the Rides Chairman Ed Trumbull is alerted. If you would like to have the ride leave from your home with refreshments at the end a small fee can be charged to cover your expenses. Perhaps you would like to serve on the program committee. We hope to have year-round meetings and can use all of the help we can get. Do you have a favorite program that you would like to suggest? It needn't be a typical bicycle program just so long as it would be interesting to our membership. I am sure that there are many other ways that your assistance can be utilized. A note to Club Headquarters is all that is necessary. Thanks!

DUES Members are reminded that effective May 1, the dues for the CRW will be increased to \$7, making the combined CRW and LAW dues \$15. If you renew before May 1, the total will only be \$13.00.

HEMISTOUR The Alaska to Argentina bicycle trip has reached its goal reports John Likins, a CRW member and one of the original riders on HEMISTOUR. We hope to have more details next month.

URBAN BIKEWAY DESIGN ATLAS The Atlas's 120 pages summarizes the best ideas from five professional and nine community based design teams. Over a hundred of the best bicycle transportation minds in the United States have contributed ideas for this Atlas. The Atlas is available for \$3 from: Urban Bikeway Design Atlas, W20-002, MIT, Cambridge, MA 02139.

# YOU DON'T HAVE TO USE COAL OR OIL IN ORDER TO GENERATE ELECTRICITY ... Don Blake

Sound like the title of a paper in a technical journal? Well, read on fellow bicyclist, while I describe a bicycle ride on which you will learn of two alternate methods of generating electricity. In addition you will see some of the most beautiful scenery in Western Massachusetts.

The 86km (54mi) ride begins and ends in Greenfield, 164km (102mi) west of Boston. Travel by automobile via Rt 2 to Rt 91 in Greenfield. Take Rt 91S to exit 26E. This is Rt 2A, the main street of Greenfield. Leave your car in one of the municipal parking lots off one of the side streets on your left. Follow Rt 2 westward, a distance of 19km (12mi) to Charlemont. Stop at the Mohawk Indian Bridge and enjoy the view of the Deerfield River. Now, turn around and back-track 15m (500ft). A road sign on your left points to Zoar, Rowe, and the Yankee Atomic Electric Plant. Follow this road to its end at a "T" intersection. There is a large tree right in the middle of the intersection. Remember this tree, it is the only easily identifiable landmark to signify that you have completed the 48km (30mi) CCW loop through Zoar, Rowe, Monroe Bridge and Florida.

Turn right at the intersection, you will soon leave Zoar and begin the climb into Rowe. Rowe is historically interesting because signs have been erected at the sites of many Colonial buildings. The last downgrade before "Yankee Atomic" is positively the steepest drop imaginable. If you start to bike down, then decide that walking is safer, you probably won't be able to bring yourself to a complete stop.

At the bottom of this downgrade is the "Yankee" Atomic Electric Plant and Information Center. Water is converted to steam within a nuclear reactor. The steam is used to drive a turbine which drives an electric generator, producing the electricity. There is a drinking fountain in the Information Center, with ice cold water. Fill your water bottle here. When you are ready to leave, walk your bicycle across the dam which forms the storage reservoir to the road on the other side. Turn left. From this point back to Zoar is mostly down hill and contains absolutely breathtaking scenery.

As you leave Monroe Bridge you will come to the "Bear Swamp Project" and information center. This project is really fantastic. There are two reservoirs. The upper, at an elev. of 1600 feet above sea level has a surface area of 118 acres. The lower, at an elev. of 880 feet above sea level has a surface area of 152 acres. The two reservoirs are connected by means of a 740 foot vertical shaft, 25 feet in diameter, and two horizontal tunnels 410 feet long, also with a diameter of 25 feet. The Power Plant is built inside the mountain directly beneath the vertical shaft. During the daytime, peak period, water from the upper reservoir drops down the vertical shaft and turns the turbines, which are connected to the generators, to produce electricity. During the night time when electricity is not in peak demand, surplus electricity is used to power the motor generators, and turn the turbines in reverse direction. The turbines now act as pumps, returning all the water from the lower reservoir back up to the upper reservoir ready for use the following day.

In Florida you will come to a set of railroad tracks. On your right is the eastern entrance to the Hoosac R. R. Tunnel, 4 mi long and 1500 ft beneath the Mohawk Trail. TNT was used here for the first time in 1850. Turn right to the tree in the center of an intersection and you will soon be back out on RT 2; turn left and head back to Greenfield. If flowers interest you, take an additional two mile loop into Shelburne Falls and walk across the "Bridge of Flowers."