

CALENDAR
JANUARY 1976

WINTER COLD LINE 723-5775

SUNDAY, DECEMBER 28, 11:30 AM Frost Bite Ride. Meet at the Dedham Mall, Rt 1, near Washington Street, Dedham (entrance next to Sears).

WEDNESDAY, DECEMBER 31, 9 PM - 1 AM Join the CRW in welcoming in the New Year with a Midnight Meal, Chinese Style, \$4 per person and drinks, \$.75 each. The party will be at Club Headquarters, 2210 Mass. Avenue, Cambridge, and reservations are needed for the meal.

THURSDAY, JANUARY 1, 10:00 AM New Year's Day Ride. Meet on the Boston Common at the Park Street Subway entrance for the first ride of the year. We will ride one mile for every degree above or below zero. The destination will depend upon the temperature; if it's zero we'll pedal to the State House in honor of the Governor's promise of no (zero) new taxes. Leader: Richard Mazeikus, 322-5569.

SUNDAY, JANUARY 4, 11:30 AM Frost Bite Ride. 2210 Mass. Avenue, Cambridge.

WHEELPEOPLE

The Charles River Wheelmen
2210 Massachusetts Avenue
Cambridge, MA 02140



10/76

JOHN J. SPRINGFIELD
16 RANSOM RD. APT 13
BRIGHTON, MA. 02135

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.

Healthful Fellowship Through Bicycling

THURSDAY, JANUARY 8, EVENING Ballroom dancing at Moseley's on the Charles, Rt 1, Dedham. An hour of instruction begins at 8 PM followed by an evening of dancing. Meet at Moseley's at 8 PM or at Club headquarters, 2210 Mass. Avenue at 7 PM. Coordinator: Ralph Galen, 354-2495 evenings.

SATURDAY, JANUARY 10, 2-4 PM Winter Workshop. 16 Ransom Road, Apt 16 (basement), Brighton. Bring your bike, your work clothes, and your questions. Coordinator: John Springfield, 783-0807.

SUNDAY, JANUARY 11, 11:30 AM Frost Bite Ride. Natick Mall, Rt 9 and Speen Street, Natick. (Entrance next to Sears.)

THURSDAY, JANUARY 15 Cross Country skiing at the Leo J. Martin golf course in Weston. Meet at 6:30 to 7:00 PM to get equipment and to join the group; we will ski until 10. Instruction will begin around 8. Leader: Mark Roseman, 723-5775.

SATURDAY, JANUARY 17, 2-4 PM Winter Workshop II. 16 Ransom Road, Apt 16 (basement), Brighton. If it's too cold to go cycling, why not use the time to get your bike in shape for the warm weather? Tune up your bike and save yourself money. Coordinator: John Springfield, 787-0807.

SUNDAY, JANUARY 18, 11:30 AM. Frost Bite Ride, 2210 Mass. Ave., Camb.

MEMBERSHIP APPLICATION, Membership in the Charles River Wheelmen also includes membership in the national cyclist organization, League of American Wheelmen, and includes subscription to the monthly newsletters of both clubs.

Name _____

Address _____

City _____ Zip Code _____

Telephone _____

Single Membership - \$15.00

Household Membership - \$19.00

Any special bicycling interest? _____

Charles River Wheelmen decal - sheet of three - \$1.00

THURSDAY, JANUARY 22. Monthly Meeting. Spending the winter months day dreaming about that "perfect bike"? Well here's a chance to listen to a guy who turns these dreams into reality for some people.

Our speaker will be Rob Horwitz, local frame builder, Tanguy Cycles Co. of Somerville. Rob is going to talk about custom frames from a builder's viewpoint. Here is your chance to find out what goes into building a bicycle frame and if a custom frame is really for you. Location: Round-Up Steak House, 39 Main Street, Waltham. Time: Dinner 7:00-8:00 PM Meeting 8:15 PM.

SATURDAY, JANUARY 24, 2-4 PM Winter Workshop III. 16 Ransom Road, Apt 16 (basement), Brighton. Last chance ^{in January} to take advantage of this amazing offer. Coordinator: John Springfield, 783-0807.

SUNDAY, JANUARY 25, 11:30 AM Frost Bite Ride, Burlington Mall, Rts 3A and 128, Burlington. Entrance next to Jordan Marsh Company.

SUNDAY, FEBRUARY 1, 11:30 AM Frost Bite Ride, 2210 Mass. Ave., Camb.

SUNDAY, FEBRUARY 8, 11:30 AM Frost Bite Ride, Dedham Mall, Rt 1, near Washington Street, Dedham, entrance next to Sears.

THURSDAY, FEBRUARY 12, EVENING. Ballroom dancing at Moseley's on the Charles, Rt 1, Dedham. An hour of instruction begins at 8:00 PM followed by an evening of dancing, couples and singles. Meet at Moseley's at 8:00 PM or at club headquarters, 2210 Mass. Avenue, Cambridge at 7 PM. Coordinator: Ralph Galen, 354-2495 evenings.

SUNDAY, FEBRUARY 15, 11:30 AM Frost Bite Ride, 2210 Mass. Ave., Camb.

THURSDAY, FEBRUARY 26. Cross country skiing at the Leo J. Martin golf course, Weston. Meet at 6:30 to 7:00 PM. Leader: Mark Roseman, 723-5775.

FROST BITE RIDES -

Our winter ride schedule is made up of rides that are shorter and slower than those in summer. They usually are 20 - 25 miles in length and stops are frequently scheduled. Another feature of the winter rides are that they are not as formal, being made up by those who show up at the start of the ride; they are by necessity "show and go" rides where the riders travel in a group.

WINTER WORKSHOPS OFFERED

One of the nice things about bicycles is that they are easier to repair and maintain than motorized forms of transportation. With a few simple tools you can make many adjustments and repairs, thus saving money and gaining appreciation for this elegant machine.

So I am offering a series of workshops in my apartment specifically for

people who have had no or little experience in repairing a bike. These workshops will be held on Saturday afternoons during the month of January. Bring your own bike if you want, and expect to get your hands in the glorious grease. My address is 16 Ransom Road, Apt 16, Brighton (near Commonwealth Ave. and Washington St.). For more information call me, John Springfield, at 783-0807.

CROSS-COUNTRY SKIING -

Once again the CRW is participating in the ski touring package being offered by Lincoln Guide Service at the Leo J. Martin golf course in Weston. An evening's skiing on maintained trails, a lesson for the beginner and novice, and rental of skis, boots, and poles will cost approximately \$6 per person on CRW nights, Jan. 15 and Feb. 26. Other nights can be arranged if a minimum of 12 persons can be gotten together. If you have any questions about alternate nights or if weather conditions will allow skiing, call Mark Roseman 723-5775 evenings. Mark will also be having some trips to other ski areas, probably overnights, but because weather conditions prevent any long range planning, it would be necessary to call him during the week if you would like to go. The latest word on any skiing activities can be had by calling the CRW COLD LINE, 723-5775, days or evenings, for a recorded announcement.

Along with our own XC program, there are two other "programs" you should know about. First is the Presidential Sports Award, sponsored by the US HEW. The requirements for SKIING (NORDIC) are: 1. Ski a minimum of 150 miles. 2. No more than 10 miles in any one day may be credited to the total. More information on the PSA can be had by writing to: Presidential Sports Award, PO Box 129, Radio City Station, NYC, NY 10019. The other "program" is sponsored by Eastman Kodak for the US Ski Association and is called "Medals for Miles", clever eh? Kodak is awarding medals to skiers who ski 75, 150 and 300 miles in a season. Information log books can be found at various outdoor shops, I got mine at EMS, or write direct to: US Ski Assoc., 1726 Champa Street, Suite 300, Denver, Colorado 80202; you do not have to be a member to participate.

We urge our skiing members to try for these awards because skiing is a good exercise for bicyclists and the more people that qualify, especially for the Presidential Sports Award, the more government will listen when worthwhile programs are asked for, e.g. abandoned railroad lines converted to biking, hiking and skiing trails.

BOARD OF DIRECTORS -

Nominations for the Board of Directors are being taken by Gene Ritvo. The Directors serve three year terms and are the only officers the club members elect; the President is elected by the Board. Gene can be reached at LIFECYCLE, 1013 Mass. Avenue, Cambridge - 354-8595.

A FALL TRIP - Part II. John Vanderpoel

Last month John described the preparation he made for a bicycle trip from Myrtle Beach, South Carolina to Boston with a bicycle that weighed in, with packs, at 80 lbs.

I departed from Myrtle Beach early on a Sunday morning with no real breakfast as the motel dining room did not open until later. This could have been a mistake, but Rts 501 and 378 to Shaw Air Force Base in Sumter, South Carolina, are so flat that the highest hills are the railroad overpasses. With no restaurants open on Sunday, I lived on candy and coke until my arrival at about 3 pm (110 miles), and got a room in the VOQ at the base. My arms suffered the most from this ride as I had not ridden seriously on a bike for about six weeks and my arms had gotten very tired from the forward leaning on level roads.

Monday morning I awoke to find my back tire flat from a small puncture. I fixed it before eating and departing. My route continued on 378 toward Columbia where a friend had promised me a second breakfast. This turned out to be almost an early lunch as I had two flat tires simultaneously on one hill. The rear one was a large puncture necessitating a new casing and a new tube. The front one was a slow puncture from a star-shaped rupture of the casing from hitting a lone rock. I should have changed the front tire too, but didn't have two spares, so I cut a piece from the tire I was discarding and glued it over the bad spot before putting in the repaired tube. After my "brunch" I stopped in Columbia and purchased a new casing and tube. I decided to get one of the new light 1 1/8" casings and tube, and there will be more on this later.

Out of Columbia the hills start on Rt 176 and I barely made my destination of Union, South Carolina (105 miles) by 7 p. m. just as it was getting dark. I tried to find a church with some lights in it, so I could ask to stay there for the night, but only found one and they sternly refused to let me throw a bag there. By this time it was really dark which made looking for a good spot quite hard. I ended up by washing in a college building of some sort and putting my tent in the edge of a cemetery a short distance away. It turned out to be the noisiest cemetery anywhere. There was a railyard right next door and a switching locomotive shuffled box cars with much blowing of its horn until about 1 a. m. when it disappeared out into the night. Even then it was not all roses as no young fellow in the south feels he is a man if he has a muffler on his car, and a number of them were vigorously testing them most of the night.

Tuesday I continued on 176 to the town of Tryon, North Carolina, where I arrived about noon. It was my intention to call upon a friend and stay there for a day, but he was unfortunately very sick and in the Walter Reed Hospital in Washington. I found this out by insinuating myself upon a table of people in a local restaurant who looked as though they were retired military people. They were and knew my friend. Since it was early in the day I continued on northeast to the town of Rutherfordton, North Carolina, (77 miles) where I found a nice motel which I badly needed even though it was only 4 p. m. (Incidentally for you beer drinking bike riders, Rutherford County is a dry county.) Wednesday I started quite early as this was going to be a tough day. I would cross the Blue Ridge on my way into eastern Tennessee. For over 50 miles I was on just gently rolling roads, but when I did get to a hill, it was a beaut. In 12 miles up to Blowing Rock (would you believe it's a ski resort in North Carolina?) I was to climb close to 3000 feet. Fortunately there was a gas station about half way up and I was able to get some

sugar in the form of coke - and very fortunately there was a motel about a mile from the top where I could get some coke again. After crossing the Blue Ridge Parkway the road was generally down through Boone, North Carolina, and on to Butler, Tennessee, for about 35 miles, though there were some sharp climbs too. This part of the trip was made in very heavy rain, and I arrived at my friend's house at about 5 o'clock. I really should say that I arrived at his drive entrance at this time. His house is about 900 vertical feet above the entrance, but it was my great good luck that he was down in his truck getting his mail just as I pulled up. The day having been 101 miles that would have been a tough ending.

After a day's rest and five great meals, I was ready to leave on Friday morning. I was dreading the climb back to the Blue Ridge Parkway and had decided only to go as far as Blowing Rock that day since there was no good place for the night short of the Virginia border, which I couldn't make that day. About this time my friend announced that he had to go to Boone. On the way he agreed to drive me the last 8 miles to Blowing Rock. The result was that I was on the Parkway at 3600 feet of elevation by mid-morning of Friday.

The Parkway is one of the greatest places to ride a bicycle. It is a two-lane asphalt surface with the grass coming right up to the road surface. The speed limit is 45 miles per hour and observed by just about everybody as they are driving slowly to see the marvelous scenery. The road winds back and forth across the ridge with an "overlook" first on one side and then the other. Throughout this section of the Parkway there are a few stores off the parkway that may be seen and gotten to for the buying of food with little or no difficulty. As Virginia is approached and during the first 50 or so miles in that state, the character of the Parkway changes greatly and there is no ridge any longer. There are just farms and open country with the right-of-way of the Parkway running down the middle.

I was overtaken by dark after 83 miles and spent the night in my tent in a cow pasture. The night was absolutely clear and the dawn came with below freezing temperatures. I wore my hat, gloves and jacket down the road to a breakfast place for the one and only time of the trip. (It had been well below freezing in Butler the night before, but I wasn't on the bicycle until the temperature had risen a great deal.)

Saturday I rode to Roanoke and it was an exciting trip. The ridge reappears so the views are spectacular all the way. The descent into Roanoke is one I'll never forget. The descending road was so steep and so long I had to stop once just to rest my aching forearms from gripping the brakes. I am not a particularly courageous descender, but I am sure that if I were, I could have gone between 50 and 60 miles per hour for many miles. I stayed in the first Holiday Inn that I came to and lived to regret it. Unknowingly I was placed near the elevator which makes a lot of noise until way past 11 o'clock. Sunday I climbed back to the Parkway (maybe 1000 vertical feet) and continued north to Waynesboro. This section is equally spectacular to that below Roanoke and may even be a bit higher at its top level. It was a very tough day of about 110 miles and I decided to stay in a motel for the second straight night. This time it was a Best Western Motel and really quiet - something I appreciated.

PRESIDENT RALPH'S MESSAGE ...

I am pleased to report that the CRW Social Programs are beginning to gain momentum. The December evening at Moseley's on the Charles was a great success. Members, friends, and prospective members arrived in time for the eight o'clock rhumba lesson. Since the basics of ballroom dancing are taught the beginner need not be concerned. Also there are plenty of singles to match up with singles for an evening's entertainment. Next month we meet on January 8th. If you need a ride call Club Headquarters.

By the way I want to publicly apologize to our Social Chairperson Debbie Glassman for referring to her as a 'Chairman.' From now on please refer to Debbie as Ms. Debbie Glassperson.

WANTED

Old Sturmey-Archer wheels and parts of any sort. Particularly 4-speed and 5-speed hubs, threaded drivers etc., be they ever so rusty!

Call Jim Berger - 353-1214

I am interested in purchasing a tandem cycle but know no tandem owners. I would appreciate some advice on various types from experienced tandem cyclists before I purchase one. Please call Jerry Morse at 443-6637.

I'm looking for interested persons to share driving and expenses to some X-country ski races this winter. Peter Edwards, Dover, 785-1043.

FOR SALE

Custom-built 24-speeds touring/commuting machine, using AW 3-speed internal hub, 4 external rear cogs, and double front chainwheels; gears range from 30 to 110, with useful gears throughout. No derailing necessary in city traffic.

Specs: 24" orange French frame with black accented lugwork, alloy clinchers, bars, brakes, carrier, and kickstand plus a new Spanish leather seat and "#1" pump, \$165.00.

Call Jim Berger, 353-1214.

GB Alloy Stem 70mm to fit French steering tube \$5.50.

Call Dick Talbot, 449-3792 eves.
973-5581 days