

CALENDAR

APRIL 1976

SUNDAY, APRIL 4, 10:30 AM - Here's a ride with a few hills, so be prepared to huff and puff a little. You may even have to walk a little bit but the views from the tops are usually well worth it. This one starts from the Duck Feeding Area at Norumbega, Auburndale, Rts 128 and 30. We will pedal through Weston, Wayland, Lincoln, Wellesley and Waltham at a moderate pace and with Catch-up-Points spaced to keep everyone reasonably close together. Distance will be about 30 mi. Leader: Dick Buck, 923-8909.

SUNDAY, APRIL 11, 10 AM - Take a spin with us today through some beautiful North Shore towns and villages. Our starting point will be the parking lot of Coleman's Sporting Goods, Rts 35 and 128 in Danvers. Our route will take us through Topsfield, Ipswich, Wenham and Hamilton for a distance of about 50 miles. Pace will be moderate. Leader: John Likins, 532-2994.

SUNDAY, APRIL 18, 11 AM - Easter Ride. After early Easter Services and that festive Easter breakfast, why not top off the day by joining us for a moderately paced ride through some suburban and semi-rural areas of Weston, Lincoln, Wayland and Sudbury? The ride is a figure 8 with a total distance of 30+ miles with the crossover at midpoint. A refreshment stop will be scheduled at the crossover (a Friendly's and a convenience store are there) and for those who want to make this a shorter more leisurely ride, the starting/termination point is only

WHEELPEOPLE

The Charles River Wheelmen
2210 Massachusetts Avenue
Cambridge, MA 02140



10/76

JOHN J SPRINGFIELD
16 RANSOM RD. APT 16
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 Rd., Malden 02148.

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

Healthful Fellowship Through Bicycling

about 1 mile from the crossover. Meet at the Weston Town Green (Rt 20 Bypass). Go west 1 mile on Rt 20 to the first stoplight after the intersection with Rt 128. Turn right at the light and go 1 block to the green. Leader: Earl Forman, 894-2084.

APRIL MEETING ...

If you have been reading "Wheelpeople" all the way through to the back pages these past few months, you may have noticed Jim Berger's requests for multispeed hubs. Jim has been building bikes with hybrid gearing (part internal multispeed, part derailleur) and thinks the results offer some interesting advantages over either pure system. Jim is going to share his ideas with us at the April meeting. Come join the discussion and add your ideas and experiences on ideal gearing.

Date: Thursday, April 22, 1976
Time: Dinner 7:00-8:00, Meeting 8:15
Place: Roundup Steak House, 39 Main Street, Waltham

SATURDAY, APRIL 24, 8 AM - If you liked our Metric Century Ride (62.1 miles) last month, you're bound to like this one twice as much - a Double Metric Century. The starting point is the Howard Johnson's in Cleveland Circle, (do not park in the HJ lot). This will be a fast paced ride, intending to complete the entire route in 10 hours or less, so you and your bike should be in good condition, especially for this time of the year. Some of the towns that will be travelled through are -

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

Stoughton, Easton, Franklin, Grafton, Shrewsbury, Hudson and Sudbury. Because of the pace and the fact that the route will not be marked, riders will travel in a group so food stops may not be many. Riders should bring a lunch with them. Leader: John "Lightfoot" Springfield, 383-0807.

SUNDAY, APRIL 25, 10:30 AM - If you own a copy of Keith French's Greater Boston Bike Guide, you already have a route map for today's ride. Map 15 will have us starting from Dover Center, intersection of Centre and Walpole Streets, and will pass through Sherborn, Ashland, Hopkinton, Southboro, Marlboro, Framingham, Wayland and Natick. Points of interest along the way include the Audubon Society's Broadmoor Bird Sanctuary, Hopkinton and Ashland State Parks, and an old stone bridge in Framingham over which General Knox brought the captured cannons from Fort Ticonderoga to be used in the defense of Boston in 1776.

Keith French (641-0837), our leader for the day, will be riding out from Cambridge for the start of the ride. If you would like to ride with him you can meet him at club headquarters, 2210 Mass. Ave., for departure promptly at 9:30 a. m. Pace on these rides will be moderate but since there will be no route markings or maps provided, it will have a number of catch-up-points. Distance for the Dover ride will be 46 miles round trip. For those starting from Cambridge there will be an additional 30 miles.

SUNDAY, MAY 2: Annual Bike-a-thon for the Massachusetts Association for Retarded Citizens (MARC). Use the attached sign up sheet to obtain pledges for every mile you ride. Then come and ride with us as far as you choose to. There are various distance rides from 5 miles all the way up to 200 miles. No ride loop takes you farther than 12½ miles from the starting point. The important thing is for you to show up and ride for a good cause. Double Century riders will be starting at 8:00 pm on Saturday evening. Interested riders should call Donna Haines, 851-7717, for additional details on participation in the Double. All other riders can start any time after 7:30 a. m. Sunday. Starting point is the Center School in Tewksbury. It can be reached by going north on Rt 38 to Tewksbury Center; turn left onto Pleasant Street at the bandstand, continuing on for 2/10 mile. The school will be on your right.

SUNDAY, MAY 9, 10 AM - One of our great staples - 55 miles through Chelmsford, Tyngsboro, Dunstable, Littleton and Westford. This route was included in the series of bike routes published by the Massachusetts Department of Natural Resources several years ago. If you have map F-2 of this series, then bring it along. The ride starts from the Purity-Supreme parking lot, Rt 4, Chelmsford Center. Pace will be moderate. Leader: Don Blake, 275-7878.

MAY 15-16 - LAKE WINNIPESAUKEE RALLY - Fifth annual LWR sponsored by the Granite State Wheelmen with rides from 15 to 62 hilly miles and a cruise on Lake Winnepesaukee. The rally will be headquartered at the Margate Resort in Laconia with a Saturday night social planned for all rally participants. Registration fee is \$2.00 per person (Rally patch and Lake cruise are extra) and registrations and/or requests for more information, with a stamped envelope, should be sent to: GSW c/o David Topham, 11 Winter Street, Salem, NH 03079.

SUNDAY, JUNE 13 - A sensational Bicycle Event along the Massachusetts - New Hampshire - Maine coastlines. This unusual and very scenic all-day event will originate at the Rye Harbor Motel, 2000 Ocean Blvd., Rt 1-A, in Rye, New Hampshire. For those who wish to do a full century the route as developed by the Granite State Wheelmen will provide all of the satisfaction that a century yields. On the other hand if you, the rider, wish to do 25 miles, 50 miles, or whatever the choice is yours. For application blanks and advance reservations, send a self addressed envelope to Ralph W. Galen, 2210 Mass. Ave., Cambridge 02140. As this is a Fun(d) raising event for the CRW, the entrance fee will be \$2.50 per person and \$5.00 per family.

THE LONG DISTANCE DAY TRIP

Richard P. Talbot

Part 2

The first article covered physical conditioning for long distance day tripping. This installment explores the important and interrelated subjects of pace, cadence and gearing. These three factors are of paramount concern to the long distance cyclist who must carefully meter out his energy over extended periods and great distances.

Pace. By pace, I mean the average speed you travel on your bike, i. e., your over-the-road speed.

Descriptive terms such as slow, moderate or brisk pace are subjective. They do not provide a truly objective measurement for judging cycling performance either during your conditioning program or, later, when engaged in long distance cycling trips. To illustrate, reflect on club rides you may have taken in the past and the comments made by your fellow cyclists. Some struggling to keep up with the main group, may consider the pace "brisk" while those flyers in the lead may consider the majority of riders to be setting a "slow" pace. Only with accurate knowledge of the exact distance traveled and the elapsed time can pace be calculated and cycling performance evaluated. To keep accurate track of distance, invest in a cyclometer. Lucas makes a fairly durable one although it is not guaranteed over 18 mph, a speed you will consistently exceed. I have found that after anywhere from 800 to 2,000 miles of high speed travel, these units tend to fail. I have heard all kinds of excuses for not mounting a cyclometer like - "The noise drives me nuts." Actually, the cyclometer's audible tick has an advantage. Its metronome-like beat provides an excellent reference for gaging road speed and constancy of pace. Cyclometers are valuable training tools and any serious distance cyclist should not be without one.

A conventional wrist watch with sweep second hand is adequate for logging elapsed times. For those who desire to advance into time trialing, a stop watch provides more accuracy especially over shorter time periods.

But what is a suitable pace? At the start of the conditioning program, your pace may be well below the target times discussed in the first article. Obviously, persistent conditioning will increase your stamina and improve your ability to achieve and exceed these targets. Your first goal, however, should be to

MAINTAIN A STEADY PACE, gradually increasing speeds as your conditioning program progresses.

Distance cyclists are living proof that a steady pace is probably the most important ingredient in successful long distance cycling. Your goal should be to eventually build up to a pace of 20 mph which can be maintained for at least an hour. When this can be consistently achieved, you are physically ready to embark on some real distance rides. Of course, the greater the ride distance, the slower the pace must be in order not to "burn out", a frequent occurrence for those who push too fast a pace in the early stages of a ride. So remember, build up to the target times slowly while engaged in your daily conditioning rides and on all rides try to maintain a steady pace.

Cadence. Cadence simply means your pedaling rate, i. e., crank RPM s. It is difficult to establish a norm. Scientific studies indicate a wide range of pedaling rates to achieve optimum muscular power output. Touring cyclists tend to hover around 60 crank RPMs. On the other hand, most racers try to hold a constant cadence of 80 to 100 RPM.

By its very nature, long distance day tripping is more like time trial racing than cycletouring. The distance cyclist who must cover 200 miles and upwards in a single day must, of necessity, hold a faster pace than that of one engaged in a shorter trip where time is not such a pressing factor. Because of this, I side with the racers as far as cadence is concerned, finding 60 crank RPMs for slower than what I believe is "normal" for me. I consistently hold a cadence of from 85 to 90 crank RPM on rides up to 50 miles. On rides of greater length, cadence is reduced to the high 70s but never consciously permitted to drop into the 60s. The higher cadence not only "feels better", it also provides a certain amount of safety in that I tend to "spin" in the early stages of a ride thus allowing ample warm up of the body muscles. Rather than recommend a specific cadence, I simply suggest that you try to normalize yours closer to the 90 RPM edge of the spectrum rather than the 60. Unfortunately, most touring cyclists I have observed tend to hold far too slow a cadence. Just as in pace, a key factor to remember is that of consistency. A steady cadence provides optimum

Secondly, we have a new ride committee for you to call if you wish to offer your services in leading a ride. They are Mike Gengler, 247-1482; Warren Benjamin, 926-2584, and Lilyan Frank. Furthermore, Ed Gross will be working closely with them in coordinating his novice activities. We are particularly interested at this time in scheduling rides in the five to 12 mile range at slow, leisurely paces for newer rides.

Some of you may be aware of discussion about a special Bicentennial event that we thought of doing this Fall. It was to take three days and was to pass through, or touch, all six New England states. It seemed to be a pretty good idea until I talked to several people who were familiar with the proposed route. The consensus was clearly that the terrain and distance could not be tackled in three days except by unusually strong cyclists. There were also logistic problems of food and housing that just made the whole project unreasonable for the few riders who could attempt it. And so, I decided to scrap the idea, albeit with great reluctance. Maybe a five state tour ... or perhaps four states ... ?

On yet another subject, some of you may remember Barbara and Bill Straka who rode with us for a couple of years. They are now at Mississippi State College in Jackson, Mississippi. He teaches astronomy and she is a programmer/analyst in their computing center. Well, I had a call from Barbara the other day and she informed me that she is now the State Women's Champion in Sprint and Time Trials! Bill has been winning many races and is doing well but the big state championships have eluded him.

Finally, let's have a good turnout at the MARC Bike-a-thon coming up on May 2nd. I'm sure I don't have to tell you how worthwhile the cause is. To make it easier for you to get pledges we have attached the sign-up sheet that is used. However, if you need more space for additional pledges, use whatever paper is handy. Don't ever let a prospective pledge get away simply because you don't have the proper form!

See you all in Torrington!

Erv Pfau, President CRW

Following are two letters received by the CRW to which we encourage members to reply to directly.

Dear Friends:

A friend and I are planning a bicycle tour in your area next summer and are hoping you can help us as we are almost totally ignorant of the area, except what we have gleaned from maps and tourist brochures.

Can you help us with the following information?

1. We are undecided about the best place for our starting point (Boston, Providence, or Hartford - the airlines limit our choice). Do you have an idea as to which place would be easiest and most desirable to start from?
2. Can you suggest a route to take from the Boston airport to Exeter, N. H.?
3. Do you know of any interesting tours in the northeastern part of Massachusetts, close to Vermont?
4. Can you give us a general idea of the summer climate in the Boston area, Northern Mass., and New England in general? Specifically, wind direction, rainfall and temperatures?
5. Do you have any members or know of any organizations that could help with the following information concerning other areas of New England?
 - a. Route through Vermont - south to north
 - b. Route through lower Quebec Province - west to east
 - c. Route through central Maine - west to east down to the coast where we will catch the ferry to Nova Scotia.

Thanks for your help. Please let us know if we can help you plan a trip to Georgia.

Sincerely,
Toni Blackwell
Rita Tidwell
142 Fairview Avenue
Decatur, Georgia 30030

Dear Sir:

I am planning a bicycle trip in your area this summer and I am interested in regulations on the use of bridges and major roads in your area. I am also concerned with information concerning bike paths and routes. I thank you in advance for any information you can supply me on my questions, general information, and any other association I can contact for further information.

Sincerely,
David Wolt
555 Front St. 2C
Hampstead, NY 11550

FOR SALE

Very durable Kowalit East German sew-ups, 285 grams (9.5 ounces) \$10.00 each
Set of Mafac Racer Brakes, with 4 extra brake blocks and some spare parts \$7.50
Campy Nouvo Record Rear Derailleur, range 13-30 teeth, take up 23 teeth
total difference \$ 15.00
Shimano Crane GS Rear Derailleur, range 13-34 teeth, take up 41 teeth
total difference \$ 8.50
One set of Never Used Bell Helmet Sizing/Comfort pads 3/8 in thickness \$ 1.00
Rear bag support, for frames 22" and smaller to keep a large saddlebag
clear of the rear wheel, No tools needed for installation and removal,
vinyl coated metal will not scratch frame \$ 1.50
High quality Huret Challenger Downtube Levers with cables for front and
rear derailleurs \$ 2.00
Two Campy Cables for Downtube Levers, one front derailleur cable and
one rear derailleur cable \$ ea .50
One Shimano Teflon coated cable for front derailleur and handlebar
end lever \$.50
Three cables for front derailleur when used with handlebar end levers
or for rear derailleur when used with Simplex or Campy Downtube levers(ea) .25
Set of French thread rings for Phil Wood sealed bottom bracket axle with
vial of Loctite \$ 3.00
Lightweight chromed metal Sturmey Archer spoke protector \$.75
Four Campy Cable clamps used for securing rear brake cable tubing to
top tube \$ ea .50

Jacek "Andy" Rudowski
361-5273 evenings

FOR SALE

Polished and drilled Suntour V Luxe rear derailleur, with long hanger 30T
capacity (302 gr.) \$ 10.00
Polished and drilled Shimano Titlist Front derailleur, (For photos,
see May 74 Bike World, pp 26,27) (146 gr.) \$ 8.00
Polished 3TTT Hbar stem - new style - 90mm - recessed hex bolt \$ 10.00
(240 gr.)
Polished SR Royal Hbar stem-65 mm- recessed hex bolt (282 gr.) \$ 8.00
Polished Campy Downtube twin levers, (76 gr.) \$ 6.00
Unica-Nitor Micro adjusting seat pillar-27.2mm. (Adjusts with Allen
key.) (290 gr.) \$ 8.00
Pair Lyotard 460 Dural Course Rattrap Pedals - threaded for Stronglight
Cottered or Cotterless crankset (322 gr.) \$ 6.00

Gigi Hopkins - 655-2646 (Natick)

FOR SALE

Knight 531 DB Reynolds Road Model 23" frame set with all Campy Record -
except Universal side pull brakes - 1 year old MINT condition \$250.00

Mokdh Ali 483-4244 (after 5:00 pm)