

NOVEMBER 1976

SUNDAY, NOVEMBER 7, 10:00 A. M. A ride to Andover and return by a slightly different route will be led by Keith French. The route passes through Winchester, Woburn, and Reading. Starting point is club headquarters, 2210 Massachusetts Ave., Cambridge. Leader: Keith French, 641-0837.

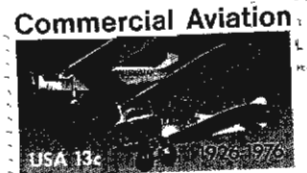
THURSDAY, NOVEMBER 11. Board of Directors meeting. The time and place have not been decided upon as yet, so members of the Board are asked to call Erv Pfau a day or two before the meeting to get the details.

SUNDAY, NOVEMBER 14, 11:00 A. M. Ride lengths of 20, 30 and 37 miles available. Thirty-seven mile ride will go through Readville, Canton, Westwood, Medfield, Dover and Dedham. There will be a rest and refreshment stop for the 30 and 37 mile trips at Dover Common. Pace for the 37 mile trip will be 10-15 mph not including stops. Maps will be provided so you may travel at your own pace.

Starting point is Harry's Bike Shop, Wolcott Square, intersection of Hyde Park Avenue and Neponset Valley Parkway in Readville. From Rt. 128 take Rt. 138 north. Take your first left after the second set of lights. This is Neponset Valley Parkway. Parking is available on side streets off Wolcott Square. Leader: Jacek "Rudy" Rudowski, 361-5273.

**WHEELPEOPLE**

The Charles River Wheelmen  
2210 Massachusetts Avenue  
Cambridge, MA 02140



11/77

JOHN J. SPRINGFIELD  
18. 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

THURSDAY, NOVEMBER 18. Monthly meeting, see details below; featured speaker, US Olympic team member (at least three times), John Allis.

SUNDAY, NOVEMBER 21, 10:00 A.M. We will enjoy a 35 mile loop through the seashore and countryside of Essex County. This ride will leave the Beverly Plaza, Routes 1A and 128, and proceed to Gloucester along the shore and return by an inland route. Leader: Emery Glass, 1-631-3239.

THURSDAY, NOVEMBER 25, THANKSGIVING DAY. Join us on our annual Thanksgiving Day Ride. This year's ride leaves from the Hatch Shell on the banks of the Charles at 9 a. m. and will trace the Freedom Trail and the Paul Dudley White Bike Paths out to Watertown and back. The total ride length will be about 15 miles. Leader: Erv Pfau, 969-5965.

SUNDAY, NOVEMBER 28, 10:30 A.M. Meet at the Wheel Dealer Bike Shop, 339 Main Street, Malden Square, Malden, for a ride of approximately 30 miles to Marblehead and return. If the weather is good, we will do all the nooks and crannies of Marblehead. Leader: Mike Gengler, 482-1360 (days) or 484-5088 evenings

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Single Membership \$15.00

Household Membership \$19.00

Any special bicycling interest? \_\_\_\_\_

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

East Coast Bike Trail, set of 21 maps, \$4.35 postpaid from editor.

SUNDAY, DECEMBER 5, 10:00 A.M. John Vanderpoel, recently returned from his flight school reunion (tell us all about the trip, John), will lead a 25 mile ride beginning at the Minute Man statue, Lexington Green, and passing through Carlisle, Concord and Lincoln. Leader: John Vanderpoel, 1-369-7237.

SUNDAY, DECEMBER 12, 10:30 A.M. Meet at the Westbrook Village (formerly Hancock Village) Shopping Center, VFW Parkway (Rt 1), half mile south from West Roxbury Parkway, West Roxbury. This is the last of the regular rides of the season and will be about 20 miles in length. The pace will be relatively slow to allow for some rubbernecking as this promises to be a somewhat unusual ride. The ride will terminate at our ride leader's home where refreshments will be available to our hearty, hungry and, most likely, chilled riders. Leader: Erving Pfau, 969-5965

SATURDAY, JANUARY 1, 10:00 A.M. Join us on our annual New Year's Day Ride; a little something to clear the cobwebs out of the head and the cotton from the mouth. This year's ride, 30 to 40 miles, will go out to Nahant and much of the route will be over roads not used on previous CRW rides. If the weather is nice enough we will continue on to Swampscott before returning to Malden. Meeting place is new - Malden Cycle Center, Commercial Street, (next to MALDEN MBTA subway station), Malden. It's a Schwinn dealer so look for the sign. Leader: Richard Mazeikus, 322-5569

#### PRESIDENT'S MESSAGE -

Recently, the CRW had the good fortune to obtain a bit of publicity in a Boston Globe Calendar article on bicycling in the Metropolitan Boston area. As a result, we have received numerous requests for membership information. In response, we have been mailing out sample copies of the Wheelpeople. It seems appropriate, therefore, to take this opportunity to restate, for these new readers, the purposes of the Charles River Wheelmen.

I think our primary purpose was once stated as being the "sharing in the fellowship of the wheel." Well, I'm not too sure I know exactly what all of that means, but I do understand "sharing." And that seems to me to be what it is all about. I think most of our members would agree that what they most derive from their CRW membership is the shared experience of cycling along new paths or new routes, seeing new sights, meeting new friends, discussing new bikes or gadgets.

Membership in the CRW also means that you are concerned about legislation at the local, state and federal levels that affects the cyclist. Your support of the CRW is effective in two ways in this regard. First, the CRW attempts to make itself heard at various state hearings on bicycle legislation and publishes information on the current status of such bills. Secondly, membership in CRW also includes membership in the League of American Wheelmen which publishes highly informative monthly bulletins including a legislative report for each of the states in which bicycle related legislation is pending.

The club schedules weekly rides on every Sunday from mid-March to mid-December. Occasionally, rides are also scheduled on Saturdays and holidays. These rides will generally be for specified distances of 20 to 100 miles and are almost exclusively one-day trips. Most of the longer rides will also have short ride segments indicated. The pace of the rides varies but most of them are in the 10-12 mile per hour range.

Routes are indicated in several different ways. The simplest technique has the leader out in front of the group. When a turn is made the group waits for the slowest rider to catch up before the leader proceeds. These rides tend to be the slowest paced rides. Another method is for the leader to provide a map of the route to each of the riders who can then set out at his or her own pace. Frequent stops may be necessary to refer to the map for upcoming turns but the pace is a bit faster for those who prefer the sound of wind whistling through their helmets. A third variation has arrows painted on the pavement to point out the turns. Occasional ride leaders will provide both maps and painted arrows, as, for example, in the annual Century ride which requires riders to complete 100 miles in 12 hours or less.

Additionally, novelty rides are scheduled. Recently, we had a 20 mile ride that was ridden with coded clue sheets to indicate the route - very much like a sports car rally. There is also an annual sunrise ride from Hingham that ends in a sumptuous breakfast party.

During the winter our rides are somewhat less organized, being of a "show and go" design - the leader "shows" the way and off we "go", with the leader being a volunteer of the moment.

Rides can start anywhere in the Greater Boston area - and beyond. Favorite starting points are the Duck Feeding area in Auburndale, Trailside Museum in Milton, Club headquarters in Cambridge, Burlington Mall. From time to time, rides are also scheduled with out of town clubs.

Additionally, the club holds monthly general meetings from October to April which are short on business and long on interesting, informative speakers. This past year, for example, we had speakers on frame building, customizing, diet and training.

It should be pointed out, at this point, that all of the activities of the CRW described above are of little value without your active participation, for without you there can be no sharing going on.

#### A NOTE ABOUT THE WINTER RIDE PROGRAM ...

Although the last scheduled ride of the regular season will be December 12, don't hang up your wheels for the winter. Cycling is a fine way to get exercise in cold weather, when jogging becomes painful due to the rapid breathing required,

and sports such as tennis become difficult due to cumbersome clothing. There will be a club ride every Sunday throughout the winter, and several special events, such as the annual New Year's Day ride.

The winter series is called the Frostbite Rides, and a slightly different format is followed. Every other week, we will have a show-and-go ride starting at club headquarters, 2210 Massachusetts Avenue, Cambridge. There will be no assigned leader, and those showing up for the ride will determine the route and distance. On alternate Sundays, to vary the routing, the Frostbite Ride will commence at a point other than 2210 Massachusetts Avenue, and for these rides, we will try to have a leader assigned to plan the route. Volunteers are needed - call Mike Gengler to reserve one of these choice assignments - 482-1360 (days) or 484-5088 (evenings). Believe it or not, our attendance usually rises in the winter, as more cyclists enjoy group activities at this time of year. The regular ride format will resume March 15, 1977.

#### THURSDAY, NOVEMBER 18, 1976 - MONTHLY MEETING

While we are basically a touring club, many of us also race, have thought we might like to try racing, or have just enjoyed watching the tremendous spectacle that bike racing is. If you are in any of these categories or are just curious about what racing is all about, you should enjoy our November meeting.

We have been fortunate in obtaining the loan of a superb film called "The Race for the Yellow Jersey." And to add frosting to our cake, John Allis, 1974 National Road Champion and one of the most talented and successful road racers the United States has produced in recent times, will be with us to show the film and answer our questions.

Date	- Thursday, November 18, 1976
Time	- 8:00 p. m.
Place	- Harvard Community Health Plan Cafeteria 1611 Cambridge St., Cambridge (near Cambridge High and Latin School between Harvard and Inman Square)
Program	- John Allis and the movie "The Race for the Yellow Jersey."

#### DON'T MISS THIS ONE!

Those wishing to meet for dinner prior to the meeting may join Earl Foreman at the S&S Restaurant, 1334 Cambridge St., at 6:30.

ROLLER RACES. Doug Hooten of Revolutions, 1742 Mass. Ave., Cambridge, announces that he will be holding roller races every Wednesday, starting Oct. 13. Please arrive between 6:00-6:30 to sign up as the races will start at 6:30 pm and continue until all participants have ridden. At present, Doug is planning to continue the races through January and will hold them even longer if there is enough

participation. Everyone is welcome to participate and all types of bicycles are eligible; the only restrictions are a maximum crank length of 65mm and the highest gear of 100.3" (52x14). The racing will be on Weyless brand rollers so this would be a good opportunity to "check 'em out" well before it's time to start dropping Christmas hints.

NEXT MONTH Dick Talbot writes about his Double Century ride from New York City to Boston in 17½ hours.

### CYCLE-TOURING IN DENMARK '77

What would be the ideal country for a cycle-touring holiday? It would be not too big, nor lacking in variety. Such a country is Denmark, which combines the best Europe has to offer in one small package.

In Denmark there are lovely rolling hills, but no mountains to wear our cyclists. It is primarily an agricultural country, with lots of ancient half-timbered houses, but also Viking fortresses, castles and beautiful waterways. Better roads for cyclists are hardly found anywhere in the world, with a dense network of traffic-free secondary roads, usually bordered by flowers or trim hedges, which take cyclists to the tiniest villages.

Attractions of Denmark are many. Hamlet's Castle at Helsingor, Tivoli Gardens and the Tuborg Brewery at Copenhagen, the Lakes Region and the 2,000 year old "Preserved Bogman" near Silkeborg, the renowned bicycle museum at Alestrup, the Elvira Madigan Museum near Svendborg, and the many open-air markets and ancient monasteries. Five hundred islands make up Denmark, many of them connected by ferries. There are 4,700 miles of coastline, which means the almost daily opportunity for us to enjoy swimming at remote, unregulated beaches. Practically every forest in Denmark is open to the general public, but motoring is prohibited on most of their roads, so the cyclist can enjoy the bird songs and pure air undisturbed.

The hostels in Denmark are of a very high standard, set in beautiful locations and staffed by friendly people. They serve good Danish food, and are much frequented by cyclists and hikers. We will eat there and also at restaurants and outdoor cafes.

Our trip will be for 25 days of unhurried cycle-touring. Daily mileages will be low, suitable for those who like to take their time and really see a country, and rest days will be provided. This trip will definitely not be for racers, although a minimal cycling proficiency will be required, so that you can ride easily, and enjoy the trip without having to cycle to anywhere near the limit of your ability. We will be traveling lightly, since we're using hostels.

Dates of the trip are August 4-29, and the total trip cost will be \$865, plus a refundable \$50 Emergency Fund. Excellent maps, museums, ferry and train fares and all meals except lunches are included. (When you see the variety of

"sweet shops", "polser" and "soft-is" stands, you'll definitely want to make your own choices at lunch time.)

If you're interested in the trip, contact the leader right away to arrange to see maps, itineraries, photos of Danish cycle-touring, reading list, and to make a \$100 deposit to hold a space. Trip size is limited. Early sign-ups will also be able to participate in the detailed planning of the trip, if desired.

Your tour leader, Ron Callagher, will be returning to Europe for his fourth trip, three of which have included cycle-touring. Last summer he toured in Denmark. Formerly the Chairman of the Trips Committee and a member of the GBC Board of Directors, he has led over 50 trips for AYH during the last several years. Call or write him at 34 Perry St., Brookline, MA 02146. Tel. 731-0591. This is an AYH sponsored trip. Price is subject to slight increase or decrease due to higher or lower than planned-for inflation.

#### FOR SALE

Fuji Touring Bicycle - 24 inch frame.

This all yellow touring bicycle was owned by Patricia Goodwin and was used for one week in Homestead, Florida at the Rendevous. It includes new high pressure tires (85 lbs) a rear rack and water bottle. Asking price is \$150 or best offer. Also one pair of cycling shoes, size 10 (new). Best offer.

To see this excellent buy call Ralph Galen at 354-2495 days or evenings. If you wish to write to Pat she can be reached at 720 N. E. 7th Street, Pompano Beach, Florida 33060. Tel: (305) 942-1629.

19½ Ron Cooper, red, \$500 firm. Call Betty Flanagan, 1-224-6238.

Blue Italvega Super Special 23"

All "Campy", silk, Cinelli (extra 700C clincher wheels)

Mint condition \$390.00.

Mokdh Ali after 5:00 pm 483-4244