

MARCH 1977

THURSDAY, MARCH 10, 7:00 PM - Meeting of the Board of Directors at Harvard Community Health Plan, 1161 Cambridge St., Cambridge, between Harvard and Inman Squares.

SUNDAY, MARCH 13, 10:30 AM - Frostbite Ride starting from Dedham Plaza, Rt. 1, Dedham, opposite Lechmere Sales.

FRIDAY, MARCH 18, ANNUAL CRW AWARDS BANQUET ... an exciting evening featuring Szechwan style Chinese cooking, something very different from the better known Cantonese style, and well worth the experience. Details further on.

SUNDAY, MARCH 20, 10:30 AM - Greet the Vernal Equinox with the first ride of the new season. This is your chance to clear the wintry cobwebs from the old crankset in a slow, comfortably paced, short distance ride suitable for all types of riders. The ride will start from the parking lot of The Westbrook Village Shopping Center, Veteran of Foreign Wars (VFW) Parkway (Rt 1), West Roxbury, just half mile west of the intersection with the West Roxbury Parkway. The ride will be about 20-25 miles in length and will go through Dedham, Westwood, Dover and Needham. The ride will stop at Erv Pfau's house for Coffee, Hot Chocolate and Doughnuts. Leader: Erv Pfau, 969-5965.

WHEELPEOPLE

The Charles River Wheelmen
2210 Massachusetts Avenue
Cambridge, MA 02140

NEWS, ARTICLES, CLASSIFIED ADS ... Please send typed copy by the 10th of the preceding month to the editor, Richard Mazeikus, 266 Fellsway West, Medford 02155.

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

Healthful Fellowship Through Bicycling.

SUNDAY, MARCH 27, 10:30 AM - Meet at the Lexington Green, Massachusetts Avenue, near the Minuteman statue. The ride will be 40 miles, the pace moderate. We will travel through Bedford, Carlisle, Westford and Concord. There will be a few good hills to puff along with some catch-up points. Leader: Len Goodman, 489-1253.

SUNDAY, APRIL 3, 10:30 AM - This route passes through Weston, Wayland, Lincoln, Wellesley and Waltham for a distance of approximately 30 miles. Starting point is the Duck Feeding Area at Norumbega, Auburndale, Rts 128 and 30. An optional climb of Prospect Hill is included for those who want to enjoy the view and a good sweat. Leader: Dick Buck, 923-8909.

SUNDAY, APRIL 10, 10:45 AM - We will explore the scenic South Shore area, passing through coastal areas of Cohasset, Scituate and Marshfield. The route is approximately 45 miles in length with one small surprise near the end. Starting point is the Star Market parking lot, Rts 228 and 53, just off Rt 3 in Norwell. Leader: Mike Gengler, 484-5088.

SUNDAY, APRIL 16, 7:30 AM - Join this AYM sponsored first Century of the season. Meet at the Minuteman Statue in Lexington Center for this 100 miles in 10 hours qualification ride; patches for those who qualify; 25¢ ride fee for non-AYH members. Leader: Joe O'Connor, 492-5059.

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, APRIL 17, 10:30 AM - Earl Foreman will lead a two-part ride starting at Weston Town Green, just off Rt 20, one mile west of Rt 128. Riders will be able to choose either a 15 mile route or a 25-30 mile route. The ride will cover back roads in the western suburbs. Leader: Earl Foreman, 894-2084.

MONDAY, APRIL 18, PAUL REVERE'S BICYCLE (?) RIDE - Boston to Concord. The 5th annual tracing of Paul Revere's route, done on bicycle, leaves Boston Very Early in the morning, before sunrise. We're bound for Concord about 20 miles away; at Concord we'll have the pancake breakfast and 'spectate' at the North Bridge and parade. You may return in the afternoon on your own at your own pace. To participate you must pre-register by sending your name and address and three 13¢ stamps to: Ron Gallagher, 34 Perry St., Brookline, MA 02146, for which you will receive a route sheet/schedule, if you register early, trip size is limited. If you send in your registration after the trip is full, you'll receive two 13¢ stamps as a refund. Leader: Ron Gallagher, 731-0591 after 6:30 p. m.

THURSDAY, APRIL 21, 8:00 PM - Monthly meeting, a rescheduling of February's meeting. Details further on.

SUNDAY, APRIL 24, 10:30 AM - Meet at Malden Cycle Center, (a Schwinn dealer) on Commercial St., Malden, next to the new Malden Center MBTA Station, for a 30 - 35 mile ride out to Nahant. Many of the roads we will be using have not been used by the CRW before and we will also go along the Lynn Shore Drive. This may be one of the few times you will be able to visit Nahant on a bicycle safely because of the heavy auto traffic during the summer. Leader: Richard Mazeikus, 396-2230.

FRIDAY, MARCH 18 - AWARDS BANQUET - The annual CRW awards banquet will be held this year at the Yangtze River Restaurant in Lexington where an "all you can eat" Szechwan style buffet will be served. The restaurant is located in Lexington Center on Depot Street, which is right off Mass. Avenue next to Sundog. Seating is limited to approximately 100 persons so the coupon at the end of this issue of Wheelpeople must be sent in with your check for \$7.50 per person, to reserve your place; don't delay as seating is limited. The evening will begin with a cash bar cocktail hour at 7:00 p. m. and the meal begins at 8:00. The presentation of awards and speakers will be after the meal.

THURSDAY, APRIL 21 - MONTHLY MEETING

First, apologies for the foul-up in getting the film for the February meeting. Raleigh Industries has finally recovered it, and now that it is firmly in their possession they have agreed to lend it to us for our April meeting.

To refresh your memory, the film is entitled "Pedal Power" and is a BBC documentary dealing with the construction, history, usage and social implications of pedal powered vehicles. This promises to be a very interesting and entertaining film. Come join us and see it at this last indoor meeting of this season.

Date: Thursday, April 21, 1977 ... Time: 8:00 p. m.

Place: Harvard Community Health Plan Cafeteria, 1611 Cambridge Street,

Cambridge (between Harvard Square and Inman Square, near Cambridge High and Latin School)

Program: The documentary film "Pedal Power"

Note: Those who wish to join together for dinner prior to the meeting will assemble at the Cambridge Street entrance of Harvard Community Health Plan between 6:15 and 6:30.

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PRESIDENT'S MESSAGE -

This weekend happened to be the first weekend since before Christmas that I have been able to get out and do any cycling of any consequence - Saturday I rode for 20 miles and Sunday I managed another 30 miles. It made me very aware of how vulnerable we cyclists really are.

First of all, this unusually severe winter has prevented us from being able to ride enough to maintain even a minimal level of conditioning without either going to flab or finding some alternative activity such as skiing or riding rollers. With us it is more than just maintaining leg muscles and wind; it is also one's seat and hands and even neck muscles that take a beating once we start to get back into shape again. Only cycling can keep this whole system in shape for more cycling.

Secondly, the same polar conditions have put our roads into a terrible state of disrepair - potholes (especially when filled with water and whose depth is therefore unknown), frost heaves, broken surfaces, cracks, puddles - require the rider to be extremely wary. This is especially true when riding in traffic while attempting to avoid these road hazards. Many large puddles on the road from melting snow also subject unwary cyclists to being heavily showered as automobiles plow through the puddles totally unmindful of nearby cyclists (or pedestrians). Furthermore, sudden freezes can put a film of ice on wet roads that is difficult to detect particularly at night.

For these reasons, I recommend that we do not attempt "The Big Rides" before we are physically ready for them and the roads are in a good state of repair. Also I feel that since we will always be somewhat vulnerable we should protect ourselves at least to the extent of gloves and helmets, to at least reduce the risk of serious injury. Once you have tried it I am sure you will find it to be a small inconvenience to bear. It will not reduce your vulnerability, but it will serve to at least reduce the risk of serious, disabling injury.

HOW TO SET UP A CLUB RIDE ... Mike Gengler

Our program of rides is the principal activity of the Charles River Wheelmen. That was the consensus reached at the February membership meeting, when the discussion turned to club activities due to the non-arrival of the evening feature - a film about, you guessed it, cycling.

We have a new ride committee this year, consisting of Dick Buck, 923-8909, Earl Forman, 894-2084, and myself, 482-1360 days or 484-5088 home. If you have any suggestions, or wish to volunteer to lead a ride, give any one of us a call. We are considering one or more "major events" this Spring, in addition to the usual program of Sunday rides in the Boston area. Someone has suggested a Century down to Connecticut and back, using parts of the East Coast Bike Trail. I'm all in favor of this, but a long ride, possibly with patches, sag wagon, food and water, etc., needs a number of volunteers in order to be feasible. I hope that some of our members who want to celebrate the return of Spring will assist us in planning and setting up some extra-special club rides.

Most of all, we need to increase the number of persons who plan and lead the Sunday morning rides which are the mainstay of our program. Hopefully, by adding new people, we will add new rides and new territory to our repertoire. The Sunday rides are generally 30-60 miles in length, and we try to have most of these rides start within cycling distance of Boston (although some of our best rides, like Paul MacDonald's Plymouth-Manomet ride, start a fairly good distance from Boston).

For those of you who would like to help out, but who may be reluctant to volunteer, here are a few tips for setting up an enjoyable club ride. First, being a "Ride Leader" does not mean that you must get out in front of the pack and ride as fast as the fastest riders in the group. The main task of the "Ride Leader" is to choose and mark the route, and to be at the starting point to offer any special instructions. One of the most enjoyable rides of last year's schedule was Howard Moore's ride from Danvers, which was run at a leisurely 8-10 mph pace on a sunny, warm spring day down some fine little roads without traffic. The group was free to go faster, but we all enjoyed Howard's company so much that we stayed together for the whole trip. Little roads like those Howard showed us last spring are the glory of New England cycling. Many sections of the country, such as the South, or especially Florida, don't have any back roads. Even the so-called "secondary" roads have rights-of-way cleared for 75-100 feet on each side of the pavement, and are traveled by high-speed trucks. In New England, it is possible to get from any point to any other point without using heavily traveled routes. The only problem is finding and linking sections of scenic back roads together into a club ride of the proper length. Your friends will thank you for showing them a new section of the countryside.

You don't have to be familiar with a particular area to lead a ride there. With detailed maps, you can explore new territory and incorporate the results of your explorations into a club ride that can be shared by your friends later. The standard gasoline company highway maps don't give enough information to benefit the cyclist. Anyone relying on these maps (including the maps of Boston and vicinity) is going to spend almost all of his time on heavily traveled routes while passing by parallel back roads with trees, farms, and stone fences. Invest in an Arrow street atlas for Eastern Massachusetts. These commercially available books of maps are unwieldy for taking with you on your bike, but you can tear out the sheets you plan to use on your exploration. The Arrow maps are the least expensive way to

open up the back roads. Keith French, one of our members and a valued ride leader, has published a book, including detailed maps with suggested routes, entitled Greater Boston Bike Guide. These maps can be used as the basis for further exploration. The maps Keith used in his book are the best for the cyclist, for they contain road surface and street names for all streets outside the centers of major towns; they cover two to eight towns per sheet, and can be folded to a convenient size for carrying in one's handlebar bag or pockets. This series covers the whole state (Keith used selected sheets in his book) and is called the 1965, 1" to five mile County Maps.

The maps are available from the Director, Bureau of Transportation Planning and Development, Dept of Public Works, 100 Nashua Street, Boston MA 02114, or you may buy the maps by going in person to the 3rd floor, 150 Causeway St., Boston, for 50¢ per sheet. For example, Plymouth County covers nine sheets. The detail on these maps is such that it is almost impossible to get lost (but look out for street signs that have been rotated by pranksters).

When I plan a ride, I cycle the area first using a route that I have mapped out in advance using the DPW detailed maps. Often, if the route I picked initially isn't very scenic, I will keep trying alternate roads until I have found the best roads. Exploring by car is no fun, and gives no feel for distance and terrain. After the route is mapped, I will drive it in my car to check the distance, and perhaps to try one or two more alternates that I didn't have time to cycle. The route is then committed to writing in the form of a "cue sheet" giving street names and turns. Then, as near as possible to the date of the ride, I go back over the route by car to mark it with arrows painted on the road. I use a light color spray paint and a stenciled arrow cut in a sheet of cardboard. The arrows should be distinctive in shape (other groups are getting into the act, and you may find your group going off on someone else's route if you use the standard "Dan Henry" arrow with the ball at the end). Erv Pfau does his arrows freehand - that saves some time, and the bother of what to do with your wet stencil in the car between stops. Dick Mazeikus carries paint in a water bottle underneath his downtube, and uses a brush to paint the arrows. Do arrow the route. One of the best things about cycling is that persons of varying ability and strength can travel the same distance, see the same sights, and enjoy a social lunch stop without being regimented into a pace line. Without arrows, everyone must travel together, and our faster and slower riders don't get the full enjoyment of the ride.

The arrows are painted at turns or intersections to give the direction. They must be painted three feet or so out into the road to be seen, and far enough before the intersection to give a speeding cyclist a chance to respond in time. Don't put the arrow where a car is likely to be parked. And use a warning or reassuring arrow whenever you think it might help. Normally, no arrow is painted at an intersection if the riders are to go straight, but if there have been no arrows for a good distance, put down an arrow anyway so people will not feel lost.

What makes a fun ride? Good scenery and light traffic are most important. That's why searching out back roads is so important. But don't make the route so

complex that the turns come too often to allow riders to relax and enjoy themselves. And don't be disappointed if you don't get 50 riders out for your "masterpiece". Small groups are more friendly, and easier to keep track of.

How long does it take to set up a ride? Not counting "research" time spent with the maps, a day to explore, a half a day to mark the route, will do it. You may already know the rudiments of a good route, so that the exploring time may be cut down or eliminated. But to a cyclist, it is the exploration that is the most fun - the club ride is only a byproduct. Let's all get busy - we have 39 Sundays between now and December 15, when our "frostbite" schedule will resume and we want to make every one of those Sundays a memorable experience.

(Editor's note: I agree with Mike when he says, "Being a "Ride Leader" does not mean that you must get out in front ... etc." Generally, the leader who leads least, leads best, perhaps a better title would be Ride Captain.)

REPORT ON HILL To date I have received no response to last month's request for nominations for the steepest hill around Boston ... surely, we do not live on the plains!

THE BOARD OF DIRECTORS... We are seeking names for nomination to the Board of Directors. The Board is important to the CRW for its members are elected by the whole membership and it appoints the President. If you would like to run or nominate another member, please contact the editor.

A Letter from the L A W

Dear Bike Club President:

Please convey to your club members the League's thanks for the renewal of your affiliation. This continued support will strengthen the League's hand in asserting and maintaining the rights of cyclists to their fair share of consideration by all levels of government.

We are constantly trying to think of ways in which we can be of more service to our affiliated clubs. Please, if you or your members have any suggestions along this line, let us have them. I assure you they will be given thorough consideration.

Thanks again for your continuing support. We hope we will justify your confidence in the League.

Sincerely,
s/d Jim Kehew
Jim Kehew, Acting President LAW

FOR SALE

Barely used Peugeot PX-10 (23 $\frac{1}{2}$ ""); includes new Silca pump, two extra new Soyo 90's - \$250. Call Irv Gordon, 357-9300 (eves. 492-4132).

MEMBERSHIP ROSTER

Robert & Alison Adkins	182 Main St	Wayland, MA	876-6581
Barbara J. Ahern	18 Shirley St	W. Newton "	
Kenneth Aldrich & Family	31 Eldor Drive	So. Walpole "	668-7928
Mokdh & Gloria Ali	11 Hawthorne St	W. Medford "	483-4244
Royal Allaire	260 Mt. Auburn St	Watertown "	926-5789
John C. Allis	33 Reservoir St	Cambridge "	484-0072
Liane E. Allyson	31 Commonwealth Av	Boston "	
S. Marc Altman	Arena Terr	Concord "	369-3576
James E. Andrada	94 Temple Rd	Waltham "	893-3007
Robert M. Armstrong	103 Coolidge Rd	Concord "	523-6947
Bruce Bailey	75 Green St	Milton "	828-2523
Raymond Balley	104 Coolidge Hill Rd	Watertown "	
Alan Barkin	540 Parker St	Newton "	527-2714
David A. Barnes	10 Carlton Tr	Watertown "	926-1081
Marva A. Barnett	323 Cronkhite Grad Cntr	Cambridge "	498-6548
Edward Barsack	1830 Com'lth Ave	Auburndale "	332-7311
Albert Basso	29 Delaware St	Somerville "	666-8571
Rosalie Berry	44 Spruce St	W. Acton "	
Edward F. Biggins	6 Newcastle Rd	Brighton "	783-4198
Donald G. Blake	1 Gleason Rd	Bedford "	275-7878

C R W AWARDS BANQUET RESERVATION

Please reserve _____ seating(s) at the Awards Banquet.

Enclosed is my check for \$ _____ at \$7.50 per seating.

Name _____

Address _____

Phone: _____

7:00 P. M. Cocktails

8:00 P. M. Dinner