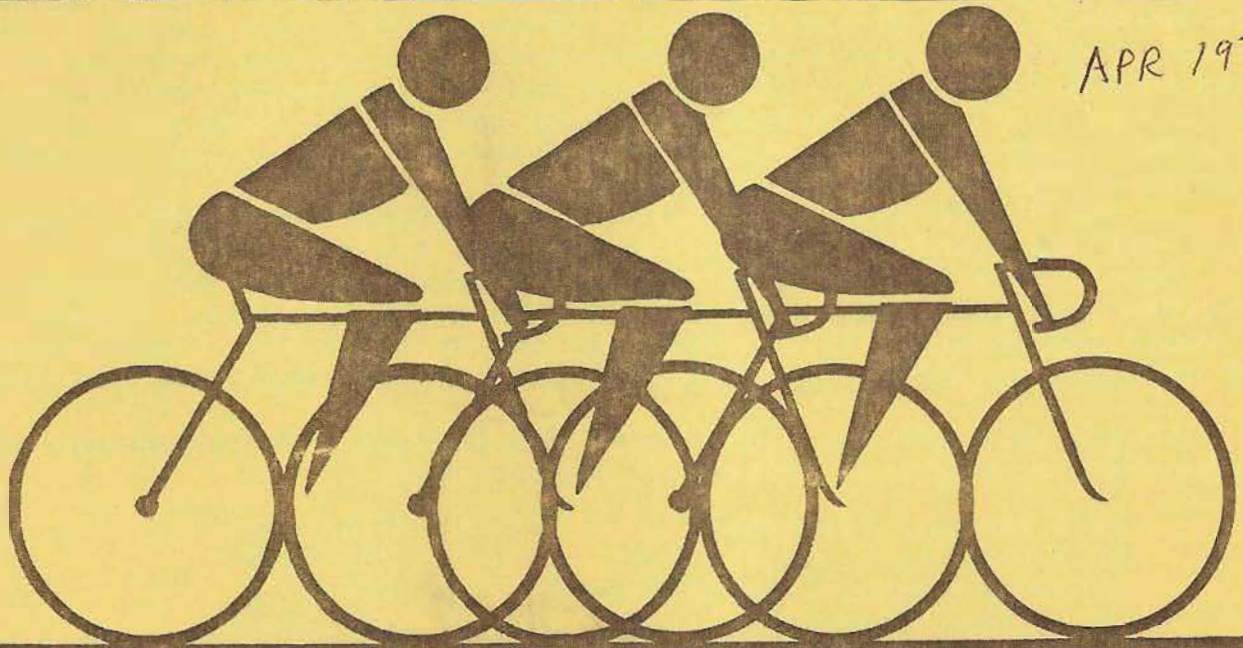


WHEELPEOPLE

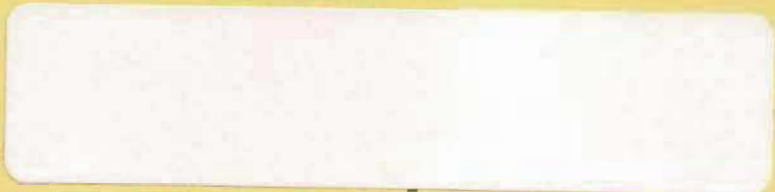
APR 1978



The Official Monthly Publication Of

The Charles River Wheelmen

The Charles River Wheelmen
3 Bow Street
Cambridge, MA 02138



The Charles River Wheelmen is an affiliated club of the country's oldest bicycling organization, The League of American Wheelmen.





The Charles River Wheelmen is a group of active adult bicyclists ranging in age from 16 to over 70. Our abilities and interests include frank beginner, long-distance tourer, commuter, and racer. Regular rides are scheduled from spring to fall. These rides have a leader, a route marked with arrows (or a map is supplied), and planned stops to facilitate social fellowship. Efforts are made to encourage new riders in aspects of cycling proficiency, highway safety, and bike maintenance. Optional loops are often planned for those who wish to ride longer or shorter distances than the main group.

In the winter we have informal "Frostbite Rides" where riders meet at a starting point and decide the pace and route of the ride.

Once a year we join with our parent organization, the League of American Wheelmen, and sponsor a 100-mile (Century) Ride. Riders travel at their own pace and try to ride 25, 50, or 100 miles. Refreshments are supplied at designated stops and patches are awarded to the finishers.

If you have any questions about the Charles River Wheelmen, please contact the appropriate officer or chairperson:

Earl Forman, President	894-2084
Ed Trumbull, Executive V.P.	332-8546
Debra Glassman, V.P. of Rides	489-3141
Don Blake, Treasurer	275-7878
Bill Piekos, Social Chairperson	661-2691
Al Basso, Bulletin Distribution & Membership Chairperson	666-8571
John Springfield, Editor	566-1928
Bill Roberts, Computer Processing	661-8698

The Board of Directors is composed of the following members:

Earl Forman	894-2084
Al Basso	666-8571
Debra Glassman	489-3141
Ed Gross (New England LAW V.P.)	969-0477
Eric Hall	965-4768
Harold Lewis	332-3649
Nancy Peacock	628-7566
John Springfield	566-1928
Joe Stanewick	323-8188
Dick Talbot	449-3792

Membership Application

Membership in the CRW also includes membership in the League of American Wheelmen. The L.A.W. publishes a monthly magazine, sponsors regional bike rallies, and helps in protecting your right to the road.

New? Renewal? If Renewal, include LAW member # _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Single Membership: \$15 per year Household: \$19 per year

The CRW bylaws require that you be at least 16 years of age.

Make checks payable to: Charles River Wheelmen.

Dues include L.A.W. dues. DO NOT MAIL L.A.W. DUES TO L.A.W. DIRECTLY.

schedule of rides and events

MARCH 26, SUNDAY, 10:30 A.M. - The first preplanned ride of the season will try to get the kinks out by riding a figure (8) through Weston, Wayland, and Sudbury. Each loop of the 8 is approximately 16-18 miles long, so either half of this ride will make a pleasant short leisurely paced ride. There will be a lunch break in the middle at the Friendly's on Rte 20 in Wayland just west of the Weston town line (bring your lunch or buy one at Friendly's or the adjacent convenience store). The ride will start at the Weston town green (approximately 1.4 miles west of RTE. 128 on Rte. 20 to the 1st traffic light, then right at the light for 150 yards to the green). Those who want to ride the 2nd loop only, can join the group at the lunch stop (about 2 miles west of the Weston town green around 12:30). Plan on joining us for this first formal ride of the season. Leader: Earl Forman, 894-2084.



* * * * *
 * MARCH 27, MONDAY, 8:00 P.M. - CLUB MEETING at the Harvard
 * Community Health Plan Clinic, 1611 Cambridge Street, Cambridge,
 * Between Harvard and Inman Squares.
 *
 * Topic: AMATEUR FRAME BUILDING
 * Speaker: Dick Talbot
 *
 * Have you ever dreamed of building your own bicycle to suit
 * your particular needs? Have you ever wondered if you have the
 * skills to fashion metal tubes into a bike frame that will be
 * unique? Dick Talbot has done just that. He will share with
 * us some of his experiences, trials, and jublations of creating
 * his own frame. Dick says: "It can be done!" But even if you
 * don't plan to grab your blow torch, come out and learn about this
 * fascinating area of bicycling. See you there.
 *
 * * * * *

NOTE: NEW DAY

APRIL 2, SUNDAY, 10:00 A.M. - Join us as we loop through the Lexington, Bedford, Hanscom Field area. Starting point will be the Waltham Common, Main and Moody Streets in Waltham. Two loops of 25 miles and 35-40 miles will traverse the moderately flat countryside; but there are some big hills at the beginning to warm you up and test those kneecaps. A late lunch stop is planned for the end of the ride at the Waltham Common. Bring your lunch or buy it at one of the fast food outlets in Waltham Center. Leaders: Quentin Klein, 527-1557 and Pat Ryan.

APRIL 9, SUNDAY, 10:00 A.M. - Explore the Carlisle, Burlington, Chelmsford area as we cycle two relatively flat routes. Both rides begin at the Howard Johnsons opposite the Burlington Mall on the Middlesex Turnpike (just off Rte. 128). You have your choice of biking 15 miles or 35-40 miles. Bring your lunch; we will stop along the way. Leaders: Bill Roberts, 661-8698 and Mary Maraggio, 282-9812.

APRIL 14, FRIDAY, 7:30 P.M. - Annual Awards Banquet at the Yangtze Restaurant in Lexington. Don't miss this chance to partake in good food, bikies' cheer, and an entertaining speaker. Awards are being donated by area bike shops and club members. Special guest speaker is Dr. Eugene Gaston of Bicycling magazine. Fill out the coupon on page 3. See you there!

APRIL 16, SUNDAY, 10:30 A.M. - Explore the area northwest of Boston which includes Concord, Lincoln, Acton, and Sudbury. Our leader, Chris Ryan (232-8294), has two loops of 40-50 miles and 15-20 miles which leave from Weston Center at the Town Green. John Springfield (566-1928) will lead the shorter loop. Terrain is moderate with some large hills. Lunch for the longer ride will be in Acton at Bergland's where sandwiches and ice cream are available, or you may bring your lunch and buy something to drink. The shorter ride will eat lunch at the end of the ride in Weston Center. Bring a lunch and enjoy the town green.

APRIL 17, MONDAY, 7:30 P.M. - Board of Directors meeting at the Harvard Community Health Plan Clinic, 1611 Cambridge Street, Cambridge, halfway between Harvard and Inman Square. Meet to discuss Bike Week activities, social events, and other club matters.

APRIL 22, SATURDAY, Midnight - To kick off BIKE WEEK activities, the CRW will lead a ride down the Charles River Bikepath starting at the Coca-Cola Bottling plant on Soldiers Field Road in Allston. We will proceed down the bikepath to the Esplanade and end at the Museum of Transportation on Congress Street in South Boston. Please bring a light. For more information: Mark Roseman, 723-5775.

APRIL 23, SUNDAY, 10:30 A.M. - BIKE WEEK continues as the CRW leads a ride starting from Cleveland Circle, Beacon Street and Chestnut Hill Ave. in Brookline. A leisurely paced ride of 15-20 miles will proceed through Newton and Brookline. We expect a lot of new faces at this ride, so come out and introduce yourself. For those of you who want a fast-paced ride, a route looping south will be suggested but will not have an official leader. We will need several leaders to help novice riders and to bring up the rear to encourage rusty riders. For more information: Mark Roseman, 723-5775.

APRIL 28, FRIDAY, 8:45 A.M. - Bike Rally for cyclists rights, clean air, favorable legislation. City Hall Plaza. Sponsored by Boston Area Bicycle Coalition, 3 Joy St, Boston, MA and Museum of Transportation - 522-1200.

APRIL 29, SATURDAY, 10:30 to 4:30 - The CRW will set up an information booth and repair clinic are part of the BIKE FAIR at the Museum of Transportation, Congress Street Wharf. Area bike clubs, environmental groups, and government agencies will be participating in a variety of demonstrations. If you want to volunteer to help out for a few hours, call Mark Roseman, 723-5775.

APRIL 30, SUNDAY, 10:30 AM - DOVER COMMON - RIDE

MAY 7, SUNDAY, 10:30 A.M. - If April was still too cold for you, now is the time to get out the old bike and start cranking. Meet at the Lexington Green in Lexington for a 20-mile and a 35-40 loop through Lexington, Bedford, Carlisle, and Concord. Lunch will be in Concord Center. There are a few stores, but it's probably safer to bring your lunch. The area is gently rolling with some hills. Leader: Debra Glassman, 489-3141, and Mark Roseman, 723-5775.

BIKE WEEK

APRIL 30, SUNDAY, 10:30 AM. - DOVER CENTER
KEN & NOLA ALDRICH WILL LEAD 20 AND 40
MILE RIDES THROUGH WALPOLE, FRANKLIN,
SHERBORN, & NORFOLK. BRING YOUR LUNCH.
BOTH RIDES MEET IN NORFOLK FOR LUNCH.

Annual Dinner Meeting

at Yangtze River Restaurant in Lexington Center

special guest speaker

Dr. Eugene A. Gaston

of "Ask The Doctors" in Bicycling Magazine

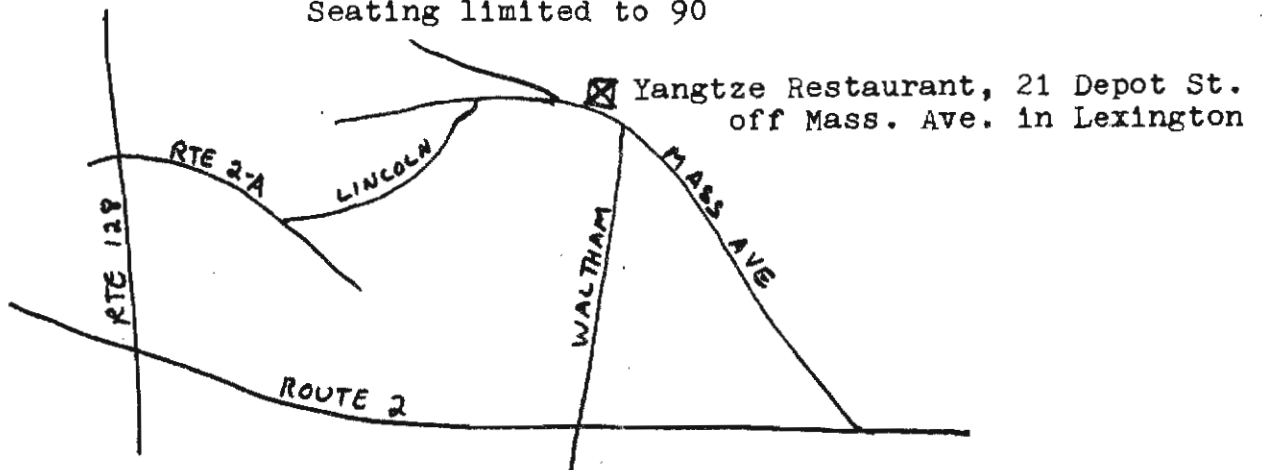
Topic: 20 Years in the Saddle

Friday, April 14, 1978

Cocktails: 6:30 p.m. Dinner: 7:30 p.m.

Featuring Szechwan Chinese food with NO MSG

Seating limited to 90



Yangtze Restaurant, 21 Depot St.
off Mass. Ave. in Lexington

Reservation for Awards Banquet

Yes, I wouldn't miss this banquet even if my tubulars puncture.

Please reserve ___ places @ \$7.50 each. Total enclosed: _____

Name(s) _____ Phone _____

No tickets will be mailed. Names will be kept on a list at the door.

Make checks payable to: Charles River Wheelmen

Mail to: Bill Piekos
Social Chairperson of CRW
138 Thorndike Street
Cambridge, MA 02140

If after April 7, call Bill (661-2691) to make sure there are seats left. Remember, capacity is 90 people and we usually fill up quickly.

TANDEM TIDBITS

We want to extend greetings to two new Charter Members of the Tandem Section of the CRW:

Chris and Kathy Ryan
Harold and Ruth Stern

The Sterns have added a double T as follows: Tandem Tribulation.

The first Tandem Section Ride will be held on May 21 at 10 a.m. This will be a Sunday ride starting at the MDC Skating Rink parking lot in Milton, at the intersection of Canton and Unquity Road. There is plenty of parking in the MDC lot for cars and bikes. We will bike up Harland Street to the home of Dorothy Cunningham for coffee and doughnuts, and then start a scenic tour of the Blue Hills that will not exceed 30 miles. The ride will take us back to the Cunningham home for an outdoor cookout, all food being provided by the hostess. The ride fee for this event will be \$2.50 per person, or should we say, \$5.00 per tandem couple. For reservations call:

Ralph Galen 876-8636 days
354-2495 evenings

* * * * *

SECOND ANNUAL TOUR OF NEW ENGLAND

Cover all six New England states on Memorial Day weekend, May 27-29. Try your legs out on this 3-day trip that goes for 330 miles through some of the most varied terrain you'll ever want to see. There is no sag wagon. You won't be more than 100 miles from Boston at any time. So if you get tired, simply ride home. For more info:

Jacek "Rudy" Rudowski 361-5273 evenings

* * * * *

THIRD ANNUAL TRIP TO MT. WASHINGTON

After limbering up from the New England Tour, now you can try a real challenge. We ride from Boston to the top of Mt. Washington and back in 3 days (340 miles). Leave on July 1, Saturday, and ride 160 miles to Pinkham Notch. Stay at the AMC hut overnight. On Sunday we ride 8 miles up Mt. Washington. The grade is from 12 to 18%. Gears above 27 inches are not recommended. Come down and stay at the AMC hut on Sunday night. Monday, return 160 miles to Boston. Sounds like fun, eh? Reservations must be in by April 20th. Contact "Rudy" Rudowski, 361-5273 evenings. If you need low gears, Rudy has ways of converting Campy cranksets to wide range 15 speeds.

* * * * *

EAST COAST BIKE CARAVAN TO LAW CONVENTION IN KALAMAZOO

Leave early June from Carlisle, PA, and pedal 600 miles to Michigan. Primarily bikecamping but some motels. Projected 60 miles per day. Contact:

Richard Sias 703-256-6464
7471 Little River Turnpike
Annandale, VA 22003

from the
presidents
pen ...



Apr 78
Page 5

Freewheeling Thoughts

For all but our most daring cyclists, the season has yet to begin. I haven't been on the road since the first snowfall because I've developed a minor phobia about cycling when there are ice patches around (two falls and one broken elbow in the past three years have something to do with it). My cycling activities up to the time of this writing have consisted of thinking and day dreaming while messing around in kerosene and bearing grease doing the winter overhauls and, while on the rollers. My thoughts are of the coming season, and since in a way it is sort of the cyclists New Year, I've made some tentative resolutions that I want to share with you.

I've got cycling safety very much on my mind. Partly it is the effect of recent accidents to our members and other prominent area cyclists, partly reading and listening to John Forester, and partly it is the cumulative tone that one gets from reading columns and letters in the L.A.W. Bulletin. The safety issue is a wide range and complex one.

My first resolve is to be more consistent in wearing my helmet. I've been pretty good about wearing it commuting but, I sometimes waver and rationalize when I'm going for a pleasure ride in the country. I also slack off when on the tandem with Bea who is not a helmet wearer. I'm convinced that the helmet is valuable insurance, so much so that I've offered to buy one (despite the almost unconscionable price) for any member of my family who will promise to wear it while riding. So far the offer has been accepted by my two college student children. I hope it is because their education is making them smarter (i.e. think more like their old man) and not because it's a freebee. The other two are still hold outs and despite all the rational reasons (where will I put it when I go to school or my hair won't fit) I suspect that one major reason is still that they look silly. I suspect that looking silly is one of the reasons that many of you are "helmet holdouts". If this be so then I'd like to convince you to help me with my two holdouts as well as help yourselves. For what one thinks he looks like is wholly subjective and strongly dependent on social values. That's a fancy way of saying that the more of us that wear helmets, the more normal and the less silly it will look. Maybe if enough bikies buy helmets, the manufacturer will be able to realize some "economics of scale" and pass on some of them to us consumers.

The second resolution I've made and would like to see all of us make and observe as well, is to be more conscientious about obeying traffic rules. I know this is somewhat controversial. Cutler West for example, believes that cyclists are rational and prudent and because of the inherently slower speeds of a bike, can disregard certain stop signs and stop lights after sizing up the situation. In one sense I agree with him. In fact there is at least one traffic light at Arsenal St. and Greenough Boulevard in Cambridge at which I

regularly run the red and make a left turn (after looking in a good visibility situation) since to obey the green is even less safe for a cyclist because the backed up auto traffic squeezes into a narrow stretch immediately after the light making it a less safe situation for the cyclists. On the other hand, all of us are aware of cyclists who disregard traffic rules with abandon, creating hazardous conditions for themselves and for the car drivers as well. As L.A.W. members we should represent and exemplify the sensible and mature element in cycling and set a good example for others. Our motto and policy should be to share the roads with all other vehicles. To do that means that insofar as is sensible we should share common rules of the road. Car drivers should not be goaded into anti-bicycle attitudes by being panicked by the unexpected cyclist running a light or turning the wrong way on a one-way street or unexpectedly appearing on the wrong side of the street. If there is chaos and anarchy in traffic it is we, the bicyclists, the most physically vulnerably and most politically weak, who will suffer most. It seems to me to be in our own best interest, that we as LAW members set a good example of mature and responsible riding practices. It will strengthen us as a club and strengthen the cause of cycling in general.



Treasurer's Report

LOOSE CHANGE
by Don Blake

February 1978 Income	
Membership Dues	\$208.00
Club Party	82.00
Interest	14.52
Miscellaneous	4.50
	<u>309.02</u>
February 1978 Expenses	
LAW dues	127.00
Wheelpeople (Jan. & Feb.)	117.60
Miscellaneous	11.25
	<u>255.85</u>
February 1978 net increase/decrease	+53.17
March 16, 1978 Balance	441.57

Please include your LAW membership number on your renewal application. When I send your LAW dues to the national office I also must indicate your LAW membership number. The application form on the backside of the Wheelpeople cover has all the information I need. Remember: send your dues to the CRW, not to the LAW directly.

TIME TRIALING 1936-1941

by Howard C. Moore

Time trialing was alive and well in New England during the six-year period 1936 through 1941.

The revival of conventional bicycle road racing in this area had started in 1933 with a race from Providence to Woonsocket and return. More than twenty cyclists participated, and four of the first five places were taken by riders from the Boston area, the winner being Al Surette of Somerville. Other road races followed. Among the notable ones was one from Newtonville to the clover-leaf intersection of Routes 20 and 9 and return, two from Cambridge to Marlboro and back, and one from Wakefield to Lawrence and return. In 1937 and 1938 two really big races each started and finished in the Fenway, one of them turning at the junction of Routes 20 and 12, and the other turning at a point in the town of Oxford. All these races and others were either massed start or handicap races.

Meanwhile the idea of time trials, adapted from the system popular in England, had taken hold. Time trialing was started in 1936 by Bicycling magazine, published in Franklin, Mass., Leon J. Landry, editor. Not too popular at first, it increased in favor, and the clubs participating in it organized as the Federated Bicycle Clubs of New England. The summer issue of Bicycling for 1937 listed thirteen clubs as members of the "Federation." The following regulations are taken from page 5 of the above mentioned issue:

"The Best All-Rounder Road Racing Competition is organized annually by Bicycling to determine the Best All-Round Racing Cyclist in New England. The competition will take into account unpaced road time trials on single bicycles and in approved open events held by registered clubs in all parts of New England.

To qualify for the end of season table, all riders must show performances over the following three distances, 12½ miles, 25 miles, and 50 miles. Only a competitor's best performance at each distance is taken into account. The rider with the best average speed (over the three distances) is the winner of the competition."

The Best All-Rounder Banquet following the 1936 competition was at the Hotel Bancroft, Worcester, on January 23, 1937. The Honorable John S. Sullivan, Mayor of Worcester, was at the head table, and the toastmaster was Otto. W. Eisele, President of the Amateur Bicycle League of America. The grand prize winner was Frank Woolner of the Worcester Cycle Club, whose average speed for the three distances of 12½, 25, and 50 miles was 23.495 miles per hour. Frank received a nineteen-inch statuette, a gold medal, a Raleigh Sports bicycle, and the first certificate of merit. Three following men each received a silver cup, a silver medal, and the corresponding certificate of merit. The next eight men were each presented with a bronze medal and proper certificate of merit. Subsequently, some fifteen riders who achieved an average speed on the final table

of eighteen miles per hour or better were awarded certificates of merit by their club secretaries.

Four different clubs were represented among those twelve Best All-Rounders in the 1936 final standing. The Worcester Cycle Club placed four men, the Franklin Cycling Club three, the Boston Wheelmen three, and the New Bedford Wheelmen two.

Several of the clubs had courses in their own areas, but it developed that the fastest times could be made on the courses used by the Boston Wheelmen. The B.W. time trials started at a point on Route 1 just outside of Dedham Square and proceeded south to whatever was the necessary turning point depending on the distance involved. Since a group of forty cyclists might be inclined to be a trifle noisy as they prepared to take off at one minute intervals around 7 a.m. on Sunday, after a year or two the starting point was moved south to the intersection of Routes 1 and 128. That intersection was at grade in 1936. There was no underpass and, if my recollection is correct, there was no dual highway either. Route 1 was in no way built up as it is now, and that is why the time trial course of the Boston Wheelmen was an ideal one.

The Franklin Cycling Club must have had a good 50-mile course, as I notice that six of the twelve Best All-Rounders made their fastest 50's on the Franklin course. And New Bedford had a fast "12½" course, as five of the twelve fastest times were made there.

In time trialing a rider wishing to pass another rider must make a "business" of doing so by passing a certain number of feet to the other rider's left, so as in no way to be accepting pace from him. And of course pace is not to be accepted from any touring cyclists who might happen to be on the highway, or from any vehicle.

In my opinion a 12½ or a 25-mile time trial is just a terrific sprint. In a "50" a certain amount of endurance is involved, but a "50" is still something of a sprint and you cannot "rest" very much. In time trialing you cannot enjoy the camaraderie with other riders whom you pass or who pass you. You are out there alone and you give it everything you've got. There is a great sense of achievement as you better your time in a "25" over your time in a previous month, or as you improve your standing in the final table over your position of the previous year. Some riders remained in the top twelve during the entire six-year period 1936 through 1941.

Unfortunately, World War II came along and in 1946 there was nobody to re-establish time trialing on the New England bicycling scene.

ELECTION RESULTS

The following members have been appointed to the Board of Directors to serve until the fall elections:

Al Basso
Eric Hall
Nancy Peacock
Joe Stanewick



GREAT EASTERN RALLY
MAY 26, 27, 28, 29

For more information, send
a legal size self-addressed
stamped envelope to: GEAR '78
P.O. Box 6215
Hellam Branch
York, PA 17406

SPONSORED WITH L.A.W. BY THE BALTIMORE, BRANDYWINE, HARRISBURG,
LANCASTER, WHITE CLAY AND YORK BICYCLE CLUBS.

BUS TO G.E.A.R

Would you like to attend the Great Eastern Rally but you lack transportation for yourself and your bike? Here's a great idea: go by chartered bus. Fritz Maiser, President of the Worcester Wheelmen, is trying to get enough people together to rent a bus. He figures it will cost about \$25 for you and your bike. If interested, contact him at:

122 Jamison Road
Holden, MA 01520
Ph: 1-829-4849

HAVE YOU VOTED IN THE N.E. LAW ELECTION?

All LAW members (that means you) in the New England area should have received a ballot to elect the LAW Vice President for New England. Our own Ed Gross is running for reelection to this important position. If you haven't voted yet, VOTE NOW. Don't let this opportunity pass you by.

Bike-A-Thon

Seventh Annual "Ride-a-Bike for the Retarded"
Sunday, April 30th, 8 AM - 5 PM

Meet at the Center School, 84 Billerica Road (Rte. 129), in Chelmsford to ride 25, 50, 75, or 100 miles to raise money for the Mass. Association for Retarded Citizens. Follow the leadership of fellow CRW member Ed Trumbull, who has been the highest money earner annually. Help support the efforts of another CRW member, Donna Haines, who has coordinated the ride in the Greater Lowell area each year. Register with Chelmsford Chairperson, Dot Rostron (of TOSRV-EAST sag wagon fame), who ran the most successful MTA community ride in 1977.

Join the Winning Team on April 30th and help us do it again.

Leader: Dorothy Rostron
737 School St., Lowell 452-3225
Area Coordinator: Donna Haines
12 Munro Circle, Tewksbury 857-7717

D I S C O U N T S

Your CRW membership card entitles you to discounts in some of the area bike shops. You must have a valid card (signed and unexpired) and some other form of identification. With the normal purchases of tires, jerseys, chains, books, and bike components, many CRW members can pay for their CRW dues from the money they saved. The following shops offer discounts:

The Bicycle Exchange, 3 Bow Street, Cambridge
International Bicycle Center, 70 Brighton Ave., Allston
Harris Cyclery, 1249 Washington, West Newton

Membership

The new CRW membership packet will be mailed out to all current members within the next week. You will receive a membership card (good for discounts at certain bike shops), club constitution and bylaws, LAW brochure, and other CRW news. Henceforth, this membership packet will be mailed to all new members. You will receive a new membership card each time you renew. We're proud of this packet. We hope you find it useful.

If there are any mistakes in your name, address, or expiration date on the mailing label, contact Al Basso at 666-8571.

If you do not receive a copy of Wheelpeople by the 1st of the month, contact Al Basso. Make sure your membership has not expired.

IMPORTANT NOTICE

THE CRW IS NO LONGER MAILING OUT RENEWAL NOTICES. INSTEAD WE ARE STAMPING THE FOLLOWING REMINDER ON THE FRONT COVER OF WHEELPEOPLE. WHEN YOU SEE THIS STAMPED REMINDER, PLEASE RENEW SO YOU WON'T AUTOMATICALLY BE DROPPED FROM OUR COMPUTER LABELS.

NEWS, ARTICLES, CLASSIFIED ADS - Send to Wheelpeople Editor,
John Springfield, 146 Beaconsfield, Apt. 4, Brookline, MA 02146.
CLASSIFIED AD - Free to members; 25¢ per word to non-members.

Material must be received by the 15th of month preceding issue.