

WHEELPEOPLE

MAY 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
David Johanson, Publicity Chairperson	357-9300 (days)

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

(All distances expressed in kilometers and miles)
(1 km. = .62 mi.)

BIKE WEEK APRIL 22 - 29

The CRW joins the Boston Area Bicycle Coalition, the Museum of Transportation, the Registry, E.P.A., and State Senator William Saltonstall in a week of celebrating bicycling. CRW members will receive a full schedule from BABC sometime in the near future. Rides, rallies, and a Bike Fair offer a variety of opportunities to meet other cyclists, enjoy the outdoors, and learn about bike maintenance. Listed below are the activities in which the CRW is taking part. FOR A FULL LIST OF ACTIVITIES, CALL THE BIKE WEEK HOTLINE NUMBER - 727-3827.

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APRIL 22, SATURDAY, 10:00 P.M. - To kick off BIKE WEEK activities the CRW will lead a Moonlight Ramble down the Charles River Bike-path starting at Magazine Beach, Cambridge, near the B.U. Bridge on Memorial Drive. We will proceed down the bikepath to Charles Circle and end at the Museum of Transportation on Congress Street in South Boston. Please wear reflective clothing and bring a light. There is no organized return to Magazine beach so take care to make yourself visible to cars and other cyclists. Helping Mark Roseman (723-5775) in the ride will be Debra Glassman, "Rudy" Rudowski, Giannella Garrett, and a beautiful full moon. NOTE THE CHANGE IN STARTING TIME AND PLACE.

APRIL 23, SUNDAY, 10:30 A.M. - BIKE WEEK continues as the CRW leads two rides from Cleveland Circle, Beacon Street and Chestnut Hill Avenue in Brookline. A 20-mile (32 km.) and a 37-mile (60 km) ride will loop through Newton, Needham, Dover and Brookline. Both groups will meet in Dover Center for lunch (Bring your lunch!). The short loop is slightly hilly, and the long one is moderately hilly with two fairly steep hills. We expect a lot of new faces, so come out and introduce yourself. Mark Roseman (723-5775) will be assisted by Debra Glassman, "Rudy" Rudowski, Giannella Garrett, and Bill Piekos.

APRIL 28, FRIDAY, 12:30 P.M. - Join BABC for a lunchtime rally at City Hall Plaza to advocate cyclists rights, clean air, and favorable legislation. NOTE CHANGE IN STARTING TIME.

APRIL 29, SATURDAY, 10:30 A.M. to 4:30 P.M. - BIKE FAIR at the Museum of Transportation on Congress Street in South Boston. The CRW will set up a booth to pass out information and to demonstrate bicycle repairs. Area bike groups, environmental clubs, government agencies, and WBCN will all be there as part of this great celebration of the bicycle. Contact Mark Roseman (723-5775) if you want to volunteer your skills at repairing and adjusting bicycles. Or if you can donate an hour to pass out CRW and LAW information, contact John Springfield (566-1928). This should be great fun for all, young and old, cyclist and non-cyclist. Drop by and check out the great Museum exhibits. You are encouraged to touch, learn, experiment, and ask questions. See you there!

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APRIL 30, SUNDAY, 10:30 A.M. - Join Ken and Nola Aldrich (668-7928) for a couple of great rides through Dover, Walpole, Franklin, Sherborn, Holliston, and Norfolk. Start at Dover Center and choose the 20-mile (32 km.) ride or the 40-mile (65 km.) trip. Both rides meet in Norfolk Center for lunch and social mingling. Bring your own lunch and buy something to drink at the Cumberland Farms. The terrain is rolling with some moderate hills. The Old Bicyclist's Almanac calls for a beautiful spring day. Enjoy.

MAY 7, SUNDAY, 10:30 A.M. - It's May and you still haven't got on your bike? You showed up for the Easter ride and it snowed? You were busy the entire month of April writing your autobiography? Now you have no excuse. Debra Glassman (489-3141) and Mark Roseman (723-5775) have planned 20-mile (32 km.) and 35 mile (56 km.) rides leaving from Lexington Green in Lexington. Loop through the gently rolling area of Lexington, Bedford, Carlisle, and Concord. We stop for lunch in Concord Center where there are a few stores, but it's probably safer to bring a lunch with you. Let's get those legs limbered up.

MAY 14, SUNDAY, 10:30 A.M. and 1:30 P.M. - Today you have a choice of rides. Either you can go to Columbus, Ohio and ride in the Tour of Scioto River Valley with 3500 other bicyclists, or you can join Ed Trumbull (332-8546) for his annual figure-8 ride starting at the duck feeding area at the junction of Routes 30 and 128. Ed is well-known for riding his bike throughout the February blizzard (sometimes he even took it off the rollers). The first part of the ride will head north through Waltham and Lexington. We meet back at the duck feeding area for lunch. The second part leaves at 1:30 for Wellesley and Needham. Ed says to bring your own lunch and refreshments; there is no place to buy lunch. The terrain is moderate with one tough hill on each of the 18-mile (30 km.) loops.

MAY 21, SUNDAY, 7 A.M. & 10:30 A.M. - (Rain date Saturday, June 3). Join us as we ride to Miles Standish State Forest south of Plymouth. Two options of 25 miles (40 km.) and 80 miles (129 km.) are available. The longer ride starts at the Quincy Center MBTA station at 7 a.m. We will ride by routes 53, 18, 58, 27, and 3-A to the Stop & Shop parking lot on Route 3-A on the Kingston-Plymouth line. Here we will meet the cyclists riding the 25-mile option. Both groups will leave the Stop & Shop at 10:30 a.m. and ride back roads and a bike trail to the ranger station in Miles Standish State Forest. Maps of the State Forest are available at the ranger station. You will be free to explore on your own; we'll meet at the ranger station at a pre-determined time. Then we ride on Long Pond Road (repaved last year!) to a McDonalds for lunch. The short ride ends up back at the Stop & Shop, while the long ride continues on to Quincy. The terrain is mostly flat with some hills in the State Forest. Leaders: Jacek "Rudy" Rudowski, 361-5273 and Paul MacDonald, 698-2832. If you are in doubt about the weather, call Rudy as late as 5 to 6 a.m. on the day of the ride.

MAY 28, SUNDAY, 10:30 A.M. - Tour the towns west of Boston with our leader, Eric Hall, 965-4768. Leave from the municipal parking lot in Newton Center for a short 20-mile (32 km.) ride through Newton, Dover, and Wellesley, or take the long route by way of Dover, Sherborn, Ashland, Marlboro, Wayland, and Weston for 55 miles (89 km.). Bring your lunch and relax at the Charles River Dam in South Natick or at the reservoirs in Ashland or Southboro. The riding is mostly flat with some hills. Enjoy the Memorial Day weekend with us!

JUNE 4, SUNDAY, 10:30 A.M. - If you've never cycled north of Route 128, here's a chance to find out what you've been missing. Dick and Muriel Wagg (438-3129) will lead us on 20-mile (32 km.) and 30-mile (49 km.) tours of Wakefield, Reading, and North Reading. Meet at the bandstand at the south end of Lake Quannapowitt on Route 129 in Wakefield (1½ miles south of Route 128). We'll ride to Harold Parker State Forest where you can sink your teeth into some of your home-prepared sandwiches. For those interested, you can engage in the Harold Parker Peanut-Butter Sandwich swap.

JUNE 11, SUNDAY, 11 A.M. - Annual Tour of the Northwest Suburbs of Boston. Leave from Arlington Town Hall and ride through Alrington, Belmont, Waltham, Concord, Bedford, and Lexington. Two routes of 20 miles (32 km.) and 33 miles (53 km.) are planned with the possibility of an intermediate loop of 25 miles (40 km.). All rides will meet in Concord Center for lunch where an ice cream shop and general store will be open. The terrain is moderate; the long ride has two big hills. The rides are led by our social chairperson and hops connoisseur, Bill Piekos (661-2691), and by our long-distance mountain climber, Jacek "Rudy" Rudowski (361-5273).

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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

AWARDS BANQUET WHEELS 'EM IN

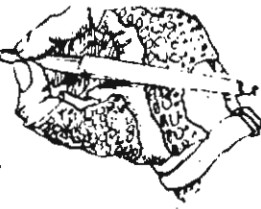
Wheelpeople from near and far joined us at the Yangtze River Restaurant in Lexington for our annual banquet on April 14th. The former President of the CRW, Erv Pfau, came all the way from New Orleans to be with us. Some rode their bikes while most came in their polluters. Our guest speaker was Dr. Eugene Gaston, author of the "Ask The Doctors" column in Bicycling magazine.

Dick Mazeikus, master of ceremonies, awarded the Dr. Percy Anderson Award to Ed Gross for his outstanding commitment to biking through his efforts as LAW V.P., BABC, and indeed, his work in setting up the banquet for the last two years! Other awards were presented to Donna Haines, Howard Moore, and Dalton Harrow.

Door prizes were donated by: Bicycle Exchange, Bicycle Workshop, Family Bicycle Center, Harris Cyclery, International Bicycle Center, Lifecycle, Lincoln Guide Service, Malden Cycle Center, Mystic Valley Wheelworks, Bill Piekos, Revolutions, John Springfield, and Waltham Cycle.

A special Roast Beef Sandwich Award was presented by President Earl Forman to Al Basso in recognition of Al's love for Chinese food. See you next year!

*from the
presidents
pen ...*



April 12, 1978

FREEWHEELING THOUGHTS

Is there anything nicer than the feeling of a hot shower after a bike ride? It doesn't matter whether the ride is a hot one or you come in chilled from a cold and windy ride, the result is the same pure pleasure.

I've just come back from our first ride of the spring season (not counting last week's fiasco which was snowed out). My legs have that peculiarly pleasant tightness that I don't quite know how to describe. It's not really pain, even though we sometimes speak of it in those terms, which is part of the reason many non-cyclists think we indulge in a masochistic sport. It's more than awareness that you have a body and it has strength to move with some speed and power, and in doing so you have become conscious of it. It is a pleasant fatigue and tightness and it is great to be feeling it again after this long winter layoff. Anyhow back to the original question about competition for the hot shower - anyone want to vote for a cold beer?

Charlie Zerwekh gave me an article from the British Journal "New Scientist" (January 19, 1978) which discusses an interesting hypothesis about bike/car accidents. The writer speculates that cyclists in traffic suffer from what behavioral psychologists call the specific peck reaction (from work done with pigeons). It seems that pigeons, when offered wheat in which is mixed a few peas, eat only the wheat. If the feed is mainly peas and a little wheat, the birds don't seem to notice the minority grain. The birds fix on the major component and ignore the marginal stuff.

Cyclists are the marginal stuff in traffic. Many of us have experienced near misses and an unfortunate few have experienced collisions in which the car drivers seemed to be oblivious to our presence on the road. It is important for both drivers and cyclists that we not be marginal. So let's get more bicycles on the road.

As you read this, Bike Week should be starting. Our club is an integral part of Bike Week. If we all pitch in and participate and get our friends to participate, both in our part (leading and chaperoning the weekend tours) and in the other activities, we can be a part of a good and successful event. We may even get more cyclists on the road, and if this happens we may come to the day when cyclists are no longer marginal in traffic.

Just Forman

TANDEM TIDBITS

Since the April newsletter we have decided to change the date of our first ride. PLEASE NOTE!

The first ride of the season for the Tandem Section will be held on Sunday, April 30, at 10 a.m. Please note the change! We will assemble in the parking lot of the MDC Skating Rink at the corner of Blue Hill Parkway, Canton Avenue, and Unquity Road in Milton. From there we will bike to the home of Dorothy Cunningham where we will meet, greet, and have a photograph taken to commemorate the historic event. From there we will tour the Blue Hills for not more than 30 miles and will return to Dorothy's home for a cookout.

This will not only be our first ride but will also be a registered RIDE A BIKE FOR THE RETARDED. Forms will be available for those who wish to participate in this worthy cause. If, on the other hand, you do not wish to ride for the retarded, it is not required.

Other rides that we have coming up are:

Sunday, May 21, - call Ralph Galen (354-2495) for details.

Saturday, June 3 - Tandem Ride for the Blind. This ride will include members of the Tandem Section as well as those CRW members who would like to do a good turn for another person. The ride will originate at the Perkins School for the Blind and will return to the School. Perkins owns five tandems and will provide five blind stokers if we will provide five navigators. Any volunteers? Call Ralph Galen - 354-2495.

NEWS FROM THE GRANITE STATE WHEELMEN

TILTON, NH, HAS BANNED BIKES ON ITS MAIN STREET (ROUTE 3)! Amazing as it sounds, Tilton has forced bikes off its main street and onto the back alleys where unwary motorists may not bother looking for bicyclists. The laws seem to conflict over who has jurisdiction over the section of road. The state law which allows cyclists to share the road with the same rights and responsibilities as motorists conflicts with laws that govern the controls of roads passing through local jurisdictions. The Granite State Wheelmen are asking assistance from the LAW in hiring legal help. The fear is that if Tilton can ban bikes, other towns may follow.

Upcoming rides that CRW members may be interested in are:

May 27-28 - Kancamagus Ramble - Cycle the Kancamagus Pass and spend the night at Eastern Slopes Campground in Conway. Return on Sunday. Carry sleeping bags and tents on bike. Contact Clyde Demars, Salem, NH by May 13. Phone 603-898-4694.

June 3-4 - Lake Winnepesaukee Rally - Tour the Lake or take optional loops. Contact Gilford Outing Club, Jim Farnsworth, RFD #5, Box 93A, Gilford, NH 03246. Phone 603-524-8706.

THE HELMET THAT SAVED A LIFE

from Ben Jeffries

Editor's note: Ben was riding his Lambert bike down a hill on Trapelo Road going about 30 m.p.h. He hit a small drop in the pavement and his fork snapped at the stem. He hit full force on the front and right side of his head. Luckily, he was wearing a helmet. He spent 3 weeks in intensive care and many weeks re-learning how to walk and trying to remember his past. He's cycling again (he said it was easier to recall how to cycle than to walk) and still has his helmet. The helmet suffered from dented foam padding, but it did not crack. Here's Ben's letter:

I just read the April Wheelpeople where there is reference to the "almost unconscionable price" of bicycle helmets, at least the top 2 brands. Well, for me, that unconscionable price of \$32.50 was the difference between death and \$8,000. \$32.50 is peanuts! The next time you catch yourself thinking about not buying a helmet because of the price, think about the whole picture. That helmet, if you buy and wear it, may save you not only thousands of dollars, but it may be infinitely valuable like your life. Take it from me, my helmet at \$32.50 was the biggest savings of my life.

Ben Jeffries

Treasurer's Report

LOOSE CHANGE
by Don Blake

March 1978 Income	
Membership Dues	\$268.00
	<u>268.00</u>
March 1978 Expenses	
LAW Dues	163.00
Wheelpeople Bulletin	48.83
Membership Package	53.97
Miscellaneous	19.69
	<u>285.49</u>
March 1978 Net Increase/Decrease	-17.49
April 10, 1978 Balance	468.51

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

WINTER CYCLO-COMMUTING

by John Likins

A recent change of jobs has enabled me to start commuting by bike again. A few tips for winter cycling others may find useful:

- attach a reflective "slow-moving-vehicle triangle" to a light stiff piece of plastic and bolt it on the rear rack. It'll push a bit against the mudguards (I assume you use 'em) but no harm done. Triangles are sold by Boston and Columbus AYH.
- use plenty of other reflective stuff, including a vest, Limbands (for pants-legs), and on your helmet.
- stuff newspaper in the holes of your helmet when it gets cold.
- Dr. Scholl's innersole pads help keep the cold out of your toes a little bit longer. Otherwise get off and jog a few hundred feet every 20 minutes or so. Don't risk frostbite!
- use clinchers; even better, use 26" clinchers. Nice and stable.
- in addition to front/rear lights powered by generator, attach a Wonderlight to the front of the bike, and a Belt Beacon to the rear of you or your bike. The Belt Beacon, especially, is an indispensable safety device, and very stingy with batteries.
- get a Chuck Harris mirror to see behind you.
- carry a reasonable tool kit, a spare tube, and, if you've got Allen-key bolts, a sawed-off section of an Allen Wrench. (Use with a crescent wrench.)
- from November 1 to mid-February arrange for a ride home in the evening. It's a lot safer...only takes a few minutes to throw the bike on a rack. Ask someone at work.
- choose lightly-traveled roads, even if they make your commute a few miles longer. County maps are useful here.

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THE 1980 LAW CENTENNIAL NEEDS YOU

If you've got the talent and ambition, here is an opportunity to get hooked up with a vital and active operation that is going to put on one of biking's great events. As you know, the LAW is going to celebrate its centennial in 1980 in Rhode Island, the site of its origin. Ted Ellis and the Narragansett Bay Wheelmen already have most of the plans and organization done to make the centennial a super convention. There are only a few opportunities for people not living in the Rhode Island area to participate. One is in the role of exhibits chairman. This individual plans, coordinates, sells, and sets up all the commercial exhibits at the convention. It's a big job - a chance to get a lot of satisfaction by working with a large bunch of talented people who are planning one of the great biking events of the decade.

If you are interested, contact either Earl Forman (evenings at 894-2084), Ed Gross (969-0477), or Ted Ellis III, P.O. BOX 267, North Scituate, RI 02857 (401-647-5109).

D I S C O U N T S

Your CRW membership card entitles you to discounts in some of the area bike shops. Be prepared to produce a valid membership card (signed and unexpired) and some other form of identification. You may be able to save enough to more than pay for your CRW dues. Contact the following shops for the specifics on the discounts:

The Bicycle Exchange, 3 Bow Street, Cambridge
International Bicycle Center, 70 Brighton Ave., Allston
Harris Cyclery, 1249 Washington, West Newton
Bicycle Loft, 7 Muzzey Street, Lexington
Northeast Bicycles, 102 Broadway(Rte. 1), Saugus
Family Bicycle Center, 149A Belgrade Ave., Roslindale

Membership

The CRW membership has gone out! We hope you find it useful. If you did not receive one, please contact Al Basso at 666-8571.

Also Contact Al Basso if there are any mistakes in your mailing label (including expiration date) or if you do not receive your copy of Wheelpeople by the 1st of the month (make sure your membership has not expired).

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

C L A S S I F I E D S

APPRENTICESHIP WANTED - Music teacher contemplating career change anxious to learn bicycling business this summer. Avid tourist and neighborhood-school repairman. Call or write Larry Williams, 12 Taft Ave., Mendon, MA 01756, 1-478-3676.

FOR SALE - MOTOBECANE GRAND RECORD, 21 inch frame, tubular tires, Gran Compe s.p. brakes, Cinelli bars, stem, and seat. Excellent condition. \$280. Ask for Stephan Miller, 495-1764 days, 646-5809 evenings.

FOR SALE - Low Flange Dura-Ace Hubs, Black Anodized front & rear. In Excellent Condition. Asking \$30.00 firm. Contact Danny at 361-6834 after 7 p.m.

What's Happening?

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

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