

RIDE CALENDAR

Sep 79
Page 1

* * * * *
Talk about happenings! This fall we have at least three
* "don't miss" cycling events that should satisfy your appetite *
for fun and healthy exercise. First, the Martha's Vineyard *
* Ride on September 9th will take you away from the city to *
the leisurely-paced island to the south. On the next week- *
* end, September 16, you'll have a chance to take on 50 or 100 *
miles to prove that your body still is in good shape. And *
* what better way to spend an autumn weekend in New England *
than at the New England Rally on October 12-14 in Concord. *
* No advanced registration is needed for the Vineyard and *
Century rides, but you must pre-register for the New England *
* Rally (see registration on page 6). *
And as always, JUST A REMINDER: All rides will leave promptly *
* at the times specified. Arrive at least 15 minutes early to *
allow for bike adjustments and meeting old friends. When we *
* leave on time, we can get to the lunch stop on time! *
CYCLE SAFELY!

* * * * *
AUGUST 26, SUNDAY, 10:00 A.M. - Join Bike Trail Extender, John Kane,
(396-2230) as we travel the "New Northern Extension" of the East
Coast Bike Trail. The E.C.B.T. now goes from South Carolina to New
Hampshire; some day it will stretch from Florida to Canada. John
says you can choose your own distance to ride on the Trail; you
return on the same route. The longest ride is to Newburyport and
back, 120 km. (75 mi.). Other suggested rides are 40 km. (25 mi.)
and 80 km. (50 mi.). Meet at Broadway and Alewife Brook Parkway
(Rte. 16) in Arlington next to the Somerville line. Make the ride
pollution-free by cycling to the starting point. Bring your lunch.
The Trail takes us through Winchester, Medford, Reading, Andover,
Bedford, and Newburyport. A special donation of at least 25¢ is
requested for the LAW Legislative fund. Come out and ride this
"escape route" to the north!

8/27/50

SEPTEMBER 2, SUNDAY, 8:30 A.M. - All right, early-risers, forget
about the traffic jam to the Cape, and join Sheldon Brown, 924-1758,
and Harriet Fell, 965-1184, for a couple of rides through the
scenic towns of Weston, Concord, Carlisle, Littleton, and Acton.
The terrain is moderate and the weather will be 68.9 degrees (ac-
cording to the Old Cyclist's Almanac). Choose from the 80 km.
(50 mi.) or the 40 km. (25 mi.) loop. Bring your lunch or buy
it in Weston. Meet at the Weston Town Green.

SEPTEMBER 3, MONDAY, 11:00 A.M. - Meet at the Boston Waterfront
for a ride across the water to Provincetown. Cyclists are re-
quested to bring very light bikes with paddlewheels. Don't forget
your helium. No fair hitching to ducks. Leader: Lightfoot Harry.

SEPTEMBER 8, SATURDAY - Help Eric Hall, 965-4768, arrow the route
for the National Century. Eric also needs volunteers to drive the
sag wagon. Volunteers will be awarded a free Century patch.

SEPTEMBER 9, SUNDAY, 8:45 A.M. - MARTHA'S VINEYARD RIDE! Spend this Sunday on the island in the sun! Meet at the ferry ticket office in Woods Hole no later than 8:45. The ferry leaves at 9:15, but you must arrive by 8:45 with correct change for lower group rate tickets: \$4 per person and \$2.50 per bike, round trip. If you are cycling to Woods Hole (120 km. or 75 mi.), plan to get up very early (3:00 a.m.) or spend Saturday night at the Cedarville Youth Hostel. If you drive a car, leave no later than 6:45 a.m. and park at Woods Hole for a \$2.75 fee. If you want to park free, leave Boston no later than 6:15 a.m. and park in Falmouth. From Falmouth there is a 6 km. (4 mi.) bike path to the ferry. Directions to free parking in Falmouth: Pass the Steamship Authority overflow parking lot, turn left on Main Street, go down a short distance and look for the "public parking" signs. The public lot is between Main and Catherine Lee Bates Road. Directions to the bike path: go back up Main Street and take a left on Rte. 28 for about $\frac{1}{4}$ mile. The bike path is on the left, marked with a rock and an anchor. If you plan to take the bike path, please bring a light; it will be dark on your return trip! When we get to Martha's Vineyard, you can take the suggested routes or wander at your own fancy. We will leave on the 5 p.m. ferry so you can be in Boston by 8 p.m. Some of us will make an evening of it by dropping into an unsuspecting restaurant on the return trip. Simply stated: DO NOT MISS. NO.NO. Our leaders are Sam Johnson, 742-6800 at work, Bill Reisinger, 321-7623 (home) and 253-3541 (work), and Carla Buerig.

SEPTEMBER 11, TUESDAY, 7:30 P.M. - IMPORTANT BOARD OF DIRECTORS MEETING. Crucial issues to be discussed are: the LAW dues increase, the New England Rally, the Century, the Safety Campaign, the Board elections, and Road Hazard report. Due to the abysmal showing at our late meeting at the Museum of Transportation, we are returning to our previous meeting place, the Harvard Community Health Center, 1611 Cambridge Street, halfway between Harvard and Inman Squares. All members are welcome. PLEASE BE ON TIME!

SEPTEMBER 16, SUNDAY, 8:00 A.M. - THE NATIONAL CENTURY. Meet at the Duck Feeding Area, Routes 30 and 128. Choose between a Century (100 mi. or 160 km.) and the Half-Century (50 mi. or 80 km.). Registration is \$2 for LAW members and \$3 for others. The small fee is to cover the cost of the patches (yes, you win a patch if you complete the ride) and the cost of the refreshments and sag wagon gasoline. We will ride south through Newton, Needham, Sharon, Norton, Taunton, Attleboro, Plainville, and Medfield. Lunch will be at Dighton State Park (for the Century); refreshments will be served at the end of the ride at the Duck Feeding Area. As in years past, Eric Hall, 965-4768, is our Century Coordinator. Eric needs volunteers to drive sag wagons (free patch!) and mark the routes. Call him if you can help. Last year we had about 100 people on this ride, let's try to make it 125 or more this year!

CENTURY

SEPTEMBER 23, SUNDAY, 10:00 A.M. - Just in case you thought all our rides started in Weston, here's a couple of routes that traverse the South Shore area. Meet Jim Emerson, 344-7364, for a 32 km. (20 mi.) or 48 km. (30 mi.) ride through Stoughton, Canton, Norwood, Sharon, and Easton. Both rides start at Shaw's Market, Routes 138 and Central Street, in Stoughton. The start is within easy cycling distance of Boston : 8 km. (5 mi.) south of Rte. 128 on Rte. 138. Jim's well-marked routes are over rolling terrain with a few long hills. Both rides will meet at a deli in Sharon for lunch. The temperature will be 70.1 degrees, and the wind will be at your back.

SEPTEMBER 30, SUNDAY, 10:00 A.M. - THE NAMESAKE RIDE. Follow the upper branch of the Charles River as it winds its way through Dedham, Westwood, Dover, and South Natick. Meet at the Dedham Plaza on Route 1 south of Dedham Plaza and Dedham Center (Dedham Plaza is opposite Lechmere's. Two very manageable rides of 21 km. (13 mi.) and 56 km. (35 mi.) will be offered by our leaders, Joe Stanewick, 323-8188, and Rod Huck, 769-0451. Lunch will be in Dover Center where light snacks can be obtained at a drug store.

OCTOBER 7, SUNDAY, 9:00 A.M. & 11:00 A.M. - It's apple time again! Mike Gengler, 484-5088, will lead us on a two-tier ride through Concord, Littleton, Harvard, and Bolton. Apples, apples, and apples should be plentiful. Think of this ride as cycling between munch stops. The longer ride will start at 9 a.m. at Belmont Town Hall in Belmont Center; it will cover 105 km. (65 mi.). If you're more interested in the apples, you can join the ride at the B&M Railroad Station in Littleton at 11 a.m. This shorter ride covers 32 km. (20 mi.). To get to the B&M Railroad Station: take Rte. 2 west to Taylor Street exit (first exit past Rte. 495), go north on Taylor for about 1 km. ($\frac{1}{2}$ mi.) to Littleton Center and the RR station. Bring your lunch (no stores are available) and enjoy this great autumn ride!

OCTOBER 13-14, SATURDAY & SUNDAY - THE NEW ENGLAND RALLY. This year the CRW will sponsor this event that draws hundreds of bikers from all over New England. The Rally will be centered in Concord at the Howard Johnson's Motor Lodge. Most CRW members will probably not need accommodations, but if you do decide to stay at the motel, please go through our committee so we get credit for filling up the place! Fill out the registration form on page 6 and get it mailed today. WE STILL NEED VOLUNTEERS TO HELP MARK THE ROUTES, ACT AS RIDE LEADERS, AND COORDINATE THE BEHIND-THE-SCENES ACTIVITIES. PLEASE CALL DEBRA GLASSMAN, 489-3141, IF YOU CAN HELP.

* * * * *

OTHER LAW CENTURIES

Granite State Wheelmen - Sept 15-16 at Hampton Beach, NH.
\$2 registration. Call Dave Topham, 603-898-2842.

Fitchburg Cycling Club - Sept 16 at Fitchburg, MA. \$4 for Century, \$2.50 for Half-Century. Contact the FCC at P.O. Box 411, Lunenburg, MA 01462. Phone 617-342-7439.

FREEWHEELING THOUGHTS

Usually the summer is a casual season. The business and program activities of the club are normally settled for the season and all that remains to be done is to participate and enjoy. But this is not the usual or normal summer. First and foremost there is the gas shortage. It has rekindled the bicycling boom which seemed to have leveled off in the past couple of years. It has resulted in an upsurge in new memberships that has been sustained past the normal spring months on into the heart of the summer. The phone keeps ringing with requests from the media for information and advice and from prospective members.

Then there are changes in the wind in the cycling establishment. Our representatives to the LAW convention in San Diego have returned with tales of politics and palace coups. The LAW has elected a very strong cycling activist, John Forester, as its new President. Those of you who have met him or read his stuff as I have, probably anticipate a much stronger and militant stance from the League on the issues of cyclists rights, required safety equipment, public education, etc. The LAW Bulletin has a new editor and I'm looking forward with great interest to see that change reflected in the content and format. There are rumors of even more changes in the national organization concerning strengthening national lobbying programs that I hope are true. Our racing brethren also seem to be doing some questioning of their goals and methods. It maybe that significant changes will come of that internal debate too. Exciting times.

Here on the local front activities are expanding and anticipation grows. As I think you'll see elsewhere in this bulletin, the CRW is sponsoring the first of what I hope will become the annual New England Rally. Even though it is a last minute idea I think you'll agree it is a great one. After all we have some of the best recreational riding areas in the country and if we are lucky our mid-October date should coincide with peak autumn foliage viewing. Add to that the historically interesting areas in and around the Lexington-Concord Rally center and we have the makings of a marvelous weekend. At the moment the major organizing and planning job is being done by two of our most talented and indefatigable members, Debra Glassman and Nancy Peacock, with some behind the scenes encouragement from Ed Gross. As we approach the actual rally date there will be many needs and ways for others to help. As sponsors and hosts to fellow bicyclists I'm sure that we all want this to be done with a style and excellence that reflects that of the club. This is an opportunity to meet and ride with large numbers of guests as well as some of our own far-flung members. Lots of volunteers will be needed. Check with Debra (489-3141) or Nancy (628-7566) for how you can help.

The ultimate future of the Rally depends on its success this year. However, one of the functions it will serve is as a practice session

Continued

for some aspects of the 1970 LAW Centennial which will be held in Rhode Island over the Memorial Day Weekend. The CRW has the Commitment to organize the post convention tour. The preconvention tour will be on Cape Cod and the Islands and is being run by the Seven Hills Wheelmen of greater Worcester. The details haven't been completed but this is another opportunity for members with organizing and administrative talents to use them in a way that should be rewarding to them, to fellow LAW members from around the country and to the CRW.

By the way, our own Joan Campbell is organizing the commercial exhibit at the Centennial. If any of you have contacts with potential exhibitors, Joan would like to know who they are. She might also be able to use your help in other ways. Help her, the centennial and us - Call 484-1045.

One last thing about the Centennial. Since we claim direct lineage with the Boston Wheelmen who joined together with the Rhode Island Wheelmen 99 years ago to form the LAW, a super large attendance by the CRW is appropriate. The Narragansett Wheelmen who are sponsoring the Centennial are limiting attendance (necessitated by the accommodations). Consequently I urge you to keep your eyes open for the first announcement of reservations being taken. Waste no time and get yours early so that we will not miss out on what promises to be a great event. Wouldn't it be great to have us all cycle there?

See you on the roads

Earl Forman

* * * * *

THE CURIOUS INCIDENT OF THE BEWILDERED BICYCLE SHOP OWNER SOLVED!

Well, kids, you easily solved last month's puzzle. Correct answers were sent in by Ed Trumbull and Dick Buck. A drawing was held, and Dick Buck became the winner of a free ticket to the Museum of Transportation.

For those of you still picking your brain, here's the answer:

	Bike 1	Bike 2	Bike 3	Bike 4	Bike 5
CLUB	CRW	GSW	NBW	SHW	PW
COLOR	Yellow	Blue	Red	White	Green
DERAILLEUR	(Stolen)	Simplex	Shimano	Huret	Suntour
CHAINWHEEL	Sugino	Sakae	Strnglght TA		Nervar
HUBS	Weyless	Philwood	HIE	Bullseye	(Stolen)



NEW ENGLAND RALLY



OCTOBER 12-14, 1979

Sponsored by The Charles River Wheelmen

and The L.A.W.

a WEEKEND of fabulous, fall, foliage cycling on historic, scenic back roads around the GREATER BOSTON area.



- o PACKAGE includes: accomodations (near Concord, Mass.) meals, tours on Saturday & Sunday (25, 50 & 100 mile marked routes) Saturday evening banquet with speakers and entertainment. (Breakfasts and box lunches will be available).
- o JOIN US and gather to meet old friends and new from all over New England -- a chance for the different clubs to get to know each other. Cycle in from nearby or stay the whole weekend. Double room accomodations will be available.

- o Register by mail in advance (attach extra sheet if necessary)

o Name _____

Address _____

_____ zip

- o REGISTRATION: (#) _____ @ \$6.00 = \$ _____
(LAW member)
- (#) _____ @ \$9.00 = \$ _____
(non-member)

- o LODGING: Friday October 12 _____ @ \$41.00 = \$ _____
(doubles) Saturday October 13 _____ @ \$41.00 = \$ _____

- o DINNER: Saturday October 13 _____ @ \$ 9.90 = \$ _____
(tax, tip inc.)

- o TOTAL AMOUNT ENCLOSED \$ _____



Mail stamped, self-addressed env. & check to: N. E. Rally
c/o Silver
3 Village Way
Natick, Mass. 01760

(617) 653-2536

ELECTION

THE BOARD ELECTION IS COMING! THE BOARD ELECTION IS COMING!

Every fall we elect three of the nine CRW Board members for terms of three years. The three members whose terms expire in November are:

Debra Glassman
Chris Ryan
John Springfield

The term expirations of the other Board members are:

Carla Buerig Nov 80
Joan Campbell Nov 80
Eric Hall Nov 80
Al Basso Nov 81
Ed Gross Nov 81
Ed Trumbull Nov 81

In accordance with our bylaws, nominations will be solicited from our membership. Candidates will be announced in the October Wheelpeople. Candidates will be allowed 100 words to explain their positions. Ballots will be mailed in the November (Oct 20) edition of Wheelpeople, and ballots must be returned within three weeks.

It is important to note the function of the Board:

- 1) Authorizes all expenditures of money.
- 2) Authorizes the CRW name and people-power for events.
- 3) Elects the President at the November meeting.

The Board meets once a month and tends to discuss some pretty important issues. It is important that your nominee have the time and interest to attend and digest the issues. Please mail your nomination as soon as possible.

* * * * *

CRW BOARD NOMINATION - 1979

* * * * *

Here are my nominations for the CRW Board that I feel can contribute to making cycling a more visible recreational, social, and utilitarian form of transportation in the Boston area.

* Candidate's Name _____ *

* Candidate's Name _____ *

* Candidate's Name _____ *

* Your Signature (Optional) _____ *

Please mail to: CRW Nomination Committee
 c/o John Springfield
 10 Short Street, Apt. 5
 Brookline, MA 02146

* * * * *

Everywoman's Sport Center, a sports education and training center for women of all ages and abilities, is opening in September in Watertown. The programs are created to focus on all women's needs and unique capacities for physical activity, many of which have been neglected too long. The Center emphasizes the importance of women understanding their own physiology as a basis for the development of skills in sports. Professional staff provide both individual attention and group support and allow everyone to progress at their own pace.

Uniquely designed physical conditioning programs encourage an integrated approach to fitness through emphasis on body toning and weight control, nutrition and the development of the cardiovascular endurance, muscular strength and flexibility. Physical education specialists and exercise physiologists conduct initial testing and help you to define your goals. Together you will examine your progress through on-going evaluation and education.

In addition, the Center offers instruction in a variety of sports activities including running, bicycling, basketball, tennis, self-defense, fencing, swimming, hiking, and camping. All skill development is accompanied by related physical conditioning and education in sports physiology.

Please call Debra Glassman at 926-3008, or write to Everywoman's Sport Center, 120 Elm Street, Watertown, MA 02172.

* * * * *

RAILS TO TRAILS by Charlie Coburn

There's much controversy about bikeways. I for one believe that bikeways should go somewhere.

Railroad beds are ready-made bikeways that need surfacing and patrolling. They're direct, almost level, traffic-free, and intersect roads near stores and motels. Some of the federal funds could be used to surface abandoned railroad right-of-ways and right-of-ways that parallel presently-used railroad tracks.

Volunteer bicyclists using low-cost CB portables could patrol the bikeways. They'd call the police when they came upon vandals, muggers, and drinking parties.

People who miss their train or lose their schedule would have the option of bicycling instead of switching to buses or autos. A year's commutation ticket is about equal to the cost of a decent bicycle.

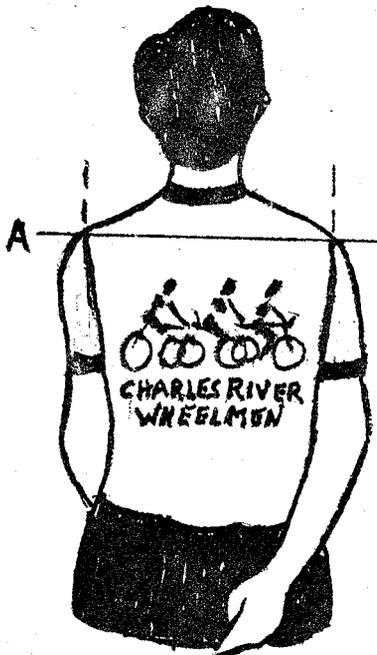
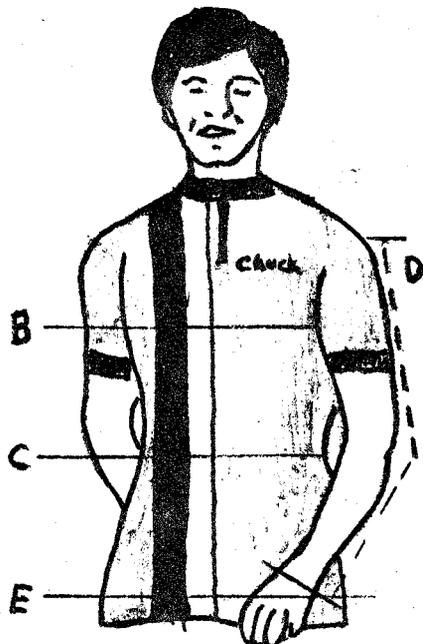
If our "leaders" were bicyclists these bikeways might be reasonably easy to obtain. Former Secretary of Transportation, Brock Adams, rides a bicycle occasionally.

Unlike the usual linear park bikeway of pond bikeway, these bikeways would be viable travel routes relatively free of strollers, joggers, and skateboarders.

PS. My house near the Emerald Necklace is open to CRW members. Just call ahead. If we're home, there's a shower and hot coffee for our CRW friends. Call (617) 738-4013.

CRW JERSEYS!

GET ONE FOR THE
NEW ENGLAND RALLY!



The body of the jersey is red with blue and white vertical stripes and blue rear pockets. The club logo is heat set into the back. You may have your name embroidered on the front for an additional charge.

MEASUREMENTS

- (A) SHOULDERS - from seam to seam across back.
- (B) CHEST - under arms, around body.
- (C) WAIST - at natural waistline.
- (D) SLEEVE - (for long sleeve) bend arm, measure around elbow from shoulder seam to wrist bone.
- (E) HIPS - at widest point - approximately 8" below waist.

FABRIC

- QIANA _____
- Cotton-Polyester _____
- Acrylic _____
- Washable 100% Wool _____
- Short Sleeves _____
- Long Sleeves _____

JERSEY LENGTH: IF YOU DESIRE OTHER THAN STANDARD LENGTH, 27", FURNISH MEASUREMENT FROM NECK SEAM, NOT INCLUDING RIBBING, TO THE DESIRED LENGTH (taken bent in riding position).

	<u>QIANA</u>	<u>Cotton-Poly or Acrylic</u>	<u>Washable 100% Wool</u>
Short Sleeves	\$26.00	\$23.50	\$32.50
Long Sleeves	\$29.00	\$26.00	\$36.00

Postage & handling: \$1.50

Embroidered name: _____ @ 30¢/letter: _____

Total amount enclosed: \$ _____

Enclose check or money order payable to Jones Cycle Wear.

Order from: Jones Cycle Wear
24 Brown Ave.
Lunenburg, MA 01462
617-342-7439

Ship to: _____

Tel. _____

C L A S S I F I E D S

RESEARCH SUBJECTS WANTED - Well trained endurance cyclists age 20 to 40 wanted for 35 day nutrition performance study. Requires eating and sleeping in research unit, frequent blood tests, extensive exercise testing, and muscle biopsies. Moderate payment plus exercise physiology and sports nutrition education opportunity. Contact: Steve Phinney, M.D., 15 Francis St., #16, Brookline, Mass. 02146. Phone: 232-9815.

FOR SALE - Nikkormat FTN 35 mm camera (made by Nikon) with 50 mm f 2.0 Nikon lens - black body - thru the lens match-needle metering - with shoulder strap and soft case. \$185. Chris, 232-8294.

DISCOUNT LODGING - 15% discount for bikers. Red River Motel, Route 28, So. Harwich, MA 02661. Phone: 617-432-1474.

OFFSET PRINTER OR SILK SCREENER NEEDED - The CRW safety poster has been designed and is ready to go to the printer. If you are in the printing business or know someone who does quality work, please contact John Springfield, 566-1928.

FOR SALE - Motobecane Namade 1977, 14-32 gears. Vinyl Fenders, Avocet woman's saddle, silver green with white fenders. Like new. Low Mileage. \$140.

Also a Peugeot UO-8, Pletsher carrier, Ideale leather saddle (missing nose clamp) broken in with neatsfoot oil. Ridden in eight states. White with gold & black detail. \$125.
Call Charlie Coburn, 738-4013.

VOLUNTEER WANTED - Help John Kane, 396-2230, mark the route for the August 26th ride. He will mark on August 25th.

BOARD MEMBERS WANTED - Nominate yourself. See page 7.

D I S C O U N T S

Your CRW membership card entitles you to discounts in some of the area bicycle shops. Be prepared to produce a valid membership card (signed and unexpired) and some other form of identification. Contact the individual shops for specifics on discounts:

The Bicycle Exchange, 3 Bow Street, Cambridge
The Bicycle Workshop, 233 Mass. Ave., Cambridge
Cycle Loft, 7 Muzzey Street, Lexington
Family Bicycle Center, 149A Belgrade Ave., Roslindale
Harris Cyclery, 1249 Washington, West Newton
International Bicycle Center, 70 Brighton Ave., Allston
Northeast Bicycles, 102 Broadway(Rte. 1), Saugus

What's Happening?

NEWS, LETTERS, ARTICLES, CLASSIFIEDS - Send to WHEELPEOPLE Editor, John Springfield, 10 Short St., Apt. 5, Brookline, MA 02146.
CLASSIFIED ADS - Free to members; 25¢ per word to non-members.

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