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\* Congratulations to Jill Eiseman, Sam Johnson, and Bill Ri- \*  
\* singer on their election to the CRW Board of Directors. All \*  
\* three are eager, willing, and energetic; in short, they are \*  
\* just the kind of people we need as we enter the LAW's 100th \*  
\* anniversary. \*

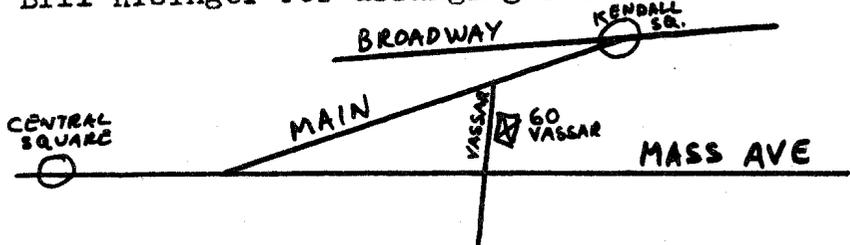
\* The CRW Board met November 13th and has already started plot- \*  
\* ting strategy for the coming year. A "Cycle Safely" campaign \*  
\* will begin this winter, a new club meeting place has been ar- \*  
\* ranged, club decals will be sold, and ideas for new club rides \*  
\* are being discussed. Of immediate importance is the choosing \*  
\* of the CRW President for the next year. The Board will meet \*  
\* immediately before the November club meeting to make a final \*  
\* decision. \*

\* November begins our (in)famous Frostbite Rides. Every Sunday \*  
\* we will meet at a designated location and mutually decide the \*  
\* pace and destination of the ride. There will not be a pre- \*  
\* arranged leader, and no arrows will guide you. It is your \*  
\* responsibility to bring maps, tools, adequate protection from \*  
\* the weather, and a knowledge of your abilities in cold and \*  
\* sometimes sloppy weather. Sounds exciting, doesn't it? Well, \*  
\* it must have some appeal because we always have riders show up.\*  
\* Actually, riding in 40 degree dry sunny weather is quite nice. \*  
\* Dress in layers, use lower gears, protect your extremities, \*  
\* and discover winter riding! \*

\* \* \* \* \*

NOVEMBER 27, TUESDAY, 7:00 P.M. Sharp! CRW Board of Directors meet-  
ing to elect the new CRW President. It is important that all Board  
members attend. Meet at MIT Computation Center, 60 Vassar Street,  
Cambridge. (Building 39). Recording Secretary also to be selected.

NOVEMBER 27, TUESDAY, 7:30 P.M. - FIRST CLUB MEETING of the season.  
Our speaker will be Dick Talbot, newly elected president of Northeast  
Cycling Club. Dick will talk about "How to Recommend a Bicycle" to  
your friends, acquaintances, and people at your company. It's not  
easy to evaluate another person's cycling needs or recommend a  
starting bicycle. You may have your own ideas on the best bike  
and components for your style of riding, but is it good for some-  
one else? Well, all is not lost. Dick Talbot has completed  
a detailed study of bicycle design and would like to share his  
ideas on evaluating bicycles. Our new meeting place will be the  
MIT Computation Center (Bldg. 39), 60 Vassar Street, Cambridge.  
Take the elevator to the fifth floor (room 530). You can lock  
your bike in the basement or take it up the elevator to the  
fifth floor (if it is not wet). Vassar Street can be reached  
by taking the Red Line to Kendall Square or taking the Mass. Ave.  
bus. Thanks to Bill Risinger for arranging for this new meeting  
place!



DECEMBER 2, SUNDAY, 10:30 A.M. - The first Frostbite Ride will start at the Cambridge Common, just north of Harvard Square at Mass. Ave. and Garden Street. There will be no arrows or pre-assigned leaders. The cyclists that show up will mutually decide the route. Allow 15 minutes prior to the start to pow-wow and make adjustments to your bike. Please bring a map.

DECEMBER 9, SUNDAY, 10:30 A.M. - Frostbite Ride starting at Cleveland Circle. Meet at the public parking lot at the intersection of Chestnut Hill Ave. and Beacon Street on the Brighton-Brookline line.

DECEMBER 16, SUNDAY, 10:30 A.M. - Frostbite Ride beginning at the Belmont Town Hall at Pleasant St. (Rte. 60) and Concord Ave.

DECEMBER 23, SUNDAY, 10:30 A.M. - What better way to work off the holiday bulge than taking a stimulating Frostbite Ride! Meet at the old favorite, the Duck Feeding Area, Routes 128 and 30 on the Weston-Newton line.

DECEMBER 30, SUNDAY, 10:30 A.M. - Celebrate the 70's before they're gone forever. Commemorate your way down memory lane with a soothing Frostbite Ride starting at Larz Anderson Park in south Brookline. Meet at the Goddard Ave. parking lot.

JANUARY 1, 1980, 11:30 A.M. - Be the first in your neighborhood to cycle in the 80's. Meet at the new Watertown Mall on Arsenal Street, about 2 km. east of Watertown Square. John Kane will show us all how to ride the white lines in the parking lot. Seriously, this ride always seems to draw a crowd, even when it snows. Be there!

JANUARY 6, SUNDAY, 10:30 A.M. - Frostbite Ride starting the shopping center at VFW Parkway (Rte. 1) and Independence Drive in West Roxbury.

\* \* \* \* \*

#### NEW ENGLAND RALLY STEERING COMMITTEE FORMED

A permanent N.E. Rally Steering Committee is being formed to help local clubs plan for this very special regional event. The idea was hatched by Dave Topham of the Granite State Wheelmen at the CRW-sponsored N.E. Rally in Concord this fall.

The steering committee will act as a resource, not actually run the rally. But is important that planning start now so that local club resources can be mobilized and publicity planned. As coordinator of the last rally, Debra Glassman will chair the steering committee until the next rally in 1980. Each year the committee will be chaired by the local club coordinator.

If you wish to serve on the N.E. Rally Steering committee, contact Dave Topham, 11 Winter St., Salem, NH 03079. Phone: 603-898-2842.

## Freewheeling Thoughts *from the president*

As I write this, it is what Bea calls "Novembering" outside. It is cold and grey and drizzly damp. It's the sort of weather that many think typifies the next five months and leads us to put our bikes away 'til spring. But many of our CRW members have discovered the pleasures and practicality of cold weather cycling. I'd like to share some of my experiences with winter cycling with you and perhaps convince you not to rush to put your bike away.

I don't necessarily mean that biking in cold rain or snow or on icy streets is an activity I want to encourage. On the contrary, I personally draw the line so as to exclude those unpleasant and potentially dangerous conditions. But it is the unusual eastern Mass. winter that does not have an abundance of dry weather, dry roads and reasonable temperatures for its own form of pleasurable cycling.

It takes a few adjustments however in order to ride with pleasure in cold weather. First of all, you get a first hand understanding of wind chill and of that old dictum that if your hands and feet feel cold, you feel cold. You can warm almost all parts of your body by pedalling faster except your fingers and toes. Effective gloves are relatively available. Ski touring gloves or mittens do fine. But finding ways to keep your toes warm is a different story. I have never fully solved the problem but I know somethings not to do. The key is not to get your toes squeezed too tightly in your shoes. If you do that you cut down circulation and cancel the hoped for benefits of multiple or thick thermal socks. So thermal socks help only if you have shoes big enough for them. I haven't tried them yet, but I think those toe clip shields or booties that protect your feet from wind chill are based on the right principle. The only other dress principle to remember is to use the peelable layer principle because the biggest problem is not keeping warm but getting overheated so that you get chilled when you stop pedalling. The key item in my cycling dress is a light weight but wind proof parka under which I wear a variety of shirts and sweaters depending on the temperature. With long wristlet gloves, thermal socks, the above jacket and a headband to cover my ears under my Bell helmet I can cycle comfortably in temperatures down to -10°C (about 15°F). Below that I find I really can't keep my feet warm for any length of time and the wind chill hurts my sinuses.

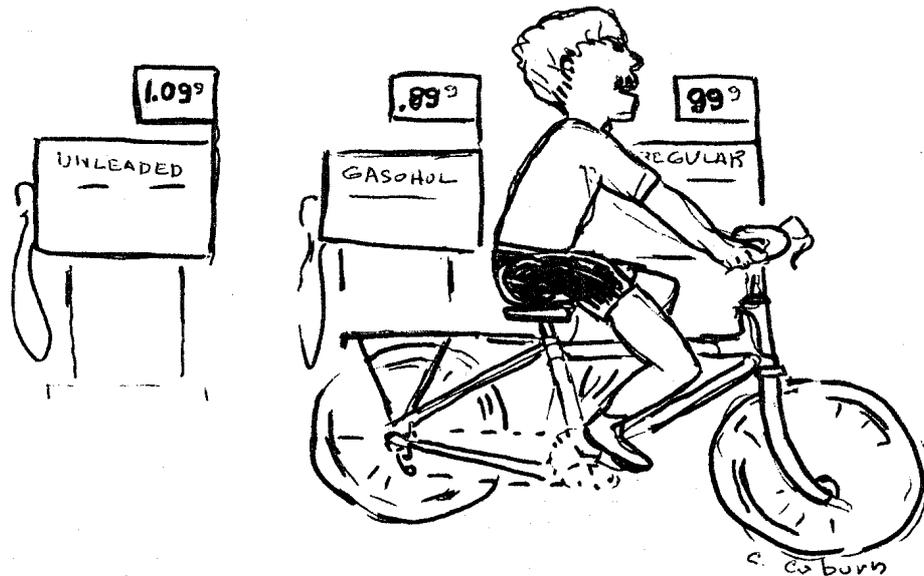
But why bother? For me there are a number of reasons. First, the winter air is somehow crisper and cleaner than the often steamy smoggy summer air. The landscape has its own clean stark beauty before it snows and of course it is often magnificent cloaked in white. In either case treeless vistas that are not seen in the other seasons transform familiar roads into foreign landscapes. Views are different, hidden sights are revealed. It's like taking a tour in a totally new area and yet you need not go far from home to experience it.

Continued

On a more mundane level, don't forget the benefits of winter commuting either. It has its own benefits as well as some special needs. The latter mostly have to do with the need for making yourself properly visible through adequate lights and reflective materials. I'll save a discussion of lights and reflectors for another day. But the benefits are obvious, particularly so in these days of ever increasing fuel costs. Winter commuting minimizes petroleum fuel use just when your car gas mileage is at its lowest and gas prices are at their highest. You don't need to be concerned about needing a change of clothes due to sweating. And you can fulfill your patriotic duty to conserve petroleum fuels while indulging in one of the nicest recreations available - biking. Try it. I think you will like it.

*Earl Forman*

\* \* \* \* \*



WHAT GASOLINE CRISIS ?

from Charlie Coburn

# BIG BUCKS!

BIG CRW BUCKS PAID TO THE CRW MEMBER WHO CAN MAIL THE EDITOR THE BEST HELPFUL HINTS ON WINTER CYCLING. DESCRIBE YOUR GLOVES, SHOES, WINDBREAKERS, BICYCLE TIRES, AND COMPONENTS. TALK ABOUT YOUR MENTAL CONDITIONING TO ATTACK THE COLD. TELL US HOW TO BEST ENJOY THE COLDER WEATHER.

WE WANT YOUR IDEAS NOW!



L E T T E R S

Editors Note: This month we received letters from people that were on their first rides with the CRW. The two letters expressed complete opposite views of the club. I think it shows how the acts of a few of us can leave a deep impression on people new to the club. The first letter will be printed in full, while the second will be paraphrased. As you read the letters, try to recall your actions on recent club rides and think how they could influence a new rider.

The Favorable Letter

To the members of The Charles River Wheelmen bike club:

I want to thank you very much for the two tours you put together for Saturday and Sunday. The rides were just great and the scenery beautiful . . . Also have to say the markers on the road could leave noone astray. Thank you again!

Also want to thank "Ed, from Newton" for stopping and helping me fix my flat tire. He was kind enough to take over and change it for me, also when the spare went FLAT, he repaired the tube. Thank you, Ed.

Joyce Gasset  
Nashoba Valley Pedelers  
Acton, Mass.

[Note: "Ed, from Newton" was Ed Trumbull. The ride was the New England Rally.]

The Not-So Favorable Letter

To the Charles River Wheelmen:

I'll never come on another ride of yours. Everyone took off in such a hurry that I felt it was a race. Nobody ever stopped and allowed me to catch up. And by the time I made it to the lunch stop, just about everybody had left.

I had planned to take the short loop, but the arrows were so faint or non-existent at the short cut-off that I was stuck on the long loop before I knew it. The leaders did not point out the arrows at the beginning of the ride; at first I thought they might be posted on telephone poles and trees. When I figured out that the arrows were on the road, I was still confused because some intersections had many different arrows.

I never saw another cyclist after I was left behind. Nobody came up the rear; there was noone to talk to.

I don't see why you can't have catch-up points like other clubs. But obviously you're only interested in racing.

Frustrated and Mad

# northeast bicycles

102 broadway (RT. 1)  
saugus, mass. 01906  
(617) 233-2664

REGULAR CRW Discounts  
given on all Cross Country  
Ski packages!!!.

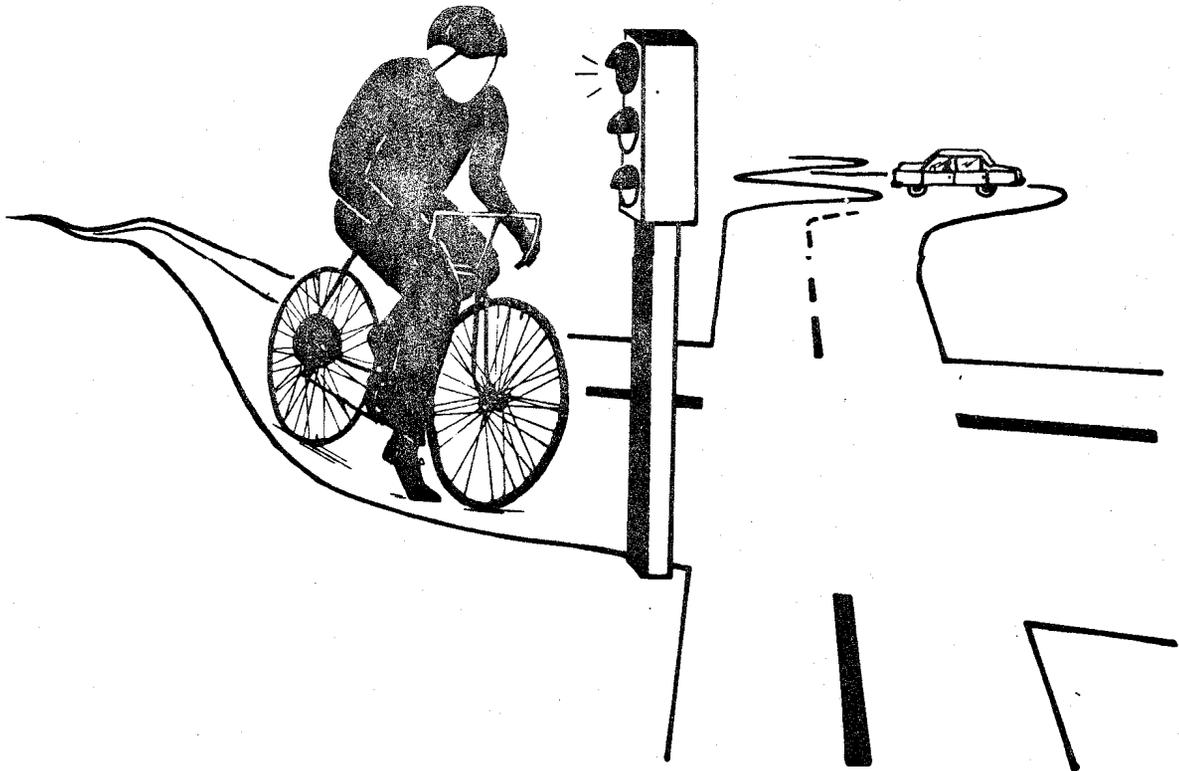
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TRAK skis + boots  
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accessories.



(Space on this page is available to commercial concerns.  
The fee is \$50 for the page, \$25 half page, \$12.50 quarter  
page, and \$6.25 eighth page. For more information, contact  
the CRW Editor, John Springfield, at 566-1928 evenings.)

# cycle safely



**STOP** ON **RED**

sponsored by **Charles River Wheelmen**



## C Y C L E   S A F E L Y   C A M P A I G N

The Charles River Wheelmen is kicking off the 1980 season with our Cycle Safely Campaign. The campaign is designed to heighten the public's awareness of safe cycling techniques and the traffic laws in Massachusetts. We will emphasize many of the techniques outlined in Effective Cycling by John Forester.

EXTRA! EXTRA! The CRW has been given a \$350 grant to purchase the film, "Bicycling Safely on the Road." The Cutler Delong West Fund has graciously funded this most important film. The film will be an integral part of our program.

The Cycle Safely Campaign will consist of the following components:

1. 35 "Cycle Safely" posters will be distributed to bicycle and sporting goods shops, public libraries, colleges, high schools, and other places of high visibility.
2. Thousands of "Rules of the Road" pamphlets will be left at area bicycle shops for free distribution to cyclists.
3. The film "Bicycling Safely on the Road" will be shown to area outdoor, cycling, athletic, civic, and school groups. The CRW will send a discussion leader with the film to highlight the film's major points.
4. Possibly the CRW will sell more copies of Effective Cycling to people attending the film presentation.
5. CRW members are asked to examine their own cycling habits and improve them when they are illegal or unsafe. CRW members are asked to set an example to new cyclists whether they are on club rides, touring, or commuting.

The Cycle Safely Campaign Committee now consists of the following people: John Springfield (Coordinator), Earl Forman, Eric Hall, Sam Johnson, and Bill Risinger. Al Basso has agreed to distribute the safety posters and pamphlets to area bike shops.

If you would like to help distribute posters or serve on the committee, please contact John Springfield, 566-1928. We are in need of those members that have contacts in their local schools or civic organizations.

## The Members' Page

FOR SALE - Skid Lid II bicycling helmet; size: small; color: black; never worn. \$15. This helmet was won as a door prize at last year's CRW banquet. If sold, the \$15 will be donated to the LAW legislative fund. Call Dick Buck, 923-8909.

FOR SALE - Many items from Dick Talbot, 449-3792:

Cinelli M71 Racing Pedals complete with cleats and all mounting hardware (new, in orig carton). Cost \$69. Yours for \$50 pr.  
Cinelli bars - 42 cm, engraved Mod 65. Used. \$7.  
TTT Superligerro heat treated ultra showy ultra light bars with Mercx bend. New. Cost \$16.50. Sell for \$12.  
TTT "New Model" 125 mm. stem (new). \$9.  
Barelli "supreme" pedals with stainless steel replaceable cogs. \$40 pr.  
"Winner" alloy 5-speed freewheel with 10 extra alloy cogs and spaces to build any ratio desired. Most cogs not used. All for \$20.  
New Pavarin adjustable alloy cleats. \$1.50 pr.  
Lyotard platform pedals (nice condition, good commuting pedals). \$6 pr.  
New titanium lightweight center bolts for front&rear Campy brakes.\$8.50.  
Used Regina Oro (Drilled) chain, still good. \$6.  
Cannondale "Toot" seat bag, red, new. \$6.  
Christophe "Z" clips and lightweight stays (used) \$6.

FOR SALE - Two copies left of John Forester's Effective Cycling . Will be available at the November 27th club meeting for only \$7. First come, first serve. John Springfield, 566-1928.

### D I S C O U N T S

CRW membership entitles you to various discounts (usually 10%) in leading Boston area bicycle shops. Please contact the individual shops to receive details. Bring you CRW membership card (signed and unexpired) and some other form of identification.

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

### NEWS, ARTICLES, LETTERS, MEMBERS' CLASSIFIEDS, PAID ADS

Please mail all WHEELPEOPLE material to CRW Editor, John Springfield, 10 Short St., Apt. 5, Brookline, MA 02146. Material must be received by the 15th of month preceding issue. Please don't depend on the U.S. Mail to deliver your letter in a few days. The bulletin goes to the printer every month on the 15th.

Paid ads must be received by the 10th of the month along with a check payable to "Charles River Wheelmen". The Ad Page will be filled on a first-come, first-serve basis.