

# WHEELPEOPLE

APR 1980



The Official Monthly Publication Of

## *The Charles River Wheelmen*

The Charles River Wheelmen  
3 Bow Street  
Cambridge, MA 02138

The Charles River Wheelmen is a 100% chapter club of the country's oldest bicycling organization, The League of American Wheelmen.





# The Charles River Wheelmen

The purpose of the Charles River Wheelmen is the enjoyment and advancement of bicycling and related healthful activities. We try to fulfill our purpose through the sponsorship of rides and other social gatherings, through publicity of the benefits of cycling, through cooperation with other organizations (notably the League of American Wheelmen), through encouragement of favorable actions by the bicycling industry and by government, through education of the cycling community and general public, and through other suitable means.

We are perhaps best known for our year-round rides program. Our regular rides season goes from early spring to late fall; it includes weekly rides that have at least two differently-paced rides. Leaders stay in the rear to assist new riders and insure that nobody gets left behind. The routes are arrowed in advance by the leaders so that club members don't have to spend unnecessary time consulting maps. A common lunch stop for all rides facilitates camaraderie and the swapping of sandwiches, tall tales, and brake cables. Our winter Frostbite Rides are more informal; the pace and routes are mutually decided by the hardy bunch that shows up to brave the elements. We also sponsor at least one Century (100-mile ride) each year and award patches to those who complete 25, 50, or 100 miles.

Riding with a group is different than riding alone. You'll be glad when one of us stops to help you fix a flat or adjust a cable. But you also must be aware of your responsibility towards the group. Always carry a pump, a small repair kit, and a map of the area. The Charles River Wheelmen cannot and will not take responsibility for problems or injuries that may arise due to road hazards, other cyclist motor traffic, the weather, chasing dogs, improperly maintained bikes, or that hot pastrami sandwich you have for lunch. But we will take credit if you meet a friend on a ride, discover a new route, learn a tip from an old-timer, see the ocean at sunrise, meet your future spouse, learn how to select and use gears, ride your first Century, or discover the bicycle of your dreams in our classified ads!

### OFFICERS AND COORDINATORS

President - John Springfield	566-1928	Safety Coord - Bill Bisinger	321-7623
Vice President - Jill Eiseman	232-4677	Government - Mac Rogers	661-2095
V.P. of Rides - Debra Glassman	489-3141	Banquet/Social - Bill Piekos	395-5699
Membership/Informatr- Al Basso	666-8571	Publicity - David Johanson	357-9300
Treasurer - Don Blake	275-7878	Awards Coord - John Kane	396-2230
Editor - John Springfield	566-1928	Frostbite Rides - { Tom Marx	244-5529
Vol. ser Coord- Joan Campbell	484-1045	{ Dick Buck	923-8909
Century Coordinator-- Eric Hall	965-4768	Centennial Ride- John Kane	396-2230
Membership Poll - Ed Trumbull	332-8546	Speaker Coordinator - maybe you?	
East Coast Bike Cngrs-John Kane	396-2230		

### BOARD OF DIRECTORS

Al Basso, Carla Buerig (Recording Secretary), Joan Campbell, Jill Eiseman, Ed Cross, Eric Hall, Sam Johnson, Bill Bisinger, John Springfield, and Ed Trumbull.

\* \* \* \* \*

### CRW Membership Application

CRW membership includes membership in the League of American Wheelmen, the country's oldest bicycling organization. Do not mail your LAW dues separately to LAW. Ignore any renewal notices from LAW. Just send us your CRW dues, and we will handle the rest. If this is a renewal, please supply your LAW number (on LAW bulletin label).

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

New?  Renewal?  If renewal, LAW # \_\_\_\_\_

Comments \_\_\_\_\_

Individual @ \$17 \_\_\_\_\_

Household @ \$22 \_\_\_\_\_

Sustaining @ \$30 \_\_\_\_\_  
(LAW Indiv  Hshd )

Total enclosed \_\_\_\_\_

Note: CRW bylaws require that you be a least 16 years of age.  
Please make checks payable to: CHARLES RIVER WHEELMEN  
Please mail this form with check to:

Al Basso  
CRW Membership Coordinator  
29 Delaware Street  
Somerville, MA 02145

# Calendar

Apr 80

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\* \* \* \* \*

\* If you haven't done so, now is the time to sign up for the \*  
LAW Centennial in May. Reservations are limited and filling \*  
\* up fast. See your LAW bulletin for details or write: \*  
LAW Centennial Celebration \*  
\* P.O. Box 815 \*  
\* Providence, RI 02901 \*

\* And while you're at it, sign up for the CRW Awards Banquet. \*  
\* Listening to John Kane is worth the price of admission! \*  
\* See page 5 for details. \*

\* Spring is here! And with it, we start our regular rides \*  
\* schedule. All rides will be marked and have leaders. RIDES \*  
\* WILL LEAVE ON TIME! Please arrive 15 minutes early to allow \*  
\* time for adjustments, meeting friends, and introducing your- \*  
\* self. Obey the rules of the road: stop for red lights and \*  
\* stop signs, signal when turning, and cycle cooperatively. \*

\* \* \* \* \*

MARCH 22, SATURDAY, 10:00 A.M. - Combined ride with AYH through  
Malden, Wakefield, Woburn, and Andover. Total: 67 km. (40 mi.).  
Meet at the Malden Cycle Center, Commercial Street in Malden,  
near the Malden Center MBTA stop (Orange Line). If you drive  
your car, park away from the bike shop; this is a business day.  
Bring your lunch. NO arrows, NO maps. Leader: John Kane, 396-2230.

MARCH 23, SUNDAY, 10:30 A.M. - Second-to-the-last Frostbite Ride.  
Start in Winchester at the corner of Main Street (Rte. 38) and  
Lake Street, near Wedge Pond. ( $\frac{1}{2}$  mile north of the town center).

7:00 - SAFETY COMMITTEE MEETING!

MARCH 27, THURSDAY, 7:30 P.M. - March Club Meeting. If your legs  
or feet talk back to you after a ride, then they might be trying  
to warn you of something. This month Dr. Mike Robinson will  
talk to us about "Lower Extremity Injuries: The Preventive As-  
pects". Dr. Robinson, who is on the staff at Sports Medicine Re-  
source, is familiar with all kinds of sports injuries relating to  
feet and legs. So bring your concerns, questions, feet, and legs.  
Meet at the MIT Computation Center (Bldg. 39), 60 Vassar St.,  
Cambridge. Lock your bike in the basement or bring it to the  
meeting in room 530. If you come by MBTA, take the Mass. Ave. bus  
to Vassar Street (MIT), or take the Red Line to Kendall. Copies  
of the book, Effective Cycling, will also be available for \$7  
(members) and \$8 (non-members).

MARCH 30, SUNDAY, 10:30 A.M. - This is your last chance to ex-  
perience cold! The final Frostbite Ride of the starts at the  
Waban MBTA station (Green Line - Riverside) on Beacon Street,  
west of Chestnut Street. Make this a wonderful winter wide from  
Waban.





APRIL 6, SUNDAY, 10:30 A.M. - The first regular ride of the season! Join Gene Norton, 524-0523, for a 40 km. (25 mi.) ride through the Blue Hills at a leisurely pace. Lunch will be at Ponkapoag Pond, so bring your own. Meet at the Trailside Museum on Route 138, about 2 km. north of Route 128. Arrive at least 15 minutes early to give yourself time to meet old friends, make minor adjustments, and hear directions. Spring is here! No more excuses. Come out and ride!

APRIL 8, TUESDAY, 7:30 P.M. - CRW Board of Directors meeting. ALL MEMBERS ARE WELCOME! Topics to be discussed are LAW Centennial, CRW Awards Banquet, patches and name tags, T-shirts, insurance, rides schedule, Bike Day, government concerns, safety campaign, and any topic you wish to discuss. The minutes will be read promptly at 7:30 p.m. PLEASE BE ON TIME! The meeting should be over by 9:15. Meet at the MIT Computation Center, 60 Vassar St. (Bldg 39), Cambridge. Take the elevator to room 530. An agenda will be listed on the black board. Add your topic to the list.

APRIL 13, SUNDAY, 10:00 A.M. - Cycle with us through Burlington, Bedford, Billerica, Tewksbury, Wilmington, and Woburn. This 2-phase ride will give you a chance to ride 32 km (20 mi.) before lunch and another 32 km. (20 mi.) after lunch. Meet at the Howard Johnson's across from the Burlington Mall on the Middlesex Turnpike, just off Route 128. If you bring your car, park it away from the Howard Johnson's (like in the Burlington Mall parking lot). Our leader, Bill Roberts, 489-1384, says that the terrain is moderate and the countryside is friendly. Bring your lunch or eat at a Friendly's.

APRIL 20, SUNDAY, 10:00 A.M. - Join Annemarie and Marc Altman, 369-3576, for a couple of rides through Concord, Littleton, and Stow. Choose from the 24 km (15 mi.) or 48 km. (30 mi.) loops. These are just the kinds of rides to get out and stretch your unused winter muscles. Meet in Concord Center. Bring your lunch, or buy it from stores you will pass.

APRIL 25, FRIDAY EVENING - Don't miss the CRW Awards Banquet. Here is your chance to enjoy great Chinese food, win a prize, and listen to guest speaker, Nancy Clark. And as always, John Kane will M.C. this show with entertaining remarks. See Page 3.

APRIL 27, SUNDAY, 10:30 A.M. - Here we go again: The Seventh Annual Tour of the Northwest Suburbs of Boston (SATOTNWSOB)! This ride goes through Arlington, Belmont, Lexington, Waltham, Lincoln, Concord (lunch stop), Bedford, and the long loop goes through Woburn and Winchester. Distances of 40 km. (25 mi.) and 48 km. (30 mi.) are offered. The long loop includes two big climbs; the short loop does not. Meet at the Arlington Town Hall on Mass. Ave. (Rte 2A) near the intersection of Route 60. Bring your own lunch or buy it at Brigham's in Concord. Our leaders are Nancy Clark, 232-4551, and Jacek "Rudy" Rudowski, 646-9491.



MAY 4, SUNDAY, 9:30 A.M. - Ride on a 48 km. (30 mi.) or 96 km. (60 mi.) loop through Dedham, Westwood, and Dover. Bring your lunch and early morning smile. Meet Mark Broderick, 326-9029, at Dedham Plaza on Route 1, 1 km. north of Route 128, opposite Lechmere's. Note: Dedham Plaza is south of Dedham Mall.

MAY 11, SUNDAY, 10:00 A.M. - A ride for all reasons! Choose from loops of 32, 45, 56, and 68 km. (20, 28, 35, and 42 mi). Our leaders are Debra Glassman and Mark Roseman, 489-3141. They have designed a series of mix-and-match loops that allow you to cut back if you become tired, or take on a longer route if you feel energetic. Ride through Concord, Bedford, Carlisle, and Lexington. Bring your lunch or buy it at a local store. Meet at the Lexington Green.

\* \* \* \*

MAY 23, FRIDAY, 10:00 A.M. - CRW Ride to the LAW Centennial! We will meet in Wrentham, near the Rhode Island border, and cycle 65 km. (40 mi.) to Kingston, RI. If you drive your car to Wrentham, we will have a place for you to park it for the weekend. Our leader, John Kane, 396-2230, has a mapped route that will take us on some scenic roads through Rhode Island. The route will not be arrowed, but maps will be supplied. Bring your CRW jerseys and logos so we will be noticeable at the Centennial. There is no organized return ride after the Centennial is over, but most of us will return on the same route.

JUNE 8, SUNDAY, ALL DAY - The CRW joins the Boston Area Bicycle Coalition in Celebrating BIKE DAY! We will be leading a contingent of riders from the Star Market on Beacon Street in Brookline to the bike rally on the Boston Common. Two other groups will also converge on the Common from other Star Markets in Cambridge and elsewhere. There will be speeches at the Common, followed by a giant bike caravan to Cambridge side of the river where a bike fair will be set up. CRW members will be needed to act as marshalls on the ride to the Common, to help with minor adjustments, and to help at the bike fair passing out CRW information. If you would like to help, call the coordinator of the CRW section of Bike Day, Jill Eiseman, 232-4677.

CRW AWARDS BANQUET DONATIONS - If you have a favorite bike shop or other commercial concern (book store, photography supply, etc.) that you think would like to donate a door prize for the Banquet, please contact John Kane, 396-2230. Many shops have already been contacted, so let's coordinate this effort. BEFORE you approach a shop, contact John Kane.

NEW ENGLAND RALLY PATCHES - There's been a delay from the patch manufacturer. Hopefully we'll have the patches to you by April. If you have any questions, call Debra Glassman, 489-3141.

SUMMER & FALL RIDES - There are still a few ride dates available. If you would like to lead a CRW ride, call Debra Glassman, 489-3141.

## from the president

As usual, things are popping in the CRW. Our industrious group is busy planning for the upcoming ride season, the Centennial, Bike Day, the Awards Banquet, the Safety Campaign, and the Century. Hopefully there is something in this package that will excite you. Better yet, maybe you would like to help us with these events. If so, call the coordinators listed on the inside front cover.

Spring is upon us! Now we can get in some decent distances without worrying about our toes or fingers freezing. Most of my riding in the winter involves riding a few miles to work. It really isn't enjoyable riding into the wind when the temperature hovers in the teens. But I do it to keep in shape and to save money. But when the warm weather comes (anything above 40 is warm to me), it's hard to stay indoors on the weekends. I'm really a solo rider at heart; I love to jump on my bike and take off to who-knows-where. We are fortunate in Boston to be able to find trees and meadows not too far from the city. In some metropolitan areas, the suburbs extend for miles in an unchanging sea of houses. But in this area we have places like Turtle Pond Parkway, the Blue Hills, areas of Dover and Weston, and even parts of Newton which I find particularly scenic and relaxing. I'm sure you have your own nearby riding area, too.

But just as there is a time for riding alone, there is a time to ride with the CRW. Where else can you find a group of people that have tried practically every component and cycled all over this country and abroad? Sometimes you get into conversations at lunch stops that are more informative and stimulating than any book. You might listen to Don Blake talk about year-round commuting, Debra Glassman describe the Irish countryside, Ed Trumbull telling about his coin collection, Nancy Tichanuk talking about a super-bike, Joan Campbell describing an LAW convention, or John Kane talk about his favorite politician.

See you in the saddle!



The CRW Cycle Safety Campaign has already had some good results. Don Blake showed the film, "Bicycling Safely on the Road", to the Fitchburg Cycling Club on March 12. The Granite State Wheelmen will see it in April, and the Nashoba Valley Pedalers will see it in May.

Dick Talbot and Bob Frolich are taking the Effective Cycling exam to become instructors. Soon we will have bonafide instructors among us!

If you are interested in promoting bicycling proficiency and safety in your area, come to the Cycle Safety meeting directly before the March club meeting on Thursday, March 27, at 7:00 p.m. at the MIT Computation Center, 60 Vassar Street, Cambridge. Or contact Bill Risinger at 321-7623.

\* \* \* \* \*  
MEMBERS' MILEAGE - JAN & FEB

Dick Buck	1075	John Kane	267	J. Springfield	372
Don Blake	1120	Patty Kirkpatrick	260	Ed Trumbull	607
Sam Hull	290	John Latva	2826	Cutler West	400

# Annual Dinner Meeting

at Yangzte River Restaurant in Lexington Center  
Featuring Szechwan Chinese food without MSG

Friday, April 25, 1980

Cocktails: 6:00 p.m.      Dinner: 7:15 p.m.

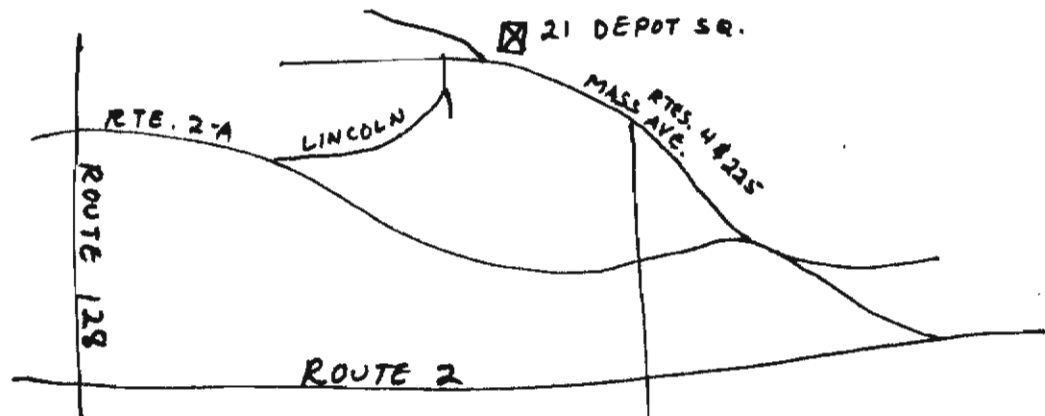
GUEST SPEAKER: Nancy Clark, Nutritionist

TOPIC - GETTING LOADED: Carbohydrates

Master of Ceremonies: John Kane

Special awards for hard-working CRW members

Door prizes for the lucky many



Reservations for Annual Awards Banquet

I wouldn't miss this for a set of gold-embossed spokes!

Please reserve \_\_\_ places @ \$12 each. Total enclosed \_\_\_\_\_

Names(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  
CRW Social Coordinator  
75 Suffolk Street  
Medford, MA 02155

If after April 10, call Bill (395-5699) to verify available seats.

## The Ad Page

### ONE BEAUTIFUL TANDEM FOR SALE

Custom framebuilder Rob Horwitz (Tanguy Cycles) is selling his personal touring tandem (I've built another)

Built with a variety of tubings to maximize both stiffness and comfort. Excellent manuevarability.  
IDEAL FOR DISTANCE TOURING  
BEST FOR MAN-WOMAN COMBINATION

SPECS: 22", 22" seatubes, 62" wheelbase.  
Can be fit with disc brake, triple crank.

COMPONENTS: Phil Wood Tandem hubs, bottom brackets  
Campag derailleurs, TA Cranks 38-52

PRICE: \$ 1200

If interested in seeing, test ride  
call me at 661-5646 or 661-7927

or write  
Rob Horwitz  
26 Rice St.  
Cambridge, Ma. 02140

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TRAK and FISCHER

Steve Pucci  
102 Broadway (rt. 1)  
Saugus, Mass. 01906  
(617) 233-2664



club discounts on skis  
and bike accessories

## EDITOR WANTED!

THE CRW NEEDS A NEW EDITOR. WE NEED A  
TAKE-CHARGE PERSON TO COLLECT CLUB INFO,  
EDIT, AND PUBLISH WHEELPEOPLE EACH MONTH.

This is your chance to print your favorite  
articles, opinions, and literary criticisms.

ABSOLUTELY NO PRIOR EXPERIENCE NECESSARY!  
We will train (or you'll train yourself).

You will need the following:

- 1 typewriter
- 2 typing fingers (if all your fingers  
work, that's even better)
- 1 sense of humor or reasonable facsimile  
6-8 hours per month

We supply you with these gems:

- rubber cement
- club logos and insignia
- monthly reports on ride schedules
- monthly board & president reports
- fan and junk mail
- articles

PLACE YOUR AD!

Very

Reasonable

Rates

for more info:

John Springfield  
CRW Editor

566-1928 evenings

AND GUESS WHAT... WE WON'T EVEN CHARGE YOU!  
Call John Springfield, 566-1928



A SPOONFUL OF NUTRITION  
by Nancy Clark, RD,MS, Sports Nutritionist

DO YOU LIKE THE SHAPE YOU'RE IN...?

Do you often wonder how much you should weigh? You probably already know the answer ... the weight you want to be. Most athletes perform best at a certain weight. Extra fat is extra baggage to carry, contributes to feet, knee, and back problems, prevents efficient cooling by insulating the body, and stresses the heart.

Although people tend to gain weight with age, middle-age-spread can be prevented by keeping active and watching those extra calories. With aging, people require less calories. A 150 pound male may require 3200 calories at 25 years, 3000 calories at 45, and 2550 calories at 64 years. The slower metabolism, in addition to reduced activity, frequently contributes to an average weight gain of 2 pounds per year after college.

Caloric needs are determined not only by age, but also by:

- body size: A 170 pound runner may burn 17 calories per minute, compared to a 130 pound runner burning 14 calories/min.
- muscle mass: One pound of active muscle tissue requires more calories than the same amount of dormant fat.
- sex: A woman requires 8-10% less calories than a man of the same weight (because she has a larger proportion of body fat).
- nervous activity: Anxiety may increase caloric needs by 75%, whereas relaxation may reduce them by 4%.
- climate: Tensing muscles in the cold may require 35% more calories than needed during warmer weather.
- activity: Pedalling three miles by bike may burn 100 calories, whereas driving the car may require only 30 calories.

To determine your ideal weight, try the "Pinch Test": Can you pinch an inch between your lower rib and your waist? If you can, you have extra fat to lose. Or, try the "Mirror Test": Do you look fat when you stand naked in front of the mirror? Acknowledge it, and take action to get rid of it.

Weight, as reported by the scale, is not as important as the amount of extra fat you are carrying around. A 200-pound football player may have less body fat than 130-pound runner, although the former certainly appears a lot fatter. A stocky, muscular frame will never become sleek and lean, regardless of weight loss. One can, however, alter the percentage of body fat by eating less and burning up the stored fat.

The average male is 15-18% fat; 3% of this is essential for maintaining health. The average female is 25-28% fat; 13% of which is essential. Women have a higher percentage of fat as a natural requirement for bearing children.

As you start shaping up for spring, be aware that extra fat may be dragging you down. Give yourself the pinch test, keep trim, watch your calories, see a nutritionist for professional guidance, and enjoy the satisfaction of performing optimally, as well as investing in your future good health.

\* \* \*

Nancy Clark, a registered dietitian, counsels active people who are concerned about the healthfulness of their diets. If you have questions or suggestions for topics, send them to her at Sports Medicine Resource, 830 Boylston Street, Brookline, MA 02167.

SHOULD THE PUNISHMENT FIT THE CRIME?  
- reflections on the Massachusetts driver  
by John Springfield

You've all had one of those days when the drivers seem to be out to get you. You'll be cycling along, obeying the rules of the road, when suddenly a driver will pull a stunt that literally threatens your life. For instance, while bicycling I've had the following things happen to me:

- Driver runs red light, you slam on brakes, swerve, and almost take a header. You discover new combinations of four-letter words.
- Driver speeds up to pass you on the left, then suddenly turns right onto side street. You have the split-second options of turning with him or hitting your brakes.
- Driver passes at very close distance even though the the road is wide enough to accommodate both of you.
- Approaching driver turns left into your path (not signalling, of course). Your fingers melt into your brake levers as you test the advertising claims of the brake manufacturer.
- And here's my favorite: You are cycling down one-way street (with the flow of traffic) at dusk. You have your light on. Driver pulls out of side street and starts coming right at you (he going against the street direction). Parked cars are on your right and moving traffic is on your left. You are so dumb-founded that you lose precious seconds. Finally, you yell, swerve right as close as possible to the parked cars, and pray.

In every one of these situations you were obeying the rules of the road because you realize that a bicyclist is more vulnerable than a car, bus, or truck. The offending driver was placing your life in jeopardy. If he is caught, what should the punishment be? The law has various levels of punishment, depending on the severity of the illegal act. For instance:

- Monetary fine
- Impoundment of vehicle
- Required drivers' training refresher course

But when your life is on the line, somehow you feel that more ought to be done so that the driver does not repeat his offenses. For instance:

- Monetary fines should be very stiff
- Second offenses would result in revoking his right to use the roads for a year
- He would be required to ride the Green Line 4 times a day

What do we do with drivers who are so irresponsible that they are threats to everyone on the road? Think about it.

By the way, all of those stunts have happened to me while I was cycling in the Boston area, and in every case, the offending driver was a bicyclist. Think about that.

Bicycle paths in Belgium as well as in Holland are a welcome sight and are not at all what we expected. Being conditioned to less than minimal conditions here in the United States, I have always considered bicycle paths as a dangerous and disconcerting approach to our prohibition from the roadways. In the low countries this is not the case. Bicycles are legislated off of the highways but are given equal or better treatment than the cars. Usually there is a bicycle path on either side of the roadway so that two way traffic need not be a problem. The paths follow all roads including the super highway but are protected from them by either vegetation or high picket type fences. In this way we traveled where we wanted and avoided the wind and danger of high speed highways.

At intersections, particularly in Holland, there are bicycle traffic lights as well as pedestrian and motorist lights. Even though the bicycle path is set in from the highway as one would expect, the cyclist or pedestrian need not fear for his or her life as in our country. Respect for the law was evident everywhere except perhaps in Amsterdam. All large cities seem to have similar problems.

Before leaving Brussels we enjoyed a bus tour of the city as well as a walking tour. Except in rare instances we would leave the tandem at our hotel and then tour the areas by foot and/or public transportation. Not only was there less possibility of our having an accident in unfamiliar territory, but it became more a one on one experience. Even a bicycle can separate the tourist from the people.

In as much as this report is not intended to be a travel log most of the points of interest will not be described in detail. Seeing the old and the new of Europe was of course a never ending source of pleasure and interest. Although expensive, the meals were excellent and accommodations adequate.

We traveled with two pannier bags leaving very little space for frills. One pair of wash and wear per person was the limit with no room for purchases along the way. Fortunately the duty free shops at the Amsterdam Airport solved this problem. There we bought without regard for the bulk of our purchases. Somehow even if purchases won't go under the seat we have never seen gifts left behind. They seem to get put away somewhere.

From Brussels we pedaled to Gent and on to the city of Antwerp which is located near the southern border of Holland. Antwerp is known by many as the "City of Diamonds" as it is a "priceless gem" of beautiful historic buildings and numerous museums. We visited the home of Flemish art where the House of Rubens was open to us to view the works of this great master and that of his pupils. This and other museums of art were truly a highlight of the tour. Except in Rotterdam where the entire city had been destroyed by the Nazis, all antiquity is preserved. We visited museums that featured just costumes or just furniture of certain periods of history. At one museum in Amsterdam the objects of art were limited to ladies' fans up to and including contemporary times.

(continued next month)

\* \* \* \* \*  
FIFTH ANNUAL TRIP TO MT. WASHINGTON  
July 4-6

Reservations still available, but call now! Call Jacek "Rudy"  
Rudowski, 646-9491 evenings.

## The Members' Page

WANTED - A folding bike of good quality! Will pay. Call John Kane, 396-2230.

FOR FREE - Bicycling Magazine mileage log. All you have to do is report your mileage each month to us. At the end of the year we send the totals to Bicycling. Call John Springfield, 566-1928.

FOR SALE - Several items from John Likins, 762-2337 (6-9 pm):

Spare parts for Sugino "Super Maxi" 5-pin crankset:

34T, 36T chainwheels; right crank (spider); bearings; triple spindle; double ring attaching bolts; triple ring attaching bolts; crank puller; dust caps. All in top condition.

Best offer.

Old Schwinn girls' 26x1.75" wheel, 18½" frame bike -"As is"- Free.

Large box of Bicycling and Bike World magazines. 1970-78. Best offer.

FOR SALE - Two items from Jacek "Rudy" Rudowski, 646-9491, evenings:

Suntour VGT Luxe rear derailleur, used less than 100 miles, will handle up to a 34 tooth freewheel sprocket. \$13.

Cross country skis, white & blue 200 cm. Fuji Standard Touring 150. This is a no-wax model and is in mint condition, never been used. \$45.

ANYONE INTERESTED ? - Paul MacDonald and "Rudy" Rudowski are riding to TOSRV - EAST. We will leave Boston June 18th and ride 104 miles to Bellows Falls, VT. We will spend Wednesday and Thursday nights at the same motel, and use Thursday to visit Steamtown. June 20th we will ride 30 miles to Rawsonville. (Because of the small distance we may take "the long route to Rawsonville" to keep things interesting.) Saturday and Sunday we will participate in TOSRV-EAST. Sunday night will be spent at the Rafters in Rawsonville, and Monday we will cycle 130 miles to Boston. This will be deluxe touring (motels and restaurants). It will be a good way to recuperate from FCC's triple century on June 14-15. Call Jacek "Rudy" Rudowski, 646-9491.

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### DISCOUNTS

CRW membership entitles you to various discounts in these shops:

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

Laughing Alley Bicycle Shop, 51 Harvard Ave., Allston

Northeast Bicycles, 102 Broadway (Rte. 1), Saugus

\* \* \* \* \*

### EDITOR'S NOTES

Please mail (do not phone) all articles, members' classifieds, and announcements to CRW Editor, John Springfield, 10 Short St., Apt. 5, Brookline, MA 02146. Members' material must be received by the 15th of month preceding issue.

Paid ads must be received by the 10th of month along with remittance.