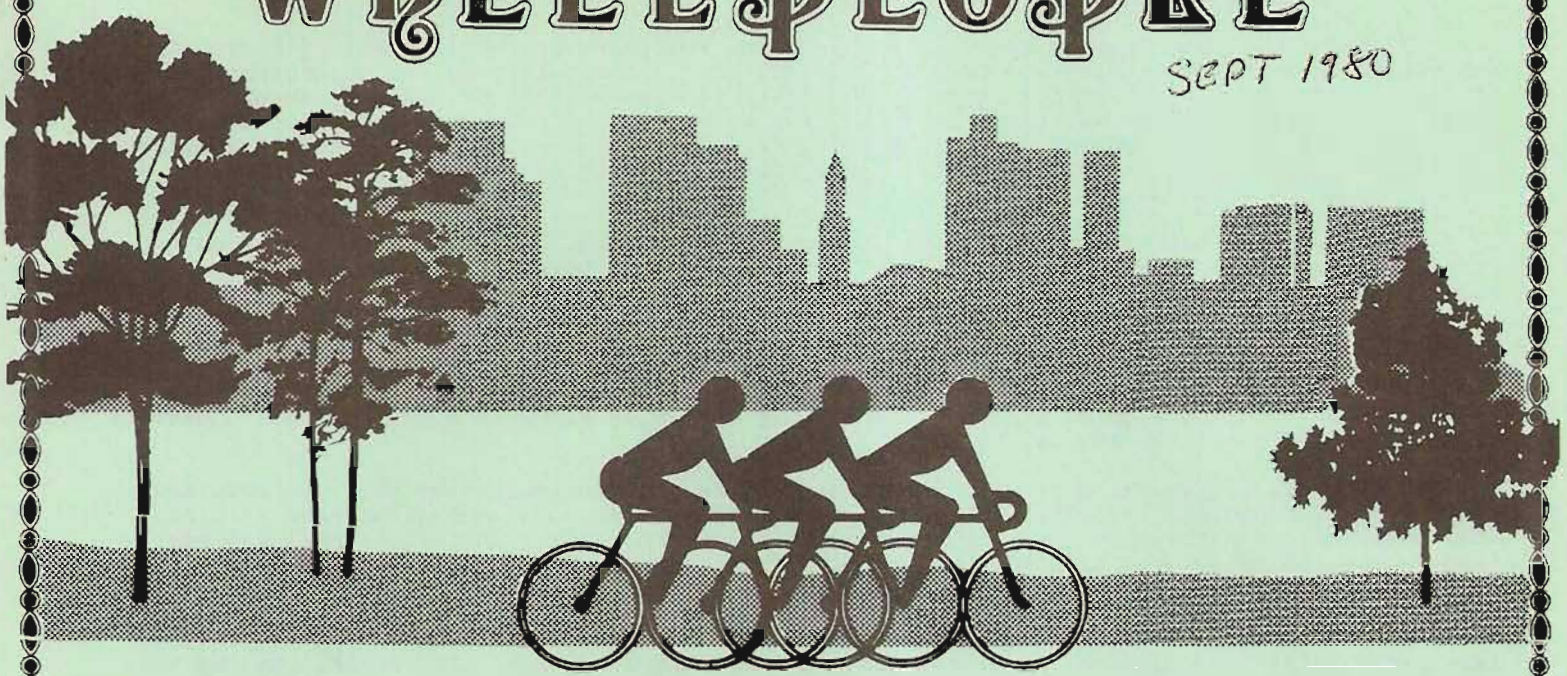


WHEELPEOPLE

SEPT 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

Chapter Club of the League of American Wheelmen Affiliated Club of the American Youth Hostels

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 and the American Youth Hostels), through encouragement of favorable actions by the bicycling industry and by government, through education of the bicycling community and general public, and through other suitable means.

We are perhaps best known for our year-round rides program. Our regular season goes from early spring to late fall; it includes Sunday rides that have at least two differently-paced routes. 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, and sometimes maps are given out. Sunday rides usually meet at a common lunch stop to facilitate social interaction (swapping advice, tall tales, sandwiches, 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. It is imperative that you obey all traffic laws, especially stopping for red lights and stop signs and signalling when turning. You should always carry a pump, a small patch kit, a wrench and screwdriver, a map, and most importantly, the knowledge of how to use them. Often, others in the CRW will stop to assist you if you have a flat or a minor adjustment, but you should be prepared just the same. The CRW is a volunteer group. We cannot and will not take responsibility for problems or injuries that may arise due to road hazards, improper traffic maneuvers, bad weather, chasing dogs, improperly maintained equipment, or that hot pastrami sandwich you had for lunch. But we will take credit if you meet a new friend, discover a new route, learn a tip from an old-timer, see the ocean at sunrise, ride your first Century, meet your future spouse, or discover the bicycle of your dreams in our classified ads. May the wind always be at your back!

OFFICERS AND COORDINATORS

President - John Springfield	566-1928	Social - Bill Piekos	395-5699
Vice President - Jill Eiseman	232-4677	Publicity - Dave Johanson	357-9300
V.P. of Rides - Debra Glassman	489-3141	Mbrshp Poll - Ed Trumbull	332-8546
Membership - John Pershing	646-7619	Awards - John Kane	396-2230
Treasurer - Don Blake	275-7878	Safety - Bill Risinger	321-7623
Editor - B.J. Bailey	964-3585	Winter Rides - Dick Buck	923-8909
Graphics Ed. - Mark Broderick	326-9029	Volunteers - Joan Campbell	484-1045

BOARD OF DIRECTORS

B. J. Bailey, Carla Buerig (Recording Secretary), Joan Campbell, Jill Eiseman, Eric Hall, Sam Johnson, John Kane, Bill Risinger, John Springfield, and Ed Trumbull.

* * * * *

CRW APPLICATION/RELEASE FORM

CRW membership includes membership in the League of American Wheelmen. Do NOT mail your LAW dues separately to LAW. Ignore renewal notices from LAW. If renewing, please supply LAW number (on your LAW bulletin label).

Name(s) _____ Phone _____

Address _____ If renewal, LAW# _____

City, State, Zip _____ Total enclosed _____

I acknowledge that bicycling has an inherent risk of bodily harm, and I agree to assume those risks. I release and hold harmless the Charles River Wheelmen, its officers, and participating I am at least 16 yrs old.

Signature _____ Date _____

Parent Signature if under 18 _____

DUES: \$17 Individual, \$22 Household, \$30 Sustaining

MAIL TO: John Pershing, 22 Mystic Valley Parkway, Arlington, MA 02174.

from the president

By the time you read this, we may have a new member in our family and/or we may have a new house. Our kid has been practicing his/her cadence against the inside of Janet's ribs. If everything goes well, he/she will make an entrance into the outside world in late August. In the meantime, we're waiting on the bank to approve our mortgage. If that goes through, we could take possession by September 1. So it looks like we'll have our hands full.

It's at times like these that you really appreciate the work of the Board, officers, ride leaders, and coordinators. Starting in September, we welcome some familiar faces to some new positions. Bea Forman (well-known challenger of metric centuries) will be our new editor. Bea brings with her the experience (she has been an editor) and insight (she sees through John Kane's political theories) that this key positions demands. We also will have two advertising specialists: Sam Hull and Patty Kirkpatrick. Sam and Patty are at work this very minute extolling the virtues of placing ads in our bulletin. The revenues from the advertisements will help us pay for the printing.

And now for a little secret: I haven't been over to the Bi-Ex in over a month to pick up the mail. That important task has been performed conscientiously by our Membership Coordinator, John Pershing. John has worked tirelessly in keeping the membership expiration dates up-to-date. He has also help staple and stamp 350 bulletins every month, also with Mark Broderick and B.J. Bailey. So you see, the bulletin does not just happen; it's the result of a lot of work.

Another behind-the-scenes officer is Don Blake, our Treasurer. Don not only keeps track of thousands of dollars, but he also is in charge of forwarding your renewal to LAW. He is also the one who tracks down problems with membership when LAW is slow in changing your address or expiration date.

But what would a club be without a brightly-colored T-Shirt for its members? Contrary to some members assumptions, I did none of the leg work for designing and ordering the T-shirts. That credit goes to Jill Eisemen, Vice President. Jill gave me a few T-Shirts to hawk at the LAW Centennial, but she did all the rest. Jill also spent hours and hours in planning the CRW ride at Bike Day. And (if our little tyke arrives on September 2) she will be chairing the next Board of Directors meeting.

And let us not forget that great Centennial party at the home of Debra Glassman and Mark Roseman. Highlighted by some colorful slides and tasty brew (yah Bill Piekos!!), the atmosphere was one of good cheer and merriment (just like the beer commercials).

Of course there are scores of others whose hard work make this club fun for us all. The point I'm trying to make is that I am particularly grateful that this club is blessed with people who are self-motivated (and therefore don't need me to get in their ways). Thank you, CRW. All of you!

John Springfield

Aug. 14

Editor, Wheelpeople:

I appreciate John Springfield's bringing up the problems caused by the increasing number of unskilled commuting cyclists, but I feel a bit unflattered by the way he directs his remarks at CRW members -- for example: "He who turns left from a right lane because he doesn't hear a passing car is in for a surprise when a silent menace passes on the left." The silent menace is not the cyclist passing on the left but the one on the right, swerving illegally without looking, signalling, or yielding. CRW members, for the most part, do not need such advice -- after all, the principal activity of CRW is riding in groups, a quick school of good traffic behavior among cyclists.

I feel that CRW members, as skilled cyclists, do have a responsibility to pass on riding skills to the larger numbers who now take to the streets. It is our opportunity to do this on our rides -- particularly, rides on which a substantial number of novice cyclists join us. One lost opportunity strikes me as I think about this -- the Bike Day ride from Brookline, on which the CRW ride leader's one instruction to the novice cyclists was to "ride slowly -- five miles per hour." A little advice about looking before swerving and warning before overtaking might have cooled out some of the youngsters who hotdogged through the crowd of riders -- I witnessed one very close call, a near wheel-touching incident. By the way, the ride proceeded at eight to ten miles per hour. Who can balance a bicycle comfortably at five, for a five-mile ride? Least of all a wobbly novice!

To reach the larger number of cyclists who will not come on our rides, a thorough program of education and law enforcement is needed. An opening wedge of education in the Boston area, including the education of law officers and traffic engineers that will make correct cycling law enforcement and road design possible, is Dick Talbot's LAW Effective Cycling course. Any CRW member who cares to come to grips with the issues that face cycling as it grows in today's America could do no better than to become involved in the Effective Cycling program -- possibly by becoming an instructor as Dick has become and as I intend to, certainly by taking the course, at least by purchasing and reading John Forester's book Effective Cycling. (\$10, Custom Cycle Fittments, 726 Madrone Ave., Sunnyvale, CA 94086.)

Massachusetts also, by the way, has a new bicycle commission, a forum in which cyclists can make their needs known to state officials. CRW representation is welcome and needed!

Thanks,


John S. Allen



schedule of rides and events

*we need
YOU!*

AUGUST 31 SUNDAY 10:30 am Leaders: Nancy Tichanuk & George Hetrick 879-4159 and Tom Marx 244-5529. Meet at Town Green in Framingham Center near intersection of Rt. 9 and Rt. 30 for first Annual "Go-and-Stow-Ride". Go on either 25 or 50 mile ride thru Sudbury, Stow, Hudson & Bolton on gently rolling hills (one steep but short hill near end). Then Stow away all you care to eat at gourmet barbecue in the Hetrick & Tichanuk backyard near Framingham Center where ride ends. SMALL DONATION requested & then quickly stowed away. (We promise ride will be better than jokes have been). No lunch stop before barbecue.

SEPTEMBER 7 SUNDAY 7 am NBW "FLATTEST CENTURY IN THE EAST" Held in Tiverton, R.I. starts Tiverton High School, No. Brayton Rd. Take 195 to 24, South on 24 to Fish Rd., left on Fish Rd. to end, left for 3/4 mile to cross roads, left to school. Registration 7-8 a.m.

SEPTEMBER 6,7, at 8:00 am PAN-MASSACHUSETTS CHALLENGE to benefit THE JIMMY FUND. 200 miles/a 2 day event. A 200 mile cycle across the state with a night layover in Plymouth. Eligibility-long riders will ride from Springfield to Provincetown & gather a minimum of \$350.00 in pledges and donations. Deadline Aug. 17. For info and/or registration form, contact John Pershing 491-1850 ext.3194 days; home 646-7619

SEPTEMBER 7 SUNDAY MARTHA VINEYARD Leaders: Sam Johnson 769-4766, Bill Risinger 321-7623, & Carla Buerig 769-2392. Group Rates:\$8.00 (\$5.00 per person, \$3.00 per bike) Meet at Ticket Office by 10:00 am and state CRW member for rate eligibility. FERRY LEAVES WOODS HOLE AT 10:30 FOR VINEYARD HAVEN. On Vineyard, choose any route you fancy up to 55 miles. DEPARTURE FROM FERRY AT 6:30 FROM OAK BLUFFS. Some will make eve of it by dropping into unsuspecting restaurant.

CYCLING TO WOODS HOLE- 75 miles (120 km) Depart as early as 4:15 am or spend Sat nite Cedaville Youth Hostile. If driving, depart no later than 8:00 am Parking \$2.75 at Woods Hole or PARK FREE (MUST DEPART BOSTON no later 7:30) in Falmouth & bike 4 mi to ferry. DIRECTIONS TO FREE PARKING: Pass steamship authority overflow parking lot; take left on Main St.; go down short distance to sign for Public Park (between Main & Catherine Bates Rd.) go back up Main; take left on Rt. 28 for 1/4 mi to Bike Path on left which is marked with rock & anchor.

SEPTEMBER 14 SUNDAY ANNUAL SUNRISE RIDE 7:00 am Leaders: The Coreas 749-4741 & Paul McDonald 698-2832 Ride covers Hingham, Hull, Cohasset & Scituate. Two rides 15 & 30 miles, mostly flat with 2 big hills. Breakfast after ride at the Coreas. \$1.00 CONTRIBUTION at 14 Mann Street, Hingham. Call no later than day before to be included for breakfast. Take 3A to Hingham (thru Quincy); go by Ole shipyard; second traffic lite (by Mobile on left & Brooke Drug Store on right) take left at lite Downer Ave., 1/2 mi; take next left Jarvis Ave (markings from here on on tree); take immediate right onto Sumner & next left is Mann St.

SEPTEMBER 21 SUNDAY 8am Eric Hall leader 965-4768 National Century at Duck Feeding area in Norumbuta Park, Newton. Ride flat with some hills thru western suburbs to Sharon, Easton, Tauton into southern points of Digton. 100 & 50 mile patches awarded. Lunch at Digton State Park (bring or stop at general store in Berkley). \$2.00 CRW member, \$3.00 non-member. *****HELP NEEDED TO MARK RIDE ON Sat. 13th*****
***** DRIVER FOR SAG WAGON; CHECKERS FOR IN AND OUT POINTS*****

SEPTEMBER 28 SUNDAY 9am Weston Center Common. Leaders: Harriett Fell & Sheldon Brown 965-1184. Ride thru Weston, Lincoln, Concord, Billerica, Acton, Littleton, & Chelmsford. 28 mi & 50 mi on moderately hilly terrain with lunch after ride in Weston.

OCTOBER 5 SUNDAY NO SCHEDULED RIDE due to Ralph Galen being unable to make the necessary arrangements. CLUB NEEDS INVOLEMENT FROM THOSE THAT OTHERS LEAD*****

OCTOBER 12 SUNDAY 10am LEADERLESS RIDE - Rt thru Belmont, Lexington, Waltham, Lincoln & Concord. Meet at Belmont Center Common, cross from Concord Ave. over Belmont hill till ends; left on Spring St. & next right on Topelo Rd which leads into Lincoln (6mi). Extra loop, go to Concord Center via Sandy Pond Rd., Baker Ridge Rd. & Rt 126 or head back to Belmont Center by taking right at Lincoln Center onto Bedford Rd. right onto 2A, Mass Ave to Lexington Center & Rts 4 & 225 & Winter St. back to Belmont Center.

↓ NBW INVITES CRW TO THE FOLLOWING ↓
HILL AND GULLY RIDER METRIC CENTURY

WHAT? 62 miles of magnificent ridge-and-valley scenery in central Mass. and eastern Conn. It's just like Vermont!

WHEN? Saturday, October 11, at 9 AM.

WHERE? Bowditch Lake Campground, Route 44, West Gloucester, R.I. It's 5½ miles west of Chepachet and 6½ miles east of Route 52.

WHO? We've invited all the bike clubs in southern New England.

HOW MUCH? \$4.00 before Oct. 1, \$6.00 after, or at the ride. Cost includes giant cookout and beer bash after the ride. Metric Century patch available for \$1.00 extra. Send money to Hill and Gully Rider, Narragansett Bay Wheelmen, Box 1317, Providence, RI 02901.

Nov. 2 Walpole-Medfield-Sherborn-Dover. Start: Main St. Shopping Center, junction of Rts 1A
Sunday and 27, Walpole. Nice ride thru an area of gentleman farms, horse pastures, and
10 AM country estates. 15 and 30 miles

Also of interest

Nov. 9 Purgatory Chasm-Uxbridge-Sutton-Douglas. Start: Rico's Market, Rt. 122, Uxbridge,
Sunday half mile north of Rt. 16. Rolling farmland and ridges with nice views. 15 and 25 mi.,
10 AM with lunch stop at the Chasm.

Oct. 25 South Shore Century. Start: Oliver Mill Park, Rt. 44, Middleboro, 3 miles east of 25.
Sat. Follow the coast thru Duxbury, Marshfield, Cohasset, and Scituate; return inland to
8 AM Middleboro thru woods and farmland.



SPORTS NUTRITION ASSOCIATES

830 Boylston Street, Brookline, Ma. 02167 Tel. (617) 739-2003

A SPOONFUL OF NUTRITION by

Nancy Clark, RD,MS
Nutritionist, Sports Medicine Resource, Inc.

V is for Vegetables ...

V is for vegetables, variety, vim, and vigor. Vitamins, too. Unless, of course, you abuse the vulnerable veggies. To get the most nutritional value for your money, treat fresh produce kindly. These tips, excerpted from The Boston Runner's Cookbook, will help you obtain the vitamins and minerals you need for optimal performance.

Fresh vegetables, straight from the garden, are the most nutritious. Fresh vegetables which have been wilting in the Haymarket heat are not as good. A head of lettuce which sits at room temperature for a day may lose 50% of its vitamin C; spinach may lose 70%. Exposure to heat and oxygen contributes to detrimental biochemical changes which degrade the vitamin C. To get the most nutrition for your money, buy fresh vegetables which are wrapped in plastic and stored in a refrigerated display case.

Cooking may destroy some of the fifty nutrients, but NOT all of them. For example, vitamins B and C dissolve into the cooking water. A percentage of them may be lost; some can be recovered by drinking the vegetable "broth", adding the liquid to a sauce or gravy, or by saving it in the refrigerator for soups. Spinach may lose 55% of the vitamin C during cooking, but half of this loss can be recovered in the water. Water-free stir-frying (or using a micro-wave oven) is nutritionally superior to boiling.

Peeling vegetables is a waste of time as well as nutrients. Vitamin C is stored just underneath the skin of many vegetables. If you peel a potato or a tomato, you peel away 75% of this nutrient. You also lose a lot of fiber. By peeling a cucumber, you throw away 40% of the fiber.

Do you live alone and frequently find yourself in the company of a yellowing bunch of broccoli, a squishy tomato, or a limp carrot? Frozen or canned vegetables may be a wiser choice for you. Frozen vegetables retain almost all of their nutritional value. Canned vegetables retain at least 80%. They may be better than produce "fresh" from California. By the time the veggies are picked, packaged, shipped to the Boston warehouse, sent to the local market, sit in your car all afternoon, get shoved to the back of the refrigerator, and then finally eaten a few days later, they are no longer fresh. Unprocessed, yes; but not fresh. Even with refrigeration, spinach loses half of its' vitamin C in five days.

Are vegetables a minimal part of your diet? Try these suggestions:

- Drink tomato or V-8 juice.
- Eat pizza or spaghetti with tomato sauce.
- Heat up some vegetable soup.
- Eat lunch at a restaurant with a salad bar once or twice a week.
- Munch on a raw carrot before dinner.

V is for variety. The more varied your diet, the more vitamins you'll include, and perhaps the more vim and vigor you'll notice as you exercise.

* * * * *

Nancy Clark, a registered dietitian/sports nutritionist, counsels competitive and recreational athletes regarding weight control, healthful eating patterns, and vegetarian diets, as well as sport-specific dietary advice. If you have questions, comments, or suggestions for topics, send them to her at Sports Medicine Resource, Inc. 830 Boylston Street, Brookline, MA 02167.

Nancy is writing The Boston Runners' Cookbook/Sports Nutrition Handbook. Send her your quick-and-easy, tried-and-true recipes. In return, you'll receive acknowledgement and a free cookbook.

The Ad Page

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club discounts on skis
and bike accessories

MILEAGE -- Thru July

Don Blake	4493	John Latva	9188
Dick Buck	5325	Mark Roseman	850
Eva Casey	1260	Jacek Rudowski	2825
Joe Cormier	1107	John Springfield	2352
Earl Forman	1438	Bill Sweetser	1954
Steve Gobron	2624	Ed Trumbull	3074
Robert Greene	4538	Cutler West	1500
John Kane	1264		

Please mail your mileage to the Pres each month. Awards will be given to the club with the highest mileage by Bicycling magazine at the end of the year. So mail your August mileage to: John Springfield, 10 Short St. Apt. 5, Brookline, MA 02146.

Now that the Republicans and the Democrats are finished fooling around, it's time to get down to the really important nominations. The CRW is gathering nominations for its Board of Directors and any member is eligible. If you would like to help mold the destiny of the world, or a part thereof, write or telephone me (John Kane). There are five positions opening up, three 3 year and two 1 year terms and elections will determine the top three votegeters for the 1 year terms. The membership elects the board who in turn appoint the president who in turn picks the committees, so you can see the importance to the club of the borad members. Please call or write me, John Kane, 266 Fellsway W., Medford, Mass 02155, 396-2230 if you are interested or if you feel another CRW member would make a good contribution to the Board.

Thank You

John Kane

ELECTION

Members' Page

WANTED: Sturmev Archer front Dynohub, preferably with 36 spoke holes. Call Dick Buck, 923-8909.

FOR SALE: 3 1/2 year old, 21" frame, orange, minte frame, Carrera Sport, 10 speed, low gearing, excellent condition. Midge Sullivan(Day 254-3800 ext 167) Eve 782-5201.

LAW Effective Cycling Course: Sept.-Dec. Richard P. Talbot/E.C. instructor call at day 444-4100, eve. 449-3792 or contact him c/o Needham High School, 609 Webster St., Needham, Mass 02192

TRI-TOWN TIME TRIAL Classes 15 & over 6am Aug 30/Deadline Aug. 25 NOVICE Sponsered by Needham Cyclery & Needham Park & Rec. 6.1 km; for info. call 444-5100 or write Needham Park & Recreation Office, Rm 25, Town Hall, Needham Mass 02192

FREE FILM - The film, "Bicycling Safely on the Road", will be lent to any group (cycling, community, school, etc.) that would like to show it to its membership. The CRW asks that you supply your own 16 mm. projector; we will try to supply you with a speaker. You may not charge to see the film. This is a community service of the CRW Cycle Safety Campaign. To schedule the showing of the film, contact Bill Risinger, Safety Coordinator, at 321-7623.

DISCOUNTS

CRW membership entitles you to various discounts in the

Ace Bicycle Shop, 2044 Mass. Ave., Cambridge	876-8200
The Bicycle Exchange, 3 Bow Street, Cambridge	864-1300
The Bicycle Workshop, 233 Mass. Ave., Cambridge	876-6555
The Cycle Loft, 1644 Mass. Ave., Lexington	862-7048
Family Bicycle Center, 149A Belgrade Ave., Roslindale	323-9720
Harris Cyclery, 1249 Washington, West Newton	244-1040
International Bicycle Center, 70 Brighton Ave., Allston	783-5804
Laughing Alley Bicycle Shop, 51 Harvard Ave., Allston	783-5832
Mystic Valley Wheelworks, 889 Main Street, Winchester	729-0425
Northeast Bicycles, 102 Broadway (Rte. 1), Saugus	233-2664



..GET THAT BIKE OUT & RIDE..