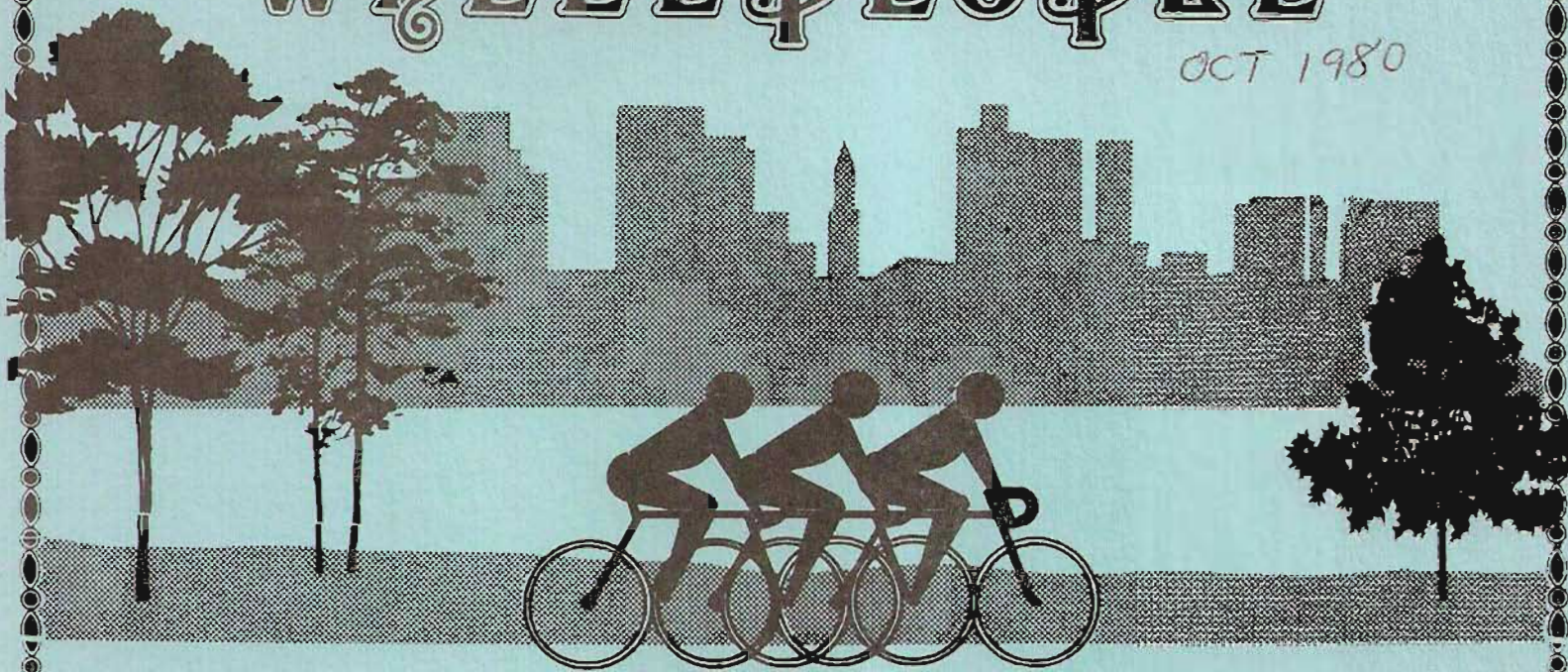


WHEELPEOPLE

OCT 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		Treasurer - Don Blake	275-7878
Vice President- Jill Eiseman	232-4677	Publicity-Dave Johanson	357-9300
V.P. of Rides-Debra Glassman	489-3141	Social - Bill Piekos	395-5699
Membership - John Pershing	646-7619	Safety - Bill Risinger	321-7623
INFORMATION - Jacek Rudowski	646-9491	Awards - John Kane	396-2230
Editor - Bea Forman	894-2084	Winter Rides- Dick Buck	923-8909
Graphics Ed. - Mark Broderick	326-9029	Ads-Sam Hull&P.Kirkpatrick	648-4095

BOARD OF DIRECTORS

B.J. Bailey, Carla Buerig, Joan Campbell, Jill Eiseman, Earl Forman, Eric Hall, Sam Johnson, John Kane, Bill Risinger, John Springfield, 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 include your 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 participants. I am at least 16 years 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.

RIDE CALENDAR

OCTOBER 5, SUNDAY 10am Walter Mcneil will lead us through the rolling terrain of Dedham, Westwood, Dover, Medfield and South Natick. Starting Point is Dedham Plaza, 1 mile north of Route 128 on Route 1. Lunch Stop is at the dam in South Natick. Bring lunch. Long loop is 32 miles, short loop is 18 miles.

OCTOBER 12, SUNDAY 10am LEADERLESS RIDE through Belmont, Lexington, Waltham, Lincoln and Concord. Starting Point is at Belmont Center Common. Follow these directions: cross from Concord Avenue over Belmont Hill till end, left on Spring Street and next right on Trapelo Road which leads into Lincoln(6 miles). Extra loop: go to Concord Center via Sandy Pond Road, Baker Ridge Road and Route 126 or head back to Belmont Center by taking right at Lincoln Center onto Bedford Road, right onto Route 2A, Mass. Ave. to Lexington Center and Routes 4 and 225 and Winter Street back to Belmont Center. (Ed. note: I'd get lost following these directions. Please someone show up to lead the way!)

OCTOBER 19, SUNDAY 10am Jill Eiseman (232-4677) and Sam Hull and Patty Kirkpatrick (648-4095) will guide us through the historic countryside and gently rolling hills of Arlington, Lexington, Bedford, Carlisle and Concord. FALL COLORS SHOULD BE SPECTACULAR. Starting Point is the Arlington Stop & Shop on Mass. Ave. one mile north of Arlington Center. Lunch stop at Concord Center. Bring lunch or line up at Brigham's. Long loop is 50 miles, shorter is 25 miles.

OCTOBER 26, SUNDAY 10am Nancy Clark (232-4551) and Haryl Pascal (232-5227) will lead the pack over moderate terrain through Brookline, Wellesley, Sherborn and Newton. Starting Point is at Cleveland Circle in Brighton. Bring nibbles to eat along the way or wait to eat your lunch at Nancy Clark's after the ride. Long loop is 40 miles; short loop is 25 miles. *

NOVEMBER 2, SUNDAY 10am Charlie Coburn (665-1407 or 738-4013) shows us the rolling terrain of Melrose, Wakefield, Peabody, Beverly, Manchester, Essex, Danvers and North Reading in only 55 miles of a long loop or 17 miles in a short loop. Starting Point is in Melrose just over the Malden line on Sylvan Street. To get there take Main Street in Melrose just over the Malden line - pass Friendly's and Pine Banks Park on Main Street. The next traffic light is Sylvan Street. The sign says DEAD END. Turn left on Sylvan Street. That's where we meet. Bring your

own lunch. Lunch Stop announced at the ride.

NOVEMBER 9, SUNDAY 10am Roger Wendall (922-2476) and Pam Teck are the leaders we follow through Topsfield, Wenham, Hamilton, Essex, and Ipswich. Starting Point is at the Star Market, Main Shopping Plaza in Beverly. Take Rte. 1A (Hamilton/Ipswich) from Rte 128 to Shopping Plaza on the right. Long ride is 40 miles; short ride is 15 mile loop. No information about lunch so you'd best bring your own.

NOTA BENE: Nancy Clark, our leader nutritionist on October 26, suggests that those doing the Long Loop start at 9:30 and those doing the Short Loop start at 10:00 so that everyone will arrive at Nancy's at the same time. See you there!

#####

FLASH ! JOIN THE BICYCLE COMMUTER CARAVAN ON TUESDAY, SEPTEMBER 30TH !!!!!

The Boston Area Bicycle Coalition (BABC) is sponsoring COMMUTER rides into Boston to publicize the concerns of commuting cyclists.

Meet at the Porter Square Shopping Center in Cambridge or at Cleveland Circle, Beacon Street in Brighton at 8am on Tuesday, September 30, for rides to Boston City Hall Plaza where there will be a Bicycle Commuter Rally at 8:45am.

DAISY PICKERS UNITE - WE NEED MORE OF YOU

Not long ago, many a CRW ride resembled a mass time trial, or so it seemed. Those of us who joined despite being overloaded with too many long twitch (slow) muscles and too little wind would stare in awe at the fast disappearing backsides of our fellow cyclists as they tore off after a Le Mans style start. After all, a CRW ride meant 40, 50, 60 or more miles and last one back was a rotten egg.

But things have changed. A few of us slow pokes stuck it out despite the fact that many of our fellow members were more recognizable to us from the rear than from the face view. We even got sneaky. We recruited some from within the ranks with tales of sights seen on our rides that were but a blur for the flyers. Others joined us when their knees went bad or they broke a leg. But our biggest coup was the initiation of the two ride program. By having two rides, one long and one short, we daisy pickers can start with everyone else, arrive at the Lunch Stop at about the same time, finish when the majority finish and get to associate faces with their names. In other words, our club, the CRW, has become a club for all recreational cyclists, not just the fast spinning, high geared crowd. And that's just great. We're more attractive to more cyclists, many of whom join us after getting the opportunity to know what nice people we are (on our

bikes, anyway). Interestingly, some become fast cyclists themselves while others are content to remain daisy pickers. There is still one group that we have yet to accommodate. They are the riders who come out for the first time and aren't quite up to snuff. Typically, this is the first time they are trying to go 20 miles, (10 miles is the most they have biked up to now) and it's clear after a half mile or so that they are really not too sure about how or when to shift. In all probability they carry no patch kit, spare tube or pump and wouldn't know how to use them even if they did, and to cap it all, many of them are v e r y slow because of their lack of shifting skills. Forget it, you say. But wait. What I have described was me and I'll wager many of you a few years back. And with the exception of a few of you who were just too stubborn to quit, the reason you are good riders and good CRW members today is because someone took the time to encourage and instruct you and help you to get over that novice hump. I'd like to see us offer that kind of help to the occasional beginner who shows up for a ride. They may recognize that they are not ready for CRW riding even as practiced by the daisy pickers, but if someone takes the trouble to encourage them, instruct them and shepherd them on their first ride, we may be participating in the birth of a real bicyclist and future CRW member. A few of us (Jill Eiseman, Ed Trumbull and Earl Forman) agreed to try to organize an informal help and instruction group for beginners in need. If you would like to help on occasion, speak to one of us at a future ride or meeting. Help us show that the CRW is big enough, mature enough and good enough to accommodate all bicycle riders.

..GET THAT BIKE OUT & RIDE..

MILEAGE - JAN. Thru AUGUST 1980

Don Blake	5103	John Kane	1264
Dick Buck	6343	John Latva	11968
Eva Casey	1260	Mark Roseman	850
Joe Cormier	5863	Jacek Rudowski	3649
Earl Forman	1716	John Springfield	2521
Steve Gobron	2624	Bill Sweetser	2996
Robert Greene	4538	Ed Trumbull	3074
Donna Haines	1633	Cutler West	1500

Please mail your mileage to the CRW President each month. Anything received after the 5th of the month may not make the bulletin; please mail early. Mileage will be turned in to Bicycling magazine at the end of the year. Mail your September mileage to John Springfield, 37 Parker Street, Newton, 02159.

from the president *John Springfield*

I'm happy to announce our first new CRW member of 1996. She has powerful legs (although her cadence is not very regular) and well-developed lungs. She arrived at 5:27 P.M. on August 31, 1980. Her first words were a little garbled, but we think she said "Take me to my bicycle!" Her name is Katherine Elizabeth. But we call her Kate.

And just so we wouldn't find ourselves with idle time on our hands, we passed papers on our new house on September 5th. The address is 37 Parker Street, Newton Centre, MA 02159. We're moving in slowly over the month of September. No phone yet. My weekends will be busy steaming off "pagoda pink" wallpaper. So you won't see me on any rides, but my thoughts will be with you!

By the way, I hear Nancy Tichanuk and George Hetrick gave a hefty chow-down on August 31st. I was all set to ride out, but Kate decided she wanted to join the rest of the world on that day. But everyone really seemed to enjoy the food (nobody said anything about the ride; there was a ride, right?). This kind of activity really helps us to get to know each other. Therefore, the CRW Board of Directors has decided to establish a permanent Revolving Refreshment Fund. This fund would be used exclusively to help fund picnics and socials. Here's how it works: If you have food or refreshments after your ride, you are expected to pass the helmet to collect donations. If you collect more than was spent on the food and refreshments, send the excess to the Treasurer, Don Blake, and say that is for the Revolving Refreshment Fund. If, however, you fall a little short of breaking even, you can request money from the Fund. So far, we have collected over \$47 to start the R.R. Fund (thanks to annual anniversary ride lead by Earl For-man).

T-Shirts? Have we got T-Shirts? You bet. In fact we now have some extra large size. But they are going fast. Almost 5 dozen have been sold, and there is only a dozen left. Yours for only \$5, American. See Jill Eiseman, Sam Hull, or Patty Kirkpatrick on one of the rides. No mail orders; come to a ride.

The CRW has been invited by State Senator Carol Amick to be represented on her committee to develop legislation for the coming legislative session. Other Bicycle groups (BABC, AYH, and LAW Legislative Rep.) and government officials are also represented on the committee. Bill Risinger, CRW Safety Coordinator, is representing CRW on the committee. If you have any thoughts for improving bicycling facilities, strengthening bicycle education, or encouraging the use of the bicycle, give Bill a call.

It may seem a little early, but start thinking of the first CRW meeting of the season on November 18, Tuesday, 7:30 p.m. at MIT. Our guest speaker will be world traveler and tandem cyclist, Dr. Ralph Galen. Ralph took a very unusual trip through France this summer, and he has a beautiful set of slides to show us. There is even a rumor that we may have some refreshments and popcorn at the meeting. Come early and meet your old friends!

MEETINGS MEETINGS MEETINGS MEETINGS MEETINGS MEETINGS



OCTOBER 7, TUESDAY 7:30 PM

CRW Board Meeting at MIT Computation Center, 60 Vassar Street, Room 530, Cambridge, MA. Open to all members, Board, Bored, Plain and Fancy. Come to a CRW Board Meeting and make a statement.

NOVEMBER 18, TUESDAY 7:30 PM

FIRST CLUB MEETING OF THE SEASON! If you've never been to the provinces of France, here is your chance to go. Ralph Galen will share with us a fascinating slide show of his summer cycling trip through France. This will not be just a slide show! Ralph has a whole range of adventures to share with us. Come early to get your share of the popcorn! Soft drinks are available at cheap prices.

MIT Computation Center, 60 Vassar Street, Room 530, Cambridge, MA.

REFRESHMENT FUND

Everyone loves a party - particularly a party after a ride when there are goodies to eat and drink. Burned all those calories you know. Got to replace them or the "b o n k" will get you on the ride home.

The CRW's appetite has been satiated, almost on a monthly basis these past few years, by contributions from a number of individuals but mostly through the generosity of one - Bill Piekos. Bill has provided food and drink, free of cost to the club, for a whole host of events. Those rides and socials are among our most memorable get-togethers.

Bill's ability to continue contributing refreshments is ending but we'd like to continue the tradition he started. Accordingly a **REFRESHMENT FUND** has been started. Contributions have been solicited at our annual picnic and at other events where food was served. Monies in excess of expenses have been given to our Treasurer who has set them aside as a separate fund. Our hope is that we can generate a revolving fund that will allow us to offer a treat after some of our rides - say, once a month!

Contributions to the fund will be gratefully accepted by Don Blake, our Treasurer, or any of our Board members. See them at any club event or send your contribution to Don at the CRW mailing address: 3 Bow Street, Cambridge, MA 02138

ITEMS FOR SALE

Peugeot PX-10E, Reynolds 531, D.B. throughout, Nervex Lugs, tubular tires, stock, in excellent condition. \$350.00
Call Jim Watson, 864-4329 (Cambridge).

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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

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Editor's note: Please mail all
items, announcements, ads, etc.
to the CRW Editor, B Forman,
115 Loring Road, Weston, MA
02193. Material must be in
the Editor's hand by the 15th
of the month before issue.



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