

CALENDAR

- March 1, Sunday 10:30 AM Frostbite Ride: Natick Common, Routes 27 and 135.
- March 2, Monday 7:30 PM CRW Board Meeting at the MIT Computation Center, Room 530, 60 Vassar Street, Cambridge. Everyone's invited!
- March 7, Saturday 9:00 AM Cross-Country Ski Trip at Windblown East, New Ipswich, NH. Think SNOW!
- March 8, Sunday 10:30 AM Frostbite Ride: Cleveland Circle, Brighton, Chestnut Hill Ave. and Beacon St., the Municipal Parking Lot. Think SUN!
- March 15, Sunday 10:30 AM Frostbite Ride: Dedham Mall between Washington St. and Rte 1, just north of Dedham Center. Think NEW MEMBERS!
- March 19, Thursday 7:30 PM MARCH CLUB MEETING: Peter Edwards and David Gotthelf will present a slide show of their x-country bike trip last summer. Starting in Boston, their east to west route took them into Canada, back into the USA, joined the Transamerica Trail in Yellowstone National Park and finished on the Oregon Coast. Don't miss it! MIT Computation Center, Room 530, 60 Vassar Street, Cambridge.
- March 22, Sunday 10:30 AM FINAL(ly)Frostbite Ride: Cambridge Common, Garden St. and Mass. Ave. IT'S SPRING AGAIN! JUST THINK!
- March 29, Sunday 10:30 AM FIRST CLUB RIDE OF THE NEW SEASON!!!!!!!!!! John Latva (897-2113) and co-leader Bill Sweetser will take us through the level and rolling terrain of Stowe, Maynard, Sudbury, Acton and Framingham. Shorter loop: 21 miles; longer loop: 36 miles. One HILL on each loop. Starting Point: Stowe Shopping Center on Rte 117 in Stowe (2 miles west of the intersection of Rtes 117 & 27) Lunch Stop: Friendly's in South Sudbury.

BRING A FRIEND ON A BIKE BE A FRIEND ON A BIKE

CALENDAR (continued)

April 3, 4, 5: Cherry Blossom Express - Washington D.C. - A Biker/Hiker Long Weekend. Departing South Station via AMTRAK's Night Owl at 10:10 PM, Thursday, April 2nd and Arriving in Washington D.C. 8:00 AM Friday morning. Our Washington itinerary will be split into three Sun-Fun Days at the height of SPRING BLOOMS! Bicycle people will be free to traverse the miles of bicycle trails while hikers will be free to explore the endless wonders of Washington Town, regrouping at the Hostel each evening. Sunday evening, we'll again board the Night Owl for our return to Boston arriving at 8:20 AM, Monday morning. Base cost: \$90.00 for transportation and hostel, with the following options: Bicycle transport, \$8.00, double sleeper compartment w/toilet, (call for price quote-about \$20.00), linen and towels at hostel \$3.00. Meals not included. Full payment is required by March 23rd. Most trip funds are refundable. EXTRA: Family rooms will be available on a first come-first reserved basis, For more information call or write: Jerry Campbell
249 Blackstone Street, Mendon, MA 01756 (478-0490).

April 7, Tuesday 7:30 PM CRW Board Meeting at the Mit Computation Center, Room 530, 60 Vassar St., Cambridge

April 24, Friday 6:30 PM ANNUAL AWARDS DINNER at the Beansprout in Medford. Chinese Food with MC John Kane and Guest Speaker John Allis. Mark your calendar!

May 23-25 Fifth Annual Tour of New England: A hilly, difficult 340 mile loop that passes through some of the most beautiful scenery in the area. The loop starts and ends near Boston, goes through all six New England states and features for the most part, wide shoulders and/or low traffic volume. Registration and fee deadline is April 1st. For more information send SASE to: Jacek "Rudy" Rudowski
212 Broadway
Arlington, MA 02174 or call 617-646-9491 eve.

June 25th & 26th: Donna Haines, Paul McDonald, Greg Bakos and I, Jacek, are riding up to TOSRV-EAST June 25th & 26th. If you are interested in riding with us, call Jacek "Rudy" Rudowski, 617-646-9491 evenings, as soon as possible.

July 4-6 Sixth Annual Trip to Mount Washington: Boston to the summit of Mount Washington and back (320 miles) in three days. Two nights spent in the Appalachian Mountain Club hut in Pinkham Notch. Registration and fee deadline is April 15th. For more information send SASE to: Jacek "Rudy" Rudowski
212 Broadway
Arlington, MA 02174 or call.

Generator Musings from John Likins: After 2 years of dim lighting and/or burned-out bulbs, I found the #605 GE miniature lamp lasts for nearly 15 hours and throws a brilliant beam, more than adequate in total darkness. This is a screw-base bulb, comes in packs of 10 and fits all of my generators (Schwinn lightweight, Sanyo Dynapower and Soubitez block-type).

John Likins (continued)

The Sanyo (like the Sears mentioned in a recent AYH newsletter) is designed to rub against the center of the tire tread, sort of like the brake on a high-wheeler. Problem is, it's far too short to reach when mounted in its intended location (on the chainstays, where a kickstand usually goes). At least it was too short for our bikes. But it works beautifully bolted (with a bit of fudging) onto a front luggage rack! It seems to drag less than a normal generator - although the front mounting means more spray in the rain.

---John Likins---

February 13, 1981

From the President

Dear Fellow Cyclists:

Our January 31 ski trip to the Woodbound Inn in Jaffrey, N.H. was a lot of fun. Twenty-two CRW members were there including Ed Trumbill on X-C skis for the first time. Ed told me he had a good time, but said that he didn't find any money on the trails as he is accustomed to on the bikeways. Our thanks to Dick Lewis who arranged the trip. Weather permitting, Dick and I are co-leading another ski trip to the Windblown Inn in New Ipswich, N.H. on March 7. Join us for another good time.

Our 1981 budget was presented to and discussed by the Board of Directors on February 3. A copy can be obtained by contacting Don Blake, our Treasurer. The budget is essentially a conservative forecast of our income and expenditures based on maintaining a stable membership of 315 and achieving a very modest profit.

The LAW Board recently authorized the payment of a \$3 commission for each new individual member and a \$4 reimbursement for every new family membership through June 30, 1981 for Chapter Clubs like the CRW with 100% league membership. In order to improve our cash flow and financial ability to offer new programs during 1981, I am asking each of you to be on the lookout for potential new members, particularly during the first half of 1981. Those people interested in joining the CRW should be referred to John Pershing, Membership Director or Rudy Rudowski, Information Director.

As a preview to coming events, our annual awards dinner will be held on Friday, April 24 at the Bean Sprout, a well rated Chinese restaurant in Medford. By popular demand, John Kane will once again act as our emcee. John Allis, an accomplished racer at the national level, who now commutes to work at Raleigh will be our main speaker. More about the banquet in next month's "Wheelpeople".



SECOND CROSS-COUNTRY DAY TRIP

Where: Windblown East, New Ipswich, NH. Located one mile north of the center of New Ipswich. Take Rte 2 west to Rte 119. Take Rte 119 west to West Townsend, MA. Turn right on Rte 124 to New Ipswich, and turn right at the yellow blinking light in the center of town.

When: Saturday, March 7. Trails are open from 9:00 AM to 4:30 PM.

Cost: Trail Fee \$3.50/day
Rental 8.00/day
Lessons 4.00/hour
Half-day rates start at 1:00 PM.

Lunch: Bring a lunch. Hot drinks and soup are available at the ski shop. We plan to congregate for lunch at about 12:30.

Rides: If you need a ride or can supply a ride, call Dick Lewis (444-7836 evenings) or Sam Johnson (1-655-8774 evenings or 367-7100 days).

Windblown East is designed for beginners and intermediate skiers. The same ticket also permits skiing at Windblown, seven miles to the west, which is more challenging. PRAY FOR SNOW!

TOTAL 1981 MILEAGE (Month of January)

Continuing to keep public record of miles ridden by CRW heat-generators.

John Latva	1334	Eva Casey	75
Ed Trumbull	203	Dick Buck	59
"Rudy" Rudowski	147	John Springfield	57
Joe Cormier	119	Bea Forman	26
Walter McNeil	105	Earl Forman	26 on tandem

Let's hear from the rest of you. We see you out there riding hard. MAIL your mileage by the 5th of the month to Ed Trumbull, 19 Chase Ave., West Newton, MA 02165 Tel. 332-8546.

JOHN KANE WRITES AGAIN!

February 10, 1981
266 Fellsway East
Medford, MA

Dear Bea,

I just wanted to let you know that I broke down and bought a new ribbon for my typewriter(it's actually my cousin's but I borrowed it from her 16 years ago and she has forgotten to ask for it back and I, naturally being a gentleman, have had the good grace not to remind her of this memory lapse).

I also wanted to pass along a post card I received; the writing was so bad and smudged, I've copied it. It evidently was from a member that is not that active because it was addressed to me as the CRW editor, and that's a few years ago. It reads:

Dear CRW editor: I want to pass along my annual mileage for 1980. I'm sorry that I didn't send it in monthly but I was too busy riding; I can't even find the time to send you a letter, just a post card. You see, I am busy riding

JOHN KANE (continued)

for my 1981 mileage. My 1980 total was 22,084 miles, give or take about 27 miles.

Must run now,

/s/ Roadie Ruize

Boy, that's some rider, huh! I'll bet you don't find hills to be heartbreakers when you ride that much.

If you find any typing mistakes in this letter, blame it on Prop 2½; it's being blamed for everything else.

See you on the road


John Kane

AMERICAN BICYCLE MONTH - MAY '81

CRW is joining in the "campaign to raise public awareness of cycling as recreation, as sport, as transportation, as healthful exercise, as an energy conservation measure and as an antidote for urban congestion and pollution." (See pg. 26, 2/81 issue of American Wheelmen)

In that spirit, we are planning the following events in May:

1. Incorporating shorter than usual loops into the Sunday ride, starting the first Sunday with a short loop of about 10 miles - building up to the last week with a short loop of 25 miles.
2. May 31 - the fifth Sunday of the month - will be a Quarter and Half Century ride with Patches (!) and all. Here's your chance to shake the cobwebs out from the Winter...and have a basis for comparison for the Century Ride in September.
3. Supporting the Boston Area Bicycle Coalition (BABC) in a Commuter Caravan.
4. Showing the Effective Cycling film - known for its common sense, safe approach to cycling - to as many schools, civic groups or clubs as are interested.
5. An "Effective Cycling" Sunday afternoon (date to be determined) to be held at the Hayden Recreation Centre in Lexington. The film will be shown, and riding techniques will be demonstrated (such as shifting up hills, downhill braking, avoiding collisions, etc.).
6. All of this will be backed by national advertising from the LAW, many bicycle manufacturers, all bicycle magazines and safety press releases going to 3500 Police Chiefs across the country. Watch for the large posters stating, "Bicycling - The Way To Go. Bike Month - May 1981."

Your enthusiasm, support and participation are needed. Call Jill Eiseman, 444-7836, between 7 and 10pm and say you'll help...or you know a group that might be interested in seeing the film...or that you have some other ideas. Better yet, come to our next CRW Board Meeting either 3/2/81 or 4/7/81 and be heard when you speak out!

AN ANONYMOUS FRIEND SENT IN THE FOLLOWING:

MURPHY'S FIRST LAW OF BICYCLING: NO MATTER WHICH WAY YOU RIDE, IT'S UPHILL AND AGAINST THE WIND.

DISCOUNTS

CRW membership entitles you to variou discounts in the following bicycle shops:

Ace Wheelworks, 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 St., West Newton	244-1040
Harry's Bicycle Shop, 185 Wolcott Sq., Readville	364-9718
International Bicycle Center, 70 Brighton Ave., Allston	783-5804
Laughing Alley Bicycle Shop, 51 Harvard Ave., Allston	783-5832
Mystic Valley Wheelworks, 889 Main St., Winchester	729-0425
Northeast Bicycles, 102 Broadway (Rte 1), Saugus	233-2664

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THIS CRW BULLETIN HAS BEEN PRINTED BY:

YOUR EDITOR CAN ATTEST TO THE TIMELY, ECONOMICAL AND PROFESSIONAL JOB THAT KEN DEMPSEY IS DOING FOR THE CRW. IF YOU HAVE NEED FOR PRINTING OF ANY KIND, WE SUGGEST YOU CALL MOONLIGHT PRINTING CO., BY APPOINTMENT, THE OFFICIAL PRINTER OF THE CHARLES RIVER WHEELMEN.

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Editor's note: Please mail all items, announcements, ads, etc. to the editor: Beatrice Forman 115 Loring Road Weston, MA 02193 Material for publication must be in the editor's hand by the 15th of the



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GEAR '81 (May 22-25, 1981)

GEAR stands for Great Eastern Area Rally, and this year there will be two - GEAR-UP at New Palz, NY and GEAR-DOWN at Murfresburo, Tenn., each limited to 1500 riders, and taking place over the Memorial Day weekend.

Last year, Patty and I attended our first big rally at the LAW Centennial at Newport, and liked the experience so much we went to GEAR '80 at Geneseo, NY over the July 4th weekend. There were nearly 2000 riders there, but only 7 (including Don Blake) from CRW.

GEAR is not a "hot shot" deal - it is for families, novice to intermediate riders, would-be racers, etc., and is a super get-together for great rides, fair to middling food (but lots of it!), dances, exhibits, workshops, new friends and fun. You can take your pick at GEAR - hilly or flat centuries, 6 a.m. "early bird" rides, 20-30 mile scenic specials - all categories of rides from A to D are there - well marked, thoughtfully laid out, with sag wagons where prudent.

For GEAR-UP '81 we would like to put together car-pools (or groups for those who wish to ride there - New Palz is near West Point). In future issues, we will be providing updates on CRW (and 7-Hills, Nashoba and AYH) plans. Please call us if you are interested in GEAR '81. Let's make CRW the best represented club this year!

Sam Hull
Patty Kirkpatrick
Tel: 648-4095 (from 6-11 p.m.)

NUTRITION CLINIC

Don't Weight for Spring

For those who want to start shaping-up for Spring, this nutrition workshop will focus on healthful weight loss, calories, and eating patterns which contribute to creeping obesity.

For more information and to pre-register, call

Nancy Clark, Nutritionist
Sports Medicine Resource, Inc. 739-2003

Monday 23 March 7:30-9:00 PM

Room 205 Sports Medicine Resource, Inc.
830 Boylston Street (Rte. 9)
Brookline, MA 02167

Flexibility for Cyclists

By DEBRA GLASSMAN

Flexibility, aerobic capacity and strength comprise the three most important aspects of physical conditioning. This discussion of flexibility is the first in a three-part series of articles which specify, for cyclists, how they can pursue exercise programs for each of these conditioning areas that will benefit their cycling activities. Flexibility is important for everyone, in the pursuance of all daily activities; but especially for sport enthusiasts, such as cyclists, because an activity such as this promotes tightness and inflexibility. One should not only perform stretching exercises daily, but also before and after each cycling trip. These exercises will provide numerous benefits, including the reduction of muscle tension and accompanying relaxation, improved coordination by allowing for freer and easier movement of muscles and joints, increased range of motion, prevention of injuries such as muscle strains, enhanced body awareness and improved circulation.

While performing stretching exercises, one must be careful not to jerk, bounce or move to the point of pain because this will produce the opposite effect from what is intended. The Stretch Reflex is a protective mechanism that prevents the muscle fibers from being overstretched by contracting the muscles. This keeps the muscles and joints from being injured. Therefore, when one stretches too far and/or too fast, the very muscles intended to be loosened are tightened. Stretching should be carried out in a gentle, slow manner, with the creation of only mild tension. However, it is often helpful to stretch in two steps, reaching farther the second time in order to gain more ground, provided it is without pain.

Because each sport places different demands on our body, it is helpful when stretching to focus on those areas that receive the most stress, from activity or inactivity will be the most inflexible. The following are some suggested stretching exercises that are particularly suitable for the cyclist. When performing these, it is important to hold each stretch for at least 20-30 seconds and repeat each one 3-5 times:

Head Rolls

This is for the face and neck. Roll the head around in a full circle in both directions.

About the Author

Debra Glassman is the Founder and Director of Everywoman's Sport Center, a physical conditioning and sports activity center for women of all ages and abilities, located in Watertown, Massachusetts. She has been active in many sports. As a cyclist, she has been on the Board of Directors and, for the last three years, Director of the Rides Program of the Charles River Wheelmen. As a bicycle tourer for the last 20 years, she has cycled in the United States, Canada and abroad, including Western Europe and Ireland.

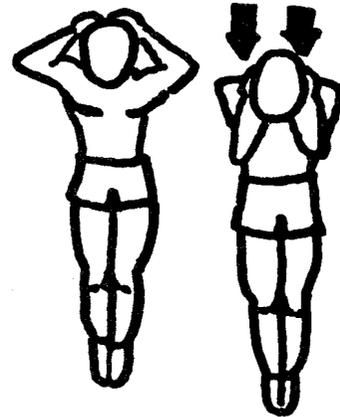
Ankle Rotations

Rotate each ankle clockwise and counter-clockwise through a complete range of motion with slight resistance provided by your hand.



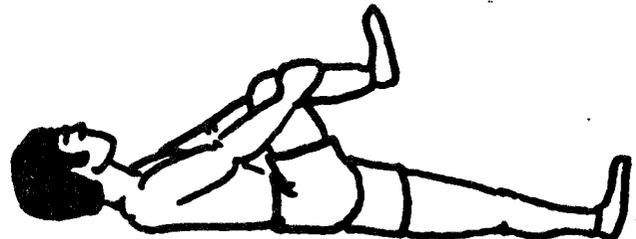
Goin Stretch

Put the soles of your feet together and hold onto your toes. Gently pull yourself forward, bending from the hips, not from the head and shoulders. In addition to your goin, you may also feel a stretch in your back.



Upper Spine and Neck Stretch

While on your back with your knees bent, put your hands behind your head, at about ear level, and slowly pull your head forward until you feel a slight stretch in the back of your neck.



Lower Back Stretch

While Lying on your back, grasp one leg just below the knee, with both hands, and pull it toward your chest. Keep the back of your head on the floor and your lower back flat. Repeat this with the other leg. After pulling one leg at a time to your chest, pull both legs to your chest. With this latter stretch, your head can take two positions: flat on the ground and curled up toward your knees.