

RIDE CALENDAR



MAY - NATIONAL BICYCLE MONTH: "BICYCLING - THE WAY TO GO"

MAY 1, Friday 7:30 AM Commuter Caravan organized by BABC. Starting from Porter Square Shopping Center in Cambridge and from Cleveland Circle in Brighton; proceeding to the Boston Common for a brief rally at the State House at 8:15. (Let's make an extra effort to participate and to show that cyclists and autos can co-exist on the same roads!)

MAY 3, Sunday 10:30 AM Start at the Lexington Green off of the center of town by the Minuteman Statue. Arlene Brown (329-0617) and Barbara Greenstein (449-1789) are co-leaders, with a short loop of 10 miles travelling mostly in and around historic Lexington and the long loop of 25 miles also visiting Winchester, Medford, and Arlington. Lunch will be at the Hayden Recreation Centre, 24 Lincoln St., Lexington where the ride will end. (Bring your own goodies or pedal 5 minutes to Lexington Center to buy your lunch.)

A Bike Repair Workshop will be featured during the lunch break, with Dick Lewis and Michael McGarr working with you to help make you more familiar with your bike.

MAY 3, Sunday 2:00 PM "Effective Cycling" afternoon continues at the Hayden Recreation Centre. The film, "Bicycling Safely on the Road" will be shown (about 30 minutes long), followed by a talk and demonstrations led by John Allen. (John is the author of many articles in Bicycling magazine and the soon to be published book The Complete Book of Bicycle Commuting. He is also studying to be an instructor in the L.A.W.'s "Effective Cycling" program.)

May 9, Saturday 8:00 AM Breakfast Ride! Meet at Medford Square in the parking lot at the east end of the square (across from Baskin Robbins) for a 10 mile ride to the Haywardville Restaurant in Melrose, where we will all have breakfast. Afterwards, return to the starting point or gather a group on your own for a ride from there. Co-leaders: Barbara Thomas (354-1392) and Rudy (646-9491). (OK you out there... Here's your chance to show your interest in Saturday rides!!).

May 10, Sunday 10:30 AM Mothers' Day Ride! Meet at the Weston Town Green (approximately one mile west of Rte 128 on Rte 20; right at the first traffic light and then about 200 yds. to the Green) for either a 15 mile ride or a 30 mile ride in the western suburbs. Lunch will be back at the Town Green; either bring your own (make sure it's your Mother's favorite) or get the makings at the local convenience store or sandwich shop. Leaders are Earl and Bea Forman (894-2084). Bring your Mother!

May 16, Saturday (possibly May 17, Sunday) Join AYH in marking 65 miles of the East Coast Bicycle Trail from Boston to Dudley, Mass. This is but one segment of an 800 mile mapped and marked route from Richmond, VA to Boston. The group will be divided into teams and, if a second day is needed, will stay overnite for free at the Dudley home hostel. Call Jim White (734-9705).

CALENDAR (continued)

May 17, Sunday 10:30 AM Start at the Arlington Town Hall, 730 Mass. Ave, for a 20 mile loop thru Arlington, Winchester, Stoneham, Melrose, Malden, and Medford...or a 40 mile loop that will include Burlington, Wilmington, Reading, and Wakefield. Lunch will be in Stoneham; bring your own or buy it at one of several stores. These rides will start in separate directions, meet for lunch, then all return using one route. Co-leaders: Rudy (646-9491) and Dave Brahmer.

May 23 - 25 Memorial Day Weekend No scheduled ride. Do your own "thing". Enjoy!

May 31, Sunday 9:00 AM CRW Spring Celebration: Meet at Dedham Plaza (on Rte. 1 one mile N of intersection of Rte. 1 and 128) to register for a L.A.W. sanctioned Quarter or Half-Century ride. Fee of \$2 for CRW members, \$3 for non-members will cover patch (if 25 miles completed in 3 hours, or 50 miles completed in 6 hours), sag-wagon, map, marked route, and refreshments. Commemorative Bike Month patches will be available to buy. The terrain will roll thru Dedham, Westwood, Dover, Sherborn, Natick, Needham, and Medfield. Lunch will be at the dam in South Natick. Bring your own or buy it at one of the local stores. Check in and Finish will be at Andy Spears, 91 Maple Place, Dedham (½ mile from the start)... where we're invited to linger, rest, and socialize. Co-leaders: Walter McNeil (329-0641) and Guy Minnick (326-1531).

Parting thoughts on Bike Month: Remember, there is a "first ride" for everyone. Let's all work on making it a pleasant, memorable experience. If you own a CRW shirt or a green marshall T shirt from Bike Day last year - think about wearing it. It will identify you as an experienced cyclist, someone a new rider can turn to. Also, although the rides are shorter for the month of May... do not despair. Bike to the start of the rides. You can still get your mileage in! Above all else: Happy (Safe) Cycling!!

JUNE 7, Sunday 9:30 AM John Allen has planned a scenic ride through Belmont, Lincoln, Concord and Wayland. The ride starts at the small green in Belmont Center and travels on terrain that is moderate, with a few hills. As usual, there will be two loops of different lengths from which to choose. John says that the longer segment is especially suitable for tandems as preparation for the mixed doubles category at the Yoplait Yogurt Challenge the following weekend. Although the exact distance of the two loops has not yet been settled(check next month's bulletin) we know, for sure, that at the end of the ride Debra Glassman and Mark Roseman will be hosting a party, with all the "goodies" at their house in Belmont! Be prepared to donate something to the CRW Refreshment Fund when they pass the hat. If you have any questions, call John Allen(254-5995) or Debra and Mark(489-3141).

JULY 4 HOLIDAY WEEKEND John Allen has provided the impetus and the organization for an exciting bicycle weekend to Cape Cod, Friday, July 3-Monday, July 6. He has cycled the Cape many times and will share his discoveries with you: quiet roads, away from the traffic, a good ride each day, time to sun, swim and sightsee, too! The trip will leave Jamaica Pond at 6 PM on Friday for a 32 mile ride to the East Bridgewater Hostel. On Saturday there will be a 60 mile ride to Woods Hole and a late afternoon ferry to Martha's Vineyard. Sunday will be spent exploring the Vineyard; and will end with a ferry ride to Hyannis and a leisurely ride(25 miles) to Orleans. On Monday there will be opportunity to explore the outer Cape before taking the Provincetown Ferry back to Boston. (Late starters can

CALENDAR (continued)

leave Boston Sat. AM and ride to Woods Hole). The tour is limited to 20 people so reservations should be made as soon as possible. The total cost for the trip will be about \$50, with some additional funds required for the purchase of individual meals. A \$35 deposit is required for the initial sign-up (make the check out to "CRW"), at which time a complete information sheet will be sent. The remaining \$15 should be sent no later than the deadline of Sunday, June 7. If you have any questions, please call John(254-5995).

LABOR DAY WEEKEND TRIP

John Allen has another exciting trip in store for us; this time to Nantucket, Friday, September 4-Monday, September 7. You will spend two days on this very interesting island, with bicycling or driving options at either end. Please check the upcoming Bulletins for more details or call John Allen(254-5995).

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FROM THE PRESIDENT

Dear Fellow Cyclists:

Our regular ride season is off to a very good beginning. John Kane counted 65 people at the start of our first ride on March 29 in Stowe. In spite of cool and threatening weather the next week, well over 40 came out for Anne Marie and Marc Altmans' ride. While no head count was taken at the start of Bill Robert's ride last week, there must have been at least 70, including several people who indicated that they were riding with CRW for the first time.

It is nice to see the increase in the number of women riders. All of us should dispel any notions that anyone might have about the CRW as a male dominated club.

Those who know me well are aware that, in the past, my idea of a vacation was a long weekend. Well, no more. I'm planning a two week cycling and camping trip through the Canadian rockies and on Vancouver Island. I have already spoken briefly with Gail Rothenberg who honeymooned with John Levy in that area, but would like to hear from others who have travelled to the Calgary and/or Vancouver areas.



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## Gear-up '81

As promised, here is the next (and last in Wheelpeople) update on Gear-up. According to the Mid-Hudson Bike Club, registrations are coming along nicely - 1100 by 21 March, with 1500 limit sure to be reached. We've talked to at least 15 people from CRW who say that are going, but we would like everyone to give us a call. please and tell us what you're plans are - driving, riding



Gear-Up '81 (continued)

Several people (Richard Klein, Dick Howe) have indicated they are going to ride down 175+ miles) to New Paltz. How about someone out west (Newton, Weston?) volunteering his/her abode as a staging area, so Dick/Dick/others can ride as a group and leave their extra luggage (sheets, pillows, frisbies, etc.) in one place for pick-up by the CRW sagginwagon. Any takers?



Call Sam Hull or Patty Kirkpatrick (648-4095 before 10:00 p.m.)

MEMBERS' ADS

Bicycle for a small person: I have obtained a pair of 24x1 $\frac{1}{4}$ " aluminum rims and wish to build a high-performance touring or commuting bicycle for a person under 4'11" on a Raleigh Space Rider frame. Projected cost \$250.00. Contact John Allen, 254-5995

WANTED: Companions for Boston-Montreal-Boston bicycle camping trip July 18-August 2. Must be able to ride 75 miles daily through hilly terrain with full camping/touring gear. For more information call Walter McNeil, 329-0641.

FOR SALE: Windsor "Comp", 56 cm, Campy rear derailleur, Universal 68 Sidepull brakes, 2 new National tubulars. Mint condition. \$400.00.

Windsor "Pro" frame, Campy headset, less than 200 miles, 58 cm. \$375. Call Chris Olson, 522-9579.

RIDERS WANTED: From Boston to Montreal leaving about June 15, arriving June 20. Using Hostels or Motels. Contact Tim Oey, Harvard University, Weld 24, Cambridge, MA 02138 or call 498-3907.

FOR SALE: Libertas Road Racing Bicycle, 531 Reynolds frame, all Campy equipped with Galli brakes. Extras. Two seasons old, excellent condition. Price negotiable. Call Ruth Gans, 739-1325.

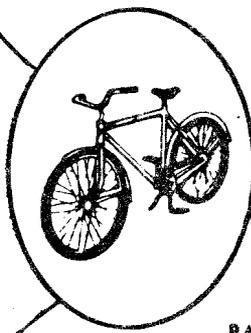
FOR SALE: Fuji S-12-S, 12 speed, 19 $\frac{1}{2}$ " Mixte frame, dia comp brakes, Fuji derailleur, Barcon shift levers, 1 $\frac{1}{2}$  years old, excellent condition. Black, silver trim, \$175.00. Call Penny Cowin, 266-4331.

FOUND: At the March 26 CRW meeting at MIT. One tan button-up sweater. Please call to arrange your claim. Peter Edwards, 785-1043 (home) or 434-3891 (office).

WANTED: Bike for 8-year old boy. My son desperately wants to ride with me, but the only bicycles available with 20-inch wheels are stingrays and other monstrosities. If you have a real bike to sell or even lend, call Tom Fortmann at 497-3521 (days) or 861-7296 (eves).

RETIREMENT SALE: Fuji "Pro" 24", Campy. \$650.00. Glos Torino 63cm, SR Campy, Cinelli; Campy Eng. Group NR, stems, bars, shoes 46, helmets L, clothes L, tools. Selling for 75% current value. Jim between 7 and 9pm, 738-9394.

# Commuting

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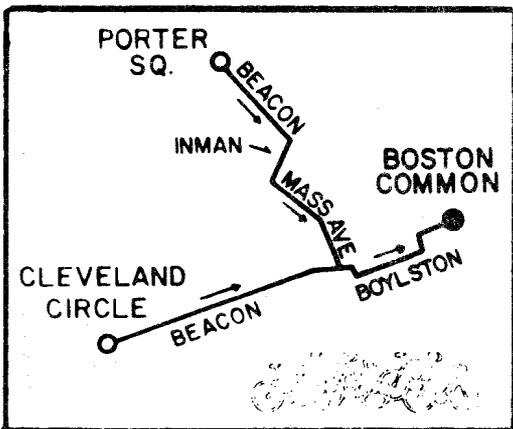
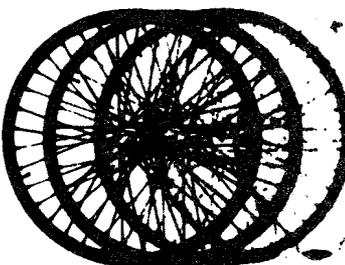
## BIKE MONTH COMMUTER CARAVAN

The Boston Area Bicycle Coalition is sponsoring commuter rides from north Cambridge and Brookline to downtown Boston on Friday, May 1. The commuter caravans will give dedicated bicycle commuters far greater visibility than we have as individual riders and will encourage closet bike commuters to join our ranks! The greater the turnout for these rides, the more publicity we will get. MAKE SPECIAL PLANS TO RIDE WITH US!

Rides will leave the Porter Square Shopping Center in Cambridge and from Beacon Street at Cleveland Circle in Boston at 7:30 on Friday morning, May 1. The two rides will meet at the Boston Common near the State House, where we will hold a brief bike commuter rally at 8:15 A.M. It should not be missed! The routes for the two rides are shown on the map.

Bike commuters, this is our event! The only way we can insure a large turnout is for all of us to help publicize it. Talk to your cycling friends. Coax or, if necessary, bully them into joining us. Bring large posters to the ride on May 1. Attach them securely to front baskets or to rear carriers. (Suggestions for posters: "Bicycle to work", "I'm a

bike commuter", "Cars/bikes equal rights", etc. Use your imagination.) Dress up for the ride! Ties and jackets or dresses (if you have the appropriate bike) will give us a respectable air. Bring an attaché case strapped to your carrier. For more information call Eric Newman (home: 661-0659) or Doug Mink (home: 547-0154).

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FROM HOWARD MOORE'S DIARY

My first bicycle was stolen from outside the back porch railing on May 2, 1921. I had ridden it home from a bicycle shop, then had taken in the empty ash barrels from the sidewalk to the cellar. When I looked for my bicycle a few minutes later, it was not there. We did not have a telephone in those days so I went to a neighbor's and informed the police.

The next day during school recess, I went to the Police Station to give a fuller description of the bicycle. Of course they had found nothing. Nor did they ever.

The bicycle was a Crown. Most of the boys had either a Crown or a Lovell Diamond. If recollection is correct, other bicycle names current in those days were Ranger, Elgin, and Black Beauty. There must also have been the Columbia. My sister Helen had a Columbia in her high school days of the late 1920s.

My stolen Crown was not quite three years old. I believe it had cost \$35.00. I had ridden it about 4,000 miles. It was black and maroon. It had relatively flat handle-bars, a rather springy saddle, mudguards, a New Departure coaster brake, wood rims, and 28" x 1 $\frac{1}{2}$ " single tube tires.

So what was I to do without a bicycle? Two weeks went by without a trace. A friend on the same street was willing to sell me his bicycle. (For what reason I do not know.) The bicycle was also a Crown, black with white trim. On May 16, 1921 I rode it to Edgett's bicycle shop for small repairs. On May 19, I rode it home.

My diary of May 20, 1921 states that I took the following ride: Malden, to Melrose, Wakefield, Lynnfield, Lynn, Revere Beach, to Malden, a total of 31 miles. It must have been a very windy day. My diary says "went one mile in 3 minutes and 35 seconds. Also at Revere Beach against the wind, one mile in 7 minutes and 35 seconds."

Under date of May 28, 1921 is the following entry: "went for a ride; 46.5 miles, to Winchester, Lexington, Concord, Waltham, Watertown, Cambridge, Somerville, to Malden. It is 9.3 miles from Watertown Square to Malden Square by way of Harvard Square, then by Walnut Hill, Somerville, and the Fellway, to Pleasant Street, to Malden Square."

Three things were indispensable to a lad in 1921: a good bicycle, a Veeder cyclometer, and a one dollar Ingersol watch!

Yours in cycling,

*Howard*

LET'S GO TO FRANCE

With Ralph (Galen) now washed up after being covered with tar, grease, perspiration, and a small quantity of blood, we now go back to the tour...

When planning the trip I contacted a well known touring cyclist, Eugene Gaston, M. D. who has toured in France with his wife several times on I. B. T. S. tours. I thought that Gene could give me some pointers and perhaps even a suggested tour. He opted for the Pyrenees as this was his best French tour but having never been to France we decided to go to the chateau and wine country of or near the Loire Valley. Gene therefore suggested that we write to his bicycle tourist agent friend Pierre who lives in Paris and who brings cyclists to New England several times per year. He knew that Pierre would help us.

I therefore wrote to Pierre par avion and requested a routing as well as other pertinent advice. I also asked for his statement for services rendered by return mail as he is a professional and I felt that I should offer to pay for his efforts. By return mail we received a full set of Michelin Maps accurately marked with cue sheets and a personal letter from Pierre. His route took us into the Bordeaux Region, kept us out of large cities, and literally opened the very best of bicycling touring in France to us. This was all in the name of his friendship for Eugene Gaston who he will be visiting soon. At that time we will meet Pierre personally and have the opportunity of paying him in some small measure for his wonderful assistance.

Our tandem tour started in the city of Angouleme some five and one half hours train ride from Paris. Previous to that we were still in the Charles DeGaulle Airport. Our French friend before leaving for his home gave us directions to Austerlitz Station and from there we would travel by train to Angouleme. He also explained that we could take a shuttle train from the airport to North Station and from there we could bike the few miles to Austerlitz. Although we had promised ourselves that we would not cycle in Paris we decided to give it a try especially where it was Sunday and traffic seemed light. With map in hand we found a direct route to our station and arrived without incident. Even our wait for the train was of short duration. We put the tandem in the baggage car ourselves; found our seats in the second class section, and watched the lovely French scenery pass us by as we headed south for the start of a wonderful tour.

French trains are short of miraculous particularly by American standards. They arrive on time; leave on time; are extremely clean; and run on silent wheels. There is little need to pay for a first class ticket especially on the "through" trains. The nicely upholstered seats are also adequate for snoozing. Our ride to Angouleme was an especially nice way to begin our tour.

Angouleme, an ancient Roman city is perched high on its rocky promontory from which we enjoyed the panoramic view of the valley of the Charente. Road signs and mileages to various cities in the Provinces added facination to our first visit in France particularly the sign to Cognac, our first goal via tandem. After a few photographs one of which was self-timed of us both in the doorway of the Hotel d'Orleans, we set off to find Pierre's route. Lovely country roads, small towns, and endless fields of vineyards and/or sunflowers captured our interest. We arrived in Cognac too late for lunch but were able to snack in a

LET'S GO TO FRANCE (continued).....

cafe before touring the town and photographing the beautiful flower gardens of a local museum. Formal gardens seem to be characteristic of France or at least the small portion of the country that we visited.

Selection of cycling shoes for an extended tour is very important. In the past I have worn cycling shoes with cleats and have carried light weight shoes or sandals for evening wear. The extra shoes are bulky to carry and the cleated shoes make a lot of "clatter" on museum and gallery floors. Cycling shoes over many miles can restrict the circulation and cause foot pain. My approach this year was the best to date; I bought a new pair of Etonic sneakers and inserted a pair of Scholl's arch supports. This made the already sturdy inner sole even more rigid thus providing comfort in the toe clips and also on the street. Being new they did not look particularly out of place. This will be my choice next year as we tour \_\_\_\_\_?

Selection of tires for foreign travel is as important as selection of the proper shoes. In the past we have ridden with a sew-up tire on the front and a 27"x1-1/4" LaTour on the rear. Sew-ups fail as do 27" x 1-1/8" due to the excessive weight and hard riding that two adults impose on one bicycle. We therefore rode LaTours front and rear and carried a spare casing. Fortunately the spare was still a spare when we returned having not been used.

As mentioned above, two strong adults give a tandem a workout with expected breakdowns. It just cannot be avoided. On our next tour I plan to buy and use a brand new derailleur. It needn't be expensive but it must be new. Had it not been for our "Mark Roseman" plier we would have been stranded when our derailleur loosened on its hanger and one of the pulleys partially disintegrated in the chain. This plier that can be bought in the Sear's tool department and was introduced to me by Mark, a member of the Charles River Wheelmen, has been invaluable in making emergency repairs. It is small, versatile, and above all, light in weight. It is even useful in adjusting spokes where the nipples have lost their edges and cannot be turned with a spoke wrench. Back to the Tour:

To be continued.....

WETTING YOUR THIRST

Nancy Clark, M.S.,R.D.,CRW's own nutritionist has the answers to such questions as: Am I drinking enough water? Can I drink too much water? What's best to replace sweat?

At your request, Nancy will send you a list of popular fluid replacements, comparing their nutritive value. Call her at 739-2003 or write her at 830 Boylston Street, Brookline, MA 02167.

EDITOR'S NOTE: Please mail all item announcements, ads, stories, etc. to the editor: Beatrice Forman  
115 Loring Road  
Weston, MA 02193

Material for publication must be in the editor's hands by the 15th of the month before issue.

Information about advertising can be gotten from Walter McNeil, 329-0641. The CRW Board meets monthly at the MIT Computation Center, Room 530, 60 Vassar Street, Cambridge on the

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DISCOUNTS

CRW membership entitles you to various discounts in the following shops:

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

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YOUR EDITOR CAN ATTEST TO THE TIMELY,  
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