



CALENDAR



SEPTEMBER 1, TUESDAY 7:30 pm

CRW monthly Board Meeting at the MIT Computation Center, Room 530, 60 Vassar Street, Cambridge. CRW members are invited to come and voice their opinions.

SEPTEMBER 6, SUNDAY 9:30 am - 57 mile loop 10:30 am - 22 mile loop

Starting point: Framingham town green at intersection of Rtes 9 and 30 at Framingham Center. Those driving should park at nearby bank parking lot.

Nanck Tichanuk, George Hetrick, and Mark Lamkin (877-4489) will lead the "Second Annual Go & Stowe Ride" (Go on the ride and Stowe away food afterward. The ride, which goes through Framingham, Stowe, Hudson, and Lanchester traverses fairly hilly terrain on the longer ride and a few steep hills on the shorter ride. There will be no lunch stop but a gourmet bar-b-que like last year after the ride, at Nancy and George's house (30 Nelson St., Framingham, 1 mile from the start and end of the ride). It is important for those who plan to come to call Nancy or George (879-4159) before September 5 so they know how much food to buy. A donation to the CRW refreshment fund is requested.

SEPTEMBER 4 to 7 - Labor Day Weekend "Trip to Nantucket"

John Allen and John Gregory have put together a trip to Nantucket for those of all abilities. Children are welcome too, with a parent. There are three options to get to Nantucket:

- Hard rider's option: Start Friday evening and stay at East Bridgewater Youth Hostel Friday night (30 miles out of Boston) or ride the 90 miles to Hyannis Saturday.
- Easy rider's option: Take Boston-Provincetown Ferry (leaving 9:30 am Saturday), ride 55 miles to Hyannis.
- Very easy rider's option: Drive to Hyannis and park your car.

The ferry between Hyannis and Nantucket runs several times per day. The youth hostel on Nantucket is only a three mile ride from the ferry dock. Twenty-five beds are reserved for Saturday and Sunday nights. Ride, sun, swim, or explore the fascinating museums in Nantucket Village. The Provincetown Ferry leaves at 3:30 pm Monday, arriving in Boston at 6:30 pm, for the trip back.

There are still spaces remaining for this trip, especially for men, although there are also some spaces for women left. John Allen is still out of town, so call John Gregory, 723-4917, for more information. Please indicate which riding option you wish to take, and whether you need a a ride or can offer one if you are driving. Reservations: \$35 deposit to John Allen, 68 Easton St., Allston, MA 02134.

SEPTEMBER 13, SUNDAY 10:15 am @ Woods Hole "Third Annual Martha's Vineyard Ride"

Starting point: Meet at Woods Hole ticket office at 10:15 am. The ferry leaves at 10:45 am for Vineyard Haven. Buy your ticket when you arrive and indicate that you are a CRW member so you can get the group rate, \$9.50/person (including \$5.50/person for the boat ride and \$4.00 for the bicycle).

Sam Johnson, 655-8774, and Birdy Ellsmore, 965-4978, are the ride leaders for this ride on Martha's Vineyard. A map of the ride will be provided prior to boarding the ferry. The longest ride is 55 miles and is mapped out. The map will also provide shorter, alternative routes. The return ferry back to Woods Hole will leave Vineyard Haven at 6:30 pm. There will be the traditional post-Martha's Vineyard ride dinner at Grandma's Pie Shop at the traffic circle on the North end of the Sagamore Bridge.

Parking at Woods Hole is \$2.75 (1980 rate) or park free in Falmouth and bicycle four miles, via the bike trail to the ferry. The directions from Falmouth by bicycle are as follows: pass the Steamship Authority overflow parking lot on Route 28 in Falmouth; take a left on Main Street. Go a short distance to the sign for public parking (between Main Street and Catherine Bates Road). Cycle up to Main Street and turn right onto Main Street; take a left on Route 28 and proceed for 1/4 mile to the bike path on the left which is marked with a rock and an anchor. The bike path exits in the Steamship Authority parking lot in Woods Hole.

For those cycling directly from Boston to Woods Hole call the leaders for directions. A map of the Boston to Cape Cod Bikeway route, which is arrowed, is available from the Central Transportation Planning Staff at 27 School Street, Boston, 523-3410.

SEPTEMBER 20, SUNDAY 8 am - 50 & 100 miles
"CRW's National Century Ride"

Starting point: Duck feeding area in Norumbuta Park, Newton.

This L.A.W. sanctioned Half-Century and Century ride will travel through the western suburbs to Sharon, Easton, Tauton, into southern points of Digton on primarily flat terrain with some hills. Lunch will be at Digton State Park (bring your own or stop at general store in Berkley). Fee of \$2 for CRW members, \$3 for non-members, will cover patch (if 50 miles completed in 6 hours, or 100 miles completed in 12 hours), sag wagon, and refreshments. For more information contact Jacek "Rudy" Rudowski (646-9491). Volunteers are needed to help with this ride -- see article on page 3.

SEPTEMBER 27, SUNDAY 7 am 15 and 30
mile loops

Starting point: 14 Mann Street, Hingham (Crow Point). Take Route 3A over the Fore River Bridge at Quincy to North Weymouth; then go six miles to the lights at Downer Avenue (where there are Exxon and Mobil stations and Brooks store on the right). Make a left at Downer Avenue, then watch for the Curtis Compact Store. Take the third left after the Compact Store onto Jarvis Avenue (firebox on the corner). Then take the first right and the first left which is Mann Street. The house is the second one on the left.

Marie and Ed Corea will lead this ride for early risers. The ride will take a leisurely tour of the Hingham, Hull, Cohasset, and Scituate coastline over fair to easy terrain. There will be breakfast following the ride. All those who plan to attend must call the Corea's by Friday, September 25.

OCTOBER 10 to 12 - COLUMBUS DAY WEEKEND

A weekend foliage tour through southern New Hampshire's Monadnock Region, staying at hostels is still in the planning stages. This will be a riding trip, with a maximum of 60 miles per day. Please contact John Gregory, 723-4917, if you are interested so he will know how many people to plan for. John Allen will get back to people with more details. Reservations: \$35 deposit to John Allen, 68 Easton St., Allston, MA 02134.

Board Notes & Other News

Volunteers Needed

To organize and assist in the CRW's Century Ride on September 20, volunteers are needed! First, for those into painting and even those who aren't, Jacek "Rudy" Rudowski needs at least eight people to help paint the century route. With eight people each person will only have to paint a 12 1/2 mile section. Paint and maps will be provided. Volunteers can paint the route anytime that is convenient between September 1 and 19. Also needed for the ride is a ride coordinator to organize the various aspects of the ride; sag wagon driver; people to help check riders in and out; assistance with refreshments after the ride; and if anyone lives near the duck feeding area in Norumbuta Park, Newton, a place to hold post-ride festivities. Volunteers are what keep the CRW going so please help out! Anyone interested in painting the arrows should contact Rudy at 646-9491, evenings. For all other tasks contact Sam Johnson, 655-8774.

New Director

Dave Brahmer has been appointed by the Board of Directors to fill the position vacated by John Pershing. Dave has been

attending Board meetings regularly for a long time. He just finished a special assignment to research bulk mailing for the Wheelpeople. This is the first bulletin being sent by bulk mailing. The advantages are that the Wheelpeople can be expanded from one to just over 5 ounces at a postage cost of 10.4 cents, a significant savings over the first class rate.

Warning -- Be wary of Photographers

There is an unconfirmed rumor that there might be a club picture in the works. Members may be asked to come early to one of the rides so the picture can be taken. So for all of you who are camera shy --- beware.

THIS SPACE AVAILABLE
CONTACT WALTER McNEIL
329-0641 FOR AD INFORMATION

MARATHON SPORTS

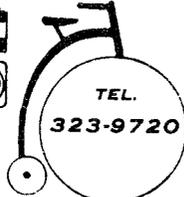
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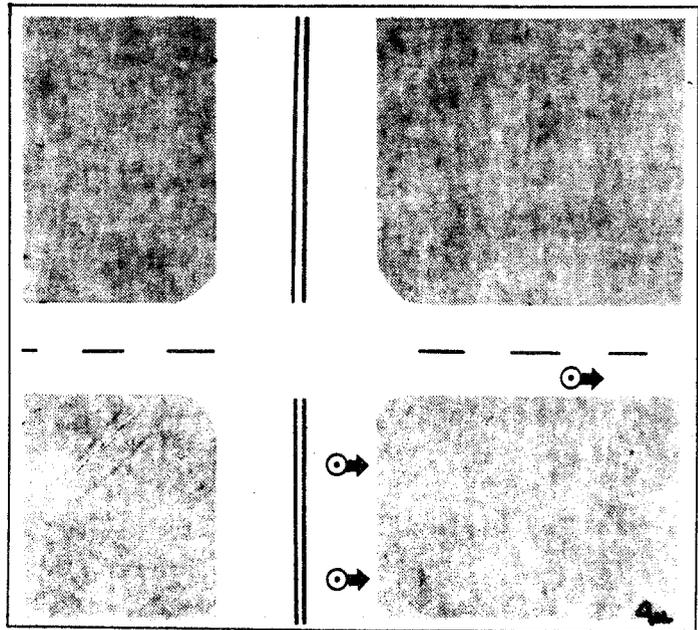
Editorial**Arrow Rides Adequately!**

Arrowed routes, which allow riders to go at their own pace and meet at a lunch stop or at the end of the ride, is one of the essential features of CRW rides. The use of arrows allows all riders the ability to follow the ride without having to caravan in groups or ride beyond their ability to keep up with other riders in front of them.

The CRW has found that the arrowed route is the best way for riders to follow directions. Maps are an additional aid, but they are not sufficient by themselves. Arrows are especially helpful at unmarked intersections. They provide assurance that a rider is on the right route.

To provide members with a sense of confidence as to where arrows are and what they look like the CRW Board has policies as to the locations and types of arrows to be used. The policies specify that at least two arrows be placed before a turn, followed with a confirming arrow after at turn. On long stretches of road where there are no turns, a confirming arrow should be placed every mile or so. This assures cyclists that they didn't miss any unexpected turns. The best arrows are short and stubby. The use of stencil, such as one made from the top of a shoe box, ensures consistency. Arrows should be long enough to be seen from a speeding bicycle, however, less than one foot in length, so as to not upset local citizens and officials.

Because a number of riders have gotten lost on recent rides, there was discussion at the last board meeting as to whether all ride leaders were faithfully following the arrowing policies, especially the two before and one after convention. Although a ride leader's job is a demanding one with many things to be concerned with, especially with riders of varying cycling abilities on the ride, it would seem most essential that riders be able to follow the route. Thus adequate arrowing is one of the most important aspects of the ride



The CRW Board's arrow policy requires that two arrows be placed before a turn and one confirming arrow after. This policy aids riders in following the route.

leader's job. While some rides have been superbly arrowed, others have not been. This criticism is not leveled at any one leader or any one ride, but rather is intended to make ride leaders in general more sensitive to ensuring people do not get lost.

In addition to arrows, a carefully drawn map is a helpful item that is greatly appreciated by riders. If for some reason a rider does miss an arrow, maps help guide them back to the route. Maps are also nice in case someone wants to take the route again on the future.

No matter what you do, some riders, especially those not watching, may get lost. However, if the ride leader has adequately arrowed the route by the standards described above, riders can ride with confidence that if they look for the arrows, they can go at their own pace and easily find their way to lunch and the end of the ride.

From The President

Dear Fellow Cyclist:

Since returning from two weeks in Western Canada, several of you have asked about the trip. In a word - terrific. The only regret that I have is that we did not do more cycling. The longest ride that I took was about 35 miles from the Lake Louise campground to Banff. The Icefield Parkway through the park system offers a continuous panoply of scenic beauty. There is a wide and smooth shoulder all along the entire route.

One afternoon, Birdy Ellsmore and I hiked up to a mountain meadow to the snow line (about 7,500 feet) on Mt. Edith Cavell in Jasper National Park. This mountain, at just over 11,000 feet, is the third highest in the Canadian Rockies. Neither of us will ever forget the experience. When we came back down to the parking lot, the sun was going down. I reluctantly passed up a nine mile downhill bike ride so that we could get to the campground before it filled up.

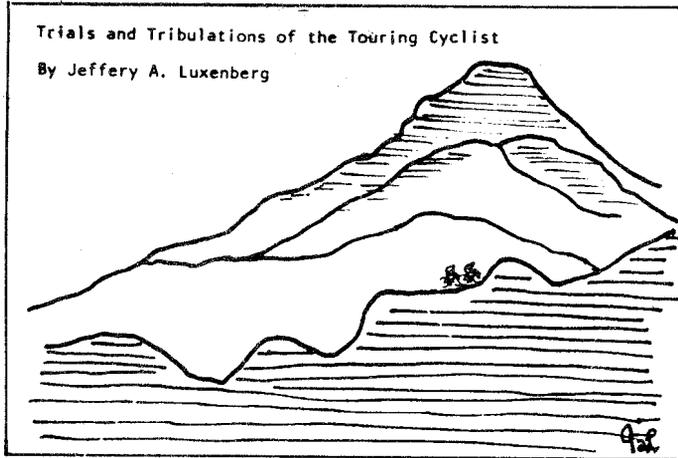
Everyone of our 15 days was an adventure including checking in our baggage, getting bicycle boxes and going through customs at the Vancouver airport. To make a long and frustrating story short, they held the plane about ten minutes after the scheduled departure for us. Don't assume that even United Airlines is fully prepared at all locations to efficiently handle all the gear that we had - two bikes, two rear panniers, two large duffle bags, two full back packs and a fishing pole.

At the beginning of the July 26 ride (Dover Center) Tom Marx urged us all to ride in single file. That is sound advice that we should all heed. Riding in a line is much safer to all riders, provides for a much more efficient use of each cyclist's energy and continually challenges you to improve your riding skills.



Trials and Tribulations of the Touring Cyclist

By Jeffery A. Luxenberg



It says here under the ride description there is only one hill, I wonder if this is the one they mean?



One of the benefits of being the editor is having a mailbox filled with interesting tidbits from CRW members. I encourage everyone to send in letters to the editor, stories, and other bits of information. I will try to use as much as possible in the Wheelpeople. Please mail all letters, announcements, ads, stories, etc., to:

Jeffery A. Luxenberg, Editor
CRW Wheelpeople
19 Sparhawk Street
Brighton, MA 02135

Material for publication must be in the Editor's hands by the 12th of the month before the issue for which it will appear.

This month the mailbox was empty, except for a number of for sale ads and notices. For next month if you have any issue that you want to sound off on, please send in a letter to the editor!

-Ed

Mileage

The following are mileage totals for 1981 for CRW members through the end of June.

John Latva	(June)	8958
Joe Cormier		7011
Jerry Campbell		6991
Dick Buck		5997
Ed Trumbull		5245
Rob Greene		5010
Water McNeil		4017
Doug MacDonald		3889
John Vanderpoel		3619
John Gregory		3150
Egon Englehart		3021
Don Blake		3010
Robert Fisher		3001
Earl Forman		2939
Osman Isvan		2939
Emile Bielawa		2740
John Kane		2467
Paul Foley		2336
Glen Coffman		2264
Jeffery Luxenberg		2256
Curt Audin		2185
Bill Sweetser		2173
Mark Hanna		2031
Debbie Luxenberg		1952
Debbie Fricks		1920
Barry Fricks		1857
Dick Howe		1856
Paul Bowser		1849
Bruce Wisentaner		1791
Sam Hull		1721
Andy McCormick		1673
Maria Hurley		1613
Eva Casey		1509
Jill Eisman		1496
Dick Lewis		1452
Charlie Coburn		1442
Dave Taylor		1010
Patty Kirkpatrick		976
Bea Forman		824
Gail Taylor		758

Dave Brahmer	590
Mike Hooning	590
Ann Fritz	503
Thom Nolan	438
Barbara Audin	290
Rosalie Blum	103

Howard Moore (1931: 2930) 609

There were a number of new names on the list this month. Unfortunately a few people who usually send their mileage in forgot. Keep the mileage coming in! Let's see if next issue can list at least 60 names. Mail your mileage by the fifth of the month to Ed Trumbull, 19 Chase Avenue, West Newton, MA 02165 or call 332-8546. Help the club as a whole hit a quarter of a million reported miles by the end of 1981!

In compiling this month's mileage Ed Trumbull, CRW's mileage coordinator, notes that "Earl Forman and John Gregory had the pleasant experience of accomplishing their first 1000 mile month." Ed, having most recently had the same thrill himself, said it occurred to him "that maybe we should establish a "club within a club" that could be known as the one month 1000 milers - or some such name." Ed suggests that a jacket patch could be designed and this is possibly something that the L.A.W. could promote nationally.

Unlike century and half-century type patches, which emphasize a one day feat, this type of patch would recognize cyclists who ride regularly, accumulating high mileage. He would like to know what you think of the idea when you send in your mileage for August. He would also like you to indicate if you have already accomplished this feat. Those of you who are artistically inclined, might enclose a suggested patch design. You might also make mention of other ideas for important mileage milestones such as a 5000 mile year.



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Spoonful of Nutrition**Sport Snacks: What's Best for Quick Energy?**

by Nancy Clark, M.S., R.D.
Nutritionist
Sports Medicine Resource, Inc.

True or False: Candy is a good source of quick energy?

False! If you want quick energy, don't run to the candy machine. Quick energy is already stored in your muscles in the form of glycogen. It is readily available for immediate action. If you feel tired in the afternoon, you might need energy for your brain, more than for your muscles. Your brain relies on a certain amount of blood sugar to think clearly and help you feel alert. Your end-of-day doldrums are from a lack of brain-food. Your lunch has worn off ... a little snack will give you a boost.

Choose your snack food wisely, however, and stay away from sweets. If you eat sugary foods for an energy boost thirty to forty-five minutes before you bicycle, you may actually hinder your performance by contributing towards hypoglycemia - low blood sugar. A high concentration of sweets, such as candy and soda, will trigger your pancreas to secrete a larger than normal amount of insulin. Insulin facilitates the movement of sugar from your blood into your muscles. Exercise, like insulin, enhances this process. When you start to bicycle after having eaten sweets, the combination of extra insulin and exercise may cause your blood sugar to drop to an abnormally low level. You may feel shaky, uncoordinated and hungry.

To prevent this, I recommend that you snack on a few crackers, a muffin, yogurt, banana, or other low-fat foods that aren't sweet. Keep in mind that fruits and juices although healthful, have a high sugar content, thus 2 to 3 glasses of juice or handfuls of raisins can produce the same high sugar/low sugar effect. Smaller proportions however, will sufficiently fuel your brain and help you energize.



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Members Business Directory

The Business Directory allows CRW members to have their business cards printed in the Wheelpeople for 6 months for only \$10. So send your business card, with a \$10 check payable to CRW to Jeffery Luxenberg, Editor, CRW Wheelpeople, 19 Sparhawk Street, Brighton, MA 02135.

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