



# CALENDAR



## OCTOBER 4, SUNDAY 10:30 am - 20 & 40 mile loops

Starting point: Dedham Plaza, on Route 1 just north of Route 128.

Today's ride travels through Dover, Westwood, Sherborn, Millis, and Natick. At the time the bulletin went to press the lunch stop was undecided, so bring your own food. Ride leader: Walter McNeil, 329-0641.

## OCTOBER 6, 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.

## OCTOBER 11, SUNDAY

Because of the Columbus Day holiday there will be no official Sunday CRW ride. Go out cycling on your own and enjoy the fall foliage.

## OCTOBER 10 to 12 - COLUMBUS DAY WEEKEND

John Allen is leading a weekend foliage tour through southern New Hampshire's Monadnock Region, staying at hostels. This will be a riding trip, with a maximum of 60 miles per day. Contact John Gregory, 723-4917, for more information. Reservations: \$35 deposit to John Allen, 68 Easton St., Allston, MA 02134.

## OCTOBER 18, SUNDAY 10 am - 25 & 50 mile loops

Starting point: Long loop starts at the Minuteman statue in Lexington Green. Short loop starts at Concord Center.

This ride of "cranberry bogs and back roads" traverses the beautiful countryside of Lexington, Concord, Bedford, Carlisle, and Lincoln. Both loops stop for lunch in Concord Center (Brigham's nearby). The terrain is rolling to gently hilly. Co-leaders: Paul Goldsmith (359-2090) and

Bill Sweetser (244-8626). Harold Lewis, longtime CRW member and collector of antique cameras, will take the CRW club photo with his 1915 vintage Cirkut camera at the lunch stop at approximately noon. So people that arrive at the lunch stop early should not take off right away. CRW members who are not going on the ride, but want to be in the photo, should show up prior to noon at Concord Center. Proofs of the picture will be available at the end of the ride at the Lexington Green for viewing.

## OCTOBER 25, SUNDAY 10 am - 29 & 55 mile loops

Starting point: The Hanover-Norwell town line at the intersection of Route 53 and Route 123. The Assinippi General Store is at this intersection. Directions: take Route 3 south to Route 53 (exit 31); follow Route 53 north to Route 123.

Ride leader Nancy Peacock, 628-7566, has searched out an area that has had almost no travel by the CRW. The ride will go through Norwell, Hanover, Marshfield, Pembroke, Duxbury, Kingston, and Plympton over flat to rolling terrain. Lunch is at Pembroke Center (there is a Christies Market there).

## NOVEMBER 1, SUNDAY 11 am - 20, 37, & 53 mile loops

Starting point: The parking lot at the Edaville Railroad in Carver. Directions: take Route 24 south to Route 25. Take exit for Route 58 (there is a RR sign on it) in the direction of Carver and follow the signs.

This ride travels through Plymouth and Carver on flat to rolling terrain. There is one long hill (3/4 mile) on the 37 and 53 mile rides. Lunch is at College Pond (early in the ride -- the first seven miles) but the late start should find many ready to eat. Leaders: Dick Heely and Patty Lee, 489-2216.

# Board Notes & Other News

## LAW Name Change?

Hidden on Page 29 of the September, 1981 issue of LAW's American Wheelman is the fact that a binding vote will be made via a September mailing to all members. Your choice: keep the present name -- League of American Wheelman -- or change the name to League of American Bicyclists. Please read what is sent to you, and then vote! Since it will only take 10 percent of the total LAW membership for the vote to take effect, let CRW's voice be heard and counted.

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## Curious, Interested, Aggrevated, Bored, Frustrated, . . . Whatever

A committee is gathering to develop a questionnaire, out of which we hope to determine the "purpose" of the CRW. The survey will find out what the CRW means to you presently and your expectations for the future. It will find out what you think are the club's negative aspects and what you think could be done to make the club better. The survey will reveal members preferences for activities such as more Saturday rides? night rides? shorter or longer rides? later or earlier starting times? family rides? Or what about setting up a North and/or South Shore division of the CRW? Or a CRW only time trial in early Spring and late Fall?

We're also looking for ideas for more winter extra curricular activities. Last year we tried X-Country ski days. The first was thoroughly enjoyed by about 40 members. The second attempt was rained out. Other possibilities: fun run, with a get together for soup afterwards; or, a group cultural event -- ie. theatre or symphony. In addition we could use suggestions for our winter club meetings. And . . . if the LAW can do it, so can we: Your opinion on the club name being changed.

We are looking for ideas, suggestions, questions. For compilation purposes the questions will have to be multiple choice; however, comments will be encouraged.

Please, please, if you want to help in any way . . . with a suggested question or as part of the committee, let us know by writing or calling Jill Eiseman, 31 Ronald Rd., Arlington, MA 02174. Check directory assistance for phone number after September 30.

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## Is Bulk Mailing Adequate?

Last month's Wheelpoeple was the first under the new bulk mailing process. A number of people received the issue in one to two days after it was mailed. However, although the issue was mailed over a week prior to the first of the month, some people still did not get it by the first. To insure its timely delivery, this issue was mailed even earlier. If you did not receive this issue on or before the first of October, please let the Editor, Circulation Editor, or a CRW Board Member know (see the names and phone numbers on the inside front cover). Hopefully by now all the kinks have been worked out. If not, the bulletin may have to be printed even earlier or reversion back to first class mailing may be necessary.

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## What Are Your Favorite Rides?

The plea for input to a CRW Rides Book in the August 1981 Wheelpeople has gone unheeded. If a book with a collection of some of the nicest CRW rides is to be put together this winter, some idea from the membership as to the best rides is needed. So take a couple of minutes and put down information as to your favorite ride on the form provided on page 7 and send it off to Sam Hull, 31 Crescent Hill Avenue, Arlington, MA 02174 or Earl Forman, 115 Loring Rd., Weston, MA 02193. Put down your two most favorite CRW rides, or if you have a favorite ride of your own include a map and describe it with as much information as possible in terms of distances, turns, directions, points of interest, refreshment stops, bike shops, etc.

# Other Rides

The following are rides that may be of interest to CRW members, being sponsored by other clubs:

## New Hampshire Fall Foliage Ride October 10, 1981, Saturday

The new Keene, N.H. Bicycle Touring Club will be having it's first annual "Fall Foliage Quarter and Metric Century Ride" on Saturday, October 10, starting from Central Square in downtown Keene (in southwest New Hampshire about 1 1/2 to 2 hours from Boston) at 9:30 am.

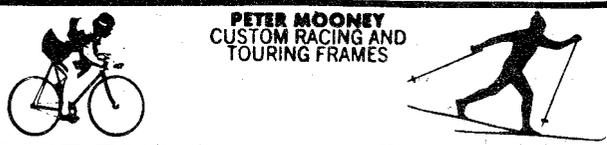
The 25 miler meanders around Swanzey Lake to a nice picnicing spot, and returns on terrific backroads while passing through covered bridges four times.

The 65 miler traverses the only huge hill early for an unparalleled back roads tour along the Connecticut River. After lunch in Brattleboro, VT, the ride follows yet more miles of country roads by the waters of the Ashuelot, crossing it on five covered bridges. This route passes quaint New Hampshire barns by green meadows with the colorful foliage spraying the crisp Autumn air with brilliant hues.

Maps will be provided free, and arrangements for lodging can be made by calling before September 14. For more information, call Mark Hanna at (603) 352-7513 or Chris Cunningham at (603) 352-8576.

## AYH Bicycling Orienteering Meet November 7, 1981, Saturday

Meet at the intersection of Routes 20 and 27 in Wayland. Bicycle orienteering is an activity which tests your navigational and map reading skills. Each rider (or team) will be given a map and must find their way through a course consisting of about five to ten control points while being timed. The control points will be marked on the map but the exact routes between them must be chosen by the rider. Some will want to treat this as a time trial competition while others may simply enjoy the challenge of finding all the points without getting lost. Tandems should be especially well suited for this event. Total cycling distance will be a minimum of 22 miles. Please bring a pencil and two safety pins, or some other device to hold your map. There is a 50 cent fee for non AYH members. Contact: Dick Buck, 923-8909, for more information.



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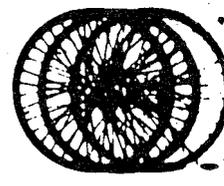
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TREK

# Editor's Mailbox

This month the mailbox brought a number of interesting items. John Pershing, CRW's former Membership Coordinator, sends the following from his new home in Croton-on-Hudson, NY:

Charles River Wheelman:

Just thought I'd drop you folks a note to let you know that there IS life after Boston (unfortunately, I don't think it is to be found in Westchester County). I've been trying to commute to work regularly by bike, but need to build up my stamina more before I'll be able to hack it five days a week. If, indeed, "happiness is a stiff climb" as Rudy is found of saying, then Westchester must be paradise. The CRW doesn't know the true meaning of the phrase: "a few hills". Although, I guess I only have myself to blame, as our apartment sits on one hill, IBM is on top of another, and the two are on opposite sides of a river valley.

The road builders here have only recently discovered pavement -- approximately half of my 10-mile commute is on a dirt road. However, it isn't quite as bad as it sounds, as the dirt is generally smoother than the pothole-ridden pavement (in many places, it is hard-packed clay -- much like riding on a tennis court). By the way, bicycles are prohibited from parkways here, and they have a mandatory "bikers use bikeways" law. Living in Massachusetts, I always had a hard time taking Ralph Hirsh's column seriously -- now, I know...

Please tell Ed that my mileage through August is 1000 miles, and ask if I get any additional credit for miles travelled in the vertical direction. In case John Kane is interested, there are a number of large dogs along my commuting route that are interested in meeting him.

May the wind, etc...  
John Pershing

The following letter provides a practical method for arrowing a ride.

To the editor:

Last month's editorial on arrowing gave some reasonable guidelines on the placement of arrows, but no mention was made of the actual mechanics of how to do it. Here is my method:

Use a waterbottle with an unobstructed open spout in the cap, not the teeth-operated stationary type. Fill the bottle with inexpensive interior latex paint, preferably white or yellow. The latex paint can be easily removed from your bike when dry in case of spills or splatters, and if you carry another bottle with water in it you can clean yourself or your clothing immediately if necessary.

Use a cheap 1" nylon brush and throw it away afterwards. Buy at least two and carry a spare. To carry the brush, use a 12 ounce orange juice can with the top partially covered with tape, leaving just enough of an opening to easily insert the brush. Tape the can to the fork blade or fender stays on the same side as the hand you'll use for painting. The can keeps the brush readily accessible without exposing it to the air flow which would dry it out. The tape on top keeps it from bouncing out.

When you reach the location of your first arrow, stop. Put one foot on the ground, and with your free hand, remove the bottle from its cage. Place a small amount of paint on the road, replace the bottle and use the brush to shape your arrow. After a little practice you'll know how much paint to use. This will vary a lot depending on the texture of the pavement. A pint of paint has lasted me 20 miles but of course this will vary too.

The job can probably be done most efficiently by one rider working alone. This ensures consistency in the appearance and placement of the arrows, and avoids time consuming committee decisions. Last year I arrowed a 23 mile route in about two hours, and did the same morning as the actual ride. While arrowing by bike may take more time overall than doing it by car, you'll probably be spending less time at each arrow location, lessening the risk of attracting unwanted attention, and the rest of your time will be spent riding.

Dick Buck

(Editor's Mailbox - continued from page 4)

I also received this interesting letter about touring on the west coast:

Dear CRW Members:

Recently three CRW members toured the west coast. Leslie (Sam) Howland and Julia MacLaughlian flew to Portland, OR on August 4 and set out for San Diego. Louis Weitzman and I joined them in Eureka, CA on August 14. Sam and Julia report that the Oregon coast is beautiful and the roads are good with wide shoulders.

For the most part we camped in the state park which provide hiker/biker sites for 50 cents per person. The facilities varied from only pit toilets to hot showers and stores. We also stayed in AYH Hostels, which provided good cheap accomodations but were usually off the route over large hills. The Pidgeon Pt. Hostel gets four stars.

We followed the west coast bicentennial route, which provided great scenery and was marked in most places. However, the shoulder was non-existent in some spots, but this provided no real problem. A map of the route was provided by Caltrans. Compared to the Oregon Biker Map which was excellent, the California map was incomplete (no alternate routes) and sometimes inaccurate (size of hills and location of campsites).

Overall we averaged better than 50 miles a day, with days off in San Francisco and Los Angeles. Julia and I returned to Boston September 7 after enjoying the natural beauty of California -- including an earthquake! I also managed to do a 10K road race and a 15 mile bike race (only my second) in San Diego. We would all highly recommend this tour. Anyone desiring information can contact me at 547-6132.

John Westcott

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It is great to be receiving mail detailing the experiences and views of the members. Keep the letters coming! Let you options be heard. Share your experiences. Send in a letter to the editor! For those artistically inclined send in a cartoon illustrating the atrocities bicyclists must live with.

Please mail all letters, announcements, ads, stories, etc., to:

Jeffery A. Luxenberg  
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.

-Ed

A SPOONFUL OF NUTRITION

by Nancy Clark, MS, RD  
Nutritionist, Sports Medicine Resource, Inc. in Brookline

Fast Food Favorites

What's for dinner - Peanut butter sandwich? -Wilted vegetables? - Eggs...for the fourth time this week?...or McDonalds? When life is keeping you on the run, fast-food restaurants may seem the more appealing alternative to your empty refrigerator or the bottom of the peanut butter jar. Many of my clients resort to fast-foods to resolve the "what's-for-dinner-dilemma".

Nutritionally, the meals can be adequate if you choose wisely. Two examples of balanced meals are:  
Cheese pizza with green peppers, mushrooms, and onions.  
Hamburger with cheese, lettuce and tomato; juice.

Both choices include a variety of foods, representing the four basic food groups.

I do not recommend the fried fish smothered with tartar sauce, french fries, fried apple pie. They are loaded with fat and/or sugar, and many nutritionally empty calories...the major problem with fast-foods. Within five minutes you can easily chow-down half of the calories you need for the entire day. The 1000 calories from a burger, fries, and shake may be burned off by the active person who trains hard each day, but if you are a more casual athlete - Beware of creeping obesity!

Additional nutritional considerations relating to fast-foods include:

- They may lack fiber. (Try to bran cereal or whole wheat toast at breakfast.)
- They may lack vitamins A and C. (Try to include a salad, fruit, or juice in other meal)
- They may have alot of salt. The special sauces and seasonings add flavor, but also a significant amount of salt.

When you do eat fast-foods, plan to balance that meal with the rest of your day's eating. For example, have orange juice at breakfast for vitamin C. Bring along an apple from home as an alternative to the apple pie. Instead of having a can of soda for your afternoon break, enjoy a can of V-8 Juice. Choose low-fat, low-salt foods for your other meals. Contrary to popular belief, an occassional visit to McDonalds or Burger King will not doom your health. Simply choose wisely and eat healthfully at the other meals.



David Bastille, Illustration

Fast Food Calories:

McDonald's:	Hamburger	260
	Quarter Pounder	420
	French Fries	210
	Shake, chocolate	365
	Filet O'Fish	400
Pizza Hut:	Cheese - 10"	1000
	13"	1800
	15"	2400

# Mileage

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

John Latva	11839
Joe Cormier	9018
Jerry Campbell	8344
Peter Reagan	8110
Dick Buck	6777
Ed Trumbull	6410
Water McNeil	4782
Elliott Morra	4471
Nancy Tichanuk	4150
Jacek "Rudy" Rudowski	4000
John Gregory	3802
Bob Fisher	3683
Egon Englehart	3675
Pamela Crane	3505
Earl Forman	3499
Emile Bielawa	3420
Osman Isvan	3405
Bob Harvey	3401
Glen Coffman	2989
Curt Audin	2913
Jeffery Luxenberg	2730
Mark Hanna	2708
Bill Sweetser	2707
Maria Hurley	2705
Vic Crane	2601
Linda Harvey	2549
Sam Hull	2406
Debbie Luxenberg	2374
Dick Howe	2343
Debbie Fricks	2318
Barry Fricks	2251
Bruce Wisentaner	2251
Paul Bowser	2104

me →  
(3280)

19755

Eva Casey	1960
Charlie Coburn	1917
Dick Lewis	1887
Jill Eiseman	1779
Dave Gotthelf	1609
Mike Normile	1375
Dave Taylor	1231
Donna Haines	1166
Patty Kirkpatrick	1141
John Springfield	1080
Mike Hooning	1010
John Pershing	1000
John Kagan	978
Thom Nolan	914
Gail Taylor	907
Bea Forman	889
Ann Fritz	738
Dave Brahmer	632
Barbara Audin	367
Rosalie Blum	193
Howard Moore (1931: 3560)	807

It is good to see so many new names this month. Ed reports that so far this year there are 187,000 reported miles for the club (including miles reported this month and prior totals of members who have sent their mileage in at some point this year but who did not send it in this month). We are well on our way to a 1981 club total of over a quarter million reported miles -- so keep the mileage coming in! Mail your mileage by the fifth of the month to Ed Trumbull, 19 Chase Avenue, West Newton, MA 02165 or call 332-8546.

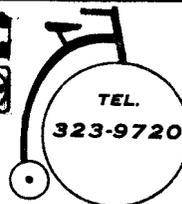
Congratulations to Joe Cromier who rode over 2000 miles last month, putting him solidly in second place. We also have a new name entering the list in the top five -- Peter Reagan with 8110.

## MARATHON SPORTS



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\*\*\*\*\*

Pair Super Champion 36 Hole Gentleman Wired on Rims: (The best) Brand new in original buster pack. \$25/pair.

\*\*\*\*\*

Avocet Mod III Racing Saddle: Buffalo Covered. Aluminum Rails. Excellent Condition. \$20.00.

\*\*\*\*\*

Schwinn Pixie (Blue) Bicycle: Mint condition. 16" wheels. \$80.00. Excellent kids starter bike. The best.

\*\*\*\*\*

Misc. New Cycling Caps: \$2.50 each

\*\*\*\*\*

Misc. Cycling T Shirts: (All sizes) "Brand New" Popular, USCF, Racing, Lowenbrau, Logos. 50/50 blend. All best quality. \$5.50 each.

\*\*\*\*\*

Wool Blend Warm Up Suit: Cool Gear "Blue". \$15.00 medium/large

\*\*\*\*\*

Weyless 27.2 mm Seat Post: Micro adjusting. \$15.00.

\*\*\*\*\*

2 - 18" Nisi Tubular Rims & 3 - 18" Vittoria Tubular Tires: (All new) \$25.00 for the group.

\*\*\*\*\*

For all of the above call Dick Talbot (617) 449-3792 after 7 pm (please) and before 9 pm.

Our thanks to Ken Dempsey the printer of the CRW *Wheelpeople*:

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## Notices

Wanted: Cyclists interested in a seven to ten day fall foliage ride through New England during the second and third week in October. Approximately 65 miles per day. Itinerary to be determined by those interested. Either camping, hostelling, or inn accomodations. Call Bob Mantell at (617) 259-9076 or write Bob at: Concord Road, Lincoln, MA 01773.

□ □ □ □ □

Found: Two keys on a metal ring, on the grass at the Littleton Common on August 16, 1981. Contact Dick Lewis, 444-7836.

Favorite Ride(s)  
(see article on page 2)

Favorite CRW ride:  
 Area \_\_\_\_\_  
 Distance \_\_\_\_\_ Date of ride \_\_\_\_\_  
 Ride Leader(s) \_\_\_\_\_

Second Favorite CRW ride:  
 Area \_\_\_\_\_  
 Distance \_\_\_\_\_ Date of ride \_\_\_\_\_  
 Ride Leader(s) \_\_\_\_\_

Other Favorite Ride: (include map)  
 Area \_\_\_\_\_  
 Distance \_\_\_\_\_  
 Description (use additional sheets if needed) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Send to: Sam Hull, 31 Crescent Hill Ave, Arlington, MA 02174 or Earl Forman, 115 Loring Rd, Weston, MA 02193.

# 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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- 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  
Rosindale 323-9720
- Harris Cyclery, 1249 Washington St.,  
West Newton 244-1040
- International Bicycle Center,  
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- Laughing Alley Bicycle Shop,  
51 Harvard Ave.,  
Allston 783-5832
- Lincoln Guide Service, Lincoln Rd.,  
Lincoln 259-9204
- Mystic Valley Wheelworks,  
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Winchester 729-0425
- Northeast Bicycles,  
102 Broadway (Route 1),  
Saugus 233-2664