



CALENDAR



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.

NOVEMBER 3, TUESDAY 7:30 pm

CRW monthly Board Meeting at the MIT Computation Center, Room 530, 60 Vassar Street, Cambridge. CRW members: get involved in CRW activities -- come to Board meetings and see how the organization works.

NOVEMBER 8, SUNDAY 10:30 am - 20 & 30 mile loops

Starting point: Hatch Shell (Storrow Drive, Beacon Hill)

This ride, on mostly easy terrain, goes through Cambridge, Brookline, Belmont, Arlington, and Newton. Lunch is undecided so bring your own just in case. Leader: Paul Gorenstein, 547-7879.

NOVEMBER 15, SUNDAY 9:30 am - 25 & 45 mile loops

Starting point: Gallahnes Shopping Center on Main Street in Melrose near intersection with the Fellsway.

Both of today's routes will head north

over moderate terrain through the towns of Wakefield, North Reading, North Andover, Boxford, Topsfield, and Middleton. Bring or buy lunch. Possible gathering at leader's house after the ride (to be announced the day of the ride). Ride leader: Greg Bakos, 665-5487.

NOVEMBER 22, SUNDAY 10:30 am - 15 & 30 mile loops

Starting point: Weston Town Green. Directions: take Route 20 to approximately one mile west of Route 128. Turn right at the first traffic light past Route 128 and go about 200 yards to the Green.

Today's rides include 15 and 30 mile loops in the western suburbs. Lunch will be back at the Green. Either bring your own or get some at the local convenience store or sandwich shop. Ride leaders: Bea and Earl Forman, 894-2084. This is the last regular ride -- frostbite rides start December 6!

NOVEMBER 29, SUNDAY

Thanksgiving -- no CRW ride. Go out riding on your own in preparation for the frostbite rides which start next week.

DECEMBER 6, SUNDAY 11 am

The "Show & Go - Frostbite Rides" Start

Starting point: Cambridge Common

Don't be fooled by the name or cowed by the temperature. From now, through the winter, until next March, the rides will be leaderless and not pre-planned. During this time we have some of the best riding (weather permitting) of the year. The air is crisp, the scenery different -- you can see what was hidden all summer by all that foliage -- and the participants enthusia-

stic. You'll get to know what shops serve the best hot chocolate, hot coffee, and pastries.

For each of the winter rides a starting time and location are designated. From there the group decides the length and direction of the route. Dress appropriately! Bring your mittens! Bring your enthusiasm!

This Holiday Party is a CRW tradition! Don't miss it!

Place: 35 Payson Road, Belmont

Directions: Take Trapelo Road to Common Street. North on Common Street for one block to Payson Road on the right.

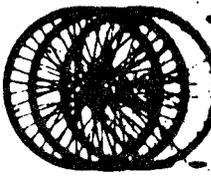
More information: Debra or Mark, 489-3141.

DECEMBER 12th, FRIDAY EVENING 7:30 pm
Party Time

Mark this date on your calendar! This is the time for the CRW Annual Holiday Social. Meet CRW officers, old friends, and new members at "Debra and Mark's place." See if you can recognize people without their bicycles and "Bells" and dressed in colors other than black. Swap tales of summer trips and maybe get some great ideas for next year.

Light refreshments, liquid and solid, will be provided but if you have a favorite drink or thirst quencher bring it along. Also, if you would like to bring some favorite foods or sweets to share, it will greatly add to the festivities. Please notify Debra Glassman or Mark Roseman of your gastronomical intentions so they can balance the menu to meet Nancy Clark's standards.

THIS SPACE AVAILABLE
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CRW Board Election: Vote Next Month

At the end of each year CRW members elect three of the nine CRW Board of Directors for terms of three years. Ballots will be mailed in the December issue of Wheelpeople, and should be returned promptly. The three directors whose terms expire in November are:

Dave Brahmer (recently appointed to replace John Pershing)

John Kane

Ed Trumbull

Based on recommendations at the October 6 Board Meeting, the CRW Nominating Committee selected the following members to be included on the ballot:

Marc Altman

Dave Brahmer

Barry Fricks

Mark Lamkin

Jeffery Luxenberg

Mark Roseman

Each candidate was given an opportunity to address the CRW membership in this bulletin. The statements of those candidates availing themselves of this opportunity are provided below.

Additional nominations are also solicited from the membership. If you would like to volunteer or have someone to nominate, quickly get in touch with Sam Johnson, 655-8774, so their names can be added to the ballot. Additional candidates may include statements in the next issue of Wheelpeople. Statements should be approximately 100 words and must be received by the Editor no later than November 12.

The Board meets once a month and is responsible for setting club policies and authorizing expenditures of money. The Board also elects the club President.

*****CANDIDATE STATEMENTS*****

Barry Fricks

As a bicycle club the Charles River Wheelman can be a strong influence for expanding and promoting the use of the bicycle, both for recreation and serious transportation. We can gain respect in what is perceived as a motorists' world through the club's ability to educate it's members on proper cycling technique while attracting new members.

We have the opportunity to assemble and distribute information on local issues affecting bicycling, bicycle repair and maintenance, members' experiences, advice, and of course, club news and events.

Our club's social aspect is one of the most appealing and needed by it's members. Knowing we are not alone gives us incentive and courage to continue riding in a sometimes less than pleasant car-oriented society. Riding with a group of friends on a well marked, scenic route is a great joy.

I would like to increase my usefulness by serving on the Board and helping the CRW continue to fulfill these cycling needs.

Mark Lamkin

In the few years since I joined CRW, I have seen the club grow in size. I have been concerned that with the increase in ride attendance, safety and roadmanship may have suffered.

As a Board member, I will seek to stress ride courtesy as well as ascertain the types and events the majority of the members wish, be it Sunday rides, centuries, weekend tours, or rallies. I hope other members will be concerned with these ideas.

Jeffery Luxenberg

As editor of Wheelpeople I have become most interested in the CRW organization. Overall I think the club offers a varied and interesting activities program.

However, research into what members want out of the club would be extremely useful. The questionnaire being developed will be instrumental in this effort. The results will allow the Board to evaluate present efforts and perhaps expand the program with additional activities such as longer rides, maintenance workshops, etc.

As both recreational rider and bicycle commuter I see the CRW not only as a riding club but as a means to promote bicycling -- be it to encourage people to get out and ride, or to educate crazed drivers to share the road.

As a Board member I would devote my energy to these issues as well as sustaining the excellent programs already offered.

-----From The President-----

Dear Fellow Cyclists:

Volunteerism -- without it, CRW could not function. If our common interest in cycling is the glue that bonds us, members' donation of time and effort is surely the stuff that keeps us going. Our recent century is a good example. A lot of people participated in making it all happen. To each of you who contributed your time, thank you.

Century route painters:

Rosalie Blum
 Dave Brahmer
 Steve Callender
 Eva Casey
 Robert Fisher
 Sam Hull
 Patty Kirkpatrick
 Nancy Peacock
 Jacek "Rudy" Rudowski
 Ed Trumbull

Rider Registration:

Jill Beth
 Rosalie Blum
 Mark Lampkin
 Gail Rothenberg

Sag Wagon:

Sheldon Brown
 Mark Roseman

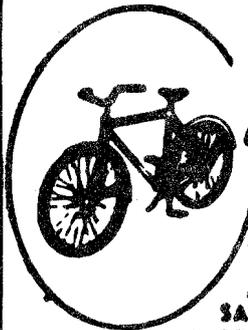
Refreshments:

Sheldon Brown
 Harriet Fell
 Debra Glassman

Next month you will be asked to elect three members to the Board of Directors -- each for a three year term. Essentially, a director is accountable for effective contribution to policy making and for participation in the development of major club programs and activities. Thus far, all nominees for election are men. A few months ago, I made the statement in this column that we should all dispel any notions that CRW is a male dominated club. If there are women among our membership, who are interested in running for election to the Board, please contact me. I'll be glad to explain a director's role in more detail and answer any questions you may have about time commitments, etc.

The Board is currently planning our winter club meeting schedule. We hold monthly get togethers starting with the December social. In the past members and outside speakers have presented slide shows and given talks on a range of subjects including trips, bicycle maintenance, and nutrition. Suggestions for this year's winter program will be appreciated.





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Editor's Mailbox

This month's mailbox brought me the statistics on September's century ride:

Number of members	75
Number of non-members	25
Number of century patches	69
Number of half-century patches	25
Best time - century (Ken Hablow - unofficial)	5:15 hrs
Best time - half century (Jack Dickison)	2:45 hrs

Of course after 8150 miles (total miles of all finishers) hungry cyclists need food. The following were the refreshments consumed:

6 1/2 gallons cider
12 dozen donuts
37 bananas
20 apples
2 cases beer
12 lb 11 oz gorp

Keep those letters coming in. 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.

-Ed

GEAR—What's that?

Bike folks - like a lot of others - speak a lingo of their own and unless you're "in", they might as well be gabbing in swahili. TOSRV - cranks - anking - sew-ups - LAW - 42-tooth chainwheel - rollers - ad infinitum - and then there's GEAR, whatever that is!

It MEANS Great Eastern (Bicycle) Rally --- it IS a weekend of biking fun (rides, workshops, good food, meeting old friends and making new ones, exhibits, special events, entertainment and lots more), co-sponsored by the League of American Wheelmen (LAW) and one or more local bike clubs. Inexpensive too because it's held on a college campus.

Have you ever seen a couple hundred bikers start out on a ride together? Ever seen 1,600 cyclists all in one place? Seen up close everything from recumbent bikes to a side-by-side tandem to bikes with an infinite range of gears or with a frame that's spring-mounted? Looked in your rear-view mirror and nothing but bikes as far as you could see? Met bikers from all over the country, including the "big wheels" in cycling? All of these are GEAR! It's a physical, emotional, exciting, never-to-be-forgotten experience -- and must be experienced to be appreciated.

GEAR is usually held on or around Memorial Day weekend. It's become so popular that this year two were held simultaneously: GEAR-Up in New York state and GEAR-Down in Tennessee - with a combined attendance of 2,400! Next year you will have two to choose from again (or take in both!): GEAR-Up in Shippensburg, Pa., June 3-6, co-sponsored by the Harrisburg Bicycle Club, and GEAR-Down in Charlotte, N.C., June 10-13, with the Tar Heel Cyclists as hosts.

For more information or to get on the mailing list: GEAR-Up 82, 413 Appletree Road, Camp Hill, PA 17011, or GEAR-Charlotte, Box 220912, Charlotte, NC 28222.

Mileage

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

John Latva	13941
Joe Cormier	10724
Jerry Campbell	9366
Dick Buck	7587
Ed Trumbull	7426
John Vanderpool	7212
Water McNeil	5319
Elliott Morra	5318
Nancy Tichanuk	5034
Egon Engelhardt	4362
Robert Fisher	4333
Jacek "Rudy" Rudowski	4300
Osman Isvan	4220
Scott Turner	4179
John Gregory	4088
Emile Bielawa	4012
Earl Forman	3847
Maria Hurley	3795
John Kane ←	3771
Mark Hanna	3556
Glen Coffman	3542
Richard Levine	3425
Curt Audin	3404
Paul Foley	3399
Bill Sweetser	3273
Charlie Coburn	3079
Jeffery Luxenberg	3054
Dick Howe	2748
Debbie Luxenberg	2638
Debbie Fricks	2626
Barry Fricks	2543
Paul Bowser	2423
Andy McCormick	2364
David Allen	2272
Eva Casey	2245
Mike Normile	1725
Mike Hanover	1525
Donna Haines	1520
Mike Hooning	1449
Thom Nolan	1185
Bea Forman	1064
Dave Brahmer	901
Ann Fritz	843
Barbara Audin	472
Rosalie Blum	343
Howard Moore (1931: 4231)	886

Didn't hear from quite a few of you this month. Come on gang -- lets call or write in those miles! Mail your mileage by the fifth of the month to Ed Trumbull, 19 Chase Avenue, West Newton, MA 02165 or call 332-8546.

John Vanderpool really put it together. He tells me he went to Chicago by way of Colorado Springs. From August 23 through September 29 he rode 30 of the 37 days and (get this) he covered 3593 miles, an average of 120 miles a day. His top day was 146 miles in seven hours. I think he got into the jet stream. John says he'll write an article about his trip this winter. Don't forget, John.

Update on progress (?) for a patch for 1000 miles a month: I haven't been able to convince LAW that this would be a sufficiently popular patch to be economic. I think it would. So . . . this is what I would like to do. Let's get a tally of those interested in such a patch. There would be two groups:

1. Those who have already qualified.
2. Those who would like to shoot for it in the future.

Many of you have told me of your interest so please advise me again so I can get an accurate tally to present to the LAW. Other New England clubs please note -- please poll your memberships regarding 1000 mile/month patches and send the results to Edson W. Trumbull, 19 Chase Avenue, West Newton, MA 02165 (617) 332-8546.

--Ed Trumbull
Mileage Coordinator

Spoonful of Nutrition**Vitamin C**

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

As the cold and flu season approaches, do you become more concerned about getting sick? Many of my patients believe that Vitamin C supplements will keep them healthy. Although no carefully controlled scientific studies have indicated a benefit from additional C, here are some guidelines to help you evaluate your needs.

*The average American has 1.1 mild colds per year. If you take lots of Vitamin C every day, you'd be wiser to take it as a drug just at the time you experience symptoms of a cold. Vitamin C, when used as a drug, does not prevent illness, but rather has an anti-histamine effect that may reduce nasal congestion.

* The recommended intake (RDA) for Vitamin C is 60 milligrams per day. This is twice the minimal daily requirement (MDR) of 30 milligrams. The RDA builds in a large margin of safety to allow for individual differences in metabolism. For example, you may absorb less vitamins than the "average" person, and thereby have a slightly higher need. This need is covered by the safety margin.

* To prevent scurvy - the Vitamin C deficiency disease - you should have at least 10 milligrams of C per day. If you do not take in this little bit, you will not become deficient overnight. You store enough C in your liver to last for about six weeks.

* Instead of looking towards expensive supplements as an "insurance policy", I recommend that you get the vitamins that you need naturally through the foods that you eat. For example, you can easily get the recommended 60 milligrams of C by eating ONE of the following - each supplies 100% of the RDA:

6 oz.	orange juice, frozen conc.	½ med.	green pepper, raw
½ cup	strawberries, frozen	1 stalk	broccoli, cooked
½ med.	cantaloupe	1 lge.	potato, baked

* Your tissues are saturated with 250 milligrams C per day ... the amount in the quart of orange juice you guzzle after a workout. Above this, you flush the excess down the toilet. Megadoses - greater than 600 milligrams - can create an imbalance in your body and lead to medical problems. For example, megadoses of C can interfere with the absorption of vitamin B-12.

* Although some Vitamin C is lost with processing, you do not lose all of it. For example:

Orange juice, refrigerated for 8 days in a closed container, may lose 15% of the C.
 Broccoli, frozen for three months, may lose 6%.
 Peas, steamed for nine minutes, may lose 12%.

----- *Thoughts on the Road* -----

This is a new column which will run periodically in Wheelpeople. Written by Joe Cormier, it describes some of his thoughts while bicycling to work and touring on weekends.

When I commute to work on my bicycle, I pass through a half dozen cities and towns. Obviously, some of these cities and townships will be cleaner than others. While commuting on the same route week after week for a couple of years, I noticed the street cleaning routine of each municipality. Some clean their main streets daily, while others clean about once a week or month. However, some haven't seen a street cleaner for several months. An expression of pleasure will always be found on a bicyclist's face when he or she rides on a street recently visited by a street cleaner. I have been so pleased on so many of these occasions, that I wanted to reach out and thank someone responsible for it. This is when the thought of an award certificate came to mind. For example, a CRW member could submit the name of some town or city that has a reputation for clean streets for the period of a month. The award certificate could read as follows:

"The City of _____ has been selected for this month's clean streets awards by CRW member _____. The street of _____ was free of glass and trash only because of the clean up efforts of your sanitation department. All CRW bicyclists wish to express their gratitude for a pleasurable ride on your streets.

Simple and direct wording like the example above, or similar wording, could go a long way in promoting goodwill, friendship, favorable CRW publicity, and an incentive for city and towns in keeping their streets clean. This kind of recognition is now more important than ever before. In light of prop. 2 1/2, many

-----by Joe Cormier-----
municipalities are cutting services. Let's hope this doesn't mean dirty streets for us in the future.

Another way to keep streets clean is to require deposits on bottles. I am strongly in favor of mandatory deposits, as every bicyclist should be. I wrote to all the Senators on the committee for S.709, requesting their support. S.709 and H.R. 2498, currently before the U.S. Congress, would require a nationwide system of deposits on soda and beer bottles. If you would like to do the same, the following should give you an idea of what to put in a letter:

Dear Senator:

I would like to see your support for S. 709. I am a bicyclist who has traveled several thousand miles in the States of Massachusetts and Maine this year alone. I found the contrast truly amazing. Bicycling in Maine (which has a bottle law), is a wonderful experience as compared to the broken glass laden roads of Massachusetts. Less than a handful of States have started this massive clean up job. The Senate could go down in history as saving America from turing into the fast growing dumping area it is now.

Yours very truly,

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- 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,
70 Brighton Ave.,
Allston 783-5804
- Laughing Alley Bicycle Shop,
51 Harvard Ave.,
Allston 783-5832
- Lincoln Guide Service, Lincoln Rd.,
Lincoln 259-9204
- Mystic Valley Wheelworks,
889 Main St.
Winchester 729-0425
- Northeast Bicycles,
102 Broadway (Route 1),
Saugus 233-2664

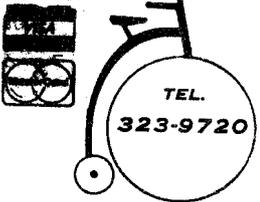
Notices

NEW ZEALAND: Wanted: cyclist(s) interested in bicycling in New Zealand and possibly, Australia. I am planning to go there in mid-December, stay until late January, bike 75-100 miles per day, and would welcome others for all or part of the trip. I am open to ideas -- itinerary and accomodations/camping to be determined. If this sounds at all interesting, call and we can talk. Michael McGrath (617) 495-1801 (days), 7 Divinity Avenue, Cambridge, MA 02138.

%%

Notice: There are three extra cans of paint left over from the century ride. Anyone needing paint for rides in November should contact Ed Trumbull, 332-8546.

%%



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