



CALENDAR



Rides, Meetings, and Other Events

This month's calendar not only includes CRW's traditional frostbite rides, but also a winter club meeting and a cross-country ski day. Don't let the winter weather get you down - come and join in the fun.

JANUARY 1, FRIDAY 11:00 am
 "Special New Years Day Frostbite Ride"

Starting point: Boston Common, Park and Tremont Streets.

This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body of the evening before's merriment than an invigorating ride in the clean, crisp air of downtown Boston -- with very few cars! Explore Boston as it once was -- before internal combustion engines took over. Last year we were on television -- who knows what's in store this New Year's Day! Start the new year off right, come on in and ride along with us.

JANUARY 3, SUNDAY 10:30 am
 "Show and Go - Frostbite Ride"

Starting point: Winchester Common on Church Street, 1 block west of Main Street (Route 38).

JANUARY 5, TUESDAY 7:30 pm
 "CRW Monthly Board Meeting"

The Board is now meeting at the MIT Electric Power Systems Engineering Lab Conference Room, Building 10 Room 178 (10-178) on the ground floor under the Great Dome, 77 Massachusetts Avenue, Cambridge. Come watch our new board members in action. Board meetings are open to all CRW members.

JANUARY 10, SUNDAY 10:30 am
 "Show and Go - Frostbite Ride"

Starting point: Cleveland Circle in Brighton, at the corner of Beacon Street and Chestnut Hill Avenue, in the small parking lot area.

JANUARY 17, SUNDAY 10:30 am
 "Show and Go - Frostbite Ride"

Starting point: Waverly Square, Belmont, at the end of the trackless trolley line (intersection of Trapelo Road and Route 60).

JANUARY 21, THURSDAY 7:30 pm
 "Club Meeting - Tichanuk Slide Show"

Place: MIT Computation Center, Room 530, 60 Vassar Street, Cambridge.

Nancy Tichanuk will show yet another slide show -- this time it will be of her 1980 Bikecentennial U.S. West Trip, from Portland, Oregon (complete with volcanic ash) to Pueblo, Colorado (commonly referred to as the "Pittsburg of the West"). Once again, she'll try to bore you to tears with her tantalizing travelogue. So come and see this slide extravaganza at the first of CRW's monthly winter meetings for 1982. (P.S. her tent is still for sale)

JANUARY 24, SUNDAY 10:30 am
 "Show and Go - Frostbite Ride"

Starting point: Needham Town Hall, intersection of Great Plain Avenue (Route 135) and Highland Avenue.

JANUARY 30, SATURDAY

"Cross-Country Ski Day Trip"

Place: Woodbound Inn, Jaffrey, NH

Directions: Drive west on Route 2 to Route 119; continue west on Route 119 to Route 202 in NH; turn right on Route 202 and watch for Woodbound Inn sign approximately one mile from Route 202 on the right. Phone at the Inn is (603)532-8341.

Facilities: 18 miles of trails, for all skill levels. Good food. Plenty of room to relax between tours.

Expenses: Trail fee is \$2. Ski rental is \$7 all day. Lunch is served at 12:15 pm and costs \$4.50, which is payable at the front desk prior to lunch.

Driving time: One and a half hours.

RSVP: Please call Dick Lewis, 236-3634 (days) or 641-1066 (evenings), no later than Monday, January 24 to indicate that you are going, so Dick can inform the Woodbound Inn how many people to be prepared for.

Suggestions: Bring an extra turtle neck and sweater to change into at the end of the day. Dry clothes offer great comfort at the end of a day of X-C.

This trip offers an opportunity for non-skiers to learn the sport and for all to enjoy the countryside - without having to worry about flat tires!

JANUARY 31, SUNDAY 10:30 am

"Show and Go - Frostbite Ride"

Starting point: Malden Cycle Center, on Commercial Street next to the Malden Center T Station.

FEBRUARY 7, SUNDAY 10:30 am

"Show & Go - Frostbite Ride"

Starting point: Lexington Green, on Massachusetts Avenue, by the Minuteman Statue.

From The President

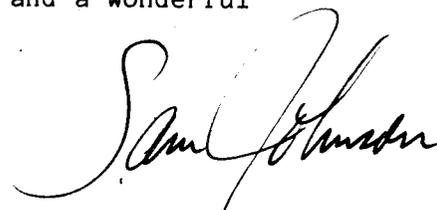
Dear Fellow Cyclists,

I am pleased to announce the election of Dave Brahmaer, Barry Fricks, and Jeff Luxenberg to three year terms as CRW Directors. Mark Lamkin was also elected to fill the one year term being vacated by Bill Risinger. I want to offer our sincere thanks to outgoing directors John Kane, Bill Risinger, and Ed Trumbull for all of the contributions that each has made during their terms. Your continued ideas, energies, and involvement in CRW activities will be greatly appreciated by us all.

At Debra Glassman and Mark Roseman's party (thanks again for your hospitality and for Bill Piekos' generosity in once again supplying intoxicating beverages), the Board had an impromptu caucus and elected me for a second term as President. I am grateful for that vote of confidence. I will continue to strive to focus our efforts to provide the membership with quality recreational cycling and related programs. I look forward to working with the current and newly elected directors and officers and all of our members to achieve that objective.

As this year ends, it is a time for reflection and to set plans for 1982. This has been a successful year for the CRW. We have grown from 316 to 450 members. Our treasury currently has over \$800 compared to about \$460 at year-end 1981. The LAW recently assured me that we will receive \$288 by year-end representing our rebate for new members who joined CRW between January and June 1981. More important than these numbers, however, is the success that we had in 1981 in providing a rides program that consistently had more participants than ever. During 1982 we will endeavor to build on past achievements to offer each of you an interesting and varied activities program. Hopefully, there will be some surprises and innovative advancements along the way.

My very best wishes to you all for a joyous holiday season and a wonderful 1982.



Mileage

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

John Latva	18547
Joe Cormier	12951
Jerry Campbell	10786
Ed Trumbull	9706
Dick Buck	9172
Don Blake	6936
Egon Engelhardt	5513
Robert Fisher	5388
Scott Turner	5249
Osman Isvan	5165
Emile Bielawa	5029
John Gregory	4863
→ John Kane	4848
Bob Harvey	4645
Mark Hanna	4182
Paul Foley	4120
Bill Sweetser	3628
Jeffery Luxenberg	3513
Dick Howe	3227
Debbie Luxenberg	3052
Paul Bowser	2878
Linda Harvey	2850
Andy McCormick	2671
Eva Casey	2499
Dick Lewis	2481
Jill Eiseman	2175
Rosalie Blum	539
Howard Moore (1931: 5510)	1053

Car 54 - Where are you? Last heard from at end of October!!

Barbara Audin, Curt Audin, Dave Brahmer, Glen Coffman, Pamela Crane, Vic Crane, Bea Forman, Earl Forman, Barry Fricks, Debbie Fricks, Ann Fritz, Mike Hooning, Maria Hurley, John Kagan, Connie Lapointe, Ed

Lapointe, Richard Levine, Doug MacDonald, Walter McNeil, Elliott Morra, Peter Reagan, Rudy Rudowski, Gregory Smith, Nancy Tichanuk, John Vanderpool.

24 people fell off the band wagon for November and an additional 28 got lost before that!

Come on gang. Just one more month to go to wind up the year. I know you are probably busy this time of year but all you have to do is make a fast phone call to 332-8546 right after the end of December, prior to January 6, then you can relax for a few months and let us "hard liners" take over for the winter months of Frostbite Rides. I'll dig you out again in let's say April. OK? Don't forget to call so we can get an accurate count for the club of total miles ridden in 1981.

--Ed Trumbull
Mileage Coordinator



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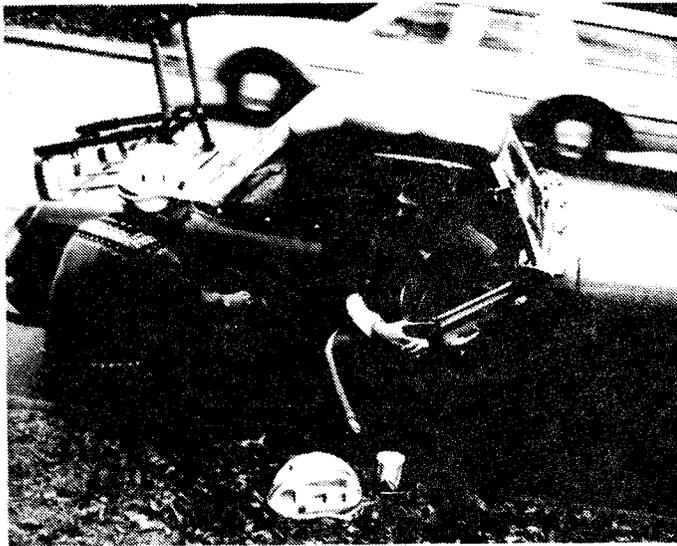
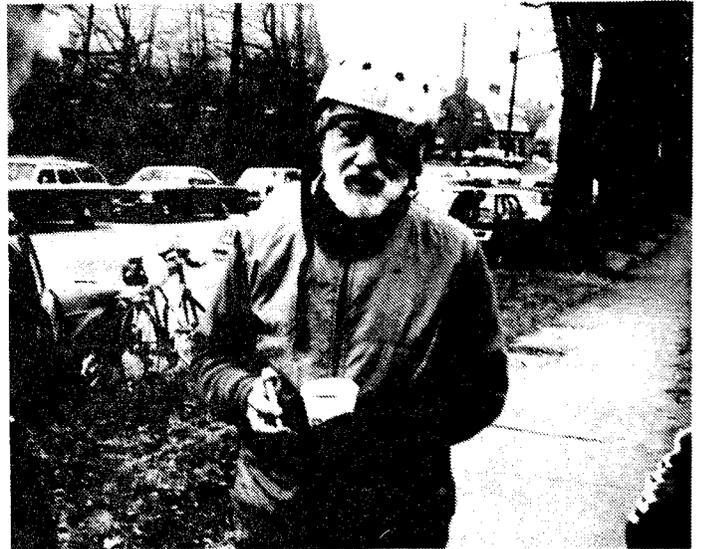
51 Harvard Ave., Allston, MA 02134



SALE

FALL
INVENTORY
REDUCTION

CAUGHT BY THE CAMERA



CRW Vice President Jill Eiseman caught members off guard as she took these photos at CRW's last regular season ride on November 22, which started at the Weston Town Green. The cold weather that day got riders ready for the "frostbite" riding season. (Top left) Ride leader Earl Forman describes the arrowing and the route at the start of the ride. (Top right) Ed Trumbull, CRW's mileage coordinator who is

aiming to break 10,000 miles this year, warms up with a cup of coffee before embarking on the ride. (Bottom left) Those who showed up early had a chance to sit, relax, and socialize prior to the ride's start. (Bottom right) David Gotthelf, Paul Goldsmith, and Bill Sweetser check out the map for the ride which traversed 30 miles of the western suburbs.

Three years ago when I was just getting interested in bicycling, I didn't give much thought to bike clothing. I wore whatever I thought was comfortable, usually a short sleeved cotton shirt and a pair of cut off jeans. The colorful jersey with pockets in the rear and the black shorts seemed to me at the time to be some kind of bike fad. Little did I realize that this type of clothing is no fad, but is a special design for the sport of bicycling. This type of clothing is usually 50, 80, or 100 percent wool. And we all know that wool clothing is not cheap.

Well, after a year or so, I finally decided to give it a try. I soon became a convert. Wool has a composition that in my opinion, has not yet been duplicated or improved by man. I know of no other fabric that has temperature comfort control properties such as wool. I've worn a wool jersey on a ninety plus degree day and still felt comfortable. The fabric will absorb perspiration faster than any other I know of, and yet will not make you feel clammy. In colder weather, its warming properties are well known and respected.

Unfortunately, some people are allergic to wool. I wear a cotton T shirt under my wool jersey because at times I find wool a little itchy. After a long hard ride my T shirt will be thoroughly wet, but the wool jersey will retain the proper amount of body heat so one doesn't get the chills.

Today I have an extensive wool biking wardrobe. I find this clothing so comfortable, that I even wear the jerseys when I'm not biking.

Commuting to and from work by bicycle can vary greatly depending in the individual's circumstances. In many cases, its easier said than done. There's a number of problems to be considered. Assuming the

cyclist is experienced with city traffic riding, he or she must have a way of securing the bicycle when arriving at work. This seems to be one of the most outstanding problems. Then there's the wash up or shower problem. If one rides only five or six miles to work, this should not be a problem. Some people perspire more than others, so it is a personal consideration. All this hassle seems to turn many would-be bike commuters off. However, where there is a will there is a way. I'll go through my own personal commuting procedure for those who may be contemplating bike commuting. Your problems may be different from mine, but you should get some idea of what is involved.

Commuting to and from work accounts for almost half my monthly mileage. My daily 33 mile bike ride takes me from Peabody, to the industrial area of Everett. Two years ago when I started, I tried a couple of routes, until I settled on the present one I now use. Sometimes it is advisable to take a longer route if the biking conditions are better and safer. Favorable traffic and the condition of the road will usually determine the better route. Travel time will depend largely on the wind conditions for that day. It usually takes me less than an hour as I travel through a half dozen cities and towns with stops at red traffic signals. I found that when you travel on the same route day after day, other commuters in automobiles will grow accustomed to you and respect your mode of transportation. Some people waiting at bus stops wave to me as I pass by.

My bike is equipped with the necessary tire pump, tool kit, and water bottle. I commute in wool cycling clothes which I find most comfortable. My tear drop style back pack holds a clothes change and a lunch. I've tried both the rear and handle bar panniers, but presently I prefer the back pack.

(Continued on Page 7)

Planning Ahead...

The year 1982 will offer many exciting cycling opportunities. From club rides to a national convention, there will be plenty of activities for cyclists of all skills and abilities. For those who like to plan for big events early, the following are some of this year's major happenings.

June 3-6 1982, GEAR-Up 82 Shippensburg, Pa. State College

This year's GEAR-Up is billed as "The GEAR of the Century" where every ride will be a century or a multiple of one. This doesn't mean they will all be half, quarter, or whatever centuries. They are more imaginative than that. Activities will include a Furlong Century (12 1/2 miles), a Quarter-League Century (75 miles) and on and on. To get on the mailing list, write: GEAR-Up 82, 413 Appletree Road, Camp Hill, PA 17011.

June 10-13, 1982, GEAR Charlotte Charlotte, N.C.

For details on this year's GEAR-down write P.O. Box 220912, Charlotte, NC 28222.

July 1-5, 1982, LAW National Convention Dayton, Ohio

This year's League of American Wheelman's National Convention and Rally is being sponsored by the Miami Valley Regional Bicycle Committee and Council and the Dayton Cycling Club. Dayton is the home of the Wright Brothers, the world's most famous bicyclists, and hence the convention is billed as "Dayton - The Wright Place to Ride." The convention will be held at the University of Dayton campus. Activities will include rides, workshops, social activities, and special events. Among Dayton's attributes is a River Corridor Bikeway, 22 miles of scenic biking - a rural ride in the city. For more details about the convention write to the Miami Valley Regional Bicycle Committee, 1980 Winters Bank Tower, Dayton, Ohio 45423 (513) 226-1444.

U.S.A. Team Tour 1983

Now underway is the U.S.A. Team Tour 1983. The tour, which is not a race, but a challenge, will encompass six major bicycling routes including East Coast Bicycle Trail, Tran America Trail, California Pacific Coast Route, Southwest Bicycle Route, Lone Star Bicycle Trail, and the Team Tour's South East Bicycle Route.

Some of the sights to see include the mighty Mississippi River, the supreme Rocky Mountains, legendary Grand Canyon, and more.

Positions are filling up. For further information contact: Paul R. Clausen, 40 Widmer Road, Wappingers Falls, N.Y. 12590 (914)297-8626.

Joe Cormier on Commuting

(Continued from Page 6)

I happen to be fortunate enough to secure my bike indoors at the company where I work. Last year, I made arrangements to leave my bike in our company's shipping and receiving area. However this year, I've been parking it (would you believe) right in my office. It's always within sight, so I haven't used a lock in over a year now.

I usually arrive at work about a half hour before most other employees. So with my front wheel locked with a flick stand, I wheel my upright bike on its rear wheel into the elevator with ease. Upon arrival, my cotton T shirt is usually wet from perspiration. Having no shower available to me, I use moist towelettes. Then I change into dry underclothes and office work clothes. With a little help from a stick of deodorant, my co-workers find me quite presentable. So with a little determination, you can enjoy a wonderful aerobic exercise, not to mention the gas or "T" money you'll save.

(Next month Joe talks about the "Zzipper" he just got)

Spoonful of NutritionARE YOU BECOMING AN ABDOMINAL SNOWMAN ?

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

"Every winter I gain five pounds." -Does this common complaint sound familiar to you? Runner John McArdle reports "Eating becomes my alternative to exercising when the weather is icy and cold. I socialize by inviting my friends over for pizza and beer, instead of by meeting them for a training run. I continually add excess calories to my 'fat account' rather than burn them off." John is well aware that 500 extra calories each day - the amount in two pieces of pepperoni pizza - convert into one pound of extra fat in a week.

If you find yourself struggling with creeping obesity, here are some tips to help you prevent - or minimize - winter weight gain.

1. THINK THIN. THINK POSITIVE. If you think that you will gain weight this winter, then you probably will fulfill this prophecy. However, if you firmly tell yourself "This year, I'm going to maintain my weight." the chances are better that you will do so. Continually repeat in your mind "I'd rather be thinner than eat." Remember that munching on chocolate chip cookies may seem like short-term pleasure, but it's really long-term punishment. Cyclist Martha Thompson says "If I loose control and pig-out at night, the next morning I wake up feeling fat and disgusted with myself. I mentally punish myself all day ... what a drain on my energy." By thinking thin and acknowledging that you'll feel better about yourself if you don't over-eat, you'll invest in both a lighter body and a happier mind.
2. MAKE A MENTAL EATING PLAN suggests skater Jean Leach. "Every morning before I get out of bed, I plan my day's eating. This is particularly helpful when I know that I'll be at a business luncheon, eating dinner with some friends, or going to a party. I anticipate what types and how much food will be available; I make a bargain with myself concerning the amount I want to eat. This gives me better control. Otherwise, the food seems to control me ... and I stuff it in as though it's my last chance to ever eat."
3. STAY AWAY FROM EASILY ACCESSIBLE FOODS. Runner Jane Wilcox realizes "When food is within eye-sight and easy reach, I find myself eating ... even though I'm not hungry. I used to read the newspaper in the kitchen. I inevitably ended up snacking on a banana, some crackers, a piece of toast ... whatever was readily available. Now I read in the living room. The food is out of sight and out of mind. I don't even miss it.
"When I go to a party, I socialize away from the buffet table, and stay out of reach of the appetizers. I fold my hands to keep them "busy". Otherwise, they seem to wander into the peanut jar."

The above anecdotes point out that controlling your weight is mostly a mind-game. We frequently eat not because we're hungry, but for other reasons - we're bored, depressed, stressed, excited. I suggest that you tune into why you are eating and start thinking thin. Stop yourself from becoming an abdominal snowman.

*** *** *** *** ***

Nancy Clark is a registered dietitian with additional training in exercise physiology. She counsels both casual and competitive athletes at Sports Medicine Resource, Inc. in Brookline, MA. She helps them lose weight and optimize their diet.

Nancy is also the author of THE ATHLETE'S KITCHEN: A Nutrition Guide and Cookbook, published by CBI in Boston, 1981.

Bike Shop Discounts

CRW membership entitles you to various discounts in the following 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
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

For Sale

Italian Racing Jersey: small medium blue short sleeve with rainbow stripe trim on cuffs and collar \$15.

Detto Pietro Cycling Shoes: "Special 74" with adjustable cleats, size 11 \$20.

Padded Racing Saddle: black vinyl with steel rails \$6.

All of the above items are in excellent condition. For more information call Bill Sweetser at 244-8626 after 5 pm.

~~~~~  
For Sale: Early Winters Pocket Hotel. Used only four times. Completely seam sealed. Asking \$100. Contact Nancy Tichanuk, 862-4174.

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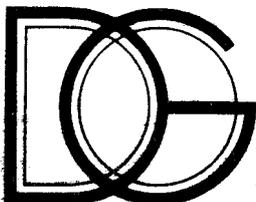
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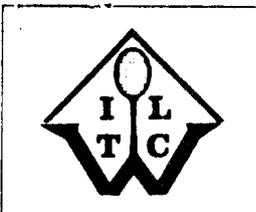
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