



CALENDAR



Rides, Meetings, and Other Events

This month's calendar not only includes CRW's traditional frostbite rides, but also a regular board meeting and a winter club meeting. On all the frostbite rides this month, parking and places to keep warm and to get something warm to eat and drink, are available close to all starting points. Don't let the winter weather get you down - come and join in the fun.

JANUARY 30, SATURDAY

"Cross-Country Ski Day Trip"

As mentioned in last month's Wheelpeople 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!

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: As was mentioned last month, Dick Lewis, 236-3634 (days); 641-1066 (evenings), should have been contacted no later than Monday, January 24 to indicate that you are going, so he could inform the Woodbound Inn how many people to be prepared for. For those who haven't RSVPed and still want to go, give Dick a call to see if it is still possible.

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.

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 2, 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, get involved in club activities. Board meetings are open to all CRW members.

FEBRUARY 7, SUNDAY 10:30 am

"Show & Go - Frostbite Ride"

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

FEBRUARY 14, SUNDAY 10:30 am

"Show and Go - Frostbite Ride"

Starting point: Dedham Plaza, on Route 1, one mile north of Dedham Exit off Route 128.

FEBRUARY 21, SUNDAY 10:30 am

"Show and Go - Frostbite Ride"

Starting point: Cambridge Common, intersection of Massachusetts Avenue and Common Street.

FEBRUARY 25, THURSDAY 7:30 pm
"Club Meeting - Winter Bike Maintenance"

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

Mike McGarr will talk about winter bicycle maintenance. So come and find out more about your bike from one of Boston's top notch bike mechanics at February's Winter Club Meeting.

FEBRUARY 28, SUNDAY 10:30 am
"Show and Go - Frostbite Ride"

Starting point: Newton Center,
intersection of Beacon and Center Streets.

MARCH 7, SUNDAY 10:30 am
"Show and Go - Frostbite Ride"

Starting point: Concord Center, on the
Green.

Board Notes & Other News

Questionnaire by Jill Eiseman

Due to a shortage, when questionnaires were mailed out last month, family memberships were only sent one copy. Some family memberships xeroxed their copy and sent back two. Additional copies of the questionnaire are now available, so if anyone has not filled out a questionnaire and needs one, please call Jill Eiseman, 641-1066, and she will mail you one. Response has been good, but we need to here from all of you. So if you haven't mailed in your questionnaire yet, please do so. The deadline has been extended to February 15, 1982. So fill out your questionnaire and send it in today!

Hot Drinks While Riding by John Kane

If you'd like to take a hot drink along on your winter rides but have found your regular water bottle gives up heat too quickly, keep your eyes open for a Thermos brand #2284. This vacuum bottle holds a pint, just a few ounces less than my plastic water bottle. It has a ribbed aluminum exterior and will fit a TA bottle cage if the cage is bent just a little bit. The ribbing on the sides helps the plastic lip on the bottle cage grip the vacuum bottle. This bottle is quite a bit taller than a standard water bottle so some folks may have to move the cage down the tube.

About the only drawback is that the vacuum bottle is glass lined so make sure you don't drop it. You also cannot drink from it while riding, as it has a screw off top, but it also has a cup so you won't burn your lips when you do pour a drink.

I've used one with success and it has kept coffee hot all day. This has been available in supermarkets so you may not have to look too hard. I last bought one about two years ago so I assume it is still on the market.

Graphic Coordinator Needed

The CRW Wheelpeople, the club's newsletter, has been expanding its format to include more variety and to be easier to read. Graphics, such as cartoons, drawings, and photographs spark up the newsletter. To expand in this area the Wheelpeople is seeking a volunteer for a graphic coordinator position. The job, which will take around 10 hours a month, entails such activities as illustrating articles, cartoons, designing ads, headline design, and photography. Anyone who has skills and interests in this position please contact Wheelpeople editor Jeffery Luxenberg at 254-3318.

Editor's Corner

"New Year's Day 1982"

The weather on New Year's day was perfect for bicycling - absolutely pouring rain and 40 degrees. Despite the weather, twelve hearty souls showed up at the Boston Common for CRW's traditional New Year's Day frostbite ride.

The day was eventful to say the least. Jim Boyd, News Center 5 reporter, showed up (without a bike but with a film crew) in search of what people were doing on the first day of the new year. He filmed us both at the start and on the ride, although the footage was greatly shortened as it was fit into the six o'clock news.

New Year's Day was not my day however. Just after the start I got a flat. After fixing it and meeting back up with the group a little ways ahead, I got a second flat. Wet tires really attract glass. Two other riders got flats that day, and believe it or not, when I got home I had a third flat.

Given the weather and the flats, comradierre was the word of the day as the group stayed pretty much together as we bicycled through the streets of downtown Boston. I thank everyone for their patience as they waited while I changed my flats and especially to Barry Fricks for helping change the tubes quickly. We stopped at Quincy Market and had lunch on the steps under the rotunda where we could stay warm but still watch our bikes. I think we spent more time at lunch, than we did riding that day.

Although it was not one of our longest rides (only 6 miles) it was a lot of fun. Winter rides offer a great chance to ride with CRW members since the group stays pretty much together and is fairly social as members conquer cold temperatures and other bad weather conditions. So come out, join us for the winter rides!

The twelve hearty souls that came out for this year's New Year's Day ride were Dick Buck, Paul Grimes, Barry Fricks, John Kane, Joan Klappert, Richard Kline, Tom

Kerr, Walter McNeil, Nancy Peacock, Ed Trumbull, and your beloved editor. Cutler West also joined us at the start to wish us well.

Although John Allen was not with us on the New Year's Day ride, John reports he took a ride earlier that day. In fact, he was riding his bicycle at the moment that the old year gave way to the new, on his way home from the First Night celebration in Boston. "I couldn't think of any better way to celebrate," says John. He reports that the streets were nearly empty at midnight, as almost everyone else had stopped to celebrate in other ways. He had, however, seen a considerable number of other cyclists mixing in the downtown traffic earlier in the evening. I myself even watched part of the First Night parade as I bicycled home from work on New Year's Eve.

My mailbox was very full in 1981, but I want to see it stuffed in 1982. Keep those articles, stories, and other information coming in. Materials for publication must be in the Editor's hands by the 12th of the month before the issue for which it will appear. Send all material to:

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

Jeffery A. Luxenberg

MARATHON SPORTS



1654 Mass. Ave.
Cambridge
617 354-4161

FEATURING
FOOTWEAR BY
Saucony
New Balance
Adidas
Brooks
Etonic
Nike

NOW CARRYING
BATA WINTOUR AT \$32!

Total 1981 Club Mileage

Statistics for Club as a Whole

TO 100 m (x100)

	Top 5 Members	Top 10 Members	Total Club Mileage
Mileage This Year (1981)	66,611 $\mu = 10530$	105,235 $\mu = 10523.5$	301,051
Mileage Last Year (1980)	57,821 $\sigma = 4051$	89,532 $\sigma = 4062$	126,749
Percent Change	+15%	+18%	+135%

The Top Ten *R = Random #10 $\mu = 4280$ $\sigma = 2464$*

Name	Ranking		Mileage		Percent Change
	1981	1980	1981	1980	
John Latva $\Sigma =$	1	1	20,016	22,085	- 9%
Joe Cormier	2	4	13,459	8,403	+60%
Peter Reagan	3	NR	12,025	--	--
Jerry Campbell	4	2	11,042	11,525	- 4%
Ed Trumbull	5	10	10,068	5,832	+73%
Dick Buck	6	3	9,816	8,637	+14%
John Vanderpool	7	NR	8,489	--	--
Don Blake	8	NR	7,150	--	--
Rob Greene	9	5	6,611	7,171	- 8%
Doug MacDonald	10	7	6,559	6,391	+ 3%

All the Others:

Debbie Fricks	3114
Eric Newman	R 3078
Barry Fricks	3071R
Vic Crane	R 3048
Bruce Wisentaner	3006
Paul Bowser	2878
Linda Harvey (2)	R 2850
Andy McCormick	2713
Eva Casey	2517
Dick Lewis	2506
Jill Eiseman	R 2220
Patty Kirkpatrick	1966
Mike Hooning	1962
Mike Hanaver	1690
Gregory Smith	1557
John Kagan	R 1396
Bea Forman	1134
Ann Fritz	1097
John Springfield	1080
Dave Brahmer (1)	942
Connie Lapointe	887
Barbara Audin	680
Rosalie Blum (1)	489
21 members lost but not forgotten $\Sigma = 27640$	
Howard Moore (1931: 5700)	1053

TO 100 m (x100)
 $\mu = 4532.8$
 $\sigma = 3434$

$\mu = 4532.5$
 $\sigma = 3434$
 $\sigma^2 = 11,595,232$

19 John Kane $\Sigma = 1.518$ 93% tile

40% tile

μ

90% tile = 1.28

(1) Thru October (2) Thru November
(Mileage continued on page 5)

Member Experiences...

My 1981 Bicycle Trip by John Vanderpoel

This year I made the longest single bicycle trip of my life, and in the short space of 37 days. This happened safely with the help of God, a number of his Pastors, numerous police officers, and uncounted numbers of wonderful people. The whole trip involved just under 3400 miles riding a bicycle weighing 72 pounds when loaded with bedding, spare clothes, and tools. The most troublesome aspect of the trip was frequent puncturing of the tires by thorns in Kansas and Nebraska. This happened over a dozen times (seven times in one 24 hour period) and was added to a glass and a wire puncture. I experienced many periods of rain with a number involving thunder and lightning. Most of these were a pleasure as they reduce the heat and therefore the need for water.

I spent far the greatest amount of my time on two roads, travelling exclusively from western Ohio to Colorado Springs on US Route 24, and using US Route 30 from Cheyenne virtually into Chicago except for a short mandatory detour in Nebraska.

Indiana clearly had the worst road with jarring joints in the concrete and no rideable shoulder, while Nebraska had the best with nine foot wide asphalt shoulders which frequently had a more pleasant riding surface than the highway itself.

While I have spent quite a bit of time on "things" above, it is really the people I

met that I will remember the longest with their many instances of kindness, generosity, and hospitality to me. Their friendship is a treasure to me even though (unfortunately) I am unlikely to see most of them again.

Carrying a very light tent and fly, I slept in back of 18 ministers' houses and one police Sergeant's. I also visited the homes of three friends, two Air Force bases and a number of motels. Between Cheyenne and Chicago, I paralleled the route of Thomas Stevens who was the first to ride across the US and on around the world. I was within a couple hundred yards of his actual route since he used the railroad right of way, and this has not changed in 97 years.

////////////////////////////////////

1981 MILEAGE

(Continued from page 4)

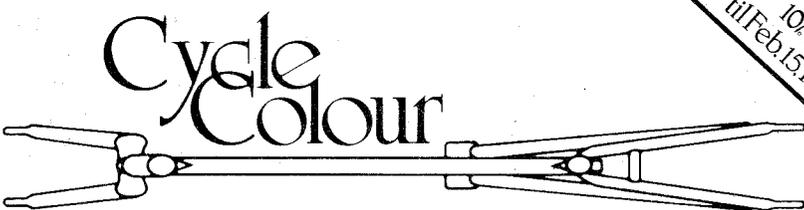
As Mel Allen used to say "How about that sports fans?"

Well, it has been a great year. Congratulations to each and every one of you.

If you are willing to send me your miles, I sure would enjoy compiling them. So what do you say? Let's do it again for 1982. We beat our goal this year of 250,000 miles, would you believe 500,000 for 1982?

Mail your mileage by the fifth of the month to Ed Trumbull, 19 Chase Avenue, West Newton, MA 02165 or call 332-8546.

--Ed Trumbull
Mileage Coordinator



Cycle Colour

Professional Bicycle Refinishing
Repairs • Braze-ons • Restorations

for price list and colour chart send S.A.S.E to
344 Rindge Avenue Cambridge, Massachusetts 02140 (617)354-7366

10% off
till Feb. 15, 1982

What's a Zipper? Well, those of you who have seen the December issue of Bicycling magazine should be familiar with this new bike fairing. The manufacture claims that users will experience a 20% drag reduction. Another claim which interested me, was that one would have some protection from cold winds. I thought that if this were true, one could bike year around in relative comfort. So I decided to give it a try. I'm not in the habit of pushing commercial products, but when I absolutely get excited about one, I feel I must share my experiences. I've been using this fairing for about two weeks and it has surpassed all my expectations.

I commute by bicycle to work all year around except during the winter time. Last year I quit at the end of the second week of October. As you all know, the temperatures in the last two weeks of November 1981, were below normal. At six thirty in the morning when I left the house for work, the average temperature was 28°F. It was also very windy, which put the chill temperature factor in the teens. These were the conditions in which my fairing proved to be worth it's weight in gold. I was dressed warmly enough for even 20°F one morning when I left for work. The only exposed flesh was my face which was protected by this fairing. At the speed I was traveling, all I had to do to find out how really cold it was, was to stick my head up above the fairing. I can assure you it didn't stay there too long. Even my gloved hands were much warmer behind this protective shield. It also does a good job in taming those strong head winds. If you've got a tail wind, you'll really fly. Last weekend, I ran into some strong cross winds (25 to 30mph) and the handling got a little tricky. Everything considered, I am very pleased with it. Its now December, and I'm still commuting via bike. You'll be seeing me with the Zipper on some of our upcoming frostbite rides.

Rollers are almost always synonymous with the winter months. Those who wish to stay in shape throughout the winter, will usually turn to a stationary exercise bike or ride their regular bike on a set of rollers. A couple of years ago, I tried a set of rollers with no success. At the time, I couldn't find any written material on the subject, nor did I know anyone who could instruct me. Disappointed, I returned the rollers and settled for a stationary exercise bike. After a couple of months exercising in this way, I soon became bored and looked into a set of rollers again. This time I acquired a different type and with some persistence, I finally mastered them. Rollers are far more challenging than a stationary bike unit and a great deal more fun. My present set up at home now incorporates an old black and white T. V. set and a fan placed in front of the rollers. I also have a Pacer 2000H on my bike which will monitor my exercise progress. I do twenty minutes in the morning before my bike commute to work. On cold mornings, it helps the blood circulation, therefore one doesn't feel cold when starting out. When bike traction falls to zero, (like snow and sleet storms) I do twenty minutes in the morning, twenty minutes at noon and twenty minutes at night. So when I have to use my car for commute, I'll do an hour a day on rollers. I keep an extra set of rollers at work so I can exercise during my lunch break. My noontime roller workout has attracted a number of my co workers who are showing interest. The news is fast circulating throughout the plant and everyday I have a new audience. Bike rollers are new to most non bikers, and it fascinates them. Little did I realize that I've become a one man bicycling crusader at work. Before the winter is over, I should have converted a few more people toward biking.

(Next month Joe talks about reducing injury in a bicycle crash)

Spoonful of NutritionBE A SMART LOSER!

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

"As an athlete, I feel best when I eat carbohydrates for energy. But as a weight-watcher how can I eat carbohydrates and not get fat?" This dietary conflict frustrates many weight conscious athletes. You recognize that carbohydrates are the best fuel for your muscles, since only carbohydrates are readily converted into glycogen. With depleted glycogen stores, your muscles feel tired and your training suffers.

Yet, carbohydrates are reputed to be "fattening". Drs. Atkins and Stillman have brainwashed Americans to believe that carbohydrates are forbidden foods for weight-watchers; that a high protein diet is the key to successful weight loss. Contrary to this popular belief, carbohydrates are NOT fattening. FATS are fattening. Carbohydrates actually have fewer calories than protein or fat foods. For example:

1 slice bread	=	80 calories	$\frac{1}{2}$ cup mashed potato	=	90 calories
2 Tbsp. peanut butter	=	190 calories	$\frac{1}{2}$ cup cottage cheese	=	120 calories

Weight for weight, carbohydrates have half the calories of fats. One gram of carbohydrate has four calories; one gram of fat has nine. Protein has four calories per gram, however most protein foods contain fat, such as the oil in peanut butter, cream in cheese, grease in hamburger. Hence, most high protein diets are actually high fat/ high calorie diets. If the popular myth were true that a high protein diet promotes weight loss, then the Eskimos - who live on fish and blubber - would have wasted away years ago!

The main reason why dieters (and carbohydrate-loaders during the depletion phase) lose weight when you eat primarily protein foods is that you take in less calories than usual. Instead of having eggs and buttered toast for breakfast, you have just eggs - and eat 300 fewer calories. At dinner, instead of having fish and baked potato smothered with soured cream, you have just fish. You may be eliminating carbohydrate foods, but the main factor is that you are eliminating the fattening fats - the butter, soured cream, gravy, mayonnaise, etc. .

As an athlete, your muscles need carbohydrates for energy. Breads, cereals, muffins, rice, noodles, fruits, and vegetables are an important - and nutritious - part of your reduction diet. I recommend that you eat carbohydrate foods with each meal, but carefully monitor the fat foods. For example:

At breakfast, have cereal with low-fat milk, instead of fried eggs and greasy bacon.
At lunch, choose a sliced turkey sandwich, instead of tuna soggy with mayonnaise.
At dinner, enjoy chicken (without the skin), potato (hold the gravy), vegetables and bread (unbuttered), and salad (go lightly with the dressing).

You'll be able to enjoy the foods you like - even though you are "on a diet" - and fuel your muscles ... but you will eliminate those hidden FATTening calories.



51 Harvard Ave., Allston, MA 02134



SALE

WINTER
INVENTORY
REDUCTION

Bike Shop Discounts For Sale

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

- Ace Wheelworks, 2044 Mass. Ave.,
Cambridge 876-8200
- Belmont Wheelworks, 480 Trapello Road,
Belmont 489-3577
- 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

CRW member looking for a home: John Allen has to move on or about April 15, and is looking for: preferably a roommate situation, monthly expenses \$250 or less; storage and workspace for his bicycles; location Allston-Cambridge-Brookline-Somerville. Call John Allen, 628-5816.

For Sale: Sutherland's Handbook for Bicycle Mechanics -- 3rd (new edition). Pre-publication copy, in looseleaf binder, with co-author's corrections which you won't find in the published version! \$15 (normally \$28). Call John Allen, 628-5816.



PETER MOONEY
CUSTOM RACING AND
TOURING FRAMES



WHEELWORKS

MYSTIC VALLEY 617-729-0425
889 Main Street Winchester, Massachusetts 01890

ACE 617-876-8200
2044 Massachusetts Avenue Cambridge Massachusetts 02140

NEW WHEELWORKS STORE OPENING!

Belmont Wheelworks
480 Trapello Road
Belmont
(Waverly Square)
489-3577
10% Discount to CRW Members

BICYCLES & CROSS COUNTRY SKIS
SALES • SERVICE ACCESSORIES • CLOTHING

Custom Wheel Specialists

No MasterCard or Visa on Club Discounts. Please.



HARRIS

CYCLERY

NEWTON'S OLDEST RALEIGH DEALER

RAMPAR - FUJI - UNIVEGA

Columbus

AUTHORIZED
SALES • SERVICE
PARTS • ACCESSORIES

244-1040

1294 Washington St., WEST NEWTON
(Near West Newton Cinema Rt 16)

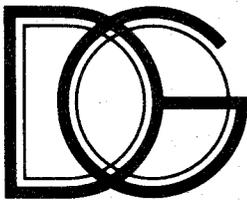
FULL ASSEMBLY INCLUDES
KICK STAND & REFLECTORS
PLUS ONE YEAR SERVICE
WE REPAIR ALL MAKES




BICYCLES & MOPEDS

Members Business Directory

The Wheelpeople Business Directory allows CRW members to have their business cards printed for 6 months for only \$10. Send your business card, with a \$10 check payable to CRW, to:
 Jeff Luxenberg
 CRW Wheelpeople
 19 Sparhawk St.
 Brighton, MA 02135



ENTERPRISES

Toilets Water & Energy Conservation Faucets

35 Payson Road
 Belmont, MA 02178
 (617) 489-3141

DEBRA GLASSMAN

Showers



SPORTS MEDICINE RESOURCE, INC.

SPORTS NUTRITION ASSOCIATES

830 BOYLSTON STREET, BROOKLINE, MA 02167

NANCY CLARK, R.D., M.S.
 NUTRITION COUNSELING

TELEPHONE
 739-2003



Enjoy Piano Lessons:
 At your home. All ages.
 Beginners-Advanced.

Bruce Lewis

PIANIST

(617) 965-3000
 899-6680

Nadine Krasnow Real Estate, Inc.

26 Annawan Road Waban, MA 02168
 634 Commonwealth Avenue Newton Centre, MA 02159

(617) 244-8228

ALAN S. BARKIN

ATTORNEY AT LAW

26B PEABODY ST.
 NEWTON, MASS. 02158

TELEPHONE
 OFFICE 969-4590
 HOME 527-2714

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

All Your Printing Needs



Moonlight Printing Co.

Catering to the Small Business Man

Ken Dempsey
 1-238-4291



WINCHESTER INDOOR TENNIS CENTER

41 EAST STREET
 WINCHESTER, MASS. 01890
 TEL (617) 729-4040

Lloyd H. Thomas, Jr.
 USPTA
 Head Tennis Professional

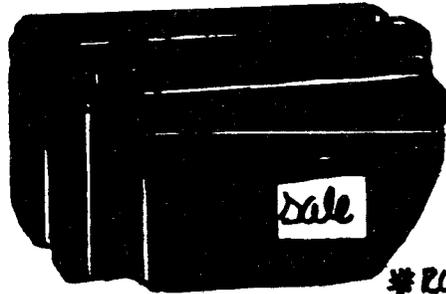
the bicycle exchange

3 BOW ST. HARVARD SQUARE

864-1300

OPEN: TU, WE, FR, SA 9-6 - TH 9-8

TOUR PACK
20% OFF
QUANTITIES LIMITED



SALE!

ALL PANNIERS, SEATPACKS
& HANDLE BAR BAGS NOW IN STOCK.

*ROLLER RACING EVERY THURSDAY
AT 6 PM. ALL WELCOME. DETAILS 864-1306

BICYCLE EXCHANGE BARGAIN SHEET

PRO EQUIPMENT AT CLEARANCE PRICES!

QUANTITY ITEM/DESCRIPTION SALE PRICE

QUANTITY	ITEM/DESCRIPTION	SALE PRICE
	<u>Zeus</u>	
1pr.	2000 hubs, 6-sp., British, 36H	\$ 105.00
1pr.	2000 road pedals, British	105.00
1	2000 crankset, British, titanium bb, 170mm - 42/52	200.00
1	2000 headset, British	32.00
5	2000 saddles	19.95
	<u>Galli</u>	
1pr.	Criterion hubs, sf, 6-sp., 36H	35.00
1pr.	Criterion road pedals, British	35.00
	<u>Campagnolo</u>	
1	Super Record bottom bracket, complete, French	125.00
1	Super Record, 50T track chainring, 1/2 x 1/8, fits road crank	39.95
1	Super Record brake calipers, short-reach, milled out by Guerciotti	79.95
	<u>Shimano</u>	
1	DuraAce EX crankset with British bb and DynaDrive pedals	199.95
2	Mavic sealed bearing bottom brackets, 1 French, 1 Italian	39.00
1	Stronglight titanium sealed bearing bottom bracket, Italian	39.00
1	Modolo Professional brakeset, black	99.00
	<u>SELLE ITALIA/AVOCET</u>	
1	Super Leggeri saddle (same as Avocet RIII)	25.00

COST PLUS 10% ON MANY SPECIALIZED TUBULARS - LOTS OF 300 and 270 BUTYL, ALSO 220 LATEX.

2 pr	Ambrosio Crono Durex rims, 36H	45.00ea. 79.00pr.
6	Mavic AR10 tubular rims, 36H	18.95ea.
6	Mavic GP4 tubular rims, 36H	35.00ea. 60.00pr.
6	Simplex LJ5000T rear derailleurs	49.95
1	Specialized bar and stem (10cm), bar is like Cinelli 65	20.00
many	Barum G9 Kriterium tubulars, mat tread, 240g.	29.95
2	Avocet model 2 bottom brackets, triple, 1 French, 1 Italian	35.00
1 set	Road/Time-Trial wheels: Ambrosio Crono Currex rims, 36H, Alpha aerodynamic elliptical spokes, Cycle Pro/Miche, small flange hubs	159.95

Regular CRW discount of 10% still applies to all clearance sale items except Specialized tubulars. Present your current membership card before sale is rung-in for your club discount! CRW discount does not apply to touring pack sale. Prices apply only to items now in stock. All items subject to prior sale.