



CALENDAR



Rides, Meetings, and Other Events

As spring hopefully reaches Boston this month, the Frostbite rides end and the regular riding season begins. Other activities this month includes the regular CRW Board meeting, where plans for Bike Month will be discussed, and a winter club meeting. Don't let winter keep you cooped up. Come out and join the fun. Especially make an effort to come out for the first ride of the regular organized rides program on March 28. From the end of March until Thanksgiving, the CRW has officially led rides with planned and arrowed routes of varying distances. Some rides are followed by social events. The club encourages people with all abilities to ride with us.

As every year, ride leaders are needed. Those who ride with the club but have never taken the opportunity to be a leader are especially encouraged to lead a ride this year. Both leaders and co-leaders are needed, so you do not have to be an expert. If you want to offer to lead a ride or if you have any suggestions for the rides program, contact Debra Glassman, Vice President of Rides, 489-3141.

MARCH 2, TUESDAY 7:30 pm
"CRW Monthly Board Meeting"

The Board meets 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 this month and help plan activities for this May's "Bike Month". Board meetings are open to all CRW members.

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

Starting point: Concord Center, on the Green.

MARCH 14, SUNDAY 10:30 am
"Show and Go - Frostbite Ride"

Starting point: Natick Common, Route 27 and Route 135.

MARCH 18, THURSDAY 7:30 pm
"March Club Meeting - CRW Home Movies"

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

Paul McDonald will amuse us with selected reels of film shot at some CRW Rides, GEAR, and other bicycling events, four or five years ago. Come, watch the hilarious antics.

MARCH 21, SUNDAY 10:30 am
"Show and Go - Frostbite Ride"

Starting point: Arlington Town Hall, near intersection of Massachusetts Avenue and Route 60.

MARCH 28, SUNDAY 10:30 am 20 & 35
mile loops
"Regular Ride Season Begins"

Starting point: Ballfield at Cleveland Circle, Beacon Street and Chestnut Hill Avenue, Brighton.

Come out for the first organized ride of the season, through Newton, Dover, Needham, Dedham, and Natick. The two loops of 20 and 35 miles will lead you through picturesque and mostly traffic-free country. Lunch will be a Dover Center. Bring your own or buy it at the small store in Dover Center. Call the leaders, Debra Glassman and Mark Roseman, 489-3141, with any questions.

APRIL 4, SUNDAY 10:30 am 27 and 42
mile loops
 "Regular Ride"

Starting point: South Natick Dam (Route 16 and Pleasant Street). Please park on Pleasant Street.

The second ride of the season traverses gently rolling terrain through Dover, Sherborn, Medfield, and Millis. For lunch bring your own or buy it at a nearby store. The leaders are: Sam Johnson and Birdy Ellsmore, 655-8774.

From The President

Dear Fellow Cyclists,

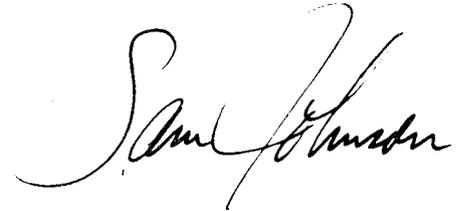
You may have noticed on the last page of the February American Wheelman that the League is raising annual dues effective April 1 to \$18 from \$15 for individuals and to \$24 from \$20 for family memberships. As a 100% chapter club (all CRW members are also LAW members), we receive a 20% rebate from the League. In addition, the CRW has historically maintained an annual dues structure that provides us with a two dollar differential between CRW and LAW annual dues. The LAW rebate and the two dollar differential provide the vast majority of the club's annual income enabling us to cover the publication and mailing cost of the monthly Wheelpeople and our other expenses.

In order to assure the maintenance of sufficient income to pay the costs to operate the CRW and to provide funds to support new programs, the Board of Directors voted at its January meeting to maintain the two dollar differential and thus increase CRW annual dues to \$20 for individuals and \$26 for family memberships, effective April 1. This decision was made reluctantly but with the realization that action had to be taken.

If you wish to renew your CRW and, therefore, LAW 1982 membership early at current rates, please mail a check to Rosalie Blum at 11 Humbolt Avenue, Burlington, MA 01803, prior to April 1. (Use the application blank that is on the inside of the front cover) Please

indicate on the check that its purpose is for early membership renewal.

The start of our 1982 rides program occurs this month. This has been a long and cold winter, and I am looking forward to putting away the indoor riding equipment and getting out on the roads again. Inclement weather and road conditions aside, I hope to see you all at our initial ride for the new year on February 26. What better way to celebrate the start of spring, renew acquaintances and have fun.



Wind Racing

by R C Cormier

Donning Winged Sandles

Anticipating the soaring feeling;
 Testing out a metallic steed, who's
 Trips send senses reeling.

Checking over and carefully
 Removing any stray briar;
 The day begins and is bright
 For the cloud flyer.

Eons pass in seconds and light
 Years are run down;
 Distances inhabitants never imagined
 They held in their town.

A separate reality joining body
 And joining soul;
 Together, wind racing, they fly to
 Where ever a thought can go.

Running down memories, thoughts
 And dreams;
 The mind, windchasing, treks more
 Than body, it seems

Rubber wizened to the the road, watches
 Winter turn to spring;
 All of Pegasas' feats done by
 A man and his machine.

Ride On!

Editor's Corner

The winter rides have received great support this year. Rides have ranged from the cold and snowy January 10 ride where five hearty (crazy) souls braved 10 degree temperatures and 30 mph winds to the February 7 ride which had 31 people show up, when, although it was sunny and there was no snow on the road, the temperature was only 20 degrees. For those of you who haven't made it out for a frostbite ride this season, come on out and join the fun. This is your chance to get ready for the regular ride season which starts March 28.

With all the interesting material being sent in I've added a few pages to this month's Wheelpeople. To help in producing this expanded newsletter, I am still looking for a Graphic Coordinator (See Notice on Page 9). So if you fit the bill, please volunteer for this prestigious position.

I would like to thank Joe Cormier for providing sufficient copies of the LAW 1982 Mileage Chart so that they could be included with this month's Wheelpeople. With this nifty little chart, there is no excuse for all you members not keeping track of your mileage. Keep your mileage coming in! Who knows, this year the club may hit a half of million miles reported.

- Jeffrey A. Lidenberg



The January 10th ride brought out five hearty souls including Chris, Walter, John, Jeffery, and Barry (not pictured), who braved a temperature of 10 degrees, 30 mph winds, and drifting snow.

Photo by Barry Fricks



Thirty-one riders showed up February 7th in 20 degree weather for the Frostbite ride at the Lexington Green.

Photo by Joe Cormier



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Editor's hands by the 12th of the month before the issue for which it will appear. Send material to:

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

Dear Editor:

- 1) How about a CRW canoe trip? I believe there are several nearby places that we could cycle to and rent canoes. Finding a locale where we can safely lock bikes is important. Has this idea been brought up before?
- 2) I want to compose a bike trip around the south shore that includes the Blue Hills area, Squantum, and World's End Reservation in Hingham. These are wonderful places, but the roads I know that connect them have heavy traffic. Does anyone reading this know some good low-volume roads that connect these places?
- 3) Has anyone reading this had experience persuading their company to provide bicycle parking? I must persuade my company to do that and could use some empirical advice.
- 4) I'm planning a one week trip across Massachusetts along the Connecticut border. I'm interested in finding a companion strong enough to pedal 50 miles per day over hills on a loaded bike, yet lazy enough to wait while I stop and take pictures and enjoy the view. All my plans are fluid at this time, but I must see Bash-Bish Falls. If interested call me at 783-9258.

-Bruce Wisentaner

All members should feel free to use this column as a medium for exchanging information. Keep the letters, articles, stories, and other material coming in. Material for publication must be in the

Mileage

The following are mileage totals for 1982 for CRW members through the end of January.

John Latva	770
Marty Walls	461
Dick Buck	407
Greg Lenhart	295
Ed Trumbull	282
Emile Bielawa	177
Joe Cormier	163
Water McNeil	143
Jeffery Luxenberg	126
John Kane	119
Barry Fricks	115
John Gregory	103
Francine Sparks	71
Jacek "Rudy" Rudowski	69
Osman Isvan	64
Paul Foley	52
Debbie Luxenberg	28
Bruce Wisentaner	27
Eva Casey	16

It's like they say "from little acorns mighty oaks grow" or however the expression goes.

So this is the start of what I predict will be our best year yet. Let me hear from you. Mail in 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

Notices

Cycling Skills Course: "The Bicycle as Transportation" will be given at the Cambridge Center for Adult Education Tuesdays at 6:45 pm beginning March 30. Stress will be on traffic-safe Effective Cycling skills, with on-road sessions; also, weather, load-carrying, parking, and other challenges of practical cycling. Instructors: John Allen, Beth Emery, Rudy Rudowski. Cost about \$45. Sign up with the Cambridge Center.

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Weight Reduction While Training Workshop: For active people who want to shape up for spring, this workshop will focus on ways to help you lose weight and still maintain your energy for training. Topics include calorie needs, caloric expenditure during exercise, and realistic weight loss plans. The workshop will be held Tuesday March 16, 7:00 - 9:00 at Room 205, Sports Medicine Resource, Inc., 830 Boylston Street (Route 9), Chestnut Hill, MA 02167. The cost is \$4. For more information and to pre-register call Nancy Clark, 739-2003.

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Ride Painter Recognition: Every year Ride Leaders are recognized at CRW's Annual Banquet in April. This year recognition will also be extended to those members who have assisted Ride Leaders in helping paint arrows on the route. If you know of route painters who were not also Ride Leaders, inform John Kane, 266 Fellsway West, Medford, MA 02155.

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Help Plan Bike Month Activities: Last year's Bike Month was extremely successful. This May will again be Bike Month, and is hoped to be even better than last year. Volunteers and suggestions are needed to plan activities. Come to the Board meeting March 2 to present your ideas or call Jill Eiseman, 641-1066 with your suggestions (preferably prior to the meeting).

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Graphic Coordinator Needed: As mentioned last month the Wheelpeople 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 still 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.

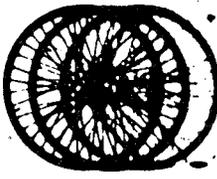
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GEAR-UP 1982



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

----- by Joe Cormier -----

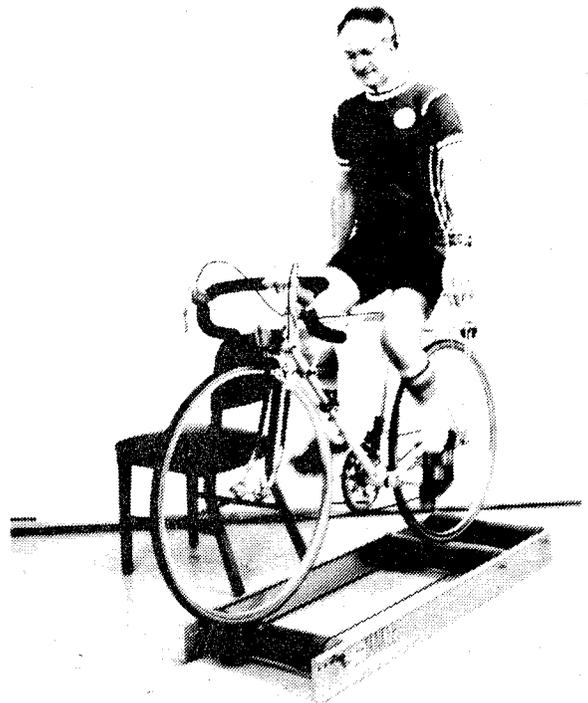
Crashes are not the most popular subject in bicycling and its usually the least talked about. I've read a number of books on bicycling, and I remember only one author who dared to discuss the subject. As a matter of fact, he devoted an entire chapter on how to survive in a bike accident. If one believes in the reported numbers of accidents in sports, bicycling will rank high on the list. Club riders have a far better accident free record than the less experienced general public riders. I've experienced several bike crashes in my past three years of bicycling. Its not something one should be proud of , unless successful survival skills were employed. I've had only one unavoidable crash which involved an automobile. I hit the front fender of a moving car which had cut me off unexpectedly. I flew over the hood of the car and landed in the middle of the road on my side. I quickly jumped to my feet slightly shaken with a couple of scratches and a bruised rib. The bicycle suffered a collapsed front wheel and a bent fork. Luck always plays a role in this type of collision. However, training for such an unexpected event as this is possible. Skiers are generally taught how to take a fall without sustaining injury. A simular practice could be employed for the bicyclist. Let the bicycle absorb the shock of the impact, while you fall in such a way that will reduce the chances of a major injury. You can replace a bicycle, but you can't do the same for your one and only precious body. I've learned a good deal from my accidents, but sometimes it can be an expensive lesson. All but a couple of my mishaps were my own fault. I think this is true of most bicyclists. Inexperience, poor judgement, carelessness and over confidence are all factors that plague the cyclist, particularly the new rider. There are those who have gone so long without getting a flat tire, that they become complacent. The same is true of those who have never experienced a crash. It may not be your fault, but that is little confort if you dont consider the possibility that it could happen to you. When you give it some thought, I think you'll agree that preperation isn't such a bad idea. I

always carry some first aid articles like bandaids etc, in my tool kit bag. I'll be prepared if one of my fellow bicyclists sustains a few minor cuts or scrapes, that is if I don't use them all up on myself first. The scratches on my helmet is proof enough for me that this is a must piece of safety equipment. Without it, this article might have been written from a hospital bed. I hope I didn't turn anybody off. I'm still biking and I think its still the world's greatest aerobic sport. Have a safe ride.

.....

Hey gang! look! no hands. Yes it is possible and lots of fun too. I first read about this feat in the December issue of Bicycling magazine in an article by Dan Henry. I shook my head and said to myself, I do well just to ride the rollers without falling off. Well then came that long cold, snowy and miserable month of January 1982. I scarcely got in just

(Continued on page 8)



Joe masters the art of riding rollers no handed!

Photo by Joe Cormier

Spoonful of NutritionYOGURT AND YOU ... WHAT'S YOUR NUTRITION I.Q.?

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

Yogurt is the perfect food for athletes - or so the advertisements lead you to believe. It's nutritious, convenient, a healthful snack. It's reputed to aid your digestion, help you lose weight, enhance your health, revitalize you after a race. With so much promotion of this "wonder food", you perhaps have become confused by all of the claims. What's your Yogurt I.Q.? - Try this true/false quiz.

1. TRUE or FALSE: Yogurt has less calories than milk?

False. Plain yogurt is made by simply adding bacteria to milk. Hence, a cup of yogurt has the same caloric value as a cup of milk. Some commercial yogurts have more calories, since many brands add extra powdered milk for a thicker, creamier product. For example -

Eight ounces of lowfat yogurt (fortified) has 150 calories.
Eight ounces of lowfat milk has 110 calories.

Naturally, whole milk yogurt has more calories than skim milk yogurt - 150 vs. 110. By reading the nutrition information on the yogurt container, you can determine what kind of yogurt you are buying and the amount of calories it provides. In general

Eight ounces whole milk yogurt (3.5% fat) has 150 calories, ie Columbo.
lowfat yogurt (1% fat, fortified) has 150 calories, ie. Dannon.
nonfat yogurt (0% fat, fortified) has 110 calories, ie. Columbo-lite.

When you eat flavored yogurt - beware! You are consuming lots of extra calories, primarily from sugar. Compare the difference: Dannon Plain - 150 calories per cup.

Lemon - 200
Blueberry - 245

2. TRUE or FALSE: If you break a bone, you should eat extra yogurt and dairy products to aid in the healing process?

False. Yogurt is an excellent source of calcium, a mineral that is important for building strong bones. However, eating calcium-rich yogurt will not make your bones heal faster. A broken bone needs more nutrients than just calcium to mend. For example, vitamins C and D, zinc, iron, and phosphorous are all involved in the healing process. If your body needs extra calcium, it will take it from other bone stores, such as your jaw or spine, and give priority to the broken bone. Time (six to eight weeks) and a daily balanced diet are two important keys to mending broken bones.

3. TRUE or FALSE: Since yogurt contains lactic acid - a cause of muscle fatigue - athletes should avoid yogurt before competition?

False. Although the yogurt bacteria do ferment the milk sugar lactose into lactic acid (which explains why yogurt loses its sweetness with age), this lactic acid has NO bearing on the amount of lactic acid in your muscles. The lactic acid from yogurt is further digested in your intestines. It does not accumulate in your blood or in your muscles.

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Nancy Clark, M.S.,R.D., nutritionist at Sports Medicine Resource, Inc. in Brookline, counsels both casual exercisers and competitive athletes. Her book THE ATHLETE'S KITCHEN: A Nutrition Guide and Cookbook (CBI, Boston 1981) answers the questions she is most commonly asked.

Traffic Pointer

by John S. Allen

Massachusetts' recently passed right turn on red law tends to confound many cyclists; but with proper intersection riding technique, this law is an advantage rather than a problem -- for cyclists as for all other drivers.

The important principle to remember -- and this applies whether or not a right turn on red is allowed at a particular intersection -- is to keep to the left of right turning traffic -- or at the very least, don't let right turning traffic get to the left of you. In a multilane intersection where the right lane becomes a designated right-turn-only lane, you belong in the next lane. Well before you get to the intersection, glance back, get the cooperation of the driver behind you, and change lanes. Sometimes a turn of the head is enough to notify the driver that you wish to merge left, but a straight-arm left turn signal is unmistakable and almost always acknowledged by the driver's slowing to allow you to cross the lane. Always glance back a second time too make sure the driver has made room for you.

On a multilane street where the right lane serves mostly right turning traffic but is not right turn only, change lanes to the left side of this lane before the intersection. Right-turning cars can usually pass you -- or sometimes you pass them. In any case, you achieve a conflict-free flow.

Streets where there is only one lane in your direction are a little more complicated. Usually, though, the space where parking ends before the corner allows enough room for cars to pass on your right to make a right turn, while you wait for the red light at the right side of the through traffic. It is usually possible to station yourself with enough finesse that cars can easily turn right but that the aggressive lawbreaker who pulls up on the right to go straight through, can't get past you. If a driver does go past you on the right -- well, think about it. Wouldn't you rather have a car passing you on the right to go straight, instead of one passing you on the left to turn right? Many cyclists hug the curb at intersections and get cut off by one right-turning

car after another. And some get into accidents this way. Don't let it be you!

Remember -- right-turn on red means you can turn right legally on red, too. That's the advantage.

Cormier on Rollers

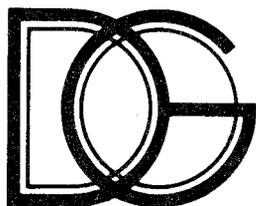
(Continued from page 6)

a few days of winter biking, then it was back to the rollers. January was definately a roller month in my book. I hadn't intended to do a follow up article on rollers, but after succeeding with no hands riding, I had to... O.K. show off. It brought out the boy in me again, and at my age, that's really bragging. Well, while spinning away one day, I thought about Henry's article again. So I decided to give it a try. Wham..O, you guessed it, off the rollers I went. However, I did succeed for a few seconds before going off. By the end of my regular roller secession, I had accomplished five seconds with no hands. The following day, I returned full of enthusiasm for another try. I found that the higher your cadence, the easier it will be to accomplish this feat. I average between 75 and 80. Balancing with no hands is slightly different than with hands on the handle bars. Your weight is concentrated on the rear rollers. Your back is straight like the old high wheeler's position. I also found that I was using a different set of muscles. A slight ache of the buttock muscles told me that. Arms along the side or folded seems to be my best posture for good balance. The tricky part comes when you resume hands on the handle bars again position. You shift your balance point at this time. But with practice, you can achieve a smooth transfer. Its a new and exciting challenge for me and eliminate any boredom one might associate with roller riding. My co-workers are now accustomed to seeing me perform this latest feat, equipped with my new stereo headset and pocket FM radio.

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
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19 Sparhawk St.
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