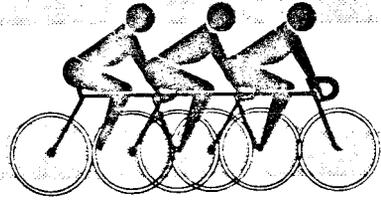


# WHEEL PEOPLE



Charles River Wheelmen

Volume XI Number 8

August, 1982



## CALENDAR



### Rides, Meetings, and Other Events

AUGUST 1, SUNDAY 9:30 am 55 and 75 mile  
10:30 am 25 and 45 mile

Starting point: Weston Town Green

The ride leader, Mark Lamkin, 877-4489, has planned a scenic route over moderate terrain through Bolton, Wayland, Sudbury and Stow, with lunch at the Wayside Inn. (Bring your own or buy it on the way.)

AUGUST 7, Saturday 4:00 pm  
"CRW Summer Bar-be-que"

Place: 71 Greenough Street, Brookline at the corner of Gotham Avenue. Look for a white house with green trim. The house is near the intersection of Washington Street and Cypress Street for those biking or driving and very close to the Brookline Hills stop on the Green Line D car for those arriving by transit.

Jim Kirtly Jr. and Family, 277-2628, have graciously offered their home for a CRW summer bar-be-que. The club will provide the main entrees and basics (plates, silverware, . . .). Members are encouraged to bring accompanymnts according to their last name: salads A-H; Beverages I-P;

and Desserts Q-Z. Join the fun for what might be the start of a traditional CRW event.

AUGUST 8, SUNDAY 10:00 am 22 and 44  
mile loops

Starting point: Hamilton Shopping Center in Hamilton, at the corner of Route 1A and Walnut St. (Take Route 1A north off Route 128).

Join us for Patty Kirkpatrick and Sam Hull's popular ride through Hamilton, Ipswich, Boxford, Topsfield & Middleton, over easy to moderate backroads and farm country. Lunch will be at the Bradley Palmer State Park (about 5 miles from Topsfield). Call Patty or Sam with any questions at: 648-4095.

AUGUST 15, SUNDAY 10 am 25 mile loop  
60 mile loop

Starting Point: Blue Hill Ski Area

Today's ride will pass through Randolph, Hollbrook, Abington, East Bridgewater, Hampton, and Halifax. The terrain is flat to gently rolling. The lunch stop is to be determined so bring your own. Dave Gotthelf (964-5924) and Glenn Coffman (668-8521) are the ride leaders.

AUGUST 22, SUNDAY 9:30 am 28 and 57  
mile loops

Starting point: Lincoln Plaza on Route 3A, just as one enters Hingham.

This ride goes through the scenic South Shore towns of Hingham, Cohasset, Scituate, Norwell, Abington and Duxbury, over terrain that is flat for the short loop and flat to rolling for the long loop. Please bring your own lunch as the location for the lunch stop has not yet been decided. Leaders, Bill Dvorak and Amy Green: 749-8364.

AUGUST 29, SUNDAY 9:30 am 35 and 48 mile  
9:00 am 62 mile

Starting Point: The Purity Supreme in Peabody located at the bottom of the 1st West Peabody exit going North on Rt 2 (Lowell St.)

On this ride you will pass through the seaside towns of Ipswich, Essex, Gloucester, Manchester, Beverly and Salem. The terrain is almost entirely moderate. Bring your own lunch as the lunch stop is undetermined. The ride leaders are Joe Cormier (535-4160) and Ed and Connie Lapointe

AUGUST 31, 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. Board meetings are open to all CRW members.

SEPTEMBER 4-6

2nd Annual Labor Day Weedend Trip to Nantucket

Ride or drive to Hyannis, take ferry to Nantucket any time Saturday, return Monday. Send \$20 deposit to John Allen, 40 Rugg Rd, Allston, MA 02134. Information: 783-1558.

SEPTEMBER 5, SUNDAY 10:00 am

Join us for a "show and Go" ride this Labor Day Weekend.

Starting point: Duck Feeding Area, Weston, at the intersection of Routes 128 and 30.

This will not be an organized ride, as is the case on many holiday weekends. All you need to do is show up and decide the route together.

Hope to see you there!

SEPTEMBER 12, SUNDAY 10:15 am @ Woods Hole  
"Fourth Annual Martha's Vineyard Ride"

Starting point: Meet at Woods Hole ticket office at 10:15 am. The ferry leaves at 10:45 am for Vineyard Haven. Buy your ticket when you arrive and indicate that you are a CRW member so you can get the roundtrip group rate, \$9.50/person (including \$5.50/person for the boat ride and \$4.00 for the bicycle).

Sam Johnson and Birdy Ellsmore, 655-8774, are the ride leaders. A map of the ride will be provided prior to boarding the ferry. The longest ride is 55 miles and is mapped out. The map will also provide shorter, alternative routes. The return ferry back to Woods Hole will leave Vineyard Haven at 6:30 pm. There will be the traditional post-Martha's Vineyard ride dinner at Grandma's Pie Shop at the traffic circle on the North end of the Bourne Bridge.

Parking at Woods Hole is \$4.00 or park free in Falmouth and bicycle four miles, via the bike trail to the ferry. The directions from Falmouth by bicycle are as follows: Pass the Steamship Authority overflow parking lot on Route 28 in Falmouth: take a left on Main Street. Go a short distance to the sign for public parking (between Main Street and Catherine Bates Road). Cycle up to Main Street and turn right onto Main Street: take a left on Route 28 and proceed for 1/4 mile to the bike path on the left which is marked with a rock and an anchor. The bike path exits in the Steamship Authority parking lot in Woods Hole.

# Other Rides

## AUGUST 27-29 Weekend

### "Mt. Washington Valley Weekend Tour"

Place: Entrance to Kancamagus Highway through Bear Notch Road opposite the Bartlett Hotel, Rt. 302, Bartlett

What: The Granite State Wheelmen are hosting a series of rides. Maps will be available for rides of varying length, from short local trips to a "century" through the notches. Terrain varies from flat to extremely steep Mount Washington "Hill Climb" ride available with special patch.

Registration: Friday 8-10 PM, Sat. 3-10 AM, Sun. 8-10 AM. \$3.00 per person for maps and post-ride refreshments. Patches available for nominal fees.

Accommodations: All accommodations must be made individually. Bartlett Hotel --contact Mr. Elliott (503) 374-2319. Silver Springs Campground (603) 374-2221. More information available. Call or Write: Betsy Van Curan, RR 2, Box 650, Atkinson, NH 03811 (603) 362-4890.

## SEPTEMBER 4-6 Weekend

### "Camping Trip to Quabbin Reservoir"

Place: This trip will leave from Jerry Campbell's in Mendon on Saturday at 9 AM and arrive at the Purple Meadow Campground 85 miles away sometime that evening.

What: This trip features the best of both camping and biking. All gear will be transported from Mendon to the campground at Quabbin Reservoir by van. The campground has hot showers and a small swimming pool; you may also swim in the nearby Connecticut river.

Cost: Cost for the weekend, including food will be approximately \$35.

Information: For more information contact Sue Cavalli (782-6564) or Jerry Campbell (478-0490).

## SEPTEMBER 12 SUNDAY

### "The Flattest Century In the East"

Place: Tiverton High School. Take 195 east to 24, south on 24 to Fish Rd., left on Fish Rd. to end, left at end for 3/4 mile to Brayton Rd. crossroads, left on Brayton Rd. to school.

What: Last year there were 700 participants, making this the second largest Century in the country. Not only is this the flattest Century in the east, but also the most scenic. It winds on back roads past saltmarshes, well-manicured horse farms, and snug cedar-shingled homes.

Registration: The fee for each rider is \$4.00 and includes maps, L.A.W. patch, cue sheets, road arrowing, refreshments at checkpoints and sag wagon. Restroom facilities will be available from 7:00 am to 6:00 pm at the high school. To obtain pre-registration forms and more information send a business size SASE to N.B.W.-T.F.C.E. P O Box 1317, Providence, RI 02901

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# Board Notes & Other News

## CRW Board Election - Nominations Needed

At the end of each year CRW members elect three of the nine CRW Board of Directors for terms of three years. The three directors whose terms are ending this year are Jill Eiseman, Sam Hull, and Mark Lamkin. Nominations are needed for these positions. You can volunteer (nominate) yourself or you can nominate any CRW member. Nominations should be sent to John Kane, 266 Fellsway West, Medford, MA 02155, 396-2230, prior to August 31. The ballot will be formalized at the August 31 Board meeting.

Each candidate will be given an opportunity to address the CRW membership in the October, 1982 Wheelpeople. These statements should be approximately 100 words or less and must be received by the editor no later than September 10, 1982. Ballots will be mailed in the November issue of Wheelpeople.

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.

\*\*\*\*\*

## Variety in Ride Start Locations

To alleviate the problem of rides starting in the same area for weeks at a time, the Board has decided that next year ride leaders will sign up for rides by date and location. In other words each of the date slots will have a notion such as north-western suburbs, south shore, north shore, etc. so as to insure a constant change of scenery from week to week. Although this will necessitate a little more work for ride organizers, let's see if we can make this new system work.

\*\*\*\*\*

## Coordinators Needed for CRW Century

A coordinator is needed for the CRW Century on September 19. Sam Johnson, CRW President, will be unable to take this on this year, like last year, when no one volunteered, so please volunteer . . . the club needs you! Also needed is a coordinator to paint the Century route. Contact Sam Johnson, 655-8774, ASAP to offer your assistance.

\*\*\*\*\*

## New Route for the 1983 Century?

Is anyone interested in researching a new route for the CRW Century? 1983 might be a good time to try out a new route. If you have some ideas or want to help plan out a new route, contact any member of the Board.

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# Mileage

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

John Latva	7113
Joe Cormier	5768
Jerry Campbell	5656
Ed Trumbull	4727
Osman Isvan	4320
Peter Reagan	4200
Ned Weld	3991
Emile Bielawa	3650
Don Blake	3212
Walter McNeil	3123
Paul Foley	3094
Lee Howard	3056
Bob Fisher	2928
Dick Buck	2813
Scott Turner	2734
Ed Hutchinson	2519
Greg Lenhart	2427
Jill Eiseman	2417
Joan Klappert-McNeil	2376
Dick Lewis	2362
Jeffery Luxenberg	2361
Francie Sparks	2182
Dave Taylor	2176
Barry Fricks	2111
Jacek "Rudy" Rudowski	2092
Mark Remaly	2064
Richard Levine	2015
Gail Taylor	1924
Bruce Wisentaner	1897
Karen Lease	1730
John Gregory	1691
Greg Canty	1661
Pete Moss	1636
Roger Kay	1602
Debbie Luxenberg	1524
Mike Hanauer	1457
Eliot Specht	1417
Mark Hanna	1094
Paul Bowser	1077
Mark Becker	1004
Bill Sweetser	1001
John Kane	905
Charles Hyde	877
Leo Kneightley	799
Earl Forman	727
Sam Johnson	721
Eva Casey	705
Richard Willis	705

Bill Rapala	618
Mike Simon	605
Lee Andre	583
Andy Weiner	564
Butch Black	553
George Caplin	534
John Springfield	517
Lynn Adler	508
Birdie Ellsmore	410
David Gotthelf	392
Cutler West	383
Martha Creedon	360
Dave Brahmer	312
Chris Lucas	284
Howard Moore	142
No update (20)	8328
	<hr/>
	137603

Howard Moore said it for all of us about June when he noted on his card "a Lousy month."

So now it is onward and upward. There are some big months ahead so let's go get 'em.

Seven new people this month increased the total by 8320 miles. I know there are more of you out there. How about letting 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

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Spoonful of Nutrition

# The Pepsi Generation

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

As a nutritionist, I recommend that thirsty athletes make better choices than soda pop for fluid replacements. However, I recognize that although soda is a nutritional zero, it does have a pleasurable psychological value for many people. We are members of the Pepsi Generation. Advertising has brainwashed us to think that Coke adds life . . . and I acknowledge that soda is a standard part of the American Diet.

Frequently my clients guiltfully confess that they drink two to three cans of soda a day. They assume they have committed a nutritional sin. I tell them that moderation is a key word - one can, rather than one quart. I also encourage them to balance their diet by including wholesome foods - juice, fruit, yogurt, milk - in the course of the day. In 1200-1500 calories of wholesome foods, you can get the forty nutrients you need for a healthful diet. Active people generally consume 2000-4000 calories and can spend a few calories, if you choose, on soda. If you want to reduce your soda intake, consider these suggestions:

- \*Keep a bottle of cold water readily available in your refrigerator.
- \*Dilute juice with club soda.
- \*Enjoy sparkling water with lemon juice or a twist of lime.

If you are a "sodaholic", here are some facts to ponder as you quench your thirst.

- \* A twelve ounce can of soda - Coke, Pepsi, Root Beer - contains about 150 calories, all from sugar. This is the equivalent of eating ten teaspoons - almost one-quarter cup - of sugar. For the same amount of calories, you could have more healthfully enjoyed twelve ounces of orange juice or a cup of milk.

- \* Sugary soda supplies calories but insignificant amounts of protein, vitamins, minerals or electrolytes. Drinking soda is the equivalent of putting gas in your car but leaving out the spark plugs. Many people drink soda instead of juice - an excellent source of vitamin C and potassium - and milk - an excellent source of calcium and protein.
- \* Diet soda has no sugar and only a few calories. However, it is sweetened with sodium saccharide (saccharin) - a controversial substance. When consumed in unrealistic doses, saccharin may cause cancer in rats. In man, however, the latest studies indicate that at realistic levels of consumption, the hazards seem to be very low. We do not know yet if life-long low level intake is potentially harmful.
- \* Which is the lesser evil . . . diet or regular soda? The answer is complex and a matter of personal values. The saccharin in diet soda may potentially contribute to cancer. The sugar in regular soda does contribute to dental caries, and potential obesity with its associated complications of heart disease, high blood pressure and diabetes.
- \* Diet soda has a higher sodium content than regular soda because of the sodium saccharin and sodium benzoate (which helps keep it fresher). For example, Tab has 27 milligrams of sodium per can, as compared to one milligram in Coke. For the average healthy person this amount of sodium is relatively insignificant when compared to the amount in one egg (60 mg.), an ounce of cheese (200 mg.), or a cup of Bran Flakes (200 mg.).

Spoonful of Nutrition**Fruits vs Vegetables**

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

Many of my clients feel guilty about their eating habits. "I don't eat much fruit" is a common confession. "I like fruit, but I rarely eat it due to my grab-and-gobble lifestyle. If I bring home some peaches from the market, they inevitably go bad before I eat them. Fresh fruit turns out to be a waste of money."

If fresh fruits inconveniently fit into your eating style, rest assured that you can get the vitamins and minerals they offer--primarily vitamin C and potassium--from other foods. Many vegetables, in fact, are a more nutritious alternative to fruit. I personally eat very little fruit because it creates an acid stomach; I feel sick. A morning glass of orange juice is the last thing I'd want! Instead, I tend to eat colorful vegetables--broccoli, tomatoes, green peppers--which offer not only vitamin C, but also lots of other nutrients such as vitamin A and magnesium. Whereas most people munch on an apple for a snack, I chomp on a green pepper or a carrot. Not only do I get more nutrients, but also less calories.

In general, colorful vegetables have more nutritional value than fruits, with citrus fruits--oranges, grapefruits--being the exception. They are excellent sources of vitamin C and potassium. When you construct a salad, keep in mind that the darker vegetables are better for you. I recommend that you choose romaine lettuce, instead of (or in addition to) iceberg, green peppers instead of cucumbers, carrots instead of celery. Rather than having juice at breakfast, I have a salad at lunch. I choose lots of colorful ingredients from the salad bar. I eat steamed vegetables with dinner, and don't worry about having fruit for dessert.

	<u>CALORIES</u>	<u>VITAMIN C (mg)</u>	<u>VITAMIN A (IU)</u>	<u>POTASSIUM (mg)</u>
Recommended intake:		60	5,000	2,000+
Apple, medium	90	5	140	165
Pepper, large	25	130	420	215
Carrot, large	40	10	11,000	340
Orange juice, 1 cup	110	110	500	465
Tomato, medium	35	35	1,350	365
Spinach, 2 cups raw	25	50	8,100	470
Pear, medium	120	10	40	260
Peach, medium	40	10	1,330	200
Broccoli, 1/2 stalk	25	90	2,500	265
Asparagus, 6 spears	25	35	900	280

-----Thoughts on the Road-----by Joe Cormier----

Why should we wear bicycle helmets? The obvious answer is protection against head injuries. Yet, when non wearers are asked why they don't wear one, reasons such as well...they're uncomfortable or too warm in the summer time. Some even say they enjoy the thrill of the wind blowing through their hair. And of course, there are those who say that helmets are for the other guy because they've never had an accident. After all, there's no law that says you have to wear one. I suggest that these people consider a recent report by the U.S. Safety Council research figures on accidents. In their alarming findings, bicycling was the second major cause of injuries to Americans. If one suffers a sprain or fracture of the limbs in a bike accident, the medical treatment is usually considered routine. However, head injuries are usually a nasty business. The human skull is a magnificent protective structure for the brain. It can take a lot of bumps and bruises, but it wasn't designed to take the type of blow one could suffer in a serious bicycle accident. Ask any doctor about head injuries, and he'll paint a sorry picture of your recovery chances in some of these injuries. The brain is the most fantastic computer known to man. You can't pedal, steer or make any kind of judgement without it. You wouldn't drop a sophisticated man made computer from a vehicle going at a bicycle's speed, and expect it to function afterwards. So why take the risk with your own precious human computer. Protect it with a helmet. Most any kind will do the job. I know from personal experience, they really work. If you truly love bicycling, you owe it to yourself and your loved ones, to ride with head protection.

Rolling with the incredible bagel. No! I don't use them for tires. I've never seen one large enough to fit a 27 inch rim yet. My reference of course is a source of food for the cyclist. It's not my intention to compete with Nancy Clark, I'm just relating to some of my own personal ex-

periences. A couple of years ago, I was a guest of a friend of mine on Cape Cod after a fifty mile ride. I was only stopping by to say hello, and have my water bottle filled. Jewish hospitality is difficult to refuse, so I found myself treated to a second breakfast on that day. This was my first introduction to the bagel. It had been sliced and toasted for me. I found it's texture and taste quite pleasing. I also learned that bagels come in a variety of flavors. My favorite is cinnamon raisin. How many times have you taken a sandwich along on a long bike ride, only to find it squashed or falling apart before you can enjoy eating it. This problem is quickly solved when you use the firm crusty bagel instead of regular bread. On my long weekend rides, I spread my favorite food, "peanut butter", inbetween a sliced bagel, then slip it into a plastic sandwich bag which fits nicely into my bike jersey pocket. I often slip a whole bagel in my jersey without plastic wrapper. I've never had one crumple or break apart in my jersey pockets. Many times I eat my lunch while moving on a bicycle. This doughnut like bread is the perfect shape for the hand when both hands are always on the handlebars. As a matter of fact, I occasionally put my little finger through the hole in the bagel which serves as a convenient holder. As far as I'm concerned, it's a food especially made for the cyclist.



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## GONE CRAZY

## A TALE OF TRUE ADDICTION

Mike Hanauer

It was almost two years ago, in the Fall of 1980, when I drove past Lincoln Guide Service and was the large sign: "10% Off Sale". It brought back images of that weekend a year earlier in P Town when we rented bikes; and what a great time I had had -- how all the eleven year old in me had come out. I stopped, walked in, and bought my Univega: surely \$200 was extravagant for my anticipated 20 miles per year.

The next Spring, after only sporadic biking, someone told me about CRWSunday rides. The leader said the short ride was 20 miles and if I did that distance a couple of times, 50 miles would be relatively easy. I knew that 20 miles in one day was crazy, and expectation had said that I would do fifty miles in 2 1/2 years! I did 20, and later fifty. And even with the pain, it made me feel physically and emotionally great. Maybe it wasn't totally crazy.

A week after an 80 mile trip to Crane's Beach, it was during the Labor Day bike trip to Nantucket, someone asked me if I was doing the Century ride. I replied "NO, 100 miles in one day is crazy". But answering only made me re-ask it of myself, over and over again. Some part of my psyche couldn't let go of that question.

The National Century was only ten days away, and I realized that I had turned crazy. So crazy that the compelling emotion was fear of failure; but the attempt had to be made.

On September 20, 1981, at 7:30 AM, I paid \$2.00 for a patch which might represent just a crazy dream. The last ten miles were grueling, my legs wouldn't move without constant commands to do so. But someone had said "to finish is to win", and I did win.

In spite of the pain and exhaustion, I had never felt so exhilarated. For reasons

which still partially elude me, getting that patch (the patches had not yet been delivered) became an obsession. It stood for an accomplishment of which I was extremely proud. An accomplishment which, only two weeks earlier, had been a complete non-goal.

Century time is again right around the corner. "Well?" you ask. I remember the pain and say: "That's crazy." I look at last year's patch and remember the total elation and say: "Could I do a double?"



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# Editor's Mailbox

Members should feel free to use this column as a sounding board. Keep the letters, articles, stories, and other material coming in. Material for publication must be in the Editor's hands by the 10th 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:

Every edition of Wheelpeople seems to include the statement:

Riding with a group is different than riding alone. It is imperative that you obey all traffic laws . . .

Although riding in a group is different than riding alone, the statement seems to imply that those who cycle alone need not obey traffic laws! I am sure that the club does not wish to make this implication. May I suggest that the statement be reworded:

The club supports proper cycling and it is imperative that cyclists on club trips obey all traffic laws . . .

Thank you.

Yours, George Caplan

Editor's Note: I brought your letter before the Board on July 6. Although your point is well taken, the wording you suggest has the same implication, that on club trips all must obey traffic laws begging the question - when not on club trips . . . Unfortunately any wording stressing that one obey traffic laws when

with a group has the same problem. I encourage everyone to obey all traffic laws, at all times, but feel the wording should be left since the intent is fairly obvious that if you break a law with a group you might unintentionally bring others with you.

Dear Editor:

Should we stop arrowing our rides? I'm beginning to think so, and I know of at least one other CRW ride leader who feels the same way.

Not because of the flak we get sometimes from local police, though that's a consideration. Arrowing is pretty innocuous as crimes go, and if cyclists organized to make it legal, we'd succeed.

The problem with arrowing is the tremendous amount of time it requires of ride leaders. I think that this is the main reason CRW has trouble finding ride leaders. It is lonely work, and a fifty-mile ride typically takes eight hours to arrow by bike--or four hours with a car and two people.

Another problem with arrowing is that arrows aren't reliable enough. There's always the arrow that ends up under a parked car or a gravel wash, or is painted over by an irate homeowner who thinks the sewer department is about to dig up his street. On every ride with arrows, people get lost, and once they're off the marked route, they stay lost. The only way around this problem is to have a good map. Remember last year's Century when everyone ended up following NBW arrows?

I suggest that CRW buy a complete set of the state DPW maps for eastern Massachusetts (total cost about \$10, at 150 Causeway St. in Boston) and copy these on high-quality xerox for ride leaders (Gnomon Copy). Ride leaders could fill in their routes on these maps and make copies--low quality is good enough--for riders. The DPW maps

(Continued on page 11)

(Continued from page 4)

show all roads, so if someone got off the route it would be easy to get back on. This has been my experience with my unarrowed weekend trips.

Ride leaders would have much less work, and could spend more time on actually organizing the ride, per my other suggestions. Arrows might still be used in especially difficult places or on certain rides.

But a good map should be provided for every ride.

John Allen

# For Sale

For Sale: Lowenbrau Racing Logo T-shirts, top quality, brand new, all sizes, \$4.00 each; cycling caps, new, \$2.00 each; phone 449-3792, after 8 pm, ask for Dick.

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## The Charles River Wheelmen

The purpose of the Charles River Wheelmen is the enjoyment and advancement of bicycling and related healthful activities. We try to fulfill our purpose through the sponsorship of rides and other social gatherings, through publicity of the benefits of cycling, through cooperation with other organizations (notably the League of American Wheelmen and the American Youth Hostels), through encouragement of favorable actions by the bicycling industry and by government, through education of the bicycling community and general public, and through other suitable means.

We are perhaps best known for our year-round rides program. Our regular season goes from early Spring to late Fall; it includes Sunday rides that have at least two differently-paced routes. Leaders stay in the rear to assist new riders and insure that nobody gets left behind. The routes are arrowed in advance by the leaders, and sometimes maps are given out. Sunday rides usually meet at a common lunch stop to facilitate social interaction (swapping advice, tall tales, sandwiches, and brake cables). Our Winter Frostbite Rides are more informal; the pace and routes are mutually decided by the hardy bunch that shows up to brave the elements. We also sponsor at least one Century (100-mile ride) each year and award patches to those who complete 25, 50, or 100 miles.

Riding with a group is different than riding alone. It is imperative that you obey all traffic laws, especially stopping for red lights and stop signs and signalling when turning. You should always carry a pump, a small patch kit, and wrench and screwdriver, a map, and most importantly, the knowledge of how to use them. Often, others in the CRW will stop to assist you if you have a flat or a minor

adjustment, but you should be prepared just the same. The CRW is a volunteer group. We cannot and will not take responsibility for problems or injuries that may arise due to road hazards, improper traffic maneuvers, bad weather, chasing dogs, improperly maintained equipment or that hot pastrami sandwich you had for lunch. But we will take credit if you meet a new friend, discover a new route, learn a tip from an old-timer, see the ocean at sunrise, ride your first Century, meet your future spouse, or discover the bicycle of your dreams in our classified ads. May the wind always be at your back!

### OFFICERS and COORDINATORS

- President - Sam Johnson 655-8774
- Vice-President - Jill Eiseman 641-1066
- V.P. of Rides - Debra Glassman 489-3141
- Membership - Rosalie Blum 272-7785
- Information - Jacek Rudowski 625-0610 (call between 7 and 8 pm Wed/Thurs only)
- Editor - Jeffery A. Luxenberg 254-3318
- Assistant Editor - Sue Cavalli 782-6564
- Circulation Editor - Rosalie Blum 272-7785
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- Social - Bill Piekos 395-5699
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### BOARD OF DIRECTORS

- Dave Brahmer
- Jill Eiseman
- Barry Fricks
- Sam Hull
- Sam Johnson
- Patty Kirkpatrick
- Mark Lamkin
- Dick Lewis
- Jeffery A. Luxenberg



\*\*\*\*\*

### CRW APPLICATION/RELEASE FORM

CRW membership includes membership in the League of American Wheelmen. Do NOT mail your LAW dues separately to LAW. Ignore renewal notices from LAW. If renewing, please include your LAW number (on your LAW Bulletin label).

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ LAW # \_\_\_\_\_  
(if renewal)

I acknowledge that bicycling has an inherent risk of bodily harm, and I agree to assume those risks. I release and hold harmless, the Charles River Wheelmen, its officers and participants. I am at least 16 years old.

SIGNATURE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_  
(if under 18)

DATE \_\_\_\_\_

TOTAL ENCLOSED \_\_\_\_\_  
Dues: \$20 individual, \$26 household,  
\$30 sustaining membership

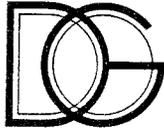
MAIL TO: Rosalie Blum  
11 Humbolt Avenue  
Burlington, MA 01803

\*\*\*\*\*

100% CHAPTER CLUB OF THE LEAGUE OF AMERICAN WHEELMEN

## 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



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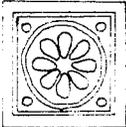
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ALAN S. BARKIN  
 ATTORNEY AT LAW

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 NEWTON, MASS. 02158

TELEPHONE  
 OFFICE 969-4590  
 HOME 527-2714



Nadine Krasnow Real Estate, Inc.

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## Bike Shop Discounts

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
- Chelmsford Cyclery, 210 Boston Rd- Rt 4  
Chelmsford 256-1528
- 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

### CRW JERSEYS!

The body of the jersey is red with blue and white vertical stripes and blue rear pockets. The club logo is heat set into the back.

Order from:

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24 Brown Avenue  
 Lunenburg, Ma. 01462  
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 APPAREL**



### CRW Jersey prices:

Cotton/poly or acrylic	\$26.00
Quiana	\$28.50
Wool	\$38.50
Acrylic/Wool	\$34.50

includes club logo  
 Embroidered name - 40¢/letter

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

(617) 891-3740

### Waltham Copy Shop

Xerographic Copies • Offset Printing  
 Typesetting • Bindery & Mailing Services

Ken Dempsey  
 Steve Kilgore

991 Main Street  
 Waltham, MA 02154

The Charles River Wheelmen  
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