



WHEEL PEOPLE

Charles River Wheelmen

Volume XI Number 10

October, 1982

Editor's Corner

Volunteerism: We Need You

Without member's involvement the CRW would cease to exist. This is an old plea that I'm sure you've heard time and time again . . . but when jobs crop up that need to be done members seem to forget how badly their aid is needed. From ride leaders to party hosts to committee members, member's assistance is greatly appreciated by everyone.

So grab the chance to help out--lead a ride, help plan an activity, or run for the Board--whatever it is, get yourself involved! Most tasks require very little time . . . but it is these few hours put in by the majority of members that make CRW run efficiently. The more people who volunteer, the less any one person has to do. Keep in mind that if everyone adopted a "well I'll let someone else volunteer" attitude, that there would be no rides, and in reality, no club!

And when you do volunteer, make sure you follow through. This includes not only the obvious, such as ride leaders planning good rides and arrowing them well, but also important is to follow through on details such as getting the information about your ride to the VP of Rides on time

so that it can be relayed to the Wheel people. Jobs such as the VP of Rides, Wheelpeople editor, Membership Coordinator, Mileage Coordinator, etc. are much more time consuming when information doesn't come in on time, thus necessitating tracking people down. These jobs are hard enough, so help make them easier . . . plan ahead . . . and get things in on time.

I'm not one to twist member's arms but for a club of well over 400, we seem to have less people involved than a club of 50. So come out and sign up! We need you.

-Jeffery A. Luxenberg
Editor Wheelpeople

**Election Info —
See Page 6**

Calendar

OCTOBER 3, SUNDAY 10 am 15 and 25
mile loops

Starting point: Larz Anderson Park, on Goddard Avenue (between Newton and Avon Streets) in Brookline.

There will be a regular ride this week. Ride leaders Walter McNeil, 325-8229, and Guy Minnick, 326-0620, have planned a leisurely ride through suburban back streets in the neighboring towns of Brookline, Newton, Needham, West Roxbury, and Jamacia Plain, aimed at people who normally don't come on the rides, although CRW regulars will enjoy these back roads. So bring along that friend who has had that bike stored away all summer but has been meaning to get out and ride. Lunch will be at Larz Anderson Park after the ride. There is no store there so bring your own lunch or but it at some point on the ride.

OCTOBER 5, 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.

OCTOBER 10, SUNDAY 10:00 am

Join us for a Fall Foliage "Show and Go Ride" on this holiday weekend.

Starting point: South Natick Dam, at the intersection of Route 16 and Union & Pleasant Streets in South Natick.

You can retrace some of the beautiful summer routes in this area or suggest a new one.

OCTOBER 17, SUNDAY 10:00 am 29 and 53
mile loops

Starting point: Assinippi General Store on Norwell/Hanover line, intersection of

Routes 53 & 123. Take Route 3 south toward the Cape; take exit 13 (Hanover, Route 53) and bear left at the ramp onto Route 53. Park behind the general store on Route 123 about $\frac{1}{2}$ mile from the exit.

Due to popular demand, Nancy Peacock, 628-7566, and Jill Beth, 653-3981, are leading this ride for the second year, through Hanover, Marshfield, Kingston, Duxbury and Pembroke, over flat to rolling terrain. Lunch will be in Pembroke Center; bring your own as the store may not be open.

OCTOBER 24, SUNDAY 9:00 am 70 mile loop
10:30 am 40 mile loop

Starting points: Long Ride - Belmont Town Hall located on Concord Street, near railroad tracks; Short Ride - Littleton Railroad Station, corner of Harvard and King Streets.

Patty Kirkpatrick and Sam Hull, 648-4095, have developed this "apple ride" through Lincoln, Concord, Littleton, Ayer, Harvard, and Bolton. Be forewarned the ride is very hilly, however, it is very scenic. Lunch is at the Schartner Farm. Apples and cider are available, but no food, so bring your own or buy it at a store before reaching the farm.

OCTOBER 31, SUNDAY 11:00 am 20, 35 & 45
mile loops

Starting point: Edaville Railroad parking lot in Carver. Take Route 24 south to Route 25. Take the Route 58N exit off Route 25 (there will be a steam engine sign at the exit) and follow the railroad signs.

This ride will take us through flat to gently rolling terrain (with one hill) through Carver and Plymouth. Lunch will be at the College Pond Picnic Area; bring your own as there are no stores or restaurants nearby. Leader: Dick Heeley.

NOVEMBER 7, SUNDAY 10:30 am 25 and 35
mile loops

Starting point: Larz Anderson Park, on Goddard Avenue, in Brookline. See October 5 ride for details about directions.

Jacek "Rudy" Rudowski, 361-5273, has planned a ride through the surrounding towns in this area. Lunch will be at a restaurant, where people can take shelter inside. Co-leader: Lorraine Mastropieri.

Other Rides

OCTOBER 3, SUNDAY 9:00 am
"Apple Harvest Metric Festival"

Place: Begins at the Harvard, MA Common.

What: Sponsored by the Nashoba Valley Pedalers, these Metric and Half Metric Century rides will be followed by picnicking, fun and games. This event has been advertised in the LAW's American Wheelmen.

Fees: An entry fee of \$8 will cover patches, picnic, sagwagon service, maps/directions, apples and apple juice.

OCTOBER 9, SATURDAY 9:30 am
"2nd Annual Invitational Fall Foliage Ride"

Place: Meet at Central Square, Downtown Keene, N.H.

What: Choose 1 of 3 rides: Swanzey Covered Bridges Quarter Century Classic; Connecticut River Country Roads Metric Century Classic; and the Cheshire County Century.

Fees: \$1 donation requested.

Lodging: For information on lodging call Keene Chamber of Commerce (603) 352-1303 or the Peterborough Youth Hostel (603)924-6938.

Information: Call (603)357-1327

OCTOBER 16, SATURDAY

"Dalton Harrow's Annual ride and Party"

Place: Leaves from the Harrow's residence at 325 Mt. Blue Street, Norwell.

What: This ride will include two loops so as to accomodate different class riders. The ride will start and finish at the Harrow's where refreshments will be served.

Information: Contact Dalton Harrow at 325 Mt. Blue Street, Norwell. Please RSVP.

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Editor's Mailbox

Starting with the November 1982 Wheelpeople, Susan Cavalli will take over the reigns as Editor of the CRW Wheelpeople. Next month's issue will have more information on Sue and what her plans are for the club's newsletter.

I would like to thank all those who have helped me get the Wheelpeople out each month. I plan to continue my active role in the club in my capacity as a Board member.

--Jeffery A. Luxenberg
Wheelpeople Editor

Dear Editor,

I would like to alert members of the CRW to the fact that the Bottle Bill, which was enacted last fall over Gov. King's veto, faces repeal on Nov. 2 if a majority of voters do not vote YES on Question 4.

I am sure that most bikers as, lovers of the environment (and fixers of flats!), will support the Bottle Bill. However, it is tremendously important that bikers "spread the word" to other members of their communities by participating in pro-Bottle Bill activities such as "clean-a-thons", letters to the editor, bumper stickers, etc. We need to counteract the anti-Bottle Bill forces in industry, which will be starting a well financed media campaign.

In 1976 the Bottle Bill referendum question lost by less than 1% of the vote. I hope that each of our members will make a personal effort to see that history doesn't repeat itself.

For information on how you can contribute time or money, call the Campaign To Save the Massachusetts Bottle Bill at (617) 423-7667. The Campaign's headquarters are at 37 Temple Place in Boston, 02111. The Campaign is a coalition of organizations, including the Mass. Public Interest

Research Group (PIRG), the League of Women Voters, the Audubon Society, and many others.

Thank you.

Mary Quinn
Vice President
LWV of Quincy

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:

Susan Cavalli
Editor, CRW Wheelpeople
177 Florence Street
Chestnut Hill, MA 02167
969-7864 (new number)



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Mileage

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

John Latva	11,754
Joe Cormier	9,140
Jerry Campbell	8,108
Ed Trumbull	6,882
Ned Weld	6,778
Don Blake	6,485
Osman Isvan	6,070
Emile Bielawa	5,678
Dick Buck	4,703
Lee Howard	4,688
Paul Foley	4,359
Scott Turner	4,160
Greg Lenhart	4,097
Greg Canty	4,079
Dave Taylor	3,841
Jeff Luxenberg	3,771
Roger Kay	3,465
John Gregory	3,377
Richard Levine	3,325
Dick Lewis	3,322
Karen Lease	3,290
Pete Moss	3,172
Francie Sparks	3,155
Bruce Wisentanner	2,991
Jill Eisman	2,959
Gail Taylor	2,874
Barry Fricks	2,819
Debbie Luxenberg	2,646
Mike Hanauer	2,614
Eliot Specht	2,462
George Paule	2,235
Mark Becker	2,200
Mark Hanna	1,950
Jim Broughton	1,795
Paul Bowser	1,725
Haryl Pascal	1,232
George Caplan	1,205
Chris Lucas	1,204
Eva Casey	1,147
Richard Willis	1,147
Lee Andre	1,116
Andy Weiner	1,040
Jack Kagan	935
Rosalie Blum	461
Howard Moore	456

We were saddened to receive the following note from Chris Lucas:

I would like to report the mileage of Richard Willis, who was tragically killed in a hiking accident August 15. Rich was a fine friend, roommate, and dedicated cyclist. His August total was 116. Please carry his total forward the rest of the year.

Ned Weld reports that in accumulating his 1345 miles for August he rode every single day with a minimum of 30 miles on any given day. This is especially commendable when you consider he didn't use his bike commuting or for work.

Looks like this reporter's grip on fourth place is "slip sliding away."

Last month I made a particular appeal to those who were late reporting their miles and most especially to the 27 from whom no up date was received. So what happened? This month I didn't hear from 44!

I tell you it makes me wonder!

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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 BICYCLES & MOTOR

***** CRW Board Election *****

Next Month CRW members will elect three of the nine CRW Board of Directors. The three directors whose terms expire this year are:

- Jill Eiseman
Sam Johnson
Mark Lamkin

Based on nominations sent to the Board, and those made at the August 31 Board meeting, the following members will be included on the ballot:

- Jill Eiseman, Incumbent
Mike Hanauer
Karen Lease
Edson Trumbull

Members are asked to vote for three of the above candidates in November--write in candidates will also be accepted. Each Candidate has been given an opportunity to address the CRW membership in this bulletin. The statements of those candidates availing themselves of this opportunity are provided below.

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

Jill M. Eiseman

I am interested in running for a second term on the Board of Directors. My goals will continue to be the following: to have the club support and be available to all levels of cyclists; through example, show that rules of the road are a necessity . . . and when observed, permit the bicycle and car to share the road safely; to continue to seek involvement and new ideas from all members of the club.

Mike Hanauer

The masthead of every issue of Wheel-People states: The purpose of th CRW is the enjoyment and advancement of bicycling and related healthful activities. Enjoyment and advancement are the key words.

To this end, I have drawn up a list of Sunday ride guidelines and have worked with the Board over the last few months to review them. The idea is to strengthen the consistency of the arrowed rides (which I sup-

port).

In addition, I would work for: Initia- of Saturday rides (no arrows, smaller groups) with destinations, i.e., to the beach; Century preparation rides; more after-ride social gatherings; and programs to increase bicycle awareness on the part of motorists.

With your support as a volunteer, these and other CRW traditions can be instituted and further strengthened.

Karen Lease

As one of the rare non-auto owners in this society, I have a particularly strong committment to the bicycle both as pratical transport and pleasure vehicle. As a Board member, I would encourage the club to "mainstream" cycling, by making it clear that we are more than Sunday riders and closet racers. Given the number of care- less and downright foolish riders on the streets, we face an uphill battle in con- vincing the public that bicycling is a vi- able and socially responsible mode of transport.

I am also concerned with involving more women in cycling, stressing the strength and freedom that are the byproducts of riding well.

Edison Trumbull

I have served four terms on the Board of Directors in the past and the committee has flattered me by asking me to run again.

I have no earth shaking proposals to make, there are a couple of the committees I would like to see revamped. In the past my attendance to and participation in the directors meetings has been quite consistent and if elected I would promise a continuation of this.

Your vote will be appreciated.

DON'T FORGET TO VOTE NEXT MONTH!!

Note: Sam Johnson, as out going Presi- dent, automatically serves on the Board for one year following his term. Thus he had decided not to run for reelection. Mark Lamkin has also decided not to run for reelection.

Notices

GOINGS ON

The Metropolitan Area Planning Council (also known as MAPC) and AYH is conducting a study on bicycle/motor vehicle accidents which have occurred in the greater Boston area during 1979, 1980, and 1981. The purpose of this study is to determine if there are particular locations which consistently prove hazardous to cyclists and whether there are specific bad riding or driving habits that have resulted in an accident. The MAPC needs volunteers to collect data from local police and registry accident reports. If you or someone you know is interested in participating in this project, or if you wish more information, call Wendy Plotkin, MAPC Project Coordinator, weekdays from 9 to 5 at 451-2770.

RIDE LEADER NEEDED

A ride leader is needed for the November 14 ride. If you haven't led a ride this year, or want to lead another, please contact Debra Glassman, 489-3141, as soon as possible.

Janice Gepres and Eric Newman proudly announce the arrival of Mark Howard Newman on August 18, 1982.

The State Legislative Committee of the LAW invites any and all interested bicyclists to help create a favorable climate for bicyclists in Massachusetts through political action. The Committee has nominated David Brahmer of the Charles River Wheelmen to be the next State Legislative Representative for the LAW. Massachusetts was given 17 out of 100 points in a recent rating of its laws in American Wheelmen. There is a real need for your help. Our meetings are held on the second Wednesday of each month at 7 pm, at the following locations:

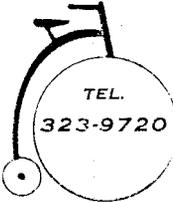
Peter Campagna's
14 Waconah Road
Worcester, MA 01609

Oct. 13/Nov. 10/Jan. 12
Sue Genser's
38 Matchett Street
Brighton, MA 02135
782-6485

Have you ever had a flat tire from a bottle carelessly cast aside? Have you ridden in Vermont and envied their glass free roads? There is something that you can do about it: Vote YES on QUESTION 4 this November, and help put the Law into effect. Also: tell your friends and neighbors what the Bottle Bill means to you and other bicyclists, not to mention the environment. Call the Campaign to Save the Mass. Bottle Bill at 423-7664 for information on activities in your community.

WHEELPEOPLE NEEDS YOUR HELP

With Winter coming quickly, now is a good time to get involved. The Wheelpeople needs people to help with typing, layout, cartoons, graphics, etc. If interested contact Sue Cavalli at home 969-3864 or work 366-6000 x4314.



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MAGIC FOODS

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

What do Mounds Bars with Perrier and Warburton's bran muffins have in common? Nutritionally, very little; psychologically, alot. For Gerry Duffy and Bernie Raite these are "magic foods". They help make training runs easier, competitions successful and, in general, improve athletic ability.

Many of the athletes I counsel ask me "What's best to eat before a competition?". They hunger for that magic meal which insures success. Since I have no simple answer, I prefer to ask "What do you generally eat?". As you can see from the following list, the answers vary.

- *Egg whites, whole wheat toast, and a salad fuel John Pistone.
- *Eggplant. "I've run some of my best races on eggplant parmesan... I like it better than pasta" reports Gina Sanders.
- *Bran Chex. "I rely on Bran Chex ... I buy them by the carton" says breakfast lover Doug McLaughlin.
- *Bananas. "Our swim team ate so many bananas that everyone called us the 'Wild Bunch'." The Springfield College Swim Team.
- *Ice cream. "Hendries chocolate chip topped with Hagen Das chocolate chocolate chip" is the winning combination for Peter Johnson.

Sometimes favorite foods break all the rules when it comes to the standard pre-competition guidelines. I generally suggest foods that are easy to digest:

- High starch/complex carbohydrates, such as pasta, potato, bread, muffins.
- Low fat, such as ice milk instead of ice cream.
- Low protein, such as pasta with tomato sauce instead of pizza with cheese.

Conflicts frequently exist between the foods recommended by exercise physiologists and the foods eaten by the athletes. For example, steak and eggs have been "magic" for years even though we recognize that carbohydrates are preferred for fuel by the muscles. I recognize that as an athlete, you know what works best for your body. The more that you exercise and compete, the more you become attuned to your "magic foods". I encourage you to experiment with different foods, fluids, and meal times. You may discover that pasta is not the only magic meal!

A key factor when it comes to pre-competition eating is believing in your choices and knowing that what you eat is the best for your body. Your mind has a powerful influence over how you feel. If you believe that Warbuton's bran muffins will contribute towards your personal best performance, you have at least a 35% chance that they will. Researchers have documented the "power of the mind" and refer to it as the placebo effect. (Placebo literally means "I shall please".) Your confidence in your food choices extends throughout your body and contributes to top performance. Your mind - as well as the magic food - helps you to attain success.

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

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

A NOVA SCOTIA BIKE TOUR

My recent bike tour of Nova Scotia was an exciting experience which I heartily recommend for those interested in some fabulous and breath-taking scenery. I started planning a weeks solo trip last year in earnest. After studying maps of the maritime and digesting all the tourist information Nova Scotia offered, I decided to bike a 500 kilometer (324 miles) loop. They recommended ten days on this loop to take in all the sights and events. However, they did say it could be done in five days. As always, weather and the terrain is an important factor when planning a time table for travel. Well... let me describe the series of events of this tour in detail. I left Bangor Maine on a perfectly beautiful sunday morning on June 27th, and arrived in Bar Harbor by bicycle shortly before noon. The ferry to Nova Scotia leaves at eight AM in the morning, so I had the rest of the day to bike around Acadia Nat'l Park. After dropping off my loaded panniers at a motel, I proceeded to bike around Bar Harbor and the park. A must for all bikers, is the 1500 foot climb of Cadillac Mountain. The grades of elevation on this mountain climb are suprisingly easy for a touring bike. I didn't even use the lowest gears on the whole climb. Once on the summit, you are rewarded with a spectacular sight of the whole harbor. The ride down the mountain is a real thrill. Your brakes and rims will be pretty warm by the time you get to the bottom of the mountain. The road is very wide and well paved. The following morning I boarded the Bluenose ferry for Yarmouth Nova Scotia. The six hour boat ride was a calm and pleasant one. On long ocean trips, bicycles and motorcycles are tied down with ropes by the ferry crew members. I left my loaded bicycle on the vehicle deck for the crew to secure. However, after arriving at Yarmouth, I discovered that my bike had not been tied down as some others had been. On the return trip, I then decided to secure my own bicycle. Fortunately the seas were calm on the way over, so the bicycle did not fall over. My first lesson; secure your own

bike on a ferry trip, or do not leave it until a crew member does it for you. I felt very much at home on deck with a number of fellow bikers of all ages also with the same idea as myself. There was one tour group of pre-teenagers with heavily loaded bikes for camping. My plan was to stay overnight at motels, so my bike had about half the weight of these young campers. It's a bit more expensive to tour this way, but I found it much more pleasant. There's nothing like a nice large bed with cool sheets for the tired bones after a days biking. Another advantage to staying at motels is you can bring your bike into your room for safe keeping. Well, the Bluenose arrived in Nova Scotia about 3:00 PM Eastern Canadian time. I made my way to a bank to change my money for Canadian currency. The present rate of exchange was 77 cents on the dollar, so touring in Canada is a real bargain these days. From Yarmouth, I proceeded to bike the southshore route as the afternoon clouds started to gather overhead. After biking some twenty miles, I decided to put up for the night when some of these clouds looked a little threatening. The following day I planned to make it to Liverpool, some 96 miles distant. That tuesday morning was shrouded in fog. Unfortunately, I didn't see too much of the sea coast that day. I biked some twenty five miles, before I stopped for a good warm breakfast. This meal gave me renewed strength and determination to make my goal for the day. After a couple more hours on the road, I stopped to put on some rain gear, as a constant drizzle developed. When I reached the half way point, I happen to pass by a liquor store just outside of Shelbourne. The thought of some brandy after a days wet ride appealed to me. The distance from town to town is posted in kilometers. A hundred kilometers is about 62 miles, so at times, my goal seemed much farther away than it really was. I was unaware at the time that a major storm was passing over Nova Scotia as I kept pedaling toward my destination. When I was about twenty miles from Liverpool, it started to rain quite hard. I was about six miles from my motel when I ran into high winds in the middle of a raging thunder storm. Despite

my rain gear, I managed to get wetter than I've ever been before on a bike. Upon arriving at my motel, I headed straight for my room to put on some dry clothes and had a good hot meal. After my supper, I soaked in a nice warm bath which did wonders for the aching muscles. I had turned up the electric heat in the room and hung up everything wet to dry. The brandy I had picked up in Shelbourne at mid-day, never tasted so good as it did that evening. It's now part of my first aid kit. I worked about an hour drying and servicing the bicycle that night. The next morning, the storm was still raging as I laid in my bed watching the tall cedar trees through my motel window, swaying back and forth as the rain still came down. By ten thirty, it had stopped raining, and I started toward the next leg of my trip.

Route 8 from Liverpool to Annapolis cuts across Nova Scotia inland through some very beautiful forest scenery. The road surface was the best I encountered during my trip. As a matter of fact, I had almost the whole road to myself for the first 20 miles. Occasionally I had to share it with some fast moving logging trucks going in the other direction. The sun began to dry out the road surface, and it turned out to be a wonderful day. I stopped at an inn for the evening in Kempt, which is located next to one of the most picturesque parks I've ever seen. This is Kejimikujik Nat'l Park. Canadians call it Kedgy for short. There's boating, camping, fishing, hiking and twenty miles of biking roads. I spent some time riding around the park before retiring for the evening. The next morning, I proceeded north toward Annapolis. The sky was clear but it was very windy. I didn't feel the full force of this wind until I left Annapolis and headed west for Digby. I made good use of my triple crankset low gear as I rode into these 35mph plus winds on hilly terrain with loaded panniers. The temperature factor with these cool winds, made it a double wool jersey day. The scenery on this clear day was magnificent with it's rolling hills and small fishing towns along St. Mary's Bay. I finally gave up fighting the strong westerly winds about four o'clock that afternoon as I arrived in Weymouth for the evening. The next morning, I continued on the last leg of my 500 kilometer bike tour as I arrived back in

Yarmouth, a couple of hours before taking the ferry back to Bar Harbor Maine. The five days I traveled through Nova Scotia was most exciting with many variable biking conditions. I'm anxiously awaiting the day that I'll be returning again to this maritime country for more biking adventures.

.....

Whenever I see something on the market that appears to have a practical use for the cyclist, I'll give it a try. One such product that I tried a couple of years ago, was a bicycle horn. This is a little gas filled can with attached horn that will emit a shrill high pitch sound. I was impressed with the sound, and I figured that no one could fail to hear such a blast. Mounted on the handle bars, I was ready for the first car door to open out in my lane of traffic. Well, there was a few surprises in store for me. To activate this horn, one has to remove one hand from the handle bars. Problem: you need two hands on the handle bars to have full control in a panic situation. If you happen to have three hands, this horn will work out perfectly every time. I now use the horn that mother nature provided me with, the good old yell. It hasn't failed me yet, and with both hands on the handle bars at all times, I've avoided many potential accidents. There's another product made for the cyclist that also comes in a little gas can. It's designed to repel dogs that like to nip at a biker's heels. My success rate with this product was no better than I had with the horn. Anyone who can take aim, activate this chemical spray at a barking dog's face and still keep his or her bike under control, will have accomplished a feat which up to now has eluded me. On various occasions, either my aim was poor, or the circumstances were untimely. If I was going down a hill, I could always out pace a running dog. If I was going up a hill, again I needed two hands to control the bicycle.

For Sale

For Sale: English Holdsworth Racing Bike. 22" Frame. Campagnola equipped. Orange. Tubular Tires. Price: \$650 or best offer. If interested call Mrs. Camp, 859-4247.

For Sale: Motobecane Grand Touring 21", Weinman concave rims, DT spokes, Avocet sealed hubs, Phil Wood bottom bracket, Suntour drivechain, SR cranks almost all original components replaced. Call Scott Turner, 646-1928 evenings.

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call: Julie McElwaine
61 Acorn Street
Millis, MA 02054
376-2338

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

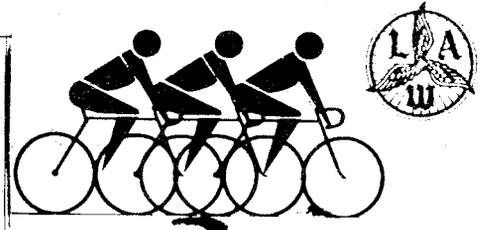
adjustment, but you should be prepared just the same. The CRW is a volunteer group. We cannot and will not take responsibility for problems or injuries that may arise due to road hazards, improper traffic maneuvers, bad weather, chasing dogs, improperly maintained equipment or that hot pastrami sandwich 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

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Vice-President - Jill Eiseman	641-1066
V.P. of Rides - Debra Glassman	489-3141
Membership - Rosalie Blum	272-7785
Information - Jacek Rudowski	361-5273
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Assistant Editor - Sue Cavalli	782-6564
Circulation Editor - Rosalie Blum	272-7785
Advertising Editor - Walt Mc Neil	325-8229
Treasurer - Don Blake	275-7878
Mileage Coordinator - Ed Trumbull	332-8546
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Safety - Bill Risinger	321-7623
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Jill Eiseman	Mark Lamkin
Barry Fricks	Dick Lewis
Sam Hull	Jeffery A. Luxenberg
Sam Johnson	



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

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
 Water & Energy Conservation
 35 Payson Road
 Belmont, MA 02178
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TELEPHONE 739-2003

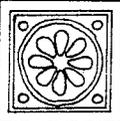
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Bike Shop Discounts

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

THIS SPACE AVAILABLE
 CONTACT WALTER McNEIL
 FOR AD INFORMATION

The Charles River Wheelmen
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 Cambridge, MA 02138

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