

WHEELPEOPLE

Charles River Wheelmen

Volume XI Number 12

December, 1982

TIPS for WINTER RIDING

From Walt McNeil, Winter Ride Coordinator

The following are just a few tips for safe, enjoyable winter riding. If you have any tips that would be beneficial to winter cyclists share them with your fellow members on the frostbite rides or send them into the Wheelpeople. Winter cycling can open up an exciting new world to you. Get out, ride, and explore!

1. Dress appropriately. This cannot be stressed enough. Wear several layers of clothing, instead of one heavy layer. Manmade materials do not absorb perspiration, natural materials do. A layer of manmade clothing next to your body, followed by several layers of natural clothing allow you to perspire through the manmade clothing to the natural clothing, keeping your body dry, thus warmer. Wool is the best for warmth for natural clothing, although cotton is acceptable if wool can't be worn. A dry body is always warmer than a wet body, no matter how many layers of clothes you have on.
2. Protect the extremities of your body. This means keeping your head, hands, and feet protected and warm. Much heat is lost from your body when these areas are inadequately protected. A ski band or hat under your helmet (you can remove the pads if the helmet won't fit), warm gloves (be careful -- bulky gloves may impede handling of

the bicycle) and several layers of socks help keep you warm when you are riding. Plugging up the holes in your helmet cuts down on the wind's chilling effect, and a scarf around your neck keeps that area warm. A nylon windbreaker can help stop the cold wind.

3. Keep your bike in top condition. It is more important that your bike be running correctly in the winter than other times of the year. A simple flat tire on a cold day could turn into a complex affair. Check all your equipment everyday before going out on a ride.
4. Dress to be seen. With a lower morning and evening sun, you can get easily lost in the sun's rays by an unsuspecting driver. Wear bright clothing, or better yet, various garments, materials, or objects made especially for bicycle riders.

(continued on page 11)

INSIDE:
Election Results

on page 5

Mileage

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

John Latva	15593
Joe Cormier	12178
Jerry Campbell	10692
Ed Trumbull	9055
Don Blake	9005
Ned Weld	8815
Osman Isvan	7659
Emile Bielawa	7195
Elaine Braun-Keller	6800
Lee Howard	6332
Dick Buck	6189
Bob Fisher	5906
Greg Lenhard	5574
Bob Harvey	5574
Paul Foley	5007
Greg Canty	4945
Richard Levine	4715
Karen Lease	4641
Pat Sommers	4639
John Gregory	4539
Jeff Luxenberg	4454
Jacek "Rudy" Rudowski	4413
Ed Hutchinson	4297
Pete Moss	4116
Dick Lewis	3904
Bruce Wisentaner	3701
Mike Hanauer	3571
Mark Altman	3360
Debbie Luxenberg	3317
Eliot Specht	3212
Jill Eisman	3079
George Pawle	2982
Mark Becker	2827
Jim Broughton	2579
Bill Sweetser	2514
Ann Marie Altman	2364
Paul Bowser	2361
Dave Allen	2200
Ron Messier	1973
Linda Harvey	1707
Chris Lucas	1671
Dick Howe	1606
Lee Andre	1545
George Caplan	1517
Jack Kagan	1347
Eva Casey	1311
H. Stratton Smith III	1212
Mike Normile	1200
Richard Willis	1147
David Gotthelf	1142

Dave Brahmer	971
Howard Moore	647
Rosalie Blum	544
<u>47 No Updates!!</u>	<u>80,748</u>
Total	<u>303,401</u>

I sat here wondering what to say to or about the 47 no updates. Words seem to fail me so I will say nothing.

- Ed Trumbull



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Editor's Mailbox

TRIATHALON TRAINING

Dear Editor and CRW members:

I thought I would describe how it feels for a runner to switch to and include cycling in daily workouts. It began as therapy for a stress fracture and snowballed into a desire to compete in the August Sri Chinmoy Triathlon in Rhode Island.

I had done some cycling years ago, but I found it much more interesting and even entertaining with this club. I do think that my running background provided a good base from which to jump right into cycling; the two seem to compliment each other. Cycling really works the quads, which helps in uphill running. I tried to make the weekly club rides from late April through July, and managed to struggle through the century ride on Memorial Day. The cycling event in the triathlon covers 60 miles, and by July, I thought I could pull it off. One basic disadvantage, though, is the rule against drafting in triathalons. And after several club rides, I was just getting used to the advantage of riding a pace line.

The cycling portion of the triathlon comes after swimming 1.5 ocean miles, and before running 15 miles. I had the swimming training under my belt, although I was concerned about open salt water and colder temperatures. The one event which was supposed to be my strongest, however, turned out to be my weakest. In fact, it blew the whole thing. The stress fracture kept me from running at all for a solid 3 months, and by the time I could begin training, it was too late. It's hard enough to train for a 15 mile run when you're healthy and uninjured, but impossible if you have a time limit and you have to come back slowly. There's a little part of me that says I blew it, because I did; but then again, I met some terrific people and learned how to ride a bike. One of these days someone might even show me how to fix a flat.

I do think the CRW has some nice people riding around on bikes. You have a way of making new members feel welcome, un-intimidated, and enthusiastic about cycling. I thoroughly enjoyed the rides, the lunch breaks, and the post ride gatherings, not to mention the exercise. I have learned to respect the sport as a source of conditioning, comraderie, and exhilaration. I do have two complaints, however. One is that I don't think enough women come out for long rides -- and they are certainly capable of it. The other has to do with those "Bikee" clothes. If I ever put those skinny black pants on, I would feel compelled to put a bag over my head. Who designs those things?

See you at the Christmas party.

- Lark McGuire
Greater Boston Track Club (Women)
CRW Member



Please continue to send letters, comments, tips, ads, centerfolds, . . . Last month was great! I'll try to publish everything (subject to editing, of course!). Remember, the deadline for materials is the 10th of each month.

Have a Happy Holiday Season

Susan Cavalli

Send material to:

Susan Cavalli
Editor, Wheelpeople
177 Florence Street
Chestnut Hill, MA 02167

P.S. I'm interested in black and white photos too. Thanks.

Do it Yourself

Send material to:

Susan Cavalli
 Editor, CRW Wheelpeople
 177 Florence Street
 Chestnut Hill, MA 02167
 969-3864

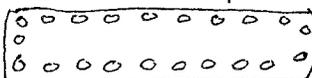


CARRIER MODIFICATION

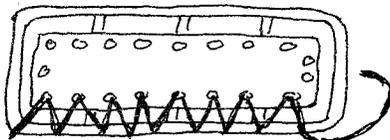
I've made a modification to my rear bike carrier rack. Most rear bike carriers have large open spaces inbetween their metal structure. If you carry something firm and solid, like books, etc., the carrier works fine. However, if you try to carry something soft, like a folded jacket or jersey, you'll discover that such items will work their way through the carrier's open spaces, and against the top of your rear tire. I solved this problem with a piece of plastic, some eyelets and a shoe lace.

First; Locate a heavy piece of plastic, like polyethylene, and cut it out to fit inside the top of your carrier.

Second; Using a hole punch, make a series of holes along the plastic's outer edge about an inch or so apart.



Third; Reinforce each hole with a metal eyelet, using a simple squeeze type tool that is inexpensive.



Fourth; With a shoe lace, weave through each hole in a criss cross pattern, securing the plastic to the carrier. This lacing pattern will not interfere with pannier hooks. The plastic will also act as a mini fender in keeping items you place on the carrier dry.

- Joe Cormier

Notices

100% LEAGUE MEMBERSHIP

The CRW is one of a handful of clubs nationwide that are 100% Chapter Clubs of the L.A.W. Basically, this means that each club member is also an L.A.W. member (and that's why you get Wheelmen magazine). This also means that when the L.A.W. sends you a renewal notice ignore it. When renewing your club membership, you renew your L.A.W. membership simultaneously.

WINTER MEETINGS

Does anyone have access to a school room or other room for winter meetings? Please contact Sam Johnson (655-8774)

FREE WHEELMEN

Dena Ressler (643-6257) is giving away American Wheelmen issues. Many issues available dating back to August, 1980.

WEDDING BELLS

The latest news is that Lon Haldeman and Susan Notorangelo are to be married in May, 1983 and will spend their honeymoon trying to set several new tandem records. First they will try to break the 24-hour record of 492 miles held by two Englishmen. Then they will assault the coast-to-coast tandem record set by four men who drafted each other in 1979. That record of 10 days, 21 hours seems destined to fall before the mighty Lon and Sue if all goes well.

Board Notes

ROSALIE BLUM RETIRES

The CRW is looking for a membership coordinator and a circulation editor. Rosalie Blum has resigned from both positions.

Membership Coordinator duties include maintaining the membership list, processing renewals and new memberships, printing the list for board members a few times a year, and providing mailing labels for the Wheelpeople every month. These duties are best performed with the aid of a computer. The membership coordinator is often the first person a prospective member contacts, so enthusiasm and knowledge about the club are helpful. This position entails about 6-10 hours a month.

The Circulation Editor picks up the Wheelpeople from the printer (in Waltham), labels, sorts and bundles it by zip code, and takes it to the post office for mailing. Currently, our bulk mail account is at the Woburn Post Office, but we can renew it in January for the South Boston facility if this is more convenient. The editor also forwards extra copies to our information chairperson and returns the masters to the Wheelpeople editor (usually at the monthly board meeting). About 6 hours a month are involved, and you have the benefit of being the first to see the new bulletin each month!

Here is a chance to really help the club perform one of its most important functions -- keeping the membership informed and up-to-date. These positions take only a few hours each month and will make you feel like you are really contributing! Please call Rosalie (272-7785, evenings) if you are interested in either of the above positions.

1983 CRW BOARD--ELECTION RESULTS

Congratulations to Jill Eiseman, Edson Trumbull, and Karen Lease who have been elected to three year Board terms (commencing January 1). Jill was an incumbent and Board Vice-President; Karen and Ed will be replacing Mark Lamkin and Sam Johnson. Sam will be returning through next year to serve as an advisor to the Board; Mark will be retiring. Other Board members are: Dave Brahmaer, Patty Kirkpatrick, Dick Lewis, Jeffery Luxenberg, Sam Hull, and Barry Fricks.

Unfortunately, Barry Fricks will be retiring as a Board member due to schedule conflicts. A replacement will be selected at the regular monthly Board meeting on December 7. The 1983 Board will meet prior to January 1st to elect a new President. Tune in for the exciting results next Wheelpeople or attend the December 7th Board meeting or go to the "Winter Solstice" Party on December 10th or . . .

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"THE SHOW & GO, FROSTBITE RIDES"

Come join us in officially celebrating the winter riding season. From now, until next March, the rides won't be preplanned. Members just show up and go. This is the time of year that we really need your support -- to show the public that bicycling is feasible and enjoyable throughout the year -- and not just in the warm weather months. Explore with us new and familiar roads and terrain as they take on exciting new dimensions with the absence of foliage. The air is crisp, and the coffee, tea, and hot chocolate taste better than ever. The group decides the length and direction of the route -- only the starting point is pre-determined. Come and participate in a true democratic process. The CRW rode as a club on every Sunday last winter. It only takes but one other person besides yourself to have a club ride. Don't let that other person wait for you. Come along and join the fun! If you have any questions about the frostbite rides, contact winter ride coordinator, Walter McNeil, 329-1586.

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DECEMBER 5, SUNDAY 10:30 AM

Starting point: Cambridge Common

.....

DECEMBER 7, 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.

DECEMBER 10, FRIDAY EVENING 7:30 PM
"Winter Solstice Party"

Mark this date on your calendar! This is the time for the CRW Annual Holiday Social. Meet CRW officers, old friends, and new members at "Debra and Mark's place." See if you can recognize people without their bicycles and "Bells" and dressed in colors other than black. Swap tales of summer trips and maybe get some great ideas for next year. Share ideas for winter riding.

Light refreshments, liquid and solid, will be provided but if you have a favorite drink or thirst quencher bring it along. Also, if you would like to bring some favorite foods or sweets to share, it will greatly add to the festivities. Please notify Debra Glassman or Mark Roseman of your gastronomical intentions so they can balance the menu to meet Nancy Clark's standards.

This Holiday Party is a CRW tradition! Don't miss it!

Place: 35 Payson Road, Belmont

Directions: Take Trapelo Road to Common Street. North on Common Street for one block to Payson Road on the right.

More information: Debra or Mark, 489-3141.

presenta STBITE RIDES

DECEMBER 12, SUNDAY 10:30 AM

Starting point: Natick Common, Routes 27 and 135.

DECEMBER 19, SUNDAY 10:30 AM

Starting point: Arlington Town Hall, Massachusetts Avenue and Route 20.

DECEMBER 26, SUNDAY 10:30 AM

Starting point: Duck Feeding Area, West Side of the Charles River at Route 30 and 128.

JANUARY 1, SATURDAY 11:00 AM

Starting point: Boston Common, Park and Tremont Streets.

This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body of the evening before's merriment than an invigorating ride in the clean, crisp air of downtown Boston -- with very few cars! Explore Boston as it once was -- before internal combustion engines took over. Last year we were on television -- who knows what's in store this New Year's Day! (National prime time??) Start the New Year off right, come in and ride along with us. Just think -- you could be the 1983 mileage champ for a day!

JANUARY 2, SUNDAY 10:30 AM

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

Meetings, and Other Events

DECEMBER 8, WEDNESDAY 7:00 PM
"L.A.W. Committee Meeting"

What: The State Legislative Committee for the L.A.W. has invited interested persons to attend their meetings.

Where: Peter Campagna's
14 Waconah Road
Worcester

Information: Contact Peter at 752-4092.

JANUARY 12, WEDNESDAY 7:00 PM
"L.A.W. Committee Meeting"

What: See description above.

Where: Sue Genser's
38 Matchett Street
Brighton

Information: Contact Sue Genser at
782-6485.

JANUARY 18, TUESDAY 7-9:00 PM
"New Year's Nutrition"

What: This nutrition clinic is for people who want to shape-up their eating habits and improve their diets. The focus will be on snacking, eating-on-the-run, vitamins and healthful meal patterns.

Where: Room 205
Sports Medicine Resource, Inc.
830 Boylston Street, (Route 9)
Brookline, MA 02167

Cost: \$5.00

Information: For more information and to pre-register call:
Nancy Clark, M.S.R.D.,
Sports Nutritionist at 739-2003



Holiday Trimmings

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

Happy Holidays! - or do Christmas calories weigh you down? Traditionally, the holiday season is calorically laden with all sorts of tempting goodies. For many people, holidays lead to heavy days. If you are a weight watcher, these tips may help you to better survive this season's festivities.

- * Establish a positive meal out-look. "This year I'm going to control my holiday eating." Continually remind yourself that Christmas comes again next year. This will not be your last chance ever to taste Grandma's special goodies.
- * Focus on the season's friendliness rather than the food. At parties, plan to socialize rather than to eat. Think of food as an insignificant factor.
- * As a host/hostess, offer low calorie alternatives to the traditional snacks. As a guest, bring along healthful foods that you want to eat. Remember that FAT is the fattening culprit in party foods. Enjoy these low-fat alternatives:

Make a dip with low-fat yogurt - 30 calories per 1/4 cup
 rather than sour cream - 120 calories per 1/4 cup

Dip raw veggies; celery, peppers, carrots - 25 calories per 10 strips
 rather than potato chips - 110 calories per 10 chips

Nibble on crackers - 70 calories per 6 saltines
 rather than cheese - 110 per ounce (3 bites)

Choose sandwiches filled with turkey, ham, lean roast beef - 300 calories
 rather than soggy-with-mayonaise tuna and chicken salad - 450 calories

Beware of alcoholic beverages. The calories add up quickly, as well as reduce your resistance to tempting, fattening foods.

Beer	160 calories/can	Wine spritzer	90 cal/6 oz.
Eggnog	250 calories/1/2 cup	Perrier with lime	0 calories

- * Exercise! ...and burn off the extra calories that you may have consumed. Plan time for "heavy duty exercise" if you want to do heavy duty eating".
- * When faced with a feast that is all wrong for you, remember that you don't have to eat everything. You'll feel happier both physically and mentally if you savour a "diet portion" rather than glutinously stuff yourself into discomfort. By practicing moderation, you'll prevent unwanted weight gain, as well as an unwanted diet for your new year's resolution.

For Sale

\$

For Sale: Cinelli handlebars with stamped crest, Model 66/40 cm; Cinelli stem 1A/9 cm; Cannondale large handlebar bag, green with leather supports includes mounting hardware; Atkins roof rack for bikes. All in excellent condition. Contact Anita Breurer at 665-8783.

\$

For Sale: Pair of wheels, Normandy Competition hubs and Weinman Concave rims, 700 cc; Campi Nuovo Record rear derailleur. Reasonable prices. Contact Mark Decker at 734-3223 after 7:00 pm.

\$

For Sale: Pacer 1000, unused and in perfect condition, \$105. Brand new Fuji touring 150 no wax cross country skis, 200 cm, \$45. Call Rudy at 361-5273.

\$

For Sale: Touring frame; 22-1/2 inch Helyett Speciale, all Reynolds 531; equipped with sew-ups (Normandy hubs), Mafac racer brakes, Stronglight crankset and more. All for \$250. Call Tom Cordery at 361-2308 or 364-5921.

\$

For Sale: Spend the winter with a project. Build your own bike. Start with a beautiful new 23" Motobecane Gran Jubile frame. Braze ons include: shifter bosses, water bottle cage bosses, brake cable and shifter cable guides and chain hanger on seat stay. Asking \$150 or best offer. Also available, 1 set of used MTD rollers, \$30; 1 each Suntour and Huret rear derailleurs, and 1 pair Arc-en-Ciel tubular rims, best offer. Call Jack Dickison 333-0962 after 6 pm.

For Sale: The perfect gift for the bicyclist who has everything including tools loose in their bag: Roll-up tool holders, two sizes, blue and 'chamois, holds all tools neatly and safely. Contact Emily Lusher at 484-5081.

\$

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THANKS

TIPS FOR WINTER RIDING (continued)

5. Beware of Road Conditions. Pot holes begin their growing season in winter. Slippery roads due to ice and leaves also makes riding more difficult. Be aware of these and changing road conditions. With the advent of snow, roads become narrower, so adjust your riding style accordingly. Obey and follow all traffic rules!
6. Carry a map. In the winter, CRW rides are unmarked. If you should get separated or lost from the group, there are no friendly arrows to look for to resume your ride. A map of the area you are riding in helps limit any of the above problems.

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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

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	361-5273
Editor - Susan Cavalli	969-3864
Circulation Editor-Rosalie Blum	272-7785
Advertising Editor-Walt McNeil	329-1586
Treasurer - Don Blake	275-7878
Mileage Coordinator-Ed Trumbull	332-8546
Social - Bill Piekos	395-5699
Safety - Bill Risinger	321-7623
Awards - John Kane	396-2230
Winter Rides - Walter McNeil	329-1586

BOARD OF DIRECTORS

Jave Brahmer	Patty Kirkpatrick
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 _____

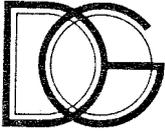
TOTAL ENCLOSED _____
Dues:\$20 individual, \$26 household,
\$30 sustaining membership

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:

Susan Cavalli
CRW Wheelpeople
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Chestnut Hill, MA
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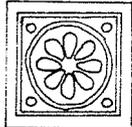
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ATTORNEY AT LAW

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NEWTON, MASS. 02158

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HOME 527-2714

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

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Ken Dempsey
Steve Kilgore

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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
3 Bow Street
Cambridge, MA 02138

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