

WHEEL PEOPLE

Charles River Wheelmen

Volume XII

Number 1

January, 1983

Jill Eiseman Replaces Sam

In a unanimous vote at the December 7th Board meeting, Jill Eiseman became CRW President for 1983. She will be replacing Sam Johnson who has served two consecutive years-as President. Sam will continue to provide his invaluable advice and expertise as a Board Member. And now, a word from our past and future Presidents.

the old ...

The exiting President Sam Johnson: CRW President 1980-1981, Cyclist extraordinaire, World Traveller, and otherwise nice guy. Forced to relinquish his position by the Constitution.

Dear Fellow Cyclists:

Our Constitution precludes the President from serving more than two consecutive one year terms. At our December 7th meeting, the Board, including new directors, unanimously voted for Jill Eiseman to become our new President. Congratulations Jill!

In December of 1980, Jill and I met for lunch at Quincy Market to discuss who would become our President. I remember that we had to sit on the floor in the upstairs rotunda because the place was so crowded. At the time, neither of us was certain we wanted to assume the responsibility. The "deal" that we agreed to was that I would become the President and she would be our Vice President.

the new ...

Announcing our new President: Jill Eiseman CRW President 1983. Tour of New England Survivor, and all around gal. Innocently assuming the Presidency.

Dear CRW Members:

It is with great excitement that I accept the challenge of serving as the next CRW President. For those who may not have passed me on the roads - yet - let me describe myself: silver Windsor T6, wide leather saddle, black shorts, bata bikers or bata wintours, Bell helmet, 5'4-1/4" of back of the pack, slow motion.

I started with the club in 1978. Since then I have biked my tail off (don't I wish) through long and short loops, arrowing, commuting (showers would be nice but not a necessity), the NE Rally, Bike Day, finding my true love, my one and only 1000 mile month, Bike Month, the Questionnaires, and more. As my years with the

Mileage

3	1	9	5	7	5	4
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The following are CRW members 1982 mileage totals thru the end of November.

John Latva	15826
Joe Cormier	13250
Jerry Campbell	11211
Don Blake	10167
Ed Trumbull	8911
Ned Weld	9287
Peter Reagan	8300
Emile Bielawa	7835
Osman Isvan	7659
Elaine Braun-Keller	7498
John Vanderpoel	7411
Lee Howard	6792
Dick Buck	6298
Greg Lenhart	6256
Bob Fisher	6146
Bob Harvey	5574
Paul Foley	5244
Richard Levine	5140
Greg Canty	4945
Karen Lease	4786
Jacek "Rudy" Rudowski	4653
Pat Sommers	4639
John Gregory	4600
Jeff Luxenberg	4582
Ed Hutchinson	4297
Pete Moss	4116
Dick Lewis	4114
Bruce Wisentanner	3908
Mike Hanauer	3727
Francie Sparks	3556
Debbie Luxenberg	3465
Mark Altman	3360
Eliot Specht	3342
George Pawle	3334
Jill Eiseman	3163
Jim Broughton	2903
Mark Becker	2827
Bill Sweetser	2739
Bill McGrath	2553
Paul Bowser	2520
Harry Nicoll	2472
Ann Marie Altman	2364
Ron Messier	2287
Chris Lucas	1717
Linda Harvey	1707
Dick Howe	1606
George Caplan	1563
Greg Smith	1555
Lee Andre	1545
John Kane	1506
Eva Casey	1401
Jack Kagan	1347

Ann Fritz	1271
H. Stratton Smith III	1212
Mike Normile	1200
Richard Willis	1147
Dave Brahmer	1000
Larry Buthmann	778
Howard Moore	722
Cathy Buckley	619
Rosalie Blum	555
John Springfield	517
No Updates	<u>59105</u>
Total	<u>319,575</u>

The "No Updates" this time include only those I have not heard from for some time or only once recently. Others were included in the list on the possibility that they have "hung up their spikes" for the year. In any event, December is the last month so how about a big effort to call or write. John Latva, what happened?

- Ed Trumbull



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Editor's Mailbox

ONE OF THE 47

Dear Editor:

Ed Trumbull sounded so downhearted about the "no updates" in his December mileage column that I'd like to offer a comment. I have no idea who the other 46 "no updates" are nor what their reasons may be, so I speak only for myself. I don't know how far I ride. I bike to work, on errands, and for recreation. Since I don't train or race, I have no more reason to log my bike miles than to record trip lengths every time I drive my car. Bicycling is a pleasurable end in itself as well as an instrument for transportation. Recording mileage would not be an affirmation of this, but would only add to the burden of items that have to be managed and kept track of in my life. With my fellow CRW members who see happiness where I find hassle, I have no quarrel. We all have different ways of celebrating our sport.

- David Ernst

LETTER FROM OSMAN

When I came to Istanbul, one of the things I looked for was to see what bicycles and bicycling in this country looks like. To my frustration, I saw that bicycling as a sport is next to nonexistent (except a few racers). The general public is unaware of the 10-speed bicycle as a sports instrument or recreation vehicle. There are Turkish made utility bicycles on the market for very high prices for their quality. (If they were sold by weight, it would be a good price "per pound".) The only standard wheel diameter is 26" and 28". A 27" diameter is unheard of. Wheels are made of steel only. Tires as 26 x 2, 28 x 2 or 28 x 1-3/8, etc. Frames are not made in different sizes. Every model has only one size available. The 26" wheeled bikes are not even adult size.

And of the 28" wheeled bikes even the largest frames look like no bigger than 28". Spare parts for 10-speeds must be smuggled on special order. You have to wait several months for a 10-speed chain and pay a fortune.

I will be back when my military service is completed, sometime after February 20th.

My address until February 20th is:

58 Topcu Tugay
Hafif Tabur s.Batarya
Burdur/TURKEY

Please write.

Sincerely yours,

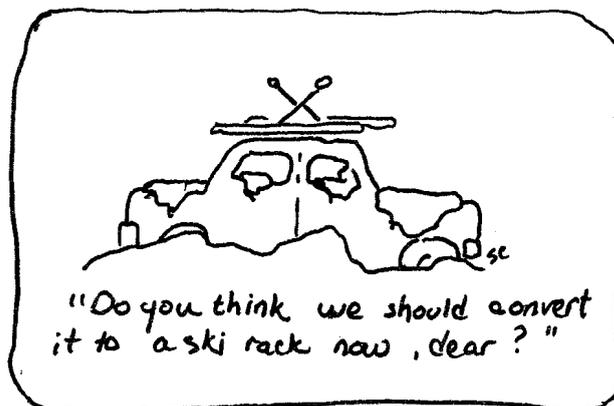
Osman Isvan



This month's mailbox was full. Keep up the good work. The "Do it Yourself" section will reappear next month, so send in any secrets you have. Some ideas: How to put on a Huret odometer; Winterizing your bicycle; Snow tires

Have a Happy New Year!

P.S. X-Country ski trip information on page 7.



Notices

BABC PAMPHLET SERIES

Sensing the great need for community outreach and some public relations, BABC has issued a call to help out with a series of pamphlets to address commuting issues pertinent to bicyclists in the Boston area.

If you have a pamphlet topic that you think would be useful to Boston area cyclists try drafting some copy. It need not be fancy; we'll embellish it if you give us a rough draft with all necessary data. Here are some ideas we've thought of but don't have time to prepare:

'Winter Riding', 'Making Left Turns at Intersections', 'Summer Riding', and 'Basic Equipment for Safe Riding'. If you're interested in getting involved in the BABC pamphlet series in any way, call 491-RIDE, write the BABC at 3 Joy Street, Boston, Mass. 02108, or call Sarah Heartt at 497-4497 or Doran Howitt at 666-3464, evenings.

ACCIDENT VOLUNTEERS

Wendy Plotkin of the BABC will need about 100 volunteers to give about 2-3 hours to collect data on the 2,729 bicycle/motor vehicle accidents reported in 35 Greater Boston communities from 1979 through 1981. This study will identify dangerous locations and bad riding or driving habits that contribute to the number of reported accidents and discourage people from using bicycles.

Volunteers are invited to join MAPC planners in reviewing the results of the study and in forming recommendations for facility improvements and educational programs. For more information contact Sarah Heartt at 497-4497.

FREE MAGAZINES

Free, if you pick them up. Large collection of bike magazines dating back to 1968. Includes: LAW, Bicycling, Bike World, Wheelpeople, etc. Contact John Likins at 762-2337 (6-9 PM).

ADVERTISING ASSISTANT NEEDED

The Assistant Advertising Editor would help Walter McNeil contact bicycle shops in the area for ads to be listed in the Wheelpeople and for club discounts. Ads may be set up or renewed by phone once the job is organized. If interested, contact Walter McNeil at 329-1586.

WINTER MEETINGS

We desperately need a school room or other room for winter meetings. Only three or four meetings (at the most) will be held. Maximum capacity expected is 50 people. Please contact Jill Eiseman at 641-1066.

HANAUER ELECTED TO BOARD

Mike Hanauer was unanimously elected to the illustrious 1983 CRW Board of Directors as Barry Frick's replacement. As noted in the last month's Wheelpeople, Barry was forced to retire due to schedule conflicts. Mike will serve as a director for two years, the remainder of Barry's term. Congratulations, Mike (and Good Luck!).

MEMBERSHIP COORDINATOR/CIRCULATION EDITOR

Karen Lease and Jim Broughton have volunteered to replace Rosalie Blum as Membership Coordinator/Circulation Editor. These positions are instrumental in ensuring timeliness of the newsletter. Either Karen or Jim should be notified regarding address changes.

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

CRW Hospitality

Sunday, August 29th was a clear breezy day that greeted the triple loop ride on the North Shore. It felt more like fall, but still an ideal biking day. Connie LaPointe led the short 32 mile loop, while her husband Ed, led the 47 mile medium loop. The fast riders took the lead on the long 62 mile loop, while Ed Trumbull and I took up the tail for the slower riders. After the first 26 miles, there was a snack stop in Ipswich for those making the medium and long loops. It was there that Mike Hanauer and other club members first met young John Lane. I met John for the first time at the end of the ride at the final lunch stop. Mike was checking with other CRW members for someone who could put up the young bicyclist for the night at their home. My house was only a half mile from Ed's; I welcomed the opportunity to take my turn as host for a touring cyclist.

Laden with 75 pounds of gear on his Bianchi bicycle, 18 year old John Lane had just completed cycling over six thousand miles across the US and Canada. John and two other companions left Sparks, Nevada three months ago. Near the end of their tour in Canada, all three found themselves victims of a pick pocket who relieved the young travelers of the funds which were to be used to fly them home. John's two companions wired home for money and terminated their trip. John decided to proceed alone to Boston with only fifteen dollars left to spend.

As luck would have it, John happened to be traveling the same road I had marked for the Sunday CRW ride. That John first saw a group of CRW riders in Ipswich (our snack shop), to quote the young man, "Seeing all those bikers was a great sight". He had not seen so many bikers assembled at one place since he left Nevada.

I grew quite fond of this young cyclist during the two days that he stayed with me. That evening, I treated John to a New England seafood dinner. I had previously planned to take Monday off from work, so this gave me a chance to take the young cyclist into Boston for a sight seeing tour. Before we started, John needed to work on his rear wheel. For the past two years, John has worked in a bicycle shop as a bicycle mechanic. I marveled at his expert training as he replaced a broken spoke, patched a tube and did a complete hub job in less than twenty five minutes. Finally we took off for the big City. Relieved of his 75 pound load, John felt as if he had a rocket propelling him down the road. It also appeared that way to me as he vanished over the horizon. I had all I could do just to keep him in view.

The following day we boxed his Bianchi for the three day bus trip back to Nevada. John is scheduled to enlist into the USAF, shortly after his return home. He will also be racing for the USAF bike team. The youth shows promise in the bicycling world. John wanted me to thank all the members of CRW for their hospitality.

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"THE SHOW & GO, FROSTBITE RIDES"

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!

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JANUARY 2, SUNDAY 10:30 AM

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

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JANUARY 3, 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.

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JANUARY 9, SUNDAY 10:30 AM

Starting Point: Lexington Green on Massachusetts Avenue.

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JANUARY 16, SUNDAY 10:30 AM

Starting Point: Needham Town Hall on Route 135 (Great Plain Avenue)

JANUARY 23, SUNDAY 10:30 AM

Starting Point: Cleveland Circle (Brighton), Beacon Street.

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JANUARY 30, SUNDAY 10:30 AM

Starting Point: Weston Center on Route 20.

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FEBRUARY 6, SUNDAY 10:30 AM

Starting Point: Natick Center at the intersection of Route 20 and 135.

Meetings, and Other Events

JANUARY 12, WEDNESDAY 7:30 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: Sarah Heartt's
1200 Massachusetts Ave.
Cambridge

Information: For more information contact Sarah Heartt at 497-4497.

presents

STBITE

RIDES

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

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JANUARY 26, WEDNESDAY 7:00 PM
"BABC General Meeting"

What: Featuring Doran Howitt on the International Human-Powered Vehicle Competition.

Where: 70 Vassar Street
Cambridge

Information: For more information contact Sarah Heartt at 497-4497.

Cross Country Skiing

JANUARY 29, SATURDAY
"Cross Country Ski Day Trip"

What: This trip offers an opportunity for non-skiers to learn the sport and for all to enjoy the countryside - without having to worry about a flat tire! 18 miles of trails, for all skill levels. Good food. Plenty of room to relax between tours.

Where: Woodbound Inn, Jaffrey, NH

Drive west on Route 2 to Route 119; continue west on Route 119 to Route 202 in NH; turn right on Route 202 and watch for Woodbound Inn sign approximately one mile from Route 202 on the right. Phone at the Inn is (603) 532-8341. Driving time is estimated to be 1-1/2 hours (from Boston).

Cost: Trail fee is \$2. Ski rental is \$7 all day. Lunch is served at 12:15 PM and costs \$4.50, which is payable at the front desk prior to lunch.

RSVP: Please call Dick Lewis, 236-3634 (days) or 641-106 (evenings), no later than Monday, January 24 to indicate that you are going, so Dick can inform the Woodbound Inn how many people to be prepared for.

MISC: Bring an extra turtle neck and sweater to change into at the end of the day. Dry clothes offer great comfort at the end of a day of X-C.



Winter Weight Gain

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

"I dread the cold winter weather - it chills me to the bone. I tend to exercise less and gain weight. Thanksgiving through March are tough times for me. I consciously try to eat less, but I still end up with a winter fat layer."

Perhaps these complaints by battler-of-the-bulge / bicyclist John Riccardi sound familiar to you. Like John, many athletes gain winter weight, in part due to the weather - cold temperatures stimulate the appetite, and also due to less exercise. Your body responds to a sedentary life-style by gaining weight.

Research studies indicate that each person tends to maintain a certain "set point" weight range. For example, I frequently over-eat or under-eat, yet I maintain a constant weight (give or take a few pounds). When I over-eat, I'm not hungry the next day and have a smaller breakfast. When I under-eat, I feel ravenous and compensate with larger meals. Under normal conditions, each person who listens to his body will stay at his set point weight.

Exercise strongly influences this set point. Aerobic exercise lowers your set point if you work-out four times (not two or three) per week for twenty to thirty minutes. That's why runners, cross-country skiers, and cyclists who train regularly tend to be thin. Their body senses that being lighter will be advantageous and they tend to lose weight, even without cutting back on calories.

"Middle-age-spread" responds well to an exercise program. For example, I frequently counsel over-weight business men who were, in their college days, trim athletes. Once they start jogging regularly every other day, they seem to shed the excess pounds. Their body wants to get back to it's previous set point.

The same way that regular exercise tends to lower your set point, lack of exercise tends to raise this point and you gain weight. This explains not only winter weight gain, but also post-injury weight gain. I know of many runners with shin splints who have to stop running. Unless they start another sport, they tend to "balloon up".

Exercise, in addition to lowering your set point, maintains strong muscles. Your muscles are an active tissue. They metabolize about 90% of the calories you eat. Fat, on the other hand, is inactive. It burns very few calories. Hence, a muscular 140 pound person with ten percent body fat requires more food than a pudgy 140 pound person with twenty five percent body fat. Active people can eat more not only because they exercise more, but also because their body has a higher resting metabolic rate.

Exercise also has a "lingering effect". You continue to burn calories after you stop. For example, you may burn an additional 40-50 calories after a light work-out, and 450 calories after a strenuous exercise bout. For those who exercise in order to eat more, these little benefits can add a few tasty morsels to meals!

The moral of this story is obvious: Exercise allows you to eat more and stay thin. As winter approaches, I hope you are inspired to fight winter fat by keeping active.

- continued

Jill, now it's your turn. I am convinced that you will be an excellent President. Through your enthusiasm, energy, ideas and committed efforts, you have made significant contributions.

However, you, like me or anyone else who is the President, can't do it all alone. I am hopeful that you are members who will continue to volunteer in planning and carrying out various club functions and activities. Without your involvement, we are but a fragmented collection of individuals who periodically band together to ride a bicycle. The CRW means much more to me than that, as I hope it does to you.

I have thoroughly enjoyed my tenure as President. The last two years were a rewarding experience. I feel enriched by getting to know many more of our members and by the consistently strong support, cooperation and efforts of our directors, officers, project coordinators and other volunteers. Thank you for your fine work.

Best wishes to all of our members and your families for a wonderful holiday season and a happy new year.

- Sam Johnson



club evolved, a feeling of comfortableness and continuity has grown. No matter what the level of skill or intensity, bonds do form because there is an underlying desire for the outdoors, health, exercise, and challenge.

The CRW is its members. There is no office staffed with 9 to 5ers. The board and officers volunteer their energies... and you, by your interest and involvement, fuel us. Here are some ideas/happenings for '83 to think about:

- Winter club meetings - as soon as we can find a spot to hold them.
- XC skiing - January and February (see calendar for January date)
- Awards banquet - April
- Bike Month - May (looking for new ideas)
- Bike Rally/Rodeo - for younger kids during a weekend in May. (Would love to hear some feedback on this idea....and/or interested volunteers.)
- Spring Century
- New England rally with other clubs - August
- Martha's Vineyard ride - Saturday in September
- Greater geographic distribution of ride starts
- Frequent post ride parties
- And more

I am open to suggestions.

A big THANK-YOU to all who were/are/or will be involved in the CRW.

Happy New Year!

- Jill Eiseman

P.S. 1983 New Year's Resolution: Observe the Rules of the Road.

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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!

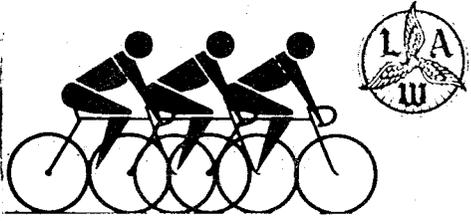
OFFICERS AND COORDINATORS

- | | |
|-----------------------------------|----------|
| President - Jill Eiseman | 641-1066 |
| Vice President - Dave Brahmer | 387-3243 |
| V.P. of Rides - | |
| - Patty Kirkpatrick | 648-4669 |
| - Mark Lamkin | 877-4489 |
| Information - Jacek Rudowski | 361-5273 |
| Editor - Susan Cavalli | 969-3864 |
| Circulating Editor/Membership | |
| - Karen Lease | 623-7418 |
| - Jim Broughton | 646-4102 |
| Advertising Editor - W. McNeil | 329-1586 |
| Treasurer - Don Blake | 275-7878 |
| Mileage Coordinator - E. 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

- | | |
|--------------|----------------------|
| Dave Brahmer | Patty Kirkpatrick |
| Jill Eiseman | Karen Lease |
| Mike Hanauer | Dick Lease |
| Sam Hull | Jeffrey A. Luxenberg |
| Sam Johnson | Edson Trumbull |

MAIL TO: Karen Lease
44 Meacham Road
Somerville, MA 02144



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 _____

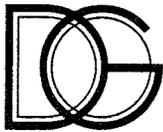
TOTAL ENCLOSED _____
Dues: \$20 individual, \$26 household,
\$30 sustaining membership

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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02167



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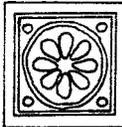
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