



WHEEL PEOPLE

Charles River Wheelmen

Volume XII

Number 3

April, 1983

Good Beginnings

--John Allen

The exact location at which a ride starts can have a great influence on the smoothness of the start--and on the impression ride members and ~~bystanders~~ have of the ride, and of CRW.

No, this isn't an article about "too many rides started in Newton and not enough in Woburn." I'm talking about smaller details of geography here--the position of the first arrow for the ride, and the path of the riders for the first few hundred feet.

A little thought given to these details can go a long way to get the group of riders moving smoothly, and to create the best impression.

The place where the ride begins should be chosen so that a large group of riders can move out smoothly into the flow of traffic. Preferably, a ride should begin with a right turn onto a wide and/or lightly-travelled street. There should be distance to the next major intersection so riders won't be on top of each other if a traffic light turns red or if there is cross traffic and a stop sign.

If there must be a left turn near the start of a ride, then enough distance must be allowed before the turn for riders to merge to the centerline. Failure to observe this requirement guarantees chaos!

I'll give a specific example now, the most difficult one I know: the five-way intersection at Newton Center. This is a popular place to start rides; it has a parking lot and a grassy area where the group can assemble. It is close to where many CRW members live, and if you get lost on the way there, anyone out tending the front yard can give you easy directions.

A perfect place to begin a ride? Well, yes--except for the traffic light and two left turns before you're on the preferred route out Parker Street.

Both of the CRW rides in which I participated last season which began at Newton Centre started with an arrow pointing diagonally across the intersection! The crowd of riders swarmed across and ran the traffic light. A couple of newcomers rode down the left side of Centre Street. All this while motorists and pedestrians--waited and observed. How could this have been avoided?

(Continued on Page 10)

Inside

Do It Yourself	3
Calendar	6,7
Planning Ahead	8,9
Mileage	11
Membership Application	11

Spoonful of Nutrition

Sugar vs. Honey

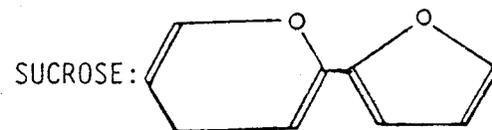
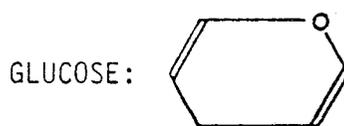
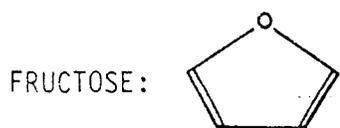
by Nancy Clark, M.S., R.D.
Nutritionist
Sports Medicine Resource, Inc.

"Sugar's the best energy food." "Sugar is poison." "Honey's better than sugar."

The facts about sugar and honey are certainly confused! As a nutritionist, I'm aware that many athletes and active people wonder if sugar is a magic potion or an unnecessary poison. Here's a little sugar quiz to test your nutrition I.Q.

* TRUE or FALSE: HONEY IS BETTER FOR YOU THAN WHITE SUGAR?

False. Honey and white sugar (sucrose) are biochemically similar. They are both made from fructose and glucose. White sugar (sucrose) is 50% fructose and 50% glucose. The two molecules are hooked together in the form of a disaccharide (double sugar). Honey is comprised of 38% fructose and 31% glucose. It also contains 10% other sugars, 17% water, and 4% "undetermined" particles.



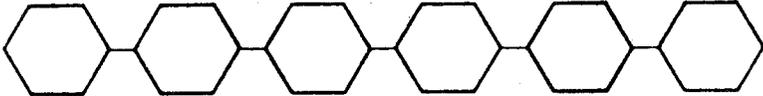
When you eat honey and/or sugar you convert them into glucose before you can use them for energy. Hence both honey and sugar have the same physiological effect upon your body.

* TRUE or FALSE: HONEY IS NUTRITIONALLY BETTER THAN WHITE SUGAR?

False. Honey, white sugar, or sugar in any form - maple syrup, jelly, brown sugar - has insignificant amounts of vitamins, minerals, protein, or other nutrients. You would have to eat 200 tablespoons of honey to meet the Recommended Daily Allowance (RDA) for calcium, 55 tablespoons of brown sugar to meet the RDA for iron. If you buy honey because you prefer the flavor, fine. But if you buy honey thinking that it is nutritionally superior, you are wasting your food budget.

	Calories/Tbsp.	Calcium (mg)	Iron (mg)	Riboflavin (mg)
White sugar	46	trace	-	-
Brown sugar	52	11	0.4	-
Honey	64	4	0.2	.01
R.D.A.		800	10(M);18(F)	1.8

* TRUE or FALSE: SUGARS ARE THE BEST ENERGY FOODS?

False. Both sugars and starches are excellent sources of energy. A starch is actually a chain of sugar molecules:  Plants store energy in the form of starch. This explains why peas, which are sweet when they are young, become starchy as they get older. When you eat sugar, your body converts the double molecule sucrose into a single glucose unit by breaking the bond between the two units. This happens very quickly. Starches take longer to digest because they have more bonds to break. Both, however, are excellent energy sources, with starches offering lasting energy.

Nancy Clark, MS, RD teaches active people how to eat for top performance and good health.

Editor's Mailbox



Dear readers:

Let me hear from you! My mailbox was very empty as was my phone message board. I thought my catchy notice requesting a CRW enthusiast would at least warrant a few phone calls. The summer issues are longer and require more time. Unfortunately, as the weather improves I'd like to spend more time outside cycling. A helping hand to share the Wheelpeople editing would help me maintain my sanity and ensure promptness. If interested, please contact me at 969-3864, leave a message if I'm not there.

Once again send suggestions, comments, cartoons and other inspirational items (especially money) to:

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

Respectfully yours,

P.S. This is my last plea for newsletter help; I may have to resort to drastic measures.

From the President

What happened to the good ole days when you could ride by someone, wave, and receive a greeting back? Now it seems like everyone is in their own shell, with no recognition of a kindred spirit. How about it folks. Open up. Be willing to say Hi! Remember - it will give you a lift too.

Jill Eiseman

Notices

1983 MS BICYCLE TOUR

Join this major bicycling effort to benefit Multiple Sclerosis research and patient services. Please call 890-4990 (Waltham) to volunteer to help plan and organize this summer's tour for MS.

NEAR (similar to GEAR) IS NOT FAR WAY

The New England Area Rally is now being planned for August 12-14, 1983 by a group of 12 bicycle clubs from the New England area. Housing will be available at Worcester State College, but you don't have to spend nites there to partake in any of the 20 rides covering 700 miles. Some of the routes will visit Sturbridge Village, Mt. Wachusett, Longfellow's Wayside Inn, the Quabban and Wachusett Reservoirs, and more. For more details and registration information, send a SASE to NEAR c/o Linda Harvey, 16 Clinton Street, Salem, NH 03079.

- Raleigh
- Kent
- Univega
- Motobecane
- Ross
- Fuji
- Shogun



Harris Cyclery

AUTHORIZED SALES & SERVICE

978 Watertown Street
W. Newton, MA 02165

Tel. 244-1040

Tips for Fixing Flats

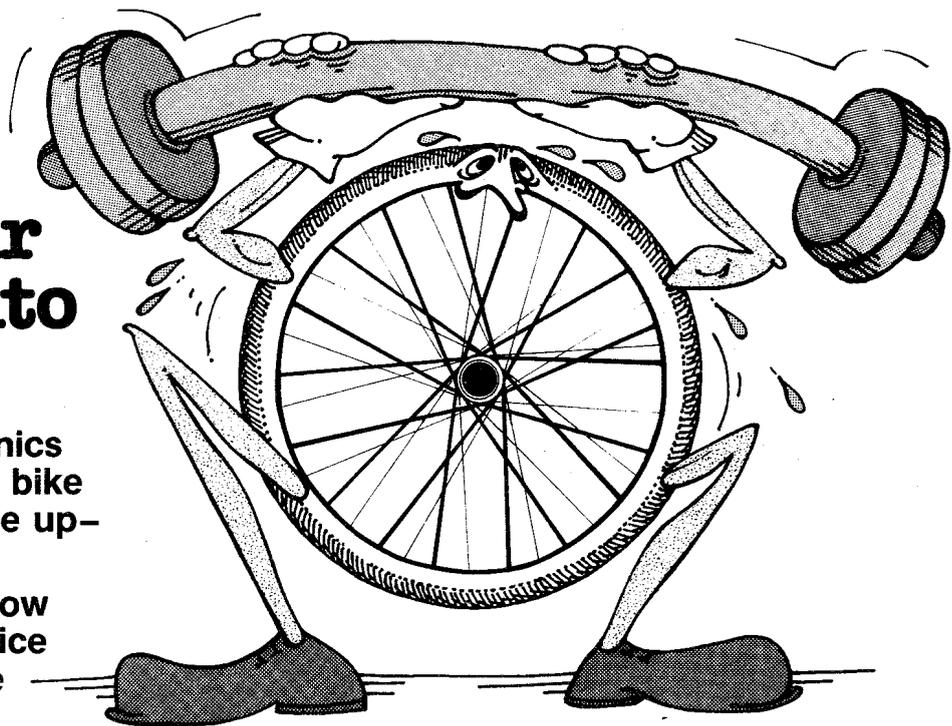
1. It's not necessary to remove the rear wheel if you can see where the puncture is located.
2. Put the chain on smallest cog before removing rear wheel.
3. Work tire beads into middle of rim to allow more slack.
4. Begin tire removal opposite the valve stem; begin at the valve stem when replacing it.
5. Tire levers may be held in place by hooking the notch on the end onto a spoke.
6. Note how the tube lays before taking it out so that after fixing the tube you can find the exact location of the object in the tire and remove it.
7. Wait until the glue is dry before applying the patch.
8. Carry talc in a film canister and rub it on excess glue to prevent it from sticking to the tire. A little talc on the tire bead also helps it slip over the rim.
9. Check for other leaks before replacing tube in tire.
10. Don't pump up the tire until it's on the bike. It's easier to replace the wheel when the tire's deflated.
11. Carry a flashlight for things that go pss-s-s-s in the night.

From the December issue of *Wheeling* published by the Fort Worth Bicycling Association. 🚲

**Now is
the time
to get your
bicycle into
shape...**

Let our expert mechanics whip your tired, ailing bike back into shape for the upcoming season.

Drop by and let us show you what kind of service Lincoln Guide Service provides.



Lincoln Guide Service/Lincoln Rd./Lincoln, MA/259-9204

Banquet

When: April 22, 1983
 Dinner: 7:30 P.M.
 Cocktails: 6:30 P.M.

Where: Polcari's Restaurant
 283 Causeway Street, Boston
 2 blocks from North Station/
 Boston Garden or from the "T"
 (green or orange line).

Menu

Italian Buffet

Relish Tray: hearts of celery,
 queen olives, ripe olives, sweet
 mixed pickles

Entrees: Italian meat cakes in
 tomato sauce, baby veal a la
 cacciadore with peppers and
 mushrooms, baked eggplant a la
 parmigiana, baked stuffed lasagna,
 Italian roast potatoes

Etc: marinated mushrooms,
 Italian tossed garden salad,
 sliced imported Genoa salami and
 provolone, dinner rolls, fresh
 creamery butter, ice cream,
 coffee

How: \$12.00 per person!
 Much: (\$3.00 per car valet parking
 available on site to be handled
 on your own)

How: Mail check or money order
 payable to:

Charles River Wheelmen
 c/o Don Blake
 1 Gleason Road
 Bedford, MA 01730

Final count must be given to the restaurant on 4/11/83. Hope to see all of you there!!!

Do it Yourself

Send material to:

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



BICYCLE CRANK MODIFICATION

In my unending lust for ice cream, I have finally discovered a way to make homemade ice cream while cycling. It's actually quite simple. All you need is a hand crank ice cream freezer (I purchased mine through Service Merchandise for about \$40) and a stationary bike conversion kit (the kind that elevates your rear tire).

Here's how it works. Elevate the rear wheel of the bicycle using the conversion kit. Next, remove the crank arm from the ice cream freezer and thread on the freewheel from your bicycle. I was surprised to find that the threads matched; they're both made in Japan, so it does make some sense that they should match. Finally, wrap the chain around the freewheel. Although the chain has a ninety degree bend in it it seems to stay on the freewheel. As the pumping gets harder (when the ice cream freezes), simply move the chain to a larger rear freewheel sprocket.

Even though the ice cream freezer is heavy, I have even brought it along on camping tours . . . this way I'm assured of having ice cream even when I'm in the woods. 🍷

- H. N. Daws

Survey

In this issue you'll find a survey on bicycle shop purchases. The advertising editors, Walter McNeil and Greg Canty, will be using the survey results to attract potential advertisers. Please take a few minutes to fill it out. Instructions are on the back of the survey and it may be mailed or dropped off at the Banquet (April 22). Thank you for your time.

Message

The arrival of Spring marks the beginning of our regular ride season. Each Sunday, we offer 2 rides of differing lengths and difficulties. The ride leaders often arrange for a lunch stop common to both routes. So come out and try some of the new routes our spirited ride leaders have planned. Rides start promptly, so arrive at the starting point at least 15 minutes before the starting time.

APRIL 3, SUNDAY 10:30 AM

Start: Dedham Plaza, Rte. 1, Dedham

Show and Go. Today's route will be determined by those in attendance. Show and go rides, because they are less formal than our arrowed rides, allow riders of all abilities to ride together.

.....

APRIL 5, TUESDAY 7:30 PM
"Monthly Board Meeting"

Members Welcome! At MIT, Building 10, Room 178 (10-178) on the ground floor under the Great Dome, 77 Massachusetts Avenue, Cambridge.

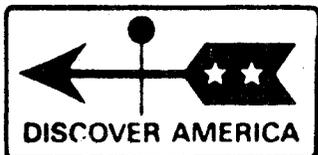
.....

APRIL 10, SUNDAY 10:30 AM

Start: Newton Centre, Beacon and Centre Streets, Newton.

Distance: 40 and 20 miles.

Ed Trumbull (332-8546) and Dick Howe have put together these 2 easy loops down to Walpole. As our Mileage Coordinator, Ed encourages all to augment their mileage with either of these scenic rides. Both rides will converge in Walpole for lunch at the Bubbling Brook Restaurant.



BEST BY BICYCLE



CALEN

Rides, Meetings, and

APRIL 10, SUNDAY MIDNIGHT
"May Wheelpeople Deadline"

All newsletter items must be in the clutches of the editor. Last minute articles guaranteed to receive minimal editing! Interested in comments, cartoons (not too graphic), front page material (get your name on the cover of the Wheelpeople, such a deal), centerfold material, Do it Yourself suggestions...

Send to: Susan Cavalli
Editor, CRW Wheelpeople
177 Florence Street
Chestnut Hill, MA 02167

.....

APRIL 11, MONDAY MIDNIGHT

Deadline for Banquet Reservations. For more information, see page 6.

.....

APRIL 17, SUNDAY 10:00 AM (25 mi.)
"Trip to the Ocean" 10:30 AM (45 mi.)

Start: At the field behind Friendly's, Broadway Street, Arlington. Take Lake Street to Mass. Avenue, left on Mass Avenue, take third right (Grafton) to end at Broadway. Please park cars on side streets.

Distance: 45 and 25 miles.

Our leaders, Dave Garrant (646-2492), Peter Zieve (643-0458), and Dick Lewis (641-1066) have discovered 2 loops to Revere and Winthrop over mostly easy terrain. Join fellow CRW members for a trip to the ocean and lunch at Kelly's Roast Beef in Revere. The longer route also travels through Nahant and the Middlesex Falls.

TDAR



Other Events

APRIL 22, FRIDAY 6:30 PM
"CRW Annual Banquet"

Time to eat, drink and be merry. Meet other CRW members and friends. Here's a chance to see them in a non-cycling environment. (It's alot easier to strike up conversation when you're not out of breath.)

APRIL 24, SUNDAY 10:00 AM

Start: Hamilton Shopping Center, Rte. 1A at Walnut Street, Hamilton. North on Rte. 128, then north on Rte. 1A to Hamilton.

Distance: 44 and 22 miles.

Join Patty Kirkpatrick and Sam Hull (648-4095) on their fourth annual ride through the scenic farmlands of Hamilton, Ipswich, Boxford, Topsfield, and Middleton over easy to moderate terrain. Lunch will be at the Bradley Palmer State Park (you can buy your lunch in Topsfield, 5 miles before the lunch stop). We have invited the Granite State Wheelmen to join us on this ride, so come up to Hamilton and meet other cyclists from the north.

APRIL 25, MONDAY 7:00-9:00 PM
"Eating for Endurance"

Where: Sports Medicine Resource, Inc.
830 Boylston Street (Route 9)
Room 205
Chestnut Hill

What: This nutrition clinic is for marathoners, ultra-marathoners, tri-athletes, and others who are training for endurance sports.

Cost: \$5.00

Info: Nancy Clark at 739-2003

MAY 1, SUNDAY 10:00 AM (25 mi.)
"Interclub Ride" 8:30 AM (Show & Go)

Start: Acton-Boxboro Junior High, near the intersection of Rtes. 111 and 27 in Acton.

Distance: 25 miles

Our President, Jill Eiseman (641-1066) has arranged for another interclub ride. Cycle with the Nashoba Valley pedalers and the Appalachian Mountain Club for a loop through Acton, Boxboro, Harvard, Bolton, and Stow. Arrangements for lunch will be discussed at the start of the ride. For those wishing to ride further, a show and go will be offered from the Lexington Green to Acton promptly at 8:30. Following the ride, John Allen will be offering an "Effective Cycling" session at the St. Matthew United Methodist Church, 435 Central Street, West Acton (near the start). Time 1:00 PM.

MAY 1, SUNDAY 1:00 PM
"Bicycling Film and Cycling Technique Review"

Where: St. Matthew United Methodist Church
435 Central Street
West Acton

What: John Allen (783-1558) will show a film, "Bicycling Safety on the Road", following the regular Sunday ride. Participants will be able to practice maneuvers for safe, pleasant riding.

Ride Leaders

NEEDED FOR:

- | | |
|-------------|-------------|
| May 29 | November 6 |
| July 3 | November 13 |
| August 7 | November 20 |
| September 9 | |

If interested, please contact Mark Lamkin (877-4489) or Patty Kirkpatrick (648-4095)

Planning Ahead

MAY 8, SUNDAY

10:30 AM

Start: Weston High, Wellesley Street,
just south of Route 30, Weston.

Distance: 25, 31, 38 and 44 miles

Ned Weld (893-3263) and Bob Spikek have incorporated some seldom travelled roads in Weston, Wellesley, Wayland and Sudbury into 4 loops. The lunch spot has yet to be chosen so plan on bringing it to the ride.

MAY 15, SUNDAY

Start: Time and Location undetermined.

Distance: 25 and 60 miles.

Lexington is the starting point for a new club ride through Concord, Westford, Chelmsford, Burlington, and Bedford.

Mike Hanauer (682-5927) and Dave Brahmer (387-3243) have arrowed these two routes over moderate terrain. Please consult next month's bulletin for details concerning lunch, etc.

MAY 22, SUNDAY

"NVP Invitational Metric Century"

What: 9:00 AM (Half and Full Metric)
6:00 AM (Double Metric)

Where: Starting from the Common in Harvard, Mass. (at the intersection of Routes 110 and 111, about 1-1/4 miles south of Route 2, 2 miles west of I-495). Map and route instructions provided. Sag Wagon, Cookie Stop, and water stops.

Cost: 1/2 Metric Century--Free
Metric Century--\$2.00
Double Century--\$3.00

All rides: Map and route instructions, sag wagon, and cookie and water stops provided.

Information: N. Chris Paulhus
#83 Old Mill Road
Harvard, MA 01451
(517) 772-0784

Future Rides

- May 14 Off-road event--
Jeff Hart, please call Mark Lamkin (877-4489)
- May 22 Winchester--
Century, Half Century,
Quarter Century
- May 29 This date is OPEN. Please call if interested in leading this ride.

North Cambridge Dental Associates

2210 Massachusetts Avenue, North Cambridge 02140

THE PRACTICE OF FAMILY DENTISTRY

JOHN B. ALLAIN, D.D.S.*
PETER C. BRASETH, D.M.D.*
PAULA F. GUTLOVE, D.M.D.*
ERIC M. KLEIN, D.M.D.*

Monday through Saturday. Evenings by Appointment. Emergencies-Anytime

RALPH W. GALEN, D.D.S. ASSOC.*

Orthodontia--Adults and Children. Dentistry for Children and Young Adults-By Appt.

LESLIE S. OLIVER, EdD. Hypnosis--Behavior Modification.
Stop Smoking-Dental Relaxation-Self Confidence-By Appointment

TEL: 876-8636

*Nitrous Oxide Sedation Patient-Parent Parking



1664 Massachusetts Avenue
Lexington (opposite Post Office) 862-7048

28 Cambridge Street
Burlington (exit 41 S off 128)
272-0870

THE CYCLE & SKI LOFT

Featuring

Mountain Bikes
by Univega, Ross, Shogun

BMX Bikes
by Radline, Diamondback, Mongoose
Jetter, Univega, Hutch

- All bikes include assembly, instruction, and warranties.
- We also sell clothing, shoes, touring accessories.
- A service oriented business.

Beat The Spring Rush

Bicycle Tune-up
Save \$5
regular \$22 now \$17
with this coupon

expires 4/30/83

BIANCHI IS HERE

TOURING EXCELLENCE
FOR UNDER \$450.00
THE BIANCHI RANDONNEUR
SEE IT AND COMPARE



Bicycle Shop

51 Harvard Ave., Allston, MA 02134 phone: 783-5832

Extended Trips

MAY 7-8 **SATURDAY AND SUNDAY**
"Fourth Annual Tour to Mystic Seaport"

What: Jerry Campbell, Jacek Rudowski and friends will be departing Saturday morning from Jerry's house in Mendon. The ride is over long rolling country roads with some good hills to keep you from boredom. Lodging will be at the Whalers Inn, downtown Mystic. Total round trip mileage from Jerry's to Mystic and back is approximately 140 miles.

When: Breakfast at Jerry's on Saturday at 7:00 AM.

Depart for Mystic at 9:00 AM

Cost: \$27 per person (approximately). Jerry or Rudy must have a firm commitment and a \$15 deposit (refundable if foul weather is at hand) by April 23.

Info: Jerry Campbell
 249 Blackstone Street
 Mendon, MA 01756

Home Phone: 478-0490
 Work Phone: 762-6700 Ext. 3630

MAY 28-30 **MEMORIAL DAY WEEKEND**
"Seventh Annual Tour of New England"

What: Energetic riders might be interested in this trip which touches all six New England states in three days and goes through some of the most beautiful scenery in the area. The ride leader is Jacek "Rudy" Rudowski. For details refer to last month's Wheelpeople.

Info: Call Rudy at 361-5273 or,

 Mail name, address and SASE (37¢) to:

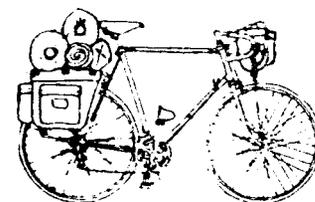
Jacek "Rudy" Rudowski
 One Belnap Road
 Hyde Park, MA 02136

JULY 2-4 **JULY 4th WEEKEND**
"Third Annual Trip to Cape Cod"

What: This excursion leaves Boston at 6:00 PM Friday, returning Monday at 6:00 PM. Lodging is at hostels (low cost, bunkhouse accommodations, hot showers, cooking facilities, plenty of camaraderie).

Info: More details (including cost) will be in next month's Wheelpeople or contact:

John Allen
 40 Rugg Road
 Allston, MA 02134
 783-1558





PETER MOONEY
 CUSTOM RACING AND
 TOURING FRAMES



WHEEL WORKS

MYSTIC VALLEY 729-0415
 889 Main Street Winchester

ACE 876-8200
 2044 Massachusetts Avenue Cambridge

NEW WHEELWORKS STORE OPEN

Belmont Wheelworks
 480 Trapello Road
 Belmont
 (Waverly Square)
 489-3577
 10% Discount to CRW Members

BICYCLES & CROSS COUNTRY SKIS
 SALES • SERVICE

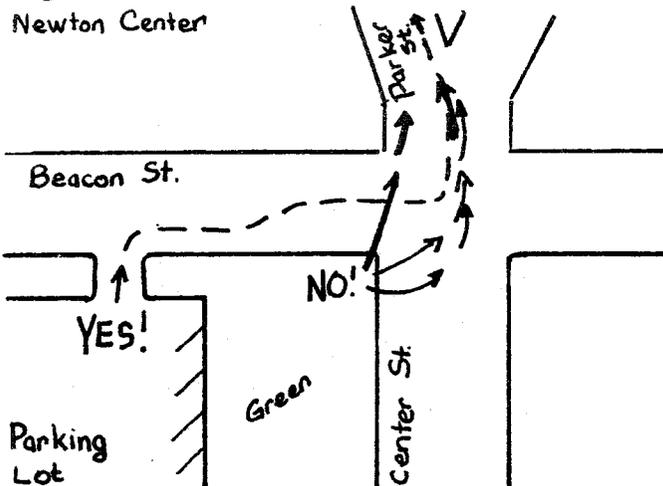
ACCESSORIES • CLOTHING

Custom Wheel Specialists No MasterCharge or Visa on Club Discounts. Please.

Continued from Page 1

With the ride still beginning in Newton Corner, the riders could be instructed to leave by the parking lot exit (see drawing). This would get everyone on their bike, rolling, toe clips adjusted, downshifted etc., before even entering traffic. Riders would have enough room to merge to the center and make the first left turn.

Since the two consecutive left turns are particularly confusing, a couple of sentences of advice before the start would help: "merge to the centerline for the left turn, then stay near the center after you've turned, because you will be making another left turn right away." One of the ride leaders could go ahead while the group watches, and demonstrate the path. Due to the traffic light, it would help for the other leader to "meter" riders out of the parking lot, stopping the flow as the light was about to turn red and starting the flow again before the green. A few minutes of timing the light against a wrist watch, and you'd have it scoped out.



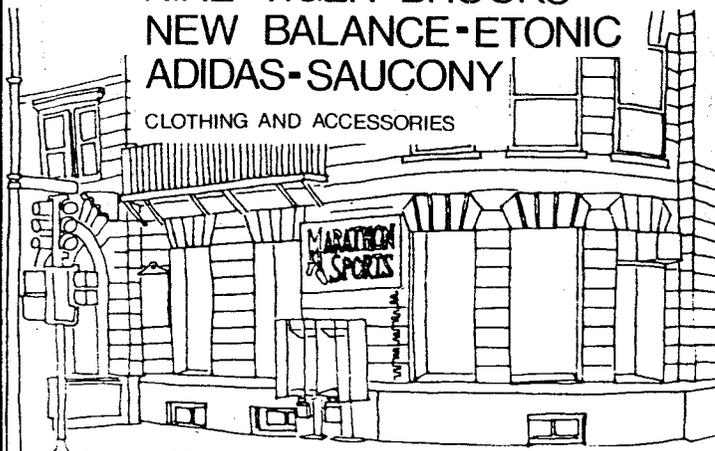
These complications could be avoided, however, by choosing a less difficult place at which to begin the ride. About 1000 feet north of Newton Centre, at Centre and Cedar Streets, there is a park, easy to find, with ample car parking and a grassy field in which to assemble. The ride could begin there with a right turn. There would be enough distance before the Newton Centre traffic light so the group could string out. One of the two left turns in Newton Centre would be eliminated. It is worth doing a bit of searching to find a place like this to begin a ride.

The measures I've just suggested apply to moderate-sized rides, like CRW rides--with no more than a couple of hundred riders. For a very large ride such as the LAW Centennial ride to Newport or the New York five-boro Tour, the answer has to be different: police assistance to have intersections blocked off so riders can use the entire width of the street.

MARATHON SPORTS

FOOTWEAR FOR
DISTANCE RUNNING
TRACK AND FIELD
NIKE-TIGER-BROOKS
NEW BALANCE-ETONIC
ADIDAS-SAUCONY

CLOTHING AND ACCESSORIES



Located between Harvard and Porter Square
1654 Mass. Ave. Cambridge - - -354-4161

FUJI • SHOGUN • RALEIGH • ROSS

PARTS • SALES • SERVICE

✓ OUR WEEKLY IN STORE SPECIALS

CANNONDALE • CYCLE PRO • AVANTI • RAZOR

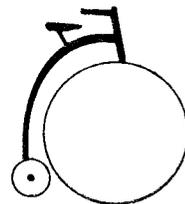
CLOTHING by: PROTOG

LE COQ SPORTIF RUGGER

**FAMILY BICYCLE
CENTER**

SALES

SERVICE



149 A BELGRADE AVE.

ROSLINDALE

323-9720

Mileage 0130465

Mileage , February 1983

Joe Cormier	1015
Lee Howard	983
Ed Trumbull	927
Ron Messier	691
Don Blake	679
Bob Fisher	665
Ned Weld	653
Elaine Braun-Keller	625
Dick Buck	554
Peter Reagan	475
Jerry Campbell	464
Greg Canty	442
Carol Tesiero	401
Nancy Peacock	400
Jim Broughton	302
Mike Hanauer	299
Jeff Luxenberg	268
Paul Foley	254
Jean McNeil	250
Walter McNeil	250
Emile Bielawa	240
Karen Lease	230
Mark Remaly	224
Eliot Specht	220
Bill McGrath	176
George Pawle	175
Dick Howe	142
Mark Becker	135

John Gregory	135
Pat Sommers	130
Cathy Buckley	111
Paul Bowser	101
John Kane	100
Jacek "Rudy" Rudowski	97
Bill Sweetser	91
Dick Lewis	50
Debbie Luxenberg	48
Jill Eiseman	41
George Caplan	3
	<u>13,046</u>

February was a pretty good month but on the average it surprisingly fell below January. At the rate March is going as of this writing, the whole month might just fall through the cracks. But be of good cheer, it's got to get better.

Send/call your mileage by the 5th of the month to:

Ed Trumbull
19 Chase Avenue
West Newton, MA 02165
332-8546

Classified

FOR SALE: Raleigh International, 22-1/2" frame. Very good condition. Campagnolo brakes, derailleurs, hubs, pedals, crankset, etc. Brooks saddle. Super Champion rims. Hope to sell complete, but willing to sell components. Contact Tim Donovan at 584-4424 after 6:00 PM.

WANTED: 21" Peugeot PX-10 frame. Paint, condition not important. Willing to pay fair price. Call Guy at 359-8377 days or 326-0620 evenings.

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 Brahmner	387-3243
V.P. of Rides:	
- Patty Kirkpatrick	548-4095
- Mark Lamkin	877-4489
Information - Jacek Rudowski	361-5273
Editor - Susan Cavalli	369-3864
Membership Editor - Karen Lease	623-7418
Coordinating Editor - Jim Broughton	46-4102
Advertising Editors:	
- Walter McNeil	325-1586
- Greg Canty	861-7294
Treasurer - Don Blake	275-7878
Mileage Coordinator - Edson Trumbull	332-8546
Social - Bill Piekos	395-5699
Awards - John Kane	396-2230
Winter Rides - Walter McNeil	329-1586

BOARD OF DIRECTORS

Dave Brahmner	Patty Kirkpatrick
Jill Eiseman	Karen Lease
Mike Hanauer	Dick Lewis
Sam Hull	Jeffery A. Luxenberg
Sam Johnson	Edson Trumbull



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 _____

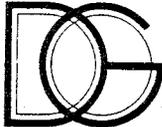
TOTAL ENCLOSED _____
Dues: \$20 individual, \$26 household,
\$30 sustaining membership

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

Members Business Directory

The Wheelpeople Business Directory allows CRW members to have their business cards printed for 6 months for only \$15. Send your business card, with a check payable to CRW, to:

Susan Cavalli
CRW Wheelpeople
177 Florence St.
Chestnut Hill, MA
02167



ENTERPRISES

Water & Energy Conservation
35 Payson Road
Belmont MA 02178
(617) 489-3141

DEBRA GLASSMAN

Showers

SPORTS MEDICINE RESOURCE, INC.



SPORTS NUTRITION ASSOCIATES
830 BOYLSTON STREET, BROOKLINE, MA 02167

NANCY CLARK, R.D., M.S.
NUTRITION COUNSELING

TELEPHONE
739-2003

PIANOS
tuned-repaired-restored
PAT SOMMERS
tel 354-2364

OFFICE: 726-2613 HOME: 783-9355

DEBORAH HOLZEL, M.S.W., L.I.C.S.W.
INDIVIDUAL AND GROUP PSYCHOTHERAPY

324 N. HARVARD STREET
ALLSTON, MA 02134

Shelli Sandrew

Typing 277-3930

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 991 Main Street
Steve Kilgore Waltham, MA 02154

JIM 876-4102
DEP TRUCK

MOVING?
NEED HELP?
CAN'T AFFORD OR DON'T NEED
PROFESSIONAL SERVICES?
CALL FOR REASONABLE RATES
APARTMENTS A SPECIALTY

Bike Shop Discounts

CRW membership entitles you to various discounts in the following shops:

- Ace Wheelworks, 2044 Mass. Avenue
Cambridge 876-8200
- Belmont Wheelworks, 480 Trapelo Road
Belmont 489-3577
- The Bicycle Exchange, 3 Bow Street
Cambridge 864-1300
- The Bicycle Workshop, 233 Mass. Avenue
Cambridge 876-6555
- Chelmsford Cyclery, 210 Boston Rd., Rt.
Chelmsford 256-1528
- The Cycle Loft, 1644 Mass. Avenue
Lexington 862-7048
28 Cambridge Street
Burlington 272-0870
- Family Bicycle Center, 149A Belgrade
Roslindale 323-9720
- Harris Cyclery, 1249 Washington Street
West Newton 244-1040
- International Bicycle Center
70 Brighton Avenue
Allston 783-5804
- Laughing Alley Bicycle Shop
51 Harvard Avenue
Allston 783-5832
- Lifecycle, 1013 Mass. Avenue
Cambridge 354-8595
- Lincoln Guide Service, Lincoln Rd.
Lincoln 259-9204
- Mystic Valley Wheelworks
889 Main Street
Winchester 729-0425
- Northeast Bicycles
102 Broadway (Route 1)
Saugus 233-2664

Ad Rates

1/8 page \$10 1/2 page \$35
1/4 page \$20 full page \$60

We give a 10% discount to advertisers who sign up to run an ad for 3 months in a row.

CONTACT WALTER McNEIL FOR AD INFORMATION

The Charles River Wheelmen
3 Bow Street
Cambridge, MA 02138

BULK RATE
U.S. POSTAGE
PAID
Woburn, MA 01888
Permit No. 130