



WHEELPEOPLE

Charles River Wheelmen

Volume XII Number 5

May, 1983

QUIZ: How Do You Rate?

Since May is recognized nationwide as "bike month", it seems only appropriate to address the problem of "surviving" that first bike ride of the season. Even if you are an experienced rider, a few hints could make for a more enjoyable ride.

The following quiz and answer sheet can give new cyclists some appropriate advice and help more experienced cyclists evaluate their knowledge. After answering all the questions, turn to page 10 for the answer key and your "cyclist rating".

1. According to the Wheelpeople newsletter, which of the following tools are not necessary on a club ride:
 - a. tire irons
 - b. pump
 - c. spare tube
 - d. patch kit
 - e. hack saw
 - f. wrench
 - g. screw driver
2. On CRW rides, arrows are painted on:
 - a. telephone poles
 - b. trees
 - c. sidewalks
 - d. streets
3. When riding in a large group,
 - a. you don't have to obey traffic laws because you are more noticeable to drivers.
 - b. ride single file and obey all traffic laws, just as you would as a solitary rider.
 - c. stay with the group at all times, even if it requires passing through red lights and stop signs.
 - d. it is only the front rider's responsibility to watch for cars.
4. If you plan on riding with a friend the entire day,
 - a. each should bring their own map and tools in case you get split up.
 - b. only bring one set of tools and split them up.
 - c. save weight and don't bring any tools, if something goes wrong you can always send the other person ahead.
5. Helmets should be worn,
 - a. on club rides because everyone wears one.
 - b. only when racing.
 - c. at night because they have reflective tape.
 - d. always.
 - e. only if you ride over 10 mph.
6. To lighten your cycling load:
 - a. lose weight.
 - b. don't bring a water bottle.
 - c. borrow tools from a friend.
7. On CRW arrowed rides,
 - a. you won't need a map.
 - b. look for an arrow to confirm a turn.
 - c. a sag wagon follows.
8. Bicyclists' favorite food is:
 - a. liver and onions.
 - b. brussel sprouts.
 - c. ice cream.

Continued on page 10

Inside

Nancy Clark	2
CRW Calendar	6
Other Rides	8
Membership Application	11

Spoonful of Nutrition

Weighing the Facts

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

Have you ever stepped on a scale and have the meter indicate that you've gained weight when you know that you feel thinner? Runner/weight watcher Paul Johnson laughed at himself as he told me his anger story:

"One morning I got so mad at the scale. It told me that I'd gained three pounds and I'd been starving myself for half a week. I angrily jumped up and down on it until it broke. That's the last time that I've weighed myself?"

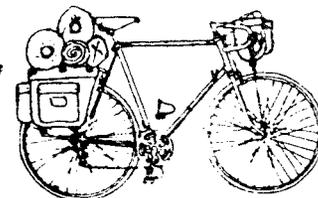
A scale is your friend when it indicates that you are lighter. Or it can be your "enemy" when it indicates unwarranted weight gain. My dieting clients frequently ask me, "How often should I weigh myself...twice a day? ...once a week? ...every morning? As a nutritionist, I discourage you from weighing yourself frequently. Once a week--or even once a month--is sufficient. A scale tends to tell you what you already know by the way that you feel and the way that your clothes fit. I talk with too many disappointed and discouraged dieters who ruin their mood with a heavy reading on the scale during their ritualistic morning weigh-in.

I recommend that instead of weighing yourself, you look at yourself in the mirror--naked. If you see excess fat, you have excess fat. A scale measures not just fat but also muscles, bones, and fluid. It tells you information that may be irrelevant. For example, if you increase your exercise program, you may gain muscle pounds as you lose fat pounds. You will feel thinner, your clothes will fit more loosely, but your weight might not change.

Fat pounds--not muscle or water pounds--are the real issue for dieters. Fat you can pinch. It's a part of your body. Water, on the other hand, quickly comes and goes. It is irrelevant weight for

the most part. For example, if you drink an eight ounce glass of water, you will gain half a pound. And when you next urinate, you will lose that half pound. For this reason, the best time to weight yourself--if you insist--is the first thing in the morning. Get up, empty your bladder, and then step on the scale before you eat or drink anything. You'll be weighing your body. If you weigh yourself at the end of the day, you'll also be measuring your dinner, beverages, and other foods that are in your intestines. I frequently talk with runners who prefer to weigh themselves after a sweaty work-out. That's when they are the lightest because they've just lost three or four pounds of water weight. They fool themselves.

"Losing weight is easy for me" reported light-weight crew team member Bruce Atwater. "I stop eating for three or four days and the pounds drop off. Although starvation diets are grueling, I like the quick results." Bruce and other crash dieters fool themselves with "quick weight loss" regimens. They may think that they are losing fat but in actuality, they are losing a greater amount of water and muscle tissue. Research has shown that the weight loss of subjects who followed a one week starvation regimen represented 61% water loss, 7% protein loss, and only 32% fat loss. In comparison, the subjects who ate 800 calories--a meager amount for active people--lost a greater percentage of fat--59%. Water loss represented 38% and protein 3%. Crash dieters tend to lose primarily water and muscle. When they break their diet and "pig out", they tend to regain fat and water...a poor cycle to perpetuate. Weight that's lost quickly generally is re-gained quickly.



Editor's Mailbox

Dear Readers,

My prayers have been answered... three have stepped up from the ranks and volunteered to assist in producing the newsletter: Barbara Greenstein, Mike Seither, and Jeff Forest. Hopefully, next month I'll have time and space to give them a "proper" introduction. As usual, I am open to comments, etc. In particular, I am curious as to why noone commented on last month's April Fool's "Do it Yourself" article; I must have done a good job.

Sincerely yours,

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

Key to the Calendar Section

Do you often wonder what is the difference between a ride listed in the "Calendar" section and one listed under "Planning Ahead", "Extended Trips", "Future Rides" or "Notices"? No, these categories were not devised to confuse and befuddle you. This explanation may make things simpler.

Beginning this month, rides will be listed under three main categories "CRW Calendar", "Other Rides", and "Notices". Classification critereon are as follows:

1. CRW Calendar: Includes all rides, events and meetings sponsored (led) by the CRW. CRW Weekly Sunday rides (arrowed and shown and go), CRW Board meetings, and CRW Workshops fall into this category.
2. Other Rides: For all New England area activities and rides sponsored by groups other than the CRW.
3. NOTICES: Includes activities and rides outside of the New England area.

Comments on Flat Tips

Dear Editor:

I have some suggestions to add to the tips for fixing flats in the April Wheelpeople.

1. I always begin tire removal adjacent to (rather than opposite) the valve stem. This allows the tire bead to drop into the middle of the rim on the opposite side, giving more slack. When replacing the tire, I finish at the valve stem, then push the valve stem into the tire to properly seat the tire bead.
2. A little dust from the edge of the road is usually a satisfactory substitute for talcum powder to prevent excess glue from sticking to the tire.
3. Periodic inspection of tires and removal of imbedded glass will prevent some flats. The awl on a swiss army knife is a good tool for this.

- Dick Buck

I've never tried tire removal this way (removing the tire adjacent to the stem first), but I'll give it a try the next time I get a flat. As for using dust on the road side, it sounds like a good idea, but I'd take care to be sure you don't use glass particles or coarse sand grains.

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

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Legislative Action

I received the following letter from Peter Campagna concerning current legislature and am reprinting it in its entirety. Some of the issues are controversial and I welcome any comments you might have. Thank-you.

Sue

Dear Fellow Bicyclists:

At this time of year, there are a number of bills being heard by the Massachusetts Legislature which have a potential impact, direct or indirect, upon bicyclists. Three of the bills are of immediate concern:

SENATE-1275 This was filed at our request, and we urge you to support it. It would eliminate the current exemption for bicyclists from being required to have headlights. Every other state requires bicyclists to use headlights at night. The bill specifically allows generator lights. Please encourage your members to write letters to their State Legislators, especially if those legislators are on the Public Safety Committee.

SENATE-1346 This bill would require bicyclists (and joggers, hitchhikers, walkers, and motorcycle riders) to wear orange reflective vests or harnesses while traveling on the travel part of the roadway. The State Legislative Committee opposes this bill, especially in the absence of a requirement that bicyclists have headlights. In the words of one member, "It is like having the frosting without the cake." Write your legislators, especially Public Safety Committee members.

SENATE-1448 The bicycle co-ordinator bill. The LAW-SLC supports this bill in part. While we believe that Massachusetts should have a bicycle coordinator, we believe that the position should be in the Executive Office of Transportation and Construction, rather than in Forests and Parks. This administration has established bridge and road maintenance projects as a major priority. Federal Law requires that rebuilt bridges be accessible by bicycle, unless prohibited. Wide curb lanes and good shoulders are the most useful facilities that the state can provide to promote bicycle safety. These require the input of a bicycle coordinator at the beginning of a project. EOTC is the only place where a bicycle coordinator can accomplish this.

Please write: Frederick P. Salvucci, Secretary
Executive Office of Transportation and
Construction
1 Ashburton Place
Boston MA 02108

about this matter, as well as pursuing any political connections you may have. This is a very important issue.

To learn more about these bills, about other projects which we are trying to monitor, and about bills on such items as mopeds and traffic control devices, please come to one or more of our next meetings:

May 12, 1983 7:30PM
Tom Porcher's
118 Redacre Rd.
Stow (see map)
897-4225

June 9, 1983 7:30PM
Peter Campagna's
14 Waconah Rd.
Worcester
752-4092

We hope to see you there. We need your help and support.

For the committee,

Peter A. Campagna
Peter A. Campagna

Notices

NORTHERN TOUR

I'm looking for 1 or 2 people to tour all the northern states beginning in early May. I'd like to camp all the way and travel 2 to 3 months. Call Scott Downey at (201) 382-2152.

SEE ISRAEL ON A BIKE

I will lead an 18 day bike tour through Israel Sept. 16-Oct. 3. The tour is geared for all abilities of bikers. The idea is to have representatives from all 50 states. There will also be a bus tour for non-bikers. Contact Kip Detry, 484 Collette Ave., Green Bay, WI 54304. Tel. (414) 437-2139.

AYH GROUP PASS AVAILABLE

I bought an AYH group pass in CRW's name good for 20 people on overnight trips at any AYH hostel. Participants need not be AYH members. If you want to borrow it and kick in \$5 toward its expense, call John Allen at 783-1558.

DISCOVER CAPE ANN ON TANDEM

The Narragansett Bay Wheelmen are planning Tandem '83 for Aug. 19-21. Accomodations at Gordon College. Week-end includes rides, Tandem Mart and Swap Meet. For details write Narragansett Bay Wheelmen, Tandem '83, P.O. Box 1317, Providence, RI 02901.

3 WAYS TO SEE WISCONSIN

SAAGBRAW/83 offers bicyclists capable of 100 miles or more a day a choice of three tours on Aug. 7-13. Six overnight stops. Three tour groups will end up at Greenfield Park near Milwaukee. For details, write SAAGBRAW, Milwaukee Sentinel, P.O. Box 371, Milwaukee, WI 53201.

PRAIRIE HOME COMPANION FAN

I have an \$18 ticket for the May 21 live Boston concert of Prairie Home Companion. If you'r a dyed-in-wool fan, call John Allen at 783-1558.

SLIP INTO SLIPPERY ROCK

GEAR-UP '83 will be held May 27-30 in Slippery Rock, PA. Two tours, workshops, exhibits, wine/cheese tasting and more. Sponsored by LAW. Write to " GEAR-UP ", P.O. Box 6077, Youngstown, Ohio 44501.

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Message

May has been designated Bike Month by law and cited by Massachusetts Governor, Michael Dukakis. To start off Bike Month, we have arranged a joint ride with Nashoba Valley and the Appalachian Mountain Club; complete with a cycling technique session by John Allen. Several of the rides offer four options, building up to a Spring Century late in May.

Please arrive at least 15 minutes early so the rides can start on time!

MAY 1, SUNDAY	10:00 AM (25 miles)
"Interclub Ride"	8:30 AM (Show & Go from Lexington)

Start: Acton-Boxboro Jr. High, near the intersection of Rtes. 11 and 27 in Acton.

Distance: 25 miles

Our President, Jill Eiseman (641-1066) has arranged an interclub ride with the Nashoba Valley Pedalers and the Appalachian Mountain Club. The ride will loop through Acton, Boxboro, Harvard, Bolton, and Stow over moderate to hilly terrain. Lunch may be obtained at the end of the ride. For those wishing to ride more mileage, meet at Lexington Green for a show and go to the start of the ride proper. At the conclusion of the ride, John Allen will conduct a cycling technique workshop at the St. Matthew United Methodist Church near the start of the ride beginning at 1:00 PM.

MAY 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.

..... SURVIVAL TOOL KIT

Bring along the following:

tire irons	adjustable wrench
spare tube	screwdriver
patch kit	map
pump	dime (to call mom)

.....

CRW**RIDES · MEETING**

MAY 8, SUNDAY	10:30 AM
---------------	----------

Start: Weston High School, Wellesley St., just south of Rte. 30, Weston.

Distance: 44, 38, 31, and 25 miles

Ned Weld (893-3263) and Bob Spike have incorporated some seldom travelled roads in Weston, Wellesley, Wayland and Sudbury into four loops of moderate difficulty. Lunch is planned at the Country Corner in Concord where it can be purchased if you don't bring your own.

MAY 15, SUNDAY	9:30 AM (63 & 53 miles)
	10:30 AM (36 & 26 miles)

Start: Hayden Recreation Center, Lexington, Lincoln St. (off of Rtes. 4 & 225) at Worthen Rd. Please park in the upper lot on Lincoln St. opposite Audobon Road.

Distance: 63, 53, 36 and 26 miles

Ride leaders, Mike Hanauer (862-5927) and Dave Brahmaer (387-3243) will guide us over moderate to hilly terrain in previously uncharted territory in Bedford, Billerica, Chelmsford, and Lexington. For the more conditioned cyclists, Waltham, Lincoln, Concord, Carlisle, Acton, Westford, KIMBALL'S ICE CREAM, Littleton, Tewksbury, and Wilmington are included. Lunch will be in the Manning State Forest (lunch may be bought before the lunch stop).

MAY 22, SUNDAY	8:00 AM (100 mi.)
"CRW Spring Century and Half Century"	10:00 AM (50 mi.) (25 mi.)

Start: Upper Mystic Lakes, Swimming beach parking lot, Mystic Valley Parkway.

This first annual CRW Spring Century will pass through Stoneham, Reading and Andover. The route will be moderate to flat. PARTY will follow at Lewis Levinger's house nearby. Patches available. For more information contact Karen Lease at 623-7418.

Calendar

S · OTHER EVENTS

MAY 29, SUNDAY 10:00 AM
Memorial Day Weekend

Start: Dedham Plaza, Rte. 1, Dedham

Show and Go, Take 2. Weather permitting, this route will be decided by those in attendance. Because show and go rides are less formal than our arrowed rides, you may see more of those faster riders that you see only at the start.

JUNE 5, SUNDAY 10:30 AM

Start: S. Natick Dam, corner of Pleasant St. and Rte. 16, Natick. Please park on Pleasant St.

Distance: 55 and 35 miles.

Join Birdie Ellsmore and Sam Johnson (655-8774) on another annual club favorite. Both rides traverse gently rolling terrain in Dover, Sherborn, Medfield, Millis and Natick. Lunch is at Christie's in Sherborn. Sam and Birdie have planned a post-ride gathering at their home, a short sprint from the dam. (A small donation would help cover the cost of refreshments.)

JUNE 7, 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.

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).

JUNE 12, SUNDAY 10:30 AM

Start: Carlisle Center, Rtes. 4, 225 and Lowell St.

Distance: 50 and 25 miles.

Our leaders, Francie Sparks (491-6268) and Mark Lamkin (877-4489) have created two new loops in the distant northwest suburbs. Rides will travel through Westford, Tyngsboro, Chelmsford, Groton, and Dunstable over moderate grades. Please bring your lunch as the exact spot is still undetermined.

Future Rides

June 19	Lexington and Concord Debra Glassman & Mark Roseman
June 26	Belmont Marsha Spector & Richard Klein



WHEEL WORKS

- Ace Wheelworks, 2044 Mass. Ave.,
Cambridge 876-8200
- Belmont Wheelworks, 480 Trapello Road,
Belmont 489-3577
- Mystic Valley Wheelworks,
889 Main St.
Winchester 729-0425

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Other Events

MAY 1, SUNDAY

1-4:00 PM

(and every Sunday)

What: Bicycle Polo--using real horse polo equipment and rules but playing on bicycles.

Where: The field at the corner of Beacon St. and Chestnut Hill Ave. (Cleveland Circle).

Info: Call Terry Watson at the Ski Market at 731-6100.

MAY 7-8

SATURDAY and SUNDAY

What: Fourth Annual Tour to Mystic Seaport. For details see last month's newsletter.

When: 5:00 AM--Jacek "Rudy" Rudowski will be assembling century riders in Newton for a 30 mile ride to Mendon. Those wishing to do the shorter ride (70 miles from Mendon to Mystic) are invited to drive to Jerry's. 7:00 AM to 8:30 AM--Breakfast for all at Jerry's.

Info: Jerry Campbell
478-0490 (home)
762-6700 X3630 (work)

Rudy "Jacek" Rudowski
361-5273

MAY 14, SATURDAY

9:30 AM

What: Off Road Event--A slow paced tour over trails in the Lincoln Conservation Lands. 26" fat tire bicycle is recommended. The emphasis of the ride is to enjoy the beauty and tranquility of the surroundings without damaging the environment. Bring your own lunch.

Where: Meet at the DeCordova Museum
Sunday Pond Road
Lincoln

Info: Jeff Hart, ride leader, can be contacted at 498-7866

MAY 15, SUNDAY

7:30 AM

What: Fitchburg Annual Spring and Metric Century

Where: Searstown Shopping Center
Rts. 2 & 13
Leominster, MA

Fee: \$6.00--century (100 miles)
\$3.50--metric century (62 miles)

Costs include sag wagon service and patch

MAY 28-30

MEMORIAL DAY WEEKEND

"Seventh Annual Tour of New England"

Info: Call Rudy at 361-5273



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Lexington (opposite Post Office)
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Burlington (exit 41 S off 128)
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Continued from page 8

JUNE 5, SUNDAY 8:00 A.M.

What: Plymouth Rock Century--very flat, marked route.

Where: K-Mart Plaza, Rts. 44 & 114A, Seekonk, MA

Fee: \$3.00--includes patch & sag wagon

JUNE 11, SATURDAY 7:00 A.M.

What: Tri-State Double Metric Century--very hilly, very scenic, marked route

Where: McDonald's, Rts. 44 & 5, Greenville, RI

Fee: \$2.00--includes patch & sag wagon

JUNE 18, SATURDAY before daybreak

What: CAPE IN A DAY--start in the Boston area before daybreak and ride 120 miles to Provincetown.... ride the 3-1/2 hour ferry back to Boston. The ride is limited to 100 riders so reserve early.

Fee: \$20.00--includes ferry, patches, map and sag wagon

Info/Registration: To register, send \$5.00 to Andy Nawoichik, 371 Great Road, Bedford, MA 01730 (275-6848)

JUNE 18-19 SATURDAY and SUNDAY

What: CAPE IN A DAY PLUS--trip from Boston to P-town with stop at Truro Hostel on Saturday night.

Fee: \$32.00--includes ferry, patches, Saturday, breakfast Sunday, hostel and sag wagon.

Registration: To register and reserve a space, send a \$15 check to Andy Nawoichik, 371 Great Rd., Bedford, MA 01730.

JULY 4th WEEKEND

What: Third Annual Trip to Cape Cod. See the Cape, avoid the rush. Leave Boston, Friday at 6 pm, ride to E. Bridgewater; or Saturday AM and ride directly to Cedarville (near Cape Cod Canal) --cookout and swimming; ride Sunday to Truro, beaches via historic route, return P-town--Boston by ferry Monday, July 4th in time for the fireworks! Route and schedule avoid major traffic; accommodations at youth hostels--rustic but no camping or cooking equipment required.

Fee: \$40.00--includes lodging, ferry and first meal.

Info: John Allen, 40 Rugg Road, Allston, MA 02134 (783-1558); or Jacek "Rudy" Rudowski (361-5273).

Continued on page 10

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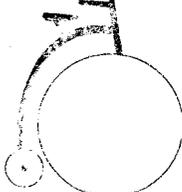
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Continued from page 9

JULY 4th WEEKEND

What: Second Annual Newport, RI Camping Trip--

We will bike to Newport from Jerry Campbell's house in Mendon on Saturday A.M. (about a 60 mile ride) and spend the weekend camping on Prudence Island. Prudence Island has easy access by ferry to Newport and we will spend Sunday in Newport visiting the mansions, or walking the Cliff Walk, or swimming in the No camping experience or equipment is necessary, just enthusiasm. Leaders will help round up the appropriate equipment.

Fee: \$30 (includes food, camping, ferry for the entire weekend) This is a rough figure based on last year's expenses.

Info: Contact Jerry Campbell (478-0490; 766-6700 X3630), 249 Blackstone St., Mendon, MA 01756 or Sue Cavalli (969-3864).

AUGUST 12-14FRIDAY thru SUNDAY

What: NEAR, New England Area Rally--

Featured in the April Wheelmen, this rally offers over 700 miles of bicycle tours through New England. Visit Old Sturbridge Village, Longfellow's Wayside Inn, Concord and Lexington, Wachusett Reservoir and Mt. Wachusett.

Where: Worcester State College, Chandler Street, Rte. 122, Worcester, MA.

Fee: \$60* includes meals and lodging for entire weekend.

* special rates for rides only or rides and meals only to be determined.

Info: Send SASE by July 1st to NEAR, c/o Linda Harvey, 16 Clinton Street, Salem, NH 03079.

Continued from page 1

9. The ride leader should discuss all of the following except:

- the lunch stop location.
- arrow description.
- the length of the long and short loops.
- the bathroom stop location.
- the split of the long and short ride.

10. If you want to learn about other bike rides, you can find them listed in all of the following except:

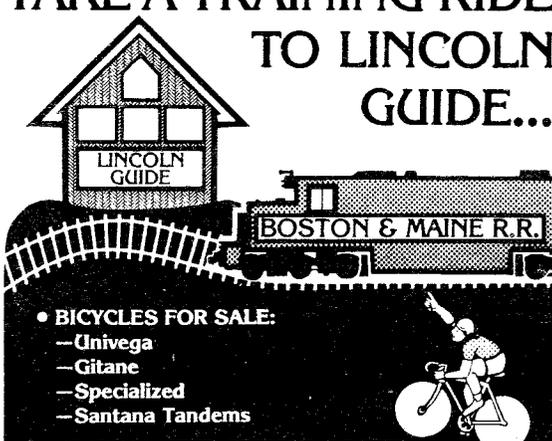
- the Phoenix.
- Sportscape (a complimentary magazine found in stores like the Ski Market, Marathon Sports, Lincoln Guide Center, etc.)
- the Friday Globe Sports Plus Section.
- the CRW Wheelpeople "Other Rides" section.

Answer Key: 1-e, 2-d, 3-b, 4-a, 5-a, 6-a, 7-b, 8-c, 9-d (you have to find your own), 10-a (note: Sports Plus has been moved to the Friday Globe).

Cyclist Rating

# Correct	Suggestion	Classification
0-5	Dig out your training wheels.	Toddler
6-8	Not bad, you'll survive but don't go to Boston	Sunday Rider
9-10	Certified for Boston riding	Speed Racer

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 - Sunday Mornings, beginning May 9th
 - 10:00 AM to 12:30 PM
 - \$2.00 per Person
 - Rental Bikes Available (by reservation)

LINCOLN GUIDE SERVICE
Lincoln Road/Lincoln, MA
(617) 259-9204

Mileage 30167.2

Mileage thru March, 1983

Peter Keagan	1985
Joe Cormier	1856
Ed Trumbull	1611
Lee Howard	1462
Don Blake	1424
Jerry Campbell	1395
Ned Weld	1248
Greg Canty	1202
Joan McNeil	1200
Walter McNeil	1200
Bob Fisher	1156
Dick Buck	1075
Ron Messier	927
John Vanderpoel	803
Emile Bielawa	762
Carol Tesiero	743
Nancy Peacock	648
Elaine Braun-Keller	625
Jack Donahue	622
Jim Broughton	555
Jeff Luxenberg	544
Mike Hanauer	517
Dick Howe	423
Pat Sommers	372
Mike Remyal	365
Eliot Specht	360
Mark Becker	350
Bob Harvey	324
Paul Bowser	303
John Gregory	293
Lee Andre	287
Jacek "Rudy" Rudowski	279
Bruce Wisentaner	275
Paul Foley	254

Karen Lease	250
John Kane	243
Sue Cavalli	232
Cathy Buckley	217
Bill Case	207
Bill McGrath	126
George Pawle	175
Jim Klavetter	165
Howard Moore	156
Dick Lewis	152
Jill Eiseman	125
Linda Harvey	116
Debbie Luxenberg	101
Sam Johnson	100
Dave Thedeus	100
Bill Sweetser	91
Melinda Thedeus	90
Cutler West	76
Osman Isvan	46
Rosalie Blum	33
George Caplan	29
John Morash	17

TOTAL 30,167

In spite of the bad weather, March did not turn out too bad. We got to a dozen over a thousand miles each.

Welcome back Osman!
Send/call your mileage by the 5th of the month to:

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

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	648-4095
- Mark Lamkin	877-4489
Information - Jacek Rudowski	361-5273
Editor - Susan Cavalli	969-3864
Membership Editor - Karen Lease	623-7418
Coordinating Editor - Jim Broughton	646-4102
Advertising Editors:	
- Walter McNeil	329-1586
- 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

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Classified

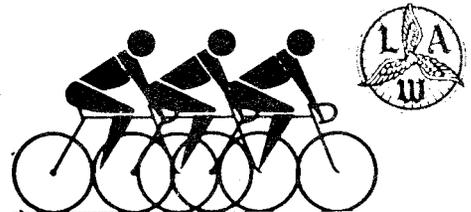
FOR SALE: "Le Champion" Motobecane 23".
Ultimate commuter. 531 DB, Campy, TA, Concave rims. Light and fast. \$585. Like new. See and ride it! Call Bernie Kotliar, 180 Comm. Ave., Boston 262-1976/864-1302/864-8342.

FOR SALE: Tom Kellog 23-1/2".
Immaculate custom built combination road and trak bike equipped as a 10 speed. Showroom condition...wheels never touched pavement, many extras! \$1600 firm.

FOR SALE: Klein 61cm (23-1/2)". Team super road bike. Mint condition. The ultimate road or time trial machine. Top quality components (titanium pedals, choice of wheels, mostly campy components). \$3000 firm.

FOR SALE: "Le Champion" 23-1/2".
Twelve speed touring and racing bike. Reynolds 531 with custom braze ons. Huret Duopar titanium derailleur, super touring wheels, sealed phil wood BB, much more. \$1400 firm.

For photo and specs, send \$2.00 SASE to Dick Talbot (449-3792), 310 Franklin Street, Box 535, Boston, MA 02110.



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 _____

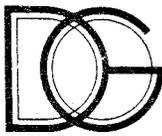
Dues: \$20 individual, \$26 household,
\$30 sustaining membership

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
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Bike Shop Discounts

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

- o Ace Wheelworks, 2044 Mass. Avenue
Cambridge 876-8200
- o Belmont Wheelworks, 480 Trapelo Road
Belmont 489-3577
- o The Bicycle Exchange, 3 Bow Street
Cambridge 864-1300
- o The Bicycle Workshop, 233 Mass. Avenue
Cambridge 876-6555
- o Chelmsford Cyclery, 210 Boston Rd., Rt. 4
Chelmsford 256-1528
- o The Cycle Loft, 1644 Mass. Avenue
Lexington 862-7048
28 Cambridge Street
Burlington 272-0870
- o Family Bicycle Center, 149A Belgrade
Roslindale 323-9720
- o Farina Cycle, 61 Galen Street
Watertown 926-1717
- o Harris Cyclery, 1355 Washington Street
West Newton 244-1040
- o International Bicycle Center
70 Brighton Avenue
Allston 783-5804
- o Laughing Alley Bicycle Shop
51 Harvard Avenue
Allston 783-5832
- o Lifecycle, 1013 Mass. Avenue
Cambridge 354-8595
- o Lincoln Guide Service, Lincoln Rd.
Lincoln 259-9204

- o Mystic Valley Wheelworks
889 Main Street
Winchester 729-0425
- o Northeast Bicycles
102 Broadway (Route 1)
Saugus 233-2664
- o The Ski Market at:
860 Comm. Ave.
Boston 731-6100

- 57 JFK St., Galeria
Cambridge 576-2520
- Endicott Plaza
Danvers 777-3344
- 34 Cambridge St.
Burlington 272-2222
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