

# WHEEL PEOPLE

Charles River Wheelmen

Volume XII

Number 9

September, 1983

## Wind Quiz



by Osman Isvan

The famous "Murphys Law" states that it is always uphill and against the wind. So, I decided to treat winds mathematically, just as I did hills. I have some pretty interesting results and a computer program to generate more results if needed. Unfortunately and to my surprise, I could not find any published research on the subject to compare my results with. (If you know of any, I will be happy to hear from you.) As usual, I compared my results with intuition.

Here is a "wind quiz" for you: Suppose you take a round-trip bike ride. First you go north, then turn south and come back using the same straight and flat path. You consistently pedal at a steady power, like you did on the "hill quiz".

1. When going north:
  - a) A wind from the south will help you go faster only if it is faster than you are.
  - b) A wind from the south cannot be faster than you are.
  - c) A wind from the north cannot be faster than you are.
  
2. When going north, a wind from the west (perpendicular to travel) will
  - a) not affect your speed
  - b) slow you down
  - c) speed you up
  
3. When going north, a wind from the southwest
  - a) will slow you down
  - b) will speed you up
  - c) From some particular angle, it will speed you up or slow you down, depending on your power. It will help the stronger riders and impede the weaker ones.

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**CRW Application/Release Form**

CRW membership includes membership in the League of American Wheelmen. If renewal, do NOT mail your LAW dues separately to the LAW as they are included in your CRW dues. Please include your LAW number (on your American Wheelmen magazine).

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ LAW # \_\_\_\_\_  
(if renewal)

OCCUPATION \_\_\_\_\_

I will not hold the CRW, its officers or members responsible for any injury or damage encountered while participating in any club function.

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

**The Charles River Wheelmen**

3 Bow Street, Cambridge, MA 02138

The Charles River Wheelmen is a non-profit organization dedicated to the advancement of bicycling through the sponsorship of rides and other social activities. CRW is a 100 percent chapter of the League of American Wheelmen and works with other groups to encourage government and industry to act favorably toward the interests of all bicyclists. Membership in CRW entitles members to take part in the club's year-round rides program, as well as full membership in the League of American Wheelmen. CRW members also receive a free subscription to Wheel People, the club's official newsletter. Wheel People is published monthly. Address all correspondence to Wheel People, 3 Bow St., Cambridge, MA 02138.

OFFICERS AND COORDINATORS

President - Jill Eiseman	641-1066
Vice President - Dave Brahmaer	387-3243
V.P. of Rides:	
- Patty Kirkpatrick	648-4095
- Mark Lamkin	877-4489
Information - Jacek Rudowski	361-5273
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- Edson Trumbull	332-8546
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# Editor's Mailbox

Dear Editor,  
In response to the letter regarding the safety of riding the Century after Yom Kippur:

Yes, you can safely ride the century after fasting. If you are sedentary during the fast-day, you will deplete only the sugar (glucose) that's stored in small amounts in your blood and your liver . . . but not the sugar (glycogen) that's stored in your muscles. You burn the muscle glycogen only when you exercise and only in the muscles that you exercise. You can easily replace your blood and liver sugar supply by eating dinner after sundown. Carbohydrate foods are the best choices - bagels, crackers, chali bread, potato, vegetables and fruits are all appropriate. Eat a hearty pre-century breakfast (cereals, banana, muffins, pancakes, french toast, juice are good high carbohydrate choices) and you'll be all set.

Enjoy the ride!  
Nancy Clark

## An Open Letter to All Club Members:

How many times has this happened to you? You are engaged in general conversation at a social function or with friends and the subject of bicycling comes up (naturally). You mention that you belong to a bike club, the Charles River Wheelmen, and the person to whom you are talking says, "Oh, they're too fast for me!" or "They're animals" or something equally annoying. It really bothers me to hear people say this.

It appears that the club has evolved into somewhat of the wrong image in the eyes of a lot of casual or beginning riders. Unfortunately, I know exactly what they mean. I can honestly say that when I first started riding with the club just over a year ago, that was the impression that I had about the club.

Fortunately, although we do have some very fast riders (and I'm not suggesting in the least that we discourage these people), we have many riders in my speed range, i.e. slow!!

To encourage all new riders, regardless of their abilities, I would like to make a suggestion. At the beginning of each club ride, I would like to see each and every club member make an attempt to speak to at least one person to whom they have not met before. Introduce them around to a few of your friends, make them feel comfortable and welcome. Above all, let them at least realize that someone has noticed that they are new. Answer any questions they may have, explain about the club, tell them how to get a copy of the Wheelpeople, above all, stress that we are not a  racing  club, but a  touring  club, and that everyone goes at his or her own pace. Encourage them to participate in social events after the ride. This is a good way to get future volunteers. If a person drives or rides several miles to a club ride, then rides all day alone and speaks to no one, it is unlikely that they will be back. Nor will they spread good words about the CRW to their friends. So much for increasing club membership and gaining possible future ride leaders to lessen the burden on those who have run rides year after year.

Let me say one other thing. This is not a letter of harassment, but a letter of encouragement. Let's all do our part, small as it may seem, to encourage all those new people we see every week. Remember, first impressions are lasting impressions. Thanks.

-- Jim Broughton

Dear Readers,

I've moved (as of September 1) to:  
472 Walnut Street  
Newtonville 02160  
Please send all mail etc. to my new address.

Thanks

P.S. While were on moves, Lewis Levinger has moved to:

182 Orchard St.  
Newark, Delaware 19711

Good Luck and thanks for sponsoring so many parties!

## Quick Energy

by Nancy Clark, MS, RD  
Nutritionist, Sports  
Medicine Resource, Inc.

Is sugar better than bread for quick energy? For years, medical and nutrition professionals have believed that simple sugars such as white sugar, honey and fruit are more quickly absorbed into your system than bread, pasta, starches and other complex carbohydrate foods; that sugar is better than bread for quick energy. This seemed logical, since starches require time to be digested into sugar.

Well, recent research by Dr. David Jenkins, assistant professor of nutrition and medicine at the University of Toronto has upset this traditional appellation, so to speak. His studies on different foods' effects upon blood sugar levels show that sugar may not be the best source of quick energy. That --

- \* cooked carrots give a sugar boost similar to glucose (the simplest sugar).
- \* a potato rivals a Mars Bar for quick energy
- \* corn flakes offer twice the sugar boost as orange juice.

The new research reports a wide range of blood sugar responses to the different simple and complex carbohydrates. Who would have suspected that whole wheat bread would raise blood glucose more quickly than table sugar or ice cream? This certainly sounds contrary to popular belief!

More research is needed to determine why some foods have a higher "glycemic effect" than others...That is, why some foods cause your blood sugar to increase more rapidly than others. We know that food preparation makes a difference.

For example,

- \* whole rice has a slower glycemic effect than rice flour
- \* wheat in pasta has a slower response than wheat in bread

Food combinations also have an effect. In one study, a breakfast which contained 120 glucose calories produced a blood glucose elevation similar to a breakfast with 120 calories of wheat starch (in the form of pancakes) or 120 calories of potato starch (potatoes). All of the breakfasts contained the same amount of calories, carbohydrates (as either sugars or starches), protein and fat. And the meals with sugars produced blood sugar responses similar to the meals with complex carbohydrates.

So what does this latest research mean for active people who wonder what they should eat before exercise? Traditionally, we have warned athletes to stay away from sugar and goo, on the basis that lots of sweets will contribute to a sugar high followed by a "sugar low"--hypoglycemia. We recommended toast, cereal, or crackers as a more appropriate alternative.

In the light of the above findings, these recommendations may need revision. Perhaps even bread and potatoes contribute to a hypoglycemic reaction. Until more information becomes available, I encourage you to experiment with your own personal response to carbohydrate foods. Do you feel a quick "pick-up" when you eat bread? potato? ice cream? carrots? Do you then feel a "let down"? Regardless of any research, you have to learn through trial and error what perks you up and/or lets you down. You are your best source of knowledge regarding "nutrition in action".

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## Board Notes

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### WHAT THE BOARD DID IN AUGUST

-- Mike Hanauer

As the new CRW Board Secretary, I will be publishing a summary board meeting minutes in each issue of WHEELPEOPLE in an effort to keep members informed of current club issues. Anyone who has questions or comments or wishes to VOLUNTEER to assist is encouraged to contact me at 862-5927.

#### August 2nd agenda items and actions:

**NEW ENGLAND AREA RALLY (NEAR):** May become an annual event if more help is recruited.

**CRW CLUB T-SHIRTS:** More have been ordered. Contact Jill Lewis.

**BUDGET (\$\$\$\$\$):** Budget for 1983 is very tight, ways to alleviate this will be considered at future meetings and/or by committee. Possibilities include more fund raising ideas, ways to increase CRW membership, looking at our being a 100% LAW club (of our \$20 dues, we keep only \$5.40), more invitational rides, etc.

**FALL NATIONAL CENTURY:** 25/50/100 on September 18th. We still need volunteers and a place for the post-ride party.

**SOCIAL CHAIRPERSON:** Any volunteers?

**SECRETARY:** You know who got that job.

**ELECTION OF BOARD MEMBERS:** Terms of Sam Johnson, Dave Brahmaer, Sam Hull and Patty Kirkpatrick expire. Sam J. is not replaced as his position on the board is because of his past presidency. Sam H. will not run, Dave will run and Patty is undecided. Also known to be running are Carol Tesiero and Nancy Peacock. If you are interested, contact me ASAP. Candidate position statements must be submitted to WHEELPEOPLE by September 10th for the October edition. Ballots will be in the November edition.

**WHEELPEOPLE DISTRIBUTION:** August edition was sent first class because it was delayed in getting to the printer. Jim Broughton will request a post office trace to try to speed up future delayed editions. Dave Brahmaer will look into the effectiveness of distributing from a post office other than Woburn (Boston).

**MISCELLANEOUS:** LAW Area Representative Ed Gross spoke on the state of the LAW. Said the new executive director is already increasing office efficiency. New (in November) LAW directory may have content trimmed to reduce costs. 1984 GEAR's will be in Baltimore and Atlanta.

**ADJOURNMENT:** 9:25 (for ice cream).

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## Notices

The summer is almost over, but we know the best cycling is about to occur. September means the CRW Century and the Martha's Vineyard Ride, October means cooler temperatures and the fall colors, November means the conclusion of our Regular Rides Program. But to avoid a late-in-the-season Show and Go, we urgently need leaders for our November 6th and November 20th rides.

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### SEPTEMBER CENTURY

Volunteers are still needed to arrow the route, and help out at the check-in/party site. For information contact Sue Genser at 782-6485. Note: Starting times printed in last month's bulletin are INCORRECT and should be disregarded.

**CRW C****RIDES · MEETINGS**SEPTEMBER 4, SUNDAY 10:00 AM

**Start:** Topsfield Common. Take Rte. 95 north, then Rte. 97 to Topsfield.

**Distance:** 60 and 25 miles.

Lisa Fitzgerald (877-8512) will lead us over a scenic route through Topsfield, Boxford, Ipswich and Rowley. The terrain is generally flat, but the area is famous for throwing a surprise hill or two at us.

SEPTEMBER 6, TUESDAY 7:30 PM

"CRW 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.

SEPTEMBER 11, SUNDAY 10:00 AM

**Start:** Harborlight Mall, Rte. 3A (Bridge Street), North Weymouth.

**Distance:** 55 and 28 miles.

Join Ron Messier (471-8045) on a scenic ride through the towns of Norwell, Cohasset, Scituate, Marshfield, and Weymouth. Lunch will be at the old Scituate Lighthouse offering us one of many views of the ocean and estates.

SEPTEMBER 18, SUNDAY 8:00 and 9:00 AM

"CRW's National Century Ride"

**Time:** 8:00 AM for 100 miles  
9:00 AM for 50 and 25 miles  
N.B. time change

**Start:** Upper Mystic Lakes, swimming beach parking lot, Mystic Valley Parking  
Winchester

This LAW sanctioned Quarter-, Half-, and Full Century will be a repeat of the rides on our Spring Century. Earn

Our regular season goes from early Spring to late Fall; it includes Sunday rides that have at least two differently-paced routes. The routes are arrowed in advance by the leaders, and sometimes maps are distributed. Our Winter Frostbite Rides are informal; the pace and routes are mutually decided by the hardy group that shows up to brave the elements.

On all CRW rides, please arrive at least 15 minutes before

another patch on this flat to moderate ride. Fees are \$3.00 for CRW members and \$4.00 for non-members. Refreshments will be available after the rides. For more information, call Sue Genser at 782-6485.

SEPTEMBER 24, SATURDAY 9:00 AM

"Fifth Annual Martha's Vineyard Ride"

**Start:** Meet at the Steamship Authority Ticket Office in Wood's Hole at 9:00 AM. The ferry leaves for Vineyard Haven at 9:30 AM so plan to arrive early. Mention that you belong to CRW and get a round trip discount group rate, \$11.00/person (\$6.00/person plus \$5.00/bike).

**Parking:** Parking at Woods Hole is \$4.50 but you can also park free in Falmouth and ride the bike path 4 miles to the ferry. To find the free municipal parking lot, travel on Rte. 28 past the Steamship Authority overflow parking lot in Falmouth, then take a left on Main Street. A short way down look for signs on your left. To cycle from the lot to the start of the bike path, ride back to Rte. 28 and turn left on Locust Street for 1/4 mile. The start of the bike path is marked with an anchor and a rock on the left side of the road. As the ride back on the bike path is after dark, Mass. law now requires that you have a light.

# alendar

## OTHER EVENTS

starting time so the ride can start on time. In addition, always bring a pump, a small patch kit, and wrench and screwdriver, a map and, most importantly, the knowledge to use them.

During the "arrowed rides season," CRW also sponsors Saturday Show and Go rides which meet at 10 a.m. each Saturday at the start of the previous Sunday's arrowed ride.

Sam Johnson and Birdy Ellsmore (655-8774) are the organizers for this annual favorite. Maps will be provided prior to boarding the ferry. They have mapped out a 55 mile route although the map will allow you to choose alternate routes to suit your fancy. But remember, the return ferry leaves Vineyard Haven at 5:30 PM. Why not join the gang at Grandma's Pie Shop for the post-ride tradition. The restaurant is on the rotary on the Buzzard's Bay side of the Bourne Bridge.

SEPTEMBER 25, SUNDAY 10:00 AM

Start: Needham Town Hall, Rte. 135.

Distance: 50, 35, and 20 miles.

Our co-leaders, Nancy Peacock (628-7566) and Carol Tesiero (628-6492) have put together these three loops over rolling terrain. Ride through Needham, Dover, Medfield, Millis, Franklin, and Medway. The lunch stop will be announced the day of the ride so you may want to bring your own lunch to this ride.

OCTOBER 2, SUNDAY 10:30 AM

Start: Blue Hills Trailside Museum, Rte. 138 near the Canton-Milton line.

Distance: 40 and 20 miles.

These two rides will cover the not often biked area of Canton, Stoughton, Quincy, Hyde Park, and Randolph. Once again, the exact location of the lunch stop has not been decided, so bring your own lunch. For more information, call our ride leaders, Joan Klappert-McNeil and Walter McNeil (329-1586).

OCTOBER 9, SUNDAY

10:30 AM

Start: Star Market, Medfield Shopping Center, at the intersection of Rtes. 109 and 27.

Distance: 40 and 25 miles.

Richard Levine (359-7464) and Paul Goldsmith (359-2090) will lead us through rides featuring Norfolk, Wrentham, Franklin, and Sherborn. The terrain will be rolling with one or two hills. Lunch will be in Sherborn Center where you can buy food.

OCTOBER 11, TUESDAY

7:30 PM

"CRW Board Meeting"

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

OCTOBER 16, SUNDAY 9:00 and 10:00 AM

9:00 AM (75 mi. from Belmont Town Hall)  
10:00 AM (35 mi. from Littleton)

Start: Belmont Town Hall (75 miles) Railroad Station (abandoned) at the intersection of Taylor, Harvard, and King Streets. Take the Taylor Street exit off Rte. 2 (sorry, no bikes on Rte. 2), turn left at the end of the exit, and travel about one mile.

Join Sam Hull and Patty Kirkpatrick (648-4095) on their invigorating ride through the apple country of Harvard, Bolton, Littleton, Sudbury, and Wayland. Be warned, the terrain is rather hilly out there. The Old Country Store, Rte. 117, Bolton will be the lunch stop on both rides.

### Ride Leaders

NEEDED FOR:

November 6

November 13

November 20

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



## MDC MISCONCEPTIONS

At 11:35 PM on Tuesday, July 26, I was stopped by MDC police while riding in the breakdown lane of Soldiers' Field Road in Brighton and ordered to ride on the parallel bikepath. MDC police officers cited an MDC regulation that "bicycles and pedestrians are permitted only where authorized."

I preferred not to ride on the bikepath at this hour due to danger from muggers and from bicyclists without headlights. Bicyclists should know that state law permits us to ride on all roads except limited access and express state highways where bicycle prohibitions are specifically posted; the MDC regulation therefore has no legal authority.

If an MDC (or other) police officer orders you off the road contrary to state law, the best course is to cite the state law, and if the officer does not back down, then politely ask to be given a ticket so you can take the issue to court. That's what I did, and that's what you must do to be free to ride another day.

Denial of use of MDC facilities would cripple the bicycle transportation network of the Boston area, as most bridges and many important routes are controlled by the MDC. When I win in court, I'll let you know. If any bicyclist suffers police harassment, please feel free to call me for advice and assistance.

John S. Allen  
Member, State Legislative Committee  
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Through group rides, coaching, hands-on repair sessions and classroom work, this course is by far the fastest way to build cycling enjoyment. The CRW monthly mileage tables tell the story: Carol Tesiero and Bill McGrath, Effective Cycling graduates, were only occasional riders till they took the course last year: now they're racking up the miles!

The course is not only for beginners but also highly valuable for experienced riders, to pick up the theory behind riding technique.

For more information, contact the Cambridge Family Y at 876-3860



## WHEEL WORKS

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Cambridge 876-8200
- Belmont Wheelworks, 480 Trapello Road,  
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## HAPPY 20TH BIRTHDAY BIKE

by John Springfield

This summer my bike was 20 years old. I still remember going into the Continental Bike Shop in Detroit and selecting the Red Frejus. I had exactly \$116 to spend, but the list price was \$125. Big Mike sold it to me anyway. This was well, that bike has been with me on a

cross-country ride, many centuries, several double-centuries, and 11 TOSRV-East rides. We've gone through 19 states and 2 Canadian provinces. We've ferried across Lake Michigan and the Bay of Fundy. We've seen a lot of things.

But most of all, bike, you've been a long-time friend: A friend who has gotten me over a lot of hills in life and enjoyed those sweet down-hill runs. May we stay together a long, long time.



Continued from page 1

4. During the entire round trip, a wind from the north will
- a) increase
  - b) decrease
  - c) not change your average speed

5. If you are capable of 20 mph with no wind, and if the wind is at 10 mph from the north, your speed when going north will be

- a) 14 mph
- b) 10 mph
- c) 8 mph

6. When going back south, it will be

- a) 34 mph
- b) 30 mph
- c) 27 mph

7. If your north-bound speed is 10 mph, and your south-bound speed is 20 mph, then your average speed will be

- a) 13 mph
- b) 15 mph
- c) 18 mph

If you are in serious doubt about answers, please feel free to ask for an explanation in writing.

So much for hills and winds. May I suggest that someone please do "potholes", and, perhaps "dogs"? I would certainly be interested. Anything that makes riding more difficult is of course not popular among bikers. But let us not forget that these take the boredom out. After all, every hill has a downhill ride, and, it is not quite "always" that it is against the wind.

Strangely, in some rides, flats slow you down more than hills do. (In spite of the bottle bill!)

## Answers

1-b, 2-b, 3-c, 4-b, 5-a, 6-c, 7-a

# Mileage

1465189

<u>Mileage through July, 1983</u>			
Joe Cormier	7272	Jacek "Rudy" Rudowski	2078
Jerry Campbell	6174	Eliot Specht	2042
Ned Weld	6050	Dick Howe	1932
Don Blake	5806	Penny Karr (1)	1540
Peter Reagan	5620	Lisa Fitzgerald	1531
Ed Trumbull	5029	Charles Hyde-Wright	1529
Lee Howard	4677	Bill Sweetser	1467
John Vanderpoel	4591	Marc Altman (1)	1364
Dick Buck	4203	Linda Harvey	1340
Bob Fisher	3964	Karen Lease (2)	1320
Mike Hanauer	3925	Peter Fink	1281
Carol Tesiero	3803	Dick Lewis	1208
Jeff Luxenberg	3739	Sam Johnson	1118
Greg Canty (1)	3591	Gene McGregor	1084
Osman Isvan	3538	George Caplan	1045
Bob Harvey	3433	John Levy (2)	1000
Pete Moss	3397	Annemarie Altman (1)	960
Elaine Braun-Keller (2)	3215	Jim Thorburn	956
Ed Hutchinson	3153	Carl Grant	944
Jim Broughton	2820	John Kane (2)	923
Emile Bielawa	2737	David Gotthelf	915
Mark Becker	2714	Melinda Thedeus	913
Bill McGrath	2629	Cutler West	902
Jack Donahue	2605	Chris Lucas	894
Debbie Luxenberg	2536	Dave Brahmer	844
John Gregory	2372	Glen Coffman (1)	825
Mark Remaly	2306	Chad Joshi (2)	756
Ron Messier	2142	Bill Case (1)	747
Paul Bowser	2127	Dave Thedeus	722
Bruce Wisentaner	2109	Howard Moore*	664
		Jill Lewis	647
		Cathy Buckley	587
		Ron Gilbert (1)	508
		Rosalie Blum	430
		John Morash	412
		Jordan Freedman	412
		John Springfield (1)	237
		<b>Total</b>	<b>146,518</b>
		*Howard Moore (1933)	4049

(1) (2) = Missed months

In spite of July setting a new record for hot weather, there were quite a few good increases for the month. So hang tough gang. September and October are on the way.

There are five with a (2) after their name. Watch it. One more month and you will become a memory.

Send/call mileage by the 5th to:

Ed Trumbull  
19 Chase Avenue  
W. Newton, MA 02165  
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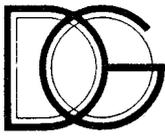
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## Bike Shop Discounts

- 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.      731-6100  
Boston

- 57 JFK St., Galeria      576-2520  
Cambridge
- Endicott Plaza      777-3344  
Danvers
- 34 Cambridge St.      272-2222  
Burlington
- 400 Franklin St.      848-3733  
Braintree

**The Charles River Wheelmen**  
3 Bow Street  
Cambridge, MA 02138

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