

Wheel People

Volume XIII

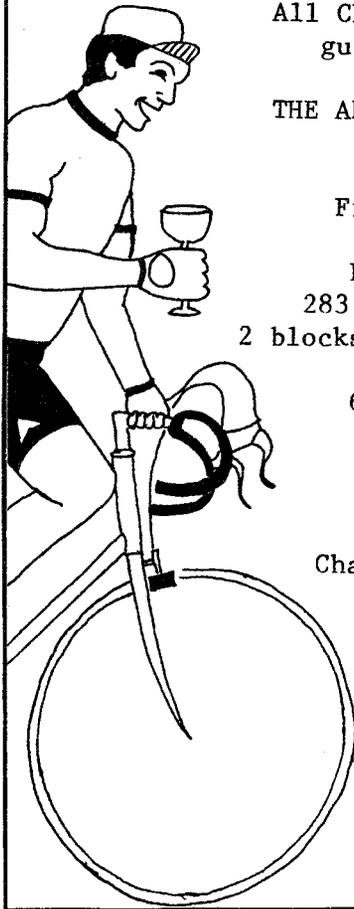
Number 3

March 1984



The Charles River Wheelmen

Annual Banquet



All CRW members and their guests are invited to:

THE ANNUAL AWARDS BANQUET
.....Italian Style
on
Friday April 13, 1984
at
Polcari's Restaurant
283 Causeway St, Boston
2 blocks from North Station

6:30 for 7:30 dinner

Please send \$13.50
per person to:

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

THE RIDES OF MARCH

Please note that the March Frostbite Rides have had to be rescheduled. On March 4, there will be a joint "Spring into Spring" ride with the Nashoba Valley Pedalers, 7 Hills Wheelmen and American Youth Hostels, starting from Concord Green. The ride from Dedham Plaza will now take place on March 11, and the Medfield start is now the last ride of this year's Frostbite Season and has been moved to March 8. This will allow the CRW to officially welcome in summer with the Premier Arrowed Ride on March 25. Details are given in the Calendar. If you have any questions, contact winter ride coordinator Walter McNeil, 329-1586.

VOLUNTEERS WANTED

PUBLICITY OFFICER

The club is still looking for a volunteer to take on this new position, and spearhead the drive to attract new members.

There's more to running a successful bike club than just jumping on your bike every Sunday and enjoying the ride. It also takes time and effort, so the more volunteers to share the load, the better.

If you are interested in helping, please contact Jill Lewis, 641-1066, for further details.

Board Notes

FEBRUARY BOARD MEETING NOTES

February 7 agenda items and actions summary:

Budget: The 1984 budget has still to be produced, and no progress has been made on quarterly budgeting of cash flow projections.

Dues Increase: Because of dire financial situation (i.e., a \$19 bank balance), dues will increase on April 1 to: individual, \$25 if 100% affiliated (\$10 if not); family, \$30 (\$15); sustaining, \$35 (\$20). This will also cover first-class mailing of Wheelpeople starting with the May issue.

Family Voting: Households with a family subscription will automatically receive two ballot cards in the future.

Awards Banquet: To be held on Friday, April 13 at Polcari's Restaurant; cost is \$13.50 per person.

Publicity Officer: No volunteers have come forward yet.

Bike Month (May): The program has been finalized and flyers will be printed for distribution to bike shops and by individual members for maximum publicity. The flyer will also include an application form to join CRW.

NEAR: Next rally will be held in 1985.

CRW Century Ride: The Spring century will be held on May 20 and will cost \$4 for members and \$5 for non-members.

Membership Committee: Have produced a new application form that asks questions: (i) where did you first hear about the club, (ii) in what areas would you be willing to volunteer help. Form will also reinstate 16 year age limit. The new form will be used on the bike month flyer to gauge its effectiveness.

Invitational Ride: CRW will hold an invitational ride in August, hopefully in the Lincoln area. Patty Kirkpatrick is stepping down as VP of Rides to concentrate her efforts on organizing this event.

NEW ADVERTISING OFFICER

Geoff Forrest is now the Advertising Officer for the Wheelpeople, and all relevant correspondence should be sent to 36 Hancock St., Somerville, MA 02144 (628-1130).

Members Business Directory

For the amazing price of \$15, CRW members can include their business cards in this directory for six months.

Where else can you reach such a large potential market for so little?

Send your \$15 plus business card to:

Geoff Forrest
36 Hancock Street
Somerville Ma 02144

SPORTS MEDICINE RESOURCE, INC.



SPORTS NUTRITION ASSOCIATES
830 BOYLSTON STREET, BROOKLINE, MA 02167

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

TELEPHONE
739-2003

SPRINGFIELD ASSOCIATES
COMPUTER CONSULTING & TRAINING

JOHN J. SPRINGFIELD
PRESIDENT

37 PARKER STREET
NEWTON CENTRE, MA 02159
617-969-5183

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DEERSKIN PLAZA
FRAMINGHAM, MA 01701
617-875-3373

DEBRA GLASSMAN
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Certified Muscular Therapist

172 Harvard Street
Cambridge, Ma
354-6520

6 Thoreau Street
Concord, Ma
369-8268

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

Waltham Copy Shop
991 Main Street
Waltham Ma 02154



From the President

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% 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 Wheelpeople, the club's official newsletter. Wheelpeople is published monthly. Address all correspondence to Charles River Wheelmen, 19 Chase Avenue, W. Newton, MA 02165.

OFFICERS AND COORDINATORS

President	Jill Lewis	641-1066
Vice President	Dave Brahmer	387-3243
V.P. of Rides	Mark Lamkin	877-4489
Information	Jacek Rudowski	361-5273
Membership	Dave Brahmer	387-3243
Publicity	vacant	
<u>Wheelpeople:</u>		
Editors	Geoff Forrest	628-1130
	Carol Tesiero	628-6492
Distribution	Jim Broughton	646-4102
Advertising	Geoff Forrest	628-1130
Secretary	Mike Hanauer	862-5927
Treasurer	Don Blake	275-7878
Mileage	Edson Trumbull	332-8546
Winter Rides	Walter McNeil	329-1586
Awards	John Kane	396-2230

BOARD OF DIRECTORS

Dave Brahmer	Jill Lewis
Mike Hanauer	Jeffrey Luxenberg
Mark Lamkin	Carol Tesiero
Karen Lease	Edson Trumbull
Dick Lewis	

Please accept this as my belated state of the club address. I have some good news and some bad news. The bad news is that deficit spending can only last so long. It had gotten to the point that, for every new member, we were losing close to \$3. The Board thus voted to raise the dues as of April 1--sorry, it's not an April Fool's joke--to \$25 for a single, \$30 for a family, and \$35 for a sustaining membership. (The deadline for the ballots on the question of our club remaining 100% affiliated with LAW is 2/29. If at that time the vote is to not remain 100% affiliated, we will adjust the membership cost downward.)

The good news is that with the increase we can service you better. Goals:

- a minimum 8-page monthly newsletter sent first class (which means its contents are more up to date and you should receive it much closer to the first of the month).

- an advertising campaign to notify the public of CRW's part in Bike Month, the best time to introduce bicycling to a friend. (2 Sat. breakfast rides and 3 Sun. rides, each with 3 loops--more details next month--will be featured.)
- CRW's first Invitational, scheduled for Aug. 5. An open invite to any and all speeds of cycles and cyclists, nearby bike clubs, and any interested tandems. Rides of several lengths will be offered, with a get-together afterwards. (We are still looking for a location for the gathering somewhere in the Lincoln area. If you have a suggestion or would like to offer your yard, please give me a call.)

Bicycling is our common bond. We intend to offer you plenty of it, and keep you informed of events occurring with other clubs. Suggestions and volunteers are always eagerly accepted.

May you bike thru '84 in good health, predictably, visibly, and safely!

Jill Eiseman Lewis

FROSTBITE RIDES

There are only a few Frostbite rides left, so come and join us before the season is over!

If you have any questions about the frostbite rides, contact winter ride coordinator, Walter McNeil, 329-1586.

Rides start at 11:00 a.m. sharp from the following locations:

<u>Date</u>	<u>Starting Point</u>
Mar. 4	Concord Center - at Green
Mar. 11	Dedham Plaza, Rt. 1, 1 mile north of Dedham exit off Rt. 128
Mar. 18	Medfield Common across from Friendly's at the intersection of Rts. 109 and 27

ARROWED RIDES

Spring is back and so are our famous arrowed rides--come out and enjoy the scenery before it's obscured by the trees! Each week, we offer 2 rides of differing lengths and difficulties; ride leaders often arrange for a lunch stop common to both routes.

For those who drive a car to the start, try not to steal parking spaces from the church-goers and shoppers. You can always ride your bike a few extra blocks to the start instead.

Rides start promptly, so please arrive at least 15 minutes before the starting time.

March 25 10:30 am
Start: Upper Mystic Lakes parking lot, Mystic Valley Parkway, Winchester.
Distance: 40 and 20 miles

Our leaders, Dick Buck (923-8909) and Greg Lenhart (648-9421), have arranged for 2 loops over moderate terrain to the north of Boston. Expect to cycle through Winchester, Woburn, Wilmington, and Billerica; for the long ride add Andover and North Reading. A lunch stop has not been determined, so you may want to bring your own to the ride.

April 1 10:30 am
Start: Newton Center, intersection of Beacon and Center Sts.
Distance: 40 and 20 miles

Ed Trumbull (332-8546) and Dick Howe (438-3064) have agreed to repeat their popular spring ride to Walpole. Our fearless Mileage Coordinator describes the terrain as moderate. Lunch may be obtained at the Bubbling Brook Restaurant.

April 8 9:30 am (50 miles)
10:00 am (20 miles)
Start: Wakefield Common at the southern end of Lake Quannapowitt, Main St, Wakefield. By car, take Rt. 128, exit 34 (Rt. 129 south to Wakefield). Please park on the surrounding streets as there are several churches nearby.
Distance: 50 and 20 miles

These rides are guaranteed to be new to the club. John Kane (396-2230) is always looking for different roads to ride; assisting John will be Debbie Luxenberg (665-0432). They will lead us through the easy rolling region of Essex County. The lunch stop for these rides has not been chosen yet.

April 15 10:00 am
Start: Lexington Green
Distance: 40 and 20 miles

Karen Lease (623-7418) and Pat Sommers (354-2364) will lead us over the flat to moderate terrain northwest of Boston, through Lexington, Bedford, Carlisle, and Billerica. Karen and Pat have not agreed to a lunch spot yet, but it won't be at the IRS, you can bet your tax refund on it!

BOARD MEETINGS

Board Meetings are held on the first Tuesday of every month at 7:30 p.m. in Building 10, Room 178 (10-178) at MIT. The next meetings will be held on March 6 and April 3.

OTHER EVENTS

Saturday Rides

Every Saturday throughout the "arrowed ride season," there is an unofficial ride starting at 10 a.m. from the same place as the previous Sunday's ride. There's no guarantee that anyone else will show up, but if you want to ride on Saturday, why not take a chance that there will be other riders waiting? The ride will normally follow the arrows from the previous week.

Fifth Annual Tour to Mystic Seaport, CT

May 5-6

This ride (option of 65 or 90 miles per day) is over long rolling country roads with some good hills to keep you from boredom. The ride is 65 miles from Mendon, but there is an option of starting from West Newton (90 miles--if interested, contact Jacek Rudowski).

Lodging will be at the Whalers Inn in downtown Mystic. Approximate cost will be \$27 per person. Send Jerry a check for \$15 to cover room deposit. In case of bad weather, this deposit will be refunded. Please confirm with Jerry 2 weeks before departure. For more info, contact:

Jerry Campbell
99 Blackstone St.
Mendon, MA 01756
478-0490 (home)
762-6700, x3630 (work)

Eighth Annual Tour of New England

May 26-28

Covers all six New England states through some of the most beautiful scenery in the area. Total distance is 340 miles. The non-refundable \$53.00 fee is due by April 9, 1984. See February Wheelpeople for more details. For more info, mail a self-addressed, stamped envelope to:

Jacek Rudowski
One Belnap Road
Hyde Park, MA 02136
(617) 361-5273, evenings

Annual July 4 Trip July 4-8 (long option) to Cape Cod July 5-8 (short option)

The low-cost, hassle-free way to see the Cape! 50 miles per day maximum--plenty of time for sun and swimming; no need for camping or cooking equipment.

Itinerary, by popular request: ride from Boston to East Bridgewater hostel; ride to New Bedford, ferry to Martha's Vineyard, stay at hostel; ferry to Hyannis; ride to Orleans hostel; ride to Provincetown; ferry to Boston. Long option will allow time to relax and swim the first day, and two nights on Martha's Vineyard.

Space is limited! Send deposit of \$55 (short option) or \$65 (long option) to John S. Allen, 10 Farragut Avenue, Somerville, MA 02144. Deposit will cover all hostel and ferry expenses. For more info, call John at 625-3966.

GEAR-UP 84

June 15-18, 1984

Towson State University, Towson, MD. See February Wheelpeople for more details. GEAR-UP 84, 3940 Link Avenue, Baltimore, MD 21236; telephone (301) 256-7123.

BABC Meeting

March 21

7:00 pm

Chris Chance of Fat Chance Cycles will talk about and demonstrate mountain bikes. Refreshments will be served. 70 Vassar St. (Bldg. 37) at MIT. Call Doug Mink for further details at 253-7556 between noon and 7 p.m. weekdays.



Ride Leaders and Co-leaders Wanted!

Must be cyclist with a favorite bike ride to share with large Boston bike club. Leaders with experience preferred, we will train co-leaders. Send no resumes, just call VP of Rides, 877-4489, for one of the following dates:

May 27	August 26	November 11
July 1	September 2	November 18
August 5	October 7	Any Saturday
August 12	November 4	

Letters

The Ides of March will bring both a whiff of spring and a chance to vote. Along with nearly a thousand other New England bicyclists, we will be asked to elect a new representative to the League of American Wheelmen (Bicycle USA) Board of Directors.

As a candidate for the regional vice presidency, I hope that I will have your support. We benefit from the work of the League to influence legislation and regulations in our favor; the rallies, safety education work, and publications are also important. Are you aware that these will change--have already done so--in 1984?

The legislative program has been cut. The name of the League has been changed. Eight out of the 15 national director positions are open, yet members will only be allowed to elect five of these. A major membership drive has begun, promising growth in revenues, but how this new income will be spent is not clear.

We need a strong League with open, accountable, representative leadership. The League can be a strong, effective voice for us, unique among other national bicycle organizations in its role, but only with good leaders.

When your mailbox brings a ballot this month, don't let it languish with the household bills or unanswered letters. Open it, vote, and send it along (the deadline is mid-April). Then start dusting off those once-shiny rims, test the tire pressure, and get ready to greet the spring!

Anita W. Brewer
(CRW member since 1977)

"Not Guilty -- But"

Regular readers of Wheelpeople will recall that CRW member John Gregory narrowly escaped being murdered on the Charles River bikepath in December, and that I was ticketed for riding on an MDC roadway--refusing to use the bikepath--in January.

My case went to trial February 8, and I was acquitted, as I expected. The police officer had been unaware of an MDC regulation specifically defining a bicycle as a vehicle, giving us the right to use all MDC roadways except where posted.

However, the MDC may choose to continue to ticket bicyclists, using a regulation stating that bicycles are only permitted in areas set aside for their use and overlooking that these areas include the roadways.

If you have any problem with MDC police about this, please contact me at 625-3966. If an officer stops you, don't get into an argument; ask to be given a ticket so a judge can decide the question. I will go to court with you, you'll win, and soon the MDC will give up trying to prosecute such cases. Also please report to me any accidents or attacks on yourself or other cyclists on MDC property so as to build the case for our right to use MDC roadways and for improvements to the bikepath.

I also strongly urge all bicyclists to avoid using the path after dark. The risk of physical attack and of collisions with other bicyclists without headlights is very high.

I thank the many cyclists who have helped me prepare evidence and lent me moral support.

John S. Allen

"Frostbite Rides Report"

Rumor has it that a few riders with little sense of decorum challenged the X-C skiers to a race around Lexington during the snow storm on January 15. Little in the way of hard facts has emerged about the ride, except that most of it was spent drinking hot chocolate at Mike Hanauer's. Well done, the club is proud of you!

The following week was dry but cold--your intrepid editors set out from Somerville with the temperature at 5 F, and reached Needham Town Hall with severe frostbite developing in all (well almost all) extremities. By the time the ride started, it was a sub-tropical 17^oF for the twelve frostbiters who turned out. Despite the small numbers, we still managed to get separated in the labyrinth of lanes to South Natick, with the McNeil's leading alternate routes (get your act together, you two!). We eventually met up for a grilled cheese sandwich in Howard Johnson's in Wellesley.

Despite another cold day, over twenty riders showed at Cleveland Circle for a fun-packed ride along the bike paths and back roads of Brookline. There was one interesting assortment of bicycles on display--10-speeds, 3-speeds, all-terrain, BMX, and one kamikaze recumbent. The CRW President also put in her first appearance for this season's frostbite rides, but unfortunately forgot her bike. Better luck next time, Jill!

After the snow, wind and cold came the rain. So who's afraid of a little rain--most of the CRW it seems. Well, the nine of us who did turn up enjoyed Ned's tour of the country lanes around Weston, Lincoln and Sudbury. Now if I can just remove all the grit from the bearings and rebuild my bike for next Sunday . . .

Geoff Forrest

LOCAL BICYCLING NEWS

Boston Area Bicycle Coalition Announcements

The BABC pamphlets are finally back from the printer and will be sent to all current BABC members with the March Spoke 'n' Word. CRW members may pick them up at their local bike shop, join the BABC, or send us a stamped, self-addressed envelope with a request for the specific titles you want. The pamphlets currently available are: "Bike Lighting," "Bike Advocacy in Greater Boston," "Bikes on Boats," "Bikes on Planes," "Bikes on Buses," and one describing the BABC. Write to: BABC, P. O. Box 1015 Kendall Square Branch, Cambridge, MA 02142.

A pot-hole reporting system is being put together to make sure that the proper authorities are notified when road conditions create unusually bad bicycling conditions. Postcards are being distributed along with the pamphlets described above. A bicyclist encountering a road hazard will fill out a card and send it to the BABC. We will keep a copy and send the report to the authority responsible for that roadway. This system was originated by the Cycle Touring Club in Great Britain and is spreading throughout this country.

Mileage

MILEAGE FOR JANUARY, 1984:

Ed Trumbull	458
Lee Howard	424
Jerry Campbell	413
Carol Tesiero	413
Jack Donahue	256
Ned Weld	191
Dick Buck	186
Mike Hanauer	141
John Vanderpoel	111
Bill McGrath	97
Greg Canty	93
Jim Broughton	76
Jeff Luxenberg	69
Charles Hansen	64
Rick Maechi	34
Jacek Rudowski	<u>00</u>
Total	3,026

I have received a couple of requests for some comparable statistics on the top 10 mileage generators similar to those published last year. So here goes . . .

The Top Ten

<u>Name</u>	<u>Ranking</u>		<u>Mileage</u>		<u>Percent Change</u>
	<u>1983</u>	<u>1982</u>	<u>1983</u>	<u>1982</u>	
Joe Cormier	1	2	12,904	14,220	-9
Don Blake	2	4	10,757	10,919	-1
Jerry Campbell	3	3	10,127	11,546	-12
Ed Trumbull	4	5	10,044	10,214	-2
Peter Reagan	5	7	9,300	8,300	-12
John Vanderpoel	6	11	8,857	7,411	+20
Ned Weld	7	6	8,830	9,481	-7
Elaine Braun-Keller	8	10	8,810	7,498	+17
Lee Howard	9	12	7,722	7,286	+6
Osman Isvan	10	9	<u>6,937</u>	<u>7,659</u>	-9
Total Reported			265,145	344,961	-23

Although there were more declines than increases in the individual mileages, interestingly seven of the top ten bettered their position with one holding his own. Also interesting is that the two new additions to the top ten were sitting in the wings last year in 11th and 12th places. So much for history! Let's go get'em in '84.

Heard from Joe Cormier saying he was not going to renew his membership due to the press of activity involving the new NSC. We'll miss you Joe and wish you good luck on your new venture. This left first place open on the list and look who is in it. I sure hope somebody knocks me off by next month. I doubt I could stand it for two in a row. Jacek is listed at 00 on his special request. He didn't want to be "lost in space." Gotta have some miles next month, Jacek. So we're off and running.

REMEMBER--Send mileage by the 5th to:
Ed Trumbull
19 Chase Avenue
W. Newton, MA 02165
332-8546

CLASSIFIEDS

For Sale. New parts: 27 x 1 Schwinn tube (Super record, presta), \$3; 27 x 1 Wolber tube (presta), \$2; Cannondale tire sock, \$10. Used parts: Cinelli 9 cm stem, \$15; Gerry panniers and handlebar bag, \$20; Brooks B72 touring saddle, \$20; Rivat winter touring shoes, \$30; also Alpina car rack, toe clips, 600EX freehub parts, cycling socks (negotiable). Call David Gabbe, 562-3888.



"THE BULLETIN BOARD"

I am planning to go to GEAR-UP (see Feb. Wheelpople) and am willing to collect CRW members' application forms so we can get adjoining rooms. I am also interested in hearing from people who would like to rent a van to go to GEAR-UP.

Jacek Rudowski
One Belnap Road
Hyde Park, MA 02136
(361-5273 evenings--Wed. is best)

I have made plans to go to the Coors Classic this year; the 10th anniversary of the stage race. My arrangements have been made through the "Coors Classic TourPak." Has anyone else who has signed up with this group interested in being roommates? I have extra copies of the TourPak brochure for those interested.

David Gabbe
63 Lincoln St.
Hudson, MA 01749
467-5358 (work)
562-3888 (home)

Bike Shop Discounts

The following shops offer discounts to members of CRW.

<u>Ace Wheelworks</u> 2044 Mass. Ave., Cambridge	876-8200
<u>Belmont Wheelworks</u> 480 Trapelo Rd., Belmont	489-3577
<u>Bicycle Bill</u> 253 N. Harvard, Allston	254-9408
<u>The Bicycle Exchange</u> 3 Bow St., Cambridge	864-1300
<u>The Bicycle Workshop</u> 233 Mass. Ave., Cambridge	876-6555
<u>Chelmsford Cyclery</u> 210 Boston Rd., Rt. 4, Chelmsford	256-1528
<u>The Cycle Loft</u> 1644 Mass. Ave., Lexington 28 Cambridge St., Burlington	862-7048 272-0870
<u>Family Bicycle Center</u> 149A Belgrade, Roslindale	323-9720
<u>Farina Cycle</u> 61 Galen St., Watertown	926-1717
<u>Harris Cyclery</u> 1355 Washington St., West Newton	244-1040
<u>International Bicycle Center</u> 70 Brighton Ave., Allston	783-5804
<u>Laughing Alley Bicycle Shop</u> 51 Harvard Ave., Allston	783-5832
<u>Lifecycle</u> 1013 Mass. Ave., Cambridge	354-8595
<u>Lincoln Guide Service</u> Lincoln Rd., Lincoln	259-9204
<u>Mt. Auburn St. Cycle</u> 145 Mt. Auburn St., Watertown	926-6010
<u>Mystic Valley Wheelworks</u> 889 Main St., Winchester	729-0425
<u>Northeast Bicycles</u> 102 Broadway (Rt. 1), Saugus	233-2664
<u>The Ski Market</u> 860 Comm. Ave., Boston 57 JFK St., Galeria, Cambridge Endicott Plaza, Danvers 34 Cambridge St., Burlington 400 Franklin St., Braintree	731-6100 576-2520 777-3344 272-2222 848-3733

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: Dave Brahmer, 9 Hatch Street
Everett, MA 02149

Charles River Wheelmen
19 Chase Avenue
W. Newton Ma 02165

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

04/84 **RENEW NOW**
John Kane
266 Fellsway West
Medford, MA 02155