

Wheel People

Volume XIII

Number 8

August 1984



The Charles River Wheelmen

NEW MOON INVITATIONAL

Sunday August 26 (rain or shine)

The V.A. Hospital Grounds
200 Springs Rd., Bedford (off Rte. 4/225)

\$5 covers registration, map, sag, picnic

Schedule of Events

8.30 AM 62 & 50 mile rides
10.30 AM 25 mile ride
1.00 PM Picnic

Further Details

Patty Kirkpatrick 421 6986 (days)

Jill Lewis 641 1066 (eve. before 9.30)



HELP!

For Sale

The New Moon Invitational: to make this a successful and enjoyable event, the club needs a little help from a lot of people. Please consider offering your services to assist in the following tasks: arrowing, registration, leading rides, cooking, driving sag, clearing up, and providing salads and desserts.

If you can help, contact (evenings):

| | |
|-------------------|----------|
| Patty Kirkpatrick | 648-4095 |
| Jill Lewis | 641-1066 |
| Mark Lamkin | 877-4489 |

24 1/2" Peter Mooney road frame, brick red metallic, with matching Silca frame fit pump. Campy record headset, hubs, derailleurs, seat post, cranks, super record 42/52 chain rings, Cinelli bar and stem, Dura-ace brakes.

| | |
|--------------------|-------|
| Complete bike | \$650 |
| Frame set and pump | \$350 |

Call Dick Wagg 438-3129

Volunteers are also needed to help in upcoming club events:

-Fall Century (route selection, arrowing, registration, sag, post-ride checkout)

-Ride leaders for November 12 and 19

-Co-leaders for September 23 and 30, October 7 and 14

More information from Mark Lamkin, 877-4489




The club has a AYH Group Pass that is available to any CRW member who wishes to organize a trip. It costs \$5 per week or part of a week, payable on receipt of the pass. Allocation is strictly on a "first come, first served" basis, so contact Ed Trumbull, 19 Chase Ave., W. Newton, Ma 02165 (332-8546) to reserve your spot.

Members Business Directory

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

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|--|--|

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

Waltham Copy Shop
991 Main Street
Waltham Ma 02154



The Charles River Wheelmen is a group of active adult bicyclists who sponsor a year-round program to promote the enjoyment of bicycling. During the regular season (early spring to late fall), two ride loops are usually available every Sunday, designed to be ridden at your own pace. The routes are arrowed in advance, and the leaders stay in the rear to insure that nobody gets left behind. Our winter Frostbite rides are more informal; the route and pace are decided by those who show up to brave the elements.

Our dues include membership in the League of American Wheelmen; CRW members also receive Wheelpeople, the club's official news letter.

Address all correspondence to the 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> | | |
| Editor | Geoff Forrest | 628-1130 |
| 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 |

BOARD OF DIRECTORS

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

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Attention! The CRW announces the start of something exciting: its very own invitational event! This year, it's the New Moon Invitational. Join cyclists from the CRW and other area clubs for a ride, for frisbee and the like, and for the picnic planned in the afternoon. And check next month's bulletin for details on our Fall Century and Martha's Vineyard rides.

So that leaders can start their rides on time, please arrive at least 15 minutes before the announced start time. Please park your car a short distance from the start to facilitate our departure, and to cause minimal interference to the public. Better yet, consider riding your bike to the start.

--Mark Lamkin

August 5 10:00 AM.

Start: Newton Center, at the intersection of Beacon and Centre Sts.

Distance: 58 and 33 miles.

Bill Sweetser (244-8626) and Dave Gotthelf (964-5924) will lead 2 rides through Newton, Needham, Dover, Wellesley, Norfolk, Walpole, and Medfield, over easy to gently rolling terrain. Lunch will be in Dover Center; you will be able to buy food and eat on the town common. John and Janet Springfield have offered to host a post-ride get-together at their home within yelling distance of Newton Center. (A donation toward the cost will be requested).

August 12 9:30 AM (45 miles)
10:00 AM (25 miles)

Start: Field behind Friendly's, Broadway St., Arlington. Please park cars on side streets.

A ride to the shore and lunch at the pavilion across from Kelly's Roast Beef. Dave Garrant (646-6289) and Thomas Coleman (665-5130) have organized these rides through

Stoneham, Lynn, Revere, and Winthrop, Nahant, and Middlesex Fells if you take the long loop. Because this ride goes to the coast, expect mostly easy terrain and an occasional section through urban areas. If the weather is right, you may want to take a dip in the Atlantic, so bring a towel and lock for your bike.

August 19 9:30 AM (63 and 53 miles)
10:30 AM (36 and 26 miles)

Start: Hayden Recreation Center, Lincoln St., Lexington. Please park in the upper parking lot opposite Audobon Road.

Mike Hanauer (862-5927) and Dave Brahmer (387-3243) have combined forces to give us four rides over moderate to hilly terrain through Bedford, Billerica, and Chelmsford. Ice cream lovers may opt for one of the longer rides going through Lincoln, Carlisle, Westford, Littleton, Tewksbury, and not least, Kimball's Farm. You may want to bring a lunch, or buy it before the stop at Manning State Forest.

August 26 CRW New Moon Invitational

A \$5.00 fee will entitle you to the entire event including the rides and a picnic in the afternoon where we even supply the hot dogs, hamburgers, and drinks. Patches will be available at additional cost. For more information see the front page.

September 2 10:00 AM

Start: Dedham Plaza, Route 1, Dedham.

Since no one shouted out to lead a ride on this date, the group that shows up will decide where the ride will go. Don't expect any arrows or bread crumbs to follow. Due to the nature of the ride, we suggest bringing a lunch.

September 9

Martha's Vineyard Ride

Keep this date open, details in the next issue of Wheelpeople.

September 16

CRW's National Century

Rides of 100, 50, and 25 miles with patches to match. Plans are in the works for new routes so watch for details.

OTHER EVENTS

Cape-in-a-Day

August 4

Once again, you have an opportunity to cycle down to Provincetown! Riders will leave from outside Eastern Mountain Sports on Commonwealth Avenue at 4:00 AM, and return on the afternoon ferry from Provincetown. Jacek Rudowski will lead riders out of the city, and maps of the route will be provided.

Those interested should contact Jacek (361-5273) or Mark Becker (734-3223). Although the terrain is not difficult, some long distance experience is essential.

Peddock's Island Weekend, Boston Harbor

August 11-12

Mountain bikes, clunkers, and hikers are welcomed to a camping weekend, including a Saturday evening lobster boil and gourmet picnic followed by a tour-de-sturgeon moon. The island amenities include flush toilets, fresh water, camping on the waterfront, indoor shelter, and emergency support boat.

Meet at the red ticket office on Long Wharf at 9:30 AM on Saturday, August 11. Doug Mink will be waiting on the wharf to greet you. The boat leaves at 10:00 AM, and returns at 5:00 PM on Sunday. Bring camping gear, personal items for two days, and Saturday lunch.

Cost is \$25.00, which includes the Saturday night picnic, Sunday breakfast, and Sunday lunch supplies.

Register by sending a \$25.00 check to Jerry Campbell, 99 Blackstone St., Mendon, Ma 01756 (telephone commitments are acceptable) Further information from Jerry (478-0490) or Doug (253-7795).

BOARD MEETINGS

Board meetings are held on the first Tuesday of every month at 7:30 PM in Building 10, Room 178 (10-178) at MIT.

The next meeting is on: August 7

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League meets at Indy

While streamers and marching bands celebrated July 4th in New England, Indianapolis saw hundreds of bicyclists at the League of American Wheelmen's National Rally. As the Board of Director representative from this region, I spent nine days there: four days of board meetings followed by five days rolling across the Indiana landscape.

Board meetings are held in July and December. At the summer meeting, officers are elected and an annual meeting for members is conducted. Anyone wishing to receive the brief minutes of the board meeting and the proposed new league bylaws may send \$2.00 to the LAW, Ste. 209, 6707 Whitestone Road, Baltimore, Md 21207. In an effort to improve communication with members, copies of both were made available following the board meeting.

Elections came last at the meeting, but I'll list them first here. For 1984-85, Garnett McDonough of Ohio was re-elected president for her second full term, Jim Schmid was elected to his first term as vice president, Jay Rochlin of Arizona became the new second vice president, Steve Leiby of Michigan was reelected treasurer, and Gordon Peltz of Maryland became the new secretary.

On the name change...BICYCLE USA will continue to be the league's public name. Both the Board of Directors and the members who attended the annual meeting supported its continued use. The board issued a statement confirming its position, and members at the annual meeting voted down a motion for a referendum to ask all members whether they approved of the new name.

The meeting was attended by about 300 members who voiced their opinions on the name change. While the discussion was not thorough, everyone who wished to speak was heard. Swaying the members, in my view, was a desire to go forward rather than back. I voted in favor of the referendum, even though I didn't expect it to get the two-thirds vote of members present required for passage.

Also, revised bylaws were proposed--but not adopted, pending review--by the board. You'll see an article about these in a fall issue of the magazine, and I hope you will read it. This opportunity for comment by members was won after considerable discussion; originally some board members hoped for adoption without delay, but a spirit of caution prevailed.

Key bylaw revisions include a directive to appoint rather than elect directors to fill unexpired board positions, a change in the referendum process, and a provision for recalling regional directors. In December the board will review member comments and the bylaws.

The financial report showed league membership up in 1984, totalling 15,832 at the end of May--about 2,000 more than at the same time last year. Renewals are doing well, after improvements by Don Trantow and his staff in following up non-renewing members, but new members are fewer than expected. As a result, the board amended downward its 1983 budget--a prudent but not encouraging move. A direct mail membership campaign (part of the December 1983 marketing plan), a club liaison staff position, and an operating cash reserve fund were cut.

It was decided that the league will no longer print maps of the East Coast Bike Trail, and Bike Centennial has been encouraged to take over. Copies of the map (now out of date) are available from the league office at discount. I will keep you posted on what Bikecentennial plans to do.

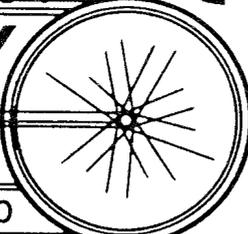
Effective cycling, next year's rallies, and the legislative program were also discussed. The legislative program now has a Government Relations Coordinator, Peggy Skonecki, and a rejuvenated committee. It's too soon to report progress, but as in all other areas, the emphasis is on volunteers.

I was asked to chair the Publications Committee. If you have ideas or would like to serve on the committee, call me at 665-8783. Our task is to develop a future publications plan for the league magazine, to be presented at the December 1984 meeting.

The new league board, by most reports, is the best in years. While not a bastion of democracy, it has many experienced cyclists who will work hard for the league. Outcries over the name change have made an impact. Keep you letters and opinions flowing: the board wants to see membership and services expand, and it wants to hear from members. Although I was disappointed by some of the events at the Indianapolis meeting, others were encouraging. I look forward to working with the board and to hearing from all of you.

--Anita Brewer
Board of Directors, Region 1

LAUGHING ALLEY



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I scream

Dear Nancy,

I have an insatiable craving for ice cream that has gotten so out of hand that fellow cyclists are beginning to talk about me. I even have to organize and lead rides (see August 19) that visit my favorite ice cream stores, so that I can get my fix and still socialize with other CRW members.

Please tell me, will this addiction ruin my cycling career?

Mike

Mileage

Mileage through June 1984

| | |
|------------------|--------|
| Jerry Campbell | 4910 |
| Eric Ferioli | 4863 |
| Osman Isvan | 4470 |
| Ed Trumbull | 4281 |
| Lee Howard | 4216 |
| Carol Tesiero | 4130 |
| John Vanderpoel | 3503 |
| Dick Buck | 2939 |
| Don Blake | 2900 |
| Greg Canty | 2761 |
| Doug Mink | 2416 |
| Bill McGrath | 2326 |
| Mike Hanauer | 2267 |
| Jim Broughton | 2229 |
| Jeff Luxenberg | 1843 |
| Allan Schein | 1778 |
| Emile Bielawa | 1686 |
| Jamie King | 1587 |
| Debbie Luxenberg | 1459 |
| Dick Howe | 1413 |
| Jack Jacobs | 1292 |
| David Allen | 1267 |
| Charles Hansen | 850 |
| Lois Harty | 827 |
| Rick Macchi | 707 |
| Cathy Buckley | 611 |
| George Caplan | 595 |
| Steve Dick | 498 |
| Wayne Miller | 418 |
| John Gregory | 275 |
| Chris Lucas | 229 |
| John Springfield | 186 |
| ----- | |
| | 65,732 |

Twelve of you fell by the wayside this month. Let me hear from you by the 5th!

Ed Trumbull
19 Chase Avenue
West Newton, Ma 02165

SPORTS NUTRITION ASSOCIATES

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THE ATHLETE'S KITCHEN

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

THE SCOOP ON ICE CREAM

"I scream. You scream. We all scream for ice cream!" -- and active people, in particular, can ravenously devour this hot weather treat. Adventurous cyclists pedal from one ice cream vendor to the next, exploring which dairy offers the best in chocolate chip. Depleted runners reward themselves with scoops of mocha almond. Weight-conscious ballet dancers "blow their diets" on pints of fudge whirl. Ice cream is certainly a popular treat, snack and reward for avid exercisers.

As you dip into your next creamy treat, you might want to keep in mind the following "inside scoop" on this popular choice.

* Expensive ice creams have more cream - hence more calories - than less expensive brands. For example, vanilla Haagen Dazs (\$1.89 per pint) has 270 calories per ½ cup serving, as compared to "el cheapo" generic store brand (\$1.49 per half gallon) Haagen Dazs also has 17 grams of fat (@ 153 calories) as compared to 6 grams fat (@ 54 calories) in the Star Market brand.

* Inexpensive ice creams, with less cream, fat and cholesterol than the very rich brands, are perhaps a more health-conscious choice. Rather than being thickened with rich cream and egg yolks, the inexpensive brands tend to be thickened with carageenan, a seaweed extract. Similarly, a MacDonald's Shake may be more healthful than a "real" frappe: MacDonald's Shake - 320 calories; 30 milligrams cholesterol. Ice cream frappe - 500 calories; 110 milligrams cholesterol.

* Ice milk and frozen yogurt are low fat and lower calorie alternatives to ice cream.

Light 'n Lively ice milk has 100 calories per ½ cup (18 fat-cals.)
Columbo frozen yogurt has 110 calories per ½ cup (18 fat-cals.)
Whereas Brigham's ice cream has 255 calories per ½ cup (153 fat-cals.)

* You won't save your diet by eating sherbert instead of ice cream -- they both have about the same number of calories. Although the sherbert has less fat, it has more sugar.

Sherbert - 125 calories per ½ cup; 100 from sugar, 10 from fat.
Hood's ice cream - 130 calories per ½ cup; 60 from sugar, 65 from fat.

* Soft serve ice creams also tend to have the same caloric value as regular ice cream.

A medium Dairy Queen cone (150 gms) has 230 calories; 140 from sugar, 64 from fat.
A MacDonald's cone (115 gms) has 185 calories; 120 from sugar, 45 from fat.

* When you are tempted to eat ice cream for dinner instead of a "meal", keep in mind that a pint of chocolate chocolate chip Haagen Dazs has 1200 calories -- the same as half a large cheese pizza. However, it has less calcium (12% the RDA vs 135% in pizza) and less protein (14% vs 130%) and less overall nutritional value.

If you try to rationalize your daily ice cream "fix" by believing that ice cream is a wholesome milk product, you're stretching your imagination. Although ice cream is made from milk, it contains significantly more fat, cholesterol and calories than it does calcium, riboflavin or protein (the major nutrients in milk). Ice cream is simply a "fun food". Since "fun" contributes to overall health, then perhaps this "fun food" can be considered a "health food"??? Sounds reasonable to me!



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| <u>Aworthy Bicycle</u> 424 Moody St., Waltham 311 Walnut St., Newtonville | 893-8769 965-5868 |
| <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> 28 Cambridge St., Burlington | 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>International Bicycle (West)</u> 740A Beacon Street, Newton | 527-0967 |
| <u>Laughing Alley Bicycle Shop</u> 51 Harvard Ave., Allston | 783-5832 |
| <u>Lexington Cycle</u> 1644 Mass. Ave., Lexington | 863-1480 |
| <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 Franklin St., Braintree | 731-6100 576-2520 777-3344 272-2222 848-3733 |

Why Not Join the CRW?

CRW dues include membership in the LAW; do NOT mail your LAW dues separately. If renewal, include your LAW number.

NAME: _____

ADDRESS: _____

PHONE: _____ LAW #: _____

OCCUPATION: _____

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

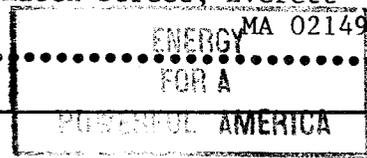
SIGNATURE: _____

PARENT SIGNATURE: _____
(if under 18)

DATE: _____ TOTAL ENCLOSED: \$ _____

Dues: \$25 individual; \$30 household;
\$35 sustaining

MAIL TO: Dave Brahma, 9 Hatch Street, Everett



Charles River Wheelmen
19 Chase Avenue
W. Newton Ma 02165



04/85
John Kane
266 Fellsway West
Medford, MA 02155