

Wheel People



Volume XIII

Number 9

September 1984

The Charles River Wheelmen

Why not join us

Our V.P. of rides, Mark Lamkin, says that the weather should be cooler and more conducive to cycling at this time of the year, and that the club has organized an interesting selection of rides.

The first ride, on Labor Day weekend, is a show-and-go, which should be a good introduction to rides a la Frostbite Season. The riders that show decide the route, and stay in a group as there are no arrows to follow. Why not try out this friendly form of club ride without the inclement weather. There is even a rumor that Walter McNeil, the club's winter ride expert, will turn up for some early-season practice.

Other rides this month are the annual trip to Martha's Vineyard; the National Century 100, 50, and 25 mile rides with patches for the finishers (something to show your grandchildren); and a tour of the western suburbs of Boston. Complete the month with a ride through the rolling scenery near Burlington, with the promise of an after-ride party.

State your Case

Every November, elections are held to fill three of the nine positions on the CRW Board of Directors. This year the terms of office of Mike Hanauer, Dick Lewis, and Jeff Luxenberg have expired. If you intend to stand as a candidate, you may wish to inform the rest of the club of your attributes, views on bicycling issues, and your

reasons for wishing to serve on the board. The October newsletter will contain all candidates' statements, provided that they are received by September 10, and do not exceed 150 words. This will give members a chance to cogitate, and maybe ask questions, before the ballot papers are issued with the November Wheelpeople.

As always, anything for inclusion in the newsletter should be sent to: Geoff Forrest, 36 Hancock Street, Somerville, Ma 02144.

Don't Misleading!

The regular arrowed rides season is slowly coming to a close, but assistance is still required for some of the remaining events. If you always wanted to deface the road surface but have never tried, ride leaders are still needed for

November 11 and 18

If on the other hand you don't feel ready to lead your own ride, but want to find out how it's done, why not volunteer as a co-leader. The following rides may be just what you are looking for:

October 7 (Beer and Steamers Ride)

October 14 (Apple Ride)

Please contact Mark Lamkin (877-4489), who will buy volunteers a free pint of ale or cider as appropriate.

Board Notes

AUGUST BOARD MEETING NOTES

August 7 agenda items and actions summary:

AYH Liability Insurance: The club can take advantage if it has ten AYH members, so if you are an AYH member, please contact Jill.

Treasurers Report: We are in good shape.

Membership Numbers: Dave Brahmer reported that we currently have a total membership of 446, of which 35 are complementary. This is down two from June. Further details are available on request.

Membership Form: Dave has updated them with the questions recommended by the membership committee.

Exit Polls: Results are now in for 3 months. Mike Hanauer will compile the results for the next meeting.

CRW Invitational: planning is well underway.

Fall Century: A new route is now finalized, planned by Mark Lamkin and Greg Canty.

Board Elections: The terms of Mike Hanauer, Dick Lewis and Jeff Luxenberg expire in November. Please contact Jill if you wish to make a nomination.

Miscellaneous: Rosalie Blum baked a delumptious cake in celebration of Jill's Birthday, which went down especially well with the after-meeting ice cream. Happy Birthday, Jill!

Next Meeting: September 4, 1984, at 7:30 PM.

Mike Hanauer, Secretary



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

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

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991 Main Street
Waltham Ma 02154



Editorial

I find that I no longer have the time to properly fulfill the functions of editor and advertising officer and also pursue miscellaneous outside activities such as earning a living. As the rent is now due, I have decided to give up the advertising job. Although it doesn't involve large amounts of time, it is necessary to visit a number of bicycle shops, preferably on weekdays when the store owners are not besieged by customers. if you wish to volunteer, or want further details, please get in touch with Geoff Forrest (628-1130).

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	

Letters

Dear Editor,

When you took on the position of Wheelpeople editor, you should have been thoughtful enough to inform us of the vast amount of correspondence that CRW members are sending to you. The regular mailman has had to take extended leave to recover from the burden of carrying the letters, comments, articles, and information that your readers generate for inclusion in the newsletter.

Is it really necessary for members to send in their views on how the club is run, what kind of activities they would like to participate in, how they feel about actions taken on their behalf in local and national government affairs, etc? Surely it is sufficient to write once a year when the question of LAW (sorry, L.A.W.) affiliation is discussed?

Why do you need articles for the newsletter anyway? Don't you have enough time and imagination to fill eight pages every month by yourself? And, in any case, who really cares what you write? Since you haven't had a single letter of complaint (or praise), your 400 readers must be totally satisfied with the status quo.

So stop giving us such a hard time, and get rid of all that correspondence!

-Somerville Post Office

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.

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 10:15 AM

Sixth Annual Martha's Vineyard Ride

Start: Meet at Steamship Authority Ticket Office, Woods Hole. The ferry will leave at 10:45 AM for Vineyard Haven. Buy your ferry tickets at the ticket office and mention CRW to get the \$11.00 round trip group rate. (\$6.00/person plus \$5.00/bike.)

Sam Johnson and Birdy Ellsmore (655-8774) have led this ride for the past few years. They will provide you with a map of the island and a suggested route. Their version includes a 55-mile trip, but you may opt for a 16-mile ride to Edgartown and back. Return ferries leave Vineyard Haven at 5:00, 6:30, 7:30, and 8:45 PM. Remembering that the ferry trip is about 45 minutes, you may want to bring a light for the return trip in Falmouth.

Parking at Woods Hole is an additional \$4.50 but you can also park free at the Falmouth Municipal lot and ride the four-mile bike path to the ferry. To get to the municipal lot, follow route 28 past the Steamship Authority overflow lot, turn left

down Main Street, and look for parking signs on the left-hand side of the street. Cycle back up Main Street to route 28, turn left, and look for the entrance to the bike path a quarter of a mile on the left; it's marked with an anchor and a rock.

September 16 8:00 AM (100 miles)
10:00 AM (50 and 25 miles)

CRW's National Century

Start: Hayden Recreation Center, Lincoln Street, Lexington.

In recent years, we've gone north and south, and unless you want to swim 100 miles, we can't go east, so this year we're heading west. The route will venture out to the Wachusett Reservoir by way of Wellesley and Dover, and return through Bolton and Stow. The shorter routes will also travel west, but shortcut through the western suburbs of Boston. This century will be more difficult than our others, but still only moderately hilly at its toughest points. The fee is \$4.00 for CRW members and \$5.00 for non-members, which covers a map, a LAW (oops, Bicycle USA!) patch, and refreshments after the ride. For more information, or to offer assistance, contact Mark Lamkin (877-4489) or Greg Canty (861-7294).

September 23 10:00 AM

Start: Larz Anderson Park, Goddard Road, Brookline.

Distance: 35 and 15 miles

Marie Deuerlein (734-5323) is leading another ride through Brookline and the western suburbs of Newton, Wellesley, Weston, and Needham. Bring your own lunch, as the lunch stop location has still to be chosen.

September 30

10:00 AM

Start: The Elementary School on route 62, Burlington. The driveway to the school is opposite Greenwood Street, about 1 mile west of Burlington center.

Distance: 47 and 25 miles

Join our leaders Rosalie Blum (272-7785) and Don and Janet Blake (275-7878) through Burlington, Bedford, Chelmsford, Carlisle, and Concord. The terrain should be flat to gently rolling. Plan on lunch at Carlisle center where you can buy refreshments at the corner store. There is even talk of another post-ride party (the usual donation to cover expenses will be requested).

October 7

8:30 AM (100 miles)

10:00 AM (50 miles)

11:00 AM (25 miles)

Beer and Steamers Ride

Start: 100 and 50 miles: intersection of Church and Main Streets, Wakefield.

25 miles: intersection of route 97 and Washington Street, Topsfield.

Mike Gengler (484-5088) has given us an additional late-season century and revived an old club tradition: the beer and steamers ride! All three rides travel through scenic Essex County--Middleton, Essex, Ipswich, & Topsfield--and the century route also takes in part of the Merrimac River. Regardless of the route you take, lunch will be at Woodman's, the home of fried clams and steamers.

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: September 4

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.

Flattest Century in the East

September 9

This event is once again being held by the Narragansett Bay Wheelmen, and there will be a choice of 100, 50 and 25 mile rides through the scenic shoreline, forests, and marshlands of S.E. Rhode Island and Massachusetts. Rides start from Tiverton High School, Tiverton, RI between 7:00 and 8:00 AM.

To reach the school, take Rte. 24 from Fall River to the Fish Road exit, and go south to the end (Rte. 177). Turn left on Rte. 177 and proceed east for two tenths of a mile to the blinking light. Turn left onto North Brayton Road; the school will be on the right.

Fee is \$5.00 which covers map and cue sheet, marked route, refreshments at check points, and sag wagon. Restroom facilities will be available at the school.

Cape-in-a-Day

September 15

A repeat of Greater Boston Council-American Youth Hostels' most popular day trip. Start just before dawn to cycle the 120 miles to Provincetown, and return on the afternoon ferry back to Boston. Cost is \$20.00 which includes ferry, patch, maps, and sag wagon. To register send \$5.00 to Lennie Gervais, 21 Beacon Street, Ten L, Boston, MA 02108. For more information call Maria Hurley (641-2412) or Robert Fox (862-6730).

BICYCLE across USA

After the Bike Centennial in 1975, David Gotthelf nurtured the idea of cycling across America; finally, in 1980, he convinced his friend Peter Edwards to accompany him.

Both David, age 29, and Peter, 34, were in excellent physical condition. Members of the CRW, they averaged 2000 miles a year. To increase their endurance, they added 20 pounds to each bike and peddled one hour a day on a stationary bike in the winter. They mapped their route following suggestions from friends, Bike Centennial and The Cyclist Yellow Pages. Their destination: Portland, Oregon!

On June 17, they loaded their 10-speed bikes with 35 pounds of gear. Each carried a two-man tent, campstove, sleeping bag, rainwear, flashlight, first aid kit, travelers checks, canteen, two water bottles, and dried food. Bike accessories included repair kit, extra tire, spokes, and tubes.

They cycled sixty miles on "pretty back roads" to Sharon, New Hampshire, where they stayed at Karl Chapley's converted barn Youth Hostel. Karl had a real interest in holistics and yoga, and instructed his guests to meditate close to a tree in order to receive Karma from it!

A few days later, standing at the New York State Barge Canal Locks, they met the owners of a cruiser, who invited them aboard. Peter and David floated 30 miles with their hosts and landed at St. Johnsville, New York.

One week out, they were both enervated. Peter's shoulder muscles hurt; David was saddle sore and nauseous. Still, they managed to go on.

Near Niagara Falls, they met four cyclists, also headed for Oregon, who convinced them to save 1000 miles by changing their route to go through Canada. From the falls, they ferried to the "pretty yet remote" Manitolin Islands, and then cycled to Sault St. Marie on route 17--the heavily traveled TransCanada Highway, where "trucks whizzed by at 60 m.p.h." Combatting headwinds, they cycled 125 miles--from 6 AM until 9:30 PM--to reach a Canadian Youth Hostel. From there, they came down into Michigan, and then ferried across Lake Michigan to Wisconsin.

Three weeks out, in Wisconsin, they enjoyed their first tailwind, and set a record of 15 miles in 45 minutes! In the sparsely settled, scenic farm country they sometimes felt totally alone.

After they crossed the Mississippi River into Minnesota, the heat peaked at 110° during the day and dropped into the 90s in the evening. In these spells, they would stop mid-day and start again about 4 PM, to bike 5 or 6 hours until dark.

In Minnesota they watched a Jolly Green Giant operation, where large combines harvested peas. Another day they stopped at Ivanhoe, a small farm town where all the streets are named after characters from Ivanhoe. There they drank grain-belt beer, the only U.S. beer made from grain.

In South Dakota, they cycled through treeless, arid countryside where they could see for miles. One afternoon a sudden thunderstorm brought 30-40 m.p.h. winds, lightning, and hail; another night, a fierce thunderstorm nearly blew down their tents. When the wind shifted the following day, "it was like surfing on a bike--we were literally blown up hills."

They entered Badlands National Park through Cactus Flats, a town of one gas station and a store. The Badlands were like a fantasy land of vistas, buttes, canyons, and grassy plateaus. And, "no bugs--just rattlesnakes!"

In Wall, South Dakota, Peter realized that the bearings in his freewheel had to be replaced, but the only bike shop was 40 miles away. After some "wretched" cycling in 40-m.p.h. winds, they hitched a ride on a truck. Once repairs were made, they headed to the Black Hills of Idaho, where the countryside changed from desert to canyons, rugged rock formations, and dense pine forests. The Needles Highway had especially beautiful scenery.

In the "big sky" country of eastern Wyoming, they again faced strong headwinds and cycled 70 miles without seeing a town. En route to Cody, they took shelter from a threatening storm in Emblem--population 4! Their 75-year old host let them camp in his garage and told them of his escapades as a rodeo rider and rancher.

The crowds in Yellowstone Park felt claustrophobic after the open spaces, but a highlight was soaking in Mammoth Hot Springs. From Twin Bridges to Melrose, Montana, they cycled over unpaved mountain roads that deteriorated until the pebbles became rocks, and detoured around steers in the middle of the rangeland road. Exasperated, they treated themselves to the specialty at a restaurant--chicken-fried steak! "I'll never order that again. This was not our day," Dave recalls.

Later, they connected with the Lewis and Clark Trail, and for 150 miles they were surrounded by huge western cedars. At one point, they stopped to visit the Jerry Johnson Hot Springs. In Myrtle, they met three Nez Perce Indians from a nearby reservation. At first they were unfriendly, but one opened up when he discovered that David was Jewish. "I think he was comparing the Jewish holocaust with the Indian holocaust. These Nez Perce are bitter," David recounts.

Crossing the Snake River, they entered Washington, where fierce winds made their push up a precipitous road the "worst climb of the trip." 25-30 m.p.h. headwinds met them as they proceeded along the Columbia River Gorge in Oregon. At Cascade Lockes, they enjoyed the country music "Portage Days" festivities, and later they stopped amidst rain-forest vegetation to admire a 176-foot waterfall.

On August 10, they peddled into Portland, where a 2-day bike fest was taking place. In a short time, they became celebrated as the "cyclists from Boston."

Overall, the 4000-mile trip cost \$800 and took almost 60 days. The mechanical problems were: one flat tire, a broken front wheel, and two broken spokes. It was, they concluded, "a fantastic way to meet people...life was so simple with this two-wheeled machine."

--Diana Means Spencer



Metric Mileage

Kilometers through July 1984

Eric Ferioli	9801
Jerry Campbell	9650
Osman Isvan	8951
Ed Trumbull	8493
Lee Howard	8232
Carol Tesiero	7608
Don Blake	6638
John Vanderpoel	6554
Pete Moss	6451
Greg Canty	6217
Bob Harvey	5183
Jim Broughton	4950
Bill McGrath	4935
Jeff Luxenberg	4911
Mike Hanauer	4545
Jack Donahue	4490
Doug Mink	4464
Debbie Luxenberg	4035
Emile Bielawa	3691
Dick Howe	3595
Jack Jacobs	2888
Jacek Rudowski	2764
John Kane	2332
Linda Harvey	2050
Tom Wylie	1998
Bill Sweetser	1901
Charles Hansen	1820
Rick Macchi	1400
Cathy Buckley	1351
Chris Lucas	1151
George Caplan	1050
John Springfield	485
Rosalie Blum	342

144,926

Had a note from Jacek: he thought his mileage would look much better as kilometers. I couldn't agree more!

Look at how nice the list looks. However, we'll return to stodgy old miles next month.

Let me hear from you by the 5th!

Ed Trumbull
19 Chase Avenue
West Newton, Ma 02165



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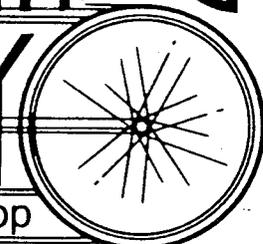
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<u>Aworthy Bicycle</u> 424 Moody St., Waltham 311 Walnut St., Newtonville	893-8769 965-5868
<u>Belmont Wheelworks</u> 480 Trapelo Rd., Belmont	489-3577
<u>Bicycle Bill</u> 253 N. Harvard, Allston	254-9408
<u>The Bicycle Exchange</u> 3 Bow St., Cambridge	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 400 Franklin St., Braintree	731-6100 576-2520 777-3344 272-2222 848-3733

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 Brahmer, 9 March Street, Everett



MA 021497



Charles River Wheelmen
19 Chase Avenue
W. Newton Ma 02165