

# Wheel People



Volume XIII

Number 12

December 1984

**The Charles River Wheelmen**

## Rapping on Wrapping

This is the time anxiously awaited by all the real riders in the club throughout the long hot boring days of summer. These riders are ready to show that bicycling is a year-round sport in Boston; and Walter McNeil, the man who doesn't even take his bike out of the house until the temperature hits zero, is straining at the bit to start leading this year's Frostbite Rides.

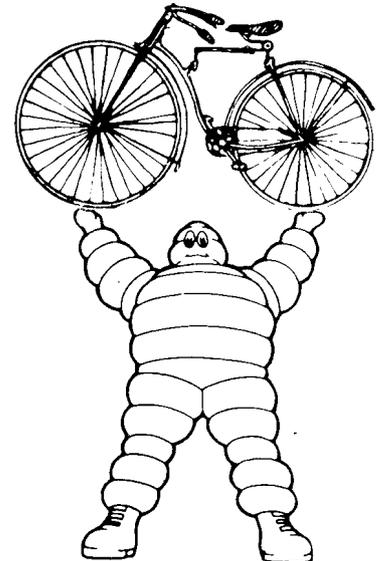
The secret of enjoying winter riding is to keep warm, although if you are a certified wimp, there's no amount of dressing up that will drag you out into the fresh air. The key word is LAYERS, as in layer cake (if you've heard the expression, nutty as a fruit cake, you'll understand why). If a biker looking like the Michelin Man in tights passes you, chances are you've just seen a layer cake.

I'll start at the bottom with feet, as nothing quite equals the exquisite pain of frozen toes. Just think of the wind chill factor caused by a cadence of 70, traveling at 15 mph--a masochist's dream. I must admit I've tried most things--polypropylene socks, toewarmers, booties, insulated shoes--but I always end up with cold feet. The best cure is to dip them in cups of hot coffee at Friendly's.

Woollen tights are best for legs, with polypropylene "long johns" when it gets really cold. I usually wear tights over a pair of cycling shorts for comfort and

protection. On one occasion I just wore the tights--remember that I'm a newcomer to this weather--and although the exercise kept my legs warm, other parts not being exercised were dangerously near frostbite by the end of the ride. (Due to judicious treatment, I was saved from a fate worse than death: in fact the treatment almost made the pain worthwhile.) And don't forget suspenders, as whatever your shape, tights most definitely do not defy gravity, so spare following riders a glimpse of your cleavage.

On the top half of your body, keep layering until you are warm. Start with polypropylene to wick away the sweat, use wool for warmth, and finish off with something to keep the wind out. Gore-Tex jackets or those natty cycling coats with the nylon fronts and dayglow rears work the best. Worst are the nylon coats that turn into turkish baths after 5 miles of brisk exercise--although after Thanksgiving, some CRW members may need to sweat off a few pounds.



Continued on page 6

# Board Notes

## NOVEMBER BOARD MEETING NOTES

November 6 agenda items and actions:

Treasurer's Report: Don Blake announced a healthy current balance. Jill Lewis distributed a budget through September which shows that we are on target in all areas except for an underspending on the newsletter. Further details are available on request.

Christmas Party: This December 7 event is a pot luck so please bring a snack or dessert.

New Year's Eve Party: Being held by Debbie Allinger and Dave Hill, please bring food and beverages. Hangovers are not allowed, as the traditional New Year's Day ride is the following morning.

Winter Meetings: We need suggestions and volunteers for slide shows, bike repair clinics, and other events.

Board Elections: A new CRW president will be elected by the new board in December. Complete results will be published next month and announced at the Christmas Party.

Publicity Officer: Pat Anderson, who is new to the area and is in advertising, has volunteered for this position. Welcome Pat and thanks, we all support you.

Cross Country Ski Trip: This will again be arranged by Jill and Dick, probably for Jan. 19, with Jan. 26 as a no-snow date.

Awards Banquet: We are looking for ideas on a new location, probably a restaurant with private function facilities. Any ideas?

BABC: Doug Mink noted that the BABC is looking for people to bring their bikes on the T this spring during off-peak hours for a trial period; call 491-RIDE for more details. Also the BABC will be organizing Saturday rides, probably starting within the city. Watch Wheelpople for details.

Exit Poll: The process of interviewing non-renewing members continues; updated statistics will be produced.

New England Area Rally: Planning for this August 1985 event continues, and help is always welcome.

CRW Incorporation: If you have the expertise to advise the board on this matter, please get in touch.

Next Meeting: Tuesday, December 4, 1984 at 7:30 PM. Board meetings are held in Building 10, Room 178 (10178) at MIT, Mass. Ave., Cambridge.

Mike Hanauer, Secretary

## Members Business Directory

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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 newsletter.

Address all mail to the Charles River Wheelmen, 19 Chase Avenue, W. Newton, Ma 02165

#### OFFICERS AND COORDINATORS

President	Jill Lewis	641-1066
Vice President	Dave Brahmer	646-7208
V.P. of Rides	Mark Lamkin	877-4489
Information	Jacek Rudowski	361-5273
Membership	Dave Brahmer	646-7208
Publicity	Pat Anderson	646-2702
<u>Wheelpeople</u>		
Editor	Geoff Forrest	628-1130
Distribution	Jim Broughton	646-4102
Advertising	(vacant)	
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	646-7208
Mike Hanauer	862-5927
Mark Lamkin	877-4489
Karen Lease	623-7418
Dick Lewis	641-1066
Jill Lewis	641-1066
Jeffrey Luxenberg	665-0432
Carol Tesiero	628-6492
Edson Trumbull	332-8546

Due to circumstances beyond my control, my trusty assistant has accepted a job with an employer that doesn't provide word processing, photocopying, and paste-up facilities. And all for a mere increase in salary, promotion, and better career prospects! Some people are just selfish like that.

As I am also about to make a change in my career, I feel that I no longer have the time and energy necessary to devote to the monthly production of Wheelpeople.

I've now been editor for one year, some of that time with Carol Tesiero as coeditor (are you still out there, Carol?), so there must be CRW members who have seen my efforts and thought, I could do better!

Well, here is your big chance. Although it obviously helps to have some knowledge of printing procedures, prior experience is not necessary, and if someone comes forward in the near future, I would be willing to teach, help out, or even remain as coeditor. If you fancy giving it a go, or want to find out more of what is involved, give me a call at 628-1130.

In the meantime, all material for the January issue of Wheelpeople should reach me by December 10. It is important to keep to this deadline because the holidays will interrupt the printing schedules. As always (but not for much longer), send your contributions to: Geoff Forrest, 36 Hancock Street, Somerville, MA 02144.

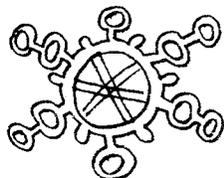


Frostbite Season is the time when the CRW has real club rides--everyone meets at a designated time and location, decides the route, and then cycles and finishes as a group. There's plenty of time to socialize whilst thawing out at the coffee stops, and there's a sense of camaraderie from riding together.

If you have any questions about the rides, contact Walter McNeil (329-1586).

Rides start at 11:00 AM SHARP, from the locations listed below. All have a place to go inside to warm up before the ride, so there's no excuse for arriving late.

- |          |    |   |
|----------|----|---|
| December | 2  | Cambridge Common                                  |
|          | 9  | Natick Common, at the junction of Rtes 135 and 27 |
|          | 16 | Reading Town Hall                                 |
|          | 23 | Arlington Town Hall                               |
|          | 30 | Duck Pond Feeding Area, Newton                    |
| January  | 1  | Boston Common, Park and Tremont St.               |
|          | 6  | Dedham Plaza, Route 1                             |



## Special Events

Friday December 7

7:30 PM

### Christmas Party

Start: 35 Payson Road, Belmont. Take Trapelo Rd. to Common St., north on Common St. for one block to Payson Rd. on the right.

As usual, Debra Glassman and Mark Roseman (489-3141) have kindly offered to host the annual CRW party. Come along to see old friends, make new ones, reminisce about last summer's rides, sign up to lead a ride next year, or just watch Mark rush around filling trash bags.

Light refreshments will be provided, but bring your own favorite brew, and a contribution to the pot-luck buffet. Peanut butter and jelly sandwiches are not acceptable.

Monday December 17

7:30 PM

Start: Nonantum MDC Skating Rink, Nonantum Road, Newton.

Join the CRW for Monday night skating. Admission is \$1.00, and skate rental \$1.50. The rink is not enclosed so dress warmly. Call Barbara (964-8193) before 10:00 PM if you have any questions.

Monday December 31

9:30 PM

New Year's Eve Party

Start: Apartment 3, 25 Park Vale Ave., Allston.

Debbie Allinger and Dave Hill (783-2073) have invited CRW members to their place to help see in the new year. Bring your own drinks and some food for the buffet. Please ring a few days in advance if you are coming, to give Debbie and Dave an idea of numbers.

Sunday January 13

10:30 AM

Impact 2000 House Tour

Start: Cleveland Circle, Brighton at Beacon St. and Chestnut Hill Ave. (by playground).

Distance: 10 miles

Walter McNeil and Mike Hanauer will lead us to the Boston Edison Impact 2000 House featured on Channel 2's "The All New This Old House". This is a state-of-the-art home featuring all the latest technology for efficient energy useage. Upon arrival there will be a film and tour. The ride will then return to Cleveland Circle, with a longer option if the weather is nice.

NOTE: Please notify Mike Hanauer (862-5927) by Monday January 7, or you may not be admitted to the tour because of limited numbers. If the weather is foul, you may wimp out and arrive by car between 11:30 and 12:30. The house is located at 830 Newton St., Brookline.

## 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: December 4.

## Letters

I wish to thank all my CRW friends who supported me following my bicycle accident, during the days at the hospital as well as at home. When it comes to healing after surgery--or meeting any challenge--there is no substitute for the strength that comes from being part of such a fantastic group of friends. That is what it takes to set new records for a quick recovery, and so I am doing the best that I can. Thank you all!

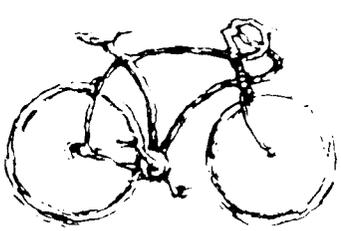
No matter how quickly I heal, however, I certainly would be in better shape if I could have avoided this injury. So, when it's time to "hit the road", make sure you know how to do it right.

Osman Isvan

**FALL EXPANSION SALE**

10% discount on regular merchandise for Wheelpeople  
Tuneup: 20% off labor with this ad

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Since last July, when I first joined the Board of the League of American Wheelmen (Bicycle USA), I've been asked many times, "What do you actually do between board meetings?" Watching my free evenings dwindle as I virtually mate with my telephone over league business, I resolved to make a list:

- Meeting with NEAR 85 planners to provide league support for the rally;
- Investigating the status of the East Coast Bike Trail, at the request of several Connecticut members;
- Naming and directing a new Publications Committee, as yet unfinished;
- Greeting new Region 1 members with a note by mail as they join;
- Supporting the work of our legislative reps, touring information directors, and other LAW volunteers;
- Reading league documents, which arrive weekly, concerning the budget, status of the magazine, staff matters, grant proposals, etc.
- Reaching other board members by phone;
- Worrying...

But it's not all work. I very much enjoy the CRW members and other cyclists I've met, and I know that eventually, small accomplishments make a difference.

In early December, I'll be attending the winter board meeting in Baltimore. We gather over a weekend. Major topics will include the proposed by-laws revision, the proposed dues increase, and major budget cutbacks. Lately the league has learned that it must come to grips with a potentially devastating deficit for 1984; members should know about this, and I'll write much more about it in the January Wheelpeople. Call me before December 7 if there's anything you want me to present to the board. It will be a difficult meeting.

Meanwhile, happy holidays, and may your stockings be full of spare tubes.

Anita Brewer  
LAW Director, Region 1  
722-3301 days; 665-8783 evenings.

## More Wrapping

That leaves a few extremities to protect; their order of importance depends on personal preference. If you get frostbite in your index finger, it's hard to pick your nose, but then if you lose your nose as well, it doesn't matter so much. Mittens are better than gloves, working on the all or nothing theory, with either inners or outers in extreme conditions. Goggles are best at stopping the wind from freezing your eyeballs, but sunglasses also cut down on the glare from the snow, and are not quite so nerdy looking. Ears, noses, lips, and chins can be protected by a combination of scarves, "Tut" bands, and balaclavas. The latter have the additional advantage of deterring passing terrorists.

Last but by no means least is the head. Ten percent of all heat loss is through your head, because the blood vessels cannot contract when the skin surface gets cold (well, they could, but then your brain would hurt). So throw away that dumb helmet with all the holes in it--let's face it, how many times did you fall on your head this summer--and get yourself a woollen hat. You can even get a high-tech version with polypropylene lining if nature has cruelly robbed you of your natural head covering. And talking of natural coverings, beards help enormously in keeping out the cold, and in addition will catch snot before it drips on your valuable paintwork. Sorry girls, but them's the breaks.

Well, that concludes Part 1 of Winter Riding Tips. More will appear next month unless I receive too many other articles for the newsletter. You have been warned!

Geoff Forrest

# Mileage

Mileage through October 1984

Eric Ferioli	9640
Ed Trumbull	9062
Jerry Campbell	8767
Lee Howard	7687
Osman Isvan	7553
Pete Moss	6480
Carol Tesiero	5828
Frank Womboldt	5110
Bill McGrath	5091
Dick Buck	4995
Greg Canty	4671
Jim Broughton	4667
Mike Hanauer	4530
Jack Donahue	4407
Jeff Luxenberg	4362
John Vanderpoel	4064
Debbie Luxenberg	3953
Doug Mink	3748
Dick Howe	3715
Allen Schein	3649
Bob Harvey	3214
Emile Bielawa	3117
David Allen	2818
Jack Jacobs	2812
Jamie King	2794
Ron Messier	2180
Bill Sweetser	2163
Jacek Rudowski	2068
John Kane	2000
Tom Wylie	1879
Bill Case	1835
Cathy Buckley	1762
Chris Lucas	1685
Rick Macchi	1645
George Caplan	1442
Linda Harvey	1272
Charles Hansen	1129
Steve Dick	932
Lois Harty	827
Rosalie Blum	550

Wayne Miller	418
Harry Wolf	340
John Gregory	338
John Springfield	321
Mark Roseman	147
Howard Moore	143
	-----
	151,811

You will notice that all hands are back on the list, whether or not I received an update.

How about one more shot to get everyone updated through December?

By the 5th to Ed Trumbull, 19 Chase Avenue, West Newton, Ma 02165 (332-8546).

## NEW MEMBERS

Dorothy & William Fine	Boston
Ellen Foley	Cambridge
Steven Vernick	Framingham
Robert Myhill	Arlington
Barbara Brodsky	Wellesley
Duane Thompson	Franklin
Deborah Leahy	Newtonville
William Sears	Lexington

## For Sale

All items like new - All prices firm. Tubular wheels, Campy NR hubs, Arc en Ciel rims, DT spokes, \$85. Campy SR crankset 42x52 \$75. Campy SR titanium bottom bracket (French) \$50. Campy NR bottom bracket (French) \$20. Avocet Mod III saddle - magnesium rails \$15. Takagi alloy crankset 40x52 \$15. Sun-tour Cyclone front derailleur \$10. Lee Howard at 767-1519.

Raleigh Professional frameset, 23", pearl blue custom Imron paint job. Equipped with Campy headset, front derailleur, and downtube shifters. Many custom braze-ons. Excellent condition \$175. Robert White at 872-8320.

Bob Jackson road bike, 24", recently painted with green metallic Imron. Fully equipped with Campy 50th year groupo. Brooks Select saddle, wheels with finest tempered alloy rims, Cat-eye solar computer. \$1700. John Vanderpoel at 369-7237.

## Change of Address

Please note Dave Brahmer's new address:

20 Orlando Avenue  
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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>Life Sports</u> 1100 Mass. Ave., Arlington East India Mall, Salem	648-1305 745-6311
<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.

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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.

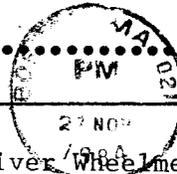
SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_  
(if under 18)

DATE: \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_

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

MAIL TO: Dave Brahmaer, 20 Orlando Avenue,  
Arlington, MA 02174



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19 Chase Avenue  
W. Newton Ma 02165



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