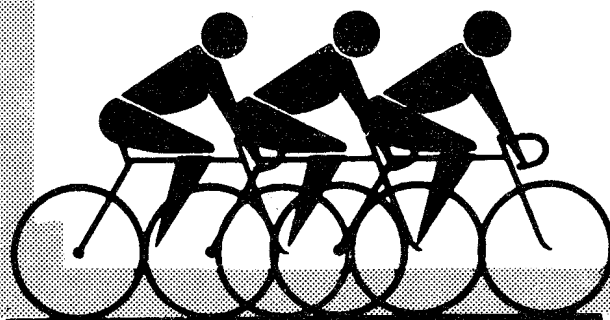


Wheel People



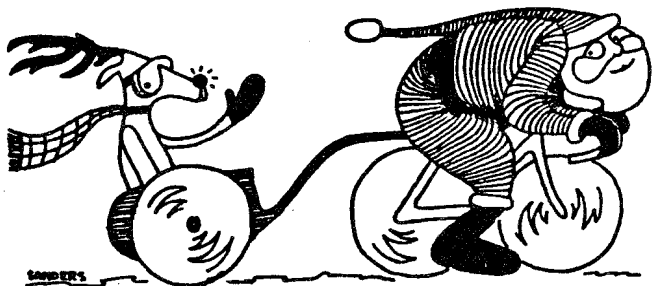
Volume XIV

Number 12

December 1985

The Charles River Wheelmen

Let's get together!



CHRISTMAS

PARTYPARTYPARTYPARTYPARTYPARTYPARTYPARTYPARTYPARTYPARTYPARTYPARTY

Friday December 6
7:30

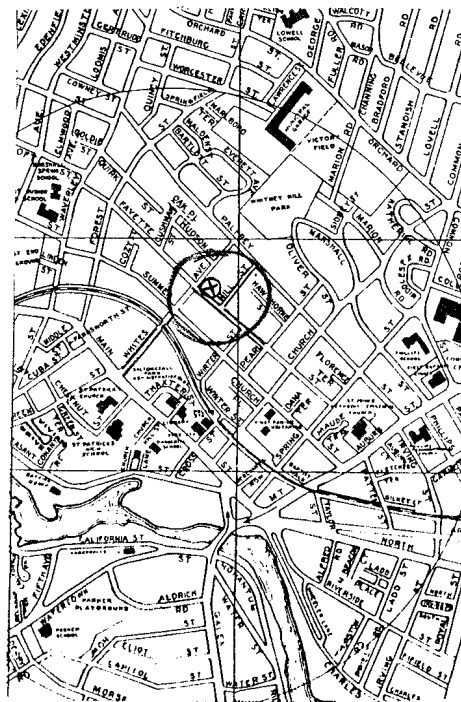
924-4542

107 Fayette Street Watertown Debra Glassman & Mark Roseman

Once again, we open our home to the club's annual Christmas Party. We look forward to the big turnout that we always get so we want to see you there.

We'll have drinks and light refreshments. But one of the real highlights of the party are the special dishes that you all bring. So cook up something good and add to the fun.

WE HAVE MOVED TO WATERTOWN SQUARE. PLEASE SEE THE MAP & CALL US IF YOU HAVE ANY QUESTIONS





Board Notes

WHAT YOUR BOARD DID IN NOVEMBER

Nov. 5 agenda items and actions summary:

NEW ENGLAND AREA RALLY: Jill Lewis notes that 716 people registered for the Aug. '85 event. The committee is currently working on a set of bylaws. For 1987, a **NEAR** in Durham (U. of N.H.) is being considered for the last weekend in July. This would be the weekend following **GEAR-UP** in Long Island and could allow people to attend both rallies with a coordinated ride between the two. The **NEAR** committee needs CRW representatives - please contact Jill at 641-1066 if you might be interested in helping out.

WINTER MEETINGS: Two are presently planned. In late January there will be a slide presentation of various activities including the Grapenuts Festival. In late February, we are planning a slide show of a bike trip in Europe taken by five CRW members.

NORTH SHORE CYCLISTS/CRW JOINT RIDE: Doug Mink reported that the rainy Oct. 13 event was attended by 2 members of each club. I guess Doug felt a bit lonely.

HALLEYS COMET RIDE: To be hosted by BABC during both early Dec. and early Jan. See details elsewhere in this issue.

CRW ELECTIONS: The board will elect a CRW president at the December meeting. All election results will be announced at the Christmas party - December 6. Party details are included elsewhere in this issue. Don't miss this good time.

CRW INCORPORATION: Richard McVity has been doing much work here. We now have confirmation of state status. Further work should be completed by year end. Dave B. will ask Richard to attend the Dec. board meeting to answer questions and clarify any lingering issues.

1986 RIDES PROGRAM: The board set dates for major club rides. Please call Dave Garrant, our rides coordinator, at 629-2054 if you might like to help with a ride next year. We need you!

MINUTEMAN COMMUTER BICYCLE PATH: Plans are underway to complete the path which will run from Alewife station in Cambridge to Bedford. Doug noted that a path now exists from Alewife to Davis Square in Somerville - to be used by those who want to go to Steve's for ice cream.

MEMBERSHIP: Dave Brahmer wishes to pass the membership coordinator baton to a new person. Please call Dave if you are interested in this important position.

WATERBOTTLES: Now here in red, blue and white, with club logo, to be available at the Christmas party for only \$2.50. They are especially made to keep water cold during frostbite rides (R).

NEXT MEETING: Tues., Dec. 3 at 7:30 pm; MIT building 10, room 178 (10-178), off Mass. Ave., Cambridge. **MEMBERS ARE ENCOURAGED TO ATTEND BOARD MEETINGS -- YOUR COMMENTS ARE ALWAYS APPRECIATED.** Walk straight behind bldg 39 (which is 60 Vassar St., about 100 yards from Mass. Ave on the right). Enter bldg 13 and go up the left stairway into bldg 10. Room 178 is at the top of the stairs on the right.

ADJOURNMENT: 9:29 PM

Mike Hanauer, CRW Secretary

"BIG EVENT" NOW BEING PLANNED

The spring flea market is an inter-club opportunity for rides, festivities, and the place for you to sell those old bikes and parts that you have cluttering up the basement. Help is now needed for organizing this event. Please contact Mike Hanauer at 862-5927.



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	Dave Brahmer	646-7208
Vice President	Mike Hanauer	862-5927
V.P. of Rides	Dave Garran	646-2492
Information	Jacek Rudowski	361-5273
Membership	Dave Brahmer	646-7208
Mileage	Edson Trumbull	332-8546
Publicity	OPEN FOR BIDS: could be YOU	
Secretary	Mike Hanauer	862-5927
Treasurer	Don Blake	275-7878
Winter Rides	Walter McNeil	329-1586

Wheelpeople		
Editor	Helen Jorgensen	655-9819
Distribution	Bill Fine	247-3904
Advertising	Dick Lewis	641-1066

BOARD OF DIRECTORS

Deborah Allinger	643-4079
Dave Brahmer	646-7208
Jim Broughton	396-1283
Greg Canty	861-7294
Mike Hanauer	862-5927
Dave Hill	643-4079
Osman Isvan	783-9628
Dick Lewis	641-1066
Carol Tesiero	413-367-2208

Halley's Comet

when: Saturday-Sunday, December 7-8
 (cloud dates: December 14-15)
 where: Littleton, MA
 meet: (1) 11:45 AM on Saturday, December 7 for lunch at the JFK St. entrance to the Garage, or
 (2) 1:00 PM on the Cambridge Common
 distance: 101 km (63 miles) over two days

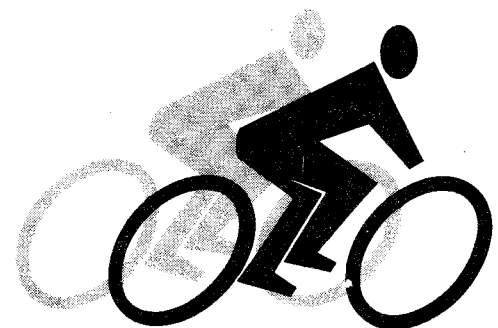


This month we put on an extra layer or two and head for the Littleton youth hostel, where we'll set up shop to view a rare visitor—Halley's Comet. We'll have a telescope, binoculars and a professional astronomer to get us out of the dark, so to speak, as to the nature of this celestial wonder. As of the 7th., the comet will be between the orbits of Mars and the Earth, and although it has already begun to grow a tail, it is questionable as to how much of the tail we will be able to see that night. But if you've never seen the moons of Jupiter, now is the time to put that nasty segment of your life behind you. Early risers on Sunday morning might see Mercury, Mars and Saturn.

We'll meet for lunch on Saturday, cycle up afterwards, then come back on Sunday. We'll stay in the hostel Saturday evening, but since we have a group pass, membership in AYH is not essential. However, bring a sheet sleeping bag if you have one. Cost for the hostel is \$8.00.

Bring down jackets, down sleeping bags (down *anything*), wool caps, Damart underwear...in other words, whatever you usually wear when you're standing outside in December staring up into the sky. Space is limited, so call Mark Spain at 267-2563 to reserve.

Rides by Mark Spain, drawings by Janet Hyde-Wright



BOARD ELECTIONS!

ELECTION RESULTS

Our thanks to John Kane for receiving and tabulating this years voting ballots. Results are as follows.

BALLOTS RECEIVED.....65

VOTES

1. Osman Isvan.....56
2. Jim Broughton.....53
2. Greg Canty.....53
3. Dave Hill.....32
4. Nancy Peacock..... 1
(write in)

Osman, Jim and Greg are elected to 3 year terms. Dave will serve the remaining year of Mark Lamkin's term and be eligible next year for a 3 year term. Sorry Nancy, maybe next year.

Wanna have fun?

MEMBERSHIP COORDINATOR NEEDED

Dave Brahmer will be retiring from his position as Membership Coordinator very soon. We need someone to fill the position. If you have access to computer facilities or have a computer of your own, and think you may be able to handle the job, please call dave evenings at 646-7208.

FITCHBURG CYCLING CLUB, INC.

P. O. BOX 411 · LUNENBURG, MASSACHUSETTS 01462 · (617) 342-7439

Your club members are cordially invited to attend the Fitchburg Cycling Club's 25th Anniversary celebration which will be held on Saturday, January 18, 1986, at the Fitchburg Lodge of Elks, 133 Prichard Street, Fitchburg, MA, telephone 342-9032 (a map is attached). A cocktail hour will be 6:00 - 7:00 p.m., dinner will be served at 7:00 with dancing, etc. to follow. The cost per person will be \$10.00; tickets may be purchased by sending a check to: Joyce Gassett, 170 School Street, Acton, MA 01720. Please enclose a self-addressed, stamped envelope. Also, please indicate your meal choice(s). Meal choices will be as follows:

Boneless Breast of Chicken or Baked Fillet of Fish

Both meals include the following:

Fruit Cup
Baked Potato
Italian Blend Vegetables
Pasta
Salad
Rolls, Butter
Chocolate Parfait
Coffee, Tea

We look forward to having your members join us on Saturday, January 18th.



Today's guest cartoonist is Powell of the Hareigh Venn.

All rides start at 10:30 am SHARP!
We will leave on time!! It is not
fair to keep a group of riders
inactive in the cold in order to wait
for the few invariable stragglers.
Be considerate. Be on time. Be there.
(Written excuses from your mother are
not accepted.)

All rides with the exception of the Duck
Pond Feeding Area Ride will have a place
for early arrivees to get something warm
to eat or drink and shelter from the cold.



- DEC 1 Cambridge Common
 Intersection of Mass Av & Garden St
 (West of Harvard Sq.)

- Dec 8 Natick Common
 Junction Rts 135 & 27

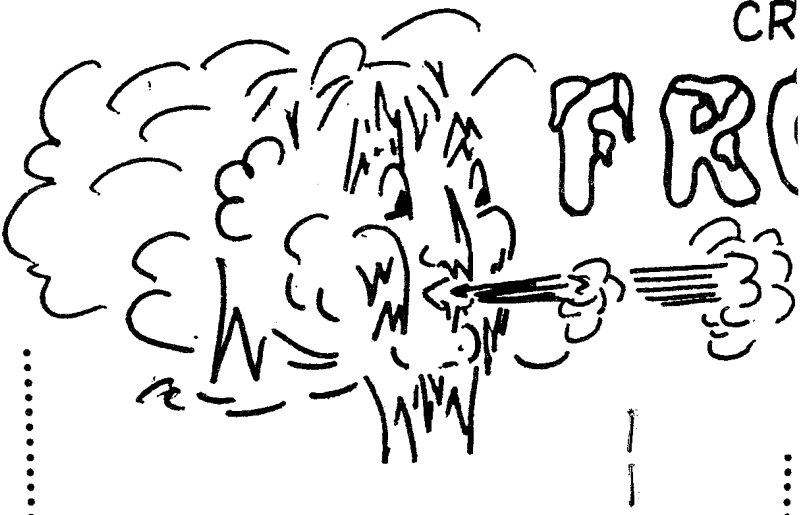
- DEC 15 Stone Zoo, Stoneham
 ½ mile east of intersection of
 Rts 28 and South St.

- DEC 22 Arlington Town Hall
 Intersection of Mass Ave and Rt. 60

- DEC 29 Duck Pond Feeding Area, Newton
 West side of Charles River at
 Rts. 30 & 128

- JAN 1 Boston Common
 Intersection of Park and Tremont
 Streets. This is our famous
 annual New Year's Day Ride.
 What better way is there to
 clear the mind and body of the
 evening before's merriment than
 an invigorating ride in the
 crisp, clean air of downtown
 Boston--with very few cars.
 Explore Boston as it once was
 before internal combustion engines
 took over. We will visit Castle
 Island and stop at Freeman's
 Bakery for lunch. Start the
 New year off right--come in
 and ride along with us. Who
 knows--maybe you will be the
 1986 mileage champ for a day!

- JAN 5 Dedham Plaza, Route 1
 One mile north on RT 1 from
 Rte 128



"THE SHOW & GO, FROSTBITE RIDES"

Come join us in officially celebrating the winter riding season. From now, until next March, the rides won't be preplanned. Members just show up and go. This is the time of year that we really need your support -- to show the public that bicycling is feasible and enjoyable throughout the year -- and not just in the warm weather months. Explore with us new and familiar roads and terrain as they take on exciting new dimensions with the absence of foliage. The air is crisp, and the coffee, tea, and hot chocolate taste better than ever. The group decides the length and direction of the route -- only the starting point is pre-determined. Come and participate in a true democratic process. The CRW rode as a club on every Sunday last winter. It only takes but one other person besides yourself to have a club ride. Don't let that other person wait for you. Come along and join the fun! If you have any questions about the frostbite rides, contact winter ride coordinator, Walter McNeil, 329-1586.



FROSTBITE

RIDES

TIPS for WINTER RIDING

From Walt McNeil, Winter Ride Coordinator

The following are just a few tips for safe, enjoyable winter riding. If you have any tips that would be beneficial to winter cyclists share them with your fellow members on the frostbite rides or send them into the Wheelpeople. Winter cycling can open up an exciting new world to you. Get out, ride, and explore!

the bicycle) and several layers of socks help keep you warm when you are riding. Plugging up the holes in your helmet cuts down on the wind's chilling effect, and a scarf around your neck keeps that area warm. A nylon windbreaker can help stop the cold wind.

1. Dress appropriately. This cannot be stressed enough. Wear several layers of clothing, instead of one heavy layer. Manmade materials do not absorb perspiration, natural materials do. A layer of manmade clothing next to your body, followed by several layers of natural clothing allow you to perspire through the manmade clothing to the natural clothing, keeping your body dry, thus warmer. Wool is the best for warmth for natural clothing, although cotton is acceptable if wool can't be worn. A dry body is always warmer than a wet body, no matter how many layers of clothes you have on.
2. Protect the extremities of your body. This means keeping your head, hands, and feet protected and warm. Much heat is lost from your body when these areas are inadequately protected. A ski band or hat under your helmet (you can remove the pads if the helmet won't fit), warm gloves (be careful -- bulky gloves may impede handling of
3. Keep your bike in top condition. It is more important that your bike be running correctly in the winter than other times of the year. A simple flat tire on a cold day could turn into a complex affair. Check all your equipment everyday before going out on a ride.
4. Dress to be seen. With a lower morning and evening sun, you can get easily lost in the sun's rays by an unsuspecting driver. Wear bright clothing, or better yet, various garments, materials, or objects made especially for bicycle riders.
5. Beware of Road Conditions. Pot holes begin their growing season in winter. Slippery roads due to ice and leaves also makes riding more difficult. Be aware of these and changing road conditions. With the advent of snow, roads become narrower, so adjust your riding style accordingly. Obey and follow all traffic rules!
6. Carry a map. In the winter, CRW rides are unmarked. If you should get separated or lost from the group, there are no friendly arrows to look for to resume your ride. A map of the area you are riding in helps limit any of the above problems.

WINTER RIDING



THERE WILL BE A THIRD ARTICLE ABOUT NIGHT RIDING IN THE FUTURE BUT WITH WINTER COMING I FIGURE THAT MOST PEOPLE WOULD BE MORE INTERESTED IN A FEW HINTS ABOUT SURVIVING THE WINTER WHILE RIDING A BICYCLE.

WRITING AN ARTICLE ABOUT WHAT TO WEAR IN WINTER IS DIFFICULT BECAUSE EVERYONES METABOLISM IS DIFFERENT. BEAR IN MIND THAT THIS ARTICLE IS NOT THE LAST WORD ON CLOTHING.

I AM GOING TO PICK THE TEMPERATURE OF 20 DEG. (-6 C) AND DESCRIBE WHAT I WOULD WEAR.

THE OLD SAYING ABOUT DRESSING IN LAYERS TO STAY WARM IS TRUE. IT IS BETTER TO WEAR 5 THIN SHIRTS THAN TO WEAR ONE HEAVY JACKET.

WHEN I FIRST START OUT FOR A RIDE I WOULD HAVE 4 OR 5 SHIRTS ON (DEPENDING ON THE THICKNESS OF EACH) AND I WOULD CARRY AN EXTRA, IN CASE I MISJUDGE THE WEATHER. THE INNER LAYER WOULD BE AN ORDINARY COTTON T SHIRT. THE 2ND LAYER WOULD BE A WOOL OR POLYPROPYLENE LONG SLEEVE SHIRT. (ARMY WOOL UNDERWEAR IS GREAT) (COTTON LONGJOHN TOPS OR A TURTLENECK WILL DO ALSO) I WEAR THE T SHIRT UNDER THE WOOL OR POLYPRO BECAUSE, TO MY SKIN ANYWAY, THEY ITCH. THE NEXT 2 LAYERS WOULD BE COTTON OR COTTON/POLYESTER BUTTON FRONT SHIRTS WORN BACKWARDS AND LEFT UNBUTTONED. (IF YOU CAN REACH IT, BUTTON THE BOTTOM BUTTON, BUT THIS IS ONLY TO HOLD THE SHIRT IN PLACE.) THIS IS BECAUSE YOU NEED THE INSULATION IN FRONT OF YOU. AS YOU RIDE A BIKE YOU CREATE YOUR OWN WIND CHILL AND THIS IS ABOVE WHAT EVER THE ACTUAL WIND IS DOING. ALSO AS YOU RIDE A BIKE YOU GENERATE HEAT AND THAT HEAT IS DISIPATED THRU YOUR BACK. SO YOU DONT NEED THE INSULATION ON YOUR BACK. ANOTHER PLACE YOU DONT WANT TOO MUCH INSULATION IS THE BACK OF YOUR NECK. WITH THE SHIRTS BACKWARDS YOU HAVE THE COLLARS IN FRONT WHERE YOU CAN FOLD THEM UP AND COVER THE FRONT OF YOUR NECK. MORE ABOUT YOUR NECK LATER. THE LAST LAYER OF CLOTHES IS A NYLON SHELL WITH A ZIPPER FRONT. ZIPPEKS ARE MUCH BETTER THAN SNAPS BECAUSE THEY DONT HAVE THE GAPS BETWEEN THE SNAPS THAT LET AIR IN. (THIS DOES MAKE A DIFFERENCE) ANOTHER LAYER THAT CAN BE ADDED IS A SHEET OF NEWSPAPER BETWEEN THE SHELL AND THE OUTER BACKWARDS SHIRT. THIS IS AN EXCELLENT WINDBRAKER AND VERY USEFULL WHEN FIGHTING A HEADWIND (AND WHEN ARE YOU NOT FIGHTING A HEADWIND?) (OR RIDING UPHILL) THE ONLY PROBLEM WITH NEWSPAPER IS THAT THE INK COMES OFF, SO AN ALTERNATIVE IS A COUPLE SHEETS OF COMPUTERPAPER OR A PLASTIC BAG.

THE BACKWARDS SHIRTS ARE YOUR 'VARIABLE' INSULATION. AS YOU RIDE YOU WILL WARM UP AND WILL NEED LESS INSULATION, SO YOU CAN REMOVE ONE OF THE BACKWARDS SHIRTS. GRANTED THIS MEANS STOPPING (UNLESS YOUR GOOD AT RIDING NO HANDED) REMOVING THE NYLON SHELL, TAKING OFF A SHIRT, AND PUTTING THE SHELL BACK ON. BUT IT BEATS SWEATING. IF THE WEATHER GETS COLDER OR THE SUN GOES DOWN, YOU CAN PUT IT BACK ON AGAIN AND ADD THE SPARE SHIRT IF NECESSARY. SINCE THE BACKWARDS SHIRTS ARE LEFT UNBUTTONED THEY GO ON AND COME OFF EASILY. THE NYLON SHELL HOLDS THE SHIRTS IN PLACE.

ONE THING I DO NOT CARE TO WEAR WHILE RIDING A BIKE IS A DOWN COAT OR VEST. EVEN AT -10 DEG I FOUND THEM TOO HOT, UNLESS WORN BACKWARDS.



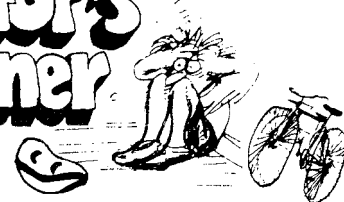
INSULATION FOR YOUR HEAD AND NECK. AT 20 DEG I WEAR A SKIMASK AND A HELMET WITH THE HOLES TAPEED OVER. COVERING YOUR FACE IS A GOOD IDEA (ASK A DERMATOLOGIST) BECAUSE WHILE RIDING A BIKE 10 TO 15 MPH (FASTER DOWN A HILL OR IF YOU STOMP GEARS) THIS CREATES A WIND CHILL OF ABOUT 5 DEG. A FRIEND OF MINE FROSTBIT HIS RIGHT CHEEK TWO WINTERS AGO, HE SAID THAT HE WAS AWARE THAT HIS FACE WAS COLD BUT IT WASNT UNTIL HE GOT HOME AND STARTED TO WARM UP THAT HE REALISED THAT HE HAD BEEN FROSTBITTEN. HE SAID THAT IT FELT LIKE HIS CHEEK WAS ON FIRE. HE NOW SAYS THAT HIS CHEEK IS EXTREMELY SENSITIVE TO COLD, EVEN WHILE WALKING AT 30 DEG HE HAS TO COVER HIS FACE. FOR THOSE OF YOU THAT THINK A SKIMASK MAKES YOU LOOK GOOFY, MANY OF MY CO-WORKERS THINK I AM GOOFY FOR RIDING A BIKE IN THE 1ST PLACE. SO, WHAT DIFFERENCE DOES THE SKIMASK MAKE? ANOTHER ADVANTAGE TO A SKIMASK IS THAT PEOPLE TEND TO STAY CLEAR OF YOU. THEY DONT KNOW WETHER YOU ARE JUST TRYING TO KEEP YOUR FACE WARM, OR YOU ARE A TERRORIST. (OR IF YOURE BIG, A PRO WRESTLER) IF YOU WEAR A SKIMASK ANOTHER THING TO DO IS TO UNCOVER THE BACK OF YOUR NECK BY FOLDING THE BACK OF THE SKIMASK UP. I HAVE FOUND THAT ONCE I HAVE RIDDEN A FEW MILES AND WARM UP THE BACK OF MY NECK STARTS GETTING HOT, SO UNCOVERING IT FEELS A LOT BETTER. I HAVE FOUND THAT I HAVE TO KEEP THE BACK OF MY NECK UNCOVERED EVEN AT TEMPERATURES BELOW ZERO, BECAUSE OTHERWISE THE SWEAT FROM MY NECK WILL FREEZE ONTO THE LAYER OF CLOTHING COVERING THE BACK OF MY NECK. IF YOU STILL DONT CARE FOR A SKIMASK A SCARF WILL DO, BUT I FOUND THAT THEY ARE DIFFICULT TO KEEP IN PLACE AND LEAVE COLD GAPS AROUND THE EYES. AN ADVANTAGE TO A SCARF IS IF YOU GO INTO A STORE YOU CAN EASILY TAKE THE SCARF OFF, WHEREAS WITH A SKIMASK YOU HAVE TO UNDO YOUR HELMET. A DISADVANTAGE TO A SCARF IS THAT IT COVERS THE BACK OF YOUR NECK. ON THE OTHERHAND IT COVERS THE FRONT OF YOUR NECK BETTER THAN A SKIMASK. WHEN USING A SCARF A STOCKING CAP MUST ALSO BE WORN TO COVER THE TOP OF YOUR HEAD. IF YOU WEAR A HELMET YOU WONT NEED ANY MORE INSULATION ON THE TOP OF YOUR HEAD IF YOU COVER THE FRONT HOLES WITH TAPE. SURGICAL (ADHEASIVE) TAPE WORKS WELL. IF YOU WEAR A HAT (OR A SKIMASK) AND A HELMET, REMOVE THE SIZING PADS FROM THE HELMET AND COVER THE VELCRO WITH CLOTH OR FELT SO THAT THE HAT DOESNT STICK TO THE VELCRO. WHEN WEARING A HELMET, TO COVER THE FRONT OF MY NECK I TAKE A T SHIRT, FOLD IT IN HALF, PLACE THE FOLDED SHIRT AGAINST MY NECK SO THAT IT COVERS THE FRONT OF MY NECK FROM EAR TO EAR AND UP TO MY LOWER LIP. WHEN WEARING A SKIMASK TUCK THE SHIRT UNDER THE MASK. THEN STRAP THE HELMET NECK STRAP OVER THE SHIRT TO HOLD IT IN PLACE. TUCK THE BOTTOM OF THE FOLDED SHIRT INTO THE NYLON SHELL. TURTLENECKS WILL DO A GOOD JOB OF COVERING THE FRONT OF YOUR NECK, JUST FOLD THE BACK DOWN AS FAR AS YOU CAN. FOR MEN, A BEARD COVERED WITH A SCARF OR SKIMASK WILL HELP KEEP YOUR FACE WARM. A BEARD BY ITSELF DOES LITTLE. FOR RIDING IN THE DEEP FREEZE (TEMPS BELOW ZERO) FORGET THE SCARF AND WEAR A SKIMASK AND A LEATHER FACEMASK OVER THE SKIMASK. YOU MAY LOOK LIKE JASON IN 'FRI THE 13TH' BUT YOU WONT FROSTBITE YOUR FACE. I DO NOT PERSONALLY CARE FOR JACKET HOODS BECAUSE THEY RESTRICT THE MOVEMENT OF MY HEAD AND COVER THE BACK OF MY NECK. HOWEVER, A LOT OF OTHERS LIKE THEM.

FOR YOUR HANDS, USE ANYTHING THAT WORKS.

ANY PAIR OF GLOVES OR MITTINS CAN BE TURNED INTO CYCLING GLOVES BY PUTTING SOME 1/2 INCH THICK FOAM RUBBER SPONGES INTO THE PALM OF THE GLOVE. MITTENS ARE WARMER THAN GLOVES AND I HAVE HAD NO TROUBLE OPERATING BRAKES AND SHIFT LEVERS WHILE WEARING THEM. LEATHER OR NYLON BACKED GLOVES OR MITTINS TEND TO BE WARMER THAN KNIT OR CLOTH BACKED GLOVES BECAUSE THEY BREAK THE WIND BETTER. DOWN MITTINS ARE VERY WARM AND ARE RECCOMENDED FOR TEMPS BELOW 20. ANOTHER IDEA IS TO GET A PAIR OF GLOVES OR MITTINS THAT ARE A SIZE LARGER THAN YOU NORMALLY WEAR, AND THEN WEAR CYCLING GLOVES UNDERNEATH. SPENCO PALM PADS ARE GOOD FOR WEARING UNDER GLOVES BECAUSE BECAUSE THEY STAY IN PLACE BETTER THAN THE SPONGES, BUT THATS A MINOR PROBLEM. THE PALM PADS ARE BETTER SHOCK ABSORBERS THAN SPONGES AND ARE ALSO BETTER INSULATION FROM COLD HANDLEBARS.

FOR THE LOWER HALF OF YOU MAKE SURE THAT YOU COVER YOUR LEGS WELL. BECAUSE, YOUR LEGS DONT HAVE A GREAT DEAL OF SENSATION TO COLD AND IT IS EASY TO GO WITHOUT MUCH INSULATION THERE. IF YOUR LEGS GET COLD, THE BLOOD IN YOUR LEGS IS GOING TO COOL OFF BEFORE IT REACHES YOUR FEET AND YOU ARE GOING TO HAVE VERY COLD FEET.

Editor's Corner



FOR 20 DEG I WOULD WEAR A PAIR OF COTTON OR COTTON/POLYESTER LONGJOHNS, (NYLON UNDERWEAR IS USELESS) AN ALTERNATIVE IS CYCLING SHORTS AND LEG WARMERS. THEN A PAIR OF WOOL OR POLYPROPYLENE LONGJOHNS. NEXT WOULD BE EITHER A PAIR OF THIN COTTON OR COT/POLY PANTS (DON'T USE 100% POLYESTER) OR A PAIR OF WOOL CYCLING TIGHTS. GET A PAIR A SIZE LARGER THAN YOU NORMALLY TAKE. LAST WOULD BE EITHER A PAIR OF NYLON CYCLING TIGHTS, OR A PAIR OF NYLON JUGGING PANTS. IF YOU GET WARM THE OUTER LAYER OF CLOTHING CAN BE REMOVED. I WOULD CARRY AN EXTRA PAIR OF LIGHT PANTS THAT CAN BE SLIPPED ON OVER EVERYTHING IN CASE THE TEMP GOES DOWN. AS I SAID BEFORE YOUR LEGS ARE NOT OVERLY SENSITIVE TO TEMPERATURE SO, YOU ARE BETTER OFF IF YOUR LEGS ARE TOO WARM THAN TOO COLD. (IN WINTER ANYWAY)

YOUR FEET, EVERYONE SEEMS TO HAVE SOME WAY TO TRY TO KEEP THEIR FEET WARM. UNFORTUNATLY MOST DONT WORK. I AM NOT SAYING THAT MINE DO EITHER BUT THEY ARE A START.

FOR 20 DEG I WOULD WEAR A PAIR OF COTTON SOX, THEN TWO OR THREE PAIRS OF THIN WOOL OR POLYPROPYLENE SOX. (DEPENDING ON THICKNESS) NEXT A PAIR NYLON SOX OR PLASTIC BAGS AND THEN SHOES OF YOUR CHOICE THAT ARE A SIZE OR TWO LARGER THAN NORMAL. THE NYLON SOX SHOULD BE OF A CLOSE WEAVE AND NOT KNIT, FOR BETTER WIND BREAKING. THE NYLON SOX OR PLASTIC BAGS ARE TO COVER THE GAP BETWEEN THE BOTTOM OF YOUR PANTS AND THE TOP OF YOUR SHOES. YOUR ANKLES IS WHERE YOU LOSE A FAIR AMOUNT OF HEAT. NYLON GAITERS ARE ANOTHER GOOD IDEA FOR COVERING ANKLES. THE OVERSIZE SHOES ARE A GOOD IDEA BECAUSE IF YOU TRY TO WEAR A COUPLE PAIR OF SOX AND THEN CRAM YOUR FEET INTO YOUR REGULAR SHOES, YOU ARE GOING TO CUT OFF THE CIRCULATION IN YOUR FEET, AND STILL HAVE COLD FEET. WITH LARGER SHOES YOU MAY NEED LARGER TOE CLIPS, OR GO WITHOUT TOECLIPS. I FIND THAT THE TOE WARMERS THAT MOUNT ON TOECLIPS DO LITTLE. FOR SHOES, BATA WINDTOURS ARE WELL INSULATED AND QUITE COMFORTABLE. BATA BIKERS, WITH AN EXTRA PAIR OF SOX ARE JUST AS GOOD. (THEYRE INEXPENSIVE TOO) IF YOU WEAR CLEATED SHOES, THERE ARE SEVERAL MAKES

(SIDI, BRANCALE) OF FOAM RUBBER OVERSHOES THAT ARE QUITE WARM, UNFORTUNATLY, THEY ARE NOT ALL THAT DURABLE. ARMY BOOTS (I WEAR THESE A LOT FOR COMMUTING) ARE REALLY NOT BAD CYCLING SHOES. THEY ARE DURABLE, HAVE A FAIRLY RIDGID SOLE, CAN BE MADE WATERPROOF AND THEY COVER YOUR ANKLES. IF YOU WEAR THEM, LACE THEM UP LOOSELY, OTHERWISE YOUR ANKLES WONT BEND EASILY AND THEY MAY CUT DOWN ON BLOOD CIRCULATION. SNOWMOBILE BOOTS, THESE ARE THE ONLY SHOES THAT I HAVE FOUND THAT KEEP MY FEET WARM IN DEEP FREEZE TEMPERATURES. SINCE THEY ARE WATERPROOF THEY ARE GOOD FOR RIDING THRU SLEET STORMS. WATERPROOF BOOTS ARE REALLY NOT A BAD IDEA. ROAD SALT CAUSES ICE AND SNOW TO MELT WELL BELOW 32 DEG. SO THERE TENDS TO BE A FAIR AMOUNT OF PUDDLES. THIS SALT WATER WILL RUIN LEATHER SHOES IF THEY ARE NOT WATERPROOFED. IF YOUR FEET GET SOAKED THEY ARE GOING TO BE VERY COLD.

ADVICE FOR MEN, IF THE TEMP TAKES AN UNEXPECTED DROP, PUT ON ANOTHER LAYER OF PANTS. IF YOU DONT HAVE ANY, STUFF CLOTH, NEWSPAPER OR ANYTHING INTO YOUR PANTS. IF YOUR GENITALIA GETS COLD YOU ARE GOING TO LEARN A NEW MEANING OF THE WORD PAIN. (EYYAOW!) FOR WOMEN, A FRIEND SAID THAT SHE ALMOST FROSTBIT HER NIPPLES AND THAT IT WAS BOTH PAINFUL AND EMBARRASSING.

ADVICE FOR EVERYONE, KEEP YOUR CHEST WARM. THIS IS THE PART OF YOU THAT GENERATES THE HEAT THAT KEEPS YOU ALIVE. I HAD THE MISFORTUNE OF RIDING WHEN THE TEMP TOOK A RAPID DROP TO 5 DEGREES AND I ONLY HAD INSULATION FOR 20 DEG. BY THE TIME I GOT HOME I WASNT ABLE TO THINK STRAIGHT AND MY TEMP WAS DOWN TO 94 DEG. IT TOOK ME SEVERAL DAYS TO RECOVER FROM IT. YOU FEEL VERY TIRED, YOU CANT THINK AND YOU CANT SEEM TO GET WARM. AS AN EMERGENCY MEASURE I NOW CARRY A PLASTIC GARBAGE BAG WITH HOLES FOR MY HEAD AND ARMS. IT ACTS AS A SPACE BLANKET AND REFLECTS YOUR HEAT BACK TO YOU. WEAR IT UNDER THE TOP LAYER OF CLOTHING.

ED TREMBULL HAS TRIED BATTERY HEATED SOX AND SAYS THAT THEY DO AN EXCELLENT JOB OF BURNING OUT BATTERYS, BUT DO NOTHING FOR YOUR FEET.

ONE DAY LAST WINTER I CAME OUT FROM A STORE, PUT ON MY BRIGHT ORANGE SKIMASK AND PUT THE GROCERY INTO MY PANTS. I NOTICED A 5 YEAR OLD BOY STARING AT ME SO I GRINNED AND WAVED. HE THEN TURNED TO HIS MOTHER AND SAID "I DIDNT KNOW SPIDERMAN RODE A BICYCLE!"

WHEN RIDING IN THE WINTER YOUR NOSE IS GOING TO RUN. SO, INSTEAD OF FUMBLING AROUND TRYING TO GET A HANKERCHIEF OUT OF YOUR POCKET (WHILE WEARING GLOVES), OR ADDING RACING STRIPES TO YOUR SLEEVES, PIN A HANKERCHIEF AROUND A SLEEVE OF YOUR JACKET AND WIPE YOUR NOSE ON THAT.

After a year, one must move on to new adventures; therefore, Wheelpeople needs a new editor for 1986. If you would like to leave your "mark" on the CRW Bike Club, then Editorship is for you! Please call Helen at 655-9819 for an interesting year awaiting for you.

YEAR END CLEARANCE

10% discount on accessories for Wheelpeople

ZEBRA

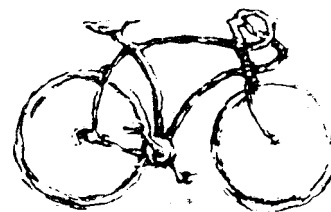
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City Bikes, Mountain Bikes, BMX & Cruisers!

EXERCISE & TRIATHLON EQUIPMENT/COMPLETE LINE OF CLOTHING AND ACCESSORIES

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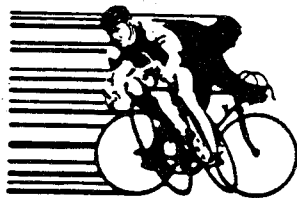
BICYCLE BILL'S

253 North Harvard St.

Allston, MA 02134

617-783-5636

★ JUST A QUARTER MILE FROM HARVARD STADIUM! ★



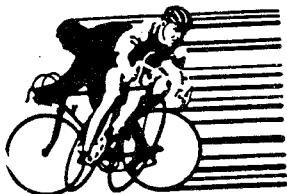
New Members

Mileage

Robye Lahlum	19100
Dick Buck	10549
Eric Ferioli	10489
Melinda Lyons	9466
Frank Womboldt	8216
Steve Fellows	7327
Paul Gafford	7039
Jack Donohue	6824
Bill McGrath	6031
Ed Trumbull	5879
Dick Howe	4910
Carol Tesiero	4854
Tom Wylie	4712
Jeff Luxenberg	3864
Tom Stevens	3275
Doug Mink	2666
Bill Fine	2565
Dick Lewis	2313
John Kane	2301
Debbie Luxenberg	2145
Aliza Arzt	2034
Jill Lewis	2016
Steve Dick	1782
Jack Jacobs	1686
John Springfield	1096
Howard Moore	164

The year is winding down so remember that anyone who would like to get on the list just has to send me their YTD mileage by the 5th.

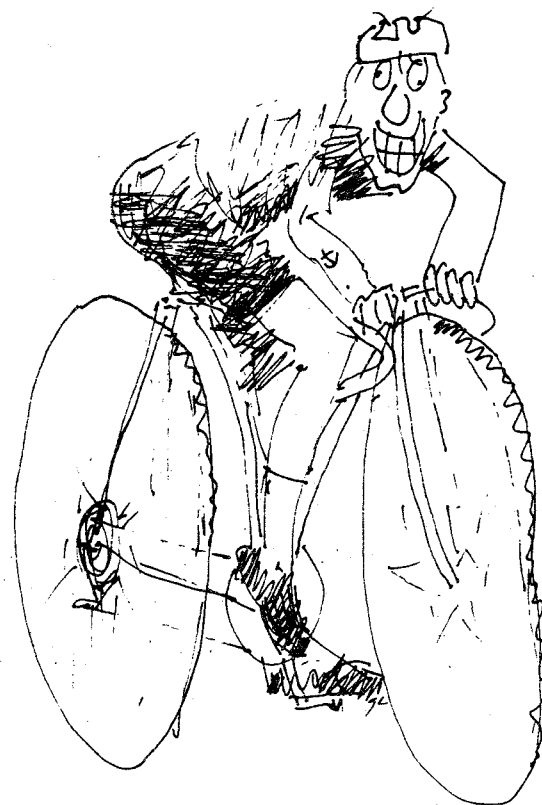
Ed Trumbull
19 Chase Av
W. Newton, MA 02165
332-8546



Janet M. Steinberger Silver City, NM
Gordon H. Silver Weston, MA
Stephen D. Gelineau Salem, NH
John J. Smith Arlington, MA
Robert F. Dray Milton, MA
Renate E. Sturtz Boston, MA
Sarah Chalfant & Richard Wolf South Natick
Michael A. Racine Framingham, MA
M. Linda Thomas Cambridge, MA
G. Rowland Williams Winchester, MA
Donna Sullivan South Weymouth, MA

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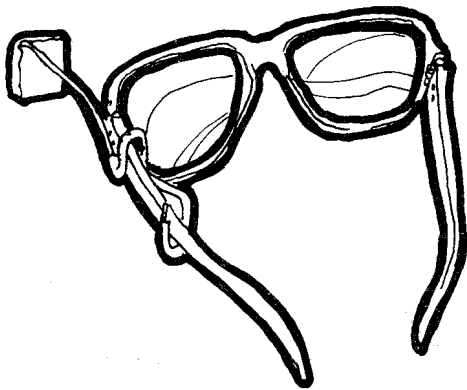
**great
holiday
looks**



Classified

FOR SALE: ONE PAIR OF MAVIC sew-up rims, complete with tires, freewheel, and quick release skewers. \$40/pair. Talk to Charles (or leave message) at 232-7274 anytime from 8:30am to 10:30pm

FOR SALE: Ski rack for rooftop Holds up to four sets of skis and poles. \$25 Call Tim @ 655-9819 after 8:00pm on MON or WED



northeast bikes/skis

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CROSS COUNTRY SKIS IN SEASON

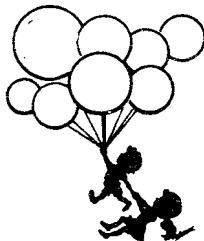
SPECIAL... CAT-EYE SOLAR 45.00 with this ad



UNIVEGA



CONTEST



CRW BANNER CONTEST

Wouldn't it be nice to have a CRW banner that could be displayed at major Boston area bicycling events, the spring and fall centuries and the August Invitational? Cyclists who are not club members could more easily recognize us by our "club colors" and the CRW would stand out from the other area clubs by showing our distinctive banner. Right? Right. So... we are holding a banner-design contest. During the upcoming winter (which the Farmer's Almanac says will be cold and snowy), to while away those long evenings by the fire (or VCR), how about you creative people out there designing a banner that can be draped over the ride sign-up tables and raised behind information booths? We will announce the winner, who will receive a free one-year club/LAW membership, at the Awards Banquet in April. Entries should be submitted to R. Blum, 11 Humboldt Avenue, Burlington, MA 01803 and must be postmarked no later than March 1, 1985. The Board of Directors will judge entries on appropriateness, clarity of design, and general appeal. The actual means of production of the banner will be determined at a later time. Get those pencils busy!

Bike Shop Discounts

The following shops offer discounts to members of CRW.

<u>Ace Wheelworks</u> 2044 Mass. Ave., Cambridge	876-8200
<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	783-5636
<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	731-6100
<u>Endicott Plaza, Danvers</u> 34 Cambridge St., Burlington 400 Franklin St., Braintree	777-3344 272-2222 848-3733
<u>The Bicycle Corner</u> 916 Massachusetts Av Arlington, MA 02174	641-0101

Join the CRW

----- JOIN THE CHARLES RIVER WHEELMEN -----

CRW dues include membership in BICYCLE USA, the League of American Wheelmen. Do NOT make payments to BICYCLE USA.

I acknowledge that there is an inherent risk of bodily harm in participating in any bicycling event and agree to assume all such risks. I hereby release and hold harmless the Charles River Wheelmen, the League of American Wheelmen, the American Youth Hostels, as well as their officers, organizers, event leaders, sponsors and individuals for any and all claims, causes of action or liabilities out of my participation in Charles River Wheelmen events. I am at least 16 years of age and agree to obey state traffic laws and the rules of the road.

NAME: _____

ADDRESS: _____

PHONE (H): _____ (W): _____

OCCUPATION: _____

L.A.W. # & EXPIRATION DATE: _____
(if currently a member)

DATE OF BIRTH: _____ TODAY'S DATE: _____

SIGNATURE: _____
(Parent signature required if under 18)

PARENT SIGNATURE: _____

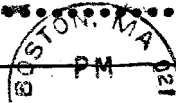
Membership fees (payable to: Charles River Wheelmen)
*Individual, \$26; *Household, \$31; CRW Sustaining, \$36
*If currently an LAW member call David Brahmer at 646-7208

Send completed form David Brahmer
and membership fee to: 20 Orlando Ave.
Arlington, MA 02174

I might like to help the CRW in the following activities:

<input type="checkbox"/> 1. Ride leader or co-leader	<input type="checkbox"/> 6. Legislative action
<input type="checkbox"/> 2. Host a post ride gathering	<input type="checkbox"/> 7. Safety
<input type="checkbox"/> 3. Newsletter	<input type="checkbox"/> 8. Special events
<input type="checkbox"/> 4. Publicity	<input type="checkbox"/> 9. Other (specify)
<input type="checkbox"/> 5. Membership	

----- 5/1/85 -----



Charles River Wheelmen
19 Chase Avenue
W. Newton, MA 02165



04/85
John
201 Pelham Street
Newton, MA 02459