

# Wheel People



Volume XV

Number 1

January 1, 1986

**The Charles River Wheelmen**



Dear CRW Members:

Nancy Peacock has graciously volunteered to be the new Wheelpeople's editor. She is looking forward to being involved in this project.

It has been an interesting year as Editor for Wheelpeople. I have tried to add variety and comedy to the newsletter. Your articles are essential because that is what makes the newsletter interesting--your experiences, your comments, your journeys. Without those stories the newsletter is just a monthly announcement of the ride schedule. The interesting, connective link to the club members would be lost without it.

I feel that many more improvements need to be made. The main improvement is more articles. Approximately 60 people attended the Christmas Party, and no one wrote an article. Last year no one wrote an article on the CRW Banquet and Awards. Members of the Board do not even write very often.

MANY, MANY, MANY THANKS TO THE PEOPLE WHO HAVE CONTRIBUTED TIME AND TIME AGAIN. I APPRECIATE YOUR ARTICLES, YOUR STORIES, YOUR COLUMNS. YOU HAVE HELPED ME AND MANY OTHER CYCLISTS. THANK YOU!!

The most important item a club has is it's newsletter because it is the communication link to all the members and potential members. In order for a club to grow, that club must make their communication link strong. The editor cannot do it all. The editor must "edit" and the members must write.

--The Editor  
Helen Jorgensen

PS: Remember to wear your helmet!!



## Board Notes

### WHAT YOUR BOARD DID IN DECEMBER

3 agenda items and actions summary

**ELECTIONS:** The Board re-elected Dave Brahmaer to be president for another year. Dave appointed all other present club officers.

**CLUB INCORPORATION:** The Board voted to authorize Richard McVity as our club attorney with the power to represent us on all related matters. Issues are complex and Richard will be making a number of recommendations. The first action is to comply with regulations for 1986 requirements.

**FINANCE COMMITTEE:** Set up to augment actions and procedures needed for the incorporation, specifically in areas of accounting and budgeting. It will be chaired by Dave Brahmaer and include Don Blake, Dave Hill, and Dick Lewis.

**MEMBERSHIP:** Dave Brahmaer distributed statistics for Nov. 1985. We have 307, , and 14 individual, household and sustaining memberships respectively for a total of 407 paying memberships. We also have 45 complimentary memberships, mostly bike shops.

**WINTER GATHERING:** A slide show for Jan. . See details in this issue.

**MASSACHUSETTS LIBERTY RIDE FESTIVAL: BICYCLE** is looking for volunteers for a possible Boston area ride on May 18. See page 6 of the current issue of "Bicycle USA". The Board tabled this item until further details are available.

**CROSS COUNTRY SKIING:** Dick Lewis has arranged two club trips. See details elsewhere in this issue.

**KEY CLUB OPENINGS:** Newsletter Editor, and Membership and Publicity Coordinators are needed. Please call Mike Hanauer at 862-5927 if you wish further details - we need you badly.

**"BIG EVENT":** This will be a gala affair which will include rides, food, festivities and, of course, the flea market. Scheduled for late April, it is sponsored by a number of area bike clubs. The Board approved up to \$200 in seed money. Help is needed, please contact Mike at 862-5927.

**CLUB RIDES:** V.P. of Rides Dave Garratt noted that some ride leaders have largely ignored the guidelines, including the oral presentation. This has resulted in less safe or less than enjoyable experiences, especially for new members. The Board agreed that this is a significant problem. Specific actions will be forthcoming.

**NEXT MEETING:** Tues., Jan. 7 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:** 9:55 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 Garrant	629-2054
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	247-3804
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

## Skiing is for You

XC SKI TRIP  
January 11, 1986  
February 8, 1986

This year's XC ski trip will consist of two day trips to southern New Hampshire. The first outing will be on Saturday, January 11, 1986 to the HOLLIS HOF in Hollis, NH. The second will be on Saturday, February 8, 1986 at WINDBLOWN SKI TOURING CENTER in New Ipswich, NH.

HOLLIS HOF trails are relatively short and flat. This is a great area for novice skiers or for the more advanced skier to work on diagonal stride. This trip will be more social in nature. A CRW cookout is planned. A donation will be requested and help during the cookout will be appreciated. PLEASE CALL IF YOU PLAN TO JOIN US! BYOB - wine and beer is allowed. Light snacks and drinks are for sale at the ski center.

Trail fee: \$4.00  
Ski rental: \$6.00

WINDBLOWN trails are longer and the terrain is more varied. This trip will provide more challenge to the more experienced skier. Food service is more elaborate so we will rely on the center to serve lunch. Lunch cost should be \$5-\$6 depending on how hungry you get.

Trail fee \$4.50  
Ski rental \$8.00

Send SASE (business size) for trail maps and directions. Please call Dick Lewis (641-1066 eves) if you can provide transportation or need it. Remember to wear layers of clothing, loose fitting but warm trousers or knickers, and bring a change of clothes for the ride home.

# BULLETIN

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## CHARLES RIVER WHEELMEN IN CRITICAL STRAITS

No mincing of words here, CRW is in trouble, and the situation is getting worse. Most of our major positions and events are coordinated by less than four percent of our members! In 1985, the "annual" barbecue was not held because no one was willing to do the coordination. For 1986, if this trend is not reversed, we are in real danger of ceasing to be a viable club for our members.

You can help. You should help. You MUST help.

PLEASE. Attend a board meeting. Check out one of the openings listed in the board notes. Do some work in coordinating an event, any event. Or just call 862-5927 to say that you would be willing to spend a few hours per year on some activity - we'll take it from there.

The continuation and very survival of the club you so much enjoy depends on it.

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Please send all material by  
the deadline--JANUARY 10 to:

Nancy Peacock  
25 Hancock St.  
Somerville, MA 02144

628-7566

# GREAT

PEANUTS

A Different Vacation  
Bicycling Through Poland  
by Nancy Peacock  
with Richard McVity

This summer, a number of Charles River Wheelmen set forth to carry Club's banner overseas to Europe, and the idea of a trip did not escape us either. This was Richard's first trip abroad, and he never imagined it would be behind the Iron Curtain on a bicycle.

With the help of a friend and part-time travel agent specializing in trips to Eastern Europe, we carried out our own two-person 15 day trip around the Baltic Sea. Our itinerary took us to Copenhagen, across a narrow strait to the southern towns of Malmo and Ystad in Sweden and through a good portion of the northern sea-coast of Poland and back by ferry to Copenhagen.

Copenhagen is a bicyclist's paradise, wide clean streets with bike paths with separate traffic lights. We easily found the ferry to take us to Malmo, and once in Sweden, we had to ride hard the 70 kilometers to Ystad (having missed the earlier ferry) to catch the midnight ferry to Poland. We arrived around 10:30, just as the sun was sinking..it was beautiful. Next time we'll stay longer.

We arrived in Poland at 8:00 a.m. easily rode our bikes past all the automobiles, passed through customs without incident with our pre-arranged visas. We planned on riding our bikes, but opted to take the train only in the foulest weather. We stayed in a variety of accommodations, a campground/bungalow compound right on the beach, small hotels of different classes, one luxury hotel near the resort area of Sopot, and once with a local family (in their high-rise apartment).

Each day's landscape was a bit different, unspoiled countryside, seashore, fertile fields of vegetables, orchards, small communities and tiny villages with unpronounceable names. The roads were hardtopped in all but a few places where we ran into cobblestones or occasionally, dirt. The bikes held up for the whole trip. The Russian border, which was furthest point of our trip, was right in the middle of of some woods with only a couple of red and white striped gates crossing the road to bar passage, and no guards in sight.

Along the way we visited Koszalin (the potato capital of Eastern Europe), Slupsk, Malbork and Frombork, two cities which boast restored 12th C. castles, and Gdansk, a beautiful seaside city, totally restored, and the birth place of Solidarity. Food was plentiful in small local restaurants, once we established their opening and closing hours; lunches were fresh baked dark bread, homegrown tomatoes and local cheese, napoj (fruit juice), and of course lody (ice-cream). Rooms were readily available in small hotels and pensions, and we were always able to get the proprietors to let us bring our bikes into our rooms (with the help of our Polish phrase book and a little practice with the language). The few people we met who spoke English were always glad to talk to us, (especially if they had relatives living in the USA).

Few Poles have bikes with more than one gear, some with only one gear, particularly those ridden by older persons along country roads, women hauling milk cans, octegenarians getting through the day.

In Slupsk we ran into a young rider named Wojciech who spoke perfect English and immediately befriended us. We spent the afternoon at the beach and stayed overnight at his home with his mother. Wojciech confided in us his activities with Solidarity and his plans to study American literature at Poznan University, but also his fear of not getting accepted because of being identified with the Solidarity movement. His mother recalled to us their family history, husband in a concentration camp, of being permanently separated from a sister in Russia and from family friends later expelled to East Germany who took them in after the war. Richard and I were deeply moved by the warmth and friendship this family displayed to us, and we parted promising to stay in touch.

We ran into a few other Polish touring cyclists, and on a Sunday morning, an official bike race in Gdansk. When we did run into traffic, we were never harassed by other motorists or truck drivers, tractors or horsedrawn carriages who had to share the narrow roads with the likes of us. Traffic was very light except near the larger cities.

When relaxing, we tried to find historical sites and go to cultural events. We attended a concert in a church in Koszalin where the singers sang southern American folk songs in Polish, we spent time in museums in Gdansk and Malbork. The open air market in Gdansk seems to be unchanged since the Middle Ages; Frombork was once the home of Copernicus and Edmund Halley, and the museum and observatory displayed examples of their astronomical equipment and writings, as well as drawings of Halley's Comet.

All in all, this was an exciting and challenging trip, and we invite anyone who is interested in learning more details of the trip, or obtaining information on travel to Eastern Europe to contact us. We are already looking forward to doing a similar trip next year.



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.

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

JAN 12 -- Lexington Green Intersection of MASS AV & Hancock St.

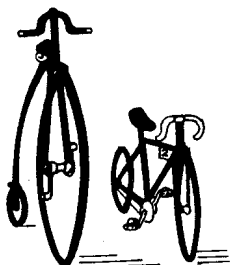
There will be a post-ride get-together at Mike Hanauer's  
Place. Everyone is invited at his Lexington Home to  
partake in a bit of warm atmosphere and beverage.

JAN 19 -- Cleveland Circle, Brighton Intersection of Beacon St.  
and Chestnut Hill Av

JAN 26 -- Weston Common Intersection of Townhouse Rd. & Church St.

FEB 2 --- Dover Center Intersection of Center & Dedham Sts.

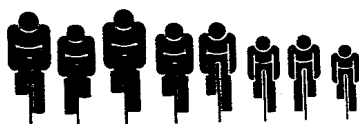
Take your bike and your cross-country skis. Depending  
on the snow conditions, we will bike and ski, as there  
are some beautiful cross-country ski trails open to  
the public (free) within a 1/2 mile of Dover Center.  
Enjoy the best of both worlds.





## "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 CRA 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.



V presents

# STBITE

## RIDES



## Get ready for WINTER

### Active Wear for Active People Dressing for the Weather

Terminology used for describing outdoor clothing can be confusing at times. Outdoors people are so enthusiastic about the new synthetics, they may wax anthropomorphic at times. Whatever happened to good-ol' cotton and wool? Why have synthetics stolen so much of the limelight?

The truth is, when it comes to dealing with the age-old problems of cold & wet, heat & sweat, there's a place for both.

Dressing right for the outdoors means understanding something about your body's thermal regulation system. It helps to know, for example, that body heat is lost five different ways.

**Convection.** Most body heat is lost when air movement carries it away from your skin. Hot-dogging down hills or heeling into a stiff northerly, the wind chill factor can make a dramatic impact on your body temperature. Just about any clothing slows convective heat loss - but insulated garments work best.

**Radiation.** You can feel radiant heat when the temperature rises in a room full of people. Most radiant heat escapes from our heads, which is why Mom always told us to wear a hat. Aluminized-film insulators like Silver Lining reflect radiant heat back to the wearer.

**Conduction.** Heat is conducted from our bodies by cold surfaces. This can be useful: hypothermia victims are often revived by bare-skin contact with a warm person.

**Respiration.** We keep cool just exhaling warm air, inhaling cool. In extreme cold, however, it's wise to wear a balaclava that covers mouth and nose and prevents this heat loss.

Evaporation. Even before we're aware of it, our multitudinous sweat glands are regulating body temperature. When the resting body reduces heat production, the cooling effect of sweat's evaporation on the skin is potentially dangerous. For sports where the activity level fluctuates, like skiing and bicycling, it's important to keep your skin dry so you stay warm when you stop working. This is done by ventilation - creating a "chimney effect" so warm, water-laden air can escape - and by wearing nonabsorbent clothing on your skin.

Layering clothes lets you adapt quickly to heat loss or overheating. Each layer performs a specific function: Knowing what to layer is the crux.

For warm weather hiking and sports, the best thing on your skin is either cotton or silk. Both feel cool and ventilate radiant heat. Cotton absorbs sweat - nice for summer, but disastrous in cold & windy climes. Silk has some "wicking" ability, and offers surprising warmth for its light weight.

For active, cold-weather sports, avoid these naturals and try a synthetic first layer, like polypropylene. Water molecules can't hook up with its hollow fibers, so sweat passes to outer layers, instead of staying on your skin.

While cooling off is relatively easy, warming up takes some thought. Wool is still an excellent insulator - and water repellent to some degree - but once damp, will use your body heat to dry itself out. Not so with polyester bunting and nylon fiberpile. Like polypropylene, they're non-absorbent. When damp, they're still warm. When soaked, a quick wringing gets the water out. And their light weight is another advantage.

Choose the final layers according to the sport, temperature, your metabolism, and all those other variables. (You certainly wouldn't dress the same for a weekend of Nordic skiing as you would for a spelunking expedition.) While pondering the right clothing, aren't you glad to know, after all, that your clothing is almost as active as you are?



# ALERT



## A JUMBLE OF COMMENTS

TO THOSE OF YOU THAT WENT ON THE RIDE NOV 24, I HOPE YOU DIDNT HAVE TOO MUCH TROUBLE FOLLOWING THE ARROWS. THE PAINT I USED WAS RATHER POOR. I BOUGHT "CLASSIC LIVING" SPRAY PAINT (AVOID THAT BRAND) FROM ZAYRES. I WOULD PAINT AN ARROW AND IT LOOKED FINE FOR ABOUT 30 SECONDS AND THEN IT WOULD DESOLVE INTO THE ASPHALT. I ARROWED HALF THE RIDE TWICE AND STILL THEY DISAPEARED. ON THE LONG RIDE, I COULD NOT SEE SOME OF THE ARROWS AND I KNEW WHERE THEY WERE. SOME PEOPLE WOUND UP CLIMBING THE STEEP SIDE OF JUSTICE HILL BECAUSE OF THE INCREDIBLE VANISHING ARROWS.

MIKE HANAUER SAID THAT THE BEST BRAND OF SPRAY PAINT THAT HE HAS FOUND IS CALDORS HOUSE BRAND.

AS TO THE FIASCO AT THE WACHUSETT DAM (DAMN); THE GATE TO THE STAIRCASE THAT EVERYONE WAS SUPPOSED TO CLIMB WAS UNFORTUNATLY LOCKED, WHICH MEANT EVERY ONE HAD TO GO DOWN ONE OF THE POOR DIRT ROADS THAT LEADS TO THE BASE OF THE DAM AND THEN EITHER RIDE OUT TO THE STREET AND UP THE HILL OR CLIMB THAT HUMOGUS FLIGHT OF STAIRS. SORRY ABOUT THAT. AT LEAST THE SCENERY WAS INTERESTING.

I CALLED THE CLINTON MDC POLICE TO FIND OUT WHY THAT GATE WAS LOCKED, AND THEY DIDNT KNOW IT WAS. THEY SAID (AND I ALREADY KNEW) THAT THE GATES TO THE WACHUSETT DAM ARE SUPPOSED TO BE UNLOCKED FROM SUN UP TO SUN DOWN. THEY APPOLOGISED FOR ANY INCONVINENCE.

I HAD GONE THRU THAT GATE 5 TIMES SINCE SEPTEMBER AND IT WAS NEVER LOCKED. IF THAT POSSIBILITY HAD OCCURED TO ME I STILL WOULD HAVE HAD THE ROUTE GO THAT WAY BUT I WOULD HAVE PROVIDED INSTRUCTIONS SAYING WHERE TO GO.

I GUESS EVERYONE MADE IT BACK. BY THE TIME I GOT BACK TO THE BEGINNING ONLY JACEK'S CAR WAS STILL THERE. MAYBE HES STILL TRYING TO GET AROUND THE DAM.

FOR THOSE OF YOU THAT THOUGHT MY ROUTE WAS RATHER DAFFY, WAIT TILL 1986!

## A REPORT ON A COUPLE PRODUCTS

IN THE DECEMBER COLUMN ABOUT WINTER RIDING I COMMENTED ABOUT HOW COMFORTABLE AND CONVIENENT SPENCO PALM PADS WERE. WELL, THEY ARE NICE, WHILE THEY LAST. THE PAIR I BOUGHT HAS DIED A GOOEY DEATH. AFTER 3 WEEKS I NOTICED A OILY SPOT IN THE PALM OF EACH PAD, THE POLYMER THAT IS IN THE PADS STARTED LEAKING. AFTER 5 WEEKS THE PADS HAD PARTLY DEFLATED AND WERE SO OILY THAT THEY WERE UNWEARABLE. GRANTED, I RIDE A LOT AND GAVE THE PADS A REAL WORKOUT AND MAYBE I GOT A DEFECTIVE PAIR. IM GOING TO WRITE TO SPENCO ABOUT THE PADS, I WILL KEEP YOU POSTED.

THIRD EYE MIRRORS; I BOUGHT 2 OF THESE AND NEITHER ONE LASTED MORE THAN 2 WEEKS. THEY BREAK WHERE THE SOCKET, OF THE BALL AND SOCKET JOINT, JOINS TO THE MIRROR. THEY ALSO DEVELOPED CRACKS IN THE CLAMP THAT CONNECTS THE 3RD EYE TO YOUR HELMIT. I HAVE ALWAYS GOTTEN AT LEAST 6 MONTHS USE OUT OF THE MIRRORS WITH THE METAL WIRES.

AVOCET CYCLING SHOES; A FRIEND BOUGHT A PAIR OF THESE 3 MONTHS AGO AND THEY HAVE NOW

GONE TO THE GREAT SHOE HEAVEN. THESE SHOES HAVE A PEICE OF SPRING STEEL IN THE INNERSOLES TO MAKE THEM STIFF, YET STILL FLEXABLE FOR WALKING. THIS PEICE OF STEEL SEPERATED FROM THE INNERSOLE AND MADE THE SHOES USELESS FOR BICYCLING. THE INNERSOLES APPEAR TO BE MADE OUT OF PRESSED CARDBOARD WITH THE SPRING STEEL GLUED IN. HE TRIED GLUING THE STEEL BACK IN BUT IT DIDNT HOLD.

BATA BIKERS; I HAVE RIDDEN A LOT OF MILES IN THESE SHOES AND THEY HOLD UP WELL. THEY ARE ALSO INEXPENSIVE. AFTER MANY MILES WHAT SOMETIMES HAPPENS IS THAT THE OUTERSOLE SEPERATES FROM THE SHOE. TO REPAIR THIS, WEDGE SOMETHING IN BETWEEN OUTERSOLE AND THE SHOE, TO HOLD THEM APART. (YOU CAN HOLD THEM APART WITH YOUR FINGERS) APPLY A COAT OF CONTACT CEMENT OR TUBULAR RIM CEMENT TO THE TOP OF THE OUTERSOLE (THE SIDE FACING THE INNERSOLE) AND THE BOTTOM OF THE INNERSOLE. KEEP THE TWO SOLES SEPERATED UNTIL THEY DRY, (ABOUT 10 MINUTES) THEN STICK THEM TOGETHER. THIS SHOULD HOLD FOR QUITE A FEW MORE MILES. BATA BIKERS USUALLY RIDE THEIR LAST WHEN THE STIFF PLASTIC INNERSOLE BREAKS, RENDERING THE SHOE QUITE FLEXIBLE.

WALTER MCNEIL SAYS THAT A HOT GLUE GUN WILL GLUE BATA BIKERS BACK TOGETHER VERY WELL.

## NEWS FLASH!

I HAVE SEEN THE ULTIMATE BICYCLE ACCESSORY; AREODYNAMIC DISKS FOR BMX WHEELS! OH BOY, JUST WHAT WE ALL NEED!

ERIC FERIOLI

**SPECIALIZED™**

**Rockhopper**  
The beginning of a new era of truly affordable off-road bikes. Specialized introduces the Rockhopper.



\$419.00

10% Discount for CRM members

**BICYCLE AND BACKCOUNTRY OUTFITTERS**

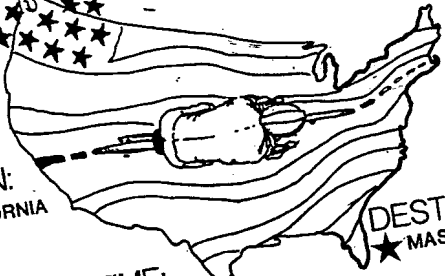
**LIFE SPORTS**

1100 Mass. Ave., Arlington  
648-1305

East India Mall, Salem  
AMEX-MC-VISA 745-6311

◀CROSS COUNTRY BIKE TRIP▶  
★AN AMERICAN ADVENTURE★

I AM LOOKING FOR COMPANIONS  
TO SHARE THIS  
ONCE IN A LIFETIME TREK



★ TRIP ORIGIN: CALIFORNIA

★ DEPARTURE TIME: JUNE OR JULY (FLEXIBLE)

★ TRIP DURATION: EIGHT TO TEN WEEKS

★ TRAVEL STYLE: CAMPING

★ ADVENTURER: ARNIE

FOR MORE INFORMATION  
CALL ME AT:  
973-7146(W) 449-1889(H)

★ DESTINATION: MASSACHUSETTS

# New Members

Ed Hermenau Roslindale  
Lalla Shaffer Bedford  
Karin Costanzo & David Taylor Byfield  
Alan Baker Newton  
Robert Rosenberg Boston  
John Fawcett East Boston

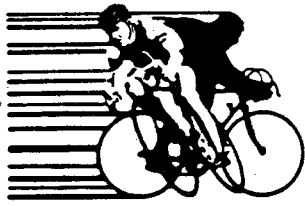


*Make your winter  
come alive...*

*Wanna have fun?*

#### MEMBERSHIP COORDINATOR NEEDED

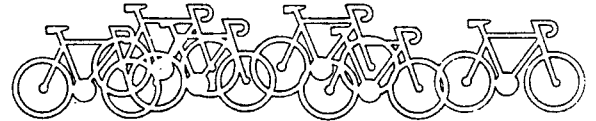
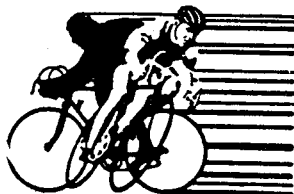
Dave Brahmer will be retiring from his position as Membership Coordinator very soon. We need someone to fill the position. If you have access to computer facilities or have a computer of your own, and think you may be able to handle the job, please call dave evenings at 646-7208.



# Mileage

Robye Lahlum	20778
Dick Buck	10857
Melinda Lyon	9733
Frank Womboldt	8739
Steven Fellows	7979
Paul Gafford	7391
Jack Donohue	7311
Bill McGrath	6592
Ed Trumbull	6551
Dick Howe	5241
Tom Wylie	5012
Carol Tesiero	4994
Jim Broughton	4905
Ron Messier	4325
Jeff Luxenberg	4041
Ross Petty	3624
Tom Stevens	3366
Doug Mink	2933
Bill Fine	2589
Dick Lewis	2558
John Kane	2330
Richard McVity	2307
Jill Lewis	2156
Debbie Luxenberg	2145
Aliza Arzt	2105
Jack Jacobs	1793
Steve Dick	1782
John Springfield	1096
Beverly McDonald	469
Howard Moore	164

This list is looking good gang. Last call for the year will be Jan 5. BE THERE!

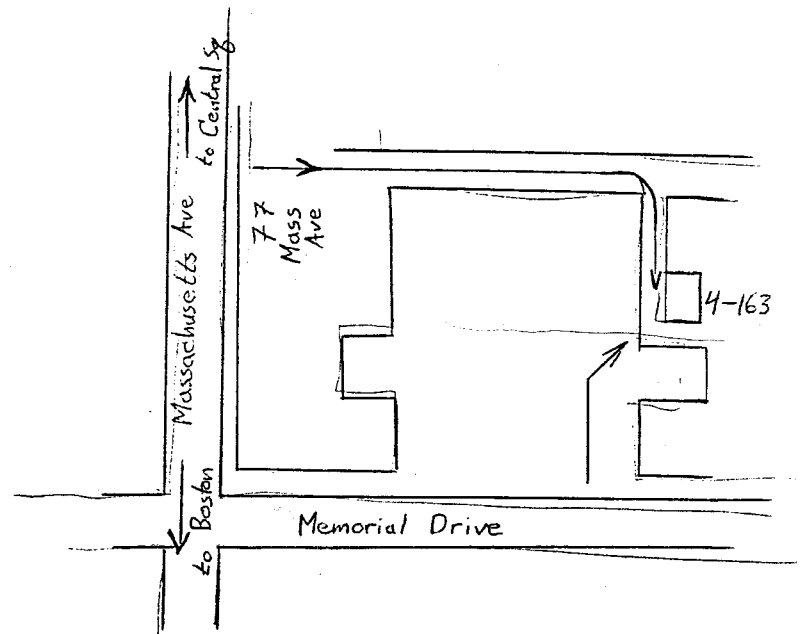


## Boston Area Bicycle Coalition

**Boston Area Bicycle Coalition**  
 P.O. Box 1015, Kendall Square Branch  
 Cambridge, MA. 02142

Multi-Media American Bike Festival Show

On January 24, the Boston Area Bicycle Coalition and the Charles River Wheelmen will hold a joint meeting to discuss the American Bike Festival of last September 14. We will have a slide show and screening of television coverage of the event. There will also be an open discussion of the event and of our plans for 1986. Everyone is invited, and refreshments will be served. The meeting will be from 7:30 to 9:00pm at M.I.T. in Rm 4-163 (see map). For more information, contact Charles Hyde-Wright 232-7274 or call the BABC at 491-RIDE.



HERMAN JAMES LING



"He wants to buy an exercise bicycle with a motor on it."

# Classified

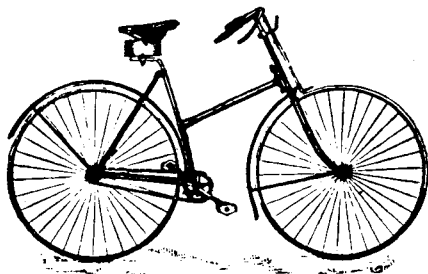
FOR SALE

NEW SUGINO AERO TOUR TRIPLE MOUNTAIN CRANKSET (WILL FIT A REGULAR BIKE) ENGLISH THREADS, 175 MM, 28-38-48, CONTACT SEALS IN BB. \$46

NEW CAMPAGNOLO RECORD CRANKSET; ENGLISH THREADS, 170 MM, 43-52, WITH SUGINO MIGHTY BB SET. \$59

NEW SUNTOUR CYCLONE MKII GT DERAILLEUR SET; FRONT, REAR LEVERS. \$27

ERIC FERIOLI 235-4762 10-2 WEEKDAYS, ANYTIME SAT. I CAN INSTALL THE COMPONENTS



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10% Discount to club members  
EXPERT WHEEL REBUILDING!

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CROSS COUNTRY SKIS IN SEASON

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



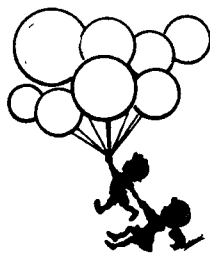
UNIVEGA



### 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!

# CONTEST



# 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>Mysric 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:

1. Ride leader or co-leader  6. Legislative action

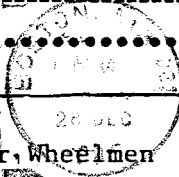
2. Host a post ride gathering  7. Safety

3. Newsletter  8. Special events

4. Publicity  9. Other (specify)

5. Membership

5/1/85



Charles River Wheelmen  
19 Chase Avenue  
W. Newton Ma 02165



04/86

John Kane

266 Fellowship West

Medford, MA 02155