

Wheel People



Volume XV Number 9 September 1986

The Charles River Wheelmen



BOSTON, MA—SEPTEMBER 13

SECOND ANNUAL GRAPE-NUTS FESTIVAL IS COMING SOON!

It's time once again to take to the streets of Boston in the second annual Grape-Nuts Bike Festival! Come join the thousands of cyclists from across the country who'll gather to celebrate our favorite sport and transportation -- Saturday, September 13th at 7:00 am (6:30 for registration) on the Boston Common. This year's festival is sure to be even better than last year's, thanks to terrific work by our dedicated planning committee and good coordination with the national sponsors.

Your registration fee (\$8.00 in advance, \$10.00 on the day of the event) will buy you a whole day of festivities: your official T-shirt, the 25-mile ride (complete with sag wagons, mechanical assistance, ride marshals, and police escorts), breakfast and post-ride snacks, a goodie bag full of cycling gifts, admission to the many bike exhibits, and an afternoon of terrific music on the Boston Common. (See the tear-off registration form in this issue!)

There are still many opportunities for volunteers -- in marshal teams, registration, food, and clean-up crews, at rest areas, and much more. Call me if you're interested, at 489-4376; or call the festival hot-line at 491-RIDE. And don't miss the fun!

Vicky Minden

See Registration Form p. 7



WHAT YOUR BOARD DID IN AUGUST

August 5 agenda item and actions summary:

New format for Board agenda: Mike Hanauer began his role as President by organizing a new format for board business. The order of business will be treasurer/budget report, membership report, old business, and new business.

Treasurer's/Budget report: Don Blake submitted the budget report covering the first two quarters of 1986. With a balance of \$4790 we've had a healthy year so far thanks to well organized and supported activities. Those rain patches really do work!! The report was accepted by the Board. In addition, the Budget Committee will continue quarterly meetings.

Membership Report: Jack Donohue has lists of members who are interested in volunteering for special events. These lists can be used by any member who is organizing a major event. Contact Mike Hanauer to obtain a list. The Board reaffirmed its policy of not providing any membership list to outside agencies.

Don Blake Comes On Board: Don Blake was nominated and elected to the Board of Directors to fulfill Dave Brahmer's term as board member.

Board Positions: Four positions are available for the November election. At present, Rosalie Blum, Dave Hill, and Don Blake are running. Any one interested in running for a position should submit a statement of intention--at most, 100 words--to our editor, Nancy Peacock by Oct.1. These statements will be printed in the November newsletter.

Club Banner: A banner committee was formed to investigate possible designs and prices. The committee members are Mike Hanauer, Rosalie Blum, and Jim Broughton.

Capital Equipment: The club now owns two 5 gallon plastic portable beverage dispensers. These are very useful for serving beverages like tea and lemonade. Any club event organizer is encouraged to use these. Jerry Campbell is storing them.

Effective Cycling Film: Where is the film, "Cycling Effectively on the Road"?? The Board wants to know; please call Mike Hanauer, 862-5927, if you have the film or know of its whereabouts.

Bike Rep Program: Volunteers are needed for our Bike Rep Program. This program is described in an article in this month's newsletter so read on.....

Ride Admiral for Grape-Nuts Bike Fest: The Grape-Nuts Bike Fest needs a Ride Admiral from CRW to work with Ride Coordinator, Bob Sawyer. The Ride Admiral will help "test-out" the route, and organize ride marshals into teams for the day of the event. Anybody interested should contact Doug Mink at 547-0154.

1987 CRW Ride Calendar: The 1987 Calendar is ready. Dave Garrant is looking for volunteers. Give him a call at 629-2054.

More T-Shirts: Another round of T-shirts will be ready for fall including more long sleeve varieties for the chilly frost-bite season. Jerry Campbell will continue to market club merchandise. As always, a big thank you to Jerry!!

Next Meeting: Tues., Sept.2 at 7:30 p.m. Note the temporary location change for September. This meeting will be held at the home of Deborah Allinger and David Hill. Please call 643-4079 if you plan to attend.

Adjournment: 9:32 p.m.

Debbie Allinger, CRW Secretary

ALL THE NEWS THAT FITS.
WE PRINT... Please send your material by the 10th of the month to:

Nancy Peacock
25 Hancock St.
Somerville, MA 02144

HELP THE BIKE SHOPS HELP US

CRW has a program of Bike Shop Representatives. Its purpose is to have a club member visit each listed shop about once per month to: 1) Keep the shop supplied with brochures and event fliers 2) Contact the Advertising Coordinator (Dick Lewis) if the shop might be ready to place an ad 3) Solicit a bit of merchandise for special events 4) See if brochures and newsletter are displayed and 5) Generally keep CRW activities visible to shop personnel (in an unobtrusive manner) so they can keep customers informed. If you might be willing to represent a bike shop (which you are often in anyway), please contact Mike Hanauer at 862-5927.

BOARD ELECTIONS COMING UP

What's that you say: you have been riding with CRW for some time now, and maybe it's time to get a bit more involved. Maybe you would like to come to a board meeting, or even become a board member. Well, guess what - your timing is perfect. Four board positions are up for election in November, and we sure could use some additional participation. It's easy. Just send in your position statement of 100 words or less to 'Wheelpeople' editor Nancy Peacock by October 1; contact any board member for additional information. IF Not motivated THEN reread article; ELSE exit.

Under the heading of 'beating the rap' for those of you who have a Huret Duopar derailleur that may occasionally cause a problem by the chain jumping off the jockey wheel, I stumbled on a solution that beats getting chain grease up to the armpits.

While still coasting, pull your rear derailleur shifter back (like going to a lower gear) about 1/4 to 1/2 inch. Then backpedal one half turn or so and the chain hops back on nice-nice.

-- Ed Trumbull

WANTED

HOUSEHOLD: W, 31, CRW member, seeking co-op household. Have experience group living. Call Christina at: 332-8810 to 10 PM. Max. \$400+

641-0101

UNIVEGA

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ARLINGTON, MASS.
02174

MARK O'BRIEN

come to the

B I C Y C L E E X C H A N G E
and have a
F I T

The Bicycle Exchange now offers cyclists the FIT KIT, a system for determining a precision fit for every cyclist. Used by the Olympic Training Center and many sports medicine clinics, the FIT KIT can eliminate minor pains induced by cycling such as back and neck discomfort. Come by or call for a fitting appointment.

THE FIT KIT™

the bicycle exchange

3 Bow Street Harvard Square 864-1300

(617) 864-3129

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16 HURLEY STREET
CAMBRIDGE, MA 02141

Calendar

On all CRW rides, please arrive **at least 15 minutes before starting time** so the ride can start on time. It is recommended that you bring a pump, a patch kit and spare tire tube, a wrench & screwdriver, a lock and a map.

During the "arrowed ride season", for those who might have missed the last ride, CRW recommends **Saturday at 10:00 AM** as a second opportunity to follow the arrows of the previous Sunday's ride, but this time as a show and go **leaderless** ride. It is also recommended that you call the leader to determine the correct arrow shape to follow on the road.

7th Annual Martha's Vineyard Ride

September 7 **10:15 AM**

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 +\$5.00/bike).

Sam Johnson and Birdy Ellsmore (655-8774), who have led this ride for the past few years, 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 to Falmouth.

Parking at Woods Hole is an additional \$5.00, but you can park for free at the Falmouth Municipal lot and ride the 4 mile bike path to the ferry.

- 1) **Driving instructions to the municipal lot:** follow Rt. 28 past the Steamship Authority overflow lot, turn left down Main St., and look for parking signs on the left-hand side of the street.
- 2) **Bicycling instructions:** from the Municipal lot, cycle down Walker St. (by the candy store across the street) until you get to the ocean, turn right and go about 3/4 mile until you cross the Shining Sea Bike Path, then go left and take the bike path to Woods Hole.

Grape-nuts Bike Festival

September 13 (Saturday)

For more info, see writeup elsewhere in this newsletter.

September 14

9:30 & 10:30 AM

Highlights: Farmlands, orchards and, on the long ride, Wachusett Reservoir.

Start: West Concord Shopping Center parking lot, near the railroad station, at the intersection of Main St. (route 62) and Commonwealth Ave. in West Concord. **Driving directions** - from rt. 2, go west at the rt. 62 exit, about 3/4 mile to the intersection of Commonwealth Ave.

Nancy Peacock and Richard McVitty (628-7566) are giving us a ride similar to the one they led last year, with the **long ride (53 miles)** starting at **9:30 AM** and the **short (53 miles)** starting at **10:30 AM**. The short ride travels thru Sudbury, Hudson, Stow and Acton, while the long ride includes Stow, Bolton, Berlin, Lancaster, Clinton, Boylston, Harvard, Boxboro and Acton. The **terrain** is both flat and rolling, while the long ride has some good hills. **Lunch** stop for the short ride will be the Lake Boone General Store at Stow/Hudson line and, for the long ride, Carter Crossing in Berlin. Note that there is a Brigham's and a White Hen Pantry at the start of the ride.

CRW FALL CENTURY

September 21

7:30, 9:30 and 10:30 AM

Highlights: Purgatory Chasm and a **post-ride get-together at Eric Ferioli's home in Wellesley**, which the return routes pass by about 4 miles before the end of the ride.

Start: Pillar House Restaurant, at the intersection of Rt. 16 (Washington St.) and Rt. 128 in Newton. Enter on Quinobequin Rd. and park in the Pillar House parking lot (the restaurant is closed on Sundays). Starting times are as follows:

7:30 AM: Registration for the **century (100 miles)**.

9:30 AM: 50 and 62 (metric century) miles.

10:30 AM: 25 miles.

You get all this for a meager \$5.00 (members) or \$6.00 (nonmembers):

- * post ride party (at Eric Ferioli's house)
- * Bike USA patch
- * maps and cue sheets
- * arrowed routes
- * limited sag wagon

The century covers the towns of Newton, Wellesley, Natick, Framingham, Westboro, Grafton, Millbury, Sutton, Mendon, Blackstone, Milford and Holliston. For more info, contact Jamie King at 626-1396.

So, Be there, or be square! You never know who you'll meet. Like two bikes in the night, your paths may cross.

ndar

STEAMERS and BEER RIDE**September 28****7:30, 10:15 & 11:30 AM****Highlights: Lunch at Woodman's in Essex.**

The century has a scenic loop along the Merrimack River and up into New Hampshire. The 55 and 25 mile rides go thru Bradley Palmer State Forest, and all rides are through mostly scenic back roads.

2 Starling Locations:

- 1) Wakefield center, next to the bandstand, at the intersection of Main Street (Rt. 129) and Church Street, by Lake Quannapowitt. Don't park in church lot adjacent to park.
 - 7:30 AM: 100 mile route goes up to the Merrimack River, across into Newton, NH, back thru a scenic stretch of the Merrimack, down to Essex and Manchester, back thru Hamilton and Topsfield.
 - 10:15 AM: 55 mile ride goes to Topsfield, Ipswich and Essex - then it is the same as the long ride.
- 2) Topsfield at the intersection of route 97 and Washington Street.
 - 11:30 AM: 25 mile ride is part of the 55 mile route.

The **terrain** for all rides is mostly flat, and, also, all 3 rides should arrive at the lunch stop at about the same time, so that we can enjoy lunch together. For more info contact ride leader Mike Gengler (484-5088), or coleaders Ann Hiltz (438-8298) and Sarah Collins.

October 5**10:30 AM**

Highlights: Good views of fall foliage (bring your camera if your so inclined), an icecream stop, and a **post-ride gathering at Rosalie's**, 1/2 mile from the start of the ride. A donation for refreshments is appropriate.

Start: The Wildwood school off of Rt. 62, approximately 1/2 mile east of the intersection of Rt. 62 and the Middlesex Turnpike in Burlington.

Rosalie Blum (272-7785) and Don Blake (275-7878) are giving us this **short (25 miles)** and **long (45 miles)** ride with **terrain** that is mostly flat, with some rolling hills. Towns covered are Bedford, Billerica, Chelmsford, Carlisle and Concord. You might want to bring your lunch since the **lunch stop** in Carlisle center has a store that doesn't open until noon.

**THE NORTH SHORE
CYCLISTS** 

Aug. 4, 1986

Dear Editor,

On behalf of the North Shore Cyclists, I'd like to thank ride leaders Dick and Jill Lewis for inviting members of our club on your July 27th ride. In spite of the wet weather, I enjoyed the fine route Dick and Jill selected. Ironically, it was also raining when we hosted the CRW last year on one of our rides. Maybe next year the sun will shine on us for our next joint club ride. In any case, it's always a pleasure meeting my old friends in the CRW.

Sincerely,



Joe Cormier

WELCOME NEW MEMBERS

Peter Ashe	Cambridge
Katherine Borsody &	
John Sisson	Arlington
Diane Connolly	Needham
Carol Dionne	Concord
Jerome Friedman	Sharon
Elizabeth Greenspan	Needham
Thomas Martin	Charlestown
Peter Moss	Bedford
Eliot Specht	Cambridge
Ann Trauben	Brookline

Classified Ad:

Wanted: 78 rpm records; class., jazz but especially popular tunes, recitations 1900-1930; Billy Murray, Uncle Josh, "Hobo" Jack Turner etc. or I can tape yours and return them with a copy of the tape. John Allen, 891-9307.



Mileage through July 1986

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 ensure 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	Mike Hanauer	862-5927
Secretary	Debbie Allinger	643-4079
Treasurer	Don Blake	275-7878
VP of Rides	Dave Garrant	629-2054
Winter Rides	Walter McNeil	329-1586
Membership	Jack Donohue	324-3926
Information	Jacek Rudowski	361-5273
Merchandise	Jerry Campbell	478-0490
Publicity	OPEN - could be you!	
Mileage	Edson Trumbull	332-8546

WHEELPEOPLE

Editor	Nancy Peacock	628-7566
Distribution	Bill Fine	247-3804
Advertising	Dick Lewis	641-1066

BOARD OF DIRECTORS

	(term expires)	
Debbie Allinger	('87)	643-4079
Don Blake	('86)	275-7878
Rosalie Blum	('86/'88)	272-7785
Jim Broughton	('88)	396-1283
Mike Hanauer	('87)	862-5927
Dave Hill	('86)	643-4079
Osman Isvan	('88)	651-3186
Dick Lewis	('87)	641-1066
Carol Tesiero	('86)	413-367-2208

Robye Lahlum	14267
John Latva	14227
Melinda Lyon	8245
Dick Buck	7173
Lindy Konigsberg	6170
Jack Donohue	5483
Frank Womboldt	5478
Jim Merrick	4367
Jamie King	3955
Ed Trumbull	2943
Dick Howe	2692
Jim Broughton	2532
Dave Sherman	2032
Elisse Ghitelman	2009
Dick Lewis	1792
Webb Sussman	1702
John Allen	1687
Susan Grieb	1347
Jill Lewis	1228
Andy Cohen	1200
Joe Repole	1144
Nancy Peacock	1123
Aliza Arzt	1115
Bill Fine	1106
Richard McVity	1089
George Kaplan	1085
Jack Jacobs	973
Sheldon Brown	954
John Springfield	764
Rosalie Blum	327
Tova Brown	282
George Brown	158

Looks like a real Donnybrook going at the top. Who could have guessed that 40 miles would be the difference after 1400 miles? The interesting thing is that neither knows how the other is doing until the list comes out. To be continued! Advise miles by the 5th to:

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

\$\$\$ It pays to ride a bicycle \$\$\$

For those of you who have been following my money total picked up while biking, I passed a couple of milestones last month:

I picked up nickle number 500 and (get this!) penny number 5000!

-- Ed Trumbull

Join the fun!



▶ Catch the excitement, fresh air and sunshine at the GRAPE-NUTS[®] Bike Festival this year!

It's a celebration of the human spirit, bringing people of all ages together for a wholesome day of exercise, free refreshments, live entertainment and cycling displays. Everyone who registers is eligible for prize drawings including: FUJI[®] touring bicycles, RHODEGEAR[®] accessories, COUNTRY CYCLING TOURS[®] and BACKROADS BICYCLE TOURING[®] vacations, PUMA[®] cycling wear and



BELL[®] helmets. You'll also have the chance to meet Olympic Gold Medalist Mark Gorski!

● **FAMILY FUN AND FITNESS**

Participation (not competition) is the goal of the GRAPE-NUTS[®] Bike Festival. Last year, more than 13,000 people took part in the event—from age one to 91... from one-speed cruisers to 15-speed touring bikes... wearing everything from cutoffs to skin suits.

This year, we want YOU to join the fun!

◆ **SAFE, SCENIC ROUTE**

You'll ride through a scenic, well-marshaled 25- to 35-mile route in each participating city. Plenty of rest stops and aid stations are along the way. Plus, you'll ride city streets and see sights you thought you'd never see from the seat of a bike.

BOSTON, MA—SEPTEMBER 13

▄ **BENEFITS LOCAL CHARITIES**

What's more, every registration dollar *stays in your community*. Last year, local non-profit sponsors in the four host cities received over \$93,000.

Join the celebration and get a free T-shirt! Mail in your Registration Form today. Complete details will be mailed to you!

▶ **JOIN THE FESTIVITIES IN THESE SEVEN CITIES!**

Seattle, WA—July 13 • Minneapolis, MN—July 27 • New York, NY—August 17 • Boston, MA—September 13 • Washington, DC—September 21 • Los Angeles, CA—September 28 • Tampa, FL—November 16

Make a date with the GRAPE-NUTS[®] Bike Festival... mail your Registration Form today!

Fill out the form and mail it with registration fee to the address shown here for your city*. **IMPORTANT: Please be sure to make check payable to your local non-profit sponsor.** Complete details—including course map—will be mailed to you promptly.

REGISTRATION FORM

Your Name (print)		Age	Sex
Your Address			
City	State	Zip	Telephone
Signature		Date	Signature of Parent or Legal Guardian (if under 18)
Advance Registration per person—\$8.00 ■ Day of event—\$10.00 I want my friends to ride! Please send me _____ additional registration forms			
Endorsed by	In signing this release, I (we) acknowledge that I (we) understand the intent thereof, and I (we) hereby agree and will absolve and hold harmless: GENERAL FOODS [®] CORPORATION, BICYCLING [®] Magazine and any other parties connected with this event in any way, singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the GRAPE-NUTS [®] Bike Festival or any activities associated herewith. I (we) also hereby consent to and permit emergency treatment in the event of injury or illness.		
 HEALTH WARNING Although this is a recreational ride, please take a careful inventory of your health before registering.	All pre-ride activities begin at 6:30 a.m. and all rides start at 8 a.m. on September 13.		
Please mail registration by September 10, 1986; make check or money order payable to: BOSTON AREA BICYCLE COALITION P.O. Box 1015 Kendall Square Branch Cambridge, MA 02142			
			



Bike Shop Discounts

The following shops offer discounts to members of CRW:

<u>Ace Wheelworks</u>	
2044 Massachusetts Ave., Cambridge	876-8200
<u>Aworthy Bicycle</u>	
311 Walnut St., Newtonville	956-5868
424 Mcody St., Waltham	893-8769
<u>Belmont Wheelworks</u>	
480 Trapelo Rd., Belmont	489-3577
<u>Bicycle Bill</u>	
253 No. Harvard, Allston	783-5636
<u>Bicycle Exchange</u>	
3 Bow St., Cambridge	864-1300
<u>Bicycle Workshop</u>	
233 Massachusetts Ave., Cambridge	876-6555
<u>Chelmsford Cyclery</u>	
210 Boston Rd.(Rt. 4), Chelmsford	256-1528
<u>Family Bicycle Center</u>	
149-A Belgrade Ave., Roslindale	323-9720
<u>Farina Cycle</u>	
61 Galen St., Watertown	926-1717
<u>Frank's Bicycle Barn</u>	
123 Worcester Turnpike, Westboro	366-1770
<u>Frank's Spoke 'N Wheel</u>	
1164 Worcester Road, Framingham	872-8590
847 Edgell Road, Framingham	877-7878
82 Boston Post Road, Sudbury	443-6696
877 Main Street, Waltham	894-2768
<u>Harris Cyclery</u>	
1355 Washington St., West Newton	244-1040
<u>International Bicycle</u>	
70 Brighton Ave., Allston	783-5804
740A Beacon St., Newton Centre	527-0967
<u>Landrey's Schwinn Cyclery</u>	
80 Hollis Street, Framingham	875-5158
<u>Laughing Alley Bicycle</u>	
51 Harvard Ave., Allston	783-5832
<u>Lexington Cycle</u>	
7 Meriam Street, Lexington	863-1480
<u>Life Cycle</u>	
1013 Massachusetts Ave., Cambridge	354-8595
<u>Life Sports</u>	
1100 Massachusetts Ave., Arlington	648-1305
East India Mall, Salem	745-6311
<u>Lincoln Guide Service</u>	
152 Lincoln Rd., Lincoln	259-9204
<u>Mt. Auburn St. Cycles</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 Bicycle Corner</u>	
916 Massachusetts Ave., Arlington	665-5449
<u>The Cycle Loft</u>	
28 Cambridge St., Burlington	272-0870
<u>The Ski Market</u>	
34 Cambridge St., Burlington	272-2222
400 Franklin St., Braintree	848-3733
860 Commonwealth Ave., Boston	731-6100
Endicott Plaza, Danvers	777-3344

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: _____

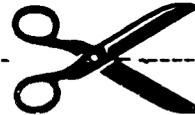
Membership fees (payable to: Charles River Wheelmen)
*Individual, \$26; *Household, \$31; CRW Sustaining, \$50
*If currently an LAW member call Jack Donohue at 324-3926

Send completed form Jack Donohue
and membership fee to: 11 Overlook Park
Malden, MA 02148

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	

----- 1/1/86 -----



CHARLES RIVER WHEELMEN
19 Chase Avenue
W. Newton, MA 02165



04/87 I
John Kane
266 Fellisway West
Medford, MA 02155

FIRST CLASS MAIL