

Wheel People



The Charles River Wheelmen

Volume XVIII Number 6 June 1988

COMMUTER - PART I

by Joe Cormier



I know you've thought about it many times, but there was always those unanswered questions in the back of your mind: like, how can I make myself presentable to my co-workers after pedaling 30, 45, or even an hour on a bicycle? Where can I park the bike for 8 hours and feel confident with the thought that it will still be there when I return home? What if the weather threatens my ride - it could be nice in the morning and miserably wet 8 hours later, or, vice-versa. Is there a reasonably safe route where one doesn't have to compete with insane traffic conditions?

I'm sure one or more of these thoughts may have scuttled any idea you might of had about commuting to work by bicycle. Sometimes it seems next to impossible with so many different job-types and other variable circumstances. But, believe it or not, there is truth to that old worn-out cliché; "Where there's a will, there's a way." Let's review some of the problems bike commuters face, particularly those of us who are new to the game.

First of all, be honest with yourself. 1. Do you like biking enough to make it your new lifestyle? 2. Are you in good enough health to put up with daily morning and evening

pedaling? 3. Are you easily intimidated with adverse weather conditions? 4. Are you willing to cope with temporary inconveniences bike-commuting may present? 5. Do you have, or, are you willing to invest in a properly-equipped bicycle for the purpose of commuting? If you can answer these questions in the affirmative, you are well on your way to becoming a bicycle commuter - the rest are just details.

In the following months this new bike-commuter column will deal with solutions to problems associated with bicycling to the job. Topics for discussion will feature; selection of the best bike route, luggage-carrying capability, dress code for both work and commute, where to park your bike securely, how to equip your bike for safe commuting and much more. Melinda Lyon will collaborate with me in this series of articles to present experiences of the female commuter. Melinda is an all-seasons cyclist who commutes from Boxford to her work in Salem. No wonder she is a club hi-miler with over 14,000 miles to her credit in 1987.

With longer daylight-hours and warmer days ahead, now is the time to consider using your bicycle and powerful leg muscles as a means of transportation. Benefits of this new lifestyle will become apparent as you gradually experiment with this new and exciting challenge.



The Charles River Wheelmen is a group of active adult bicyclists that sponsors a year-round program to promote the enjoyment of cycling. During the regular season (early Spring to late Fall), at least two ride loops are 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 Rides Program** (The Second Season) is more informal; the route and pace are decided by those who show up each week. We also hold social events and other related activities. Our dues include membership in the **League of American Wheelmen (LAW)**; CRW members receive *Bicycle USA*, the LAW magazine, as well as **WHEELPEOPLE**, the Club's newsletter. Address all mail to: The Charles River Wheelmen 19 Chase Ave, W. Newton, MA 02165

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Membership	Jack Donohue	324-3926
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Post-Ride Coordinator	Barbara Bix	964-8193
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LAW/CRW Touring Info. Contact	Jamie King	325-1433
LAW/CRW Gov. Relations Advocate	Bob Sawyer	862-6517
	Tammy Wood	327-3395
Safety Coordinator	John Allen	891-9307
Extended Trips	Susan Grieb	324-3926
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Bike Shop Program	Glenn Coffman	668-8521
	WHEELPEOPLE	
Editor	Nancy Peacock	648-8468
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AD Rates

Full Page \$60, Half Page \$30,
Quarter page \$15 and Eighth Page,
\$7.50. Call Nancy O'Connell at
486-9090 (days) or 641-2474
(evenings) for more info.

Welcome New Members

Michael Barrow	Belmont
David Austin	Quincy
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Jane Berman	Newton Corner
Danielle Chlumecky	Waltham
Deborah Duncombe	Hyde Park
Robert Flannery	Belmont
Arthur Gillis Family	Wellesley
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Wendy Graham	Needham Heights
Caryn & Scott Halle	Cambridge
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Brian Howard Family	Waltham
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ALL THE NEWS THAT FITS, WE PRINT
Please send your material

by the 10th
to:

Nancy B. Peacock
71 Piedmont Street
Arlington, MA 02174



CRW POSITIONS

We have filled two critical CRW positions in the last month or so. Both John Allen and Nancy O'Connell deserve our gratitude and require our active support.

John Allen has taken on the task of Safety Coordinator. John will be developing and implementing (with the help of a committee which he will chair) a formal safety program for CRW. The first priority is to improve the safety of our own rides by enhancing the group cycling knowledge, ability and attitude of our members. If you might be interested in assisting, please call John at (617) 891-9307.

Nancy O'Connell has taken on the job of Wheelpeople Advertising Coordinator. Nancy will be contacting potential advertisers and our own bike shop representatives to bring additional advertising revenue into the club. If you have any leads, please call Nancy at (617) 486-9090 days or 641-2474 at home.

A new CRW position has been created, that of LAW/CRW Area Representative. Generally, area reps serve as a liaison between individual club reps and the LAW Regional Director (John Torosian in our case). There will be three Area Reps in Massachusetts: Western, Eastern and CRW (usually one per ten clubs or manageable area). Because of our 100 percent League status, CRW will have its own Area Rep. -- our own direct link to the Regional Director (and president) of the League.

The Area Representative is an important and interesting position as this person will facilitate communications between the two groups and help to coordinate regional inter-club interests and activities. I was on the League's Area Rep committee which developed the job Description; please give me a call at (617) 862-5927 if you would like further information. As always, no obligation.

- Mike Hanauer

CRW ANNUAL BANQUET

Report by Osman Isvan

One of April's highlights was the CRW annual banquet. This elegant event escaped the notice of the mass media, but fortunately I can summarize here: the banquet was held at the Knights of Columbus Hall in Watertown and forty to fifty people attended. Because the banquet is the official club meeting, it was a mixture of business and pleasure.

First came cocktails, chat and dinner. Then club President **Mike Hanauer** summarized the 1987 achievements of our club. On behalf of the Financial Committee, **Dave Hill** handed out and explained a meticulously prepared report detailing and forecasting CRW income and expenditures. **Jack Donohue** reported on the status of our membership. **Susan Grieb** talked about the efforts of the Extended Trip Committee. **John Allen** accepted the Safety Coordinator position. **Ed Gross**, who is on the governor's Bicycle Advisory Committee, talked about bicycle-related legislative efforts at the state level. Various other CRW members made announcements of interest, and then LAW President **John Torosian** spoke about the League and the relationship between the clubs.

After the speeches, members selected by the board of directors were presented awards for their outstanding service to the CRW. As has now become tradition, **John Kane** introduced each recipient and gave the awards with his customary humor. Handsome black mugs with the recipient's name on them were presented to **Jack Donohue**, **Jamie King**, **Tim Oey** and **Jacek Rudowski**. **Jamie** also received the LAW/CRW Volunteer of the Year award.

After the awards ceremony, **John Kane** conducted the drawing of prizes, which included helmets, computers and handlebar bags, all donated by our friends in the retail trade of such items.

In short, the banquet was an exciting event and those in attendance had a lot of fun. We expect to see you next year.



What Your Board Did in May

Positions Nancy O'Connell is the new advertising coordinator. Maggie Phillips will be taking over as Circulation Editor. Thanks to Fran Merigan for her good work!

Membership There are 531 members. Treasurer's Report Income exceeds expenses. The budget is in good shape.

Big Event was very successful. Most items were sold and everyone seemed to be satisfied. Great effort by all the clubs and members involved.

LAW Area Rep. Because the CRW is %100 affiliate they will have an exclusive League Rep.

BELF- Bicycle Education & Legal Endtn. The Club Board voted to donate \$250 to this LAW group.

Government Relations-Next rails to trails meeting will be May 12 at Carey Hall in Lexington. Check with Bob Sawyer for details.

Safety John Allen presented his plans for educating less experienced riders and showed some materials that he has written for use by the club especially during May and before the club rides. Jamie King will be keeping records of bike accidents and he should receive any reports of these occurring on Club Rides.

Newsletter Nancy Peacock expressed her concerns for the amount of work required in formatting the newsletter within the 12 pages within which she has to work. Appreciation for her fine job of editing was unanimously expressed!!!

NEAR may seem far away but plans are still being developed. Location will not be in Rhode Island. Search is now in Conn.

Bike Day will be on July 31 along the Charles in Cambridge. This will be another intraclub event.

Banquet 52 enthusiastic members attended a fun-filled evening including merriment and outstanding food.

Century Plans for the spring century are progressing nicely.

Brochures will be revised and another 10,000 will be printed for distribution.

Newsletter mailing Fran Merigan reported that the Zip Code sort was now established for the purpose of reducing our postage costs.

I wish to express my appreciation to Lindy Konigsberg for her outstanding job as acting Secretary in my absence while I was Bicycling down the California Coast from San Francisco to L.A.

Your CRW Secretary

Glenn Coffman

Please join us at next months meeting and see who works to make this Club run.

DIRECTIONS: Room 5-314 at MIT Go thru main entrance on Mass.

Ave.-upstairs thru front door, turn right, proceed to stairway 150' on right. Go upstairs to third floor, turn left and walk 100' to room on right.

Leadership Weekend

Saturday June 18 - Sunday June 19

For more information please call Susan Grieb at 324-3926. To register please send a \$33.00 deposit and a SASE to Susan Grieb, 11 Overlook Park, Malden Ma 02148. The trip is limited to 20.

ACCIDENT REPORTS

To all CRW Members: Hello, everyone. First, I want to wish all of you WHEEL PEOPLE a safe and happy summer. To make this happen, we must be extra careful. One of the first things we can do is obey the traffic laws. I know this can be boring and difficult, but it must be done. Good cycling habits are contagious.

I can recall six or seven accidents in the last twelve months--and one of them was mine. I decided to start keeping some statistics. If you have had the misfortune to be involved in a crash caused by road conditions, weather, an automobile, another bike, or whatever, I would like to hear from you. This information might become useful, somehow. Give me a call at 325-1433 or call the BIKE LINE (325-BIKE).

Thank you.

Jamie King, CRW VP

**CALENDAR
of UPCOMING EVENTS
Near and Far**

June 6 -- August, 1988 -- **TransAmerica Bicycle Trek** across the USA to benefit the American Lung Association. For more info, contact Rick Reilly at 269-9720.

June 18-19, 1988 -- **CRW Leadership Weekend**, Littleton Hostel. Call Susan Grieb for more info at 324-3926. See notice elsewhere.

June 4, 1988 -- **Vermont Apple Country Century**; 25, 50 and 100 miles; SASE Rick Trainor, Churchill House Inn; RD #3, Brandon, Vermont 05733, (802) 247-3078/

Saturday - Sunday, June 11-12, 1988 -- **Cape in a Day, plus one Century**. sponsored by AYH, Greater Boston Council. \$46.00 includes accommodations, meals, sag and ferry back to Boston. Contact Al Lester at 769-1429 or send \$25.00 deposit to 395 Oak St., Westwood, MA 02090.

June 24-26 -- **17 Annual Tour of Scenic Rural Vermont (TOSRV-EAST)**. 100 miles each day. \$35.00 covers accommodations, meals, limited sag. Register early! Send to Al Lester at 395 Oak St. Westwood, MA 02090 or call him at 769-1429 or Jacek Rudowski at 361-5273.

June 29-July 3, 1988 **LAW National Rally**, Northern Arizona University, contact LAW Rally '88, PO Box 2657, Scottsdale, AZ 85252.

July 1-4, 1988 - Fifth Annual **Bicycle Across Massachusetts (BAM)**, North Adams to Plymouth, four days of relaxed pleasurable cycling. Fee \$155.00 includes registration, housing, most meals, T-shirt. For more info, contact Joe Nai, 1141 Amostown Rd. W. Springfield, MA 01089 (413) 733-0370.

July 1-3, 1988 - **Fourth Annual Tour To Hel'en Back '88** ride around Mt. St. Helens. For more info, contact Roger Humphrey, 2011 Main St. Vancouver, WA 98660 or (206) 254-3934.

July 9, 1988 -- Jamie King's famous **Double Century**, Boston to Orleans and back. Call Jamie at 325-1433 or 325-BIKE.

July 9-10, 1988 **The Great MASS Getaway** to benefit the National Multiple Sclerosis Society. Haverill, MA to UNH, Durham, New Hampshire. For more info, call the hotline: (617) 890-4991.

July 24-30, 1988 **Register's Annual Great Bike Ride Across Iowa (RAGBRAI) XVI** -- register through Jacek Rudowski by April 1st. One Belnap Rd. Hyde Park, MA 02136.

July 31, 1988 (Sunday) **Boston Bike Day**, see notice elsewhere in this newsletter for info and volunteering. Pre-registration form to be printed in next month WP.

OFFICIAL CRW Extended TRIP

July 31 - August 6, 1988 **TRANE '88** The Ride Around New England, six states, six days, about 70 miles per day. Sag for luggage. Stay in motels, \$224 includes lodging, sag, route planning; meals not included. Intended for experienced cyclists only. Contact Marc Remaly, 29 Dudley St. Arlington, MA 02174, 646-5861. Register by July 1, 1988, \$70 deposit. ■

Sunday July 31, 1988 -- **Boston Bicycle Day** see next month's issue for all the details.

August 4-7, 1988 -- **Eastern Tandem Rally for 1988**, to be held at University of New Hampshire. Deadline for registration, June 15th. Contact Linda Harvey at 16 Clinton St., Salem, NH 03079 (603) 989-5285.

September 11-17, 1988. **Fourth Annual Southern Utah National Parks Ride**, sponsored by Bonneville Bicycle Touring Club. Tour Zion and Bryce Canyon National parks and Cedar Breaks Natinal Monument. Fee \$75.00. Contact Carl Ehrman, 3247 Bon View Drive, SLC Utah 84109, (801) 278-9836. Deadline, Aug. 15.





Ride Calendar

On all CRW rides, please arrive at least 15 minutes before starting time. It is recommended that you bring pump, patch kit, spare tire tube, wrench, screwdriver, lock, water bottle, some money, helmet & gloves, and 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.

A Little More History

Sunday, June 5 10:00 AM

Start: Historic Stoughton Train Station, on Wyman St, Stoughton Center, near the intersection of Rt 27 (Canton St) and Rt 138 (Washington St) and Rt 139 (Pleasant St). Park behind station, not on street.

Leaders: Guy Minnick (359-6609) and Chris Menton (329-6849).

Routes & Times:

10:00AM 25 & 45 miles, rolling

Highlights: Towns include: Stoughton, Easton, Norton, Mansfield, Foxboro, Sharon. Sights include: Lake Massapoag in Sharon and an old foundry in Easton. Lunch is in Foxboro Common. There is a nearby Friendly's for food and restrooms. Be sure to check out the post ride gathering at Stoughton Bike Shop, 742 Washington (free refreshments), 2 1/2 blocks from starting point.

CRW BOARD MEETING

Tuesday, June 7 7:30 PM

Location: MIT building 5, room 314 (5-314), Mass. Ave., Cambridge. All members are welcome!

Polo Anyone?

Sunday, June 12 9:30 & 10:30 AM

Start: Hamilton Shopping Center, at the intersection of Rt 1A (Bay Rd) and Walnut St in South Hamilton. Driving directions - from Rt 128, exit 20N, go north on Rt 1A for 3 miles to the Hamilton Shopping Center on your right.

Leaders: Tom Shake (646-7851) and John Levy (492-6938).

Routes & Times:

9:30 AM 44 miles, moderate terrain
10:30 AM 22 miles, easy terrain

Highlights: Tom has taken over from Patty Kirkpatrick in the 9th annual offering of this ride. The ride features scenic farmlands and polo grounds. Both the short and long rides stop in Bradley Palmer State Park in Ipswich for lunch (bring it or buy it in Topsfield about 5 miles before the park). Towns include Topsfield, Ipswich, Boxford, and Middleton.

The Hill

Sunday, June 19 10:00 AM

Start: Belmont Center, intersection of Pleasant St (Rt 60) and Concord Ave, at the foot of Belmont Hill, in front of the Town Hall.

Leaders: Bill Sweetser (244-8626) and Doug Kline (497-5502).

Routes & Times:

10:00AM 30 & 42 miles, some hills

Highlights: Towns include: Belmont, Lexington, Waltham, Lincoln, Concord for the short ride and the long also includes Weston, Wayland, and Sudbury. Sights include: Belmont Hill, Walden Pond, Lincoln Center, Concord, Hobbs Brook Reservoir. Lunch can be purchased at the lunch stop or you can wait until the fabulous post-ride gathering at Laurie Levy's house in Belmont.

The Peaceful Dam

Sunday, June 26 10:00 AM

Start: South Natick dam at the corner of Pleasant St and Rt 16 in Natick. Park on Pleasant St only.

Leaders: Sam Johnson and Birdy Ellsmore (655-8774).

Routes & Times:

10:00AM 30 & 60 miles, gently rolling

Highlights: Towns include: Wellesley, Dover, Medfield, Holliston, Millis, and Sherborn. Lovely west of Boston country ride, offered for the 8th year in a row. Lunch stop at Christie's C&L Frosty in Sherborn. Traditional post-ride gathering at Sam & Birdy's home.

The Cream of Concord

Sunday, July 3 9:30 & 10:30 AM

Start: Lexington, Hastings Park at the Gazebo, near the intersection of Lincoln St and Worthen Rd (please park in the upper lot, left on Lincoln St).

Leaders: Webb Sussman (861-0275) and Martha Muehlmann (734-9732).

Routes & Times:

9:30 AM 50 miles, rolling
10:30 AM 26 miles, rolling

Highlights: Towns for the short ride are: Belmont, Waltham, Lincoln, Concord, and Bedford; for the long: those plus Weston, Wayland, Sudbury, Maynard, and Carlisle. Lunch & Ice Cream stop in Concord for both rides.

WANTED

CRW member (F 32) seeks coop. living situation. Arlington, Belmont, Lexington preferred. Humor and good communication required. Please call Ellen, 497-4859.

The Tiny Corner

There are still many openings for ride co-leaders and there is still one ride in November (11/20) which needs a ride leader. Please call me ASAP to volunteer.

So who is the VP of Rides anyway? What does he do? I know this is a question that has kept many of you on the edge of your seats waiting for the answer. Well here it is. This is what the VP of Rides does:

Coordinates the CRW Ride Program

The VP of Rides is the person who is responsible for coordinating the year-round CRW Ride Program.

During the Arrowed Ride Season, he (or she) ensures that rides are held every Sunday and that our annual major ride events are successful — the Spring & Fall Centuries, August Invitational, and Bike Month. He may also coordinate rides with other clubs, Saturday rides, evening rides, and other special events (such as Bike Day).

Coordination is key. He does not run all of these activities. Rather, he finds volunteers, schedules dates, and communicates with all concerned.

During the Winter Ride Season, the VP of Rides can relax a bit while the Winter Rides coordinator does his thing. The VP of Rides should just check with him periodically to make sure that everything is running smoothly.

Schedules Rides

Scheduling rides is the central responsibility of the VP of Rides. This generally takes about 2 to 3 hours a week calling volunteers, sending out literature, and writing up the Ride Calendar for the newsletter.

Finding volunteers is very challenging. Volunteers are needed to lead and co-lead rides, run parties, help with arrowing, and do other miscellaneous tasks.

Making sure that everything happens on time is challenging too. The following is what the time table is like for regular rides. For special events, extend this schedule by 3 or 4 months.

Time Table prior to a ride

- Ride -5 Months and counting
 - Establish ride date to be filled
 - Find ride leader
 - Determine start location & area of ride
- Ride -4 Months
 - Find ride co-leader
 - Find party volunteer & location
- Ride -3 Months
 - Confirm ride leader & co-leader
 - Confirm party volunteer & location
 - Send out guidelines by end of month
- Ride -2 Months
 - Gather ride info from leader by the 20th
 - Create Ride Calendar and have it proofread
- Ride -1 Month
 - Deliver Ride Calendar to the editor by the 10th
- Month 0
 - Check on leader & co-leader week before ride
 - Attend ride

Improves the Ride Program

The VP of Rides ensures that all CRW rides are high quality rides and tries to improve the program whenever possible. He reminds volunteers of their responsibilities (safety and arrowing are 2 areas which always need emphasis) and verifies that Ride Leader Guidelines are used. He attends as many rides as possible

to see firsthand how the rides are going (and to improve his tan lines).

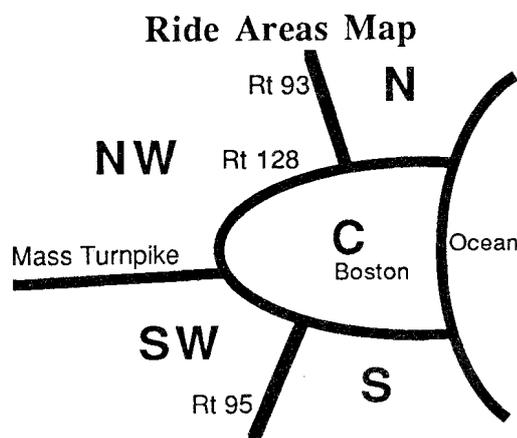
The VP of Rides does a lot of listening — to CRW members, to the Board of Directors, and to the CRW President. The VP of Rides also attends Board meetings regularly and reports his progress.

The VP of Rides accumulates records of old rides: maps, starting locations, routes, party locations, former leaders, etc.

The VP of Rides is one of the most important positions in the club. I hope some of you will consider volunteering for the position or volunteering to lead, co-lead, or just help out with our Ride Program. Be seeing you.

Until next month,

Tim Oey (782-1944)
VP of Rides



1988 Remaining Arrowed Ride Calendar

Date	Area	Leader	Start
6/5/88	S	Guy Minnick	Stoughton
6/12/88	N	Tom Shake	Hamilton
6/19/88	C,NW	Bill Sweetser	Belmont Center
6/26/88	SW	Sam & Birdy	South Natick
7/3/88	C,NW	Webb Sussman	Lexington
7/9/88	C,S	Jamie King	W Roxbury, Dble Cent
7/10/88	C,N	Bruce Wisentaner	Winchester
7/17/88	NW	Ed Gilbert	Concord
7/24/88	N	North Shore C.	Ipswich
7/31/88	C	Bike Day	Cambridge
8/7/88	SW	Glenn Coffman	Walpole
8/14/88	NW	Debbie Allinger	Bedford, Laze Daze
8/21/88	NW	Osman Isvan	Weston
8/28/88	C,NW	Richard Withers	Lexington
9/4/88	NW	Jamie & Lindy	Maynard
9/10/88	S	Sam & Birdy	Woods Hole, Martha's V.
9/11/88	C,NW	Debra & Mark	Watertown Sq.
9/18/88	C,SW	Jamie King	Newton, Fall Century
9/25/88	N	Ann-Marie Starck	Beverly
10/2/88	NW	Don Blake	Burlington
10/9/88	SW	Joe Repole	Framingham
10/16/88	SW	Jerry Campbell	Franklin
10/23/88	N	Allison Ounanian	Andover
10/30/88	S	Barry Fricks	Hingham
11/6/88	NW	John Dabrowski	Weston
11/13/88	NW	Christina Hilliard	Sudbury
11/20/88	?	?	?
11/27/88	?	Eric Ferioli	Outer Limits

Suggested Ride Practices Part I — Beginners

© 1988 John S. Allen
Effective Cycling Instructor
(617) 891-9307

Some suggestions to help you enjoy the CRW ride program:

Ride To Be Predictable

Ride in a straight line on the right side of the road. Don't weave in front of other riders or cars.

Keep clear of road-edge hazards — gutter trash, pot holes, doors of parked cars — so you don't have to swerve if a door opens. It is much safer to be predictable, even though you are farther from the road edge.

Pass other bicyclists on the left only, with three feet of side clearance. Before pulling out to pass, *glance behind you* to make sure it's safe. Practice alone until you can hold a straight line while looking back.

When you pass another bicyclist, *call out "on your left."* If you hear someone else say "on your left," don't look back — just keep riding straight.

The rules of the road apply to bicyclists, the same way as to motorists. You are on your own lookout — don't play follow-the-leader with another rider. When driving a car, would you follow another car through a stop sign? It's the same idea.

Obey traffic signs and signals, for the good reputation of bicyclists everywhere, and for your safety. If you do get into an accident, you may be able to collect on a driver's insurance if you are legally in the right.

Signal your turns and stops. For a right turn use an outstretched right arm, for a left turn an outstretched left arm. Also say "Right!", "Left!", "Slowing!", "Stopping!" to warn nearby bicyclists.

Make left turns from the center of the road or left turn lane. Before changing lanes in preparation for a left turn, always look behind you.

Don't follow too closely — and when other riders are following you, avoid abrupt stops if possible.

When you stop (except at a traffic light or stop sign where everyone has to stop) *get all the way off the road* for your own safety and so you don't block other riders.

Ride single-file — only ride side-by-side on a wide, straight road when you won't block a car approaching from behind. If you see/hear one, call out "car back." Merge back into a single line before the car has to slow and wait. A rear-view mirror helps in this situation.

Be Well Equipped

Make sure your bike is ready to go. If you have any questions, there are many people in the club who are fine mechanics. Ask someone for help. Also, the following accessories are highly recommended:

Hard-shell helmet in case of an accident. Three of every four fatal and disabling bicycling injuries are brain injuries.

Bicycling gloves for comfort and to save your hands from a sandpapering if you fall.

Bicyclist's water bottle mounted on the bicycle frame. This lets you drink as you ride. Fill it with water or diluted fruit

juice. Too much sugar will make you thirstier the more you drink.

Handlebar bag or other small bag mounted on the bicycle to carry extra clothing, a camera, snack, tools. A small backpack is all right, but inconvenient — and uncomfortable in hot weather.

Small tool kit with wrenches, a screwdriver, and tire-patching supplies and a frame-mounted tire pump. Club members can help you during the ride — and they can help you learn to fix a flat too.

Last the Distance

If you're just getting into long distance riding, the following information could make a big difference:

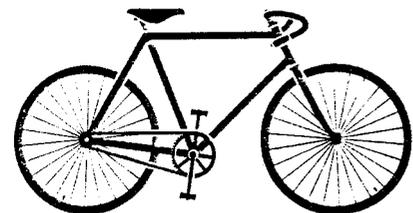
Use the proper seat height. For easy pedaling, the bicycle must fit you comfortably. The seat should be high enough that your heel reaches the pedal with your leg straight.

If you feel that the seat has to be lower to be "safe," it is probably because you try to stay on the seat when you stop. You probably learned this riding a tricycle. Instead, use one of the pedals as a step when you get on and off. Ask another rider to show you how.

Don't use high gear! Many people think it is "good exercise" to put their bike in high gear and push hard. Actually, this just makes your legs sore and wears you out in a couple of miles! You'll go faster and feel better if you shift down and pedal lightly. Save the hard pushing for quick acceleration or short, steep climbs. Toeclips and straps, or one of the new shoe-pedal systems, help with pedaling efficiency too.

Eat in nibbles. While riding, frequently eat small amounts of high energy (sugary and starchy) foods *before* you are hungry, and drink water *before* you are thirsty. Avoid hard-to-digest fatty foods when riding, since you need the energy right away.

Have a good ride!



Volunteers Still Needed for Bike Day

Bike Day '88 will be Sunday, July 31

We need arrowers, sweep riders, a sag wagon driver, people to man the CRW booth at the event site, people to help with setting up and cleaning up, and other volunteers. To sign up, or offer any suggestions as to how we can make this year's event better (besides preventing rain), call Doug Kline (497-5502), Doug Mink (327-4489), or Sarah Heartt (864-7136).



FOR SALE**TANDY 2000 COMPUTER**

IBM-XT-compatible PC with Quadran expansion board. Software, manuals, and original shipping cartons are available.

CPU: 16 bit; 8088 CPU
 DISK DRIVES: 360K floppy, 10Mb Fixed
 MONITOR: Tandy VM-3
 RAM: 640K
 PORTS: 2 parallel, 1 serial, game
 SOFTWARE: Lotus 1-2-3, DBase, BASIC,
 MS-DOS 2.11, MultiMate
 OTHER: Clock/Calendar, print spooler,
 RAM disk

Asking \$1500 or best offer. Call Dick Lewis 572-2825 (days) or 641-1066 (eves.)

**DOUBLE CENTURY RIDE****JULY 9, 1988**

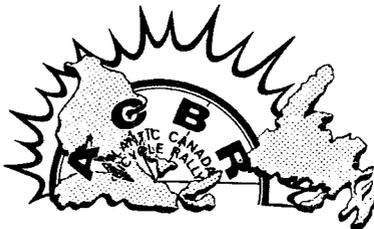
Welcome--and to those of you who are looking for something to do on **JULY 9**, look no further. Come and join a small group of experienced cyclists on an all-day quest for that celebrated **200 miles**. We will leave West Roxbury at 4:00 A.M. The route is partially marked, and maps, sag service, and compassion are available. All this for less than \$5.00!

To register, send a SASE to me, Jamie King, at 31 Pleasantdale Road, West Roxbury, MA 02132, or, for more information, call me (325-1433), Jacek Rudowski (361-5273), or the BIKE LINE (325-BIKE) and leave a message..

This is a very difficult ride; only the very fit should consider this event.

Thank you.

Jamie King

**NOVA SCOTIA!****ATLANTIC CANADA BICYCLE RALLY****July 29-August 1, 1988 Lunenburg, N.S.**

Join cyclists from across Canada and the United States for the Second Annual A.C.B.R. in the scenic and historic seacoast Town of Lunenburg(140 miles from Portland or Bar Harbour ferries; 70 miles from Halifax International Airport).

- Daily Tours along ocean coasts, through quaint fishing villages, and inland forests.
- Rides for all abilities including short family routes.
- Registration of \$38 US includes rides, maps, program, reception, souvenir patch, and Nova Scotian Lobster banquet.

Information now available:

Gary Conrod, Rally Manager
 Atlantic Canada Bicycle Rally
 P.O. Box 1555
 Station M
 Halifax, Nova Scotia
 B3J2Y3
 (902)423-5549



WORLD ADVENTURE CATALOG

American Youth Hostels, Inc. is a non-profit organization that promotes international understanding and a appreciation of America and the world through educational and recreational travel. The new World Adventure Catalog offers adventure seekers a wide selection of low-cost tours in twenty-four countries, including the USA. Trips last from nine days to six weeks and depart throughout the year. They include hiking, biking, canoeing, llama trekking and mini-van excursions. Write or call for the FREE World Adventure Catalog that offers the Canadian Breakaway, the Heart of Europe Tour, the Kenya Safari, the New Zealand Freewheeler, Wild Alaska!, the Cape Cod Salty Dog, Rocky Mountain High and much more.

(617) 775-2970

AYH World Adventure
465 Falmouth Road
Hyannis, MA 02601

Sunday July 31

Bike Day '88

A day of pedal-powered
celebration at Riverbend Park on
Memorial Drive in Cambridge

Sponsored by:

- Greater Boston Council of American Youth Hostels (AYH)
- Boston Area Bicycle Coalition (BABC)
- Charles River Wheelmen (CRW)

Participating Organizations:

- The Wheelmen
- Massachusetts Rails to Trails Conservancy
- Boston Road Club
- Bikes Not Bombs

Questions: Call 491-RIDE.

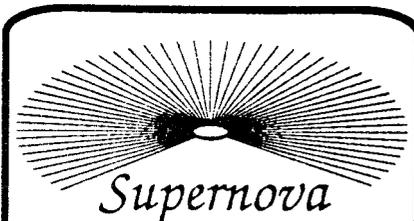
Burlington Bike Path

Phase One of the proposed bike path will run from Winn Street to Middlesex Turnpike. It passes along Mountain Road, then along a path which is exclusively for bicycles from the end of Mountain Road to Wall Street. This path is to be donated by the Gutierrez Construction Company. The route will cross Route 3A to Wayside Road, South Bedford Street and Blanchard Road. The route from there to Lexington is not yet finalized. I am working with Burlington and Lexington officials on this route.

By the time you read this, the latest information meeting in Lexington's Cary Hall will be history. The Telephone Chain is being organized to inform CRW members in Bedford, Lexington and Arlington of this meeting.

Tammy and I need more help. If you want to help set up the Telephone Chain in your town, please call me (if you live north of the Mass Pike and Boston) or Tammy (if you live south of this divider).

Bob Sawyer
Government Relations Advocate



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for more information
call or write:

The CYCLE LOFT
28 Cambridge St.
Burlington, MA. 01803
617-272-0870

What is the BABC?

The Boston Area Bicycle Coalition (BABC) is a non-profit, tax-exempt group of cyclists dedicated to promoting urban, suburban, exurban, and rural bicycling as a safe, practical, and enjoyable form of transportation and recreation. The BABC is affiliated with the League of American Wheelmen, American Youth Hostels, and the Bicycle Network.

Operating out of an office in Cambridge, where our answering machine can be reached any time of the day or night by calling 491-RIDE, we do anything we can to turn the bicycle into the predominant form of transportation in greater Boston. We have over 350 members who share this dream, at least to some extent.

Among our past accomplishments, which we've achieved with the aid of other local bike organizations, are getting the MBTA to carry bikes on rapid transit trains on Sundays, establishing a Bicycle Advisory Board in the state government, and running a series of bike festivals from 1978 to the present.

Our members represent bicyclists on a variety of transportation and park advisory committees, as well as the State Bicycle Advisory Board. We monitor major construction projects and transportation plans to make sure that bicycles have been allowed for.

The BABC publishes "The Boston Cyclist" every other month, distributing it for free through bike shops as well as to members. In addition to information on what the BABC is doing, the "Cyclist" contains product and book reviews, instructive articles on various aspects of bicycling, opinion pieces, and schedules of organized rides around Boston. If your local bike shop doesn't have the current issue, call 491-RIDE, and we'll send you one.

In addition to monthly board meetings which are open to all members, we try to schedule theme rides and special meetings every other month. We publish a series of pamphlets which are distributed for free. Topics include winter riding, bikes on buses, planes, and ferries, and bicycle lighting. We have produced bicycle safety radio public service announcements and a colorful safety poster that is being distributed to schools and workplaces all over Massachusetts.

For the future, we are revising and expanding our pamphlet series, adding pamphlets on traffic laws relating to bicycles and accident reporting. In addition to supporting the Bicycle Advisory Board, we are pushing for expansion of the "Bikes on the T" program to additional days and to commuter rail lines and monitoring the long-awaited construction of the Minuteman Commuter Bikeway.

Our dues are: \$15.00 (regular member), \$10.00 (student, retired, unemployed), \$25.00 (Family; two cards), \$35.00 (Supporting), \$50.00 (Contributing), and \$100.00 (Sponsoring). BABC members receive discounts at most bike shops in greater Boston.



MILEAGE through APRIL, 1988

Melinda Lyon	3250
Jack Donohue	3149
Jim Merrick	2590
Lindy Konigsberg	2363
Carol Tesiero	2351
Ed Trumbull	1988
Dick Howe	1820
Dick Buck	1746
Arleen O'Donnell	1662
Robin Schulman	1633
Jamie King	1603
Dave Sherman	1486
Mike Hanauer	1325
Joe Repole	1309
Ken Hjulstrom	1282
Elisse Ghitelman	1145
Jim Broughton	1109
Webb Sussman	1018
Glen Coffman	1010
Carl McElroy	1007
Greg Lenhart	926
John Allen	903
Doug Jensen	818
Sheldon Brown	474
Jacek Rudowski	453
Tom Odom	335
Susan Grieb	285
Bob Sawyer	240
Christina Hilliard	86
Tova Brown	78
Harriet Fell	73
George Brown	59

I think it is worth mentioning that three of the top five, and half of the top ten are **women**, which should put to rest any remaining ideas of sexist intimation in our club name. Way to go, women! Cutoff day is the 5th.

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

FOR SALE : Touring Bike. 21" Double-Butted frame. Fully equipped with triple crankset, fenders, halogen headlight, Blackburn rack, bar-end controls, cyclometer, toolkit, and other accessories. \$300. 661-1250-days. 491-6268-even.

The following shops offer discounts to members of CRW:

<u>Ace Wheelworks</u> 2044 Massachusetts Ave., Cambridge	876-8200
<u>Aworthy Bicycle</u> 424 Moody 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 Corner</u> 916 Massachusetts Ave., Arlington	641-0101
<u>Bicycle Exchange</u> 3 Bow St., Cambridge	864-1300
<u>Bicycle Workshop</u> 233 Massachusetts Ave., Cambridge	876-6555
<u>Broken Spoke Bicycle Shop</u> 168 Main Street, Hudson	562-6566
<u>Brookline Cycle Shop</u> 324 Washington Street, Brookline	232-0775
<u>Chelmsford Cyclery</u> 7 Summer Street, Chelmsford	256-1528
<u>Cycle Loft</u> 28 Cambridge St., Burlington	272-0870
<u>Family Bicycle Center</u> 149-A Belgrade Ave., Roslindale	323-9720
<u>Farina Cycle</u> 61 Galen St., Watertown	926-1717
<u>Ferris Wheels Bicycle Shop</u> 64 South street, Jamaica Plain	522-7082
<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 Center</u> 70 Brighton Ave., Allston	783-5804
740A Beacon St., Newton Centre	527-0967
<u>King Cycle</u> 198 Great Road, Bedford	275-2035
<u>Landrey's Schwinn Cyclery</u> 80 Hollis Street, Framingham	875-5158
<u>Laughing Alley Bicycle Shop</u> 51 Harvard Ave., Allston	783-5832
<u>Lexington Cycle</u> 7 Meriam Street, Lexington	863-1480
<u>Life Sports</u> East India Mall, Salem	745-6311
<u>Lincoln Guide Service</u> 152 Lincoln Rd., Lincoln	259-9204
<u>Marblehead Cycle</u> 25 Bessom St., Marblehead	631-1570
<u>Mt. Auburn St. Cycles</u> 145 Mt. Auburn St., Watertown	926-6010
<u>Northeast Bicycles</u> 102 Broadway (Rt. 1), Saugus	233-2664
<u>Norwood Bicycle Depot</u> 85 Broadway, Norwood	762-2112
<u>Pedal Pushers Bike Shop</u> 473 Main Street, Waltham	899-6293
<u>Ski Market</u> 860 Commonwealth Ave., Boston	731-6100
Endicott Plaza, Danvers	777-3344
34 Cambridge St., Burlington	272-2222
400 Franklin St., Braintree	848-3733
<u>Stoughton Bike Shop</u> 742 Washington Street, Stoughton	344-2414
<u>Wheels of Wellesley</u> 392 Washington Street, Wellesley	235-4371

JOIN THE CHARLES RIVER WHEELMEN

CRW dues include membership in the League of American Wheelmen (LAW). Do NOT make payments to LAW directly.

I understand that the Charles River Wheelmen, Inc. (CRW) is accepting me as a member. I realize that there are certain dangers inherent in the sport of bicycling such as adverse weather conditions and road hazards. I agree to assume the risk of all injuries or damage that may arise from my participation, including but not limited to bodily harm to myself or others and equipment failure or damage. I certify that I am in proper physical condition to take part in bicycling activities and that I am at least 16 years of age. (see below)

I agree to abide by applicable traffic regulations while I am taking part in CRW activities.

In consideration of the above, I hereby release and hold harmless CRW, American Youth Hostels, Inc., League of American Wheelmen, Inc., and their officers, directors, organizers, event leaders, and agents from and against any liability or claim for any injury, misadventure, harm, loss, cost or damage sustained as a result of my participation in CRW activities. I have read this release and understand its meaning.

Signature of parent or guardian if member is under 18 years of age. For family memberships, every adult in family must sign.

Date: _____
 Signature(s): _____
 NAME(S): _____
 ADDRESS: _____
 PHONE (H): _____ (W): _____
 OCCUPATION: _____ DATE OF BIRTH: _____

Membership fees:	1 year	2 years	3 years	
Individual*	\$26	\$49	\$72	_____
Household*	\$31	\$58	\$85	_____
Additional Contribution to CRW(\$1, \$5, ...)				_____
TOTAL				_____

*If currently an LAW life member call Jack Donohue at 324-3926

Make check or money order payable to: *Charles River Wheelmen*

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

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

- 1. Ride leader or co-leader
- 2. Host a post ride gathering
- 3. Newsletter
- 4. Publicity
- 5. Membership
- 6. Legislative action
- 7. Safety
- 8. Special events
- 9. Other (please specify)

CHARLES RIVER WHEELMEN
19 CHASE AVENUE
W. NEWTON, MA 02165

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