

Charles River Wheelmen
January, 1977

Sunday, January 16, 10:30 a.m. Frostbite ride starting from municipal parking lot in Newton Centre, corner of Beacon and Centre Streets.

Thursday, January 20 8:00 pm. Monthly meeting, Harvard Community Health Plan Cafeteria, 1611 Cambridge Street, Cambridge (between Harvard Sq. and Inman Sq. near Cambridge High and Latin School).

This meeting is going to be all about wheels and how to build them. A well built wheel, round and true with the right hub, spokes, pattern and rim can be a joy. Conversely there are fewer more frustrating experiences in cycling than perpetual spoke failure and inability to keep a wheel in true.

Sheldon Brown, who did such a great job for us last year with his program on maintenance, is returning to teach us how to build good wheels. Come join us and learn the art of wheel lacing and share with us your experience and theories of lacing patterns, component performance, etc.

Sunday, January 23, 10:30 a.m. Frostbite ride starting from Arlington Town Hall, 730 Massachusetts Avenue.

Sunday, January 30, 10:30 a.m. Frostbite ride starting from George Sherman Union at Boston University, 775 Commonwealth Avenue, Boston.

Sunday, February 6, 10:30 a.m. Frostbite ride starting from Dedham Plaza, Rt. 1, Dedham, opposite Lechmere Sales.

Thursday, February 10, 7:30 a.m. Meeting of the board of directors at Harvard Community Health Plan, 1611 Cambridge Street, Cambridge, between Harvard and Inman Squares.

Sunday, February 13, 10:30 a.m. Frostbite ride starting from Malden Cycle Center, Commercial Street. (next to Malden MBTA Subway Station (look for the Schwinn sign)).

Thursday, February 17, 8:00 p.m. Monthly meeting, Harvard Community Health Plan, 1611 Cambridge Street, Cambridge. Program to be announced in February Wheelpeople.

Sunday, February 20, 10:30 a.m. Frostbite ride starting from Waltham Common, corner of Moody and Main (Rt. 20) streets, Waltham.

Sunday, February 27, 10:30 a.m. Frostbite ride starting from Newton Centre Municipal Parking Lot, corner of Beacon and Centre Streets.

March 6-10 Winter Rendezvous. The eleventh annual Winter Rendezvous will take place March 6-10 in Homestead Florida. For details send stamped envelope to:

Mrs. Nadine Fichter
P.O. Box 1368
Homestead, FL 33030

Dick Mazelkus went last year and had a terrific time, even saw alligators in the Everglades (on one of the rides). If you do go try the Caribe motel, the rates and accommodations are quite reasonable.

Sunday, March 6, 10:30 a.m. Frostbite ride starting from Arlington Town Hall 730 Massachusetts Avenue.

Thursday, March 10, 7:30 p.m. Meeting of the board of directors at Harvard Community Health Plan, 1611 Cambridge Street, Cambridge, between Harvard and Inman Squares.

Sunday, March 13, 10:0 a.m. Frostbite ride starting from Deunam Plaza, Rt. 1, Deunam, opposite Lechmere Sales.

Friday, March 18, C&W Awards Banquet. See the President's message for preliminary details.

NEW ADDRESS FOR EDITOR OF WHEELPEOPLE

Please note that the address of the editor has changed; it is now: 266 Fellsway West, Medford, MA 02155. Please submit any material you want included in "WHEELPEOPLE" to the new address.

P R E S I D E N T ' M E S S A G E

Mark your calendars to reserve Friday evening, March 18 for a fabulous evening out with the Charles River Wheelmen. Rub shoulders with your fellow members with a barbecued chicken wing in hand instead of a drop handlebar. Ask about her chicken with pea pods instead of the spread of her free-wheel cluster. It will not be the time to compare his new Redkay custom tourer, with all those brazed on fittings, to your two year old Sears Free-Spirit, not while the hot and sour soup is steaming and the beef with cauliflower abundant.

But then again I plan to do both. The event I'm talking about is our occasional "annual" awards banquet. Final details have not been pinned down but tentative plans are for an evening at a suburban Chinese restaurant. It will cost about \$7.50 per person for all you can eat from the buffet table of assorted Mandarin Chinese delicacies. We will have room for about 100 people and it will be by reservation only. Next month we will publish a coupon which must be returned to us with a check if a place is to be reserved for you. Only the first 100 reservations can be accepted so you will have to work fast.

In addition to the food, there will be the presentation of a number of awards including the Percy Anderson award to the individual who best typifies the purpose of the CRW-Healthful Fellowship through Cycling. There will also be door prizes and other goodies as well as an interesting speaker.

So be sure to set the date aside right now and watch for next month's bulletin for specifics and the reservation form.

Tips on Touring Thru Texas

(John Vanderpoel recently pedalled to Texas for the 35th reunion of his World War II Army Air Corps flight school. The following is an excerpt from a letter he wrote describing part of his trip.)

... I had a great ride to Texas in September. (2374 miles in 21 days) I really had only two unusual incidents all the way. In central Missouri about an hour before darkness, I ran into a bunch of "hoods" setting up a drag racing course. They had managed to stop all the cars with a strategically placed bus, but I walked around it and continued down the road to a great deal of cursing and arm waving which was repeated at the other end of the flat, but nothing overt happened. In Texas, I was sleeping in a cemetery in a town where I had not gone to the police because I was told by a local pastor that they would not permit transients in the town. As luck would have it, a bunch of teen-agers came into the cemetery to smoke pot or something, and after harrassing me a bit left and called the sheriff. The next thing I knew my tent was illuminated and an authoritative voice said, "Come out of there." I responded with, "Who the hell says so?" The answer to that was "A uniformed officer of the law." Needless to say, I came out, but he was a reasonable guy and after seeing that I was not a bum, told me to get out of town at first light. And I did.

I had such fantastic tail winds and NO flats at all, that I arrived in San Antonio just under two days ahead of schedule. The result was that I went to Fort Sam Houston and got myself a VIP suite for two nights. I was in a highly restricted part of the post called "Staff Post", an area occupied by Generals and senior full Colonels. Nearby were the well marked quarters of General Douglas MacArthur's father, General Sam Houston, Colonel James Bowie and General Benny Foulois (at one time the entire United States Air Force, and probably the only officer ever to take flying lessons from the Wright Brothers by MAIL.) After that interlude, I attended the 35th Reunion of my Flying School class. Needless to say I was the only one to have come by bicycle - and made the most of it.

Tuning your Head on a Long-Distance Solo Bike Trip by John Springfield

(John Springfield recently completed a cross-country ride in 31.3 days with a 100 mile day maximum.)

Much has been written about the bike equipment and physical training required to have a successful bike trip. Yet to me the most fascinating aspect of a long tour is the psychological effect that it has. Much of what I have to say is based on week-long trips I took in the 60's and on a recent month-long trip. Therefore it is subjective, but it may be of some interest to those of you with similar personalities. Hopefully this article will stimulate discussion of what goes on in your head before, during, and after a long solo trip.

Why a long trip? It's a challenge, a test of your abilities, a romance with the elements. If you don't enjoy challenges then it can be a real nightmare. You probably have to be a little over-ambitious, goal-orientated, prone to scheming, maybe suffering from an inferiority complex, or feeling bogged down in your present situation.

But why go alone? Because you're basically a loner (and I believe most bikies are). You want to take full responsibility for your actions. You want to understand your relationship to other people by "stepping back" and observing as you pass through their towns, stores, and homes.

How do you prepare? You shake down your equipment, bike, and body by taking weekend trips and daily rides. You don't want to hassle with inferior equipment or preventable body ailments while on the trip. Pick a route with alternates if possible. Set up a series of possible places to stay each night, trying to be realistic in your expectations.

Once on the trip, how do you keep going? If you are riding 100 miles a day you are putting a lot of strain on your mind and body. The mind has to correctly analyze the signals that the body gives off. The first few days the body must not be overworked. You must be very conscious of the effect of your eating, sleeping, and cadence habits on your body. Even with precautions you may get headaches, knee problems, back aches, numb hands, saddle sores, or upset stomach. If you pamper your body, the trip may become dull. But you don't want to destroy your body either. Learning to straddle this fine line to be in tune with your body can be important in making decisions on and off your bike.

In John Potter's article "The Continental Triangle" in *Traveling by Bike* he mentions the concept of trip rhythm. Each day a goal is set with smaller goals an hour or two apart. Food stops, towns, state lines, rivers, and roadside parks are the mini-goals. You try not to look too far down

the line; instead, you concentrate on the smaller goals. Slowly you find that the goals get easier to achieve and you develop a trip rhythm, each goal becoming a crest that pushes you on to the next. In this way 85 mile days are stretched into 120 mile days.

What about your emotions? To me a trip IS emotions. With all the planning, you may think that every thing is programmed and disciplined. But I found myself talking and singing to myself and cows, crying uncontrollably with relief when I entered Michigan (my home state), feeling absolutely terrible in Ontario when saddle sore almost forced me to give up, and grinning like a Cheshire cat when I crossed into New York. I learned to let myself go and trust my emotions. On other trips I often fought myself, and the trips were not satisfying.

"Coming down" is inevitable after the trip is over. You may experience an ambiguous feeling toward your bike and your old surroundings. You're not the same, but everything else is. The adjustment that have to be made after the trip are just as challenging as those made during it. You're home; and a little more at home.

CLASSIFIED ADVERTISEMENTS

FOR SALE

A 19 1/2" Jeunet men's 10 speed bike, light blue with black trim, IRC skinwall 27" x 1 1/8" 90 p.s.i. clincher tires, wide range Huret Allvit rear derailleur with 33.8" to 100.3" gearing, quick release normandy hubs, Lyotard rat trap pedals, Pletscher spring clip carrier, fully lugged with chromed fork tips front and rear, short lever down tube shifters, cloth taped maes bend handle bars, water bottle, lightly padded racing saddle, fully reflectorized. essentially only used on a 200 mile trip. \$105 firm. Call John Gordon 274-0354 evenings before 9:00 p.m. Bedford, Mass.

Fuji Touring bicycle - 24 inch frame.

This all yellow touring bicycle was owned by Patricia Goodwin and was used for one week in Homestead, Florida at the Rendezvous. It includes new high pressure tires (85lbs) a rear rack and water bottle. Asking price is \$50 or best offer. Also one pair of cycling shoes, size 10 (new). Best offer.

To see this excellent buy call Ralph Galen at 354-2495 days or evenings. If you wish to write to Pat she can be reached at 720 N.E. 7th Street, Pompano Beach, Florida 33060. Tel: (305) 942-1629.

news, articles, classified ads...
please send typed copy by the 10th of the preceding month
to
the editor, Richard Mazeikus, 266, Fellsway West, Medford,
MA 02155

classified ads... free to members, 25 cents per word to
dealers and non members.

HEALTHFUL FELLOWSHIP THROUGH BICYCLING

MEMBERSHIP APPLICATION: Membership in the Charles River
Wheelmen also includes a membership in the national cyclist
organization, League of American Wheelman, and includes a
subscription to the monthly newsletters of both clubs.

Name _____

Address _____

City _____ Zip _____

Telephone _____

Single membership \$15.00 Household Membership \$13.00

Any special bicycling interest _____

Charles River Wheelmen decal - sheet of three - \$1.00

East Coast Bike Trail, set of 21 maps, \$4.35 postpaid from editor.