

# WHEELPEOPLE

FEB 1978



The Official Monthly Publication Of

## *The Charles River Wheelmen*

The Charles River Wheelmen  
3 Bow Street  
Cambridge, MA 02138

JOHN SPRINGFIELD  
146 BEACONSFIELD RD., #4  
BROOKLINE, MA 02146

10/78

The Charles River Wheelmen is an affiliated club of the country's oldest bicycling organization, The League of American Wheelmen.







The Charles River Wheelmen is a group of active adult cyclists ranging in age from 16 to over 70. Our abilities and interests vary from frank beginner to long-distance tourer to racer. Regular group rides are scheduled from spring to fall. These rides have a leader, a route marked with arrows (or a map is supplied), and planned stops to facilitate social fellowship. Efforts are made to encourage new riders in aspects of cycling proficiency, highway safety, and bike maintenance. Optional loops are often planned for those who wish to ride longer or shorter distances than the main group.

In the winter we have informal "Frostbite Rides" where the riders meet at a starting point and decide the pace and route of the ride.

Once a year we join with our parent organization, the League of American Wheelmen, and sponsor a 100-mile (Century) Ride. Riders travel at their own pace and try to ride 25, 50, or 100 miles. The CRW supplies refreshments at designated stops and awards patches to those who finish.

If you have any questions about the Charles River Wheelmen contact the appropriate officer or chairperson:

Earl Forman, President	894-2084
Ed Trumbull, Executive V.P.	332-8546
Debra Glassman, V.P. of Rides	489-3141
Don Blake, Treasurer	275-7878
Bill Piekos, Social Chairperson	661-2691
Joe Stanewick, Membership	323-8188
John Springfield, Editor	566-1928
Al Basso, Bulletin Distribution	666-8571

The Board of Directors is composed of the following members:

Earl Forman	894-2084
Debra Glassman	489-3141
Ed Gross (New England LAW V.P.)	969-0477
Harold Lewis	332-3649
John Springfield	566-1928
Richard Talbot	449-3792

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#### Membership Application

Membership in the CRW also includes membership in the League of American Wheelmen. The LAW will send you a monthly magazine, touring information, and help in protecting your right to the road.

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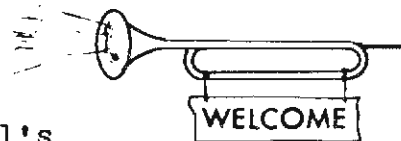
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# schedule of rides and events

JANUARY 29, SUNDAY, 10:30 A.M. - Frostbite Ride starting at Waltham Common, Main Street (Rt 20) and Moody Street, Waltham.

FEBRUARY 3, FRIDAY, 8:00 P.M. - PARTY!

This will be a WELCOME Earl party so the membership can get to know our new president, Earl Forman, and also an attempt to start Earl's tenure off with a fattened treasury. Bill Piekos, our social chairperson, has lined up an assortment of beverages and foods. He says everything's all set, "Just come." So we want as many new faces and old timers to show up and get to know each other. You may find some people to be more interesting off a bike than on. A donation of \$2.00 would be appreciated to pay for the minimum costs and to inspire our nebulous treasury. The party will take place at Dr. Ralph Galen's office, 2210 Massachusetts Avenue, Cambridge, about  $\frac{1}{2}$  mile outbound from Porter Square. Many thanks to Ralph for the use of his office. COME AND ENJOY!



FEBRUARY 5, SUNDAY, 10:30 A.M. - Frostbite Ride starting at the Municipal Parking Lot, Newton Centre, Beacon and Centre Streets.

FEBRUARY 6, MONDAY, 7:30 P.M. - Board of Directors Meeting at the Harvard Community Health Plan Clinic, 1611 Cambridge Street, Cambridge, halfway between Harvard and Inman Squares. Meet with the board members, officers, and chairpersons to discuss and plan club events and organization. All are welcome.

FEBRUARY 12, SUNDAY, 10:30 A.M. - Frostbite Ride starting at the Trailside Museum, Rt 138, Blue Hills Reservation, Milton.

FEBRUARY 16, THURSDAY, 8:00 P.M. - CLUB MEETING at the Harvard Community Health Plan Clinic, 1611 Cambridge Street, Cambridge, between Harvard and Inman Squares.

Topic: TIMETRIALING

Speaker: Dick Talbot

Time Trialing may not seem to many as being a form of racing; after all there is no pack to beat, there are no pace lines, no discernible leader. Because of this it is the form of bicycling that should interest riders in the CRW. Time Trialing, TT, is racing against yourself through your previous results on a set course. Many of us have a road we travel quite often and probably make mental notes comparing one day's ride against another. This is TT in its simplest form. This month's meeting will feature Dick Talbot, the Northeast Bicycle Club's record holder for the Veterans Class Time Trials. Dick will discuss the many facets of TT, especially personal satisfaction through goal achievement, and the important role it can have in mental and physical development of the casual and tourist bicyclist.

Those wanting to join together for dinner beforehand will meet at the Cambridge St. entrance to the HCHP building at 6:15.



FEBRUARY 19, SUNDAY, 10:30 A.M. - Frostbite Ride starting from Cleveland Circle, Beacon Street and Chestnut Hill Ave, Brookline.

FEBRUARY 26, SUNDAY, 10:30 A.M. - Frostbite Ride starting from the Belmont Savings Bank in Belmont Centre, Concord Ave and Leonard Street.

MARCH 5, SUNDAY, 10:30 A.M. - Frostbite Ride starting from Dedham Plaza, Rt 1, Dedham, opposite Lechmere Sales.

MARCH 12, SUNDAY, 10:30 A.M. - Frostbite Ride starting from the Cambridge Common, Mass. Ave and Garden Street, north of Harvard Square.

MARCH 19, SUNDAY, 10:30 A.M. - The last Frostbite Ride of the season will leave from the Weston Common. Take Rt 20 west, turn right at School Street. The regular ride schedule resumes next Sunday.

APRIL 14, FRIDAY - Awards Banquet complete with food, beverage, hoopla, speakers, awards, prizes and fellowship. Space will be limited. More details in the next Wheelpeople. FLASH! The guest speaker will be Dr. Eugene Gaston of the "Medical Advice" column of BICYCLING magazine.

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## THIS 'N THAT

FITCHBURG BICYCLE CLUB BANQUET - A fine banquet with dancing and entertainment will be sponsored by the Fitchburg Bicycle Club on February 4 at 7 p.m. at the Elks Building in Fitchburg. Tickets are \$5.00 per person. Contact Dalton Harrow, Mt. Blue St., Norwell, MA, for more information.

CROSS COUNTRY SKIING - For those of you who have a hard time pedaling through foot-high snow drifts, here's an idea. An informal cross country ski club has been organized by Bill Havenscroft for local trips on Sunday mornings. Last year the group went on an overnight ski trip to the Presidentials in New Hampshire. Call Bill in Arlington for more details - 646-5127.

EAST COAST BIKE TRAIL - Plans are under way to extend the ECBT from Boston to Lake Winnepesaukee in New Hampshire. AYH and CRW are committed to plan and mark the route. More of you are needed to help choose the best route. Certainly some of members in the northern suburbs area have ideas on scenic and hassle-free roads. Call or write Dick Mazeikus at 266 Fellsway West, Medford, MA, 02155 phone 396-2230.

BOTTLE BILL - The bill to ban no-deposit, no-return beverage containers is again before the Massachusetts legislature. Last year the legislature pass a bill outlawing flip-top cans, which will take effect in June of this year. The 1978 Bottle Bill has 101 cosponsors and has an excellent chance of passing. Also this year there a national group advocating the banning of disposable beverage containers. Contact the Committee For a Mass Bottle Bill, 120 Boylston St, Boston 02116 ph 423-1796.

*from the  
presidents  
pen . . . .*



FREEWHEELING THOUGHTS . . . . .

You may be thinking that this winter season is dragging slowly, but those of us on the Board of Directors and in the committees are wondering if we can get all of our work done before the warm weather riding season is upon us. There's a lot to do and we want to get it behind us so that we can enjoy the pure pleasures of riding together with the rest of you. If some of our early work has succeeded, by the time you read this you should have noticed some of the results.

First, you should have noted a new Editor and a new format for "WHEELPEOPLE." John Springfield is taking over the editorship of our bulletin and his first creative act has been to find a way of producing "WHEELPEOPLE" at lower cost and, at the same time, put out an attractive bulletin. We've also saved some money by changing our policy with regard to the number of copies we distribute to bike shops. At the suggestion of Al Basso, who with our former editor, Dick Mazeikus, is helping John assemble and distribute "WHEELPEOPLE", we are giving the bike shops only enough copies so they can be read at the shops. In place of give-aways, we are supplying shops with a single flier describing the club and including a membership application.

The real significance of this is that these economies will allow us to absorb the LAW dues increase, at least temporarily, without passing them on to you, our members. We may change our minds if we find necessary expenses getting out of hand, but for the time being, the concensus of the Board is to postpone any dues change.

Another fruit of our Board's planning should be evident in the social events planned. If this issue is out on time, we should have a second notice of our first social of the '78 season ... the mixer on Friday, February 3. Our new social chairperson, Bill Piekos, has waded right in and with the help of Ralph Galen, is planning an evening of pure pleasure. I'm looking forward to seeing you there. In addition, Bill is planning a repeat of last year's super awards banquet. Those of you who attended last year will remember the bountiful food, the good fellowship, and the fun prizes. As an added attraction, this year we have secured as our banquet speaker, Dr. Eugene Gaston of touring renown and of the Medical Advice column in "BICYCLING" magazine. I don't know if you'll get any of your ills cured for free but I expect we'll all be better informed and entertained as well.

Before I sign off for this month and get back to the more serious business of getting into shape on the rollers, I want to extend our best wishes for speedy recoveries to three area cyclists who were in recent serious biking accidents. First, our hopes for a speedy recovery to our own Ben Jeffries who took a header when his fork failed during a ride. Ben credits his helmet with saving his life - something we should all heed. Secondly, two well-known local cyclists are recovering from nasty encounters with cars. Mike Gildea of Life Cycle, who in years past has led many of our winter rides, and Dave Wood, who is leading and coordinating the Bike Week program. Both are well on the mend. As this year starts I hope that I won't need to use this space again to report any other accidents

So let's get those legs and lungs in shape; buy that helmet if you don't already have one, and let's have a great season of safe and pleasant cycling.

Earl Forman



The Board of Directors has been meeting once a month to insure that the upcoming season is a successful one. If you have any opinions concerning club policy, dues, organizational structure, or activities contact a board member, or better yet, come to the next board meeting. Highlights of the meetings are outlined below.

November 28, 1977

- 1) Elections - Earl Forman was elected president. Earl appointed officers and chairpersons.
- 2) Club Meetings changed - It was agreed to change the club meetings from Thursdays to Mondays.
- 3) Chairpersons sought - people were needed to head the social committee, Bicycle Week, and the LAW Centennial rally.
- 4) Board Appointment - Harold Lewis was appointed to serve out the term of Ed Lang who resigned.
- 5) Rides Committee - a rides committee was formed under the direction of Debra Glassman to design rides that will involve more members. Rides of varying length will leave the same starting places.

December 12, 1977

- 1) Dues increase from LAW - the board noted the \$2 dues increase from the LAW. Ways to reduce costs were discussed.
- 2) President's Letter - Earl Forman read a letter he would send to the members describing the direction that the club was going. He stressed the need to involve more members in the club rides by offering rides of varying lengths. He also wanted to develop a membership packet for people joining the club.
- 3) LAW Centennial - Ed Gross will host a meeting at his house on February 4 to help plan the 1980 G.E.A.R. rally in Newport. The CRW will cooperate with the Granite State Wheelmen and Narragansett Bay Wheelmen in hosting the event.
- 4) Rides Survey - the Rides Committee will survey the members by phone on January 24 to determine the rides most wanted. New members will be encouraged to lead rides.
- 5) Amendment proposed - a constitutional amendment will be presented to the membership concerning the length of a board members term. (see page 5).

January 9, 1978

- 1) New Editor - John Springfield will replace Dick Mazeikus as editor of Wheelpeople.
- 2) Dues - The question of the LAW dues increase came up again. The club can increase dues, disaffiliate from the LAW, or find ways of cutting costs or raising money. The bulletin will be published using volunteer typing and offset printing. This will save us 50% of the present costs. The board agreed to wait 4 to 6 weeks before a decision is made.
- 3) Social Activities - Bill Peikos has planned the February party. Ed Gross will investigate award banquet facilities.
- 4) Next Meeting - Feb 6 at HCHP at 7:30 p.m.

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PLEASE VOTE      PLEASE VOTE      PLEASE VOTE      PLEASE VOTE

The Board of Directors is proposing the following amendment to the club constitution:

Change Article IV, Section 2a from:  
 "A Director may not serve two full three-year terms in succession."  
 to read:  
 "A Director may not serve more than two full three-year terms in succession."

YES                       NO

Please send this ballot to Richard Mazeikus, 266 Fellsway West, Medford, MA 02155. Please mark BALLOT on the outside of your envelope. The ballots will be counted at the February 6 meeting of the Board of Directors. In order to pass, the amendment must be approved by 2/3 of the members voting.

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TANDEM TIDBITS

Quietly and without fanfare tandems are showing up at CRW rides in increasing numbers. Who are they owned by? Where did they come from? Is this a trend in CRW cycling? Is this a trend in cycling nationally? We hope to learn the answers to these questions and perhaps more.

Tandem owners, please step forward and identify yourselves. Would you like to share your experiences with other tandem riders? Are you interested in forming a Tandem Section of the Charles River Wheelmen? Have you found spokes that do not break? What gearing pattern do you use? Do you go on long tears or do you prefer short rides? Would you like to have special tandem events (tandem touring, time-trialing, turning and safety contests, tandem talk in every WHEELPEOPLE)?

Fill in the coupon below and try to add a double "T" to the following:  
Tandem Touring; Tandem Talk; Tandem Tango; Tandem Trials; Tandem\_\_\_\_\_.

To: Ralph W. Galen  
2210 Massachusetts Ave.  
Cambridge, MA 02140

Name \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Make and Model of Tandem \_\_\_\_\_

Special Interests in Tandem Riding \_\_\_\_\_

BIKE-UP WINDOW  
by  
Michael Brien

One sunny afternoon last April I rode my bicycle to the drive-up window at my bank. The teller took one glance and quickly said, "No bikes at the drive-up window!" When I asked her why, she just snapped, "No bikes!" At that time she became quite upset about her authority being questioned and after some bewildered pacing she backed away from the window hoping I'd go away. But I stuck to my guns and leaned a little closer to the outside microphone and started explaining how only the other day I had seen a pedestrian with a dog on a leash getting waited on at the same window. I even mentioned that there was little chance of my Raleigh International watering the bank's shrubs as the dog had done.

She was past listening and close to the point of tears. She was obviously following someone's instructions. But just the same, the whole thing seemed so damned unfair. Anyway, left with the decision of making a scene or trying some diplomacy, I tried the latter.

I rode home and phoned the bank president. I got his secretary instead and, although she offered a sympathetic ear, it was obvious the top man would never receive my message. So, after waiting for some time, I called again. Luck was with me this time, as the secretary was out and it was the bank president that answered. I quickly related to him the happenings at the drive-up window. I spoke with him for better than half an hour. He explained to me that they've had problems with pedestrians from a nearby factory using the drive-up window during rush hours. However, he felt that bicycles shouldn't be excluded from use of the window. He told me to return to that window and I'd certainly get waited on once he'd made a phone call.

I'm treated well at that window now, however, I try to get there when traffic is light. Convincing the bank is one thing, but convincing some thick-headed motorist is another.

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D O N ' T F O R G E T

CLUB PARTY

FRIDAY, FEBRUARY 3, 8:00 P.M.

2210 Massachusetts Ave.  
Cambridge, Mass.

$\frac{1}{2}$  mile outbound from Porter Square  
 $1\frac{1}{2}$  miles outbound from Harvard Square  
 $\frac{1}{2}$  mile inbound from Alewife Brook Parkway



# Effective Cycling

Feb 78

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## URBAN SURVIVAL CYCLING

Highlights of CRW-BABC sponsored speech by John Forester given at the Museum of Transportation on January 19th.

John Forester is known to most of us as the author of the book EFFECTIVE CYCLING and as the director of the LAW's Effective Cycling Program. His talk closely paralleled his book, with additional material coming from a just published report, NATIONAL SAMPLE OF CAR-BIKE COLLISION INVESTIGATION.

Forester listed the causes of most bicycle accidents at this time:

50% - cyclist injuries caused by simply falling down.

17% - car/bike collisions.

17% - bike/bike collisions.

rest - everything else (bike/dog, mechanical failure, etc)

Notably, car/bike collisions are NOT the major cause of cyclist injuries.

But since car/bike collisions are the most reported in a systematic manner and cited as a reason for building bikeways and bikelanes, he listed them:

9% - cyclist runs stop sign; is hit by motorist.

8% - motorist makes left turn into path of oncoming cyclist.

7% - motorist restarts from stop; hits cyclist in intersectn.

followed by others (not particularly in order) :

cyclist riding on wrong side of street.

cyclist exits driveway without yielding to street traffic.

motorist improper right turn into path of cyclist.

In breaking the data down by age group, the biggest cause of accidents differs:

Children - cyclist enters street from driveway without yielding.

Teenagers - running stop signs & turn left from right lane (not obeying the right-of-way rules).

Adults - motorist unexpected left turns, motorist hits cyclist clearing intersection on yellow, motorist right turn into cyclist path.

Forester noted that education of the cyclist can prevent the major causes of accidents for children and teenagers. Clearly, the motorist needs more education if the adult accidents are to be reduced. Also the cyclist has to learn how to best react when a motorist cuts in front of him.

He outlined some of principles on which the rules of the road are based:

- 1) There are two groups of people: pedestrians and drivers (drivers include both motorists and bicyclists).
- 2) Channelization - when driver intends to turn, he moves to appropriate lane.
- 3) Right-of-way - arterial street traffic does not have to stop at every intersection.
- 4) Drive on the right.
- 5) You have the right to the space in front of you.

He used these principles to point out the defects of most urban bikelanes and bikeways. By forcing the cyclist to a right lane, the cyclist is at the mercy of right and left turning motorists at intersections (already the biggest cause of accidents to adult cyclists).

Forester comes to an inescapable conclusion: Although bikeways and bikelanes are built to "protect" the cyclist, they actually expose the cyclists to more dangers. Furthermore, the rules of the road have been tested for 60 years; they are based on sound principles. The safest and most convenient place to cycle is in the street obeying the rules of the road.

An emergency procedure for avoiding an impending collision was described. It's called the "Instant Turn". If you want to turn right very quickly, you want to get your body to lean right. To get your body to the right, you jerk your steering left for a split second. Forester said that this will not feel natural (after all, the approaching car is coming from the left), but it is very effective. He suggested that we try it in a clear parking lot sometime.

A man with a lot to say, Forester touched many other subjects that cannot be described here. If you want to read more, you can buy a copy of EFFECTIVE CYCLING in some area bike shops or mail order it.

## C L A S S I F I E D S

WANTED - 21 $\frac{1}{2}$ " used Raleigh Record, Grand Prix, or comparable bike. Call John Likins, 237-5494, Norwood.

FOR SALE - Men's Peugeot, 23" Frame, Recently overhauled, New Tires, Mafac Centerpull brakes, Simplex Hubs and Derailleurs, \$125.00 or best offer. Call Greg, 933-5262, Woburn.

FOR SALE - Kayak #1: Phoenix Appalachian, 13'9". Mid-range performance. Fairly large volume for camping gear or larger person. \$125.

Kayak #2: Minislalom, 13'2". Low volume and EXTREMELY MANUEVERABLE. Pavel Bone(?) ancestry. Very strong. Made from fiberglass and polypropylene cloth with silicon-bubble epoxy resin. \$100.

Flotation bags, spray skirt, and paddle are included with both kayaks. Call John Gordon, 274-0354 evenings before 9 pm, Bedford.

FOUND - Cyclist and bike frozen in snow embankment during January 20 snow storm. Chipped out by the MDC and thawed at Mass General, his first words after two days in coma were, "Is my bike okay?" Cyclist was reputedly part of crack postal team determined to deliver CRW WHEELPEOPLE bulletin.

## What's Happening?

NEWS, ARTICLES, CLASSIFIED ADS - Send to WHEELPEOPLE Editor, John Springfield, 146 Beaconsfield, Apt. 4, Brookline, MA 02146.

CLASSIFIED ADS - Free to members; 25¢ per word to non-members.

Material must be received by the 15th of month preceeding issue.