

WHEELPEOPLE

JAN 1980



The Official Monthly Publication Of

The Charles River Wheelmen

The Charles River Wheelmen
3 Bow Street
Cambridge, MA 02138

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





RIDE SCHEDULE



The Charles River Wheelmen is a group of adult bicyclists that sponsors rides throughout the entire year. Although most of our rides are social and recreational, we are also interested in touring, racing, and commuting. Our regular ride schedule runs from spring to fall; loosely organized "Frostbite Rides" are offered in the winter. Our regular season rides have a group leader (who often stays in the rear), a marked route, and planned stops to facilitate social fellowship. Two loops are offered on each ride, often with a common lunch stop.

By contrast, the winter "Frostbite Rides" are planned only as far as the starting point. The riders who show will determine the direction and pace of the rides.

Once a year we join with the L.A.W. and sponsor a 100-mile (Century) Ride. Riders travel at their own pace and try to complete 25, 50, or 100 miles. Refreshments are supplied at stops, and patches are awarded to the riders who finish.

Although members try to help each other with repairs, we urge you to carry your own pump and simple repair kit. If you're not sure how to use the tools, ask the ride leader or an experienced club rider. Don't be afraid to ask. Club riding is fun and educational!

OFFICERS

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
Al Basso, Membership Chairperson	666-8571
Bill Piekos, Social Chairperson	395-5699
David Johanson, Publicity Chairperson	357-9300 (days)
John Springfield, Editor	566-1928
Mac Rogers, Legislative Rep.	661-2095
Bill Roberts, Computer Processing	

BOARD OF DIRECTORS

Earl Forman	894-2084
Al Basso	666-8571
Carla Buerig	
Joan Campbell (L.A.W. Centennial Rep.)	484-1045
Jill Eiseman	232-4677
Ed Gross (L.A.W. Vice President)	969-0477
Eric Hall	965-4768
Sam Johnson	769-4766
Bill Risinger	321-7623
Ed Trumbull	332-8546

Membership Application

Membership in the CRW also includes membership in the League of American Wheelmen. The LAW publishes a monthly magazine, sponsors regional bike rallies, and defends your right to use the roads. If you would like to make an extra contribution to the LAW Legislative Fund, enter amt: _____

New? Renewal? If Renewal, include LAW member no. _____

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

Individual Membership: \$15 per year Household: \$20 per year

The CRW bylaws require that members be at least 16 years of age.

Make checks to: Charles River Wheelmen, 3 Bow Street, Cambridge, MA 02138
DUES INCLUDE L.A.W. DUES. DO NOT MAIL L.A.W. DUES TO L.A.W. SEPARATELY.

Calendar

* * * * *

* It is said that cycling creates strong bonds among people. *
Well, November and December saw a few CRW couples make that
* bond permanent by getting married. Congratulations to Bill *
and Frances Risinger, George Hetrick and Nancy Tichanuk, and
* Harriet Fell and Sheldon Brown! *

* John Allen gives this account of Sheldon and Harriet's wed- *
ding:

* CRW members Sheldon Brown and Harriet Fell met each other *
on a CRW ride a couple of years ago -- and on Sunday,
* December 2, they were married at the Charles River Boat *
Club in Cambridge. After the wedding and reception, they
* proceeded to the honeymoon suite at the Hyatt Regency *
Hotel, riding down the Memorial Drive Bike Path on -- you
* guessed it -- a bicycle built for two. Sheldon was wear- *
ing a black stovepipe hat and a tuxedo, and Harriet was
* dressed in her white trousseau -- a fine sight. They *
lacked their usual Bell helmets because, as they claim,
* the ride happened entirely as a spur of the moment whim *
on a borrowed bike. But to friends who attended the wed- *
ding, the ride had a certain inevitability. Especially *
to Mike Gildea, who made his bike available at the *
* crucial moment! *

* On another note, the Editor would like to print a retrac- *
tion. Last month I said our guest speaker, Dick Talbot, was
* President of Northeast Bicycle Club. Well, in fact, Rob Lee *
is President. Dick Talbot is Chairman of Time-Trial Racing
* and Chairman of the Sponsorship Committee of the Northeast *
Bicycle Club. My apologies to both Rob and Dick. *

* FROSTBITE RIDE NOTE: Our winter rides are "show-and-go" *
with no prearranged leader or route. Riders will mutually
* determine route and pace. Be prepared for changeable *
weather and crisp camaraderie. Bring maps and tools! *

* * * * *

DECEMBER 23, SUNDAY, 10:30 A.M. - Take a break during the holiday
season and work off some of those calories. Our Frostbite Ride
starts at the Duck Feeding Area, Routes 128 and 30 on the Weston-
Newton line. Bring your favorite duck food.

DECEMBER 30, SUNDAY, 10:30 A.M. - Salute the 70's as they fade
down bicycle lane. The last Frostbite Ride of the decade starts
at Larz Anderson Park in south Brookline at the Goddard Avenue
parking lot. Say goodby with a ride, not a whimper.

JANUARY 1, 1980, 11:30 A.M. - You may be foggy, you may be a
little light, but nothing should stop you from being the first
on your block to welcome in the 80's. Celebrate the Decade of
the Bicycle by meeting at the Watertown Mall on Arsenal Street,
about 2 km. east of Watertown Square.

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JANUARY 3, THUR, 7:30 P.M. - CRW Board of Directors meeting. A new CRW President will be elected by the Board. All Board members are urged to attend. Ground plans for the 1980 LAW Centennial will also be laid. Other important issues to be discussed are: the 1980 rides schedule, the Cycle Safely Campaign, legislative activities, winter social, club banquet, and the selection of a new recording secretary. (The recording secretary need not be a member of the Board; in fact, it's a great way to learn about the workings of the Board. If you're interested, come to the meeting!). Meet at the MIT Computation Center, 60 Vassar St., Cambridge (Bldg. 39). Go to the fifth floor. Vassar Street runs between Mass. Ave. and Main St. You can walk from the Kendall station on the Red Line or from the Mass. Ave. bus. If you ride your bike, you can bring it in the building.

JANUARY 6, SUNDAY, 10:30 A.M. - Frostbite Ride from Malden City Hall on Main Street and Route 60 in downtown Malden.

JANUARY 13, SUNDAY, 10:30 A.M. - Frostbite Ride from Needham Town Hall, Route 135 and Highland Ave. in downtown Needham.

JANUARY 20, SUNDAY, 10:30 A.M. - Frostbite ride from Cambridge Common, MASS. Ave. and Garden Street.

JANUARY 24, THURSDAY, 7:30 P.M. - Second CLUB MEETING of the season. Our special presentation this month will be the film, "Bicycling Safely on the Road." This film is based on John Forester's book, Effective Cycling. Copies of the book will also be available for \$7 (or \$8 for non-members). Following the film there will be a discussion of safe cycling techniques and CRW plans for promoting safe cycling in the community. If you want to see the BEST film on cycling techniques and help yourself to FREE popcorn, don't miss this chance!

JANUARY 27, SUNDAY, 10:30 A.M. - Celebrate the first big snow-storm of 1978 by cleaning off the grit from your chain and taking to the snow-free roads of 1980. This Frostbite Ride starts at municipal parking lot in Newton Centre, Centre and Beacon Streets.

FEBRUARY 3, SUNDAY, 10:30 A.M. - Show the ground hog your bicycle shadow by joining us on this Frostbite Ride starting at the Dedham Mall, on VFW Parkway (Rte. 1) in Dedham.

FEBRUARY 10, SUNDAY, 10:30 A.M. - On this day in 68,000 BC, Thorn Ula invented the wheel. Commemorate this event with a Frostbite Ride from Belmont Town Hall, Pleasant St. and Concord Ave.

ANNOUNCEMENTS

Bob Frolich won 1000 CRW bucks for submitting the best winter cycling tip. Bob says that motorists, cyclists, and pedestrians cannot see your hand signals at night. He suggested you put reflective tape on the back of your gloves.

Our Cycle Safely poster (appearing last issue) was done by Judy Appleby. Thanks to Judy for her great art work and perseverance in incorporating our nebulous ideas into a very attractive poster!

FREEWHEELING THOUGHTS *from the president*

This is the time of year for both joy and reflection, for recounting blessings and accomplishments. And as tradition has it, it is time also for plans and resolutions for the future. It is appropriate at this, the end of my term as CRW president to give a brief accounting - a state of the club message.

It is hard for me to believe that I have been your president for two years. Much has happened to our club in that span and, in my slightly prejudiced view, a lot of it has been good. For one thing we have grown. I know that numbers alone do not speak of the quality of our club but the fact is that we have nearly 100 more members today than we did 2 years ago. (Our count as of our November list was 269 listed - some being couples). Many of them have become active in club events and all are pleasant riding companions. Growth is good, despite the burden that it may present to the Membership and Publication Committees because it is positive feed back that our program is attractive.

I have taken no survey, but in my opinion the elements of that attractiveness (in addition to the personal charm that bicycling automatically confers on its practitioners) includes the rides program, publicity, social programming and a growing awareness that as part of the League of American Wheelmen, we represent a respected and effective voice for the bicycling community. I want to say a few words about each.

First, the heart of a bicycling club, its reason for being in the case of the CRW, is the organized rides program. We have made some innovations in the past two years that ~~have~~ made our program one of the main attractions of the club. In my mind one of the best things we have done is to institute the short ride alternative to our Sunday rides program. The opportunity for those who want to go slower, who don't ~~have~~ the time or energy or desire to ride 30 to 60 miles has brought a whole new group of great members into the fold. In addition by providing volunteers who are willing to ride at the rear to help with mechanical problems and provide encouragement to beginners we are slowly breaking down that forboding image of the CRW as a nothing but a bunch of all-out fast riders. Coupled with well planned and marked (or mapped) scenic routes, the rides program has attracted ever larger attendance and a whole new type of rider into the club. However we're not perfect yet. Every once in a while we goof up and fail to provide a sweeper, or take off in our exuberance and leave neophyte or slower riders in the dust, never to be seen again. But we continue to improve and Debra Glas outstanding planning and persistent reminders to leaders have set high standards that we hope we can maintain and perhaps even build on.

Another outstanding feature of our club, I think you will agree, is the Bulletin. No other news organ that I receive presents what is essentially dull schedules and announcements in such an innovative, entertaining and attractive fashion. I suspect that all of you do, as I do, wait for it with anticipation and read it through and through. The inspiration and perspiration of John Springfield, our hard work-

ing editor, not only provides us with this delightful publication, but does so in a manner so economical that we have not required a dues increase in over 5 years. Because our membership lives in such a wide spread area (most of us can be encompassed within a 30 mile radius of downtown Boston but we have loyal members on Cape Cod and Cape Ann, the Sterns live in Westfield and ride with us when ever they are in town, Scott Turner visits often from Bridgeport, Conn. and don't forget our most loyal and far flung member Erv Pfau who lives in New Orleans) we are held together as a club by the means of "Wheelpeople". All credit and kudos are due to John Springfield. I only claim credit in being lucky enough to have accepted his offer to do the editor's job when our former stalwart editor John Kane (née Maziekus) retired as editor.

As a social organization we have ups and downs. There have been some pretty good parties, but the best, I think have been the post ride get togethers at someone's home. The refreshments and conviviality always seem better after a bike ride. I know nothing that enhances the taste of cold beer like a hot ride. Bill Piekos' contributions of food, drink, but more important, his work and effort can't be over-emphasized in creating the pleasures we have enjoyed. My only regret is that we haven't done more.

The last accomplishment that I think is worth mentioning is a less tangible one and perhaps one that exists only in my mind. I think we have achieved a higher profile in the community, a growing reputation as a serious and important presence in the community as the cycling club. My evidence is not hard. But I feel it from the number of calls that Al Basso, our hard working membership chairman, and I get requesting information about the club and about cycling issues in general. Numerous journalists seek us out and ask for our comments and advice on cycling issues. The reason they do so is, I think, due in part to the effective newspaper publicity that Dave Johanson's efforts have given our rides program. In addition, Mac Rogers is starting to become known as a presence along with Cutler West at legislative hearings concerning cycling issues. And last but not least, I think our affiliation with the LAW and its growing effectiveness as the effective voice of bicyclists has enhanced our stature in the cycling world.

As we head into 1980 I would like to see us become even more prominent as a factor in promoting the very necessary education of auto drivers and cyclists in establishing the respect for cyclists rights and safety on Mass. roads. Fundamental to doing this is teaching cyclists how to ride safely and responsively. John Springfield has started us on a campaign to heighten awareness of safety issues and is organizing a group to spread the gospel according to John Forester. I think it could really make a significant contribution if we all join in the effort. You will be hearing and seeing more of these activities.

I think we should follow the model of our parent organization, the LAW, and become more outspoken and politically active. As our membership grows and our status in the community with it, we should use our influence to become more than just a social cycling organization. We

TRUE or FALSE:

Water is better than electrolyte solutions (such as Gatorade, ERG, Body Punch) for replacing the sweat lost during exercise.

TRUE. The racer's edge will not come from drinking special electrolyte solutions, but rather from drinking plain ol' water. Water is absorbed from the stomach quicker than other beverages and juices which contain sugar, glucose, sodium, potassium, and other "ingredients". The higher the concentration of ingredients, the slower the rate of absorption. Gatorade, for example, has a higher sugar content than ERG or water, and thus takes longer to get to the working muscles where it is needed.

Water taken during exercise aids performance and will not cause cramps. The recommended intake is one cup 15 minutes beforehand, and at least one cup every 20 minutes during strenuous activity. Your body's thirst mechanism does not reliably indicate how much fluid you should drink. You may need water even if you don't feel thirsty.

Replacing sweat losses is important for maintaining optimal performance. Sweat cools the body as it evaporates. If the body should stop sweating, as occurs with severe dehydration, the body temperature will rise to abnormally high levels and result in bad complications, possibly death. Warning signals for dehydration include headaches, cramps, dizziness, shaking, and exhaustion.

Each person sweats at a different rate. The best method of determining your sweat loss is to weigh yourself before and after exercise. For each pound lost, include two cups of water during the exercise period.

Sodium and potassium are lost with sweat, but body stores are not depleted. The normal diet, which supplies excessive amounts of these electrolytes, replaces the losses. Special drinks are not necessary. For example, one cup of Gatorade contains 20 milligrams of potassium, one cup of orange juice - 500 mg. On a 60° day, a runner may lose 320 - 800 milligrams potassium during a 20-mile run. The glass of orange juice enjoyed after the run will supply that amount. Similarly, a handful of pretzels or a small packet of salt added to the next meal will replace all of the sodium that was lost.

To summarize, water is the best choice for replacing sweat losses; it is absorbed quicker than other fluids. Frequent water breaks during exercise prevent dehydration and help maintain optimal performance. Special electrolyte solutions are not necessary, since abundant amounts of sodium and potassium are available in the foods you normally eat. The money you save by drinking water during the event can be better invested in fruits and juices for nourishment after exercise.

* * *

Nancy Clark is the registered dietitian with Sports Medicine Resource. She welcomes questions or suggestions for topics. Write: Sports Nutrition Associates, 830 Boylston St., Brookline MA 02167.

TRAFFIC LIGHT SENSING DEVICES - HELP OR HINDRANCE?
by John Allen

The City of Boston is installing traffic light controllers actuated by electronic sensing loops under the pavement. You can recognize these by square or octagonal patterns on the pavement, where a diamond saw was used to cut the grooves for the sensing loops. The sensing loops represent a laudable attempt to solve some of the problems described by Editor John Springfield in last February's issue of Wheelpople. For car drivers, they eliminate the problem of waiting excessively long for lights to change when there is no cross traffic. But for riders of two-wheeled vehicles, the sensing loops make it necessary either to wait for a car to make the light change, or to ride through a red light. The blind insensitivity of traffic engineers to this problem boggles the mind.

There is a law in Massachusetts which ensures bicyclists equal rights on the road; the same applies to moped and motor-cycle riders. The sensing loops deny us equal protection under the law, in violation of the United States Constitution. The class of road users affected is going to increase as gasoline prices continue to rise.

I suggest the following approach to solving the problem:

- 1) Pressure municipal authorities to recognize the problem.
- 2) Make technical improvements: the sensing loops, first, need to have their sensitivity increased. I've been told that this can be done easily by an adjustment in the electronic device which responds to the loops. Also, the location of the loops needs to be marked, so riders of two-wheeled vehicles can be sure to ride over them rather than next to them. The loops are presently visible, but once the streets are repaved, they will not be. And finally, thought needs to be given to the design of loops which respond specially to bicycles. These would, for example, provide an extra-long green to allow a bicyclists safely to cross a very wide street.

Sensing loops could be of great advantage to bicyclists, if designed correctly. They could eliminate once and for all the annoying problem of breaking the pace to wait for a red light when there is no cross traffic. They would cut the number of bicyclists who ride through red lights, by eliminating unnecessary waits. They could enforce riding on the right side of the street, because they would only work for a bicyclists riding on the right side.

I have written a letter to Boston Traffic Commissioner Emily Lloyd describing the sensor problem. I am waiting for a reply. I've suggested that the Traffic Department involve bicyclists in its planning activities. Bicyclist involvement would have prevented this problem in the first place. If we get a favorable response, there will be a need for volunteers to help with planning. If not, we should consider joining with other bicyclists, moped riders, and motorcyclists and suing for our Constitutional rights.



NOTE:

Each individual, including all children, must register on a separate registration form. You may duplicate this form or send for extra forms. Please enclose a stamped, self-addressed business envelope.

_____	_____	M _____ F _____ Over 18 _____
Last Name	First & Middle Name	
_____	_____	(_____) _____
Street	City, State, Zip	Phone Number
_____	_____	(_____) _____
In Emergency Contact	Relationship	Phone Number
_____	_____	_____
Club Affiliations	L.A.W. Membership Number If not L.A.W. member, see below	

REGISTRATION FEE

All participants over 12 years of age must pay this fee whether staying and eating on campus or not. Children 12 or under will not be charged this fee. All registrants 13 and over enter \$15.

LATE REGISTRATIONS

There is a \$5.00 fee for all registrations not postmarked before 15 April 1980. If your registration is late, please enter \$5.00

NON L.A.W. MEMBERS

You may join the League of American Wheelmen for \$15.00 for an individual membership (age 14 or over) or \$20.00 for a family membership (parents and unmarried children to age 21). Please submit all registration forms together for family membership. If you do not wish to join the L.A.W., please include a \$5.00 additional fee. Enter additional fee or membership amount.

FOOD AND LODGING OPTIONS

You may be housed and eat at the University; you may stay off campus and make your own housing arrangements, but eat on campus; or you may make your own arrangements both to stay and eat off campus.

LODGING: (double occupancy only)

Double occupancy room in a U.R.I. dormitory includes bed and bath linens, lodging for three nights: May 23, 24, 25.

- All registrants sleeping in a bed enter \$19.50
- Children 12 and under sleeping on floor No Charge

FOOD PROGRAM

Includes eight meals (breakfast, lunch, dinner on May 24 & 25 and breakfast and lunch on May 26th).

- All registrants over age of 6 enter \$26.50.
- Children 6 and under: Free.
- Friday night (May 23) OPTIONAL dinner. (Fisherman's Platter) enter \$5.00.

TOTAL _____

MAKE CHECKS PAYABLE TO:

LAW CENTENNIAL CELEBRATION
Mail to P.O. BOX 815
PROVIDENCE, R.I. 02901

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REFUNDS

Registration fees are not refundable. Food and lodging fees will be refunded up to April 15, 1980. After that date no refunds will be possible due to our financial commitments to the University of Rhode Island.

SPECIAL INSTRUCTIONS

- I wish to share a room with _____ His/Her application must be attached.
- We are bringing a tandem, so please try to book us on the first floor.
- Bus tours of the area may be available. Please check the box if you are interested.

POST WEEKEND TOUR

For those with extra time, a tour of Cape Cod will leave Kingston, R.I. on May 26th and arrive in Boston via ferry on Saturday, May 31st. This five day tour will meander through southeastern Rhode Island and Massachusetts, after crossing the Newport Bridge, usually restricted to cars. An area of singular beauty, the Cape is the site of the Pilgrims' first landing - before Plymouth in 1620. Those fortunate enough to stay on for the Cape Cod Classic will enjoy parts of the Cape seldom seen by tourists. Cost of the tour will be approximately \$185.00. For additional information and application please write to:

The Seven Hills Wheelmen
C/O Fritz Maiser
122 Jamieson Road
Holden, MA 01520

RELEASE - ALL APPLICANTS MUST AFFIX APPROPRIATE SIGNATURE TO RELEASE IN SPACE PROVIDED. APPLICATIONS WILL BE RETURNED IF NOT PROPERLY SIGNED.

I, the undersigned hereby agree to release and hold harmless the League of American Wheelmen, Inc., The Narragansett Bay Wheelmen, Inc., The Charles River Wheelmen, Inc., The Granite State Wheelmen, Inc., The Seven Hills Wheelmen, The University of Rhode Island, and any of their officers, members, representatives and agents, and any other group, persons or person associated with this event in any way whatsoever, from and against blame or liability, however caused, including any and all claims arising out of the conduct, management or negligence of the aforementioned, for any injury, misadventure, harm, loss, inconvenience, or damage suffered or sustained as a result of participation in the L.A.W. Centennial Celebration, or in any activities associated therewith. This release does not apply to the extent that there exists insurance coverage covering person, persons and/or associations for the liability claimed. This exclusion only applies to the extent of such coverage and to the limits set forth on each such policy. I have read the foregoing carefully and understand its contents and sign the same as my own free act. I shall abide by all traffic laws and regulations and practice courtesy and safety in cycling.

SIGNATURE OF APPLICANT

DATE

If the applicant is under the age of 18, in addition to having the applicant sign, complete the following:

SIGNATURE OF PARENT OR GUARDIAN

RELATIONSHIP

DATE

Mail to:
Law Centennial Celebration
P.O. Box 815
Providence, R.I. 02901

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102 broadway (RT. 1)
saugus, mass. 01906
(617) 233-2664

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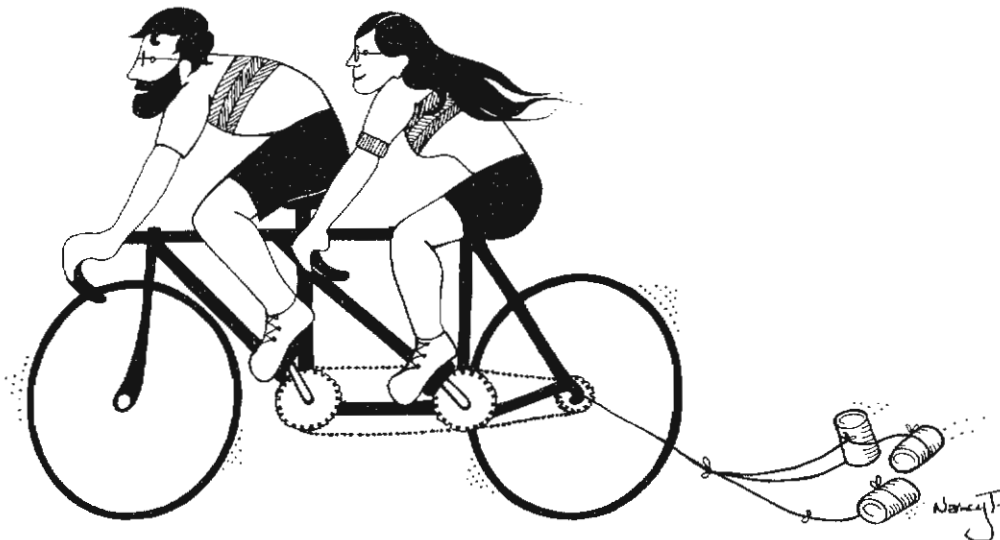
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George Hetrick and Nancy Tichanuk...12/15/79.

(continued from page 4)

have a responsibility to ourselves and other bicyclists to do what we can to promote bicycling. Certainly bicycling is going to play a more important role in our nations transportation mix, both for utility and pleasure.

For some of the less idealistic but more practical things to do, I think we have demonstrated that we enjoy each others' company and I think we should try to provide more opportunities for socializing. These could be anything from traditional party get togethers to more events like the Martha's Vineyard ride where we combine riding and a chance to eat and talk together. Perhaps we could experiment with Sunday rides that originate at multiple points and converge at a point of interest for lunch or sight seeing. This would also respond to our desires to lessen our use of cars to get to rides. Speaking of the latter, we clearly need to increase our car pooling when getting to a ride requires driving for most of us. Sign up as a volunteer when the rides season starts.

The future looks bright for bicycling and for the CRW in particular. We have a wonderful mix of interesting and talented people from all walks of life, all of whom have discovered the common joys of bicycling. I'm looking forward to continued growth and improvement for us all.

For the holidays and the year to come may the wind be always at your back.



The Members' Page

FOR SALE - Cross country skis, white and blue 200 cm. Fuji Standard Touring 150. This is a no-wax model and is in mint condition, having never been used. \$45. Call Jacek "Rudy" Rudowski, 646-9491.

FOR SALE - CRW Decals are still available! This single sheet of assorted decals can be used on your bike, on book covers, on glass surfaces, or whatever. All proceeds go to the CRW treasury. For more info, call Don Blake (CRW Treasurer) at 275-7878, Bedford.

WANTED - CRW Recording Secretary for Board of Directors meeting. Envelopes and mailing labels provided for monthly mailing of minutes to Board members. You should be able to attend the monthly meetings of the CRW Board. If interested, volunteer at the January 3rd Board meeting!

NEWS, ARTICLES, LETTERS, MEMBERS' CLASSIFIEDS, PAID ADS

Please mail all WHEELPEOPLE materials to CRW Editor, John Springfield, 10 Short St., Apt. 5, Brookline, MA 02146. Material must be received by the 15th of month preceding issue.

Paid ads must be received by the 10th of the month along with a check payable to "Charles River Wheelmen". The Ad Page will be filled on a first-come, first-serve basis.