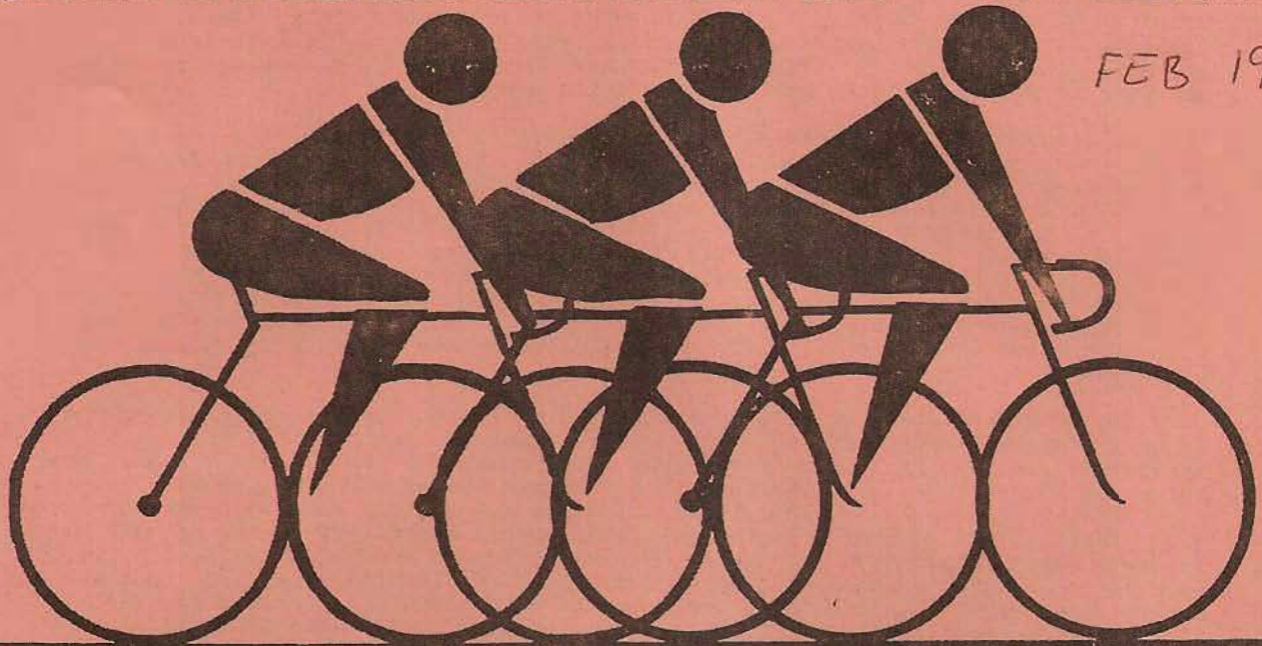


WHEELPEOPLE

FEB 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 a 100% chapter club of the country's oldest bicycling organization, The League of American Wheelmen.



The Charles River Wheelmen

The purpose of the Charles River Wheelmen is the enjoyment and advancement of bicycling and related healthful activities. We try to fulfill our purpose through the sponsorship of rides and other social gatherings, through publicity of the benefits of cycling, through cooperation with other organizations (notably the League of American Wheelmen), through encouragement of favorable actions by the bicycling industry and by government, through education of the cycling community and general public, and through other suitable means.

We are perhaps best known for our year-round rides program. Our regular rides season goes from early spring to late fall; it includes weekly rides that have at least two differently-paced rides. Leaders stay in the rear to assist new riders and insure that nobody gets left behind. The routes are arrowed in advance by the leaders so that club members don't have to spend unnecessary time consulting maps. A common lunch stop for all rides facilitates camaraderie and the swapping of sandwiches, tall tales, and brake cables. Our winter Frostbite Rides are more informal; the pace and routes are mutually decided by the hardy bunch that shows up to brave the elements. We also sponsor at least one Century (100-mile ride) each year and award patches to those who complete 25, 50, or 100 miles.

Riding with a group is different than riding alone. You'll be glad when one of us stops to help you fix a flat or adjust a cable. But you also must be aware of your responsibility towards the group. Always carry a pump, a small repair kit, and a map of the area. The Charles River Wheelmen cannot and will not take responsibility for problems or injuries that may arise due to road hazards, other cyclist motor traffic, the weather, chasing dogs, improperly maintained bikes, or that hot pastrami sandwich you have for lunch. But we will take credit if you meet a friend on a ride, discover a new route, learn a tip from an old-timer, see the ocean at sunrise, meet your future spouse, learn how to select and use gears, ride your first Century, or discover the bicycle of your dreams in our classified ads!

OFFICERS AND COORDINATORS

| | | | |
|---------------------------------|----------|----------------------------------|----------|
| President - John Springfield | 566-1928 | Safety Coord - Bill Risinger | 321-7623 |
| Vice President - Jill Eiseman | 232-4677 | Government - Mac Rogers | 661-2095 |
| V.P. of Rides - Debra Glassman | 489-3141 | Banquet/Social - Bill Piekos | 395-5699 |
| Membership/Informatn- Al Basso | 666-8571 | Publicity - David Johanson | 357-9300 |
| Treasurer - Don Blake | 275-7878 | Awards Coord - John Kane | 396-2230 |
| Editor - John Springfield | 566-1928 | Frostbite Rides - { Tom Marx | 244-5529 |
| Volunteer Coord- Joan Campbell | 484-1045 | { Dick Buck | 923-8909 |
| Century Coordinator--Eric Hall | 965-4768 | Centennial Ride- John Kane | 396-2230 |
| Membership Poll - Ed Trumbull | 332-8546 | Speaker Coordinator - maybe you? | |
| East Coast Bike Cngrs-John Kane | 396-2230 | | |

BOARD OF DIRECTORS

Al Basso, Carla Buerig (Recording Secretary), Joan Campbell, Jill Eiseman, Ed Gross, Eric Hall, Sam Johnson, Bill Risinger, John Springfield, and Ed Trumbull.

* * * * *

Membership Application

CRW membership includes membership in the League of American Wheelmen, the country's oldest bicycling organization. We mail your LAW dues for you. Even though you may be solicited directly by the LAW, please ignore the solicitation; we will forward your LAW dues when we receive your CRW dues. If this is a renewal, please supply your LAW member number (on the LAW bulletin label).

Name(s) _____ Phone _____

Address _____

City _____ State _____ Zip _____

New? Renewal? If renewal, include LAW member number _____

Would you like us to contact you about participating on a committee? _____

Other comments _____

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

Note: CRW bylaws require that you be at least 16 years of age.

Please make checks payable to: CHARLES RIVER WHEELMEN

Please mail this form with check to:

Al Basso
CRW Membership Coordinator
29 Delaware Street
Somerville, MA 02145

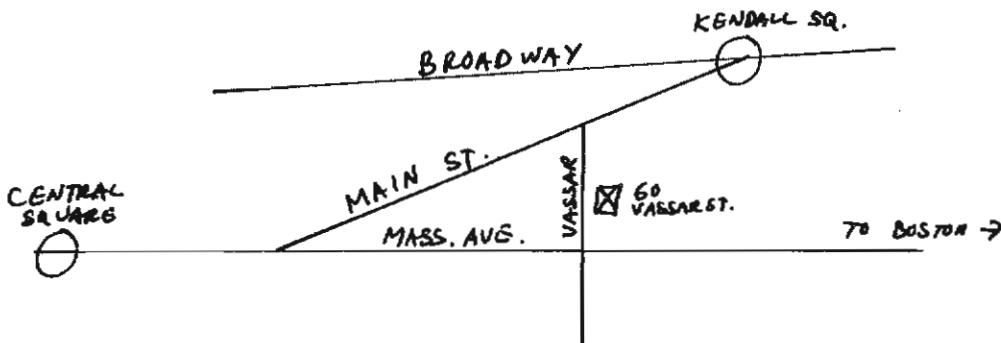
Calendar

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- * Many things have been happening this past month. First, John Springfield is the new CRW President. New committees have already been formed to bring you, the members, more and better events in 1980. See the inside cover for the new officers and coordinators. We still need, however, a new editor. The job requires about 12 hours a month in assembling information, typing, dropping off and picking up the copies at the printer in Cambridge, and helping to collate and staple the bulletin. If you're interested, call John Springfield, 566-1928.
 - * Second, we welcome our newest member, Matthew William Piekos, born December 16, 1979, to Bill and Carol Piekos.
 - * Third, Tom Marx and Dick Buck have volunteered to facilitate the Frostbite Rides by introducing people, planning possible routes, and leading two differently-paced rides if people are interested.
 - * And fourth, we are now actively seeking ride leaders for the coming season. If you have a ride in mind, call Debra Glassman at 489-3141 or mail the form on page 5.
 - * FROSTBITE RIDE NOTE: Our winter rides are "show-and-go" with no arrowed routes. Riders will mutually determine route and pace. You should come prepared with maps, tools, and a quick wit.
- * * * * *

JANUARY 20, SUNDAY, 10:30 A.M. - Frostbite ride from Cambridge Common, Mass. Ave. and Garden Street. If enough people show, we will have two rides. For information on all Frostbite Rides, call Tom Marx, 244-5529, or Dick Buck, 923-8909.

JANUARY 24, THURSDAY, 7:30 P.M. - THURSDAY NIGHT AT THE MOVIES! Our second club meeting of the season will feature the film, "Bicycling Safely on the Road", based on John Forester's book, Effective Cycling. This is by far the BEST film on cycling techniques and safety. FREE POPCORN with be supplied by our host, Bill Risinger. And 10¢ cans of soda (no wholesalers, please) will be on hand, courtesy of Bill Piekos. How can you beat this combination, folks! Meet at the MIT Computation Center (Bldg. 39), 60 Vassar Street, Cambridge. Take the elevator to the fifth floor (room 530). Lock your bike in the basement or bring it up to the fifth floor (if it is not wet). Vassar Street can be reached by bike, polluter, or MBTA (Red Line to Kendall, or Mass Ave. bus).



FREE POPCORN!
COPIES OF EFFECTIVE CYCLING
ONLY \$7.

JANUARY 27, SUNDAY, 10:30 A.M. - Celebrate the first blizzard of 1978 by meeting us for a Frostbite Ride in Newton Centre, Beacon Street and Centre Street, at the municipal parking lot. If there is enough interest, we'll have two differently-paced rides.

FEBRUARY 3, SUNDAY, 10:30 A.M. - Show the ground hog that you're not afraid of your bicycle's shadow. Meet us for a Frostbite Ride starting at the Dedham Mall, VFW Parkway (Route 1) in Dedham.

FEBRUARY 5, TUESDAY, 7:30 P.M. - CRW Board of Directors meeting. ALL MEMBERS ARE WELCOME. Topics to be discussed are the upcoming ride schedule, the budget, the LAW Centennial, the Awards Banquet, government (in)actions, our dues structure, the safety campaign, volunteer solicitation effort, membership concerns, and any other topic that needs to be discussed. The minutes will be read promptly at 7:30. Please be on time! We will make every effort to end the meeting by 9:00! Meet at the MIT Computation Center, 60 Vassar St., Cambridge (Bldg. 39, room 530). An agenda will be listed on the blackboard. Feel free to add your topic to the list!

FEBRUARY 10, SUNDAY, 10:30 A.M. - Commemorate the invention of the wheel on this date in 68,764 B.C. (Gregorian calendar). Meet at the Belmont Town Hall, Pleasant Street and Concord Avenue, for a Frostbite Ride on wheels.

FEBRUARY 17, SUNDAY, 10:30 A.M. - A west-side special! Meet at the Natick Common for a Frostbite Ride to the lunch stop of your dreams.

FEBRUARY 18, MONDAY, 10:30 A.M. - Great Washington's ghost! Valley Forge was cold, but they didn't ride bicycles against the wind. But you can! Join us, VFW Parkway (Route 1) and Independence Drive in West Roxbury just over the Brookline line. This Frostbite Ride is dedicated to all who appreciate that it takes very few green George Washingtons to keep your bicycle going.

FEBRUARY 25, SUNDAY, 10:30 A.M. - Another Frostbite Ride dedicated to the nearest warm restaurant. Meet at the Arlington Town Hall, Mass. Ave. and Route 60 in Arlington.

MARCH 2, SUNDAY, 10:30 A.M. - Frostbite Ride starting at Watertown Square, on the south side at Charles River Road by the dock.

MARCH 9, SUNDAY, 10:30 A.M. - Northwest special! Frostbite Ride starting at the Lexington Green in Lexington.

* * * * *

UPDATE ON ACTUATED TRAFFIC SIGNALS
from John S. Allen of BABC

John Allen contacted Emily Lloyd, Boston Traffic Commissioner, to explain that bicycles and mopeds did not trip the sensing devices. Ms. Lloyd has responded favorably and is researching a technical solution to the problem. Cycling Transportation Engineering, by John Forester, says that if the sensors are laid in a figure-8 instead of a rectangle, they will concentrate the sensing field and thus allow cyclists to trip the devices.

FREEWHEELING THOUGHTS *from the presidents*

The old order changeth. White smoke is rising. With the advent of the new decade we have new leadership. And while for many institutions the forecast for the 80's is dark, the outlook for the CRW is bright indeed.

Elsewhere in this bulletin you have read than John Springfield has been selected as our new president. The Board couldn't have made a finer choice. Having worked with John during my term as club president, I am aware, more than most, how dedicated, hard-working, thoughtful, and sound he has been about CRW issues and affairs. It is with a feeling of great confidence and anticipation that I finish my constitutionally limited term with the secure feeling that the CRW has the quality of membership as well as the quality of leadership to keep it healthy and vibrant in years to come.

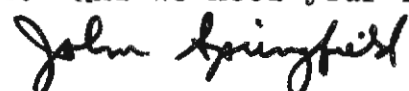
I know you all will give John the same great cooperation that I received.

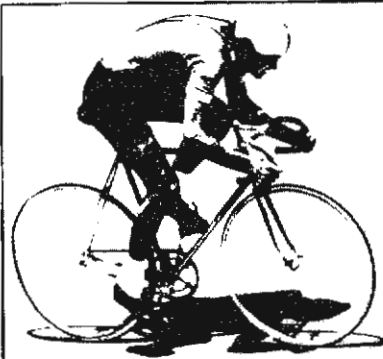


As I assume the office of the CRW Presidency, I am confronted with many new tasks and opportunities. I have tried to contact all the officers and Board members to solicit new ideas and learn how I can help them carry out their responsibilities to you, the CRW members. I enjoy brainstorming, tickling the imagination, and mutually plotting ways to improve the club. This club started as an idea that was born under the eaves of the Ashland Railroad Station in October, 1966, by a group of cyclists that were trying to stay out of the rain. And it's ideas that will continue to inspire people to make this club stimulating to us all.

The Board, officers, coordinators, and myself all need to have your fresh ideas to keep us on our toes so you have the kind of club that you want. In the past few weeks we have started a major push to plan events for 1980 that we hope will interest you and your friends. We are already making plans for a CRW ride to the LAW Centennial Celebration in Rhode Island, additional membership services to the members, more social activities, the Awards Banquet, different types of rides, the fall century, more government watchdogging, improved Frostbite Rides, an outreach safety campaign, more volunteer coordination, and much more! This is a lot of work, but the CRW folks are diving in with enthusiasm.

But we only feel rewarded when you respond to our efforts. If you show up on a ride, eat all the chow, write letters, renew your membership, donate your time, donate your backyard, or tell your friends about the club, then we know we're doing something right. If you stay away in droves and don't renew your membership, then we may not know why. So please take a look at the inside cover and call up the person responsible for something we do that you like or dislike. We need to know how you feel. And we need your ideas!





BICYCLING MAGAZINE'S CLUB CHALLENGE

*Want a Challenge? Well, We've Got
One for You. A Mileage Challenge for 1980*

CRW CHALLENGES ALL!

Keep track of your CRW, commuting, and other cycling mileage for 1980 and be an award winner from CRW and Bicycling. Here's what you do: At the end of each month, mail or phone your mileage to the CRW Editor. He will keep

a master list of all CRW Members' mileage and publish it each month in Wheelpeople. We are awaiting official logs from Bicycling. Until they come, use the charts below. In January, 1981, the club will send in the top 5 mileage winners. You cannot do this on your own. The mileage must be verified and sent by the CRW President and Board. For more info, call John Springfield, 566-1928, or John Kane, 396-2230.

J A N U A R Y 1980

Week Cum
Total Total

| | | | 1 | 2 | 3 | 4 | 5 | | |
|-----|----|----|----|----|----|----|----|--|--|
| CRW | | | | | | | | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 27 | 28 | 29 | 30 | 31 | | | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |

F E B R U A R Y 1980

Week Cum
Total Total

| | | | | | | 1 | 2 | | |
|-----|----|----|----|----|----|----|----|--|--|
| CRW | | | | | | | | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |
| CRW | 24 | 25 | 26 | 27 | 28 | 29 | | | |
| com | | | | | | | | | |
| oth | | | | | | | | | |

CRW = CRW club rides; com = commuting rides; oth = other

CRW RIDES QUESTIONNAIRE

WE NEED YOUR IDEAS FOR THE UPCOMING RIDES SEASON! Please fill out this questionnaire and return no later than February 6, 1980. If you wish to sign up for a ride, be sure to include your name and address on the other side. Your 15¢ postage will be refunded if you attend the February 5th Board meeting.

- 1) In general, what did you think about last year's rides? What kind of rides would you like to see this year?

- 2) Would you like to lead a ride? _____ When? _____

- 3) Would you like to help someone else lead a ride? _____

- 4) Would you be interested in an overnight ride (Saturday-Sunday) for a cost of \$35 to cover lodging and two meals, perhaps in an old Yankee inn? _____

- 5) Would you enjoy a social gathering after a ride? _____

Can you supply a backyard or meeting place for a social? _____

- 6) What areas are the best for taking CRW rides? _____

- 7) What was the worst CRW ride you went on last year? _____

- 8) What was the best CRW ride you went on last year? _____

- 9) Would you like to help on our annual rides telethon? _____

If so, please remember to include your address on the other side and write your phone number here: _____

- 10) We need an office with 3 or 4 phone lines to use for our telethon.

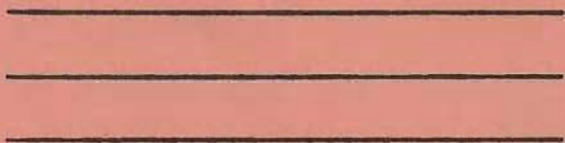
Do you have access to such an office that we could use? _____

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fold this second; then tape

15 ¢

stamp



Debra Glassman
CRW Rides Vice President
35 Payson Road
Belmont, MA 02178

by Nancy Clark, RD,MS
Sports Nutritionist

Do you find yourself drinking more coffee or tea during the chilly winter weather to warm yourself up? Be aware that this will increase your intake of caffeine. Although the morning cup of coffee has not been proven harmful, too much caffeine - more than 2 or 3 cups of coffee or 5 cups of tea - may lead to nervousness and insomnia.

What is your caffeine I.Q.? ... Try answering these questions:

TRUE OR FALSE:

1. Instant coffee has more caffeine than drip coffee.
2. Tea is a good alternative to coffee, since it has less caffeine.
3. A can of Coke has more caffeine than a cup of coffee.
4. Coffee is connected with heart disease.
5. Pregnant women should not drink coffee or tea.

ANSWERS:

1. False.

| | |
|---------------|--|
| Drip | 145 milligrams/standard 5 oz. coffee cup |
| Percolated | 110 |
| Instant | 65 |
| Decaffeinated | 5 |

Note: A mug may hold twice this amount, thus doubling caffeine.

2. True. Although tea does have less caffeine than coffee, several cups will have similar effects and contribute toward nervousness and sleeping problems. Tea brewed for a long time has more caffeine than tea brewed for a brief period.

| | |
|---------------|------------------------------------|
| 5 minute brew | - 45 milligrams/standard 5 oz. cup |
| 1 minute brew | - 30 |

3. False. Cola beverages do contain caffeine. A child who drinks a can of Coke receives the equivalent in caffeine to the adult who drinks two cups of coffee. Root beer, with no caffeine, is a wiser choice.

| | |
|-------|--------------------------|
| Coke | 65 milligrams/12 oz. can |
| Tab | 50 |
| Pepsi | 45 |

4. False. Studies indicate no direct connection between heart disease and coffee. Many people who drink coffee, however, also smoke cigarettes. These people do have incidence of heart disease.

5. True. Caffeine readily crosses the placenta and will be a stimulant to the unborn baby. Women who breast feed should also be aware that caffeine passes into the baby's milk. The child may become restless, agitated, and not sleep well.

* * * * *

Nancy Clark, a registered dietitian, counsels active people who are concerned about the healthfulness of their diets. If you have questions or suggestions for topics, send them to her at Sports Medicine Resource, 830 Boylston St., Brookline, MA 02167.

FIFTH ANNUAL TRIP TO MOUNT WASHINGTON
July 4-6, Friday-Sunday

Cycle from Boston to the summit of Mt. Washington and back. Leave Boston before sunrise and ride 150 miles to Pinkham Notch where we stay in the Appalachian Mountain Club hut. Saturday we cycle the eight miles of the auto road up Mt. Washington. Since the average grade is 12% (with the steepest being 26%), you should have at least a 30" gear or lower, probably requiring triple chain-rings. If you decide not to ride up the mountain, you can hike the 4 miles to the summit from the AMC hut. Saturday we descend the mountain and spend the night in the hut again. Sunday we ride back to Boston.

Reservations are \$8 (non-refundable) for overnight accommodations due by March 17, 1980. Leader: Jacek "Rudy" Rudowski, 617-646-9491 evenings.

FOURTH ANNUAL TOUR OF NEW ENGLAND
July 26-28, Saturday-Monday

This trip touches all six New England states in three days and goes through some of the most beautiful scenery in the area. Saturday we leave Boston before sunrise (lights are required). We ride 145 miles going through the northwestern corner of Rhode Island, the northeastern corner of Connecticut, western Massachusetts, and finally stopping in Brattleboro, Vermont, to spend the night. The second day we ride 117 miles across New Hampshire, spending the night in Dover, N.H. Monday we ride into Maine and back to Boston for 85 miles. The trip is 347 miles of little traffic and/or wide shoulders. To participate, you should be able to ride 100 miles per day for atwo-day back-to-back ride. If you discover you can't make it, you're never more than 100 miles from Boston.

Reservations close in June. For more information contact the leader: Jacek "Rudy" Rudowski, 617-646-9491, evenings.

NINTH ANNUAL TOSRV-EAST
June 20-22
sponsored by Greater Boston Council AYH

This ever popular trip for the hardy cyclist goes from Rawsonville, Vermont, to Waterbury Center, Vermont, and return. The name, Tour of Scenic Rural Vermont, says it all. We cycle 106 miles each day on Route 100, leaving our rustic Friday night lodging to pedal toward the Ski Hostel Lodge, where we have a Saturday buffet supper and a Sunday morning country breakfast. Cost is \$22 and includes two nights' lodging, hostel linens, sag wagon service, and trip insurance. This trip is limited to 80 people, so reserve early!

Send check for \$22, payable to TOSRV-EAST, with a stamped, self-addressed envelope to Dorothy Rostron, 737 School St., Lowell, MA 01851. Telephone is 617-452-3225. Reservations close May 1, and no money is refunded after June 1. Your cancelled check is your receipt; detailed information will be sent by June 6. Co-leaders are Donna Haines, Tewksbury (617-851-7717), and Kay Knapschaefer, Manchester, NH, (603-669-7478).