

WHEELPEOPLE

MAR 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.

* * * * *

CRW Membership Application

CRW membership includes membership in the League of American Wheelmen, the country's oldest bicycling organization. Do not mail your LAW dues separately to LAW. Ignore any renewal notices from LAW. Just send us your CRW dues, and we will handle the rest. If this is a renewal, please supply your LAW number (on LAW bulletin label).

Name(s) _____
 Address _____
 City _____
 State _____ Zip _____ Phone _____
 New? Renewal? If renewal, LAW # _____
 Comments _____

Individual @ \$17 _____
 Household @ \$22 _____
 Sustaining @ \$30 _____
 (LAW Indiv Hshd

Total enclosed _____

Note: CRW bylaws require that you be a 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

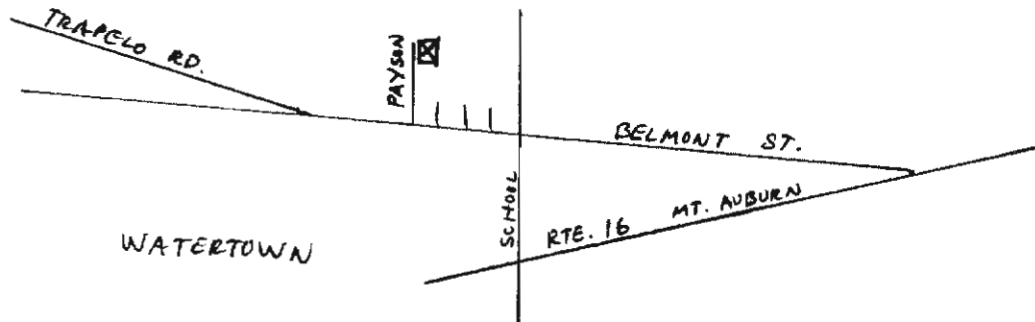
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* Always looking for new members, the CRW has discovered a poten-
* tial member in the form of one Sarah Christine Keller-Likins.
* Although Sarah is a relatively inexperienced cyclist , we would
* like to welcome her to the CRW of 1995. When contacted for com-
* ment, Sarah blushed and practiced her "ankling" by wiggling her
* toes. Congratulations to John Likins and Edie Keller!
*
* If you haven't done so, sign up for the LAW Centennial now!
* Registrations are limited, and things are filling up fast. *
*
* If you look at the inside cover, you will notice that our dues *
* have increased. We were forced to take this action due to in- *
* creased LAW dues and printing costs. The LAW has agreed to *
* give us a 20% discount (formerly 10%) in order to keep our dues *
* down. If you want to know where the money will go this year, *
* turn to page 9 and study the budget. *
*
* The Awards Banquet will be held on April 25th this year. This *
* popular event has limited seating, so sign-up early! See p.7. *
*
* Patches for the New England Rally will be ready by mid-March. *
*
* For those of you who are cycling to the LAW Centennial in King- *
* ston, RI, here's a way you can drive a car back to Boston. *
* Members of the Seven Hills Wheelmen club in Worcester will be *
* conducting the post-convention tour from Kingston to Lexington, *
* MA. They will need people to drive their cars from Kingston *
* to the parking lot of their motel in Lexington. If you are *
* interested, call Fritz Maizer in Holden at 1-829-4849, or write *
* him at 122 Jamieson Road, Holden, MA 01520. *
*
* Also, Amtrak has a few trains that go from Boston to Kingston. *
* Contact them for information on packing your bike. *
*
* John Kane will be organizing a ride to the LAW Centennial on *
* Friday, May 23. We will probably leave from Wrentham. The *
* ride will be about 50 miles. More on this ride next month. *
*
* Finally, the CRW has received its own copy of the film, "Bicy- *
* cling Safely on the Road". If you would like to show it to a *
* group in your community, contact Bill Risinger, Safety Coord. *
*
* We now have the official 1980 Bicycling magazine mileage logs. *
* If you would like one, see page 7. *
*
* We are in the process of updating our records. Please send us *
* corrections of the spelling of your name and address. In ad- *
* dition, please send us your correct phone number! *
*
* Snow is flaky. When in doubt, RIDE!
* * * * *

FEBRUARY 24, SUNDAY, 10:30 A.M. - Frostbite Ride. Meet at the Arlington Town Hall, Mass. Ave. and Route 60 in Arlington. No snow is expected, but bring a shovel just in case.

FEBLEAPARY 29, FRIDAY, 7:30 P.M. - PRE-SPRING LEAP YEAR BLOSSUM! This is the party you've been anxiously awaiting for the past four years. What do you get when you mix your favorite beverage with old friends, sprinkle in a bunch of maps and riding routes, and add a dash of tall tales? Why, of course, a Leap Year Blossum. Here's how it works: You bring your beverage, suggestions for rides you would like to lead or help with, and any maps you have. We provide light munchies, assistance in designing rides, and a chance to meet your friends. Our gracious hosts are Debra Glassman and Mark Roseman, 35 Payson Road, Belmont. Here's how to get there:



For better directions, call Debra or Mark at 489-3141. Also, at the party there will be free 1980 mileage logs, and copies of Effective Cycling will be available for \$7. See you there!

MARCH 2, SUNDAY, 10:30 A.M. - Frostbite Ride. Gather at Watertown Square, on the south side at the dock on Charles River Road. Watch the ducks do belly-flops on the ice. Free admission!

MARCH 4, TUESDAY, 7:30 P.M. - CRW Board of Directors meeting. **ALL MEMBERS ARE WELCOME!** Topics to be discussed are the Awards Banquet, the Centennial Celebration, CRW patches or buttons, CRW T-Shirts, volunteer solicitation, rides schedule, government concerns, and other topics of concern to the members. The minutes will be read promptly at 7:30 p.m. **PLEASE BE ON TIME!** We will end the meeting by 9:15. Meet at the MIT Computation Center, 60 Vassar St. (Bldg 39) room 530, Cambridge. An agenda will be listed on the black board. Feel free to add your topic to the list.

MARCH 9, SUNDAY, 10:30 A.M. - Frostbite Ride. Start at the Lexington Green in Lexington. Collect icicles from the Minuteman statue.

MARCH 16, SUNDAY, 10:30 A.M. - Frostbite Ride. Meet at Auburndale Park, $\frac{1}{4}$ mile west of Lexington Street on Commonwealth Avenue. This park is also $\frac{1}{2}$ mile east of the Duck Feeding Area.

MARCH 22, SATURDAY, 10:00 A.M. - Combined ride with AYH. John Kane, 396-2230, will take us through Malden, Wakefield, Woburn, and Andover. NO arrows, NO maps. 67 km. (40 mi.) Meet at Malden Cycle Center, Commercial St. in Malden, near Malden Center MBTA stop. Bring a lunch. Park away from Cycle Center; this is a business day. Celebrate spring!

MARCH 23, SUNDAY, 10:30 A.M. - Frostbite Ride. Meet in Winchester at the corner of Main Street and Lake Street, near Wedge Pond. Go $\frac{1}{4}$ mile north of the town center on Route 38 (Main St.).

MARCH 27, THURSDAY, 7:30 P.M. - March Club Meeting. Did you ever have funny twinges in your legs or feet after riding your bike? Did you ever hear your ankle talk to you on a strenuous ride? Did you ever experience "rubber legs"? Then don't miss Dr. Mike Robinson's talk on "Lower Extremity Injuries: The Preventive Aspects". Dr. Robinson is on the staff at Sports Medicine Resource. He is familiar with all kinds of sports injuries relating to the legs and feet. Bring your questions, concerns, legs, and feet. This promises to be a very lively discussion! Meet at the MIT Computation Center (Bldg. 39), 60 Vassar St., Cambridge. Take the elevator to room 530. Lock your bike in the basement or bring it to the room (if it isn't wet). If you don't cycle, take the Red Line to Kendall Square, go west on Main St. four blocks, turn left on Vassar. Or take the Mass. Ave bus to Vassar and go north.

MARCH 30, SUNDAY, 10:30 A.M. - Last Frostbite Ride of the season! Meet at the Waban MBTA station (Green Line) on Beacon Street in Waban (western part of Newton). Say goodbye to cold weather.

APRIL 25, FRIDAY EVENING - Annual Awards Banquet at Yangzte River Restaurant in Lexington. Reserve your seat now!

* * * * *

Annual Dinner Meeting

at Yangzte River Restaurant in Lexington Center
Featuring Szechwan Chinese food without MSG

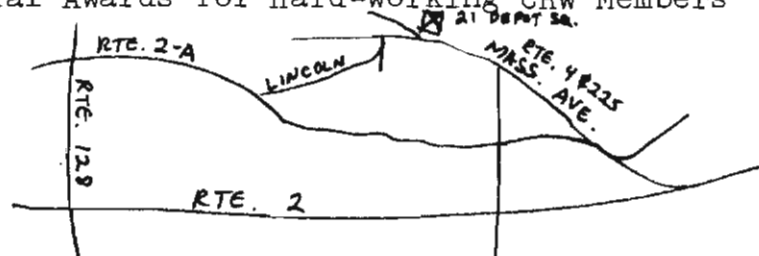
Friday, April 25, 1980

Cocktails: 6:00 p.m. Dinner: 7:15 p.m.

GUEST SPEAKER: Nancy Clark,
Nutritionist

Master of Ceremonies: John Kane

Special Awards for Hard-working CRW Members



Registration form on page 7. Reserve now!

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.

Mileage !

Where do you stand compared to these CRW riders? Obviously there are more of you riding out there! For a free 1980 mileage log, see page 7.

FOR THE MONTH OF JANUARY

John Latva	1484	miles
Dick Buck	640	
John Springfield	144	

Phone your monthly mileage to the Editor, 566-1928. Now!

northeast bicycles

CUSTOM WHEEL SPECIALIST...
touring and racing
Avocet, DT, Super Champ, Campy...
TREK touring/racing frames
components at cost with
frame

ECLIPSE, KIRTLAND touring

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TRAK and FISCHER

Steve Pucci
102 Broadway (rt. 1)
Saugus, Mass. 01906
(617) 233-2664



club discounts on skis and
bike accessories

PLACE YOUR AD!

Very

Reasonable

Rates

for more info:

John Springfield
CRW Editor

566-1928 evenings

A SPOONFUL OF NUTRITION

by Nancy Clark, RD, MS, Sports Nutritionist

WATCH YOUR MOUTH ... IT'S NATIONAL NUTRITION MONTH!

Perhaps this is the time to start taking action towards a healthier diet. Consider these suggestions:

- No time for breakfast? ... Grab a banana on your way out the door.
- Drinking too much caffeine?...Try decaffeinated coffee or herbal tea.
- Tired of donuts at morning break?...Buy a bagel, yogurt, bran muffin.
- Too many high-fat lunches at McDonald's? ... Choose a cheeseburger and milk. Skip the special sauce, fries, and shake.
- Watching your calories?... Have a sliced turkey, lettuce and tomato sandwich, instead of a mayonnaisey sub.
- Ravenous at 4:00, with three hours 'til dinner? ... Enjoy the peanut butter and crackers you have filed under "Emergency Food".
- Tending the vending machine? ... At least choose the candy bar with almonds, or the peanut butter cup.
- Supper time, but you don't want to cook? ... Mushroom pizza with extra cheese, please.
- Midnight munchies, and there's "nothing" to eat? ... Try graham crackers with cream cheese and raspberry jam - cheap cheesecake!

Run for the health of it. And, if you are eating on the run, give a little thought about ways to take a few steps toward wise food choices. Treat your muscles and your mind to "Premium Nutrition" ... not only during National Nutrition Month, but every month.

*** **

Nancy Clark, nutritionist at Sports Medicine Resource in Brookline, invites inquiries at 739-2003 or the Mass Nutrition HOTLINE, 727-7173.

A TANDEM TOUR OF BELGIUM AND HOLLAND - Part I
by Ralph W. Galen

Preparing for our two week vacation was perhaps less tense than in the past since most of the bugs of tandem touring had been worked out on previous adventures. Even the packing material had been preserved from our Tour of Ireland in 1977. This unfortunately will not be the case as we prepare for our Tour of France in 1980 since the packing material was abandoned at the Brussel's Airport. That is perhaps the only disadvantage of arriving at one location and returning from another.

Simplicity was the cornerstone of our shipping the tandem. It consisted of two large sheets of cardboard cut to the exact length of the tandem as well as its height. Large brass gromets were strategically placed in the cardboard so that ordinary clothesline could be laced through the gromets in such a way that the bicycle could be moved with the wheels free to turn. In this way we easily wheeled the tandem into the airport and after turning it over to the baggage handlers, it was wheeled out to the airplane. Except for the removal of the pedals there were no modifications to the bicycle. Placement of a small shock cord to the frame from the front fender prevented the turning of the front wheel. This added substantially to the stability of the bicycle as it was wheeled through airport spaces.

Braniff was our carrier and the Apex fare was the lowest that we will probably ever see again. Braniff had just come to Boston and they were eager to be recognized as a local carrier. We only wish that they had been as anxious to give proper service. Without going into great detail, suffice to say that the many hours of waiting and the discomfort of all concerned was not appreciated. Even under the most trying circumstances had they appointed an agent to keep us informed as to the eventual solution of their problem we could have been more understanding. However on our return flight from Amsterdam, Holland they did make every effort to make up for the inconveniences. We returned on a Boeing 707 with first class treatment in the tourist accommodations.

Having lost one half a day unnecessarily, we arrived at the Brussel's Airport with everything in perfect order. Following a quick change into cycling clothes and the replacement of the pedals we were ready to go through Belgium customs and seek our two weeks of high adventure. We had no prearranged routes except that we knew that in two weeks we would be leaving Amsterdam on Flight 605 at 3:00 P.M. We also had no knowledge of the language. Such will not be the case this year as we plan our Tandem Tour of France. One of us will have studied six months of conversational French.

Fortunately the Tourist Bureau was very helpful in securing reservations in a downtown Brussel's hotel for us as well as giving us detailed directions. What our guide didn't tell us was that the language is so different from English that communication with the local people was a near impossibility. We came to see much of Brussels in trying to find our modestly priced hotel. The high cost of accommodations through our travel agent in Cambridge served as good reason to take "pot luck" upon our arrival. Fortunately our "pot luck" was "good luck". At that hotel and most of the others we averaged less than thirty dollars a night as contrasted to sixty through the travel agency. Of course, a full Belgium breakfast was included at any price. Full for them but not for us. It consisted of two hard rolls, delicious butter and coffee. Juice, at outrageous prices, was extra. Such was not the case in Holland for there we were given a cyclist's dream of eggs, ham or bacon, toast, jam, cheese and beverage.

(continued next month)

The Great Ripoff Page!

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Official 1980 CRW-Bicycling Magazine Mileage Log

I want to show the rest of America that the CRW is second to none. Please send my free mileage log. In return, I will keep the CRW informed of my bicycling mileage each month.

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: John Springfield
CRW President OR simply phone 566-1928.
10 Short St., Apt. 5
Brookline, MA 02146

Reservations for Annual Awards Banquet

I wouldn't miss this for a set of gold-embossed spokes!

Please reserve ___ places @ \$12 each. Total enclosed _____

Names(s) _____ Phone _____

No tickets will be mailed. Names will be kept on a list at the door.

Make checks payable to: Charles River Wheelmen

Mail to: Bill Piekos
CRW Social Coordinator
75 Suffolk Street
Medford, MA 02155

If after April 10, call Bill (395-5699) to verify available seats.

Membership Questionnaire

We are in the process of updating our membership information. If there is any error in your name, address, phone, or expiration date, please correct the following label and mail it back to us.

Mail to: Al Basso
CRW Membership Coordinator OR simply phone 666-8571
29 Delaware Street
Somerville, MA 02145

CRW Board Notes

The CRW Board met on February 5, 1980 at 7:30 p.m. at the M.I.T. Computation Center building. Board members present were: Al Basso, Joan Campbell, Jill Eiseman, Eric Hall, Bill Risinger, John Springfield, and Ed Trumbull. Absent were Carla Buerig, Ed Gross, and Sam Johnson. Cutler West, Jacek "Rudy" Rudowski, and others were also present.

Since we are not presently incorporated, Jill Eiseman will investigate the advantages and disadvantages of incorporation and report back at the next meeting.

Al Basso is investigating the idea of a CRW patch. Joan Campbell suggested using plastic name tags with the CRW logo as a way of identifying ourselves to new members. Cutler West thought we should try using a clasp-pin button. The membership will be asked its preference.

The Awards Banquet will be held on Friday, April 25th, at the Yangzte River Restaurant in Lexington. Dues to increased food costs, a \$12 charge per person was approved. Bill Piekos will be in charge of collecting the money and making the arrangements. John Kane will head the Awards Committee. Our guest speaker will be Nancy Clark, a nutritionist for Sports Medicine Resources.

Rudy Rudowski requested official CRW sanctioning of his upcoming extended rides. Until we discover our liability under such an arrangement, the matter was postponed.

It was voted to increase CRW dues for individuals and households. In addition, a new category of "sustaining member" was created. The new dues structure will be:

\$17-Individual
\$22-Household
\$30-Sustaining (includes certificate and patch)

The dues will take effect on March 1, 1980.

Due to the efforts of Earl Forman, Ed Gross, and John Springfield, the LAW has agreed to increase our dues discount from 10% to 20%. This means that we will pass on \$12 for each individual and \$16 for each household.

The Board approved the 1980 budget (see page 9). Included this year was \$150 for reimbursing ride leaders for paint and other expenses. Some felt this a low figure. The budget is not considered complete, but rather, a good starting point for projecting our costs. The Board agreed to change certain items if the amounts prove to be unrealistic. At any rate, it was felt that the membership needed some information on club income and expenses; the budget seemed a good attempt.

The Board adjourned at 9:15 p.m. The next Board meeting will be on Tuesday, March 4, 7:30 p.m. sharp at the M.I.T. Computation Center, 60 Vassar St., Cambridge.

1980 Budget

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(Based on 275 individual, 40 household, & 10 sustaining)

CATEGORY	ITEM	INCOME	EXPENSE	CATEGORY BALANCE
Dues				\$1715+
	275 individual @ \$17	\$4675	\$3300	
	40 household @ \$22	880	640	
	10 sustaining @ \$30	300	200	
	LAW legislative fund	30	30	
Century				85+
	125 patches	175	125	
	Refreshments	125	60	
	Sag Wagon, etc.		30	
Treasurer				60+
	Savings account interest	50		
	Postage		10	
	Decals	20		
Newsletter (350 copies, 12 issues)				1210-
	Printing		855	
	Postage		630	
	Mailing labels		25	
	Advertisements	300		
Membership				104-
	Application forms		34	
	Membership cards (purchased last yr.)		0	
	Printing - reminders, Bylaws, etc.		20	
	Postage (Patches?)		50	
Awards Banquet				50-
	Meals	960	960	
	Awards - plaques, certificates		50	
President				60-
	Postage - correspondence		20	
	CRW stationery & envelopes		40	
Rides Committee				160-
	Reimbursement to leaders-paint, etc.		150	
	Printing - instructions		5	
	Postage		5	
Recording Secretary				50-
	Printing - minutes		15	
	Postage - minutes		35	
Safety Committee				
	Printing		5	5-
	Postage	20	20	
Miscellaneous & Special Events				221-
	Special Events		100	
	Other		121	
TOTALS		7535	7535	0

Note: Not included is the expense (and income) of club patches, buttons, or nametags. Additional expenses may be incurred in the areas of leader reimbursement, printing, the LAW Centennial, special awards, and insurance.

The Members' Page

WANTED - companions to cycle Cape Cod and the Islands before the summer crowds arrive. Call Bill Aldrich, 964-5184.

FOR SALE - Many items from Dick Talbot. Call 890-7000, ext 3370 mornings until noon, or 449-3792 evenings from 7 to 9 p.m.

58 CM ALAN SUPER RECORD TIME TRIAL BIKE. Like new! Fully equipped with Campy Super Record, Galli Ti, Avocet, TTT Super-legerro and Arnold lightest weight components. Brand new Hi-E TT wheels & Clement Nuovo Record Super Seta Extra green label, 165gm tires. Over \$1190 invested. \$880 firm.

NEW CINELLI M-71 racing pedals in original box complete with shoe cleats. No straps or toe clips req'd. Cost \$68. Sell for \$50.

GALLI MODEL T1 brakeset complete. Blue color and in immaculate condition. \$74 new. Yours for \$55 (Titanium model).

CINELLI BARS, model 65, used. \$14 when new. \$5 now!

ZEUS 5&6-speed alloy freewheels with extra cogs in excellent condition. Cost over \$50. Yours for \$30 each with extra cogs.

WEYLESS water bottle cage & mounting clips. \$1.50.

NEW PAVARIN ADJUSTABLE ALLOY CLEATS. \$1.50 pair.

USED BIT STILL GOOD REGINA ORO (drilled chain) CHAINS. \$3 each.

WEYLESS 26.8 mm alloy microadjusting seat post, used \$6.

"WINNER" alloy 5-speed freewheel complete with 10 extra alloy cogs, most never used. \$20 for the works.

SIZE 60 (large) leather racing helmet. \$4.

WOOL WINTER CYCLING CAP, large size. \$2.

USED BUT GOOD 36-hole FIAMME CLINCHER RIMS. \$2.

NEW CANNONDALE "TOOT" seat bag, red. \$5.

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MEMBERSHIP NOTES

We are planning to develop a CRW patch, clasp pin button, or plastic nametag with the CRW logo. Call me if you have a preference.

Also check you name, address, and phone on page 7. Please notify me of any mistakes. Phone 666-8571.

Al Basso, Membership Coordinator

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DISCOUNTS

CRW membership entitles you to various discounts in these shops:

- The Bicycle Exchange, 3 Bow Street, Cambridge
- The Bicycle Workshop, 233 Mass. Ave., Cambridge
- Cycle Loft, 7 Muzzey Street, Lexington
- Family Bicycle Center, 149A Belgrade Ave., Roslindale
- Harris Cyclery, 1249 Washington, West Newton
- International Bicycle Center, 70 Brighton Ave., Allston
- Northeast Bicycles, 102 Broadway (Rte. 1), Saugus

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EDITOR'S NOTES

Please mail all articles, members' classifieds, and paid ads to CRW Editor, John Springfield, 10 Short St., Apt. 5, Brookline, MA 02146. Members' material must be received by the 15th of month preceding issue. Don't rely on the U.S. Mail; mail early.

Paid ads must be received by the 10th of month, along with a check.