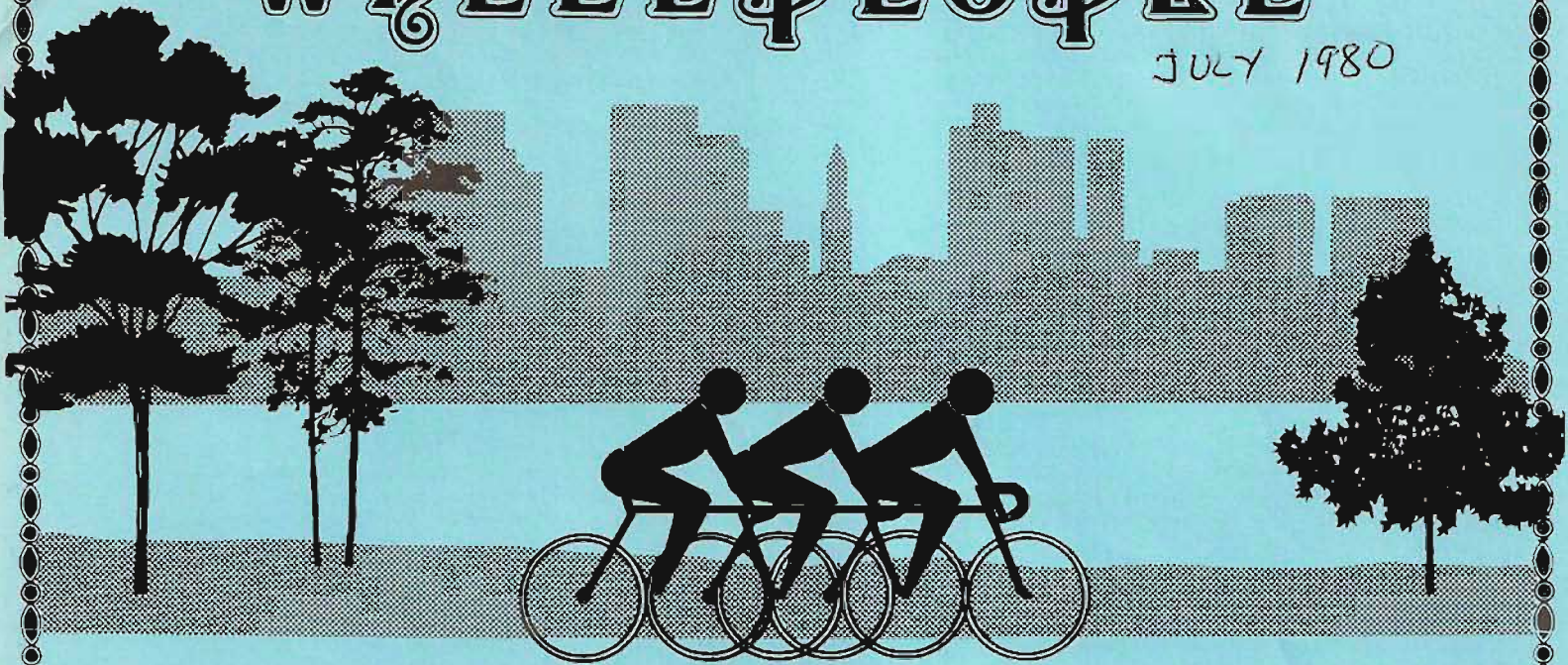


WHEELPEOPLE

JULY 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

Chapter Club of the League of American Wheelmen
Affiliated Club of the American Youth Hostels

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 and the American Youth Hostels), through encouragement of favorable actions by the bicycling industry and by government, through education of the bicycling community and general public, and through other suitable means.

We are perhaps best known for our year-round rides program. Our regular season goes from early spring to late fall; it includes Sunday rides that have at least two differently-paced routes. 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, and sometimes maps are given out. Sunday rides usually meet at a common lunch stop to facilitate social interaction (swapping advice, tall tales, sandwiches, 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. It is imperative that you obey all traffic laws, especially stopping for red lights and stop signs and signalling when turning. You should always carry a pump, a small patch kit, a wrench and screwdriver, a map, and most importantly, the knowledge of how to use them. Often, others in the CRW will stop to assist you if you have a flat or a minor adjustment, but you should be prepared just the same. The CRW is a volunteer group. We cannot and will not take responsibility for problems or injuries that may arise due to road hazards, improper traffic maneuvers, bad weather, chasing dogs, improperly maintained equipment, or that hot pastrami sandwich you had for lunch. But we will take credit if you meet a new friend, discover a new route, learn a tip from an old-timer, see the ocean at sunrise, ride your first Century, meet your future spouse, or discover the bicycle of your dreams in our classified ads. May the wind always be at your back!

OFFICERS AND COORDINATORS

President - John Springfield	566-1928	Social - Bill Piekos	395-5699
Vice President- Jill Eiseman	232-4677	Publicity-Dave Johanson	357-9300
V.P. of Rides-Debra Glassman	489-3141	Mbrshp Poll-Ed Trumbull	332-8546
Membership - John Pershing	646-7619	Awards - John Kane	396-2230
Treasurer - Don Blake	275-7878	Safety - Bill Risinger	321-7623
Editor - B.J. Bailey	964-3585	Winter Rides-Dick Buck	923-8909
Graphics Ed. - Mark Broderick	326-9029	Volunteers-Joan Campbell	484-1045

BOARD OF DIRECTORS

B. J. Bailey, Carla Buerig (Recording Secretary), Joan Campbell, Jill Eiseman, Eric Hall, Sam Johnson, John Kane, Bill Risinger, John Springfield, and Ed Trumbull.

* * * * *

CRW APPLICATION/RELEASE FORM

CRW membership includes membership in the League of American Wheelmen. Do NOT mail your LAW dues separately to LAW. Ignore renewal notices from LAW. If renewing, please supply LAW number (on your LAW bulletin label).

Name(s) _____ Phone _____

Address _____ If renewal, LAW# _____

City, State, Zip _____ Total enclosed _____

I acknowledge that bicycling has an inherent risk of bodily harm, and I agree to assume those risks. I release and hold harmless the Charles River Wheelmen, its officers, and participants. I am at least 16 yrs old.

Signature _____ Date _____

Parent Signature if under 18 _____

DUES: \$17 Individual, \$22 Household, \$30 Sustaining

MAIL TO: John Pershing, 22 Mystic Valley Parkway, Arlington, MA 02174.

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from the president *John Springfield*

CENTENNIAL - May 23-26

Two thousand cyclists (yes, 2000) streamed over the Jamestown and Newport bridges on their way to Newport, Rhode Island, to commemorate the 100th anniversary of the LAW. From my position near the rear of the pack, it was a sight to behold! As I approached each of the bridges, all I could see were bobbing helmets and bright jerseys as they effortlessly inched their way over the bridge summits.

After the group arrived in Newport, a commemorative plaque was presented to the Mayor of Newport by Ted Ellis, Centennial Coordinator. The CRW had its picture taken next to the plaque, as did the Narragansett Bay Wheelmen, Granite State Wheelmen, and others. Then we were treated to a demonstration of high-wheelers (bicycles and tricycles) by the nationally-known group of cycling buffs, The Wheelmen. A very informative narrative was given that described the impact of the bicycle on American life in the late 1800's and early 1900's. One of the speaker's points still sticks in my mind: The bicycle was not just a part of the Gay 90's, it was the Gay 90's. Maybe we'll soon have another Gay 90's, with the bicycle leading the way, of course!

Just for the record, Janet and I counted the following CRW members who attended the LAW Centennial: John Allen, Ken Aldrich, Nola Aldrich, Don Blake, Sheldon Brown, Mark Broderick, Dave Barnes, B. J. Bailey, Jim Chamberlain, Dorothy Cunningham, Joan Campbell, Harriet Fell, Bea Forman, Earl Forman, Ralph Galen, Debra Glassman, Ed Gross & daughter, Donna Haines, George Hetrick, Sam Hull, John Kane, Patty Kirkpatrick, Jim Kirtley, Mark Lamkin, John Latva, Harold Lewis & family, Irv Pfau, Nancy Peacock, Mark Roseman, Jacek "Rudy" Rudowski, Dot Rostron, Janet Springfield, John Springfield, Dick Talbot, Carol Thieman, Nancy Tichanuk, Ed Trumbull, Scott Turner, and Geraldine Waloga. I'm sure there were a few more; please contact me if you were there and I'll mention your name in the next issue.

Our hats off to Joan Campbell for coordinating the exhibits at the Centennial. Joan had been working with Ted Ellis' group for over a year to make sure that a wide variety of exhibits would be available. I was particularly impressed with the side-by-side bicycle demonstration and some of the cycling apparel booths (I found a great shirt to buy). Thanks also to John Kane for leading the hardy bunch of 18 CRW members from Foxboro to Kingston. John also helped arrange for CRW members to drive the cars of post-convention tour riders back to Lexington.

But wait, there's more to come! Mark Roseman and Debra Glassman are inviting us to a Centennial party on August 1, 7:30 p.m., at 35 Payson Road, Belmont. Bring your Centennial slides, pictures, and stories. If we find a good group picture, we may have it enlarged and distributed. All are welcome. Refreshments by Bill Piekos.

BIKE DAY - June 8

If ever there was an event organized for thousands of people, then Bike Day was it. Unfortunately, the rainy weather kept the numbers down. Our thanks to Jill Eiseman for coordinating the CRW ride from the Star Market in Brookline. Jill worked tirelessly for months to make sure this event would be safe and fun. And it was!

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CRW AFFILIATES WITH YOUTH HOSTELS



The CRW Board of Directors has voted to affiliate with the American Youth Hostels. This was done for two reasons: 1) to have our ride leaders and officers come under the AYH liability insurance policy, and 2) to promote the use of hostels to CRW membership. We are still a 100% LAW club, but we found the AYH insurance coverage too good to miss (it costs us \$5 to affiliate with AYH). Other LAW clubs, such as the Granite State Wheelmen, are also affiliated with AYH. Club affiliation does not mean we get use of the youth hostels; individuals must purchase a separate AYH membership to use the hostels. But it does mean a greater cooperation with AYH in order to keep our members aware of AYH activities.

One of our first acts was giving Greater Boston Council of AYH a set of mailing labels so that you could get a copy of the latest AYH bulletin. You should have received it by now. We hope you find it informative.

It should also be noted that we can now assure all ride leaders that they are covered by liability insurance. Since you work so hard for the club, it's the least the club can do for you.

SAFETY FILM AVAILABLE

As part of the CRW's on-going concern for safe and effective cycling habits, we are offering to lend any group our copy of the film, "Bicycling Safely on the Road". This film is based on the book, Effective Cycling, by John Forester. The film was purchased by a grant from the Cutler West Foundation. We will lend it to any group as long as they pay the postage and do not charge to see the film.

If your group is interested, contact CRW Safety Coordinator, Bill Risinger, 145 Main Street, Malden, MA 02148. Phone: 321-7623.

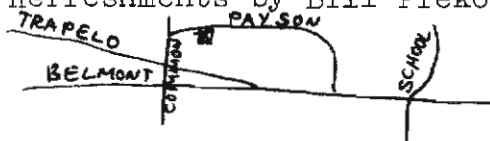
CRW T-SHIRTS HERE!

The official CRW T-shirts have arrived. For only \$5 you get an all-cotton white shirt with a large red CRW logo on back and blue trim on the sleeves. The shirts shrink, so take one that is one size larger than normal.

THESE SHIRTS ARE AVAILABLE ONLY ON RIDES AND CRW EVENTS. No mail orders. Show up on a ride and get your shirt!

CENTENNIAL PARTY

The CRW celebrates the LAW Centennial with a party at Mark Roseman and Debra Glassman's house, 35 Payson Road, Belmont, at 7:30 pm. on Friday, August 1. Bring your Centennial slides and your good cheer. Refreshments by Bill Piekos (we all know what that means).





RIDE SCHEDULE



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JUNE 22 SUNDAY 10:30 a.m. * CAPE ANN area led by Sam Hull 648-4095
Jill Eiseman 232-4677 & Dave Grahmer 566-6533 for two rides
22mi (36 km) or 44 mi (72 km) thru Hamilton, Boxford, Ipswich, No.
Andover & Middleton. Start at shopping center in Hamilton, corner
of 1A & Walnut St. Easy with few hills; lunch at Green in Hamilton
(bring own or buy at Topsfield). **NOTE TIME

JUNE 29 SUNDAY 10:00 a.m. Special Salem Witches' Ride with Harriet
Fell & Sheldon Brown sweeping the way 965-1184. Series of Witches'
Cup Races in Salem mixed with Equestrian events. Ride 20 mi each
way on moderately hilly terrain. Start at the Lexington Green and
stop with your lunch in Salem (vendors available). Group departure
at 2:00 p.m.

JULY 4-6 FIFTH ANNUAL TOUR OF MT. WASHINGTON. Cycle from Boston
to the summit of the Mt. and back. Reservations needed. See
Jacek "Rudy" Rudowski. 617-646-9491

JULY 6 SUNDAY 10:00 a.m. LEADERLESS HOLIDAY WEEKEND RIDE Gather
at Lexington Center & follow arrows from Debra's & Mark's ride
thru Lexington (arrows may be faded) Bedford, Concord & Carlisle.
OR plan your own thru these country towns.

JULY 13 SUNDAY 10:00 a.m. Dover, Natick, Sudbury ride led by
Mark Lamkin 877-4489. Two loops 25 miles & 45 miles on easy to
moderate terrain. Start Weston center. Bring lunch & eat at
gristmill at Wayside Inn.

JULY 20 SUNDAY 10:45 a.m. led by Rudy Rudowski 646-9491. Meet
at Trailside Museum Rt. 138, Milton/Canton Line (just north of
cloverleaf joining 128 & 138). Hill climb to Bluehills Ob-
servatory .8 mile or at 11:15 assemble for remainder of ride
20 miles thru Milton, Braintree, Randolph & Canton. Bring
lunch -stop announced. Anyone interested in riding to ride
meet with Rudy in E. Arlington-call Rudy.

JULY 27 SUNDAY 10:00 a.m. Starts Arlington Town Hall-led by Scott
Turner 646-1928. Ride goes thru Arlington, Woburn, Winchester,
Lexington (lunch stop), & Reading. Long ride 40 miles; short
ride 20 miles (moderate terrain). Terrain for long ride contains
the steepest last five miles in the area!!!

JULY 29 TUESDAY CRW Board of Directors Meeting 7:30 p.m. at
60 Vassar St. (Bldg. 39), Room 530, MIT Computation Center,
Cambridge.

AUGUST 1 FRIDAY PARTY: PARTY: 7:30 p.m. at Debra Glassman's &
Mark Roseman.

AUGUST 3 SUNDAY 9:30 a.m. Start Medfield Shops Plaza on Rt. 109
outside Medfield Center (toward Dedham) led by Ken & Nola Aldrich
668-7927. Long ride 45 miles moderate loop; short loop 27 miles.
Bring lunch or buy in Sherborn at stop. The Aldrichs will lead us to

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the towns of Norfolk, Medfield, Millis, Sherborn & Wrentham.

AUGUST 10 SUNDAY 9:30 a.m. Led by John Kane 396-2230 and co-leader Mike Normile 899-1182 thru Essex County (Winchester, Woburn & Reading) Long ride 50-60 miles; short ride 20 miles Terrain easy to pleasantly moderate. Bring or buy lunch. Ride begins at Mystic Valley Wheelworks Bike Shop (889 Main St. in Winchester) Rt. 38 is Main St. 1/4 mile north of Winchester. Center. PLEASE PARK AWAY FROM STARTING POINT!



* * * * *

To Bike Day '80 Marshalls and Participants:

I just wish to say many thanks and sincere appreciation to all of you for your help and good cheer in weathering the elements, rallying support, leading, "securing" intersections, bringing up the rear, helping at the booth...and just being there. It made me proud to be a part of it.

Jill Eiseman

Bike Day '80 T Shirts for Sale:

As a remembrance of Bike Day and for a good cause (Mass. Special Olympics), we will be selling the remaining marshall T shirts for \$1.00 at future rides and board meetings. They're kelley green with white bike logo...and look quite nice. A great deal advertisement for us (club's name is on the back), and as mentioned...a very good cause!



CONSTITUTIONAL CHANGE

As provided for by the constitution, the board of directors presents the following proposed change to the constitution to the members for their yea or nay. The constitution states "this constitution shall be amended only by an affirmative vote of two-thirds of the membership ballots returned within ten days after mailing, abstentions not being counted." The change would make the past president a member of the board of directors for the first year after the expiration of the presidential term, thus enlarging the board by one member. The board feels this would provide for a greater experience pool available to board decisions. The board recommends an affirmative vote.

The change is as follows with the change underlined: Article IV, section 2, paragraph a
...the current CRW President elected by the Board, during his term of office, and the past CRW President for one year after the expiration of the presidential term. The term 'Director' as used herein shall include the current President, the past President for one year after the expiration of the presidential term, as well as the nine elected by the membership.

The members are further advised that is this change is made the board of directors must, as a consequence, amend the Bylaws to read as follows with the added words being underlined.
Article IV, section 3, paragraph a will read as section 3 now reads and paragraph b will be added and shall read. The past president shall not be replaced if unwilling or unable to serve any portion of the term. Section 5 shall read: The president's and the past President's term shall begin on December 1.



SPORTS NUTRITION ASSOCIATES

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830 Boylston Street, Brookline, Ma. 02167 Tel. (617) 739-2003

A SPOONFUL OF NUTRITION

by

Nancy Clark, RD,MS

Nutritionist, Sports Medicine Resource, Inc.

WHEN YOU'RE HAVING MORE THAN ONE...

Replacing sweat losses by drinking a few beers is summertime fun. To rationalize this choice is easy ... after all, beer is fluid and nutritious, right?

How is your beer IQ? Try these questions.

TRUE or FALSE:

1. A 12 ounce can of beer has more carbohydrates than eight ounces of orange juice?

FALSE. An eight ounce glass of orange juice has 26 grams of carbohydrates. A 12 ounce can of regular beer has 16 grams.

The orange juice has less calories: 110, as compared to 160. The calories in beer come mostly from the alcohol. One gram of alcohol provides 7 calories; one gram of carbohydrate provides 4. The alcohol calories are used only for heat. They cannot be stored as glycogen or fat. The muscles cannot use them for energy. Trying to replace glycogen stores or to carbohydrate load using beer is an ill-advised idea!

2. A can of beer has more B vitamins than a slice of bread?

Mostly FALSE. Significant amounts of riboflavin (B-2) are found in beer ... enough to be considered nutritious. Eleven cans of beer will provide the Recommended Daily Allowance for this one nutrient! Thiamin (B-1) is used by the yeast during fermentation, and little is left in the finished brew. Small amounts of other B vitamins (niacin, biotin, pyridoxine, and pantothenic acid) are in beer. However, a slice of bread, a bagel, or pizza crust will offer you more nutritional value.

3. When you've had too much beer, coffee will have a sobering effect?

FALSE. Coffee will simply make you a wide-awake drunk. The only way to get sober is to metabolize the alcohol. This happens in the liver, at the rate of about one can of beer per hour.

Coffee provides water, which, once absorbed, dilutes the alcohol in the blood. This does have a sobering effect.

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4. A can of beer has more alcohol than a 1½ ounce shot of whiskey?

FALSE. They both have the same amount of alcohol. The alcohol in the whiskey is more concentrated, however, so that it seems stronger.

As you diligently replace your sweat losses, be aware that the alcohol content in beer is dehydrating. You may urinate more fluid than you replace. To prevent this, simply drink a couple of glasses of water or juice before you settle down with a relaxing beer.

* * *

Nancy Clark, a registered dietitian/sports nutritionist, counsels competitive and recreational athletes regarding weight control, healthful eating patterns, and vegetarian diets, as well as sport-specific dietary advice. If you have questions or suggestions for topics, send them to her at Sports Medicine Resource 830 Boylston Street, Brookline, MA 02167.



MILEAGE -- Thru May

Dick Buck	3809	John Latva	7648
Don Blake	3010	Pete Larkin	3256
Joe Cormier	630	"Rudy" Rudowski	718
Earl Forman	666	John Springfield	1474
Robert Greene	2724	Bill Sweetser	1397
George Hetrick	770	Nancy Tichanuk	1940
John Kane	921	Ed Trumbull	2043

Phone in your mileage each month to John Springfield, 566-1928.

* * * *

TANDEM '80, PRINCETON, N.J.
August 15 - 18, 1980

Ride through scenic and historic West Central New Jersey on this annual Tandem Club of America event. Fee is \$135 per couple for meals, room, patches, and registration. Early registrants have priority for the nicest first-floor rooms. REGISTRATION CLOSES JULY 27. For more info and registration forms, contact:

Harvey and Suzy Sachs
29 S. Main Street
Cranbury, NJ 08512
(609)-655-1642

The Ad Page

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for more info:

B. J. Bailey
CRW Editor

964-3585 evenings

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FOR SALE

Members' Page

OR TRADE

FOR SALE-Raleigh Space Rider bicycle, 3-speed, 24", girls, green. Phone Nancy Reid-Demrow, 475-1563 (Andover).

FOR SALE-3 1/2 yr old Windsor, Carrera Sport, Orange, Mixte Frame, 10-speed, Low Gearing, Excellent condition. Phone Midge Sullivan: Day 254-3800 ext 167 or Eve. 782-2501 21" bike

FOR SALE-Bicycle carrier. Quick release, bumper mounted, excellent condition. \$12. Call Mark Lamkin at 877-4489 evenings.

WANTED- For friend with total replacement of both hips: Schwinn Super Sport, Ladies Model. Framset or complete bike. Gene Gaston Eve. 875-8514.

GEAR '80- Looking for people going to Geneseo, N.Y. on July 3, to share transportation, maybe hire van. Interested, call Patty Kirkpatrick Eve. 648-4095

RIDERS WANTED-Two middle aged couples are cycling from Boston to Montreal; leaving July 21, seek 1 or 2 additional riders. Will do an easy 40-50 miles per day. Bringing a sagwagon and will take turns driving. Staying a few days in Montreal & driving back. Total time, about 12 days. See Bob Stevens 729-5294.

FREE FILM- The film, "Bicycling Safely on the Road", will be lent to any group (cycling, community, school, etc.) that would like to show it to its membership. The CRW asks that you supply your own 16mm projector; we will try to supply you with a speaker. You may not charge to see the film. This is a community service of the CRW Cycle Safely Campaign. To schedule the showing of the film, contact Bill Risinger, Safety Corrdinator, at 321-7623.

* * * * *

DISCOUNTS

CRW membership entitles you to various discounts in the

Ace Bicycle Shop, 2044 Mass. Ave., Cambridge	876-8200
The Bicycle Exchange, 3 Bow Street, Cambridge	864-1300
The Bicycle Workshop, 233 Mass. Ave., Cambridge	876-6555
The Cycle Loft, 1644 Mass. Ave., Lexington	862-7048
Family Bicycle Center, 149A Belgrade Ave., Roslindale	323-9720
Harris Cyclery, 1249 Washington, West Newton	244-1040
International Bicycle Center, 70 Brighton Ave., Allston	783-5804
Laughing Alley Bicycle Shop, 51 Harvard Ave., Allston	783-5832
Mystic Valley Wheelworks, 889 Main Street, Winchester	729-0425
Northeast Bicycles, 102 Broadway (Rte. 1), Saugus	233-2664

* * * * *

EDITOR'S NOTES

Please mail all articles, classifieds, and announcements to the CRW Editor, B. J. Bailey, 11 Byrd Avenue, West Newton, MA 02165. Material must be received by the 15th of month before issue.

Commercial ads must be received by the 10th of month, along with check payable to "Charles River Wheelmen".