

WHEEL PEOPLE

Charles River Wheelmen

Volume XII

Number 3

March, 1983

Ride Calendar 1983

The following is a preliminary outline of the CRW Rides Program:

	<u>Date</u>	<u>Location</u>	<u>Leader</u>
May	May 14	Off-road event	Jeff Hart
	May 15	Lexington	Mike Hanauer and David Brahmer
	May 22	Spring 25/50/century	
June	June 5	Dover-Sherborn	Sam Johnson and Birdy Ellsmore
	June 12	Burlington	Francie Sparks and Mark Lamkin
	June 19	Lexington-Concord	Debra Glassman and Mark Roseman
	June 26	Belmont	Marsha Spector and Richard Klein
July	July 10	Concord	Annemarie and Marc Altman
	July 17	Woburn	Bruce Wisentaner
	July 24	Newton-Dover	R. Klein, L. Mastropieri, B. Fricks
	July 31	Wakefield	Jeff Luxenberg and Barry Fricks
Aug	Aug 7	Weston-Bolton	Mark Lambkin
	Aug 14	New England Area Rally	Worcester State College
	Aug 21	Quincy	Ron Messier
	Aug 28	Peabody	Joe Cormier
Sept	Sept 10	Martha's Vineyard	Sam Johnson and Birdy Ellsmore
	Sept 18	CRW Century	Nancy Peacock
	Sept 25	Pembroke	
Oct	Oct 2	Dedham	Walter and Joan McNeil
	Oct 16	Apple Ride	Sam Hull and Patty Kirkpatrick
	Oct 23	Peabody	Joe Cormier

Ride Leaders still needed for:

May 8	Oct 9
May 29	Oct 30
July 3	Nov 6
Sept 4	Nov 13
	Nov 20

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Mileage

006858.2

Mileage , January 1983

Joe Cormier	602
Lee Howard	577
Peter Reagan	475
Ed Trumbull	452
Don Blake	437
Ron Messier	336
Dick Buck	330
Ned Weld	316
Greg Canty	314
Joan McNeil	250
Walter McNeil	250
Emile Bielawa	240
Jerry Campbell	235
Eliot Specht	220
Nancy Peacock	208
Jim Broughton	202
Mike Hanauer	183
Jeff Luxenberg	175
Carol Tesiero	168
Mark Remaly	143
Dick Howe	142
Jacek "Rudy" Rudowski	97
Bill Sweetser	91
John Gregory	88
Paul Bowser	74
Cathy Buckley	66
Dick Lewis	50
Debbie Luxenberg	48
John Kane	45
Jill Eiseman	41
George Caplan	3
Total	<u>6,858</u>

Well gang, the "fun and games" has started all over again and is off to an excellent start with 31 having taken advantage of the good (?) weather in January.

Had a note from Paul Bowser saying this was the first January he had ridden since he was 14.

Another note from George Caplan to say he reported his 3 miles just to demonstrate to the reluctant that any amount of miles is OK. Thanks George!

Just another comment about the "fun and games". That is exactly what this column is all about. Of the approximately 400 members in the club, some 100 report their miles. This shows that some do and some don't. There certainly is no requirement. So no more singing the blues to the much maligned "47".

The new format will be that I will report the miles of everyone who sends them regardless of the lack of an update. If no update is received for three months, it will be assumed that the rider has either moved away or lost interest and his/her name will be dropped.

I will look forward to your continued comments. They are always most welcome.

In the final analysis, the real name of the game is to get out and ride, so hang in there.

Send miles in by the 5th of each month to:

Edson Trumbull
19 Chase Avenue
W. Newton, MA 02165
(617) 332-8546

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Cambridge
617 354-4161

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Notices

ADVERTISING MANAGER POSITION OPEN

The CRW seeks energetic individual with good business sense to organize and take responsibility for advertising in Wheelpeople. Members' dues only pay a portion of the newsletter costs, the rest is made up in ad income. Without sufficient ads, the size of the newsletter will have to be scaled back. The Board seeks someone to take over this task. Walter McNeil who has graciously given his time to this task for over two years, must give it up due to other time commitments. The job entails soliciting ads from local bicycle stores. The task has been made somewhat easier by Board action which established new rates that provide a discount to advertisers who run ads for three months in a row. This will allow the advertising manager to only visit these places once every three months, checking with them monthly for any text changes. This job is ideal for someone who strives for accomplishment. No experience necessary. Contact Walter McNeil at 329-1528 or Sue Cavalli at 969-3864. We Need You!

ADVERTISE IN WHEELPEOPLE

The Wheelpeople provides a medium to reach many diehard bicyclists. It is an ideal forum where bicycle stores and other sports-related businesses can advertise.

To place ads contact: Walter McNeil, at 329-1586.

Our new rates encourage advertisers who advertise often and those who advertise continually. The rates per issue are:

1/8 page \$10	1/2 page \$35
1/4 page \$20	full page \$60

We give a 10% discount to advertisers who sign up to run an ad for 3 months in a row.

SWF seeks CRW enthusiast to graphically assist with the production of an exclusive newsletter. No experience necessary, will train, hours flexible, commitment required. If interested contact Sue at 969-3864.

Editor's Mailbox

Dear Editor:

Although by and large Nancy Clark's comments on coffee in your February issue were accurate, I'd like to pick on a few points. She seems to equate coffee and caffeine, but coffee contains many other components than caffeine and any bad effects coffee may have could be caused by something other than the caffeine content. In fact, the opposite effects of coffee and tea (both of which contain caffeine) on the free fatty acid content of the blood show that this is definitely so in at least one instance. Also, she recommends, as "more healthful alternatives to coffee", beverages which may be far more harmful. Herbal teas can cause fatal illnesses (see my son's brief article on page 16 of the February Boston magazine) and cranberry juice contains far too much oxalic acid to be drunk straight with impunity. You can buy cranberry juice cocktail, but this contains the juice in considerably diluted form.



- Marshall E. Deutsch

Remember, Spring is just around the corner! Send in comments, do it yourself hints, etc. to me by the 10th of each month.

Sue Cavalli

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51 Harvard Ave. Allston, MA 02134 phone: 783-5832

Frostbite Rides

Arrowed Rides

All Frostbite Rides begin at 10:30 AM.

MARCH 27, SUNDAY 10:30 AM
"Season's Premier Ride and Party"

Start: Swimming Beach Parking Lot, Upper Mystic Lakes, Mystic Valley Parkway, Winchester.

Distance: 35 and 20 mile loops.

Bob Fisher (625-9126) and Lewis Levinger (483-8346) lead us through the season's premier. The 35 mile long loop, while hilly, will go through Arlington, Belmont, Lexington, and Woburn. The shorter loop, 20 miles, will be flatter. They suggest bringing your lunch, but save your appetite for a post-ride get together at Lewis' house!

- MARCH 6 Concord Center, at the Green
- MARCH 13 Needham Town Hall, on Route 135 (Great Plain Avenue)
- MARCH 20 Boston Common, across from the Park Street Church
- MARCH 27 First arrowed ride, Medford, see rides schedule

Meetings, and Other Events

APRIL 3, SUNDAY 10:30 AM

Start: Dedham Plaza, Rte. 1, Dedham.

Show and Go, so bring your lunch.

APRIL 10, SUNDAY 10:30 AM

Start: Newton Centre, Beacon and Centre Sts., Newton.

Distance: 40 and 20 mile loops.

Join fellow CRW members for a ride covering Newton, Needham, and Walpole. Our Mileage Coordinator, Ed Trumbull (332-8546) would like to see you add either his 40 miler or 20 miler onto your mileage for the year. Both rides promise to be scenic and easy. Since a lunch spot has not been selected, plan to bring your lunch or buy it along the ride.

MARCH 1, TUESDAY 7:30 PM
"Monthly Board Meeting"

Members Welcome! At MIT, Building 10, Room 178 (10-178) on the ground floor under the Great Dome, 77 Massachusetts Avenue, Cambridge.

MARCH 9, WEDNESDAY 7:00 PM
"Canadian Bike Trip"

What: Debbie and Jeffrey Luxenberg will share slides and memories of "Le Voyage Avec Le Soleil", a bike trip through Canada. The trip, lead by Jerry Campbell in the summer of 1982, passed through Montreal, French Canada (Quebec), New Brunswick and Nova Scotia. This trip may inspire you to plan your own 1983 summer tour.

Where: Somerville Public Library, Main Bldg. Auditorium, Highland Avenue, corner of Walnut Street.

Info: The meeting will start promptly at 7:00 PM as the library closes at 9:00 PM. Any questions? Contact Nancy Peacock at 628-7566.

Future Rides

APRIL 17 Arlington and environs--
Dick Lewis and David Garrant

APRIL 24 Hamilton and Ipswich
Patty Kirkpatrick and Sam Hull

MAY 1 Ride with Nashoba Valley
Pedalers and AMC

Planning Ahead

MAY 28-30, MEMORIAL DAY WEEKEND
"Seventh Annual Tour of New England"

MARCH 28-APRIL 2 EASTER WEEK
"San Francisco to San Louis Obispo"

What: 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 will leave Boston before sunrise, lights are required though this probably will be the only night riding we will do. We will cover about 146 miles the first day and spend the night in Brattleboro, Vermont at the Suisse Motor Lodge. The second day we will ride 119 miles across New Hampshire. We spend Sunday night at the Ramada Inn in Dover, New Hampshire. Monday we ride into Maine and back to Boston covering about 75 miles. The trip is 340 miles of little traffic and/or wide shoulders.

You should not come on this trip unless you have 100 plus miles per day capacity on VERY DIFFICULT TERRAIN for a two day back-to-back ride. There is no sag wagon. Everyone will travel at their own pace. Maps will be provided for the back roads sections. In addition, some of the back roads will be marked with arrows painted on the pavement. Cue sheets will also be provided. I can send you lodging information if you indicate you require it.

Cost: A \$53 non-refundable fee covers motel costs in Brattleboro and Dover and is due April 15. Food, etc. is not included.

Info: Send name, phone number and SASE (37¢) to:

Jacek "Rudy" Rudowski
One Belnap Road
Hyde Park, MA 02136


What: This is a great bike ride and will be a memorable holiday for all. Your leaders are Californians who know the area well. They are experienced bikers who have been on long Club outings so appreciate the thrill of following as well as leading.

Application: Send SASE to:


Frank A. Quinn
651 Third Avenue
San Francisco, CA 94118
(415) 752-1046

Information: Call:

Joe and Sharon Dickerson
Eve: (805) 773-5254
Day: (805) 773-2374
San Luis Obispo, CA



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MYSTIC VALLEY 729-0425
889 Main Street Winchester

ACE 876-8200
2044 Massachusetts Avenue Cambridge

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Banquet

When: April 22, 1983

Where: Polcari's Restaurant
283 Causeway Street, Boston
2 blocks from North Station/
Boston Garden or from the "T"
(green or orange line). No
Garden events are scheduled for
that night.

Who: All CRW members and their guests.

What: CRW Awards Banquet...ITALIAN
BUFFET...Lots of Food.

Why: Because we cherish getting
together.

How Much: \$12.00 per person!
(\$3.00 per car valet parking
available on site to be handled
on your own)

How: Mail check or money order
payable to:

Charles River Wheelmen
c/o Don Blake
1 Gleason Road
Bedford, MA 01730

Final count must be given to the rest-
aurant on 4/11/83. Hope to see all of
you there!!!

Menu

Italian Buffet

Relish Tray: hearts of celery,
queen olives, ripe olives, sweet
mixed pickles

Entrees: Italian meat cakes in
tomato sauce, baby veal a la
cacciatore with peppers and
mushrooms, baked eggplant a la
parmigiana, baked stuffed lasag-
na, Italian roast potatoes

Etc: marinated mushrooms,
Italian tossed garden salad,
sliced imported Genoa salami and
provolone, dinner rolls, fresh
creamery butter, ice cream,
coffee

P.S. Special thanks to Dave Brahmer,
Greg Canty and Mike Hanauer who
helped narrow down our exhaustive
search.

For Sale

For Sale: 20-1/2 inch R.W. Reynolds
touring custom built 531 tubing bicycle
with custom racks front and rear. Mint
condition that must be seen to be appre-
ciated. Reason for selling: one inch
too large for owner but perfect for that
person who is looking for the best at a
fair price. \$475.00 firm. Call Ralph
at 876-8636 (days) or 696-5658 (even-
ings).

\$

For Sale: Raleigh Super Tourer.
23-1/2" frame, Reynolds 531 DB through-
out. Needs work. Asking \$250. Call
Allan at 482-7710 (Work) or 324-3854
(Home).

SWAP 23" MERCIAN "OLYMPIC" + CASH TANDEM:
Bike is set up for light touring or club
riding. Perfect condition except needs
paint. (Have "531 Respray" and Mercian
decals.)

Need 23" (front) tandem in any reason-
able condition with a kiddy-back at-
tached or attachable. Would prefer
23"/21" sloping top tube and Mafac can-
tilever brakes, but will consider any-
thing.

Call John Likins 762-2337 (6-9 PM)

For Sale: Motobecane Grand Record 23" frame; 531 DB tubing: TA triple crankset; clincher wheels; new Weinmann brakes; Brooks B72 or Avocet Sporting saddle. More. All in Prime Condition \$375.

Rear Derailier. Campi Nuovo Record, never used; \$30.

Generator Light Systems. Sears (Sanyo), 6V bottom bracket mount, tread drive, battery back up; \$10. Sears 12 Volt, 6 watt, tire side wall drive, battery back up \$9. SouBitez 6 volt, 3 watt, tire side wall drive \$4.

GB Stem l1cm extension, 22.2mm dia \$7.

Call Bob Harvey at (9603) 898-5285.

For Sale: Touring/Commuting bike, SchwinnLe TourIII. Orange, 21" frame with carrier rack and fenders. All for only \$170. Bonus--with purchase, you will receive a front and rear generator set and a Bell Helmet. Call Paul Goldsmith at 359-2090 (Home-before 10 PM) or 326-5500 (Work).

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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 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, and 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

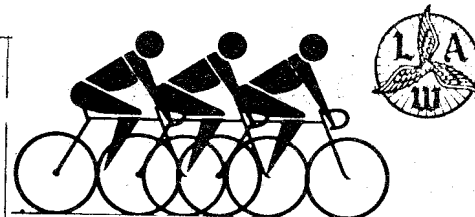
adjustment, but you should be prepared just the same. The CRW is a volunteer group. We cannot and will not take responsibility for problems or injuries that may arise due to road hazards, improper traffic maneuvers, bad weather, chasing dogs, improperly maintained equipment or that hot pastrami sandwich 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 - Jill Eiseman	641-1066
Vice President - Dave Brahmer	387-3243
V.P. of Rides:	
- Patty Kirkpatrick	648-4095
- Mark Lamkin	877-4489
Information - Jacek Rudowski	361-5273
Editor - Susan Cavalli	969-3864
Circulating Editor/Membership	
- Karen Lease	623-7418
- Jim Broughton	646-4102
Advertising Editor - W. McNeil	329-1586
Treasurer - Don Blake	275-7878
Mileage Coordinator - E. Trumbull	332-8546
Social - Bill Piekos	395-5699
Safety - Bill Risinger	321-7623
Awards - John Kane	396-2230
Winter Rides - Walter McNeil	329-1586

BOARD OF DIRECTORS

Dave Brahmer	Patty Kirkpatrick
Jill Eiseman	Karen Lease
Mike Hanauer	Dick Lewis
Sam Hull	Jeffrey A. Luxenberg
Sam Johnson	Edson 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 include your LAW number (on your LAW Bulletin label).

NAME _____

ADDRESS _____

PHONE _____ LAW # _____
(if renewal)

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 years old.

SIGNATURE _____

PARENT SIGNATURE _____
(if under 18)
DATE _____

TOTAL ENCLOSED _____
Dues: \$20 individual, \$26 household,
\$30 sustaining membership

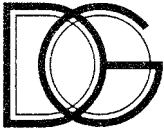
MAIL TO: Karen Lease
44 Meacham Road
Somerville, MA 02144

100% CHAPTER CLUB OF THE LEAGUE OF AMERICAN WHEELMEN

Members Business Directory

The Wheelpeople Business Directory allows CRW members to have their business cards printed for 6 months for only \$15. Send your business card, with a check payable to CRW, to:

Susan Cavalli
CRW Wheelpeople
177 Florence St.
Chestnut Hill, MA
02167



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Shelli Sandrew

Typing 277-3930

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634 Commonwealth Avenue Newton Centre, MA 02159
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Bike Shop Discounts

CRW membership entitles you to various discounts in the following shops:

- o Ace Wheelworks, 2044 Mass. Avenue
Cambridge 876-8200
- o Belmont Wheelworks, 480 Trapelo Road
Belmont 489-3577
- o The Bicycle Exchange, 3 Bow Street
Cambridge 864-1300
- o The Bicycle Workshop, 233 Mass. Avenue
Cambridge 876-6555
- o Chelmsford Cyclery, 210 Boston Rd., Rt. 4
Chelmsford 256-1528
- o The Cycle Loft, 1644 Mass. Avenue
Lexington 862-7048
- o Family Bicycle Center, 149A Belgrade
Roslindale 323-9720
- o Harris Cyclery, 1249 Washington Street
West Newton 244-1040
- o International Bicycle Center
70 Brighton Avenue
Allston 783-5804
- o Laughing Alley Bicycle Shop
51 Harvard Avenue
Allston 783-5832
- o Lifecycle, 1013 Mass. Avenue
Cambridge 354-8595
- o Lincoln Guide Service, Lincoln Rd.
Lincoln 259-9204
- o Mystic Valley Wheelworks
889 Main Street
Winchester 729-0425
- o Northeast Bicycles
102 Broadway (Route 1)
Saugus 233-2664

JIM **MOVING?** **876-4102**
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SEE PAGE 3

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