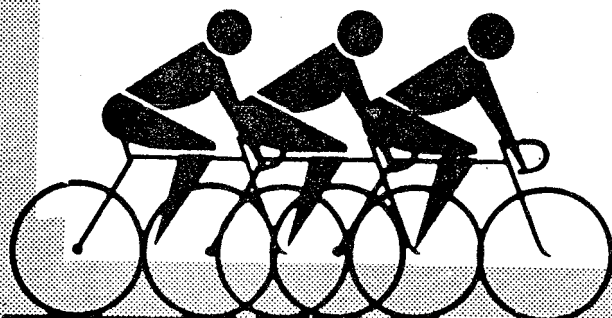


# Wheel People

Volume XIV

Number 9

September 1985

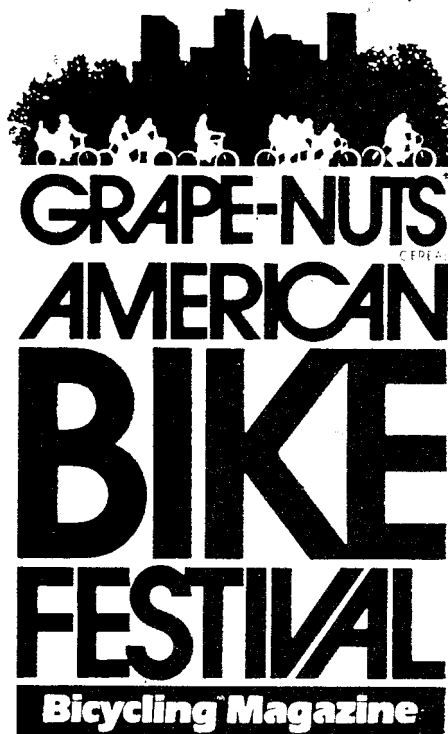


**The Charles River Wheelmen**

BOSTON - SATURDAY SEPTEMBER 14, 1985  
 BOSTON - SATURDAY SEPTEMBER 14, 1985  
 BOSTON - SATURDAY SEPTEMBER 14, 1985

A fun day of bicycling and festivities, featuring:

- a 27 mile ride
- breakfast provided
- t-shirt for each participant
- sag wagon
- festival after the ride on the Boston Common
  - music
  - prize drawings
  - refreshments



Ride through:

- Beacon Hill
- The North End
- The Waterfront
- Back Bay
- The Fenway
- Jamaica Pond
- Jamaica Plain
- Both banks of the Charles River
- Start and finish on the Boston Common

CRW is proud to work with the Boston Area Bicycle Coalition and American Youth Hostels - Greater Boston Council as local sponsors of the First Annual GRAPE-NUTS AMERICAN BIKE FESTIVAL. Fill out the form below and send us \$6.00 (\$2.00 off nationally advertised fee) for each participant. We'll send you a registration packet including route information and details. (All proceeds go to the three local non-profit bicycling groups. If you would like to be a ride marshal, please call Lenny Gervais at 723-1967.)

## Registration Form

Your Name (print) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Your Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone ( ) \_\_\_\_\_ Signature \_\_\_\_\_  
 Date \_\_\_\_\_  
 Signature of Parent or Guardian (if under 18) \_\_\_\_\_  
 Total Amount Enclosed \$ \_\_\_\_\_

Make checks out & mail to:  
 GrapeNuts Amer. Bike Fest.  
 P.O. Box 1015-Kendall Sq.  
 Cambridge, MA 02142



In signing this release, I (we) acknowledge that I (we) understand the intent thereof and I (we) hereby agree to and will absolve and hold harmless General Foods, Bicycling Magazine and any other parties connected with this event in any way, singly or collectively from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience, or damage, hereby suffered or sustained as a result of participation in the GRAPE-NUTS AMERICAN BIKE FESTIVAL, or any activities associated therewith. I (we) also hereby consent to and permit emergency treatment in the event of injury or illness.





# Board Notes

## WHAT YOUR BOARD DID IN AUGUST

Aug. 6 agenda items and actions summary:

**AUTUMN ESCAPE RIDE:** Terry Clancy of the Lung Association addressed the board on this ride. See separate article.

**CLUB BROCHURE:** Vicky Minden distributed some of the new CRW publicity pamphlets. Looks great; thanks Vicky.

**GRAPE-NUTS AMERICAN BIKE FESTIVAL:** To be held Sat., Sept. 14. Volunteers are still needed, call Vicky Minden at -89-4376.

**CRW LAZY DAYS INVITATIONAL:** Planning is well under way. By the time you read this, you will be saying what a great time it was!

**WATERBOTTLES:** Mark Lamkin has ordered 200 in 3 colors, with club logo, to be available by the invitational for \$2.50.

**BOARD ELECTIONS:** The terms of three board members will expire in December. This is your chance! See separate article in this issue of "Wheelpeople".

**TREASURERS REPORT:** A satisfactory balance was noted, a detail expense vs budget report is in process.

**FALL CENTURY:** Will be September 22 to Lighton Rock. Barry Fricks (coordinator) notes that the starting point will be at the Pillar House Restaurant at Rts. 16 & 128. See the rides schedule for details.

**RISE PROGRAM CONCERNS:** Ride leaders and co-leaders are urged to read and follow the ride leader guidelines for route planning, arrowing, and the pre-ride talk. While not overly restrictive, these guidelines remind leaders of the many lessons learned in the past which are important to an enjoyable ride.

**CLUB PICTURE:** Scheduled for October 6, just before the club ride. Please come (even if just for the photo) if at all possible. See separate article and rides schedule for details.

**NEXT MEETING:** Tue., Sept. 3, at 7:30 pm MIT building 10, room 178 (10-178), Mass. Ave., Cambridge. MEMBERS ARE

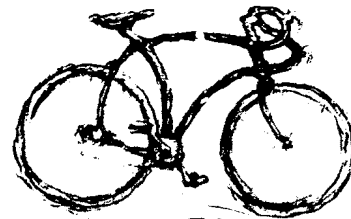
**ENCOURAGED TO ATTEND BOARD MEETINGS -- YOUR COMMENTS ARE ALWAYS APPRECIATED.**

**ADJOURNMENT: 9:35 PM**

Mike Hanauer, CRW Secretary

## SPECIAL DEALS ON SUMMER WHEELS

10% discount on accessories for Wheelpeople



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DIAMOND  
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BILL'S**

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# Elections

## ELECTION TIME AGAIN

The Charles River Wheelmen is a group of active adult bicyclists who sponsor a year-round program to promote the enjoyment of bicycling. During the regular season (early Spring to late Fall), two ride loops are usually available every Sunday, designed to be ridden at your own pace. The routes are arrowed in advance, and the leaders stay in the rear to insure that nobody gets left behind. Our Winter Frostbite rides are more informal; the route and pace are decided by those who show up to brave the elements.

Our dues include membership in the League of American Wheelmen; CRW members also receive Wheelpeople, the club's newsletter.

Address all mail to the Charles River Wheelmen, 19 Chase Avenue, W. Newton, MA 02165

### OFFICERS AND COORDINATORS

President	Dave Brahmer	646-7208
Vice President	Mike Hanauer	862-5927
V.P. of Rides	Dave Garrant	646-2492
Information	Jacek Rudowski	361-5273
Membership	Dave Brahmer	646-7208
Mileage	Edson Trumbull	332-8546
Publicity	OPEN FOR BIDS: could be YOU	
Secretary	Mike Hanauer	862-5927
Treasurer	Don Blake	275-7878
Winter Rides	Walter McNeil	329-1586
Wheelpeople		
Editor	Helen Jorgensen	655-9819
Distribution	Bill Fine	247-3804
Advertising	Dick Lewis	641-1066

### BOARD OF DIRECTORS

Deborah Allinger	783-2073
Dave Brahmer	646-7208
Greg Canty	861-7294
Mike Hanauer	862-5927
Mark Lamkin	877-4489
Dick Lewis	641-1066
Jill Lewis	641-1066
Carol Tesiero	628-6492
Edson Trumbull	332-8546

Once again it is time to start thinking about who will run for the CRW Board of Directors. Each year 3 new board members are elected for a 3 year term.

The Board of Directors are now accepting nominations for board members. Three positions will be open this year and possibly a fourth. The three positions are for regularly expiring terms.

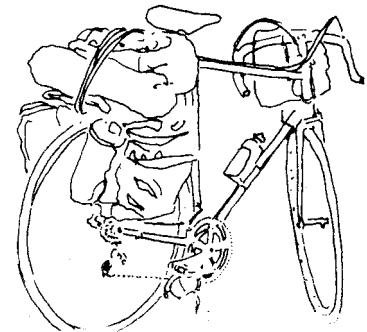
The three regularly expiring terms are for: Jill Lewis, Ed Trumbull and Greg Canty. If you remember, Greg took over for Karen Lease last January when she resigned from the Board and can still run for 2 full terms.

The 4th position which may become available, and runs through the end of 1986, is for Mark Lamkin. He may be taking a new job outside of this area. Good luck to you Mark.

Anyone wishing to make a nomination (or nominate his/her self) can send their choice on a postcard to:

David Brahmer  
20 Orlando Ave.  
Arlington, MA 02174

Nominations must be received by September 3, 1985 in order to be considered.



# NIGHT RIDER



ABOUT ONE THIRD OF MY TOTAL MILEAGE IS DONE AT NIGHT, (I WORK EVENINGS) SO I'VE LEARNED A FEW THINGS THAT HAVE HELPED KEEP ME FROM BECOMING A HOOD ORNAMENT. I HOPE THAT INSPITE OF MY SO-SO WRITING ABILITY I CAN PASS ON A FEW POINTERS.

THIS FIRST ARTICLE WILL DEAL WITH WHAT TO WEAR. GENERATORS AND REFLECTORS FOR THE BIKE WILL IN A LATER ARTICLE.

I ASKED SEVERAL FRIENDS (THEY ARE NOT BIKERS) TO FOLLOW ME AROUND WITH THEIR CARS ONE NIGHT AND GIVE ME THEIR OPINIONS ABOUT VARIOUS TYPES OF CLOTHING THAT I WORE.

CLOTHING FOR NIGHTTIME RIDING IS SIMPLE, WEAR WHITE MY FRIENDS WERE UNANIMOUS IN THEIR OPINIONS THAT A PAIR OF LONG WHITE PANTS AND A LONG SLEEVE WHITE SHIRT WERE THE MOST VISIBLE CLOTHING TO WEAR. LIGHT GRAY, BEIGE AND YELLOW ARE ACCEPTABLE IF YOU DONT HAVE ANY WHITE CLOTHES, BUT PLAIN WHITE WAS FAR SUPERIOR. THEY SAID THAT WHITE CLOTHING WAS BETTER THAN EVEN FULLY REFLECTIVE CLOTHING. FULLY REFLECTIVE CLOTHING WORKS ONLY WHEN A CAR'S HEADLIGHTS ARE DIRECTLY ON YOU, AND EVEN THEN YOU ARE ONLY VISIBLE TO THE PEOPLE THAT ARE IN THAT CAR. (TO THE DRIVER OF A CAR THATS HEADLIGHTS ARE NOT ON YOU, YOU ARE STILL INVISIBLE) MY FRIENDS SAID THAT THE WHITE CLOTHING WAS NOT QUITE AS GOOD AS THE REFLECTIVE UNDER DIRECT HEADLIGHTS BUT IT WAS A GOOD SECOND. THEY SAID WHEN THEIR HEADLIGHTS WERE NOT DIRECTLY ON ME THAT THE WHITE CLOTHING WAS SUPERIOR TO ANYTHING ELSE. (THEY ALSO SAID I LOOKED LIKE A GHOST RIDING A BIKE) A PROBLEM WITH REFLECTIVE CLOTHING, OTHER THAN THAT IT IS VERY EXPENSIVE, IS THAT AFTER BEING WASHED SEVERAL TIMES, IT LOOSES ITS REFLECTIVE ABILITY. WHITE CLOTHES ARE ALSO FAR BETTER AT NIGHT THAN DAY GLOW COLORS SUCH AS MAGENTA, CHARTREUSE AND ORANGE. THESE COLORS BECOME INVISIBLE AT NIGHT AND EVEN UNDER BRIGHT STREET LIGHTS THEY APPEAR AS BROWN AND GRAY.

A COUPLE OTHER ADVANTAGES TO WHITE CLOTHES. THEY ARE ALSO HIGHLY VISIBLE IN THE DAY TIME, AND IF YOU ARE LIKE ME AND DONT TAN WELL (I FRY) A FULL SET OF WHITE CLOTHES WORKS BETTER THAN #15 SUNSCREEN. ANOTHER VOTE TO WEARING WHITE IN THE DAYTIME IS THAT SUCH CLOTHING CAN BE COOLER THAN BARE SKIN IN DIRECT SUNLIGHT. THE WHITE CLOTH REFLECTS THE INFARED SOLAR RADIATION WHEREAS SKIN WILL ABSORB A LOT OF IT AND BLACK CYCLING SHORTS WILL ABSORB ALL OF IT.

ENOUGH OF THAT, AND BACK TO THE ORIGINAL SUBJECT. ANOTHER THING TO WEAR ARE REFLECTIVE BANDS, SASHES AND VESTS. THEY ALL WORK WELL, BUT ONLY UNDER DIRECT HEADLIGHTS, AND ARE FAIRLY INEXPENSIVE. MY OWN FAVORITE IS A PAIR OF BANDS ON MY ANKLES AND ANOTHER PAIR ON MY WRISTS. THE PAIR ON YOUR ANKLES WORK THE SAME AS PETAL REFLECTORS BUT ARE OMNIDIRECTIONAL AND CAN BE SEEN FROM ALL ANGLES. THE PAIR ON THE WRISTS ARE GOOD FOR HAND SIGNALS. THE SASHES WORK FINE BUT I HAVE TROUBLE KEEPING IT IN PLACE, IT KEEPS SLIDING OFF MY SHOULDER. THE VESTS ARE BETTER THAN THE SASHES BECAUSE THEY STAY IN PLACE AND ALSO BECAUSE THAT THEY ARE FAIRLY COMMON, PEOPLE RECOGNISE THEM. THEY REALISE THAT REFLECTOR THAT THEY ARE SEEING IS PERSON. (THIS IS WHAT MY FRIENDS TOLD ME) THE ONLY PROBLEM WITH THE VESTS IS THAT ON A HOT NIGHT THEY ARE RATHER HOT. BUT HOW MANY HOT NIGHTS DO WE HAVE?

ANOTHER GOOD IDEA IS A LEG (ARM) LIGHT. WEAR IT ON YOUR ANKLE, NOT YOUR ARM. IT WONT STAY IN PLACE ON YOUR ARM. THE LEG LIGHT WILL NOT ENABLE YOU TO SEE ANYTHING, IT

• ENABLES YOU TO BE SEEN. THE UP AND DOWN MOTION OF IT ON  
• YOUR ANKLE IS VERY ATTENTION GETTING, AND EVEN THE RELATIVELY  
• SMALL AMOUNT OF LIGHT THAT A LEG LIGHT PUTS OUT CAN BE  
• SEEN FOR QUITE A DISTANCE. HOWEVER, A LEG LIGHT IS NO SUBSTITUTE  
• FOR A GENERATOR. IF YOU WEAR THE LIGHT ON YOUR LEFT ANKLE,  
• (THE BETTER OF THE TWO) YOU CAN NOT BE SEEN BY A CAR  
• APPROACHING FROM THE RIGHT. YOUR OWN ANKLE BLOCKS THE LIGHT.  
• YOU CAN WEAR LIGHTS ON BOTH ANKLES, WHICH WORKS VERY WELL.  
• THE LIGHT ON YOUR RIGHT ANKLE WOULD HAVE THE RED LENS  
• FACING FRONT AND THE WHITE LENSE FACING BACK, BUT THERE IS  
• NOTHING WRONG WITH THAT. IT IS ATTENTION GETTING, AND  
• CAN BE SEEN FROM ALL ANGLES. THE BEST LEG LIGHT I HAVE  
• FOUND IS THE WONDER LEG LIGHT, IT TAKES 2 C BATTERIES (NOT  
• THE WONDER BATTERIES). IT IS QUITE DURABLE. FORGET THE  
• LIGHTS FROM JAPAN, THE SWITCHES BREAK. A LEG LIGHT ALSO  
• MAKES AN ACCEPTABLE BACKUP IF YOUR GENERATOR DIES.

• IF YOU WEAR A HELMET, WHITE IS THE BEST COLOR.  
• IF YOUR HELMET HAS NO REFLECTORS ADD SOME REFLECTIVE TAPE  
• OR THOSE VINYL REFLECTIVE STICKERS. EVEN IF YOUR HELMET  
• HAS REFLECTORS, IT WILL HELP TO ADD MORE. MY FRIENDS  
• SAID THAT THE REFLECTORS ON MY HELMET WERE MORE VISIBLE  
• THAN EITHER THE BANDS, THE SASH OR THE VEST. IF THE  
• REFLECTORS DONT STICK WELL TO YOUR HELMET, TRY USING  
• CONTACT CEMENT OR TUBULAR RIM CEMENT. WHITE REFLECTORS  
• ARE THE MOST VISIBLE.

• A FEW COMMENTS ON FABRICS OF WHITE CLOTHES.  
• THE BEST FABRIC I HAVE FOUND IS A 50/50 COTTON/POLYESTER  
• BLEND. IT IS MORE DURABLE THAN PURE COTTON ALTHOUGH NOT  
• AS COMFORTABLE, AND IT WILL WITHSTAND LIQUID BLEACH  
• BETTER WHEN LAUNDERING IT. THE MAIN DRAWBACK OF WHITE  
• CLOTHES IS THAT THEY SHOW THEIR DIRT.

• IF ANYONE HAS ANY COMMENTS OR QUESTIONS ABOUT  
• NIGHTTIME RIDING I CAN BE REACHED AT 235-4762 10 AM -  
• 2 PM WEEKDAYS OR SEE ME ON THE RIDE SUNDAY (I'M USUALLY  
• LATE)

ERIC FERIOLI

## Protect your thinker..

# Upcoming Events

## Final Reminder!

SATURDAY, SEPTEMBER 14th ON THE BOSTON COMMON  
THE GRAPE-NUTS AMERICAN BIKE FESTIVAL TAKES OFF!

Don't be left out of the biggest bike event Boston's ever seen: reserve Saturday, September 14th for the first annual Grape-Nuts American bike Festival. In case some of you have been away all summer and have missed recent advertising, this event will include: a 27-mile ride through scenic neighborhoods of Boston, Brookline, and Cambridge, followed by a festival and rally on the Boston Common all afternoon. We've planned plenty of activities to keep you busy at the festival: there'll be food, music, a drawing for great prizes (Fuji bikes, Rhodogear accessories, Country Cycling tours), product samples, information booths, guest speakers, and much more! The nationally advertised registration fee is \$8.00, but you can get in for \$6.00 by indicating on your form (available the morning of the event) that you're a CRW member. This minor fee covers all of the activities mentioned above--plus your free T-shirt!

This exciting festival is being sponsored by General Foods and Bicycling magazine, who are also leading similar rides in Minneapolis, Tampa, and Los Angeles this summer and fall. There are 3 Boston groups organizing our festival: CRW, AYH (American Youth Hostels, Boston Council) and the BABC (Boston Area Bike Coalition)--and splitting the proceeds from the event as well, which could be significant if all goes as planned! Our core planning committee of 5 or 6 club representatives has worked for almost a year to engineer the festival, and we all want our members to enjoy the results! As of now (early August) there are over 400 pre-registrants, thanks to early Bicycling ads and other publicity. We expect to top the estimated participation figures of 2,000-3,000 riders, based on the overwhelming response in Boston and the certain success of the major last-month publicity: by the time you read this there will be a radio sponsor, large ads in the Globe and the Phoenix, brochures, posters, flyers and banners all over the city, and supermarket displays in 300 stores!

I've called on many of you to volunteer for one of the 200 positions, and I do appreciate the help we've gotten so far. It's still not too late to lend a hand on the 14th--give me a call at 489-4376 if you're inspired to get involved. I look forward to a fantastic day, one that is sure to generate enthusiasm for bicycling in and out of Boston!

Plan to arrive at the start of the ride--the Boston Common (corner of Beacon and Charles Streets) by 6:30 am to be sure and complete registration and check-in procedures (and your Grape-Nuts breakfast!) by the 7:30 start of the ride. If you don't want to ride to the Common, you can park in the Common Garage (the underground one). Call the hotline, 491-RIDE, with any questions. See you on the 14th!

-Vicky Minden

## NORFOLK COUNTY-NEWTON LUNG ASSOCIAT

We hope very much that some of your members will be able to join us on the AUTUMN ESCAPE to Cape Cod, September 21 - 23. This is a ride for everyone whether or not they are experienced bikers!

The three-day trip begins and ends in Plymouth. Meals, seaside accommodations, a two hour boat trip to Provincetown and other great incentives are included. See the enclosed brochures for details.

This is a way to have fun and at the same time, aid people who have breathing problems. Please help us to spread the word about this TREK in any way you can. Please contact me for more brochures and other information.

The TREK planning group is open to your suggestions and/or advice. We want to provide a happy, healthful and safe journey for all.



# CENTURY

C.R.W. + L.A.W. + SEPTEMBER = THE NATIONAL CENTURY

September is the month we exercise our status as an affiliate of the League of American Wheelmen (BICYCLE U.S.A.) and host the League's sanctioned CENTURY complete with patches, sag wagon, refreshments at the end. For those of us who want to exercise or haven't exercised more during the year there will be rides of 50, 25 and 62 (metric century), for which patches will also be awarded.

After a year's absence, Dighton Rock State Park will serve as the mid point of the century. This section of Mass., near Fall River is a bit off the beaten path for most of us in the Boston area. The Pillar House in Newton will be the starting point and Weld has graciously offered his house in Weston for the after-ride party. See rides section for further information.

Even for the seasoned Centuryists, lights and reflective clothing are definitely a good idea as the days are much shorter by the end of September. Water is a must so bring at least one water bottle (and don't forget to fill it before leaving home). Volunteers are also a must, please give a hand. We need arrowers, a sag driver and help with registration and food. Make the effort, give me a call at 247-4832 (home) or 851-5500 (work).

Barry Fricks

# → Rides

**BICYCLING**  
THE WAY TO GO



\*\*\*\*\*  
On all CRW rides, please arrive **at least 15 minutes before starting time** so the ride can start on time. It is recommended that you bring a pump, a patch kit and spare tire tube, a wrench & screwdriver and a map.

During the "arrowed ride season", for those who might have missed the last ride, CRW recommends **Saturday at 10:00 AM** as a second opportunity to follow the arrows of the previous Sunday's ride, but this time as a show and go **leaderless** ride. It is also recommended that you call the leader to determine the correct arrow shape to follow on the road.

**September 1** **10:00 and 10:30 AM**

**Highlights:** Swimming at Farm Pond in Holliston and a **post ride get-together** at Jamie's house in Framingham. Soft drinks and snacks will be served - a donation is appropriate.

**Start:** D'Angelo's sub shop at the intersection of Beaver St. and route 135 in Framingham - park in adjacent lot.

10:00 AM: for the **long route** (35 miles)

10:30 AM: for the **short route** (20 miles)

Terrain is gently rolling with one good hill, and towns covered are Sherborn, Holliston, Hopkinton and Marlboro. Lunch can be bought in either Holliston or at the Creamery in Marlboro. Contact ride leader Jamie King (626-1396) for more info.

(Please come to the) **CRW BOARD MEETING**

**September 3** **7:30 PM**

**Location:** MIT building 10, room 178 (10-178), Mass. Ave., Cambridge.

We will once again be including the board meeting in the monthly ride schedule in hopes of encouraging more members to attend. All members are welcome! Please contact any board member for more complete details on how to get there.

**September 8**

**10:30 AM**

**Highlights:** **Post-ride gathering** at Rosalie's. A donation for refreshments is appropriate.

**Start:** The elementary school off of Rt. 62, at the intersection of Rt. 62 and Greenwood Ave. in Burlington.

Rosalie Blum (272-7785) and Don Blake (275-7878) are foregoing the Martha's Vineyard ride to give us this **short (25 miles)** and **long (45 miles)** ride for those who don't want to travel down to the Cape. **Terrain** is mostly flat with some rolling hills, and towns covered are Bedford, Billerica, Chelmsford, Carlisle and Concord. You might want to bring your lunch since the **lunch stop** in Carlisle center has a store that doesn't open until noon.

**7th Annual Martha's Vineyard Ride**

**September 8**

**10:15 AM**

**Start:** Meet at Steamship Authority Ticket Office, Woods Hole. The **ferry will leave at 10:45 AM for Vineyard Haven**. Buy your ferry tickets at the ticket office and mention CRW to get the \$11.00 round trip group rate (\$6.00/person +\$5.00/bike).

Sam Johnson and Birdy Ellsmore (655-8774), who have led this ride for the past few years, will provide you with a map of the island and a suggested route. Their version includes a **55 mile** trip, but you may opt for a **16 mile** ride to Edgartown and back. Return ferries leave Vineyard Haven at 5:00, 6:30, 7:30 and 8:45 PM. Remembering that the ferry trip is about 45 minutes, you may want to **bring a light** for the return trip to Falmouth.

Parking at Woods Hole is an additional \$5.00, but you can park for free at the Falmouth Municipal lot and ride the 4 mile bike path to the ferry. **Driving instructions to the municipal lot:** follow Rt. 28 past the Steamship Authority overflow lot, turn left down Main St., and look for parking signs on the left-hand side of the street. Cycle back up Main St. to Rt. 28, turn left, and look for the entrance to the bike path 1/4 mile on the left; its marked with an anchor and a rock.



# Events

**September 15**

**10:00 AM**

**Start:** Newton Center at the intersection of Centre St. and Beacon St.

The **short (25 miles)** ride will be a loop to the wealthy town of Dover and back, while the **long (50 miles)** ride will cover the towns of Needham, Dover, Westford, Walpole, Millis and Medfield. The **terrain** is flat to moderate, with one big hill on the long ride. The **lunch stops** are (1) in Dover for the short ride, where there is a store that food can be purchased at, and (2) at Friendly's in Medfield for the long ride. Be forewarned that there will be no sweep for the short ride unless someone would like to volunteer to help **ride leader** Richard Klein (491-6975).

## CRW FALL CENTURY

**September 22**

**7:30 and 9:30 AM**

**Highlights:** The Charles River, Rocky Woods Reservation, the Taunton River, Dighton Rock State Park and a **post-ride get-together at Ned Weld's in Weston**, which the return routes pass by about 4 miles before the end of the ride.

**Start:** Pillar House Restaurant, at the intersection of Rt. 16 (Washington St.) and Rt. 128 in Newton. Enter on Quinobequin Rd. and park in the Pillar House parking lot (the restaurant is closed on Sundays).

7:30 AM: Registration for the **century (100 miles)**, which has Dighton Rock State Park in Dighton, Mass., (south of Taunton and just north of Fall River) as its destination.

9:30 AM: 25, 50 and 62 (metric century) miles.

The **lunch** stop for the century will be in Berkley (food can be purchased there), about 4 miles before Dighton Rock State Park; and in Sharon for the 50 mile route. The **terrain** is rolling with some hills. Contact Barry Fricks (H: 247-4832, W: 851-5000 X304) for more info. There is a **registration fee** of \$4 for CRW members and \$5 for non-members, which includes map, patch, sag wagon and end of ride refreshments.

## STEAMERS and BEER RIDE

**September 29**

**8:00, 10:15 & 11:30 AM**

**Highlights:** Lunch at Woodman's in Essex. The century has a scenic loop along the Merrimack River and up into New Hampshire. The 55 and 25 mile rides go thru Bradley Palmer State Forest, and all rides are thru mostly scenic back roads.

### 2 Starting Locations:

1) Wakefield center, next to the bandstand, at the intersection of Main Street (Rt. 129) and Church Street, by Lake Quannapowitt. Don't park in church lot adjacent to park.

8:00 AM: 100 mile route goes up to the Merrimack River, across into Newton, NH, back thru scenic stretch of the Merrimack, down to Essex and Manchester, back thru Hamilton and Topsfield.

10:15 AM: 55 mile ride goes to Topsfield, Ipswich and Essex - then it is the same as the long ride.

2) Topsfield at the intersection of route 97 and Washington Street.

11:30 AM: 25 mile ride is part of the 55 mile route.

The **terrain** for all rides is mostly flat, and, also, all 3 rides should arrive at the lunch stop at about the same time, so that we can enjoy lunch together. For more info contact Mike Gengler at 484-5088 (weekends thru Sept. 22: a 603-253-6191).

**October 6**

**9:30 AM**

### Highlights:

**CRW Club Picture will be taken at 9:30 AM sharp - come for the picture even if you don't want to do the ride.**

Ice cream stops for both long and short rides. Beautiful vistas of Mt. Wachusett on the long ride.

**Start:** Star Market on Lowell Rd. in Concord. From Concord Green in Concord center, go west on Lowell Rd. a short distance until you reach the Star Market on your left.

The **short (35 miles)** route loops out to Littleton, while the **long (65 miles)** route goes thru Forge Village in Weston, Harvard, Bolton and Sudbury. **Terrain** for both rides is rolling with some good hills. The lunch stop has not yet been determined. For more info, contact Greg Canty (861-7294).

WE WANT YOUR IDEAS-

**CAW**

THEY'RE  
WORTH  
CROWING  
ABOUT!



You can send all your material

Helen Jorgensen  
15 Village Way, #10  
Natick, MA 01760

WILL NOT PRINT ANYTHING  
RECEIVED AFTER THE 10th OF  
**SEPTEMBER!**

## American Bike Fest needs Marshals

Openings still exist for ride marshals and stationary marshals for the Grape-Nuts American Bike Festival, set for Saturday, September 14, in Boston. About 60 ride marshals will be needed to ride with the crowd, at regular intervals, and maintain a smooth traffic flow, offering other assistance to riders if needed. About 50 additional marshals, stationed at the turns, will be needed to direct cyclists along the proper route.

"Anyone wishing to join the 25 who have already volunteered should call Mark Spain at 734-3251, evenings. If there is no answer, call the BABC Hotline, 491-RIDE, and leave a message.

## Use your watch as a compass

By Ray Zaniewski  
Staten Island Bicycling Association  
BICYCLE USA News Service

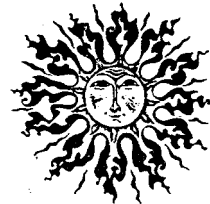
When I was riding the Staten Island Bicycling Association Century last September, I made a few wrong turns at the 80-mile mark and found myself totally lost without an adequate map. However, I was able to discern that I had to travel in a northeastward direction to get back to civilization. If only I had a compass.

I remembered reading once that a wrist watch can be used as a compass, as long as the sun is shining, but unfortunately, on the day of the century I couldn't recall the procedure. This incident inspired me to do some reading and relearn the trick just in case I find myself in a similar situation again. (Perhaps next year's century?) Here is how it works.

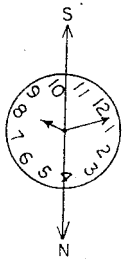
Hold the watch flat and point the hour hand in the direction of the sun. Imagine a line running from the center of the watch through a point midway between the hour hand and the number 12. This line will point south.

Which way do you bisect the angle? Before noon, you bisect the angle formed by going

counterclockwise from the number 12 to the hour hand. After noon, you bisect the angle formed by going clockwise from the number 12 to the hour hand. This may sound tricky, but if you try it out, it is easy to remember.



Before 12 noon

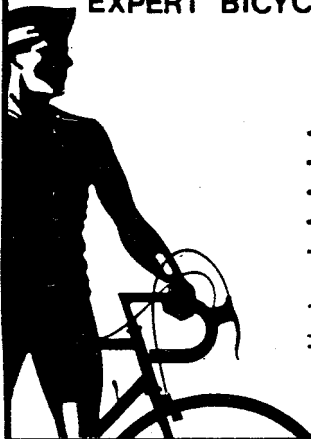


For travel in the Southern Hemisphere, some modifications of this procedure are required.

If you have a digital watch or no watch, no problem as long as you know the correct time. Just draw a clock face and use that to navigate.

### EXPERT BICYCLE MECHANICS

BY JIM GOLDBERG



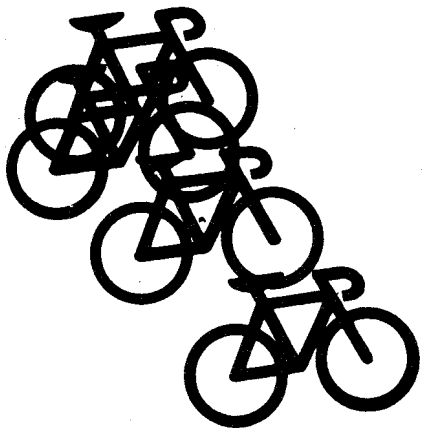
- minor repairs to complete overhauls
- custom gearing, 15-speed conversions
- custom wheelbuilding
- touring specialist
- one day service by appointment

ten years professional experience,  
formerly with Chris Chance Cycles

354-7259 CAMBRIDGE, MA



# Upcoming Events



## MS

On Sunday, September 22, the Multiple Sclerosis Society will conduct the fourth Annual Bicycle Tour of Worcester County and offer a new and exciting bicycle tour for Western Massachusetts. The Tour is sponsored by Anheuser-Busch and is known as the MS/Bud Light Twin Touring Classic.

The MS Society is planning a day of fun for all cycling enthusiasts. The MS/Bud Light Twin Touring Classic accommodates both the avid and recreational cyclist as well as families. You choose the touring site best for you; Worcester County or Western Massachusetts. We offer a choice of 25, 50 and 100 mile routes at both touring sites. Various registration fees are required and pledges secured depending on the distance chosen. Registration and starting times vary with each tour.

While bicycling towards a cure for multiple sclerosis, all participants will receive a buffet meal and commemorative Tour T-shirt. Local bicycle shops will provide sagwagon support en route and refreshments will be provided at checkpoints. Safety and communication will be provided by the American Red Cross Association and local radio clubs.

Enjoy a day of fun and companionship while putting your healthy qualities to work to help those people who have MS.

For more information, call the MS Society closest to you.

Western Massachusetts  
413-534-0229  
Donna Clarke

Worcester County  
617-842-2223  
Linda Baker

## CAPE ESCAPE

This Cape Escape Weekend will be held Labor Day Weekend from FRI, August 30 to MON, Sept. 2. This trip will be a bike-boat-hostel excursion. We will leave Boston 6 pm FRI and return MON. This even includes a day on Martha's Vineyard! Send \$70 deposit to reserve your space. This will cover all expenses except some meals and incidentals.

Contact: John Allen, PO Box 441291  
West Somerville, 02144  
OR  
Jacek Rudowsky at 361-5273

## SUB SIG -

Sept. 28/29 Schoolhouse Cabin Foliage Bike Weekend  
Drive to cabin in Montpelier VT Friday night. Saturday ride is 60/70 level miles around Lake Champlain, including the famous scenic islands. Sunday is 40/50 miles, some hills, ending with a swim off the Brookfield floating bridge. Low cost food and lodging. For info: Charles Hansen H: 734-0720 W: 638-9111



-- 1985 TRI-STATE CENTURY WEEKEND --

DATES: September 14 & 15, 1985 TIME: 7:00 A.M., both days

HEADQUARTERS: Bailey Beach Resort, 933 Ocean Boulevard, Hampton Beach, N.H., 03842, tel. 603-926-3306. Motel is located at the intersection of routes 1A and 101C. Notes: No open alcoholic beverages are allowed in public in the entire Hampton Beach area! Park cars across the street from headquarters as the restaurant will be open for regular customers plus bicyclists.

ADDITIONAL INFORMATION: Please send a S.A.S.E. with your detailed request to Dave Topham, Two Townsend Avenue, Salem, N.H., 03079, or call 603-898-9926.

641-0101

### THE BICYCLE CORNER

• COMMUTING • TOURING • RACING  
SALES AND SERVICE

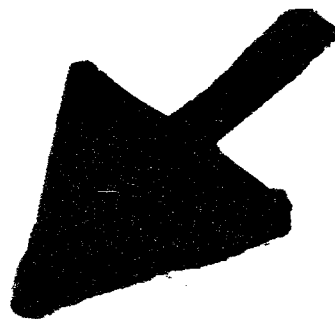
Shogun and Univega

MARK O'BRIEN  
DENNIS O'BRIEN

916 MASS. AVENUE  
ARLINGTON, MASS. 02174



Dear Editor :



Dear Helen:

Here is yet another opinion about arrow pollution.' First of all, I don't really understand why anybody would seriously care about a bunch of arrows painted on the street. The gas company paints much more flamboyant designs with reckless abandon. The only drawback that I see to many arrows is that they do make it hard to figure out where the ride de jour is going.

I find arrows from previous rides extremely useful, since when I'm out riding by myself, I often follow a previous ride's route, or connect with it for a stretch to avoid the more obnoxious roads in the Commonwealth. I know that following the arrows will provide me with a more pleasant ride than blundering around on my own.

Arrows have a natural half-life. Previous year rides are usually eradicated by the abrasion of many tires ('The Big Eraser'). So there is no danger of the road becoming a band of white.

I say the more arrows the better. My only suggestion is that on popular routes, instead of putting down another arrow, try to find a similar arrow from a previous ride and paint over it.

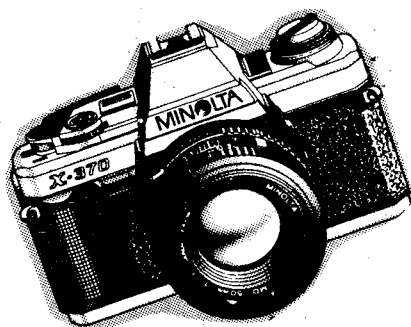
Very truly yours,

*Jack Donohue*  
Jack Donohue

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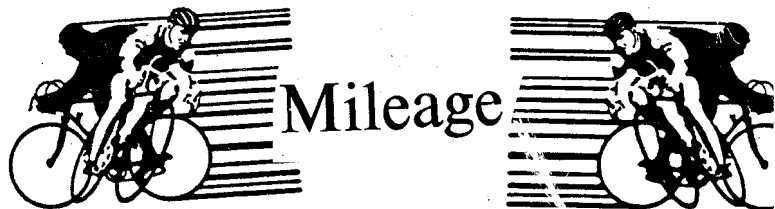
#### CHARLES RIVER WHEELMEN TO BE EXPOSED

Don't allow your likeness and name to be left out of the first club photo to be taken in four years. The vitals: Sunday, October 6 at 9:30 a.m. at the Star Market on Lowell Street in Concord. The photo will be taken just before the club ride -- but please come even if you can't do the ride.



Photographer (and biker) Harold Lewis will use his amazing antique panoramic camera (the camera actually scans or moves during the shot - a sight to behold). Members (and non-members for that matter) may order copies of the photo. If you have any questions, call Mike Hanauer at 862-5927.

# Classified



## FOR SALE:

Motobecane Grand Touring with 22" frame set -- blue (clean) ideal leather saddle, le handlebar padding, stronglight double crankset, huret odometer, Rhode Gear rear rack and water bottle, soubitez generator lighting system, Suntour rear derraileur. Call Emile Bielawa at 617/327-0150 Asking \$250.

SR (Apex 5) crank 42x52; Maillard freewheel cluster 14, 17, 21, 26, 32 with freewheel remover tool; Suntour Cyclone front derailleur (can you tell I changed to a triple crank?) Philippe 9 cm stem. All in good/very good condition. Best offer. Dena: 547-0599 eves. weekend

## WANTED:

A rear fender (a.k.a. mudguard) for a 26" wheel (3 speed bike).  
Dena: 547-0599

# HELP

## Vacant Ride Dates

Ride leaders are needed for the following Sundays:

November 10 (Veterans Day Weekend)

November 17

Co-leaders are needed for the following Sundays:

September 1 (Labor Day Wknd) - Jamie King's Framingham ride.

September 15 - Richard Klein's Newton ride.

October 20 - Patty Kirkpatrick's Topsfield ride.

If you're interested, please contact me, David Garrant, at 646-2492 (beware of answering machine).

Röbye Lahlum	12830
Dick Buck	8478
Eric Ferioli	6954
Melinda Lyon	6562
Frank Womboldt	5472
Francie Sparks	5204
Jack Donohue	4484
Paul Gafford	4091
Steve Fellows	3982
Ed Trumbull	3728
Mike Hanauer	3725
Dick Howe	3397
Greg Canty	3327
Tom Wylie	3179
Jeff Luxenberg	3001
Jim Broughton	2945
Jacek Rudowski	2927
Jamie King	2776
Mark Remaly	2126
Ron Messier	2009
Emile Bielawa	1968
Doug Mink	1949
Bill Fine	1758
Debbie Luxenberg	1723
Charles Hansen	1597
Dick Lewis	1560
Jill Lewis	1536
John Kane	1515
Aliza Arzt	1415
Steve Dick	1337
Jack Jacobs	1006
Delphie Andrews	858
John Springfield	853
Rosalie Blum	402
Christina Hilliard	283

We lost a few more "sheep" this month. Hopefully, they will find their way back by the 5th of Sept.

Ed Trumbull  
19 chase Ave  
W Newton, MA 02165  
332-8546

# Bike Shop Discounts

The following shops offer discounts to members of CRW.

<u>Ace Wheelworks</u> 2044 Mass. Ave., Cambridge	876-8200
<u>Aworthy Bicycle</u> 424 Moody St., Waltham 311 Walnut St., Newtonville	893-8769 965-5868
<u>Belmont Wheelworks</u> 480 Trapelo Rd., Belmont	489-3577
<u>Bicycle Bill</u> 253 N. Harvard, Allston	783-5636
<u>The Bicycle Exchange</u> 3 Bow St., Cambridge	864-1300
<u>The Bicycle Workshop</u> 233 Mass. Ave., Cambridge	876-6555
<u>Chelmsford Cyclery</u> 210 Boston Rd., Rt. 4, Chelmsford	256-1528
<u>The Cycle Loft</u> 28 Cambridge St., Burlington	272-0870
<u>Family Bicycle Center</u> 149A Belgrade, Roslindale	323-9720
<u>Farina Cycle</u> 61 Galen St., Watertown	926-1717
<u>Harris Cyclery</u> 1355 Washington St., West Newton	244-1040
<u>International Bicycle Center</u> 70 Brighton Ave., Allston	783-5804
<u>International Bicycle (West)</u> 740A Beacon Street, Newton	527-0967
<u>Laughing Alley Bicycle Shop</u> 51 Harvard Ave., Allston	783-5832
<u>Lexington Cycle</u> 1644 Mass. Ave., Lexington	863-1480
<u>Life Sports</u> 1100 Mass. Ave., Arlington East India Mall, Salem	648-1305 745-6311
<u>Lifecycle</u> 1013 Mass. Ave., Cambridge	354-8595
<u>Lincoln Guide Service</u> Lincoln Rd., Lincoln	259-9204
<u>Mt. Auburn St. Cycle</u> 145 Mt. Auburn St., Watertown	926-6010
<u>Mystic Valley Wheelworks</u> 889 Main St., Winchester	729-0425
<u>Northeast Bicycles</u> 102 Broadway (Rt. 1), Saugus	233-2664
<u>The Ski Market</u> 860 Comm. Ave., Boston	731-6100
<u>Endicott Plaza, Danvers</u> 34 Cambridge St., Burlington 400 Franklin St., Braintree	777-3344 272-2222 848-3733
<u>The Bicycle Corner</u> 916 Massachusetts Av Arlington, MA 02174	641-0101

# Join the CRW

----- JOIN THE CHARLES RIVER WHEELMEN -----

CRW dues include membership in BICYCLE USA, the League of American Wheelmen. Do NOT make payments to BICYCLE USA.

I acknowledge that there is an inherent risk of bodily harm in participating in any bicycling event and agree to assume all such risks. I hereby release and hold harmless the Charles River Wheelmen, the League of American Wheelmen, the American Youth Hostels, as well as their officers, organizers, event leaders, sponsors and individuals for any and all claims, causes of action or liabilities out of my participation in Charles River Wheelmen events. I am at least 16 years of age and agree to obey state traffic laws and the rules of the road.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE (H): \_\_\_\_\_ (W): \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

L.A.W. # & EXPIRATION DATE: \_\_\_\_\_  
(if currently a member)

DATE OF BIRTH: \_\_\_\_\_ TODAY'S DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_  
(Parent signature required if under 18)

PARENT SIGNATURE: \_\_\_\_\_

Membership fees (payable to: Charles River Wheelmen)  
\*Individual, \$26; \*Household, \$31; CRW Sustaining, \$36  
\*If currently an LAW member call David Brahmer at 646-7208

Send completed form to: David Brahmer  
20 Orlando Ave.  
Arlington, MA 02174

I might like to help the CRW in the following activities:

<input type="checkbox"/> 1. Ride leader or co-leader	<input type="checkbox"/> 6. Legislative action
<input type="checkbox"/> 2. Host a post-ride gathering	<input type="checkbox"/> 7. Safety
<input type="checkbox"/> 3. Newsletter	<input type="checkbox"/> 8. Special events
<input type="checkbox"/> 4. Publicity	<input type="checkbox"/> 9. Other (specify)
<input type="checkbox"/> 5. Membership	

----- 5/1/85 -----

Charles River Wheelmen  
19 Chase Avenue  
W. Newton - Ma 02165

04/85  
John Kane  
266 Fellowship West  
Medford, MA 02155

