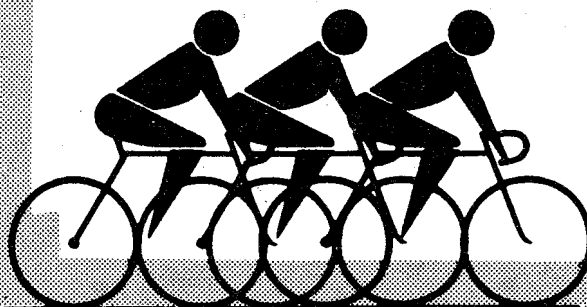


Wheel People



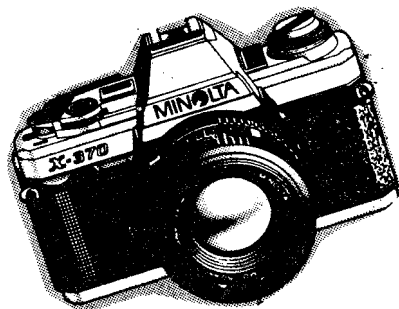
Volume XIV

Number 10

October 1985

The Charles River Wheelmen

YOU OUGHT'A BE IN PICTURES!



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.

Join US

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.



Board Notes

WHAT YOUR BOARD DID IN SEPTEMBER

Sept. 3 agenda items and actions summary:

BOARD ELECTIONS: Jill Lewis and Ed Trumbull are not running for re-election. Mark Lamkin may be taking a new job outside the state and is resigning. Greg Canty is running for re-election. Dave Hill and Jim Broughton are running for election.

NEWSLETTER: Helen Jorgensen discussed the problems relating to getting the copy boards to the printer. She had a number of quotations from other printers. The board voted for Helen and Bill Fine to make arrangements with a new printer. Bill noted that he will need relief in distributing the November newsletter. Helen added that she needs more articles for the newsletter so keep them coming!

GRAPE-NUTS AMERICAN BIKE FESTIVAL: Vicky Minden reprinted the CRW publicity pamphlets. Jill Lewis volunteered to set up the CRW table during the festival.

CHRISTMAS PARTY: Deborah Glassman and Mark Roseman volunteered their new house at 107 Fayette St. in Watertown for the party. Date - December 6th. Thanks again, Deborah and Mark!

INCORPORATION: Mike Hanuer reported that Dave Brahmer has been unable to make any headway. Are there any tax lawyers out there?

FALL CENTURY: Will be Sept. 22 to Dighton Rock. Hamburgers and hotdogs planned for the invitational will be available.

CRW LAZY DAYS INVITATIONAL: Unfortunately it was rained out. Three cheers, however, to Deborah Allinger for all the hard work!

BICYCLE USA: Anita Brewer spoke about the meeting in Madison, Wis., Gears, and the MBTA Bike Program. Ed Trumbull asked about the mileage patches (ex. 1000 miles in a month). Anita updated the board on the fiscal position of Bicycle USA.

TREASURER'S REPORT: A satisfactory balance was noted. A detailed expense vs. budget report is in progress.

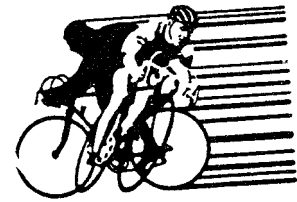
CLUB PICTURE: Scheduled for October 6 at 9:30 AM prior to the ride. Come and make the scene!

WATERBOTTLES: Red, white and blue waterbottles with the club logo on them are available for \$2.50.

NEXT MEETING: Tues., Oct. 7, at 7:30 PM, MIT building 10, room 178 (10-178), Mass. Ave., Cambridge. All members are encouraged to attend. Your comments are always appreciated.

ADJOURNMENT: 9:45 PM

Respectfully submitted by Greg Canty



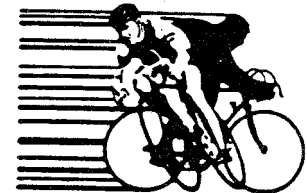
Mileage

Robye Lahlum	14935
Dick Buck	9259
Eric Ferioli	8156
Melinda Lyon	7738
Frank Womboldt	6937
Jack Donohue	5443
Paul Gafford	5310
Steven Fellows	5061
Carol Tesiero	4276
Ed Trumbull	4237
Mike Hanouer	4155
Dick Howe	3901
Tom Wylie	3737
Jim Broughton	3539
Greg Canty	3498
Jeff Luxenberg	3267
Charles Hansen	3250
Jamie King	3067
Tom Stevens	2817
Mark Remaly	2795
Ron Messier	2654
Bill Fine	2280
Dick Lewis	1940
John Kane	1893
Debbie Luxenberg	1879
Jill Lewis	1771
Steve Dick	1600
Nancey Peacock	1401
Jack Jacobs	1355
Richard McVity	1248
Delphie Andrews	1025
Christine Hilliard	396
Howard Moore	94

Glad to see our good friend, Howard Moore back on the list. You must be feeling better, Howard. Last year you only has 42 miles

Remember, if you miss a month you can always reinstate yourself by getting your YTD to me by the 5th of the next month.

Ed Trumbull
19 Chase Ave
W. Newton, MA 02165
302-8546





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

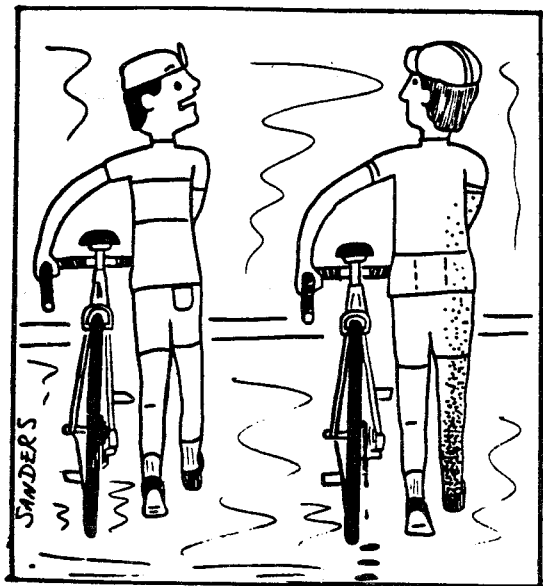
President	Dave Brahmer	646-7208
Vice President	Mike Hanauer	862-5927
V.P. of Rides	Dave Garrant	646-2492
Information	Jacek Rudowski	361-5273
Membership	Dave Brahmer	646-7208
Mileage	Edson Trumbull	332-8546
Publicity	OPEN FOR BIDS: could be YOU	
Secretary	Mike Hanauer	862-5927
Treasurer	Don Blake	275-7878
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



EDDIE, I THINK YOU SLIGHTLY OVER-OILED YOUR CHAIN.

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10% Discount to club members
EXPERT WHEEL REBUILDING!

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framesets and complete bikes

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ASK THE EXPERTS!

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in racing and touring shoes

CROSS COUNTRY SKIS IN SEASON

SPECIAL... CAT-EYE SOLAR 45.00
with this ad



UNIVEGA



BOARD ELECTIONS!

MORE BOARD NOMINATIONS ARE NEEDED.
COMPETITION IS FUN!
COMPETITION IS EXCITING!

SEND IN YOUR NOMINATION OF SOMEONE
YOU KNOW WILL DO A WONDERFUL JOB
OF IF YOU WANT TO DO MORE FOR CRW
SEND IN YOUR NAME OR CALL DAVE
BRAHMER TODAY. WE NEED YOU NOW!!!!

GREG CANTY

I am running for re-election to the Board because I feel the Charles River Wheelmen is Boston's most viable bicycling organization for the year-round bicyclist. I have always appreciated the way Sunday rides draw the full gamut of riders, from those who ride 15 miles to enjoy the fresh air to the hard core animals who do a 20 mile warm up prior to the start of a century. Over my six years as a CRW member, I have served as a ride leader, century coordinator, advertising editor to the newsletter as well as have regularly attended board meetings and assisted frequently behind the scene. I have enjoyed working for the club as a board member and I am seeking another opportunity to contribute to cycling for both the beginning and serious rider.

OSMAN ISVAN

I have decided that my contribution to the CRW should no longer be limited to leading or arrowing rides. The club means to me a lot more than that. As a member, I have gone to board meetings and voiced my opinion on several occasions (at board meetings and in the newsletter), and I believe that it is now my turn to participate as a board member. I need your vote to serve more effectively, but please remember that your input doesn't end when you elect the board. Come to board meetings, support the board. Participate in running the club. Voting a board elections isn't enough!

To evaluate and monitor our relationship with the Bicycle-USA, to find new ways to promote safe bicycling, and to try and open up to minorities, are some of the issues that I will pursue in CRW.

JIM BROUGHTON

As an active member of the CRW for the past three years, and as a recreational cyclist for even longer, I have had considerable experience as a bicyclist. This experience combined with my enthusiasm for organized club cycling has prompted me to run for a term as a CRW board member.

Since joining the CRW, I have regularly attended the board meetings, was the CRW Wheelpeople distribution editor for two years, and have generally been available to help out with centuries, picnics, rides, etc.

I am most interested in educating the novice and new riders to our club and to make them feel welcome, as well as to encourage all riders to obey the rules of the road.

I would appreciate your vote of confidence and no matter how you vote I hope to see you on a ride soon. Thanks.

DAVE HILL

The strength of the CRW resides in its members. However, the club succeeds and survives only by involving the members in all phases of activities from organization and planning to participation. During the years that I have been actively bicycling, I have been involved in ride planning, organizing tours, and participating in many delightful rides, especially with the CRW. I would like to contribute directly toward the future success of the CRW; and I feel the most effective way for me to do so is by being on the Board of Directors.

HOW SWEET IT IS FOR GRANOLA BARS



Granola bars were supposed to be a snack for health freaks who'd leap on a chair at the sight of a candy bar. But when the first concoctions of rolled oats, sugar, and dried fruit or nuts were introduced a decade ago, even a lot of people who liked the idea thought they tasted like cardboard. So, sales just stumbled along.

Why, then, have retail sales soared 290% over the past five years, topping \$378 million last year? And why are granola bars now the fastest-growing segment of the \$4.1 billion retail candy bar market? Food companies, says James Echeandia, publisher of *The Confectioner* magazine in Orlando, Fla., "invented this thing called the granola bar, which was anti-candy. Then they put chocolate chips and marshmallow in it, and everybody loves it."

SWEET TOOTH. Even with the sweeter ingredients, which boost calories, granola bars still retain a healthful image. "The companies are banking on the hope that people will hear the word 'granola' and think healthy," explains Bonnie F. Liebman, director of nutrition for the Washington-based Center for Science in the Public Interest, a nutrition education group. Market leaders such as Quaker Oats, General Mills, and Hershey Foods play up to that consumer perception in their advertising, emphasizing words such as "wholesome" and "goodness."

Granola bars still edge out candy bars in a nutritional comparison. They have a higher fiber content, a little less fat, and a greater percentage of complex carbohydrates (chart). But the distinction between candy and granola bars has narrowed considerably as food companies appeal to the customer's sweet tooth. In fact, General Mills Inc., which in the mid-1970s became the first major food company to sell granola bars, goes so far as to call its newest chocolate-coated granola product the "dandy-bar."

Granola bar makers say they started adding chocolate and peanut butter to their products because consumers found the original offerings dry, crumbly, and tasteless. "The real opportunity this company took advantage of was making them better-tasting and capitalizing on textural improvements," says Lawrence K. Hathaway, a vice-president in the U.S. Foods Div. of Quaker Oats Co., the top granola bar marketer.

SCORING HIGH. Quaker was the first company to wrap granola bars in chocolate when it launched Granola Dippys in late 1984. The company says Dippys "had the highest taste-test scores of any product in Quaker's history." Spurred by that success, Quaker has just begun shipping Granola Whipps, a peanut-butter-coated version. Quaker holds about a 50% share of the granola bar business—followed by General Mills' Nature Valley with 28%, Ralston Purina's S'mores with 8%, and Hershey Foods Corp.'s New Trail with 5%. And the stellar sales of granola bars have prompted the rollout of candylike offshoots that use other types of cereal as their base. One such recent entry is Kellogg Co.'s Rice Krispies Bars.

To blur the distinctions even more, marketers are increasingly selling granola bars through confectionary outlets, such as drug stores and vending machines. These are new channels of distribution for companies such as Quaker, which still sells most of its bars in boxes in supermarket cereal sections. The single bars are larger than the boxed kind and cost 35¢, the same as the average candy bar.

As granola bars become more like candy, candy companies have begun to emphasize the nutritional benefits of their products. "If you can put chocolate on granola bars, then chocolate candy

can be perceived as a healthy snack," says Stephen B. Sellery, a food industry consultant for Management Practice Consulting Partners in New York. M&M/Mars, for example, has tried to position its candy bars as nutritious snacks, while Peter Paul Cadbury Inc. repeatedly reminds consumers in its advertising that its chocolate is made with milk.

In addition, many of the newer candy bars use less chocolate and more whole nuts, grains, and other ingredients perceived as healthy. Right now, Hershey is the only candy company that sells a granola product, but industry sources say that Mars is expected to introduce one shortly.

In the end, everyone hopes to create the perfect snack: something sweet and guilt-free.

By Amy Dunkin in New York

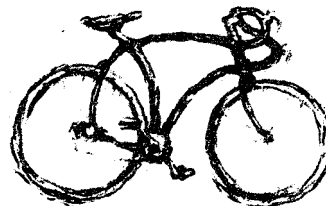
SPECIAL DEALS ON SUMMER WHEELS

10% DISCOUNT ON ACCESSORIES FOR WHEELPEOPLE

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Ass't Recycles

City Bikes, MOUNTAIN Bikes, BMX & CRUISERS!

EXERCISE & TRIATHLON EQUIPMENT/COMPLETE LINE OF CLOTHING AND ACCESSORIES

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GUARANTEED TEST RIDES ON ALL REPAIRS

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ALLSTON, MA 02134

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★ JUST A QUARTER MILE FROM HARVARD STADIUM! ★

→ Rides



 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.

October 13

10:00 AM

Highlights: This is a joint CRW/NSC (North Shore Cyclists) ride. Be forewarned that the NSC uses a limited arrowing scheme compared to normal CRW arrowed rides, but maps will be distributed that include very detailed written instructions on them.

Start: Atlantic Plaza North Reading Shopping Center, North Reading, on rt. 28 (on right hand side if north bound), just north of North Street. Park in the part of lot closest to the road.

Both the **short (15 miles)** and **long (37 miles)** routes have rolling *terrain*. Towns covered are North Reading, Andover, Boxford, Middleton and North Andover, with a lunch stop in Boxford for the long ride. We will be bicycling in remote areas, so bring your own lunch. Contact Joe Cormier (535-4160) for more info.

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

October 1 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.

October 20

10:30 AM

Highlights: Scenic farmlands, polo grounds, Bradley Palmer State Park.

Start: Hamilton Shopping Center, at the intersection of Rt. 1A (Bay Rd.) and Walnut St. in South Hamilton. **Driving directions** - from Rt. 128, exit 20N, go north on Rt. 1A for 3 miles to the Hamilton Shopping Center on your right.

This is Patty Kirkpatrick's (H: 648-4095, W: 421-6160) sixth annual ride for this route, with both the **short ride (22 miles)** and the **long ride (44 miles)** stopping at Bradley Palmer State Park in Ipswich for lunch (food can be purchased at Topsfield about 5 miles before park). Towns covered are Ipswich, Boxford, Middleton and Topsfield, with *terrain* being easy to moderate.

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).





Events

THE INVITATIONAL

October 27

10:00 AM

Highlights : We will be passing by a group of some historically interesting old buildings, namely, the Gristmill, the Wayside Inn and the Little Red Schoolhouse (of Mary Had A Little Lamb fame).

Start : The Duck Feeding Area in Weston, which is just off of River Rd., just north of route 30 and just across the Charles River from the Marriot Hotel in Newton.

This is more or less a repeat of Frank Womboldt's (894-4651) beautiful country ride of April 14, that had a very low turn out due to rain. The *short ride (20 miles)* will go through Weston and Wayland. The *long ride (about 60 miles)* will go through Weston, Wellesley, Wayland, Sudbury, Acton, Stow and West Concord. There is no specific lunch stop, and it is recommended that riders bring their own lunch.

For those of you who thought the rainy day was an excuse not to ride, please be aware that 3 AMAZING SOULS actually completed the Don Blake Horrendous Hundred (actually 110). Barry Phillips was the first, so he gets mention not only for being the first, but for having the most colorful bilke --- orange bike with a purple water bottle. Next was Melinda Lyon, who gets recognition for biking the furthest. She biked to Bedford from Boxford, and back again after the ride. By my calculations, that's an additional 50 miles added on to the 110 --- for a total of 160 rain-filled miles. Last but not least was Kim ??? who was up from Rhode Island for a training ride, preparing for a triathalon to be held two weeks later on the Cape. She had competed last year in the Iron Man Triathalon contest in Hawaii. A special hand to all 3 of them for their accomplishment.

And, a big hand to Debbie Allinger for organizing what would have been one heck of a day had the weather cooperated. And last but far from least, the CRW should be thankful that Debbie took the responsibility of the Invitational seriously, and that she and Dave stayed at the VA Hospital in the cold and rain until the last rider came in. Admittedly only 11 riders started out, 4 retired early, 4 were brought (sagged) in, and only 3 finished on their own. However, I think the reputation of CRW putting on a quality event from Beginning to End has been upheld!!

November 3

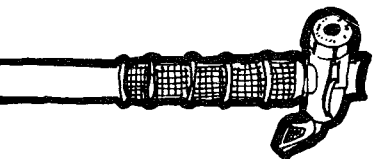
10:00 & 10:30 AM

Start : Weston Center at the Common, at the intersection of Boston Post Rd. and Townhouse Rd., in Weston.

10:00 AM: for the *long route (40 miles)*

10:30 AM: for the *short route (25 miles)*

Terrain is rolling to mildly hilly, and towns covered include Wayland, Framingham, Ashland and Southboro. Ride leaders Earl and Russel Foreman (894-7294) have arranged the timing of the rides so that they both stop for lunch at approximately the same time at the Edgehill Rd. Shopping Center in Framingham, where food can be purchased.



Jill E. Lewis

Upcoming Events



NASHOBA VALLEY PEDALERS
Present



The 1985 Harvest Metric Festival
(Metric Century - Half Century)

Saturday, October 5
(rain date - Sun. Oct. 6)

Enjoy --- the lovely countryside in early Fall
with biking companions!

Where? Robinson School, route 225, Westford, MA
(one mile north of route 116 on Robinson Rd.)

Registration: 7:00 A.M. on -----

Fee: \$6.00 includes special Harvest Metric Patch,
sag wagon, directions, food before and after
the ride, fun and games after 2:00 P.M.

Note: After Oct. 4, 1985, Fee for this event will be \$8.00

C/FALL 85

CYCLE FABULOUS AUTUMN LEAF LOOPS
October 12, 13, 14 1985

3 days of touring
rare phenomenon: fall foliage.

ADDITIONAL INFORMATION -- CONTACT

Joe Nai
1141 Amostown Rd.
West Springfield, MA 01089
413-733-0370



New Members

Susan B. Nissenbaum
Lisa L. Brailey
Lisa Christenson & Christopher Hall
James J. O'Brien
Douglas M. Kline
Ali M. Savage
Laurence A. Freedman
Barry Goldstein
Susan L. Blount
Joseph & Jane Alper
James McGarry

note:

You can send all your material

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

I WILL NOT PRINT ANYTHING
RECEIVED AFTER THE 10th OF

October!

Upcoming Events

Easter Seal Century 21 Foliage '85 Bicycle Tour

Sunday, October 6, 1985

Starting and Ending at
Hemlocks Outdoor Education Center
Hebron, CT



Must be returned with entry fee of \$15 by Sept. 30, 1985. Collected money from sponsors to be turned in the day
Please convert any cash to personal check or money order payable to Easter Seals.

Name _____
Address _____
Telephone (Day) _____ Evening _____
Age _____ Parent Signature _____
63 Mile _____ 32 Mile _____ T-Shirt Size _____ S _____ M _____ L _____ XL Club _____

Return to Easter Seal Society of CT, P.O. Box 100, Hebron, CT 06248

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:

October 20 - Patty Kirkpatrick's Topsfield ride.

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



WHEELWORKS

FOR THE ACTIVE EXPERIENCE

ACE 2044 MASSACHUSETTS AVE. CAMBRIDGE. 876-8200
MON. TUE. WED. SAT. 9AM-6PM. THU. FRI. 9AM-8PM.
BELMONT 480 TRAPELO RD. BELMONT. 489-4577
MON. TUE. WED. SAT. 9AM-6PM. THU. FRI. 9AM-8PM.
MYSTIC VALLEY 889 MAIN STREET. WINCHESTER. 729-0425
TUE. WED. SAT. 9AM-6PM. THU. FRI. 9AM-8PM. CLOSED MON.

DURING OCTOBER AND NOVEMBER, PETER MOONEY FRAMES WILL BE DEEPLY DISCOUNTED TO CHARLES RIVER WHEELMEN MEMBERS:

STOCK FRAMES

REGULAR PRICE	LESS DISCOUNT	SALE PRICE
\$585.00	20% (\$117.00)	\$468.00

CUSTOM FRAMES

REGULAR PRICE	LESS DISCOUNT	SALE PRICE
\$715.00	15% (\$107.25)	\$607.25

TO QUALIFY FOR THE DISCOUNT YOU MUST HOLD A CURRENT CRW MEMBERSHIP CARD. FRAMES MUST BE PAID IN FULL BY NOVEMBER 31, 1985 WITH DELIVERY NO LATER THAN MARCH 31, 1986. CREDIT CARD USERS SHOULD EXPECT A 3% SURCHARGE. CALL OR STOP BY BELMONT WHEELWORKS WITH ANY QUESTIONS.



Dear Editor :

Dear Editor:

That's a catchy slogan you've got, in bold print, at the bottom of page 4, in September's issue of Wheelpople. Because of continuous display of such spirit, you have hereby, been designated the official CRW Club cheerleader.

At the club ride on Oct 6, a pep rally will be added to the agenda. Your arrival will be eagerly anticipated. A sweater, pleated skirt, and megaphone will be presented for this occasion. After making the change into the costume, you can commence leading the group in the club cheer. During this time, the club picture will be taken.

The official lyrics of the cheer go as follows:

Helmets, helmets
Sis, boom, bah!
For all, for all
Yah, yah, yah!

--John Latva

I was hesitant to put his letter in the newsletter; however, I was angered at such ridicule of safety. endorse helmets. The CRW recommends
- helmets. Safety statistics endorse helmets. If people wish to write remarks against my stand on helmets, I don't mind. *— The Editor*

Dear Editor:

I would like to thank all the people who attended my ride on Sept 1 (Labor Day) in Framingham. With this being the first ride I have ever led, I must say, I was a bit nervous about the outcome. Everything went very well with a few minor exceptions. Sorry about that.

So for all of you out there, if you have never led a ride, all you have to do is volunteer for a date, use your favorite roads, and hope for good weather. Don't be afraid, give it a shot.

Thanks again to all who were there, maybe I'll see the rest of you next year. Because now I know I'll do it again. It's a lot of fun.

Thanks a Bunch,
Jamie King

ACCIDENT COMMENT

The last August "Wheelpople" on page 4 reports a street traffic accident involving an auto and the present writer on July 7, 1985, Sunday. That report was written by Nancy Peacock around July 10. Since that time I have spoken to the best witness, the autodriver. I have read the two successive formal reports by the Cambridge police dated July 7 and 8, and have consulted other relevant sources. The mishap occurred at 4:45 pm. I was walking, not riding, a bicycle across a two-way, east-west, arterial street in a northerly direction. This was not within a newly marked crosswalk, where I should have been but a short distance to the west of it. I was hit broadside on my left by a private auto, traveling easterly. I was knocked down. Bystanders picked me up, called for rescue and police, and locked the bicycle to a post. At city hospital a crack in the left fibula was found. A cast for six weeks was recommended. I was discharged with crutches on July 9 and driven home by Nancy. I reclaimed bicycle and lock from the post and straightened the skewed saddle, about July 11. I recovered my habitual outdoor locomobility by replacing two crutches with one bicycle, inspite of a clumsy "overshoe" on my left foot.

I am sorry that the accident happened mainly through my fault and apologize for the inconveniences and expenses that fell on private and public parties involved, headed by the driver and passengers. I thank the persons who helped me through, and am especially grateful to the city police dpt. for past and present information regarding street traffic accidents under its jurisdiction. I appreciated the letters from fellow bicyclists: John Latva, Howard Moore, Richard Withers.

--Cutler West



For Sale

\$50 Buys the Best **Eagle Bicycle**



\$35 for good, reliable, up-to-date '98 models.
For ten years Eagle Bicycles have been recognized as highest grade. They have lead in improvements.
Drop forged joints.
Choice of finish.
M. & W. Tires.

Agents Wanted in every town. Catalogues ready.
THE EAGLE BICYCLE MFG. CO., Torrington, Conn.

FOR SALE: Move forces sale of 3 beloved "Moultons". All collectors items.

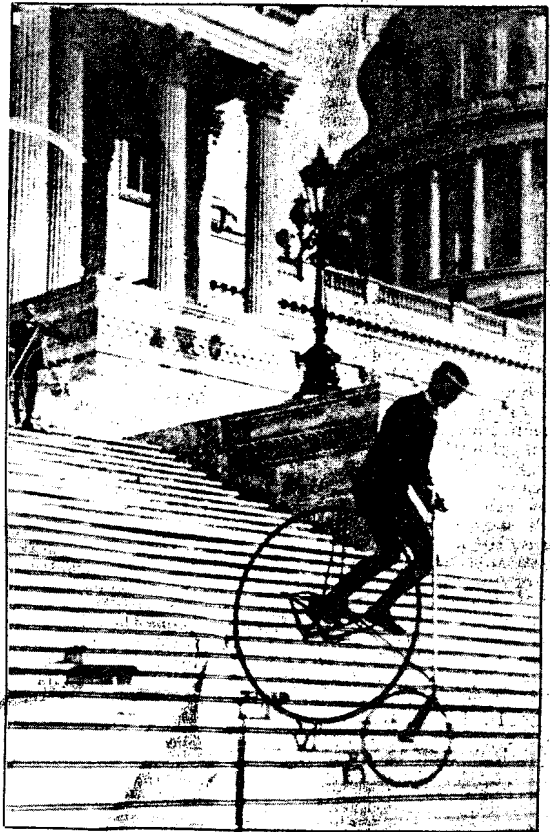
1/ Beautifully & faithfully restored Series One. Can't be told from new. This 1964 machine has 4 speeds, front & rear carriers, original front & rear Moulton custom bags. Emaculate showroom condition. \$475.00 FIRM

2/ Series One, all original, in excellent mechanical condition. Orig. paint, racks, etc. \$375.00

3/ Series One in nice condition \$300.00

Call Dick 449-3792 after 6pm or leave message on machine during the day and I'll respond.

PATAWOMECK FEVER



"Patawomeck" was the spelling Captain John Smith used in writing about the river he discovered in 1608, a river we now know as the Potomac. On its banks lies our nation's capital, of course, an unreal place of parks and politicians one might call, to paraphrase Marianne Moore, an imaginary garden city with real toads in it. "The City of Washington: An Illustrated History," by the Junior League of Washington, edited by Thomas Froncek (Knopf, \$19.95 paperback), profusely celebrates with nearly 700 often striking illustrations that odd and lovely locale. Shown above is one such example: daredevils on high wheels at the Capitol in the 1880s.

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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: _____

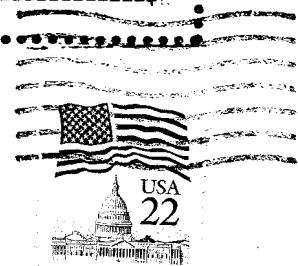
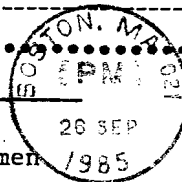
Membership fees (payable to: Charles River Wheelmen)
*Individual, \$26; *Household, \$31; CRW Sustaining, \$36
*If currently an LAW member call David Brahmer at 646-7208

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

04/86
John Kane
266 Fellsway West
Medford, MA 02155