

Wheel People



The Charles River Wheelmen

VOLUME XVI JANUARY 1987 NUMBER 1

7 December 1986

EUGENE A. GASTON, M.D. 1907 - 1986

In June of 1986 a great friend of bicycling was lost to the world. Gene died in June after almost four heroic years of braving ever more serious aspects of his cancer, but continued to successfully perform major surgery less than two years before his death. He walked vigorously, biked occasionally and mowed his grass for yet another year or more.

Gene was a past president of the New England Bicycle Club (one devoted to racing) and wrote extensively on cyclists' medical problems in "Bicycling!". He was a gifted writer and speaker whose work on colo-rectal physiology encompassed more than fifty years and has been widely acclaimed by the national medical establishment.

Born in Illinois, Gene moved to Kansas in his youth, attended Kemper Military Academy and the University of Kansas before coming to the Harvard Medical School. After surgical internship at the Boston City Hospital, Gene spend a few years in surgical posts in Ohio, coming back to the Boston City Hospital in 1936 in "The Fourth Surgical Service", then a teaching service for Boston University. In 1937 he made a move to Framingham, remaining at the Framingham Union Hospital for the balance of his life though continuing as a Visiting Surgeon at the Boston City Hospital.

Gene is survived by his devoted wife and "stoker" Helena, a daughter Joan of Framingham and a son Ed, who is a surgeon residing in California.

JAV



John L. ...

The Charles River Wheelmen is a group of active adult bicyclists who sponsor a year-round program to promote the enjoyment of cycling. During the regular season (early Spring to late Fall), at least two ride loops are 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 ensure that nobody gets left behind. Our Winter Rides Program (The Second Season) is more informal; the route and pace are decided by those who show up each week. We also hold social events and other related activities.

Our dues include membership in the League of American Wheelmen (LAW); CRW members receive Bicycle USA, the LAW magazine, as well as Wheelpeople, the Club's newsletter. Address all mail to:

The Charles River Wheelmen
19 Chase Avenue, W. Newton, MA 02165

OFFICERS AND COORDINATORS

President	Mike Hanauer	862-5927
Vice-President	Dick Lewis	641-1066
Secretary	Debbie Allinger	643-4079
Treasurer	Don Blake	275-7878
Finance (Chair)	Dave Hill	643-4079
VP of Rides	Dave Garran	629-2054
Winter Rides	Walter McNeil	329-1586
Membership	Jack Donohue	324-3926
Information	Jacek Rudowski	361-5273
Merchandise	Jerry Campbell	478-0490
Publicity	OPEN - could be you!	
Mileage	Edson Trumbull	332-8546

WHEELPEOPLE

Editor	Nancy Peacock	628-7566
Distribution	Bill Fine	247-3804
Advertising	Dick Lewis	641-1066

BOARD OF DIRECTORS

	(term expires)	
Debbie Allinger	('87)	643-4079
Don Blake	('89)	275-7878
Rosalie Blum	('89)	272-7785
Jim Broughton	('88)	452-0117
Mike Hanauer	('87)	862-5927
Dave Hill	('88)	643-4079
Osman Isvan	('88)	651-3186
Jamie King	('89)	969-0136
Dick Lewis	('87)	641-1066

Mileage through November 1986

John Latva	24,632
Robye Lahlum	23,550
Melinda Lyon	13,625
Eric Ferioli	11,469
Dick Buck	11,344
Lindy Konigsberg	9,666
Jack Donohue	8,722
Jim Merrick	7,500
Jamie King	6,592
Ed Trumbull	5,879
Jim Broughton	4,456
Dick Howe	4,344
Doug Mink	3,728
Elisse Ghitelman	3,430
Dave Sherman	3,319
John Allen	2,950
Dick Lewis	2,704
Jill Lewis	2,092
George Caplan	2,038
Joe Rapole	2,000
Bill Fine	1,992
Sheldon Brown	1,747
Richard McVity	1,715
Jack Jacobs	1,705
Susan Grieb	1,615
Nancy Peacock	1,581
John Springfield	1,322
John Kane	1,112
Tova Brown	434
George Brown	217

Send your YEAREND to me by the 5th!

Ed Trumbull
19 Chase Avenue
West Newton, MA 02165
332-8546

NEW ENGLAND
AREA RALLY

JULY 30 - AUGUST 2, 1987

University of New Hampshire
Durham, New Hampshire



NEAR
'87

IT'S COMING! THE BEST NEAR YET! Four exciting days in beautiful New Hampshire and Maine. The ultimate in spectacular rides and entertainment.

- * 900 miles of coastal and countryside rides, suitable for all abilities.
- * Workshops, manufacturer exhibits, movies, live music, boat tours, ice cream social, New England Lobster and Clambake, wine and cheese party, fashion show, excellent food and housing, and much more!

DON'T MISS IT!

<p><u>Information:</u></p> <p>Send stamped, self-addressed envelope</p>	<p>Barbara Paiton U.N.H. Conference Office Pettee House Durham, NH 03824-3558 Phone: 1-603-862-1922</p>
---	---



CRW X-C SKI TRIPS

Two day trips have been scheduled. The locations and dates are as follows:

Saturday, January 17, 1987

Hollis Hof
Hollis, NH

Hollis is about 1 1/2 hours drive from the Boston area. Plan to arrive at about 9:00 a.m. or so. The emphasis for this outing will be social. We will offer an outdoor barbeque for lunch. Please be sure to call if you plan to attend so that enough food will be on hand. Trails are novice level. Fees are:

Trail fee \$5.00 per day
Rental fee \$7.00 per day
(does not include trail fee)
We will get instruction free
(usually \$6.00)

Please call Dick Lewis (421-6298 days; 641-1066 eves) for directions to Hollis. I will keep track of those needing rides and those offering.

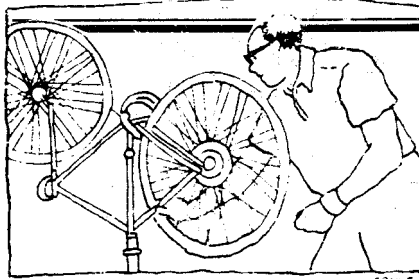
Saturday, February 21, 1987

Windblown Touring Center
New Ipswich, NH

Windblown is about 2 hours away by car. Excellent food is available at the center. Trails range from novice to expert. The serious skiers will enjoy the day as well as the beginners. Fees are:

Trail fee \$6.00 per day
(\$1.00 for groups)
Rental fee \$9.00
(not included in trail fee)
Instruction \$6.00

Again, please call Dick Lewis for directions to Windblown. Also, I need a count in order to get the group discount. I will try to arrange transportation as above.



Don't Let That Flat Get You Down

What would you do if you were biking alone and you got a flat or your derailleur fell off? In an effort to help its members feel more confident in dealing with mechanical problems that may suddenly arise while on the road, CRW will be presenting a basic bicycle maintenance and repair workshop.

Join Sue Mantell and Bob Sawyer on Monday, February 9th at 7:30 pm at the Hancock Church, 1912 Mass. Ave., Lexington, opposite the Lexington Green, to learn basic maintenance techniques. (Parking and entrance to the church in the rear--meet in Clark Hall). Sue and Bob will teach how to change a tire both with and without removing it from the bike, how to patch a tube, how to replace a dropped derailleur chain, etc. We recommend you bring your bike or just the wheel, tire iron, a patch kit and a pump. However, do come even if you lack some supplies as extra flats and equipment will be available.

Space is limited to 20, so please reserve a space by calling Laurie Levy (489-1790), Sue Mantell (891-3508) or Bob Sawyer (862-6517) as soon as possible.



(617) 864-3129

KENDALL SQUARE GRAPHICS, INC.

FINE PRINTING & COPYING

LOUIS S. LASKEY

16 HURLEY STREET
CAMBRIDGE, MA 02141



What Your Board Did In December

Dec 2 Agenda Items and Actions Summary

New Board Members: Congratulations to newly installed Board members Don Blake, Rosalie Blum, Dave Hill, and Jamie King.

CRW President: Mike Hanauer was elected president for 1987 by unanimous acclamation. Dick Lewis has been selected as CRW Executive Vice-President.

Welcome Max Roseglass: Congratulations to Deborah Glassman and Mark Roseman on their newest bicycling partner, Max Roseglass. Max weighed in at 6 lbs, 13 oz. on Nov. 30, 1986.

Treasurer's and Budget Reports: The treasurer's report was submitted and accepted. A preliminary 1987 budget was presented by the Finance Committee. The budget will be finalized in Jan. Anyone interested in this matter should attend the Board meeting on Tues. Jan 6, 1987.

Membership: The membership increased by 7 since Nov. Currently, we are 427 strong.

CRW Banner: Those attending the meeting got a sneak preview of the banner, and it is gorgeous. Good job Mike, Jim, and Rosalie.

CRW Banquet: The 1987 Banquet will be held on Thursday, April 9th. Current choices are either Aku Aku in Cambridge or a catered affair at the Canadian-American Club in Watertown.

NEAR, Inc: There is a movement afoot to create NEAR, Inc. The reasons include liability insurance, careful control of NEAR budgets, and regulation of the organizational process. Further info can be obtained from Mike Hanauer.

Grapenuts BikeFest: Doug Mink (327-4489) will present a budget and overall plan for the 1987 BikeFest. Mike Hanauer has a summary report on the 1986 event. A general manager from CRW is needed for participation on the BikeFest Organizing Committee. This requires a commitment starting in Jan, 1987. The current top choices for the 1987 event are Sunday Sept. 20 or 27.

Winter Meeting: Anyone interested in presenting a slide show from a recent bike trip should contact Deb Allinger or Mike Hanauer. The schedule is flexible anytime in late Feb. or so.

Electronic Bulletin Board: Hey, any of you computer hackers interested in managing a bicycle information electronic bulletin board for a couple of hours per week? For further information, contact Al Goldberg at 566-9869.

January Board Meeting: The next Board meeting will be on Thursday, Jan 6, 1987, at 7:30 PM in MIT Building 10, room 178 (10-178). Walk behind building 39 which is 60 Vasser St. Enter building 13 and go up the left stairway into building 10. Room 178 is at the top of the stairs on the right.

Adjournment: 9:40 PM

Deb Allinger, CRW Secretary

WELCOME NEW MEMBERS

Eileen Babbitt	Cambridge
Rodney Brown	Arlington
Edmund Delaney	South Boston
Michelle & Scott Greer	Cambridge
Wilma Hurwitz	Boston
Grace & Donald Lettis	Hingham
Glen Margolis	Arlington
Kathleen Nihan	Taunton
Frank Pandolfe	Somerville
Stephen Pearl	Hingham
Iris Schwartz	Arlington
Diane Segerstedt	South Boston
Janet Weathers	Boston
Carl Wilder	Norwood

Presidential Perambulations

THE SLATE HAS BEEN SET--THE WORK WILL CONTINUE

CRW now has its 1987 Board of Directors and officers in place. The Board, elected by you to be your representatives, is a dedicated group of people who wish to be responsive to your suggestions in running the club and, on occasion, to elicit your help as well.

My thanks to you and the Board for your vote of confidence in electing me President for 1987. Dick Lewis, already an invaluable asset to CRW operations, will be our new VicePresident. I look forward to working with Dick and all the other Board members, officers and coordinators, in working toward the future.

I also wish to formally recognize the efforts of our Finance Committee, chaired by Dave Hill with Don Blake and Dick Lewis, for their continuing work in areas related to budget and incorporation. Richard McVity, as legal consultant, has also been invaluable. These people have been very successful in improving CRW's accountability and stability.

As always, these people can't do it all alone. In the past few months, CRW has grown: we are now up to 427 memberships. Your help is needed more than ever, especially in coordinating major events. Come to a Board meeting. PLEASE seriously consider responding to one of our relentless appeals for help you see in these pages! Pretty Please.

In closing, I wish, to convey the Club's appreciation to Dave Brahmmer, Greg Canty, Mark Lampkin and Carol Tesiero for their contributions before moving out of the area. Dave, as President, set the pace for our vastly improved budget process and incorporation -- a significant and lasting legacy. Greg, Mark, and Carol, as enthusiastic board members, all left a lasting impression as well.

Looking at 1987--May the wind always follow the arrows!

--Mike Hanauer

HOSPITALIZED

Cutler West, age 83, was recently hospitalized in Cambridge City Hospital for treatment of a fractured pelvic bone. As of December 23rd, the fracture has continued to heal satisfactorily, however, he is also receiving treatment for a mild case of pneumonia. As of this writing, his discharge date has yet to be decided.

Cutler would very much appreciate expressions of support for his speedy recovery. All things being equal, he can be back on his bicycle before the end of the season.

His address, for the time being, will be in care of his niece, Nancy Peacock at 25 Hancock St., Somerville, MA 02144. If you have any questions, please call her at 628-7566.



CLUB BANNER

CRW members who attended this year's Holiday Party were treated to the unveiling of our Club banner. As a CRW member who was very impressed with the banner, I'd like to describe it for those who have not yet seen it.

The banner, made by New England Flag and Banner Company in Watertown, is bright red nylon with "CHARLES RIVER WHEELMEN" in large, white, block letters, surrounding our logo (three bicyclists). The overlapping bicyclists are in green light blue and dark blue. Having overlapping bicyclists in three different colors is not one of the easier ways to make our logo, but the extra work was very worthwhile: The banner looks terrific!

The good looks of the banner hold up on close inspection, as well as when viewed from afar. The banner is already well made and strong enough to give us lots of service. I look forward to seeing our banner displayed at future Club events.

Many thanks to the banner committee: Rosalie Blum, Jim Broughton, and Mike Hanauer.

--Bill Fine

Ride S

A Note to all our Members!

In the past, the rides during the winter months were called the Show & Go Frostbite rides. While this moniker may have evoked visions of icicles dripping from frozen cyclists battling their way through snowdrifts, it simply was not true. To many members, we have spoken to, just this above thought alone turned them off from winter cycling.

Our club has changed remarkably in the seven years that we have been coordinating the Winter Ride Program. We have grown from a few members cycling occasionally during the winter to an average of 30 riders every week; some members ride more with the club during the winter than any other season. The sunlight may wane, but their enthusiasm doesn't.

Therefore, we are proud to announce the start of "The Second Season." Because that is what it truly is--a bit different in some aspects--but the same spirit and camaraderie that is prevalent during the entire year.

Come join us in welcoming in this new era. We look forward to riding with you throughout the entire year.

--Walter

641-0101

UNIVEGA

THE BICYCLE CORNER

• COMMUTING • TOURING • RACING
SALES AND SERVICES

916 MASS. AVENUE
ARLINGTON, MASS.
02174

MARK O'BRIEN

ALL RIDES ST.



January 1, 1987 NEW YEAR'S DAY

Boston Common, intersection of Park and Tremont Streets. This is our famous annual New Year's Day Ride. What better way is there to clear the mind and body of the evening before's merriment than an invigorating ride in the crisp, clear air of downtown Boston--with very few cars. Explore Boston as it once was --before internal combustion engines take over. We will visit Castle Island and stop at Freedman's Bakery for lunch. Start the New Year off right--come in and ride along with us. Who knows, maybe you will be the 1987 mileage champ for the day!

Jan. 4

Dedham Plaza, Route 1, One mile north on Rt. 1 from Rt. 128.

Jan. 11

Lexington green. Intersection of Mass. Ave. and Hancock St. There will be a post-ride get-together at Mike Hanauer's place. Details available at ride.

Jan. 18

Cleveland Circle, Brighton. Intersection of Beacon St. and Chestnut Hill Ave.

Jan. 25

Weston Common. Intersection of Townhouse Rd. and Church St.

Schedule

START AT 10:30 AM

Feb. 1.

Dover Center. Intersection of Center and Dedham Sts. Take your bike AND your cross-country skis. Depending on the snow conditions, we will bike and ski, as there are some beautiful cross-country ski trails open to the public (free, of course!) within a 1/2 mile of Dover Center. Enjoy the best of both worlds.

Feb. 8

Waverley Square, Belmont. Intersection of Rt. 60 and Trapelo Road.

Feb. 15

Needham Town Hall. Intersection of Rt. 135 and Highland Ave.

Feb. 22

Jill and Dick Lewis's house in Arlington Center for a breakfast ride (more details later).

Mar. 1

Framingham Center. 1/2 mile north on Egell Rd. from Rt. 9.

Mar. 8

Newton Center Intersection of Beacon and Center Sts.

March 15

Concord Center Intersection of Rts. 2A and Monument St.

March 22

Medfield Center Intersection of Rts. 109 and 27. This is our final winter ride of the season.



ALL THE NEWS THAT FITS, WE PRINT....Please send your material by the 10th of the month to:

Nancy Peacock
25 Hancock Street
Somerville, MA 02144

TIPS FOR WINTER RIDING

The following are just a few tips for safe, enjoyable winter riding. If you have any tips that would be beneficial to winter cyclists, share them with your fellow members on the winter rides, or send them to the editor of WHEELPEOPLE. (Those tips can make useful space fillers! -ed.)

Winter cycling can open up an exciting new world to you. Get out, ride, and explore!

1. Dress appropriately. This cannot be stressed enough. Wear several layers of clothing, instead of one heavy layer. Manmade materials do not absorb perspiration, natural materials do. A layer of manmade clothing next to your body, such as polypropylene, followed by several layers of natural clothing allow you to perspire through the manmade clothing to the natural clothing, keeping your body dry, thus warmer. Wool is the best for warmth for natural clothing, although cotton is acceptable if wool can't be worn. A dry body is always warmer than a wet body, no matter how many layers of clothes you have.

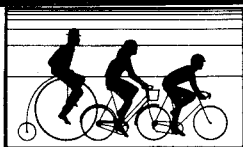
2. Protect the extremities of your body. This means keeping your head, hands, and feet protected and warm. Much heat is lost from your body when these areas are inadequately protected. A ski band or hat under your helmet (you can remove the pads if your helmet won't fit), warm gloves (be careful--bulky gloves may impede handling of the bicycle) and several layers of socks help keep you warm when you are riding. Plugging up the holes in your helmet cuts down on the wind's chilling effect, and a scarf around your neck keeps that area warm. A nylon windbreaker can help stop the cold wind.

3. Keep your bike in top condition. It is more important that your bike be running correctly in the winter than other times of the year. A simple flat tire on a cold day could turn into a complex affair. Check all your equipment every day before going out on a ride.

4. Dress to be seen. With a lower morning and evening sun, you can get easily lost in the sun's rays by an unsuspecting driver. Wear bright clothing, or better yet, various garments, materials, or objects made especially for bicycle riders.

5. Beware of road conditions. Pot holes begin their growing season in winter. Slippery roads due to ice and leaves also make riding more difficult. Be aware of these and changing road conditions. With the advent of snow, roads become narrower, so adjust your riding style accordingly. Obey and follow all traffic rules!

6. Carry a map. In the winter, CRW rides are unmarked. If you should get separated or lost from the group, there are no friendly arrows to look for to resume your ride. A map of the area you are riding in helps limit any of the above problems. (Note: there is much more of a commitment to stay together during winter rides, so people tend to look out for each other--besides, we usually stop at a great breakfast place on the route of the ride.--ed.)



BICYCLE ★ ★ USA ★ ★

TO: CRW Wheelpeople, BABC Boston Cyclist, GSW Pedal Talk, Nashoba Valley Pedalings, Narrangasett Bay Wheelmen, and Yankee Council of AYH Editors

FROM: Anita W. Brewer, LAW Region 1 Director

RE: Article for January newsletter

DATE: December 9, 1986

A new administrator was hired at the December meeting of the Board of Directors of BICYCLE USA, the League of American Wheelmen, John H. Cornelison of Minneapolis, a founding board member of the Minneapolis Coalition of Bicyclists as well as a computer systems expert. He has replaced former executive director Don J. Trantow.

"John Cornelison will be an excellent administrator for the League," said President Steve Clark. "He is both a bicycle tourist and a commuter. He was active in getting a state bicycle coordinator position funded, and his computer skills will help us greatly. This year John's special task is to reorganize and automate the office so that we can expand our programs effectively."

In other actions, the Board of Directors agreed to investigate liability insurance for all affiliated clubs, approve a work program for 1987 that included special attention to building a volunteer government relations advocate network, and heard from *Bicycling* magazine that last year's September Century Month cosponsorship will be repeated this year.

For their next New England regional director, members here will be choosing between John Walsh and John Torosian, both Granite State Wheelmen members. The election takes place in February.

The Board of Directors is also looking into establishing bicycle lighting standards as well as working on airline acceptance of bicycles, possibly including special discounts for League members. If members are interested in helping the panel investigate these matters, please write or call board member Yvonne Morrison, 8238 E. Rancho Vista, Scottsdale, AS 82521 (602/966-6896).

Your letters in response to President Steve Clark's columns are being read with interest. Call or write Steve or me if there are matters you would like to bring up.

LICENSE TO RAMBLE

...The License to Ramble Rolls On...

Just a short and sweet thank you so very, very much to those members who have helped to make the Club a comfortable place to meet new and old cycling friends (and fellow ice-cream-a-holics). Anyway, I know that it takes a lot of energy to plan out rides and events and I for one truly appreciate it! I see it as a gift from the heart. Keep it up--or get started--I know I will!

Lindy Konigsberg

THE NEW REPERTORY THEATRE
61 Washington Park, Newton, MA 02160

by Stewart Parker
Music by Jimmy Kennedy
Lyrics by Stewart Parker

What's the solution to 20th century life? The bicycle—or so says Frank, proprietor of a Belfast bicycle shop and hero of this ingenious comedy. Filled with humor and music, *SPOKESONG* is a cabaret, a discourse on Irish politics, a romance—and a love letter to the bicycle. "Captivating!" said *The New York Times*. A *Boston premiere*.

May 22–June 21



Bicycle Adventure Club

MASSACHUSETTS BERKSHIRE TOUR

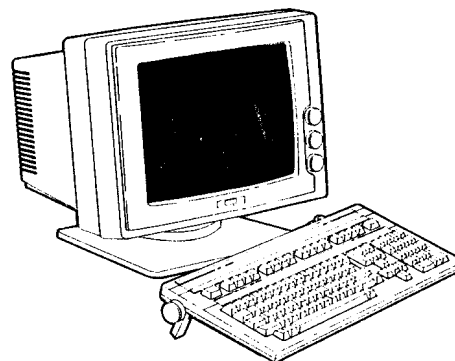
Ever had the opportunity to roam the scenic, fun areas of the central and western part of our state plus northwestern Connecticut on your bicycle for a week? And to do it with a sag vehicle to carry your luggage, good fellowship of riders from other parts of the country, someone else to cook the meals, and a warm, comfortable bed to fall into at night? Lazy, you say. Well, sometimes it feels good to be spoiled.

Now is your chance. You are invited to join BAC's bicycle tour that will explore these rural areas September 12-19, 1987. BAC stands for the The Bicycle Adventure Club which is a nonprofit, international adult bike club, not a tour company.

THE SPECIFICS: Space limited to 20 adults, currently openings for 15 more people. Daily rides average 50 miles, although one day is 80 miles. Options to make rides shorter or longer. Terrain is varied - low gears advisable. Accommodations will include a few grand New England inns, such as the Red Lion and Deerfield Inns, plus smaller inns and motels. Average room cost per day is about \$25.00 per person with double occupancy. Overnights in Windsor Locks and Norfolk, Conn. and Stockbridge, Adams, Deerfield, Westminster, and Spencer, Mass.

REGISTRATION: \$25.00 membership fee to join BAC. Plus \$150.00 deposit for your inn reservations plus expenses such as maps, phone calls, and postage. BAC leaders are not paid tour guides but volunteers. Register early, space is limited.

For more information, call Ann Hiltz at 617 438-8298.

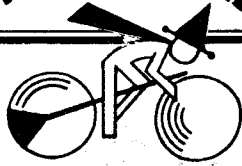


There is a good possibility that a bicycle oriented information channel will be available to the cycling community as an on-line service, available to those who have a computer and telephone modem. While the system will be open to anyone who cares to look at it, there will be a closed portion for use of John Allen's legislative group or anyone else with a need to exchange bicycle related messages or text. There will be no charge for its use beyond that of a phone call to downtown Boston plus the time expended in managing and keeping it fed with material. As of this writing it is just being organized so more information will be given at a later date.

By the time this is published it is likely that it will be in operation. In that event, here is how those who have a computer and modem will be able to use it. Set your computer for either 300 or 1200 baud, and a protocol for 8/1/none seems to work best. Dial 439-5699. You will reach Boston Citinet in whose system a bicycle section will be carried. Respond with several carriage returns when your modem has a connection. If you are a new caller you will be asked to give a user-name - I use AGOLD, for example - and also to register a password that can be anything that is 8 characters or less. Try it; Citinet carries a good deal of interesting material. Explore, and look for the bicycle section. It will be most likely found by asking for the 'Town Crier' at the main menu. Give me a call at 566-9869 if you have problems.

If all goes well I hope eventually to have news from cycling organizations within the region, ride schedules, a legislative update, a cycling how-to-do-it file, and whatever else you will send me to post. However, as the venture is something new it will take some experiment to get it functioning well. Also, at this writing Citinet is in the process of a major facilities change and, amongst other problems, many of their telephone lines are down thus causing some delay in reaching them. Hopefully that is only temporary.

..... Al Goldberg



CYCLISTS

THE NORTH SHORE CYCLISTS

NSC Polar Bear Winter Rides

There will be a "Show & Go" winter ride every Sunday morning throughout the winter (road conditions permitting). Meet in Danvers at 11:00 am on the corners of Sylvan and Pond Sts., next to the Peabody Institute Library. We will usually target a different restaurant each weekend for coffee and calories. For more info, call Joe Cormier at 535-4160.



Bike Books From MIT PRESS at a discount! courtesy of BABC

The MIT Press publishes several books that belong in every serious bicyclist's library. They now have a discount program for bulk purchases by bike clubs. These discounts are 20% off for 5-20 books and 40% off for 21 or more. Titles (with list prices) include:

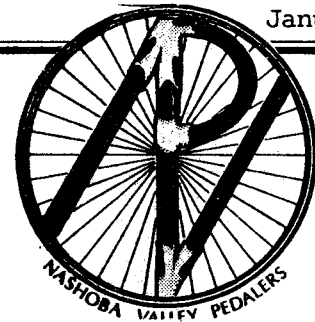
Bicycling Science by David Gordon Wilson (\$10.95)

Effective Cycling by John Forester (\$32.50 hardbound)

Bicycle Transportation Planning by David Gordon Wilson (\$22.50)

Bicycles and Tricycles a turn of the century classic (\$9.95 paperback)

If you are interested in joining in on an order with the BABC, leave a message at 491-RIDE by January 31, 1987.



Nashoba Valley Pedalers

Thursday, Jan. 1 NOON -- ANNUAL NEW YEAR'S DAY PATCH RIDE Acton-Boxborough Jr. High School Parking Lot on Rt. 111 in Acton (near Rte. 27 intersection.) Cocoa at end of ride. Call Jane Poole that morning at 263-0913.

Saturdays, Jan. 3, 10, 17, 31, February 7th 10:00 am. SHOW AND GO RIDES. Meet at Sheraton Boxborough Hotel parking lot on Mass. Ave., Acton.

Saturdays, Jan. 3, 10, 17, 31, February 7, 1:30 pm. MOUNTAIN BIKE (ATB) rides. SHOW AND GO from the Sheraton Boxborough Hotel parking lot.

Saturday Jan. 24 -- THIRD ANNUAL MT. MONADNOCK CROSS-COUNTRY SKI 10:45 am. Join us on the third annual ski trip to Mt. Monadnock with members of the Tri County Touring Club. This trip has been very successful for the past two years. We'll be skiing on some of the more level hiking trails. Meet at Mt. Monadnock State Park main parking lot at 10:45 am; or carpool from the Acton Mall at Nagog Square (Rts. 2A/119) near Littleton town line, leaving at 9:15 am. Bring lunch. For more info: call Dave Thornburg at 435-6424.

★ BICYCLE USA 1987 RALLIES ★

1987 BICYCLE USA
National Rally
July 1-5, 1987

Michigan State
University

'87 National Rally
PO Box 25114
Lansing, MI 48909

GEAR '87
Long Island
July 17-20, 1987

State University
of New York
at Stony Brook

GEAR '87
PO Box 7159
Hicksville, NY 11802

The New England Area Rally (NEAR)

NEAR is a GREAT BIG RALLY, held every other year, for the enjoyment of being around a lot of other bicyclists. NEAR '87 is going to be held from July 30 - August 2, 1987 at the University of New Hampshire, Durham, N.H. During this long weekend you will have available:

- many different rides (long, short, easy, hard);
- workshops (on bicycling, health, tours, maintenance);
- exhibits (bicycles, components, clothes, gift items);
- a New England Clambake, "home-made" ice cream party, wine & cheese celebration;
- a fashion show of some of the latest cycling clothes;
- bicycling movies and video-tapes.

The clubs involved in putting on NEAR '87 are the Granite State Wheelmen, Charles River Wheelmen, Nashoba Valley Pedalers, Seven-Hills Wheelmen, Franklin-Hampshire Freewheelers, AYH Boston Council, North Shore Cyclists, and Narragansett Bay Wheelmen.

The NEAR '87 Committee is soliciting your help in the following areas at this time:

RIDES: Do you have a favorite ride in the Durham, N.H. area (25 mile radius) that goes to a fun spot? A favorite swimming hole, ice-cream stand, or farm stand that sells fresh apple pie by the slice are examples. Also, good museums and historic homes open to the general public. We have local people working on this project, but maybe you have stumbled on something they have forgotten about.

EXHIBITS: Do you know of someone who might like to participate in the Exhibit Area? This area consists of 'booths' where display items are for sale (anything bicycle related, such as bicycle parts, clothes, craft items, etc.). This area can also contain booths for service (blood pressure clinic) or demonstration (roller or wind-trainer riding). There will be an area for book sales and brochure handouts, if requested. We need ideas for 'unusual' and interesting displays.

WORKSHOPS: We really need ideas and speakers for this area. Tentative workshops include Tandems (everything you ever wanted to know, plus test rides), Orthopedic problems (knees, other joints), Nutrition (the latest research findings), Gearing (how to most effectively use your gears). Possible topics include "What to see in the Sea-coast area", "Sea-coast region history", "Flowers, trees and birds to look for in the Sea-coast area", "Exploring area cemeteries", "My trip to _____, plus slides". Have you been to a really interesting lecture or discussion? Know somebody who can deliver an interesting and/or humorous talk? Have an area about which you would really like more information? PLEASE let us know either WHAT YOU WANT, WHAT YOU WOULD LIKE TO DO or WHO YOU KNOW THAT CAN DO WHAT YOU WANT so the workshop committee can make arrangements.

Send any information, requests, offers of help, etc. to either your NEAR representative or to Linda L. Harvey, 16 Clinton St., Salem, N.H. 03079. Telephone (603)898-5285.



Bike Shop Discounts

The following shops offer discounts to members of CRW:

<u>Ace Wheelworks</u>	
2044 Massachusetts Ave., Cambridge	876-8200
<u>Aworthy Bicycle</u>	
311 Walnut St., Newtonville	956-5868
424 Moody St., Waltham	893-8769
<u>Belmont Wheelworks</u>	
480 Trapelo Rd., Belmont	489-3577
<u>Bicycle Bill</u>	
253 North Harvard St., Allston	783-5636
<u>Bicycle Corner</u>	
916 Massachusetts Ave., Arlington	665-5449
<u>Bicycle Exchange</u>	
3 Bow St., Cambridge	864-1300
<u>Bicycle Workshop</u>	
233 Massachusetts Ave., Cambridge	876-6555
<u>Chelmsford Cyclery</u>	
7 Summer St., Chelmsford	256-1528
<u>Cycle Loft</u>	
28 Cambridge St., Burlington	272-0870
<u>Family Bicycle Center</u>	
149-A Belgrade Ave., Roslindale	323-9720
<u>Farina Cycle</u>	
61 Galen St., Watertown	926-1717
<u>Frank's Bicycle Barn</u>	
123 Worcester Turnpike, Westboro	366-1770
<u>Frank's Spoke 'N Wheel</u>	
1164 Worcester Rd., Framingham	872-8590
847 Edgell Rd., Framingham	877-7878
82 Boston Post Rd., Sudbury	443-6696
877 Main Street, Waltham	894-2768
<u>Harris Cyclery</u>	
1355 Washington St., West Newton	244-1040
<u>International Bicycle</u>	
70 Brighton Ave., Allston	783-5804
740A Beacon St., Newton Center	527-0967
<u>Landrey's Schwinn Cyclery</u>	
80 Hollis St., Framingham	875-5158
<u>Laughing Alley Bicycle</u>	
51 Harvard Ave., Allston	783-5832
<u>Life Cycle</u>	
1013 Massachusetts Ave., Cambridge	354-8595
<u>Life Sports</u>	
1100 Massachusetts Ave., Arlington	648-1305
East India Mall, Salem	745-6311
<u>Lincoln Guide Service</u>	
152 Lincoln Rd., Lincoln	259-9204
<u>Mt. Auburn St. Cycles</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>Pedal Pushers Bike Shop</u>	
473 Main Street, Waltham	899-6293
<u>The Ski Market</u>	
34 Cambridge St., Burlington	272-2222
400 Franklin St., Braintree	848-3773
860 Commonwealth Ave., Boston	731-6100
Endicott Plaza, Danvers	777-3344
<u>The Stoughton Bike Shop</u>	
742 Washington St. (Rts. 27 & 138) Stoughton	344-2414

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, \$30

*If currently an LAW member call Jack Donohue at 324-3926

Send completed form Jack Donohue

and membership fee to: 11 Overlook Park

Malden, MA 02148

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

1. Ride leader or co-leader 6. Legislative action

2. Host a post ride gathering 7. Safety

3. Newsletter 8. Special events

4. Publicity 9. Other (specify)

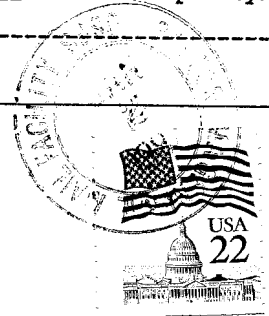
5. Membership

----- 1/1/86 -----

CHARLES RIVER WHEELMEN

19 Chase Avenue

W. Newton, MA 02165



04/87 I

John Kane

266 Felleway West

Medford, MA 02155

FIRST CLASS MAIL