

Wheel People

VOLUME XVI FEBRUARY 1987 NUMBER 2



The Charles River Wheelmen

"FELICITY IS A WINTER RIDE"



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Letter to the Editor

January, 1987

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 Garrant	629-2054
Winter Rides	Walter McNeil	329-1586
Membership	Jack Donohue	324-3926
Information	Jacek Rudowski	361-5273
Merchandise	Jerry Campbell	478-0490
Publicity	Wilma Hurwitz	242-0574
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

Dear Editor:

This letter has been a long time coming. Although Jill Lewis' proposal on how to spend the club's money has merit, it sorely lacks direct benefit to our members. From time to time, a letter will appear in the newsletter or a proposal at a board meeting, that our club should do something grand to promote or support some bicycling program. As an example, the Grapenuts Bike Festival, N.E.A.R., and The Big Event are indeed grand programs and have been the source of the fodder that fattened the treasury. This money is your money, you earned it by your volunteer efforts and participation, and any surplus funds should be used close to home.

To all of you who donated your hours to provide us with so many splendid Sunday rides and special events, and to those who serve on the Board of Directors. You are wonderful people.

Even deeper thanks to special individuals. Dave Garrant, V.P. of Rides, the guy who gets all the summer rides together. Nancy Peacock, newsletter editor, a real tough job, the nerve center of the club. To Walter McNeil, Winter Rides Coordinator. He's there no matter what the weather. And to the real heros, the ride leaders. God bless you all. As for putting our surplus funds to good use, let us give thanks to the above mentioned individuals by having them as our guests at the annual banquet. If limited funds don't allow us to do it for all, let's start from the bottom up, the ride leaders. Without them, there would be no club.

A sincere thank you to you all.

Jerry Campbell

WELCOME NEW MEMBERS

Barbara Bennett	Arlington
Russell Demar	Taunton
Paul Felice	Waltham
Stephen & Diane Gobron	Stoneham
Douglas Jensen	Cambridge
James Legnard	Framingham
Robert Sawyer	Lexington

MILEAGE
for the year Ended
1986

Once again, the percent changes from last year are shown for those who logged with over 5000 miles.

Name	1986	1985	Percent Change
John Latva	26,206	NA	
Robye Lahlum	24,502	22,142	+10.6
Melinda Lyon	13,840	10,001	+38.4
Dick Buck	12,309	11,706	+5.2
Lindy			
Konigsberg	10,072	NA	
Jack Donohue	9,372	7,790	+20.3
Jerry Campbell	8,440	8,043	+4.9
Jim Merrick	8,114	NA	
Jamie King	7,061	3,735	+89.0
Ed Trumbull	6,332	6,831	-7.3
Ron Messier	6,042	4,625	+30.6
Osman Isvan	5,262	5,802	-9.3
Fred Hiltz		4,884	
Paul Gafford		4,725	
Jim Broughton		4,571	
Dick Howe		4,458	
Rowland Williams		4,127	
Doug Mink		3,950	
Tim Oey		3,923	
Elisse Ghitelman		3,814	
Dave Sherman		3,726	
John Allen		3,201	
Dick Lewis		2,704	
Webb Sussman		2,518	
Jill Lewis		2,092	
Bill Fine		2,070	
George Caplan		2,038	
Joe Repole		2,023	
Sheldon Brown		1,820	
Jack Jacobs		1,770	
Aliza Arzt		1,749	
Richard McVity		1,715	
Susan Grieb		1,670	
Nancy Peacock		1,611	
Jeff Luxenberg		1,517	
John Springfield		1,322	
John Kane		1,112	
Earl Forman		762	
Tova Brown		440	
Rosalie Blum		440	
George Brown		217	
Total for 1986:		205,195	
Total for 1985		200,585	
(Percent change: +2.2%)			

Special kudos to John L. and Robye L.! Spectacular guys! Jamie was also in a class by himself with his 89% increase. Could Lindy have had some influence there? Osman and I are continuing our wayward ways. There's always 1987!

Dick Buck advises us that his total lifetime accum is up to 123,602. Now that's just about five times around the world. Jeff advises that son Jared logged 125 miles in his Burley Trailer. Now when you figure this little guy is only six months old, I'd say Dick Buck et al. better watch out!

I would be remiss if I didn't make note of the fact that two of our top five were women!!! Break a leg, guys!

Onward and Upward for 1987!!!
As usual, send your miles by the 5th of the month to:

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



CRW XC SKI TRIP

This is to remind everyone about the upcoming cross country ski trip. The basic information is:

Where: Windblown Touring Ctr.
New Ipswich, NH
When: Saturday, February 21
Cost: Trail fee \$5.00
Rental fee \$9.00
Instruction \$6.00

Windblown is about 2 hours by car from Boston. Excellent food is available at the center or you can bring your own. Trails range from novice to expert. No special time is set to arrive or leave. Please call Dick Lewis (421-698 days; 641-1066 eves) for directions and so that I can get a headcount for group discount purposes. See you on the trails!!!





What Your Board Did In January

Jan. 6 Agenda Items and Actions Summary

Treasurer's Report: A provisional 1987 budget was presented and accepted. Final approval will be taken up in Feb.

Membership Report: A new multiple year membership structure is being implemented by Bicycle USA (LAW). CRW is considering a similar move which is being reviewed by a committee of D. Blake, J. Donohue, M. Hanauer, D. Hill, and D. Lewis. Our present membership is 425.

Winter Meeting: Our 1987 Winter Meeting will be held on Friday, Feb 13 at MIT in Rm 16-310 from 7:30 on. The program will include a slide show by Dale Sokoloff from her 1986 Tour of France. Refreshments are pot-luck, so bring your great homemade goodies and valentines. No alcohol please! The directions to 16-310 are: entering MIT from Mass. Ave, follow the long corridor all the way to the opposite end. Jog left and go up one flight of stairs. Then turn right and follow corridor around to building 16. Go up the steps and through the double doors to Grandma's Room.

Spring Banquet: The annual Banquet will be held on Thursday, April 9 at the Knight's of Columbus Hall in Watertown. Cash bar opens at 6:30 with dinner at 7:30. The dinner will be catered, and a delicious menu is planned -- all this for under \$15 per person!! Nominations for the CRW Service Awards are now being accepted. Call Debbie Allinger, 643-4079, with your nomination before March 1, 1987.

Bike Month: Laurie Levy is coordinating the activities for Bike Month in May. Thanks Laurie!! We need you to help out! Call Laurie at 489-1790. Several breakfast rides, the Spring century, and some workshops are being planned.

Spring Century: Tim Oey is the coordinator for the Spring Century. Thanks Tim!! The century will be on May 17 with a tentative route of southwest to Dighton Rock. Support CRW and help Tim by volunteering. Call Tim at 782-1944.

1987 Grape Nuts: Three cheers for Ann-Marie Starck who is the CRW liason to Grape Nuts Bike Fest for 87!! Now is the time to become involved in the 87 event.

CRW Publicity Director: Wilma Hurwitz is our new publicity director. Thanks Wilma!! Look for articles about CRW in the various local newspapers.

AYH Pass: Once again, the CRW has an AYH pass available for club use. The pass is free. For more info, contact Mike Hanauer.

Bicycle Advisory Bill: The Bicycle Advisory Bill finally passed both chambers of the Mass. Legislature and now awaits the governor's signature. Dave Hill will be the CRW liason to the committee.

Next Board Meeting: The next Board meeting will be held on Tuesday, Feb. 3 at 7:30 PM in room 10-178 at MIT. Walk behind building 39 at 60 Vasser St. Enter building 13 and go up the left stairway into building 10. Room 10-178 is immediately on your right at the top of the stairs.

Adjournment at 9:35 PM

Debbie Allinger, CRW Secretary



(617) 864-3129

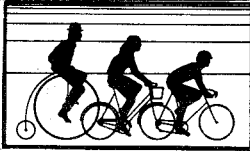
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16 HURLEY STREET
CAMBRIDGE, MA 02141

Don't Forget
MAY IS BIKE MONTH



BICYCLE ★ ★ USA ★ ★

EDITORIAL by Anita Brewer

There is more in this new year for BICYCLE USA (League of American Wheelmen) members than a new date to scribble down on our monthly mileage log.

At the winter board of directors meeting in December, John H. Cornelison was hired as the league's new administrator. John is an enthusiastic and skilled bicyclist and systems analyst who was unanimously selected from more than 100 applicants. (See League Notes for more information on John's background.)

One of the issues facing John will be the great name change debate of the past three years. After some discussion of the issue, the board voted in December "to change the emphasis of the tradename [BICYCLE USA] to L.A.W. over a period of time." The tradename was not abolished, but members will see the name "L.A.W." appear more frequently.

In other actions, treasurer Larry Hodapp predicted ending 1986 breaking even and proposed a 1987 budget of \$492,000 which was approved by the board. Membership development is a priority this year.

The government relations program has a busy 1987 agenda, chief of which are a) filling all legislative volunteer positions, and b) formulating guidelines for incorporating bicycle needs into future land development.

Two interesting projects were launched by board member Yvonne Morrison of Arizona, an experienced effective cycling instructor. One would involve the league in developing the International Standards Organization's new bike lighting standards, and the other would push for better bike

handling by airlines. To help with either of these projects, contact Yvonne Morrison, Region 13, at the address on our masthead.

Next July, to encourage communication between members and the board of directors, the annual meeting will be held before rather than after the regular board meeting at the '87 Rally in East Lansing, Michigan.

Finally, the magazine is back on schedule and has a new look for 1987. Credit for both goes to our hardworking staff.

My term on the board ends in July. The new director who takes my place will find a fresh spirit. Dissenting views are tolerated and discussion is far more open. More progress needs to happen, but I wholeheartedly urge you to support President Steve Clark, our new administrator John Cornelison, and the entire board and staff in the coming months.

In 1984 I campaigned with two major planks: a more accountable leadership and a re-evaluation of the name change. The first has finally come about, and the second, well ... does anybody join me in voting for "League of American Bicyclists," the 1981 runner-up with 48 percent of the vote?

Anita W. Brewer
Director, Region 1

★ 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





NASHOBA VALLEY PEDALERS

Saturdays, February 7, 14, 21, 28 and March 7th, 10:00 am SHOW AND GO RIDES. Meet at the Sheraton Boxborough Hotel parking lot on Mass. Avenue, Acton.

Saturdays, February 7, 14, 21, 28 and March 7th, 1:30 pm. MOUNTAIN BIKE (ATB) rides. SHOW AND GO from the Sheraton Boxborough parking lot.

--ATTENTION "MYSTICEERS"--

The Eighth Annual Tour to Mystic Seaport will be on Saturday, May 2 and Sunday May 3, 1987. The Whalers Inn, Jacek Rodowski and yours truly, Jerry Campbell once again look forward to hosting you all for a weekend of food, fun, libation and one helluva ride. Look for details in future issues of the newsletter.

BREAKFAST RIDE

The show and go ride on February 22 begins at the Lewis' house with a breakfast. All are invited for breakfast whether going on the bike ride or not. Depending on the weather, cross country skiing is available nearby at the Winchester Country Club golf course (no trail fee) or you can enjoy the company of your friends at the breakfast. The location is 31 Ronald Road, Arlington which is off Summer Street (Rt. 2A). The phone number is 641-1066, but you don't need to call in advance. A small contribution to cover the cost of food will be appreciated. Breakfast will be served from 8:30 a.m. on.



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 corner of Sylvan and Pond Streets, 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.



Founded in 1984

Merry Mudslingers' Mountain Bike Ride

Saturday, March 21, 1987

Take a day to enjoy beautiful Bear Brook State Park in Allenstown, NH with AYH. We'll be meeting at the park at 11 am to take to the miles of dirt roads and trails on a beginner level mountain bike ride.

You MUST contact the leader beforehand to participate in this trip and to get additional information.

Leader
Debbie Fournier
(617) 965-1344



Ride Schedule

ALL RIDES 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 (see details elsewhere in this issue under "Breakfast Ride.")

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.

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.

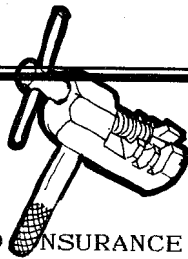
2. Protect the extremities of your body. This means keeping your head, hands, and feet protected and warm. Much heat is lost from your body when these areas are inadequately protected. A ski band or hat under your helmet (you can remove the pads if your helmet won't fit), warm gloves (be careful--bulky 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.)



ROAD INSURANCE

Because bicyclists can't call AAA

No, Virginia, there is no bikers' AAA. But CRW hopes to provide an alternative do-it-yourself workshop to give you more confidence when you are having a maintenance problem with your bike miles from civilization.

With the winter snows flying, prepare for the next season's bike trips by learning how to change a flat tire or replace a dropped derailleur chain. Join Sue Mantell and Bob Sawyer in a workshop on basic bicycle maintenance.

When: Monday, February 9, 1987

Where: Hancock Church
1912 Mass. Avenue
Lexington

(opposite Lexington Green)

Parking and entrance to the church is in the rear--meet in Clark Hall. We recommend you bring your bike or just the wheel, tire irons, a patch kit and a pump. However, come even if you lack some supplies as extra flats and equipment will be available.

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



1987 WALL CALENDAR

8 1/2 x 11 two-toned photos of international bicycling scenes. Calendar price \$4.00 includes postage. Made available by the Canadian Bicycle Club, *Le Monde a Bicyclette* (from Montreal) and the Philadelphia Bicycle Coalition. It includes the year 1998, is a wall calendar, and is tri-lingual.

made available by
Boston Area Bicycle Coalition
Box 1015, Cambridge, MA 02142
limited quantity.



Winter Gatherings Slide Shows

Both the CRW and the BABC are planning winter social gatherings--opportunities for us to come in out of the freezing weather and delight in the bicycling adventures (and misadventures) of our fellow cyclists.

BABC

When: Friday January 30, 1987
7:00 pm

Where: MIT Room 1-114
(enter 77 Mass. Ave., go down main hall, and turn right at the rotunda)

Who: Glen Margoles, BABC member who will show slides of his bike trip through Nepal and China.
Refreshments will be provided.

CRW

When: Friday February 13, 1987
7:30 pm

Where: MIT Room 16-310
(enter 77 Mass. Ave., follow long corridor to the end, turn left go up a flight of stairs, then turn right and follow corridor around to Bldg. 16 Go up the steps, through the double doors to first door on left.

Who: Dale Sokoloff, who will show slides of her 1986 tour of France.
Refreshments: will be potluck so bring some goodies (no alcohol please)



MAY is Bike Month

The Governor knows it. The bike shops know it. Watch for a listing of events so you too will know what's been planned for May.

And keep in mind!

Do you remember when the play SPOKESONG opened in New York a few years ago, and it got great reviews. It's a celebration of the bicycle as a solution to 20th century life! Well, it's happening here in Boston, (May 22-June 21, 1987)

Let's get together and include this event along with Bike Month. More details later.



BICYCLE ADVISORY BOARD NEWS
by John Walsh

The Massachusetts Bicycle Advisory Board is now law! The bill passed the State Senate on the last day of the Session, January 6th, with the bill becoming law 90 days after passage.

The Board will consist of 11 members, 6 of whom will represent various planning and transport-related agencies concerned with bicycles, and bike facility design. The five remaining positions are filled from the ranks of the "general public"; including one member in the bicycle industry, 3 individuals concerned with citizen cycling or safety, and one "other skills" member.

John Allen issued a call for board volunteers some months ago, and the following individuals responded:

John Allis, manager of the Belmont WheelWorks, who would serve as the bicycle industry representative, Ed Gross, MD, one of the citizen safety reps, and a former Regional Director of the League of American Wheelmen (LAW), David Gordon Wilson, MIT professor, who John Allen characterized as a "tireless activist", and Mike Siecor, a representative from Wellsey College, and a triathlete.

LAW State Legislative Representative John Allen was quite pleased with the response, adding that the nominations are not final, but would have to be finalized by the week of January 24th.

Should you have any questions about the Bicycle Advisory Board, or wish to nominate a potential board member, please contact John Allen at:

John S. Allen
16 Hambill Road
Waltham, MA 01602
(617)891-9307



Welcome New Publicity Coordinator

After having been vacant for a while, the position of publicity coordinator has been filled by an enthusiastic new member of CRW, Wilma Hurwitz, who comes with a diversified background in marketing and public relations.

While Wilma has no shortage of thoughts on her new CRW position, her initial priorities include publication of major events in national cycling magazine calendars and local club newsletters as well as making contact with local media. There may even be a feature article from time to time. In addition, Wilma may later expand our "bike shop representative" program, as well as consider other areas.

CRW has endeavored to list the calendar of events of our neighboring bike clubs like the Nashoba Valley Pedalers, the North Shore Cyclists, American Youth Hostels, etc. We are particularly interested in publicizing their major events, like invitations, centuries, and special events, as well as providing ample publicity to those memorable occasions (like NEAR and the Big Event) in which we are all involved.

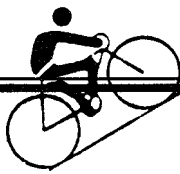
If you have any ideas of how to improve our publicity efforts, please contact Wilma at 242-0574. Welcome to the Club, Wilma, and thanks for taking on a big job.



May 23, 24 and 25, 1987 Eleventh Annual Tour of New England. This trip touches all six New England states, covering 350 miles in three days. This is a VERY DIFFICULT ride. The non-refundable \$60.00 fee covers maps, cue sheets and motel costs in Brattleboro, Vermont and Dover, New Hampshire and is due April 9, 1987. The minimum age is 16 years old. For further information, mail a self-stamped, addressed envelope to:

JACEK RUDOWSKI
ONE BELNAP ROAD
HYDE PARK, MA 02136

**All Members are welcome at
BOARD MEETINGS**



A CHALLENGE FOR HILLCLIMBERS

POTASH HILL IN HUDSON

THIS IS THE STEEPEST PAVED ROAD I HAVE EVER FOUND. IT IS AN ACCESS ROAD TO A WATER TOWER ON TOP OF THE HILL.

TO GET THERE, TAKE RT 62 TO AND THRU HUDSON CENTER. ABOUT A MILE PAST HUDSON CENTER, RT 62 STARTS UP A LONG HILL AND CURVES OFF TO THE LEFT. THE ROAD GOES AROUND POTASH HILL. ABOUT HALFWAY UP THE RT 62 HILL, YOU WILL SEE THE ACCESS ROAD OFF TO THE LEFT.

YOU CANT MISS IT.

BEWARE OF THE GATE AT THE BEGINNING OF THE ACCESS ROAD. IT IS A STEEL CABLE STREACHED ACROSS THE ROAD. YOU WILL HAVE TO PICK YOUR BIKE UP AND STEP OVER THE CABLE.

NOW YOU WILL SEE WHAT A CHALLENGE THIS CLIMB IS! NOT ONLY IS THE HILL EXTREMELY STEEP, BUT YOU HAVE TO START FROM A STANDSTILL AT THE BASE.

THIS HILL REQUIRED THE 24 INCH GEAR OF MY MTN BIKE TO CLIMB IT. EVEN THEN I WAS WINDFD.

BLUE HILL IN MILTON MAY BE LONGER BUT POTASH HILL IS MUCH STEEPER. I CAN CLIMB BLUE HILL WITH MY TRACK BIKE (63 INCH FIXED GEAR) EASTER THAN POTASH HILL ON MY MTN BIKE.

A FEW WORDS OF CAUTION; BECAUSE OF THE STEEPNESS OF THE ACCESS ROAD, IF THERE IS ANY MOISTURE ON THE ROAD, DONT ATTEMPT TO CLIMB IT. YOU WONT HAVE ENOUGH TRACTION. DONT TRY STANDING ON THE PEDALS EITHER, YOUR REAR WHEEL WILL SPIN OUT. IF YOU LOSE YOUR BALANCE, IT IS A LONG TUMBLE TO THE BOTTOM.

I AM TRYING TO FIGURE OUT HOW THEY BUILT THIS ROAD, LET ALONE GET TRUCKS UP IT.

WHEN (AND IF) YOU MAKE IT TO THE TOP, THEN YOU GET TO WONDER HOW TO GET DOWN AGAIN. HOPE YOUR BRAKES ARE GOOD. DONT BE ASHAMED TO WALK.

FOR YOU GONZO BIKERS, THERE IS THE OLD ACCESS ROAD OFF TO THE RIGHT OF THE WATER TOWER. IT IS NOW A STEEP WASHED OUT GRAVEL GULLY. THIS IS HOW I DECENDED THE HILL.

ERIC (BICYCLE BOZO) FERIOLI



CRW AD RATES

+++++

The CRW newsletter reaches about 425 cyclists each month through its newsletter. Space for commercial ads is available at the following monthly rates:

Full Page	\$60.00
Half Page	\$30.00
Quarter Page	\$15.00
Eighth Page	\$7.50

A 10% discount is available for orders of three months or more. Call Dick Lewis (421-6298 days:641-1066 eves.) for further information or to place an order. Ads for MEMBERS are, as always, free.

ALL THE NEWS THAT FITS, WE PRINT

Send your material by the 10th of the month to:

Nancy Peacock
25 Hancock St.
Somerville, MA 02144

GENERATOR REPAIR

THOSE OF YOU THAT RIDE A LOT AT NIGHT AND USE A SEAT STAY MOUNT GENERATOR (A SIDEWALL GRINDER), MAY FIND THAT THE KNURLING ON THE GENERATOR PULLY EVENTUALLY GETS WORN OFF. WHEN THAT HAPPENS, THE PULLY STARTS SLIPPING AND THE GENERATOR LIGHT FLICKERS. THIS IS A PROBLEM WITH PULLYS MADE OF PLASTIC OR ALUMINUM.

THERE IS A WAY TO FIX THIS PROBLEM AND ACTUALLY IMPROVE THE EFFICIENCY OF THE GENERATOR WHILE MAKING IT SLIGHTLY QUIETER.

THE WAY TO DO THIS IS WITH ELECTRICAL HEAT SHRINK. (THIS IS PLASTIC INSULATION THAT IS SLID OVER ELECTRICAL WIRES AND THEN HEATED SO THAT IT SHRINKS AND CONFORMS TO THE SHAPE OF THE WIRES.)

USE THE SIZE OF HEAT SHRINK THAT IS JUST LARGE ENOUGH TO FIT OVER THE GENERATOR PULLY. CUT A PEICE OFF THAT IS THE SAME LENGTH AS THE PULLY. (DONT CUT IT LONGER OR ELSE IT WILL BIND ON THE BODY OF THE GENERATOR.) SLIP THE PEICE OF HEAT SHRINK OVER THE PULLY AND HEAT IT WITH A MATCH OR LIGHTER. IT WILL SHRINK TO CONFORM TO THE PULLY.

THIS WILL MAKE THE PULLY WORK LIKE NEW. I HAVE REPAIRED SEVERAL GENERATORS THIS WAY.

IF YOU DONT HAVE ANY HEAT SHRINK (OR CANT FIGURE OUT WHAT I AM TALKING ABOUT), GIVE ME A CALL OR SEE ME ON A RIDE. I HAVE PLENTY OF HEAT SHRINK THAT YOU CAN HAVE.

ERIC FERTOLI
235-4762 10-2 DAYS

Postage Stamp Activism

Has the U.S. Post Office come out with a series on "velorutionaries," honoring champions of human-powered transit on commemorative stamps? A visit to the Post Office's philatelic window--and a closer look at the "great American series"-- confirms the hunch.

League members had to be pleased, of course, when the three cent Paul Dudley White, M.D., stamp was issued on September 15. President Eisenhower's personal physician was a highly visible advocate of the bicycle--for health and daily recreation--and in fact was about the only "spokesman" around in the 1950s.

But how many noticed on June 18 when the Post Office issued the 17 cent Belva Ann Lockwood stamp? So who's Belva? Mrs. Lockwood was the "lady candidate for President" in 1884, pedaling--not running--for the National Equal Rights Party. Campaigning on an English tricycle whenever possible, she once told the press "I'm glad you showed me on a tricycle. There is a principle behind that picture. A tricycle means independence for women, and it also means health." A native of Royalton, N.Y., and a brilliant lawyer, Mrs. Lockwood and her party polled 4,149 votes in seven states. For the record, it was Grover Cleveland who won the election (over James Blaine), but that didn't stop the tricyclist. She campaigned again in 1888, and continued her career as a lawyer, suffragette and peace advocate until her death in 1917--three years before the 19th Amendment gave women the right to vote.

League members interested in using the stamps--in various combinations--are reminded that the six cent tricycle and the 5.9 cent high wheeler are still available. Have fun!

--John Dowlin

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Mark Your Calendar
THE NEW ENGLAND AREA RALLY
(NEAR)
July 30 -- August 2, 1987

Join the CRW

The following shops offer discounts to members of CRW:

- Ace Wheelworks 2044 Massachusetts Ave., Cambridge 876-8200
- Aworthy Bicycle 424 Moody St., Waltham 893-8769
- Belmont Wheelworks 480 Trapelo Rd., Belmont 489-3577
- Bicycle Bill 253 No. Harvard, Allston 783-5636
- Bicycle Corner 916 Massachusetts Ave., Arlington 641-0101
- Bicycle Exchange 3 Bow St., Cambridge 864-1300
- Bicycle Workshop 233 Massachusetts Ave., Cambridge 876-6555
- Chelmsford Cyclery 7 Summer Street, Chelmsford 256-1528
- Cycle Loft 28 Cambridge St., Burlington 272-0870
- Family Bicycle Center 149-A Belgrade Ave., Roslindale 323-9720
- Farina Cycle 61 Galen St., Watertown 926-1717
- Frank's Bicycle Barn 123 Worcester Turnpike, Westboro 366-1770
- Frank's Spoke 'N Wheel 1164 Worcester Road, Framingham 872-8590
- 847 Edgell Road, Framingham 877-7878
- 82 Boston Post Road, Sudbury 443-6696
- 877 Main Street, Waltham 894-2768
- Harris Cyclery 1355 Washington St., West Newton 244-1040
- International Bicycle Center 70 Brighton Ave., Allston 783-5804
- 740A Beacon St., Newton Centre 527-0967
- Landrey's Schwinn Cyclery 80 Hollis St., Framingham 875-5158
- Laughing Alley Bicycle Shop 51 Harvard Ave., Allston 783-5832
- Lexington Cycle 7 Meriam Street, Lexington 863-1480
- Life Sports East India Mall, Salem 745-6311
- Lincoln Guide Service 152 Lincoln Rd., Lincoln 259-9204
- Marblehead Cycle 25 Bessom St., Marblehead 631-1570
- Mt. Auburn St. Cycles 145 Mt. Auburn St., Watertown 926-6010
- Mystic Valley Wheelworks 889 Main St., Winchester 729-0425
- Northeast Bicycles 102 Broadway (Rt. 1), Saugus 233-2664
- Pedal Pushers Bike Shop 473 Main Street, Waltham 899-6293
- Ski Market 860 Commonwealth Ave., Boston 731-6100
- Endicott Plaza, Danvers 777-3344
- 34 Cambridge St., Burlington 272-2222
- 400 Franklin St., Braintree 848-3733
- Stoughton Bike Shop 742 Washington Street, Stoughton 344-2414


----- 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 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



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 John Kane
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 Medford, MA 02155

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