

# DELAWARE

LAST NEWSLETTER!  
DUES ARE DUE

# VALLEY BICYCLE CLUB

The DVBC is affiliated with the League of American Wheelman, Pa Bike Federation, the Greater Phila. Bicycle Coalition, and in '85 the United States Cycling Federation. The DVBC promotes recreational bicycling of all forms in the Delaware Valley area. Non-members are welcome on rides, but are urged to consider their ability and experience when selecting a ride. ( See Ride Guidelines. ) All rides are subject to cancellation due to weather. If in doubt about the weather or the level of difficulty of the ride, please call the ride leader. Though the use of safety equipment, helmets in particular, is strongly urged, the club cannot accept responsibility for accident or injury while participating in an event.

April

April 1  
1:00 PM  
Class D  
5 Miles

Media Skyline Ride (April Fools Ride)  
Leave Media Courthouse  
Leader Dave Fleming 566-0543

LAST NEWSLETTER!  
DUES ARE DUE

April 2  
7:00PM  
Gen. Bus.  
7:45 PM  
Special  
Topic

DVBC Club Meeting  
Mank O'Donnell Wissahickon Bike Club Member will Have a slide presentation of his bike trip from Tilnanook, Oregon to Phila. Mank will buy a six pack of beer to anyone who falls asleep. Media Main Line Federal Savings and Loan. Front and Orange St. Media, PA. For more info. call Rich Paterson 352-3647.

April 14, 21  
8:00AM  
Class A  
30 Miles

Every Sunday Ride.  
Leave Bond Shopping Center, Lansdowne and State Rd. Drexel Hill  
Leaders Bill Barratta 622-5313, Joe Pless 877-8876.

April 6  
1:00PM  
Class C-  
22 Miles

Bike Shop Special  
Visit Five bike shops and drop off newsletters. Also will visit quaint town of Narberth. Leave Drexel Line Shopping Center, Rt. 1 and State Rd. Leader Rich Patterson 352-3647.

April 7  
2:00PM  
Class ALL  
10 Miles

Tri-Club Time Trial  
Downingtown, Rt. 282. Joint venture DVBC, BBC, and WCBC. Anyone may participate. Leader Rich Patterson 352-3647.

April 13  
10:00AM  
Class C-  
10-15 Miles

Slow and Short Spring Time Social Spree!!  
So come out and be social. Leave Ridley Creek State Park, Parking Lot 15. Leader Mary Jo Galczynski 876-9112, Co-Leader Rich Patterson 352-3647.

April 13  
10:30AM  
Class ALL  
18 Miles

18 Mile Freedom Tour Paint Ride.  
Leave Ridley Creek State Park, Parking Lot 15.  
(Spray Paint Provided) Leader Doug Kennedy 543-4664.

April 14  
8:00AM  
Class ALL  
31/62 Miles

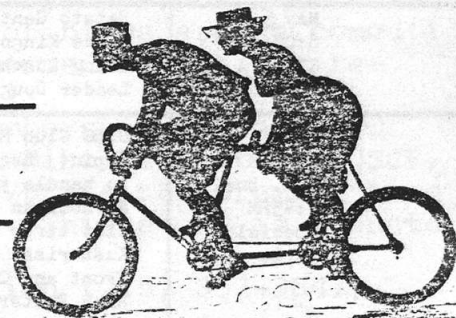
BBC Taxing Metric Century  
See Advertisement. Start Knauertown, PA. Warwick County Pike. For more info. call Stu Baird 783-0536.

April 20  
10:00AM  
Class B  
65 Miles

65 Mile Freedom Tour Paint Ride.  
Leave Ridley Creek State Park, Parking Lot 15. (bring lunch)  
Spray Paint Provided. Leader Patrick O'Donnell 566-7122.

APRIL 20  
7:00PM  
Class SOCIAL  
0 Miles

Antique Bike Social Outing  
Friends of biking welcome. For more info see ad in newsletter.  
Bob McNair's house. East 32 Dartmouth Circle, Swarthmore, PA.  
For Questions call Rich Patterson 352-3647.



April 21  
9:30AM  
Class all  
7415 Miles

Springtime bike rally  
see advertisement for more info.

April 21  
11:00AM  
Class C+  
35 Miles

35 Mile Freedom Tour Paint Ride.  
Leave Ridley Creek State Park, Parking Lot 15. Bring lunch.  
Leader Patrick O'Donnell 566-7122. Spray paint provided.

April 27  
10:00AM  
Class C-  
10-15 Miles

Slow and Short See April 13.  
Leaders Mary Jo Galczynski 876-9112, Co-Leader Rich Patterson.

April 27  
9:00AM  
Class B+  
80 Miles

Tour De Dover  
Flst Terrain. Leave Delaware City, lunch stop at Delaware  
State Capitol Building. Leader Doug Kennedy 543-4664.

April 27  
8:30AM  
Class ALL  
65 Miles

Pineland Metric Century  
Starts at Mays Landing, NJ. Write to Mel Kornbluh  
33 Arcadia Place, Vineland, NJ 08360 or call 609-691-8779  
after 6:00PM.

April 28  
Class ALL  
Miles 18/35/  
Miles 65

FREEDOM TOUR  
Tour of the Decade!!!



May 4  
8:00AM  
Class ALL  
Miles 35/64

Get Ready Metric Century  
See advertisement. Leave Kingsway Regional High School.  
Swedesboro, NJ. Rt. 322 & 551.  
Great Food Stop. Info. Gordon Mann 215-521-1145.

May 12  
9:00AM  
Class ALL  
Miles 5/10

Spring Time-Time Trials  
Time trials open to tours and racers.  
Course Goshen, Providence, and Sugartown Rd.  
Timekeeper Patty McClure and leader Rich Patterson 352-3647.

May 5  
8:00AM  
Class A  
Miles 100

Batsto Century  
Leave Kingsway Regional High School, Swedesboro, NJ.  
Bring lunch. Flat, 15m.p.h. or faster.  
Leader Doug Kennedy 543-4664.

May 7  
7:00PM  
Gen. Bus.  
7:45PM  
Special  
Topic

DVEC Club Meeting  
Topic; Legal Aspects of the law concerning bikes and how  
to handle yourself if involved in accidents. Also Frank  
Mavnoonian will have a 15 min. demonstration of repairing  
flat tires the Bike Shop way(Right Way). Speaker John  
Kusturiss. Media Main Line Federal Savings and Loan  
Front and Orange St. Media, PA. For more info call  
Rich Patterson 352-3647.

May 12  
2:00PM  
Class B  
20 Miles

The Hilly Figure 8 Ride  
Leave Media Court House in Media. Leader Don Ashbrooke 565-0134

May 18  
9:00AM  
Class B  
70Miles

Greenwich Tea Party Ride  
Leave from Kingsway Regional High School, Swedesboro, NJ.  
Bring lunch. Leader Doug Kennedy 543-4664.

May 18

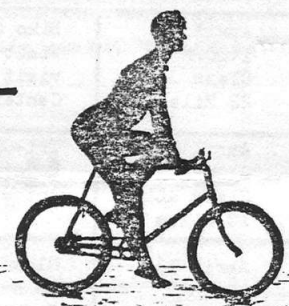
Horse Farm Tour  
Sponsor Hanover Cyclers SASE to Trent W. Nichols 261 Fredricks St.  
Hanover, PA 17331.

May 18  
7:00AM sharp  
Class A/B  
Miles 150

WCBC Tandem 150  
Cost \$9.00. Single riders welcome.  
Info. Chick Trayford 302-239-4948.

May 19  
8:00AM  
Class ALL  
50 Miles

Freedom Valley Bike A Thon  
Leave Phila. Art Museum. Cost \$10.00. Tax Deductible, to help  
complete Phila. to Valley Forge bike way. For more info call  
Jim Castellan 565-9845.





# TENTH ANNUAL FREEDOM TOUR!

APRIL 28, 1985 (Sunday)

18, 35, or 65 mile routes

SPONSORED BY THE

*Delaware Valley Bicycle Club*



TIME: 8:30 AM for 65 milers; 9:30 AM for 35 milers;  
& 10:30 AM for 18 milers.

PLACE: Ridley Creek State Park near Media, Pa. (PICNIC AREA # 15)

COST: Just \$6 at the gate (or \$5 by pre-registering below!)

EXPECTED ATTENDANCE: Possibly 500 riders. (301 riders came to the 1984 FREEDOM TOUR, almost 400 riders came to the DVBC 1984 BRANDYWINE TOUR!)

ADVERTISING: FREEDOM TOUR will be listed in Bicycling Magazine, LAW Magazine, Bicycle Sport Magazine, Bicycle Guide Magazine, Sportswise, & 18 area newspapers! Also will have flyers at 25-35 area bicycle shops. Don't miss it!!!

SERVICES BY DVBC: Food, map, sag, award patch, & marked route!!

ROUTE: The longer route includes historic Valley Forge, a covered bridge, farm territory, & may pass by Brandywine Battlefield. The roads are lightly traveled. The shorter routes will also include farm territory.

TERRAIN: Rolling with some moderate hills. (TOUR WILL BE HELD RAIN OR SHINE!!)

DESCRIPTION: You travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities, & all types of bikes are welcomed!!

RECOMMENDATION: Use safe cycling habits! (Helmet use recommended but not required. Each rider must assume his own responsibility.)

ABOUT DVBC: DVBC promotes all forms of cycling! Total membership exceeds 200 paid memberships. The club is affiliated with LAW, Pa. Bike Federation, USCF, Greater Phila. Bike Coalition, & 5 County Coalition. DVBC is the premier bike club in Delaware County & is a non-profit organization. This event is open to all cyclists! Enjoy the early Spring Bicycling Season!

FOR MORE INFORMATION: Please call Doug (215) 543-4664, Rich (215) 352-3647, or Cathy at (215) 284-2019.

## TENTH ANNUAL (1985) DVBC FREEDOM TOUR PRE-REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ 65 miles: \_\_\_\_\_  
Address: \_\_\_\_\_ Age: \_\_\_\_\_ 35 miles: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ 18 miles: \_\_\_\_\_

How did you hear of the FREEDOM TOUR? \_\_\_\_\_

PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER FOR \$5.00 TO:

Delaware Valley Bike Club (If you are under 18, then your parent's or  
c/o Doug Kennedy guardian's signature is required on a waiver/  
P. O. Box 497 release form.)  
Media, Pa. 19063

SAVE \$1.00 by pre-registering above! All pre-registration forms should be post-marked no later than April 21. Come on out to another DVBC Spectacular Event! The FREEDOM TOUR's attendance record could possibly be broken again this year! If you would like to join Delaware County's premier bike club, write to the club address for an application form: DVBC, Box 497, Media, Pa. 19063. You are certainly welcome to join us!

The club organizes slow & fast, short & long rides for all individuals.

HOPE TO SEE YOU AT THE 10th ANNUAL FREEDOM (Mega) TOUR!!!!



# THE TAXING METRIC CENTURY SUNDAY, APRIL 14, ALMOST DUE

*Sponsored by Brandywine Bike Club*



.... a bicycle tour of the beautiful (but hilly) forests and fields of northern Chester and southern Berks Counties.

The Brandywine Bicycle Club is the best bicycle club in Chester County and has organized this event to promote bicycling!

**Starting Place and Time:** Knauertown, Pennsylvania, in Warwick County Park, off Route 23, 3.5 miles west of Route 100. Registration opens at 8 AM, for a nominal start time of 8:30. The event will be run rain or shine.

**Distance:** 100 or 50 kilometers (62 or 31 miles). The lunch stop will be at Warwick Park at the 50 km point so that riders may decide which distance they wish to complete at that time.

**Terrain:** Rolling to hilly. The route of last year's event has been revised to be not quite as demanding, while still taking in some of the most scenic and historic countryside the area has to offer.

**Who Can Enter:** All bicyclists are welcome. Riders go at their own pace, and have all day to finish. Any bicycle may be used, though a multi-speed bicycle is desirable. The use of a bicycle helmet is strongly recommended, but not required.

**Fee and Services:** \$6 in advance (see address below) or at registration. The fee includes the map, marked route, sag, lunch, and patch. The L.A.W. sanctioned metric century patch ("This land is your land" series) will also be available for \$1.50. Warwick Park has water and toilets available. There are occasional stores along both halves of the route.

**Organizers:** The Brandywine Bicycle Club, with the cooperation of Warwick County Park. The BBC offers a wide variety of bicycle touring and competition activity throughout the year in Chester County and the surrounding area. For more information, contact Stu Baird, 927 Parkview Drive F-301, King of Prussia, PA 19406; phone (215) 783-0536.



**Ride the Taxing Metric Century on April 14!**

## GET READY METRIC AND HALF METRIC

SPONSORED BY THE SOUTH JERSEY WHEELMEN:

**Saturday, May 4, 1985 — 8 AM Registration Opens**

Kingsway High School

Route 322 & Route 551, Swedesboro, New Jersey

**Figure 8 Route (35 or 64 miles)**

Half and Full Metric riders ride first 35 miles together

Write to SJW, P.O. Box 2705, So. Vineland, NJ 08360

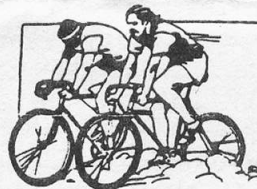
*As always, the best food (of any area Century), Sag Wagon, Maps and Patches*

Pre-register — \$6.00

Day of Event — \$7.00

Contact: Gordon Mann 215 521-1145

David Kasper 609 697-3015

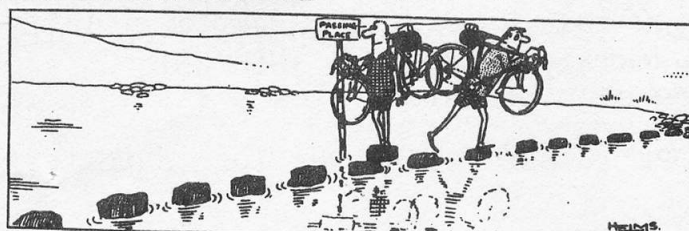
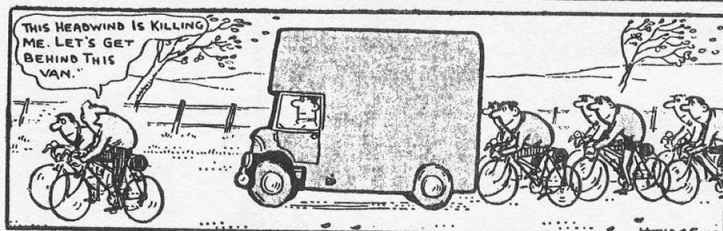


## CPSC urges lights at night

Forty-two percent of fatal bicycle injuries occur at night, reports the Consumer Product Safety Commission, which has urged bicyclists to take necessary steps to make themselves and their bicycles more visible at night.

CPSC recommendations include using bicycle-mounted reflectors, front and rear lights and arm and leg lights.

CPSC also reports that 574,000 bicycle-related injuries are treated annually in hospital emergency reports.





# BICYCLE CLOTHING STORE

• HELMETS • SHORTS • JERSEYS

• SHOES • SOCKS • GLOVES & MORE

**"our enormous selection is worth a trip"**

*"a unique store within a store"*

Located in Penny-Farthing Bicycles, 26 South Sproul Road, Broomall, PA 19008 353-6393

## Special Events



### FREEDOM VALLEY BIKE-A-THON MAY 19

Phila to Valley Forge and back to help complete the Phila-Valley Forge bike trail. Info: FV Bike-a-thon, 42 Rabbit Run, Wallingford, PA 19086

### PINELANDS METRIC CENTURY

April 27 (rain date: April 28) is the date of this 62.5 mile ride starting 8:30 am at Atlantic County Vo Tech, Rt 40 East Mays Landing, NJ, \$6 in adv. or \$7 at the start includes lunch, sag, patch, cue sheet, marked route. The terrain is flat. Info: (SASE) Mel Kornbluh, 33 Arcadia Place, Vineland NJ 08360 (609)691-8779 after 6 pm.

### KENT COUNTY SPRING FLING

Over Memorial Day weekend the Baltimore Bicycling Club will host a 3 day cycling event, called Kent County Spring Fling. The cost is \$65 which includes 2 nights dormitory lodging, 2 dinners, 2 breakfasts, maps and cue sheets. The rides, over the flat to rolling terrain of Maryland's Eastern Shore, vary from 10 to 200 miles. The event coincides with Chestertown's annual Tea Party Festival which brings together craftsmen, music, dancing, food, and a tea party re-enactment for your entertainment. Send a self-addressed stamped envelope to Baltimore Bicycling Club, P.O. Box 5906, Balto., MD 21208 for a registration form and further information. Telephone Judy 301-655-3640

June 21-23 is the date for the Bicycling Federation of Pennsylvania's Blue and Gray weekend at Gettysburg College. Bicycle tours of the Battlefield led by Civil War experts, rides out in Adams County, and good fellowship, food, and fun. Send SASE for registration flyer to Laurama Pixton, 445 Dreshertown Road, Fort Washington, PA 19034.



### ANTIQUE BIKE BUFFS TO MEET

THE WHEELMEN, an organization of antique bicycle enthusiasts, will hold a meet in Millersville, Lancaster County, sometime ~~this~~ June (as we go to press, we can't be any more specific as to the date). The weekend gathering is expected to attract as many as 500 antique bicycles and their not-so-antique owners and riders, as well as the news media and cycling enthusiasts in general. If you'd like details, call Gary Musser, recent past president of the Lancaster Bicycle Club, in the evening at (717) 656-7941, or drop him a line at 48 Hertzog Drive, Leola, PA 17540.







## Event - Antique Bikes

Bob McNairs, DVBC's 1972 Vice Prez, has invited DVBC friends to his home on April 20, 7PM. Bob will show his extensive antique bike collection and other items (rivaling the Smithsonian Institute). Bob will demonstrate mounting & dismounting high-tops and even give you a chance to sit on one! Many members are planning to attend. Everyone is welcome and should have a good time. Anyone who would like to bring some cookies, cupcakes, or brownies, please do. The Prez is bringing chips and pretzels. Directions to Bob McNairs house are:

FROM MEDIA, BROOMALL, LANSDOWNE:

Take RT. 320 south from Baltimore Pike.

Take a left turn onto Swarthmore Ave.

Take the first left turn after crossing rail road tracks. to Dartmouth Circle.

Bobs address is E-32 Dartmouth Circle.

FROM BROOKHAVEN, CHESTER, WOODLYN:

Take RT. 320 north to right turn on Yale Ave.

Then take a left turn (at about the 8th left street) at Swarthmore ave.

Take a right turn at Dartmouth Circle.

Bobs address is E-32 Dartmouth Circle.



## DVBC Salutes Jim Castellan

Jim Castellan has been involved with the Philadelphia to Valley Forge Bikeway Funds Project for five years. His dedication and continued endeavor is bringing the bikeway closer to completion. The bikeway will be a dream come true for many area cyclists, commuters, beginners, tourists, and experienced riders. Hooray for Jim Castellan!

## Thanks Dennis Koemel

Dennis gave an excellent talk concerning "effective cycling" and stressed the importance of bicyclists stopping at red lights. 50+ people showed up!

## Thanks Frank Lumley

Frank brought his crushed helmet into the DVBC March meeting to demonstrate the advantage of wearing a bicycle helmet.

## Merger Successfull!

DVBC's recent merger with Drexel Hill Bike Club has already proven to be mutually beneficial. The formation of TEAM DVBC-DREXIL HILL now has a stronger recruiting network. Also, several team members, notably John Warda, Frank Hannonian, and Vince Calkins have assisted the club in many areas not related to racing. This merger has shown that bicyclists with different interests can work together, and get much more accomplished!



# MORE FREEDOM TOUR NEWS

## Thanks To Area Bike Clubs

DVBC appreciates the FREEDOM TOUR listing from all neighboring clubs particularly the full page coverage given by the Brandywine Bicycle Club, front page coverage by the Wissahickon Wheelers, full coverage by the South Jersey Wheelmen, full coverage by the Lackawanna Bike Club, and listings in the White Clay Bicycle Club, Pennsylvania Bike Club, Tri-County Pedalers, Harrisburg BC, Berks County EC newsletters.

## We need baked goods

Because everyone and his brother, sister, uncle, and aunt are planning to come to the DVBC FREEDOM MEGATOUR, Home baked goodies will be NEEDED. Get your wife or husband to heat up the oven to bake cookies, cupcakes, brownies, etc. If you plan to make a food stop donation of baked goods, call Rich Bernhard, Food Stop Chairman, at 284-2019. And thanks for helping. This adds a homey atmosphere to our tour - Southeastern PA's BIGGEST!

## Volunteers Needed for FREEDOM TOUR

By helping the club stage the Freedom Tour Event, you will enjoy the comradery shared in a group effort to organize the BEST tour in the Tri-State Region!

To help with Registration, call Rich P. at 352-3647

To help with Sign Out, call Dave F. at 566-0543

To help with the Food Stop, call Rich B. at 284-2019

To help Paint The Route, call Patrick O. at 566-7122

To help Sweep Ride (be last rider), call Don A. at 565-0134

To help Sag (drive a vehicle to help the disabled riders), call Doug K. at 543-4664

WE NEED YOUR HELP!

## FREEDOM TOUR Publicity Machine Still Grinds Away



The DVBC publicity machine consists of the following DVBC highly motivated promoters:

Delaware Connection- Joe Udinsky & John Wehmiller

Jersey Blanket- Patrick O'Donnell & Jersey Jay Denbo

East Delco- Doug Kennedy

Montgomery Co.- Steve Nieman

Norristown Dropoff- Mike McClure

Philadelphia Pitstops- Vince Calkins & Rich Bernhard

North Delco & Chester Co.- Rollin Rich

South - Central Delco- Vince Melchiorre

Horsham- Dennis Koemel

More than 3000 flyers have been distributed. Another 2000 to 3000 flyers will be distributed! We're staging Freedom Megatour!!

for  
more  
info  
call  
the  
co-op:  
566-1137

## SPRINGTIME BIKE RALLY ! ! !

...at Ridley Creek Park  
picnic area #15

...registration:  
9:30-10:30 a.m.  
\$3.50 fee

...pre-registration:  
\$3.00 fee  
forms available at:

104 E. State St.  
Media, Pa. 19063

...Sunday, April 21st



# Safety



## POLICE CHIEF'S CORNER

by Chief Francis Corbett  
Nether Providence Police Dept.

### BICYCLE THEFTS

Once again, the area is experiencing a rash of bicycle thefts. Bikes are being taken from schools, in front of stores and from yards and porches of private homes. This problem is compounded by the fact that the owners seldom have any serial numbers available.

There is no way that a bicycle stolen in one jurisdiction and recovered in another can be returned to the proper owner unless the vehicle is entered into the National Crime Information Center (NCIC). The only way that NCIC will accept reports of stolen objects is if a serial number or unique identification number is available. Owners of bicycles and other objects of value are urged to record the serial numbers of their property and have this record available to police in the event of a theft. Those bicycles or other objects of value which do not contain a serial number should have an identification number inscribed on them and have the number recorded. The ideal number to use for this purpose is your operator's license number found on your driver's license. Indicate the state of issuance by preceeding the number with two (2) letters; i.e., PA, NJ, DE, etc.

Many police departments have etching tools available for loan to their residents just for this purpose. Nether Providence Township is one such community. By inscribing your property with your operator's

license number, it makes the identification of the owner extremely easy. Within seconds any police department in the nation can identify you through a query via CLEAN, a state function of the NCIC network.

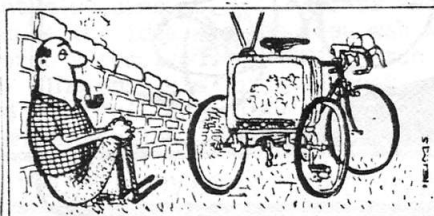
The last place to look for or to inscribe a serial number is on the bottom of the sprocket (under the frame where the pedals join). The identification number should also be inscribed on the front fork or on the frame under the seat. Having the identification numbers in more than one place should assure its being found by police recovering the stolen bike. If you do not make a record of the serial number, it can not be positively identified.

As far as theft prevention is concerned, there can be no let down in our own security consciousness. Leaving bicycles unattended outside homes, stores or beside roadways invites theft. The better the locking device, the better the chance of preventing a theft. Open garage doors also invite thieves. When leaving your residence, be certain your garage is shut and locked. If you are going to be in another part of your property where you can not see your garage entrance, shut the door.

Bicycles left at school in bike racks should have an especially strong locking device, as they will be there for long periods of time unobserved.

Let's not supply thieves with bikes. Lock your bike; close your garage doors. Record serial numbers; etch operator's number on bikes not having serial numbers.

Safety Advocate  
DAVE FLEMING



## Older bicyclists play it safe with helmets

Numerous studies have concluded that bicycle helmets curtail head injuries. A new study, by Dr. Richard Wasserman, an assistant professor of pediatrics at the University of Vermont College of Medicine in Burlington, not only supports this finding, but finds that the older and better educated the individual, the more likely he or she is to wear a helmet. Of the 516 cyclists over the age of 10 interviewed in areas high in bicycle traffic density, about 58 percent were students.

Only 7.8 percent were wearing helmets at the time of interview even though 18.8 percent owned them. Married individuals and those who felt susceptible to head injuries were also more likely to wear helmets, Wasserman reports. He also found a positive association between seat-belt users and those who wore helmet.

## NEW MEMBERS

WELCOME - The DELAWARE BICYCLE CLUB wishes to extend a double wheel welcome to each of the following new members:

DVBC NOW **265** STRONG!

Drew Fantozzi (Springfield)  
Lisa Farina (Glen Mills)  
Mary Rafferty (Phila.)  
Paul Ashmann (Media)  
Laura Nugent (Audobon)  
Deborah McCall (W. Chester)  
Meredith Gravagno (Lansdowne)  
Robert Caltabiano (W. Chester)  
Jim Cunningham (Media)  
Craig Whitney (Bryn Mawr)  
Suzanna Bryne (Phila.)  
John Delores (Drexil Hill)  
Andre Phillips  
Stuart Smith (Broomall)  
Leslie Grahm (Phoenixville)  
Stephan Harris (Phila.)  
Bill Ludovico (W. Chester)  
Joe Aceto (Havertown)  
Nancy Brodsky (Penn Wynne)  
Jim Gray (Collingdale)  
Robert A. Wassell Jr. (Clifton Heights)

John Richardson  
Gino Serano (Upper Darby)  
Frank Lumly (Springfield)  
Linda Lord (Bromall)  
Lori Ploppa (Havertown)  
Kevin Scoles (Ardmore)  
Norman Griffiths (Springfield)  
Cyndy Shuster (Broomall)  
Dennis Mattai (Devon)  
Victor Barsky (Phila.)  
Jan Larson (Media)  
Mary Knapp (Colwyn)  
Thomas Jackson (Merion)  
George McKenna (Springfield)  
Lenny Katerynchuk (Boothwyn)  
Brenda Borgh (Newtown Sq.)  
John Turner (Phila.)  
John Echols (E. Lansdowne)  
Earl Johnson (Ardmore)  
Harold Garbeil (Broomall)



## Cycling Companion Wanted

Mary Jo Galczynski is looking for someone who would be interested in cycling with her on a regular basis and when some of the club rides are not scheduled in the local area, (in the Delco area, Ridley Creek St. Pk.). Mary is 23, a class C, C- rider and has been a DVBC member over a year now. If interested call Mary Jo at 876-9112

## Rides Reridden



DVBC WINTER TRIATHLON FEB. 23 - The triathlon where participation counts and not speed. Rollin' Rich Patterson & Poundin' Pat O'Donnell went the distance. Victor Barsky attended two events. The rest as follows.

BIKE - Rich Hartung, Steve Horn, Andy Kirkner, and Craig Reist.

ROLLER SKATING - Joanne Patterson, Kim Barsky, & Norman Griffiths.

BIKE SHOP SPECIAL MAR. 3 - Joining our leader Rich P., was Doug K., Pat O., J. Denbo, Sharlene Reed, and Ed Sigda. Temps rose to the mid 60's during this 3½ hour, 23 mile ride.

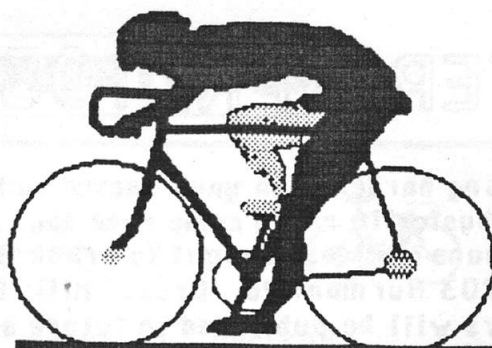
WHEEL WEST TO WESTTOWN MAR. 4 - Lead by Doug Kennedy attracted 13 cyclists. This 25 mile ride ended up around 36 miles. A good sweep job by Ed Sigda!

## A RESEARCH RIDE

Touring companions desired to ride the East Coast Bicycle Trail to gather data for updating and publicizing the route; and for fun and enjoyment. Proposed time is June 1985. The tour is expected to run for two to three weeks. Contact Bill Andrews, 105 Belvoir Rd., Great Mills, MD 20634, (301) 863-6809.



D  
V  
B  
C  
★



A  
P  
R  
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9  
8  
5

## TEAM DREXEL HILL

AUTHORIZED DEALER FOR  
RALEIGH & COLUMBIA BICYCLES  
CUSTOM HH FRAMES

DREXEL HILL CYCLERY  
BICYCLE SALES - SERVICE  
DESIGNERS OF WHEELWIND!

703 BURMONT ROAD  
DREXEL HILL, PA. 19026  
HARRY HAVNOONIAN  
PHONE: 626-4477

### COMING ATTRACTIONS:

TIME TRIALS will be held on Mar. 10 and 24 at the DYBC course (near Goshen and Providence roads. TT's start at 1:00.

#### **\*\*Rules for Time Trials\*\***


- 1) A helmet MUST BE WORN!
- 2) You ride at your own risk.
- 3) Obey all traffic laws.
- 4) Drafting is NOT permitted.
- 5) Ride safely at all times.
- 6) Riders not wearing helmets will not receive times.

4/7/85 The Penna. Bicycle Club (PBC) is holding its annual Prudential Series of developmental races. They are held at the Prudential building in Willow Grove, Pa. Registration opens at noon; races start a little later. There are women's, men's licensed and unlicensed, and midget races. They are recommended for the beginning racer. They are on Sundays to April 14. For more info call Frank H. (789-4989) or Vince Calkins (473-7024).

3/24 - 4/21 The Susquehanna Time Trial Series, every Sunday at 8:30 am. They are 10-milers, held in Bainbridge, Pa. There is a \$2.00 charge.

\*\*\*\*\*

4/7 - Easter Sunday TCTT Tri Club Time Trial This TT is 10 miles on Rt. 282 in Downingtown, Pa (5 out, 5 back). This was a lot of fun last year! Work off that Easter dinner!

The time for this great event is 2:00 pm. Be there or be .

4/20\* Newark Classic Criterium in Newark, Delaware. Races from 9 to 5 at Univ. of Delaware. USCF sanctioned and two unlicensed races (14-18 and 18+). For more info, call Eric Conrad (453-9326) or Ron Fraizer at Two Wheeled Cycle. \* The date has been changed, but I misplaced the new day. Sorry!

4/21 - National Capitol Open, in Washington, D.C. See Velo-News for more info.

4/28 - Bloomsburg Renaissance Criterium Novice (unlicensed) race: 10.5 miles Cat. 3-4 race: 14 miles Registration starts at 9 am, warmup at 1 pm. Registration fee: \$10

5/6 - The Tour de Tropicana, a Professional stage race, will have the Baltimore to Phila. stage on Monday, May 6. (Monday! Nuts!)

Training rides every Sunday from Drexel Hill shop. Frank H. is the ride leader, so call him if the weather seems questionable. The rides start at 9 am. and are generally fast. (Not during the Prudential series, though.)

Any team members interested in Track racing should give John Warda a call at 352-6444.

# DVBC TEAM NEWSLETTER APR. 1985

**COACH'S CORNER:** The second in Frank's series.

Breaking into Bike Racing: the basics are extremely important!

A proper training regimen is built on 3 interdependent programs:

- 1) training: both physical and psychological
- 2) rest and recovery
- 3) diet.

This article will be on pt 1 - the training - both physical and psychological.

The secret formula for training? - there is none. Not a single race victory anywhere in the world has ever been won without training. None! So that's what it takes. To win you must, at least, train.

How far and how fast you progress depends on how faithfully you follow a slow, gradually harder program. Progress, for a beginner, will come very fast and is very noticeable. As a person approaches his potential, progress will come in smaller increments.

I've always divided training into 3 parts:

- 1) general conditioning
- 2) cycling conditioning
- 3) racing conditioning

Part #1 is just staying fit. Keeping the weight at a proper level & staying busy instead of sedentary! is all part of #1.

Part 2 is cycling conditioning. This is the bulk of a training regimen. Getting on the bike and doing the mileage and proper workouts. This is the phase where you get your body used to pedalling and staying in the saddle. 90-95% of your total cycling mileage will be this type of conditioning.

Here is where you work on "fluid" pedalling motion. Work the whole pedalling circle and you will become as smooth as silk. The best hill climbers and time trialists in the world are extremely smooth and work the whole pedalling circle!

After 1000 miles of training then you start part 3, racing conditioning. Make your racing

training harder than your racing so that you are physically ready come race day. Any questions? Please submit to Frank Haynoonian, 703 Burmont Rd., Drexel Hill, PA 19026. Letters will be published in future articles of "Coach's Corner"!

## PRUDENTIAL RESULTS

3/17 In the first women's race of the series one of Drexel Hill's premiere women cyclists, Bernadette McNulty, took 3rd place, riding her Emerald Isle HH special. Congratulations!

## TIME TRIAL RESULTS

3/10/85 5 miles on DVBC course, warm (sort of): 56 deg.

Vince Calkins	12:41
John Delores	15:26
Doug Kennedy	13:59
Rollin' Rich Patterson	15:16
Stu Smith	18:04
John Stapleton	17:41

3/24/85 5 miles, rainy, 45 deg.

Dave Bartlett	18:16
Brenda Borgh	16:17
Steve Smith	20:32
John Wehmiller	15:28

The DVBC advocates Time Trials as a training aid. They let you check your performance and level of fitness since they are repeated on the same course each time. I hope all new TT riders will return.

Another coming attraction I just found: Penna. Bicycle Club's race will be June 23 in Ambler, PA, and will be called the "Pennsylvania Open".

**Team Notes:** The team jerseys look really good. They are Lycra, dk. blue with grey side panels and world colors around the collar, and even 3 pockets - all for \$20!!



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500 riders expected.**

**Ride at your own pace.  
Antique bikes at 35/65 mile  
Food Stop. Have fun.**

## Time Trials Time Trials

### DVBC TIME TRIAL RULES

1. A Helmet is MANDATORY!
2. OBEY all traffic signals.
3. Roads remain open to traffic and you are expected to yield the right of way to all motorists, pedestrians, and equestrians. Let's be good neighbors.
4. Remember club time trials are not a race. Therefore you are requested to stop at all stop signs.
5. You must ride at your own risk!
6. If you are under 18, and plan to ride a time trial, please notify Rich Patterson beforehand.
7. Ride safely at all times!
8. No drafting is permitted.
9. There are sharp turns with possible gravel and no one is available to monitor them. Also potholes may exist. Please be careful at all times.
10. Again, these are not races, but only training aids for tourists and racers.

APPLICATION FOR 1985 DVBC TOURING  
MEMBERSHIP (EXPIRES 3/31/86) AGE \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Type of Membership: New \_\_\_\_\_ Renew \_\_\_\_\_  
Individual \_\_\_\_\_ (\$5.00) Family \_\_\_\_\_ (\$7.00)  
Interest Survey: Slow Riding (Class C) \_\_\_\_\_  
Moderate Riding (Class B) \_\_\_\_\_ Camping \_\_\_\_\_  
Tubing \_\_\_\_\_ Newsletter Editor \_\_\_\_\_  
Club Events \_\_\_\_\_ Time Trials \_\_\_\_\_ Racing \_\_\_\_\_  
Ride Leader \_\_\_\_\_ Bicycle Legislation \_\_\_\_\_  
Fast Riding (Class A) \_\_\_\_\_ Hiking \_\_\_\_\_  
For the DVBC FREEDOM or BRANDYWINE TOUR, I  
would like to help with:  
Food Stop \_\_\_\_\_ Sag Wagon \_\_\_\_\_ Sign In \_\_\_\_\_  
Sign Out \_\_\_\_\_ Sweep Rider \_\_\_\_\_ Posters \_\_\_\_\_  
Route Marking \_\_\_\_\_ First Aid \_\_\_\_\_ Publicity \_\_\_\_\_  
Club Photographer \_\_\_\_\_ Award Patch Design \_\_\_\_\_  
None \_\_\_\_\_ Thank you \*\*\*\*\*

PLEASE SEND CHECK OR MONEY ORDER TO:  
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Advantages of DVBC Membership: DVBC Newsletter,  
discounts at some club sponsors, club subsidi-  
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a group, meeting fellow cycling enthusiasts,  
and making new freinds. We want people who  
enjoy BICYCLING!! JOIN TODAY!!!!!!!!!!!!!!

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Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

Type of Membership: New \_\_\_\_\_ Renew \_\_\_\_\_  
Team membership fee includes the DVBC News-  
letter, 50% race entry fee reimbursements,  
discount on team racing jersey, coaching, &  
all privileges enjoyed by touring members,  
(you will be both a touring club member & a  
racing team member). Membership Fee: \$15.00  
Interest Survey: Cyclocross \_\_\_\_\_, Sprints \_\_\_\_\_,  
Racing Committee Member \_\_\_\_\_, Racing Judge \_\_\_\_\_,  
Timekeeper \_\_\_\_\_, Volunteer to help stage a  
USCF Race \_\_\_\_\_, Coaching needed \_\_\_\_\_, can pro-  
vide transportation to races \_\_\_\_\_, Roller  
Racing \_\_\_\_\_, Track Racing \_\_\_\_\_, Road Racing \_\_\_\_\_,  
Stock Bike \_\_\_\_\_, Time Trials \_\_\_\_\_.

Do you have a USCF License? \_\_\_\_\_  
License # \_\_\_\_\_ Class \_\_\_\_\_  
Comments \_\_\_\_\_

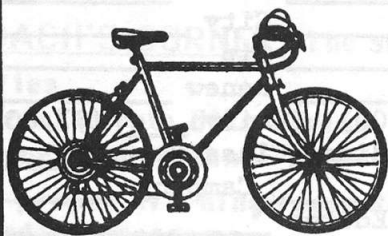
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Call any club officer to find out about club activities. Comments are welcome!

## ride guidelines

1. Arrive 10-15 minutes early and be READY TO LEAVE ON TIME! Rides will start no more than 5-7 minutes later!
2. Make sure your bike is in proper working order BEFORE you arrive.
3. Carry a spare tube, patch kit, pump, and water bottle.
4. Practice safety and obey ALL Traffic Laws.
5. Wearing a helmet is usually not mandatory, but is encouraged. (A helmet is mandatory for time trials and some Class A Rides.)
6. Do NOT "bike off" more than you can do. Go on rides within your ability, interest, and experience.

### 7. RIDE CLASSIFICATIONS:

**CLASS D:** For new, inexperienced riders or families: speed 5-7 mph, frequent stops, as few hills as possible. Group will wait for all riders. (Mileage usually less than 10 mi., but longer distances permissible.)

**CLASS C-:** For average riders: 7-8 mph, rest stops as needed. Group will wait for stragglers. (Distance recommended: 10-30 mi.)

**CLASS C+:** Also average riders: 9-10 mph, rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided by the ride leader.

**CLASS B-:** For more experienced riders: 11-12 mph, stops every 15-20 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

**CLASS B+:** For strong riders: 13-15 mph, stops every 20-30 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

**CLASS A:** For very strong riders: 16-20 mph, stops every 30-50 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

**TIME TRIAL:** Timed Event, again you must obey all traffic laws. A hard helmet is mandatory at time trials. You must yield the right of way at all times. Club time trials should not be regarded as races, but as training rides. Each rider assumes his own risk on all time trials AND touring rides.

8. Those who ride ahead of the group are on their own ride.

9. Always notify the ride leader before leaving the group.

10. Ride Leaders should adhere to the advertised speed of the ride.

11. Ride Leaders are not expected to be bike mechanics.

**NOTE:** In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the Ride Leader, if in doubt. All club rides are rated according to degree of difficulty. If you're in doubt about your cycling ability, try out a ride one class below the one you're not sure about and then work your way up! The general public is invited to all events organized and conducted by Delaware Valley Bicycle Club. A program is presented by the club for bicyclists of all ages, all abilities, and all interests. Except for the Freedom Tour, Brandywine Tour, and club picnic, all events are free to the general public. The general public is WELCOME!!!!



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