



DELAWARE VALLEY BICYCLE CLUB

P.O. BOX 497, MEDIA, PA. 19063

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.

FREE

JULY '85

July 6 10:00 AM Class C 25 Miles	Ride to Nowhere and Back Leave Drexeline Shopping Center Rt. 1 and State Rd. Leader Rich Bernhard 284-2019
July 7 10:30 AM Class C 16 Miles	Battle of Brandywine (Sept. 11, 1777) Leave Chadds Ford Elementary School Visit the Historical Sites of the Revolutionary War. Leader Ed Sidga 583-9390
July 9-11-16-18- 23-25-30 Class C Miles Vary	Tuesday and Thursday Evening Twilight Social Ride Leave Media Court House, Ride until Sunset. Slow and Easy. Leaders Ann Chambers 565-7878 & Mike Brake 565-4583
July 10-17-24-31- Class C - D 10-15 Miles 6:30 PM	Evening Social Ride Leave Havertown Junior High School, Darby & Gulf Rds. Ride about 1 to 1½ hours or till Sunset, which ever comes first. Leader Rich Patterson 352-3647
July 9-11-16-18 23-25-30 6:30 PM Class B Miles Vary	Show & Go Evening Social Rides Ride to Sunset. Leave Rose Tree Park in Media
July 7-14-21-28 8:00 AM Class A 30 Miles	Every Sunday Ride Leave Bond Shopping Center, Lansdowne & State Rds. in Drexel Hill. Leaders Joe Pless 877-8876 & Bill Barratta 622-5313
July 14 9:00 AM 64 Miles Class D	Roses in Bloom Start Unionville School on Rt. 82 just about ½ mile north of 926. Visit Star Rose Garden in Jennersville Pa. Bring Lunch. Part of ride drops down into Maryland and then back into Penna. (Stop for Ice Cream at end of Ride) Leader Doug Kennedy 543-4664



July 21
10:00 AM
Miles
Class D

Birmingham Meeting House
Short and Easy for the whole Family, Visit the Monument
to Gen. Laffeyette. Leave Brandywine River Museum
Parking Lot
Leader Ed Sidga 583-9390

July 27
10:00 AM
3 Miles
Class B

Pequea Valley Winery (Booze Ride)
Leave Octorra School Rt. 41 South of Gap
Bring Lunch, Visit the Winery near Truce, Lancaster
County; Real Nice Scenery.
Leader Doug Kennedy 543-4664

July 27
10:00 AM
Class B (C)
0-40 Miles

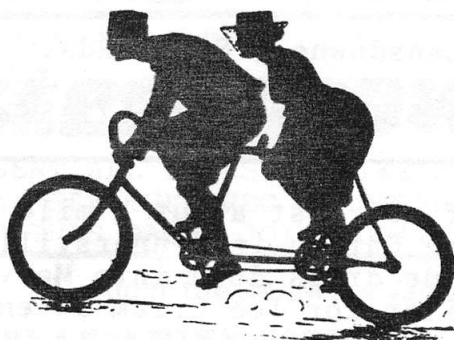
Tour De French Creek
Class B has ride leader Class C will have map.
Watch out for Diamond Rock Mega Hill.
Leave Paoli Shopping Center Rt. 252 & Rt. 30
Leader Rich Patterson 352-3647

July 28
10:30 AM
Class C
1 Miles

Roslyn and Dave Chasin will lead a C Pace Ride with
hills about 21 miles long. May include Ice Cream Stop.
While Clay and Brandywine Bike Clubs also invited.
Leave Nelson Clayton Memorial Parking Lot (Beth-el
Township Pa.) About 4 miles south of Rt. 1 & 322 at
Garnetmine Rd. Just north of the Dealware Border.
Leaders Roslyn & Dave 1-302-478-1610 for info.

Aug. 6
Tue.
7:00

DVBC Meeting (open to the public)
Special Topic- Dave Aslin, of the Pa. Bike Club
will have a slide show of biking on the East Coast
Bike Trial.
Media Main Line Federal Savings and Loan
Front and Orange Sts. Media



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!!!!



First Law of Bicycling:

No matter which way you ride, it's uphill and against the wind.



AERODYNAMIC DOODADS BY THE DOZEN

AERO CABLES - oval cross section, machined down from Columbus SLX tubing, complete set for brakes and derailleurs or multi-speed hub . . . closeout, \$3
- Hardware kit to adapt above to standard frames and components, Campagnaero titanium-moly . . . \$346
AERO FRUIT - specially hybrid, flattened bananas and oranges which avoid the power-wasting drag of round fruits when protruding from pockets . \$8/lb.

CYCLE CLOSET - for your unusual cycling needs

PS&S Rides Hotline: 675 6666

Call For Info About Rides in the Region.

UPCOMING SPECIAL EVENTS

Delaware Doublecross - 28 mile ride twice across the State of Delaware from Augustine Beach July 6

The Del. Doublecross is a new patch ride for the non-endurance rider. This event is within the capability of most every rider even the most out of shape. Terrain is flat! Lightly traveled roads. Cost: \$4.50 adv. to F. Cartagena, P.O. Box 7382, Newark, DE 19714; or pay \$5 on July 6 for map, sag, food, and companions! Augustine Beach is south of Port Penn on Del. Rt. 9. Registration is from 8:30 to 10 A.M. (marked route). This event is sponsored by White Clay Bike Club.



July 14-Steamtown Biathlon: SASE to P. Gronski, 3905 Birney Ave., Moosic, Pa. 18507. 717/344-8558. Go for it!

13th ANNUAL AMERICAN CANCER SOCIETY BIKE-ATHON
July 21 from Philadelphia to Historic town of Smithville (12 mi. north of Atlantic City) 62 miles one way. **REGISTER BY JULY 12!** Call the Cancer Society at 215-665-2942 for Entry Form or write to ACS, 1422 Chestnut St., Phila., Pa. 19102. TOGETHER WE CAN BEAT CANCER!!!

July 21- THE GREAT RIDE! in Pittsburgh, Pa., 7 AM at 3 Rivers Stadium. 6, 12, 25, 50 mi., flat to rolling. \$2/\$4 includes T-shirt & lunch. Write to WPW, 2550 Mossdale Blvd., Suite 308, Monroeville, Pa. 15146.

August 2-4 TANDEM '85, Send SASE to Ben Strong, 40 Monroe Dr., Poughkeepsie, NY 12601. Let's get those 2-seaters rolling! Roll on!!

August 3- PRINCETON BICYCLING EVENT sponsored by the Princeton Freewheelers, Send SASE to PFW, P.O.Box 251, Lambertville, NJ 08530.

August 4-9 PENNSYLVANIA PERIMETER RIDE AGAINST CANCER II (500 mi.) SASE to Bob FREED, 331 N. 22nd St., Allentown, Pa. 18104.

PENNSYLVANIA BICYCLE CLUB



RIDE AT YOUR OWN PACE!
SUNDAY, AUGUST 11 RAIN OR SHINE!!



LAKE NOCKAMIXON CENTURY 62/100 MILES

DESCRIPTION: RIDE THROUGH SCENIC MONTGOMERY AND BUCKS COUNTY!!!
TERRAIN: ROLLING WITH SOME HILLS.

STARTING PLACE: PEDAL PUSHER SKI AND SPORT, 457 EASTON ROAD, HORSHAM, PA.
(ROUTE 611- 1.5 miles north of the Willow Grove Interchange- Exit 27 of PA. Turnpike)

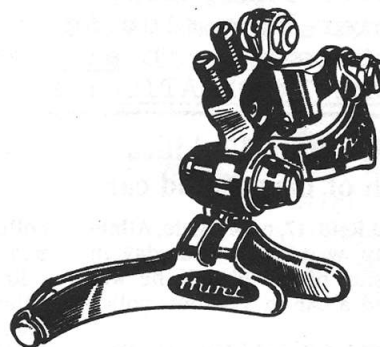
TIME: 7:30 AM **COST:** \$6, if pre-registered; or just \$8 at the gate.

FEE INCLUDES PATCH, LUNCH, SAG, MARKED ROADS & CUE SHEET.

CHECKS SHOULD BE MADE PAYABLE TO PENNSYLVANIA BICYCLE CLUB

MAIL TO EMERSON CUSTIS, 132 TENNIS AVE., NORTH HILLS, PA. 19038.

FOR FURTHER INFO: CALL EMERSON AT (215) 885-0919.



ANNUAL DAUG DAZE CENTURIES

SPONSORED BY THE BRANDYWINE BICYCLE CLUB

When? Saturday, August 17, 1985

Where? Unionville Middle School, Rt. 82

Distances? 25, 50 100 miles.

RIDE AT YOUR OWN PACE! RIDE AT YOUR OWN PACE!

Time? 7:00 A.M. (Rise & Shine!)

Cost: Just \$6 for food, map, marked route,

Sagwagon service for breakdowns, patch.

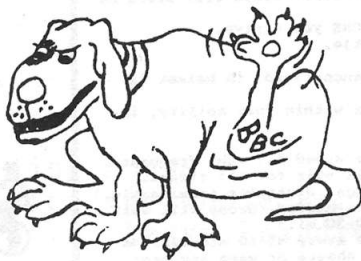
Description: Scenic, rural riding in splendid Chester County.

For info: Write to Fay Kelly, RD 8, Box 376,

Coatesville, Pa. 19320 or call

(215) 486-0344.

DON'T MISS THIS EVENT! DON'T MISS THIS EVENT!



5-COUNTY BIKE CLUB RALLY & PICNIC

SET FOR
AUGUST 25

Last year's 5-County Picnic, held at Washingtons Crossing State Park included more than 120 members from 8 bike clubs from the Bucks, Montgomery, Philadelphia, Delaware, and Chester Counties. The food was great! The bike rides were fun! Not to mention - the fun filled games.

Games included volleyball, bike toss, softball, and tug-of-war. This years event will be held at Fort Washington State Park, located in Whitmarsh Township, which will attract even more people than before.

September 7: MS BICYCLE TOUR/ULTRA RUN for MS, SASE to 801 Belmar Plaza, Belmar, NJ 07719.

NINTH ANNUAL BRANDYWINE TOUR!

SEPTEMBER 15, 1985

28, 50, or 100 mile routes

SPONSORED BY THE

Delaware Valley Bicycle Club



TIME: 7:30 A.M. for 100 milers; 8:30 A.M. for 50 milers;
& 9:30 A.M. for 28 milers.

PLACE: Chadds Ford Elementary School on Route 1 ($\frac{1}{2}$ mile west of Route 100).

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

EXPECTED ATTENDENCE: Hopefully to exceed the 1984 attendance record of 404 participants! (Possibility of more than 500 riders!)

ADVERTISING: BRANDYWINE TOUR (TOBRV) will be listed in Bicycling Magazine, Bicycle USA (LAW) Magazine, Sportswise Magazine, and 18 area newspapers!

Also will have flyers at 30-40 area bicycle shops. Don't miss it!!!

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

ROUTES Scenic, country back roads thru the beautiful Brandywine River Valley.

Century route passes thru 3 Counties including Lancaster Co.; Full & Half Centuries pass thru King's Cattle Ranch in Buck and Doe Run. 28 mile route is mostly flat except Harmony Hill Rd. which has a covered bridge. A food stop is provided in Embreeville. (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 250 paid memberships. The club is affiliated with LAW, Pa. Bike Federation, USCF, Greater Philadelphia Bike Coalition, & the 5 County Committee. DVBC is the premier bike club in Delaware County & is a non-profit organization. this event is open to all cyclists! Enjoy the late Summer Bicycling Season!

FOR MORE INFORMATION: Please call Doug (215) 543-4664; Rich (215) 352-3647

Margate youth, 17, killed in crash of bicycle and car

Richard Reid, 17, of Margate, Atlantic County, was killed Thursday in the collision of the bicycle he was riding and a car in Ventnor, police said.

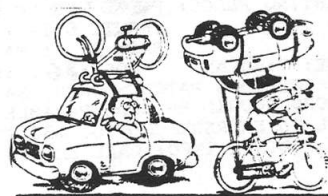
Police Chief Ronald Fay said Reid was riding against traffic on Oxford Avenue, a one-way street, when the

RIDE WITH TRAFFIC

collision occurred shortly before 4 p.m. at Calvert Avenue.

Reid was pronounced dead at the Atlantic City Medical Center at 4:07 p.m. of a fractured skull, Fay said. Police said the driver of the car, Guy Haines, 33, of Ventnor, was not charged in the accident.

JOIN
DVBC

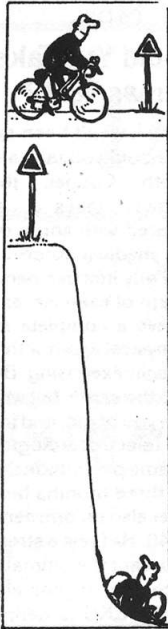


NEW MEMBERS

The Delaware Valley Bicycle Club warmly welcomes each of the following NEW MEMBERS. The Club officers hope to see many of you on club rides.

MEMBERS: 270

Adrian Demarais, Media
John Boyle, Colwyn
Shari and Cliff Callow, Norristown
Michael Munday, Philadelphia
Bruce Martian, Boothwyn
Silvija Moess, Philadelphia
Harry Richards, Narberth
Bonnie Thal, Radnor
Paul Wingate, Bryn Mawr
Tricia Collins, Glenolden
Mary Ann Klunk, Wallingford
Sam Schleman, Villanova
George Shaw, Glenolden
Rosalyn Chasin, Wilmington DE
Gina Pellegrini, Havertown
John Narcise, Springfield
Walter Swindell, Media
Tom Crane, Drexil Hill
Kevin Byrne, Springfield
Brian Sullivan, Springfield
Gerald Oakland, Swarthmore
David Vandervort, Wilmington DE
Arnold Smith, Media
Leslie Spilman, Wayne
Anthony Desitio, Springfield
Cathy Kinschers-Mosowitz, Medford NJ



T-SHIRTS, PATCHES

Those who ordered DVBC T-Shirts may pick them up at the July meeting or call Rich Patterson at; 352-3647.

Also, extra DVBC T-Shirts and Patches will be on sale at the July meeting. See you there.

MORE DESIGNS NEEDED

Design a patch for the BRANDYWINE TOUR!

The talented person whose patch is chosen for this year's event will win a special prize.

Deadline for the contest is August 15, 1985. All entries will be judged by the DVBC Exec. Committee.

Send Entries to;
Delaware Valley Bicycle Club
Attn. Patch Contest
P.O. Box 497
Media, PA 19063

To assure fairness, write your name on back of your design only.

Requirements: 1. All patches should not exceed 3½" in diameter or 12" circumference.

2. Colors: Any, limit 4 including background color.

3. Patch must contain the following "Brandywine Tour 85", Delaware Valley Bicycle Club or DVBC.

5. All entries must include a finished patch in full color, and a black & white copy.

6. Contest open to any DVBC member.



LIBERTY BIKE SHOP
532-BIKE

Bicycle Mechanic Part Time,
Must have recent shop expr. serious
cyclist only 532-BIKE \$\$\$\$\$\$\$\$\$\$



NEW EDITORIAL ADDRESS

DELAWARE VALLEY BICYCLE CLUB NEWSLETTER
519 East Hinckley Ave.
Ridley Park, Pa. 19078

The DELAWARE VALLEY BICYCLE CLUB NEWSLETTER is published monthly as a service to Delaware Valley Bicycle Club members. Editorial material, classified ads, rides re-ridden, and related inquiries should be directed to the editor at the above address, deadline is the 15th of the month.

Please address membership inquiries to Delaware Valley Bicycle Club, P.O. Box 497, Media, PA. 19063.

Commercial advertising inquiries should be sent to Rich Patterson, 512 Elm Ave., Upper Darby, PA. 19082.

DVBC NEWSLETTER STAFF:

Editor
Co-Editor
Ride Schedule
Racing Editor
Advertising
Mailing List & Labels

Edward P. Sigda
Rich Patterson
Rich Bernhard
Vince Calkins
Rich Patterson
John Wehmiller





When you first learned to ride as a kid, the last thing you thought about was organizing bicycling as a 'fitness activity.' Whizzing down the street on your bike was fun, and that was that. Later, you found your bike was a good way to get from here to there—to school, to a friend's house, wherever.

Only more recently, perhaps, have you begun to think of the bicycle and fitness in the same breath. You've found that your day—inactive if it's like most—needs some time out for regular exercise. And that the time spent on conditioning is not just a pleasant luxury, but necessary for your health.

You know these things, or you wouldn't be reading this. You're ready for your bike to serve you for fitness, and we're here to offer a few tips.

Make Your Program Enjoyable

If you are going to stick with a regular program of exercise, it has to be pleasurable. Cycling isn't fun if it hurts. If you haven't ridden regularly for a while, begin with rides every other day or three days a week. Give those new-to-cycling muscles 48 hours to recover, and they'll be ready for their next workout. Start off easily in these first weeks to keep from pulling muscles or getting discouraged.

Don't equate struggling at the pedals with good exercise. If you're working too hard to crest the hills or pushing too big a gear on the flats, gear down. Learn to spin those pedals at 70 rpm or faster, in lower gears, and gradually you'll get stronger.

You will probably benefit from picking a regular time during the day for your ride, so that you begin to think of that time as reserved for cycling—a nice habit you don't have to break.

While you make the ride time part of your routine, you can still vary the view. Find a number of different courses with low traffic volume that you like to ride and vary them from day to day.

Ride with your friends. Choose someone whose pace is compatible with yours and who can give cheerful competition when you're ready.

Fitness Basics

As a minimum, exercise for a half-hour every other day or three days a week. This is often a good way to start. After your muscles are accustomed to cycling, ride every day if you like, and gradually increase your time and distance; the only real limitation is your own schedule. You can approach maximum fitness on just an hour a day if you give your heart and lungs a good workout.

That means high rpm's and low gears if necessary. Pick a gear that lets you work about as hard as if you were hiking along a level trail. If you want a pulse rate to aim for, figure your theoretical maximum by subtracting from 220 your age in years. Then shoot for 70–85 percent of your maximum when you ride.

Taking an exercise pulse is tricky. But when you're comfortable riding one-handed, you can take a pulse at your neck while coasting briefly during a workout. Press your neck just hard enough to feel the pulsations, and be sure to use your fingers, not your thumb, as it has a pulse of its own. Take the pulse for six seconds only, then multiply by 10 to get your rate per minute.

If pulse-taking seems difficult, a general rule of thumb is to pedal hard enough to work up a good sweat, not so hard that you can't carry on a conversation if you want to.

Should You Take a Stress Test?

If you haven't been exercising regularly, should you take a stress test? Dr. Kenneth Cooper, the father of "aerobics," takes a cautious stance compared with some other members of the medical community. He would advise any inactive person taking up a program of exercise, as follows. Under 30: Have a complete medical history and physical exam within a year before you begin exercising. Between 30 and 35: Do the same, but within six months before you begin, and include a resting EKG (electrocardiogram). Over 35: The same precautions, with the resting EKG, three months before beginning. Cooper also recommends a stress test. Over 40: He feels a stress test is a must "if you want the ultimate in reliability."

According to general consensus, the treadmill EKG is definitely warranted for anyone over 40, previously sedentary, who possesses one or more risk factors. These include a family history of heart disease, high blood pressure, diabetes, heavy cigarette habit, or any previous symptoms of coronary problems.

Record Your Progress

One great thing about getting in shape is how good it makes you feel about yourself. Keeping a written record of your progress is a good way to pat yourself on the back without boring anyone else. A calendar with a block for each day will do for recording mileage or time on the bike and a brief comment about your ride. A lined notebook allows more space if you think you want it. In either case, do record your daily rides and the week's total. Just the satisfaction of doing that is amazingly good motivation for sticking with your cycling day after day. If you often ride with a friend, compare each month to see who rode the most miles or had the longest streak without missing a day's ride.

Sooner than you think, cycling will be a part of your life. Don't be surprised if you feel younger than you've felt in years. Or if you find yourself telling your friends, "Hey, you really ought to try it."

DAVE FLEMING
DVBC Safety Advo.



EXPERIENCE DICTATES
THE USE OF BIKE
HELMETS!

HOW MUCH ARE YOUR
BRAINS WORTH?
A LOT, I HOPE!

PREZ RICH RETIRES

A special election will be held at the July meeting to elect a new prez. Rich is stepping down from prez to move into his new house, possible return in the future.

THANKS RICH

DVBC OFFICERS

PREZ	Rich Patterson	352-3647
VP	Rich Bernhard	284-2091
SEC	Reggie Painter	688-4140
TREZ	Doug Kennedy	543-7122
EDITOR	Ed Sigda	583-9390
RACING ED	Vince Calkins	473-7024
MEMBERSHIP	John Wehmiller	544-6136



Alan's BICYCLES

Alan Peck Addison Wardwell, III Paul Sidlick John Derven

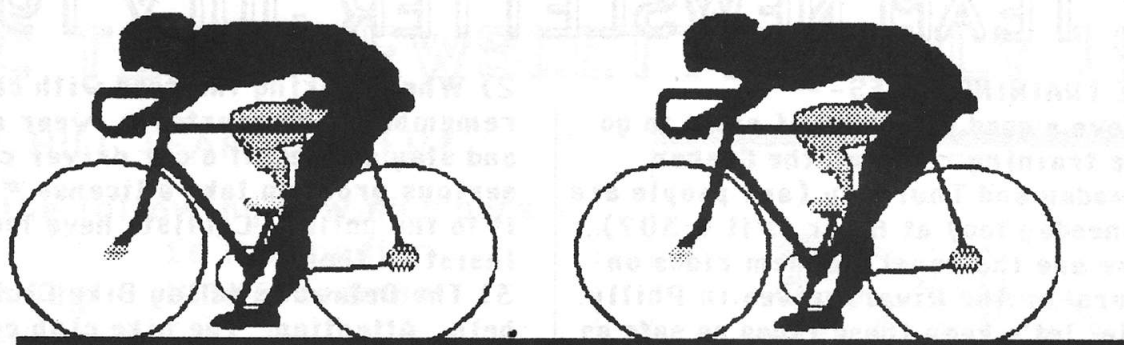
Frazer Shopping Center
490 Lancaster Avenue
Frazer, PA 19355
(215) 296-7999

Concord Pike Village
4723 Concord Pike
Wilmington, DE 19803
(302) 478-0990

JOIN DVBC, NOW!



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TEAM DREXEL HILL

AUTHORIZED DEALER FOR
RALEIGH & COLUMBIA BICYCLES
CUSTOM **HH** FRAMES

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DESIGNERS OF WHEELWIND!

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

**The United States Professional Road Racing
Champion!! How much more fitting can you**

TIME TRIAL will be held on *July 28*
at the DYBC course (near Goshen and Provid-
ence roads. TT's start at 9:00 am.

****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.

7/7 Wheat Thins Mayor's Cup, Morristown,
NJ. Talk to Chris Frost @ 201-538-7773 for
information.

7/12 At the Velodrome - Pro-Am Madison
Call the Lehigh track at 215-965-6930.

7/13 - 7/14 Coffee Bicycle Classic, in Lan-
caster, PA. A two day program of criteriums
and something for every category! (And prizes)
Saturday: Citizen (\$2, 1-5 mi), Juniors
(\$10, 50k), Sr Women 35+ (\$12, 30k), Sr
Men 35+ (\$12, 50k), Sr Men 45+ (\$5, 20k),
Sr 4 (\$8, 20 miles).

Sunday: Citizen (Same), Sr 3 (\$10, 25 mi),
Sr Women (\$16, 40k), Sr Men (\$18, 80k).
They have a total prize list of \$12,000 (min),
and even in the Cat 4 race the list is \$800!

7/13 cont'd

So to get more info: call 717-238-9344 from
9-5. Late fee of \$3 after 7/5. It says places
reserved as entry received, so do it soon.

7/19 Wheat Thins Mayor's Cup - around the
Philadelphia City Hall!! (For all of us who
have ever commuted in that area, racing there
is nothing new!). Women's race (\$10, 15 mi)
Cat 3,4, Yet Miss and Out (Devil take the hind-
most) is \$10, Sr 1, 2, Pro is \$15 and 30 mi.
Call Scott Hicks at 215-923-5374.

7/21 Lehigh Valley Challenge, in Allentown,
PA. Starts at 12 pm. Women, Jr 16-17, Sr 4,
Yet 15 miles, Jr 14-15 10 miles, \$5, Sr 2,3
30 miles, \$6. Call Joe Michael at 215-264-
2603.

7/25-7/26 Veteran's National Championships
at the LCY (Lehigh County Velodrome).

7/28 Mt Washington Bicycle Classic, in Balt-
imore, MD. Starts at 10 am. Novice under 17
(2.1 mi, \$3), Novice 17+ (3.5 mi, \$5), Sr 4
(14 mi, \$7), Yet 30+ (14 mi, \$8), Sr 2,3
(28 mi, \$10). For info, call 301-323-2788
or 467-7560.

8/2 Kerin Event, at the track. John Warda
says these are unnnbelievable. They are also
rather infrequent - so if you are interested...

DVBC TEAM NEWSLETTER JULY 1985

ABOUT THOSE TRAINING RIDES---

Yes, we have a good selection of rides to go to. There are training races on the Goshen course on Tuesday and Thursday (and people are going on Wednesday too) at 6 (or is it 6:30?), and then there are the usual mayhem rides on Tues. and Thurs. on the River Drives in Philly. Please, people, let's keep those rides as safe as possible!! This means no all-out sprints (weaving all over in the process), no questionable tactics, and not taking the other lane of traffic (esp. on the Drives)!!!! Let's keep these rides in one traffic lane, ok? I am addressing especially those novice and other civilians who manage to get in the group. We want to offend as few motorists as possible while still riding.

Coach's Corner, by Frank Haynoonian

Advice for Novice Racers (Article #1)

Shoes (cycling shoes, that is), are not very well understood by the beginning racer. So many people worry about buying this handlebar or that headset and then show up at a training ride with sneakers!

First of all for the record: "The points at which your cycling energy gets transmitted to forward bicycle speed are the feet." That is why the proper size cycling shoe is so important. A bad shoe and you have already lost energy at the first point of body/machine contact.

Go to a good bicycle shop (one that understands racing) and be fitted for a shoe. Find out the differences in the leathers of the top part of the shoe. Check the bottom for stiffness, material, and construction. Cleats should be used on all racing shoes and should be securely fastened to eliminate twisting or loosening of the cleat.

Find out from other more experienced racers the care of cycling shoes. They can be expensive initially, but in the long run extremely important and beneficial to your cycling.

Answers to Questions and other Tidbits:

1) Please remember to handwash and air dry your club racing shirt. This will help the lettering (applied to the blue material) last.

2) When sharing the road with cars, please remember - be courteous, wear a helmet, and stay awake. If a car driver causes you a serious problem take a license # and report it to the police. Cyclists have legal rights. Insist on them.

3) The Delaware Valley Bike Club needs your help. Attention: The bike club cannot survive without all cyclists helping all club activities. Racers can lead touring rides and tourists can help out with local races. The Pro race in Philly is a great example of the area cycling community coming together. As racers, we shouldn't be one dimensional... Race, race, race. Cycling is a multi-faceted activity. Help the DVBC grow and all area cyclists will benefit!

Do the same, but within six months for you begin, and include a resting (G (electrocardiogram). Over 35: cord your daily rides and the we total. Just the satisfaction of doing is amazingly good motivation for st

6/16 Father's Day TT at Goshen. 5 miles, and threatening rain.

Bob McKenney 13:42

Stu Smith 14:47

Timekeeper - Rich Patterson

As long as we are talking about TT's, I want to take this moment to talk about a really well run series of time trials - the Cosmic time trials held out in the Lancaster area. Several members of the team went out to a little 9 mile TT, and we did fairly well - Frank had the fastest time. The affair was well managed, but the thing that impressed me most was that for my \$2 entry fee I was sent two copies of the newsletter, keeping me informed of the series, and telling me that I had won a \$5 gift certificate because of my (last - ie, 15th) points standing. I did not know beforehand that there were any prizes, ribbons, or anything! What a nice surprise! So Congratulations to Cosmic Cycle Club on a well run TT series, and I think they will see a bit more of us next year. (Prizes! For time-trialing! Of course I have to go to Lancaster to use the thing, but, hey, no problem!)

DVBC TEAM NEWSLETTER JULY 1985

DREXEL HILL TEAM ROSTER

We have the following new members:

Ed Sigda	Ed Garabedian
Doug Kennedy	Bill Freedman
John Radomile Jr.	

WELCOME TO THE CLUB, FELLOWS!
(BUT WHERE THE WOMEN HIDING?)

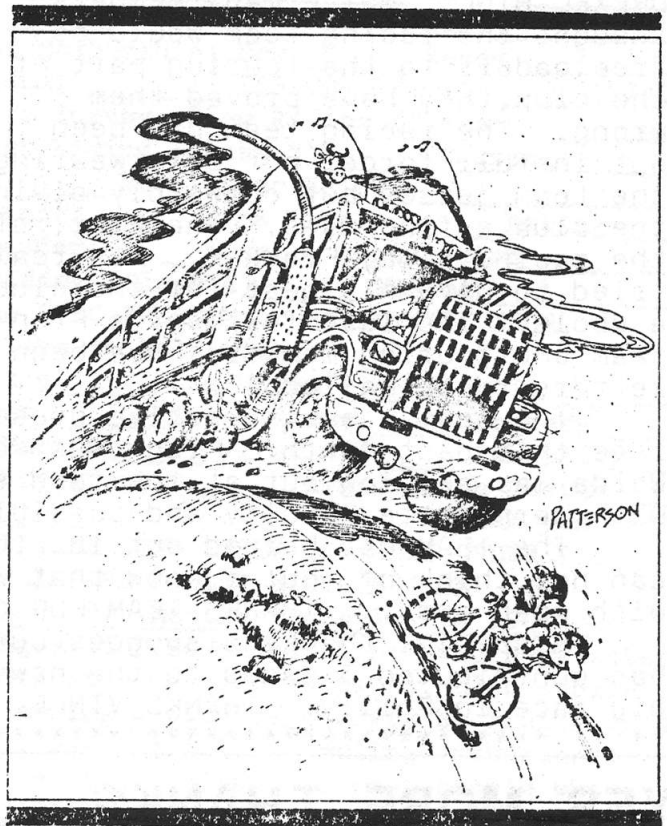
THE US NATIONAL PRO ROAD RACE

By now I'm sure you have heard - Eric Heiden is the United States Professional Road Racing Champion!! How much more fitting can you get? David Chauner, executive director of the race, said that "We couldn't have scripted a better race!" I agree. Who of us can forget the 1980 Winter Olympics in Lake Placid, when Eric became the golden boy of the country?

I was assigned the bottom of the Wall for the area to marshal, and the looks on the faces of the riders as they approached that hill told quite a bit. Some were not concealing their pain very well - either from the spectators or the other riders, for the Wall proved to be the pivotal point of the race.

Early on a break composed of Alan McCormack, Matt Eaton, Hans Lederman, Nigel Dean, and Reinier Valkenburg managed to get away for a couple of laps, but their effort was not able to stay away. A group of eight riders, Heiden in the midst, was lurking right behind, and soon took over the race. On the Wall, in fact, was where it happened, as they passed Eaton and co. just before it, and then put a lot of time on them by zooming on up.

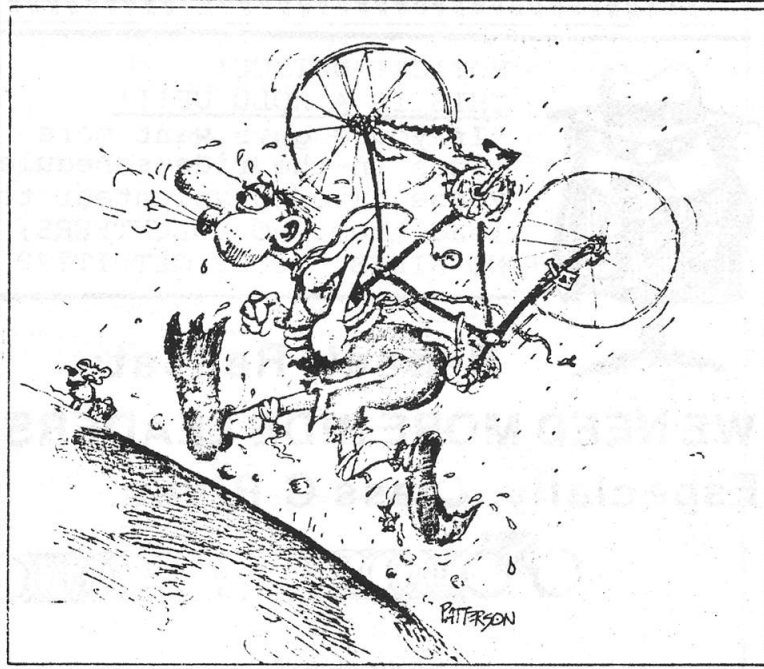
The former leaders were unable to respond, and it was soon evident that the winner would come from Heiden's group. And of course, as you now know, Eric's legendary legs propelled him to a comfortable lead in the final sprint. Connie Carpenter - Phinney was quite impressed, saying that he "completely blew away" the other riders. For a more thorough analysis of this bit of Europe in Philadelphia, see your favorite cycling mag next month.



PUSHING IT

THE PASSIONATE
PEDAL-PUSHER

TRIATHLETES



THE TRIATHLETE

SPECIAL THANKS

A special thanks goes out to the guys and gals of TEAM DVBC-DREXEL HILL. While many members thought the racing team would be freeloaders to the touring part of the club, they have proved them wrong. The racing team has been out in full force, not only wearing the team jersey but outwardly giving the club a fine name. The Prez. of the racing club, Frank H., has really tried to give his best for the club as a whole. The last few months Frank along with other members of the racing team and touring members have been a driving force in preparing the newsletters to be mailed.

The team was also active presenting itself at the Core State Pro race this past month. Frank was on a support crew as a mechanic, John Warda was helping out at the food stop, Vince Calkins was a Marshal along with Bernadette McNulty and possibly others that I didn't see at the race.

The TEAM has helped out in other area's also that at this moment I can not think of, but I know that when help is needed the TEAM is there with open arms. THANKS TEAM FOR JOINING US, WE'RE DVBC PROUD!

A special thanks also goes out for TEAM member Vince Calkins who has contributed 3 pages to the newsletter this month with a wrap up on the big race in Philly. THANKS VINCE.

YES, MORE THANKS

Thanks go out to TEAM member John Warda for his excellent talk on velodrome racing. He kept the crowd awake for the whole speech, he even had the crowd bending over backwards and standing on their heads during the slide show. THANKS JOHN!

I think we have been thanking Rich Patterson ever since he became the Prez. 18 months ago. This past month Rich contributed 4 pages to the DVBC newsletter. THANKS AGAIN RICH!

#####



NOTICE! NOTICE!

THIS IS A HOLD UP!!!

"If youse guys want more rides in the ride schedule, youse have to volunteer to lead them. NO VOLUNTEERS; NO RIDES. YOUSE GET IT???"

Repeat, Repeat:
WE NEED MORE RIDE LEADERS.
Especially, Class C Rides.



SEPT. 21 & 22



MS 150 BIKE TOUR



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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 _____
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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:
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Route Marking _____ First Aid _____ Publicity _____
Club Photographer _____ Award Patch Design _____
None _____ Thank you *****

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Box 497, Media, Pennsylvania 19063

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APPLICATION FOR 1985 DVBC RACING TEAM MEMBERSHIP (EXPIRES 3/31/86) Age _____

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Address _____ City _____
State _____ Zip _____

Type of Membership: New _____ Renew _____
Team membership fee includes the DVBC Newsletter, 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 provide 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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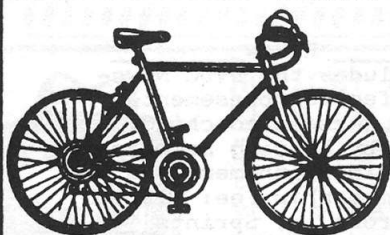
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**BRANDYWINE TOUR -
SEPTEMBER 15!**

TO:

