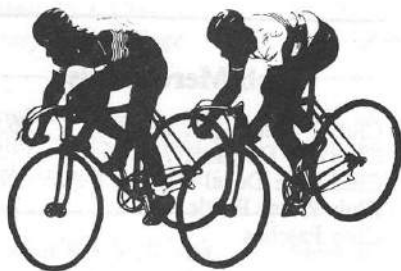




DELAWARE VALLEY BICYCLE CLUB

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

October 1988



RACING

Drew Christensen has returned from his two month visit to Utah and his regular feature, "The Racing Edge", once again graces the back pages of our newsletter. Turn to page 18 and read about the ride of Drew's life on a Kestrel 4000!

BIKES

This is a good time of year to get a really great deal on a new or used bike. This month's newsletter features an entire page full of used bikes for sale. See page 7.

On the other hand, if you have a bike to sell, DVBC will advertise it in their newsletter for free! Look on page 2 for information.

QUOTE

"Remember...the necessity of struggling with yourself and only with yourself... therefore, thank anyone who gives you this opportunity."

- Gurdjieff

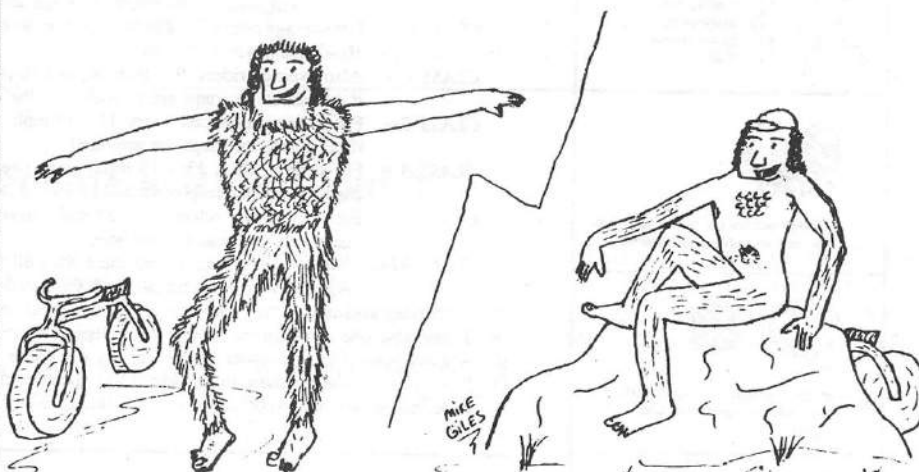
THANKS!

We want to express our appreciation to the 400 or so of you who made it out to Chadds Ford for the 12th Annual Brandywine Tour, September 18. Despite threatening clouds, mostly everyone had an enjoyable ride, whether it was 28, 50 or 100 miles long. Feedback is still coming in and at time of publication there are reports of only two crashes, four dog attacks and two riders getting quite lost. I would like to hear from some of you about your ride. Since we intend to do this sort of thing at least twice each year, it would be nice to know what we are doing right or doing wrong.

DVBC's monthly meeting will take place on Monday, Oct. 3 at 7:30 p.m. This month we will be considering nominees to fill the positions of President, Vice President, Treasurer and Secretary for 1989.

PREHISTORIC

BIKEWEAR



MAMMOTH II ® WINTERWEAR

BIRTHDAY SUITICS ® RAINWEAR

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Lois Atkins 566-4001

Adrian Demarais 566-6845

Steve Harriot 565-7106

Leland Kowalski 626-2093

Rich Patterson 622-2954

Karl Voigt 459-9129

Ride Coordinators

A/B Rides: Mike Keating

104 E. State St.
Media, PA 19063
891-9098

C/D Rides: Ira Josephs

10 Applebough La.
Rose Valley, PA 19065
565-4058

Please contact the Ride Coordinators
before the 7th of each month.

DVBC Newsletter Staff

Editor Greg Fox

Asst. Editor Lisa Exten

Racing Editors . . . Drew Christensen

Charles Cease

Frank Havnoonian

Rich Patterson

Special Events Rich Patterson

Advertising vacant

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A/B Rides Mike Keating

C/D Rides Ira Josephs

Assembly Frank Havnoonian

Triathlon Editor Lisa Exten

Club Addresses

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DVBC

c/o Greg Fox

64 Foster Ave.

Sharon Hill, PA 19079

586-9085

Membership & Club Box

DVBC

P.O. Box 497

Media, PA 19063

Special Events

DVBC

c/o Rich Patterson

527 Gainsboro Road

Drexel Hill, PA 19026

Items for Sale & Ride Reports:

DVBC

c/o Lisa Exten

16-6 Valley Road

Drexel Hill, PA 19026

The views expressed in this publication are not necessarily the views of the Delaware Valley Bicycle Club, nor do we endorse products or services advertised.

Letters to the Editor must be signed to be considered for publication.

Club Merchandise

Club T-Shirts	\$6.00
Club Car Decals50
Club Bike Decal25
Club Water Bottle	2.00
Club Patches	1.25

DVBC Meeting Place

Unitarian Universalist Church of Delaware County, 145 W. Rose Tree Road (near Rt. 252 & Rose Tree Park). First Monday of each month. Doors open at 7:00 P.M. Public is welcome.

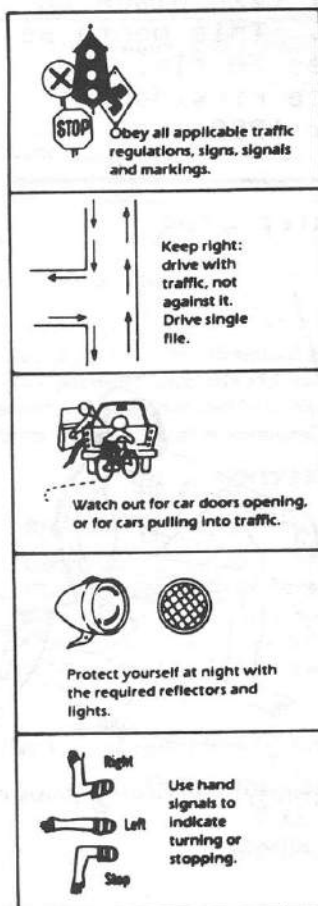
Ride Guidelines

1. Arrive 10 to 15 minutes early and be **READY TO LEAVE ON TIME!** Rides will start no more than 5 to 7 minutes late!
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 all 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 miles, 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 miles.
 - 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.
8. **TIME TRIAL:** Timed event. Again, you must obey all traffic laws. A hard helmet is mandatory. You must yield the right of way at all times. Club time trials should not be regarded as races, but as training rides.
9. Each rider assumes his/her own risk on all time trials and touring rides.
10. Those who ride ahead of the group are on their own ride.
11. Always notify the ride leader before leaving the group.
12. Ride leaders should adhere to the advertised speed of the ride.
13. Ride leaders are not expected to be bike mechanics.



**JOIN
DVBC**

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 club events are free to the general public. The general public is welcome!!!



Ride Calendar

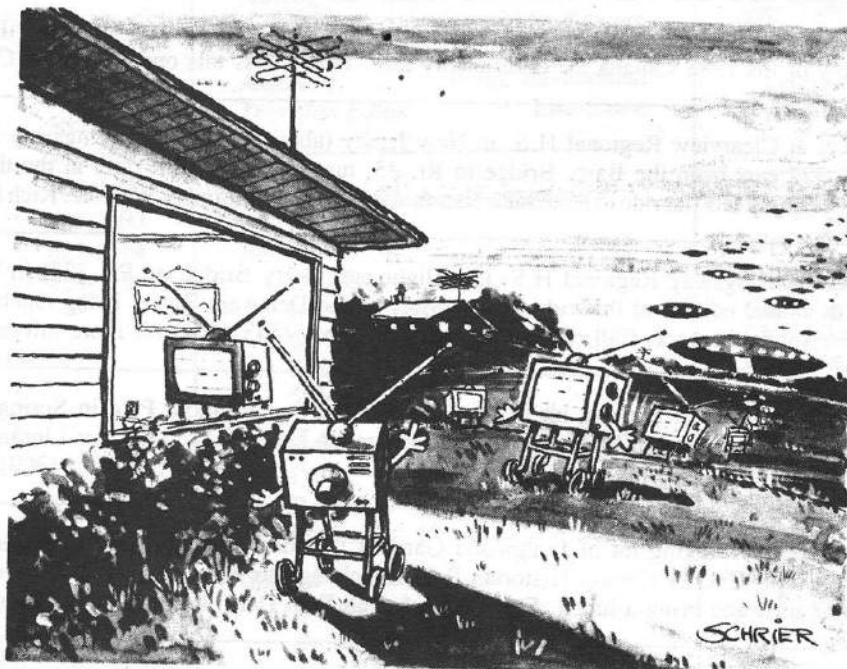
October 1 • 1:00 P.M. Miles: 22 • Class C <i>Chateau Country</i>	Meet behind the Sheraton Hotel on Rt. 202, next to the Concord Mall in Wilmington, DE for this combined ride with White Clay, Brandywine and Valley Forge Bike Clubs. This will be an easy-paced ride with hills with an optional food stop at the end. Call Roz Chasin for more info, (302) 478-1610.
October 3 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Joel Perlish will present a great slide show of his 1988 Canada to Atlantic City tour. Don't miss this one! Unitarian Church, Media.
October 8 • 1:00 P.M. Miles: 25 • Class C <i>Jersey Fall Foliage</i>	Meet at Clearview Regional H.S. in New Jersey (about 5 miles past Kingsway Regional H.S.). Take Rt. 322 east from the Barry Bridge to Rt. 45, turn left, then turn right at the third street (Breakneck Rd.). Enjoy this flat ride to Red Bank National Park, a Revolutionary War site. Rich Patterson: 622-2954.
October 9 • 9:00 A.M. Miles: 40-45 • Class B- <i>11th Annual Fort Mott</i>	Meet at Kingsway Regional H.S. (2nd light past Barry Bridge on Rt. 322) in Swedesboro N.J. The 11th annual edition of this ride to Fort Mott on the Delaware River. Bring lunch for the lunch stop on the river at the park. Call ride leader Doug Kennedy (543-4664) for more information.
October 9 • 9:30 A.M. Miles: 33 • Class C+ <i>Express to Malvern</i>	Meet at the lower parking lot of the Clover Store on Baltimore Pike in Springfield. Enjoy this long easy-paced ride out to Malvern. Great scenery with few hills. Call Walter Linton at 328-2871 for more details.
October 22 • 10:00 A.M. Miles: 25 • Class C <i>Historical Tour</i>	Meet in the parking lot of Longwood Gardens (as soon as you enter). Ride the countryside, making stops with Chester County Historian Paul Rodebaugh to learn interesting facts about the area. Expect some hills and bring a lunch. For more info call Fran DeMillion at 431-2675.
October 23 • 9:30 A.M. Miles: 13 • Class C <i>Media and Back</i>	Meet at the lower parking lot of the Clover Store on Baltimore Pike in Springfield. Enjoy a scenic ride out to Media and return along back roads through some fine creek scenery. You might want to do this ride so that you can remember the area "BBR" — Before Blue Route. Walter Linton: 328-2871.
October 30 • 9:15 A.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	Meet (9:15 SHARP!) at Providence Rd. just north of Goshen Rd. near the Radnor Hunt Club. This is a good regular event for anyone wishing to improve their bike handling skills. For more information call Rollin' Rich Patterson at 622-2954.
October 30 • 10:00 A.M. Miles: 30-35 • Class C <i>Tombstone Tour</i>	Meet at parking lot #15 of Ridley Creek State Park. Take a tour of some of Delaware County's premier graveyards. Bring a bag lunch to enjoy in a cemetery near Cheyney. Call ride leader Rich Bernhard (289-2019) for more information.
November 7 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: To be announced. Come out to be informed/entertained and meet new biking friends. Unitarian Church, Rose Tree Rd. near Rt. 252, Media.

Become a Ride Leader!

DVBC needs a few more people to lead rides. We'd like to offer a minimum of one "C" and one "B" ride each weekend along with a monthly "D" ride or two as well as an occasional "A" ride. The ideal situation would be to have one "B" and one "C" every Saturday and Sunday. We don't have enough leaders at this point, particularly for "B" rides, to cover every weekend.

It's easy to be a ride leader. All you have to do is select a ride, date and time then contact Ira Josephs (565-4058) so your ride can be included in the next Ride Calendar. If you don't have a ride prepared, no problem! The club has a collection of several dozen ride sheets. The sheets include a good map and a description of the ride. Even your everyday ride(s) might be good to list on the calendar.

SUMMER OLYMPICS 1988



"Halt the invasion! The planet is already under our control!"

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14th ANNUAL FREEDOM "Mega" TOUR!



8, 18, 35, or 65 mile routes
SPONSORED BY THE

Delaware Valley Bicycle Club

We the people...



...accept the challenge!



5-7-89



Sunday, May 7, 1989

A RECORD-BREAKING ATTENDANCE IS EXPECTED
ONCE AGAIN! PART OF FUNDS TO BENEFIT THE
BLUE ROUTE BIKEWAY/WALKWAY PROJECT!



TIME: 8-9 AM for 65 milers; 9-10 AM for 35 milers; 10-11 AM for 18 milers;
11-12 AM for 8 milers. (There is some flexibility in the starting times.)

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

COST: Just \$8 at the gate (or \$5.50 by pre-registering below!) (Children under
age 17 are half-price if accompanied by an adult.)

EXPECTED ATTENDANCE: Possibly 900-1200 riders. (1000+ riders came to the '86 Tour!)

SERVICES BY DVBC: Food Stop, map or cue sheet, sags for bike mishaps, award patch,
& marked route at each intersection of the routes.

ROUTES:

- The 65 mile route features a ride through the historic Brandywine River Valley, a covered bridge, and farm territory.
- The 35 mile route will also pass through the Brandywine River Valley which was the setting for Revolutionary conflict.
- The 18 and 8 mile routes include the scenic Chester Creek River Valleys and the beautiful Sweetwater Farm in Glen Mills. Roads are lightly traveled with rolling hills. (VERY POPULAR ROUTES!)

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

RECOMMENDATIONS: Use safe cycling habits! Helmet use is recommended but not required. Each rider must assume his own responsibility, and make sure their bicycle is in proper working order.

ABOUT DVBC: DVBC promotes all forms of cycling! Total membership exceeds 600 paid memberships. The club is affiliated with Bicycle USA (LAW), PA Bike Federation, USCF, Bicycle Coalition of Delaware Valley, & 5 County Coalition. DVBC is the premier bike club in Delaware County & is a non-profit corporation. This event is open to all bicyclists! Enjoy the early Spring Bicycling Season with DVBC.

FOR MORE INFORMATION: Please call Doug at (215) 543-4664 or
Rollin' Rich at (215) 622-2954.

(TOUR WILL BE HELD RAIN OR SHINE!!)

FOURTEENTH ANNUAL (1989) DVBC FREEDOM MEGA TOUR PRE-REGISTRATION FORM

Name: _____ Phone: _____ 65 miles: _____
Address: _____ Age: _____ 35 miles: _____
City: _____ State: _____ Zip: _____ 18 miles: _____
How did you hear of the FREEDOM MEGA TOUR? _____ 8 miles: _____

PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER FOR \$5.50 TO:

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

SAVE by \$2.50 by pre-registering above! All pre-registration forms should be
postmarked no later than April 29. Come on out to another DVBC Spectacular
Event!! (Part of proceeds may go towards funding the Blue Route Bikeway.)



PARKING

Do **NOT** park
your car on
the grass in
the park!!!
Parking tick-
ets will be
issued by the
park rangers.



Sign up
here.





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bicycle
TODAY!

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356-3022

EMMAUS
831 Chestnut St.
967-1029

ALLENTOWN
1728 Tilghman St.
439-1724

PHOENIXVILLE
711 Nutt Rd.
935-9111

NORRISTOWN
122 W. Germantown Pk.
275-4010

COLLINGDALE
533 Mac Dade Blvd.
583-7711

ARDMORE
55 W. Lancaster Ave.
649-9839

IN DELAWARE

NEWARK
212 E. Main St.
302-368-8776

WILMINGTON
2900 N. Concord Pk.
302-479-9438

DOVER
595 N. Dupont Hwy.
302-678-1772

PIKE CREEK
Pike Creek Shop. Ctr.
302-998-0202

SAVE MONEY

SAVE MONEY BY JOINING THE DEL-AWARE VALLEY BICYCLE CLUB!!! MOST OF THE ADVERTISERS IN THIS NEWSLETTER ISSUE OFFER DISCOUNTS ON THEIR MERCHANDISE TO DVBC MEMBERS! JOIN!

DEL. CO. DAILY TIMES (9-12-88)

\$150Gs available for unwanted bikeway

By HAL ELLIS
Times Harrisburg Bureau
HARRISBURG — The state has \$150,000 available to build an 11-mile looped bike trail beginning and ending at Ridley Creek State Park.
But the bikeway is unlikely to be built because of opposition from the three townships involved, according to one official of the state Transportation Department.
The loop bikeway would run alongside

existing roads in Edgmont, Thornbury and Middletown.
Greg Brown, chief planner in PennDOT's district office in Radnor, said the bikeway was rejected by the townships when it was first offered in 1985.
"If they didn't want it then, why would they want it now?" Brown asked.
If there is no interest, Pickett said, "We will want to explore having the money switched to a proposed bikeway from the

Wawa area in Middletown to Chadds Ford."
That bikeway would run along the abandoned right-of-way of the old Octaro branch of the Penn Central Railroad. The branch was totally abandoned after tracks and bridges suffered severe damage in the 1971 Chester Creek flood.
But Brown said he didn't believe money could be switched from one bikeway to another.

By JOHN GROSSMANN

THOSE who have always longed to fill an afternoon with a chukker or two but have lacked the necessary stable of polo ponies can now take heart. Polo, the so-called game of kings, has begun galloping — no, make that pedaling — toward the masses.

On Friday and Saturday, 16 teams are to gather in Crested Butte, Colo., for the Second World Bicycle Polo Championship. The teams, from as far away as Miami, Pasadena, Calif., and Cambridge, Mass., will come to central Colorado to compete for a tournament cup, \$1,000 and prizes of sports equipment.

What is bicycle polo? Legend and the official rule book of the World Bicycle Polo Federation inform us that one day in the summer of 1987, a group of merry-makers in Crested Butte "bravely attempted to put last night's revelries behind them."

While playing a docile game of croquet, one of them, Trice Hufnagel, noticed her mountain bike lying nearby. During some slow play, she mounted her bike, mallet in hand, and took a few swings at a croquet ball.

"Croquet on bikes?" asked her still foggy-headed husband, Lou Gonzalez. "No," Ms. Hufnagel said. "Bike polo."

A week later, realizing that there

was merit in his wife's spur-of-the-moment joke, Mr. Gonzalez, a 34-year-old cabinetmaker, turned out prototype mallets in his shop, and invited some friends with mountain bikes — rugged vehicles with fat tires suited to off-road riding — to a meadow near the couple's home in Bailey, Colo., and let the games begin.

"We marked the field with tennis shoes and garbage cans," Mr. Gonzalez recalled. "We had rock cairns for goals. A plastic Wiffle Ball. It was a jungle rules; anything goes."

The prospect of bashing up expensive bicycles, not to mention the occasional femur, led Mr. Gonzalez deep into the strategy and rules of equestrian polo. He emerged with a genteel version that channels the cycling in lanes, bans contact (players wear bike helmets for protection nevertheless) and emphasizes strategy and finesse over brute force.

A little like chess on wheels, he said.

Wheels, indeed. After pedaling through a dozen or so chukkers one day last fall, one rider noticed he had added 26 miles to his bike's odometer.

Teams are made up of four people, just like in equestrian polo, but single-sex teams are outlawed; at least one member must be of the opposite sex.

The playing field, 90 by 160 feet, is much smaller than in equestrian polo, which is 200 by 300 yards. And while an equestrian polo match is eight chukkers of 7½ minutes each, tournament matches of bicycle polo are made up of four 10-minute chukkers. Informally, however, players can play two, four or six chukkers.

To help ward off dehydration, a budding tradition suggests pitchers of gin and tonics between chukkers. Equipment is available through K.F.C. Inc., P.O. Box 1039, Bailey,

Colo. 80421. The company, founded by Ms. Hufnagel and Mr. Gonzalez, sells equipment by mail order and through a growing number of bicycle shops.

A four-mallet set, including hard-wood mallets, balls, goal markers, goal lines, rule book and carrying quiver, costs \$69.95; an eight-mallet set is \$124.95.

The couple also founded the federation, which promotes the sport, sponsors the tournament and publishes Chukker Times, a newsletter "published every now and then from our office in scenic Platte Canyon," according to the first issue.

In it, one learns that the Crested Butte Cup, awarded for the first time last September, is now on display at the Forest Queen Restaurant in the town. The trophy will be up for grabs later this week, when cries of "Nicely played," and "Stunning shot," old man," will fill the mountain air.

Playing the opening shot at a bicycle polo game in Moab, Utah.

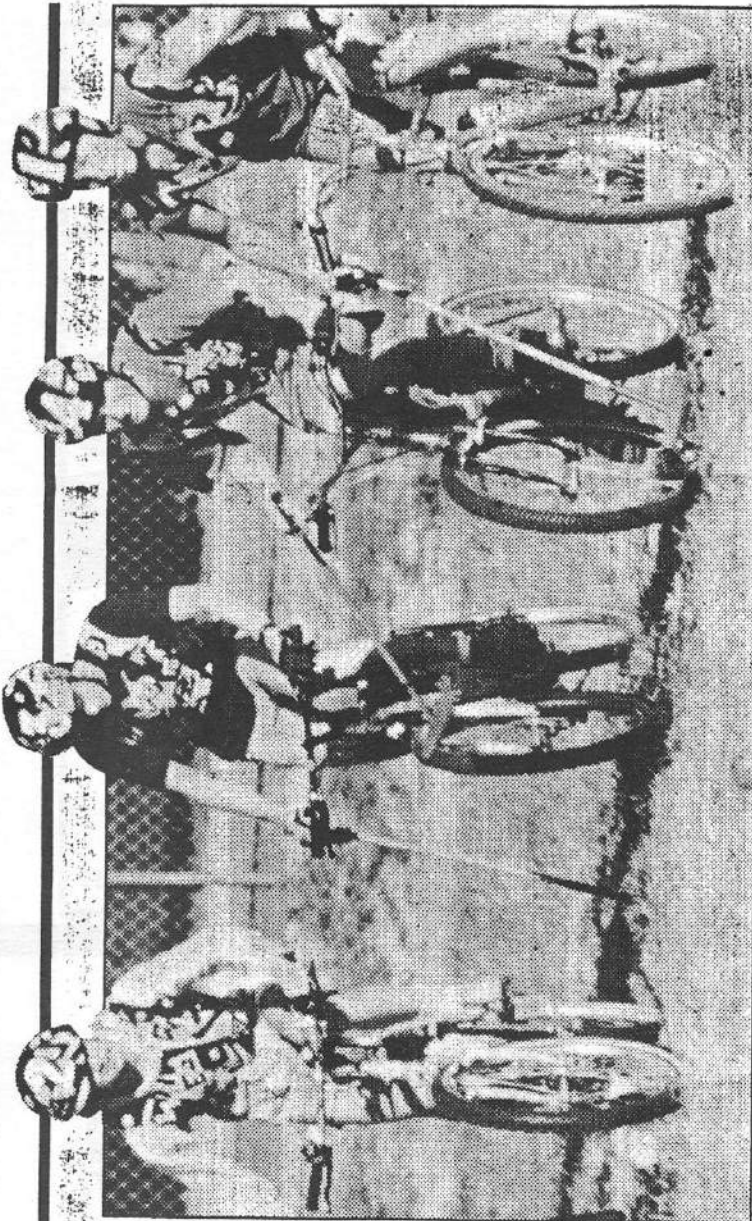


Photo: Paul Callahan

FILED IN NEW YORK TIMES, WEDNESDAY, SEPTEMBER 14, 1988

D.V.B.C. REDEFINES THE MILE ON THE MEGATOUR

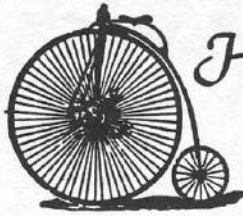
by Trip Bowers

On May 1, 1988, the Delaware Valley Bicycle Club redefined the distance of the mile. This was verified by hundreds of bicycle riders, who had calibrated their cycle computers to the old statute mile. Riders of the long tour discovered that they covered 65 DVBC miles in the same distance that had been the equivalent of 55 miles the day before. This was a welcome surprise to many who had overextended themselves by remembering how easy a metric century (approximately 62 old miles) had been at the end of the last season, and ridden according to their memories.

The tour itself was a hit. The weather was cool but dry. The course was well marked. The scenery was marvelous. Nature provided the rural landscapes and wildlife we expect in the DVBC rides (I even saw a goldfinch while climbing one of the hills). The hills were not as pleasurable as they might have been had I ridden them later in the dieting season.

Starting from Ridley Creek State Park, the course wound past Cheyney State University, over Rt.202 and down to the Brandywine River Valley for a brief taste of the Tour of Brandywine River Valley this September. Then on to the hills, hills, and more hills. None, except just before the feeding station, was too long or steep a grade to be ridden. It just seemed that the hills never ended or that frequently the rollout at the bottom of a hill was interrupted by a turn or a stop sign.

Comraderie was high, the miles shorter than ever before, and the course was enjoyable overall. For those of you who couldn't make it out, I send my condolence. I am in touch with cyclecomputer makers who will be testing the new DVBC mileage system on the MegaTour next year.



Hunt Valley Hundred

October 1st

We welcome cyclists to this end of Summer bicycling challenge, the annual Hunt Valley Hundred. The tour consists of loop routes between 12 and 50 miles in length so riders can progress in stages towards their attempt to complete a century in 12 hours or less. Executive One Plaza serves as the place of rejuvenation between stages where everyone can enjoy some refreshment, rest, and encouragement among friends and new acquaintances. The moderately hilly to hilly loop routes take in the picturesque scenery north of Baltimore; pastoral farm land, gorgeous woods, old country homes and small, often quaint, towns. The moderate temperatures of early October lend themselves to a pleasant, possibly sweatless effort at completing a century. We encourage you to advance register by September 17, 1988.

DATE: Saturday, October 1, 1988

RAINDATE: Sunday, October 2, 1988

TIME: Registration begins as early as 6:30 a.m. Ride from start as early as 7:00 a.m. The ride ends promptly at 7:00 p.m.

COST: Registered before September 17, 1988 - \$6.00. After September 17, 1988 - \$7.00. Fee includes map packet with cue sheets, marked route, refreshments.

MEET: At Hunt Valley Executive One Parking Lot, second driveway, Shawan Road, i.e. Take exit 20A, Shawan Road east off of Interstate 83 (North of the Baltimore Beltway 695). Immediately look for driveway just past the Marriott's Hunt Valley Inn.

INSTRUCTION: One registration form per person. This form may be duplicated. Please check in at the registration desk when you have decided to call it a day. We would like to be assured that you had a safe tour, so we strongly recommend that you wear a helmet.

Tom Lawrence
6212 Brook Avenue
Baltimore, MD 21206
(301) 426-8730

Oct. 1st - ANNUAL HUNTINGTON'S DISEASE BENEFIT BICYCLE TOUR, sponsored by the Central Jersey Bike Club, for the NJ chap. of Huntington's Disease Society of America. 25, 50 and 100 mi. tour starting at Raritan Valley Community College. \$8/\$10 fee w/o sponsor, \$1 fee with minimum of \$30 pledge, incl. maps, lunch, sag. Write: HD Soc. of America, NJ chpt., 100 Jersey Ave., New Brunswick, NJ 08901. Call: Elaine Schwartz, 201-828-3070.



'Didn't mean to stare, but most folks around here have never seen a grown man on a bicycle — and they never seen anybody of any age in a getup like that.'

On Saturday, October 1 the Haverford High School Junior Class will sponsor a benefit bicycle tour for the Easter Seals society. The tour is being dubbed "THE RIDE" and will offer three routes of 10, 15, and 30 miles. The rides all begin at the high school and continue through the historic and very scenic Main Line. The cost is \$10.00 for a t-shirt, mapped and patrolled routes, and a complimentary hot dog. Information is available from Matt Zemon at 649-6020. Matt is a DVBC member and ran last spring's benefit ride at Haverford.

Oct. 2 - Sun B-C-D- ride. This is the Hardly-Able Ride. 32 miles - 9 am - leaves from the Jersey side of the Tacony Palmyra Bridge. There is good food in Mount Holly in the park. This ride is over 90 years old and going strong. It is called Hardly Able Ride because if you cannot ride any other ride, you can make this one.

Join Art Museum president on bike tour through park

PHILADELPHIA — Fall is the ideal season for bicycling. So why not join fellow cyclists, who will be lead by Philadelphia Art Museum President Robert Montgomery Scott on his semi-annual bike tour through Fairmount Park on Sunday Oct. 2.

Meet at the museum's West Entrance at 2 p.m. October's theme "Cyclists, Sprits, Sculptures" will feature Laurel Hill Cemetery.

Refreshments will be served before the cyclists return to the museum at 4:30 p.m.

The fee for the event is \$1 for adults and 50 cents for children. For further information, call the Park House Guides Office at 787-5449.

SAFETY

HELMETS NOT HOT

Many a bicyclist refuses to wear a helmet because he or she says it's hot and uncomfortable. Researchers who conducted a study of helmets and their relationship to body temperature found no such thing.

Wearing a helmet may provide the sensation of discomfort and overheating, perhaps because riders are overly sensitive to sweat and heat loss from the head and face during strenuous exercise.

However, the measurable heat effects of wearing a helmet are negligible.

Helmets Save Lives!

2 COOPER RIVER BIATHLON

R: 2.5 miles, B: 15 miles, R: 2.5 miles. Individual and corporate team competition. Contact Chuck Sellars, CS Running Center, 33 Haddon Avenue, Westmont, N.J. 08108. (97) 858-4651.

American Youth Hostels

Delaware Valley Council



A non-profit association providing year-round opportunities for low-cost educational travel, group recreation and community service.

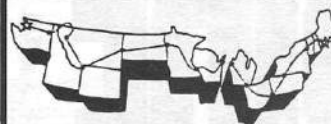
35 South Third Street
Philadelphia, PA 19106
215.925.6004

Press Release...

UPCOMING AYH BIKE RIDES:

- Oct 7 - 11** CYCLE CARLISLE & GETTYSBURG. Join Philadelphians and New Yorkers' for day rides around Pine Grove Furnace State Park in southcentral Pennsylvania. Car-pool from Chamounix Mansion Hostel in Philadelphia on Friday and return Columbus Day. Fee: \$55.00 includes hostel lodging at Ironmaster's Mansion and most meals. Call Ed, 259-6989.
- Oct 8** CHESTNUT HILL TO MATHER MILL. 10 miles. Very historic sites of Montgomery County including Hope Lodge, The Highlands, and Mather Mill. Departs from and returns to Chestnut Hill West Train Station, Philadelphia. Fee: \$2.00. Call Yves, 925-6005.

BIKE ACROSS AMERICA



MAKE IT YOUR GOAL TO BIKE ACROSS AMERICA!
Bike a different state each summer or complete the AFFBRAAM in one summer!

I have long dreamed of crossing America on a bike. Please send me your brochure on the AFFBRAAM.

NAME _____

STREET ADDRESS _____

CITY _____

STATE _____

ZIP _____

AFFBRAAM

Box 29BR • Northfield, Minnesota 55057
(507) 663-0079

COVERED BRIDGES '88

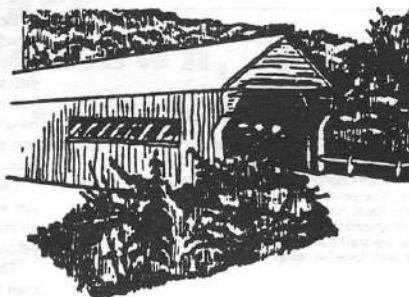
Century / Half Century Tour.

SUNDAY

OCTOBER 9, 1988

8:30 a.m

\$7.00 day-of-ride registration fee Includes: MAP/CUE SHEET...LUNCH STOP AT MIDWAY POINT...EMERGENCY SAG SERVICE...WELL-MARKED ROADS...COMMEMORATIVE PATCH...COLORFUL AUTUMN FOLIAGE...AN EXCEPTIONAL TOUR OF BUCKS COUNTY'S HISTORICAL COVERED BRIDGES OVER ROLLING TERRAIN, UP SOME CHALLENGING HILLS, AND PAST SOME OF THE MOST BEAUTIFUL COUNTRYSIDE IN PENNSYLVANIA...NO ADVANCE REGISTRATION...



PEACE VALLEY PARK

DIRECTIONS: From RTE 309 Montgomeryville take RTE 202 north to RTE 152 north. Turn LEFT onto 152 in Chalfont. Turn RIGHT after 2 miles onto Creek Road. After intersection at Callowhill Road turn left into parking lot nearest the dam. From Doylestown travel north on RTE 313. At the first traffic light north of RTE 611 (2 miles) turn LEFT onto Perry Road. Turn right after two miles onto Old Iron Hill Road. The ride starts from the parking lot to your left on Creek Road.



Central Bucks Bicycle Club

Peter Slampyak
314 S Main St
Perkasie Pa 18944
(215) 257-2660

Oct. 9-12th, PRO BIKE 88, Tucson, AZ. The 5th International Conference on Bicycle Programs and Promotions, sponsored by the Bicycle Federation of America, Wash, DC. Pro Bike, bicycling's biennial conference, brings together cycling professionals and advocates from North America and overseas to share experiences and information on how to raise public and governmental awareness of bicycling. Learn fund-raising techniques, fighting bicycle restrictions, building state and city bicycle programs, mapping for cyclists, using computers in the club, creating trails-trails, involving corporations, etc.. \$195, incl. meals. Hotel extra. Write: The Bicycle Federation of America, 1818 R St., N.W., Washington, D.C. 20009. Call: (202) 332-6986.

KEYSTONE



KEYSTONE CLASSIC AND CELEBRITY TOURS

October 9, 1988 (Rain or shine)
At Keystone Jr. College, Campus Center, La Plume, PA.
(15 mi. NW of Scranton on Rts. 6 & 11)
9:00 AM- Classic (62mi./Metric Century)
9:30 AM- Celebrity (25 ni./1/2 Century)
Classic- \$9 on day of race (or tour)
Celebrity- \$8 on d. o. r. (or tour)

HELMETS ARE ABSOLUTELY REQUIRED!

One food stop per ride.
Sag wagons will follow each ride.
For more information, please call:
(717) 945-5141, extension 2020.

THE PRIDE RIDE

TO BENEFIT THE PRIDE OF BALTIMORE II
OCTOBER 15TH & 16TH, 1988



Two 60 mile rides to benefit the PRIDE OF BALTIMORE II.

Celebration of the PRIDE II is the week of October 15-23, a statewide salute to the new ship which will leave Baltimore on her maiden voyage on October 23.

When and Where

Ride #1 • October 15, leaving from Talbot Community Center near Easton.

Ride #2 • October 16, tour beautiful Northern Baltimore including the infamous horse farms.

\$15 for one day or \$25 for both days. Lunch will be provided along the route of each ride.

Complimentary PRIDE T-Shirt to all Participants

Sponsors

PRIDE OF BALTIMORE II, Cross Country Cycling Centers—Race Pace, and the Baltimore Bicycling Club.

For information call Ann Nicolaides, 301-685-2419



No wonder this doesn't look like Mexico... you've been holding the map upside down!



THE GRAND PRIX OF BEIRUT

Distance: Forty miles

Bicycling time: It varies. Two hours to eternity.

Terrain: Ever changing

Difficulty: Not too bad if you armor-plate your bicycle

Points of Interest: The rubble that was once the U.S. embassy, the rubble that was once American University, the rubble that was once the airport terminal, the rubble that was once the Holiday Inn.

Beirut is situated in the heart of the Middle East, which is conveniently located at the juncture of Europe, Africa, and Asia. Getting to Beirut is not as difficult a task as you might think. First, transport yourself and your bicycle to Europe, which is probably the best known nearby landmark. Make your way to the Mediterranean and hang out on the docks or in an airport. Casually let it be known that you are an American. Within minutes you will be on your way to Beirut as guests of one liberation front or another.

Once there, thank your hosts for their hospitality and explain that you are on a bike tour and must part company with them. Say this in pleasant, even tones as you back out the door. Don't make any sudden moves.

The first thing you'll notice is that the road conditions are less than standard. Equip yourself with puncture-resistant tubes and constantly dust your tires to rid them of annoying shards of shrapnel. A fun thing to do in Beirut is to stop frequently during the ride and try to identify members of various factions and splinter groups. A pair of binoculars and Audubon's *Field Guide to Terrorism* make this fairly safe sport.

A more daring approach is to actually pedal up next to one of these characters and say, "I see, sir, by your facial hair, that you are a Christian Phalangist!" and proudly point to the illustration in the Audubon guide. If you are correct, you and your whole group will dine sumptuously on stuffed grape leaves and couscous, will great quantities of red wine, and swap stories around a campfire with heavily armed and slightly crazed-looking people.

If, instead, the gentleman is a Shiite Moslem, offer a thousand pardons and sprint out of mortar range.

DVBC AUGUST SOUTH JERSEY ICE CREAM RIDE

Leaders: Rollin' Rich, Joanne, & Ricky Patterson (Tandem+Trailer)

Attendees: Norm Griffiths, Paul Castrilli, Elwood Bussom, Hank Hox, Chris Hox, Gary Wells, Chris Wells, and Bruce Josephs.

NOTE: Thanks to all the DVBC members & visitors who attended DVBC 1988 SJ Ice Cream Rides. Thanks for picking up various items Ricky threw out on the road: shoes, toys, etc. Thanks for your patience during "bottle stops" & some "noise pollution".

-----Rollin' Daddy Rich *THANKS AGAIN*

Registration Form: (PLEASE PRINT, one name per form, form may be duplicated)

Name _____ Phone _____

Address _____

City/State _____ Zip _____

Emergency Contact _____ Phone _____

Check one: October 15 & 16 _____ (\$25) October 15 _____ (\$15) October 16 _____ (\$15)

Make checks payable to: Pride of Baltimore, Inc.
Respond by October 7 to: Ann Nicolaides, 519 W. Pratt St. #312, Baltimore, MD 21201

Each participant must sign the release form below:

In signing this release for myself (or for the named entrant, if under age 18 years old), I acknowledge that I understand the intent hereof, and hereby agree to absolve and hold harmless the Pride of Baltimore, Inc., Cross Country Cycling, Race Pace and the Baltimore Bicycling Club, and their officers, members, or any other connected with this event in any way whatsoever, singly and collectively, from and against blame or liability, for any misadventure, injury, harm, loss, inconvenience, or damage suffered or sustained as the result of participation in the Pride Ride, or in any activities associated therewith. I hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by the traffic laws and regulations, and practice courtesy and safety in cycling. I understand that bicycling can be dangerous, and I take full responsibility for my own safety.

Signature: _____ Date: _____

Parent/Guardian, if under 18: _____

DVBC SAFETY FOUNDATION DONATION FORM

I, _____,
(Print Name)
do hereby wish to
donate the follow-
ing _____

(\$1, \$2, \$3, \$5,
\$10, \$15, \$20)
to the DVBC Safety
Foundation!

Mail to: DVBC,
P.O. Box 497,
Media, PA 19063

THANK YOU!



Protect your



Valuables!

3rd Annual

CRAFTSBURY MOUNTAIN BIKE

RACE & FESTIVAL

October 14, 15, 16, 1988

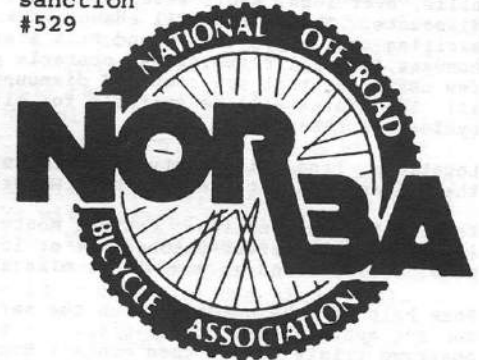
presented by

ONION RIVER SPORTS
Montpelier, Vermont

and

THE CRAFTSBURY SPORT CENTER
Craftsbury Common, Vermont

sanction
#529



\$800 CASH PURSE
plus Merchandise Prizes

Onion River Sports
(802) 229-9409
The Craftsbury Sport Center
(802) 586-7767

Friday, October 14:

5:30 Wine & Cheese Party
6:00 Dinner
7:00 Slide Show: Mountain
Biking in Baja, plus
any slides you bring

Saturday, October 15:

9:00 Breakfast
10:00 Bicycle Tours Depart
1:00 Lunch
4:00 Bike Repair and
Maintenance Clinic
All Afternoon: Canoe, Tennis,
Swimming, Sailing, Practice
6:00 Dinner
7:00 Mountain Bike Video

Sunday, October 16:

7:00 Breakfast
8:00 Registration Opens
10:00 Start race and Timed Ride, mass starts
1:00 Lunch
2:00 Awards
2:30 Observed Trials, awards following

Mountain Bike Festival
Craftsbury Sport Center
Box 31
Craftsbury Common
Vermont 05827

TO BENEFIT:

HABITAT FOR HUMANITY

- AND -

**NEW BETHANY
MINISTRIES**



SPONSORED BY:

ST GEORGE'S
CHURCH

HELLERTOWN, PA

When: Saturday, October 15th

Where: Start & Finish at
Dimmick Park,
Hellertown, PA

Rides: FAMILY FUN RIDE ----- 10 MILES
HALF-CENTURY ----- 50 MILES
FULL-CENTURY ----- 100 MILES

Rain Date: Sunday, October 16th

For Information 215/838-9355
Call: OR
215/982-9251

Oct. 14-16 - **FREDERICK FALL FOLIAGE FROLIC**, in Frederick, MD, sponsored by the Potomac Peddlers Touring Club. Class D to A rides, terrain from flat to hilly. "...a gathering of hundreds of cyclists to ride and socialize....a fun-filled, exciting, two day outing." Reg. of \$27 must be received before Oct. 7. Available hotel accom., additional charge. Write: PPTC, Lori Shapiro, 5314 Martinique Lane, Alexandria, VA 22310. Call: Wally Brown (703) 847-9660.

Oct. 15-16 - 2ND ANNUAL SUSSEX COUNTY 'GREAT 8' FALL FOLIAGE WEEKEND. SASE to Sussex County Touring Club, Box 3084, Newton, NJ 07860. (291) 579-5576.

16 ED JEROME MEMORIAL BIATHLON
R: 4 miles, B: 24 miles, R: 4 miles. Contact Linda Naples, RFD 4, Box 259, McKee City, N.J. 08232 (909) 646-3768.

2022 FOURTH ANNUAL SUMMIT/MOYERS METRIC CENTURY
90-mile ride leaves Moorestown, N.J. High School at 9 a.m. Benett's Bliss Moyers Scholarship Fund. All Moyers was a Junior racer killed while training. All categories. Pre-registration fee \$7 with a standard USCF release form. Lunch, SAG, cue sheets included. Contact Summit Cycling Club c/o Bob Rickle, RD 4, Box 176, Sewell, N.J. 08080 (201) 468-3937

Oct. 30, Sun. **AUTUMN WANDERING.** Central/Upper Bucks County. Ride old country roads, covered bridges, enjoy crisp apple cider...Leave from Tyler State Park Youth Hostel, 10:00 a.m. 25-30 miles, hilly. Call to reserve. Fees: \$1.00 members, \$2.00 non-members.

MOUNTAIN BIKE FESTIVAL

Schedule of Events

SPECIAL EVENTS

JOIN  DVBC

Iron Hill Challenge Off-Road Racing Series

The series is tentatively scheduled to start Sunday, November 6th and run through December 11th. Start time for the first race is 1:00, Registration will open at 12:00.

Race schedule: 1:00 - Citizens Race, 10 to 12 miles, Open to anyone except for licensed USCF riders.

2:00 - USCF Race, 18 to 20 miles, Open to USCF riders only.

Entry Fee: TBD

Course Description: Three mile circuit through, woods, mud, over hills, over logs, short steep descents, short steep climbs, and dismounts. The course will change weekly to offer new and exciting challenges like Grand Prix Starts, time and point bonuses for hill climbing and obstacle clearing. There will be a few obstacles that are required dismounts, so be prepared to hoof it! The course will be suitable for either mountain bikes or cyclocross bikes.

Location: Iron Hill County Part, (Permit is pending), South of the 895 and 195 intersection near Newark, Delaware.

For further information: Contact Monty McNeil at 998-6142 (evenings only) after October 1st or look for information in Velo News, Tailwind and at your local bike shop.

Some help will be needed to run the series if you are interested contact Monty McNeil at 998-6142. If there is interest in having observed trials events then contact Monty at the number above.

Happy trails! Be sure to treat the trail and the hikers, horseback riders and people you meet on the trails with courtesy. See you in November.



L.A.W. News



Thanksgiving Day

ANNUAL THANKSGIVING DAY 10 MILE
TIME TRIAL

HOSTED BY WHITE CLAY BICYCLE CLUB-
FIRST STATE VELO SPORT

LOCATION: FRAZER RD., Glasgow, DE.

TIME: 8:30 AM. SHARP!

FOR DIRECTIONS, CALL: DVBC's MR.
TIME TRIALS, Rollin' Rich
Patterson at 215-622-2954



**American
Youth
Hostels
Inc.**

Founded 1934

Member of
International Youth Hostel
Federation

A non-profit association
organized as a community service
to provide year round opportunities for
outdoor recreation and inexpensive
educational travel through hosting.

COLUMBUS COUNCIL OF AMERICAN YOUTH HOSTELS

Tom Barlow, tour director (614) 447-0888
Give me a call if you'd like to know more. Thanks!

Reserve June 18th-24th 1989 for The Great Ohio Bicycle Adventure!

Vacation means getting away from it all, seeing new places, relaxing, having fun. We cordially invite you to join us in 1989 as we tour Ohio like we never have before!

The Columbus Council of American Youth Hostels announces its newest bicycle event, The Great Ohio Bicycle Adventure. This is an annual one week bicycle vacation tour of Ohio to begin June 18th, 1989. This major event will feature great riding, sightseeing, entertainment, food, and many surprises.

The tour will consist of seven days of riding, about 50 miles a day. The circular route will move to a different part of the state each year so that the rider's can visit new attractions.

The tour will feature daily sightseeing opportunities, like The Dayton Air Force Museum, the Amish countryside of Holmes County, the Museums of Marietta, or the shores of Lake Erie.

The evenings will feature camping in the smaller cities of Ohio. Food will be provided by local service clubs and restaurants. Entertainment such as concerts, sports tournaments, art exhibits, plays, and movies will be available each evening.

The Great Ohio Bicycle Adventure is designed for everyone, young and old, who would like to spend a relaxed week touring the beautiful Ohio countryside in the company of a few thousand friends. The cost, \$45, should make this a real vacation bargain. And since it's a Columbus AYH event, it's guaranteed to be good.

For more information, call the Ohio Tourism 24 hour Toll-Free hotline, 1-800-BUCKEYE, or send your name and address to The Great Ohio Bicycle Adventure, 3130 North High St., Columbus, Ohio 43202. On June 18th the Adventure begins!

gearing up

LAW BEARS and National Rallies

At GEAR in June the League of American Wheelmen announced the sites for 1989 and 1990 bike rallies.

GEAR '89 June 16 - 19 at Saratoga Springs, New York
Hosted by the Mohawk-Hudson Wheelmen

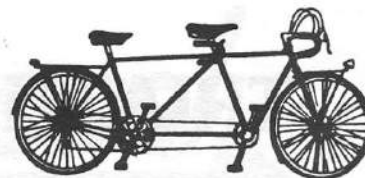
1989 National Rally June 30 - July 4 at Salisbury, Maryland
Hosted by the Salisbury State University Bicycle Club

1990 National Rally July 4 weekend at Slippery Rock, Pennsylvania
Hosted by the Western Pennsylvania Wheelmen and the
Out-spoken Wheelmen
Put these dates on your calendar today.

GEAR UP

June 16-19th, 1989 - GEAR UP '89, Skidmore College, Saratoga Springs, NY, sponsored by LAW, hosted by Mohawk-Hudson Wheelmen, contact: GEAR '89 SARATOGA, PO Box 127, Albany, NY 12260, or Mohawk-Hudson Wheelmen, P.O. Box 5230, Albany, New York 12205.

Tandems — Bikes Built for Two



TANDEM CALENDAR 88

October 15 or 16, 1988. **Toronto Tandem Coop's Dessert Special.** Join Dave & Brenda Vandeveld for this annual event. Bring a dessert to consumed at the Vandeveld's after the ride. For the correct day/time/directions, contact Dave & Brenda Vandeveld, ph: (416)- 826-0349.

October 22-23, 1988. **HATS' Tour of Nacogdoches, TX.** Explore Texas' oldest city. Contact HATS, c/o Virgil & Jean Fruth, 4715 Jason, Houston, TX 77096. ph: (713)-668-5972

October 22-23, 1988. **Fall Crush Tandem Tour.** Twice the fun on a tandem! Enjoy Northern California vine country on this two-day event. Rides for all abilities. SASE to Bob Philpott/Robin Smith, 870 Collier Dr., San Leandro, CA 94577. ph: (415)-357-6339

October 28-30, 1988. **10th Annual Southern Tandem Rally.** Thomasville, GA. Info is now available. \$175 includes lodging, some meals, and more! SASE to Jack & Susan Goertz, Route 19, Box 248, Birmingham, AL 35244

November 19-20, 1988. **HATS' Tour of Huntsville, TX.** A combination of camping and motel weekend in the piney woods of the Sam Houston National Forest. Contact HATS, c/o of Virgil and Jean Fruth, 4715 Jason, Houston, TX 77096. ph: (713)-668-5972

May 27-29, 1989. **Northwest Tandem Rally, '89.** Bend, OR. Watch Doubletalk for more information.

Late July, 1989. **Eastern Tandem Rally, '89.** Elizabethton, PA. Watch Doubletalk for more information.

SCHWINN 5 speed Tandem-brand new condition, call Sandy at 632-9340

PEDALPUSHER SKI & SPORT (PSAS) 688 Easton Rd., Hosham, PA 19044. The East Coast's largest bike and ski shop. 37 brands. Open 7 days. Tandems currently carried are Cannondale, Nashiki, Kuwahara, Cinelli, and Burley. Parts, wheels, everything! Ph: (215)-672-2002 09/89

FOR SALE: Moulton Tandem, ca 1984. 22x20 Mens/Mixte. Blue color. 531 tubing throughout. Oval Bottom tube. Phil Wood rear hub and disc brake. Weinmann concave rims (48-spoke rear). Campy Record front derailleur. Campy Gran Turismo rear derailleur. TA Cranks. Asking \$900. Steve & Linda Bissell, 490 Mitchell Drive, Valley Cottage, NY 10989. (914)-268-7984. 11/88

EASTERN TANDEM RALLY REPORT

Jane and I have become proud owners of a tandem and decided to attend the Eastern Tandem Rally in Durham, New Hampshire on August 5-7. Rides on Saturday and Sunday were divided into short, medium, and long distances and coordinated so everyone met for lunch at the same location. Jane and I opted for the 58-mile ride on Saturday. The route included a 6-mile oceanfront ride to lunch at Odiome State Park. Sunday's ride was 38 cool, wet miles (the rain in Maine falls mainly by the shore) with lunch at Fort Foster State Park. Other events included a Friday night social, a swap meet, and a clambake with evening entertainment on Saturday. Tandem 88 was a good time and very worthwhile attending: how often does one see 140 tandems in one place? Although it was an 8-hour drive, the Pennsylvania contingent was the largest with 27 of the 149 teams. Therefore it seems fitting that the 1989 rally will be held in Elizabethton, PA on July 21-23. I recommend that anyone (anytwo?) with a tandem consider attending.

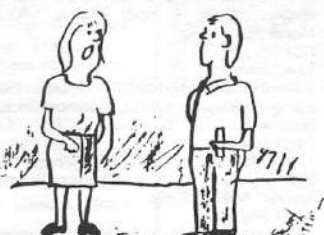
- Mike Stull

(The above article appeared in Brandywine Bicycle Club's September Newsletter.)



BUT I WANT TO GO THIS WAY!

TANDEM CALENDAR 88



Jane & John can't go riding with us today. They said they feel like their gear is jammed.

FOR SALE: Shoes. Is your right foot almost a size larger than your left? Do you wear size 41-42 bike shoes? I have a brand new pair of Diadora's for sale. Right foot is a size 42, the left a size 41. Neil Andrews, 1 Paxton Road, Spencer, MA 01562. Or call (617)-885-2305 early evenings. 09/88

FOR SALE: Gitane Tandem. 23x21. Handlebar end shifters. 36/52 chainwheels. Rear freewheel is 14-34. Caliper brakes plus rear hub brakes. \$1100. Russ Payne, Indian Landing C-14, Millsboro, DE 19966. (302)-945-2112 09/88



TRIATHLON 1988

Oct 2 Cooper River Fall Biathlon, Chuck Sellars, C.S. Running Center, 33 Haddon Ave., Westmont, NJ 08108, (609) 858-9760, **Cooper River, Cherry Hill, New Jersey**
R: 2.5m B: 15m R: 2.5m

Oct 2 Coors Light Biathlon Series, Anna Noel, c/o Rodale Sports Mktg., 33 E. Minor St., Emmaus, PA 18098, (215) 967-5171, **Boston, Massachusetts**
R: 5k B: 30k R: 5k

Oct 2 Westchester Biathlon, Andy Kimberling, 209 East Post Road, White Plains, NY 10601, (914) 682-0637, **White Plains, New York**
R: 3m B: 20m R: 3m

Oct 9 Kristopher's Easter Seals Biathlon, Chris De Cloux, 1050 Bicentennial Dr., Manchester, N.H. 03104, (603) 644-5700, **N.H. College, Manchester, New Hampshire**
R: 3m B: 12m R: 3m

Oct 9 Kroger Biathlon, Ultrafit USA, Box 06358, Columbus, OH 43206, (614) 444-3832, **Downtown Columbus, Ohio**
R: 2m B: 12m R: 2m

Oct 9 Coors Light Biathlon Series, Anna Noel, c/o Rodale Sports Mktg., 33 E. Minor St., Emmaus, PA 18098, (215) 967-5171, **Atlanta, Georgia**
R: 5k B: 30k R: 5k

Oct 9 Brooklyn Biathlon, Big Apple Triathlon Club, Cherokee Station, Box 20427, New York, NY 10028-9991, (212) 289-4113, **Brooklyn, New York**
R: 3m B: 20m R: 3m

Oct 23 Bud Light Rondout Roustabout Revival, Mark Berardi, 467 Broadway, Kingston, NY 12401, (914) 331-1682, **West Strand Park, Kingston, New York**
R: 5m B: 16m Canoe: 6m

Nov 12 Bud Light USTS National Championship, CAT Sports, 5966 La Place, Suite 100, Carlsbad, CA 92008, (619) 438-8080, **Hilton Head Island, South Carolina**
S: 1.5k B: 40k R: 10k

Nov 13 Coors Light Biathlon Series, Anna Noel, c/o Rodale Sports Mktg., 33 E. Minor St., Emmaus, PA 18098, (215) 967-5171, **San Diego, California**
R: 5k B: 30k R: 5k

Nov 13 New York City Biathlon/USBF National Championship, Big Apple Triathlon Club, Cherokee Station, Box 20427, New York, NY 10028, (212) 289-4113, **Central Park, New York**
R: 3m B: 20m R: 3m

Dec 4 Coca-Cola National Short Course Championship, Dennis Tebon, 1752 N.W. Madrid Way, Boca Raton, FL 33432, (407) 394-3273, **Boca Pointe Health Racket Club, Boca Raton, Florida**
S: .25m B: 10m R: 3m

Jan 28, 1989 Tri It at the Y Indoor Triathlon, Mike Heilbronn, Carlson MetroCenter YMCA, 444 E. Main St., Rochester, NY 14604, (716) 325-2880, **Carlson MetroCenter YMCA, Rochester, New York**
S: 10min. R: 10min Row: 10min

Apr 8, 1989 WRSC Miller Lite Triathlon, James N. Bryant, 107 E. Main, Millheim, PA 16854, (814) 349-5666, **Coburn, Pennsylvania**
R: 10k B: 20k Canoe: 16k

RESULTS

PHILADELPHIA TRIATHLON 88

Overall Men

1. Brooks Clark, 1:50:32; 2. Jeff Devlin, 1:51:51; 3. Bob Reuther, 1:58:55; 4. Paul Patterson, 2:00:57; 5. George Altieri, 2:02:17; 6. Rodger Miller, 2:02:22; 7. Joseph Kialber, 2:03:36; 8. Joy Hagath, 2:04:32; 9. Stephen Donahue, 2:05:19; 10. Loren Hail, 2:06:59; 11. Jeff Woodward, 2:07:31; 12. Vince Hagerly, 2:08:30; 13. Tom Waldron, 2:09:03; 14. Jan Wanklin, 2:09:07; 15. Howard Jacobs, 2:09:19; 16. Gregory Brady, 2:09:23; 17. Jody Schmidt, 2:09:56; 18. Bob Pugh, 2:10:09; 19. Paul Sweeney, 2:11:35; 20. Bill Nighan, 2:11:48; 21. Gregory Kohlmaier, 2:12:26; 22. William Cambria, 2:12:45; 23. Dave Bartlett, 2:13:56; 24. Woody Haydt, 2:14:01; 25. Hansell Steadman, 2:14:48;

Overall Women

1. Brooks Clark, West Chester, 1:50:32; 2. Jeff Devlin, Voorhees, 1:51:51; 3. Bob Reuther, Newark, 1:58:55; 4. Paul Patterson, Cherry Hill, 2:00:57; 5. George Altieri, Philadelphia, 2:02:17;

18-24 Men

1. Brooks Clark, West Chester, 1:50:32; 2. Jeff Devlin, Voorhees, 1:51:51; 3. Bob Reuther, Newark, 1:58:55; 4. Stephen Donahue, Hemden, 2:05:19; 5. Howard Jacobs, Broomall, 2:09:19;

25-29 Men

1. Paul Patterson, Cherry Hill, 2:00:57; 2. Rodger Miller, Cheltenham, 2:02:22; 3. Joseph Kialber, Philadelphia, 2:03:36; 4. Jeff Woodward, Lindenwald, 2:07:31; 5. Vince Hagerly, Pottstown, 2:08:30;

30-34 Men

1. George Altieri, 2:02:17; 2. Loren Hail, 2:06:53; 3. Tom Waldron, 2:09:03; 4. Dave Bartlett, 2:13:56; 5. Woody Haydt, 2:14:01;

35-39 Men

1. Paul Sweeney, 2:11:35; 2. Joseph Flood, 2:16:13; 3. David Bucher, 2:23:20; 4. Leonard Wolf, 2:23:39; 5. Nick Pomponio, 2:24:12;

40-49 Men

1. Gregory Kohlmaier, 2:12:26; 2. H. Trotter, 2:21:03; 3. Donald Simon, 2:21:04; 4. Dennis Creter, 2:22:42; 5. Robert Franklin, 2:25:23;

50-Up Men

1. David Hirst, Wilmington, 2:37:41; 2. Edward Felicioni, Medford, 3:17:45; 3. Eugene Barnes, Philadelphia, 3:17:46; 4. Randolph Powell, Philadelphia, 3:18:20; 5. Don Heinicke, Elliott City, 3:24:55;

Overall Women

1. Joy Hansen, West Chester, 2:04:30; 2. Jan Wanklin, West Chester, 2:09:07; 3. Jody Schmidt, Downingtown, 2:09:56; 4. Kit Ager, Princeton, 2:18:01; 5. Brenda Bartlett, Kenneth Square, 2:20:53;

18-24 Women

1. Kit Ager, Princeton, 2:18:01; 2. Sarah Dursteln, Toms River, 2:28:28; 3. Lisa Simons, Philadelphia, 2:42:04; 4. Jacquale Reynolds, Philadelphia, 2:45:06; 5. Chris Johnson, Radnor, 2:54:17;

25-29 Women

1. Brenda Bartlett, Kenneth Square, 2:20:53; 2. Joyce Stewart, Galtersburg, 2:36:56; 3. Lisa Evans, East Falls, 2:37:50; 4. Barbara Burke, Elkins Park, 2:47:01; 5. Peaches Raleigh, Toms River, 2:48:26;

30-34 Women

1. Joy Hansen, West Chester, 2:04:30; 2. Jan Wanklin, West Chester, 2:09:07; 3. Jody Schmidt, Downingtown, 2:09:56; 4. Elizabeth McKinstry, Bensalem, 2:26:40;

35-39 Women

1. Lynn Kristianson, Alexandria, 2:41:35; 2. Shari Donath, Norristown, 2:48:08

40-Up Women

1. Lucille Lebl, Philadelphia, 3:00:12; 2. Lynn Evans, Manasquan, 3:05:07; 3. Diane Hardies, Marlton, 3:06:02; 4. Ellenadele Rouchfuss, Franklinville, 3:43:20; 5. Barbara Mabrey, Spring Lake, 3:43:21;

AMERICAN CANCER SOCIETY PHILADELPHIA TRIATHLON

Swim: 0.5 miles, Bike: 12 miles, Run: 4 miles

Overall Men

1. William Bender, 1:02:12; 2. Rodger Miller, 1:02:28; 3. Eric Heinz, 1:05:30; 4. Joseph Donatucci, 1:07:04; 5. William Cambria, 1:07:13; 6. Scot Moser, 1:07:50; 7. Brian Horvath, 1:09:02; 8. Garret Olin, 1:09:05; 9. Jim Donaghy, 1:10:00; 10. Steve Kester, 1:10:32; 11. Tom Gallagher, 1:10:47; 12. Graham Robb, 1:11:04; 13. Jay Schiller, 1:11:11; 14.

Joseph Hackett, 1:11:13; 15. Steve Lehman, 1:11:28; 16. Daniel Hagan, 1:12:05; 17. Jonathan Huggins, 1:12:15; 17. Jeffrey R. Matyus, 1:12:23; 19. Ty Bailey, 1:12:59; 20. David Gamberg, 1:13:26; 21. Matthew Gallagher, 1:13:33; 22. Michael Brant, 1:13:38; 23. Jason H. Yaffe, 1:13:39; 24. Tom Volgsberger, 1:13:40; 25. Tate Hodge, 1:14:09;

Age Group

15-19 Men

1. Matthew Gallagher, 1:13:33; 2. Jason Yaffe, 1:13:39; 3. Tate Hodge, 1:14:09; 4. Ron Harvey, 1:16:03; 5. Matt Hay, 1:16:08;

20-29 Men

1. William Bender, 1:02:19; 2. Rodger Miller, 1:02:28; 3. Eric Heinz, 1:05:30; 4. William Cambria, 1:07:13; 5. Brian Horvath, 1:09:02;

30-39 Men

1. Joe Donatucci, 1:07:04; 2. Scot Moser, 1:07:50; 3. Jim Donaghy, 1:10:00; 4. Tom Gallagher, 1:10:47; 5. Jay Schiller, 1:11:11;

40-49 Men

1. Steve Lehman, 1:11:28; 2. Robert Franklin, 1:14:43; 3. John Dumont, 1:16:55; 4. Ed Slax, 1:21:01; 5. Phillip Katauska, 1:25:34;

50-59 Men

1. Dave Hirst, 1:19:50; 2. Howard Berhard, 1:24:37; 3. Lee Bergen, 1:25:26; 4. Harst Thleme, 1:40:00; 5. Gene Martenson, 1:41:08;

Age Group

15-19 Women

1. Danielle Golliday, 1:30:01; 2. Maureen Clark, 1:30:32; 3. Katherine Stevens, 1:30:33; 4. Jessica Decker, 1:35:31; 5. Heather Rau, 1:35:40;

20-29 Women

1. Sue McElhiney, 1:14:46; 2. Joy Jensen, 1:19:20; 3. Mary Beth Holder, 1:20:48; 4. Christine Doran, 1:20:51; 5. Barbara Burke, 1:20:52;

30-39 Women

1. Elizabeth McKinstry, 1:14:34; 2. Deborah Peterson, 1:19:43; 3. Lynn Hansen, 1:20:01; 4. Donna Storm, 1:20:44; 5. Rhonda Whalen;

40-49 Women


1. Judy Andrunick, 1:42:00

RESULTS

\$3500 IN PRIZES

1.3 MILE CRITERIUM

On Sunday, October 2, 1988, Bank of Newport and the Newport Velo Club will sponsor a USCF-sanctioned race in Aquidneck Industrial Park, Middletown, Rhode Island.



1 9 8 8

APPE-REGISTRATION

Pre-registration entry forms must be postmarked by September 23rd, no exceptions. For application use standard entry form or send a self-addressed, stamped envelope to Jennifer Wise, Ten Speed Spokes, 18 Elm Street, Newport, RI 02840, (401) 849-4191.

BANK OF NEWPORT BICYCLE CLASSIC SUNDAY, OCTOBER 2, 1988

Class	Entry Fee	Distance	Field Limit	Places	Prizes	Approx. Start	Registration Close
Novice B Riders (Newport County Residents & Employees)	\$ 6	5 Laps	100	3	Medals	9:00AM	8:30AM
Novice A Riders (Open)	\$ 6	10 Laps	100	3	Medals	9:30AM	9:00AM
Novice Juniors	\$ 6	18 Laps	100	10	\$ 339	10:15AM	9:45AM
Novice Veterans	\$ 6	18 Laps	50	6	\$ 244	11:30AM	11:00AM
Men's Masters	\$ 6	15 Laps	50	6	\$ 244	11:02AM	11:02AM
Women's Masters	\$ 6	10 Laps	50	6	\$ 244	11:35AM	11:05AM
Special Bank of Newport Charity Challenge Event	\$ 6	2 Laps	100	10	Trophy	1:00PM	1:00PM
Senior Men Category 4	\$ 6	20 Laps	100	10	\$ 339	2:30PM	2:00PM
Senior Men Category 5	\$ 11	30 Laps	100	10	\$ 1025	3:45PM	3:15PM

The Ride of My Life

By Drew Christensen

The interview came to a close.

"Sounds like a great bike," I said.

"It is. You ought to ride it," replied Mr. Jeff Keller, owner and manager of Sunrise Cyclery in Logan, Utah. I casually replied that I supposed I wouldn't mind taking his thousand dollar bike for a little spin, if I couldn't find anything better to do.

This was a dream come true. I sprinted home, changed into racing shoes, and returned to the shop. I probably ran every stop sign on the way.

I couldn't believe my ears as Jeff lowered the Kestrel 4000 from its ceiling rack. "See you later," he said. "Have fun."

You can read about its wild aerodynamics and space-age tubing in Bicycle Guide. I'll leave the scientific analysis to Ted Constantino. He can tell you about its wind tunnel test results. I'm going to tell you how it felt.

My current bike is no hot-rod. I ride a somewhat "suped-up" 1986 Raleigh Competition with Mavic racing wheels. It's certainly not a Porsche. It's definitely not a Kestrel.

Jeff's bike was equipped with a smorgasbord of component names; Suntour Sprint Derailleurs, Omas Bottom bracket, Campy 54 x 45 tooth chainrings and crank arms. The six cog freewheel went as low as 12 and as high as 21 teeth. Jeff had chosen Roval tubular rims and Vittoria tires, and some of the wildest spoking I've seen. The front wheel was 16-spoke, radial laced. The rear wheel had 18 spokes, double-crossed, on the right-hand side. Eight spokes, radial laced, took care of the left-hand side.

As I mounted the bike and rolled out into the busy street, I experienced the same sensation that Jeff had described to me in the interview I had done earlier

Philadelphia's Largest Amateur Road Race Gets Rolling Oct. 2

Ladies and Gentlemen, Moment of Truth #2 is upon us. The seventh annual Philly Cup Road Race will be held Sunday, October 2, on the Glen Mills short course. As some of you may know, this race is the climax of the local racing season for member teams of the Delaware Valley Racing Association. Racers representing six area teams will compete for cash and merchandise awards in this USCF sanctioned event. Each local team will send a squad of no more than ten riders to either the A, B, or women's race.

Each Team must be represented by a minimum of four riders in the A race to be permitted to place as a team in the B race.

Prizes will be awarded as follows:

In the A race, cash awards for the top three teams, a winner's jersey, prizes for the top five finishers, King of the Mountain, top Veteran, and top Junior.

In the B race, cash award for the top team, a winner's jersey, prizes for the top three finishers, King of the Mountain, top Veteran, and top Junior. →

Hey!

All team meetings are not created equal.

This one is special.

If you miss it,
you are scum.

It's that important.

Saturday, Oct. 1st, 8:00 p.m. at Frank H's.

(After riding the bike, It seemed most appropriate to toss the taped interview into the trash and describe the sensation first-hand). Mr. Keller had described the bike as "just feeling right." I agreed. It seemed to do exactly what I wanted. Cornering just seemed to happen naturally. When I rode over a small bump or pothole, it absorbed virtually all of the shock, making for a very comfortable ride.

Let me discuss Western Geography for a minute. God didn't mess around when he made Utah. In Utah there are flat places and there are hills. And when there's a hill, it's a big hill, and steep.

Anyway, I proceeded to ride to the nearest hill. I rode to the top. Then, I turned around and laughed. Frank

Havnoonian occasionally jokes about a button you can buy to make the hills go away. That's the sensation I had. While climbing, the bike didn't flex or fight me in any way. It simply climbed. At the top, I was scarcely winded or fatigued, and I had made the climb fast with a fairly big gear.

When sprinting, the feeling was the same, the bike seemed to keep me fresh, simply doing what it was told. Flat roads almost seemed like descents.

The only way to understand the feeling is to ride one. I've never ridden a nice, custom-made Italian steel frame. Maybe the Kestrel is "just another nice bike." I don't know, but until I can get one, I'll just keep telling myself that it's the motor that counts and not the bike.

"Most Important Team Meeting Ever!" Saturday, October 1st, 8:00 p.m.

Philly Cup (cont.)

In the Womens' race, award for winning team and prizes for the top five finishers.

Team placings are based on the finishing positions of the team's top four riders in a given event.

Sponsors this year include Dock Street, RJ Cyclewear, and Bike Tech.

Participants should meet at the Glen Mills Post Office, and proceed to the Glen Mills High School for the start and registration. The start/finish will be located at the top of the hill, near the high school.

Registration requires a valid U.S.C.F. license, and there is a race day fee of

\$9.00. Frank Havnoonian has indicated that this fee will be covered by the team for team members.

Start times and distances are as follow:

The A race, 9:00 am, 100 km.

The B race, 9:03 am, 50 km.

The Womens' race, approx. 10:30, at the conclusion of the A race, 42 km.

The race is being conducted by the Delaware Valley Racing Association. Race Water Bottles will be provided for all participants.

Be at the Team Meeting Saturday, October 2nd, 8:00 pm at Frank Havnoonian's for further details.

Upcoming

October

2 The 7th annual Philly Cup Road Race. Glen Mills, PA The Hottest amateur race of the season! Six of the Delaware Valley's hottest teams compete for cash and merchandise awards, as well as the prestige of overall Victory. See the accompanying article for details.

2 South Mountain Velo Criterium
Shippensburg, PA
All Classes

16 Morale Welfare and Recreation Criterium. Washington, D.C.
All Classes

29 Martian Panic Criterium
New Jersey
Men's races, 20 miles

Look for the winners circle next month featuring the results of the Philly Cup Road Race. Congratulations to those of you who placed well in local and regional events while The Racing Edge was on vacation. Best of luck in the Philly Cup!!!

~Drew Christensen.



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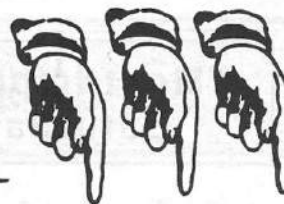


YEP, MUST BE MOSQUITO SEASON AGAIN.

experience dictates
the use of helmets



MEETING NOTICE: DO NOT DELAY DELIVERY



PLEASE
AFFIX
POSTAGE

(NEW SUPPLY OF CLUB T-SHIRTS IS IN!)

Place Label Here

The above mailing label constitutes a DVBC membership card expiring 60 days past postmark.

The DVBC is a non-profit corporation formed to educate the public as to the safe use of the bicycle through lectures, seminars, planned rides, and other activities promoting the bicycle as an efficient and enjoyable means of exercise, recreation, and transportation.

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 level of difficulty of the ride, please call the ride leader. Though the use of safety equipment, particularly helmets, is strongly urged, the club cannot accept responsibility for accidents or injury while participating in a DVBC event.

APPLICATION FOR 1989 DVBC MEMBERSHIP

***** (EXPIRES 2/28/90) *****

Name: _____ Phone: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Membership Type: ☐ Individual - \$10 ☐ Family - \$14

Membership includes: DVBC Newsletter Magazine, discounts at most Club sponsors, Club subsidized events, and free Bicycle Touring Newsletter published quarterly (\$3 value). Family membership includes two adults and up to two children. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

INTEREST SURVEY

Ride Pace

I'll volunteer for:

- | | | |
|---|--|--|
| <input type="checkbox"/> Class D: slow | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter Collator |
| <input type="checkbox"/> Class C: average | <input type="checkbox"/> Sag Wagon Driver | <input type="checkbox"/> Advertising Coordinator |
| <input type="checkbox"/> Class B: brisk | <input type="checkbox"/> Tour Food Stop | <input type="checkbox"/> Newsletter Co-editor |
| <input type="checkbox"/> Class A: fast | <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Newsletter Delivery |
| <input type="checkbox"/> Off-Road | <input type="checkbox"/> Newsletter Typist | <input type="checkbox"/> Triathlon Editor |

Please send your check or money order to:

Delaware Valley Bicycle Club
P.O. Box 497
Media, PA 19063

The DVBC Safety Foundation is established to promote bicycle safety in the Delaware Valley using posters, flyers, bumper stickers and rewards.

I wish to donate to the DVBC Safety Foundation:

☐ \$1 ☐ \$2 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25

Membership to DVBC Subdivisions

You must join the main organization (left half of this form) in order to be able to join a DVBC subdivision.

- | | |
|---------------------------------|---|
| <input type="checkbox"/> \$7.00 | DVBC-Team Drexel Hill (Road Racing)
Drexel Hill Cyclery |
| <input type="checkbox"/> \$5.00 | Team Delaware Valley Bicycle Club
Team Casual! (Road Racing) |
| <input type="checkbox"/> \$5.00 | DVBC Triathlon Div. |
| <input type="checkbox"/> \$5.00 | DVBC Tandem Div. |

_____ Total Amount Enclosed