



DELAWARE VALLEY BICYCLE CLUB

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

FREE!

WINTER 1988-89



ELECTION RESULTS

D.V.B.C. members who
were elected to the
Board for 1989 are:

Rich Patterson
Ted Kowalski
Frank Havnoonian
Leland Kowalski
Donna Hox
Hank Hox
Jerry Cox
Donald Ashbrook
Karl Voigt
Bob Wright

Havnoonian Will Travel

It seems like Frank is
going to be bike touring
in Italy this January.
He is planning to ride
from Rome to Sicily. Let
us wish him a safe trip.

WEAR A HELMET!

NEXT SEASON BEGINS NOW

This will be the final newsletter of the 1988 riding season. Next time you see us will be sometime around March 1, 1989. By then Bush will be president, another Ironman will be won by someone who has a first name or last name of Scott, a new list of triathlons, biathlons, centuries and DVBC rides will be out and we will all be looking forward to another year of great cycling. By January 6th or 7th we will be looking at ourselves naked in the mirror and cursing ourselves for overeating ourselves into obesity since Thanksgiving. Let's face it; who has time for training during the Christmas rush? There just isn't enough daylight for early-morning and after-work bike rides and weekends are for shopping. Except for the few of us who make a living from bike racing, we're all in the same shape right after the holidays. The real problem seems to be in getting motivated for working out on the windtrainers and rollers between New Years and Spring. Perhaps this is a worthy resolution this year: to find a type of workout that will keep you in shape, to be performed at least three times each week, just to keep your weight stable and to maintain some degree of fitness untill the warm riding weather arrives. If you can do this, think what kind of jump you will have on everyone else when it comes time to ride those early spring centuries and triathlons.

A new bicycle beneath the Christmas tree is about as traditional as turkey on Thanksgiving and a hang-over on New Year's Day. As a parent you live to see that look of surprise in your child's eyes when they first see their shiny new steed. A bike is a child's main means of short range transportation, becomes a very close friend and suddenly defines that child's personality. Then, as a parent you have a responsibility to you child for making them aware of the dangers of riding that bike in a way that would be dangerous. Set down certain rules and enforce them. Call your local congressman and ask him to send you a free booklet on bicycle safety, then have your child read it.

Board of Directors

Don Ashbrook	566-9142
Jerry Cox	696-5196
Frank Havnoonian	449-6154
Donna Hox	521-5442
Hank Hox	521-5442
Leland Kowalski	626-2093
Ted Kowalski	622-1923
Rich Patterson	622-2954
Karl Voigt	459-9129
Bob Wright	623-8373

The Board will choose its officers at the next Board meeting. The list of officers will be published in the March 1989 issue.

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
A/B Rides	Mike Keating
C/D Rides	Ira Josephs
Assembly	Frank Havnoonian

Club Addresses

Editor:

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

Newsletter/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 Rd.
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 Decals	.50
Club Bike Decal	.25
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.

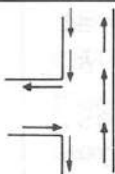
Ride Guidelines

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.
- 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.
8. Each rider assumes his/her own risk on all time trials and touring rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. 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 club events are free to the general public. The general public is welcome!!!



Obey all applicable traffic regulations, signs, signals and markings.



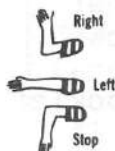
Keep right:
drive with
traffic, not
against it.
Drive single
file.



Watch out for car doors opening,
or for cars pulling into traffic.



Protect yourself at night with
the required reflectors and
lights.



Use hand
signals to
indicate
turning or
stopping.

Ride Calendar

If below 32°F call the ride leader

DVBC DINNER IN DECEMBER

DVBC will hold a dinner for members on Monday, December 5 at 7:30 P.M. at our regular meeting place: Unitarian Universalist Church of Delaware County, 145 W. Rose Tree Rd., Media (¼ mile west of Rt. 252, just above Rt. 1). We will have the dinner instead of a meeting. If you would like to attend please call Frank Havnoonian (449-6154) by December 2 so we can plan the food. This promises to be a great event so don't miss it. See you there!

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| December 3 • 9:30 A.M.
Miles: 35-45 • Class C
<i>Concord Twp./...</i> | ... <i>Chateau Country</i> : Meet at the Grace Episcopal Church, 4900 Concord Pike, across from the Concord Mall in Wilmington, DE, just south of Rt. 92. Easy-paced with some hills. A joint ride with Brandywine, White Clay and Valley Forge Bike Clubs. Buy lunch at Cafe Milano. Roz or Dave Chasin: 302-478-1610. |
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| December 4 • 9:30 A.M.
Miles: 45-50 • Class B
<i>Brandywine to Glenmoore</i> | Leave from the Chadds Ford Elementary School (Rt. 1 just south of Rt. 100) in Chadds Ford. Enjoy a mostly flat ride through the Brandywine valley to Glenmoore. Bring lunch to eat along the way. For more information call Doug Kennedy at 543-4664. |
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| December 5 • 7:30 P.M.
<i>DVBC Dinner</i> | Instead of a meeting this month we are holding a dinner. We hope to make it an annual event. See box above for details. |
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| December 11 • Noon
Miles: 20-25 • Class C
<i>Media Local</i> | Leave from the Media Courthouse (corner of Front St. & Veterans' Sq.) for this enjoyable winter ride through the scenic countryside around Media. Call Frank Havnoonian (459-6154) Saturday night if you plan to go on the ride. |
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| December 17 • 1:00 P.M.
Miles: 12-18 • Class C
<i>South Jersey Ride</i> | Leave from Bridgeport School in New Jersey. (Cross the Commodore Barry Bridge and take Rt. 130 North, make first right onto Barker Ave., make next right onto Crown Point Rd. — Rt. 44 and there's the school. Various flat rides. Rich Patterson: 622-2954. |
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| December 18 • 10:00 A.M.
Miles: 30 • Class C
<i>In Search of Santa</i> | Meet at the main parking lot of Marsh Creek State Park (west of Eagle which is on Rt. 100 north of PA Turnpike exit 23). Ride the countryside in search of Santa's hiding place. Bring lunch or buy a snack along the way. Call Rich Bernhard at 284-2019 for more information. |
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| December 18 • 10:15 A.M.
Miles: 5 • Class: All
<i>Goshen Time Trial</i> | Meet (10:15 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. |
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| January 1 • 10:00 A.M.
Miles: 25-30 • Class C
<i>Hangover Special</i> | Leave from the Sugartown Elementary School (Sugartown Rd. off Paoli Pike near Malvern). Try a bicycle ride toady—the best cure for a hangover. For more information call ride leader Rich Bernhard at 284-2019. |
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| January 9 • 7:30 P.M.
<i>DVBC Meeting</i> | Note: Meeting is SECOND MONDAY this month because January 2 is the official New Year's celebration. Doors open at 7:00, meeting begins at 7:30. Make a New Year's resolution to attend all the DVBC meetings in 1989. |
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| January 15 • 10:00 A.M.
Miles: 10-15 • Class ATB
<i>Brown & Blue I</i> | Leave from the Swarthmore Acme parking lot (Park Lane Rd. & Rt. 320) for this class "C" dirt (the Brown) bike ride exploring the Mid-County Expressway (I-476, the Blue). Ride will be cancelled if temperature is below 20°F or above 100°F. Call Doug Kennedy at 543-4664 for more information. |
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January 22 • 10:00 A.M. Miles: 25-30 • Class C ... <i>Mushrooms</i>	Meet at Longwood Gardens (Rt. 1 near Kennett Square). Find out why Rich says this is the "treat people like mushrooms" ride. If you don't want to be kept in the dark, call ride leader Rich Bernhard (284-2019) for more information.
January 28 • 1:00 P.M. Miles: 12-18 • Class C <i>South Jersey Ride</i>	Leave from Bridgeport School in New Jersey. (Cross the Commodore Barry Bridge and take Rt. 130 North, make first right onto Barker Ave., make next right onto Crown Point Rd. — Rt.44 and there's the school. Various flat rides. Rich Patterson: 622-2954.
January 29 • 1:00 P.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	Meet (1:00 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..
February 5 • 1:00 P.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. An easy-paced ride to help you get back into the "spring of things." Call Walter Linton at 328-2871 for more details.
February 6 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Groundhog Day evaluation—what do the groundhog's actions mean for the Freedom Tour?
February 12 • 10:00 A.M. Miles: 25-30 • Class C <i>Valentine Ride</i>	Meet at parking lot #15 of Ridley Creek State Park. Make sure to bring your Valentine. With any luck Cupid's arrows will be on target and not puncture any tires. Call Rich Bernhard (284-2019) for more information.
February 18 • 1:00 P.M. Miles: 12-18 • Class C <i>South Jersey Ride</i>	Leave from Bridgeport School in New Jersey. (Cross the Commodore Barry Bridge and take Rt. 130 North, make first right onto Barker Ave., make next right onto Crown Point Rd. — Rt.44 and there's the school. Various flat rides. Rich Patterson: 622-2954.
February 19 • 10:00 A.M. Miles: 10-15 • Class ATB <i>Brown & Blue II</i>	Leave from the Macy's front door (Springfield Mall, Baltimore Pike & Rt. 320) for this class "C" dirt (the Brown) bike ride exploring the Mid-County Expressway (I-476, the Blue). Ride will be cancelled if temperature is below 20°F or above 100°F. Call Doug Kennedy at 543-4664 for more information.
February 26 • 1:00 P.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. An easy-paced ride to help you get back into the "spring of things." Call Walter Linton at 328-2871 for more details.
March 4 • 1:00 P.M. Miles: 15-25 • Class C <i>South Jersey Ride</i>	Leave from Bridgeport School in New Jersey. (Cross the Commodore Barry Bridge and take Rt. 130 North, make first right onto Barker Ave., make next right onto Crown Point Rd. — Rt.44 and there's the school. Various flat rides. Rich Patterson: 622-2954.
March 5 • 10:00 A.M. Miles: 30 • Class C <i>Early Spring</i>	Meet at Great Valley High School (Phoenixville Pk. near Rt. 401 exit of Rt. 202) in East Whiteland Township. Come out for this hilly ride and look for some early signs of spring. Call Rich Bernhard (284-2019) for more details.
March 5 • 1:00 P.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	Meet (1:00 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.
March 6 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: in addition to a guest speaker, the Freedom Tour will be discussed. Maybe you can find someone to ride with for the Tour.



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

BIKE IT...
YOU'LL LIKE IT



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!!)

PARKING

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



Sign up
here.



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.)



LEADING MY FIRST RIDE by

Michele Grant

Saturday, November 12, I took on the responsibility of leading my first D.V.B.C. ride.

We began at Ridley State Park and biked an eight mile loop full of long hills and splendid Fall scenery. Many of the riders were on their first D.V.B.C. ride and were just about exhausted, but also very satisfied with the fun they had. A few of us biked another four miles on the park bike trail, but we had to call it quits on account of the dark.

I have Dr. Heywood Kotch to thank for being a volunteer ride "follower" for the slower riders and sight seers at the back of the pack. He made sure

that no one felt as if they were left behind. The faster riders gathered and chatted at the rest stops along the route and waited while others caught up with them.

I had lots of fun but I had to remember my responsibilities as ride leader. It was up to me to see that the ride went without a hitch and everyone returned safely.

I hope that everyone enjoyed themselves as much as I did and I hope to see them on a ride I plan to lead next spring.

(The Nov. 12 riders included Neil Darby, Donna Hox, Hank Hox, Matthew Hox, Dale Matthews, Edwood Burson, Rodger Conley, Robert Heintz, Sam Q. Hoong, Ernie Oppenheim, Carol Hopkins, Dr. Heywood Kotch, Dr. Bruce Godick, David Epstein, Martin Klee, Caryn Sowden and Levia Nahari.)

DUES ARE DUE MARCH 1st:

Use form on back cover of this newsletter to renew your membership.

PENNY FARTHING BICYCLES

DELAWARE VALLEY'S MOST COMPLETE SHOP

FUJI • BIANCHI • TERRY • ST. TROPEZ • GT • MONGOOSE
• tools • parts • accessories • books & maps

Largest Selection of Clothing in Delaware Valley

- shorts & jerseys - over 1000 to choose from
- full ladies department
- helmets - 7 models
- shoes for racing or touring - 6 styles

Car Racks to Fit All Cars - 4 Models

26 So. Sproul Road (Route 320), Broomall, Pa 356-2280



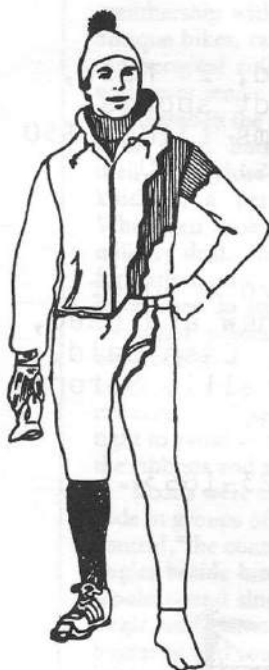
WINTER COLD

WIND CHILL & LAYERING

How cold will you feel?

The temperature of the air is not always a reliable indicator of how cold a person will feel. Other weather elements, such as wind speed, relative humidity and sunshine, also exert an influence. In addition, the type of clothing worn, together with the state of health and metabolism of an individual also will influence how cold he will feel.

Wind Chill Index													
What the thermometer reads (degrees F)													
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60	
What it equals in its effect on exposed flesh													
CALM	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60	
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68	
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	-95	
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	-112	
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-121	
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133	
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140	
35	27	11	-4	-20	-35	-49	-67	-82	-98	-113	-129	-145	
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148	
Little danger if properly clothed				Danger of freezing exposed flesh				Great danger of freezing exposed flesh					



How can you be protected?

Versatile garments can contribute to a system of "layered" clothing that can be adjusted to varying climate and temperature. When you overexert and become sweaty - take a layer off. When you begin to chill - put a layer on, and so forth. Versatile outdoor clothing adapts to protect you from thermal stress, rain and wind.

Proper clothing for any winter activity includes three basic layers: *shell outerwear*, *insulated layers*, and the *skin layer*! *Shell outerwear* should allow body vapor to escape. *Insulation* should be wool, goose down, or synthetic fibers. Cotton should not be used for winter dressing as it retains too much moisture. The *skin layer* should wick moisture away from the skin as perspiration is produced. This also reduces evaporation heat loss. The synthetic underwear is excellent and the high percentage wool Long Johns are good too.

To make layering work you must checklist your clothing effectiveness over your whole body. For example: good upper body insulation will be negated by cold wet denim pants. And, don't forget a hat! The brain gets top blood priority, and up to 30% of body heat loss goes off your head, neck and shoulders.



WINTER FASHION

- Adidas**, 15 Independence Blvd., Warren, NJ 07060, (201) 580-0700.
- Avia**, 16160 S.W. Upper Boones Ferry Rd., Portland, OR 97224, (503) 684-0490.
- Bell Helmets**, 15301 Shoemaker Ave., Norwalk, CA 90650, (213) 921-9451.
- Body Glove Sportswear**, 225 W. 146th St., Gardena, CA 90248, (213) 217-1100.
- Brancale** (Ten Speed Drive Imports), P.O. Box 9250, Melbourne, FL 32902 9250, (407) 777-5777.
- Eddie Bauer**, P.O. Box 3700, Seattle, WA 98130-0006, (800) 426-8020.
- Edgewear**, 901 Hermosa Ave., Hermosa Beach, CA 90254, (213) 318-3799.
- The Finals**, 21 Minisink Ave., Port Jervis, NY 12771, (914) 856-5291.
- Giordana** (Gita Sporting Goods), P.O. Box 7266, Charlotte, NC 28217, (704) 588-7555.
- Giro Sports Design**, 1041 17th Ave., Santa Cruz, CA 95068, (408) 479-8020.
- Hind Performance Sportswear**, 390 Buckley Rd., San Luis Obispo, CA 93401, (805) 544-8555.
- In-Sport**, 1870 N.W. 173rd Ave., Beaverton, OR 97006, (503) 645-3555.
- Le Coq Sportif**, 28 Engelhart Dr., Cranbury, NJ 08515, (609) 655-1515.
- Nike**, 9000 S.W. Nimbus, Beaverton, OR 97005, (503) 644-9000.
- Patagonia**, P.O. Box 150, Ventura, CA 93002, (805) 643-8616.
- PCH**, 4465 Corporate Center Dr., Los Alamitos, CA 90720, (714) 761-0555.
- Pearl Izumi**, 3600 Pearl St., Boulder, CO 80301, (303) 443-2131.
- Puma**, 492 Old Connecticut Path, Framingham, MA 01701, (508) 875-0660.
- Reebok**, 150 Royall St., Canton, MA 02021, (617) 821-2800.
- Scott Tinley Performancewear**, 5111 Santa Fe St., Suite F, San Diego, CA 92109, (619) 581-2800.
- Serac**, P.O. Box 367, Sandpoint, ID 83863, (208) 263-0567.
- Sideout Sport**, 380 S. Raymond Ave., Pasadena, CA 91105, (818) 795-0743.
- Shimano**, One Shimano Dr., Irvine, CA 92718, (714) 951-5003.
- Specialized Bicycles**, 15130 Concord Cir., Morgan Hill, CA 95037, (408) 779-6229.
- Timex**, Waterbury, CT 06722, (203) 573-5764.
- Tommaso** (Ten Speed Drive Imports), P.O. Box 9250, Melbourne, FL 32902-9250, (407) 777-5777.
- Vigorelli**, 2200 Adeline St., Ste. 250, Oakland, CA 94607, (415) 465-1365.

Quies are due **RENEW NOW**

PLEASE RENEW EARLY

Bicycling

10 BEST CYCLING CITIES

Last December I asked you to name the 10 best cities for cycling in North America, places where cycling is promoted and encouraged. Not surprisingly, we received scores of nominations, which were given to the good folks at the Bicycle Federation in Washington, DC, to screen. The final choices are mine. You won't agree with all of them. Either way, I'd like to hear from you.

1. Seattle, Washington. According to Peter Lagerwey, the city bicycle coordinator, "About half the population of Seattle does some bicycling. And 90 percent of that cycling is on city streets." Furthermore, Seattle spends \$100,000 each year for improvements to make streets better for cyclists. Every new or rehabilitated bridge must have bicycle access. All new developments must have bicycle parking. And 10% of the downtown parking space is designated for bicycles.

2. Missoula, Montana. Half of this city's 60,000 residents own a bicycle. According to John Williams, Bikecentennial's advocacy director, "Unlike other bike towns, we haven't put a lot of time and money into things like paths and trails." It's the people who make a difference. Williams is proud that it's been 10 years since the last cycling fatality. The school district includes bicycle education as part of the core curriculum at the elementary level. The downtown has a lot of bicycle parking facilities. And the streets are wide and well-kept.

3. Eugene, Oregon. It counts 21 miles of paths, 36 miles of bike lanes, and 18 miles of designated bike routes. The city runs a bike-on-buses program, employs a full-time bicycle coordinator and, since 1970, has had an advisory bicycle committee.

4. Washington, DC. The nation's capital has the largest bicycle touring club in America, the Potomac Pedalers. The local government has 2 full-time bicycle coordinators and plans to hire a third.

5. Indianapolis, Indiana. Home of the Major Taylor Velodrome, this city hosted the 1984 League of American Wheelmen rally, the '85 International Human Powered Vehicle Association Championships, and the '87 Pan American Games. The Mayor's Bicycle Task Force, formed in '74, is responsible for bicycle-safe sewer grates and the Indianapolis User Map.

6. Ann Arbor, Michigan. It has had a Bicycle Coordinating Committee since 1973, when a bikeway system was built. The city has a full-time bicycle coordinator and a bicycle parking ordinance. The 700-member Ann Arbor Bicycle Touring Society serves a diversity of cyclists and donates funds for the upkeep of city parks.

7. Bloomington, Indiana. This is the home of Indiana University's Little 500 race, made famous in *Breaking Away*. In Bloomington, cycling receives vigorous support from the press, city council, and motorists. Five state recreation areas are within cycling distance.

8. Calgary, Alberta. The site of the '88 Winter Olympics also has excellent bike routes, nice scenery, numerous bike groups, and extensive facilities for cycling commuting. There are more than 120 miles of well-surfaced bike routes.

9. Redmond, Washington. This town claims to be the "Bicycle Capital of the Northwest." As proof, residents cite the Marymoor Park Velodrome, extensive bike trails, courteous drivers, and a hospitable climate.

10. Palo Alto, California. The home of Stanford University recently passed an ordinance requiring developers to include bicycle parking space in plans for each new apartment unit. The city also requires developers to put showers for cyclists and joggers in new office buildings.

BICYCLING congratulates these top 10 cycling cities. We'll send a "Hospitable Cycling" plaque to the mayor's office in each one. And if you think your city should be on next year's list, please write and tell us why.

James C. McCullagh
Editor & Publisher

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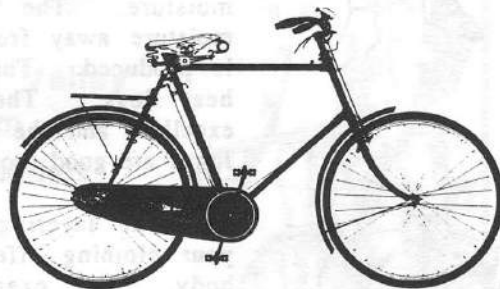
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The following article was published in the Nov/Dec '88 issue of Bicycle Guide. Bob McNair was DVBC's 1st club secretary. Just a few years ago, he gave a slide presentation at a DVBC meeting and invited us to his former home in Swarthmore.

ROBERT McNAIR: USING THE PAST TO PROMOTE THE FUTURE

Few objects evoke images of the past as vividly as a high-wheel bicycle. Yet these relics didn't achieve true collector status in the U.S. until the late sixties, after Robert McNair helped start a national organization of antique bicycle enthusiasts known as the Wheelmen. "Antique bicycles were slow to become collectibles," says McNair. "We began scouring the countryside for old bikes in 1967, 80 years after cycling's heyday." At the time, McNair feared the group's efforts might be too late—many of the older riders were dead, and much of their memorabilia had been destroyed. But over the past 20 years, the Wheelmen have found thousands of remarkable old bikes, and have uncovered reams of literature to help them research the history of cycling.

As a group of collectors, the Wheelmen maintain a high profile. Their membership only numbers about 1500, but they frequently ride in parades and give public exhibitions. While anyone can join the organization, only those who complete a ten-mile ride on a bike made before WWI are permitted to vote in the club elections. This policy has helped them attract a committed membership with a focus on riding antique bikes, rather than stockpiling personal collections the public will never see.

Dressed in the style of the 1880's, with brass buttons gleaming on their dark, close-fitting jackets and knickers, a performance by the Wheelmen looks something like a military drill. The members ride in formation, mount, dismount, and sometimes do stunts—just as their Victorian predecessors did. "The old cycling clothing is a uniform, but it's a sporting uniform, not a military one," says McNair. "The jackets and knickers are tight to avoid getting caught on the bike when mounting, and the ribbons and medals are the equivalent of ride patches.

"Roads were terrible in the old days, and the cyclists often rode in groups of twenty or more, so they needed a means of control," he continues. "The captain rode at the head with a bugler beside him, and when the road narrowed the bugler would sound single file." McNair produces a small, dented bugle, and blows a brief fanfare. "If they hit loose sand the bugler would sound the alarm, but if he wasn't fast enough he'd end up on the bottom of the pile."

Despite the relatively recent beginnings of the Wheelmen, Robert McNair has been involved with cycling since the thirties. He grew up in Cambridge, Massachusetts, and his first antique bike was an 1896 Humber Tandem with fixed gears, given to him in 1941 by the original owner. Cambridge cyclists laughed when young McNair brought the old tandem on a club ride—until they saw how fast it could go.

By 1944, McNair completed his M.S. at Harvard in Mechanical Engineering, and moved to Pennsylvania to take a job designing jet engines at Westinghouse. He helped form the Buck Ridge Ski Club, a group that brought canoe slalom

to America. McNair authored a book on white-water techniques, and points to a battered lavender canoe hanging among his many bicycles. "That was one of the first canoes in the U.S. to have knee straps," he says proudly, then explains, "It's always been scratched up, but the beauty of a canoe isn't when it's bright and shiny—the beauty is when it goes dancing through waves and under cliffs."

McNair's commonsense approach helped shape the early Wheelmen organization. "I didn't want us to simply restore old bikes," he recalls. "I wanted us to ride them and show bicycling to be a splendid American tradition. We have a different presentation than any other antique organization—we

put on a show. The second year we were in the Mummers parade [a New Year's tradition in Philadelphia] we won first prize," exclaims McNair. "The Mummers spend thousands of dollars on feathers [for their costumes], and we came in on old bikes and won. That publicity helped us go nationwide."

Because of problems with his vision, McNair has been unable to read a book since the fifties, and in 1983 he retired from his job when he became legally blind. A few years ago, he moved into his family's rural New Hampshire summer home, a plank farmhouse built in 1831. There he sometimes takes short trips on dirt mining roads on his new Univega mountain bike, but his marginal vision makes this risky. He is now 67 years old, and sparks still fly when he talks about bikes.

"They used to sell bicycles on mechanical merit," he says, gesturing to an old catalog. "They didn't use pretty girls in the advertisements, who didn't come with the bicycles

anyway." He points to the features in his bicycle collection: cotterless steel cranks, oversized tubing, internal lugs, diamond-shaped chainstays. "And if they couldn't make something better, they made it different," he says spinning the "Sunbeam" wheel on an old safety, with twisted spokes that sparkle in the light.

"Unfortunately, people copy well but innovate badly," he continues. "Most modern bikes are simply copies of the old ones, including the errors. Progress comes from ideas, not beautiful workmanship," he says, pausing in the center of his collection, "so we should treasure the classics, but keep moving forward."

The Wheelmen are not connected with the League of American Wheelmen, the national organization that protects cyclists' rights, but McNair feels the appreciation of old bicycles is part of a larger scheme. "The Wheelmen are not just a bunch of old stuffed shirts who want to pretend it's 1890," he maintains. "We're using the past to promote the future. The country isn't going to return to antique autos or horses and buggies, but I'd like to see us go back to bicycles. By generating publicity, we're playing a serious role in bringing cycling back to America." —John Derven



Robert McNair (right), shown with Wheelman David Metz, believes old bicycles belong on the road.



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LEADERS INFORMATION FORM FOR PROPOSED RIDES

Ride Name _____

Day _____ Date _____ Time _____

Starting Place _____

Class _____ Miles _____ Leader _____

Phone Number _____

Ride Description: _____

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A cyclist chronicles European journey

Reviewed by
Thomas Swick

Soon after graduating from college in 1981, Brian Hall set out, with a travel fellowship, to bicycle through Europe. *Stealing From a Deep Place* covers the last and unplanned leg of that journey, in which the author rides through Romania and Bulgaria and then moves in with a woman in Budapest, Hungary. How the two meet is never revealed, but the reader, by that point, is, like the author, so grateful for the company that the omission is forgiven.

It is not easy to write a travel book from the perspective of a bicycle tour. The cyclist is a lonely figure (unlike Paul Theroux on his crowded trains), often more concerned about miles covered than people met. The task becomes increasingly difficult when, like Hall, the traveler doesn't speak the language. Proceed with these handicaps through a country like Romania, where contacts with foreigners are discouraged by the government, and one has all the makings of a monotonous travelogue.

That Hall has produced something much, much better is testament to the compelling and largely unchronicled life of this part of Europe, as well as to his talents as a writer. One reads with pleasure of his fleeting experiences in Romania and Bulgaria and only upon finishing

STEALING FROM A DEEP PLACE Travels in Southeastern Europe Brian Hall Hill & Wang, 288 pp. \$18.95

each chapter realizes how little actually happened to him there.

He acknowledges that in Romania he skirted Moldavia, the most picturesque region. He was in a hurry — never a propitious condition for a travel writer, though some of it had to do with his visa — and because of this he took a quick route south, missing out on Bucharest, too.

He drank from a well, slept in a forest, tried to chat with peasants and crashed a Gypsy wedding. (Actually, he had an invitation of a sort. "The groom shouts to me over the noise. . . . Me — a lonely, hungry vagabond. The code of hospitality can be terribly seductive. One must not presume — and I have presumed.")

With little to tell, he works on the telling, and the result is a collection of closely observed, finely embossed vignettes: "Only the potatoes looked healthy, and that was because potatoes hide their diseases exceptionally well. The women behind the roughwood counters had the same look of wild guardianship that I had seen in the supermarket."

Hall's regard for Romania is such that, upon arrival in Bulgaria, he immediately finds that country, by comparison, winningly carefree. Here in the border town of Ruse we are granted the book's first and possibly finest character study — that of a con artist. Needing a repair for his bike, the author purposely cultivates this man, disregarding years of accumulated wisdom, and the result is an oddly sympathetic portrayal.

But it is in Budapest, with his bicycle safely packed away, that Hall enters into the life of the people. His companion, Zsoka, lives in the house once owned by her mother and now divided into four apartments. The mother resides with her husband "in a pleasant modern duplex on one of the Buda hills." Sunday dinners, taken at the parents' house, are heavy with calories and memories of Hungary's past. The historical passages that enliven the book are most successful in this chapter, partly because they are intertwined with the histories of the characters, partly because the author, having developed strong feelings for one of these characters, naturally develops them for the woman's country as well.

Zsoka is a dour, critical woman, and through her, Hall begins to appreciate Eastern Europeans' cynicism and moral



Brian Hall

questioning, their deep sense of history and symbolism, and their internal sadness. Revealing conversations are now added to his perceptive observations. With subtlety, he seems to protest at the injustice that has been dealt these people. In one of the last and most moving passages of the book, he describes a visit to the cemetery where Zsoka's father has recently been buried, because of a shortage of space, in someone else's plot.

Thomas Swick is an editorial writer for the *Providence Journal-Bulletin* in Providence, R.I. He lived for 2½ years in Poland and has traveled in Eastern Europe.

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GEAR '89 - Saratoga Registration Information

FEES

REGISTRATION FEE: The L.A.W. now requires weekend participants at GEAR to be League members. Enter your membership number (from *Bicycle U.S.A.* mailing label) in the space provided, or include membership fee with your registration.

HOUSING FEE: Increases by \$20 after April 1, 1989.

REFUNDS: \$25 service charge after April 1; no refunds after May 15.

CHILDREN: Complete a separate form for each child. Specify age. **AGE 3 AND UNDER:** free registration, meal plan and housing in parents' room (no bed provided). **AGE 10 AND UNDER:** free registration and motel housing in parents' room.

ROOM & BOARD

MEALS: Up to 1,800 meal plan tickets (Sat breakfast—Mon breakfast) are available to all regardless of housing location. Meals will be served at Skidmore. Friday dinner is offered as an option. It will be a catered buffet at the Canfield Casino in Historic Congress Park at 6:30 pm.

HOUSING is offered in campus dormitories or motels.

ROOM & BOARD are both optional; you may prefer to make your own housing arrangements at campgrounds or at one of Saratoga's hotels. For information on tent & RV camping or hotels contact the Saratoga Chamber of Commerce, 494 Broadway, Saratoga Springs, New York 12866 (518) 584-3255.

GENERAL

FUTURE MAILINGS TO REGISTRANTS: Registrants will receive a confirmation mailing in the spring, with more information on GEAR events, including a post-GEAR tour, and in May an Advance Program including directions and schedules of rides, workshops and special events.

LOGISTICS: All GEAR sites (special events, ride starts, housing, meals, workshops) are in or near downtown Saratoga Springs and offer convenient access by foot or bicycle. In addition, free shuttle bus service will be provided for GEAR participants.

QUESTIONS? Write to GEAR '89-Saratoga, P.O. Box 127, Albany, New York 12260, or call (518)383-2828 for a recorded announcement; leave your message for answer by phone or mail.

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Last name		First	Middle
Street Address			
City		State	Zip
Phone	Age	<input type="checkbox"/> Male <input type="checkbox"/> Female	
Name of Emergency Contact		Phone	
Club affiliation (if any):		I wish to room with (send registrations together):	

CHILDREN: Age 10 and under, discounts apply. See Registration Information fact sheet.

Registration fee includes GEAR '89 T-shirt. Circle size: S M L XL

Special needs: ☐ Handicap facilities ☐ Tandem/recumbent ☐ Child care

RELEASE:

I understand that I may be injured while bicycling or otherwise participating in this event, and I agree to be responsible for my own actions. I promise to hold harmless the GEAR '89 SARATOGA organizers, the Mohawk-Hudson Wheelmen, the League of American Wheelmen, Skidmore College, and the City of Saratoga Springs from any claims for injury or damage resulting from my participation in this event. I consent to emergency medical treatment in the event of injury. I promise to obey traffic laws and to practice courtesy and safety in bicycling.

REGISTRATION FEE:
L.A.W. members _____ \$36
Enter L.A.W. Membership # _____
or submit membership fee:
Individual membership: \$22 Family: \$27

ROOM AND BOARD: (optional)
MEALS: Saturday breakfast—Monday breakfast _____ \$50
(Vegetarian selections available at every meal.)
Friday Gala Welcome Buffet _____ \$7

HOUSING: _____ \$80

If postmarked after April 1, 1989 add _____ \$20

CHECK PREFERENCE:
☐ Dormitories ☐ Motel
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OK to substitute? _____ yes _____ no

Donation to Bicyclists' Education and Legal Foundation
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TOTAL ENCLOSED

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No mail-in registration postmarked after May 31, 1989. Send form(s) and payment (add 20% for Canadian funds) to:

GEAR '89 Saratoga, P.O. Box 127, Albany NY 12260
(518) 383-2828

X

X

Signature of Registrant

Date

Parent or guardian of minor (under 18)

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The 1989 L.A.W. National Rally will be hosted on the campus of Salisbury State University, Salisbury, Maryland, on Maryland's beautiful Eastern Shore. This event will attract approximately 1,500 bicyclists from around the nation who will be offered rides on flat remote backcountry roads and will provide scenic views, historic sites to visit, boat rides, and a chance to see both historic working sailboats and Assateague ponies.

SALISBURY, Md. _ The 1989 League of American Wheelmen National Rally will be held on the Eastern Shore here from June 30 to July 4, on the Salisbury State University campus.

There will be a National Leadership Council meeting June 30 and rides, workshops, exhibits and social activities throughout the rally.

Almost completely flat, the Eastern Shore is bicycling heaven for those who prefer watching scenery to grinding their way up hills. Most roads here are rural, with either good shoulders or very little traffic.

Accommodations will be on the SSU campus, where meals will also be eaten and almost all rides will start.

There will be rides of varying lengths to Assateague Island, home of the Chincoteague ponies; to Ocean City, Maryland's most popular resort; to the Chesapeake Bay; across ferries and to historical and recreational sites.

During the rally there will be workshops, entertainment, socials and a consumer show. There will also be rides, workshops, social events and accommodations for tandems also.

Advantages to visiting the Eastern Shore and the National Rally: bargain hunting for antiques; nightlife and sophistication of an ocean resort; the romance of America's only working fleet of commercial sailboats; cruising to historic Smith Island from Crisfield; taking a stroll down Cambridge's historic High Street, which "Chesapeake" author James Michner called one of the most scenic in the country; a trip to the Salisbury Zoo, one of the finest small zoos in America; the Ward Foundations's North American Wildfowl Art Museum, home of the worlds greatest collection of wildfowl carving; the Eastern Shore Early Americana Museum and Country Store at Marion Station, with thousands of rural items dating to the 1700s displayed in a converted three-story poultry house; Assateague National Seashore, with lots of wildlife and nature trails _ and a population of ponies descended from the survivors of a wrecked Spanish galleon; birdwatching in either the Blackwater National Wildlife Refuge, a major wintering area for Canada Geese using the Atlantic Flyway, or at Chincoteague National Wildlife Refuge; church and firehouse suppers with fried chicken, crab cakes, dumplings, oyster fritters, steamed crabs, corn on the cob and sweet potato biscuits; and, of course, the Chesapeake Bay, with an abundance of blue crabs, oysters, clams, flounder and trout.

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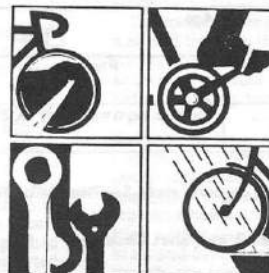
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Amt. _____

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Street Address or Box Number		City	State Zip
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Name of Emergency Contact		Phone	
I wish to room with (send registrations together):			
Club affiliation (if any):		I ride a: <input type="checkbox"/> Tandem <input type="checkbox"/> recumbent	

Please send further information: _____ pre tour _____ post tour
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In signing this release for myself or for the named entrant (if entrant is a minor), I acknowledge that I understand the intent hereof, and I hereby agree to and will discharge, release, absolve and hold harmless the NATIONAL RALLY '89 committee, the hosting regional clubs, the League of American Wheelmen, Inc., and their officers, volunteers and staff, and Salisbury State University and their officers, students, and employees, and any other parties connected with this event in any way whatsoever, jointly and severally, from and against any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage sustained as a result of my participation in this event or any activities associated therewith. In case of a minor entrant, I hereby agree to indemnify and hold harmless the above mentioned parties, jointly and severally, from any claims for injury, misadventure, harm, loss, inconvenience or damages which said minor may sustain by virtue of his/her participation in this event. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall heed traffic laws and practice courtesy and safety in cycling. I also give full permission for use of my name and photograph in connection with this event.

X

Signature of Registrant

X

Date Parent or guardian of minor (under 18)

REGISTRATION FEE: (Children 12 years and under free)

L.A.W. members \$50

Enter L.A.W. Membership # _____

Non-members: add appropriate membership fee below to registration fee

Individual \$22 Family \$27

ROOM AND BOARD: (Friday night to 2:00 p.m. Tuesday: Friday dinner to Tuesday lunch)

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PRE-RALLY AND POST-RALLY TOUR TOTAL ENCLOSED

PAYMENT:

All fees are 100% refundable, if written notice is postmarked before April 30, 1989: 75% refund if postmarked by June 1, 1989. **NO REFUNDS AFTER JUNE 2, 1989.** No mail-in registration postmarked after June 1, 1989. A limited number of walk-ins will be accepted on a space available basis. Send your registration form with check or money order in U.S. funds payable to:

L.A.W. NATIONAL RALLY '89, Salisbury State University
Salisbury, Maryland 21801-6837



BIKE LINE

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PENNSYLVANIA AND DELAWARE'S LARGEST DEALER
OVER 5000 BICYCLES IN STOCK
Clothing and Accessories for all Cyclists • Complete Repair Service Available
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Paoli Shopping Ctr.
647-8023

WAYNE
165 W. Lancaster Ave.
687-1110

WEST CHESTER
200 W. Gay Street
436-8984

BROOMALL
2619 West Chester Pike
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.
302-990-0202

SPECIAL EVENTS

Ques are due RENEW NOW

**ICICLE TOUR
PRE-REGISTRATION FORM**

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Mail with \$7 to:

WHITE CLAY BICYCLE CLUB
David Bundas
9 Leaf Lane
Newark, DE 19702



\$8 on day of event.

Great food!
Well marked.

map, sag, patch.



WHITE CLAY BICYCLE CLUB'S 1989 MAJOR EVENT SCHEDULE



1989 RIDE SCHEDULE

Get out the new calendars and note these dates:

Icicle Century Dave Bundas	Sun Mar 19
Tri-State Century Brian Hanson	Sat May 13
Double Century	Sat June 24
Double Cross John DeGood	Sun July 2
Twin Century Wally Hertler	Sat - Sun Sept 30 - Oct 1
Savage Century	Sat Oct 7

Congratulations to our friends in the Lancaster Bicycling Club for a very successful Covered Bridge Metric Century Ride, Aug 21. 670 Riders registered, the weather was beautiful and the route had many marvels. Well done and we'll see you next year!

Also, the Diamond State Bike Club (Dover) ran an excellent Amish Country Tour on Sept 10. A pre-ride rain discouraged the faint-hearted but the weather turned out to be beautiful. The ride offered 25, 50 and 100 mi loops of the best of Maryland/Delaware flatland riding. The food stop featured home-made Amish cherry pie (yummy!). Watch for this ride next year.



Please don't forget to wear your helmet.

Sunday, April 16, 1989: TAXING METRIC CENTURY. Info: Brandywine Bicycle Club, Stu Baird, (215) 783-0536.

Sunday, April 23, 1989: KING OF PRUSSIA 30 MILE BIKE-A-THON. Info: Upper Merion Parks and Recreation, (215) 265-2600.

Sunday, May 7, 1989: FREEDOM "MEGA" TOUR. Info: Delaware Valley Bicycle Club, P.O. Box 497, Media, PA 19063.

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.

June 18th-24th, 1989 - THE GREAT OHIO BICYCLE ADVENTURE, sponsored by the Columbus Council of AYH. A 7 day, circular tour of Ohio, approx. 50 mi./day. Camp in smaller cities of Ohio. Food provided by local service clubs and restaurants. Entertainment will be available each evening. \$45. Write: The Great Ohio Bicycle Adventure, 3130 North High St., Columbus, Ohio 43202. Call: 1-800-BUCKEYE.

Pedal Our Backroads!

A bicycle and a day to spend in beautiful Carroll County Come pedal our backroads and discover the hidden, quiet side of our countryside.

Mention this ad at our Tourist Information Center and receive a free cycling brochure. Enjoy ten exciting loop tours with over 150 miles of scenic and historic attractions. Carroll County, 45 minutes northwest of Baltimore City.

Carroll County
Tourist Information Center
210 E. Main St.
Westminster, MD 21157
(301) 848-1388
Monday-Saturday 9-5
Sunday & Holidays 10-2
Home of The Maryland Blue Ridge

The Bicycle Coalition of the Delaware Valley has the 1989/1995/2006 Cycle & Recycle International Bicycle Calendar for sale at \$6.00 each; 5-9 copies, \$5 each; 10 or more, \$4.50 each. The calendar celebrates the efficiency of the bicycle as a "work-horse". The calendar includes photos of the bicycle at work in 10 countries. Send a check to BCDV, P.O. Box 8194, Philadelphia, PA 19101.

A map of Washington D.C. area's bike routes called the Council of Governments map (COG) is available for \$5 + \$1 postage, from the Washington Area Bicyclist Association. This table size map of routes both inside and outside of the Beltway, has been rated excellent by numerous users. Write: Washington Area Bicyclist Association, 1015 31st Street. NW Washington, D.C. 20007

Tasman Seacoast Biker/Hiker

12 days in historic inns, farms, and lodges with all meals.
Avail: Dec.; Cost: \$1225
Adventure Experience:
A tour that offers multi-day "tramping" on the South Island.

Pedals and Paddles- Bush Bikes and Wild White Water.

5 days of camping with all meals.
Avail: Dec.-Apr.; Cost: \$460.
Adventure Experience:
2 days of rafting and 3 days of mountain biking in New South Wales.

Barbados Cycling

8 days in first class resorts with all meals.
Avail: Jan., Mar., Apr.; Cost: \$1698
Adventure Experience:
Warm sun, emerald Caribbean waters, miles of white beaches make the perfect setting.

Himalayan Mountain Bike Adventure

12 days with lodging and camping with all meals. Includes air.
Avail: Oct.-Apr.; Cost: \$2525
Adventure Experience:
The "Ultimate" Mountain Bike adventure thru the "Ultimate" adventure travel country.

Williamsburg Christmas Weekend

2 days at local inn with all meals.
Avail: Dec.; Cost: \$239
Adventure Experience:
Discover the customs of Xmas past in Colonial Williamsburg with cycles and hot chocolate.

Florida Cycling Fantasy

8 days in hotels and country inns with all meals.
Avail: Nov., Dec., Feb., Mar.; Cost: \$ 699
Adventure Experience:
Cycling, canoeing, tennis, plus ideal weather for great winter vacation.

Napa Valley Wine and Cycling

2 or 5 days in country inns with all meals.
Avail: Oct., Nov., Apr.; Cost: \$280-\$695
Adventure Experience:
Magnificent valleys, luxurious accommodations, exquisite cuisine, and wine tastings.

Maui Magic

5 days at resort hotels with all meals.
Avail: Dec., Feb., Mar.; Cost: \$760
Adventure Experience:
Cycle the beauty of Maui with a 40 mile descent down a volcano.

Cycling and Canoeing the Suwannee Countryside

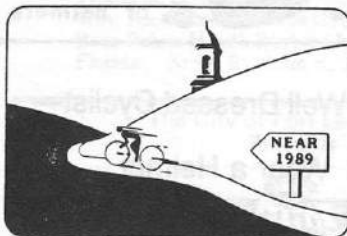
2 to 5 days in country inns with all meals.
Avail: Oct.- May; Cost: \$205-\$695
Adventure Experience:
Unique carefree vacation in Northern Florida.

**all adventure
TRAVEL**
7633 Leesburg Pike
Falls Church, VA 22043

1-800-537-4025

SPECIAL EVENTS

JOIN   **BYAC**



Saturday, August 12, 1989: DOG DAZE CENTURY. Info: Brandywine Bicycle Club, Mike Stull, (215) 793-2341.

Your Helmet: Don't Take Off Without It!

MARK YOUR CALENDARS --

NEAR '89

August 10-13, 1989

University of Connecticut
Storrs, Connecticut

What is NEAR? NEAR is the New England Area Rally held every two years which is sponsored by the following member bicycle clubs:

- Charles River Wheelmen, Boston, MA
- Boston Council of American Youth Hostels, Boston, MA
- Granite State Wheelmen, Salem NH
- Seven Hills Wheelmen, Worcester, MA
- Nashoba Valley Pedalers, Acton, MA
- North Shore Cyclists, Salem, MA
- Yankee Council of American Youth Hostels, Hartford, CT

This four-day event includes:

- *rides ranging from 15 miles to centuries in length
- * workshops/seminars on such topics as nutrition, photography, bicycle repair and maintenance
- * fashion shows of the latest in bicycle clothing
- * exhibits by wholesalers and retailers of bicycles and related products
- * entertainment, barbecues
- * attendance by interested adult bicyclists from all over the Northeast and beyond!

Specific information on the 1989 Rally schedule, accommodations, etc. will be ready in January, 1989 -- be sure to check your club's newsletter!



MEETING DATES OF THE FREEDOM VALLEY BIKE-A-THON ORGANIZING COMMITTEE FOR 1988-1989

11/11/88 (FRIDAY)	12/15/88 (THURSDAY)	1/20/89 (FRIDAY)
2/15/89 (WEDNESDAY)	3/20/89 (MONDAY)	4/13/89 (THURSDAY)
5/05/89 (FRIDAY)	5/12/89 (FRIDAY)	
5/14/89 (SUNDAY)	FREEDOM VALLEY BIKE-A-THON EVENT DAY!	
5/21/89 (SUNDAY)	CORESTATES US PRO CHAMPIONSHIP EVENT	

All meetings (except the Bike-a-thon and the CoreStates Championship) will be at the AYH Office at 6:30 PM, 35 S. 3rd. St. in Phila. (Phone 925-6004) YOUR HELP IS WELCOME!



TIRE REPAIR

The AYH Leadership Training Course has been a hallmark in the field of outdoor recreation since 1936. AYH trip leaders have compiled a list of helpful suggestions for bicycle touring, including tire repair.

The first step is to locate the cause of the flat. Check the valve by putting moisture on it. If bubbles appear, tighten the valve core or replace it.

Next, look for a nail, tack or piece of glass. Mark the break on the tire and remove the tire from the rim with a tire iron. Without removing the wheel, pull out the tube and find the break. With a scratching tool or sandpaper, roughen

the tube around the break. Spread a layer of cement around the break and let dry for several minutes. Peel the backing off the patch and press against the break.

Next, run your fingers around the inside of the tire to make sure the cause of the puncture is not still in there and replace the tube in the tire. Starting at the valve stem, carefully put the tire back on the rim. Use your fingers as much as possible. If you have strong hands you can put the tire back without using a tire iron. If you have to use a tire iron be careful that you do not pinch the tube and cause another leak.

Letter to the Editor

I am writing to express my concern over what I believe to be a dangerous practice in bikers passing each other without any warning.

Since I am a slow rider, I start centuries early and also spend little time at rest stops. I am therefore passed more often than the average rider.

During this year's national century I must have been passed by at least 100 people; some of them passed me two or three times. About one out of ten called out clearly "on your right" or "on your left." Many passed within inches on either side without any warning, seemingly oblivious to the possibility that I might swerve to avoid glass or another road hazard. Particularly in a century, when fatigue sets in, my attention to the rear is likely to be poor.

It would certainly seem in our mutual interests for riders to warn that they are about to pass. It is most unlikely that, in a collision, I will be the only one hurt, and blaming me for not keeping a straight line will not put back any of their skin or mend their broken bones or repair their broken bikes. I would gladly yield space to pass, but I need to know when and on what side.

Jacob L. Warner



Be a Well Dressed Cyclist--

Wear a Helmet

JOIN   **BYAC**

BICYCLE ★ ★ USA ★ ★

THE LEAGUE OF AMERICAN WHEELMEN



Join the national organization of bicyclists

BICYCLE USA operates the only national legislative program that defends your right to the road. The only nationwide courses in Effective Cycling training. The most complete network of Hospitality Homes for touring cyclists. The three best bicycle rallies and GEARS. The biggest calendar of cycling events, the best feature articles, and the friendliest coverage in BICYCLE USA magazine. PLUS... the **only** bicycle Almanac around—your guide to everything about bicycling. Clubs, rallies, books, magazines, organizations, events, plus many other sources of help and information. It's available only to BICYCLE USA members—bicyclists for better bicycling.

SIGN ME UP! I want to join BICYCLE USA today!

Name(s) _____ Telephone _____ / _____

Address _____

City _____ State _____ Zip _____

☐ New individual one-year membership: \$22

☐ New family one-year membership: \$27

Outside North America, add \$5 (Allow 6-8 weeks for receipt of first magazine)

Make check payable and mail to: BICYCLE USA, Suite 209
6707 Whitestone Rd., Baltimore, Md 21207

Take that exercise bike and pedal it elsewhere

experience  dictates
the use of helmets

What is a healthy body worth to me?
It's worth everything! It's worth sacrifice, sweat,
hard work, discipline, ridicule, money and un-
bearable pain.

But don't ask me to deface my bedroom by
putting a stupid exercise bicycle in it. When they
can make them look like boudoir chairs and come
in yellow, we'll talk about it.

Right now, it's a monument to the wheel. It
stands at least nine feet tall, glows in the dark and
has more appendages than the chariots in "Ben
Hur." It isn't exactly something you can build a
buffet around.

The whole idea of buying an exercise bicycle was
my husband's. He said it would be convenient to
have a physical fitness center right here in our
own home. We already had the scale. The conve-
nience part did sound good, so I agreed to put the
bicycle in a place where we'd use it and it would be
inconspicuous ... next to the water heater in a
storage room off the garage. My husband came up
with all kinds of flimsy excuses. Like, how in the
summer the temperature was 115 in there and
how we'd have to go outside in the winter and how
we'd have to hold furnace filters and paint cans in
our laps when we pedaled.

He thought the bicycle belonged in the house. I
thought I was a real sweetheart about his sugges-
tion. I offered him space in the pantry if he left it
in the box. I offered him the shower stall in the
guest bedroom with the contingency that it had to
be moved when we had guests. I offered him the
guest closet off the entrance way. That's when he
retaliated with possibly the dumbest idea to come
out of his mouth. He said, "Why don't we put it in
the family room in front of the TV set where you
can get your mind off what you're doing?"

Thirty-eight years of marriage and you think

BY
ERMA
BOMBECK



you know a person. He would put a bicycle with a
furry seat in the middle of my Santa Fe family
room. He would pedal it vigorously so that it
sounded like a thousand camels with wings when
I was trying to watch a poignant moment on
"Golden Girls." No one would ever notice the
pillows I needlepointed myself or the nice glass
bowl I carried on my lap all the way from Mexico.
They would enter the room and say, "Nice gym you
got here."

We argued. I said he was insensitive. He said I
was unreasonable. I said his mother wore navy
blue to the wedding. He said I could never argue
logically. I said logic was not the issue here. He
said it never was. I said a man was supposed to
listen to his wife. He said he could listen while
riding a bicycle in the family room. I said we
should compromise and get a stretching machine
that fit over the doorknob and you could store in a
drawer. He said we should put the bicycle in the
bedroom.

I never knew a healthy body would demand such
a price.

Be a Well Dressed Cyclist—

Wear a Helmet

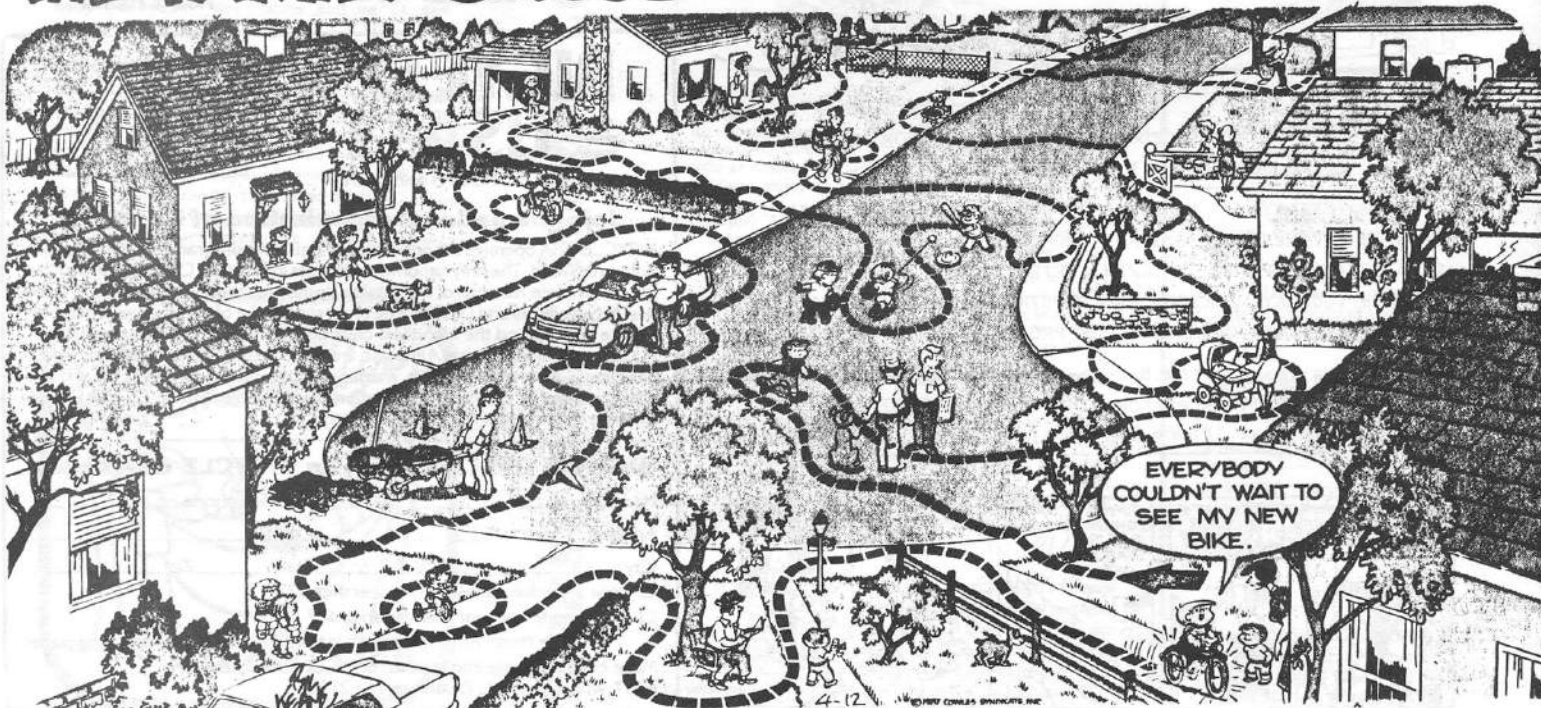


DUES ARE DUE MARCH 1st:

Use form on back cover of this newsletter to renew your membership.

THE FAMILY CIRCUS

By BILL KEANE



**Dues are due
RENEW NOW**

TRIATHLON 1988-1989

Dec 4 Coca-Cola National Championship Sprint Triathlon, Dennis Tebon, 1752 N.W. Madrid Way, Boca Raton, FL 33432, (407) 394-3273, Boca Pointe Health Racket Club, Boca Raton, Florida S: 5m B: 15.5m R: 3.3m

The City of Fort Lauderdale
Presents

The 8th Annual



TINMAN TRIATHLON

Hosted by Penrod's on the Beach

- 1 Mile Swim • 25 Mile Bike • 6.2 Mile Run
- Saturday, December 10, 1988
- Fort Lauderdale Beach

Individual and Relay Divisions

For Registration and complete information send SASE to:

Tinman Race
1101 Bayview Drive
Fort Lauderdale, Florida
33308

(305) 566-0622

Grand Prizes - 2 trips for two
to Paris furnished by



COULD YOU BEAT THIS MAN ON HIS HOME GROUND?

Peter Kelsick is the first official entry in Antigua's Pineapple Triathlon. He is also the Race Director, and promises that this year's triathlon will reflect all that is demanded from a top level professional event.

Antigua is the home ground, an island of unparalleled beauty, sunsoaked beaches, crystal clear warm water and a population that's courteous and friendly.

December 11th 1988 1:00 p.m. start.

\$25,000 Purse guaranteed minimum

Many other awards and trophies.

- Cash and Awards to top 5 Pros, male and female.
- Cash and Awards to age group winners (15-60) every 5 years.
- Cash Awards to top three relay teams.
- Special trophies awarded over all categories.
- Cash and Awards to top Caribbean Triathletes.
- All registered athletes will receive:
 - Welcoming Reception
 - Limited edition designer T-shirts
 - Awards banquet
 - Clinics by top pros and medical experts
 - Discounts on water sports activities.
 - Course tours.

Antigua has a major international airport and is serviced by direct flights on a regular basis by the major American, Canadian and European airlines.

- One mile swim
- 36 mile bike
- 7 mile run

THE PINEAPPLE TRIATHLON

ANTIGUA HOSTS

Entry Information Call or write: Pineapple Productions, P.O. Box 454, St. John's, Antigua, West Indies Tel: 809-461-0945, Fax: 462-1873.

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: 10 min. R: 10 min. Row: 10 min.

7TH ANNUAL

WINTERLUDE TRIATHLON
SUNDAY, FEBRUARY 5,
OTTAWA, CANADA
1989

Canada's largest winter triathlon on the historic Rideau Canal (the world's longest skating rink.)

- 5 km skate —
- 6 km cross-country ski —
- 7 km run

race information:

Mrs. Glenda Jones
1703 Gage Crescent
Ottawa, Canada
K2C 0Z7
(613) 225-1091



National Capital
Commission

Commission
de la Capitale nationale



Mar 19, 1989 Bonsai Biathlon, Myron Lehtman, 955 26th St., N.W. #207, Washington, DC 20037, (202) 338-0959, Washington, D.C.
R: 5k B: 25k R: 5k

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

May 22, 1989 Columbia Triathlon, Robert Drew Vigorito, 6662 Windsor Ct., Columbia, MD, 21044, (301) 730-3880, Centennial Lake, Ellicott City, Maryland
S: 1.5k B: 40k R: 10k

Tandems — Bikes Built for Two



A BICYCLE BUILT FOR TWO

The drawing above was the motif for the August 28 wedding of Debbie Kneppel and John Aniano. It was reproduced on mugs given as favors, and was the cover of a thoughtful "program" created by the bride and groom to commemorate their special day.

The wedding was beautiful, with perfect weather and an idyllic setting at Skylands Manor. And, in keeping with the fact that Debbie and John met on a BTCNJ ride, the club had a strong presence. We're sure the couple's relatives thought so.

Among the ushers were Mike Optekar and Paul Chaikowski. Leslie Stern was a bridesmaid. Kenn Pogash read a poem called "Love" by Roy Croft. And Paul Boddy blended touching sentiment with his usual perceptive humor in a reading called "Witness," which recounted Debbie and John's experiences on a BTCNJ tour of the Amish country.

It was special fun seeing 40 or so BTCNJers all dressed up in their finery -- no helmets, no gloves, no black shorts. (Maureen Kane's chin-strap tan was the only reminder of how we usually look on weekends.) In fact, the club must have given off such strong vibrations that Debbie unwittingly booked a band whose drummer turned out to be named Dave Rataczjak! (Our Dave, who spells his name differently, was also there.)

On behalf of all your club friends who attended, Debbie and John, I thank you for inviting us to enjoy a fantastic day.

--Marian Calabro

The above article was reprinted from the BTCNJ November Newsletter.....



TANDEM CALENDAR

May 27-29, 1989. **Northwest Tandem Rally**, '89. Bend, OR. SASE to Alpenglö Velo, P.O. Box 6324, Bend OR 97708. Or call Pat Lippy (503)-389-2503 for more information.

May 27-June 4, 1989. **The Tandem Club International Week**, '89. Meusand- Burgundy, France. A terrific week sponsored by the Tandem Clubs of England, France, and Holland. SASE to Ian and Catie Grant, 47 Morant Road, Colchester, Essex CO1 2H2, England, (0206) 4523

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

September 1-4, 1989. **Midwest Tandem Rally**, Cleveland, OH. For more information, send a SASE to Ken Roehl & Candy Anker-Roehl, 3554 Fenley Road, Cleveland Heights, OH 44121.

Late October or Early November, 1989. **Southern Tandem Rally**.

FOR SALE: PILORON custom touring tandem, light blue, Reynolds/Columbus Men's/Men's 24x23 frame, Cinelli bars, Dura Ace cranks, Phil Wood wheels and bottom brackets, Campy stems, cantilever and disk brakes, 48-spoke SuperChampion 27" rims, Blackburn front/rear racks. Proven for distance touring. \$1700 or best offer. Ron Romeis, 506 Midland Circle, St. Davids, PA 19087. ph: (215)-688-2330. 01/89

FOR SALE: Giant Tandem, 10-speed with drum brake, 24x22, external internal with miste rear. Many new parts, including new chromoly fork, Technomic stem, Ladies Avocet Gel Saddles, cables, etc. Very good condition. Asking \$550.00. John M. Sharpe, 633 N. 10th Street, Allentown, PA 18102. ph: (215)-770-2377 days or (215)-432-5846 evenings.

FOR SALE: Gitane tandem. Mixte frame. New rear wheel, rear seat and many mechanical parts. Good mechanical and cosmetic condition. \$600.00 Stuart Blum, 837-4010, Monday-Friday, 9 a.m. to 5 p.m. AREA CODE: 301



The 1988 Eastern Tandem Rally

The University of New Hampshire, Durham, NH, was where it all came together in '88. Since UNH is about as far north and east as you can find tandems in the US, the hosts, Bob & Linda Harvey and Anne and Emery Glass, offered a four-day option in addition to ETR's traditional three-day rally. This additional day was offered as a "roll your own ride day," a time to renew acquaintances and explore a bit of the countryside using maps from last year's New England Area Rally. To the Harvey's and the Glass's -- Thanks, it was a nice touch.

New England doesn't usually have temperatures in the 90's, but this year was the exception. Air conditioners are unknown, and box fans were at a premium. We heard of one couple who, after the first steamy night, bought or rented a fan from the local ice cream parlor. This enterprising couple, who shall remain nameless, got two very good night's sleep afterward. Other "high stakes" were being offered for anything that moved the oppressively hot air, but most tried to ignore the temperatures and ride. Of course, our erstwhile editors let everyone within earshot know that it was cooler in Alabama, and maybe the ETR should move south in the future.

The organized rides on Saturday and Sunday went to some of the historic forts and parks in the area. Lunch Saturday was at Ft. Odiorne State Park in Maine. At last, a bi-state rally. Sunday's lunch at Ft. Foster was a welcome respite, as, instead of the heat, we were looking for dry weather. Many of us got rained on on our way to the park! Have you ever heard a foghorn at close range? Awesome, to say the least!

One of the culinary delights was Saturday night's lobster bake. Fresh lobster, corn on the cobb, steamed clams, and on and on. The food seemed to last forever. It was a sight to behold, watching all the land-lubbers tackle their first whole lobster. The bibs were welcome. Otherwise many would be swimming in butter.

Fred Dodge, brother of the late Marshall Dodge -- Marshall co-authored The New England Humour Book -- regaled us with a one-man show about life in Maine. If only you had been there...

Sunday afternoon came all too soon, as it was time to head on our way to our destinations. Many couples went on to one of the two post tours offered. Others headed back to their homes throughout the US, Canada, and even Great Britain.

Next year's ETR is to be held in Elizabethtown, PA, in the heart of the Pennsylvania Dutch country. We hope you can join us on our own "home turf" next year.

Scott & Amy Hoffman
Lancaster, PA

**Quies are due
RENEW NOW**

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

PEDALPUSHER SKI & SPORT (PSAS), 658 Easton Rd., Horsham, PA 19044. The East Coast's largest bike and ski shop. 37 brands. Open 7 days. Tandems currently carried are Cannondale, Nishiki, Kuwahara, Cinelli, and Burley. Parts, wheels, everything! Ph: (215)-672-2002

TEAM Casual

DUES
ARE
DUE
RENEW
NOW

Challenges Competitors to "Follow The Leader"

Safety in Pacelines

by Stuart Levy

What is a paceline? A paceline is a useful concept to increase one's overall speed and decrease the amount of work that an individual must exert to maintain that speed. The downside of a paceline is that if the paceline does not act as cohesive unit, then the result could be unpleasant. There are some basic things that the individuals in a paceline should and should not do. These are discussed below.

The things that an individual should do while in a paceline:

- All of the cyclists should try to ride in as straight a line as possible.
- Each cyclist should try to maintain a constant speed.
- There should be two to three feet between the riders. Some cyclists prefer to ride closer than this distance to increase the effect of the draft. This is a dangerous proposition, because it decreases the reaction time if something out of the ordinary happens in front of you.
- If a cyclist feels uncomfortable about being directly behind another cyclist, then the cyclist can move three inches to the side. This will decrease the effect of the vacuum slightly, but it will increase the safety of both cyclists dramatically.
- Make your intentions known. If the person pulling the paceline moves to the side, then he or she should try to communicate this action to the second person in line before it is performed. An easy way to do this is to look over your shoulder before pulling to the side.

- Standing up in paceline must

be done with great care. If you stand up too quickly, it forces your bike backwards six to twelve inches.

- If a person hits your rear tire, keep on pedaling at a constant speed. If you stop pedaling, chances are both of you will crash.
- If the leader is approaching an obstacle in the road, the leader should point it out. This signal should be passed on down the line. This holds true for cars approaching from the front or rear.

Things that individuals should not do in a paceline:

- If you are struggling to maintain the speed of the paceline while drafting, then you should probably not be in that paceline.
- Do not alter your speed dramatically. This is especially important when the paceline is approaching or starting to ascent a hill or grade.
- Individuals should never brake hard. If you feel that you are getting close to the cyclist in front of you, pedal a little more slowly.
- You should never overlap wheels.
- A person using Scott handlebars should not have his arms in the extended position when in the middle or the rear of a paceline. If the cyclist is pulling (out front), then the arms can be in the extended position.

The most important thing that a person can do is to use his head and common sense. The cyclist must remember that his actions can have an impact on the people surrounding him. So please be careful.

The competition hates our guts.

TEAM DVBC'S (TEAM Casual's)							
DVBC	HOLLOWEEN	EVE	5 MILE	TIME	TRIAL	RESULTS	
NAME	AGE	TIME	FRAME	MPH	PL.	PTS	
Glen Milano	15	12:23	Schwinn	24.2	1st	10	
Bob McKenney	39	13:51	Raleigh	21.7	4th	07	
Annie Fetter	22	15:50	Schwinn	18.9	10	01	
John Gibbons	32	17:23	-----	17.3	12	01	
Rich Simons	24	13:16	Fuji	22.6	2nd	09	
Jerry Cox	45	18:30	Raleigh	16.2	13	01	
Joe Shay	20	14:27	Raleigh	20.8	8th	03	
Anthony Falcone	22	14:15	Colnago	21.1	7th	04	
Bunky Webb	28	13:27	Schwinn	22.3	3rd	08	
Chris Fischer	15	17:12	Fuji	17.4	11	01	
Steve Saukaitis	15	13:51	Raleigh	21.7	4th	07	
Ed Silcox	41	14:41	Bianchi	20.4	9th	02	
Rich Patterson/	35	14:08	Tandem	21.2	6th	05	
Bill Taylor	36	14:08		21.2	6th	05	

13 bikes entered/ 14 participants entered!
Average age: 30 Average bike time- 14:52
Average participant's time was 14:49 (20.2 mph)
Timekeeping: Rollin' Rich Patterson

For information: call Rich at 215-622-2954.
Course: Sugartown, Goshen, & Providence Roads.

Average Speed for 15-20 yrs old = 21.0 mph (4 riders)
Average Speed for 21-30 yrs old = 21.2 mph (4 riders)
Average speed for 31-40 yrs old = 20.4 mph (4 riders)
Average Speed for 41-45 yrs old = 18.3 mph (2 riders)

Wear a helmet.

Safety in Pacelines

TENTATIVE TEAM
DELAWARE VALLEY
BICYCLE CLUB
TIME TRIAL
SCHEDULE

OCT 30, 9:15 AM
NOV 24- Glasgow,
Del. 8:30 AM
DEC 18, 10:15 AM
JAN 29, 1:00 PM
FEB: NO TT!
MAR 5, 1:00 PM
APR 9, 9:15 AM
MAY 14, 9:15 AM
JUN 18, 9:15 AM

WEAR A HELMET!!

WITHSTAND THE
TOUGHEST TEST
OF ALL- THE
TEST OF TIME!

**WITHSTAND THE TOUGHEST
TEST OF ALL -
THE TEST OF TIME**



The Missing Man Formation.

**Volunteers
Are Needed**

In case Rich Patterson gets sick or must go on a business trip, at least one person is needed as a back-up timekeeper for the TEAM Casual Time Trial Program. Please call Rollin' Rich Patterson at 215-622-2954, if you can help! Thanks!

DELAWARE VALLEY BICYCLE CLUB

P.O. Box 497
Media, PA 19063

SEASON'S GREETINGS

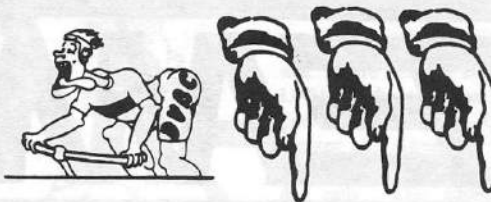


Season's Greetings

Dues are due RENEW NOW

MEETING NOTICE: DO NOT DELAY DELIVERY

FIRST CLASS MAIL SHOULD BE DELIVERED BY BICYCLE



**PLEASE
AFFIX
POSTAGE**

FIRST CLASS MAIL

Season's Greetings

Place Label Here

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

experience
the use



dictates
of helmets

Dues are due



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 1988 DVBC Membership
(Expires 2/28/90)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

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

- ☐ Class D: slow
☐ Class C: average
☐ Class B: brisk
☐ Class A: fast
☐ Off-Road

I'll volunteer for:

- ☐ Ride Leader
☐ Sag Wagon Driver
☐ Tour Food Stop
☐ Newsletter Editor
☐ Newsletter Typist
☐ Newsletter Collator
☐ Advertising Coordinator
☐ Newsletter Co-editor
☐ Newsletter Delivery
☐ 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.

☐ \$7.00 DVBC-Team Drexel Hill (Road Racing)
Drexel Hill Cyclery

☐ \$5.00 Team Delaware Valley Bicycle Club
Team Casual! (Road Racing)

☐ \$5.00 DVBC Triathlon Div.

☐ \$5.00 DVBC Tandem Div.

_____ **Total Amount Enclosed**