



## DELAWARE VALLEY BICYCLE CLUB

P.O. BOX 497 MEDIA, PA 19063

**FREE!**

## WINTER 1989/1990

### Let's Continue our Efforts into the 90's

Hello Delaware Valley Bicycle Club members. Welcome to the final issue of 1989! In fact, welcome to the last issue for the 1980's.

As we extend to you our warmest wishes for Christmas and 1990 we start another decade . . . of cycling! The last ten years have seen great strides in cyclists' use of the roads. The next decade we must re-double our efforts to ensure our past efforts are not lost or taken away by uninformed motorists who would rather see us in a ditch or off the roads completely. Don't give up your right to pedal! Become involved with local groups such as DVBC, the Greater Delaware Valley Bicycle Coalition or the statewide Bike-Fed, all of whom have the interests of bicyclists as a primary concern.

For those of you who record mileage daily, in a log or on a computer, make a New Year's resolution to pedal 10 to 20% more miles than last year. Whether it's commuting, towing or racing, use your bike.

### Help Wanted

One or two people are needed to be Ride Coordinators for DVBC. This is one of the most important positions in the club, yet it requires only a few hours a month. Duties are as follows:

1. Call trusty Ride Leaders and take down the pertinent information about rides to be scheduled for the upcoming newsletter issue—date, time, distance, class and description. Each issue, except for the Winter issue, covers one calendar month.
2. Compile a chronological list of all the rides, with all the ride details, that will be included in the upcoming issue.
3. Pass this schedule on to the typesetter and/or editor by the deadline for the issue.
4. When you get your newsletter, proofread the ride calendar for mistakes.

For more information contact Ira Jospehs at 565-4058.

## Board of Directors

|                       |          |
|-----------------------|----------|
| <b>President</b>      |          |
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| Don Ashbrook   | 566-9142 |
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| Lee Kowalski   | 626-2093 |
| Rich Patterson | 622-2954 |
| Bob Wright     | 623-8373 |

## 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

|                       |                                    |
|-----------------------|------------------------------------|
| <b>Editor</b>         | Vacant                             |
| <b>Racing Editors</b> | Frank Havnoonian<br>Rich Patterson |
| <b>Special Events</b> | Rich Patterson                     |
| <b>Advertising</b>    | Hank Hox                           |
| <b>A/B Rides</b>      | Mike Keating                       |
| <b>C/D Rides</b>      | Ira Josephs                        |
| <b>Assembly</b>       | Frank Havnoonian                   |
| <b>Mailing Labels</b> | Mike Keating                       |
| <b>Typesetting</b>    | Mike Keating                       |

## Club Addresses

### Editor:

DVBC  
P.O. Box 497  
Media, PA 19063

### Membership & Club Box:

DVBC  
P.O. Box 497  
Media, PA 19063

### Newsletter/Special Events

DVBC  
P.O. Box 497  
Media, PA 19063

## Items for Sale & Ride Reports:

DVBC  
P.O. Box 497  
Media, PA 19063

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.
  - 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!*



# Ride Calendar

|   |  |
|---|--|
| December 9 • Noon<br>Miles: 30 • Class C+<br><i>Battlefield Ride</i>              | Meet in the parking lot of Valley Forge National Park off Rt. 252. Enjoy this ride in and around this historic battleground. There are some rolling hills. If further directions are needed, or in case of bad weather, call ride leaders Sarah Shirk (985-9335) or Annie Fetter (543-5107)                |
| December 10 • 9:00 A.M.<br>Miles: 30-60 • Class A/A+<br><i>Training Rides</i>     | Meet at Frank Havnoonian's, 900 Anderson Ave., Drexel Hill every Sunday in December, January and February for training rides of various lengths and destinations. Fast paced but not a race. Call Frank if the weather is questionable or to get more information: 449-6154.                               |
| December 16 • 9:00 A.M.<br>Miles: 35 • Class B—<br><i>Swarthmore-Westtown</i>     | Meet at the (burned out) Acme in Swarthmore (Rt. 320 and Park Lane Rd.). Or, meet at 9:30 at the Media Courthouse (corner of Front St. & Veteran's Sq.) to do a 25-mile class C+ ride. We'll go through Ridley Creek Park and by the spring at Glen Mills. Call Doug Kennedy at 543-4664.                  |
| December 17 • 9:00 A.M.<br><i>Training Rides</i>                                  | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| December 17 • 2:15 P.M.<br>Miles: 5 • Class: All<br><i>Goshen Time Trial</i>      | Meet 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 or if the temperature is less than 32° call Ed Silcox at 527-3914.  |
| December 23 • 1:00 P.M.<br>Miles: 22 • Class C<br><i>Chateau Country</i>          | Meet at the south end of Concord Mall (near the greenhouses) just north of the Sheraton Hotel on Rt. 202, just south of Rt. 92 in Delaware. Two other clubs are invited. This will be an easy-paced ride with hills with an optional food stop at the end. Call Roz or Dave Chasin (302) 478-1610.         |
| December 24 • 9:00 A.M.<br><i>Training Rides</i>                                  | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| December 24 • 10:00 A.M.<br>Miles: 30 • Class C+<br><i>Santa &amp; Reindeer</i>   | Leave from Rose Tree Park on Rt. 252 just north of Media and Rt. 1. Hook up your trailer full of goodies — we'll visit the homes of all the good little boys and girls on this very special holiday ride. For more information, or in case of bad weather, call Rich Bernhard at 284-2019.                 |
| December 31 • 9:00 A.M.<br><i>Training Rides</i>                                  | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| January 1 • 10:00 A.M.<br>Miles: 25-30 • Class C<br><i>Hangover Special</i>       | Meet at the Drexeline Shopping Center (State Rd. & Township Line - RT. 1) in Drexel Hill. Start the year off on the right pedal by trying a bicycle ride toady — the best cure for a hangover. For more information call ride leader Rich Bernhard at 284-2019.  |
| January 6 • 2:15 P.M.<br>Miles: 15 • Class C<br><i>South Jersey</i>               | Meet at the Bridgeport School in New Jersey. Cross the Com. Barry Bridge and take Rt. 130 North, make the first right onto Barker Ave., make next right onto Crown Point Rd. (Rt. 44) and there's the school. Various flat rides. For more info, or in case of bad weather, call Rich Patterson: 622-2954. |
| January 7 • 9:00 A.M.<br><i>Training Rides</i>                                    | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| January 7 • 2:15 P.M.<br>Miles: 5 • Class: All<br><i>Goshen Time Trial</i>        | Meet 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, or if the temperature is below 32°F call Rollin' Rich Patterson at 622-2954.                                       |
| January 8 • 7:30 P.M.<br><i>DVBC Meeting</i>                                      | Doors open at 7:00, meeting begins at 7:30. Keep in touch with cycling during the cold winter months — come out to the meetings. Unitarian Church, Rose Tree Rd., Media.   |
| January 13 • 9:00 A.M.<br>Miles: 25-35 • Class C+<br><i>Ride to Somewhere</i>     | Meeting place and destination not yet determined — call to find out. Trust these leaders to take you on a fun-filled ride wherever they go. Bring a lunch. Call if you are coming. Trusty ride leaders are Sarah Shirk (985-9335) and Annie Fetter (543-5107).   |
| January 14 • 9:00 A.M.<br><i>Training Rides</i>                                   | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| January 20 • 9:30 A.M.<br>Miles: 45-50 • Class B—<br><i>Chadds Ford-Glenmoore</i> | Meet at the Chadds Ford Elementary School (the start of the Brandywine Tour - Rt. 1 just west of Rt. 100). Bring or buy lunch for this ride that will explore the bike path north of Downingtown. For more information, or in case of bad weather, call Doug Kennedy at 543-4664.                          |
| January 21 • 9:00 A.M.<br><i>Training Rides</i>                                   | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |



|   |  |
|---|--|
| January 27 • 1:00 P.M.<br>Miles: 22 • Class C<br><i>Chateau Country</i>       | Meet at the south end of Concord Mall (near the greenhouses) just north of the Sheraton Hotel on Rt. 202, just south of Rt. 92, in Delaware. Two other clubs are invited. A few hills with an optional food stop at the end. Call Roz or Dave Chasin, (302) 478-1610, if you are coming.                   |
| January 28 • 9:00 A.M.<br><i>Training Rides</i>                               | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| February 3 • 9:00 A.M.<br>Miles: 25-35 • Class C+<br><i>Surprise Ride</i>     | Meeting place and destination not yet determined — call to find out. Trust these leaders to take you on a fun-filled ride wherever they go. Bring a lunch. Call if you are coming. Trusty ride leaders are Sarah Shirk (985-9335) and Annie Fetter (543-5107).   |
| February 4 • 9:00 A.M.<br><i>Training Rides</i>                               | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| February 5 • 7:30 P.M.<br><i>DVBC Meeting</i>                                 | Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: To be announced at the January meeting. Unitarian Church, Rose Tree Rd., Media.   |
| February 11 • 9:00 A.M.<br><i>Training Rides</i>                              | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| February 11 • 10:00 A.M.<br>Miles: 25-30 • Class C<br><i>Valentine Ride</i>   | Meet in the Longwood Gardens main parking lot on Rt. 1 near Kennett Square. Bring a Valentine and ride the "Chadds Ford Bypass." With any luck Cupid's arrows will find their mark — and not puncture any tires. Call Rich Bernhard (284-2019) in case of bad weather or for more information.             |
| February 11 • 2:15 P.M.<br>Miles: 5 • Class All<br><i>Goshen Time Trial</i>   | Meet 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 or if the temperature is less than 32° call Ed Silcox at 527-3914.  |
| February 17 • 1:00 P.M.<br>Miles: 22 • Class C<br><i>Chateau Country</i>      | Meet at the south end of Concord Mall (near the greenhouses) just north of the Sheraton Hotel on Rt. 202, just south of Rt. 92, in Delaware. Two other clubs are invited. A few hills with an optional food stop at the end. Call Roz or Dave Chasin, (302) 478-1610, if you are coming.                   |
| February 18 • 9:00 A.M.<br><i>Training Rides</i>                              | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| February 18 • 9:00 A.M.<br>Miles: 35 • Class B—<br><i>Swarthmore-Westtown</i> | Meet at the College Theater in Swarthmore (Rt. 320 near Fairview Rd.) Enjoy this ride through some scenic areas (even in dead of winter) to Westtown. There will be a food stop at a convenience store about half-way through the ride. In case of bad weather, call Doug Kennedy at 543-4664.             |
| February 25 • 9:00 A.M.<br><i>Training Rides</i>                              | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| March 4 • 9:00 A.M.<br><i>Training Rides</i>                                  | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| March 4 • 10:00 A.M.<br>Miles: 30-35 • Class C+<br><i>Pa. Dutch Country</i>   | Leave from the Octoraro School parking lot (Rt. 41 & Highland Ave., a few miles north of Rt. 10 in Chester County). Tour the Pa. Dutch area with a stop for shoo fly pie. For more information, or if the weather is bad, call Rich Bernhard at 284-2019.  |
| March 5 • 7:30 P.M.<br><i>DVBC Meeting</i>                                    | Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: To be announced at the February meeting. Come out and get motivated for the return of warmer weather.   |
| March 10 • 2:15 P.M.<br>Miles: 20 • Class C<br><i>South Jersey</i>            | Meet at the Bridgeport School in New Jersey. Cross the Com. Barry Bridge and take Rt. 130 North, make the first right onto Barker Ave., make next right onto Crown Point Rd. (Rt. 44) and there's the school. Various flat rides. For more info, or in case of bad weather, call Rich Patterson: 622-2954. |
| March 11 • 9:00 A.M.<br><i>Training Rides</i>                                 | See December 10 for Frank Havnoonian's winter series of Sunday training rides for class A/A+. Distances (30 - 60 miles) and destinations vary.   |
| March 11 • 2:15<br>Miles: 5 • Class: All<br><i>Goshen Time Trial</i>          | Meet 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, or if the temperature is below 32°F call Rollin' Rich Patterson at 622-2954.                                       |



Who did you answer the Bicycling's Sex Survey with?

## CLASSIFIEDS

**FOR SALE:** Nishiki Tandem, 23.5x21.5. Suntour XC Cam Brakes, SunTour XC Derailleurs, SunTour BarCons (bar end shifters). 48-spoke wheels. Sealed bearings throughout. \$1250. Dave (215)-855-0807 01/90

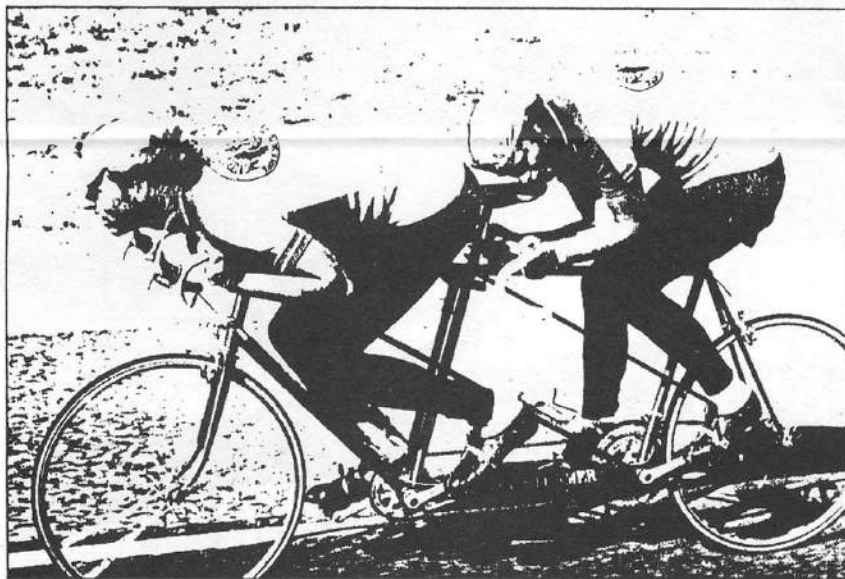
**FOR SALE:** Gottfried Tandem frame and many components. 23.5x21.5. Blue paint in very good condition. Also included are the headset, front and rear stem, front handlebars, brakes, bottom brackets, both seat posts, two saddles (1 mens, 1 ladies), front and rear derailleur, and pump. All for \$700. Steve @ (301)-474-3979 01/90

**FOR SALE:** 24x22" Melton Tandem. Sugino AT triple/6-speed rear. Phil Wood tandem hubs. \$900 or best offer. Contact Mel (301)-398-3418.

**FOR SALE:** Santana Classic (Marathon Frame). 22x19 Sand. Phil Wood 48-spoke hubs. Mafac Cantilever brakes w/Mathauser pads. Edco Competition headset and bottom brackets. SunTour AG front derailleur, Huret Duopar Eco rear derailleur. Phil Wood pedals. Fenders. Stoker shockpost (very comfortable). Beautifully maintained. Asking \$1850 plus freight. Anne Reynolds, 405 Oradell Avenue, Oradell, NJ 07649, Ph: (201)-262-8181 01/90

**FOR SALE:** 21x20 Santana Sovereign S - 1987 Team Racing Tandem. Full Campy equipped, with Super Record triple front and 6-speed rear. Sacrifice at \$2800. Dan Colodney, RD2, Box 482-A, Hampton, NJ 08827, Ph: (201)-878-7988 daytime or (201)-730-7384 evenings 01/90

## THE TRUTH ABOUT TANDEM: SMALLER AIN'T FASTER



**B**ig things aren't supposed to be fast. An 18-wheeler couldn't beat a sports car in a drag race. Nor could a defensive lineman outspurt a wide receiver on the football field. Smaller is faster, right?

Some cyclists turn this logic on tandems, dismissing them as slow beasts. These are the same people who are most fun to blow past on a tandem. Their jaws drop all the way to their silk tubulars as they confront the truth: Tandems are fast.

How fast? Fast enough to carry Joe Breeze and Otis Guy to five straight "wins" in the Davis (California) Double Century, from 1975 to 1979.

Breeze recalls the duo's uncertainty before and during their first Davis ride. "We were really worried after hearing all those stories about how slow tandems are. So we went off the front out of Davis, and the field, which included George Mount and all these Category I NoCal riders, just let us go and figured they would catch us on the hills. That's what we were thinking would happen, too. We hammered as fast as we could, and when we got to the top of the first big hill, they were ten minutes back, and when we got to the bottom of the hill, we were 20 minutes to a half-hour ahead.

"But then we broke a spoke. By the

time we got to the top of the next hill, our front wheel had detensioned so much that we couldn't stand up. It was pouring rain and almost snowing at the top. Not only that, but our support vehicle never got started in Davis, and since we were way ahead of previous schedules, the food stands hadn't been set up yet, so we were running out of food. We started to bonk, and all those guys caught up to us at the halfway point."

By this point, Breeze and Guy were ready to give up, as even their formidable horsepower couldn't overcome such improbable obstacles. But a succession of good fortune, in the form of a feed zone, a spare wheel and an upswing in the temperature, sent them onward to the first of their five Davis victories.

"After the weather cleared up," Breeze recounts, "we headed out over these hills back to the Sacramento Valley. And there were three sets of downhills where we were going 60 to 65 miles an hour. We just hammered and beat everybody by 20 minutes. We averaged well over 25 miles an hour over the last 100 miles."

Did their associates' attitudes toward tandems change after their win? Well, sort of, Breeze says.

"People said that tandems would never do well on that course. So we did it, and we won it—we beat everybody by 20 minutes. And then their comment was, 'Well, of course, you were on a tandem.' I couldn't stand it," he laughs. —Keith Mills



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436-8984

**NEWARK**  
212 E. Main St.  
302-368-6779

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

**WAYNE**  
165 W. Lancaster Ave.  
687-1110

**PHOENIXVILLE**  
711 Nutt Rd.  
935-9111

**BROOMALL**  
2619 W. Chester Pike  
356-3022

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

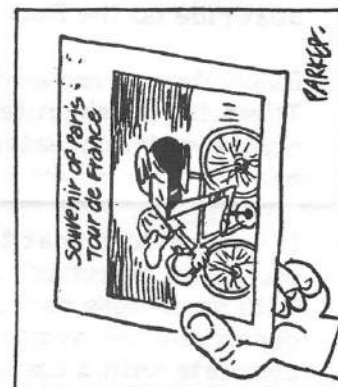
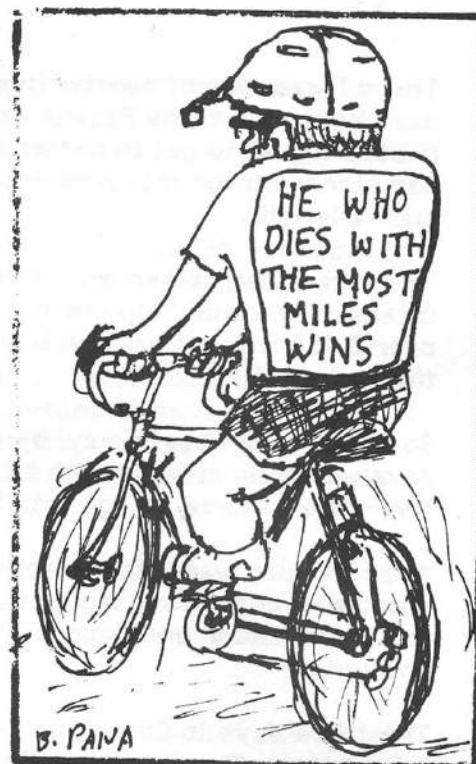
**PIKE CREEK**  
Pike Creek Shop. Ctr.  
302-998-0202

**COLLINGDALE**  
533 Mac Dade Blvd.  
583-7711

**ARDMORE**  
55 W. Lancaster Ave.  
649-9839

**EMMAUS**  
831 Chestnut St.  
967-1029





## BIKING THE PACIFIC COAST

There I was, one of ninety-five riders at Pier 70 in Seattle getting ready to spend twenty-six days biking down the Pacific Coast and wondering how I came to be there. I knew that I had needed a goal to get in better shape since my retirement from teaching three years before, so I had signed up for this American Lung Association Trek not actually expecting to make a ride of such a length.

However, I learned so much more than I had anticipated -- how regular exercise, gradually intensified, could help one get into shape -- no matter how late in life. Although I had trained over 2,000 miles, I still wasn't sure how well I would keep up with truly seasoned bikers over the long haul.

So we crossed Puget Sound by ferry to begin the ride in Bremerton. During the next three days we would ride through a one-hour downpour and I would have a flat. But crossing the five-mile Astoria Bridge into Oregon would be special.

The fifth day was a lay-over in Lincoln City. The rains caught up with us before we could leave and the next morning brought a steady drizzle to accompany folding the tents, loading the gear truck, and biking until about 1:00 PM. Thank goodness that was the last rain we would encounter!

The three days to Gold Beach, Oregon were highlighted with ocean views, seal beaches, and sand dunes. The day off in Gold Beach allowed some of us a six-hour scenic and restful air boat ride up the Rogue River.

Every day we looked forward to the tall red flag which signaled the checkpoint about midway. There the check-in team would cheer in each biker for their rest, a chance at the two port-a-potties, water-bottle refills, and often some fruit or snack food. They kept good track of where the riders were throughout the day.

It was obvious that the staff had worked long and hard to arrange for our every need along the way. The gear truck contained numbered racks for easy access. A mechanic's van was filled with spare bike parts. If that wasn't enough, there were three panel vans with support personnel and medical equipment. A "Blue Bus" which served as the central office was complete with a computer to produce the newsletters and daily maps. None of the vans moved without a radio operator aboard. The Cascade Company provided a large truck equipped with hot showers and a flat-bed truck with sinks at one end and port-a-potties at the other. All we had to worry about was making the day's destination and putting up our tents.

Each Trip-Tik (direction map) had the phone number of local Ham Radio operators who could contact our vans in emergencies. This became important on Day 11 as we entered Redwood National Park. There were narrow, winding roads filled with logging trucks and camper vans for us to dodge. As I approached a view point, I discovered that Doug had been brushed off by a truck. Fortunately, he was alright and the police were able to locate and warn the trucker of his act. That was a tense and long (75 mile) day with many hills to climb, so everyone was glad to reach the Humboldt College football field. Home was where you staked your tent!

The next day we were able to enjoy the redwoods so much more as we rode "The Avenue of the Giants" where very few trucks left the main highway for this tourist area. Seeing bikers ahead disappear as specks beneath the massive trunks helped everyone realize their true space in the universe.

But Day 13 was probably the toughest. Just after the checkpoint we would climb the infamous Leggett Hill -- a 4-1/2 mile climb on a two lane, winding road without shoulders. However, the real "fun" came with the 9 mile downhill. The cold air rushing by began to freeze my fingers to the break handles and I hoped each curve would reveal the bottom. Then we would tackle a much steeper two-mile climb. We all hit the store in the tiny town of Westport for sandwiches as the day grew colder and the fog rolled in. Only 20 more hilly miles to Fort Bragg!! There would be four straight 70 to 80 mile days with lots of hills!



The Trekkers were a wonderful support group! They shouted encouragement to those of us who rode a slower pace and were always willing to stop when help was needed. The age range was from 18 to 71 and everyone completed the distance. Many had overcome serious illness or had made sacrifices to be a part of the ride.

I knew that riding across the Golden Gate Bridge would be a highlight. As usual, its top was engulfed in low clouds. The signs warning of strong cross winds were accurate; at one point I walked the bike for fear of being blown into pedestrians.

Then came the longest day -- 97 miles. I figured it would be mostly level but the morning proved to have a good share of hills. Of all days, I picked that morning to have tire problems. Losing 90 minutes was not what I needed! I DID manage to get through Santa Cruz before darkness caught me only nine miles short of our camp in Watsonville. Little did we know we were camping on the epicenter of the big quake just four days before!

The rugged rocky shoreline of the Big Sur was a truly scenic treat. It was also a truly hilly day -- up and down until the 55 mile point. One of the most difficult things was deciding where to take pictures and where to pass by. At one viewpoint a motorist's binoculars revealed that the dark rocks at the water's edge were actually hundreds of barking seals.

The next few days took us through Santa Maria and Santa Barbara before the last day off at Carpinteria Beach. It was a nice area but I had planned to head to my brother's in Ventura for that day.

I arrived at 10:30 AM with some extra clothes tied on my bike. In the late afternoon as we sat down for a snack when a neighbor called over for us to look at our chandeliers -- they were swinging back and forth. Thinking it to be just a local tremor, I went out to work on cleaning my bike. Then my niece called from San Francisco (300 miles to the north) to report that they were fine. And what a shock as we realized the magnitude of the earthquake!

The last three days were through many agricultural fields with irrigation systems spouting and migrant workers picking. There were also quite a few special bike paths which were a peaceful break from the traffic. Beginning in Santa Monica, the unique beach bike path snaked through the sandy beaches, along harbors and past shore homes. There were also many miles of congested shore highways and busy towns to negotiate.

The last overnight was in San Juan Capistrano just behind their famous mission. I made sure to start at daybreak the next day as we had to cover 65 miles by 2:30. Wouldn't you know there would be a 1.5 mile climb that last afternoon! Our gathering place was a city park ten miles from the finish. There I was met by a former third grade student, Ginny Jackson.

We set out single file to pick up the motorcycle police for the final escort to G Street Pier -- 1567 miles from Seattle!. The excitement built as we pulled under the same arch of balloons which had been our send-off where a huge crowd of family and friends were waiting to cheer us in.

It is difficult to put into words the overall impact of such an experience. "Unique, memorable, rewarding" are a few which fit. Am I glad I did it? Certainly! Would I do it again? Possibly! But since I am in such great condition physically and have so much invested in biking equipment, I must certainly continue to ride and keep in shape. One thing is for sure; it is never too late to get in better physical condition and biking is a good way to do it.

*Bar Rorer*

## Tandems — Bikes Built for Two



### TANDEM CALENDAR

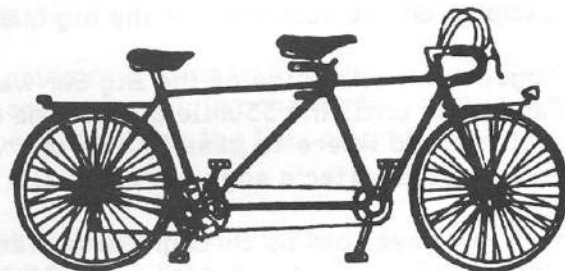
May 26-June 2, 1990. **International Tandem Week.** Slijk-Ewijk, Netherlands. Limited to 100 tandems. SAE (with ample funds for return postage, please) to Luud Steenberg & Marjan Hartog, Bankplein 12, 3531 HL Utrecht, Netherlands. tel 030 937851.

August 3-5, 1990. **Eastern Tandem Rally.** University of Massachusetts- Amherst. For more information, send a SASE to Al Shane & Marion Gorham, RFD#3, Two Mile Road, Amherst, MA 01002.

August 31-September 3, 1990. **Midwest Tandem Rally.** Minneapolis, MN. Send a SASE to Doug & Sara Laird, 5232 Edenmoor Street, Edina, MN 55436-5185

## Tandems East

A Complete Tandem Shop



*When all do their part, so much more can be done*

## Tandems East

A Complete Tandem Shop

Demonstration Rides By Appointment

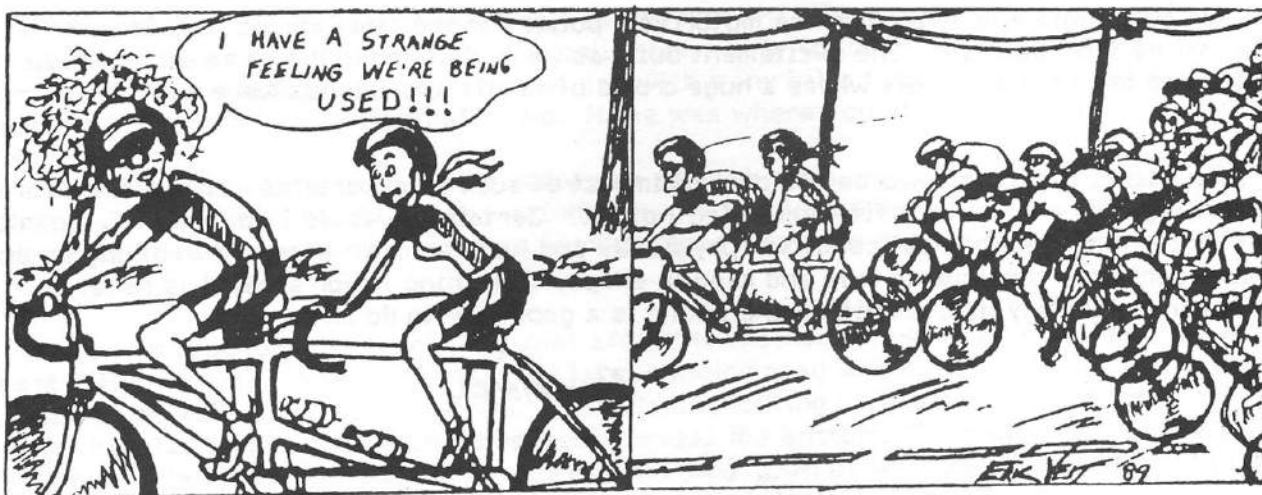
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WINTER TRIATHLONS**

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A TRUE CELEBRATION OF CANADIAN WINTER.

**8th Annual  
Hurley's  
Winterlude  
Triathlon**

Sunday, February 4, 1990

- 5 KM Skate on the historic Rideau Canal
- 7 KM Ski in Ottawa's Arboretum
- 6 KM Run in downtown Ottawa

**Race information:**

Ottawa Pacers  
1703 Gage Crescent  
Ottawa (Ontario), Canada  
K2C 0Z7  
(613) 225-1091

**Winterman  
Triathlon**

Friday, February 9, 1990

- 40 KM Skate on the historic Rideau Canal
- 20 KM Run in downtown Ottawa-Hull
- 30 KM Ski in the beautiful Gatineau Hills

**Race information:**

Winterlude  
c/o Triathlon Relations  
161 Laurier Ave. West  
Ottawa (Ontario), Canada  
K1P 6J6  
(613) 239-5145



GREAT FOOD  
**Hurley's**  
GOOD FRIENDS

**PACERS**



**WINTERMAN**

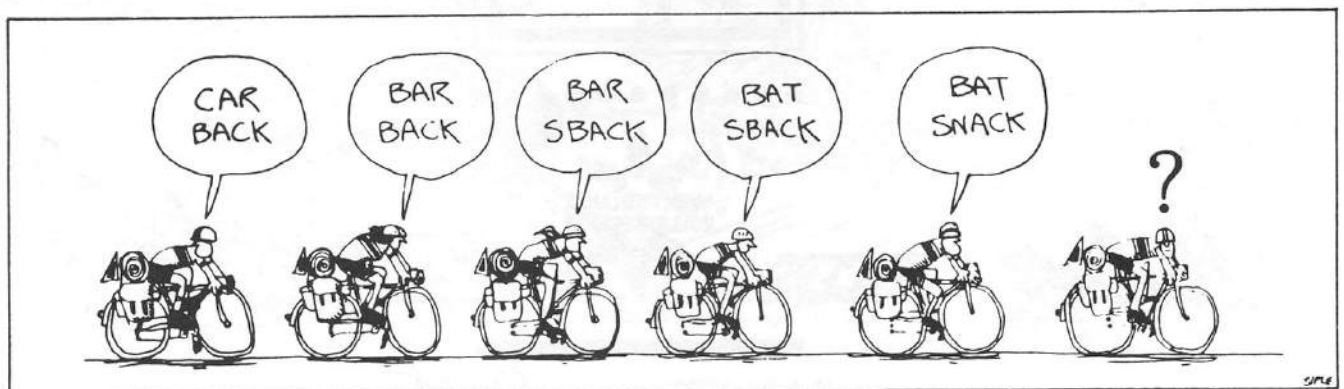
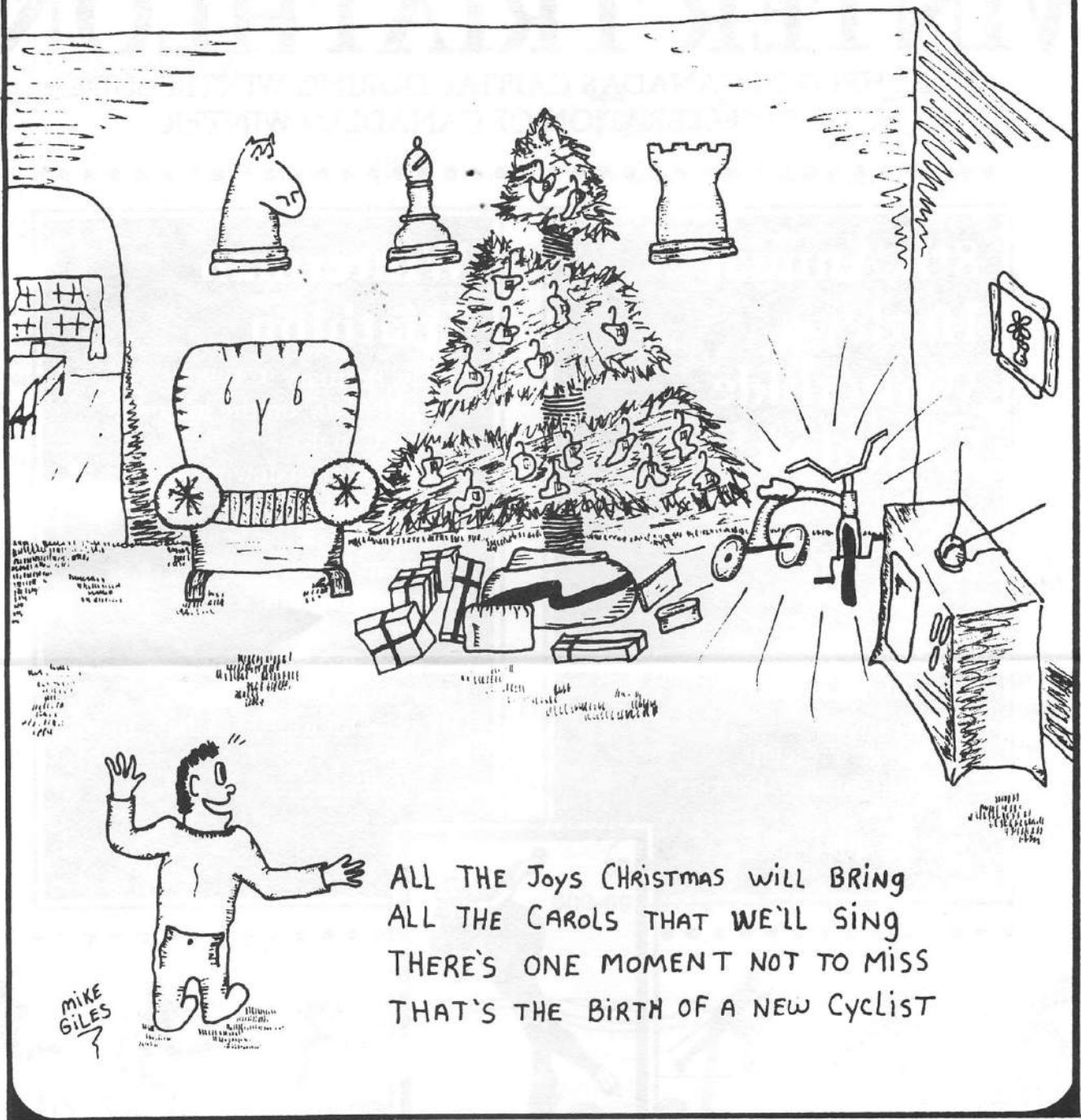
**TRIATHLON  
RELATIONS**



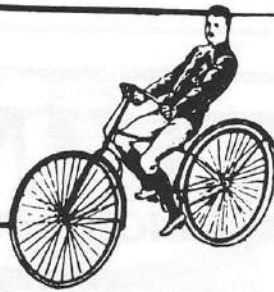
National Capital  
Commission  
Commission  
de la Capitale nationale

**Canada**





# Hints for Safer Bicycling



## Right Is Right

Always ride your bike on the right hand side of the road in the same direction as traffic.

## Stop Means You Too

Obey All Stop Signs and Traffic Lights.

## Driveways Can Be Dangerous

Be alert for vehicles and pedestrians entering your lane from driveways or curbs. Always stop before entering a roadway from a driveway.

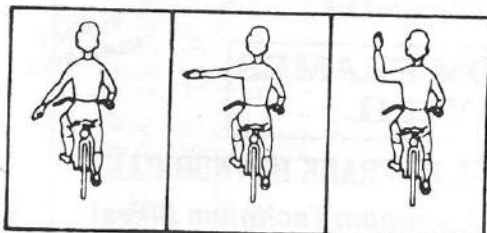
## Look And Listen

Look—both ways and behind you before crossing an intersection.

Listen—vehicles may be out of sight, they move faster than you, so listen for traffic.

## Signal For Safety

Know and use your hand signals for stopping and turning.



STOP      TURN LEFT      TURN RIGHT

## Night



Biking at night can be dangerous. If you must ride at night, be sure your bike is equipped with both lights and reflectors.

Make yourself visible, wear light colored clothing with reflectorized tape.

## Ride Smart

Give automobiles and pedestrians the right of way. Remember you follow the same rules as the motorist.

- Watch out for drainage grates, soft shoulders and other road surface hazards.
  - Never ride two on a bike.
  - Don't wobble or make sudden movements toward traffic.
  - Watch for people opening doors of parked cars.
  - Watch for man's best friend, dogs.
  - Always get off your bike away from traffic.
  - Be sure your bike is in good working order and properly equipped.
- Use this check list for your bike:

## Safety Checklist

| <b>Tires</b>  | Yes                      | No                       | <b>Handlebars</b> | Yes                      | No                       |
|---------------|--------------------------|--------------------------|-------------------|--------------------------|--------------------------|
| Loose         | <input type="checkbox"/> | <input type="checkbox"/> | Loose             | <input type="checkbox"/> | <input type="checkbox"/> |
| Inflated      | <input type="checkbox"/> | <input type="checkbox"/> | <b>Seat</b>       |                          |                          |
| Properly      | <input type="checkbox"/> | <input type="checkbox"/> | Loose             | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Wheels</b> |                          |                          | Right Height      | <input type="checkbox"/> | <input type="checkbox"/> |
| Wobble        | <input type="checkbox"/> | <input type="checkbox"/> | <b>Brakes</b>     |                          |                          |
| Nuts          | <input type="checkbox"/> | <input type="checkbox"/> | Adjusted          | <input type="checkbox"/> | <input type="checkbox"/> |
| Spokes        | <input type="checkbox"/> | <input type="checkbox"/> | Smooth            | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Chains</b> |                          |                          | <b>Equipment</b>  |                          |                          |
| Loose         | <input type="checkbox"/> | <input type="checkbox"/> | Bell or Horn      | <input type="checkbox"/> | <input type="checkbox"/> |
| Lubricated    | <input type="checkbox"/> | <input type="checkbox"/> | Mirrors           | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Pedals</b> |                          |                          | Headlight         | <input type="checkbox"/> | <input type="checkbox"/> |
| Missing       | <input type="checkbox"/> | <input type="checkbox"/> | Lock, Chain       | <input type="checkbox"/> | <input type="checkbox"/> |
| Loose         | <input type="checkbox"/> | <input type="checkbox"/> | Reflectors        | <input type="checkbox"/> | <input type="checkbox"/> |

# PENNY FARTHING

## BICYCLES

**A BIKE SHOP LIKE NO OTHER!**

• over 500 bikes in stock • 7000 sq. ft • 5 full time mechanics • test rides & trade ins • car racks (6 models) • computers • tools • clothing • exercise equipment • books & maps • all brands repaired.

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 WE SUPPLY EVERYTHING  
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IT CAME FROM THE CLOSET TO TURN THE  
CHILL OF WINTER INTO SEARING ANAEROBIC  
HELL!

# WINTER TRAINING



RATED  
**VO<sup>2</sup>**  
MAX

Patrick O'Grady cartoon

WEAR A HELMET!!  
BE ON TIME!  
WITHSTAND THE  
TOUGHEST TEST  
OF ALL- THE  
TEST OF TIME!

|         |          |
|---------|----------|
| DEC 17, | 2:15 PM  |
| JAN 7,  | 2:15 PM  |
| FEB 11, | 2:15 PM  |
| MAR 11, | 2:15 PM  |
| APR 1,  | 10:15 AM |
| MAY 13, | 10:15 AM |
| JUN 17, | 10:15 AM |
| JUL 1,  | 10:15 AM |
| AUG 5,  | 10:15 AM |
| SEP 9,  | 10:15 AM |
| OCT 7,  | 10:15 AM |
| NOV 11, | 10:15 AM |
| DEC 9,  | 2:15 PM  |

TENTATIVE TEAM  
DELAWARE VALLEY  
BICYCLE CLUB  
TIME TRIAL  
SCHEDULE

## TEAM Casual

Challenges Competitors to  
"Follow The Leader"

| TEAM DVBC's (TEAM Casual's) OCTOBER FIVE MILE<br>TIME TRIAL RESULTS |      |            |            |    | AGE | PTS | TP |
|---|------|------------|------------|----|-----|-----|----|
| Anne Rook   | ---- | Cannondale | -16:38     | 27 | 01  | 01  | 01 |
| Craig Pierce  | ---- | Trek       | -----13:19 | 42 | 07  | 29  |    |
| George Jacobs   | ---- | Miyata     | -----14:10 | 30 | 02  | 02  |    |
| Joe McCurdy   | ---- | Fuji       | -----16:18 | 27 | 01  | 01  |    |
| Bob Ferraro   | ---- | Raleigh    | -----14:22 | 27 | 01  | 01  |    |
| Geoff Shepard   | ---- | Atala      | -----14:05 | 44 | 03  | 07  |    |
| Carter Ralphe   | ---- | Routenis   | -----13:28 | 25 | 06  | 06  |    |
| Annie Fetter  | ---- | Olmo       | -----13:40 | 23 | 04  | 09  |    |
| John Freiberg   | ---- | Raleigh    | -----13:11 | 28 | 08  | 17  |    |
| Bob McKenney  | ---- | Raleigh    | -----13:04 | 40 | 10  | 18  |    |
| Ed Silcox   | ---- | Bianchi    | -----13:10 | 42 | 09  | 74  |    |
| Chris Fischer   | ---- | Fuji       | -----13:32 | 16 | 05  | 19  |    |

Timekeeper: Rollin' Rich Patterson of TEAM DVBC (TEAM Casual) (215) 622-2954.

Course: Goshen, Sugartown, & Providence Rds.

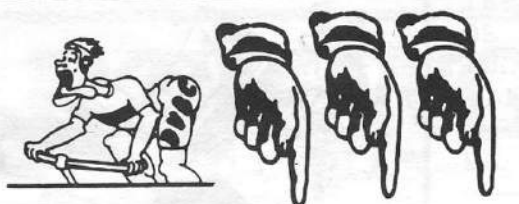
Note: Not all entrants were TEAM Casual members.

TP= Total Points accumulated for the TEAM Casual 1989 Time Trial Series.

A Helmet is mandatory! Rolling starts penalized by adding 10 seconds. This Time Trial Series is open to anyone. JOIN US!  
Call Rollin' Rich Patterson if you need directions to the starting location near the Radnor Hunt Club.

EXPERIENCE RACING  
LIKE NEVER BEFORE

The  
competition  
hates our  
gnts.



**PLEASE  
AFFIX  
POSTAGE**

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

*Please Label Care*

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

## FIRST CLASS MAIL

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: \_\_\_\_\_

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**