

DELAWARE VALLEY BICYCLE CLUB

P.O. Box 274, Drexel Hill, PA 19026

DEC./JAN./FEB. 1992/93

FREE!

Now Playing

★Arnold Schwarzenegger★
in

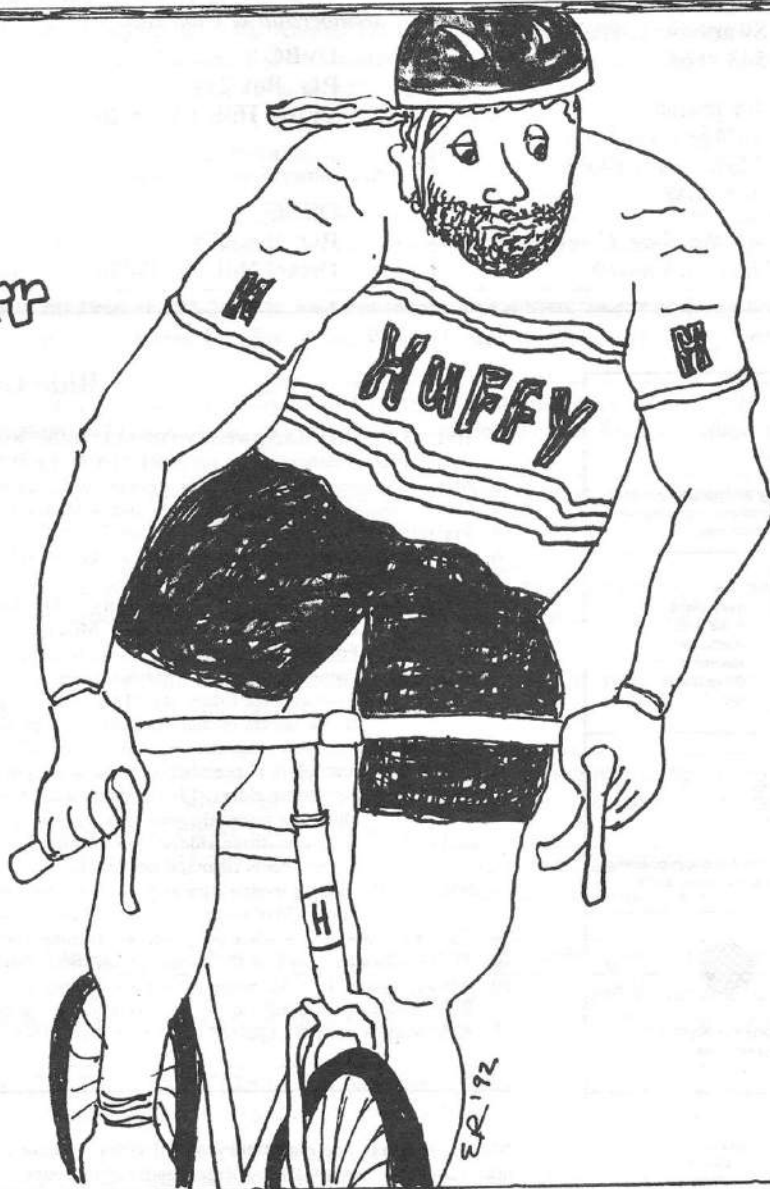
The Charlie Stockley Story

co-starring
John Candy
AS HIS TRAINER

~and~
Roseanne Barr
AS HIS MOTHER

His wheels
weren't true...
but his heart
was!

RATED
PG-53/13
HELMETS REQUIRED



ANNUAL CHRISTMAS DINNER/PARTY - DEC. 7th

Board of Directors

President
Daniel Coraluzzi 789-0187
Vice President
Ernest Munns 259-3327
Treasurer
Frank Havnoonian 449-6154
Secretary
vacant

Members at Large

Tom Brennan 353-1248
Karen Resko 626-2335
John Roman 853-2915

Ride Coordinators

A/B Rides: Doug Kennedy
913 Mt. Holyoke Pl.
Swarthmore, PA 19081
543-4664

C/D Rides: Ira Josephs
10 Applebough La.
Moylan, PA 19065
565-4058

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

DVBC Newsletter Staff

Editors Dan Coraluzzi
Cliff Allen
Rich Patterson
Racing Editors . . Frank Havnoonian
Rich Patterson
Special Events Rich Patterson
Advertising Dan Coraluzzi
A/B Rides Doug Kennedy
C/D Rides Ira Josephs
Assembly Frank Havnoonian
Mailing Labels Mike Keating

Club Addresses

Editor:

DVBC
P.O. Box 274
Drexel Hill, PA 19026

Membership & Club Box:

DVBC
P.O. Box 274
Drexel Hill, PA 19026

Newsletter/Special Events

DVBC
P.O. Box 274
Drexel Hill, PA 19026

Items for Sale & Ride Reports:

DVBC
P.O. Box 274
Drexel Hill, PA 19026

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

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

Club Merchandise

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

DVBC Meeting Place

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

Ride Guidelines

1. **HELMETS ARE MANDATORY ON ALL DVBC RIDES.**
2. Arrive 10 to 15 minutes early and be **READY TO LEAVE ON TIME!** Rides will start no more than 5 to 7 minutes late!
3. Make sure your bike is in proper working order **BEFORE** you arrive.
4. Carry a spare tube, patch kit, pump and water bottle.
5. Practice safety and obey *all* traffic laws.
6. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience.
7. **RIDE CLASSIFICATIONS:**
 - CLASS D:** For new, inexperienced riders or families: speed 5-7 mph, frequent stops, as few hills as possible. Group will wait for all riders. Mileage usually less than 10 miles, but longer distances permissible.
 - CLASS C -:** For average riders: 7-8 mph, rest stops as needed. Group will wait for stragglers. Distance recommended: 10-30 miles.
 - CLASS C +:** Also average riders: 9-10 mph, rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided by the ride leader.
 - CLASS B -:** For more experienced riders: 11-12 mph, stops every 15-20 miles. No obligation to wait for stragglers if cue sheets or maps are provided.
 - CLASS B +:** For strong riders: 13-15 mph, stops every 20-30 miles. No obligation to wait for stragglers if cue sheets or maps are provided.
 - CLASS A:** For very strong riders: 16-20 mph, stops every 30-50 miles. No obligation to wait for stragglers if cue sheets or maps are provided.
8. 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: Helmets are mandatory on all rides. In case of questionable weather or road conditions, the Ride Leader may cancel the ride. 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

*Free Membership for Ride Leaders**

Helmets are now mandatory on all rides!

Sat/Sun, Dec 5/6 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun., Dec. 6 • 8:30 A.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	Meet at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmet required. Timekeeper is Rich Patterson. For more information call Rollin' Rich at 622-2954.
Sun, Dec 6 • 10:00 A.M. Miles: 15-28 • Class C+ <i>Ridley Creek Park</i>	Enjoy a scenic late fall ride. The warmer it is, the farther we'll ride. Meet at the Moylan-Rose Valley train station at Manchester (Rose Valley) Ave. & Woodward Rd. Ride to Ridley Creek State Park. For more information call Ira Josephs at 565-4058.
Sun, Dec 6 • 11 A.M. Miles: 53 • Class B <i>Lancaster Co. Winery</i>	Meet at the Octoraro School at Rt. 41 & Highland Ave. (above Cochranville). Bring lunch for this 13-15 mph ride to a winery in Lancaster County. Stock up on wine for the holidays—all you can carry. For more information call Doug Kennedy at 543-4664.
Mon, Dec 7 • 7:30 P.M. <i>DVBC Christmas Dinner</i>	Doors open at 7:00, dinner begins at 7:30. Annual DVBC Christmas Dinner & Party. "A party which will live in infamy." Door prizes include T-shirts, water bottles and a helmet. Prizes donated by Frank Havnoonian of Drexel Hill Cyclery. Call Gina at 525-0129.
Sat/Sun, Dec 12/13 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Dec 13 • 1:00 P.M. Miles: 24 • Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Enjoy a hilly, but easy-paced ride to Gladwyne through some very scenic areas. Call ride leader Frank Havnoonian at 449-6154 (evenings) for more information.
Sat/Sun, Dec 19/20 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Dec 20 • 10:00 A.M. Miles: 41 • Class B <i>Fishing Creek</i>	Bring lunch for this scenic ride through Lancaster County to Fishing Creek. Some hills. Meet at the Bart-Colerain Elementary School in Bartville, PA. For more details call Rich Bernhard at 284-2019. Please call to confirm.
Sun, Dec 20 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance and time depend on weather.
Sat/Sun, Dec 26/27 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Dec 27 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance and time depend on weather.
Fri, Jan 1 • 10:00 A.M. Miles: 25 • Class C <i>Hangover Special</i>	Leave from the rear parking lot of Cardinal O'Hara High School at Springfield & Sproul Rds. (Rt. 320) in Springfield. Try a bicycle ride toady—the best cure for a hangover. For more information call ride leader Rich Bernhard at 284-2019. Please call to confirm.
Sat/Sun, Jan 2/3 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Mon, Jan 4	No DVBC meeting in January. Stay home and replace your brake cables and clean your chain.
Sat/Sun, Jan 9/10 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sat/Sun, Jan 9/10 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Jan 10 • 9:30 A.M. Miles: 33 • Class C <i>Mullica Hill . . .</i>	. . . <i>Antique Shops.</i> Explore the antique shops in Mullica Hill, NJ and/or rustle up some hot chocolate at the local Wawa. Meet at the Bridgeport School on Rt. 44 in Bridgeport, NJ (just across the Com. Barry Bridge). 11-13 mph pace. For more information call Doug Kennedy at 543-4664.

RIDE CALENDAR (Continued)

Sat/Sun, Jan 16/17 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Jan 17 • 10:00 A.M. Miles: 48 • Class B <i>New London</i>	Bring lunch for a ride through southern Chester County, through some of the scenic areas that make the Brandywine Tour so popular. Meet at Kennett Square Junior High School on Rt. 82 (go south from the center of town). For more details call Rich Bernhard at 284-2019.
Sun, Jan 17 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance and time depend on weather.
Sat/Sun, Jan 23/24 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Jan 24 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance and time depend on weather.
Sat/Sun, Jan 30/31 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Jan 31 • 9:30 A.M. Miles: 35 • Class C <i>Landenburg</i>	Enjoy a modestly-paced (11-13 mph) ride through southern Chester County. We'll stop in Landenburg for brunch. Meet at the Wawa and post office on Baltimore Pike (Rt. 1) in Chadds Ford (near the C.F. School, our former starting place). Doug Kennedy: 543-4664.
Mon, Feb 1 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Frank Havnoonian's annual Hawaii cycling tour: the big island of Hawaii and Maui—WOWIE! Unitarian Church, 145 W. Rose Tree Road, Media (near the Rt. 252 exit of Rt. 1).
Sat/Sun, Feb 6/7 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Feb 7 • 10:00 A.M. Miles: 45 • Class C <i>Strasburg Railroad</i>	Meet at the Bart-Colerain Elementary School in Bartville, PA. Come "way out" for this ride and you'll really be pleased, perhaps finding the road to Paradise. Bring something to eat or "buy" at the railroad. For more details call Rich Bernhard at 284-2019.
Sun, Feb 7 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance and time depend on weather.
Sat/Sun, Feb 13/14 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Feb 14 • 1:00 P.M. Miles: 24 • Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Enjoy a hilly, but easy-paced ride to Gladwyne through some very scenic areas. Call ride leader Frank Havnoonian at 449-6154 (evenings) for more information.
Sat/Sun, Feb 20/21 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Feb 21 • 9:30 A.M. Miles: 35-40 • Class C <i>Westtown</i>	Explore Ridley Creek State Park and rural western Delaware County in the wintertime. Hot chocolate at the Concordville Wawa. Meet behind the Dunkin' Donuts at MacDade Blvd. & Fairview Ave. in Woodlyn (just off Blue Route—I 476—exit 1, MacDade East). Doug Kennedy: 543-4664.]
Sat/Sun, Feb 27/28 Miles: ? • Class C <i>Winter Weekends</i>	<i>With Fran & Friends.</i> Call Fran at 431-2675 to find out when, and where, and if she and her friends are doing any rides this weekend. Class C rides in the West Chester, Brandywine valley and Hockessin, Delaware areas.
Sun, Feb 28 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance and time depend on weather.
Mon, Mar 1 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. Get back in the biking spirit for spring and the return of milder weather. Guest speaker to be announced.
Sun, Mar 7 • 7:45 A.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	Meet at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmet required. Timekeeper is Rich Patterson. For more information call Rollin' Rich Patterson at 622-2954.
Sun, Mar 7 • 10:00 A.M. Miles: 43 • Class B <i>Kitchen Kettle Klimber</i>	Bring lunch for this ride through Lancaster County. Meet at the Strasburg Railroad parking lot. Be a part of the "alternative transportation hat trick"—steam locomotive, horse & bicycle (start from #1, avoid the "road evidence" of #2 while riding #3). Rich Bernhard: 284-2019.

18th Annual Freedom Tour!

May 16, 1993

8, 18, 35 and 65 mile routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 65-milers; 9-10 A.M. for 35-milers; 10-11 A.M. for 18-milers; 11 A.M.-noon for 8-milers.

PLACE: Ridley Creek State Park (near Media, PA)—parking lot #15

COST: Just \$10 at the gate. Pre-registration, postmarked by May 9, only \$8.00! **Tour will be held rain or shine!**

Expected Attendance: 400-800 riders.

Services Provided by DVBC: Food stop, maps, sag wagon, portable rest rooms and well marked routes.

Routes: Scenic country back roads through the beautiful Brandywine River valley for the 65 and 35-mile routes, which have been changed to avoid some bad hills. All four routes pass through the scenic Chester Creek valley and Glen Mills areas, including the Sweetwater Farm. Most roads are lightly traveled with rolling hills. All routes include a food stop.

Description: You travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities and all types of bikes are welcome. The 8- and 18-mile routes are great opportunities for newer cyclists, leisure riders and families. Meet new biking friends with similar abilities while enjoying an outstanding ride.

Safety: HELMETS ARE MANDATORY. Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump & tire irons. Each rider assumes his/her own responsibility.

About DVBC: DVBC promotes all forms of cycling! Total paid membership exceeds 400 cyclists. The club is affiliated with LAW, Pa. Bike Federation, USCF, and the Bike Coalition of Delaware Valley. DVBC is the premier bike club in Delaware County and is a non-profit organization. Our monthly meetings are open to the public. This event is open to all cyclists. Enjoy the spring bicycling season!

More Information: Please call Frank at (215) 449-6154 or Dan (215) 789-0187.

18th Annual Freedom Tour—May 16, 1993

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Distance: 65 miles ☐ 35 miles ☐ 18 miles ☐ 8 miles ☐

Waiver/Release

In consideration of the acceptance of my application for entry in the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

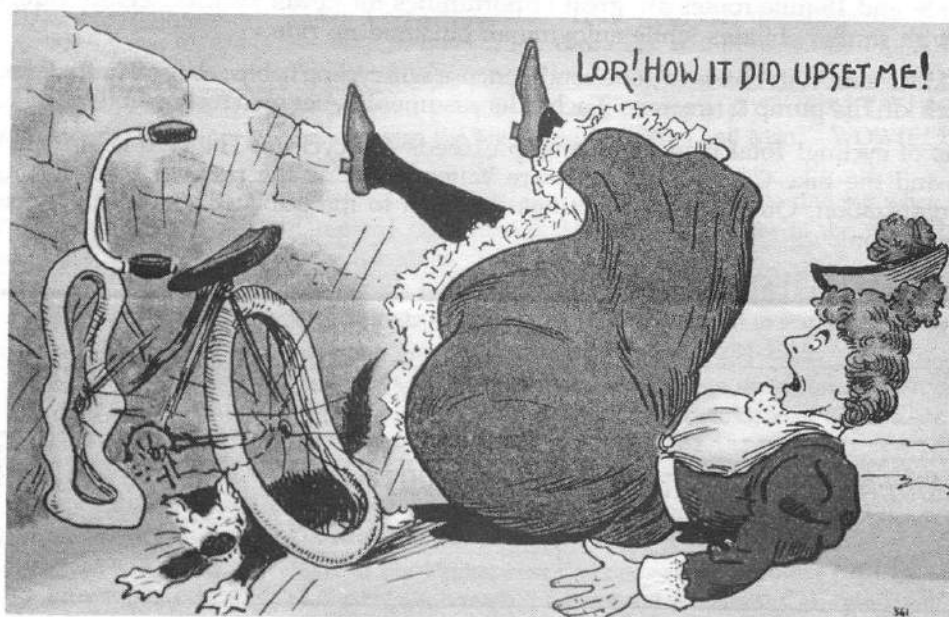
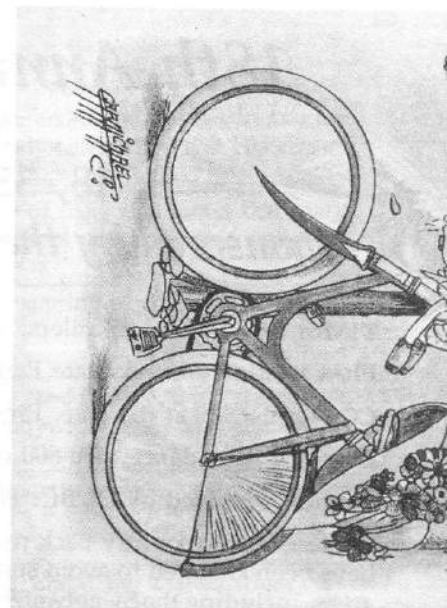
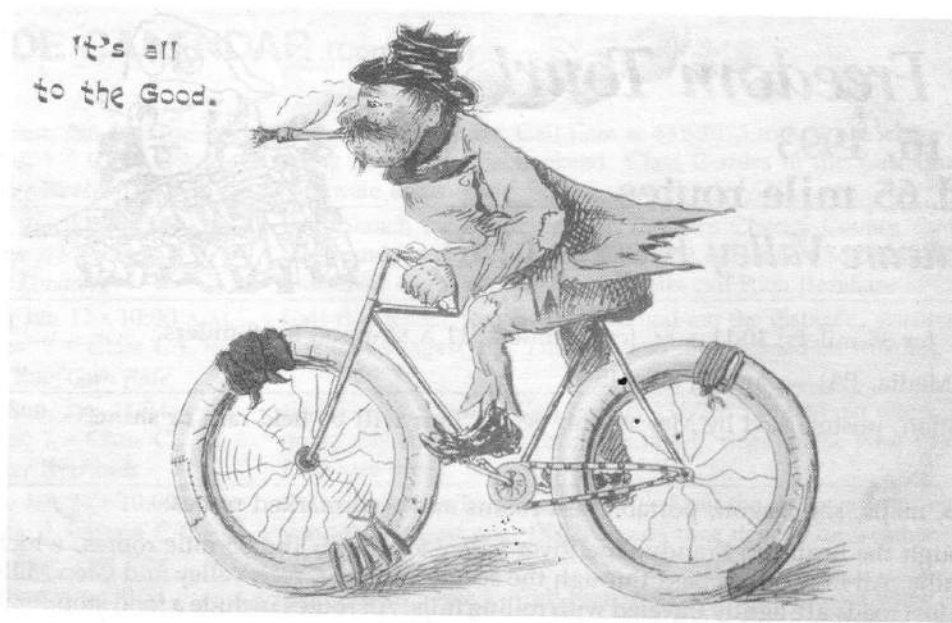
It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns.

(signature—If you are under 18 years of age, then your parent or guardian must sign)

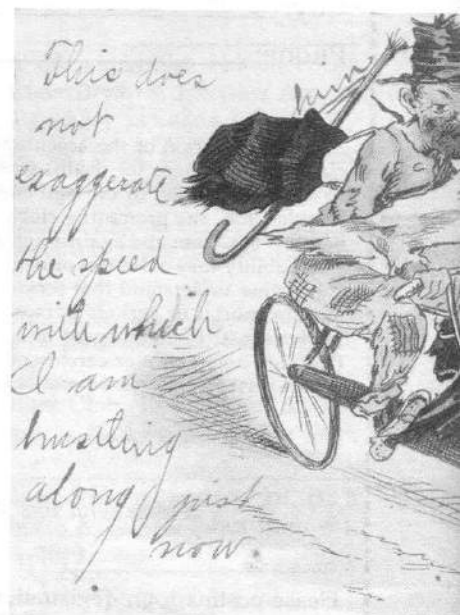
Please send this signed form with a check or money order to: **Freedom Tour
Delaware Valley Bicycle Club**

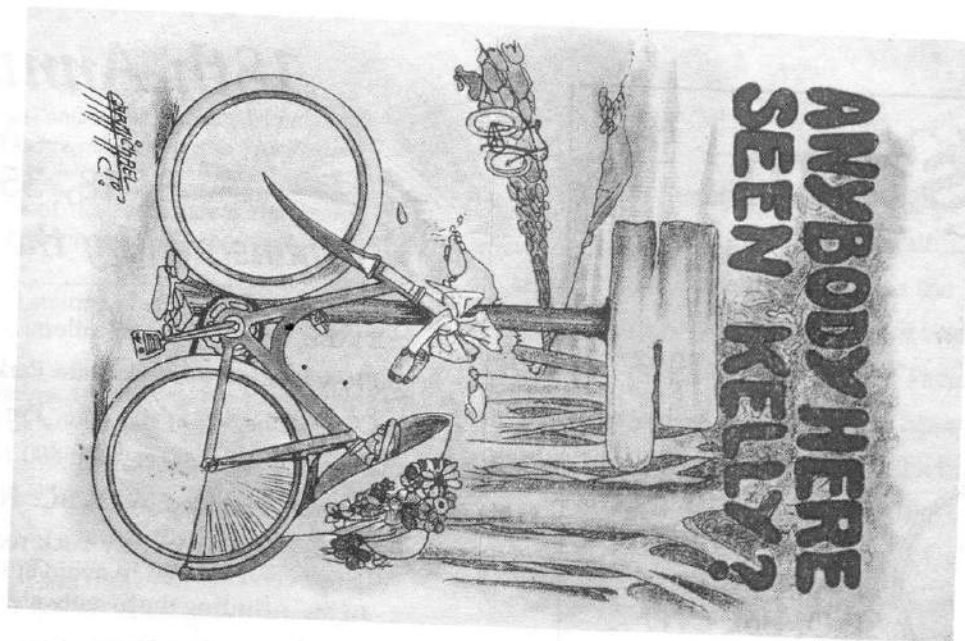
**P.O. Box 274
Drexel Hill, PA 19026**

Please postmark pre-registration by May 9, 1993.



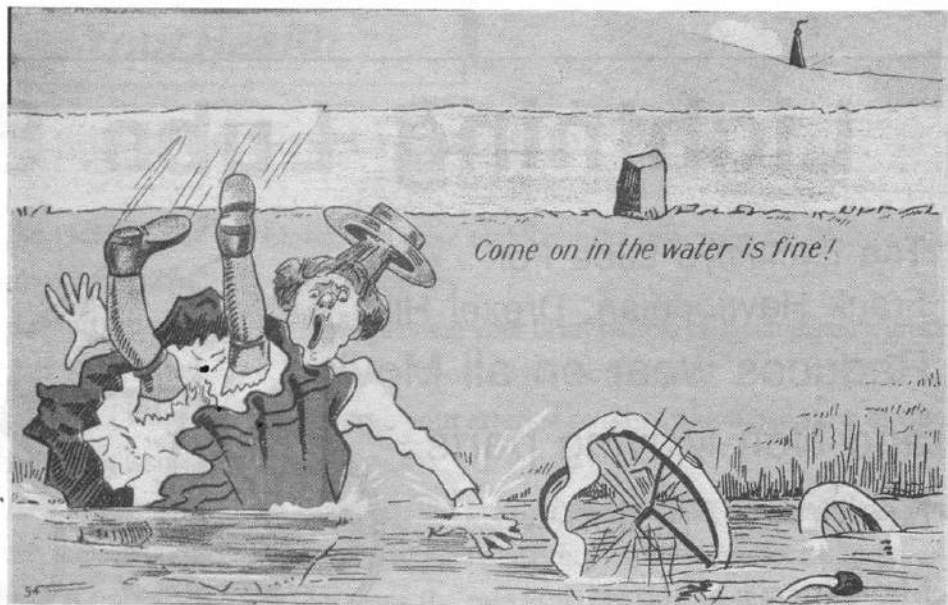
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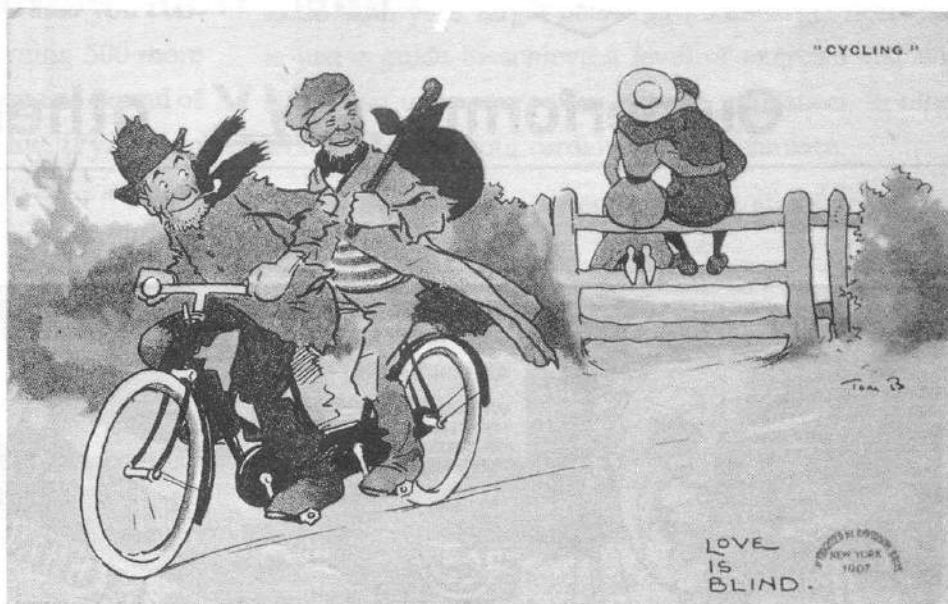


Postcards from the collection of Frank Havnoonian





ion of Frank Havnoonian



Calories and Your Target Heart Rate

Suburban Cyclists Unlimited

by Dr. Tobin Domskey D.P.M.

For those of you who attended the October 1st meeting and stayed to listen to the lecture on nutrition, you may have walked away a bit confused about the concepts of burning calories and Target Heart Rate. As a health professional involved in Sports Medicine, I would like to attempt to clarify these sometimes confusing issues.

How many calories must you burn to lose one pound of fat? First, what is a calorie? A calorie is a unit of energy, measured in the form of heat. A pound of fat is the equivalent of 3500 calories in stored energy. Every time you burn 3500 more calories than you consume, you lose one pound of fat. By burning 500 more calories per day than you eat, you will lose one pound of fat in a week. So, think of a child's see-saw. If you burn 1000 calories cycling but consume 1000 calories after the ride you will neither lose or gain weight. Although exercise increases caloric needs, many people overcompensate. You cannot expect to lose weight after burning 2000 calories cycling if you reward yourself with a 3000 calorie meal afterwards!

Why do people lose inches instead of pounds? By eating less and exercising more, you burn your fat for energy. Your body takes the stored fat from places like the hips, stomach, and thighs and uses it for energy. Exercise builds muscle and muscle weighs more than fat. Therefore you may gain muscle from exercising, lose fat from watching what you eat and exercising but still maintain the same weight.

Your Target Heart Rate. Aerobic sports such as cycling require a lot of oxygen. Your blood carries and delivers oxygen to your exercising muscles and your heart is responsible for pumping and circulating the blood. Oxygen is delivered to your muscles to help fat and carbohydrates convert into usable energy. Now, the two most important things to remember about training are the ability of the heart to push the blood to the muscles and the ability of the muscles to extract the oxygen from the

blood. Exercise and Training can improve your oxygen utilization by:

- Strengthening your heart muscle so it can pump a greater volume of blood with each beat.
- Enlarge your arteries so more blood can flow through them.
- Increase the number of your red blood cells so your blood's oxygen carrying capacity is increased.
- Increase the rate at which enzymes in your muscles pick up oxygen from the blood. So, what does this have to do with your target heart rate? The target heart rate is just a guide to achieve a level of exercise that will allow you to improve your oxygen utilization. In other words, improve your cardiovascular endurance.

This is the first of a series of articles about health and cyclists by Dr. Domskey.

Question

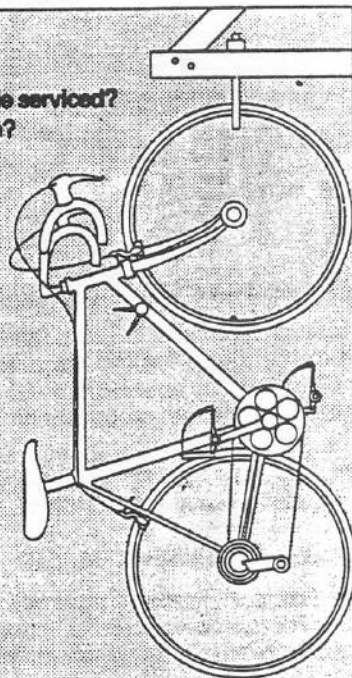
How often should I have my bicycle serviced? Should it be done prior to winter storage?

Answer

Service on a bicycle depends on the the quality of the bike and the type of use. A thorough tuneup should be done at least every 500 miles or once a year. This should include truing wheels, adjusting and lubricating bearings, brakes and gears, and inspecting tires, cables, chain and other parts for wear. Bearings should be repacked with new grease and balls, every two years or 2,500 miles and after exposure to heavy rain. Bikes used off road or in wet conditions require more frequent service, as do bikes of poor quality. Bikes should be serviced prior to winter storage to prevent rusting.

By JOHN ALLIS
(Partner at Belmont Wheel Works)

SOURCE: Boston Globe



TEAM CASUAL

NOVEMBER

FIVE MILE TIME TRIAL RESULTS

11/8/92

NAME	(AGE)	FRAME	TIME
Charlie Stockley	(55)	Cesare	14:09
Matt Hogan	(34)	Trek	14:23
Craig Wiggins	(39)	DeRosa	14:30
Ed Silcox	(45)	Bianchi	14:42
Ken Strack	(36)	Nishiki	15:02
Len Murphy	(58)	Centurion	15:02
Gina Bezdziecki	(34)	Ross	18:15



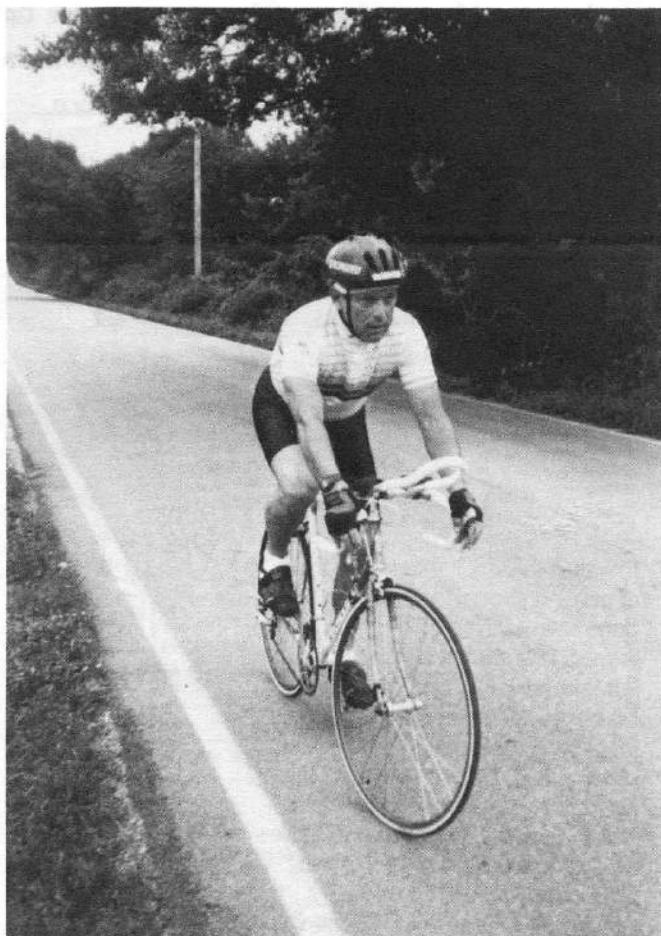
Course: Goshen, Sugartown and Providence Roads

Conditions: cold (0° C.!), sunny, windy (It's ALWAYS windy!!)

The DVBC Team Casual Time Trial Series is open to everyone!

Please join us on Sunday, December 6th at 8:30 am

Helmets are mandatory! Safety first!!



 Len Murphy- Photo by Ed Silcox



"Have you seen this man?"
 Lost on TT course 9/6
 (Charles Stockley) -
 Photo by Ed Silcox.

TEAM Casual Oct. 5-Mile Time Trial Results

NAME	AGE	FRAME	TIME	PTS
Don Kline	41	Raleigh	14:39	03
Len Murphy	58	Centurion	14:04	06
Steve Buntz	38	Holdsworth	14:09	05
John Freiberg	31	Raleigh	15:09	01
Gina Bezdziecki	34	Old Ross	16:47	01
Josh Pulcinella	11	Fuji	18:32	01
James Burns	37	Schwinn	16:07	01
Bob Leon	45	Giant	14:41	02
Charles Stockley	55	Cesare	13:41	09
Mike McGlade	36	Trek	13:55	07
Ken Strack	36	Nishiki	13:43	08
Dan Mascioli	26	Centurion	12:45	10
Ira Josephs	36	Olmo	14:23	04
Michael Karenzki	?	Trek	14:52	01

Timekeeper: Rollin' Rich Patterson
(215) 622-2954

Course: Goshen, Providence, & Sugartown Rds.
COURSE IS OPEN TO TRAFFIC!

THE DVBC TEAM Casual TIME TRIAL SERIES IS OPEN
TO EVERYONE! JOIN US! THE TOUGHEST TEST IS THE
TEST OF TIME!



** ----- **
** Josh Pulcinella- Photos by Ed Silcox **
** youngest TEAM casual competitor!!!! **

UPCOMING SCHEDULE OPEN TO EVERYONE!

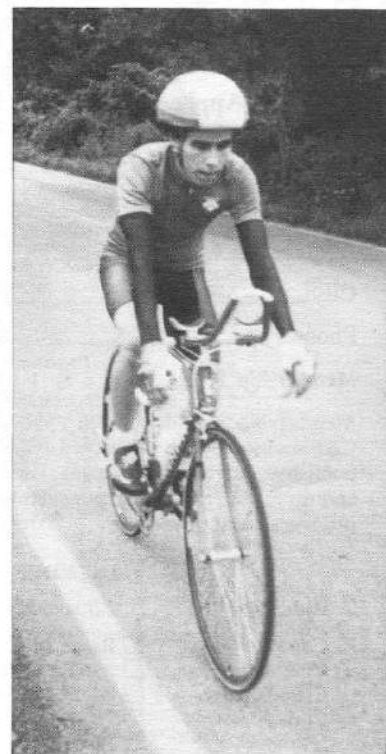
March 7 7:45 AM
April 11 7:45 AM

Craig Wiggins- Photo by Silcox

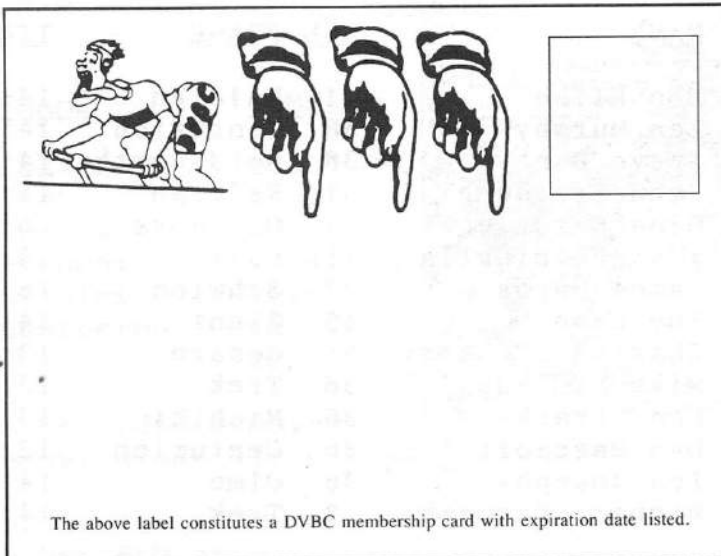
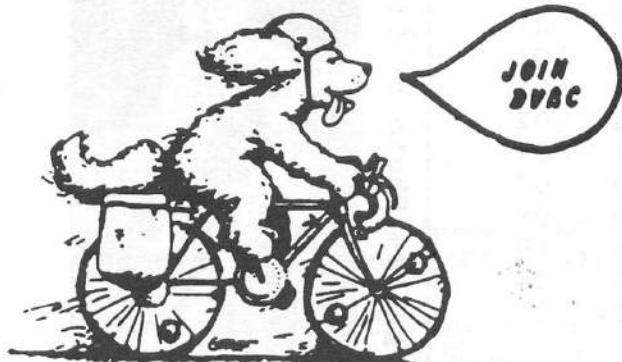


Time Trials start on
Providence Road near
the Radnor Hunt Club!

What do you have to
lose?



Dan Mascioli
fastest- 9/6



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 1993 DVBC Membership

(Expires 2/28/94)

Please print clearly and use 9-digit Zipcode, if known.

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 274
Drexel Hill, PA 19026

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)

Total Amount Enclosed