

DELAWARE VALLEY BICYCLE CLUB

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

AUGUST 1993

FREE!

The Prez Sez

At our last meeting we learned some of the ways to repair bikes and the cleaning of the chain system. Frank was an excellent teacher showing us these things and much more. Our guest at our next meeting will speak on CPR & First Aid. Kate Kenworthy has been doing this for years and has a great group of instructors. Come to the meeting and find out up to date news on this. I'd like to say a few words about our dedicated Ride Leaders. They set up rides for all to enjoy. I do hope many of you will come out and join them. Maybe the extreme heat is over and the weekends will be great for these rides.

Spokes & Folks

By John Roman

Club Notebook The Good Samaritan award of the DVBC's 18th annual Freedom Tour in May from Ridley Creek State Park goes to *Gina Bezdziecki* of Radnor. The Worst Prepared Rider trophy, a left-handed adjustable wrench as Frank H. would say, goes to this writer who forgot his special cleated shoes for his clipless pedals! At least I didn't forget my 15mm wrench so I could replace my pedals with standard ones with toe clips that Gina had handy in her car.

Club Prez *Ernie Munns* gets the Efficiency Expert pat on the back for having our newsletter printer collate them for only a few extra bucks a printing. This is a real time-saver for the same reliable guys who always pitch in like one-armed paperhangers each month at former prez *Dan Coraluzzi's* basement, *Frank Havnoonian's* or Ernie's homes. Come on down members, the stamps don't taste that bad. And we can always use more people to help deliver newsletters rain, sleet, or heat.

Ride Leader *Rich Bernhard's* 50-mile trip to the CoreStates U.S. Pro race in Philly in June attracted nine riders. Class B rider Rich is a bull on wheels. No wonder, he stays in shape pedaling daily to work at Bell around 2nd & Erie from Drexel Hill. Rich patiently circled back numerous times for this hill straggler. It was also great he was equipped with a portable phone to keep in touch with work—or a possible ambulance for me. Temps were unseasonably cool in the low 70s with heavy winds on our start from Cardinal O'Hara High School compared to last year's scorcher.

Class A/B speedster *Doug Kennedy* wins the Gentlemen's Quarterly fashion award for his black/red bike shorts and red/white zip-top jersey. Doug's come a long way, buddy, from his cut-off jeans-only days. Maybe he's trying to finally get used to Lycra before entering the Tour de France.

Bicycling Museum Proposed

A \$9 million National Bicycling Museum in Baltimore, Md., is under consideration by the League of American Wheelmen, the national organization of bicyclists. That's the first choice. Other sites were Westfield, Mass., and Dayton, Ohio, but Baltimore has the added attractions of the Inner Harbor.

If the project proves feasible, the next step will be to raise funding for the project. It won't just be a collection of relics, according to an architect. The museum/resource center will educate people about bicycles and how they can help solve energy problems, traffic congestion and pollution.

I couldn't think of a better way to top off a day trip to the aquarium. It's about time bicycling—the more than century-old means of transportation, recreation, exercise and sport—rated a decent museum. They have museums for everything from country/western music to soups. Why not bicycling?

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Swarthmore, PA 19081
543-4664

C/D Rides: Ira Josephs
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*Please contact the Ride Coordinators
before the 7th of each month.*

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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.



League of American Wheelmen
The National Organization of Bicyclists
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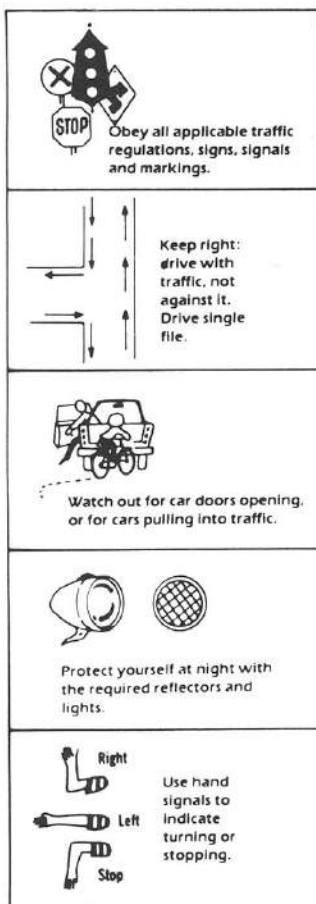
DVBC Meeting Place

Unitarian Universalist Church of Delaware County, 145 W. Rose Tree Road (near the Rt. 252 exit of Rt. 1 & 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*
Helmet use is mandatory on all rides!

Sun, Aug 1 · 7:45 a.m. Miles: 5 · Class All <i>Goshen Time Trial</i>	Meet at Providence Rd., just north of Goshen Road, near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmets, of course, are mandatory. Call Rollin' Rich Patterson at 622-2954 for more information.
Sun, Aug 1 · 9:00 a.m. Miles: ? · Class C+ <i>Show & Go</i>	Meet in the lower parking lot of the Clover Store on Baltimore Pk. in Springfield. Moderate paced ride to wherever we decide. For more information, or to suggest a destination, call ride leader Walter Linton at 328-3494.
Mon, Aug 2 · 6:00 p.m. Miles: 20 · Class C <i>After Work</i>	Join Fran for an easy-paced, after-work ride in and around the West Chester general area. Ride is tentative so be sure to call Fran at 431-2675 to find out the starting point, route and exact time of the ride. Mileage may also vary somewhat from the listed mileage.
Mon, Aug 2 · 7:30 pm <i>DVBC Meeting</i>	Kate Kenworthy will speak on CPR and first aid. She's been doing this for years and has a great group of instructors. Doors open at 7:00. Unitarian Church, 145 W. Rose Tree Rd., Media.
Wed, Aug 4 · 5:45 pm Miles: 25 · Class B <i>Rose Tree Show & Go</i>	Charlie Stockley is leading a ride every Wednesday in August from Rose Tree Park (Rt. 252, above Rose Tree Rd.). Mileage is approximately 25. For more details call Charlie at 586-9759. Very convenient to Rt. 1 & Exit 3 of the Blue Route.
Sun, Aug 8 · 9:00 a.m. Miles: 16 · Class C+/B- <i>Pastry/Flat Rock Park</i>	Meet John Roman behind Kline's in the Manoa Shopping Center at West Chester Pk. & Eagle Rd. in Manoa. Ride to Flat Rock Park, a geese haven on the Schuylkill, with a stop at John's favorite pastry shop in Ardmore. Call John at 853-2915 for more information.
Mon, Aug 9 · 6:00 p.m. <i>After Work</i>	Join Fran after work each Monday in August. Ride is tentative so be sure to call her at 431-2675. See August 2 for details.
Wed, Aug 11 · 5:45 pm <i>Rose Tree Show & Go</i>	Charlie Stockley is leading a ride every Wednesday in August from Rose Tree Park. Mileage is approximately 25. For details call Charlie at 586-9759.
Sun, Aug 15 · 9:00 a.m. Miles: 24 · Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Enjoy a moderate-paced ride, through some very scenic areas, to Gladwyne and back. For more information call ride leader Frank Havnoonian at 449-6154 (evenings).
Mon, Aug 16 · 6:00 p.m. <i>After Work</i>	Join Fran after work each Monday in August. Ride is tentative so be sure to call her at 431-2675. See August 2 for details.
Wed, Aug 18 · 5:45 pm <i>Rose Tree Show & Go</i>	Charlie Stockley is leading a ride every Wednesday in August from Rose Tree Park. Mileage is approximately 25. For details call Charlie at 586-9759.
Sat, Aug 21 · 6:30 am Miles: 125 · Class B+ <i>Ocean City & Back</i>	Leave from Kingsway Regional H.S. in New Jersey (Rts. 322 & 551: 2nd stoplight on 322 after Co. Barry Bridge). Ride leaves at 6:30 a.m. sharp for a round trip ride to Ocean City. Long but flat. For more details call Charles Stockley at 586-9759.
Sun, Aug 22 · 9:00 a.m. Miles: 30 · Class C+/B- <i>Sweet Corn</i>	Enjoy this classic ride through Ridley Creek State Park, along Creek Road, past Cheyney College to Pete & Penny's Farm Market. Use of baskets and/or panniers recommended for bringing home some of their famous corn. Call Ira at 565-4058 to find out the starting point.
Mon, Aug 23 · 6:00 p.m. <i>After Work</i>	Join Fran after work each Monday in August. Ride is tentative so be sure to call her at 431-2675. See August 2 for details.
Wed, Aug 25 · 5:45 pm <i>Rose Tree Show & Go</i>	Charlie Stockley is leading a ride every Wednesday in August from Rose Tree Park. Mileage is approximately 25. For details call Charlie at 586-9759.
Sun, Aug 29 · 7:45 am Miles: 53 · Class C <i>BW Outer 50 Paint</i>	A long, easy-paced (8 - 10 mph) ride, with a few big hills, the 13th year of painting the outer 50-mile loop of the Brandywine Tour. Meet at the Octoraro School at Rt. 41 & Highland Ave (just above Cochranville). Bring or buy lunch. Doug Kennedy: 543-4664.
Mon, Aug 30 · 6:00 p.m. <i>After Work</i>	Join Fran after work each Monday in August. Ride is tentative so be sure to call her at 431-2675. See August 2 for details.

*Free 1994 membership for anyone leading 4 or more listed rides in 1993. Call Ira (565-4058) or Doug (543-4664) for details.

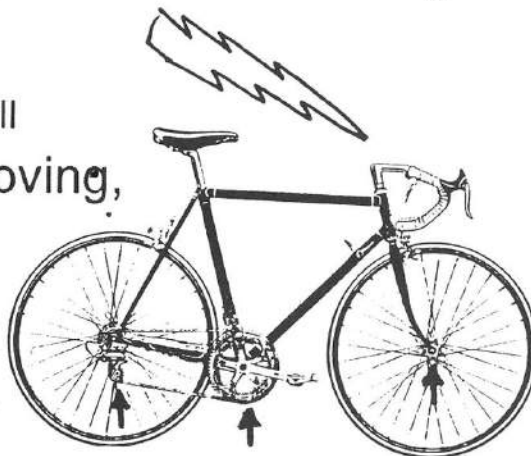
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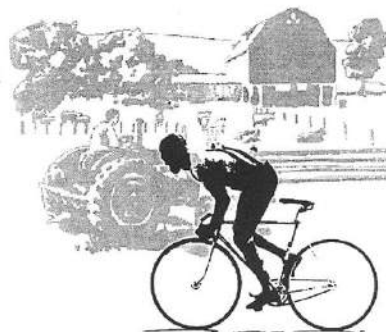



17th Annual Brandywine Tour!

September 12, 1993

28, 50 and 100 mile routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 100 milers; 9-10 A.M. for 50 milers; 10-11 A.M. for 28 milers.

PLACE: Chadds Ford School on Route 1 (½ mile west of Route 100), Chadds Ford, PA.

COST: Just \$10 at the gate. Pre-registration, postmarked by September 5, only \$7.00! **Tour will be held rain or shine!**

Expected Attendance: 350-500 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. Century route passes through three counties including Lancaster County. Full and Half-Centuries pass through King's Cattle Ranch in Buck and Doe Run. The 28-mile route is mostly flat except for Harmony Hill Road which has a covered bridge. All riders have a food stop in Embreeville. Century riders also have a food stop in Lancaster County.

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 28-mile route is a great opportunity for newer cyclists and leisure riders. 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 late summer bicycling season!

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

17th Annual Brandywine Tour (TOBRV)–September 12, 1993

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Distance: 100 miles ☐ 50 miles ☐ 28 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: **Brandywine Tour
Delaware Valley Bicycle Club**

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

Please postmark pre-registration by September 5, 1993.

August 1: Emerson Custis Lake Nockamixon Century**8:00 a.m. start – 62 and 100 miles.**

62 miles moderately hilly, lunch halfway. For information call Fred Vielhauer at (215) 342-7832 or Susan Cohen at (215) 542-9938.

August 7: Princeton Bicycling Event – *The Princeton Free Wheelers'***13th Annual Bicycle Touring Extravaganza****7:00 a.m. start – 100 miles.****8:00 a.m. start – 50 and 65 miles. 9:00 a.m. – all others**

The event ends at 6:00 p.m. No services or personnel will be available after that time. Rider College, Route 206, Lawrence Township, Exit 699-B of I-295. For additional information and applications contact the Princeton Free Wheelers, P.O. Box 1204, Princeton, New Jersey 08542-1204 or call (609) 393-1206 in the evening before 10:30 p.m.

August 14: Dog Daze Century**7:30 a.m. start – 25, 50 and 100 miles.**

\$8.00 per person; rolling to hilly terrain; map, marked route, sag wagon, lunch and patch. Starts and ends at Nottingham County Park, Nottingham, PA. Take US 1 to Route 272 and follow the signs. Call Paul Bigas at (215) 873-8364 for information.

August 15: Covered Bridge Metric Century**8:00 a.m. to 10:00 a.m. Registration – 25, 50 and 100 miles.**

\$10.00 donation. This year the ride starts from Greenfield Corporate Center located two miles east of Lancaster off the Greenfield Road exit of Route 30. (The Pa. Dutch Visitors Bureau is at the same exit.) Just get off at the exit and turn right on Greenfield Road and follow signs to parking areas. For more information or advance registration write the Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608 or call (717) 396-9299 and leave a message.

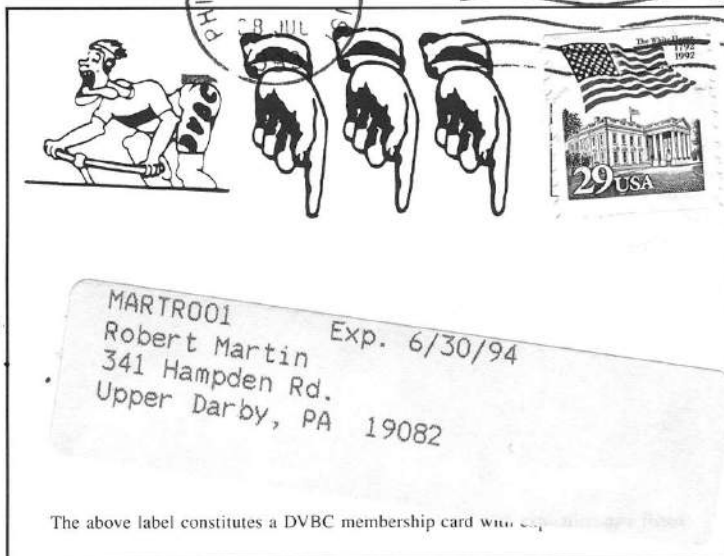
October 9: Sea Gull Century**7:00 a.m. start – 100 mile and 100 km routes.**

\$18.00 per person, flat terrain, scenic backroads to Assateague. Helmets required. Swimming pool, showers available, massage & dinner available for extra fee. 60's dance in the evening, extra rides the days before and after. Ride starts at Maggs Gym at Salisbury State. Call (401) 548-2772 for information.

FOR SALE; New Thule rack, gutter mount, \$60.00 OBO; new soft case bike travel bag, \$60.00 OBO; misc. bike seats, pedals, stems, etc., \$5.00; Look carbon Pedals, \$50.00. Call Dave (215) at 269-2858.



JOIN
DVBC



The above label constitutes a DVBC membership card with no other value.

FIRST CLASS MAIL

The Delaware Valley Bicycle Club (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 is strongly urged—and helmets are required on all rides—the club cannot accept responsibility for accidents or injury while participating in a DVBC event.

Application for DVBC Membership (Expires 1 year from date joined/renewed)

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

Membership: _____ (per household) \$15.00

Membership includes: *DVBC Newsletter Magazine* (10 issues per year), discounts at most Club sponsors, Club subsidized events, and free *Bicycle Touring Newsletter* published quarterly (\$3 value). Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

INTEREST SURVEY

I'll volunteer for:

Ride Pace

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

- ☐ 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