

DELAWARE VALLEY BICYCLE CLUB

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

APRIL 1994

FREE!

THE PREZ SEZ:

SALLY H. BERRIMAN, our district representative for the League of American Wheelmen, the national organization of bicyclists, will be our featured speaker at the April 4 meeting. She is a very knowledgeable bicycling advocate and will you up to date on what is happening in the state and the five-county region. If you are concerned about riding safety and the future of bicycling, you won't want to miss our L.A.W. rep.

At our May meeting, reliable DVBC board member Rich Hoell of Brookhaven will show a video on bicycling repair and maintenance, correct riding positions and safety tips. You don't just have to sit around and be a spectator. Members may get some hands-on tips by bringing in their bikes.

At a recent board meeting in March, among topics discussed were the possibility of Sunday rides culminating with a picnic afterwards, the need for a Women Only ride (which we tried to urge Gina into organizing-- how about it, ladies?) and the upcoming 19th Annual Freedom Tour ride on May 22 from Ridley Creek State Park in Edgmont Township. There will be routes for 8, 18, 35 and 65 miles. (See your newsletter.)

At our March 7 meeting, Karen Scheel, a certified massage therapist, discussed the importance of proper stretching and breathing techniques to prevent various back and body aches, and proper nutrition and eating habits.

She also demonstrated massage techniques for muscle cramps, etc.

When you're working on the lower extremities, it's OK to massage towards the heart and when you're dealing with the upper extremities you rub downward towards the heart, she said. She pointed out that when she does a massage stroke she goes up and then comes back down because you want to hit the muscle in both directions. Kneading of the muscles also involves moving in both directions, she added. Sea salt baths for about 15 minutes are also very good for relaxing the cycling-worn muscles -- and you should also work on your breathing when you're lying in the bathtub, she said.

We all have healing energy ability that comes through our hands, she said. For instance, we automatically rub our heads when we feel the pain of a headache. We all are only energy, Karen pointed out. You take our bodies away and who are we outside of our bodies, she said.

Board of Directors

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Ernest Munns (610) 259-3327
Vice President
Dan Coraluzzi (610) 789-0187
Treasurer
Frank Havnoonian (610) 449-6154
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John Roman (610) 853-2915
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Gina Bezdziecki (610) 525-0129

Ride Coordinators

A/B Rides: Doug Kennedy
913 Mt. Holyoke Pl.
Swarthmore, PA 19081
(610) 543-4664

C/D Rides: Ira Josephs
10 Applebough La.
Rose Valley, PA 19065
(610) 565-4058

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

DVBC Newsletter Staff

Editors Ernie Muns
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Racing Editors Frank Havnoonian
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Special Events Rich Patterson
Advertising Richard Hoell
A/B Rides Doug Kennedy
C/D Rides Ira Josephs
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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.



League of American Wheelmen
The National Organization of Bicyclists
190 W. Ostend St., Suite 120
Baltimore, MD 21230-3731

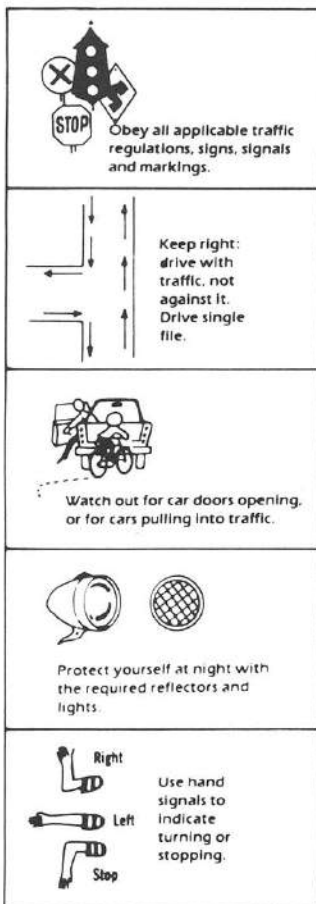
DVBC Meeting Place

Delaware County Peace Center, 1001 Old Sproul Rd. (near car wash at Rt. 320 & Old Marple Rd.). First Monday of month. Doors open at 7:00 p.m. Public 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.
- 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: 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, Apr 3 • 11:00 a.m.
 Miles: 15-20 • Class C
Show & Go

Meet in the lower parking lot of the Clover store on Baltimore Pike in Springfield (just east of Rt. 420 and Strawbridge & Clothier). For more information call Walter Linton at (610) 328-3494.

Sun, Apr 4 • 7:30 p.m.
DVBC Meeting

Concerned about cycling safety and efforts to improve cycling conditions in the 5-county region? Sally H. Berriman of the League of American Wheelmen (LAW) will be the featured speaker. Doors open at 7:00, meeting begins at 7:30. Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Rd. (off Old Marple Rd.), Springfield.

Sun, Apr 10 • 7:45 a.m.
 Miles: 5 • Class All
Goshen Time Trial

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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.

Sun, Apr 10 • 9:00 a.m.
 Miles: 60-70 • Class B
Turkey Point Lighthouse

Leave from the Hollingsworth Parking Lot, University of Delaware, Newark, DE. Ride to the Elk Neck State Forest and have lunch on the cliffs overlooking Chesapeake Bay. Some hills near the point, ½-mile walk each way to the lightstation. Bring lunch or starve. Doug Kennedy: (610) 543-4664.

Sun, Apr 10 • 10:00 a.m.
 Miles: 20-35 • Class C+/B-
Westtown

Enjoy this classic ride through Ridley Creek State Park, the Chester Creek valley, Cheyney & Westtown. Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rds. For more information call Ira Josephs at (610) 565-4058.

Sat, Apr 16 • 10:00 a.m.
 Miles: 25 • Class B/C
River Ride

Meet at the Spring Mill train station (east of Conshohocken). Enjoy beautiful Schuylkill River scenery. Ride to Manayunk, Falls Bridge, West River Drive, the Art Museum & back up the river's east side, with a concession stop. Expect to see scullers, roller bladers, etc. Joanne Cole-Rosen: (610) 325-0614.

Sun, Apr 17 • 10:00 a.m.
 Miles: 30 • Class B
Delco Hills

Meet at Rose Tree Park on Rt. 252 above Rose Tree Rd. (and Rt. 1) for a ride that will seek all the hills we can find in the Ridley Creek area. Mileage may vary somewhat from 30. For more info call Dave Cooley at (610) 352-7377.

Sun, Apr 17 • 1:00 p.m.
 Miles: 25 • Class C
Gladwyne

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 (610) 449-6154 (evenings) for more information.

Sat, Apr 23 • 11:00 a.m.
 Miles: 20-25 • Class C+
Show + Go

Meet in the lower parking lot of the Clover store on Baltimore Pike in Springfield (just east of Rt. 420 and Strawbridge & Clothier). For more information call Walter Linton at (610) 328-3494.

Sat, Apr 30 • 10:00 a.m.
 Miles: 4 • Class All
Tour de Nemours

A du Pont-sponsored family event in Wilmington, DE, promoting the Tour Du Pont. It's a bicycle tour of the Nemours Estate, bicycle rodeo, and safety/skills building for children — with awards and some Tour racers signing autographs. Ira: (610) 565-4058 or Du Pont public relations: 1-800-829-KIDS.

Sun, May 1 • ?
 Miles: ?? • Class B
Ride with Racers

The Tour du Pont racers should be in town (Wilmington). Let's ride around Wilmington, see who we can spot, and ride with them. Call Ira at (610) 565-4058 Saturday night (4/30) to plan for Sunday or possibly Monday.

Mon, May 2 • ?
 Miles: ?? • Class B
Ride with Racers

The Tour du Pont racers should be in town (Wilmington). Let's ride around Wilmington, see who we can spot, and ride with them. Call Ira at (610) 565-4058 Saturday night (4/30) to plan for Sunday or possibly Monday.

Sun, May 2 • 7:30 p.m.
DVBC Meeting

DVBC Board member Rich Hoell will present a video on bicycle repair and maintenance, proper riding position and safety tips. Doors open at 7:00, meeting begins at 7:30. Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Rd. (off Old Marple Rd.), Springfield.

Sun, May 8 • 7:45 a.m.
 Miles: 5 • Class All
Goshen Time Trial

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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.

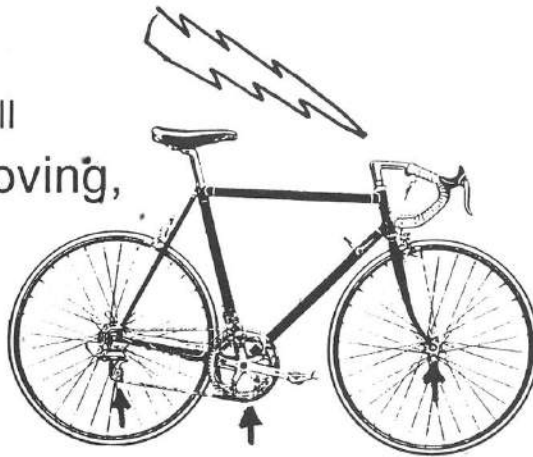
Sun, May 22 • A.M.
 Miles: 8-65 • Class All
19th Freedom Tour

Our biggest ride of the year! Five great routes: 8, 18, 35, 50 & 65 miles. The 50-mile route is new this year and should prove very popular for those who weren't quite up to a 65-mile ride at this point in the season. As always, maps, well-marked routes, portable rest rooms, a sag wagon and a lunch stop are provided. **Helmets are mandatory.** All routes include the scenic Chester Creek valley and Glen Mills. Chances for good weather are improved with the later date this year. *Don't miss out on this one.* See page 5 in this issue for registration form.

*Free 1995 membership for anyone leading 4 or more listed rides in 1994. Call Ira (610-565-4058) or Doug (610-543-4664) for details.

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19th Annual Freedom Tour!

May 22, 1994

8, 18, 35, 50 and 65 Mile Routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 65- & 50-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: \$7.00 pre-registration (postmarked by May 15, 1994); \$10.00 at the gate. **Tour will be held rain or shine.**

Expected Attendance: 500-800 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 (610) 449-6154 or Ernie (610) 259-3327.

19th Annual Freedom Tour • May 22, 1994

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Age: _____ Distance: 65 miles ☐ 50 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)

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 22, 1994.



Club Guidelines from the ADVENTURE CYCLING ASSOCIATION

taken from the N.Y. City Cyclist published by Transportation Alternatives

GEAR UP FOR CYCLE COMMUTING

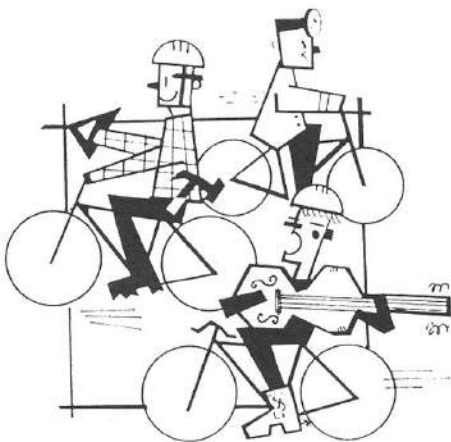
Imagine cities where everyone - nurses, carpenters, teachers, building supers, architects, students, engineers, mechanics, bankers, secretaries, lawyers, maintenance workers, and presidents of companies - commutes by bicycle.

Bicycle groups everywhere are joining forces this spring to make this vision a reality. The push to help commuters cycle to work starts during Earth Week and culminates in Bike-to-Work Week which most cities hold in May, National Bike Month.

Bike-to-Work Week has been a big success in cities around the USA and Canada. The key is getting cyclists to organize where they work, and getting companies to support employees who want to try bike commuting.

Bike-to-Work Weeks can feature:

- free breakfasts for bike commuters at check-in spots
- rush-hour commuter pools cycling in from outlying communities



- low-cost access to health & fitness club showers and lockers
- free safety checkups at bike shops and bike repair workshops



- bike parking in garages
- bicycle access to workplaces
- video night featuring current videos on commuter cycling
- bike tours

Encouraging Bike Commuting:

- offer information on cycling to other employees - make people aware of the health benefits, the cost savings, and the environmental advantages
- try flex-time schedules to allow bicycle commuters to avoid peak-hour traffic
- encourage employees to bike pool, commuting on bikes together
- offer incentives to employees to ride a bike; some companies give cycle-commuters bonuses while others induce its workforce to bike-commute by loaning employees bikes and then giving them outright to workers who use them more than half the time
- set up inter-departmental and corporate challenges among companies/hospitals/government agencies to get the most number of commuters during BTWW

Making It Happen:

- form a Bicycle Commuter Group; call a meeting to bring in other cyclists and would-be cycle commuters; plan events and develop a promotional strategy
- figure out the needs at your workplace, such as bike access to building, shower or locker room, bike storage space - and whom to approach

about them

- Communicate events through your company newsletter, electronic bulletin boards, and inter-office mail
- put up posters in the parking garage and on bulletin boards
- use the news media to promote your company's role in Bike-to-Work Week
- talk with your local Bike/Ped coordinator about your plans and how they might mesh with city or community events
- if co-workers get free or discount parking; or if they get stipends for using transit ask for equal payments for walking or riding to work
- give prizes and rewards for participating in Bike-to-Work Week



Illustrations by Jane Sanders

Commuting by bike is an opportunity for challenge in a world that strives for convenience and ease. It offers rewards that far outweigh the demands. Bike-to-Work Week is a great time to initiate and organize a bike commuting program where you are. It's one way of turning the vision of Cycle Commuting into reality. ●

ADVENTURE CYCLING

association

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776

TEAM CASUAL MARCH FIVE MILE TIME TRIAL RESULTS

MARCH 13, 1994 7:45 am

The March 13th Team Casual Time Trial was cancelled due to treacherous conditions on the course (ice, snow, gravel, pot holes).

Five hardy cyclists showed up but time-keeper Ed Silcox decided not to endanger riders and equipment on the icy "luge" course.

Kudos to Dan M. for **RIDING** out to the non-event.

All cyclists are welcome to participate in our upcoming TIME TRIALS.

| | | |
|--------------------|--------------|-----------------------|
| The dates will be: | April 10* | May 8 (Mother's Day) |
| | June 12 | July 10 August 14 |
| TIME: 7:45 am | September 11 | October 9 November 13 |
| | December 11 | |

For more information call: Ed Silcox 688-8100 ext. 271 (w)
"Rollin'" Rich Patterson 622-2954 (h)

Helmets are **MANDATORY!!!** Safety First!
Join the "Race of Truth"
Compete against the clock.



TAKE TIME OUT



EXPERIENCE
THE
STILLNESS
WITHIN

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RELAX & JOURNEY TO A PLACE THAT WILL RENEW YOUR SPIRIT...**

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MEMBER - ASSOCIATED BODYWORK + MASSAGE PROFESSIONALS

CRANIOSACRAL THERAPY - SHIATSU - CHAKRA WORK - SWEDISH MASSAGE

TO SCHEDULE AN APPOINTMENT CALL: 353-8765

OTHER RIDES

Battle Of Gettysburg Weekend Ride
Saturday, April 16, 1994
Cost: \$8.00 \$10.00 day of ride
Phone: (717) 334-8151

Bicycle Club Of Phila.
Bazaar/Swap Meet
Sunday, April 17, 1994
Location: Fairmount Water Works, behind the
Phila. Museum Of Art.
Time: 11:00 a.m. - 4:00 p.m.

Brandywine Bicycle Club
Taxing Metric Century
Sunday, April 17, 1994
Contact Dennis at (610) 269-6976

Tea Burner Century Ride
Sunday, April 24, 1994
Distances: 35,50,85,100 miles
Cost: \$10.00 \$12.00 day of ride
Mel Kornbluh (609) 451-5104 aft. 6:00 p.m.

Tri-State Century/Half/Quarter
Sunday, May 15, 1994
Distances: 25,50,100 miles
Cost: \$9.00 \$12.00 aft. 5/10
(302) 738-0458

John Pixton Memorial "Poker" Ride
Sunday, May 15, 1994
Distances: 17,27,50,60 miles
Cost: \$12.00 before 5/8 \$14.00 aft.
Laurama Pixton (215) 646-7879 before 9:00p.m.

Kent County Spring Fling
Sunday/Wednesday, May 27-30, 1994
Maryland
(410) 484-0306 or (410) 832-2627

The Jersey Double
June 18, 1994
Western Jersey Wheelmen
200 Mile Bicycle Ride
Bruce Thomson (201) 285-5010 (work)
(908) 879-6477 (home)

Food-Fest Fun Ride
Saturday, July 2, 1994
Weirton Int'l Food-Fest Grounds Three
Springs Drive and Route 22 Weirton, WV
Cost: \$10.00 \$12.00 day of ride
Ride: 14,28,40,60 miles
Registration opens: 7:00a.m.
Darin - (304) 797-7094 8a.m.-5p.m.

Delaware Doublecross
Sunday, July 3, 1994
28 miles (302) 731-1456
Cost: \$5.00 before 6/30 \$6.00 aft.

L.A.W. National Rally 94
July 7-10, 1994
San Diego, California
Contact L.A.W. at (410) 539-3399

L.A.W. Gear 94
Thursday/Sunday, July 21-24, 1994
Salisbury, Maryland
Info: (410) 539-3399

Covered Bridge Metric Century
Sunday, August 14, 1994
Lancaster, Pa.
Distances: 25,50,100 miles
Cost: \$7.00 advance \$10.00 day of ride
(717) 396-9299

BTCNJ Club Rally
Sunday, September 11, 1994
Harrimen Community College, Monroe, NY
Distance: 25,50,63,100 miles
Time: 8a.m.
Cost: \$10.00 \$12.00 day of ride
Frank Warnock (201) 791-3244

The 16TH. Annual
Lake Nockamixon Century Ride
Sunday, September 25, 1994
Distance: 20,35,40,50,62,100 miles
Start: Hatboro-Horsham High School
Times: 7a.m.-8a.m.-9a.m.
Cost: \$15.00
Bill McCoach (215) 675-8325

Cancer Care- BTCNJ
Sunday, October 9, 1994
Campgaw Reservation, Mahwah NJ
Staggered start- 8a.m. to 10a.m.
Distance: 15,25,50,63M
Cost: \$75.00 Min pledge c \$20 preregistration
Judy Lauber (201) 652-5957

NOTE: For more information on any rides call
Ernie Munns # 259-3327



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 **BIKE LINE** & **TREK USA**

Bike Line features the exciting new line of Trek mountain, road, hybrid, and juvenile bikes. And with prices starting at a cool \$259.95 there is now a Trek within everybody's reach! Stop in to any of the 27 Delaware Valley Bike Line locations and see the full line of 1994 Treks including the hot new full suspension mountain bikes. When you visit be sure to join the Bike Line mailing list and apply for your own Bike Line credit card.

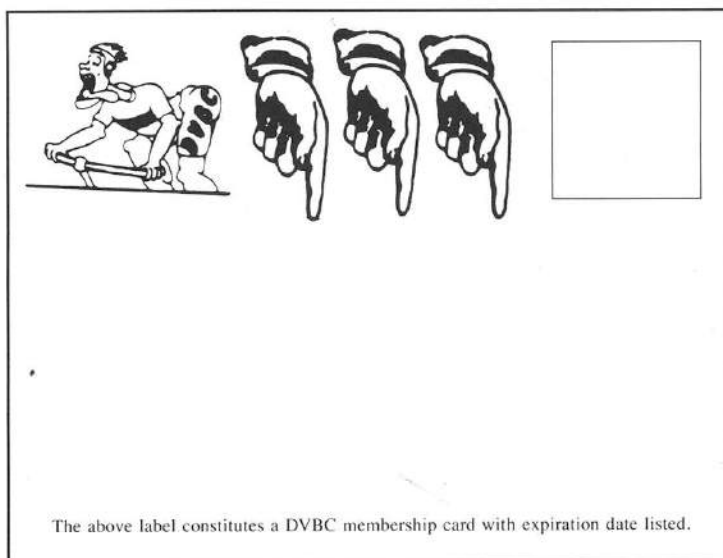
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TREK USA

IN PENNSYLVANIA: ARDMORE BROOMALL EXTON EXETER GRANITE RUN
MONTGOMERYVILLE OAK LANE OXFORD VALLEY PAOLI PHILADELPHIA:
LOCUST ST., ARCH ST., 40th ST. PHOENIXVILLE POTTSTOWN WARMINSTER
WAYNE WEST CHESTER
PIKE CREEK DOVER BEAR **IN DELAWARE:** WILMINGTON NEWARK
IN NEW JERSEY: BERLIN CHERRY HILL MED-
FORD OLD BRIDGE TURNERSVILLE



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

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