



DELAWARE VALLEY BICYCLE CLUB

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

NOVEMBER 1994

FREE!

Fred De Long Visits DVBC

When Fred De Long speaks, enthusiastic bicyclists listen. Such was the crowd that came to the DVBC Oct. 3 general meeting to meet and hear the sport's venerable elder statesman. They came with memories of columns he had written when he was technical editor of Bicycling Magazine. They had rummaged through their basements and closets and brought along copies of his book The Art and Science of Bicycles and Bicycling for his autograph, requests to which he graciously obliged. They came with reminiscences of having met Fred scolding a cadre of foolhardy bicyclists who ran a red light.

Fred De Long came to talk to bicyclists, his people, and he brought along his bike. Not a fancy state-of-the-art racing bicycle, but none-the-less a wonder of technology, Fred's machine was an original three-speed Hon, which when folded compactly and encased in its bag, formed a discrete, thirty-three pound stowaway-sized package that airlines allow on board free. Thus on his recent trip to London for an ISO meeting, Fred avoided the airline baggage surcharges, as well as the inflated fares charged by London's notorious taxi-cab drivers.

As he unfolded his Hon, Fred told us of his recent crash in London, a crash that had caused worse injury to Fred, even though he always wears his helmet, than damage to his bicycle. After showing us the Hon, he passed around copies of Bicycling Science, a bicycle engineer's quarterly, and he talked about his lifelong association with bicycles and other human-powered vehicles, not only for their historical appreciation, but also with concern for their future, which is why Fred has been so involved, traveling throughout the United States and abroad, and often at his own expense, to meetings of organizations that recommend manufacturing safety standards such as: ANSI and ISO and the CPSC.

Fred had worked to make bicycling manufacturers fully explain the correct operation of quick release levers in the owner's manual and on labels attached to new bicycles. Fred has also given testimony for safer bicycle reflectors and lighting systems. He admired generator lighting systems that stay on and pulsing tail lights that magnetically catch the attention of motor vehicle drivers in both night time and daylight.

This November, Fred announced that he will be giving testimony for improved reflector standards before the CPSC, and the best wishes from DVBC will be going with him.

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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.*

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DVBC

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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
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. 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 rides.)
6. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience.

7. RIDE CLASSIFICATIONS:

CLASS D: For new, inexperienced riders or families: speed 5 - 7 mph, frequent stops, as few hills as possible. Group will wait for all riders. Mileage usually less than 10 miles, but longer distances permissible.

CLASS C-: For average riders: 7 - 8 mph, rest stops as needed. Group will wait for stragglers. Distance recommended: 10 - 30 miles.

CLASS C+: Also average riders: 9 - 10 mph, rest stops every 45 - 60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided by the ride leader.

CLASS B-: For more experienced riders: 11 - 12 mph, stops every 15 - 20 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

CLASS B+: For strong riders: 13 - 15 mph, stops every 20 - 30 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

CLASS A: For very strong riders: 16 - 20 mph, stops every 30 - 50 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

TIME TRIAL: Timed event. Again, you must obey all traffic laws. A hard helmet is mandatory. You must yield the right of way at all times. Club time trials should not be regarded as races, but as training rides.

8. Each rider assumes his/her own risk on all time trials and touring rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

NOTE: In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the Ride Leader if in doubt. All Club rides are rated according to degree of difficulty. If you're in doubt about your cycling ability, try out a ride one class below the one you're not sure about and then work your way up. The general public is invited to all events organized and conducted by Delaware Valley Bicycle Club. A program is presented by the Club for bicyclists of all ages, all abilities, and all interests. Except for the Freedom Tour, Brandywine Tour and Club picnic, all club events are free to the general public. The general public is welcome!



RIDE CALENDAR

**Free membership for ride leaders*
Helmet use is mandatory on all rides!

Sat, Nov 5 • 10:00 a.m. Miles: 20 • Class D <i>Farmer's Market</i>	Meet at the Cool Beans coffee shop in the Frankford section of Phila. at Cheltenham Ave. & Horrocks St., 2 blocks east of Oxford Circle. Enjoy this easy paced beginner's ride to the Jenkintown Farmer's Market for lunch. Some hills, so you need a 10-speed bike. A joint ride with Bicycle Club of Philadelphia. Call Chris at (215) 924-1086 for more info.
Sun, Nov 6 • 9:00 a.m. Miles: 65 • Class B+ <i>Fort Mott Plus</i>	Pack a lunch for a flat ride to historic Fort Mott on Delaware Bay, & a return stop at Richman's ice cream factory. 15 mph pace. Meet at the Bridgeport School at Rt. 44 & Barker Ave. in Bridgeport, NJ (just across the Com. Barry Bridge). For more info call Doug Kennedy at (610) 543-4664.
Mon, Nov 7 • 7:30 p.m. <i>DVBC Meeting</i>	Margaret Evagelisti and Daniel Maser, two exercise physiologists from the Graduate Hospital Human Performance Division, will be our guest speakers. With their "hat trick" of participation, research and education/professional background, the evening promises to be most entertaining as well as informative. Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Sun, Nov 13 • 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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.
Sun, Nov 13 • 9:00 a.m. Miles: 60 • Class B+ <i>Turkey Pt Lighthouse</i>	Leave from behind the McDonald's in the Big Elk Mall at Rts. 40 & 213 in Elkton, MD. Ride to the Elk Neck State Forest and have lunch on the cliffs overlooking Chesapeake Bay at the Turkey Point Lightstation. Hilly in places. There is a ½-mile walk each way to the lightstation. Bring lunch, no food available at the point! Doug Kennedy: (610) 543-4664.
Sun, Nov 13 • 9:00 a.m. Miles: 25 • 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 (610) 449-6154 (evenings) for more information.
Sun, Nov 20 • 9:00 a.m. Miles: 25-30 • Class B <i>Spokes Cyclery</i>	Meet at Spokes Cyclery St. Alban's Circle (near West Chester Pk. & Rt. 252) in Newtown Square. Brisk ride through horse country with some hills. For more information about the route call Jeff or Betsy at 610-325-7585.
Sun, Nov 20 • 9:00 a.m. Miles: 65 • Class B+ <i>Chesapeake Lunch</i>	Enjoy a moderately brisk (15 mph) ride to the Chesapeake Bay. There we'll do lunch in a park overlooking the bay. Some parts of the ride are hilly, most part are quite scenic. Pack a lunch and meet at Hollingsworth parking at Church & Cleveland Sts. in Newark, DE. For more info call Doug Kennedy at (610) 543-4664.
Thu, Nov 24 • 9:30 a.m. Miles: 30-40 • Class B+ <i>Turkey Day Show & Go</i>	Enjoy a Thanksgiving Day workout to make room for your turkey dinner. Expect some hills to help make extra room. Meet at Rose Tree Park (Rt. 252 above Rose Tree Rd., near Rt. 252 exit of Rt. 1). For more information on the route call Charlie Stockley at (610) 586-9759.
Sun, Nov 27 • 9:00 a.m. Miles: 75 • Class B+ <i>Bayside/Ice Cream</i>	Enjoy this mostly flat ride to historic Greenwich, NJ and nearby Bayside, on the Delaware Bay, for lunch. We'll make an ice cream stop on the way back. Leave from Kingsway Regional H.S. at Rts. 322 & 551 in Swedesboro, NJ (just across the Commodore Barry Bridge). For more details call Doug Kennedy at (610) 543-4664.
Sun, Nov 27 • 10:30 a.m. Miles: 25-35 • Class C+/B- <i>Cheyney-Westtown</i>	Enjoy the appealing scenery of this classic ride through Ridley Creek State Park, Creek Rd., Cheyney, and possibly Westtown. Meet at the Moyland-Rose Valley train station at Woodward & Manchester (Rose Valley) Rd.s in Moylan. Call Ira at (610) 565-4058 for more information..
Mon, Dec 5 • 7:30 p.m. Miles: • Class <i>DVBC Meeting</i>	Don't miss our traditional end-of-year/holiday banquet. Bring the family for a freindly sit-down dinner. Ham and vegetarian lasagne are our main courses. Please call Frank (610-626-4477 - days; 610-449-6154 - evenings) or Gina (610-525-0129) ASAP with the number attending from your family. Doors open at 7:00, dinner starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Sun, Dec 11 • 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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.

*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.

CYCLING FOR HEALTH AND TRAINING FOR PERFORMANCE

The November 7 general meeting of the DVBC will feature two exercise physiologists from the Graduate Hospital Human Performance Division. Margaret Evangelisti holds an M. Ed. degree in exercise physiology and has been a triathlete since 1987. She has completed two half "Ironman" triathalons. Daniel Maser, who holds a Ph. D. in exercise physiology, is a former miler.

As exercise physiologists, both Margaret and David perform cardiopulmonary testing on endurance athletes, and screen the health of executives and fire fighters. Both also conduct research projects on exercise, including the anaerobic thresholds of elite cyclists.

Margaret and David are prepared to discuss topics such as:

- How cycling lowers long term cardiac risk
- Health screening for cycling
- Training guidelines: low vs. high intensity
- Training and anaerobic threshold
- Fluid replacement

Both of these professionals promise an interesting session for us. The general meeting and program begins at 7:30 P.M. at the Delaware County Peace Center, 1001 Old Sproul Rd.

**COME ONE!
COME ALL!**

For the DVBC end-of-year banquet dinner.

December 5, 1994 at 7:30 p.m.

Sit-down dinner featuring **Ham** and **Vegetarian Lasagne** as our main courses.

Please call ASAP with the number attending from your family.

Gina: 610-525-0129

or

Frank: 610-626-4477 (days)
610-449-6154 (evenings)

Brandywine '94 Tour Photos



A break to enjoy the horse farm scenery



The Sag Wagon

TEAM Casual Oct. 5-Mile Time Trial Results

UPCOMING SCHEDULE
OPEN TO EVERYONE!

NAME	AGE	FRAME	TIME	PTS
Jennifer Leknes	35	Performance	16:43	07
Mark Simms	41	Trek	14:33	08
Matt Hogan	36	Trek	13:11	10
Len Murphey	60	Centurion	13:39	09

Nov. 13 7:45 AM
Dec. 11 7:45 AM

Timekeeper: Rollin' Rich Patterson
(610) 622-2954

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

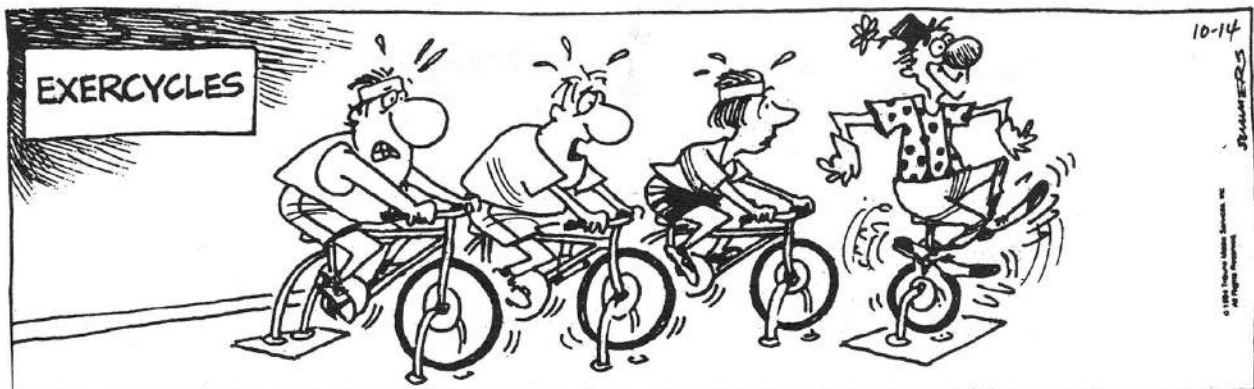
Time Trials start on
Providence Road near
the Radnor Hunt Club!

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

What do you have to
lose?

DVBC TIME TRIAL RULES

1. Helmet use is mandatory.
2. Drafting is not permitted.
3. Each rider must remember that all roads will remain open to traffic.
4. Each rider must obey all rules of the road and must stop at all stop signs. This event is not a race.
5. Pass other riders only if there is no traffic behind you.
6. Since all roads remain open to traffic, each rider is instructed to yield the right of way to motorists, equestrians, and pedestrians at all times.
7. Observe safe riding practices at all times.
8. Corners are sharp and may have gravel. People will not be available to monitor them.
9. Be alert at all times. Potholes will be encountered on many portions of the road. It is your responsibility to safely avoid each pothole.
10. Riders are expected to ride as far to the right as practicable.
11. A minimum distance of 3 feet is to be maintained between cyclists at all times.
12. All rules must be obeyed.



September's "Women Only" Rides

Each Tuesday evening throughout September provided perfect cycling weather for the "Women Only" rides. Not only was there plenty of blue sky and sunshine, but the scenery along the traveled roads between Ridley Creek state Park and out past Cheyney and Glen Mills areas to Westtown School and Lake was beautiful. There were wooded areas and cornfields, horse pastures and cow pastures, late summer wildflowers lining the roadsides and streamsides. What more could one ask for other than to have a nice group of friends to share any cycling experience.

Barbara Burns, Cynthia Bennett, Jayne Young, Ellen Berman, Fran De Million, Judy Obetz and Karen Ernsberger were part of a friendly, enthusiastic, and energetic group that joined ride leader Gina Bezdziecki on one or more of the September Tuesday evening rides.



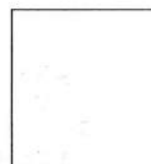
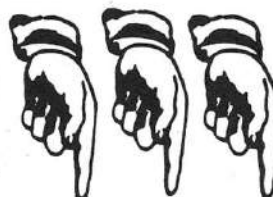
Pictured left to right, at Westtown Lake: Judy Obetz, Karen Ernsberger, Fran De Million, Barbara Burns and Ellen Berman.

The ride is official for Cynthia Bennett as she poses with her "chain tattoo."





JOIN
DVBC



The above label constitutes a DVBC membership card with expiration date listed.

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

- | | | |
|--|--|--|
| <input type="checkbox"/> Class D: <i>slow</i> | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter Collator |
| <input type="checkbox"/> Class C: <i>average</i> | <input type="checkbox"/> Sag Wagon Driver | <input type="checkbox"/> Advertising Coordinator |
| <input type="checkbox"/> Class B: <i>brisk</i> | <input type="checkbox"/> Tour Food Stop | <input type="checkbox"/> Newsletter Co-editor |
| <input type="checkbox"/> Class A: <i>fast</i> | <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Newsletter Delivery |
| <input type="checkbox"/> Off-Road | <input type="checkbox"/> Newsletter Typist | <input type="checkbox"/> 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