

DELAWARE VALLEY BICYCLE CLUB

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

APRIL 1995

FREE!

From the Prez: At our next meeting Frank Havnoonian will demonstrate doing bike repairs on the road. Pick up valuable techniques on how to do repairs when you're without your full set of tools. Even experienced "bicycle repairman" types can probably learn how to do it faster and better.

Dr. Mc Philemy, Speaker at March Meeting

Team doctor to the Philadelphia 76ers, orthopedic surgeon, Dr. John McPhilemy, D.O. discussed the prevention of bicycling injuries with the assembled members of DVBC at the March 6 meeting. Dr. Mc Philemy considered two classes of injuries: acute and chronic. Acute injuries usually are caused by accidents and falls; examples of such injuries include head traumas and bone fractures. In recent years, Dr. Mc Philemy noted, the increased use of helmets has decreased head injuries (and fatalities).

On the other hand, doctors have been seeing more chronic injuries. Stress and overexertion have been causing these injuries. Knee injuries, especially *chondromalacia patella*, the softening of the cartilage that anchors the kneecap, have been most common. Although he pointed out that raising the bicycle saddle, adjusting the cleats for positioning the feet, and using easier gears can relieve the strain upon the knees, the doctor insisted that an injured knee needed rest, not relief. However, Dr. Mc Philemy knew how difficult it can be to tell an avid, but weak-in-the-knees, bicyclist to take time out from life upon the saddle, so he advised cross training with swimming, and he demonstrated rehabilitative weight training exercises that strengthen the knee joint.

Savvy DVBC members were quick to point out that a bicycle seat raised too high could harm the seat of the rider! The discussion became humorous, but Dr. Mc Philemy agreed to treating the sores as one would treat an infant's diaper rash,

and he proceeded to discuss the other less common afflictions that bring bicyclists to the doctor's clinic.

Back injuries, especially painful stress injuries to the lower back, although rare in bicycling, usually resulted from riding in the upright position upon a poorly fitted mountain bike. Sport touring riders, on the other hand, have traded off a pain in the lower back for a pain in the neck, because the lowered torso position used in riding on the drops and the bicyclists' holding their heads erect to see where they are going strained the neck and shoulder muscles. Other neck strains that resulted from turning the head to look at traffic approaching from the rear have been avoided by using a rear-view mirror. Furthermore, Dr. Mc Philemy noted that bicyclists could avoid additional stress injuries simply by doing stretching exercises before and after riding.

Hand injuries were the last category of problems. These injuries, especially experienced in mountain biking, resulted in the numbness caused by *carpal tunnel syndrome* or by ulnar nerve root irritation. *Carpal tunnel syndrome* affected the thumb and forefinger; and *ulnar nerve* injury numbed the pinky and ring finger. Padding the handlebars and wearing thickly padded gloves reduced the stress causing problems to the hands.

After his talk, Dr. Mc Philemy answered a few questions from the audience and then left for his next commitment. He left everyone impressed, and the DVBC members agreed that they would enjoy another talk about injury prevention.

Monday: April 10, 7-8 P.M.: DVBC Executive Board Meeting

8 P.M.: Delaware Valley Cycling Committee Meeting

Call Ira for details: (610) 565-4058

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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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Special Events Rich Patterson

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Drexel Hill, PA 19026

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DVBC

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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. 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.

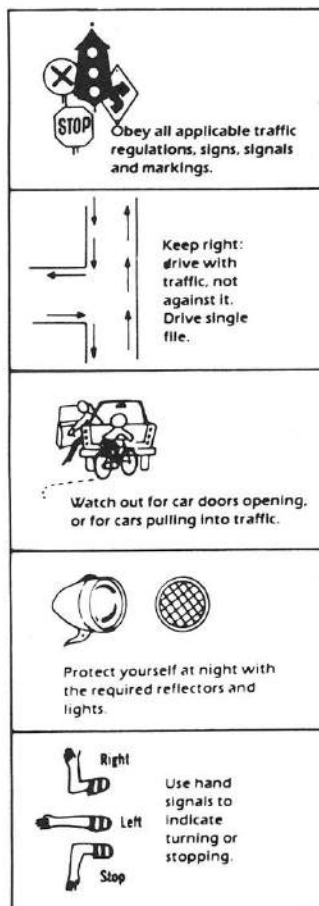
CLASS B+: For strong riders: 13 - 15 mph, stops every 20 - 30 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

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!



R I D E C A L E N D A R

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

Sun, Apr 2 • 9:00 a.m. Miles: 64 • Class B+ <i>Octoraro Reservoir</i>	We will ride completely around the scenic Octoraro Reservoir, with two covered bridges and a lunch stop at Nottingham Park. Bring lunch. Leaves 9:00 a.m. from Hollingsworth parking lot at N. College and Cleveland Avenues, Newark, DE. Leader: Doug Kennedy (610) 543-4664.
Sun, Apr 2 • 10:00 a.m. Miles: 45-50 • Class B+ <i>Rose Tree Show & Go</i>	Meet at Rose Tree Park (Rt. 252 & Rose Tree Road, just north of the Rt. 252 exit from Rt. 1, Media). We'll do a fast, hilly ride out into the surrounding countryside. For more information call Charlie Stockley at (610) 586-9759.
Sun, Apr 2 • 9:30 a.m. Miles: 25 • Class C <i>WC/Brandywine Valley</i>	Meet at the parking lot behind the E. O. Bull Building (West Chester University) at Rosedale & High Sts. Enjoy a scenic ride through the famed Brandywine Valley. Expect a few hills. Bring a snack. For more information call Fran at (610) 431-2675.
Sun, Apr 2 • 11:00 a.m. Miles: 35 • Class C+/B- <i>Moderate Show & Go</i>	Meet at the lower parking lot (off Leamy Ave.) of the Clover store on Baltimore Pike in Springfield. Come out and ride to somewhere. For more information call Walter Linton at (610) 328-3494.
Mon, Apr 3 • 7:30 p.m. <i>DVBC Meeting</i>	Frank Havnoonian will demonstrate "on the road" repair techniques. Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Fri, Apr 7 • 5:30 p.m. Miles: 18 • Class D <i>Easy Evening Rides</i>	Leave from the Bike Line at Oak Lane Rd. & Cheltenham Ave. in Cheltenham for this easy-paced, mostly flat ride. Call Chris at (215) 924-1086 for more information.
Sat, Apr 8 • 10:30 a.m. Miles: 32 • Class C <i>Bryn Athyn Cathedral</i>	Meet at Cool Beans Coffee Shop at Cheltenham Ave. & Horrocks St., Phila. (Frankford section (2 blocks east of Oxford Cir.). An easy ride to the Bryn Athyn Cathedral in Huntingdon Valley, to Jenkintown for a snack break; return via Elkins Park. A joint ride with BCP. Take a camera. Chris: (215) 924-1086.
Sun, Apr 9 • 10:00 a.m. Miles: 50 • Class B+ <i>Chadds Ford Show+Go</i>	Meet behind the Wawa at Rts. 1 and 100 South in Chadds Ford. Enjoy a fast paced, hilly ride through the beautiful countryside that makes our Brandywine Tour so popular. Call Charlie Stockley at (610) 586-9759 for more information.
Sun, Apr 9 • 9:00 a.m. Miles: 65 • Class B+ <i>Ephrata Cloister</i>	Ride through the PA Dutch country to Ephrata Cloister for lunch. Three covered bridges are included, and there are picnic tables at the Cloister. Bring lunch, although you can probably buy food in Ephrata. Leaves from the Octoraro School at Rt. 41 & Highland Road. Doug Kennedy: (610) 543-4664.
Sun, Apr 9 • 11:00 a.m. Miles: 20+ • Class C+/B- <i>Moderate Show & Go</i>	Meet at the lower parking lot (off Leamy Ave.) of the Clover store on Baltimore Pike in Springfield. Come out and enjoy an early spring ride to somewhere else. For more information call Walter Linton at (610) 328-3494.
Sat, Apr 15 • 11:00 a.m. Miles: 20+ • Class C+/B- <i>Moderate Show & Go</i>	Meet at the lower parking lot (off Leamy Ave.) of the Clover store on Baltimore Pike in Springfield. Come out and enjoy an early spring ride to somewhere else. For more information call Walter Linton at (610) 328-3494.
Sun, Apr 16 • 8:00 a.m. Miles: 60-70 • Class B+ <i>Mays Landing</i>	Meet at the Kingsway Regional High School; turn left at the 2nd light on Rt. 322 in New Jersey (after the Commodore Barry Bridge). Celebrate Easter with a flat ride to Mays Landing. Call Charlie Stockley at (610) 586-9759.
Fri, Apr 21 • 5:30 p.m. Miles: 18 • Class D <i>Easy Evening Rides</i>	Leave from the Bike Line at Oak Lane Rd. & Cheltenham Ave. in Cheltenham for this easy-paced, mostly flat ride. Call Chris at (215) 924-1086 for more information.
Sat, Apr 22 • All day Miles: 2-4 • Class All <i>Tour de Nemours</i>	Enjoy this family cycling event to kickoff the Tour Dupont. Ride around the beautiful Nemours estate, the Dupont children's hospital. Plus food, music, prizes, demonstrations & fun. For more information on this all-day event call Ira at (610) 565-4058.
Sun, Apr 23 • 9:00 a.m. Miles: ?? • Class A <i>Team DHC Training</i>	Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Come out for a training ride or just to get in top physical form. Mileage may vary. Call Frank Havnoonian the night before: (610) 446-6154.
Sun, Apr 23 • 9:00 a.m. Miles: 44 • Class B <i>Spokes Swap Meet</i>	Meet at the Phila.-Valley Forge Bikeway entrance, Betzwood side of Valley Forge Park. Ride the Bikeway into Phila. & browse the bicycle swap meet behind the Art Museum. A van will bring back our purchases. Return to Spokes Cyclery for refreshments. Bring or buy lunch. Jeff or Betsy: (610) 325-7585.
Sat, Apr 29 • 9:30 a.m. Miles: 20/35 • Class B+/C <i>Freedom Tour Warm-up</i>	This is 2 rides. Experienced stronger riders, meet at the Moylan-Rose Valley train station at Manchester and Woodward Rds. We'll do a Pete & Penny's ride stopping at Ridley Creek State Park to pick up "C" riders doing the short version. "C" riders should meet at parking lot #15 in Ridley Creek State Park to leave at 10:15 for a more moderate-paced but somewhat hilly ride to Westtown. Ira: (610) 565-4058.
Sun, May 7 • 8:00-Noon Miles: 8-65 • Class All <i>Freedom Tour</i>	Our major ride of the spring. Routes for all levels of cyclists from 8 to 65 miles. Lunch stop is included in registration fee. Enjoy the beautiful scenery of the Chester & Ridley Creek Valleys — and the Brandywine Valley for the longer distances. See Pre-registration page elsewhere in this issue for complete details and to register.

*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.

BICYCLE EVENTS CALENDAR

APRIL

22: Taxing Metric Century: Brandywine Bicycle Club. Knauertown, PA, Warwick County Park. 50/100 km. \$10. Begins 8:30 A.M. Call Paul Bigas, 610-593-5949 or Sue Greene, 610-983-9127.

23: BCP's Annual Bicycle Bazaar. Fairmount Water Works, Aquarium Drive behind the Philadelphia Museum of Art. Bike shop vendors, demos., lectures. Rain or shine! Call Barbara O'Neill: W 215-977-6058.

28-30: Lewes Spring Weekend: White Clay Bicycle Club. Lewes, DE. Rides of 10-75 mi. For info., Nancy Estilow, Murray Manor II, 1124 12th Ave., Wilmington, DE 19808 or Donna Johnson 302-328-5661.

29: Bethany Beach Ocean to Bay Tour, Bethany Beach, DE. 20, 40, 60 mile routes. \$25 before April 15; \$30, after. Includes: long-sleeved T-shirt, map, refreshments, lottery to win a cross bike. SASE to Bethany-Fenwick Area Chamber of Commerce, P.O. Box 1450, Bethany Beach, DE 19930 or call 1-800-962-7873.

MAY

6: Farmlands Flat Tour: Central Jersey Bicycle Club, c/o Mike Kruimer, P.O. Box 2202, Edison, NJ 08818. Telephone: 908-287-9447.

7: 20th Annual Freedom Tour: Delaware Valley Bicycle Club, Ridley Creek State Park, parking lot #15. \$10. 65/35/18/8 mi at 8/9/10/11 A.M. Send SASE to P.O. Box 274, Drexel Hill, PA 19026 or call Frank (W) 610-626-4477.

7: Mexican Metric Century: Suburban Cyclists Unlimited. Oaks, PA, Lower Perkiomen Valley Park. 63/35/20 mi at 8:30/9:30/10:30 A.M. \$15. Preregister by 4/22 includes T-shirt. SASE to SCU, Mexican Metric, P.O. Box 401, Horsham, PA 19044.

13: Tour de Y: Lebanon Valley Bicycle Club. Optimist Park, 13th & Washington Sts., Lebanon, PA. Fund raiser for YMCA. \$20 until 4/29; \$25 after. Metric century with half century option. Info: SASE to Jim Deaven, 124 W. Church St., Annville, PA 17003, or call 717-867-0950.

20: Pinelands Triple Loop, Shore Cycle Club, Ride begins and ends in Basto State Forest. \$10 before 5/13; \$12 after. SASE: Allen Jackson, Box 492, Northfield, NJ 08225; call 609-927-6286.

20-21: Horse Farm Tour: McSherrytown, PA. 10/25/35/50 mi. SASE to Hanover Cyclers, Steve Smith 132 Farm View Dr., York, PA 17404.

21: John Pixton Memorial "Poker" Ride Pennsylvania Bicycle Club. 62/50/30/20 mi. starting at 7/8/9/10/11 A.M. from Montgomery County Community College, Blue Bell, PA. \$10 by 5/13; \$12 after. Send SASE to Laurama Pixton, 445 Dreshertown Rd., Ft. Washington, PA 19034.

JUNE

3: 6th Annual Atlantic City Rescue Mission Ride. Shore Cycle Club. 20/28/50/62. Ride for the benefit of the homeless. SASE: Janet Reinhard, Box 493, Northfield, NJ 08225. Call 609-965-4823.

9-11: KAMEL: (Kutztown and Millersville Eastern Loop), Harrisburg Bicycle Club. 190 miles. Must register by 5/14/95. SASE to HBC, John Donoughe, 1554 Locust Street, New Cumberland, PA 17070 or call 717-774-5073.

10: Longest Day Double Century: Central Jersey Bicycle Club c/o Carolyn Klinger-Kueter, 424 St. Mark's Ave., Westfield, NJ 07090: 908-233-9094.

16-19: GEAR: League of American Bicyclists' Great Eastern Rally, Amherst, MA at U. Mass. SASE to League GEAR, 190 W. Ostend St., #120: Baltimore, MD 21230-3755.

17: 3RD ANNUAL BIKNIC (Young Adult Ministry, Archdiocese of Phila.) 10 A.M. Art Museum, Fairmount Park, Japanese Tea Garden. Info.: 610-649-9476.

23-25: AGVTHH (Annual Great Valley Tour, Harrisonburg to Harrisburg), Harrisburg Bicycle Club. SASE to Bill Engle, 4540 Ethel St Harrisburg, PA 17109.

23-25: Blue & Gray Rally, Bicycling Federation of Pennsylvania, Gettysburg College, SASE to Tom Helm, 480 Saint Johns Drive, Camp Hill, PA 17011-1331. Limited to 140 participants.

25: RVRUP: Central Jersey Bicycle Club: 20/40/60/62/100 mi. SASE: Eileen Kalogiros, Box 2202, Edison, NJ 08818; call 908-287-0712.

JULY

1-4: Tour of Northeast PA. SASE to Cycle PA, Tour 1, c/o Joe Donovan, 205 Frederick Street, Moosic, PA 18507. Limit to 200 riders. \$210 for 4 days touring by 5/15; \$240 thereafter. Includes college dormitory accommodations, meals and sag.

2: 11th Annual Delaware Doublecross, White Clay Bicycle Club, Port Penn, DE to the MD border and back -- 28 miles over flat terrain. SASE to Aaron Chen, 446 Haystack Drive, Newark, DE 19711, or call 302-731-1456.

5-9: National Rally, Asheville, NC, League of American Bicyclists. SASE to League Rally, 190 W. Ostend Street #120, Baltimore, MD 21230-3755.

9-14: Bike H.O.P. American Lung Association. fully supported cross-Pennsylvania. Pledges required. SASE to Jay Pagni, American Lung Assoc. 6041 Linglestown Road, Harrisburg, PA 17112-1208.

9: American Cancer Society Ride: Info. -- Saul Miller, 215-725-2125.

10-15: Ride the Allegheny Mountains of PA, a bicycle tour of Keystone Mountain Country. SASE to RAMP '95 c/o Cal Arter, P.O. Box 68, Lock Haven, PA 17745 or call 717-748-2427. Must register by April 10, 1995.

15: Tour de Lebanon Valley. Lebanon Valley

Bicycle Club, metric century and half century. Cost is \$10 until 7/1; \$12 after. Start/Finish at Annville/Cleona High School. SASE to Jim Deaven, 124 W. Church St., Annville, PA 17003 or call 717-867-0950.

22-29: Pedal Pennsylvania. Cross Pennsylvania from Pittsburgh to Philadelphia. SASE to Bob Ingersoll, 1914 Brandywine Street, Philadelphia, PA 19130. Telephone 215-561-9679.

AUGUST

4-6: Cycle PA Tour 2. Starts from Bloomsburg U. SASE to Cycle PA, Inc., 205 Frederick St., Moosic, PA 18507. Overnight in college dorms, meals, and sag.

6-12: Pennsylvania Perimeter Ride VII Against Cancer. Maximum 40 riders. \$750 in pledges required. SASE to Bob Freed, 331 North 22nd Street, Allentown, PA 18104 or 610-434-8730, 6-10 PM.

SEPTEMBER

9: No Baloney Century: Lebanon Valley Bicycle Club. 25/50/75/100 mi. \$10 until 9/2; \$12 after. Start/Finish at South Hills Park, S Lincoln Ave., Lebanon, PA. Info.: SASE to Jim Deaven, 124 W. Church St., Annville, PA 17003 or phone 717-867-0950.

10: 19th Annual Brandywine Tour. Delaware Valley Bicycle Club. 20/50/100 miles from Chadds Ford Elementary School, U.S. 1 about 1/4 mi. west of PA Rt. 100. \$8 til 9/3; \$10 after. SASE to DVBC P. O. Box 274, Drexel hill, PA 19026 or call Frank (day) 610-626-4477.

10: River's Edge Century: Bicycle Club of Philadelphia, 31/62/100 mi. \$15 members, \$18 non-members. SASE to BCP, P.O. Box 30235, Philadelphia, PA 19103.

16: Savage Century: White Clay Bicycle Club. One of the most difficult routes on the East Coast. 65/100 mi. \$9 until 9/10 \$12 after. Starts at Hollingsworth Parking Lot, U. of DE campus, N. College & Cleveland Aves., Newark, DE. Info. --SASE to Savage Century c/o Dave Bundas, 321 Indian Town Rd., Landenburg, PA 19350 or call 610-255-0799.

17: Sid Lustig Memorial Century. Harrisburg Bicycle Club. Info. -- Dick Ruben, 345 Old York Road, New Cumberland, PA 17070.

24: Lake Nockamixon Century, Suburban Cyclists Unlimited, 20/35/50/62/100 mi. Registration opens at 7 AM. \$15. Pre-register by 9/9 includes T-shirt. Hatboro-Horsham H.S. Info. SCU, P.O. Box 401, Horsham, PA 19044.

OCTOBER

7: Belleplain Beacon Century. Shore Cycle Club. 31/50/62/100 miles. SASE to Roy Cook, 4453 Yorktown Pl., Mays Landing, NJ 08330.

OTHER RIDES

APRIL

28-30: Southwest Tandem Rally. SASE to Rick & Kay Watson, HCR 70, Box 116, Ardmore, OK 73401.

MAY

13-JUNE 30: Across America Ride: League of American Bicyclists "Pedal for Power"; Call 1-800-288-BIKE for details.

20: National MS Society Spring Classic: Philadelphia, Montgomery, Bucks and Burlington Counties. Send SASE to National MS Society, 1 Reed Street #200, Philadelphia, PA 19147.

JUNE

17: Kettle Creek Lodge Mountain Bike Madness, Oleana, PA. 23/10 mi. trail rides. SASE to Steve Benna, Kettle Creek Lodge HCR 62 Box 14B, Cross Fork, PA 17729.

18-24: GOBA (Great Ohio Bicycle Adventure) Join 3,000 riders from all over the country for a week of sightseeing and camping through northeastern Ohio on this nationally reknown, week long, 50 mile per day circular tour. The cost is under \$100 (family discounts available). For registration, phone 614-847-TOUR or write

GOBA, P.O.Box 14384, Columbus, OH 43214.

24: WAG '95. Western PA Wheelmen. Ligonier, PA. 25/62/100 mi. SASE to WPW Bicycle Club, P.O. Box 6952, Pittsburgh, PA 15212.

JULY

16: The Great Ride - a neighborhood ride of Pittsburgh, 35 mi. co sponsored by the City of Pittsburgh and the Pittsburgh AYH Council to benefit the Pittsburgh International Hostel Project. SASE to Larry Laude, c/o Pittsburgh AYH, 5604 Solway St., Rm 202, Pittsburgh, PA 15217.

AUGUST

6-12: Pennsylvania Perimeter Ride VII Against Cancer. Ashtabula, OH to Palmerton, PA, 500 mi. Maximum 40 riders, \$750 in pledges required. Send SASE to Bob Freed, 331 North 22nd Street, Allentown, PA 18104, or 610-434-8730, 6-10 P.M.

27: The Mon Valley Century. Rides of 36, 65 and 100 miles through the Monongahela River Valley. Proceeds benefit the Pittsburgh International Hostel Project. SASE to Larry Laude, c/o Pittsburgh AYH, 5604 Solway St., Rm 202, Pittsburgh, PA 15217.

SEPTEMBER

1-4: Midwest Tandem Rally: SASE to Keith Conaway, 2164 Golden Oaks north, Indianapolis, IN 46260.

9: WPW Fall Rally: Cecil Park, Washington County. SASE to WPW Bicycle Club, P.O.Box 6952, Pittsburgh, PA 15212.

24: 22nd Annual Apple Cider Century. 7,000 cyclists, Three Oaks, MI. 25/50/75/100 mi. Must register by 7/31/95. SASE to ACC'95, One Oak Street, Three Oaks, MI 49128.

OCTOBER

1: SABRE - Rides of 15, 35 and 65 miles through the hills west of Pittsburgh. SASE to Larry Laude, c/o Pittsburgh AYH, 5604 Solway St., Rm, 202, Pittsburgh, PA 15217.

LEGISLATIVE ALERT!!

Legislation directly beneficial to bicycling is awaiting action at this moment on the floor of Pennsylvania's House of Representatives. **House Bill 48** gives every cyclist an opportunity **right now** to make a positive impact on the future of bicycling in Pennsylvania. House Bill 48 will create an official Bicycle/Pedestrian Advisory Committee to advise PennDOT and other Departments on all aspects of their planning and programming that affect the bicycling community. All of Pennsylvania's bicycling advocacy organizations will be members of the committee, along with members from the General Assembly, Cabinet-level agencies, and the general public. HB 48 has been unanimously approved by the House Transportation Committee and is co-sponsored by more than 20 representatives from both parties. Your assistance is needed **today** if this bill is going to pass. Write or phone your Representative and request that he/she join as a co-sponsor and vigorously work to pass this bill. An overwhelming victory in the House will greatly assist in gaining passage in the Senate.

To support this effort, the **Bicycling Federation of Pennsylvania** phone line (717/975-0888) will be available until 9 PM, seven days a week, until this bill passes both the House and Senate. If you desire help in identifying your representative or in locating a mailing address or voice/fax phone numbers, we would like you to call us. Collect calls are always accepted, and you may distribute this invitation as widely as you wish. One word of caution; each reader of this article is probably certain that "the other guy" will make the call or write the letter. If each of us falls into this trap, the bill is certain to fail.

My thanks to everyone for your support.

Tom Helm, Executive Director
Bicycling Federation of Pennsylvania

PS: Bike Fed works diligently to protect bicycling interests within the halls of government in Harrisburg. Although we have had some success, we must never relax our vigilance. Have you ever considered joining Bike Fed? Your membership would help with this and future legislative projects. Use the membership form printed below and receive quarterly issues of the Bike Fed *UPDATE*, complete with the cycling events calendar that is the most comprehensive in the state.

Bicycling Federation of Pennsylvania Membership Application

- ☐ Individual/Family Membership \$ 15.00 (or more)
- ☐ Club/Organization Affiliation (3 copies of newsletter) . . .
..... \$ 30.00 (or more)
- ☐ Dealer Membership (bike shop) . . . \$ 50.00 (or more)
- ☐ Corporate Membership (manufacturers, distributors, etc.
listed in each issue of the newsletter) . . \$100.00 (or more)
- ☐ Limited Income \$ 10.00 (or more)
- ☐ Additional donation \$ _____
- Amount Enclosed \$ _____ (Thanks!)

Name(s) _____

Home Phone _____

Street _____ Apt _____

City _____

State _____ Zip _____

County _____

Club Affiliation _____

*Make check or money order payable to BIKE/FED and mail to:
Bike/Fed, c/o Pat Gabriel, 4098 Lexington St, Harrisburg, PA 17109*

For Sale:

1994 Mongoose IBOC Team Sx
Mountain Bike
56cm, green
Brand new in box
New was \$1,8000.00
Asking \$1,300.00

Neil
(610) 326-3697 (leave message)

SECOND ANNUAL BIKE-A-THON

**April 29, 1995
(Rain Date: April 30, 1995)**

Starts from Ridley Creek State Park

8:00 A.M.

Call Pat Hansen (610) 834-1840 for details



BIKE LINE®



Are you always staring down somebody else's back wheel? Have you heard the expression: If you're not the lead dog, the scenery never changes!! Well now is your chance to team up with the market leaders.....

 **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.

 **BIKE LINE**
Setting the pace for fitness

Joe Cyclist

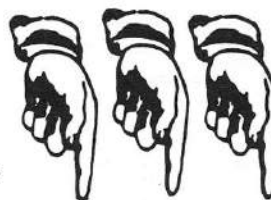
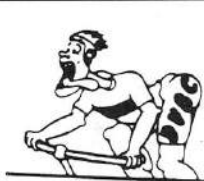
123456789

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 IN DELAWARE: WILMINGTON NEWARK
PIKE CREEK DOVER BEAR IN NEW JERSEY: BERLIN CHERRY HILL MED-
FORD OLD BRIDGE TURNERSVILLE



JOIN
DVBC



MARTRO01 Exp. 3/30/96
Robert Martin
341 Hampden Rd.
Upper Darby, PA 19082

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

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