

## DELAWARE VALLEY BICYCLE CLUB

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

### **JULY 1995**

FREE!

From The Prez:

Well here it is July and I guess some of you have been on some of the rides we publish for other clubs. Hope you had a good time.

The next meeting Frank will pull a suprise for us. Frank is full of suprises and jokes. Watch out.

Dont forget to come to the Picnic. This one will be great. Call and let myself or Frank know if you are coming and how many are coming with you.

We need volunteers for September 17,1995 or the rain date September 24,1995 for a BIKE RODEO for Children in the first to fourth grades from about 20 schools. Give me a call if you can help. This will be a chance for us to show them we care, so come out and have fun with them.

If you have not called your Senator on H.B. 48 yet be sure to call and ask him to vote for it. It's important to bikers.

### BICYCLE EVENTS CALENDAR

### **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: Augustine Beach, Port Penn, DE. 8 A.M. \$5 befroe 6/25/95; \$6 at start. Aaron Chen, 446 Haystack Drive, Newark, DE 19711, 302-731-1456.
- 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.

23: South Jersey Sizzler: Temple Beth Hillel 25/50/62/100 Carmel Fire Hall Rt. 552, Carmel, NJ. \$13 by 7/16; \$15 after. SASE to Mel Kornbluth, RR8 Box 319 E Gwynwood Drive, Bridgeton, NJ 08302. 1-609-451-5104 after 6 P.M.

### **AUGUST**

12: Bridgeton Zoo Ride: 25/50/100 mi. Schalick High School. Centerton, NJ SASE: South Jersey Wheelmen, P. O. Box 2705, Vineland, NJ 08360-2705.

### **SEPTEMBER**

- 9: Beast of the East: 65/100/130. Nature Center, Lebanon State Forest, Pemberton, NJ. SASE to Outdoor Club of Souith Jersey c/o Debbie Anderson, 403 Virginia Ave., Collingswood, NJ 08107. (609) 869-0735.
- 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.

#### **Board of Directors**

President Ernest Munns	. (610) 259-3327
Vice President Dan Coraluzzi	. (610) 789-0187
Treasurer Frank Havnoonian	
Secretary John Roman	
Members at Large Gina Bezdziecki	

#### **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
	John Roman
Racing Editors	Frank Havnoonian
	Rich Patterson
Special Events	Rich Patterson
Advertising	Richard Hoell
A/B Rides	Doug Kennedy
C/D Rides	Ira Josephs
Assembly	Frank Havnoonian
Mailing Labels	Mike Keating

#### Club Addresses

Editor:

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Drexel Hill, PA 19026

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DVBC

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Drexel Hill, PA 19026

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DVBC

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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.

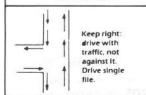


League of American Wheelmen The National Organization of Bicyclists 190 W. Ostend St., Suite 120 Baltimore, MD 21230-3731

### **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.

# STOP Obey all applicable traffic regulations, signs, signals and markings.





Watch out for car doors opening, or for cars pulling into traffic.





Protect yourself at night with the required reflectors and



Use hand signals to indicate turning or stopping.

#### **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 oprganized 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, Jul 2 • 9:00 a.m. Miles: 14-28 • Class A DHC Training Race	Meet at the Glen Mills Post Office on Glen Mills Rd. For anyone interested in learning bike racing and testing your abilities and fitness level. Call Frank if you're coming: (610) 449-6154 (evenings) or (610) 626-4477 (daytime).
Sun, Jul 2 • 9:30 a.m. Miles: 35 • Class C+/B- Pete & Penny's	Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rds. for a ride through the Cheyney/Glen Mills area to Pete & Penney's produce stand in Westtown. Bring panniers if you want to get some of their produce. For more info call Ira Josephs: (610) 565-4058.
Sat, Jul 8 • 8:00 a.m. Miles: 65 • Class B-/C+ Mex. Metric Rerun	Meet at Lower Perkiomen Park. Take Rt. 422 West to Oaks exit; turn right (onto Egypt Rd.). Turn right at the Park and go all the way back to lot on left. Bring lunch. Cue sheets provided. For more information call Walt at (610) 328-3494.
Sun, Jul 9 • 9:00 a.m. Miles: 14-28 • Class A DHC Training Race	Meet at the Glen Mills Post Office on Glen Mills Rd. For anyone interested in learning bike racing and testing your abilities and fitness level. Call Frank if you're coming: (610) 449-6154 (evenings) or (610) 626-4477 (daytime).
Mon, Jul 10 • 7:30 p.m. DVBC Meeting	Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Executive Board Meeting follows.
Sun, Jul 16 • 9:00 a.m. Miles: 14-28 • Class A DHC Training Race	Meet at the Glen Mills Post Office on Glen Mills Rd. For anyone interested in learning bike racing and testing your abilities and fitness level. Call Frank if you're coming: (610) 449-6154 (evenings) or (610) 626-4477 (daytime).
Sun, Jul 16 • 9:00 a.m. Miles: 25-35 • Class B Spokes Cyclery	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.
Tue, Jul 18 • 6:00 p.m. Miles: 20 • Class C After Work w/ Fran	Meet at Cheyney University in the big parking lot on Creek Rd. off Rt. 926. Enjoy short, easy-paced rides through very scenic areas. Call Fran at (610) 431-2675 for more info.
Sat, Jul 22 • 6:30 a.m. Miles: 130 • Class B+ Ocean City & Back	Meet at Kingsway Regional H.S. (turn left at 3rd light on Rt. 322 after crossing Com. Barry Bridge into New Jersey) at 6:30 a.m. sharp. Fast, long, flat ride to Ocean City, NJ and return. Bring or buy lunch (in O.C.). Mileage should be between 125 and 130. For more information call Charlie Stockley at (610) 586-9759.
Sun, Jul 23 • 9:00 a.m. Miles: 14-28 • Class A DHC Training Race	Meet at the Glen Mills Post Office on Glen Mills Rd. For anyone interested in learning bike racing and testing your abilities and fitness level. Call Frank if you're coming: (610) 449-6154 (evenings) or (610) 626-4477 (daytime).
Sun, Jul 23 • 9:00 a.m. Miles: 25-40 • Class All Picnic Rides	Meet at the home of Jim & Dorothy Cross in Edgmont (see elsewhere in this issue for location). Three rides to choose from in very scenic areas. 9 a.m. for 40-milers (Class B), 10 a.m. for 25-milers (Class C) and (shorter) family ride. Picnic to follow rides. Dave Bennett: (610) 626-1344.
Sun, Jul 30 • 9:00 a.m. Miles: 14-28 • Class A DHC Training Race	Meet at the Glen Mills Post Office on Glen Mills Rd. For anyone interested in learning bike racing and testing your abilities and fitness level. Call Frank if you're coming: (610) 449-6154 (evenings) or (610) 626-4477 (daytime).
Sun, Jul 30 • 11:15 a.m. Miles: 25-35 • Class C Ride to the Ride	Meet at the Cool Beans Coffee Shop (1466 E. Cheltenham Ave., Phila 2 blocks east of Oxford Circle on Roosevelt Blvd.). Ride to the Italian Fountain downtown to join BCP's Spin-off ride. Chris Martha is ride leader (phone # unavailable).

<sup>\*</sup>Free 1996 membership for anyone leading 4 or more listed rides in 1995. Call Ira (610-565-4058) or Doug (610-543-4664) for details.

### 19th Annual Brandywine Tour!

# September 10, 1995 20, 50 and 100 Mile Routes Sponsored by the Delaware Valley Bicycle Club



PLACE: Chadds Ford School on Route 1 (1/4 mile west of Route 100), Chadds Ford, PA.

COST: \$8.00 pre-registration (postmarked by September 3, 1995); \$10.00 at the gate. 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 20-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! Paid membership exceeds 400 cyclists. We're affiliated with LAW, Pa. Bike Federation, USCF, and the Bike Coalition of Delaware Valley. **DVBC** is the premier bike club in Delaware County and a nonprofit organization. We lead several free rides every month for all levels of cyclists. Our monthly meetings are open to the public.

More Information: Please call Frank at (610) 449-6154 or Ernie (610) 259-3327.

Please postmark pre-registration by September 3, 1995.

19th Annual Brandywine Tour • September 10, 1995 Pre-registration Form					SHVU SHVU SHVU		
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Drexel Hill, PA 19026

### HARRY HAVNOONIAN, BIKE FRAME BUILDER,

#### SCULPTS WITH UNIQUE MATERIALS

Harry Havnoonian, owner of the H&H Racing Group, 1901 S. 13th St., Phila., Pa., a custom builder the past 15 years, discussed the complex design and manufacturing work that goes into making bikes from chromoly steel, aluminum, carbon fiber and metal matrix tubing, at our June 12 meeting.

Better known as "Frank's brother," (Frank H., club treasurer) this innovative cycle craftsman was featured in the July 1995 issue of "Bicycle Guide," the all-road bike magazine.

Harry brought along one of his top-of-the-line creations, a sleek yellow, red and black STD, which sells for approximately \$3,875, and is uniquely composed of high performance, Department of Defense-grade metal-matrix main tubes, carbon-fiber chain and seat stays, titanium head tube and carbon-fiber fork.

Not exactly a beater bike you'll just pedal on down to the grocery store! More like a dream bike for the guy and gal who's hard to please.

The simplicity - yet complexity - of the custom frame builder's craft as Harry passed around several tubes of the various materials ranging from aluminum to titanium. He also showed the workmanship that goes into his sturdy stainless steel lugs. These special lugs eliminate the galvanic corrosion that was so prevalent with Vitus carbon bikes using aluminum lugs.

Another unique feature of the STD are the replaceable dropouts. Also, the unconventional rear stay design features another H&H trademark: the rear brake is intentionally mounted backward! They work better that way, he says, but there's no space here to go into the logistics, physics, dynamics, or whatever he calls it.

When you inspect and hold those different tubes that Harry passed around to DVBC members, it's easy to visualize all the countless manufacturing and assembly operations that must go into producing a finished two-wheeler like the STD.

DID YOU KNOW THAT:

Metal-matrix composite, which is aluminum ground into powder, was a classified government material until three years ago? Ask Harry.

The cheapest bike frame tubing - based on the cost per foot - is aluminum, \$1.40 per foot.

The most expensive material - at about \$180 per foot - is metal-matrix. No wonder. It's used for aircraft. It's an unweldable material reinforced with silicon carbide whiskers. Then there's titanium at \$30 a foot to about half that for a cheaper grade that's easier to weld. Chromoly costs a builder about \$2 per foot; carbon fiber with its unique weave structure is about \$35 a foot.

Selecting and testing bonding glues was also a harrowing task, Harry pointed out. "It took us months just to narrow adhesives to 10 or 12," he said. Dealing and ordering stock tubing and other materials from major suppliers is also a difficult process for custom frame builders, he said.

So going from the drawing board to the finished bike - with a total of seven coats, zinc phosphate primer to clear coat - is a major undertaking. But overall, a real sense of accomplishment for a bicycle craftsman like Harry Havnoonian.

# DVBC'S ANNUAL CLUB PICNIC & SPLASH PARTY SUNDAY, JULY 23, 1995

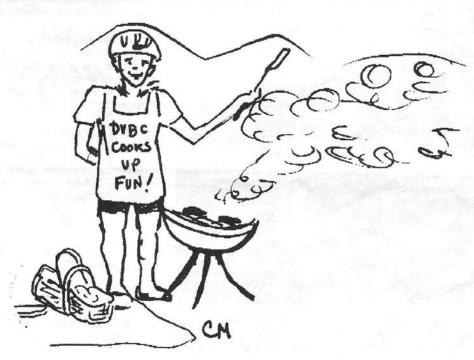
### CROSSLAND VINEYARDS STACKHOUSE MILL RD. EDGEMONT, PA

### POOL "TENNIS" VOLLEYBALL "CROQUET 40 MI. 8 RIDE AT 9 AM 25 MI. C RIDE & FAMILY RIDE AT 10 AM

HOME OF JIM & DOROTHY CROSS. INFO .: DAVE BENNETT 610-626-1344.

DIRECTIONS: FROM GRANITE RUN MALL -- 352 NORTH TO GRADYVILLE ROAD. RIGHT ON GRADYVILLE RD. FIRST LEFT ON DELCHESTER TO STACKHOUSE MILL RD. LEFT ON STACKHOUSE MILL RD. CONTINUE 1/2 ML TO CROSSLAND VINYARDS (ON RIGHT).

DIRECTIONS: FROM NEWTOWN SQUARE -- WESTCHESTER PIKE (RT. 3) WEST TO DELCHESTER RD. (AT ARMY RESERVE BASE). LEFT ON DELCHESTER. CONTINUE 1/2 MI. TO STACKHOUSE MILL RD. RIGHT ON STACKHOUSE MILL RD. PROCEED 1/2 MI. TO CROSSLAND VINEYARD (ON RIGHT).



## Headgear 'should be adjusted and fitted properly'

By JOHN M. ROMAN Of the Times Staff

A bicycle helmet is of little use if it doesn't fit properly.

Accordingly, some local bicycle shop proprietors say they insist upon fitting and adjusting helmets for customers who plunk down as much as \$100 for protective headgear. They also say parents bear responsibility for making sure their children wear the helmets properly.

"A helmet should be adjusted and fitted properly by someone who knows what they're doing," said Jonathan Newman, owner of the Bicycle Chain on Brookline Boulevard, Haverford. "It should be snug on the head and should fit level on the head, not tilted back" exposing the forehead and

temples, he said.

The chin straps that retain the helmet around the wearer's face and chin should be adjusted tight enough so they keep the helmet from easily sliding back and forth.

Newman and fellow bike shop owners said they have yet to experience a run on helmets as the result of a new state law, which went into in effect Saturday, mandating that children under 12 must wear helmets when riding pedal-powered vehicles.

"A lot of people know about it (the law) since it got passed and signed," said Paul Betz, owner of Bike Line of Media. Betz hasn't seen a rush of helmet shoppers, "but I'm sure we will."

Helmets usually aren't in big demand during winter months. During the bicycling season, he usually sells about 15 to 20 a week. Betz has three different brands ranging from \$30 to \$100.

Betz said he has been a longtime advocate of bicycle helmets and "I always try to encourage them (children) to wear helmets. It can never hurt; it can only help."

It defeats the purpose of wearing a bike helmet if it's not properly fitted and adjust-

ed, he said.

Frank Havnoonian, owner of Drexel Hill Cyclery, Burmont Road, Upper Darby, said the majority of his customers who are bicycling enthusiasts already wear helmets.

"More and more people are wearing helmets, but the problem is peer pressure causes some kids not to wear them," he said.

Havnoonian said he sells two brands priced from \$25 to \$50.

"Every helmet comes with a set of instructions - that's where the parents come in" with the responsibility of making sure it is probably fitted, he said.

"If you break an arm you can always fix

that, but if you break your head, it's far

more of a problem," Havnoonian said.

Added Newman: "I wholeheartedly advocate the use of the helmet for everyone not just children under 12 - because a 13year-old's head is just as fragile as a 12year-old's head," Newman said.

About 88 percent of head injuries from bike-related accidents can be prevented with the use of tested and approved helmets that meet industry standards, he said.

Newman sells 10 models of one brand, priced between about \$35 and \$90.

"And if you say I never wore one as a kid, then you can say you never had to wear seatbelts either in the 60s and 70s - and now they realize more and more that injuries can be prevented by wearing seatbelts," Newman said.

(Reprinted from Delaware County Daily Times, Feb. 27)



IN MEMORIAM: Tom Brennan, board member and ride leader, of Broomall, (left) pitching in with others setting up comes for bicyclists for Tour de Blue celebration in October 1991 prior to its opening Dec. 19, 1991. Tom passed away April 15.





Are you always staring down somebody elses 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......

### BIRE LINE, & TREKUSA

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.



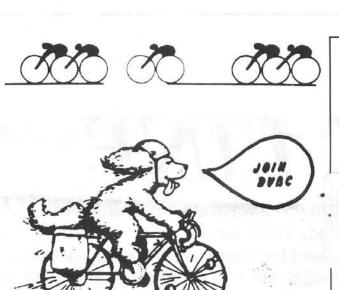
Joe Cyclist

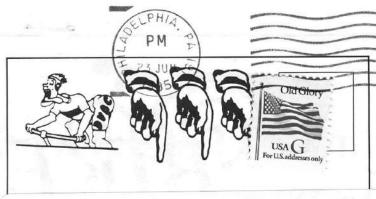
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### TREKUSA

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: WILMINTON NEWARK PIKE CREEK DOVER BEAR IN NEW JERSEY: BERLIN CHERRY HILL MEDFORD OLD BRIDGE TURNERSVILLE





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 ridess—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:	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:
Address:	
City: State: Zip:	\$1 \$2 \$5 \$10 \$15 \$20 \$25
Phone:Date of Birth:	
Membership: (per househol	d) \$15.00
Membership includes: DVBC Newsletter Magazine (10 issues discounts at most Club sponsors, Club subsidized events, and factoring Newsletter published quarterly (\$3 value). Your mattracts advertisers and helps influence local government concerning bicycle issues.	ree Bicycle embership
INTEREST SURVEY	You must join the main organization (left half of this form)
Ride Pace I'll volunteer for:	in order to be able to join a DVRC subdivision
Class D: slow     ☐ Ride Leader     ☐ Newsletter Collator       Class C: average     ☐ Sag Wagon Driver     ☐ Advertising Coordinator       Class B: brisk     ☐ Tour Food Stop     ☐ Newsletter Co-editor       Class A: fast     ☐ Newsletter Editor     ☐ Newsletter Delivery	Coordinator o-editor elivery   \$7.00 DVBC-Team Drexel Hill (Road Racing)  **Drexel Hill Cyclery**
☐ Off-Road ☐ Newsletter Typist ☐ Triathlon Edi  Please send your check or money order to:	□ \$5.00 Team Delaware Valley Bicycle Club  Team Casual! (Road Racing)
Delaware Valley Bicycle Club	12-4-13-4 13-14-13-14 13-4 13-4 13-4 13-4
P.O. Box 274	Total Amount Enclosed
Drevel Hill PA 19026	