

DELAWARE VALLEY BICYCLE CLUB

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

AUGUST 1995

FREE!

From the Prez:

I'm sorry I was not at the last meeting, but I went up to a lake with my grandchildren (3 of them) and had a good time.

I was told the meeting was short and everyone talked about our picnic.

For this newsletter I'd like to talk about our upcoming Bike Rodeo. Each year more than 400,000 bike related injuries are treated in emergency rooms across the U.S. What's more 200 to 300 kids die from bike injuries each year.

By our having a rodeo for the children in grades 1 to 4 we may be able to help cut these & deaths in the future. This is the age to start teaching safety and laws. With the backing of the schools, police departments, safety commission of Delaware County and many others, we may be able to help them understand right from wrong in biking. I hope those of you in the club with young children will help us on September 17, 1995 at 1:30 p.m. The place will be Holy Cross parking lot on the corner of Bishop & Springfield Rds. in Springfield (DelCo).

If you want to help contact me with name and phone number.

Our guest speaker for the August meeting will be Darrell Atkins. He is a representative of Shaklee Corporation, a world leader in the field of nutritional research. Darrell has dedicated the last three years of his life learning about sports nutrition and its ability to helping an athlete recover faster and to create the winning edge. Shaklee Corporation is the only nutrition company in the world that has had its clinical studies conducted at leading universities and the studies published in peer-reviewed, American scientific and medical journals. Darrell will be discussing ways how an athlete can achieve beyond their wildest dreams using proper nutrition and whole foods supplementation.

Because of Labor Day, the September meeting will be on the 2nd Monday.

Ernie

Board of Directors

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Ernest Munns (610) 259-3327
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Frank Havnoonian (610) 449-6154
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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

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Newsletter/Special Events:
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

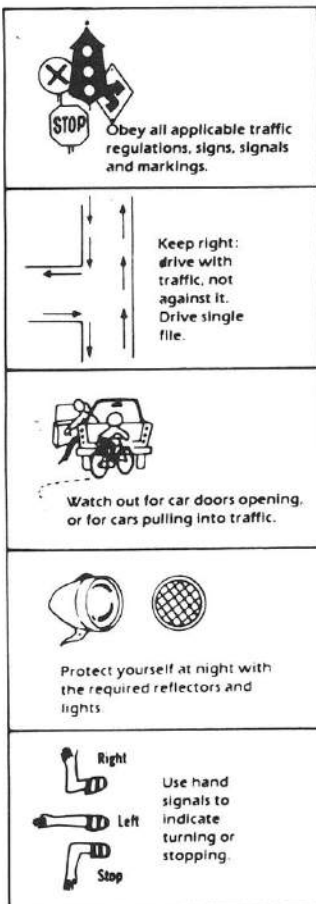
DVBC Meeting Place

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.

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!

Sun, Aug 6 • 9:00 a.m. Miles: 14-28 • Class A <i>DHC Training Race</i>	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, Aug 6 • 8:00 a.m. Miles: 30 • Class C <i>Scenic Brandywine</i>	Meet at the parking lot of the E.O. Bull Bldg. at West Chester State University (Rosedale & High Sts.). Enjoy an easy-paced ride around the scenic Brandywine area. For more information call Fran at (610) 431-2675.
Mon, Aug 7 • 7:30 p.m. <i>DVBC Meeting</i>	Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Darrell Atkins of Shaklee will talk on sports nutrition.
Sat, Aug 12/13 • ? Miles: 25-35 • Class C <i>Bike Camping Trip</i>	This is a tentative ride so call if you are interested. I'm thinking of riding with my children from the Media area to Unionville, camping overnight & returning Sunday the 13th. Possible museum or other interesting stop on trip out and a good viewing spot for the Perseid meteor shower away from city lights. Mileage will be between 25 and 35 each day. Ira Jospehs: (610) 565-4058.
Sun, Aug 13 • 9:00 a.m. Miles: 14-28 • Class A <i>DHC Training Race</i>	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, Aug 14 • 7:30 p.m. <i>Board/DCCC Meeting</i>	DVBC Executive Board Meeting at 7:00 p.m., followed at 8 by Delaware County Cycling Committee Meeting. Delaware Co. Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Sun, Aug 20 • 9:00 a.m. Miles: 14-28 • Class A <i>DHC Training Race</i>	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, Aug 20 • 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, Aug 27 • 9:00 a.m. Miles: 14-28 • Class A <i>DHC Training Race</i>	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, Aug 27 • 8:00 a.m. Miles: 50 • Class C+/B- <i>Chester County</i>	Meet at the West Goshen Shopping Center (Paoli Pike & Rt. 202) for a scenic tour of Chester County. This is a joint ride with the Bicycle Club of Philadelphia. Chris Martha and Walter Linton (610-328-3494) are the ride leaders.

*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.

AUGUST

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

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. Registration opens at 7 AM at Holy Family College, Grant and Frankford Aves., Philadelphia, PA. SASE to BCP, P.O. Box 30235, Philadelphia, PA 19103.

10: 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.

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., Landenberg, PA 19350 or call 610-255-0799.

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.

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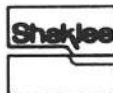
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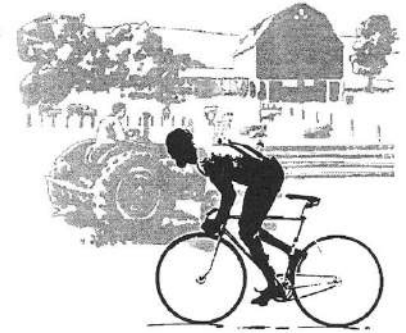


19th Annual Brandywine Tour!

September 10, 1995

20, 50 and 100 Mile Routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 100-milers; 9-10 A.M. for 50-milers; 10-11 A.M. for 20-milers.

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.

19th Annual Brandywine Tour • September 10, 1995

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Age: _____ Distance: 20 miles ☐ 50 miles ☐ 100 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.

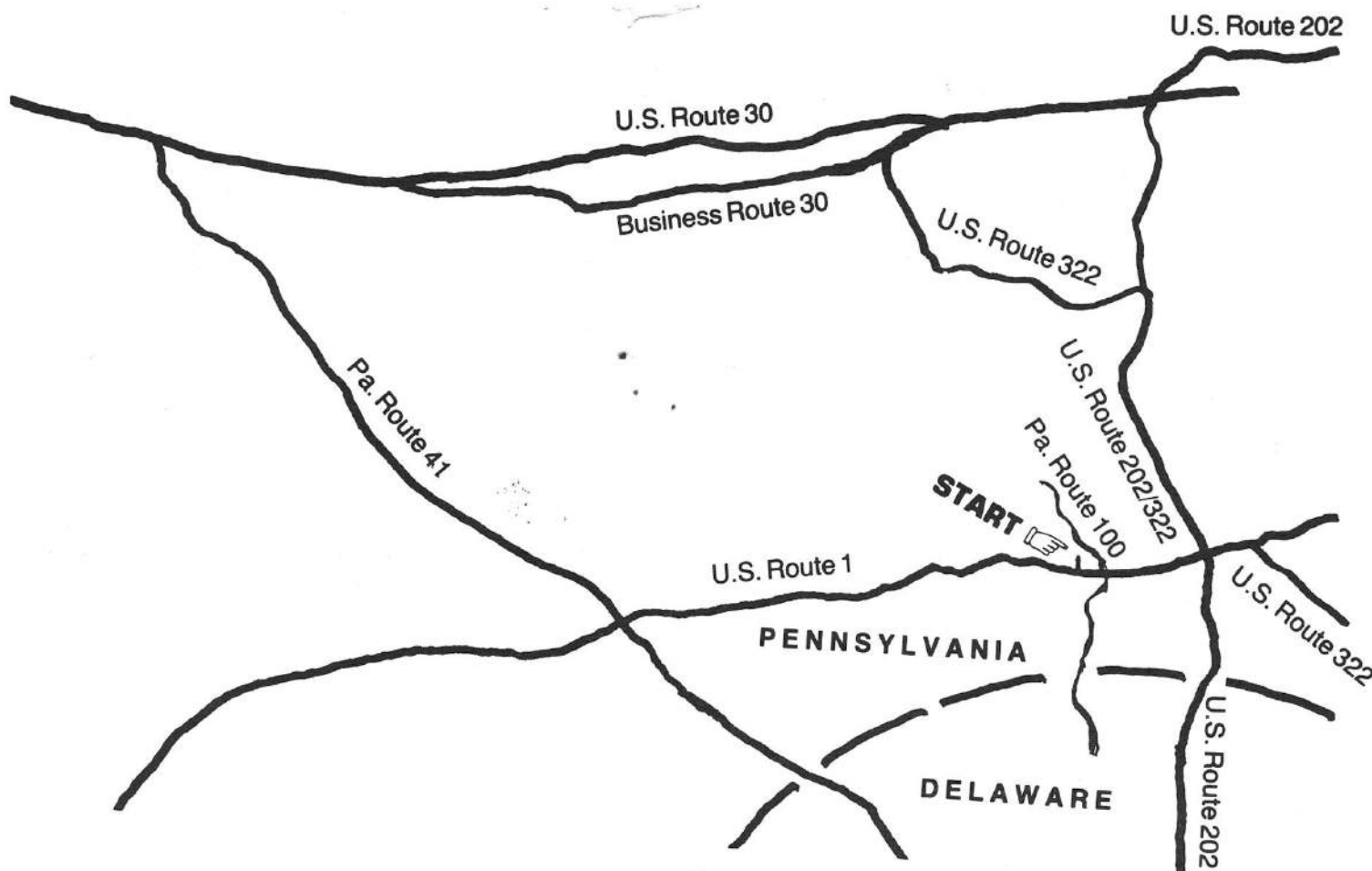
signature (if you are under 18 years of age, then your parent or guardian must sign)

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:

**Brandywine Tour
Delaware Valley Bicycle Club
P.O. Box 274
Drexel Hill, PA 19026**

Please postmark pre-registration by September 3, 1995.



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To Join by Phone Call 1-800-288-BIKE

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League of American Bicyclists, 190 W. Ostend St., #120, Baltimore, MD 21230 (410) 539-3399/FAX (410) 539-3496



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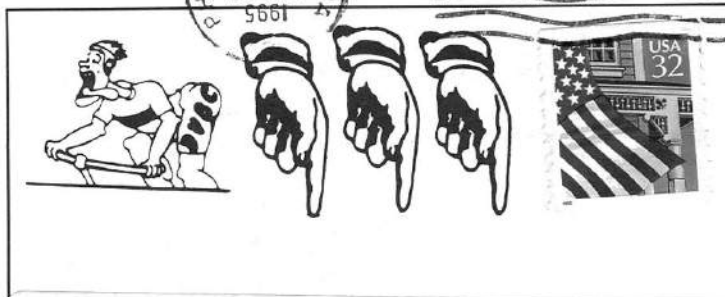
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Robert Martin
341 Hampden Rd.
Upper Darby, PA 19082

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

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