



DELAWARE VALLEY BICYCLE CLUB

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

SEPTEMBER 1995

FREE!

From the Prez:

Our next meeting will have a special topic that should be of interest to everyone. We all know what the heart means to us--"LIFE".

Our speaker, Michael J. Dougherty, M.D., F.A.C.C., is a member of the Kelly Cardiovascular Group.

Dr. Dougherty graduated from the University of Pennsylvania and has been at Lankenau Hospital since 1977. He is coming to speak to us about the beneficial aspects of biking and the occasional bad ones as they affect the heart. His talk will prove to be very informative and he will take time to answer questions that you may have. If you have any uncertainties about your heart and biking be sure to attend.

At our last meeting Daniel Atkins, the Shaklee Representative, delivered a lecture on their products and what they can do for us. He had numerous statistics on his topic and was very interesting.

DON'T FORGET OUR MEETING DATE IS MONDAY, SEPT. 11. ALSO, REMEMBER OUR MEETINGS ARE OPEN TO GUESTS, NOT JUST MEMBERS; SO COME ON OUT!

Ernie

JULY PICNIC--A GREAT TIME FOR ALL!

Many thanks to Cynthia and David Bennett for the use of their family farm on Sunday, July 23, so that club members and their families and friends could enjoy an afternoon picnic.

Before the picnic, there were two bike rides which originated from the farm. The ride leaders were Charlie Stockley and Frank Havnoonian. So many thanks also to both Charlie and Frank for their successful group rides and helping to work up the appetites of the hot and hungry, but again thanks to the Bennetts and also club president, Ernie Munns, for their barbecuing expertise. There were plenty of hot dogs and burgers for everyone. There was an assortment of homemade salads and desserts along with the 'dogs, burgers, beverages, and buns that the club had provided.

Volleyball, tennis, swimming, and a variety of lawn games were available for activities, but most people chose to take a dip in the pool. (Who could blame them on such a hot and humid day!)

For all of the club members, family, and friends who came out to the picnic, many thanks for making it a great day.

--Gina Bzedziecki

Board of Directors

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Ernest Munns (610) 259-3327
Vice President
Dan Coraluzzi (610) 789-0187
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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 Munns
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Club Addresses

Editor:
DVBC
P.O. Box 274
Drexel Hill, PA 19026

Membership & Club Box:
DVBC
P.O. Box 274
Drexel Hill, PA 19026

Newsletter/Special Events:
DVBC
P.O. Box 274
Drexel Hill, PA 19026

Items for Sale & Ride Reports:

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

The views expressed in this publication are not necessarily the views of the Delaware Valley Bicycle Club, nor do we endorse products or services advertised.

Letters to the Editor must be signed to be considered for publication.



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

DVBC Meeting Place

Delaware County Peace Center, 1001 Old Sproul Rd. (near car wash at Rt. 320 & Old Marple Rd.). First Monday of month. Doors open at 7:00 p.m. Public welcome.

Ride Guidelines

1. 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!

Fri, Sep 1 • ?
 Miles: 15-25 • Class B+
 September Daily Dose

*** NOTE: This ride will be done early every morning in September. Leave from Drexel Hill and take various local routes. The pace is about 15-16 mph for an hour to an hour and a half. A friendly fast ride. Call for exact time and location: Tom Sota: (610) 789-7248 or Dan Coraluzzi: (610) 789-0187.

Sun, Sep 3 • 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, Sep 3 • 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 & Penny'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.

Tue, Sep 5 • 7:30 a.m.
 Miles: 5-30 • Class C
 Pancake Breakfast

Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel Perlsh: (610) 789-7673.

Sun, Sep 10 • ?
 Miles: 28-100 • Class All
 Brandywine Tour '95

Our annual Brandywine Tour. Three great routes in Chester & Lancaster Counties. The two longer rides also cross the state line into Delaware. Some of the best scenery around is the collection of creek-side roads with shady overhangs and the rolling horse farm countryside. Sag wagon, maps, well-marked routes, food stops (2 food stops on century ride. See application elsewhere in this issue for details.

Mon, Sep 11 • 7:30 p.m.
 DVBC Meeting/Exec Board

Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Come hear our guest speaker. The DVBC executive board will meet following the regular meeting. The Delaware County Cycling Committee meeting was not set at press time. Call Ira Josephs at (610) 565-4058 for information.

Tue, Sep 12 • 7:30 a.m.
 Miles: 5-30 • Class C
 Pancake Breakfast

Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel Perlsh: (610) 789-7673.

Sun, Sep 17 • 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, Sep 17 • 1:30 p.m.
 Bike Rodeo

DVBC is co-sponsoring a bike rodeo for grade schoolers. About 20 schools have been invited to participate in the event. We're looking for volunteers to assist with the checking of bike safety and helping out on the riding skills test course. Held at Holy Cross School parking lot, Bishop Ave. & Springfield Rd. in Springfield. Raining date is September 24.

Tue, Sep 19 • 7:30 a.m.
 Miles: 5-30 • Class C
 Pancake Breakfast

Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel Perlsh: (610) 789-7673.

Sun, Sep 24 • 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, Sep 24 • 9:00 a.m.
 Miles: 25 • Class C
 Gladwyne

Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Enjoy a hilly, but easy-paced ride to Gladwyne through some very scenic areas. Call ride leader Frank Havnoonian at (610) 449-6154 (evenings) for more information.

Tue, Sep 26 • 7:30 a.m.
 Miles: 5-30 • Class C
 Pancake Breakfast

Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel Perlsh: (610) 789-7673.

*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.

***Note that the DAILY DOSE ride is being held every day during September.

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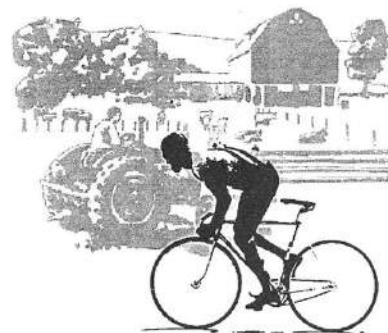


19th Annual Brandywine Tour!

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.

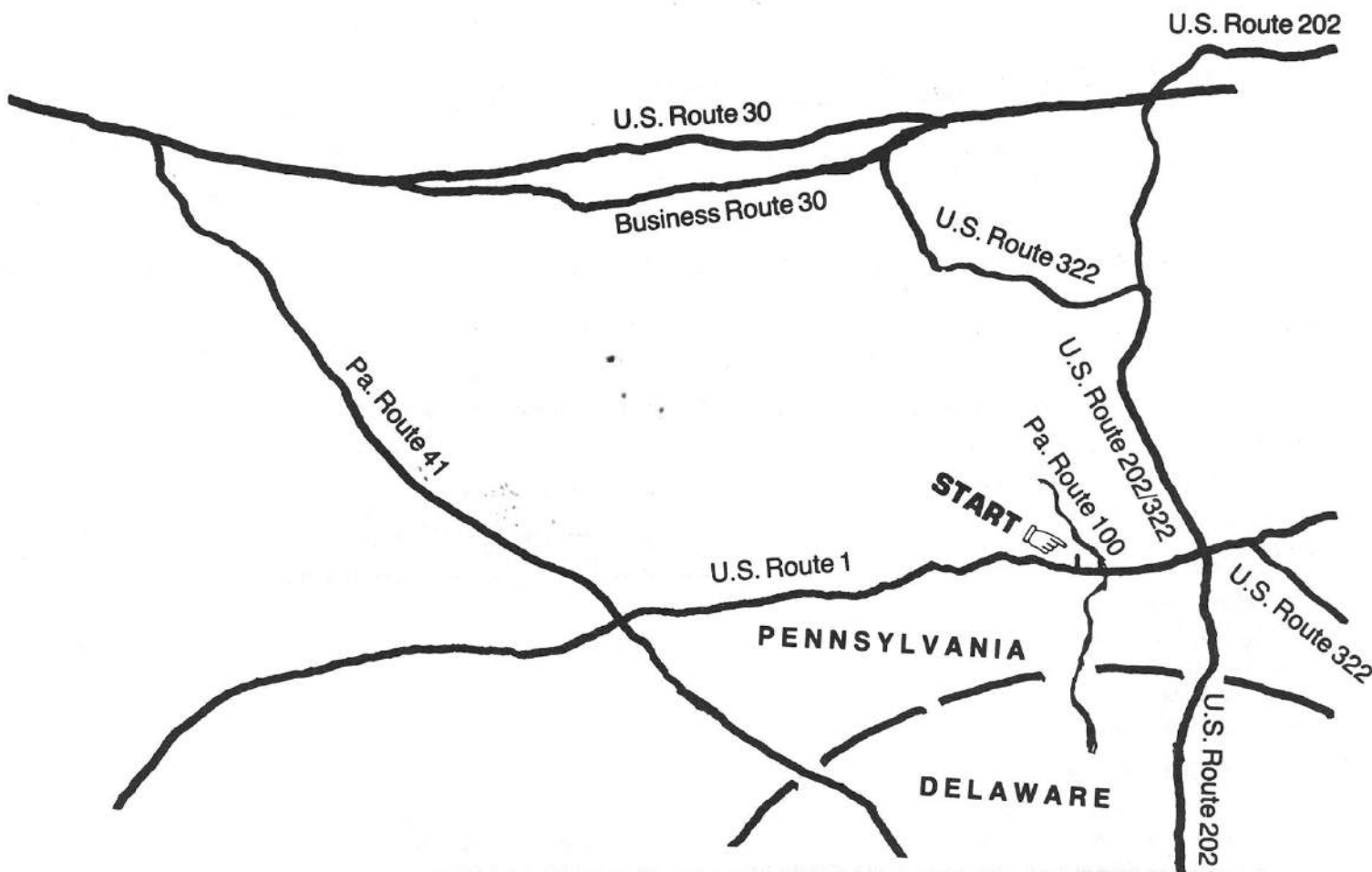
signature (if you are under 18 years of age, then your parent or guardian must sign)

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.

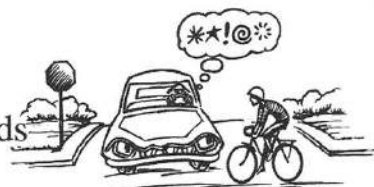


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League of American Bicyclists, 190 W. Ostend St., #120, Baltimore, MD 21230 (410) 539-3399/FAX (410) 539-3496

Delaware County Cycling Committee Notes

The Delaware County Cycling Committee is a project of the Bicycle Coalition of Delaware Valley and is associated with the Delaware Valley Bicycle Club. Our Committee was formed to improve conditions for cycling in Delaware County.

We have been hard at work on the Chester Creek Branch Rail Trail and have had favorable meetings with the townships it traverses. We have mapped and walked the rail line and have an information sheet available. For a copy, call Mike Fusco at 610-558-1262. We also have plans for other rail trails in the county.

We still need input from you on what state roads need better shoulders to make good bike routes. Also tell us your favorite routes that could be signed, "share the road with cyclists". Call Ira at 610-565-4058.

Other bicycling issues that need your support are:

1. Delaware County Open Space Referendum in the Spring where we will have the chance to vote on securing a \$100 million bond issue to save and create open and green spaces in our county including bike projects like our rail trails.
2. House Bill 48 to create a Bicycle and Pedestrian Advisory Committee that passed in the House and is now in the Senate Appropriations Committee needs to be moved to a vote in the Senate in September. Contact the Senate Appropriations Committee Chair Richard Tilghman (Who represents parts of Montgomery, Delaware, and Philadelphia counties).

Senator Richard A. Tilghman
Chairman, Senate Appropriations Committee
Senate Box 203017 Capitol Building
Harrisburg, Pa. 17120-3017
717-787-5544
Fax 717-783-2902

3. The American Association of the State Highway and Transportation Officials is pushing to eliminate the enhancements (bike and pedestrian projects) from the Intermodal Surface Transportation Enhancements Act (ISTEA) and we need to contact representatives in the House in Washington telling them we want enhancements.
4. ICC Sunset Bill will eliminate 'railbanking', which is saving old rail lines (often by conversion to a rail trail) for future train use instead of the ownership of that land reverting to its original owners. Contact Congressman Bud Shuster of Pa. who is sponsoring this bill and tell him we want railbanking.

The last three legislative items are detailed in the newsletter of the Bicycling Federation of America. You can call them at 800-747-0888 for any questions about cycling in Pa. or to request a sample newsletter.

For any more information on the Delaware County Cycling Committee call Ira at 610-565-4058.

TOM KELLOGG OF SPECTRUM CYCLES -- OCT. 2 MEETING SPEAKER

Tom Kellogg of Spectrum Cycles will be the guest speaker at the Oct. 2nd meeting. Tom will discuss both his steel frame and titanium frame designs and also his technique to fit each frame properly to its buyer.

Tom was born and raised on the Main Line in Bryn Mawr, Montgomery County, PA. He has been an avid bicyclist and racer since 1974. In 1976, he started out as an apprentice frame builder for Bill Boston in South Jersey. Soon after, he started his own business and by 1982 Spectrum Cycles was incorporated.

The steel frames which Tom designs are built by his partner Jeff at the Spectrum Cycles bike shop in Breinigsville, PA, which is located between Trexlertown and Kutztown near Allentown, PA. His titanium frame designs are built by Merlin of Massachusetts.

Along with his training, racing, and bike business, Tom also involves himself on his motorcycle as a pro-official for the Pro Cycling Corestates Races.

So don't miss the Oct. 2nd meeting and a chance to hear Tom Kellogg.

-- Gina Bzedziecki

LAST CALL FOR ASSISTANCE AT BRANDYWINE TOUR / BIKE RODEO

This September, DVBC is conducting two major events. Sunday, September 10, 1995 is the club's 20th Annual Brandywine Tour, the incredibly beautiful rides of 28, 50 and 100 miles. At this time, club president Ernie Munns needs additional support from members who are willing to forego riding the event

in order to assist at the food stops and to drive the country roads giving SAG vehicle support. Volunteer efforts for the Brandywine Tour will organize at 7 A.M. at the Chadds Ford Elementary School, Rt. 1 just south of the intersection with Rt. 100.

On the following Sunday, September 17, 1995, DVBC is sponsoring a bicycle safety rodeo for children in grades 1 through 4 from the elementary schools in the communities of southeastern Delaware County.

The rodeo combines instruction in bicycling safety with the practice of proper bicycle handling skills. Registration for the afternoon's events, which take place in the parking lot of the Holy Cross School, begins at 1:30 P.M. The Holy Cross School is at the corner of Bishop and Springfield Rds., Springfield, PA. In the event of rain, the rodeo will be held the following Sunday, September 24 at the same time and place. DVBC has secured the cooperation of the Upper Darby and Springfield Township Police and professional mechanics from local bike shops to make the occasion safe and fun for all. At the conclusion of the event's activities, each participating child receives a souvenir T-shirt, a certificate of achievement, and a bicyclist's "driver's" license. Club president Ernie Munns has been successful in securing sponsorship donations to make the event possible. Club volunteers are needed, however, to work rodeo stations and to assist with managing the anticipated hundreds of children and parents.

--Christine Martha

BICYCLE EVENTS CALENDAR

SEPTEMBER

4: Labor Day Century: Hanover Cyclers. York, PA. South Street Recreation Park, Mcsherrytown, PA. 100/62/50/25 mi. Day of ride registration begins 6:30 A.M. \$9.00 before 8/25: \$11 after. Includes L.A.B. century patch. T-shirt or tank top -- \$10 (must order before 8/20). SASE: Steve Smith, 132 Farm View Dr., York, PA 17404.

9: Beast of the East: 65/100/130. Nature Center, Lebanon State Forest, Pemberton, NJ. \$10 by 9/2; \$13 after. Cue sheet, sag, marked route, lunch, water bottle & patch. T-shirts available for purchase. SASE to Outdoor Club of South 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.

9: Third Annual Hamilton Septemberfest Bike Tour. 12/30/50 miles for Septemberfest Charity. Starts 7:30 A.M. from ACME Shopping Center, Route 33 and Paxson Avenue, Hamilton Square, NJ. \$20 includes T-shirt & water bottle. Children under 16, accompanied by participating adult, \$5.00. SASE: Hamilton Township Planning Div., CN 00150, Hamilton, NJ 08650 or call 609-890-3674.

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.

10: Annual Second Sight Bike-athon: Guide Dog Foundation for the Blind. State Univ. of NY at Stony Brook. 10/20/30/50/65 mi. Begins 8 A.M. \$12. SASE to Bike-A-Thon, c/o Guide Dog Foundation, 371 East Jericho Turnpike, Smithtown, NY 11787.

10: RAMAPO Rally: Bicycle Touring Club of North Jersey. \$15, water bottle and T-shirt. Begins 7 A.M. at Mt. Saint Francis Motherhouse in Ringwood, NJ. SASE to Nancy Fezell, Registration Coordinator, 15-60 Pollitt Dr., Fair Lawn, NJ 07410.

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. SASE to Savage Century c/o Dave Bundas, 321 Indian Town Rd., Landenberg, PA 19350 or call 610-255-0799.

9th Annual Project Freedom's Grand Centurion Tour. 100/62.5/40/25/10 mi. Departure at 7 A.M. Project Freedom Housing Complex, Hutchinson Road, Washington Township, NJ. \$20 by 9/2 to receive T-shirt. SASE Project Freedom, Inc., P.O. Box 8898, Trenton, NJ 08650.

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

17: 3rd Annual Wheels 4 Anne Charity Ride: Funds generated assist rehab of those injured in bicycle accidents. 100/62/50/35/25 miles. Snacks, sag, pre-reg. by 9/6 for T-shirt. SASE Central Jersey BC, PO Box 2202, Edison, NJ 08818-2202 (908-225-HUBS).

17: 3rd Annual Adams Apple Ride. \$10 before 8/18; \$12 after. Start at Gettysburg Sr. High School, Lefever Street off U. S. Business 15 (Baltimore Street). SASE: Gettysburg Adams County Area Chamber of Commerce, 33 York Street, Gettysburg, PA 17325. Tele.: 717-334-8151.

17: Wheel to Heal. Institute for Children. Benefit for Kids with Cancer and Blood Disorders. \$25 plus minimum pledge of \$150. Starts from Liberty Oak Park, Freehold, NJ.

23: Hunt Valley Hundred: 50/25/12.5 loops. Baltimore Bicycle Club. Start 7 A.M. from Executive Plaza II parking lot, Exit 20A Shawan Rd. from I-83 (north of Baltimore Beltway 695) for approx. 1/3 mi. Turn right into parking lot after Hunt Valley Marriott. \$9 BBC members/\$10 non-members before 9/1. \$11 members/\$13 non-members after. SASE: Frank Anders, 10609 Topsfield Dr., Hunt Valley, MD 21030. Tele.: 410-628-1554.

23: Fifth Annual Adams Apple Bike Ride. Gettysburg-Adams County Chamber of Commerce. 25/50/100. Rain date, Sept. 24. \$12 includes snacks, cue sheets, SAG. Starts 7 AM from Gettysburg Sr. H. S., Lefever Street off U.S. Business 15 (Baltimore Street) south of "the Square" in Gettysburg, PA.

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.

24: Hillier Than Thou. Century with 9,000 vertical feet of climbing plus optional time trial. \$25 includes T-shirt, marked route, sag, food stops. Starts 8 A.M. at Roche Vitamins, 206 Roche Drive, Belvidere, NJ. SASE to Central NJ Bicycle Club, c/o Rone Lewis, 6 Deerfield Court, Basking Ridge, NJ 07920.

29-October 1: Dutch County Meander. Baltimore Bicycle Club. Stay 2 nights at the Lancaster Ramada. (\$120 double, \$105 triple, \$95 quad occupancy. \$35 ea child staying with a parent.) Info.: Suzy Knable, 1 Houndstooth Ct., Owings Mills, MD 21117. Tele.: 410-358-4644.

30: Jersey Devil Century: 25, 50, 75, 100, 125 mi. SASE. South Jersey Wheelmen. c/o Jeff Harker, P.O. Box 2705, Vineland, NJ 08360-2705. Call 609-848-6123.

30-Oct. 1: MS 150 City to Shore. National MS Society, 1 Reed Street, #200, Philadelphia, PA 19147.

OCTOBER

1: Pumpkin Patch Pedal: Staten Island Bicycling Assn. Century & Texas BBQ. \$18 plus

\$15 for BBQ. Includes long-sleeved T-shirt. SASE to SIBA, 363 Hillman Ave., Staten Island, NY 10314. Barbara Nicholas, 718-815-9290.

7: Belleplain Beacon Century. Shore Cycle Club. Belle Plain State Forest. 31/50/62/100 miles. SASE to Roy Cook, 4453 Yorktown Pl., Mays Landing, NJ 08330. Call Bill Lihou, 609-390-9184.

7: South Branch Watershed Assn. Western Jersey Wheelmen. 25/50/100 mi. rides through Hunterdon Cty. WJW 908-832-7361 or SBWA 908-782-0422.

8: 6th Annual Pedal in the Park. Fox Chase Cancer Center / Stazi Milano Bike Ride. 22 miles. Benefits the Survivors Assn. \$15 plus pledges. Includes T-shirt, sag support, refreshment stop and after ride luncheon. Call: Ariel Bateman, 215-728-2531.

8: PKD Challenge: 50/20 mi. at 8AM /9 AM. \$20. Includes T-shirt. Call Rita Chadwick (215) 643-7845 or Ernie Munns (610) 259-3327.

8: Covered Bridges Metric Century: Central Bucks Bicycle Club. \$12. SASE Peter Slampyak, 314 Main St., Perkasie, PA 18944 215-297-5182.

15: 4th Annual Ride for Animals: 12/22/49 mi. \$25 includes vegan buffet. Starts at 2500 Phila. Ave., Route 563 north of Egg Harbor. Info.: Rich Madeline, 609-927-3594.

15: 4th Annual Chester County Challenge Arthritis Foundation, Eastern PA Chapter. 20 / 40 miles. Starts 7:30 AM at Longwood Gardens. \$30 minimum in pledges to participate. Call 1-800-355-9040.



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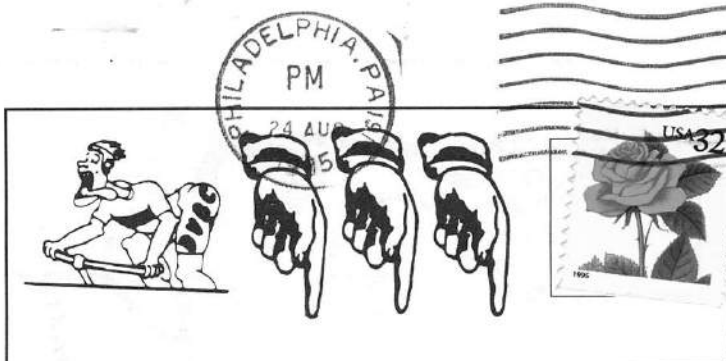
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 Robert Martin
 341 Hampden Rd.
 Upper Darby, PA 19082

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

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