

DELAWARE VALLEY BICYCLE CLUB

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

October 1995

FREE!

Tom Kellogg of Spectrum Cycles October 2 Guest Speaker

Tom Kellogg of Spectrum Cycles will be the guest speaker at the October 2nd meeting. Tom will discuss his steel frame and titanium frame designs and also his technique to fit each frame 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 shop in Breingsville, PA which is located between Trexlertown and Kutztown near Allentown. 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 October 2nd meeting and a chance to hear Tom Kellogg.

Gina Bezdziecki

Dr. Michael Dougherty, September Speaker

DVBC's featured speaker at the September 11 general membership meeting, Dr. Michael Dougherty, discussed the cardiovascular illnesses that can cause sudden death. Dr. Dougherty is an associate in cardiology at Lankenau Hospital. For the sake of the audience, he illustrated his talk with hand drawn sketches photographed and projected as slides. The talk itself centered on explaining five particular forms of heart diseases: atherosclerosis, aortic valve disease, ischemia, primary heart muscle disease and aortic aneurysm.

Atherosclerosis, the buildup of artery-clogging plaque, leads to clotting and myocardial infarctions, the commonest of heart attacks. As a surprise to us, Dr. Dougherty pointed out that diets lower in saturated fats do not prevent the plaque formation process. However, intervention treatments: catheterization, blood thinners and bypass surgery can increase the bloodflow to the heart.

Aortic valve diseases cause abnormal thickenings of the heart's walls. These diseases produce murmurs that doctors hear through a stethoscope. In certain cases surgery can repair or replace damaged valves. However, some valve disorders, such as aortic stenosis, which is a hole in the bicuspid valve are genetically inherited and inoperable.

Other defects in the heart may lead to ischemic disorders, which also result in an inadequate flow of blood to the heart muscle. Such defects cannot be treated through valve replacement surgery.

Heart attacks and ischemias lead to primary heart muscle disease, which directly affects the heart's timing and ability to pump blood. Drug abuse, especially cocaine abuse, disturbs the heart's rhythm. Arrhythmia is the irregular beating in which the heart beats cluster and cause silent heart attacks and heart failure.

The final example of a cardiovascular disease that causes sudden death is aortic aneurysm. These ballooning of the aorta's arterial walls happen at weak spots which themselves may be due to diseases or hereditary conditions, such as Marfan's Syndrome, which was made famous by President Abraham Lincoln. Routine tests often miss aortic weak spots. Aneurysm victims often die without knowledge of their coronary disease, and they may die swiftly — often they are dead before their crumpled body strikes the ground.

Most athletes believe aerobic conditioning, disciplined with a diet low in cholesterol, along with taking a blood thinning daily aspirin, can prevent sudden death from heart attacks. Not so! Then why bicycle? Because, as Dr. Dougherty pointed out, studies show that only 5% of conditioned athletes (in these studies the athletes were male marathon runners) were likely to die if they should incur myocardial infarctions, and this low rate is in contrast to the 56% fatality rate in instances of such heart attacks among sedentary persons.

For other types of heart diseases, athletes do not fare any better than non-athletes. However, aerobic conditioning does make the heart more productive, which means that it can pump more blood and thus deliver more oxygen to the muscles to propel the athlete faster and further. Thus, we bicycle not to prevent heart attacks, but to bicycle better, and we at least have a better chance to survive a heart attack caused by occluded coronary vessels, which gives us the hope of living to bicycle once again.

Chris Martha

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10 Applebough La.

Rose Valley, PA 19065

(610) 565-4058

*Please contact the Ride Coordinator
before the 7th of each month.*

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DVBC

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Drexel Hill, PA 19026

Items for Sale & Ride Reports:

DVBC

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

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



League of American Bicyclists

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, Oct 1 • ? Miles: 15-25 • Class B+ <i>October Daily Dose</i>	*** NOTE: This ride will be done every day, usually early morning, in October. 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.
Mon, Oct 2 • 7:30 p.m. <i>DVBC Meeting</i>	Doors open at 7:00, meeting starts at 7:30. Del. Co. Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Spectrum Cycle's Tom Kellogg, a frame builder, is our guest speaker.
Tue, Oct 3 • 7:30 a.m. Miles: 5-30 • Class C <i>Pancake Breakfast</i>	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 and Kate Perlsh: (610) 789-7673.
Sun, Oct 8 • ? <i>October Daily Dose</i>	*** NOTE: This ride will be done every day in October, usually early in the morning. See October 1 for details.
Sun, Oct 8 • 9:30 a.m. Miles: 35 • Class C+/B- <i>Pete & Penny's</i>	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.
Mon, Oct 9 • 7:00 p.m. <i>DVBC Board Meeting</i>	DVBC Executive Board Meeting at 7:00 p.m. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Tue, Oct 10 • 7:30 a.m. Miles: 5-30 • Class C <i>Pancake Breakfast</i>	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 and Kate Perlsh: (610) 789-7673.
Sat, Oct 14 • 8:00 a.m. Miles: 95-100 • Class B <i>Mays Land.-Cape May</i>	Meet at the parking lot at Cape May Lake (Rts. 40 & 559) in Mays Landing, NJ. Enjoy this long flat ride along the ocean to Cape May and back. For more information call Bob Leon at (610) 833-2365.
Sun, Oct 15 • ? <i>October Daily Dose</i>	*** NOTE: This ride will be done every day in October, usually early in the morning. See October 1 for details.
Sun, Oct 15 • 11:00 a.m. Miles: 35 • Class C+ <i>Mexican Metric 35</i>	Meet at Lower Perkiomen Park. Take Rt. 422 West to the Oaks exit; turn right (onto Egypt Rd.). Turn right at the park and go all the way back to the parking lot on the left. For more information on the ride call Walt at (610) 328-3494.
Tue, Oct 17 • 7:30 a.m. Miles: 5-30 • Class C <i>Pancake Breakfast</i>	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 and Kate Perlsh: (610) 789-7673.
Tue, Oct 17 • 7:00 p.m. <i>Delco Cycling Committee</i>	Monthly meeting of the Delaware County Cycling Committee. Helen Kate Furness Library, Providence Rd., Wallingford, PA. For more info call Ira at (610) 565-4058.
Sun, Oct 22 • ? <i>October Daily Dose</i>	*** NOTE: This ride will be done every day in October, usually early in the morning. See October 1 for details.
Sun, Oct 22 • 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.
Tue, Oct 24 • 7:30 a.m. Miles: 5-30 • Class C <i>Pancake Breakfast</i>	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 and Kate Perlsh: (610) 789-7673.
Sat, Oct 28 • 9:00 a.m. Miles: 50-60 • Class B <i>Show & Go RTP III</i>	Meet at Rose Tree Park (Rt. 252 & Rose Tree Rd., just above Rt. 252 exit of Rt. 1). Enjoy this well-paced ride through beautiful countryside. No riders will get dropped. For more information call Bob Leon at (610) 833-2365.
Sun, Oct 29 • ? <i>October Daily Dose</i>	*** NOTE: This ride will be done every day in October, usually early in the morning. See October 1 for details.
Tue, Oct 31 • 7:30 a.m. Miles: 5-30 • Class C <i>Pancake Breakfast</i>	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 and Kate 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.

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BICYCLE EVENTS CALENDAR

OCTOBER

1: 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.

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: Wheel Easy's Fabulous Fowl Crab Century. Departs 8 A.M. from Wheel Easy Bicycle Store, Rt. 8, Dover, DE. \$18 plus \$10 for crab dinner plus \$10 for T-shirt. Call: 302-734-4994.

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.

8: Wheel Easy's Fabulous Fowl Crab Century: 25/50/100 or 125 flat miles through central Delaware and Maryland's Eastern Shore. \$18. Starts 8 A.M. from Wheel Easy Bicycle Store, 321 D Independence Blvd. (Rt. 8), Dover, De. 302-734-4994

13, 14, 15: Seagull Century '95. Salisbury, MD. (410) 548-2772.

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.

15: 1995 Tour du Port. \$18. 22/10/9 miles with Baltimore Harbor Shuttle Ride. League of American Bicyclists, 190 W. Ostend St., Suite 120, Baltimore, MD 21230-3755. (410) 539-3399.

Hybrid Bike, Giant Innova - dark green, 19" frame, hardly ridden, can't be told from new; fenders, rack, computer, bar ends, rear view mirror, kickstand. Light duty off road use, or add lights for a perfect computer bike. Chuck: (H) 302-239-0933 or (W) 302-886-2656. \$480.00 or ? or trade.



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Christmas Banquet

December 4

7:30 p.m.

Springfield Friends Meeting
1001 Old Sproul Rd.
Springfield, PA



Two Main Courses
Beverages
Family Fun

Look for details in next issue

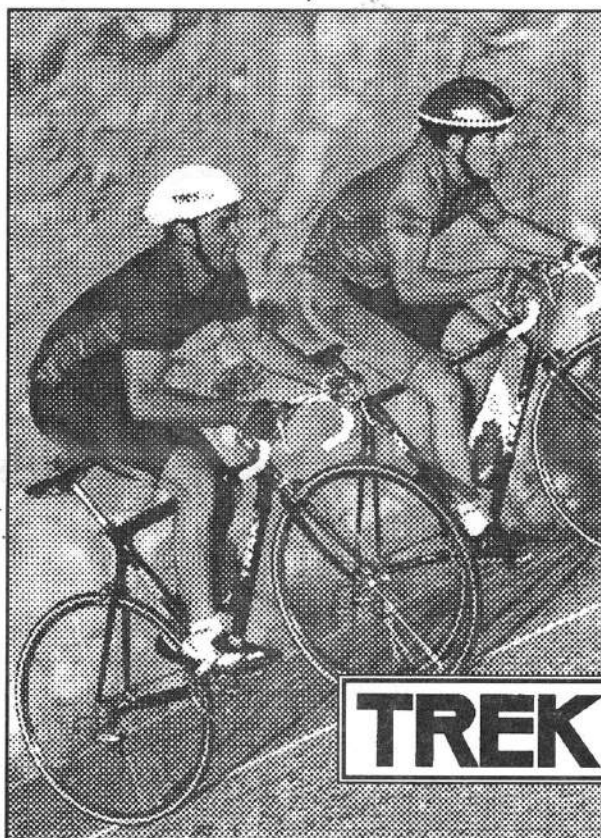
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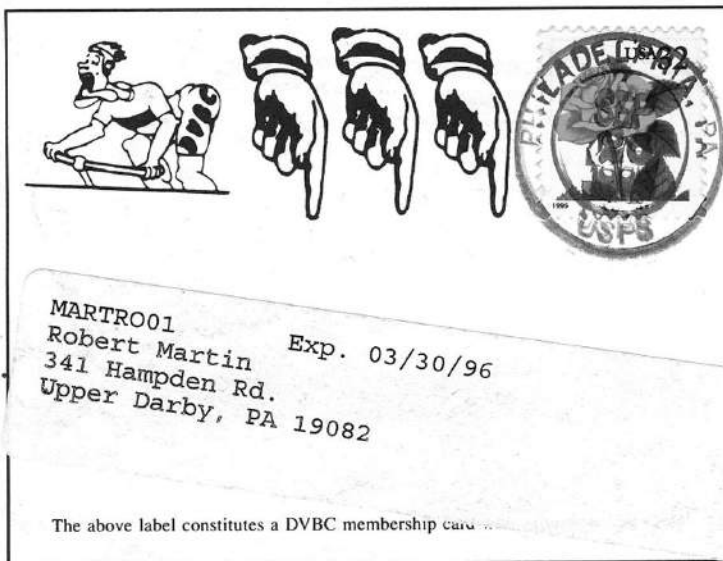
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FIRST CLASS MAIL

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

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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