

DELAWARE VALLEY BICYCLE CLUB

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

MAY 1996

FREE!

DVBC PREVIEWS THE CROZIER CHESTER HEALTHPLEX

At DVBC's April 1 general meeting, Steve Robbins, Esq. and Doug Lewis presented a preview of the Crozier-Chester Healthplex now under construction on the site of the former Springfield Hospital. The new facility combines the modernized hospital with a super-luxurious health club, integrating medically supervised therapeutic programs with traditional health club activities for fitness training. My parody of Coleridge's "Kubla Kahn" gives the details.

In Springfield, PA, Steve Robbins
A state-of-the-art "Healthplex" did decree,
Where Sproul, the U.S. Route 320, runs
Through traffic snarls intolerable to Ernie Munns
Down to the asphalt sea.

So a mile full square of Springfield Hospital's ground
Was converted over to a fitness compound,
Next to those ancient wards of human ills
And offices and operating rooms for surgery.
Outpatients now go home with pills
And return thrice weekly for therapy.

O' the health business core has been transplanted
Under a plexiglass dome that covers
Most luxuriant space, as enchanted
A gym as e'er with full amenities granted
To the recreational desires of true sports lovers:
Rooms with well-maintained Badger machines for folks
complaining

Of out-of-service Lifecircuit or Nautilus training.
At Healthplex, you are always first!
No waiting, or standing, or satisfying thirst
With the water from an old rusty pail.
No o'ercrowding to be hit by the arms that flail
And the legs that dance in aerobic endeavor,
Stepping, twisting and jumping forever.
Come! Run on a one-fifth mile track around the
commotion

Of plush green tennis courts and a full span
Of courts for raquetball or squash. Do plan
To play volleyball or basketball here with devotion.
Here, the restaurant and the fruit juice bar
Serve health foods aplenty from near and far.

In the locker rooms, one may share the
pleasures
Of a steambath, or sauna, or a
whirlpool's wave,
And there are rental lockers, for securing
your treasures,

Toilets and sinks. So may you shave!
The heated pools with waters so clean and so nice
Never feel like long plunges into ice!

A salesman with a computer
In the office where I once saw
Applications upon which memberships are paid.
And upon the computer the salesperson played
Tallying initiation and monthly fee.
Could I afford this place? Let's see --
\$195 but not for long,
\$295 in September and \$69.50
Every month -- so expensive to belong!
Is personal fitness worth such a costly fare?
I now workout for a pittance of that outrageous price.
But if I wished to workout there,
I'd fall off my bike and rent a wheelchair!
And tell my lawyer to sue for thrice!
With auto insurance, it could be had,
If the desire to join makes me so mad
To be a patron milked in Paradise!
-- A. Christine Martha

NEXT GENERAL MEETING -- MAY 6

Bodywise International will present programs for health and weight management at DVBC's May 6 general meeting, 7:30 P.M. at the Delaware County Peace Center, 1001 Old Sproul Rd., Springfield, PA.

Board of Directors

President

Ernest Munns (610) 259-3327

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Frank Havnoonian (610) 449-3305

Secretary

John Roman (610) 853-2915

Members at Large

Gina Bezdziecki (610) 525-0129

Ride Coordinator

All Rides: Ira Josephs
10 Applebough La.
Rose Valley, PA 19065
(610) 565-4058

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

Club Addresses

Editor:

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Drexel Hill, PA 19026

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DVBC
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Drexel Hill, PA 19026

Newsletter/Special Events:

DVBC
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Drexel Hill, PA 19026

Items for Sale & Ride Reports:

DVBC
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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 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.

DVBC Newsletter Staff

Editors Ernie Munns

Chris Martha

Racing Editors Frank Havnoonian

Rich Patterson

Special Events Rich Patterson

Advertising Richard Hoell

Rides Ira Josephs

Assembly Frank Havnoonian

Mailing Labels Mike Keating

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.

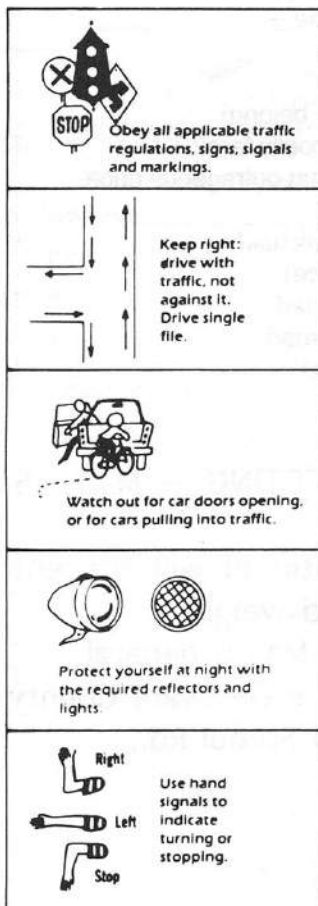
CLASS B+: For strong riders: 13 - 15 mph, stops every 20 - 30 miles. No obligation to wait for stragglers if cue sheets or maps are provided.

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!

Wed, May 1 • ? Miles: 15-25 • Class B <i>Daily Dose</i>	Wanted: friendly riders with a sense of humor for daily rides of varying lengths. Meet in the Drexel Hill area and try one of our local routes. Call for time and location: Tom Sota at (610) 789-7248 or Dan Coraluzzi at (610) 789-0187. Rides are planned every day in May, weather permitting.
Wed, May 1 • 4:30 p.m. Miles: 15-30 • Class C+/B- <i>Chester County I</i>	Meet at the Brandywine Picnic Park, 7-8 miles west of West Chester off Rt. 842. Join us for a late afternoon/early evening ride through scenic Chester County. Ride over rolling hills, past horse farms and old farmhouses. Call DAK Adventures at (610) 384-0134 for directions and more information.
Thu, May 2 • 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 Thursday 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, May 5 - Sat, May 11	<i>Daily Dose.</i> Tom Sota, (610) 789-7248 & Dan Coraluzzi, (610) 789-0187. See May 1.
Sun, May 5 • 9:30 a.m. Miles: 34-45 • Class B <i>Pete's Produce</i>	Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rds. Enjoy this classic 34-mile ride through the scenic Ridley and Chester Creek valleys with an optional 11-mile loop by Crum Creek to stretch the ride to 45 miles. For more information call Ray at (610) 565-4058.
Sun, May 5 • 9:30 a.m. Miles: 8-12 • Class C+ <i>Glendale Park</i>	Meet in front of the Burlington Coat store in the Manoa Shopping Center (Glendale Rd. & W. Chester Pk.), Havertown. A short ride to Glendale Park to test your bike handling, then on to Lawrence Park Industrial Pk. for some laps, & "The Wall" (Fairview Rd.), if up to it. John Roman: (610) 853-2915.
Mon, May 6 • 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.
Wed, May 8 • 4:30 p.m. Miles: 15-30 • Class C+/B- <i>Chester County III</i>	Meet at the Brandywine Picnic Park, 7-8 miles west of West Chester off Rt. 842. Join us for a late afternoon/early evening ride along the West branch of the Brandywine Creek. The distance will vary with daylight & group interest. Call DAK Adventures at (610) 384-0134 for directions and more information.
Thu, May 9 • 7:30 a.m.	<i>Pancake Breakfast.</i> Call Joel and Kate Perlsh: (610) 789-7673. See May 2.
Sun, May 12- Sat May 18	<i>Daily Dose.</i> Tom Sota, (610) 789-7248 & Dan Coraluzzi, (610) 789-0187. See May 1.
Sun, May 12 • 9:30 a.m. Miles: 8-12 • Class C+ <i>Glendale Park</i>	Meet in front of the Burlington Coat store in the Manoa Shopping Center (Glendale Rd. & W. Chester Pk.), Havertown. A short ride to Glendale Park to test your bike handling, then on to Lawrence Park Industrial Pk. for some laps, & "The Wall" (Fairview Rd.), if up to it. John Roman: (610) 853-2915.
Mon, May 13 • 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.
Thu, May 16 • 12:30 p.m. Miles: 35-40 • Class B <i>Sunny NJ Ice Cream</i>	Leave from the firehouse in Bridgeport, NJ, just across the Commodore Barry Bridge. A flat ride through the fields, woods, orchards and small towns of south Jersey to a stop for fresh made ice cream. For more info:rmation call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.
Thu, May 16 • 7:30 a.m.	<i>Pancake Breakfast.</i> Call Joel and Kate Perlsh: (610) 789-7673. See May 2.
Sun, May 19 • ? Miles: 8-65 • Class All <i>Annual Freedom Tour</i>	Our major ride of the spring. Great routes of distance and challenges to suit any class of rider. Well-marked routes, maps, sag wagon & lunch stop add to your riding enjoyment and convenience. See elsewhere in this issue for flyer with complete registration details. Don't miss it!
Sun, May 19 - Sat, May 25	<i>Daily Dose.</i> Tom Sota, (610) 789-7248 & Dan Coraluzzi, (610) 789-0187. See May 1.
Tue, May 21 • 7-9:00 p.m. <i>Delco Cycling Committee</i>	Delaware County Cycling Committee Meeting, Helen Kate Furness Library, Providence Rd., Wallingford, PA. For more info call Ira at (610) 565-4058.
Thu, May 23 • 7:30 a.m.	<i>Pancake Breakfast.</i> Call Joel and Kate Perlsh: (610) 789-7673. See May 2.
Sat, May 25 • 9:30 a.m. Miles: 35 • Class C+/B- <i>35 & Hilly</i>	Meet at the Springfield Friends Meeting/Delaware County Peace Center, 1001 Old Sproul Rd. (near Rts. 1 & 320), Springfield. Enjoy some of Delaware County's most beautiful scenery at a moderate pace. Expect a few serious hills, though. Call Walt at (610) 543-2608. (Note new phone # for Walt.)
Sun, May 26 - Fri, May 31	<i>Daily Dose.</i> Tom Sota, (610) 789-7248 & Dan Coraluzzi, (610) 789-0187. See May 1.
Sun, May 26 • 8:00 a.m. Miles: 60 • Class C+/B- <i>Around The Town Tour</i>	Meet at the Drexel Hill Cyclery, 703 Burmont Rd., Drexel Hill. This ride will preview some of the areas included in the Bicycle Club of Philadelphia's new century route. Bring food or money for a snack at rest stops. For more information call Chris Martha at (215) 548-8482.
Thu, May 30 • 7:30 a.m.	<i>Pancake Breakfast.</i> Call Joel and Kate Perlsh: (610) 789-7673. See May 2.

*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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by joel & kate perlish

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21st Annual Freedom Tour!

May 19, 1996

8, 18, 35, 50 and 65 Mile Routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8:00 A.M.: 65-milers • 9:00 A.M.: 50-milers • 10:00 A.M.: 35-milers • 11:00 A.M.: 18-milers • 12-noon: 8-milers.

PLACE: Ridley Creek State Park (near Media, PA)—parking lot #15.

COST: \$8.00 pre-registration (postmarked by May 11, 1996); \$10.00 at the gate. Tour will be held rain or shine.

Expected Attendance: 500-800 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 for the 35-mile and longer routes. All routes pass through the scenic Chester Creek valley and Glen Mills areas, including the Sweetwater Farm. Most roads are lightly traveled with rolling hills. All routes include a food stop.

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 8- and 18-mile routes are great opportunities for newer cyclists, leisure riders and families. 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 LAB, Pa. Bike Federation, USCF, and the Bicycle 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) 626-4477 or Ernie (610) 259-3327.

21st Annual Freedom Tour • May 19, 1996

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Age: _____ Distance: 65 miles ☐ 50 miles ☐ 35 miles ☐ 18miles ☐ 8 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:

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

Please postmark pre-registration by May 11, 1996.

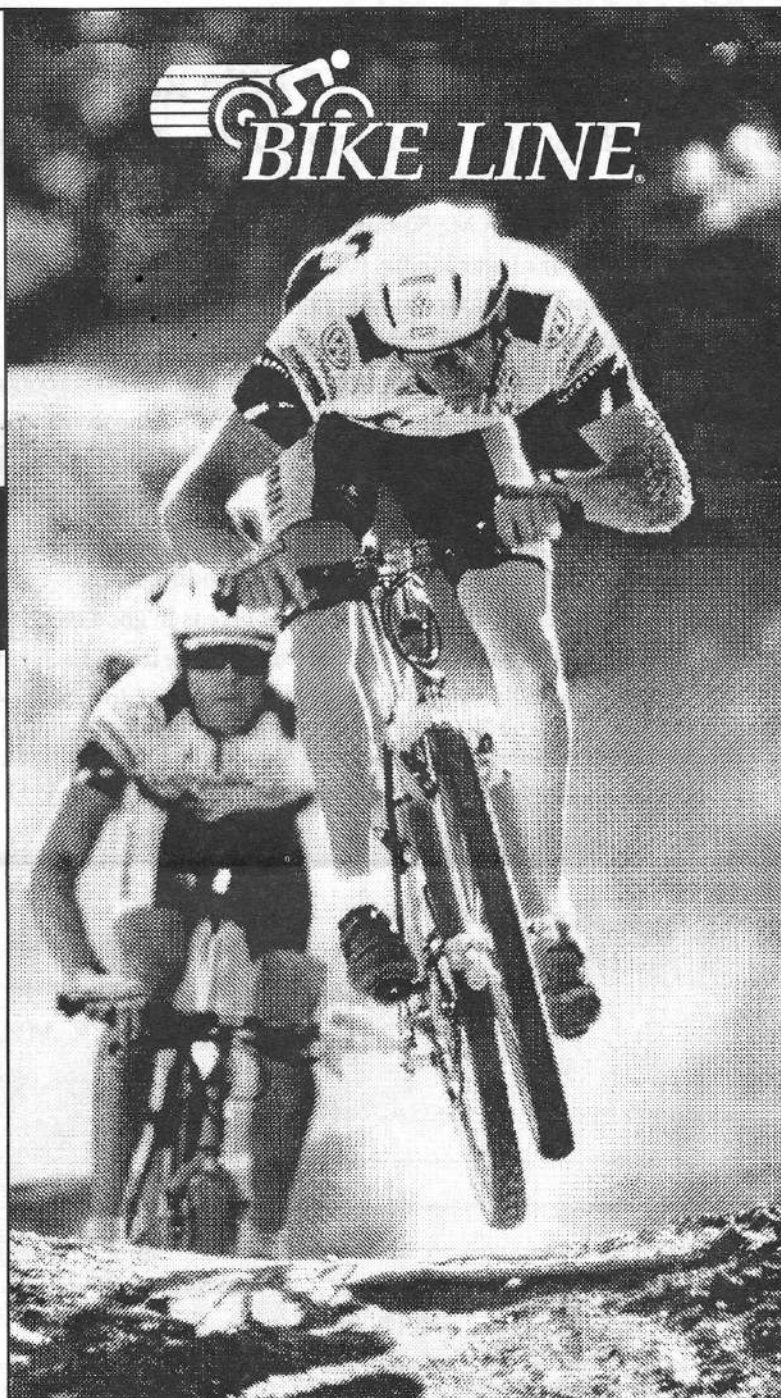
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610-565-9220

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610-337-3003

OAK LANE
215-424-3773

OXFORD VALLEY
215-547-7460

PAOLI
610-647-8023

PHOENIXVILLE
610-935-9111

MONTGOMERYVILLE
215-361-7900

POTTSTOWN
610-970-1866

WAYNE
610-687-1110

WEST CHESTER
610-436-8984

May Bicycling Events

4: Friends of Pennypack Park: Spring Bike Ride. 10-40 miles to support maintenance of the park trails and bike path. Call 215-934-PARK.

4: Williamsport, PA Spring Fling. 25/50/100 mi. \$10 by 4/27. Grier's House, 1616 Lafayette Parkway, Loyalstock, PA

4: Farmlands Flat Tour. Central Jersey. 100/62/50/35/25 mi. Marked routes, cue sheets, SAG assistance, snacks, 30 oz. water bottle. \$15 adult / \$23 family (1 adult and 1 child). Starts from Brookdale Community College, Lincroft, NJ. Contact: Howie Glick, 3 Tracy Drive, Fords, NJ 08863 -- or call Rone Lewis (908)766-6957.

5: Mexican Metric Century. Send SASE to Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044.

5: 5 Boro Bike Tour: AYH. 7:30 A.M. from Battery Park, SASE to "BIKE NY" 891 Amsterdam Ave, Ny, NY 10025.

11: MS Spring Cycling Classic. (215) 271-1500, (609)858-6900 or (800)445-BIKE

11: Tour de Y Metric Century. 8 A.M. Optimist Park, Lebanon, PA. 25/50/100 km flat to very hilly. Sag, marked route, snacks, T-shirt extra. SASE: Lebanon Valley BC, 124 W. Church St., Annville, PA 17003; James R. Deaven (717) 867-0950.

11-12: Eastern Shore Spring Outing: Brandywine Bicycle Club. Easton, MD. O'Bryan Byrnes 610-363-7743.

18-19: Hanover Cyclers 22nd Annual Horse Farm Tour. Choice of 10/25/35/50 mi. rides both days. Registration opens at 7 A.M. in South Street Recreation Park, Mc Sherrytown, PA. \$10 until 5/8; thereafter \$12. Sag, marked route, snacks, SAG support, patch. T-shirt \$10 must be ordered by 5/8. C/O W. Tyler Mummert, 315 South Street, Hanover, PA 17331.

18: Pinelands Triple Loop. 18/62/100 beginning at historic Basto Village. Free T shirt to preregistrants before 5/1. Shore Cycle Club, P. O.

Box 492, Northfield, NJ 08225, c/o Walter Dickerson (908) 899-8310 or Linda Krass (609)652-0880.

19: John Pixton Memorial Poker Ride. ATB 20/50/65 mi. Wissahickon, H.S., Ambler, PA. 7:30 A.M. Send SASE to Pennsylvania Bicycle Club, c/o Laurama Pixton, 445 Dreshertown Road, Ft. Washington, PA 19034.

19: Freedom Tour. 8/ 28/ 35/50/ 65 mi. Scenic ride over rolling terrain by horse farms and historical sites in Chester Co. and DE. Starts from Ridley Creek Park. \$10 before 5/11 includes map, SAG, lunch and refreshments, souvenir. Send SASE to Delaware Valley Bicycle Club, P. O. Box 274, Drexel Hill, PA 19026 or call Ernie Munns (610) 259-3327.

19: Tour de Cure: American Diabetes Assn. 10/25/62 mi. Burlington Cty, Mercer Cty, NJ & Wilmington, DE. Call 1-800-TOUR-888.

24-27: 14th Annual BBC Kent County Spring Fling: SASE to KCSF 1996 3212 Midfield Road, Baltimore, MD 21208.

June

1: Atlantic City Rescue Mission Ride. 20/28/50/62 mi. Start from Marriott Seaview Golf Club, Absecon, NJ. Ride is a benefit for the homeless. \$25, includes T shirt, map and sag. Prizes for top fund raisers. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225 c/o Janet Reinhard (609)965-4823.

2: Freedom Valley Bike Ride: Bike for Better Biking! 9, 16, 32 & 64 mi. 8 A.M. from Philadelphia Water Works and Austin Park, Rosemont. \$20. Free T-shirt to pre-registered riders (by 5/12) Bicycle Coalition of Delaware Valley & American Youth Hostels, 624 S. 3rd Street, Philadelphia, PA 19147. (215)829-4188.

8: Get Ready Metric Century, Pennsville, NJ. 8 A.M. Fort Mott State Park. 50/100 km flat to rolling. \$10 until 5/31 then \$15. Map, patch, sag, rte. marks, cue sheets, lunch. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08360-1076. (609) 848-6123.



TOUR PLANNER

June 7-9: 10th Annual Chesapeake Bay Bike Tour at Salisbury State University, American Lung Association. \$45.00 by 5/15; \$65 after plus \$200 in pledges.

June 14-16: KAMEL (Kutztown and Millersville Eastern Loop) Hershey 8 A.M. Sand Hill Lions Club 185 mi. rolling to very hilly. \$100 must register by 5/8. Map, cue sheet, lodging. Harrisburg BC, John Donoughe, 1554 Locust St., New Cumberland, PA 17079-1550 (717) 774-5073.

June 16-23: Pedal Pennsylvania, Great Northern Crossing Erie to Philadelphia. SASE to Bob Ingersoll, 1914 Brandywine Street, Phila., PA 19130.

June 21-26: Bike Virginia Civil War Odyssey. SASE: Bike Virginia, P.O. Box 203, Williamsburg, VA 23187-0203. (804) 229-0507.

June 23-28: Bike for the Health of PA: American Lung Association. \$750 includes everything in this PA crossing from Mc Keesport to Philadelphia. Fully supported, college dorm and 1 hotel for accommodations -- no camping! 1-800-932-0903.

July 14 -19: The Whole Hudson River Valley. An Inn to Inn Tour from the mouth of the river in New York Bay to its source in the Adirondacks. Choose between 50 moderate miles or 70 serious miles each day. Cost \$499.00. Limited to 16 serious cyclists. Send \$50 deposit to Bicycle Club of Philadelphia, c/o Pete O'Dell, 538 Basilica Circle, Philadelphia, PA 19128. Info: Peter O'Dell at 215-482-1440 or PNOonline@aol.com

July 14-19: Bicycle Tour of Colorado: 415 miles over 5 CO passes. Start and finish in Breckenridge, CO. Benefit for Mile High Down Syndrome Association. \$200 plus \$15 for T-shirt. \$25 late registration after May 15. SASE to: Bicycle Tour of Colorado, 3500 S. Wadsworth Blvd. #201, Lakewood, CO 80235 or call: 1-800-985-9399.

July 21-27: Pedal Pennsylvania, Penn-

Central: 7-Day Pittsburgh to Philadelphia. SASE to Bob Ingersoll, 1914 Brandywine St., Philadelphia, PA 19130.

July 21-27: CAM Cycle Across Maryland Tour. SASE to CAM VIII, 7 Church Lane -- Suite 8, Baltimore, MD 21208. Applications will be sent in March. Limited to 1,500.

July 28-- Aug. 2: Maine Moose Tour: SASE: Maine Wheels Bicycle Club, ic/o Meerle and Molly Glines, 225 Paris Hill Road, South Paris, Maine 04281. (207) 743-2577.

Aug. 11-16: New England Adventure '96. Tri-State Wheelers, P.O. box 809 Saratoga Springs, NY 12866. \$418 by June 1; limited to 100 riders.

OTHER EVENTS

May 2: Bicycle History Expo: PaineWebber Art Gallery, 1285 Avenue of the Americas (6th Avenue & 51st Street), New York, NY 10019. Open Monday through Friday, 8 A.M. to 6 P.M. Exhibit extends through Oct. 4, 1996.

July 3-7: LAB National Rally, Dayton OH. 1-800-288-BIKE.

June 7-10: G.E.A.R. Millersville, PA. LAB. 413-288-BIKE.

June 22-23: PA Dutch Classic. National MS Society. 1-800-225-8360

FOR SALE:

Tandem 20/18 CroMo. 21 spd. Deore DX/LX and many extras. Very low mileage. Asking \$800. Also: child stoker kit \$120; suspension stem \$30; suspension seatpost \$80. Ask for Jim or leave message (610) 623-7545.

Schwinn Prelude 24", 10 spd, \$250.00. Ask for Kris (610) 469-2216.

Burley Tandems: Samba 21/18 \$500; **Zydeco** 20/16 \$450 Jim Burke (610) 918-7363.

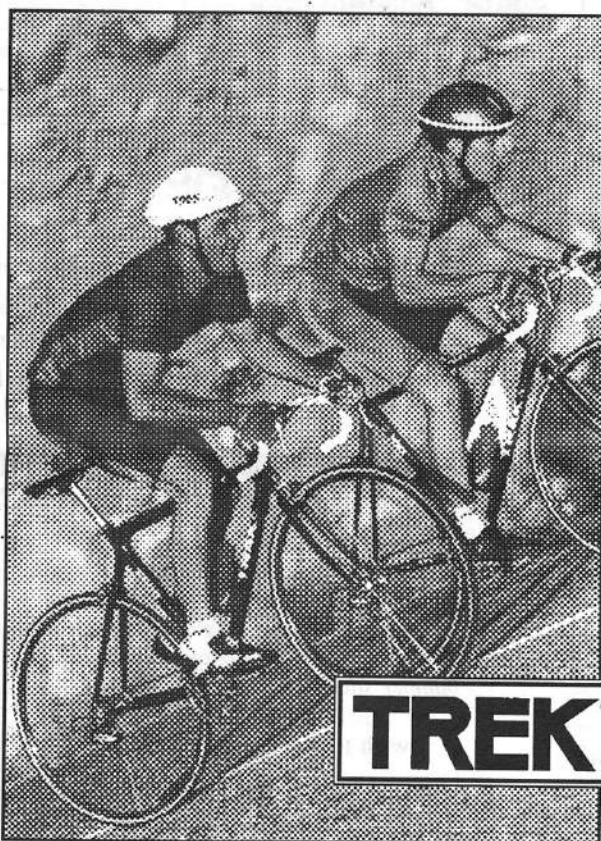
Trek Aluminum 1200: 21.3" 12 spd. Shimano 105, Matrix IsoC rims. \$260. Dan (610) 626-4835.

Raleigh RT300, 17" for petite rider, upgraded to 21 spd. triple chainring (52-40-28), thumb shifters, SPD- A525 pedals. Just 2 yrs. old! \$250 Chris (215) 548-8482.



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