

DELAWARE VALLEY BICYCLE CLUB

P.O. Box 156, Woodlyn, PA, 19094-0156

MARCH 1998

FREE!

DVBC Plans a Great '98

Traditionally, March begins a new cycling season for outdoors road riding. In previous winters, snowy, icy, slushy roads and sub-freezing temperatures force all but the hardiest of DVBC indoors to spend evenings at home spinning rollers or burning out trainers. More fortunate riders cross train at local gyms, going to aerobics classes, lifting weights or participating in indoor sports such as racquetball or basketball. 1998, however, has been the year without winter, for an "el nino" phenomenon brought warmer temperatures and just a handful of days with the mercury dipping below the freezing point and, in the dry air, a few scant flurries of snow that left no appreciable accumulations upon the ground.

Most of us have been riding outdoors this "el nino" winter, and now we want real bicycling action -- long club rides, organized tours, metric and full English centuries. DVBC offers its members a thorough events calendar beginning in this newsletter. Consult it for information for participating in events that close registrations by mid-month, such as the Baltimore Bicycle Club's Kent County Spring Fling and the Spartansburg NC Freewheelers' Assault on Mts. Mitchell and Marion.

Locally, March means preparing for the first tour in nearby Newark, DE, the White Clay Bike Club's Icicle Metric. To be ready for this ride and others, DVBC offers club rides in Ridley, Brandywine, and Gladwynne along the similar terrain of rolling hills. Our ride leaders Chris Harendza, Dan Coraluzzi, Ira Josephs, Bob Leon, Bob Martin and Joel Perlsh continue to offer a variety of routes appealing to advanced and intermediate riders. Everyone in DVBC should be able to find a group for training. In groups, riders build strength and endurance as they attack hills and then experience the alternating forces of the group pulling and drafting along the straightaway. However, if you're not ready for a long tour or you doubt your ability to stay with others, you can enroll this April in the Metric Century Club to train to accomplish that first long ride with the help of Bob Leon's expert coaching.

If you're in shape, is your bike in shape too? Hurry! Hurry! Cycle Fit of Wallingford, PA, our new sponsoring shop is offering DVBC members a special price on Spring Tune-ups -- just \$29.95 with your DVBC newsletter and its mailing label. The special ends March 31.

March also means preparing for DVBC's major spring event -- the Freedom Tour, Sunday, May 10. The ride once again returns to Ridley Creek State Park. This year's Freedom Tour is the culminating activity for Ridley Creek Awareness Week, an environmental celebration. Because, May 10 is also Mother's Day, the club plans to give something special to mothers so they will not be forgotten bike widows. Gina Bezdziecki is the event chairman, and she's looking for volunteers to work on the roads, maps and cues, sag, food stops and publicity. Gina can be reached most evenings at (610) 525-0129. Later, this year, DVBC may be involved in the first pro-racing event ever to be held in Delaware County, a project of Jim Webb, Nifty Fifties and the McDade Business Assn. Finally, at summer's end, save Sunday, September 6 for the Brandywine Tour.

As DVBC gears up for events, are you geared up? If you haven't renewed for '98, check your mailing label now. If yours says 'Feb. 98, you are reading your last newsletter! To renew, send in the application from this newsletter with your dues, which are just \$15 per household.

Finally, a hearty welcome to the following new DVBC members: Richard S. Comroe, Esther Cohen, William Cohen, John Dullea, William Freeborn, Paul Giblin, Teresa Giblin, Kim Hammer, Sonya Kwietniak, Melissa Lutz, Donaldson R. Manley, MD, Andrew Maxwell, Michael Pigg, John Purcell, Michelle Purcell, Lew Ryan, Robert Snyder, George Terahara, Len Wexeblatt, and Ira Yermish!

-- Chris Martha

The Delaware Valley Bicycle Club
P.O. BOX 156
Woodlyn, PA 19094-0156



Board of Directors

President: Ira Josephs (610) 565-4058
Vice Pres: Gina Bezdziecki (610) 525-0129
Treasurer: Bob Leon (610) 833-2096
Secretary: David Bennett

DVBC Newsletter Staff

Editor: Chris Martha (215) 548-8482
Inside & Rear Covers: Christopher Harendza
Mail Labels: Jan Chadwick (610) 892-0742

DVBC Meeting Place

Delaware County Peace Center/ Springfield Friends Meeting, 1001 Old Sproul Road (behind the car wash at Rt. 320 and Old Marple Road). Meetings are usually held the first Monday of the month.

Ride Coordinator & Web Guy

Christopher Harendza (610) 449-6456. Please call before 9 pm. email: elzchris@netreach.net

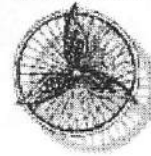
Please contact the Ride Coordinator before the 7th of each month.

Web Site: <http://www.netreach.net/people/elzchris/dvbc/home-page.htm> (no spaces)

DVBC welcomes articles for the newsletter. Please submit your article to the editor before the 7th of each month.

Club Affiliations

League of American Bicyclists



Bicycle Coalition of the Delaware Valley

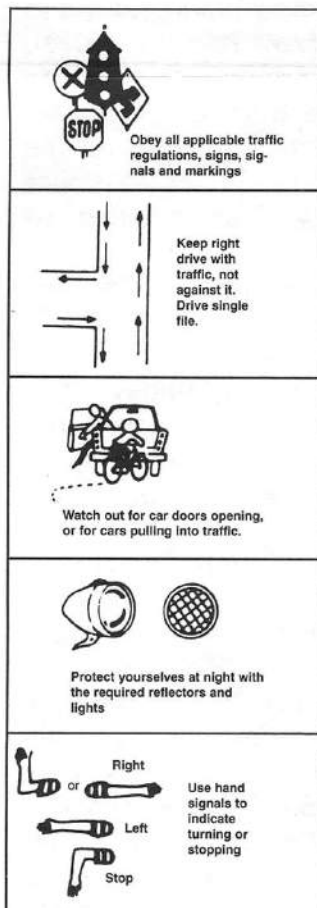


Please note that:

-the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

-letters to the Editor must be signed to be considered for publication.

Ride Guidelines



1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:

Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.

Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.

Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class A: For very strong riders: 19+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all 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. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Freedom Tour, Brandywine Tour and Club picnic, all club events are free to the general public. The general public is welcome!

DELAWARE VALLEY BICYCLE CLUB

March Ride Calendar

Helmet use is mandatory on all rides!

Regularly Scheduled Rides

Every Sunday, March 1, 8, 15, 22, 29. *Sunday ATB Ride*. See March 1 for details.
 Every Sunday, March 1, 8, 15, 22, 29. *Training Road Ride*. See March 1 for details.
 Every weekday morning. *Daily Dose*. See March 2 for details.
 Every Thursday, March 5, 12, 19 and 26. *Pancake Breakfast*. See March 5 for details.



Weekend Rides and Descriptions

Sun, March 1. Call for Time. Miles: 10+. Class: All <i>Sunday ATB Ride</i>	Greg Cymbala will be leading All Terrain Bicycle "Show & Go" rides for all classes of riders every Sunday in March. The ride will start from various locations in Delaware County. Greg would like all riders to call him at 876-9450 for the exact time and to discuss your ride class.
Sun, March 1. 9:00 am Miles: 40-60. Class A/B+ <i>Training Road Ride</i>	Bob Welsh will be leading the "Training Road Ride" every Sunday in March. This ride is for anyone who enjoys riding hard. Expect some hills. Meet at the Performance Bicycle Shop on Rt. 320 at the Rt. 1 bypass in Springfield, Delaware County. Call Bob at (610) 690-2971.
Sun, March 1. 10:00 am Miles: 20+. Class C <i>NJ Show & Go</i>	Meet at the Kingsway High School at Rts. 322 & 551 (left at the third light after the Commodore Barry Bridge) for a Show and Go ride around South Jersey. For more info call Bob Leon at (610) 833-2096.
Sun, March 1. 10:00 am Miles: 35-45, Class B <i>Westtown</i>	Meet at the Moylan-Rose Valley train station at Woodward & Manchester Roads for a beautiful ride through the Glen Mills and Cheyney area to Westtown. Expect some hilly terrain. Call Ira Josephs at (610) 565-4058.
Mon, March 2. Call for Time. Miles: 15-25. Class B/B+ <i>Daily Dose</i>	Meet in Drexel Hill for moderate to fast-paced rides into surrounding areas. Rides will begin anywhere from mid-morning to noon. Call Dan Coraluzzi at (610) 789-0187 for exact time and location for that day.
Mon, March 2. 7:30 pm. <i>DVBC Meeting</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. The speaker will be Evan Trubee, who rides with Suburban Cyclists Unlimited (SCU). Evan will give a presentation on his company, "Big Wheel Bike Tours," and the events they have planned for 1998 season. Evan's company may be accessed via the DVBC Web Page.
Thurs, Mar. 5. Early am. Miles: 10-25. Class C <i>Pancake Breakfast</i>	Enjoy an easy-paced ride to an area restaurant for a pancake breakfast (bring money). This ride will be held on most Thurs. and will originate from various locations in Havertown at around 7:30 am. Call Joel and Kate Perlsh at (610) 789-7673 on Wed. for the exact time & starting location.
Sat, March 7. 10:00 am Miles: 50. Class B <i>Marsh Creek</i>	Meet at the Ridley Creek State Park Headquarters. Bring or buy lunch in Downingtown and ride to Marsh Creek State Park to chow down. This is a gorgeous ride! Call Bob Leon at (610) 833-2096.
Sun, March 8. 9:30 am Miles: 25-35+. Class B <i>El Nino Del-Chesco</i>	Meet at Rose Tree Park, on Rt. 252 just north of Rt. 1 for a ride through western Delaware Co. and southern Chester Counties. This will be a fast-paced hilly ride. Contact Christopher Harendza at (610) 449-6456 or elzchris@netreach.net.
Sun, March 8, 10:00 am. Miles: 30+. Class C <i>Valley Forge Trail</i>	Meet at the Valley Forge trail head, near the Betzwood Bridge, for a ride to Manayunk. Bring or buy lunch at the Farmers Market. Call Bob Leon at (610) 833-2096.
Mon, March 9, 7:00 pm. <i>DVBC Board Meeting</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield. Call Ira Josephs at (610) 565-4058.
Sat, March 14. 10:00 am. Miles 50+. Class B <i>Manayunk</i>	Meet at Rose Tree Park, on Rt. 252 just north of Rt. 1, and ride to Manayunk via the Schuylkill River Trail. Return via Upper Darby and Drexel Hill. Call Bob Leon at (610) 833-2096.
Sun, March 15, 10:00 am Miles: 20 Class B- <i>Beware the Ides of March</i>	Commemorate the death of Caesar by meeting Bob Martin at the Drexel Hill Cyclery at 703 Burmont Road, Drexel Hill for a ride to Gladwyne and Flat Rock Park. No one will stab you in the back but you can expect a few hills. Call Bob Martin at (610) 352-2114.

Sun, March 15. 9:45 am. Miles: 35. Class C <i>Country Kitchen-C</i>	Join Bob Leon for the first Country Kitchen Breakfast "C" ride of 1998. Leave from the Kingsway High School at Rts. 322 & 551 (left at the third light after the Commodore Barry Bridge) promptly at 9:45 am. You must call two days ahead of time! Call Bob at (610) 833-2096.
Tues, March 17. 7:00 pm <i>Delco Cycling Committee</i>	Delaware County Cycling Committee Meeting, Helen Kate Furness Library, Providence Rd. in Wallingford. Help promote such issues as "Bikes Belong" and "Rails to Trails." Call Ira Josephs at (610) 565-4058.
Sat. March 21. 9:45 am. Miles: 45+. Class B <i>Country Kitchen-B</i>	Join Bob Leon for the first Breakfast "B" ride of 1998 at the Country Kitchen in Elmer, NJ. Meet at the Kingsway High School at Rts. 322 & 551 (left at the third light after the Commodore Barry Bridge). Call Bob at (610) 833-2096.
Sun. March 22. 9:45 am. Miles: 25. Class C <i>Chadds Ford Show & Go</i>	Meet behind the Wawa Market in Chadds Ford, at Rts. 1 & 100 for a "Show & Go" ride to nowhere. Call Bob Leon at (610) 833-2096.
Sun, March 22. 10:00 am Miles: 40-50. Class B <i>Downingtown</i>	Meet at the Ridley Creek State Park Headquarters for a fast-paced ride to Downingtown via Valley Creek Road. If the weather is nice we may extend the ride to Marsh Creek State Park. Expect some hills. Contact Christopher Harendza at (610) 449-6456 or elzchris@netreach.net.
Sun. March 29. 9:45 am. Miles 25. Class C <i>Country Deli</i>	Meet at the Woodlyn Hechinger Shopping Center behind the Dunkin' Donuts at McDade Blvd. and Fairview Road. The ride will proceed through Swarthmore, Media and Ridley Creek State Park to the Country Deli for Pancakes. Bring money and we'll help you work up an appetite. Call Bob Leon at (610) 833-2096.

- Free 1999 membership for anyone leading 4 or more rides listed rides in 1998. Call Ira at (610) 565-4058.
- Please note that every attempt is made to ensure that the information above is accurate. It is *always* a good idea to call the ride leader before the ride to confirm the time, location, etc.
- Remember to call the Ride Coordinator, Christopher Harendza, at (610) 449-6456, hopefully by the 7th of each month, to schedule your upcoming rides. *Please* call before 9:00 pm.

DVBC STANDARDIZES ITS RIDE CLASSIFICATIONS

Please note that the club has changed its ride classifications, as described on the inside cover under the ride guidelines. These changes amount to an increase of approximately 2 mph average moving speed for each ride class and make DVBC's ride classifications very similar to other clubs. This will help avoid confusion when DVBC rides are posted in the *Philadelphia Inquirer*, on the DVBC web page, or on the e-mail lists of other clubs. If you are a new rider, please remember to follow the Ride Guidelines described on the inside cover.

-Grazie Mille! C.H.



NEW MEMBERS

DVBC would like to give a big welcome to its new members! We hope that you have a great year and look forward to seeing you on DVBC rides and tours.

- | | |
|---------------------------------|----------------------------|
| • William Freeborn | • Esther & William Cohen |
| • John & Michelle Purcell | • Michael Pigg |
| • Andrew Maxwell & Melissa Lutz | • Kim Hammer |
| • Richard S. Comroe | • Lew Ryan |
| • Robert Snyder | • Ira Yermish |
| • Paul & Teresa Giblin | • George Terahara |
| • Len Wexeiblatt | • Donelson R. Manley, M.D. |

THANK YOU 1997 RIDE LEADERS!!!

DVBC would like to thank all those who led rides last year. The ride leaders, and the event volunteers, *are* the bike club. Without you DVBC would not exist! *Thank you!*

- | | |
|---------------------------|------------------------|
| • Bob Martin | • Mike Toof |
| • Fran DeMillion | • Walt Linton |
| • Joel & Kate Perlish | • John Roman |
| • Ira Josephs | • Greg Cymbala |
| • Bob and Cassie Leon *** | • Christopher Harendza |
| • Bob Welsh | |

PRESIDENT'S COLUMN

Spring is almost here-probably the most exciting time for cyclists as we have a whole new season of riding to look forward to. Like a gardener perusing the new seed catalogs, we may be getting ride brochures from other clubs and checking the events listings in newsletters for rides we will attend.

At DVBC we have an especially exciting upcoming season. The new leadership in our club is continuing efforts of innovation and refinement to make the DVBC the best club it can be.

We have adjusted our ride classifications 'up' to be more in line with other clubs and to more truly reflect the actual level of rides in our calendar. So before you go to a club ride, check out the description in the 'ride guidelines' and make sure its one you can handle. We've also updated other information in the newsletter and reworked some sections like the membership application and interest survey.

Two big changes for this year are different weekends for both of our big tours, each one a week earlier. The Freedom Tour will be May 10, Mother's Day, 'with something special for the mothers'. In the past we've conflicted with PBC's Poker Ride. Also this year, we are going to be part of 'Ridley Creek Awareness Week', co-sponsored by the Penna. Environmental Council and the Chester Ridley Crum Watershed Association from May 2-10. Our ride will be the grand finale and with just a little more volunteer effort we stand to gain a lot more publicity and exposure.

Our Brandywine Tour will be Sept. 6. Labor Day weekend. We changed that because BCP chose Sept. 13 for their Schuylkill Century. Sept. is the most crowded month for century rides but the only other one on Labor Day weekend (on Monday) is the Labor Day Century in Hanover. I hope this will turn out to be a very beneficial change for us. Many schools now start before Labor Day and many cyclists don't go away then anyway. What I'm most concerned with is that we will have enough volunteers. Please call Gina (525-0129) or Ira (565-4058) to offer help with our two big tours. We will have paint rides in the week or two prior to each ride, a volunteers' ride (and party?) the day before and lots of things to do at the ride like signing in riders, passing out food and sagging the route. If we get enough helpers, we can split shifts and work half the day and ride the other. Please commit to volunteering now, its fun and feels good to be part of putting on such a successful event.

On the subject of volunteers, I want to give a huge thank you to a couple of them. Mike Keating recently gave up the job of keeping the membership database and producing mailing label. Last year he gave up the position of typesetting the ride calendar and back page and inside front cover of the newsletter. He's largely responsible for the very high quality look of our newsletter and he has been volunteering in the club for many many years. Thank you very much, Mike.

And thank you to Jan Chadwick, a new member who responded to a plea

in the newsletter for help. She has taken over the membership database and producing mailing labels.

I hope everyone has enjoyed this mild winter as much as I have. I've ridden more miles than any other winter and our turnouts for rides have been very impressive. I went on one of Greg Cymbala's Sunday ATB rides and what a blast I never work that hard riding on the road. These rides are continuing through March and I highly recommend you try one, just call ahead so Greg can have an idea of what ability riders to expect (876-9450).

Please come to our next club meeting, Tuesday, March 2 at the Peace Center in Springfield. Evan Trubee, a local rider from Willow Grove, is now running bicycle tours as Big Wheel Bike Tours. Find out about this year's trips, 'Garden State Cycling Adventure', the length of N.J. and 'Blue Ridge Challenge' in West Virginia and Tennessee.

Sunday morning mountain bike rides
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(610) 876-9450



Largest selection of bikes in Delaware County

Special discounts for club members

Specializing in closeout models



Training Road Ride

(NOT a race!)

When: Sunday mornings in March and April
Be ready to roll at 9 am!

Where: Meet at Performance Bike Shop, Route One
Bypass and Route 320 in Springfield

Who: Anyone who enjoys riding hard, from the
entry level racer who needs the group work to
the more experienced rider who needs the
company

*Please do not attempt this ride unless you
have some level of fitness! We will not wait
for those who can't keep the pace!*

Route: Rolling hills through Ridley Creek, Glen Mills,
West Chester, etc.

How Long: From 2 to 3.5 hours (40-60 miles) in length
depending upon the weather and other
factors. I don't believe in starting the ride in
the rain, however we might get caught in it.

For more information, contact:

Bob Welsh, 610-690-2971,

This is an A+ to B+ level ride

OTHER EVENTS

MARCH

28: Icicle Metric. White Clay BC. 62/31 mi. Hollingsworth Parking Lot, Univ. of Delaware, North College & Cleveland Aves.. Registration opens 7:30 A.M. \$10 by Mar. 25; \$15 after. SASE: Dave Bundas, 321 Indian Town Road, Landenburg, PA 19350. (610) 255-0799. e-mail <dbundas@bellatlantic.net>

APRIL

3-5: 2nd Annual British Bike Weekend: Trophy Bikes, Phila., PA. A rallye for the glory of the British utility and touring bikes. Activities include: 3 spd. SA hub clinic, swap meet, Sunday picnic and rides. \$25 for admission to all events plus t-shirt. Info. Mike Mc Gettigan, 215-719-4669 or e-mail <McGet@aol.com>.

16-19: Santana East Coast Tandem Rally: Chesapeake Bay and Old Virginia, SASE: Jan Mc Cready, Rally Registrar, Santana Cycles, Inc., 909-596-7570, ext. 10 (9:30 A.M to 4 P. M. Pacific Time)

19: Taxing Metric: Brandywine Bicycle Club. 32 / 64 hilly miles. Starts from Warwick Park. \$12 includes map, marked route, patch and hot soup for lunch. Contact Sue Greene (610) 963-9127.

19: BCP Bike Bazaar and Annual Earth Day Celebration. 10 AM to 6 PM at Fairmount Waterworks behind the Art Museum on Aquarium Drive. Noon ride to tour the famous trees of Philadelphia. Vendors should contact Marilyn Wimp 610-650-0595 or Jennifer Escoria (215) 624-9580

25: CAM Rally. 15/25 mi. rides around Carroll Cty., MD Info: 1-888 CAM-RIDE.

26: Mason-Dixon Ride for MS: 25/50 mi. around Middleton, DE. \$25 registration. Details: 302-655-5610.

26: Flapjack 40: Staten Island Bicycling Assn. e-mail consul10@idt.net or call 718-915-8280.

26: Horsham Rotary River Ride. Suburban Cyclists' Unlimited. 5/ 20/ 35 / 62 mi. on rolling terrain. \$12 preregistration by April 10; \$15 afterwards. Starts 8 AM at the College Settlement Camp, Witmer Rd. Info: (215) 542-7974.

MAY

2: Farmlands Flat Tour: Central Jersey Bicycle Club. Loops beginning in Lincroft, NJ. \$25 singles / \$30 tandems. Markled routes, sag, T-shirt. Info: (908) 225-HUBS.

3: 21st Anniversary Bike NY: the Five Boro Bike Ride. Join 25,000 riders for a 42 mi. tour of the town! Benefits American Youth Hostels. Info.: 212-932-BIKE or see the website <<http://www.bikenewyork.org>>.

3: Mexican Metric. Suburban Cyclists Unlimited, 20 /36/ 64 mi. Oaks, PA. Includes cues, maps, and "Cinco de Mayo" hot chili lunch. SASE: SCU Mexican Metric, Box 401, Horsham, PA 19044.

Hurry! Hurry! These May Events Sell Out in March:

May 16: Assault on Mt. Mitchell / Marion. Spartansburg (NC) Freewheelers.

The Assault on Mt. Mitchell is closed to new registrants as the expected limit of 900 participants should be reached amongst '96 and '97 participants who have been invited to return. Interested participants in the ride to the top of the highest mountain peak east of the Rockies must first participate in the Marion ride. For applications, call 864-574-0929. No photocopied applications will be accepted. '98 participants in the Marion ride will automatically be eligible to ride in the Assault on Mt. Mitchell in 1999.

MAY 22-25: Kent County Spring Fling, Baltimore Bicycle Club. <<http://www.baltobikeclub.org>>. Act fast; sells out by mid-March (410) 792-8308 or send an SASE to KCSF 1998, 123 Coucher Way, Churchville, MD 21028.

MAY 22-25: GEAR South: Johnson City, TN, League of American Bicyclists, 1-202-822-1333.

ADDITIONAL TOURS AND RALLIES

June 5-8: Garden State Bicycle Event. Matamoras PA to Cape May Point, NJ. 245 mi. Contact Evan Trubee, Big Wheel BikeTours, ebt71@voicenet.com. or check the website at <<http://www.bigwheelbike.com>>

June 12-14: Chesapeake Bay Bike Tour. Salisbury State U., Salisbury, MD. 1-800-642-1184.

June 15 -- Aug. 1: GTE Big Ride Across America. American Lung Assn. 1, 000 riders, 3, 000 miles, Seattle to Washington, DC. Call 1-800-Big Ride.

June 19-24: Bike Virginia Civil War Odyssey III. SASE: Bicycling Education Assn., P. O. Box 203, Williamsburg, VA 23187-0203 or call (757)229-0507.

June 20-27: CYCLONE: Cycle Ontario Experience. P. O. Box 25054, 1375 Weber Street East, Kitchener, ON, Canada, N2A4A5. (519)650-1709 or e-mail: biketour@kwic.com.

July 1-Sept. 1: Tour de Canada. Vancouver to St. John's Nfld. est. cost \$2545.00. e-mail for info: <velo@fox.nstn.ca>

July 3-6: RALLY West: Eugene OR, July League of American Bicyclists, 1-202-822-1333.

July 11-18: Pedal Pennsylvania: Penn Central. Pittsburgh to Philadelphia. 500 fully supported (college dorm accommodations -- not a camping trip) mi. with a half day option for atb trail riding in cooperation with the Rails to Trails Conservancy. Info: Pedal PA, c/o Bob Ingersoll, 1914 Brandywine St., Phila, PA 19130. Call (215) 561-9679 or see website <<http://www.pedal-pa.com>>.

July 23-25 Mini CAM Weekend. An abbreviated version of the Tenth Annual CAM (Cycle Across Maryland Tour) \$145 for early registration. Contact CAM Corp., 7 Church Lane, Suite 8, Baltimore, MD 21208 or call 410-653-8288.

July 23-29. Tenth Annual CAM Tour. Cycle

Across Maryland. This year spend a week along the Eastern Shore begining in Salisbury, MD. \$195 early registration. Contact CAM Corp. 7 Church Lane, Suite 8, Baltimore, MD 21208 or call 410-653-8288. URL <<http://cyclexmd.org/>>

July 25-Aug. 2: Blue Ridge Bike Challenge. Boone, NC to Washington, DC. 8 days, 498 mi. Big Wheel Bike Tours, c/o Evan Trubee, ebt71@voicenet.com or see website: <<http://www.bigwheelbiketours.com>>

July 26-Aug. 1: Bon Ton Roulet. Auburn YMCA-WEIU & Cortland YMCA. 55 mi. days, camping, 2 meals daily bike trip around the Finger Lakes, NY. Fee-- \$300. Registrations due by June 15. Limited to 275 riders. (607) 756-2893 or (313)253-5304 or SASE to Attn. Bon Ton Roulet, Cortland YMCA, 22 Tompkins St., Cortland, NY 13045.

Aug. 14-17: NATIONAL RALLY & GEAR North: Wellesley, MA, Hosted by Charles River Wheelmen and LAB, 1-202-822-1333.

For a comprehensive list of bicycle tours and multi-day cross-state rides approved by the National Bicycle Tour Directors Association, see the website at <<http://pages.prodigy.com/F/R/L/freewheel/nbttda.htm>>

This list of rides has been gleaned from local bicycle club newsletters and private foundation or commercial brochures, internet listings for the Mid-Atlantic Cycling Pages and Velonet, LAB Bicycle USA calendar, Bicycle Federation of PA announcements, the Adventure Cycling calendar, the Tri-State Cycling News, and from calendars listed in Bicycling Magazine. Please check the contacts listed. The club has no responsibility for errors or omissions.

**PEDAL PENNSYLVANIA**
Pittsburgh to Philadelphia
July 11-18, 1998

- Fourth year • Fully supported • Staying at colleges and universities • 3 meals a day
- Optional trail rides in partnership with Rails to Trails Conservancy • Half day ride, half day sightsee option

On the Web: www.pedal-pa.com
For brochure, contact Bob Ingersoll
1914 Brandywine St., Philadelphia, PA 19130
Tel: (215) 561-9679 • E-mail: bobi@pedal-pa.com

Delaware Valley Bicycle Club

P.O. Box 156

Woodlyn, PA 19094-0156



Exp: 2/28/98

Robert Martin
341 Hampden Rd.
Upper Darby, PA 19082

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 the "Ride Guidelines" on the inside cover). All rides are subject to cancellation due to weather. If in doubt about the weather or difficulty of the ride, please call the ride leader. Helmets are mandatory for all rides. The club cannot accept responsibility for accidents or injury when participating in a DVBC event.

Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Please print clearly and use your 9-digit zip code, if known.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

Membership includes: DVBC Newsletter Magazine (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

The DVBC Safety Fund is used to promote various issues regarding cycling safety in the Delaware Valley. I wish to contribute:

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: _____

Amount enclosed: \$15 (membership) + _____ (safety) = _____

Interest Survey

Your Ride Pace:
(check one)

- ☐ Class D: *slow* ☐ Class A: *fast*
☐ Class C: *average* ☐ Off-Road
☐ Class B: *brisk*

I'll volunteer for:
(check all interests)

- ☐ Ride Leader ☐ Newsletter Editor
☐ Sag Wagon ☐ Newsletter Typist
☐ Tour Food Stop ☐ Newsletter Delivery



Please send your check or money order to:

Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094