

DELAWARE VALLEY BICYCLE CLUB

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

NOVEMBER 1998

FREE

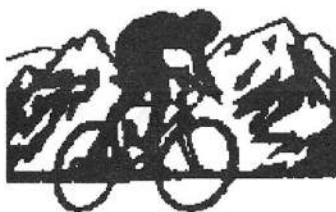
GREG CYMBALA SPEAKS ON MOUNTAIN BIKING AT THE OCTOBER DVBC MEETING

By Gordon Lightspeed

Where is everybody headed with those fat tire bikes mounted on their cars? Does anybody really need a dual suspension bicycle? How do I get home if my rear derailleur cable breaks? Greg Cymbala, manager of Cycle Fit of Delaware County, thoroughly answered these and many other questions about the current state of mountain biking during the October meeting of DVBC. He brought three different types of bikes with him to show what you would have to spend if you were planning to purchase one.

The entry-level bike, costing from \$200 to \$300, is usually made of chrome-moly steel. It would not have a suspension and would come equipped with all-

purpose tires, which would work well on the road as well as hard packed off-road surfaces. These bikes are not really suited for serious cross-country riding because they would not be comfortable on the rough terrain of



rocks, ruts, roots, gravel and grass. For \$500 and up, you can have a bike that is suitable for most trail riding situations. These

are usually made of aluminum and have a front suspension to cushion the rider from the bumps and jolts of singletrack. Standard pedals are the double-sided clipless type which a skilled rider needs to shift his weight from front to back in order to clear obstacles in the trail. The top of the line models have both front and rear suspensions which are necessary for the sport of down hill racing taking place at many ski slopes from October to march. They are equipped with disc brakes to help control speeds as high as 55 mph.

*See "Mountain Biking" continued
inside →*

DON'T FORGET THE DVBC ANNUAL HOLIDAY CLUB BANQUET

Monday, December 7, 1998 at 7:00 PM

Delaware County Peace Center

Springfield Friends Meeting

1001 Old Sproul Rd. (behind the car wash at Rt. 320 and Old Marple Rd.)

All club members are invited: Please come and share in the holiday festivities as DVBC looks back on a very successful year.

The Club will provide a catered main dish but members are asked to bring a covered side-dish, desert, drinks, etc., if at all possible. Please call Gina Bezdziecki at 610.525.0129 by December 2 so she can coordinate the side dishes.

Gina also needs a co-coordinator. Please call Gina by November 14 if you can help out.

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

www.netreach.net/people/elzchris/dvbc/home-page.htm

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 most months.

DVBC welcomes articles and ride reports for the newsletter. Please submit your proofread materials to the Editors before the 15th of each month. Articles may be edited for grammar, brevity, etc.

Board of Directors & Staff

Ira Josephs, *President & Newsletter Co-editor*, 610.565.4058 or bikeira@juno.com

Gina Bezdziecki, *Vice President & Tour Coordinator*, 610.525.0129

Bob Leon, *Treasurer*, 610.833.2096

David Bennett, *Secretary*

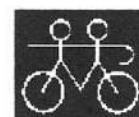
Jan Chadwick, *Mail Labels & Brochures*, 610.892.0742

Christine Martha, *Regional Events*, 215.548.8482

Christopher Harendza, *Newsletter Assembly & Co-editor, Web Page Guy* 610.449.6456 or elzchris@netreach.net

Katrina Dowidchuk, *Ride Coordinator*, 610.789.4438 or greeneggsandham3@juno.com
Please submit your rides by the 15th of each month.

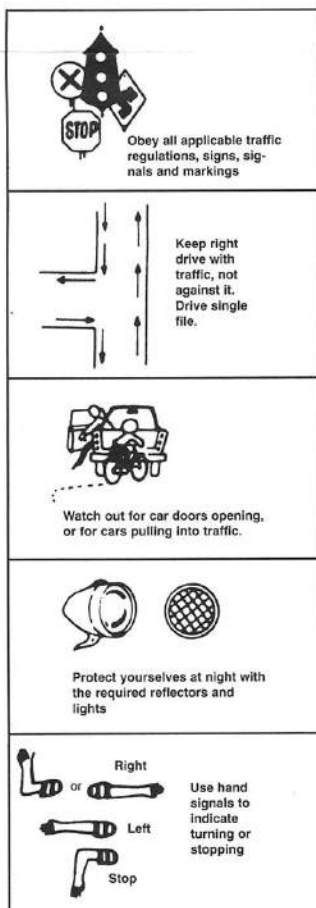
Club Affiliations



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.

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!

The Upper Darby PD Hosts Its 1st Annual Police MTB Competition

Christopher Harendza



At the Starting Line

There were several activities associated with the event, including a bike rodeo for kids and a juggling act. Various civic organizations and businesses displayed their information and *BikeLine Bicycle Shop* provided mechanical support. The highlight of the event was a 6 mile on road/off road race which featured two rather ambitious climbs, descents down stairs, and some muddy trails. The event concluded with an obstacle course competition.

DVBC helped with the event via advertising and John Roman assisted the official timekeepers. Sgt. Reif did a fabulous job with the event and we hope that it continues to grow in the coming years.

Cyclists and non-cyclists like to see law enforcement officials on bicycles. The mobility, visibility and efficacy of bike patrols are, in many cases, superior to the patrol car or policeman on the beat. Bike patrols are especially effective in urban settings, parks and on college campuses. Bike patrols are a winning situation for everyone, including cyclists.

Sgt. James Reif of the Upper Darby Police Department coordinated this first time event. Over 50 Law Enforcement Officials from Police Departments and College Campuses throughout the area participated in the event which was held on Saturday October 10 at Naylors Run Park in Upper Darby.

Joel's Journal: Biking Across the U.S.

by J. Perlsh.

Second in a series.

Day 3: Wednesday March 9
Miles Today: 17 Total Miles: 64
From St. Augustine Beach, FL
Ended at Marineland, FL
Camped at Marineland Camp Ground

We had a marvelous mile run to the beach, and walked there awhile enjoying the waves, sand and the warmth of the morning. By 8-ish we were back to the site and having "touring talk" with Conrad. He was carrying 80 pounds worth of stuff on a mountain bike.

In the bathroom Kate listened to a woman tell her story about how her daughter had just had an accident in the bathroom when a soap dispenser had fallen on her and blackened her eye.

Six miles out of St. Augustine Beach we came upon the Bryn Mawr Apartments! In Cresson Beach we saw a wonderful pelican swooping over a row of beach homes along the shore.

The wind was beating on us unmercifully for most of the day. But we waded gamefully through it until we got to Marineland. This was a big touristy place featuring fish acts, nature walks, and even a place with some alligators. We stopped for a big lemonade and to use the rest rooms. We had only come 17 measly miles, but our thinking was that we shouldn't beat ourselves silly against the wind, but

wait until tomorrow when the wind might be better.

We checked into the Marineland Campground, and discovered the great coincidence that it was run and owned by the Dave and Harriet MacQueen. Up until a few years ago they lived practically right in our backyard on Eagle Road in Havertown!! It was fun chatting with them about home.

Our spot was a fairly secluded one near the MacQueen's home. And Dave even ran an extension cord from his home to our tent so that I could charge up the computer. It must have been packed wrong, and so ran out of juice.

We had a nice romantic stroll across the street to the beach. And we were the only ones there as Kate enjoyed standing in the water feeling the sand squish away under bare feet. I stood and sat on some big rocks and enjoyed watching the water swirl around me as the noisy waves rushed to shore.

We had dinner at the nearby Dolphin Restaurant, and very much enjoyed the view! We each had a gigantic and superb bean burrito, salad, and great warm rolls.

The showers were great - we would have loved taking them along with us!

Day 4 of "Joel's Journal" will be coming soon.

Fifty Miles - A First Timers Account of the Brandywine Tour

by Margaret Clarke Hunt

"50 or 28?", the guy says, "It matters 'cus they go different ways at the drive." 50, it's only a bit more than three times what I do each day. And my neighbors are watching and I am enough proud of my accomplishments to have my neighbors see some of it. "Okay, I'll try fifty".

My neighbor peers at me, but says nothing.

I say something feeble to rally my supporters, but ah nothing.

We are down the drive and Ray is pointing out the path and how to follow it, check at each turn. Man, this is going to challenge me directionally too. Who knew. Christ, maybe 50 is a mistake. What if I get totally lost. I don't have any ID on me. I could wind up lost and crying. 50.

Don't wait for me, just go. Almost immediately, my neighbors are way ahead of me. The first hill. Man.

So ride along and try not to fall off.

I meet several people. Have you done this distance before? Only the slow people have time to talk as they pass. We are respectfully silent as the fast guys go by, with barely time for a 'on your left'. I come to figure out that is not my cue to start and make a little squeak and veer to the left. I have not run into anybody and I have not fallen off and I have not cried.

I talk with some guys who have those little things that tell you how far you've gone. Oh good, almost two miles further than my estimate. I can do this. But it's been a awhile since I saw an arrow.

So double back, not feeling too stupid cause three other people made the same mistake and I am the first to stop and get them to turn around. And one of the guys is wearing those "I am serious" kind of bike clothes. See, having

no sense of direction at all makes a good survival skill. I am always alert to the possibility of being lost. I only hope I lost the arrows after that last big hill.

So I got lost once and that increases both my certainty that it can happen again and my vigilance on those arrows. Finally I see that where I am riding is so lovely, cool and green and quiet. No cars to speak of. Hills, glades and fern-covered country lanes and roads, along with meadows and freshly turned fields. Early crop, getting a fall chore out of the way. Small and huge old stone houses, with spring houses and working wells.

***"Nobody is expecting me
anywhere. I'm doing fifty today
and that is all I'm doing."***

I am feeling strong and smart for having found my center of gravity and my stride enough to relax and look around. My usual bike path feels like a ghetto to this. I can do this. The roads swoop down and are so steep, but I can concentrate and go. No shame in walking. You've got all day. The point is finding some peace at this distance, at your speed. This is not a race. But I can do this.

Thank you, God, signs for lunch. The hills going into lunch were brutal. My legs are screaming and my neck muscles are so tight it hurts to turn my head.

I stumble off my bike and manage to set it upright without falling down. Do I need money for lunch? There is my neighbor, smiling and congratulating me. It seems I am at mile 27 and not more than the time it took them to eat their lunches behind them. He takes my picture, Margaret's first fifty, he says.

I take stock. I am not all done. I can do what I just did again today. OK.

Eating, I overhear two women. Hurry now? What? Hurry back to laundry? Early enough to make dinner? I'm out.

Right, I'm out too. Nobody is expecting me anywhere. I'm doing fifty today and that is all I'm doing. My neck feels better already. I can do this.

Twenty minutes later, I am wishing I were back on the pre-lunch hills. I am not going to make it. The guy with me notices that we are where they put the radio antenna so that must be the top of the hill we've been climbing since we left lunch. No shame in walking and the sag wagon looks so reassuring. I try to have eye contact and say hello as they go by; I want to be assured they remember me and come back to look for me when I fall off this bike in sheer exhaustion and over exertion. I am not going to make it.

What was I thinking taking on fifty miles? That is more than three times what I've ever done before. My butt is aching and thank God I'm not on a mountain bike. I look down and against all the odds and my own lack of belief in my will, I am at the top of this damned hill. I look down and see a Day-Glo orange arrow and a happy face. I suddenly remember what happy faces meant originally. I am in the club of people who made it to the top of this hill. I laugh and I can do this. The people around me are clearly struggling too. This is not easy and I'm actually passing some of them. I can do this.

From here on in I know it is downhill. I know I can do this. I've read about such milestones but I think this is my first one. I finish the day, not as jelly-legged as I feared and yes I can lift my bike back into the truck.

I'll take fifty, please.

SUMMER SHORE RIDES

By Gina Bezdziecki

Bob Leon (one of our club's extraordinary ride leaders) has continued to lead great rides throughout the year. His longer rides during the summer months included at least one monthly trip to either May's Landing or Ocean City, NJ. Although it's pretty much a beaten path to May's Landing or to the Ocean City boardwalk and back, each ride is unique because the group will vary in number as well as fun & interesting personalities. Each trip is filled with memorable events too: feeling the warmth of the rising sun, seeing the morning mist over the "Jersey" crop fields,

having a loose dog chase us only to end up running into a telephone pole because it failed to watch where it was going (one dog ended up with a more tragic ending), great pancake breakfasts, over-stuffed sandwiches from the Sugar Hill Deli, watching the people on the boardwalk or the sun glistening on the breaking waves, and pace lines, pace lines, pace lines! More recently, we were pleasantly surprised and entertained by an antique car parade of street rods on the O.C. Boardwalk. It was fascinating! Thanks for the great rides Bob!



Back row, left to right: Ira Josephs (club president), Ed Sobolewski, Bill Robb, David Bennett (club secretary), Bill Anderson, and Bob La Drew
Front row left to right: Larry Green, Mike Farrell (his first full century plus more), Bob Leon (club treasurer and ride leader) and Dave Trout.
Missing: Charlie Stockley (busy changing a flat), and Gina Bezdziecki (taking photo)

DVBC GENERAL MEMBERS MEETING

Monday, November 2 at 7:30 pm.

Christine Martha will speak on her trip to GEAR

**Delaware County Peace Center, Springfield Friends Meeting,
1001 Old Sproul Road (behind the car wash at Rt. 320 & Old Marple Road).**

Our apologies to
Mike Toof

**Who did a fabulous job at the
Brandywine Tour.**

**We didn't mean to forget you!
Thanks for your time!**

DELAWARE VALLEY BICYCLE CLUB

November 1998 Ride Calendar



Regularly Scheduled Rides

Sundays, November 1, 22. *After Church Classic*. See November 1 for details.

Sundays, November 1, 8, 15, 22, and 29. *Sunday ATB Rides*. See November 1 for details.

Sundays, November 8, 15, 22. *Harper's Ferry*. See November 8 for details.

Thursdays, November 5, 12, 19 and 26. *Pancake Breakfast*. See November 5 for details.

Ride Descriptions

Sunday, Nov. 1 9:30 am Miles: 26+. Class C. <i>Valley Road</i>	Meet behind the Dunkin Donuts on MacDade Blvd & Fairview roads for a fall ride through Swarthmore, Media and Ridley Creek State Park to Valley Road and back. Call Bob for more details. 610.833.2096.
Sunday, Nov. 1 9:00 am Miles: 20+/-or 35. Class C. <i>Ridley Creek Rerun</i>	Meet at Ridley Creek State Park, lot #15 for a scenic ride through classic DVBC country like Cheyney and Glen Mills. The weather and who shows will determine which route we do. We may even have two groups with two leaders. Call Tony for info at 610.265.5455.
Sunday, Nov. 1 10:00 am Miles: 40 Class A- <i>Grass the Leaves</i>	Okay, I'll have not ridden for a month, so please join me on a tour of Radnor and all kinds of nice roads throughout the western suburbs. Notice the later starting time, so we can all drink coffee before we begin from Haverford Middle School, Darby Rd, just West of Rte.1 in Havertown. Call me with questions. Katrina 610.789.4438.
Sunday, Nov. 1 2:00 pm Miles: 25. Class C. <i>After Church Classic</i>	Cheers to Frank Jackson for organizing this convenient Sunday afternoon expedition. Stretch out the legs and prepare for the workweek with a meander to Neuman College and back. Meet at the ACME at Rte. 420 & MacDade Blvd. Questions - call Frank at 610.534.3978.
Sunday, Nov. 1. Call for time. Miles: 10+ Class: all <i>Sunday ATB Ride</i>	Greg Cymbala of Cyclefit Bike Shop will be leading All Terrain Bicycle rides for all classes of riders every Sunday. The exact location and time will vary each week so you must call Greg at 610.876.9450 to confirm and also to discuss your ride class.
Monday, Nov. 2 7:30 pm <i>DVBC Meeting</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Christine Martha will enlighten and entertain with tales of the annual GEAR event. Call Ira Josephs at 610.565.4058.
Thursday, Nov. 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. This ride will be held every Thursday and will originate from various locations in Havertown at around 7:30 am. Bring money for breakfast. Call Joel and Kate Perlsh at 610.789.7673 on the Wednesday before the ride for the exact time and starting location.
Saturday, Nov. 7 9:00 am Miles: 50+ Class B. <i>Downingtown Loop</i>	Meet at the Ridley Creek State Park office parking lot for a ride to Downingtown. We'll stop for lunch and explore a route back to the park. Expect some hills and the unexpected. Call Bob 610.833.2096.
Saturday, Nov. 7 9:30 am Miles: 40+ Class C. <i>Eric's Ride to Primitive Hall</i>	Enjoy a gorgeous ride to "Primitive Hall," a historic Chester County Building. Meet at Northbrook Canoe Company on Northbrook Road, off Rt. 82, West of West Chester. Bring Lunch. Call Fran DeMillion at 610.431.2675 if the weather is questionable.
Sunday, Nov. 8 Call for time	<i>Sunday ATB Ride</i> . Miles: 10+ Class: all. See Nov. 1 for details.

Sunday, Nov 8 9:00 am Miles: ~56. Class B/B+. <i>Embreeville</i>	Meet at Rose Tree Park (on Rt. 252 just north of Rt. 1) for a ride through Ridley Creek State Park, Dilworthtown, Pocopson, Unionville, Embreeville, Westchester and Westtown. Expect a challenging pace and some hills. A cue sheet will be provided if needed. Contact Chris Harendza at 610.449.6456 or elzchris@netreach.net.
Sunday, Nov. 8 9:00 am Miles: 45-50. Class B+ <i>Harper's Ferry</i>	Meet at the Chadds Ford Elementary School (located on Route 1 at the first light west of Route 100) for a quick-paced ride through Chester County and Delaware. Leave your sneakers at home for this great ride. This will be a regular ride throughout the winter. Call John Harper at 610.388.7411.
Sunday, Nov. 8 9:30 am Miles: 30+. Class C <i>Sunday Ramble</i>	Meet at the Kingsway High School routes 322 & 551 (left at the third light after the Commodore Barry Bridge) to explore new and old roads as we ramble through South Jersey. Call Bob for more details 610.833.2096.
Monday, Nov. 9 7:00 pm <i>DVBC Board Meeting.</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield. The meeting is open to all club members. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.
Thursday, Nov. 12 Early am	<i>Pancake Breakfast.</i> Miles: 10-25. Class C. See Nov. 5 for details.
Saturday, Nov. 14 9:30 am Miles: 50+ Class B <i>Kountry Kitchen</i>	Meet at the Kingsway High School routes 322 & 551 (left at the third light after the Commodore Barry Bridge) as we ride to breakfast. We'll enjoy the buffet then ride off the food we just ate. We will also have a short visit to "Tandems East" Bike Shop. Call Bob 610.833.2096.
Saturday, Nov. 14 9:00 am Miles: 30-35 Class B-/C+ <i>Foot Ride</i>	Get a great start to your weekend with a quiet ramble through Swarthmore, Rose Valley and Ridley Creek. Join Mike Toof and friends by meeting at the Commerce Bank on Baltimore Pike in Springfield (In front of Borders) or call Mike at 610.543.1160 for further details.
Sun., Nov. 15 Call for time	<i>Sunday ATB Ride.</i> Miles: 10+ Class: all. See Nov. 1 for details.
Sunday, Nov. 15 9:00 am	<i>Harper's Ferry.</i> Miles: 45-50. Class B+. See November 8 for details.
Sunday, Nov. 15 9:30 am Miles: 35-45. Class B <i>Pete's Produce.</i>	Meet at the Moylan-Rose Valley train station at Woodward & Manchester Roads and ride through the Glen Mills and Cheyney area to Westtown. There will be a rest stop at Pete's Produce. Expect some hilly terrain. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com
Sunday, Nov. 15 9:30 am Miles: 20. Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery, 703 Burmont Road, Drexel Hill for a beautiful ride through the Main Line, Gladwyne and a snack stop in Manayunk. Expect a few hills. Call Bob Martin at 610.352.2114.
Tuesday, Nov. 17 7:00 pm <i>Delco Cycling Committee</i>	Delaware County Cycling Committee Meeting. Get involved in cycling advocacy! Helen Kate Furness Library, Providence Road (Route 252) in Wallingford. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.
Thursday, Nov. 19 Early am	<i>Pancake Breakfast.</i> Miles: 10-25. Class C. See Nov. 5 for details.
Saturday Nov. 21 9:30 am Miles: 50+ Class B <i>Northbrook Orchards</i>	Meet at Rose Tree Park and ride to the Orchard for some pastries or fruit. We'll enjoy a ride through Chester County before returning to Rose Tree. Call Bob for more info. at 610.833.2096.
Saturday, Nov. 21 9:00 am Miles: Approx. 50. Class C+ <i>Semi-Tough</i>	Meet at the lower parking lot of Valley Forge Park for this Fall jaunt to the Manayunk Farmer's Market. We will go in via BCP's Main Line Challenge route from their Schuylkill Century and return on the bike path. Call Tony for more info at 610.265.5455.
Sun., Nov. 22 Call for time	<i>Sunday ATB Ride.</i> Miles: 10+ Class: all. See Nov. 1 for details.
Sun., Nov. 22 9:00 am	<i>Harper's Ferry.</i> Miles: 45-50. Class B+. See November 8 for details.

BOB LA DREW W/ BILL ANDERSON (LANCASTER AREA)

Sunday, Nov. 22 9:30 am Miles: 25+. Class C <i>Northbrook Orchards</i>	Meet at the Chadds Ford Elementary School on route 1, $\frac{1}{4}$ mile south of route 100 on the right. Expect some hills and bring money for some great pastry or food. Call Bob for more details 610.833.2096.
Sunday, Nov. 22 10:00 am Miles: 40 Class A- <i>Bike the Ride</i>	Come biking with us. Route will vary, pace is fast, and stops only for mechanicals. Start at Haverford Middle School, Darby Rd, just West of Rte. 1 in Havertown. Call me with questions. Katrina 610.789.4438.
Sunday, Nov. 22 2:00 pm Thursday, Nov. 26 Early am	<i>After Church Classic.</i> Miles: 25 Class C. See November 1 for details. <i>Pancake Breakfast.</i> Miles: 10-25. Class C. See Nov. 5 for details.
Saturday Nov. 28 9:30 am Miles: 50+ Class B <i>Manayunk Farmer's Market</i>	Meet at Rose Tree Park for a ride to Valley Forge, down the Schuylkill trail and a food stop at the farmers market. Bring or buy lunch. Call Bob for more details. 610.833.2096.
Sun., Nov. 29 Call for time	<i>Sunday ATB Ride.</i> Miles: 10+ Class: all. See Nov. 1 for details.
Sunday Nov. 29 9:30 am Miles 35+ Class C <i>Kountry Kitchen</i>	Meet at the Kingsway High School routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for that ride to our favorite breakfast spot. We'll enjoy the buffet then ride off the food we just ate. Call Bob 610.833.2096.
Sunday Dec. 6 9:30 am Miles: 35-50+. Class B/B+ <i>Late Autumn Woods</i>	Meet at the main headquarters of Ridley Creek State Park (off Gradyville Rd. between routes 252 and 352 in Edgemont Township) for a ride to the Brandywine Creek Valley and points beyond. The distance and route will vary according to the weather. Expect some hills. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net to confirm the ride.

- *Helmet use is **mandatory** on all rides.*
- *Free 1999 membership for anyone leading 4 or more rides listed rides in 1998. Contact Ira Josephs.*
- *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 to confirm the time, location, pace, terrain, etc.*
- *Contact the Ride Coordinator, Katrina Dowidchuk, at 610.789.4438 or greeneggsandham3@juno.com by the 15th of the month, to schedule upcoming rides.*



A familiar Site?

On a recent May's Landing ride, Bill Robb (left) and Bill Anderson (right) give encouragement to Charlie Stockley as he changes a flat in a record 28.7 seconds. Charlie is able to ride so fast because he inflates his tires to 190 psi. Genetics has a lot to do with it too.

-Photo by
Gina Bezdziecki

GREG CYMBALA ON MOUNTAIN BIKING

continued from the front page, by Gordon Lightspeed



The dual suspension model Greg brought along was a carbon fiber Trek with a full 10 inches of travel. Travel is the amount of movement to the wheel within the suspension. Travel can range from 2 to 10 inches.

Mountain biking is a harder workout than road riding. Some contend that a 10-mile ride is equivalent to a 100-mile road ride. If you don't keep up with your group you can get seriously lost. Your time is spent constantly pedaling, as you don't coast off-road like you can on the road. You might have to put your bike on your shoulder and carry it up a hill or over obstacles. If you should break your derailier cable, you can pull it manually to an easy gear

to get you home and tie it off to the frame. Newer rear derailleurs are reversed so that the spring will push the chain to the easiest gear in case you get a broken cable. Newer frames now come with replaceable derailleur hangers, which are much easier and cheaper to fix when they break. It is important to learn the skill of redistributing your weight on the bike in order to prevent these breakdowns.

Places to go mountain biking locally include Fair Hill in northeastern Maryland, French Creek State Park in Pennsylvania and Brandywine State Park in Delaware. Whitetail Mountain, in south central PA, is a private ski slope where you can rent suspension bikes and ride the lift to the summit. If you are a beginner, a good place to practice is the John Heinz Wildlife Center in southwest Philadelphia. Greg will be leading rides for all levels of riders on Sundays during this fall and winter season. Please see the ad for Cycle Fit in this newsletter and check the ride calendar in the coming months.

Sunday morning mountain bike rides
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Cycle Fit of Delaware County

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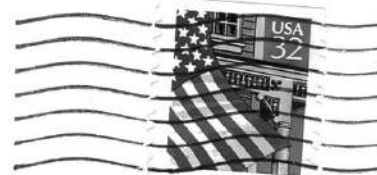


Largest selection of bikes in Delaware County

Special discounts for club members

Specializing in closeout models

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



Exp: 2/28/99

Robert Martin
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Upper Darby, PA 19082

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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). 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 (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 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
☐ Sag Wagon ☐ Typist
☐ Tour Food Stop ☐ Newsletter
Delivery



Please send your check or money order to the:

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