



DELAWARE VALLEY BICYCLE CLUB

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

AUGUST 1999

FREE



Who are these folks? Members of DVBC participating in the club's monthly time trial series that had to be abandoned some five years ago when traffic became too heavy, even in the wee hours of a Sunday morning. The route was Providence, Goshen and Sugartown Roads.

President's Column

by Ira Josephs

I'm extremely impressed with this month's ride calendar. Providing rides is the most important function of our club. We offer rides Tuesday, Wednesday, and Thursday nights as well as tons on the weekends. There truly are rides for everyone. Please try hard to come out to some. You may notice more rides tailored to newer riders; please prove these are warranted. Thank you to all of our ride leaders.

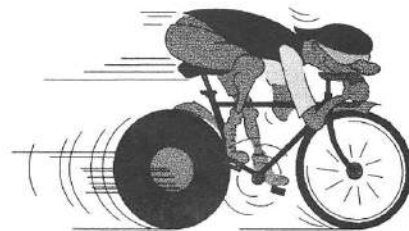
Our Brandywine Tour is the highlight of the riding season. Mark down September 5th on your calendar now and plan to ride or volunteer. Call Gina at 610 525 0129 to tell her you can help. We expect to have Clif Bar, Genuardi's and Fresh Fields donating food, but we always appreciate fresh baked goods from our wonderful

the Tour. How do you think all those arrows get onto the roads on all those miles anyway? We ride our bikes carrying cans of spray paint and stop at every intersection and between. Come help out. We need three groups to do the 28, inner 50 and outer 50 routes.

There is also a Volunteers Ride listed for Saturday, September 4. This is the chance for all of our fantastic 'day of the Tour' volunteers to do the ride and check out the markings. We could have riders on all the routes. Call in advance for both of these rides so we can coordinate groups.

Remember that through August and September many of our neighboring clubs are holding century rides too. I urge you to try some of theirs. You won't find one that is the bargain that ours is. But one thing you will find is bigger. My personal

(Cont. p. 3)



Bike Dirt

By F.X. Pedrix

Warm weather always turns a young (I use that term loosely) man's or lady's fancy to...bicycles. After returning home from a trip to the area cycle shops, I was telling my lovely wife, Babs, about all the latest equipment. She asked me why I was out looking at new bikes when I just bought a new one last year. "My bike is dirty" was my reply -- she'll never understand. On the club rides this spring and early summer it was nice to see all the riders with brand new bikes. I noticed many new road bikes and was especially glad to see a new road bike being ridden by one of our riders who had fallen last year and broken her collar bone.

Babs, to my surprise, actually enjoyed the Coresta... ah, First Union bike race this year. We were standing near the starting point watching the men line up for the start when Babs turned to me and said, "Thank God for Spandex." After the men took off she wouldn't let me go watch the women line up for their start though. Later that day it was brought to my attention that one of our "A" class female riders had not one, but two flat tires while marshalling the race. She got so disgusted that she rode home, 12 miles on the rim! It has also been reported that she has asked to have a flat fixing class at one of the upcoming club meetings.

Last month's American Cancer Society ride saw a few of the club's members participating. Included in

(Cont. p. 3)

The Delaware Valley Bicycle Club
P.O. BOX 156
Woodlyn, PA 19094-0156
<http://www.dvbc.org>

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 most months.

*DVBC welcomes articles and ride
 reports for the newsletter. Please
 submit your proofread materials to
 the Editor before the 14th of each
 month.*

Board of Directors & Staff

Ira Josephs, *President & Newsletter Coeditor*,
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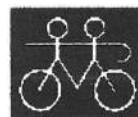
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Ann Martha, *Regional Events*, 215.548.8482

Christopher Harendza, *Web Page*,
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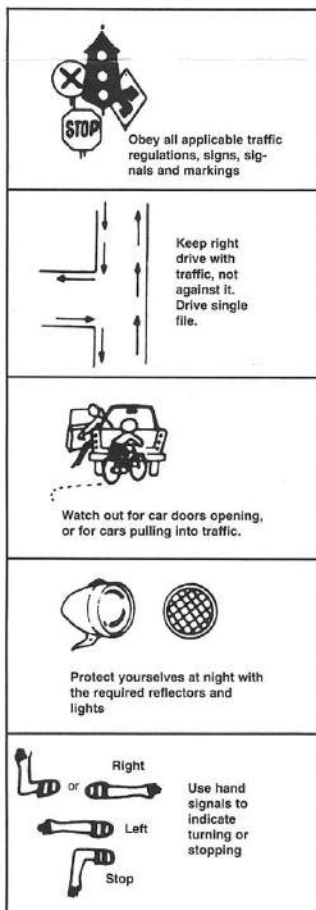
Club Affiliations



*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!

(President's Col. from p. 1)

favorite is the Lancaster Bike Club's Covered Bridge Metric Century on August 15. They get 2000 riders. It is well organized, relatively inexpensive, and has very scenic rolling terrain. Lots of Amish in buggies and lots of riders spread out over the 100, 50 or 25 kilometer routes.

The rides that are before September 5 are perfect opportunities to distribute our Brandywine Tour flyers. Please let me know if you attend any of these events and would be willing to take brochures.

Lastly, is anyone in our club interested in doing some overnight bike trips? Bob Leon is considering a shore weekend in Aug. Call him by the 4th to express your interest or get more details. Also, I'm thinking about a possible trip probably during the week in the latter half of August. Maybe camping. Call me with any ideas or if you want to go. As you can see, there are lots of opportunities for Delaware Valley bicyclists. Have fun and ride lots.

(Bike Dirt, from p. 1)

the ride was one of our members who has ridden for 17 straight years. The most amazing thing is not just that he has ridden for 17 years, but this year he turns 81 years old! He rides 20-30 miles a day 5 days a week and is a strong rider. Another DelVal True Bicyclist. I told Babs that I hope I can still bicycle when I'm 81 years old. "I hope that's not all you can do," she replied with a twinkle in her eye.

At breakfast the other day I was telling Babs about one of the club's rides last month (she loves when I talk while she's eating her cereal and reading the morning paper). The ride was from Chesapeake City MD to Chestertown MD and back. The ride would have been particularly brutal, because of the heat and humidity, if it wasn't for the ride leader's wife riding SAG. She provided needed water and food at well-shaded rest stops. She even fetched a lunch of sandwiches and set them up in a park in Chestertown. The thankful riders gave her a hearty round of applause for

her work. "Babs," I said, "why couldn't you do something like that?" She laughed so hard cereal came out of her nose.

Thought I'd pass along one of Babs' favorite sayings. Men are like bike helmets... handy in an emergency, but otherwise they just look silly. Ya gotta love that woman.

I am responsible for the content of this article and the opinions expressed are mine and do not reflect those of the DVBC, its members or editors (thank God). If you have any good Bike Dirt, club news, comments or any other info, e-mail me at fxpedrix@hotmail.com.

There will be no members meeting in the month of August. If you have ideas or suggestions for what you'd like to see at meetings please contact Ira at 610.565.4058 or bikeira@juno.com



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DELAWARE VALLEY BICYCLE CLUB

RIDE CALENDAR

August 1999



Ride Descriptions

Sunday, August 1. 8:00 am Miles: 20 Class C <i>Jersey Ramble</i>	We'll meet at the Kingsway High School on routes 322 and 551 in N.J. for a training ride through south Jersey. Call Bob at 610-833-2096.
Sunday, August 1. 9:00 am Miles: 30 Class C <i>Highland Orchards</i>	Join Tony Iaccarino for a ride through the rolling countryside of Chester County. Meet at the Chadds Ford Elementary School on Rt. 1 in Chadds Ford just south of Rt. 100. Call Tony at 610.265.5455.
Monday, August 2.	No members meeting this month.
Tuesday, August 3. 6:15 pm Miles: 20+. Class C <i>Vocabulary Ride</i>	What is the Vocabulary Ride? It's a spin through the Ridley, Swarthmore, Wallingford, and other surrounding areas at a pace conducive to discussion. We meet in the parking lot of the Pathmark in Folsom on MacDade Blvd. Please note the change in time. Call Dave 610-368-0760 or e-mail dtwave@voicenet.com .
Wednesday, August 4. 6:15 pm Miles: 20. Class C+/B- <i>Ride with Len</i>	From Kingsway High School (Rt. 551 and Rt. 322 in Swedesboro, NJ). Call Len at Work 609.866.1000 ext. 3472 or Home 609.848.6554 or email 8950@home.com with any questions. Rain cancels.
Wednesday, August 4. 6:30 pm Miles: 20+. Class B <i>Workout</i>	Come take your frustrations out on the bike with a good after-work workout. Expect a fast pace and a few hills as we take off from Rose Tree Park (on Rt. 252 just north of Rt. 1). I'll be down in Sea Isle from the 14th to the 28th. If anyone is spending time down there let me know and we'll ride together during our vacation. Call Tony Rocha at H 610.565.0578 or W 610.566.0980 or tony@craftech.com
Thursday, August 5. Early am Miles: 10-25. Class C <i>Pancake Breakfast</i>	This ride will be held every Thursday throughout the month and will originate from 401 Colfax Road 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.
Thursday, August 5. 5:45 pm Miles: 20-25. Class B <i>Thursday Night Rides</i>	Every Thursday night at 5:45 - Class B -- Join me for a fast-paced ride from Rose Tree Park (Rt. 252, just North of Rt. 1) on to Thornbury and various routes back to Rose Tree Park. 20 to 25 miles, expect some hills. Call Bob for more details 610.833.2096
Saturday, August 7. 7:00 am Miles: 65+. Class B <i>Northbrook and Beyond</i>	Meet at Rose Tree Park for a ride to Northbrook Orchards. We'll try a different route than usual to get there. Call Bob 610.833.2096.
Sunday, August 8. 9:00 am Miles: 14 or 30+ Class C and B-/C+ <i>Take Your Pick</i>	Meet at Rose Tree Park, (on Rt. 252 just north of Rt. 1) and come do a few miles with us. The first 14-mile loop is perfect for new riders. We will take a ride to Swarthmore and keep a slow pace with no major hills. This loop ends with a stop at Rita's Water Ice in Media. After this first loop as a good warm-up for the faster riders we will pick up the pace and find some nice hills to climb. "Hills are our friends..." as one of our club members tells me. Call Tony Rocha at H-610.565.0578 W.610.566.0980 or tony@craftech.com
Monday, August 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 .
Tuesday, August 10. 6:15 pm	Vocabulary Ride. See August 3 for details. Miles: 20+. Class C.
Wednesday, August 11. 6:15 pm	Ride with Len. See August 4 for details. Miles: 20. Class B-/C+.
Wednesday, August 11. 6:30 pm	Workout. See August 4 for details. Miles: 20+. Class B.
Thursday, August 12. Early am	Pancake Breakfast. See August 5 for details. Miles: 10-25. Class C.

Thursday, August 12. 5:45 pm	Thursday Night Rides. See August 5 for details. Miles: 20-25. Class B.
Saturday, August 14. 9:00 am Miles: 15-20. Class C- <i>Easy Does It</i>	Meet at the Moylan-Rose Valley train station at Woodward and Manchester Roads in Media for an easy paced ride into the surrounding countryside. There will be some hills but we'll take 'em slow. For more info, contact Ira at 610.565.4058 or bikeira@juno.com.
Sunday, August 15. 8:00 am Miles: 64. Class B+ <i>Run Doe Run</i>	Meet at Rose Tree Park (on Rt. 252 just north of Rt. 1) for a beautiful ride to south central Chester County (i.e. Thornbury, Pocopson, Unionville, Doe Run Valley). Expect a fast pace and quite a few tough climbs. Rest stops at Northbrook Orchards and West Chester. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net.
Tuesday, August 17. 7:00 pm <i>Delco Cycling Committee Meeting,</i>	Delco Cycling Committee meeting from 7:00 to 9:00 pm at the Kate Furness Library on Providence Road (Rt. 252) in Wallingford. For more info, contact Ira at 610.565.4058 or bikeira@juno.com.
Wednesday, August 18. 6:15 pm	Ride with Len. See August 4 for details. Miles: 20. Class B-/C+.
Thursday, August 19. Early am	Pancake Breakfast. See August 5 for details. Miles: 10-25. Class C.
Thursday, August 19. 5:45 pm	Thursday Night Rides. See August 5 for details. Miles: 20-25. Class B.
Saturday, August 21. 7:00 am Miles: 50+. Class B <i>Kountry Kitchen</i>	Meet at the Kingsway High School routes 322 & 551 in N.J. for that breakfast ride we all enjoy. We'll have to burn off the food so the return trip will be longer. Bring money and an appetite. Call Bob at 610.833.2096.
Saturday, August 21. 9:00 am Miles: 21. Class C <i>Manayunk</i>	An easy paced ride starting from the Drexel Hill Cyclery on Burmont Road in Drexel Hill to Manayunk. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610.352.2114
Sunday, August 22. 8:00 am Miles: 35+. Class C <i>Kountry Kitchen</i>	Join me for a ride to the Kountry Kitchen. We'll meet at that familiar start, Kingsway High School, routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob at 610.833.2096.
Sunday, August 22. 8:30 am Miles: Approx. 60. Class B <i>Brandywine Valley</i>	Meet at the Moylan-Rose Valley train station at Woodward and Manchester Roads in Media for this scenic hilly ride out to the Brandywine. Then ride the length of Rt. 100 from Delaware to West Chester. Bring money for snacks. For more info, contact Ira at 610.565.4058 or bikeira@juno.com.
Tuesday, August 24. 6:15 pm	Vocabulary Ride. See August 3 for details. Miles: 20+. Class C.
Wednesday, August 25. 6:15 pm	Ride with Len. See August 4 for details. Miles: 20. Class B-/C+.
Thursday, August 26. Early am	Pancake Breakfast. See August 5 for details. Miles: 10-25. Class C.
Thursday, August 26. 5:45 pm	Thursday Night Rides. See August 5 for details. Miles: 20-25. Class B.
Saturday, August 28. 7:00 am Miles: 126. Class B <i>Ocean City, NJ</i>	Join me for a ride to Ocean City, NJ and back. We'll meet at the Kingsway High School on routes 322 and 551 in N.J.. Bring money for food and drink along the way. Call Bob for more details at 610.833.2096.
Sunday, August 29. 9:00 am	Take Your Pick. See August 8 for details. Miles 14 or 30+. Class C and B-/C+
Sunday, August 29. Call for time. Miles: 28 or 50 <i>Paint Ride</i>	Help paint the routes for the Brandywine Tour. Easy pace starting from Chadds Ford. For more info, contact Ira at 610.565.4058 or bikeira@juno.com.
Tuesday, August 31. 6:15 pm	Vocabulary Ride. See August 3 for details. Miles: 20+. Class C.
Saturday, September 4. Miles: <i>Volunteers Ride</i>	For those volunteering the next day for the Brandywine Tour, here's your chance to do the ride and do a final check on the route markings. For more info, contact Ira at 610.565.4058 or bikeira@juno.com.
Sunday, September 5. 8-10:00 am Miles: 28,50,100. <i>Brandywine Tour</i>	This ride has been chosen by the League of American Bicyclists as a Best Biking in America event. Fully supported ride through the beautiful Brandywine River Valley. Travel at your own pace. Century riders to start promptly at 8:00 am. For more info, contact Ira at 610.565.4058 or bikeira@juno.com or Bob at 610.833.2096

- Wear a helmet. Dress appropriately. Call the ride leader first to confirm.
- I tried to make everything accurate as possible. If it's not, I apologize. Just let me know.
- Email: greeneggsandham3@juno.com



23rd Annual Brandywine Tour

Sunday September 5, 1999

Sponsored by the Delaware Valley Bicycle Club

28, 50 and 100 mile routes

Time: 8-10 AM for all routes (all support services will end at 5PM. Century riders recommended to arrive promptly at 8 AM)

Place: Chadds Ford Elementary School in Chadds Ford, PA

Directions: From Rte. 476 take exit 3 and follow Rte. 1 South approx. 20 minutes. The School will be on the right approx. .25 miles South of Rte. 100. From PA turnpike take Rte. 202 South to Rte. 1 South. The school will be on the right approx. .25 miles South of Rte. 100.

Cost: \$8 pre-registration (if postmarked by August 26, 1999) \$10 day of Tour

Tour will be held rain or shine

Expected Attendance: 300-500 riders

Services Provided by DVBC: Food & water stops, cue sheets, sag wagon, rest rooms, marked routes

Routes: Scenic back country roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. Full and Half-Centuries pass through King's Cattle Ranch in Buck and Doe Run. The routes range from rolling hills for the 28-miler to rolling and hilly on the longer rides. Plentiful food stops for all riders!

Description: You travel at your own pace, with family or friends, or make new cycling friends along the way. All ages, all abilities and all types of bikes are welcome. The 28-mile route is a great opportunity for newer cyclists and leisure riders.

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 and tire irons. Each rider assumes his/her own responsibility.

For More Information: Ira at (610) 565-4058 or bikeira@juno.com; or Bob at (610) 833-2096.

The 23rd Annual Brandywine Tour September 5, 1999

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____

Intended ride distance: ☐ 28 mi. ☐ 50 mi. ☐ 100 mi.

Waiver/Release

In consideration of the acceptance of my application for entry into 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 to my heirs and assigns.

Signature

Signature of parent or guardian (if rider under 18 years)

Please send this signed form with a check or money order made out to DVBC by Aug. 26 to:

Brandywine Tour Delaware Valley Bicycle Club PO Box 156 Woodlyn, PA 19094-0156

Think Safety

by Ira Josephs

I received my inspiration for this article when I fell on my bike. It was not a big fall- there was no harm done except a small hole in my rain pants. So my message is, now that we are all riding lots of miles, we need to be very careful every minute. It only takes a split second to end up upended. It's actually amazing to think of what we do on these 25 pound fragile machines several feet off the ground, and our only contact with the Earth a couple of one inch square patches of tire. It's extremely easy to lose that contact and wipe out. We need to watch out for hazardous road conditions, be when riding in groups keep communicating so that we know what each of us is doing and is planning to do.

I went out on my touring bike to run an errand. It had been raining lightly for 3 hours. I rode through the underpass on 320 in Swarthmore Village (you know, where the road is closed) just as a Swarthmore College vehicle came through from the other side (so much for the road being closed). As I got to the light at Swarthmore Avenue, I stopped and my rear tire slid sideways a little. I noticed with my feet that it felt slippery. Then as I continued across towards Baltimore Pike, I saw the rainbow trails of lifted oil on the road

surface. On my way back, I noticed the same rainbows everywhere and proceeded with caution.

Unfortunately, I made a hasty decision to turn off 320 onto Ogden and didn't slow down enough before the turn. I had an awkward moment as I swung too wide, but was afraid to lean over to turn more sharply. Then my wheels went right out from under me. Of course my first reaction was to get up quickly and see if anyone saw me. Then I checked me and my bike. Were the handlebars or seat turned, the brake levers knocked out of place, the wheels or derailleur bent? Did the brakes still work? Everything was fine except for the hole in my pants. I didn't have a bruise or scratch.

Now, to some of you who know me, this was probably no surprise. I fall several times a year, although I rarely get hurt. The last time was at the Mexican Metric in May. I was attempting a track stand, waiting for traffic to pass at an intersection when I just ripped my foot out of the pedal and got it on the ground as I was half way down. I broke a badly worn cleat in the process. There's one corner on a route I ride every week in which I have fallen twice. Once when the road was wet and once when there were leaves. I love to cycle and part of it is pushing the limits. I ride in rain, snow and ice. I pedal through corners and tuck down steep hills. I ride extreme distances and try to stay balanced

while at a standstill. I'm pavement. I've learned how to fall and not going to fall and I'm not afraid to hit the get hurt. I've learned the limits of my

Improving your bike handling will help you in situations you encounter when you ride.

bikes and myself and I'm constantly improving my skills. I always tell my kids, if they never fall while skiing, they're not trying hard enough to improve.

It's true, if you want to get better, you have to try things you may not be able to do. At bike camps, they practice new skills and find their limits in a large grassy area. Anyone can do this. Try riding a serpentine course around cones or sticks, locking up your brakes, and falling. Improving your bike handling will help you in situations you encounter when you ride. You will be safer and more confident riding short trips to work or on errands, or club century rides and in poor conditions.

Remember, out of all the hours you'll spend on your bike this season, it only takes one unlucky moment of inattention to end up on the ground, hurt, or maybe upright and unhurt, if you're prepared.

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AUGUST/SEPT. EVENTS

Compiled by Ann Martha

800/737-9529 or SASE: SCU Century, P. O. Box 401, Horsham, PA 19044.



7: 19th Annual Princeton Bicycle Touring Extravaganza. Princeton Freewheelers. Various routes up to 100 mi. from Rider U., Route 206, just south of I-95 in Lawrence, NJ. \$22 Info: 609-882-4739 or e-mail JayCPee@juno.com or SASE: P. O. Box 1204, Princeton, NJ 08542-1204.

7: Dog Daze Century. Brandywine Bicycle Club. Challenging routes of 23/50/100 mi. from Nottingham Park near Oxford, PA. (U. S. 1 to Route 272 and follow signs to the park). \$12 fee includes map, lunch, sag support, marked route, and patch. Info: c/o Ann Marie Sullivan, P. O. Box 3162, West Chester, PA 19381, 610 644.3792.

14: Bridgeton Zoo Ride. South Jersey Wheelmen. 25, 50 or 100 miles from Schalick High School. \$14 until 7/31, then \$17. SASE: c/o Arthur P. Schalick, Jr., P.O. Box 2705, Vineland, NJ 08362-2705. Call 609.848.6123.

15: Covered Bridge Metric Century. Lancaster Bicycle Club. Bicycling Magazine calls this event the best ride in Pennsylvania. Limited to 2,000 participants. \$10 by July 17; \$15 thereafter. The ride begins at 7:30 am from the Greenfield Corporate Center. Directions: U.S. 30 to Greenfield Rd. North and William Penn Way. Info: LBC, P. O. Box 535, Lancaster, PA 17608-0535.

15: Main Line Century. 15/40/64 miles, rolling hills in Montgomery County. Starts at Harriton High School in Rosemont, PA. Contact Don Gorman at 610.644.8340 or www.mlcygling.com.

28: Shore-Fire Century. White Clay Bicycle Club. 35 / 65 / 100 mi. routes from Middletown, DE. \$14 pre-registration; \$18 day of event. Info: Frank Warnock, 23 Elk Chase Drive, Elkton, MD 21921 or call 410.620.0883.

SEPTEMBER

4: Light of the Moving Bikes. Bicycle Coalition of the Delaware Valley. Starts from the Eastern State Penitentiary Historic Site, 22nd St. and Fairmount Ave., Philadelphia. Registration - 6:30 pm. Ride begins at 7:30 pm sharp! 12 nighttime miles in the city and Fairmount Park. Bring lights or buy them there. Info: Therese Madden: 215.829.4937.

5: Brandywine Tour. Rated as a Best Biking in America event by the League of American Bicyclists. See flier in this newsletter.

11: Amish Country Tour: Diamond State Bicycle Club. 15, 25, 50, and 100 mile routes. Mostly flat. Starts in Dover, DE. \$17 by Aug. 1; \$19 by Sept. 1; \$25 afterwards. Info: 302.697.6400 or www.delanet.com/~kimmik/ACT_Home.html

12: 7th Annual Wheels for Anne Charity Tour. Central Jersey Bicycle Club. Various routes from 18 to 100 miles from Millstone Valley Firehouse (adjacent to Colonial Park) in Somerset County, NJ. Century, tandem and shorter marked routes. Preregister by Aug. 31 for T-shirt. \$25 donation benefits injured bicyclists. Info: Lisa Boczon 609.448.3074 or Howie Glick 732.225.HUBS.

12: Scenic Schuylkill Century. Bicycle Club of Philadelphia. Various routes starting and ending at Lloyd Hall (#1 Kelly Dr.), Phila., PA. SASE: P. O. Box 30325, Phila. PA 19103.

18: Shoo-Fly Classic. Berks Co. Bicycling Club. Loops of varying distances and difficulties from Kutztown, PA. SASE: Florence Fink, 227 Wexham Drive, Reading, PA 19607, 610-775-3695.

18: Jersey Devil. South Jersey Wheelmen. Routes from 25 to 125 miles from Centerton, NJ. Contact Arthur P. Schalick, Jr., P. O. Box 2705, Vineland, NJ 08362-2705 or call 999-691-3936.

19: Lake Nockamixon Century: Suburban Cyclists Unlimited. Various routes from 20 to 100 miles starting from Hatboro Horsham High School, Horsham & Babylon Rds., Horsham, PA. \$15 for members; \$20 for non-members and day-of. Info: Doug Levy

19: Hillier Than Thou Century. CJBBC's only time trial event. 40/63/ 100 hilly miles with 9000' of climbing. Central Jersey Bicycle Club. c/o Phil Apruzzese, (732) 873-3987 or Kyle Chu 732-940-1278.

LEAGUE VOTED FIRST BIKING ORGANIZATION ON TRAFFIC BOARD

Marking the first time that a bicycling organization has ever been included, the League of American Bicyclists has been voted as a member of the National Committee on Uniform Traffic Control Devices. (NCUTCD). The League joins 18 other organizations that make up this Committee, including the American Automobile Association, the National Safety Council, and the American Association of State Highway and Transportation Officials (AASHTO).

The NCUTCD is an independent organization that drafts the Manual on Uniform Traffic Control Devices used nationwide. The Manual is published in the Federal Register and adopted by the Department of Transportation as the mandatory national standard for road signage, markings, and traffic devices on all roads, streets, and highways across the United States.

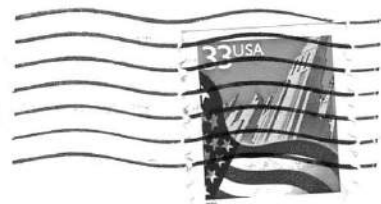
"This is a significant achievement for the League, for bicycling and for everyone who cares about promoting cycling in this country," said Jody Newman, Executive Director of the League. "It is vital that our roads and traffic patterns be set up to maximize safe and enjoyable cycling, and to promote sharing of the road by cyclists and motorists. Our acceptance into the NCUTCD marks our continued progress in making America more bicycle friendly."



Please Note

If you have material to submit for the September newsletter, I must have it by the end of day on August 11. Thank you. Judy LaDrew

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



Exp: 9/30/99

Bob & Judy LaDrew
139 Gabel Road
Coatesville, PA 19320

19320-1284 07



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