



DELAWARE VALLEY BICYCLE CLUB

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

SEPTEMBER 2001

FREE

DVBC president delivers on campaign promise!

by Bob LaDrew

With the recent delivery of new DVBC jerseys, club president Jan Chadwick has made good on last year's campaign promise. Founded back in the 1970's, the DVBC has always been known as one of the top bicycling organizations in the tri-state area, yet one whose members ride with the appearance of a band of ragtag individuals. President Chadwick vowed last winter to remedy that, and now she has.



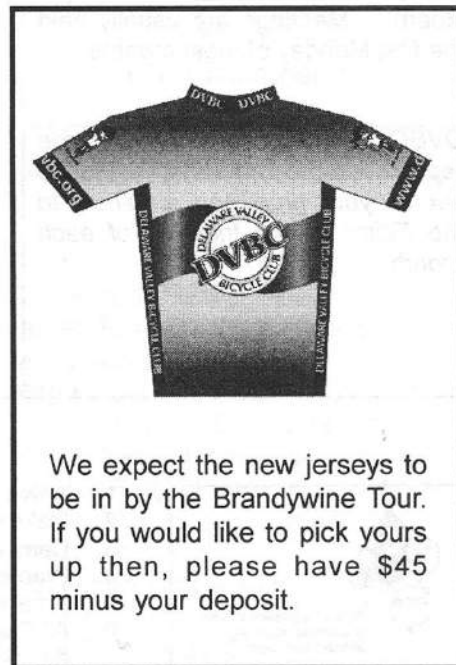
The first step was the commissioning of member Monika Sloane, a professional graphic designer, to handle the shirt design. Monika created a new club logo and presented three different jersey

concepts to the Board members, who went gaga over the particular design that has become your jersey.

The Club agreed to underwrite setup costs and market the shirts for \$45 each. VOMax, of Plainfield, MA, was chosen as the manufacturer. Pre-orders numbered 50 and "a few extras" were requested in anticipation of the feeding frenzy that is expected when the actual shirt is unveiled.

A special "New Jersey" ride has been scheduled for Sunday, September 16, when, hopefully, fifty or more jersey-clad members will ride from Kingsway High School to Kountry Kitchen and sit shoulder-to-shoulder proudly displaying their colors. Additionally, some food will be eaten.

See the ride calendar for details.



We expect the new jerseys to be in by the Brandywine Tour. If you would like to pick yours up then, please have \$45 minus your deposit.

An open letter to Mike Farrell

from Joe Laumakis

Just starting my third year in the club, I decided to try a weeknight ride last month. I picked a Wednesday night ride out of Rose Tree Park figuring, how bad could a two-hour ride be? Once again I was overly optimistic and was getting killed on the hills, not only holding up the other riders, but wearing myself to a frazzle. On the way back, Mike took pity on me and rode shotgun, sharing tips on what I could do to make the hills easier. I couldn't believe the difference his input made on my training and club rides since.

Thanks once again, Mike.

Call goes out for "Worst Ride Ever"

DVBC members love their biking, but not every ride. Because, in reality, some rides are disasters. We've all had rides where it seems nothing goes right. Such days, when they are over, make for some of the best storytelling. We're asking DVBC members to write in and share such experiences with the read-

ers. Please e-mail or snailmail a couple of paragraphs about your worst ride ever. The deadline is September 14. Send to Bob LaDrew: 2ladrews@netreach.net or 139 Gabel Road, Coatesville, PA 19320.

Then, look for "Our Worst Rides Ever" in the October newsletter.

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 15th of each
 month.*

Board of Directors & Staff

Jan Chadwick, *President & Mail Labels*
 610.541.0784 or chadwick@craftech.com

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tony@craftech.com

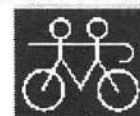
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 610-383-9327 or 2ladrews@netreach.net

Club Affiliations



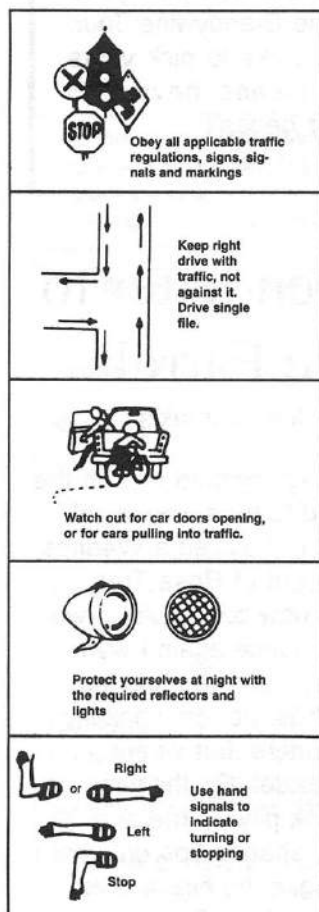
LAB



*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 are 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 Bonkers Metric, Brandywine Tour and Club picnic, all club events are free to the general public. The general public is welcome!



Woody's Wheel Wise

After a quarter century of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch

Tips for the long haul

September is National Century Month and many cyclists are gearing up for that first Century or Metric Century. The key to riding 100 miles or kilometers is the Boy Scout Motto: "**Be Prepared**". You must be physically and psychologically ready. A training schedule, strengthening, your neck, arms, shoulders, and back, proper nutrition, and adequate rest will get your body in shape. A positive attitude, determination, and setting reasonable goals will give you the right mindset.

Comfortably completing a Century requires months of preparation. The following tips are limited to the day before and the day of your long haul.

THE DAY BEFORE:

1. Check out your bike. Inflate the tires to check for flats and slow leaks. Clean and lube your chain. Don't make any changes to seat or handlebar positions. Leave the bike the way you have trained.
2. If you ride today make it short and light. Don't exert yourself. Save it. Do stretch.
3. Eat lots of carbohydrates and a little protein. Lots of pasta, grains, fruits, veggies and some chicken or fish. Stay super hydrated. Drink lots of water. If you're not urinating every two hours or so, you're not drinking enough.
4. Lay out your favorite, i.e. most comfortable, biking clothes and all your usual equipment, helmet, glasses, gloves, sweat band, shoes, water bottles or "camel back". Prepare energy food and drink for the ride.
5. Get good night's sleep.

DAY OF THE RIDE:

1. Rise early. Give yourself plenty of time. Shower and use body lube before putting your shorts on.
2. Eat a good breakfast. Lots of carbs and a little protein. Cereals and fruit are good. The food you eat now and during the ride will keep you from bonking later.
3. Keep hydrating.
4. Get to the start with plenty of time to register, pump up your tires, and stretch if you usually do.
5. Dress so that you are a little cold at the start. You'll warm up soon enough

and you won't have to carry extra layers all day. A throwaway tee shirt and a hat can keep you warm if it's really cold.

6. Start out easy and spin. Don't push any high gears until you're fully warmed up (if you push high gears at all).
7. High cadence spinning is your best bet to make it to the finish.
8. Stick to your pace. Don't be goaded into pushing too hard or sprinting. Ride your ride, maintain your cadence.
9. Eat before you're hungry. Drink before you're thirsty. Take breaks before you're beat. Eat and drink early and often. Carbs and more carbs.
10. Change your position on the bike often. Slide forward or back on the seat. Move your hands to different positions on the bars. Slightly tilt your head from one side to the other, but always keep your head up to see the road ahead. Pedal some hills sitting down and some standing.
11. Pedal in circles. Don't put all your effort into the down strokes. Pull back on the pedal after the down stroke like you're wiping dirt off your shoe. Hammering straight down is inefficient and will give you sore feet.
12. Stretch on and off the bike. If your butt gets sore, stand on the pedals at the three and nine o'clock positions and bounce. This will stretch your calves and get the blood back in your rear.
13. Keep a positive attitude. Think about completing just the next part of the ride, say the next 10 miles. Take it in pieces and the whole will come to you.
14. If you bonk, slow up. Eat and drink and believe that you will recover. You probably will if you don't give in to despair.
15. If you cramp, slow up and try to ride through it by stretching and emphasizing other muscles. If you have to stop, massage and stretch the affected muscle. I have found calcium in the form of "Tums" and potassium in bananas to be helpful.

Set reasonable goals, "Be Prepared," and you'll be smiling at the finish.

Welcome New Members!

Chad Gottesman
Michael Hanna
Maureen Hansberry
Drew Knox
Joan Meiklejohn
Daniel Miguez
Ellen Thompson

FOR SALE

Schwinn, 24" wheel, steel frame, Ten Speed, Road Bike, great starter bike for that junior road rider, \$40
Magna, 24" wheel, steel frame, Fifteen Speed, Mountain Bike, great starter bike for that junior mountain rider, \$40
Classic Ralghia women's style frame three speed, made in England, good condition, \$50
Collection of cycling books (12ea), half are touring essays, \$20 takes all Frank 610-534-3978 eve; 215-537-4299 day.

Trek Y-11 carbon fibre mountain bike. Medium frame. Only 300 miles. Originally \$1150, only \$700. 610-639-5525.



DVBC member
Glenn Lyons
will be performing on guitar in a faculty recital of Spanish music

on **Monday, October 1**, at 7:30 pm.

The recital will be held at Philips Autograph Library, 2nd floor, in Philips Hall at the corner of High St. and University Ave. in West Chester. The program is free and open to the public.

DELAWARE VALLEY BICYCLE CLUB

RIDE CALENDAR

September 2001



***** Recurring Weekday Rides *****

Weekdays, at 7:30 am Miles: 10-20 Class: C Weekday Ramble	Just about every weekday (Thursday is the Breakfast Ride, see below), weather permitting, we meet for an easy-paced ride. We leave from our Havertown home in the Oakmont Section. Please call the night before, to confirm departing place and time. Contact Joel at 610-789-7673 or joelperlish@aol.com.
Tuesdays, 6:00 pm Miles: 10-20 Class: C Vocabulary Ride	Come out for a spin around southern Delaware County and learn a new vocabulary word or bring one. We meet in the parking lot of the Pathmark on MacDade Blvd in Folsom. Contact Dave at 610-368-0760 or davet@dvbc.org
Wednesdays, at 6:00 pm Miles: 20+ Class: B+ Workout	Meet me at Rose Tree Park on Rte. 252 for a training ride. Come and take your frustrations out on the bike with a good after work workout. Expect a fast pace and a few good hills. Call Tony at 610-416-0514 or tony@craftech.com to confirm the ride.
Wednesdays, at 6:00 pm Miles: 25-30 +/- Class C+ Wednesday Evening with Sarah	Meet at Rose Tree Park on Rt. 252 for a C+ ride through the surrounding area. Expect some hills. Cue sheets will be provided for slower riders. Contact Sarah Clark at 610-353-3494.
Wednesdays, at 6:00 pm Miles: 20-30 Class: B Kingsway Evening Ride	Meet me at Kingsway High School Routes 322 & 551. Contact Len Zanetich at Work: 8:15-5:15pm, 856-866-1000 x.3472. Home: 610-558-6232.
Thursdays, at 7:30 am Miles: 10-25 Class: C Pancake Breakfast	7:30 am on each Thursday, weather permitting, we leave from our Havertown home in the Oakmont section. This is an easy-paced ride of 10-15 miles with a pancake place in between. Please don't forget money and a helmet. We're generally back to start by 9:45 am. Please call the night before, to confirm departing place and time. Contact Joel at 610-789-7673 or joelperlish@aol.com.
Thursdays, at 5:45 pm Miles: 20+ Class: B Evening Ride	Join me at Rose Tree Park for a fast-paced ride through RCSP to Thornbury and various roads back. Expect some hills. Call Bob Leon at 610-833-2365.
Thursdays, at 6:00 pm Miles: 10-20 Class: C Thursday Night Ad Hoc C Ride	We will ride from various starting points to various places around Delaware County or South Jersey. You must call or email for the exact starting time and place. Contact Dave Trout at 610-368-0760 or davet@dvbc.org
Saturday, Sept. 1, 7am & 8 am Miles: 28, 50 & 100 Class: B & C Brandywine Tour Volunteer Ride	Helping out with the Brandywine Tour tomorrow? Then come and enjoy the routes today. Meet at the Chadds Ford Elementary School. For the 100-mile route meet at 7am, contact Bob Leon at (610) 833-2365. For the 28 & 50 mile-routes meet at 8 am, Contact Jan Chadwick (610) 541-0784.
Sunday, Sept. 2, 8 am to 10 am Miles: 28, 50 & 100 All Classes Brandywine Tour	25th Annual Brandywine Tour. Tour begins at the Chadds Ford Elementary School. Tour features wonderful scenery, food and water stops, cue sheets, well-marked routes, and sag support. Cost is \$15 day of tour and tour will be held rain or shine. See advertisement with directions in this newsletter or contact Jan at (610) 541-0784 or chadwick@craftech.com with questions.
Sunday, Sep. 9, 8:30 am Miles: 50+ Class: B+ Art Museum	Meet me at Rose Tree Park on Rte. 252 for a ride to the Art Museum. We'll stop in Manayunk for fuel. Bring money for food and drinks. Expect a fast pace and a few hills. Benfica Team Day. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.

Sunday, Sept. 9, 8:45 am Miles: 40 +/- All Classes Kountry Kitchen MS ride	Please help me raise money for Multiple Sclerosis by joining me for breakfast at the Kountry Kitchen. The cost is \$15.00 per person and includes your breakfast. The proceeds will go to the MS Society. 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. Cue sheets will be available. Additional donations will be accepted. Thank you. Call Bob to make your reservations on or before Sept. 8th / 610-833-2365.
Monday, Sept. 10, 5:30 pm Miles: 15-25 Class C CU at Selene at 6	Start at Selene Wholefoods Coop, 305 W. State St. in Media. (Free parking in a lot just west of the store) We'll do an easy-paced ride to Ridley Creek State Park and beyond, then back to Selene for free refreshments. 11-12 mph average speed. We'll have hills but take them slow. Contact Ira Josephs at 610 566 1137 or ira@dvbc.org.
Monday, Sept. 10, 7:00 pm DVBC Board Meeting	The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at (610) 541-0784 or chadwick@craftech.com. Note: There will be no general membership meetings during September. Too busy riding!
Saturday, Sept. 15, 9:00 am Miles: 20-30 Class C CU at Selene	Start at Selene Wholefoods Coop, 305 W. State St. in Media. (Free parking in a lot just west of the store) We'll do an easy-paced ride to Ridley Creek State Park and beyond, then back to Selene for free refreshments. 11-12 mph average speed. We'll have hills but take them slow. Contact Ira Josephs at 610-566-1137 or ira@dvbc.org.
Sunday, Sept. 16, 8:00 am Three groups Miles: Class C - 35 Class B - 40, Class A - 50 "New Club Jersey" Ride.	Meet at Kingsway Regional High School, Routes 322 & 551 in New Jersey. Wear your new DVBC jersey for this ride to breakfast at Kountry Kitchen. Call by Sat., Sept. 15, for breakfast reservations. Bob Leon (610-833-2365) or Bob LaDrew (610-383-9327).
Sunday, Sept. 23, 9:00 am Miles: 60 Class B/B+ Westtown and Beyond	Start at the Moylan Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of Western Delaware County, Chester County and Delaware. 16-17.5 mph avg. speed. Food and rest stop at midpoint. Contact Ira Josephs at 610-566-1137 or ira@dvbc.org

Sunday morning mountain bike rides
Call for information

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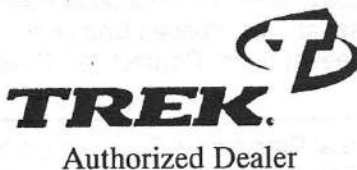
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Brandywine Tour

Sunday, September 2, 2001

28, 50 and 100-mile routes



Time: 8-10 am for all routes. All support services will end at 5 pm. 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 approximately 20 minutes. The school will be on the right approximately $\frac{1}{4}$ mile south of Rte. 100.

From PA turnpike, take Rte. 202 south to Rte. 1 south. The school will be on the right approximately $\frac{1}{4}$ mile south of Rte. 100.

Cost: \$12 pre-registration. (If postmarked by August 24, 2001). \$15 day of the ride. **Ride will be held rain or shine.**

Services Provided by DVBC: food stops, map/cue sheets, sag wagon, portable restrooms, well-marked routes.

Routes: Scenic backcountry roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. The routes range from rolling to hilly. As usual, there will be plentiful food stops for all riders!

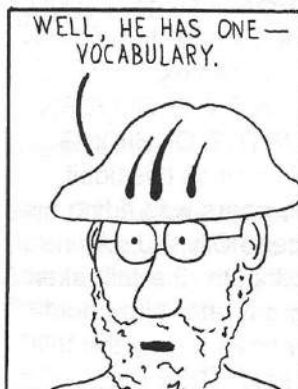
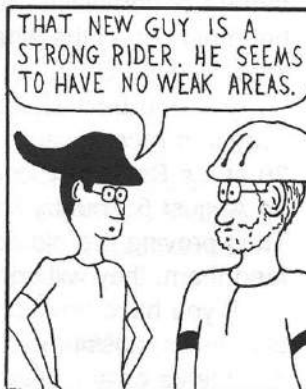
Description: You travel at your own pace, with family or friends, or make new cycling friends along the way. All ages, all abilities, and all types of bikes are welcome. The 28-mile route is a great opportunity for newer cyclists and leisure riders.

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.

BONKERS



CARTOONS
OF THE
DVBC



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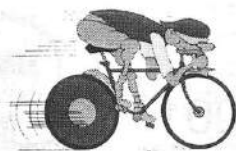
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Jim Moore
Owner



Bike Dirt, by F.X. Pedrix

I was startled by a sudden outburst of hysterical laughter that had erupted behind me. It was my ever so lovely and supportive wife Babs – she actually had tears in her eyes from laughing so much. You see, I had just returned from an all-day Saturday trip around the area cycling shops. I thought that since September Tour month was coming up, I wanted to be at my sartorial best. Many of our club members have taken to wearing color coordinated cycling clothes and I didn't want to be behind the times. So here I stood with everything matching and Babs laughing. "Where in the world did you find red shoes and pants?" she gasped between guffaws. Sometimes I feel like Rodney Dangerfield.

Speaking of clothing. It seems like that affable group of riders who attend the Tuesday night Vocabulary Ride have taken to teasing one of the regulars about his supposed lack of sartorial elegance. From what I have heard, the poor bloke, after years of riding an old ten-speed, went out this year and bought himself a brand new road bike with all the bells and whistles including radial spoke wheels. They like his bike but have been getting on him because he wears an old style helmet and mountain

bike clothes. Given the current fashion trends in cycling, especially around the DVBC, I guess he better get with the program.

Babs grew tired of my complaining about the lack of TV coverage of this year's *Tour de France*. One of our club members announced that he had borrowed a friend's satellite dish and was able to get full coverage of the entire tour. A club meeting was hastily convened and the host's Florida room was packed for a late-night showing of the Stage 13 climb to Saint-Lary-Soulan. Just when Lance and Jan were dueling *mano a mano* near the summit, the host started fiddling with his remote controls and lost the picture. You don't know chaos until you've seen DVBC members deprived of their video at the climax of a *Tour de France* stage. Luckily, he restored the picture and salvaged some friendships.

From the ISN'T THE GOVERNMENT SUPPORTIVE OF BIKING DEPARTMENT comes this tidbit. One of our members was riding his bike out of Ocean City, NJ. As he passed the tollbooth, the toll taker came running out after him shouting, "Hey, you have to pay the toll!" Our member said, "That says 'vehicles.' Is this a vehicle?" The

toll taker replied, "Yes, it is. Pedestrians are free, though." So the DVBCer said, "And if I go back and walk my bike through, is it a vehicle?" "No," answered the toll taker. So he went back and walked his bike through and the toll taker said, "That's better."

A report has come in that our most prolific ride leader stopped riding his bicycle after 97 miles of the Bridgeton Zoo Ride. You KNOW the most prolific ride leader was having a bad day if he quit just three miles short of a century! Speaking of whom, our rumor mill, which normally doesn't like to say nice things about people, mentioned observing at the recent Board meeting how consistently Most Prolific Ride Leader keeps taking on responsibilities without fanfare or complaint. He is a quiet, but main cog in the wheel that is known as the DVBC.

The two best-attended club events in recent weeks have been 29 at the Bonkers Picnic and 23 at an August 5 Kountry Kitchen ride. Thus proving the old adage "If you feed them, they will come."

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at fxpedrix@hotmail.com.

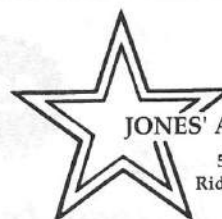
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REGIONAL EVENTS

Sept. 2: Brandywine Tour.

Chadds Ford Elementary School, Chadds Ford, PA. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156. www.dvbc.org

Sept. 3: Labor Day Century.

South Street Recreation Park, McSherrystown, PA (near Hanover). 25, 50, 62, or 100 mi. Carmen's Homemade Ice Cream, hot dogs, and snacks after the ride. \$18 (\$25/tandem). Hanover Cyclers, c/o Bob Nordvall, 33 E. Lincoln Ave., Gettysburg, PA 17325; phone Tom at 717-637-1060, Call Clair at 717-225-3768. www.adventure-cycling.com/Hanover_Cyclers/hanover_cyclers.htm

Sept. 6-9: Great Peanut Tour.

Emporia, VA. A 4-day rally in Southside Virginia and Northeastern North Carolina. Emporia Bicycle Club, Inc, C/O Robert C. Wrenn, P.O. Box 668, Emporia, VA 23847 <gpt@3rddoor.com> www.3rddoor.com/gpt.html.

Sept. 8: Amish Country Tour. Dover, DE. 15, 25, 50, 62, or 100-mi. scenic flat routes. 8:15 am. Visitors Center, Federal Street, Legislative Mall, Dover. Amish Country Tour, P.O. Box 576, Dover, DE 19903; 1-800-233-5368 or 302-734-4888. <kctc@visitdover.com> or www.visitdover.com

Sept. 8: Civil War Century.

Thurmont, MD. 25-100 mi. Baltimore Bicycling Club. Visit 3 Civil War battlefields on the century. Baltimore Bicycle Club, P.O. Box 5894, Baltimore, MD 21282-5894. Phil Manger, 410-666-0585. <pmanger@home.com> www.baltobikeclub.org/CWC_flyer.htm

Sept. 8: No Baloney Century.

Lebanon, PA. 25, 50, or 100 mi. \$15. Lebanon Valley Bicycle Club, c/o Deb Kreider, 105 South Mill Street, Cleona, PA 17042; 717-228-0244. <BiciDeb@paonline.com>

Sept. 9: Scenic Schuylkill Century.

Philadelphia. Bicycle Club of Philadelphia, P.O. Box 30235, Philadelphia, PA 19103. www.phillybikeclub.org

Sept. 15: Jersey Devil Ride. Parvin State Park, Centerton, NJ. 25, 50, 75, 100, or 125 mi. \$14 pre-reg. until 9/10; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccny.net> www.sjwheelmen.org

Sept. 15: Shoo-Fly Classic.

Kutztown, PA. 15, 30, or 62 hilly miles. Kutztown Park. \$10 pre-reg. until 9/3, \$13 after. Free T-shirt for 1st 25 reg. Berks County Bicycle Club, c/o Florence Fink, 227 Wexham Dr., Reading, Pa. 19607. www.berksbicycle.com

Sept. 16: Lake Nockamixon Cen-

tury. Horsham, PA. 20, 35, 50, 62, 85, or 100 mi. Hatboro-Horsham High School, 899 Horsham Rd. (Route 463), Horsham, PA. \$15 (SCU members) \$20 (non-members). Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.

<centuries@suburbancyclists.org> www.suburbancyclists.org/lakenoc1.htm

Sept. 22: Adams Apple Ride.

Gettysburg, PA. Historic battlefield & Adams County countryside. Gettysburg-Adams County Chamber of Commerce, 18 Carlisle St., Ste. 203, Gettysburg, PA 17325; 717-334-8151. <info@gettysburg-chamber.org> www.gettysburg-chamber.org

Sept. 22: Amish Hundred XII.

Leonardtown, MD. 25, 34, 52, 71, 100, or 125 mi. \$20 pre-registration by 9/10 includes T-shirt; \$22 after, no shirt. Includes free admission to the county fair. PACE, P.O. Box 574, California, MD 20619; 301-274-3974. www.bikepace.com

Sept. 23: Gap Gallop Century.

Northampton (County) Community College. 50 or 100 miles.

\$20. Lehigh Wheelmen Association, P.O. Box 356, Bethlehem, PA 18016; 610-298-3382. <beammeup@fast.net> www.lehighwheelmen.org

Sept. 24-25: Keystone Ride.

Bradford, McKean County, to Wellsboro, Tioga County, PA. Join PA Governor Tom Ridge on this bike tour. No fees except for overnight accommodations. www.keystoneride.com

Sept. 29-30: MS150 Bike to the Bay.

Smyrna to Dewey Beach, Delaware. Susan Kelly, MS Society, Delaware Chapter, Two Mill Rd., Ste. 106, Wilmington, DE 19806; 302-655-5610, Fax: 302-655-0993. <susan.kelly@ded.nmss.org> www.biketothetbay.org

Sept. 29-30: MS150 City to Shore.

Cherry Hill to Ocean City, NJ. Registration fee + minimum donation. Nat'l. M. S. Soc., Greater Delaware Valley Chapter, 1 Reed Street, Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <pae@nmss.org> www.ms150biketour.

Sept. 29-30: Twin Century Ride.

Newark, DE to Rehoboth Beach, DE. Must join White Clay Bicycle Club for this ride. Leave Newark, DE for a 100-mile ride to Rehoboth Beach. Approx. \$35.00 (double occ.) due by 8/31. Jim Montgomery, 108 Meridan Dr., Newark, DE 19711; 302-731-5371. jimbo@delanet.com <jimbo@delanet.com> www.delanet.com/~wcbc/twincenturies.html

Oct. 6: Belleplain Fall Century.

Shore Cycle Club. Belleplain State Forest, Woodbine, NJ. \$20. Steve Rulli @ <sundeck@sprynet.com> or <http://www.shorecycleclub.org>

Oct. 7: Pumpkin Patch Pedal.

Thompson Park, Jamesburg, NJ. 25, 50, 62, or 100-mi. Farmlands of central NJ. SIBA, 1436 Bay St., Staten Island, NY 10305. www.sibike.org

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



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: _____

E-mail: _____

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) = _____

Please send your check or money order to the:

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



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 ☐ Tour Food Stop
☐ Sag Wagon ☐ Newsletter Delivery