

Delaware Valley Bicycle Club



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

November 2001

Showing Their Sage

by Brian Wade

Kudos to Woody Kotch and Bob Martin for sharing their time, tools and talents at last month's Member Meeting: Bike Repair and Maintenance. As advertised, Woody and Bob demonstrated maintenance tricks and techniques on bicycles that attending members brought along with them. Included were Gina's old Schwinn with a really cool analog speedometer/odometer, and my '72 Raleigh Record.

My Record wasn't shifting properly, and seemed like good game for a simple demonstration in derailleur adjustments. That wasn't the case. Bob secured the Record in the bike stand, assessed the problem, and quickly unbent the chain guide, and adjusted a few screws. All seemed fine, except the chain was very loose in the small gears. With an intuitive glance, Bob stated that the back derailleur pulleys were undersized for the crankset and cassette. A member suggested pulling the wheel back a little more, and Bob explained about the setscrew and that seating the axle against hard stops on both sides could cause alignment problems.

During his explanation, he noticed the back wheel wasn't true, and got out his spoke

wrench. As he spun the wheel for closer evaluation, he felt a little play in the axle bearings. Off came the wheel, and off went the discussion onto bearing tightness, different style cassettes, and two-prong versus four-prong gear nut ratchets.

My back wheel was now in pieces, and what started out as a simple front derailleur adjustment turned into a holistic lesson in bicycle maintenance. After my bike was reassembled, I wandered over to catch Woody's discussion on gears and shifting on mountain bikes. He, too, was more than willing to share his insight and knowledge with less experienced members. Thanks again to Woody and Bob!

This month's Members Meeting promises to be as informative with talks and discussions on: Riding in Pacelines, How to Climb Better and Ride Faster, and Winter Riding. See you there!

Want to improve
your riding?
Don't miss this month's
members meeting,
open to the public.

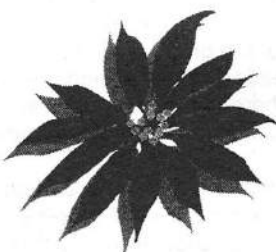
**Monday,
November 12
at 7:30 pm.**

*Moving to
the Next Level*



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

*See the ride calendar inside
for more details.*



Save this date:
Monday, Dec. 10
DVBC Holiday Banquet
7:00 pm at Demarco's

Details in the next 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 Rte. 320 and Old Marple
 Road).

*DVBC welcomes articles and ride
 reports for the newsletter. Please
 submit your proofread materials to
 the Editor before the 15th of each
 month.*

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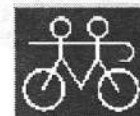
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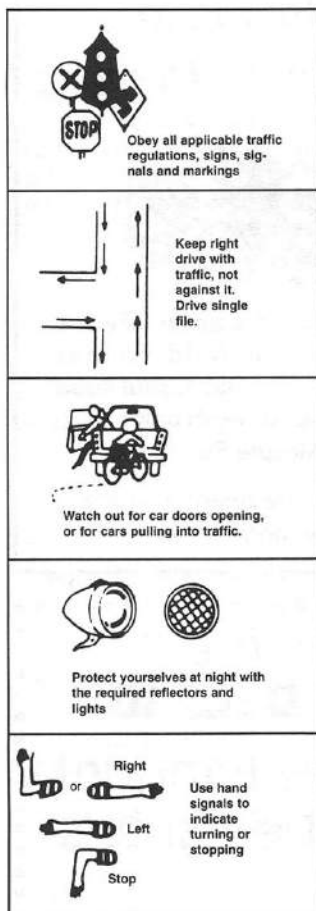
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*Bicycle Coalition of the
 Delaware Valley*

*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: 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.
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!

Bicycling Safety, For the Fun of It

by Frank Jackson

Kids and bicycles, they're everywhere. Racing through the streets, chasing pedestrians down the sidewalk, ripping a new mudline on the lawn and, if that isn't enough, they're attempting death-defying stunts at the school yard. Not sure what to do? Give them some bicycle safety tips.

Bicycle safety starts with the bicycle. If the bicycle isn't safe, why are we letting the child ride it? A safe bicycle needs to have good tires which are pumped up to the pressure rating embossed on the tire's side. What is a good tire? Well, a good tire is one that doesn't leak, doesn't have a bubble showing through where the inner tube is trying to escape, has some remaining tread, doesn't show dry rot, isn't showing any of its inner cord (threads), and doesn't have any cuts, slices, or chunks missing. The wheels to which the tires are mounted should spin freely and be relatively true (straight). Not an easy task for wheels which have banged more curbs than a student driver.

The chain is another important piece. It needs to be lubricated and have only a minimum of slack (enough so it will rotate with ease). If the chain cannot be properly adjusted, then it's stretched and will need to be replaced. On most smaller bicycles the chain system also doubles up as the brake by pushing the pedals in reverse. This makes the chain doubly important. While a chain that pops off during pedaling may cause a minor injury, one that disengages during an emergency stop will be disastrous. And don't

forget those hand brakes. Who cares how fast a bike can go if it won't stop? Lubricate the levers, cables, and all movable brake parts. While doing this, see if anything needs replacing, such as the rubber brake pads.

Lastly, look it over. Is anything loose? Well, tighten it. It's all in the owners' manual that was fastened to the handlebars when you made the purchase.

Even a well maintained bicycle is still missing some key safety accessories. These may or may not include a warning bell, fluorescent flag, rear flasher, headlight, mirror, lock, and water bottle.

Along with bicycle safety accessories are the rider's safety accessories. These should include a helmet (mandatory), sun glasses, cycling gloves, and pant leg cuff straps for long pants. WARNING: for the adult rider (and BMX racer) the purchase of accessories can seem like a second mortgage. It probably is. At least that is what my wife tells me.

As with driving a car, a bicycle also must follow the "rules of the road". Besides obeying all traffic signs and signals, always ride with traffic, look both ways, use hand signals, and watch when passing parked cars. They are notorious. Somebody's always about to open the door right in the bicyclist's path. Ever heard of "One Flew Over the Handlebars"? Just make sure you or yours doesn't get the leading role. Of all the rashes, "road

See **BICYCLING**, p. 9

We urge you to subscribe to the club's e-mail list serve. During the winter, some rides are created on short notice to take advantage of weather breaks. These are announced on the list serve.



To subscribe:

Go to the club web page at dvbc.org

Click on "Mailing List"

See "Subscribing to DVBC"

Welcome New Members!

Joseph B. Chera Jr.

David Creagan

Stephen DiBonaventura

Charlie Fitzgerald

Bernie & Claudette Langer

Fred Levine

Brian Wade

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DELAWARE VALLEY BICYCLE CLUB



Ride Calendar November 2001



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

Tuesdays All Month, 6p Miles: 10-20 Class: C NightRiders	Evening into the night rides through southern Delco. We meet in the Pathmark parking lot in Folsom. Night riding gear is a must. Contact Dave Trout at 610-368-0760 or dtwave@rcn.com
Weekdays, All Month, 7a Miles: 10 Class: C+/B- Weekday Ramble	Just about every weekday (Thursday is the Breakfast Ride), I'm out there doing a 10-mile c+/b-ride at about 7 am. Leaving from my home in Havertown (401 Colfax Road) to various destinations. It's important to call the night before in case times change. Contact Joel at 610-789-7673 or joelperish@aol.com a couple of days ahead.
Thursdays, All Month, 7:30a Miles: 10-25 Class: C-/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 joelperish@aol.com.
Saturday, Nov. 3, 9:00a Miles: 40 +/- Class B Bring Out Your Dead	Last year we had a great time with this ride. So - bring out the oldest bicycle you own, the one that's hiding in the corner of your basement or garage. Dust it off, clean it up and bring it to the Kingsway High School, Routes 551 and 322 for a not-so-quick-paced ride to the Kountry Kitchen. We'll swap old bicycle stories while enjoying a good breakfast and a nostalgic ride in South Jersey. Call Bob Leon for details 610-833-2365.
Sunday, Nov. 4, 9:30a Miles: 28 +/- Class C Northbrook Orchards	We'll start from the Chadds Ford Elementary School, stop at Northbrook for something to eat, and return to Chadds Ford. Call Bob Leon at 610-833-2365.
Sunday, Nov. 4, 9:30a Miles: 55+/- Class: A 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 lots of nice friendly hills. Call to confirm the ride. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.
Monday, Nov. 5, 7:00p 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 Rd., in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.
Saturday, Nov. 10, 9:00a Miles: 60 +/- Class B Manayunk	We'll meet at the Dunkin Donuts, MacDade Blvd and Fair View Road. The ride will take us to Manayunk for lunch before returning to Woodlyn. Call Bob Leon 610-833-2365.
Saturday, Nov. 10, 8:45a Miles: 35 +/- Class: C+ Hilly and Chilly Ride	Meet at Rose Tree Park on Route 252 for a C+ ride through Ridley State Park and westward somewhere, and back. Expect hills and chills, and pretty good scenery. Bring food and money. Contact Brian Wade at 610-254-9485 or breakframe@aol.com.
Sunday, Nov. 11, 9:30a Miles: 35+/- Class C Kountry Kitchen	Join me for a ride to the Kountry Kitchen. Starting place, Kingsway High School, Routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob at 610-833-2365.
Sunday, Nov. 11, 9:30a Miles: 43 Class B+ Bagels in Hockessin	New Expanded Route. More scenery and a few more hills. Leave from Westtown-Thornbury Elementary School on Westbourne Rd. Traveling west on 926, turn right onto Westbourne Rd. just past the Goose Creek Grill. Westbourne is about a mile and a half east of the intersection of 926 and 202. Approx. 17 mph avg. for the ride. Approx 45 miles. (I'll get the exact mileage when I preview the entire route.) As always, add miles if desired by biking to the school. Glenn Lyons (610) 399-0624 or rollingspeed@cs.com.
Sunday, Nov. 11, 8:15a Miles: 70+/- Class B+ Bagels with Glenn	Meet at Rose Tree Park on Route 252, or anywhere along the way, and we'll join Glenn's group for a bagel in Hockessin. MUST call to confirm the ride. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.

Monday, Nov. 12, 7:30p General Member Meeting <i>Moving to the Next Level</i>	This meeting is intended for those that would like to move to the next level of riding or even racing. We will talk about various techniques, pace lines, how to climb better, off-season training tips, dressing for the cold weather and much more. If you are looking to get faster, this meeting is for you and it's open to the public .
Saturday, Nov. 17, 9:00a Miles: 50+- Class B <i>Jersey Ramble</i>	Meet me at the Kingsway High School for a ride through South Jersey. We'll pick up part of the Jersey Devil route for our return trip to Kingsway. Call Bob for more details at 610-833-2365.
Sunday, Nov. 18, 9:30a Miles: 21+ Class: C <i>Manayunk</i>	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610.352.2114
Sunday, Nov. 18, 9:15a Miles: 60 Class B/B+ <i>Westtown and Beyond</i>	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. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org.
Saturday, Nov. 24, 8:45a Miles: 35 +/- Class: C+ <i>Hilly and Chilly Ride</i>	Meet at Rose Tree Park on Route 252 for a C+ ride through Ridley State Park and westward somewhere and back. Expect hills and chills, and pretty good scenery. Bring food and money. Contact Brian Wade at 610-254-9485 or breakframe@aol.com.
Saturday, Nov. 24, 9:00a Miles: 28 +/- Class C <i>Northbrook Orchards</i>	We'll start from the Chadds Ford Elementary School, stop at Northbrook for something to eat, and return to Chadds Ford. Call Bob Leon at 610-833-2365.
Sunday, Nov. 25, 9:30a Miles: 20+ Class C <i>Neighborhood Ride</i>	Meet at the Dunkin Donuts, Fairview Rd. and MacDade Blvd. We'll ride through Ridley, Swarthmore and Springfield with a stop at Einstein Bagels before returning to Woodlyn. Call Bob at 610-833-2365.
Sunday, Nov. 25, 9:30a Miles: 60 Class A <i>Soup in Northbrook</i>	Meet at Rose Tree Park on Route 252 and we'll ride to Northbrook Orchards for some nice hot soup, or whatever you like. Call to confirm the ride. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.

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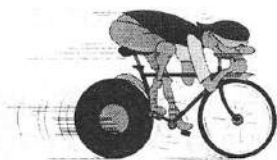
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Bike Dirt

By F.X. Pedrix

It was one of those weekend days you just wanted to curl up in front of a warm fire with a good book or a stack of DVDs. It was cold, rainy and windy — the three horsemen of the Bike Rider's Apocalypse. Still, eleven stalwart (or crazy if you ask Babs, my ever so gorgeous wife) DVBC members set out on the annual MS Tour to Ocean City, NJ. Out of those brave eleven club members, five (including one officer) opted to hitch a ride home on the second day. They were probably the five with the highest IQ's, as the heavy rain and headwinds resulted in hypothermia for most of the others. I learned that our most prolific ride leader's better half had to pull him for the final few miles on the first day of the ride.

Our club's President-for-Life added to her already immense popularity by hosting a dinner at her house for all the volunteer workers of the club's Brandywine Tour. She was amazed at the food consumed by the sixteen members who showed up. They totally wiped out seven large pizzas, two cheesecakes, four liters of soda and untold gallons of stronger beverage. Bikers may be conserving fossil fuels, but they pretty much make up for it by blowing the rest of our nation's resources.

While biking is meant to be a diversion from these stressful times, I can't help but wonder if some members—especially those on the Board—haven't let the national tension creep

into their fun. My sources tell me that these members, usually known for their congeniality, were at each other's throats at the October Board meeting, unable to agree on even the number of wheels on a bicycle. Lighten up, guys!

Members are looking smarter and riding faster in their new club jerseys. The shirts were such a hit that next spring's order list has already exceeded two dozen. Many were surprised that the existing jerseys run a size larger than expected. But we have a solution: Everybody in the club could trade down a size with a rider who has the next smaller size. Finally, if the "small" riders agree to take the XXL's at the top of the chain, all but our most diminutive members will be nattily attired. Maybe the XXL's could be donated as sails to the Sloops for the Homeless fund.

Speaking of club jerseys, I learned that our club's Web Meister purchased yet another bike frame at the Velodrome flea market. Rumor was that when the new club jersey was issued he was dismayed that none of his bikes were of a matching color. No doubt by now, he has also acquired shoes, socks, pants, helmet and gloves the color of a Tide soapbox to match the frame and jersey. If he didn't ride so fast, we would probably tease him about it.

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

ELSEWHERE . . .

The **Central Jersey Bicycle Club** has announced the tragic death of longtime member Hal Volz in a September 1 accident in Pocomoke, MD. Volz and a close bicycling friend of thirty years had completed a ride and were about to cross the street to enter a restaurant when the accident occurred. Mr. Volz had ridden over 200,000 bicycling miles and was setting his sights on a quarter of a million.

The **Benjamin Franklin Bridge** walkways have been closed to pedestrians and bicyclists as a response to the September terrorism. This has infuriated many bike advocates who have worked so long and hard to gain us the meager rights that we now have. One e-mail, written by Tom Witt, and circulated by the Bicycle Coalition of Delaware Valley, sums up the situation better than we could:

"Words cannot express my relief, knowing that the Ben Franklin Bridge walkway is closed, that Philadelphia is at last safe from the terrorists who could otherwise walk or cycle in from Camden. How easy it would be for a boat from any port in this dangerous world to lower the evil doer into the Atlantic off the New Jersey shore. Bike Friday strapped to his back as he swims ashore, cycles to Camden and across the bridge . . . The rest is too horrible to write.

"Skeptics have suggested that if we or the bridge are at any risk, motor vehicles might be the source, but they forget that the government

See **ELSEWHERE**, p.9

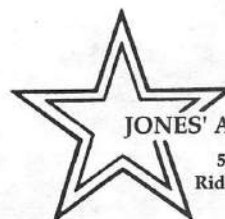
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“Outer-fifty” by Mordi Yoder*

The passing riders called it the “outer-fifty,” which didn’t mean anything to me, even though I live here in Lancaster County and see bikers all the time. Passing bikers always look like they’re having fun, and sometimes I wish I could be like them and bike freely wherever I wanted to. I enjoy seeing them and their bright outfits and shiny, colorful bikes. I have an old bicycle that’s covered with more rust than paint. I use it sometimes to visit friends down the road. I should take better care of it, but I just never seem to find the time, and still every time I want to use it, the bike goes just fine. It’s not a fancy bike by any stretch of the imagination. One-speed, a worn leather seat that’s seen better days, and branching, longhorn-like handlebars that seem as wide as the bike is long. I love those handlebars. When I bike I feel like I’m controlling the speed and direction of a magic carpet. Perched above the ground I see all, and as long as I don’t pedal, my chain doesn’t squeak and I move quietly through country-scented air. My bike lets me experience the familiar in a way that makes it seem new and unknown.

I’ve lived in this house outside of Embreeville all my life, and have worked our farm for as long as I can remember. I like it here, although it’s the only place I’ve ever been. I ask the riders where they’re from and they tell me Philadelphia, Aston, Media, all places I’ve only heard about. My cousins have been into Philadelphia and said that it was all buildings and concrete and no fields. One of these days I too will go and visit some other city.

I am one of the Plain People, as we call ourselves. To outsiders we’re Amish. We Amish started settling in

Lancaster County during the 1720’s, when about 200 Swiss immigrated here drawn by William Penn’s “holy experiment” in religious tolerance. We began as a split-off sect of the Swiss Mennonites during the 17th century, and today in the U.S. total approximately 100,000 strong living in 22 states. We take our name from our founder Jacob Amman, who based his beliefs and practices on the writings of Menno Simons, a Dutch Anabaptist leader, whom the Mennonites are named after. The Plain People have attempted to preserve the elements of the late 17th century European rural culture, and, as a very conservative Christian faith group, believe in a literal interpretation of the Bible. The Bible says, “Be ye not conformed to the world,” and we use that as a reason for remaining separate from the rest of the society. We want to be prepared for the world to come rather than for becoming rich or famous in this world. We would rather maintain a close-knit family life than travel all over. The norms and educational goals of American society are antithetical to Amish beliefs. Therefore, we practice old ways, slowness of pace, simplicity, and close-knit agrarian living. We don’t use gasoline, electricity or commercial chemicals.

“What’s the difference between an Amish boy and a rock? The rock moves faster.” We are earnest about our lifestyle but can still poke fun at ourselves. Or, “What goes clomp, clomp-clomp, clomp-bang, bang-clomp, clomp, clomp? An Amish drive-by shooting.” I guess that some people feel sorry for us and the way we live, but we believe that what we do on a daily basis is important to

See **OUTER FIFTY**, p. 9



DVBC club riders log a lot of miles in rural Amish country.

From **ELSEWHERE**, p. 7

has disrupted the finances of the terrorists. The toll is our guarantee against terror from over the bridge—maybe we should raise it?

"Please, under any circumstances, don't say anything about the Tacony—loose lips sink ships—and the last thing we need is for terrorists to find out that they can still get in there. And don't mention PATCO, or the NJT buses, or the Gamblers' Express. Such a big surprise, that there are so many ways to enter one of the great cities of the world."

Critics of the move point out that, in the case of New York's catastrophe, bridges provided an invaluable escape route for pedestrians. Furthermore, many low paid workers use the bridge to walk or bicycle to their jobs in Philly. They add that closure of the bridge is a clear indication that we are giving in to terrorism.

Amtrak has launched its new "Bikes-on-Board" program, which, if you've ever tried to take your bike on an airplane, you might find appealing. For a mere five dollars additional, your bike can accompany you on the train—and you don't have to break it down! The program is in effect on four major trains of the Northeast Corridor. Phone 1-800-USA-RAIL for schedules and information.

From **Texas** comes word that Senate Bill 238 has died in committee for lack of votes to bring it to the floor. 238 was a proposal that terrified bicyclists around the nation. Among other things, it would have forbidden bikers from riding in groups of more than two, and required them to wear

orange triangles on their backs. Lance Armstrong's US Postal Service squad would no longer be allowed to practice as a team in Lance's home state.

From **OUTER FIFTY**, p. 8

God, to our community, our family and lastly to ourselves.

Sometimes I've heard bike riders yell, "Buggy up!" as a warning to each other that buggies are approaching, or also that riders are approaching our black buggies from behind. Often our children ride as passengers and peer out the rear window as bikers come up behind them. They say that the bikers look like they're going to a fancy party because of how they're dressed. Many times what the bikers wear and the color of their bikes match, and it's these times that the children enjoy the most. But the children don't enjoy those bikers who go quickly by the buggies, because they don't give the horse ample warning that they're passing, and could easily frighten the poor animal. The children know to always speak softly to animals as you approach them from behind. Animals have a great sense of hearing, and even though your voice doesn't sound loud enough they can still hear it. We believe that all of God's creatures merit respect and consideration, and pray that others will remember this when biking through our beautiful countryside.

**Mordi Yoder is, for purposes of this article, the pen name of a DVBC member who came east from California and joined our club last year.*

From **BICYCLING**, p.3

rash" is the worst.

A few other pointers are: avoid nighttime, rainy weather, busy streets, sewer grates, and watch out for driveways and spaces between parked cars. That is, unless you have a burning desire to become a hood ornament on somebody's land yacht.

I know you're jealous that the kids are having all the fun. Well, go ahead and join them. If you can get your bikes to the Art Museum, there is a paved off-road trail (except in Manayunk where it is either on Main Street or not paved) from the Italian Fountain to Valley Forge Park. The trail winds along the east bank of the Schuylkill River for 22 miles. There are plenty of rest stops and phones along the way. Even if you don't go all the way, it's a great daytrip the children will never forget. Mine still remember how the family bicycled the Blue Route (I-495) prior to its opening. FREE ADVICE: Off-road (paved) trips definitely reduce the parental stress factor.

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Frank: 610-534-3978 eve; 215-537-4299 day.

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OF THE
D.V.B.C.

TODAY I USED MY KICK TO PLACE THIRD IN BEATING SUCH STRONG RIDERS AS TONY ROCHA AND RICH WHITE.



LAST WEEK I FINISHED A STRONG SECOND AND WHIPPED CLUB GIANTS LIKE ED, KATRINA AND GLEN.



CAT-5 PRO CIRCUIT RACING?



NO--BOB LEON'S C-MINUS KOUNTRY KITCHEN BREAKFAST RIDES.



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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



GO BONKERS!

Interest Survey

Your Ride Pace:
(check one)

- | | |
|--|---|
| <input type="checkbox"/> Class D: <i>slow</i> | <input type="checkbox"/> Class A: <i>fast</i> |
| <input type="checkbox"/> Class C: <i>average</i> | <input type="checkbox"/> Off-Road |
| <input type="checkbox"/> Class B: <i>brisk</i> | |

I'll volunteer for:
(check all interests)

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Tour Food Stop |
| <input type="checkbox"/> Sag Wagon | <input type="checkbox"/> Newsletter Delivery |