



## DELAWARE VALLEY BICYCLE CLUB

P.O. BOX 497, MEDIA, PA. 19063



# WHAT'S ROLLIN' FOR JUNE, 1988

## WHO'S WHO?

You know who you are. But not everyone else does. This month we have included lists of various members and contributors from the club and from around the county. See who else is riding a bike these days.

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## BIRTHDAYS!

On June 29, Joseph Conan Fox will be two years old. He rides a tricycle very well and can give about 33 variations on the word "No". On June 30, Rollin' Richard "Ricky" Patterson, III will be one year old. Ricky takes it easy in the "bugger" as he watches mom and dad sweat it up the hills on their tandem.

June, 1988 promises to be one heck of a month for area cyclists, beginning with the Great Eastern Rally (GEAR), at Millersville, PA, June 3-6. GEAR Up '88 will feature workshops on all kinds of cycling, live theater, music, food and dancing. Sunday, June 12 is the Freedom Valley Bike-A-Thon, a ride aimed at gaining support for the completion of the Philadelphia to Valley Forge Bikeway. And on June 19 the CoreStates Race will happen once again on the streets of downtown Philadelphia.

D-Day, June 6 is the date for the DVBC monthly meeting at the Unitarian Universalist Church in Rose Tree. (It is also my dad's 70th birthday... I bought him a mountain bike.) Our club president, Frank Havnoonian, will demonstrate the differences between ATBs and "City" bikes. There will also be a presentation on physical massage, from Don Clune of Media. The meeting begins at 7:30.

## EDITOR NOW IN OFFICE

The day after I accepted the job as editor of this newsletter, my wife and I bought a house. Naturally our first priority was to fix up the third bedroom into an office befitting an editor of a bicycling club newsletter. Some fresh paint, the huge desk I had been storing at my mothers house, my college diploma, a Park stand and the club's "Campy" style typewriter and I am ready to go. What does this mean to you, our loyal readers? Probably nothing. For me it means not having to drag a ton of papers from the kitchen table at the end of every day. Hey, I am really excited about this!

Let's open this newsletter up to our members and readers a bit. Have a good touring story that you would like to share with us? Have some nifty B/W shots of a local bike race or triathlon? Perhaps you know of a birthday boy or girl who would like to have their special day announced in the next issue. Call me: Greg Fox, 586-9085. We'll talk.

## Board of Directors

**President**  
Frank Havnoonian . . . . . 449-6154  
**Vice President**  
Ted Kowalski . . . . . 622-1923  
**Treasurer**  
Norman Griffiths . . . . . 356-5538  
**Secretary**  
Bill Mulloy . . . . . 449-7801

## Members at Large

Don Ashbrook . . . . . 566-9142  
Lois Atkins . . . . . 566-4001  
Adrian Demarais . . . . . 566-6845  
Steve Harriot . . . . . 565-7106  
Leland Kowalski . . . . . 626-2093  
Rich Patterson . . . . . 622-2954  
Karl Voigt . . . . . 459-9129

## Ride Coordinators

**A/B Rides:** Mike Keating  
104 E. State St.  
Media, PA 19063  
891-9098

**C/D Rides:** Ira Josephs  
10 Applebough La.  
Rose Valley, PA 19065  
565-4058

*Please contact the Ride Coordinators  
before the 7th of each month.*

## DVBC Newsletter Staff

**Editor** . . . . . Greg Fox  
**Asst. Editor** . . . . . Lisa Exten  
**Racing Editors** . . . . . Drew Christensen  
Charles Cease  
Frank Havnoonian  
Rich Patterson  
**Special Events** . . . . . Rich Patterson  
**Advertising** . . . . . vacant  
**Mailing Labels** . . . . . Lois Atkins  
**A/B Rides** . . . . . Mike Keating  
**C/D Rides** . . . . . Ira Josephs  
**Assembly** . . . . . Frank Havnoonian  
**Triathlon Editor** . . . . . Lisa Exten

## Club Addresses

### Editor:

DVBC  
c/o Greg Fox  
64 Foster Ave.  
Sharon Hill, PA 19079  
586-9085

### Membership & Club Box

DVBC  
P.O. Box 497  
Media, PA 19063

### Special Events

DVBC  
c/o Rich Patterson  
527 Gainsboro Road  
Drexel Hill, PA 19026

## Items for Sale & Ride Reports:

DVBC  
c/o Lisa Exten  
16-6 Valley Road  
Drexel Hill, PA 19026

The views expressed in this publication are not necessarily the views of the Delaware Valley Bicycle Club, nor do we endorse products or services advertised.

Letters to the Editor must be signed to be considered for publication.

## Club Merchandise

Club T-Shirts . . . . .	\$6.00
Club Car Decals . . . . .	.50
Club Bike Decal . . . . .	.25
Club Water Bottle . . . . .	2.00
Club Patches . . . . .	1.25

## DVBC Meeting Place

Unitarian Universalist Church of Delaware County, 145 W. Rose Tree Road (near Rt. 252 & Rose Tree Park). First Monday of each month. Doors open at 7:00 P.M. Public is welcome.


## Ride Guidelines

1. Arrive 10 to 15 minutes early and be **READY TO LEAVE ON TIME!** Rides will start no more than 5 to 7 minutes late!
2. Make sure your bike is in proper working order **BEFORE** you arrive.
3. Carry a spare tube, patch kit, pump and water bottle.
4. Practice safety and obey *all* traffic laws.
5. Wearing a helmet is usually not mandatory, but is encouraged. (A helmet is mandatory for all time trials and some Class A rides.)
6. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience.
7. **RIDE CLASSIFICATIONS:**  
**CLASS D:** For new, inexperienced riders or families: speed 5 – 7 mph, frequent stops, as few hills as possible. Group will wait for all riders. Mileage usually less than 10 miles, but longer distances permissible.  
**CLASS C –:** For average riders: 7 – 8 mph, rest stops as needed. Group will wait for stragglers. Distance recommended: 10 – 30 miles.  
**CLASS C +:** Also average riders: 9 – 10 mph, rest stops every 45 – 60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided by the ride leader.  
**CLASS B –:** For more experienced riders: 11 – 12 mph, stops every 15 – 20 miles. No obligation to wait for stragglers if cue sheets or maps are provided.  
**CLASS B +:** For strong riders: 13 – 15 mph, stops every 20 – 30 miles. No obligation to wait for stragglers if cue sheets or maps are provided.  
**CLASS A:** For very strong riders: 16 – 20 mph, stops every 30 – 50 miles. No obligation to wait for stragglers if cue sheets or maps are provided.  
**TIME TRIAL:** Timed event. Again, you must obey all traffic laws. A hard helmet is mandatory. You must yield the right of way at all times. Club time trials should not be regarded as races, but as training rides.
8. Each rider assumes his/her own risk on all time trials *and* touring 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.

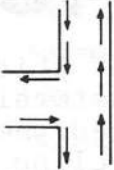


**JOIN  
DVBC**


**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. All Club rides are rated according to degree of difficulty. If you're in doubt about your cycling ability, try out a ride one class below the one you're not sure about and then work your way up. The general public is invited to all events organized and conducted by Delaware Valley Bicycle Club. A program is presented by the Club for bicyclists of all ages, all abilities, and all interests. Except for the Freedom Tour, Brandywine Tour and Club picnic, all club events are *free* to the general public. The general public is *welcome!!!*



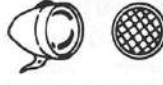
Obey all applicable traffic regulations, signs, signals and markings.



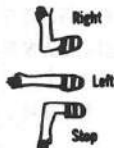
Keep right:  
drive with  
traffic, not  
against it.  
Drive single  
file.



Watch out for car doors opening,  
or for cars pulling into traffic.



Protect yourself at night with  
the required reflectors and  
lights.

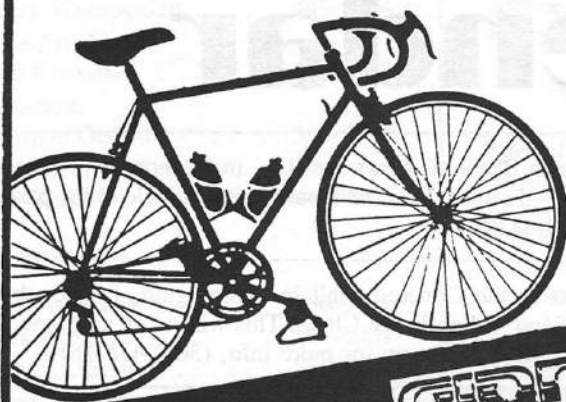


Use hand  
signals to  
indicate  
turning or  
stopping.

# Ride Calendar

June 4 • 9 A.M. Miles: 15-20 • Class B— <i>Railroad Romp</i>	Meet at "The Willows" on Darby-Paoli Rd. between Brook & Newtown Rds. in Radnor Twp. Select quiet back roads to Valley Forge Park train station and return. Food and water are available at the park. Call Matt Hogan for more details (356-1882 or 964-4820).
June 4 • 9 A.M. Miles: 22 • Class C <i>Chateau Country</i>	Meet behind the Sheraton Hotel on Rt. 202, next to the Concord Mall in Wilmington, DE for this combined ride with White Clay, Brandywine Bike and Valley Forge Clubs. This will be an easy-paced ride with hills with optional food stop at the end. Call Roz Chasin for more info, (302) 478-1610.
June 5 • 8 A.M. Miles: 50-60 • Class A <i>"A" Sunday in June</i>	Leave from the Bond Shopping Center at State Rd. & Lansdowne Ave. in Drexel Hill for this fast paced "A" ride every Sunday in June. The routes vary but not the pace. Call ride leaders Bill Baratta (622-5313) or Joe Pless (877-8876) to let them know you're coming or to get more information.
June 6 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPICS: 1) Comparison of mountain bike vs. road bike features; and 2) Massage for cyclists.
June 12 • 8:00 A.M. Miles: 6-62 • Class All <i>Freedom Valley Bike-A-Thon</i>	Four great rides (6, 16, 36 & 62 miles) that help raise funds for the Philadelphia-Valley Forge Bikeway. Meet at the Phila. Art Museum steps to register (8-9) in time for a 9:00 mass departure. You can volunteer as a standing or riding marshal, help with registration, get sponsors, or just ride. A great event! Call 925-6005, AYH with questions.
June 12 • 8:00 A.M.	<i>"A" Sunday in June.</i> See June 5 for details.
June 12 • 10 A.M. Miles: 35 • Class C+ <i>Strasburg Railroad</i>	Meet at Octoraro Elementary School on Route 41 just before Gap, PA. Come "way out" for this ride and you'll really be pleased. Bring something to eat or "buy" at the railroad. Apologies for ride cancellation in May due to family illness. Rich Bernhard - 284-2019.
June 18 • 9:00 A.M.	<i>Railroad Romp.</i> See June 4 for details.
June 18 • 10 A.M. Miles: 20-30 • Class C <i>Richmond's Ice Cream</i>	Meet at Kingsway Regional H.S. (Rts. 322 & 551 - 2nd light past Com. Barry Bridge) in NJ. Enjoy an easy-paced ride to the ice cream shop. The Pattersons will have their baby trailer — feel free to bring yours. Expect a few short "milk" stops. Rich P. - 622-2954.
June 19 • 8 A.M.	<i>"A" Sunday in June.</i> See June 5 for details.
June 19 • 9:15 A.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	Meet (9:15 SHARP) at Providence Rd. just north of Goshen Rd. near the Radnor Hunt Club for the Father's Day edition. This is a good regular event for anyone wishing to improve their bike handling skills. All dads guaranteed a "good time." Rollin' Rich Patterson - 622-2954.
June 19 • 1:30 P.M. Miles: 22 • Class C <i>Nine College</i>	Meet at Haverford College behind the fieldhouse (Come in the main entrance on Lancaster Ave. in Haverford). Visit 9 colleges all around the Main Line. Expect a few hills and stops for sightseeing. Call Evelyn Kritchevsky (565-6955) for info.
June 23 • 7:00 P.M. Miles: 10-20 • Class C <i>Swarthmore or More Tour</i>	Meet behind the College Theater at Fairview Rd. & Rt. 320 in Swarthmore. Depending upon who comes out, this ride could be a short, slow-paced tour around Swarthmore or a longer, easy-paced ride to the airport with a possible ice cream stop. Ron Bowden - 543-3408.
June 25 • 9:00 A.M.	<i>Railroad Romp.</i> See June 4 for details.
June 26 • 8:00 A.M.	<i>"A" Sunday in June.</i> See June 5 for details.
June 26 • 9:30 A.M. Miles: 43 • Class B <i>Octoraro Reservoir</i>	Meet at Octoraro School, Rt. 41 and Highland Rd. about 2 miles north of Cochranville, for this lazy class "B" ride including 3 covered bridges, little traffic and great scenery. Call Doug Kennedy at 543-4664 for more details.
June 26 • 1:00 P.M.	<i>Swarthmore or More Tour.</i> See June 23 for details.





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356-3022

EMMAUS  
831 Chestnut St.  
967-1029

ALLENTOWN  
1728 Tilghman St.  
439-1724

PHOENIXVILLE  
711 Nutt Rd.  
935-9111

NORRISTOWN  
122 W. Germantown Pk.  
275-4010

COLLINGDALE  
533 Mac Dade Blvd.  
583-7711

ARDMORE  
55 W. Lancaster Ave.  
649-9839

**IN DELAWARE**

NEWARK  
212 E. Main St.  
302-368-8776

WILMINGTON  
2900 N. Concord Pk.  
302-479-9438

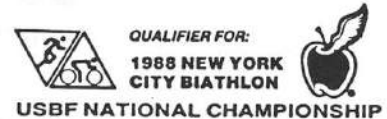
DOVER  
595 N. Dupont Hwy.  
302-678-1772

PIKE CREEK  
Pike Creek Shop. Ctr.  
302-998-0202

## 5 MILE RUN FOLLOWED BY 20 MILE BIKE

### THE 5th ANNUAL STEAMTOWN BIATHLON INFORMATION SHEET

**DATE/TIME:** Sunday, July 10, 1988 - 8:00 a.m.  
**LOCATION:** Nay Aug Park, Scranton, Pennsylvania  
**WILL BENEFIT:** Special Olympics  
**SPONSORS:** Paul Gronski Enterprises Inc., Moosic, Pa.  
Royal Bottling Company Inc., Scranton, Pa.  
New York Seltzer



**APPLICATION FEES AND REGISTRATION:** \$15.00 before June 26th \$17.50 up until race day.  
To register complete application and send check or money order to:  
Steamtown Biathlon, 3905 Birney Ave., Moosic, PA 18507. Please make check payable to:  
Steamtown Biathlon. Direct questions to John Gronski at above address, or call (717) 343-7965  
or 344-8558. Race Day Registration at Nay Aug Park 6:00 a.m. to 7:00 a.m. You may register July  
9 at Paul Gronski Ent. 3905 Birney Ave. Moosic, PA (Rt. 81 Exit 51 to Rt. 11 S.) 11:00 a.m. to 3 p.m.  
Pick up race packets during same hours if pre-registered.

**AGE GROUPS:** *Trophies per age group based on last years participation.*  
**TROPHIES:** **Male** 15-19, 2 places; 20-24, 4 places; 25-29, 5 places; 30-34, 4 places; 35-39, 3 places; 40-44, 2  
places; 45-49, 1 place; 50-59, 2 places 60 and over, 1 place.  
**Female** 15-24, 2 places; 25-29, 3 places; 30-39, 2 places; 40 and over, 2 places  
Top 5 males overall, top 2 females overall and anyone first in their age group will officially qualify  
for the National Biathlon Championship.

**AWARDS:** T-shirts to pre-entrants. Participants must be present on race day to receive shirt. Commemora-  
tive ribbons to all official finishers. Trophies to overall male 5 places and overall female 2 places.  
Random prize drawings for all participants at end of race.

**AMENITIES:** Water stations set up at half way point in run, at transition area, and at half way point in bike. All  
you can eat picnic for participants at no charge. Rest rooms will be available at Nay Aug Park.  
Race results sent to each participant. An ambulance will be stationed at Nay Aug Park and  
another one at half way point on bike course. Sag wagon will follow bikers. Goodie bag and  
sport magazine to each participant.

**PLEASE NOTE:** Awards ceremony and random drawings immediately after official race results are in and official  
cutoff time has expired. Presentations near museum. Race is closed to anyone under age 15.  
Hard shell bike helmets mandatory. Pick up race packet Saturday, July 9, 1988 from 11:00 a.m.  
to 3:00 p.m. at Paul Gronski Enterprises, Inc., 3905 Birney Ave., Moosic PA (Rt. 81 Exit 51 to Rt.  
11 S) or race morning at Nay Aug Park from 6:00 a.m. to 7:00 a.m.

How to reach Nay Aug Park, Scranton, Pa. **FROM NORTH OF SCRANTON:** Exit #52 Moosic St., At end of exit ramp take right. Proceed second traffic light. Take right  
onto Harrison Ave. Proceed to second traffic light. Take right onto Mulberry St. Follow Mulberry St. to Nay Aug Park.

**FROM NYC:** Rt. 80 East to 380 East to 81 South. Follow above directions from North of Scranton.

**FROM SOUTH OF SCRANTON:** Exit #52 River St. At end of exit ramp take left. Proceed to 1st stop sign. Take right onto Meadow Ave. proceed to 1st traffic light. Take left  
onto Moosic St. (Rt. 307). Proceed to 1st traffic light. Take right onto Harrison Ave. Proceed to second traffic light. Take right onto Mulberry St. Follow Mulberry St. to Nay  
Aug Park.

**FROM PHILADELPHIA:** Penna Turnpike N.E. Extension to Exit 37. Take 81N. Follow above directions from South of Scranton.

#### RUN:

No form of locomotion other than running, walking or crawling is allowed.  
Runners must wear race number at all times on the course. Shirts are REQUIRED, and race number must be placed on front of shirt.  
No individual support vehicles or escort runners are allowed. This is an INDIVIDUAL endurance event. Teamwork which provides you with an advantage over another competitor is not allowed. Ample aid and water  
stations will be provided. Individual support vehicles or non-participant escort runners will result in disqualification.  
Runners are expected to follow the directions and instructions of all race officials.  
The Run course will be completely closed one hour after the start of race. Any contestant still on the course after this time will be withdrawn from race.

#### BIKE:

No fairings or streamlined bikes of any kind allowed.  
No drafting another bike or any other vehicle is allowed. This is an INDIVIDUAL endurance event. Teamwork which provides you with an advantage over another competitor is not allowed.  
Each participant must wear race number at all times while on course. Number must be placed on back of biker where it is clearly visible and on top tube of bike.  
Hardshell helmet is REQUIRED during bike race.  
No individual support vehicles allowed. Ample aid and water stations provided.  
Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of own bike. Biker must be prepared to handle any possible mechanical malfunction. Assistance by anyone other than individual  
biker will be grounds for immediate disqualification. This necessarily disallows the use of spare wheels and back-up bikes.  
Bikers are expected to heed directions and instructions of all race officials.  
Participants may walk bike, if necessary.  
Bikers are individually responsible for following traffic laws and are solely responsible for the consequences of any infractions.  
All bikes will be inspected prior to race to insure that minimum safety standards are met. Race officials will make final judgement as to mechanical soundness of bikes. If bike does not meet safety standards, contestant  
will be asked to correct problem before participating in race. NOTE: It is recommended that contestants check bikes EARLY to avoid unnecessary delays or possible disqualification.  
The bike course will be closed 3 hours after start of race. Bikers still on course after that time will be required to withdraw from race.

#### RULES APPLYING TO ALL SEGMENTS OF THE RACE:

Course marshals have ULTIMATE and FINAL authority to remove a participant from the race if the participant has violated the rules of the race.  
Medical personnel have ULTIMATE and FINAL authority to remove a participant who is physically incapable of continuing the race without sustaining severe physical damage or loss of life.  
Race is closed to anyone under 15 years of age.

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# MARATHON SPORTS SPRINT TRIATHLON '88

To Benefit the Muscular Dystrophy Association

an individual and team event

**Sunday, June 19, 1988 8:00 am**

**Race Director:** Wayne S. Kursh (302) 654-2354

**Where:** St. Andrews School, Middletown, DE (off Noxontown Road)

**SWIM:** 1/4 miles out and back in Noxontown Pond, water temp. approx. 70°, wave start, safety controlled by boats and lifeguards.

**BIKE:** 16 miles on paved roads, one loop clockwise (map available)

**RUN:** 5K (3.1 miles) out and back course, gently rolling hills.

**Pre-registration ONLY • 200 participant limit**

**All participants must have a Tri-Fed insurance license or include insurance fee shown below with your entry fee.**

**Entry fee:** \$25.00 individual (Entries Close June 10)  
\$25.00 team per individual

**Insurance:** \$28.00 full year  
\$10.00 per event  
\$5.00 for each relay team member

Registration, packet pickup and bike inspection at St. Andrews School between 6:00 and 7:15 am race day. (ANSI-helmet requirements call local bike shop with questions).

**AWARDS:** M & F 14-18, 19-29, 30-39, 40-49, 50-59, 60 & over. Overall male and female winners receive awards plus top three in each age group. Team awards to overall winning team and second and third place runner ups. (Teams consist of 3 people-all male, all female and mixed.

**Amenities:** 100% pre-shrunk t-shirts, water bottles, swim caps, result booklet, and post race refreshments.

**Please return application with entry fee check made payable to:**

**Marathon Sports Sprint Triathlon**

**300 Ninth Street Plaza**

**Wilmington, DE 19801**

Please make insurance fee check separate and payable to Tri-Fed in lieu of a current Tri-Fed membership number

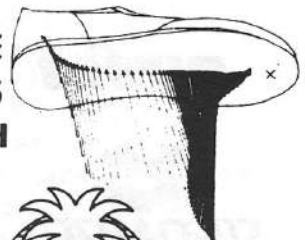
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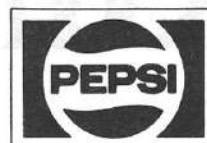
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# WHO'S WHO

## Safety Fund Contributors since last newsletter report

Samuel A. Berne  
Richard Bernhard  
William S. Butler  
Jeanmarie Cacciatore  
John Cacciatore  
James Castellan  
Roselyn Chasin  
Ken Daws (twice)  
Robert Dell'Acciprete  
Robert F. DelPiano, Sr.  
M.D. Derk, Ins. Concepts  
Joseph Digiovanni  
Andrew J. Duda  
Thomas Elder  
John P. Ferko, Jr.  
Manny Fernandez  
Robert Gallen  
Linda Goldman  
Steve Harriott  
Diane Hedges  
Richard Kellerman

Rose Marie Knight  
Theodore Kowalski  
Steven W. Kratz  
Jacob W. Layer  
N. Blair LeRoy  
Polly P. Lucy  
James McCall  
Robert J. McKenney  
Karen Montgomery  
Keith Muehleisen  
Burton Nusebaum  
James Nyborg  
Robert Rosati  
Ronald Rosati  
Robert M. Scott  
Mary and Dave Shapiro  
Lorraine Smallwood  
John S. Smith III  
J.V. Snyder  
Mark Spangler  
Pat Weldon

## 1988 Triathlon Members

George W. Beerhatter  
William S. Butler  
Michael Dovin  
Dave Faust  
Joseph Gibley  
Robert Huggins  
William Padula  
Howard M. Parsons

## 1988 Tandem Members

Richard Bernhard  
Ronald F. DelPiano, Sr.  
John D. Derven  
Richard Patterson

## 1988 Members Drexel Hill Racing Team

Vincent Angelucci  
Robert Ardecky  
Molly Brown  
William S. Butler  
Andrew Christensen  
Robert L. DeLuca, Jr.  
Michael Dovin  
Andrew J. Duda  
Thomas Elder  
Robert Gallen  
Mark T. Grabowicz  
Daniel C. Hagenman  
Steve Harriott  
Douglas Hart  
Frank Havnoonian  
John Ivanoff  
Chris Izzo  
Bruce Kelly  
Frank Kinkade  
Carmille Marziane  
Robert J. McKenney  
John Neilon  
Stephen F. Piotrow  
Robert Rosati  
Ronald Rosati  
Moylan J. Shea, Jr.  
Dan S. Trsic  
John Warda  
Timothy W. Watkins  
John Weisgerber  
Scott J. Wexlin

## 1988 Members DVBC Team Casual

Bill Baratta  
Kevin J. Doerr  
Michael Dovin  
Joseph Freiberg  
Steve Horn  
David B. Morton  
J.P. Nawn  
James Nyborg  
Richard Patterson  
Carmen Placido  
William Slavin  
Edward Silcox



**MICHEL LOLITA** ate his bicycle.

# SPECIAL EVENTS

JOIN   DVAC

JOIN   DVAC

June 4 (1988) - VERMONT APPLE COUNTRY CENTURY; 25, 50 & 100 miles; lightly traveled, moderately rolling terrain; SASE to: Rick Trainer; Churchill House Inn; R.D.#3; Brandon, VT 05733 (802)247-3078

June 4 (tentative) Maryland/Delaware Flatlands Tour (25,50,75 Miles) Write to Baltimore Bicycling Club, 1013 Argonne Drive, Baltimore, MD 21218 or call 301-667-6488.

## GET READY METRIC CENTURY

**SATURDAY, JUNE 11, 1988**

8:00 a.m. — Registration Opens  
NO RAIN DATE

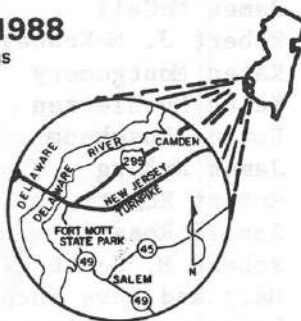
### FORT MOTT STATE PARK

Off Route 49 — between Salem and Delaware Memorial Bridge

Half and Full Metric Century Riders  
Ride First 35 Miles Together.

**GREAT FOOD • SAG WAGON • MAPS and PATCHES**  
(First 100 riders will receive patches on the day of the event.)

PRE-REGISTER — \$6.00 DAY OF EVENT — \$8.00



Write: South Jersey Wheelmen • P.O. Box 2705 • South Vineland, NJ 08360-2705

Liability Waiver Required

### Pennsylvania Bicycle Club

John Pixton - River to River Century

25 - 50 - 100 Miles Sunday June 12, 1988

Travel through scenic Montgomery and Bucks Counties, from the banks of the Delaware to the banks of the Schuylkill. Rolling terrain, some hills.

Starting Location: AMH Health Center, Blair Mill Rd., Willow Grove.

From the South:

Take exit 27 (Willow Grove) on the Pennsylvania Turnpike.

Proceed north on Rt 611 to the 2nd traffic light.

Turn left on to Blair Mill Road. AMH is 4/10 mile on the left.

From the North:

South on Rt 611. Pass the US Naval Air Base Entrance.

Turn right at the 3rd traffic light (2 1/2 miles) on to Blair Mill Road. AMH is 4/10 mile on the left.

Starting time: 8 AM for 100 miles  
9 AM for 25 and 50 miles.

Registration: \$6 until June 11, then \$8. Includes special patch, lunch marked roads, cue sheet, and sag wagon.  
Make checks payable to Pennsylvania Bicycle Club, and mail with the registration form below to:

Emerson Custis  
7 Edward Rd  
Hatboro, PA 19040

For information: Emerson Custis (215) 675-3782 after 9PM  
Jon Hayward (215) 639-7274 (work)  
(215) 297-8566 (home)

Bicycles should be in good mechanical condition and protective head gear is recommended. ALL traffic laws are to be obeyed.

Sunday, June 12: YORK METRIC CENTURY, New Oxford H.S. Info: York Bicycle Club, Box 1541, York, PA 17405; (717) 843-5863.

June 3-6 - GEAR UP '88, Millersville State University, Millersville, PA, sponsored by LAW, hosted by Lancaster, White Clay, and Baltimore Bicycle Clubs in the PA Dutch country. 28 rides of 12 to 100 mi. through gently rolling Amish farm country. Shops, exhibits, clothing and crafts, live entertainment. Write: League of American Wheelmen, 6707 Whitestone Rd., Baltimore, MD 21207. Call: (301) 944-3399.

June 5th - 13TH ANNUAL ASSAULT ON MT. MITCHELL, sponsored by the Spartanburg Freewheelers. "...one of the toughest 10 rides in the US..." 102 mi., passing through the foothills of the Blue ridge Mountains, then to the top of Mt. Mitchell, the highest point east of the Mississippi. Reg. by April 20th, \$15/\$25/\$30. Sag, some food. Write: Spartanburg Freewheelers, Inc., P.O. Box 6171, Spartanburg, S.C. 29304; Call: Bill Deeken, (803) 576-4829, or, Scott Hoffmann, (803) 583-3448.

June 11-12th - EIGHTH ANNUAL GREAT FINGER LAKES BICYCLE TOUR, sponsored by STBC A 2 day tour in NY from Cayuga Lake State Park, Seneca Falls, to Watkins Glen State Park and return. \$30, incl. 3 meals, maps, lodging, sag. Call Augie Mueller, 607-722-6005 or write STBC Inc., 4009 Drexel Drive, Binghamton, NY 13903.

## 12 Sunday

Williamsport, Md.; Scenic Western Maryland Century; 7 a.m. Williamsport H.S.; 50, 63, 100 mi.; mod. hilly; \$5 till May 28, then \$7; incl. map, food; helmet required; L.A.W. patches; Cumberland Valley Cycle Club, Paul Oberg, P.O. Box 711, Hagerstown, MD 21740; (301) 797-6531.

Cut Here

Name			
Address			
City, State, Zip			
Telephone			
Participant Release - Read before signing	Club, if any		
<p>In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge the Pennsylvania Bicycle Club, or any of its officers, members, sponsors, agents or representatives, from any and all rights and claims for property damage and/or personal injury arising out of my traveling to, participating in, or returning from the PBC John Pixton - River to River Century, June 12, 1988</p>			
Participants Signature	Parent or Guardian of minor must sign.		

Send in this form

# SPECIAL EVENTS

JOIN   DVAC

JOIN   DVAC

August Covered Bridge Metric Century  
Lancaster, PA Lancaster Bike Club  
25, 50, 100 KM. SASE to LBC, Box 535,  
Lancaster, PA 17603; 717-394-8220.

August 6 Sat. Princeton Bicycling Event  
Princeton, NJ Princeton Free Wheelers  
10, 25, 50, 100 miles. SASE to PFW,  
Box 1204, Princeton, NJ 08542; 609-  
393-1206.

August 6th - BICYCLE RAILROAD TRAIN TRIP, sponsored  
by the Baltimore Bicycling Club. BCP members raved about this  
one last year. 17 mi., C+ touring pace, bike trip to Thurmont,  
MD. Board MMID Excursion Train to go up Catocin Mts.,  
Bike 25 mi. back to Frederick for catered dinner, plus door  
prizes. \$22. Call Jane Cohen (301) 695-7230 or Gordon Ritter,  
(301) 744-1057 for info. Send check made to BBC, 1712 Car-  
riage Way, Frederick MD., 21701.

Saturday, August 13: DOG DAZE CENTURY,  
Unionville Middle School, Unionville, PA,  
25/50/65/100 mi, 7:30 AM, \$6. Info:  
Brandywine Bicycle Club, Mike Stull, 1549  
Rodney Dr., West Chester, PA 19382; (215)  
793-2341.

August 13-14th - HARPERS FERRY HAPPENING (MS Bike  
Tour), Mechanicsburg to Harpers Ferry, WV, 150 mi.. For info:  
Marge Ciervo, (717) 691-0983 (day), 766-6163 (eve).

August 13-14th - MS 150 BIKE TOUR, sponsored by the  
Central PA Chapter, Multiple Sclerosis Society. Two day event;  
from Harrisburg, PA, to Harper's Ferry, W.Va.; tour benefits  
MS. Meals, transportation, sag, and lodging provided. Must  
raise \$1/mi.. Write Central PA Chapter, Multiple Sclerosis  
Society, 1 Ararat Blvd., Harrisburg, PA 17110-9720 or call 717  
652-2108.

## BRIDGETON ZOO RIDE

SATURDAY, AUGUST 13, 1988

8:00 a.m. — Registration Opens

NO RAIN DATE

SCHALICK HIGH SCHOOL

Route 553, Centerton, New Jersey

25 and 50 mile loops to Bridgeton Zoo

SAG WAGON • ROUTE SHEET • MARKED ROUTE and PATCHES

Registration (Day of Event) — \$6.00

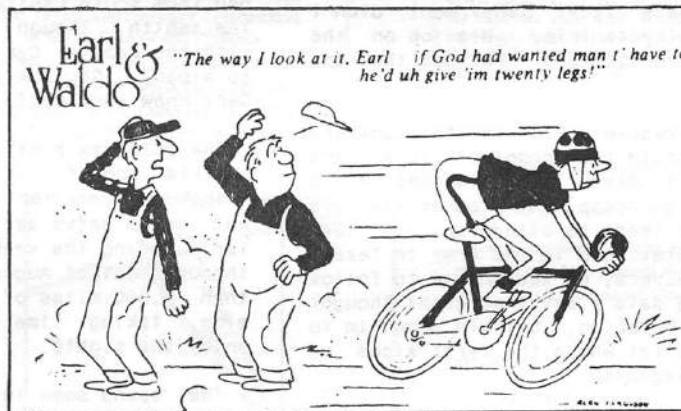
Write: South Jersey Wheelmen

P.O. Box 2705

South Vineland, NJ 08360-2705



Liability Waiver Required



September 18 (Sun) Brandywine Tour--TOBRV--(25,50,100 mi.), Tour of  
Brandywine River Valley. Sponsored by Delaware Val-  
ley Bike Club, 527 Gainsboro Rd., Drexel Hill, PA.  
19026. Attracts 500-700 riders each year!

## JERSEY DEVIL CENTURY AND HALF CENTURY

SATURDAY, SEPTEMBER 24, 1988

8:00 a.m. — Registration Opens

NO RAIN DATE

PARVIN STATE PARK (Thundergust Lake)

Route 540 and Parvin Mill Road, Centerton, New Jersey

Half and Full Century Riders Ride First 50 Miles Together.

Same Good Food at Lunch, Sag Wagon, Maps and Patches to All  
(First 150 riders will receive patches on the day of the event.)

Pre-Register — \$6.00

Day of Event — \$8.00

For The Best In South Jersey Century Riding!

Write: South Jersey Wheelmen • P.O. Box 2705 • South Vineland, NJ 08360-2705

Liability Waiver Required



Sep 18

Su

COLONIAL CENTURY, start York Cycle Co., 337 W. Market St., York. York BC, Box 1541, York  
17405 (717/244-4793)

Sep 24

Sa

SAVAGE CENTURY, Newark, DE, one of the toughest in the East. White Clay BC, 2610 Phila.  
Pike #D10, Claymont, DE 19703 (302/798-7717)

Nov 26-Dec 10

AUSTRALIAN BICENTENNIAL CALTEX BIKE RIDE, Melbourne to Sydney, Australia, Australia's 200th  
Anniversary, early registration advised. Australian Bicycle Events, c/o Florida AYH, Box  
1108, Tallahassee, FL 32302 (800/338-3493)



# Tandems — Bikes Built for Two

Be a Well Dressed Cyclist—

Wear a Helmet



## PEDALING PARTNERS

The fact that Gery Jahoda is legally blind didn't stop him and his wife Pat from tackling a tour of Europe by tandem last summer.

In June, the Jahodas, TCA members from Tallahassee, FL, loaded their Santana onto an Icelandic Air Lines flight from Orlando to Luxembourg. For the next 6 1/2 weeks, they cruised the bike paths and roads of West Germany, Belgium, Holland, and France. The couple dealt with unexpected rain showers and an occasional lack of accommodations while pedaling beside such views as steamers and swans traversing a 160-mile stretch of the Danube River in Germany.

Gery Jahoda's visual impairment didn't hamper the bicycle trip. His job on the bike was that of stoker. Pat was the captain.

Gery, a 62-year-old Florida State University professor in the School of Library and Information Studies, first learned he had retinitis pigmentosa (a progressive eye disease that leads to blindness) in 1944 when he was stationed in the Army in Texas. On night maneuvers, he was unable to follow his unit. He said a savvy sergeant thought he was gold-bricking, but did send him to an Army hospital where the first signs of his RP were diagnosed.

Gery uses sophisticated video and camera equipment to boost written words to a size and intensity that he can read. Pat, his favorite stoker, also assists him. Bicycling had seemed to be a hobby beyond Gery's limits, considering his inability to see clearly.

But several years ago, Pat found a rusty second-hand Schwinn tandem bike and had it renovated for them to use. "It was a gift that opened up new worlds for me," Gery said.

Their first trip included a ride up the incline at the overpass on Pensacola Street at Doak Campbell Stadium, near their west-side Tallahassee home. "We could hardly make it," Pat said.

## PEDALING PARTNERS

The old Schwinn was only a single-speed, with not gears to help them pedal up hills. But despite the physical efforts, the Jahodas enjoyed the outing. Soon they traded the Schwinn and purchased a five-speed bicycle.

As the couple's enjoyment of the new hobby increased, they decided to step up to a new Santana Elan. Compared to their previous bikes, "It's a Cadillac of tandems, both in price and performance," Gery said. The couple then joined the Capital Cyclists and began to ride in earnest.

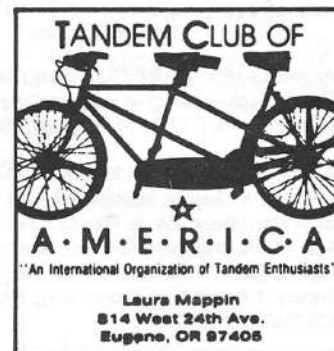
They made excursions to locations outside Tallahassee, including frequent trips down the bike path that runs on the old railroad bed from south Capital Circle to St. Marks. The zenith, though, was an eight-hour ride with the Capital Cyclists from Tallahassee to Albany, GA. After that trip, Pat and Gery knew they could tackle Europe.

The trip was a natural for Gery. Born in Austria and fluent in both German and French, he was familiar with the countries and could serve as the couple's interpreter. During the weeks from the end of June through most of August, they bicycled more than 1,000 miles of the European countryside, taking time to talk with people and enjoy the sights.

"We spend some lovely evenings chatting with people and exchanging ideas over a glass of wine," Gery said. "We felt we really met the people and saw the countryside by bike. A tour could not have duplicated our experience for any amount of money."

The summer is now a pleasant memory, but the Jahodas are looking to the future. If things go well, they'll be loading their Santana on another transatlantic flight in late spring. The couple hopes to be cycling through Europe again, this time in the south of France. Let's hope they choose to share their adventures with the Tandem Club of America!

--Excerpted from the Tallahassee Democrat, December 17, 1987.



## ROSTER

Bernhards (Upper Darby)  
Dervens (Wilmington)  
Echols/Stathis (Lansd.)  
Hartungs (K of P)  
Josephs (Rose Valley)  
Metzgars (future)  
Pattersons (Drexel Hill)  
Yockeys (Bucks County)

Join DVBC's Tandem Division to "Double" your fun!

## TANDEM CALENDAR '88

July 28-31, 1988. 2nd Annual Truce Weekend. Stevens Point, WI. Everyone's invited to come ride with the CATS (Chicago), the Loons (Twin Cities), and the COWS (Wisconsin). SASE to John & Peggy O'Dell, 1941 Elk, Stevens Point, WI 54481. Ph: (715)-344-2732.



August 4-7, 1988. Eastern Tandem Rally'88. University of New Hampshire, Durham, NH. SASE to Bob & Linda Harvey, 16 Clinton Street, Salem, NH 03079

August 7-14, 1988. ETR'88 Post-Tour. SASE to Bob & Linda Harvey, 16 Clinton Street, Salem, NH 03079

September 2-5, 1988. Midwest Tandem Rally'88. Springfield, IL. SASE to John & Marcy Werthwein, 3354 Interurban Road, Springfield, IL 62707

# SPECIAL EVENTS

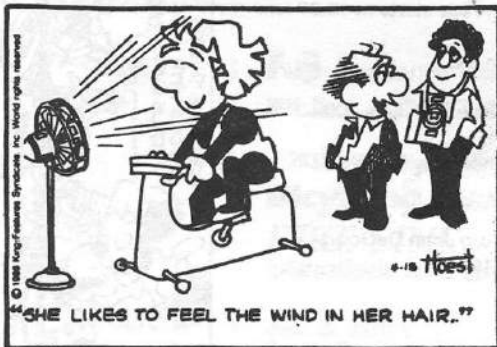
JOIN   DVAC

JOIN   DVAC

June 18th - JERSEY DOUBLE, sponsored by the Western Jersey Wheelmen. 200 mi. ride through several rural counties of NJ. \$10/15. Write: Western Jersey Wheelmen, c/o Mike Bohrer, Box 267, Dreahook Rd., Lebanon, NJ 08833. Call: Mike at 201-236-9619.

June 18th - REHOBOTH DOUBLE CENTURY, sponsored by the White Clay Bicycle Club. 212 mile rte. to Rehoboth and back features flatlands, Amish farmlands and buggies, game preserves of Rte. 9. \$12, patch, map, sag. Write: White Clay Bicycle Club, 405 West 13th Street, Wilmington, DE 19801; Call: (302) 654-6579.

June 18-24th - CATSUP '88, sponsored by The Ozark Area Council, AYH. A tour of Missouri through the cities of Louisiana, Canton, Kirksville, Fulton, and St. Charles. 60-100 mi/day. \$145/160, incl. some food, maps, sag-shuttle, T-shirt, TLC. Write: Ozark Area Council of AYH, 1908 S. 12th Street, St. Louis, MO, 63104. Call: 301-421-2044.



June 19 (Sun) **US Pro Race** - Philadelphia, PA, Fairmount Park - Manayunk Wall.

June 19 (Sun) **DVBC Father's Day Time Trial** - 5 Mi; 9:15 AM; sponsored by Team Casual, 527 Gainsboro Road, Drexel Hill, PA 19026

## 19 Sunday

Wilkes-Barre, Pa.; Gouldsboro Getaway; 9 a.m. at Geisinger Medical Center; 50 mi.; rolling to very hilly; \$6 till June 4, then \$10; incl map, patch, sag, route markings, food; swimming; helmet required; Wyoming Valley B.C., Donna Morgan, 428 N. Maple Ave., Kingston, PA 18704; (717) 287-7245.

## 25-26 Saturday-Sunday

Milwaukee, Wis.; TOBRAW's North Kettle Moraine State Forest, 9 a.m. at Concordia College; 68 mi.; rolling; \$35 till June 1, then \$45; incl. gym or tenting, two meals, sag, maps, cue sheet; TOBRAW B.C., Melvin Welch, 3632 W. Maple St., Milwaukee, WI 53215; (414) 383-5563.

Trexertown, Pa.; MS 150 Bike Tour; 7 a.m. at Lehigh Co. Velodrome; 75 mi. daily; rolling; \$15; incl. map, sag, route markings, food, lodging, baggage shuttle, T-shirt; preregistration by June 3; Lehigh Wheelmen Assoc., Mary Lynn Burtaine, National MS Society, 1228 Turner St., Allentown, PA 18102; (215) 821-8360.

## 26 Sunday

Betterton, Md.; Bay to Bay Ride; 7 a.m. at beach front; 72, 86, 107 mi.; flat; \$6 till June 16, then \$8; incl. map, patch, sag, route markings, food, swimming; Eastern Shore Velo Club, Jim Gent, Box 393, Centerville, MD 21617; (301) 778-4881.

**THE ULTIMATE BIKE TREK!**  
Spend the weekend with round-the-world cyclists  
ROGER AND BETSY KALTER of Marietta, Ohio  
at the  
**BLUE AND GRAY RALLY**  
June 24-26 Gettysburg College  
Also 125th Anniversary Celebration  
of the BATTLE OF GETTYSBURG  
Bike Train Low Cost Limited to 200  
**BICYCLING FEDERATION OF PA.**  
413 Appletree Rd., Camp Hill, PA 17011  
(717) 761-3388 Write or call for Application

## Raritan Valley Round-Up '88

### STARTING TIME and PLACE

Registration opens at 7:00 a.m. Sunday, June 26, 1988, rain or shine at North Branch Park, Branchburg, New Jersey. For information call Howard Kovelman (201) 906-3677.

### MARKED ROUTES

All of our routes are marked with DAN HENRY-type arrows (→) distinctively keyed to the route. Each participant will receive a detailed map of the route selected with point to point mileage, food stops, landmarks, rest stops, etc., well marked.

### REFRESHMENT STOPS

High-energy food and drinks will be provided at the beginning of the day's ride, so riders may pack bag lunches. Water stops will be designated on the route maps. Light refreshments will also be provided after the ride.

### SAGS

Sagwagons will be provided to assist riders in case of mechanical failure, illness or injury. A telephone number will be provided for sagwagon assistance.

### SOUVENIR HEAD BANDS

NABISCO will give all riders a free head band and provide an assortment of snacks.

### INFORMATION

CJBC members will be available to discuss rides and answer all questions at the registration point. Choice of ride may be made at the registration point. Many CJBC members will ride routes and be available to answer questions along the way.

### SAFETY and TRAFFIC LAWS

It is CJBC policy that all riders obey all traffic laws and regulations. We urgently request that all riders exercise utmost caution and practice all the rules of safety during their ride. Before starting your ride, make sure that your bicycle is in good mechanical condition. **Bicycle helmets are mandatory on all RVRUP rides.** Each rider should carry a spare tube, a pump and a water bottle. Appropriate clothing should be worn.

Cycle Scenic Somerset  
and Hunterdon Counties  
Sunday June 26

## Raritan Valley Round-Up

Central Jersey Bicycle Club invites you to join us in our 11th Annual Round-Up through some of the most scenic areas of Somerset and Hunterdon Counties. This year's rally will offer a variety of rides which will appeal to the novice and seasoned cyclist alike. There will be 5 routes: a Rolling 100; a 62 (metric); two (2) Scenic 50's and a 25 mile ride. A special 12 mile route for the novice rider will be available. The 25 mile ride will be available as a leader-lead ride with starting times of 9:00 and 10:00 a.m. As in the past, all tours have been carefully chosen for scenic beauty as well as freedom from urban traffic.

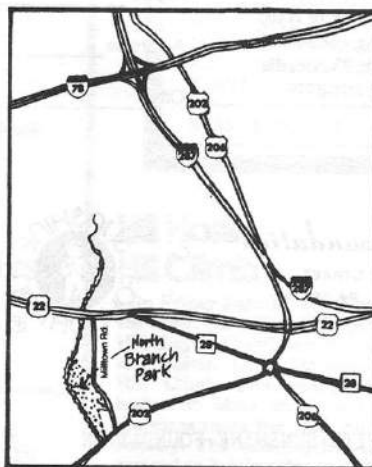
### REGISTRATION

Register early (by June 13) and your registration fee is only \$8.00. After June 13 or the day of the round-up, the registration fee is \$11.00.

RVRUP Facilities will close at 6:30 p.m.

**THERE WILL BE NO RAIN DATE!**

Raritan Valley Round-Up



### DIRECTIONS TO NORTH BRANCH PARK

From NJ Turnpike:  
Turnpike to Exit 10  
I-287 North to Rt. 22 West  
Rt. 202 South  
Right onto Milltown Rd.  
Left into North Branch Park



## Raritan Valley Round-Up '88 Registration Form

To participate in RVRUP '88, please return this form and the entry fee to: Howard Kovelman, 47 Walker Ave., Edison, NJ 08820 (201) 906-3677. Make checks payable to: Central Jersey Bicycle Club.

Print Name \_\_\_\_\_ (Sign release below)

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Club \_\_\_\_\_ How did you learn about RVRUP? \_\_\_\_\_

Emergency Telephone No. \_\_\_\_\_ Entry fee: By June 13 .... \$8.00 After June 13 .... \$11.00

### Participant's Release

In consideration of the acceptance of my entry: I do hereby, for myself, for my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, League of American Wheelmen or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participating in, or returning from the Raritan Valley Round-Up, 6/26/88. I agree to wear a Helmet for this event.

Raritan Valley Round-Up

# SPECIAL EVENTS

JOIN   DVAC

JOIN   DVAC

WHEN WRITING FOR INFORMATION ABOUT ANY OF THE LISTED SPECIAL EVENTS, PLEASE SEND A SASE- SELF-ADDRESSED-STAMPED-ENVELOPE.

July 1-3 - TO HEL'EN BACK, 4th annual. Sponsored by the American Cancer Society, Vancouver Bicycle Club, Gifford Pinchot National Forest, St. Helens National Volcanic Monument, and the Cispus Environmental Center. This is a 3-day ride around Mt. St. Helens, optional 60-110 mi. day 1, 90 mi. day 3. Fully supported ride with lodging and meals, Fri and Sat night. Sag wagon. Contact: Roger Humphrey, M.D. Chairman, To Hel'en Back '88, 2011 Main St., Vancouver WA 98660, (206) 254-3934. P.S. Addn., ride, TO HEL'EN BEYOND, a 200 mi. challenge on July 2nd is available.

Monday, July 4: FESTIVE DAY BIKE RACE, Downingtown, PA. Citizens race. Age categories: 15-18 (10.5 mi), 19-35 (25.2 mi), 36+ (10.5 mi). 10 AM, \$7 prereg. (limited entry) or \$9 at race. The Brandywine Bicycle Club is a sponsor of this event. Info: Downingtown Good Neighbor Day, Inc., 4 W. Lancaster Ave., Downingtown, PA 19335; (215) 269-0344.

July 10th - TOUR ACROSS NEW JERSEY, sponsored by Temple Beth Hillel. This is a tour race, trophies for different levels (incl. tandems). Distance 72 or 145 mi. Carmel Fire Hall, Rt. 552, Carmel, NJ. Cost \$12/\$15. Lunch, patch, sag, cue sheet/map. Send SASE for applications to: Mel Kornbluh, 33 Arcadia Place, Vineland, NJ. 08360; call after 6 PM, (609) 691-8779.

## Delaware XX Doublecross

"Once is not enough"

There are many bicycle rides that cross states, rides which are measured in hundreds of miles and many days. The White Clay Bicycle Club offers an alternative which is modest in time, effort, and stamina - a bicycle ride nearly anyone can do - that crosses and double crosses an entire U.S. state in 28 miles over flat terrain. The ride includes a map, unique patch, marked route, and sag wagon.

Date: Sunday 3 July 1988 (rain or shine)  
Registration opens 9:00 am; Ride starts at 10:00 am.

Where: Augustine Beach, Port Penn, DE

Fee: \$4.50 Pre-registration if received by June 30th.  
\$5.00 Day of the ride.  
Make checks payable to White Clay Bicycle Club.

Send Pre-Registration to:  
Delaware XX Doublecross, c/o John DeGood  
P.O. Box 294, Yorklyn, DE 19736  
(302) 239-6034

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_



Sunshine Foundation®

4010 LEVICK STREET  
PHILADELPHIA, PA 19135  
(215) 335-2622



Sunday, July 31: LAZY DAY CENTURY, Pottstown, PA. Info: Tri-County Pedalers, Bruce Wassel, (215) 948-3925.

### BIKE-FOR-A-DREAM BENEFITS SUNSHINE FOUNDATION

The 2nd Annual "Bike-For-A-Dream" benefiting the Sunshine Foundation will be held on Saturday, July 23, 1988 (raindate Sunday, July 24, 1988).

Bike-For-A-Dream includes a thirty mile bicycle ride through scenic Upper Bucks County, a barbecue of hamburgers and hot dogs for all participants and finally a two hour TUBING trip down the Delaware River. Everything is provided for in the \$20 registration fee. Registrants will be sent a sponsor sign-up sheet to raise additional money. Last year's bike-a-thon raised over \$8,000 for the Foundation. Awards will be given for various categories including oldest and youngest riders, special recognition for those bringing in over \$500 in sponsors and a top prize of a new bicycle for the most money over \$1,000.

The Sunshine Foundation grants dreams to terminally and/or chronically ill children. Dreams might include a family visit to Disney World, meeting a famous sports figure or taking a trip to Veterans Stadium. Over 6,000 dreams have been fulfilled so far.

For information or to receive a registration form contact: Philip Rosenberg, 237 Cherry Blossom Drive, Churchville, PA., 18966. (215) 364-3192.



July 31-August 6th - TRANE (The Ride Around New England), sponsored by The Charles River Wheelman of MA. A 6 day trip covering 6 New England states, intended for experienced cyclists, 70 mi/day. \$224, incl. sag, lodging, but not meals. Write: Marc Goldstein, 2657 Albany Ave, West Hartford, CT 06117, call: 203 233-7348.





# TEAM Casual

## 1988 LEHIGH COUNTY VELODROME SEASON SCHEDULE

★★★★★

OVER \$3,500 IN PRIZES  
**BIKE LINE  
INTERNATIONAL  
TEAM CHALLENGE**  
Teams are comprised of three men,  
with a 12-team field limit.

**The  
competition  
hates our  
guts.**

## TIME TRIAL RESULTS

DVBC MAY 8th 5 MILE TT  
COURSE: PROVIDENCE ROAD,  
GOSHEN ROAD, AND SUGAR-  
TOWN ROAD.

BUD GERHAB .... 14:01  
LORNE GROUT ... 13:41  
PAUL MCGOVERN . 13:11  
BOB GALLAN .... 15:18  
JOHN SAGUE .... 14:11  
CAM MARZIANI .. 14:16  
VINCE CALKINS.. 12:28  
Oldest Rider: 45  
Youngest Rider: 19

TIMEKEEPING BY:  
ROLLIN' RICH PATTERSON  
Please be ready to  
start at 9:15 AM SHARP!

For information about  
DVBC's TEAM Casual,  
PBC's BIKES BIKYLE,  
BIKE TECH's QCW Team,  
BBC's ALAN's Team, or  
Team Bike Line, Call  
DVBC's Mr. Time Trials  
Rollin' Rich Patterson  
at 215-622-2954!

TEAM Casual: Steve Horn,  
Kevin Doerr, Ed Silcox,  
Michael Dovin, William  
Slavin, Jim Nyborg, &  
Rich Patterson.  
SIGN UP TODAY!

NOTE: NOT ALL TIME TRIAL  
ENTRANTS ABOVE WERE TEAM  
Casual MEMBERS.

### TENTATIVE TEAM DELAWARE VALLEY BICYCLE CLUB TIME TRIAL SCHEDULE

MAY 8, 9:15 AM  
JUN 19, 9:15 AM  
~~JUL 4, 9:15 AM~~ JUL 17  
at 9:15 AM SHARP!  
AUG 14, 9:15 AM  
SEP 5, 9:15 AM  
OCT 30, 9:15 AM  
NOV 24, Time tba.  
DE 10 MILE TT.

WITHSTAND THE  
TOUGHEST TEST OF  
ALL- THE TEST OF  
TIME!

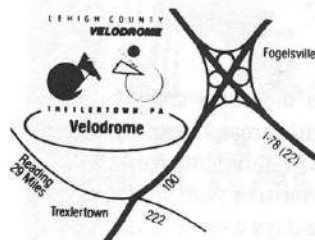
WEAR A HELMET!!

### Hill Hosts Hill Climb

On Friday June 17, two days before  
the CoreStates PRO Championships,  
Hill Bicycle Club/Team Hill will host  
the Molson Light Manayunk Wall  
Hill Climb. This year's challenge  
begins on Main Street and follows  
the same route the pros will ride on  
Sunday. The distance has been in-  
creased to 1 kilometer and the prize  
list is \$2,500.

Hill is also organizing the youth  
sprint championships in conjunction  
with the CoreStates race. The short-  
distance events are for children 7-14.  
Four preliminary competitions will  
be held at Toys "R" Us locations and  
the finals will be between laps of  
CoreStates on the Parkway.

- JUNE**
- 3 **Fuji** Sundance Women's Team Challenge
  - 10 **FULL CYCLE** Pro-Am Open
  - 17-18 *Campagnolo*  
**Bicycling** MAGAZINE Grand Prix
  - 24 **BIKE LINE**  
International Team Challenge
- JULY**
- 1 **John E. duPont**  
Junior Developmental Finals \*
  - 8 Eastern States Omnium
  - 15 The Madison Cup
  - 22 *Coca-Cola* Invitational Sprint Tournament
  - 29 The Keirin Final
- AUGUST**
- 5 Record Attempt Night
  - 10-12 U.S. JUNIOR NATIONAL CHAMPIONSHIPS
  - 19 **AIR PRODUCTS** Night
  - 26 Devil's Night



Lehigh County Velodrome  
217 Main Street  
Emmaus, PA 18049

FOR DETAILS

FOR EVENT  
INFORMATION  
CALL  
(215) 965-6930



**JOIN  
DVBC**

## THE SECOND ANNUAL Nestle Foods CYCLING CLASSIC

### FEATURING:

USCF SANCTIONED RACES • BMX RACES  
CITIZEN RACES • HIGH SCHOOL RACE  
DEMO'S • CELEBRITY RACES • FOOD FESTIVAL

LIVE MUSIC BY:  
**JAZZ LOBSTER ORCHESTRA**  
AND OTHERS

### NESTLE FOODS CYCLING CLASSIC EVENTS

CATEGORY	LAPS	TIME	PRIZES	PLACES	ENTRY FEE*
Women 4	12	10:00 AM	\$500 + Prizes	10	\$8.00
Juniors 14-17	20	AFTER	\$750 + Prizes	10	\$8.00
Senior 4	20	AFTER	\$750 + Prizes	10	\$8.00
Veteran 35+	22	PRECEDING	\$1,000 + Prizes	15	\$11.00
Senior 3	22	EVENT	\$1,000 + Prizes	15	\$11.00
Women 1-23	22	EVENT	\$2,000 + Prizes	20	\$15.00
Pro/Sr 1-2	40	EVENT	\$4,500 + Prizes	20	\$27.00/\$20.00

\* ALL FEES INCLUDE A \$1.00 USCF INSURANCE SURCHARGE.

A 9 MILE CLOSED CIRCUIT CRITERIUM  
IN HISTORIC FREEHOLD, N.J.

**\$10,500 CASH  
+ PRIMES**

1ST PLACE PRO/SR 1-2 - \$1,200.  
**SATURDAY, JUNE 25**

All USCF rules apply. Fields limited to 125. To enter  
send \$8.00 for entry form or send standard form to:  
Nestle Foods Cycling Classic, c/o Robyn Snyder Bauer,  
Race Director, 44 Broadway, Freehold, NJ 07728 (201)  
431-2832. Entry fees must be rec'd by 6/18/88. Entries  
rec'd after this date, post entry and unattached riders  
\$3 add'l entry fee must accompany entry form.

## Milano and Patton Victorious At Glen Mills!

### Oh What A Beautiful Morning !

By Drew Christensen

May 8, 1988. It was a beautiful spring morning and the start of something special. The Glen Mills Road Series was about to begin. It would end as a massive Team Drexel Hill Victory. At just about noon, ten exhausted racers stormed up the painful Glen Mills Hill to the finish line; the first six rode for none other than Team Drexel Hill.

Glen Mills I was a five lap race covering more than 35 hilly miles. Lap 1 was a "controlled" lap, but junior racer Isaac Pike was definitely out of control when he and his bike literally sprung into the air and out of the pack onto the grassy shoulder. No one was hurt, and with the help of Frank Havnoonian and Bob Owens, Isaac was able to return to his position in the pack, which held about 24 riders.

At the top of "The Staircase" on lap 2, two non-D.H. riders held a minimal lead. This lead was short lived; the two were quickly reeled in on the flats. More substantial was a lead of nearly a minute established by Team members John Bauer and Chris Hepp. This breakaway held up until the end of lap 3, when John and Chris were caught by a greatly diminished pack, now of only ten riders.

As the hills of the final lap were left behind, it became obvious that the race would be a close one. It was, with most of the pack finishing *en masse*. The Hero of the day was certainly a surprise. Fifteen year-old Glen Milano pulled ahead of Chris Hepp and Bud Welsh for an impressive victory. Glen crossed the line a speedy 1 hour, 46 minutes and 29 seconds after the start. Average lap time was 21 minutes and 17 seconds.



Junior rider Glen Milano relaxes after winning Glen Mills I

### Make The Most Of Your Time

By Frank Havnoonian

Now that the weather has improved, Team members should find themselves spending more time on the bike. That's great, but just sitting on a seat and pedaling without a specific goal and intelligent profile will only give you nominal improvement. Make the most of your short daily workout schedules by emphasizing quality five days a week and quantity mileage once per week. For example:

**Monday** Ten mile warmup. Five to six miles hard riding. Flat road intervals with a ten to fifteen mile warmdown.

**Tuesday** Same as Monday, but constant speed time trial. Flat road workout instead of intervals.

**Wednesday** Long day, 60 to 100 miles, steady 16 to 20 m.p.h., with some friends.

**Thursday** Light training race.

**Friday** Same as Monday or Tuesday

**Saturday** 40 to 50 mile ride, longer if you are preparing for a longer road race.

**Sunday** Race Day

This is what it takes! Call me with questions! (449-6154)

### Winners !

**Glen Mills I**  
**Sunday, May 8**  
**5 Laps, 35 Miles**

1st Glen Milano  
2nd Chris Hepp  
Bud Welsh  
4th John Bauer  
5th Steve Ellis  
6th Tim Watkins

**Glen Mills II**  
**Sunday, May 15**  
**5 Laps, 35 Miles**

1st Brian Patton  
2nd John Bauer  
3rd Unknown Rider  
4th Glen Milano  
5th Chris Hepp  
6th Chris Izzo



# Team Meeting Thursday June 2nd

## Meeting Report

By Drew Christensen

This month's meeting may very well be the most important of the season! The burning issue will, of course, be organization of team participation at the State Championships. The Team will be organizing carpools to and from the State Championship Time Trial Competition, Sunday, June 5th, and the State Championship Road Race Competition, Sunday June 12th. In addition to racers, we would also like to have individuals at the races to help with team support. Some rides may be leaving the Saturday night prior to each competition, so be sure to be at the meeting for details. If you are unable to attend, or wish to participate in the State Championships did not receive a U.S.C.F. mailing, contact Frank (449-6154) or Drew (622-6877) for details. The meeting will be held Thursday night, June 2nd, following that night's Thursday Training Race, which should be returning to Frank H.'s at approximately 8:15 p.m.

Glen Mills races will not be held in June. Races will resume July 3rd, following the State Championship events and the Corestates U.S. Pro Championships. Racers are welcome to show up for the Glen Mills races, but you may find the race to be only minimally competitive.

Congratulations to those Team D.H. racers who have been representing us in a variety of U.S.C.F. events throughout New Jersey, Pennsylvania, and New York. John Bauer, Chris Hepp, Chris Izzo, Steve Ellis, Jack O'Brien, and Junior Racers Brian Herda and Glen Milano, among others, have helped make Team D.H. a visible force in the East Coast racing scene.

Good Luck on June 12th!

## Upcoming

### June

**5 State Championship Time Trial Competition.** Nicholson, PA. **NEW LOCATION!** Registration: In addition to pre-registration, 7:00 to 8:00 a.m. on race day. Entry Fee \$6.00 (includes U.S.C.F. insurance)

**12 State Championship Road Race Competition.** Allentown, PA. Maxatawny Road Course, Route 222, west of Allentown. Registration: 6 a.m. to 12 noon. Entry Fee: \$6.00.

**For Details On Championship Events Call Frank (449-6154) or Drew (622-6877)**

**19 Millbury 175 Criterium.** 1:00 p.m. Purse: \$2000. Women, Veterans, Sr. Men. (617) 865-4873.

**25 Second Annual Nestle Food Cycling Classic.** NJ. Registration 9:00. All Classes. \$8 Robyn Bauer (201) 431-2832

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 WE SUPPLY EVERYTHING  
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**Drexel Hill  
 CYCLERY**

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**See The Full Range of Aluminum Technium Bikes!**

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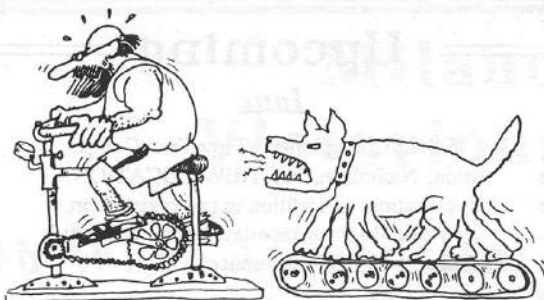
**626-4477**

703 BURMONT RD., DREXEL HILL  
 CLOSED WEDNESDAY



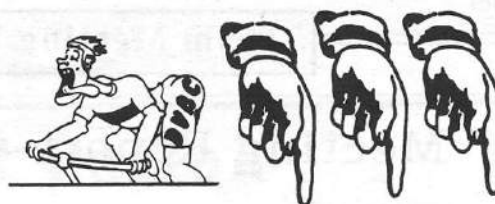
# DELAWARE VALLEY BICYCLE CLUB

P.O. Box 497  
Media, PA 19063



## FIRST CLASS MAIL

MEETING NOTICE: DO NOT DELAY DELIVERY



PLEASE  
AFFIX  
POSTAGE

(NEW SUPPLY OF CLUB T-SHIRTS IS IN!)

Place Label Here

The above mailing label constitutes a DVBC membership card expiring 60 days past postmark.

experience dictates  
the use of helmets



The 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 Ride Guidelines.) All rides are subject to cancellation due to weather. If in doubt about the weather or level of difficulty of the ride, please call the ride leader. Though the use of safety equipment, particularly helmets, is strongly urged, the club cannot accept responsibility for accidents or injury while participating in a DVBC event.

### Application for 1988 DVBC Membership (Expires 2/28/89)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Membership Type: ☐ Individual - \$10 ☐ Family - \$14

Membership includes: DVBC Newsletter Magazine, discounts at most Club sponsors, Club subsidized events, and free Bicycle Touring Newsletter published quarterly (\$3 value). Family membership includes two adults and up to two children. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

#### INTEREST SURVEY

##### Ride Pace

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

##### I'll volunteer for:

- ☐ Ride Leader  
☐ Sag Wagon Driver  
☐ Tour Food Stop  
☐ Newsletter Editor  
☐ Newsletter Typist
- ☐ Newsletter Collator  
☐ Advertising Coordinator  
☐ Newsletter Co-editor  
☐ Newsletter Delivery  
☐ Triathlon Editor

Please send your check or money order to:

**Delaware Valley Bicycle Club**  
P.O. Box 497  
Media, PA 19063

The DVBC Safety Foundation is established to promote bicycle safety in the Delaware Valley using posters, flyers, bumper stickers and rewards.

I wish to donate to the DVBC Safety Foundation:

☐ \$1 ☐ \$2 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25

#### Membership to DVBC Subdivisions

You must join the main organization (left half of this form) in order to be able to join a DVBC subdivision.

- ☐ \$7.00 DVBC-Team Drexel Hill (Road Racing)  
Drexel Hill Cyclery
- ☐ \$5.00 Team Delaware Valley Bicycle Club  
Team Casual! (Road Racing)
- ☐ \$5.00 DVBC Triathlon Div.
- ☐ \$5.00 DVBC Tandem Div.

Total Amount Enclosed