

D.V.B.C. meeting
Monday, July 11

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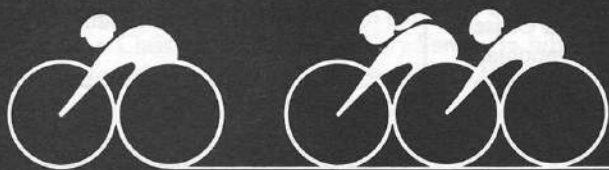
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DELAWARE VALLEY BICYCLE CLUB

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

FREE!



Long Distance Cycling Tip

—Mike Keating

Now that the warm weather has been here for a while and you have had time to get back in reasonable cycling condition, many of you will now do some longer rides. Besides your conditioning and the condition of your bike, there are two other important points to remember — water and food! I found out about water and food on an 80 mile ride to the shore last summer.

I drank plenty of liquids before I left and carried about 3½ quarts of liquids with me. It was a warm (85°), humid, cloudy day. The terrain was flat and I rode at a steady, comfortable pace (16 mph). As a whim I decided to keep track of how much liquid I would consume during the ride. Fortunately I had read cycling articles stressing that you have to drink *before* you get thirsty. I followed that advice and consumed 5 quarts along the way. When I arrived at the shore I expected to make a visit to the bathroom to eliminate a lot of excess water. Apparently my body made use of all 5 quarts, in addition to what I drank before leaving — I didn't visit the bathroom for another 5 hours! I had used 1 ounce of water for each pound of body weight. Imagine how much would have been needed had the terrain been hilly, my pace been faster, the temperature been higher, the sun been shining, or all four!

As with water, I consumed a big breakfast with lots of carbohydrates before I started. I had done some 60 mile rides in the Media area so I assumed that 80 flat miles would be nothing. I reached 64 miles in just over 4 hours and everything seemed fine. Then I started to get extremely tired and somewhat dazed. Without realizing it, I had burned all the glycogen my body had available! The last 15 miles were quite a struggle — frequent rest stops and an average speed of 9 mph. I gave up hope for the return trip the next day thinking I was clinically "leg-dead."

The next morning I rode an easy mile and my legs felt fine. I was puzzled. It never dawned on me that one could not pedal indefinitely at a comfortable pace. I started cautiously on the return trip, this time making a couple of food stops. Eating along the way made all the difference as I was able to average 16 mph for the return trip.

The old cliché fits the long distance ride: "Eat, drink and be merry," — or at least coherent and still pedaling.

WANTED: ADVERTISING COORDINATOR

The Delaware Valley Bicycle Club is in dire need of a volunteer to act as Advertising Coordinator for our newsletter.

As with virtually every publication, advertising is the greatest source of revenue. For each member of D.V.B.C., the club spends \$11 to print and mail newsletters each year. Considering that yearly membership is only \$10, you don't need a degree in accounting to see a problem here.

As Advertising Coordinator, your job would be to call on area bike shops and remind them that the D.V.B.C. newsletter is the most cost-effective means of getting the message out in the Delaware Valley. Newsletters from at least four other bike clubs reach most of the shops in Delaware County, but the people that work there will tell you that the D.V.B.C. newsletter is the first one to disappear from the reading rack every month.

If you have an evening or two each month to spend promoting the club that promotes the sport you love so much, give me, Greg Fox, a call and we'll talk.

EDITOR'S NOTE

It was nice seeing many of you at the CoreStates race a few weeks ago, but I caught a few of you without helmets. Okay, so I'm not your mother, but check it out: About 1,000 riders are killed each year...more than 75% die of head injuries. What's your problem?

Board of Directors

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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 Dela-
ware Valley Bicycle Club, nor do we en-
dorse 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 Decals50
Club Bike Decal25
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.

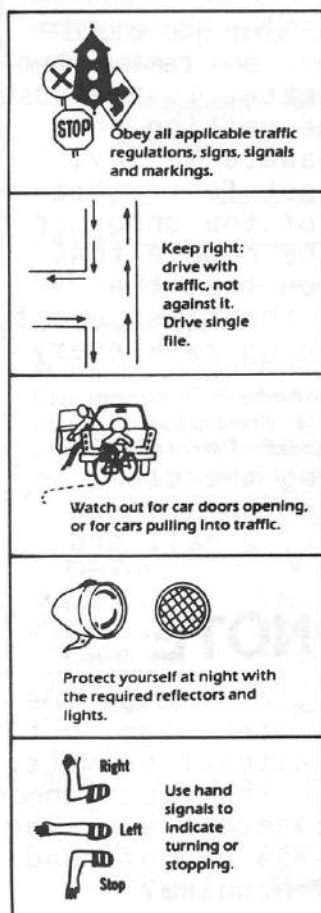
Ride Guidelines

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!!!



Ride Calendar

July 3 • 8 A.M. Miles: 50-60 • Class A <i>"A" Sunday in July</i>	Leave from the Bond Shopping Center at State Rd. & Lansdowne Ave. in Drexel Hill for this fast paced "A" ride every Sunday in July. The routes vary but not the pace. Call ride leaders Bill Baratta (622-5313) or Joe Pless (896-0423) to let them know you're coming or to get more information.
July 3 • 9 A.M. Miles: 30-35 • Class C + <i>Brandywine Battlefield</i>	Leave from the Media Courthouse (corner of Front St. & Veteran's Sq.). Enjoy a scenic ride along backroads (with some hills) out to the Brandywine Battlefield. Bring lunch so we can enjoy a picnic lunch at the park. Call Doug Kennedy (543-2871) for more details.
July 5 • 6:30 P.M. Miles: 13 • Class C – <i>Media and Back</i>	Meet at the lower parking lot of the Clover Store on Baltimore Pike in Springfield. Enjoy a scenic ride out to Media and return along back roads through some fine creek scenery. An easy-paced ride to for warm summer evenings. Call Walter Linton at 328-2871 for more details.
July 10 • 8 A.M. <i>"A" Sunday in July</i>	Leave from the Bond Shopping Center at State Rd. & Lansdowne Ave. in Drexel Hill for this fast paced "A" ride every Sunday in July. See July 3 for details.
July 10 • 9 A.M. Miles: 18 • Class C <i>18 Mile Megatour</i>	Leave from parking lot #15 Ridley Creek State Park. Reride the scenic 18-miler from the DVBC <i>Freedom Tour</i> (bring your cue sheet) or try it now if you missed the big one. Call Walter Linton at 543-2871 for more details.
July 10 • 10 A.M. Miles: 30-35 • Class C <i>Jersey Country</i>	Meet at Kingsway Regional H.S. (2nd light on Rt. 322 after the Commodore Barry Bridge). Tour the scenic S. Jersey countryside and treat yourself to delicious Richmond's ice cream. Call Rich Bernhard at 284-2019 for more info.
July 11 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: July promises to be yet another in our recent string of very interesting topics. Come out for a surprise topic!
July 16 • 9:30 A.M. Miles: 25 • 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. Ricky, Jr. may call for a possible milk stop. Rich Patterson - 622-2954.
July 17 • 8 A.M. <i>"A" Sunday in July</i>	Leave from the Bond Shopping Center at State Rd. & Lansdowne Ave. in Drexel Hill for this fast paced "A" ride every Sunday in July. See July 3 for details.
July 17 • 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. This is a good regular event for anyone wishing to improve their bike handling skills. For more information call Rollin' Rich Patterson at 622-2954.
July 17 • 10 A.M. Miles: 10-15 • Class C – <i>Ridley Creek St. Park</i>	Meet at the Media Courthouse (corner of Front St. & Veteran's Sq.). Enjoy this popular ride down to Ridley Creek State Park and possibly beyond. This is a ride for everyone. Call ride leader Bruce Haines at 565-9489 for more information.
July 23 • 9:30 A.M. Miles: 33 • Class C + <i>Express to Malvern</i>	Meet at the lower parking lot of the Clover Store on Baltimore Pike in Springfield. Enjoy this long easy-paced ride out to Malvern. Great scenery with few hills. Call Walter Linton at 328-2871 for more details.
July 24 • 8 A.M. <i>"A" Sunday in July</i>	Leave from the Bond Shopping Center at State Rd. & Lansdowne Ave. in Drexel Hill for this fast paced "A" ride every Sunday in July. See July 3 for details.
July 24 • 10 A.M. Miles: 40 • Class C <i>Longwood Gardens</i>	Leave from parking lot #15 in Ridley Creek State Park. Ride west on backroads to beautiful Longwood Gardens. We'll stop for a picnic lunch there (bring your food). Call ride leader Linda Goldman (543-5083) or assistant ride leader Rich Bernhard (284-2019) for more details.
July 28 • 7:00 P.M. Miles: 10 • Class C – <i>Swarthmore Tour</i>	Meet behind the College Theater at Fairview and Chester Rds. (Rt. 320) in Swarthmore. This will be a short, slow-paced ride around Swarthmore. A good choice for new riders. Call Ron Bowden (543-3408) for more information.
July 31 • 8 A.M. <i>"A" Sunday in July</i>	Leave from the Bond Shopping Center at State Rd. & Lansdowne Ave. in Drexel Hill for this fast paced "A" ride every Sunday in July. See July 3 for details.
July 31 • 1 P.M. Miles: 20 • Class C <i>Airport Tour</i>	Meet behind the College Theater at Fairview and Chester Rds. (Rt. 320) in Swarthmore. Take an easy-paced ride to Phila. International Airport and the Tinicum Wildlife Refuge with an ice cream stop along the route. For more details call Ron Bowden at 543-3408.
Aug. 2 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Come out to meet new friends, learn more about biking — or both. Watch August issue for topic.

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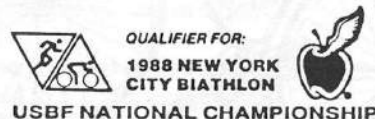
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5 MILE RUN FOLLOWED BY 20 MILE BIKE

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.

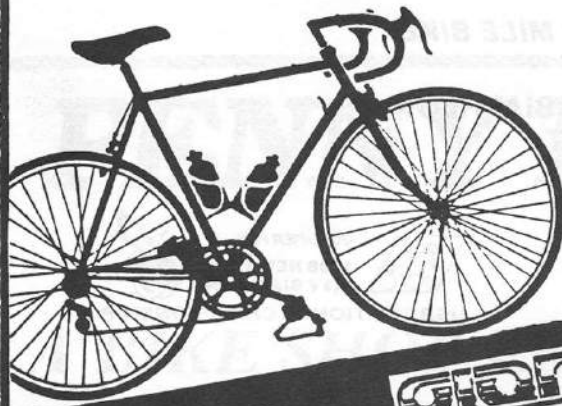
The bike course will be closed 3 hours after start of race. Bikers still on course after that time will be required to withdraw from race.

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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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
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583-7711

ARDMORE
55 W. Lancaster Ave.
649-9839

IN DELAWARE

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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



YWCA Biathlon for the Homeless

Sunday, August 7, 1988 - 8:30 a.m.

Sponsored by the
YWCA of New Castle County, DE

Produced and Directed by
Lyn Brooks, L. Brooks Productions, Inc.

Amenities:

- Long sleeve, 2-color, 100% cotton heavy-weight T-Shirts
- Ultratech "Orlon" Socks
- Prize Drawings
- Post Race Party

Distinctive Awards:

- Top 10 Men and Women
- Top 3 in most age groups
- "CoolMax" and "Lycra" garments and "Supplex" Winner's Jackets for top winners

Distances:

- 4 mile run
- 22.1 mile bike
- 3 mile run
- Packet pick-up Saturday, August 6 only
- Entry Fee: \$35
- Entries must be postmarked by July 27, 1988. Entrants limited to 500 (No Exceptions).
- Self-addressed, stamped envelope must be sent for acceptance notification.
- Tri-Fed sanctioned.

Volunteers are needed - everyone will receive T-shirts and will be invited to the post race party!

For more volunteer and race information and/or race application, contact:

Sonia S. Sloan
YWCA of New Castle County
908 King Street
Wilmington, DE 19801

The 6th Annual



LANCASTER YMCA TRIATHLONS

in the  of the
Pennsylvania Dutch Country

Sat., Sept. 10, 1988: Long race: 2k, 40k bike, 15k run

Sun., Sept. 11, 1988: Short race: ¼ mi. swim,
5 mi. run, 15 mi. bike

Race director:
Lyn Brooks

For brochure & registration materials, and a Lancaster County map & visitor's guide to attractions, lodgings, restaurants, outlets and shopping, write or call

1-717- 397-7474

Lancaster YMCA Triathlons
572 N. Queen St., Lancaster, PA 17603

Name _____

Address _____

City _____

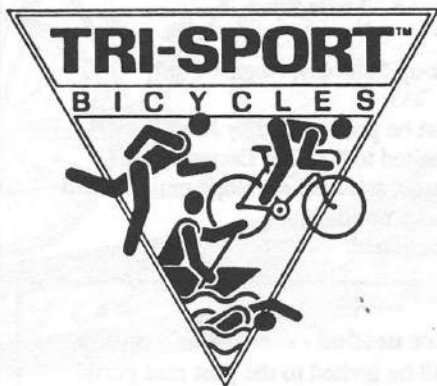
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SPECIAL EVENTS

July

JOIN   DVAC

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.

23 Saturday

Annaville, Pa.; Tour de Lebanon Valley Metric Century; 8-9 a.m. at Annville-Cleona H.S.; 32, 63 mi.; flat to rolling; \$5 till July 1, then \$7; incl. map, patch, sag, route markings, food; Lebanon Valley B.C., Robert Morris, R.D. #1, Box 153, Womelsdorf, PA 19567; (215) 589-2802.



Sunshine Foundation®

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



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.

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 _____

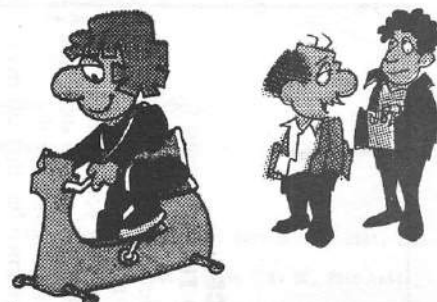
City _____

31 Sunday

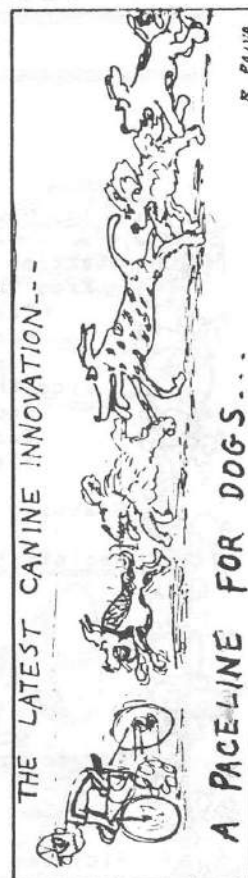
Pottstown, Pa.; Lazy Day Century; 7 a.m.; 25, 50, 100 mi.; rolling to mod. hilly; \$6 till July 17, then \$8; incl. map, patch, sag, route markings, food; helmet required; SASE to Tri-County Pedalers, Greg Kulp, Box 455, Bechtelsville, PA 19505.



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.



"IT KEEPS HER OUT OF THE KITCHEN."



SPECIAL EVENTS

JOIN   DVAC

JOIN   DVAC

PENNSYLVANIA BICYCLE CLUB

LAKE NOCKAMIXON CENTURY 62/100 MILES

SUNDAY AUGUST 7, 1988 Rain or Shine

Starting Location: AMH Helth 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: 7:30 AM

Registration: \$5 until Aug 6, 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.

Cut Here

Name

Address

City, State, Zip

Telephone Club, if any

Participant Release - Read before signing

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 of
property damage and/or personal injury arising out of my traveling to,
participating in, or returning from the PBC Lake Nockamixon Century,
August 7, 1988.

Participants Signature

Parent or Guardian of minor must sign.

RICE TO THE RESCUE

Whether it's work or play,
too much weekend activity
may leave you feeling stiff
and sore. If you've strained a
muscle, remember the
recommended first aid treat-
ment by remembering the
word RICE: Rest, Ice, Com-
pression (an elastic bandage)
and Elevation. If this treat-
ment doesn't relieve pain
and swelling, see your doc-
tor — you may have a more
serious injury that requires
professional attention.

THIRST AID

Hot weather can cause phys-
ical reactions that range from
mildly uncomfortable to
fatal. One way to beat the
heat is to drink plenty of
liquids. People often don't
realize they're becoming de-
hydrated until it is too late.
Make it a regular practice to
take a drink several times a
day.

Water is a more healthful
choice than soda pop. Alco-
hol and beverages high in
caffeine actually deplete
body fluids, so avoid them
on the hottest days.



SPECIAL EVENTS

AUGUST SEPTEMBER 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 Catoctin 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.



They'll Do It Every Time

BAD ENOUGH IS THE CLUB MEMBER WHO TAKES A
JOB AS CHAIRMAN AND THEN DOESN'T DO HIS BIT...



5-21 DAWN SQUAD



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



THE BETTER HALF



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 #010, 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

EASTERN TANDEM RALLY 1988

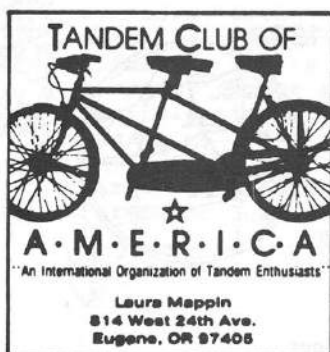
August 4-7, 1988
University of New Hampshire
Durham, NH

ETR'88 is set for the University of New Hampshire, a small "walking" campus located in the picturesque colonial town of Durham, just 20 miles from the Atlantic Ocean. Durham is a sleepy little college town which pretty much "closes up" for the night; however, there is lots of night life at both Portsmouth and Hampton Beach, just short drives away.

RIDES include both long and short routes in New Hampshire and Maine. Saturday's route goes east to Odiorne Point State Park in New Hampshire, for a catered picnic lunch by the ocean. Sunday's routes swing east into Maine, with a stop for lunch at Fort Foster in Kittery, Maine. Fort Foster is at the mouth of the Piscataqua River. Those choosing to arrive on Thursday or early Friday will be given maps and directions for other routes. These include two centuries, rides heading north and west from Durham into the hills, and several shorter, easy rides around the Durham area and along the coast. We'll even offer remote starting points/times for those who desire shorter routes.

LODGING will be the Undergraduate Apartment Complex. These are comfortable apartment suites in three-story buildings. Each apartment has two bedrooms, a living room, kitchen, and bathroom. Remember, **FIRST TO REGISTER GET THE FIRST FLOOR APARTMENTS**. Any couples wishing to share an apartment must send their registrations in at the same time, along with a note stating what's going on. **Shared apartments must be for the same package**. Couples with children are welcome, and they may reserve a whole apartment (for an appropriate extra fee), subject to space availability. We're even offering **CHILD CARE SERVICE**. At least we're trying to make these arrangements. Unfortunately pets are not allowed in the apartments!!!

ETR traditionally fills up fast! So if you haven't received your application form, send a SASE at once to ETR'88, c/o Bob & Linda Harvey, 16 Clinton St., Salem, NH 03079. Ph: (603)-898-5285 (evenings before 10:00 p.m. EDT).



DVBC's Captain Rich Patterson would like to use \$40 from the Tandem Division Treasury to purchase the video: "The Transcontinental Tandem Record Attempt" from Ultra Cycling, PO Box 73, Harvard, IL 60033. All DVBC Tandem Members would be invited for a viewing of this video. Anyone objecting to this idea, call Rollin' Rich at 215-622-2954.

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

AL KREITLER TANDEM ROLLERS--A REVIEW

It was this past fall when the evenings were growing shorter and there was a stiff chill in the air when my wife and I decided this year's riding season should end. We knew this meant riding our wind trainer. We soon realized that riding single on a wind trainer wasn't half as fun as our tandem. It was more difficult for the weaker member of our team (no names mentioned!) to push as hard as we did on the tandem. The main problem was that the companionship of riding on the tandem was missing. There just had to be some way of training together...

We asked around for ideas and were warned not to try the new wind trainers on a tandem. The massive weight, speed, and torque would eventually ruin even the best of them. There was only one way to go--a roller unit. We discovered the only roller on the market designed for tandems was the Al Kreidler Custom Roller with a tandem extension and "terrier" headwind unit. It is available with PVC or Alloy drums. This massively-built unit is designed to stand years of heavy use and still work like new.

We were unsure at first, after all, we thought, rollers are for people with great skill and balance. After some reading and discussions with our local TCA Dealer Member--Rodney Moseman of Bicycle World--we were convinced that even with "Mo and Curly" type of balancing skills we could easily master rollers. We chose the alloy drums which should last longer than the PVC drums and also decided to include the headwind unit. This headwind unit is a fan which can be adjusted for various resistances. After a short period of practice, we mastered the rollers and got so we didn't "roll off" the ends, a feat we only did once.

We quickly put the roller through the paces. Doing intervals, full speed sprints, and still the roller ran quietly (much less noise than a wind trainer) and most importantly, the unit felt solid the whole time. With the headwind unit attached we could feel ourselves getting in better shape faster and easier than ever before. Besides, we liked the cool wind the fan gave off from our power.

We should be all set to tackle the hills at the tandem rally in New Hampshire this summer. If you want to train together when it's cold, raining, or you just don't have the time to go outside to ride, then the Kreidler Rollers are definitely a good way to go. They are a worthwhile lifetime investment that will keep the fun in your riding.

Scott & Amy Hoffman
Lancaster, PA

1988 Tandem Members

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



TEAM Casual

1988 LEHIGH COUNTY VELODROME SEASON SCHEDULE

★★★★★

OVER \$3,000 IN PRIZES
BIKE LINE
INTERNATIONAL
TEAM CHALLENGE
Teams are comprised of three mags,
with a 12-team field limit.

The
competition
hates our
guts.

TIME TRIAL RESULTS

DVBC JUNE 19th 5 MILE TT
COURSE: PROVIDENCE ROAD,
GOSHEN ROAD, AND SUGAR-
TOWN ROAD.

ROBERT ROSATI.....13:34
RON ROSATI.....13:37
STU LEVY15:54
STEWART RESNICK..16:32
BOB PITTMAN.....14:46
CAM MARZIANI.....13:51

Oldest rider: 55
Youngest rider: 30

TIMEKEEPER: RICH Patter-
son; Assistance: Jim
Nyborg

Please be ready to start
at 9:15 AM SHARP!

Plans are to purchase a
new sophisticated stop
watch to time the riders.
expected Cost: \$80 at
Bill Battey's in Media.
If any TEAM Casual mem-
ber objects, call Rollin'
Rich Patterson. Call Mr.
"Time Trials" Rich at
215-622-2954 by July 15.
The \$80 will be from
TEAM Casual's Treasury.

SIGN UP TODAY!

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

- JUNE 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**

TENTATIVE TEAM DELAWARE VALLEY BICYCLE CLUB TIME TRIAL SCHEDULE

MAY 8, 9:15 AM
JUN 19, 9:15 AM
~~JUL 17~~ 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!!

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



DIRECTIONS

From East or West: Take I-78 (PA Rt. 22) to PA Rt. 100 south exit. Proceed 3 miles to intersection of Rt. 222 and turn right — Velodrome is 200 yards ahead on the right.
From North or South: Take PA Turnpike to Lehigh Valley exit (#33). Head west on PA Rt. 22 to PA Rt. 100 south exit. Proceed 3 miles to intersection of Rt. 222 and turn right — Velodrome is 200 yards ahead on the right.



JOIN
DVBC

Ride A Bicycle?

Enter the AT&T FourMan Corporate Cycling Challenge today. Grab three friends, who might be able to ride in single file over a 12 mile distance without getting lost, running into each other, or otherwise embarrassing your company — and prepare to ride in the most fun, festive cycling event of the year.

Enter today by calling
609-451-4MAN (609-451-4626).

Participate in a full day of competition and entertainment on Sunday, July 17, 1988. Compete in one of ten business categories for over 300 awards.

The first 100 teams to sign up will receive an AT&T duffel bag for each team member.
Date: Sunday, July 17, 1988
Time: First team off at 9:00am
Fee: \$200 per team of four
Entry: Limited to 600 teams
Place: Princeton Battlefield State Park

Each team, comprised of four persons from the same cor-

poration, start at one minute intervals and travel over a 12 mile course of rolling countryside.

With the start/finish festivities located in the historic Princeton Battlefield State Park, ride out through the Township of Lawrence and back.

AT&T
FourMan
CORPORATE CYCLING CHALLENGES



BENEFITTING
SPECIAL OLYMPICS

Enter today by
calling:
609-451-4MAN
(609-451-4626)

AT&T FourMan
Sponsored by:



MONTGOMERY
SECURITIES



Official Suppliers:
Reebok and
Alamo Rent a Car

Team Drexel Hill's John Bauer Captures State Championship Title

A Day at the Races...

By Drew Christensen

The District Championship Road competitions proved to be both a trying and triumphant experience for the 12 Team Drexel Hill racers who participated on June 12. The weather was nearly perfect. Humidity was low, and the heat was bearable. The team proved that it could work together well as a unit. Through Frank Havnoonian, our racers had a pro-level mechanic. Frank was always on hand, ready and

willing to fine tune any bike, make special pre-race adjustments, or offer some coaching advice. The team established an effective water zone during the Senior Men cat. 4 race, and Frank did a "memorable" job as feed support for "Shamus" McDermott in the Junior 16-17 race.

The result was a first place finish by John Bauer in the 18 mile senior men cat. 4 race, and a second place finish by Glen Milano in the 31.5 mile junior men 14-15 race. Glen's finish makes

him eligible for participation in the National championships which will be held in Reading in August.

Brian "King of the Hills" Herda was forced to drop out of both the the Junior men 14-15, and 16-17 race due to a crash and resulting bike failure. "Shamus" McDermott and Drew Christensen also suffered crashes in the Junior Men 16-17 race. Jamie Reilly withdrew from that race as a result of equipment failure.

Representing Team Drexel Hill in the 45 mile Masters race was Chris Hepp. Molly Brown sported the dazzling Drexel Hill Jersey in the 36 mile women's event.

Also competing in the 18 mile Senior Men cat. 4 race were Steve Ellis, Tim Watkins, Jack O'Brien, and Chris Izzo. Chris placed 9th in a messy finish. Steve and Tim finished with the pack.

Special thanks to Bob McKenney, Bob Gallen and Frank Havnoonian who came solely to provide rides and support.

John Bauer and Glen Milano Dominate Road Events at PA District Championships

June 12, 1988, what a glorious day it was for Team Drexel Hill; two of our racers returned from the PA District Road Championships with medals. John Bauer, a two year member of the team captured first place in the 18-mile Senior Men cat. 4 event, outsprinting

more than 180 riders in a very competitive race. Junior racer Glen Milano, a three time Glen Mills winner soared away from the pack to claim second place in the 31.5 mile Junior Men 14-15 race. Glen's finish qualifies him for the National Championships which will be held in Reading in early August.

John Bauer is by all means one of the Team's top riders. He has been placing consistently high in early season Goshen and Glen Mills races and has been representing the team at a variety of east coast U.S.C.F. events.

Glen Milano, at age 15, shows remarkable skill and formidable potential. Glen has the staying power to ride with the leaders and the sprinting ability to send himself off the front and beat just about anybody to the line. Glen has reached this level after only two months racing.

Attention

Regretably, I must once again ask that team and club members refrain from calling me at the bike shop. Summer is here, and we are extremely busy. I can not spend time discussing club or team matters in the shop. If you have a problem or question, either call me at home during the evening (449-6154), or call Drew (622-6877) any time.

Thanks,
Frank Havnoonian

Track Action!

Lehigh County Velodrome

July

- 1 John E. duPont Junior Development Trials
 - 8 Eastern States Omnium
 - 15 The Madison Cup
 - 22 Coca-Cola Invitational Sprint Tournament
 - 29 The Keirin Final
- All Races Start at 7:30 pm

Team Meeting Saturday July 2

Subaru Classic Comes to Philly

By Drew Christensen

May 22 was an exciting day for Philadelphia area cycling fans; more than 100 professional racers from the U.S. and Europe congregated at Philly's Headhouse Square for the second leg of the Subaru Classic, a city-to-city criterium series originating in New York. Racers fought it out in particularly hot and humid weather on a course which was 75 percent cobblestone.

The men's race was 40 miles in length which translates into 80 laps on the grueling course which was punctuated by four 90 degree turns. Roberto Gaggioli, an Italian racer riding for Fannini-Pepsi, claimed the winner's jersey for the second consecutive year in a powerful uphill sprint. The first place purse was \$1,585. Gaggioli's success can be attributed to his familiarity with cobblestone (or *pavé*, as it is called in Europe), and his superior

sprinting skill. In the 1987 Coors International Bicycle Classic, Gaggioli was declared the "Coors Silver Bullet" in recognition of his outstanding sprints. Second place went to Doug Shapiro of 7-11 who finished, along with Gaggioli, nearly a lap and a half ahead of the pack. Gaggioli and Shapiro had maintained this lead for more than half of the race. Third place was claimed by Matthew Kashara who finished approximately 1/2 lap ahead of the pack despite a serious crash earlier in the race, during which he suffered a mild concussion. Local rider Dave Farmer finished eighth overall.

The women's race was equally exciting, with Laura Peycke edging out local riders Karen Bliss of State College and Betsy Davis of New Jersey for first place.

From the city of Brotherly Love, the racers went on to San Rafael, CA, where the third leg was held on June 12.

Upcoming

July

1,2,3,4 Cincinatti Cyclebration
TT, RR, 2 Criteriums. Purse:
\$30,000 plus primes. All classes
Barry Sullivan (513) 721-5906

2 Cataswqua Nearly Annual GP
Andrew Bollinger 266- 9158

31 South Mountain Velo TTT
Erin Timothy (717) 263-5631

Team Rides

Thursday Rides Re-Scheduled

Effective immediately, Thursday Night Training Races will be held Wednesday nights in July. Riders should meet at 6:00 p.m. at the main bike path entrance in Ridley Creek State Park, or at 6:15 at the Glen Mills Post Office.

Glen Mills Races Every Sunday,
10:00 am at the Glen Mills Post Office.



LIGHTWEIGHT SALES SERVICE
RALEIGH 'DEALER OF THE YEAR'
WE SUPPLY EVERYTHING
FOR THE CYCLIST -- RACING
OR TOURING

AUTHORIZED DEALER FOR
RALEIGH

pro shop

EXPERT
REPAIRING

Drexel Hill

CYCLERY

CUSTOM FRAMES
BY H.H.

COACHING EXPERTISE BY FRANK HAVNOONIAN

See The Full Range of Aluminum Technium Bikes!

SALES • SERVICE • TRADES
WE SERVICE WHAT WE SELL

626-4477

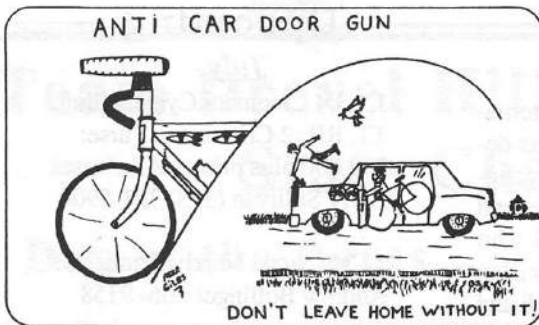
703 BURMONT RD., DREXEL HILL

CLOSED WEDNESDAY

FOR ALL YOUR CYCLING REQUIREMENTS

FREE PARKING

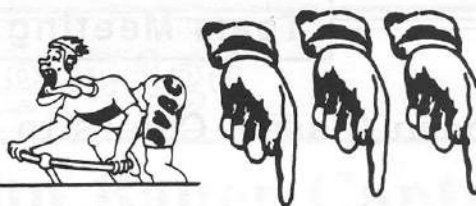
DELAWARE VALLEY BICYCLE CLUB
P.O. Box 497
Media, PA 19063



FIRST CLASS MAIL

MEETING NOTICE: DO NOT DELAY DELIVERY

experience  dictates
the use of helmets



**PLEASE
AFFIX
POSTAGE**

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

Exp 02/28/89
Richard Patterson
527 Gainsboro Road
Drexel Hill, PA 19026

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



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

I'll volunteer for:

- | | | |
|---|--|--|
| <input type="checkbox"/> Class D: slow | <input type="checkbox"/> Ride Leader | <input type="checkbox"/> Newsletter Collator |
| <input type="checkbox"/> Class C: average | <input type="checkbox"/> Sag Wagon Driver | <input type="checkbox"/> Advertising Coordinator |
| <input type="checkbox"/> Class B: brisk | <input type="checkbox"/> Tour Food Stop | <input type="checkbox"/> Newsletter Co-editor |
| <input type="checkbox"/> Class A: fast | <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Newsletter Delivery |
| <input type="checkbox"/> Off-Road | <input type="checkbox"/> Newsletter Typist | <input type="checkbox"/> 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.

- | | |
|---------------------------------|---|
| <input type="checkbox"/> \$7.00 | DVBC-Team Drexel Hill (Road Racing)
Drexel Hill Cyclery |
| <input type="checkbox"/> \$5.00 | Team Delaware Valley Bicycle Club
Team Casual! (Road Racing) |
| <input type="checkbox"/> \$5.00 | DVBC Triathlon Div. |
| <input type="checkbox"/> \$5.00 | DVBC Tandem Div. |

Total Amount Enclosed