# 12TH ANNUAL BRANDYWINE TOUR!

DELAWARE VALLEY BICYCLE CLUB
P.O. BOX 497, MEDIA, PA. 19063
FREE!

August 1988

## HELMETS

This month the D.V.B.C. newsletter is featuring "A Consumer's Guide to Bicycle Helmets," a brochure that includes what you'll need to know about buying and wearing a bicycle helmet.

Page 8

## RACING

Drew Christensen is on vacation this month, so his regular feature, "The Racing Edge" won't be gracing the back of our newsletter as usual. Drew will be back next month with more exciting racing news.

## QUOTE

Loyola's formula for manipulating men:
"Follow the other man's path to your own goal."

# BIKER BITES DOG!

Ha-ha, just kidding, really. But I have been vengefully looking for a story to go along with this headline for some time now. Ask any newspaper journalist and he will tell you his first lesson from the editor is that "Dog bites man!" is not a headline worth its weight in ink. But if the contrary, such as "Man bites dog," or "Taxes go down," or "No corruption found in local government" presents itself, stop the presses cold if you have to. I wanted to use this headline at least once befor I die, since either of the other two would cause too much mass hysteria.

Obviously there isn't a whole lot going on this time of the summer. One more month of serious training before it is open season on triathlons and centuries. (See Special Events section in back of this newsletter.)

If you show for the August 1st D.V.B.C. meeting, you will be treated to a special presentation by club member Bob Gallen, of Havertown. Bob recently returned from a bike tour in France where he followed on the heals of THE RACE.

*"Are you sure this is an authorized repair shop?"*

## Board of Directors

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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.

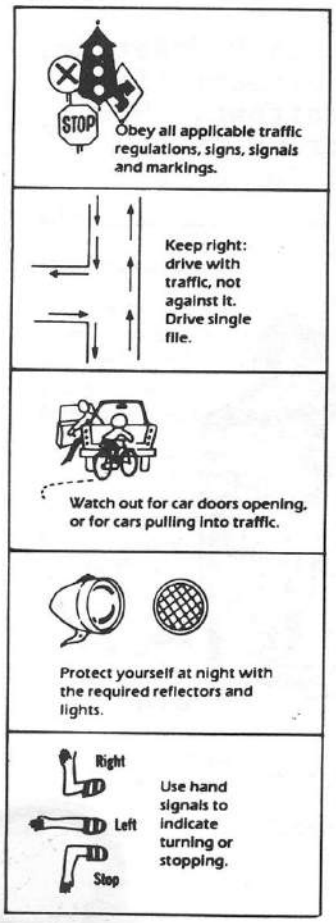
Letters to the Editor must be signed to be considered for publication.

## 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 ablilty, *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 oprganized 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

| | |
|---|---|
| August 1 • 7:30 P.M.<br>*DVBC Meeting* | Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Come and find out what surprise speaker will be featured. Meeting place is the Unitarian Church on Rose Tree Road just west of Rt. 252. NOTE: This meeting was listed incorrectly in the July newsletter for August 2. |
| August 7 • 9 A.M.<br>Miles: 10-15 • Class **C–**<br>*Ridley Creek St. Park* | Leave from the Moylan-Rose Valley train station (Woodward & Manchester Sts.). This popular ride will follow Ridley Creek to the park. A ride for everyone! Call Ira Josephs at 565-4058 for more information. |
| August 13 • 8:00 A.M.<br>Miles: 80+80 • Class **A–**<br>*Today for Shore . . .* | . . . *Tomorrow for Return*. Leave from the lower lot of Strawbridge's in Springfield (Rt. 420 & Baltimore Pk.) for this overnight ride to the shore. We'll get a ride across the Commodore Barry Bridge from the Port Authority then head for North Wildwood. Convenient cutoff point near Belleplain State Forest for Ocean City & South. Overnight accommodations are on your own. The return ride will leave about 2:00 P.M. Sunday so we'll have daylight. Ride pace will be about 16-18 mph with a food stop at Port Elizabeth and a few brief water/snack stops as needed. Call Mike Keating (891-9098 daytime, 543-3731 evenings) with any questions. |
| August 14 • 9:00 A.M.<br>Miles: 32 • Class **C**<br>*Beat the Heat* | Leave from the Chadds Ford Elementary School (Rt. 1 near Rt. 100) for this scenic ride into Delaware. Expect some hills on this route along the Brandywine and Red Clay Creeks. Call ride leader Doug Kennedy (543-4664) for more information. |
| August 14 • 9:15 A.M.<br>Miles: 5 • Class. **All**<br>*Goshen Time Trial* | Meet 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. |
| August 20 • 8:30 A.M.<br>Miles: 22 • Class **C**<br>*Chateau Country* | 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. |
| August 21 • 8:00 A.M.<br>Miles: 25-30 • Class **C–**<br>*Cool Spots . . .* | . . . *Along the Brandywine*. Meet behind the Wawa at Rts. 1 & 100 in Chadds Ford. Ride leader Fran Demillion will try to find the coolest spots along the Brandywine to pedal to. Optional brunch stop after the ride. For questions call Fran at 431-2675. |
| August 21 • 1:00 P.M.<br>Miles: 20 • Class **C**<br>*Media Local* | Meet at the Media Courthouse (corner of Front St. & Veteran's Sq.) for a comfortably-paced ride in and around the Media area. Enjoy some nice scenery, and a few hills, on a ride suitable for almost any casual rider. Call Frank Havnoonian (449-6154) for more details. |
| August 27 • 7:30 A.M.<br>Miles: 132 • Class **A–**<br>*Double Metric 4 Shore* | Leave from Kingsway Regional H.S. (Rts. 322 & 551 — 2nd light past Com. Barry Bridge) in N.J. Ride 66 miles to North Wildwood, then return. In Wildwood eat, rest and possibly go for a swim. Kitchen and shower facilities available. Leave about 3:30 the same afternoon for the return. Brief water/snack stops as needed. Mike Keating (891-9098 days or 543-3731 evenings). Rain date Aug. 28. |
| August 27 • 9:30 A.M.<br>Miles 20-30 • Class **C**<br>*Richmond's Ice Cream* | 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. If temperature is over 90° the ride will be cut to 10 miles. Rich Patterson - 622-2954. |
| August 28 • 10 A.M.<br>Miles: 35 • Class **C+**<br>*Hopewell Village* | Start at the main parking lot of Marsh Creek State Park (Rt. 282 above Downingtown). Tour the slightly hilly area around French Creek and visit St. Peter's Village. Bring a snack. Enjoy this opportunity to ride in an area not frequently found among our rides. Call Rich Bernhard at 284-2019 for more details. |
| August 28 • 1:00 P.M.<br>Miles: 20 • Class **C**<br>*Media Local* | Meet at the Media Courthouse (corner of Front St. & Veteran's Sq.) for a comfortably-paced ride in and around the Media area. Enjoy some nice scenery, and a few hills, on a ride suitable for almost any casual rider. Call Frank Havnoonian (449-6154) for more details. |

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# 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 State Zip

- Free t-shirt
- Cash prizes
- Merchandise prizes

**You've Got a Friend in Lancaster County!!**

**BUD LIGHT** BEER

## Make-A-Wish/Sea Colony
# TRIATHLON 1988
## Bethany Beach, Delaware
## SEPTEMBER 24, 1988

Qualifier Race for 1988 USTS Championships

**TIME:**
8:30 a.m. Starting Time

**WHERE:**
Sea Colony — Bethany Beach, Delaware

**DISTANCE:**
Swim — .9 Mile Ocean Swim — Parallel to Beach
Bike — 22 Miles — Out and Back on Route 1
Run — 6.2 Miles

**AWARDS:**
Top 5 Men and Women Overall
Top 3 Men and Women in MOST age Groups
(14-17, 18-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60+)
Top Relay Team — Any Combination Male, Female

**RELAY TEAM:**
Must Consist of 3 Team Members
*3 Applications MUST be received together*

**BIKE INSPECTION:**
In Conjunction with Packet Pickup at Sea Colony
All bikes must be inspected

**AMENITIES:**
Printed T-Shirt
Printed Results Mailed to All Participants
Complete Locker/Shower Facilities
**FREE BBQ TO ALL PARTICIPANTS following the race**

Your Race Number will be your ticket
Extra tickets available in limited supply for family and friends
Advance ticket purchase suggested
Available tickets NOT guaranteed Race Day

**TRI-FED SANCTIONED:**
YOU MUST HAVE PROOF of Current TriFed Membership
OR 1) Join TriFed for 1 year at $15.00
OR 2) Pay $8.00 for Race Day Insurance Coverage
*Bring your TriFed Application to registration — AVOID Last Minute Mailing*

**NOTE: Without Proof of Membership, You Will be Required to Join TriFed at Registration in Order to Participate — No Exceptions**

### ENTRY INFORMATION

For a 1988 application, send a self-addressed stamped 8x11 envelope to:

Sea Colony
*The beautiful beach and tennis community*

**Make-A-Wish Triathlon**
10215 Fernwood Drive
Suite 16LL
Bethesda, MD 20817

TRIATHLON USA FEDERATION SANCTIONED EVENT ™

Limited Entries

Net Proceeds will be donated to the Make-A-Wish Foundation

---

Aug 13 **Schooley's Mountain Women's Sprint Triathlon,** Morris Essex Triathlon Club, P.O. Box 1596, Morristown, N.J. 07960, (201) 968-8256, **Morristown, New Jersey**
S: .33m B: 15m R: 4m

Aug 20 **Curwensville to Clearfield Triathlon,** Terry J. Malloy, 19 North 3rd Street, Clearfield, PA 16830, (814) 765-3582, **Curwensville Dam, Curwensville, Pennsylvania**
S: .75m B: 15m R: 5m

Aug 21 **Hamlin Beach Triathlon,** Cathie Durand, 100 Kilbourn Road, Rochester, NY 14618, (716) 381-0679, **State Park, Rochester, New York**
S: 1.2k B: 38k R: 10k

Aug 21 **New York Triathlon-Series #2,** Big Apple Triathlon Club, Cherokee Station, Box 20427, New York, NY 10028, (212) 288-5661, **Hurriman State Park, New York, New York**
S: .5m B: 16m R: 5m

Sep 10 **Brigantine Island Triathlon,** Chris Solari/John Petti, P.O. Box 754, Brigantine, NJ 08203, (609) 266-7782, **Brigantine, New Jersey**
S: .25m B: 11m R: 4m

# PENNY FARTHING
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AUGUST 6 - 21

EVERY BICYCLE RELATED ITEM ON SALE

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|---|---|---|
| Fuji Club | $399.95 | reg 599.95 |
| Fuji Roubaix | $399.95 | reg 549.95 |
| Fuji Del Rey | $369.95 | reg 509.95 |
| Nishiki Cresta | $249.95 | reg 459.95 |
| Nishiki Riviera | $199.95 | reg 374.95 |
| St. Tropez 420 | $ 99.95 | reg 129.95 |

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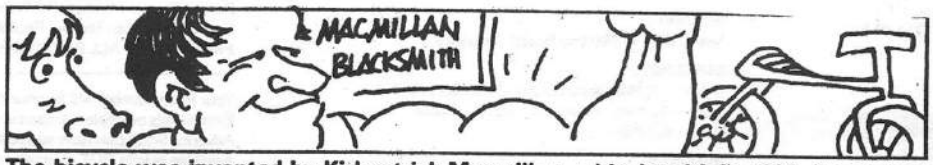



**The bicycle was invented by Kirkpatrick Macmillan, a blacksmith in 1839. It weighed 57 pounds and had a curved wood frame.**

For Sale

Miyata Pro 55 cm. Chromolly racing frame, new red paint. Campy record B.B, H.S., cranks, and pedals, Suntour derailleurs, Universal brakes, new Specialized saddle, tubular wheels. $4oo.00 O.B.O.

Windsor Track bike, 55 cm. red. Dura Ace Grouppo, extra cogs and chainrings, very good condition. $400.00 O.B.O. Please call Linda Elgart, 527-4820

# 12TH ANNUAL BRANDYWINE TOUR!

**SEPTEMBER 18, 1988**
**28, 50, or 100 mile routes**
**SPONSORED BY THE**

## *Delaware Valley Bicycle Club*

TIME: 7:30 A.M. for 100 milers; 8:30 A.M. for 50 milers; and 9:30 A.M. for 28 milers.

PLACE: Chadds Ford Elementary School on Route 1 (½ mile west of Route 100).

COST: Just $7 at the gate (or $5 by pre-registering below!) (Children; half-price if accompanied by an adult). (under age 17)

EXPECTED ATTENDANCE: Hopefully to exceed the 1986 attendance record of 432 participants! (Possibility of more than 500 riders!)

ADVERTISING: BRANDYWINE TOUR (TOBRV) will be listed in area newspapers! DVBC will have flyers at 30+ area bicycle shops. Don't miss it!!!

SERVICES BY DVBC: Food, map, sag service, award patch, and marked route.

ROUTES: Scenic, country back roads through the beautiful Brandywine River Valley. Century route passes through 3 counties including Lancaster Co.; Full & Half Centuries pass through King's Cattle Ranch in Buck and Doe Run. 28-mile route is mostly flat except Harmony Hill Rd. which has a covered bridge. A food stop is provided in Embreeville. (TOUR WILL BE HELD RAIN OR SHINE!!)

DESCRIPTION: You travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities, and all types of bikes are welcomed.

RECOMMENDATION: Use safe cycling habits! (helmet use recommended but not required. Each rider must assume his own responsibility.)

ABOUT DVBC: DVBC promotes all forms of cycling! Total membership exceeds 400 paid memberships. The club is affiliated with LAW, Pa. Bike Federation, USCF, & the Bike Coalition of Delaware Valley. DVBC is the premier bike club in Delaware County and is a non-profit organization. This event is open to all cyclists! Enjoy the late summer bicycling season!

FOR MORE INFORMATION: Please call Doug (215) 543-4664 or Rich (215) 622-2954.

12th ANNUAL (1988) DVBC BRANDYWINE TOUR (TOBRV) PRE-REGISTRATION FORM

Name: _____ Phone: _____ 100 Miles: _____

Address: _____ Age: _____ 50 Miles: _____

City: _____ State: ___ Zip: _____ 28 Miles: _____

PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER FOR $5.00 TO:
Delaware Valley Bike Club
c/o Norm Griffiths
P.O. Box 497
Media, PA 19063

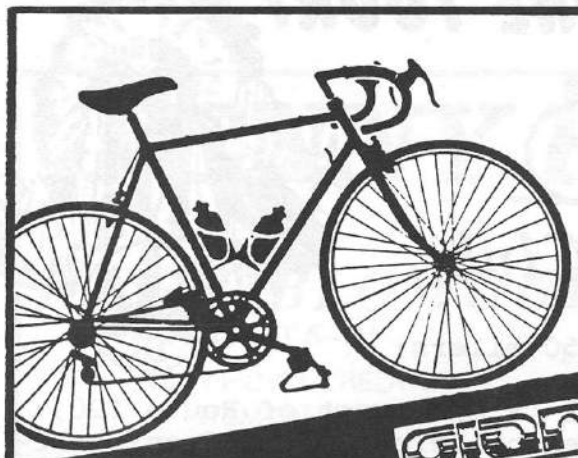
(If you are under 18, then your parent's or guardian's signature is required on a waiver/release form.)

**JOIN DVBC**

How did you hear or the BRANDYWINE TOUR? _____

SAVE $2 by pre-registering above! All pre-registration forms should be post-marked no later than September 13 Come on out to another DVBC Spectacular Event! If you would like to join Delaware County's premier bike club, write to the club address for an application form: DVBC, P.O. Box 497, Media, PA 19063. You are certainly welcome to join us for bicycling fun!
The club organizes slow and fast, short and long rides for all individuals.

HOPE TO SEE YOU AT THE 12TH ANNUAL BRANDYWINE TOUR (TOBRV) !!!!!!!!!!!!!!



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520 S. Union Street

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HOURS: Mon-Sat 10 to 6 pm Fri evenings til 8 pm

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A precision fitting of the bicycle to the cyclist.

Clearance Sale on cold weather gear

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**OVER 5000 BICYCLES IN STOCK**

**Clothing and Accessories for all Cyclists • Complete Repair Service Available**

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**IN PENN.**

| | | | | |
|---|---|---|---|---|
| PAOLI<br>Paoli Shopping Ctr.<br>647-8023 | WAYNE<br>165 W. Lancaster Ave.<br>687-1110 | WEST CHESTER<br>200 W. Gay Street<br>436-8984 | BROOMALL<br>2619 West Chester Pike<br>356-3022 | EMMAUS<br>831 Chestnut St.<br>967-1029 |
| ALLENTOWN<br>1728 Tilghman St.<br>439-1724 | PHOENIXVILLE<br>711 Nutt Rd.<br>935-9111 | NORRISTOWN<br>122 W. Germantown Pk.<br>275-4010 | COLLINGDALE<br>533 Mac Dade Blvd.<br>583-7711 | ARDMORE<br>55 W. Lancaster Ave.<br>649-9839 |

**IN DELAWARE**

| | | | |
|---|---|---|---|
| NEWARK<br>212 E. Main St.<br>302-368-8776 | WILMINGTON<br>2900 N. Concord Pk.<br>302-479-9438 | DOVER<br>595 N. Dupont Hwy.<br>302-678-1772 | PIKE CREEK<br>Pike Creek Shop. Ctr.<br>302-998-0202 |

# SPECIAL EVENTS

## August

JOIN DVBC

## PRINCETON BICYCLING EVENT

**August 6, 1988**

*The Princeton Free Wheelers' 8th Annual Bicycle Touring Extravaganza*

*Sponsored by Kopp's Cycle*

Ride through the beautiful countryside around the Princeton area with cyclists from all over the eastern United States: Choose from tours that range from an easy 15 mile ride to Hopewell to a challenging century, from flat tours to rugged hill climbs. Our complete facilities include convenient parking, telephone and rest rooms. A light snack is included. Sanction century patches will be available ($2.00 each) for ¼, ½, and full century. In addition to all this, we are continuing a one price policy of $7.00, however, if you pre-register, you get faster check-in and a FREE event T-shirt. (All others may order an event T-shirt for $5.00 – includes shipping)

### CHOICE OF ROUTES

There are six new routes, with cue sheets, map overviews and full road markings. All routes start from Rider College at 7 a.m. for the 100 mile tours, 8 a.m. for 50 mile tours, and 9 a.m. for the 25 mile and 15 mile tours. Make combinations that are as easy or as challenging as you wish.

### SUPPORT SERVICES

Kopp's Cycle will provide FREE, expert inspection and adjustment service at the start. A mobile on-call sag service will assist riders with mechanical difficulties throughout the day. At the end of the Event, sag wagons will "clear" each route.

*No Confirmations are Sent Prior to the Event.*

*Fees are Non-Refundable or Non-Transferable.*

### REGISTRATION

FEE: $7.00 (All applications postmarked after July 7, 1988, will be considered day-of-event registrations and will NOT be eligible for a free T-shirt.)

DATE: Sat. Aug 6, 1988 (NO RAIN DATE)

TIME: Start 7 a.m. 100 mile
8 a.m. 50 mile
9 a.m. All others
(NO riders will leave after 10:30 a.m. and there will be an earlier cut-off for the longer tours. The event ends at 6 P.M. No services or personnel will be available after that time.)

LOCATION: Rider College, Rt. 206, Lawrence Township, Exit 69B at I-295.

FACILITIES: Telephone, rest rooms, parking

**HELMETS ARE REQUIRED!**

**For Additional Information and Applications Contact:**
**Princeton Free Wheelers, P.O. Box 1204, Princeton, NJ 08542-1204**
**(609) 890-8259 (evenings before 10:30 p.m.)**

**WAIVER**

As a participant in the 8th Annual Princeton Bicycling Event of the Princeton Free Wheelers, Inc., I hereby agree to the following conditions:

1. I am in good health and able to ride at the level of this ride
2. My bicycle and equipment are in good working order.
3. I will wear an APPROVED HELMET while riding.
4. I will obey the motor vehicle and bicycle laws of the state(s) in which this ride occurs during this ride.
5. I have read and understand all the above rules before signing this form.

Signature _____ Date _____

Parent or Guardian (if under 18) _____ Date _____

*(Form can be photocopied)

**REGISTRATION FORM**

Make checks payable to "Princeton Free Wheelers, Inc." and mail TODAY to assure participation to:

The Princeton Bicycling Event
P.O. Box 1204
Princeton, NJ 08542-1204

Pre-registration – $7.00 (Must be postmarked by July 27, 1988 – NO EXCEPTIONS. Includes T-shirt.)

T-shirt Size (Men's S - M - L - XL) _____

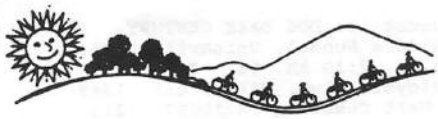
(ONE PERSON PER FORM)

Name: _____
Last First

Address: _____

City: _____ State: _____ Zip: _____

Phone: (Emergency) ( ) _____



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. $27. Call Jane Cohen (301) 695-7230 or Gordon Ritter, (301) 744-1057 for info. Send check made to BBC, 1712 Carriage Way, Frederick MD., 21701.

## SAVE MONEY

SAVE MONEY BY JOINING THE DELAWARE VALLEY BICYCLE CLUB!!! MOST OF THE ADVERTISERS IN THIS NEWSLETTER ISSUE OFFER DISCOUNTS ON THEIR MERCHANDISE TO DVBC MEMBERS! JOIN!

### *7 Sunday*

**Dorchester, Ontario; The Embro Expedition;** 10:30 a.m. at Knectel's Shopping Center; 50 km; flat; $3.50; incl. map, leaders; Great Canadian Bicycle Rally, Philip Shaw, Box 218, 215 Washburn St., Belmont, Ontario NOL 1BO, Canada; (519) 644-0663.

HUNDREDS ARE EXPECTED TO RIDE TOBRV-88: TOUR OF THE BRANDYWINE RIVER VALLEY (BRANDYWINE TOUR)

SUNDAY, SEPTEMBER 18, 1988
CHADDS FORD, PENNSYLVANIA

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 Turnipike.
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: $6 until Aug 6, then $8. Includes special patch, lunch marked roads, cue sheet, and sag wagon.
Make checks payable to Pennsylvanial 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 discharege the Pennsylvania Bicycle Club, or any of its officers, members sponsors, agents or representatives, from any and all rights and claims f 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.

# SPECIAL EVENTS AUGUST JOIN DVAC

## BRIDGETON ZOO RIDE

**SATURDAY, AUGUST 13, 1988**
8:00 a.m. — Registration Opens
NO RAIN DATE

**SCHALICK HIGH SCHOOL**
Route 553, Centerton, New Jersey

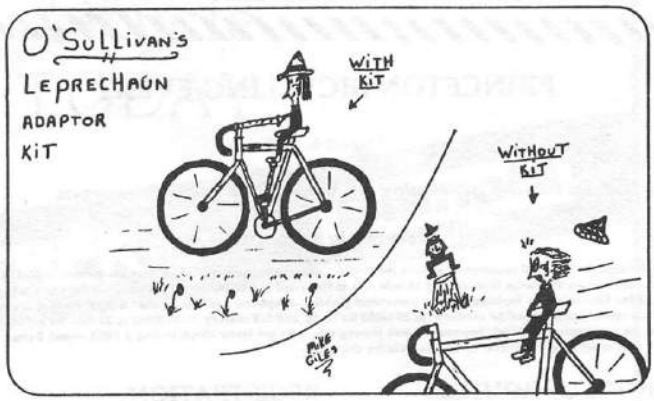
25 and 50 mile loops to Bridgeton Zoo

**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




**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 - MS 150 BIKE TOUR: HARPER'S FERRY HAPPENING, 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.

August 20-27th - CYCLING JERSEY, sponsored by the Wayfarers of Washington, DC. A six day, 250 mile, family orientated, ride from Port Jervis, to Cape May, NJ. $55 for the week, includes Sag. Overnight campouts. Return charter bus, extra. Write: Cycling Jersey, c/o The Wayfarers, PO Box 73408, Washington, DC 20056. Call: 202-265-1418.

August 20th - ADIRONDACK 100, sponsored by the Adirondack Spokes, Glenn Falls, NY. 25,50,100 mi.; flat to rolling; $30/$40; incl. map, sag, route, food, T, patch. Benefits MS Society. Write, Adirondack Spokes, Jim Jenks, Box 772, Glens Falls, NY 12801. Call: 518-793-1220.

ANTRHACITE BICYCLE TREK

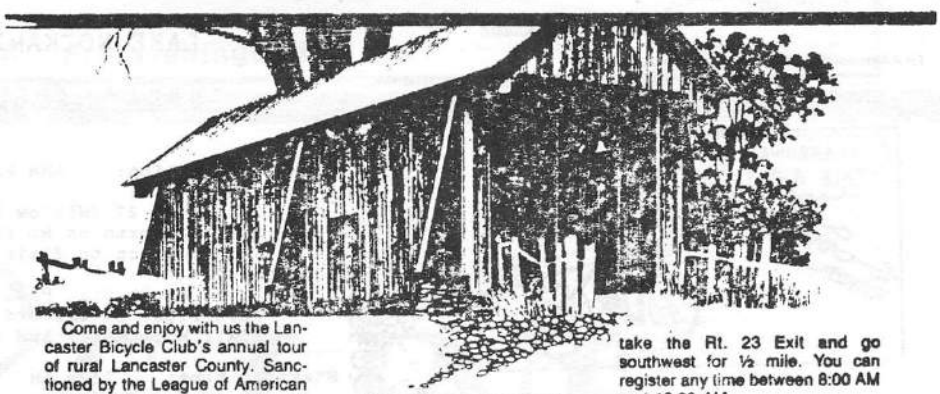
Bicyclists interested in participating in a challenging, outdoor adventure are invited to join the Anthracite Bicycle Trek sponsored by the American Lung Association of Central Pennsylvania. Scheduled for August 26-27-28, the three-day, 175 mile Trek affords the bicyclist an opportunity for a hassel-free weekend and camradery of new friends. Starting in Tower City, Schuylkill County, bikers will tour west to Landisburg the first day. On the second day, trekkers sweep through Perry County returning to Landisburg. The last leg of the Trek will bring bikers back to Tower City.

Participants solicit pledges which will help support the Lung Association's programs aimed at preventing and controlling lung disease. The Lung Association provides materials necessary for obtaining pledges and collects pledges. The association also provides support vehicles, route logistics, and overnight accomodations with meals.

Registration is open until August 5. If you enjoy bicycling, clean air, and helping others, contact the Lung Association at 1-800-932-0903.

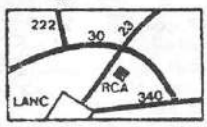
# COVERED BRIDGE METRIC CENTURY

**Plus ¼ and ½ Century August 21, 1988 Lancaster, PA**



Come and enjoy with us the Lancaster Bicycle Club's annual tour of rural Lancaster County. Sanctioned by the League of American Wheelmen, this 100, 50 and 25-kilometer ride winds its way through some of Pennsylvania's most famous scenery, including seven historic covered bridges and countless Amish farms. The terrain is mostly flat with a few small hills.

Your $8.00 donation ($6.00 advanced registration) includes a midday picnic on the grounds of a county park, with plenty of food and drink for everyone. Also included are a special patch; cue sheets, maps and road markings; and sag wagon.




The ride starts from the parking lot of the RCA plant located 1 mile northeast of downtown Lancaster on Rt. 23 (New Holland Pike). If you're using the Rt. 30 Bypass, take the Rt. 23 Exit and go southwest for ½ mile. You can register any time between 8:00 AM and 10:00 AM.

For more information and/or advance registration, write the Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17604 or call Gary Musser at 717-656-7941. Hope to see you!

LANCASTER bicycle club

**Rain or Shine**

## ADVANCED REGISTRATION

*( ) Yes. Please register _____ of us at $6.00 each for the August 21, 1988 Covered Bridge Metric Century. I am enclosing my check for $_____. After August 12, 1988 cost is $8.00 per person.*

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Mail to: Lancaster Bicycle Club
P.O. Box 535
Lancaster, PA 17604

## THE ONE MINUTE SUMMARY

- You need a helmet whether you ride a bicycle on streets or bike paths.
- Excellent helmets meet the **Snell** helmet standard. Good ones at least meet the **ANSI** standard. Look for a sticker in the helmet telling which one it meets.
- Buy white or yellow for visibility.
- We recommend the following models (within groups, by alphabet):

**EXCELLENT**

Bell V1-Pro, Stratos
Giro
Kiwi K-25
Lazer LZ-1, Eddy Merckx
MSR
Nava
Pro-Tec Breeze
Most helmets meeting the **Snell 1984 standard**.

**GOOD**

Avenir
Bailen
Bell Tourlite
Brancale SP-4
Cycle Products Co.
Targa
Vetta Corsa
Most helmets meeting the **ANSI Z90.4 standard**.

- Fit is important for safety. With the straps adjusted you should not be able to get the helmet off no matter how hard you try.

If you have six more minutes, please read inside!

## PRICES AND WHERE TO BUY

Helmets are available in bicycle shops for $25 to $70. A good shop offers help in fitting. Mail order from magazine ads may be less expensive if you already know what you need. Wherever you buy, *helmets are cheap* for the benefit you get, often costing less than a jersey or derailleur. Do not wait for a sale. Cost is no excuse to delay. Your brain is priceless!

## WHEN SHOULD YOU REPLACE A HELMET?

Based on Snell crash tests of eight-year old Bell Bikers donated by WABA members, we think that most helmets with Lexan shells are good for more than the five-year life some manufacturers recommend. Fiberglass should be even better. We have not tested ABS shells in actual use. Replace any helmet if it is crashed, damaged by solvents, or so scuffed up and grubby it is clearly time for a new one.

## CHILDREN'S HELMETS

A child's head needs protection, but a small child's neck structure may not be able to support the weight of a helmet. If there is any doubt, take child and helmet to a pediatrician for advice. Impact test results for children's helmets track closely with similar models of adult helmets of the same brand. Look for a standards sticker inside.

## THE WASHINGTON AREA BICYCLIST ASSOCIATION

Founded in 1972, WABA is a local non-profit advocacy organization working to improve bicycling conditions in the Washington, D.C. area and to encourage the use of bicycles for transportation. WABA is a League of American Wheelmen affiliate. We test helmets and produce this pamphlet because our members need the information and no other source provides it. In December 1987, we moved to 1015 31st Street N.W., 3rd Floor, Washington, D.C. 20007, (202)944-8567. WABA dues are $15 per year. We welcome your tax deductible donation to support our testing.

March 1988

Reproduction of this pamphlet is encouraged!
© Copyright 1988 Washington Area Bicyclist Association

# A CONSUMER'S GUIDE TO BICYCLE HELMETS

Geoff Steele

**Compiled by the Washington Area Bicyclist Association**

# THE SIX MINUTE ANALYSIS

## Need One? Yes!!

Hard experience among bicycle riders has shown that accidents do happen to even the most careful. When one happens it is essential to have head protection, since 75% of the 1,400 annual deaths from bicycle accidents are due to head injury. Road rash and broken bones do heal; scrambled brains may not. There are other benefits. Car drivers see you better and give you more respect. But the main reason to wear a helmet is to prevent brain damage in a hard impact.

## What to Look For

A bicycle helmet must absorb energy from an extreme impact to prevent brain injury. This requires a layer of stiff, non-springy foam to absorb shock by crushing, and then not bounce back at your head. Every good bicycle helmet does this with **expanded polystyrene**, a stiffer version of the white beer-cooler foam used to protect eggs and stereo equipment. Springy foam is added inside for comfort, but absorbs little of the crash energy.

The helmet must stay on your head even when you hit more than once -- usually a car first, and then the road. So the helmet needs a **strong strap**, normally made of nylon. The **fastener** must be equally tough. Look for D-rings or a top quality buckle with a positive action which cannot be jiggled open or made unsafe by bending a retaining tab. With the strap fastened you should not be able to get the helmet off your head by any combination of pulling and twisting. Keep the strap snug when riding.

Finally, most helmets have a hard outer shell to spread impact energy if you hit a sharp object, to hold the polystyrene liner together after the first hit, and to protect the softer liner from damage by solvents or the wear and tear of daily use. New models appeared in 1987 without shells; some of them are very protective. We do not know if they will be as durable in daily use as the hard shell helmets, or how well they will hold together for a second impact in an accident. Shell-less helmets should appeal mostly to racers, who require the lightest possible equipment.

## Performance Standards -- Snell or ANSI

The best bicycle helmets meet the Snell Memorial Foundation 1984 standard, giving superior protection. Helmets we rate "Excellent" should meet it. Well below that is the American National Standards Institute ANSI Z90.4 standard, met by the "Good" helmets below. WABA does not recommend any helmet which does not at least meet the ANSI standard. New helmets should have a standards sticker inside.

## Comfort Requirements

Coolness, ventilation, fit and sweat control are critical comfort needs. Air flow contacting the head determines coolness. Sweat control requires a brow pad or separate sweatband. Good fit with no chafing insures correct position on the head in an accident. Surprisingly, weight is less important. Riders easily adjust to the 16 oz. weight of most helmets.

## Crash Testing

The Snell Memorial Foundation, which conducts helmet research and promotes improvements in head protection, crash-tests bicycle helmets in their labs. Their tests show that the models below provide high levels of protection.

**EXCELLENT**

**Bell V-1 Pro** Easily meets standards for this group, although we dislike the 1987 "Aero" buckle design. Cool.

**Bell Stratos** Dramatic aero shape. We do not like the buckle. Ear holes whistled.

**Giro** Styrofoam with nylon cover. Passes all tests for this group. Light. Reasonably cool. May not last as long as a hard shell helmet.

**Kiwi K-25** Nicely made, but cloth inner liner makes it too warm in hot weather.

**Lazer LZ-1 and Eddy Merckx** Solidly made helmets, nice interiors, somewhat warm.

**MSR** Cool. Net suspension helps airflow. Reliable D-ring buckle. Easily meets impact standards for this rating.

**NAVA** Nicely made, reasonably priced. Barely meets impact test for this rating.

**Pro-Tec Breeze** Best yet from Pro-Tec. Average comfort, smoked visor.

**GOOD**

**Avenir** Bell V-1 Pro copy. Impact protection is excellent but strap strength needs upgrading.

**Bailen** No vents, but air circulates underneath for reasonable cooling. Needs a stronger strap to be Excellent.

**Bell Tourlite (1987 Model)** Well made, but we do not like the buckle. Previous models had Excellent impact protection.

**Brancale SP-4** Comfortable helmet with average ventilation and nice interior.

**Cycle Products Co.** Sold at a discount in department stores. Below average comfort.

**Targa** Nicely made with fiberglass shell, average ventilation. Expensive.

**Vetta Corsa** Cool, light, but protection falls just short of Excellent.

**PROBABLY GOOD OR MAYBE EVEN EXCELLENT**

Many more helmet models are now on the market for which we do not yet have Snell test results, but the manufacturers state that they meet the ANSI Z-90.4 standard. If so, they should rank in the **GOOD** section above. If they meet the Snell standard they might even be rated **EXCELLENT**. While we await test results, one of those helmets may be a reasonable choice if its features meet your needs.

## SUMMARY

When you pick up a helmet, look for a sticker inside to see what standard it meets. Put it on, adjust the straps, and try hard to pull it off. Wear it for 30 minutes to see if fit problems develop. Look at vents and sweat control. Look at the buckle for positive action. Compare the price to the cost of a hospital emergency room visit. Buy a helmet and ride home with good head protection. No rider ever regrets buying a helmet, but crash victims who needed one always regret not having had one on.

# SPECIAL EVENTS

## SEPTEMBER

JOIN DVBC

## September

### 5 Monday

**McSherrystown, Pa.; Labor Day Century;** 7 a.m. at South Street Recreation Park; 25, 50, 100 mi., 100 km; flat to mod. hilly; $5 till Aug. 28, then $6; incl. sag, route markings, food; L.A.W. patches; SASE to Hanover Cyclers, Tom Greenholt, 409 Main Street, McSherrystown, PA 17344; (717) 632-7551.

### 10 Saturday

★**Lebanon, Pa.; No Baloney Century;** 7:30 a.m. at South Hills Park; 25, 50, 75, 100 mi.; rolling; $6 till Sept. 1, then $8; incl. map, patch, sag, route markings, food; L.A.W. patches; Lebanon Valley B.C., Stephen Detweiler, 429 N. 11th St., Lebanon, PA 17042; (717) 274-2084.

### 17 Saturday

**Northfield, N.J.; Bike to the Beacon;** 8 a.m. at Beacon Bike Shop; 100 mi.; flat; $8 till Sept. 10, then $9.50; incl. patch, water bottle or cap, food, bridge tolls, map, sag, route markings; SASE to Shore Cycle Club, Joe McGahn, 5008 Pin Oak Dr., Mays Landing, NJ 08330; (609) 653-0491.

### 18 Sunday

**York, Pa.; Colonial Century;** 8 a.m. at York Cycle Company; 100 mi.; rolling to very hilly; $4.25; incl. map, patch; L.A.W. patches; York B.C., Harry Mimna, P.O. Box 1541, York, PA 17405; (717) 843-5863.

September 17th - BEAST OF THE EAST METRIC AND DOUBLE METRIC CENTURY, sponsored by the Outdoor Club of South Jersey. This club dares you to experience the Pine Barrens. Great riding on lightly traveled roads. $7/$8. Incl. cue, lunch, sag, patch, and a BEAST water bottle. Write: Don Villanova, 583 Ridgewood Terrace, Mt. Laurel, NJ 08054.

## 12TH ANNUAL WBC FALL CENTURY

presented by
WILLIAMSPORT BICYCLE CLUB

### SATURDAY, SEPT 24

Registration 7-10 am
Nicely Park
Montoursville, PA

Williamsport Bicycle Club invites you to join us in our 12th annual Fall Century through some of the most scenic areas of Lycoming and Sullivan counties. This year's event offers your choice of 25, 50, 75, or 100 mile routes. Terrain included in the longer routes is challenging.

Register early (by Sept 16) and your registration is only $5. After that date registration is $7.

All of our routes are clearly marked with DAN HENRY-type (O→) arrows painted on the road surface and color keyed to the routes. Each rider will receive a detailed map and cue sheet with mileage indicated.

**LUNCH**

Your registration fee includes a lunch stop. Sandwiches, fruit, drinks, and the world famous WBC chili will be available.

**SAG SUPPORT**

Sagwagons will be provided to transport riders back to registration are in the event of mechanical, or physical, breakdowns.

**PARTICIPANT'S RELEASE**

In consideration of the acceptance of my entry I do hereby for myself, my heairs, 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 Williamsport Bicycle Club or any of their officers, members, sponsors, agent, or representatives, arising out of traveling to, participating in, or returning from the '88 WBC Fall Century, Sept 24, 1988.

Participant's Signature _____ Parent/Guardian (if under 18) _____

## HARRISBURG PENNSYLVANIA Bicycle Club

RAIN OR SHINE

ANNUAL SEPTEMBER CENTURY (25-50-75-100)

SUNDAY, SEPTEMBER 18, 1988, SHANK PARK

BULLFROG VALLEY ROAD, HERSHEY, PENNSYLVANIA

TIME: REGISTRATION 7:00 A.M. - 10:00 A.M.

COST: $6.00 ADVANCED REGISTRATION
$8.00 DAY OF RIDE

FOOD-CUE SHEETS-MARKED HIGHWAYS-ROAD PATROL. HELMETS ARE STRONGLY RECOMMENDED. PATCHES AVAILABLE

REGISTRATION FORM
(One Person To a Form - May Be Duplicated)

NAME _____

ADDRESS _____

PHONE: (H) _____ (W) _____

NAME OF EMERGENCY CONTACT PHONE

_____

PLAN TO RIDE: ____100 ____75 ____50 ____25

ADVANCED REGISTRATION $6.00. SEND CHECKS PAYABLE TO HBC TO DENNIS MAJOR, 318 WEST KELLER STREET, MECHANICSBURG, PA 17055

**RELEASE:** In signing this release for myself (or the named entrant, if under age 18), I acknowledge that I understand the intent hereof, and hereby agree to and absolve and hold harmless the Harrisburg Bicycle Club and the Township of Derry, their managers, supervisors, officers, members, and any others connected with this event in any way whatsoever, singly and collectively, from and against liability, for any misadventure, injury, harm, loss, inconvenience or damage suffered or sustained as the result of participation in this event or in any activities associated therewith. I hereby consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by the traffic laws and regulations, and practice courtesy and safety in cycling.

Signature _____ Date _____

Parent/Guardian, if under 18 _____

## 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

Sept. 24th - SAVAGE CENTURY, sponsored by the White Clay Bicycle Club. "..one of the thoughest centuries in the East.." Rolling hills, tough climbs. $7/$8, map, food, patch. Write: White Clay Bicycle Club, 405 West 13th Street, Wilmington, DE 19801; Call: (302) 654-6579.

Sept. 24th-25th - MS 150 BIKE TOUR, from Philadelphia to Ocean City, NJ. Sponsored by the National Multiple Sclerosis Society. Sponsor for $1/mi. needed to participate. Write: MS 150, NMSS, 117 S. 17th St., Suite 300, Phil. PA 19103 or call 215 963-0100.

### 25 Sunday

**Philadelphia, Pa.; River's Edge Century;** 7 a.m. at #1 Boathouse Row; 100 mi., 100 km; flat; $6 till Sept. 13, then $8; incl. patch, sag, route markings, food, cue sheet; L.A.W. patches; Bicycle Club of Philadelphia, Marti Bowditch, 627 W. Sedgwick St., Philadelphia, PA 19119; (215) 843-1997.

★**Belvidere, N.J.; Hillier Than Thou Century and Metric Century;** 7–10 a.m. at A&P; 62, 100 mi.; very hilly; incl. map, sag, route markings; helmet required; SASE to Central Jersey B.C., Joan Joselson, 40 Moffett St., Fords, NJ 08863; (201) 738-8696.

# Tandems — Bikes Built for Two

## Midwest Tandem Rally, 1988

**September 2-5, 1988**
**Springfield, IL**

Is it true that Abe & Mary Lincoln were the first tandem riders in Springfield? The only way to get the real answer to that $64,000 question is to attend MTR'88!

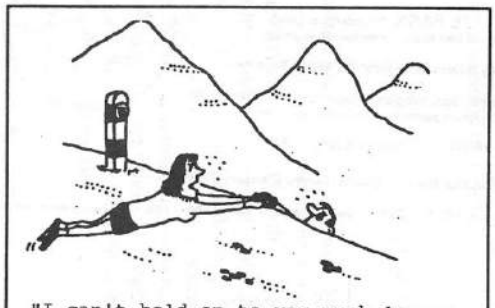
Headquarters for MTR is the Sky Harbour Inn, a Best Western hotel, conveniently located on the north side of Springfield. Sky Harbour Inn is easy to reach by car, train, plane, or tandem, but it's also close to the country where the great riding is. We have reserved a block of rooms in this modern 2-story , tandem- accessible hotel. The rooms are only $44.00/night, for up to 4 adults per room!

MTR hosts have planned a wide variety of rides, with the right length for you. You can tour Springfield' s historic sites or go to the zoo and back, all in under 25 miles total length. Sunday you can choose from rides up to a century, with a box lunch available (advance reservations only) in the restored 1830' s village of New Salem. Hostess Marcey Werthwein has even scouted out every ice cream and candy store along all the rides, so you'll need to allow time for that, too!

Last year' s entertainment will be tough to top (Where do those Loons get those outfits, anyway?), but John, Marcey , and David are going to give it their best shot. Start planning now how you want your bugger decorated, and how you want your entire group to be costumed. Let's see the Loons, C.A.T.S., C.O.W.s, M.U.T.T.s, and everyone else dressed up to the nines!

Of course there will be the traditional Sunday night banquet, this year off- site at the Springfield Banquet Hall, a short distance from the hotel. A cash bar will be available.

For more information and a brochure, send a 25-cent stamp and your address to MTR'88, P.O. Box 20263, Springfield, IL 62703, or call John/Marcey Werthwein at (217)-525-1230 or David Stjern at (217)-546-6474.



"I can't hold on to you much longer unless you let go of the tandem."

Midwest Tandem Rally, 1988
**September 2-5, 1988**
**Springfield, IL**

## IMPRESSIONS OF GEAR UP '88

The 23rd Annual Great EAstern Bicycle Rally (GEAR Up) was held in Millersville, PA, in the heart of the PA Dutch Country . The four day event started on Friday, June 3, with various rides in the afternoon and an ice cream social in the evening. The staff at Millersville University were a little overwhelmed when 2100+ hungry bicyclists swarmed their campus! Huge carts were rolled out with various kinds of ice cream, and were quickly devoured by the friendly mob. Who says bicyclists don't ride to eat?

The rides started early on Saturday morning. It was an uncommonly cool day for the riders. It was difficult to choose which ride to go on as there were 39 rides to go on just on Saturday! The length ranged from 10 to 100 miles and several rides were specifically for tandems. We chose to ride one of the tandem rides, of course. The rides were quite hilly, especially our choice of "Chocolatetown USA," the ride to Hershey . Said one cyclist, "If these hills don't get you in shape, nothing will!" The scenery was outstanding and the peace and beauty of the Amish Country had to be seen to be appreciated.

The evening meals consisted of Pennsylvania Dutch delights such as shoo fly pie, chicken corn soup, etcetera. If the meals weren't enough, there were many workshops on Saturday and Sunday on everything from "Effective Cycling" to "Advanced Tandemming."

Saturday evening was quite special and included the Terry Award to the outstanding woman cyclist. The nominees' list read like the Who's Who of women's bicycling, but Susan Notorangelo-Haldeman was named the winner from a list of excellent nominees. She wasn't there to accept her award in person, as she, Lon, and Rebecca were attending the Northwest Tandem Rally in Tacoma. Afterward, the Chapel Street Players performed two acts from Neil Simon's "California Suite." The acting was great. It was too bad they didn't do all four acts.

Monday was the last day of the rides, and we were sad to see the rally come to an end. Bicyclists had come from all over, from as far away as California and Canada to join in this unity of friendship and the joy of bicycling. GEAR Up next year will be held in Saratoga Springs, NY. We look forward with great anticipation to attending and meeting our friends again, and making new friends, on one of the finest non-tandem specific bicycle rallies on the east coast.

Scott and Amy Hoffman
Lancaster , PA

HUNDREDS ARE EXPECTED TO RIDE TOBRV-88: TOUR OF THE BRANDYWINE RIVER VALLEY (BRANDYWINE TOUR)

SUNDAY, SEPTEMBER 18, 1988
CHADDS FORD, PENNSYLVANIA

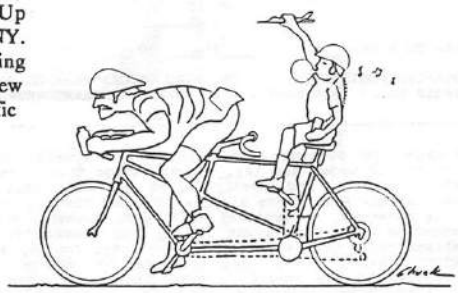
TANDEM CLUB OF A·M·E·R·I·C·A
"An International Organization of Tandem Enthusiasts"
Laura Meppin
814 West 24th Ave.
Eugene, OR 97405

### 1988 Tandem Members

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

September 10-11, 1988. **Toronto Tandem Co-op's Excursion**. Beaver Valley, ON. Tour the banks of the Beaver River and the Niagara Escarpment. Contact Shirley Szilvasy or Ted Przyborowski (416)- 652-1483 by July 1, 1988.

October 28-30, 1988. **10th Annual Southern Tandem Rally**. Thomasville, GA. Info is now available. $175 includes lodging, some meals, and more! SASE to Jack & Susan Goertz, Route 19, Box 248, Birmingham, AL 35244



"Say, could this be one of those seldom mentioned joys of parenthood?"

# TEAM Casual

# Challenges Competitors to "Follow The Leader"

cyclesport

G.S. PARK RIDGE

## THIRD ANNUAL "GRAND PRIX OF PARK RIDGE"

**Park Ridge, New Jersey**
**Sunday, August 21st, 1988 - 1:00 P.M.**

**OVER $3,000**
**in Cash and Merchandise**

Registration - Noon til 2:00 P.M.
Field Limit -100 Riders per event
First Race- 1:00 P.M.

| Categories | Distance | Prizes/Places | Fee* |
|---|---|---|---|
| Jr. Men | 8 Miles | $ 545/10 | $ 7 |
| Vet. Men | 10 Miles | $ 545/10 | $ 7 |
| Sr. Men 4 | 12 Miles | $ 865/15 | $ 7 |
| Sr. Men 1,2,3 | 25 Miles | $ 1650/20 | $ 13 |

Course: Approximately 1 mile with short steep hill.

Entries postmarked after August 5th add $3.00 late fee

*All fees include:
$1.00 Insurance charge
$1.00 NJBA surcharge

For information call Cyclesport: (201) 391-5269 Noon - 8:00 P.M.

Mail standard entry with check payable to:

G.S. Park Ridge
c/o Cyclesport
1 Hawthorne Avenue
Park Ridge, NJ 07656

U.S.C.F. Sanctioned/Standard Entry

All riders must have current USCF license in their possession to register.

**The competition hates our guts.**

TENTATIVE TEAM DELAWARE VALLEY BICYCLE CLUB TIME TRIAL SCHEDULE

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!!

Racers from: NY, NJ, PA, DE, NEW ENGLAND, LOOK!

## DURANT'S DOWNTOWN DANBURY CRITERIUM

*SUNDAY, AUGUST 21st*

BRAVA of Danbury

SPONSORED BY:

**DURANT'S**
**RENTAL CENTERS & PARTY PLACE**

Leo Cyclesles

| CLASS | DIST | PRIZES | TIME |
|---|---|---|---|
| Jr Men (14-15) | 15 km | $ 129 (10) | app. 8:00 a.m |
| Jr Men (16-17) | 20 | 144 | 8:30 |
| Master | 20 | 144 | 9:00 |
| G. Master | 20 | 144 | 9:00 |
| Veterans | 25 | 144 | 9:30 |
| Sr IV | 25 | 164 | 10:15 |
| Women | 25 | 184 | 11:00 |
| Citizen's Extravaganza | 10 | Prizes & Trophies | 12:00 p.m. |
| Sr III | 50 | Cannondale frame/$ 230 | 1:00 |

COURSE: 1 km, 6 corner, flat, *GRAN PRIX* Style

DIRECTIONS TO DANBURY, CT: I-84 CT EXIT #5, THEN FOLLOW SIGNS

ENTRY FORMS & CHECKS TO: BRAVA of Danbury, P.O. Box 111, Danbury, CT 06813

FOR INFO, CALL BIKE EXPRESS AT: (203) 792-5460 or 798-6687 till 9 p.m.

Fees: USCF-$8, Cit.-$5/Reg. opens at 7 a.m.

The promoter reserves the right to change race distances and times, and combine classes

ADDITIONALLY SPONSORED BY:

DeMarchi Chevrolet INC.

cannondale

BIKE EXPRESS

THOMAS G. CALDWELL LANDSCAPE AND LAWN MAINTENANCE

Le Chateau RESTAURANT FRANÇAIS

Just how dedicated are TEAM Casual members? SEE ABOVE!

## TIME TRIAL RESULTS

DVBC JULY 17th 5 MILE TT

COURSE: PROVIDENCE ROAD, GOSHEN ROAD, AND SUGARTOWN ROAD.

| | |
|---|---|
| Dave Mortan..... | 13:14 |
| Bob Pittman..... | 15:06 |
| Michael Weaver.... | 14:16 |
| John Kaufmann .... | 14:04 |
| Steve Overstreet... | 14:44 |
| Carm Placido ..... | 14:53 |
| Bud Gerhab ..... | 13:21 |
| Ed Silcox..... | 13:40 |
| John Todesco..... | 15:54 |
| John Gibbons..... | 15:09 |
| Bill Baratta..... | 13:54 |
| Joseph Pless..... | 12:54 |
| Ron Rosati..... | 13:30 |
| Woody Kotch..... | 15:32 |
| Jim Nyborg..... | 14:03 |

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 Team, 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!

The Lehigh County Velodrome is located in Trexlertown, PA, just 60 miles northwest of Philadelphia, 90 miles west of New York City and 6 miles west of Allentown.

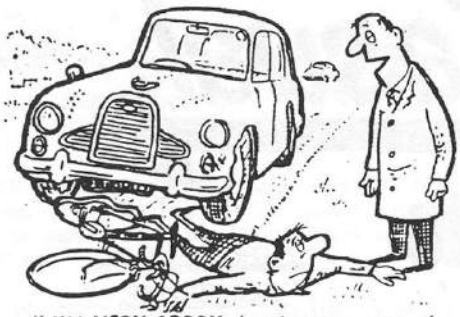
## 1988 LEHIGH COUNTY VELODROME SEASON SCHEDULE

| | | |
|---|---|---|
| AUGUST | 5 | Record Attempt Night |
| | 10-12 | U.S. JUNIOR NATIONAL CHAMPIONSHIPS |
| | 19 | *AIR PRODUCTS* Night |
| | 26 | Devil's Night |

### DIRECTIONS

**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.

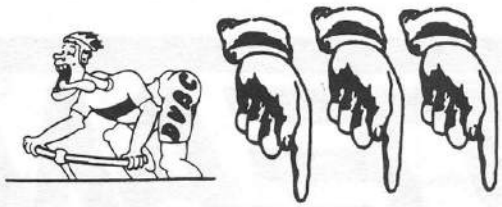
**DELAWARE VALLEY BICYCLE CLUB**
**P.O. Box 497**
**Media, PA 19063**



" I'M VERY SORRY, but it was a case of either running into you or having an accident."

**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** | *I'll volunteer for:* | |
|---|---|---|
| ☐ Class D: *slow* | ☐ Ride Leader | ☐ Newsletter Collator |
| ☐ Class C: *average* | ☐ Sag Wagon Driver | ☐ Advertising Coordinator |
| ☐ Class B: *brisk* | ☐ Tour Food Stop | ☐ Newsletter Co-editor |
| ☐ Class A: *fast* | ☐ Newsletter Editor | ☐ Newsletter Delivery |
| ☐ Off-Road | ☐ Newsletter Typist | ☐ 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**