

# 14th ANNUAL FREEDOM TOUR!

Sunday, May 7

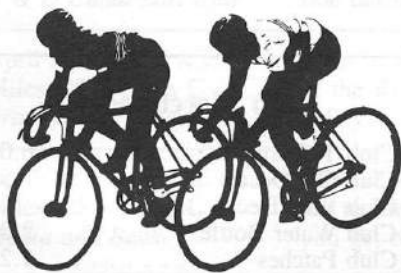


## DELAWARE VALLEY BICYCLE CLUB

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

**FREE!**

### SPRING 1989



### NEWSLETTER

The DVBC newsletter will now be published eight times throughout the year. Please make a note of the new dates of publication:

- March 1
- April 15
- June 1
- July 1
- August 1
- Sept. 1
- Oct 15
- Dec. 1

### PICNIC

D.V.B.C. is planning a big picnic on Sunday, July 30 at Ridley State Park. Still in the development stage, we would appreciate any input on how we can pull this thing off.

### QUOTE

"DON'T be afraid to go out on a limb. That's where the fruit is."

"Cactus" Quinn  
Bicycle Business Journal

## BIG ONE MAY 7

We've been advertising it for months and now it is time to do something about it. Sunday, May 7 means the grand-daddy of all spring bike rides in the Delaware Valley area: The 14th Annual Freedom Valley "Mega" Tour, sponsored by yours truly, the Delaware Valley Bicycle Club. If the weather is nice, we should see about 1,000 riders out there in all sizes, shapes, ages and colors. Do 65 miles or just eight. Or do the 35 or 18 mile route. Just keep smiling and be happy (don't worry, mon). REMEMBER: when you arrive at picnic area #15 in Ridley State Park, DO NOT PARK ON THE GRASS! Also, help keep the sport of cycling sacred and pick up all and any trash you should make. Your eight dollars will bring you an award patch for finishing, as well as provide for food stops, sag wagons and maps. Good company is free. Your editor has been volunteered to ride as sweep man for the 35 mile route. So if you see a dude with a beard on a blue bike pull up to you, you are moving too slow. For more details, read page 5.

### EDITORIAL HELP NEEDED

Every time I run a "Help Wanted" headline, I feel that I would get better results asking for volunteers to clean out the damaged nuclear reactor at Chernobyl. This newsletter belongs to you. It is for your stories, announcements, letters, opinions and pictures of your kids. Where are all of you closet Hemingways? Now that Rich Patterson will be relinquishing his position as Special Events Editor, I must assume the duties on an interim basis. Anyone interested should call me at home at 586-9085.

### VOLUNTEERS WANTED

Volunteers are needed to help shovel dangerous radioactive wastes out of the damaged nuclear reactor in Chernobyl, U.S.S.R. No pay, little chance for survival. Please contact Yuri, c/o Greg Fox, D.V.B.C. newsletter.

## Board of Directors

### President

Karl Voigt, III . . . . . 521-3613

### Vice President

Ted Kowalski . . . . . 622-1923

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Frank Havnoonian . . . . . 449-6154

### Secretary

Donna Hox . . . . . 521-5442

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Hank Hox . . . . . 521-5442

Lee Kowalski . . . . . 626-2093

Rich Patterson . . . . . 622-2954

Bob Wright . . . . . 623-8373

## 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

A/B Rides . . . . . Mike Keating

C/D Rides . . . . . Ira Josephs

Assembly . . . . . Frank Havnoonian

## 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

### Newsletter/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 Rd.

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 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.

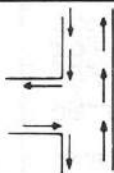
## Ride Guidelines

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.
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.

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



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



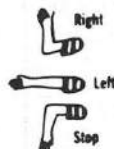
Keep right:  
drive with  
traffic, not  
against it.  
Drive single  
file.



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



Protect yourself at night with  
the required reflectors and  
lights



Use hand  
signals to  
indicate  
turning or  
stopping.

# Ride Calendar

April 23 • 10:00 A.M.  
Miles: 18 • Class C  
*Freedom Paint - 18*

Help paint the route for the *Freedom Tour* 18-mile route. Meet at parking lot #15 in Ridley Creek State Park. For those who want to do a 38-mile ride, meet at 9:00 at the Acme at Park Lane Rd. & Rt. 320 in Swarthmore to ride out to the park and back. Doug Kennedy: 543-4664.

April 23 • 1:00 P.M.  
Miles: 13 • Class C  
*Media and Back*

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 help you get back into the "spring of things." Call Walter Linton at 328-2871 for more details.

April 29 • 10:00 A.M.  
Miles: 35-40 • Class B-  
C & D Canal Dirt Ride

Leave from the only stop light on Rt. 9 in Delaware City, DE at 10:00 or meet at 9:00 at the Acme at 24th & Upland Sts. in Upland to car-pool. Bring lunch or buy at the Canal Museum. This is a pretty ride but is mostly dirt roads. Doug Kennedy: 543-4664. Rain date, April 30.

April 30 • 10:00 A.M.  
Miles: 25 • Class C  
*Brandywine Valley*

Meet in the Museum parking lot at the Brandywine Battlefield Park on Baltimore Pk. (Rt. 1) just east of the Rt. 100 intersection in Chadds Ford. Enjoy this leisurely (8-10 m.p.h.) tour of the Brandywine valley. Call ride leader Fran Demillion at 431-2675 for more information.

April 30 • 1:00 P.M.  
Miles: 13 • Class C  
*Media and Back*

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 help you get back into the "spring of things." Call Walter Linton at 328-2871 for more details.

May 1 • 7:30 P.M.  
*DVBC Meeting*

Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Harry Havnoonian will talk about bike frames. Unitarian Church, Rose Tree Rd., near Rts. 1 & 252.

May 7 • 8-12 A.M.  
Miles: 8-65 • Class All  
*Freedom Tour*

Don't miss our 14th annual *Freedom Tour* which promises to be better than ever. Routes for all levels of riders: 8, 18, 35 & 65 miles. Food stops, maps, well-marked routes, sag wagon, award patch and a thousand or so of your closest biking friends. Rain or Shine!

May 13 • 9:00 A.M.  
Miles: 25-30 • Class C  
*South Jersey Ride*

Meet at Clearview Regional High School. Cross Com. Barry Bridge & follow Rt. 322 east to Rt. 45. Turn Left. Turn Right at 3rd street, Breakneck Rd. The school is towards the right. Various flat rides. Call Rollin' Rich Patterson for more information: 622-2954.

May 14 • 9:15 A.M.  
Miles: 5 • Class: All  
*Mothers' Day 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.

May 14 • 10:00 A.M.  
Miles: 5-10 • Class D  
*Beginner's Ride*

Meet at the Moylan-Rose Valley train station at Manchester & Woodward Roads in Rose Valley. Enjoy a short, easy-paced ride around the Media area. Especially for those unsure of their cycling skills or uncomfortable riding in traffic. Helmets recommended. Ira Josephs: 565-4058.

May 14 • 2:00 P.M.  
Miles: 30 • Class B-  
*Cheyney to Westtown*

Meet at the Media Courthouse (corner of Front St. & Veteran's Sq.) for this ride out to the Cheyney and Westtown area. The route includes some great scenery along the way. Call ride leader Don Ashbrook at 566-9142 for more details.

May 21 • 10:00 A.M.  
Miles: 41 • Class B  
*Susquehannock St. Park*

Meet at PSFS in Granite Run Mall at 9:00 to car-pool to the Bart Colerain School in Lancaster County for the 10:00 start. Ride to the park which provides the most spectacular lunch stop of any DVBC ride (bring lunch)—overlooking the Susquehanna River. Call Doug Kennedy at 543-4664.

May 21 • 1:00 P.M.  
Miles: 20-25 • Class C  
*Media Local*

Leave from the Media Courthouse (corner of Front St. & Veterans' Sq.) for this enjoyable spring ride through the scenic countryside around Media. Call Frank Havnoonian (459-6154) Saturday night if you plan to go on the ride.

May 28 • 9:00 A.M.  
Miles: 20 • Class C+  
*Westtown Countryside*

Meet at the Media Courthouse (corner of Front St. & Veteran's Sq.). Travel west to enjoy the spring scenery of the Westtown countryside and see what makes this general route one of the most frequently ridden of all our rides. Call Bruce Haines at 565-9489 for more information.

June 4 • 10:00 A.M.  
Miles: 30-35 • Class C+  
*Downingtown & Back*

Meet at the Sugartown Elementary School at Sugartown Rd. & Paoli Pike near Malvern. Enjoy a scenic ride to Downingtown and back with a break for snacks. Call ride leader Rich Bernhard at 284-2019 for more information about the ride.

June 5 • 7:30 P.M.  
*DVBC Meeting*

Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: To be announced. A great chance to meet new biking friends!

# IT'S YOUR WEEKEND IT'S YOUR CHOICE

(ALL WE CAN DO IS HELP)



**MOUNTAIN BIKES!**



**RACING BICYCLES!**

**Fuji.**



**GIANT**

**Bianchi**



**Mongoose**



**PENNY FARTHING**

BICYCLES • BILLIARDS • EXERCISE EQUIPMENT

26 South Sproul Road  
Broomall, Pa. 19008

**356-2280**

Tuesday & Thursday 10-6  
Wednesday & Friday 10-9  
Saturday 10-5



# 14th ANNUAL FREEDOM "Mega" TOUR!



8, 18, 35, or 65 mile routes

SPONSORED BY THE

Delaware Valley Bicycle Club

We the people...



...accept the challenge!



## 5-7-89



## Sunday, May 7, 1989

A RECORD-BREAKING ATTENDANCE IS EXPECTED ONCE AGAIN! PART OF FUNDS TO BENEFIT THE BLUE ROUTE BIKEWAY/WALKWAY PROJECT!



**TIME:** 8-9 AM for 65 milers; 9-10 AM for 35 milers; 10-11 AM for 18 milers; 11-12 AM for 8 milers. (There is some flexibility in the starting times.)

**PLACE:** Ridley Creek State Park near Media, Pa. (PICNIC AREA #15)

**COST:** Just \$8 at the gate (or \$5.50 by pre-registering below!) (Children under age 17 are half-price if accompanied by an adult.)

**EXPECTED ATTENDANCE:** Possibly 900-1200 riders. (1000+ riders came to the '86 Tour!)

**SERVICES BY DVBC:** Food Stop, map or cue sheet, sags for bike mishaps, award patch, & marked route at each intersection of the routes.

**ROUTES:**

- The 65 mile route features a ride through the historic Brandywine River Valley, a covered bridge, and farm territory.
- The 35 mile route will also pass through the Brandywine River Valley which was the setting for Revolutionary conflict.
- The 18 and 8 mile routes include the scenic Chester Creek River Valleys and the beautiful Sweetwater Farm in Glen Mills. Roads are lightly traveled with rolling hills. (VERY POPULAR ROUTES!)

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

**RECOMMENDATIONS:** Use safe cycling habits! Helmet use is recommended but not required. Each rider must assume his own responsibility, and make sure their bicycle is in proper working order.

**ABOUT DVBC:** DVBC promotes all forms of cycling! Total membership exceeds 600 paid memberships. The club is affiliated with Bicycle USA (LAW), PA Bike Federation, USCF, Bicycle Coalition of Delaware Valley, & 5 County Coalition. DVBC is the premier bike club in Delaware County & is a non-profit corporation. This event is open to all bicyclists! Enjoy the early Spring Bicycling Season with DVBC.

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

(TOUR WILL BE HELD RAIN OR SHINE!!)

### PARKING

Do **NOT** park your car on the grass in the park!!! Parking tickets will be issued by the park rangers.



Sign up  
here.



### FOURTEENTH ANNUAL (1989) DVBC FREEDOM MEGA TOUR PRE-REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ 65 miles: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_ 35 miles: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ 18 miles: \_\_\_\_\_

How did you hear of the FREEDOM MEGA TOUR? \_\_\_\_\_ 8 miles: \_\_\_\_\_

PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER FOR \$5.50 TO:

Delaware Valley Bicycle Club (If you are under 18, then your parent's or  
c/o Freedom Mega Tour guardian's signature is required on a  
P.O. Box 497 waiver/release form.)  
Media, PA 19063

SAVE by \$2.50 by pre-registering above! All pre-registration forms should be postmarked no later than April 29. Come on out to another DVBC Spectacular Event!! (Part of proceeds may go towards funding the Blue Route Bikeway.)



### FOR SALE

Peugeot, ladies 10-speed:  
\$100 includes Bell size  
7½ helmet, chain and  
padlock. Call 356-3772,  
after 12 noon.

Trek 7000 ATB: used only  
2 mths. \$600 new, asking  
\$4000. Also for sale:  
Rollertrack wind-trainer,  
\$140 new, asking \$70.  
Call Joe: 583-9830.

### The Ride that Daled.

On Sunday, March 12,  
Board Member Don Ashbrook  
led five DVBC members on  
a ride to Westtown, past  
Cheyney. According to  
Don, the riders were all  
enthusiastic despite the  
fourty degree temperature  
and a stubborn headwind.  
Riders were: Don, Mitchel  
Slaymalxe, Donna Mayforth,  
Frank Mayer, Sarah Shirk  
and Bruce Kennedy.



Patrick O'Grady cartoon

### Winter Wonderland

"Neither snow, nor sleet...." The U.S. Postal Service has nothing on DVBC! Rich Bernhard's famous New Year's Day ride (The Hangover Special) took place in spite of a driving snow storm. Five hardy DVBC members pedaled more than 20 miles through the first Chester County snow squall of 1989. Following the slippery, chilling experience with cups of hot chocolate, the riders said, "Let's do it again next year!".

### Bikers Buried in Mid-County Mud

Doug Kennedy may not be able to walk on water, but he certainly can pedal through mud! Leading the year's first DVBC ATB ride, Doug demonstrated his off-road prowess on hills, streams, rocks, roots, ice and every variety of MUD imaginable. Challenged by a heavy rainfall which turned the Blue Route construction area into a sea of mud and a local policeman's warning "You'll never make it", Doug, Steve and I proceeded to examine the "BROWN Route". The results were two and a half hours of good, "clean" fun which gave us the appearance of mud wrestlers and coated our bikes with slop. "Here's mud in your eye"...and everywhere else!

Ed Silcox

COME JOIN US ON

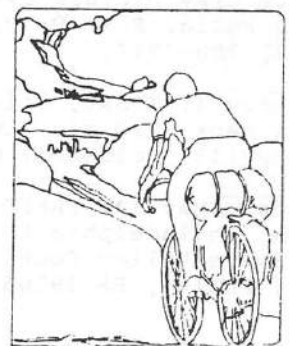
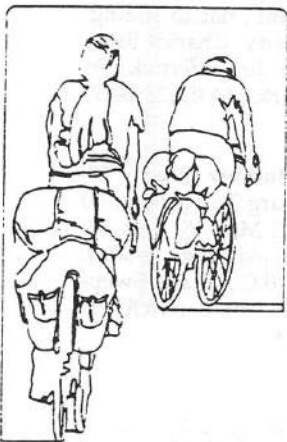


# A BICYCLE TOUR ACROSS AMERICA

TO BENEFIT: THE SCHUYLKILL VALLEY  
ENVIRONMENTAL CENTER. CORPORATE SPONSORED

IF YOU HAVE EVER HAD THE NOTION TO CROSS AMERICA ON A BICYCLE, TO FEEL THE SALT AIR IN NEW JERSEY, CROSS THE APPLALACHIANS AND PLAINS, CLIMB AND DESLEND THE ROCKIES AND THEN SEE YOUR FRONT WHEEL TURN AS YOU CROSS THE GOLDEN GATE BRIDGE. AN EXPERIENCE OF AMERICA.

IF THIS HAS CROSSED YOUR MIND AND YOU WOULD LIKE TO DO IT WITH SOME GOOD FOLKS AND FOR A GOOD CAUSE, COME JOIN US. WE WILL BE LEAVING ON JULY 7 AND RIDING TILL THE MIDDLE/END OF AUGUST. HOPEFULLY WITH A FEW WEEKS OF DAYS TO KICK BACK IN THE ROCKIES. THERE WILL BE NO COST, JUST FOOD AND A DOLLAR FOR HIKER/BIKERS. FOR MORE INFORMATION CALL ME AT (215) 688-7956. MY NAME IS ANTHONY. IF I AM NOT THERE LEAVE A MESSAGE AND I WILL GET BACK TO YOU.





American Diabetes Association BIKE RIDE PLUS  
9:00 am Saturday, May 6, 1989  
Start: Kingsway Regional High School  
Old Kings Hwy & Rt 322  
Swedesboro, NJ  
50 or 100 Km, and a fun ride  
Food, Snacks & Beverages afterwards  
phone #(609)-482-9047.

## MAY

### 7 Sunday

**Hamilton Township, N.J.; Farmlands Flat Century;** 7:30 a.m.; 35, 62, 100 miles; flat; \$5, till April 23, then \$7; incl. map, patch, sag, route markings, snacks; helmet required; Central Jersey B.C., SASE to Nita Blatt, 85 Cornell Ave., Berkeley Heights, NJ 07922; (201) 225-HUBS.

**Media, Penn.; 14th Annual Mega Tour;** starts 8-11 a.m. at Riley Creek State Park; 1,000 riders; 8, 18, 35, 65 mi.; rolling to mod. hilly; \$5.50 till April 29, then \$8; incl. map, patch, sag, food; Delaware Valley Bicycle Club, Richard Patterson, P.O. Box 497, Media, PA 19063; (215) 622-2954.



**Saturday, May 13: TRI-STATE CENTURY,** College & Cleveland Aves., Newark, DE, 100/50/25 mi at 7:30/7:30/8:30 AM, \$8. White Clay Bicycle Club, Don Carbaugh, 2610 Phila. Pike D-10, Claymont, DE 19703; (302) 798-7717.

**May 13-14: TOSRV,** Columbus to Portsmouth, OH & back, 210 mi. Columbus Council AYH, Box 23111, Columbus, OH 43223.

**Sunday, May 14: FREEDOM VALLEY BIKE-ATHON,** Philadelphia to Valley Forge. Delaware Valley Council AYH, 35 S. 3rd St., Phila., PA 19106; (215) 925-6004.



## Eighth Annual

# Baltimore Police Chase

10K Run, 26K Bicycle Tour, 2mi. Fun Run, 1mi. Harbor Walk

**Date:** Sunday May 7th, 1989  
**All Starts:** Police Headquarters  
601 E. Fayette St.  
Baltimore, Maryland 21202

### 26K Bicycle Tour—7:00am

- Beautiful new course that loops Lake Montebello and Fort McHenry. Tour ends at Rash Field / Inner Harbor.
- Sag wagon and rest stop provided.

### 10K Race (run)—9:00 am

- Loops Fort McHenry and ends at Rash Field / Inner Harbor.

### 2mi. Fun Run and 1mi. walk—9:05 am

- Ends at Rash Field/Inner Harbor.

### General Information

- Entry Fee: \$10.00
- Food and beverages will be served.
- The first 500 entrants will be treated to a 1 1/2 hour harbor cruise on the Bay Lady immediately following the awards ceremony.
- All participants eligible for fantastic random prizes.
- All participants receive a Police Chase T-Shirt (singlets to the ladies).
- Security for bicycles will be provided at Rash Field.

### For additional information and applications call:

Lieutenant Matt Immler or Officer "Mac" McCallister  
Police Chase 301/396-2444

Proceeds to benefit the Law Enforcement Officers Memorial Foundation



## SHARE THE ROAD!

### SAVE GAS!



## MAY

### 21 Sunday

**Canton, Mass.; Spring Century;** 7:30 a.m.; 25, 50, 62, 100 mi.; flat to rolling; \$6; incl. sag, patch, party; Charles River Wheelmen, SASE to Jim Merrick, 96 Highland St., Hyde Park, MA 02136; (617) 361-6408.

**Bloomsburg, Pa.; Columbia County 50;** 9:30 a.m. at Bloomsburg Town Park; 50 mi.; mod. hilly; \$6 till May 18, then \$7; incl. patch, sag, route markings, T-shirt; Susquehanna Valley B.C., Diane Swep- penheiser, RD 2, Box 2850, Berwick, PA 18603; (717) 683-5693.



## Diamond State Bicycle Club

Sponsors

### "Bike to the Galaxy"

Bike ride of 20 or 50 miles  
Saturday, May 20, 1989, 8:00 a.m.  
Legislative Mall, Dover, DE



Proceeds to benefit the Jack Butler Diabetes Foundation  
a non-profit organization, *Fighting Diabetes in Delaware*

The bike ride is on Armed Forces Day this year and includes a private tour at Dover Air Force Base of the C-5 Galaxy, the largest aircraft in the free world. So bring your cameras! Also, included in the ride are a tour map, marked course, commemorative patch, sag service, and food stop. There will be a 20 mile loop and a 50 mile course for more serious bikers. Rain or shine!

#### Registration:

|                  | <u>Individual</u> | <u>Family</u> |
|------------------|-------------------|---------------|
| Before 5/6/89    | \$8.00            | \$16.00       |
| After 5/6/89     | \$10.00           | \$20.00       |
| Day of the event | \$10.00           | \$20.00       |

#### For more information call:

Tom Hartley - (302) 697-0430 or  
Jack Martin - (302) 678-3449



May 20-21: HORSE FARM TOUR. Hanover  
Cyclers, 129 Baltimore St., Hanover, PA  
17331.

Last fall we had a very successful ride honoring Congressman Benjamin L. Cardin. For Cycle Sunday Congressman Cardin has agreed to repeat the ride to benefit bicycling. Other elected officials from the Baltimore area have been invited to share the ride and a picnic lunch. We will have a bike check before the ride sponsored by Race Pace/Cross Country Cycling. Cycle Sunday is truly a benefit for bicyclists. The League of American Wheelman's Bicycling Education and Legal Fund and the Baltimore Bicycling Club's Youth Instructional and Safety Program will be the recipients.

**Date:** Sunday, May 21, 1989

**Times:** Bike Check - 9:00  
Ride with Ben Cardin - 10:00  
Picnic Lunch - 12:00  
7, 10, 13, and 16 MPH rides - 1:00

**Cost:** Registered before May 15: Adults \$10, Children under 12 \$6  
Registered after May 15: Adults \$13, Children under 12 \$8

**Meet:** At Centennial Park, Howard County.  
Take Rt. 695 to Rt. 70 West to Rt. 29 South to Rt. 108 West (about 3 miles) to  
the entrance of the park on the right.

#### Mail Registration Form To:

Bob Moore, 216 Longwood Road, Baltimore, Maryland 21210  
(301) 435-6623

MAKE CHECK PAYABLE TO: BALTIMORE BICYCLING CLUB

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

In event of an emergency, please notify: \_\_\_\_\_ PHONE \_\_\_\_\_

In signing this release for myself (or for 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 Baltimore Bicycling Club, Inc. and their 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 at Hunt Valley Hundred. 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.

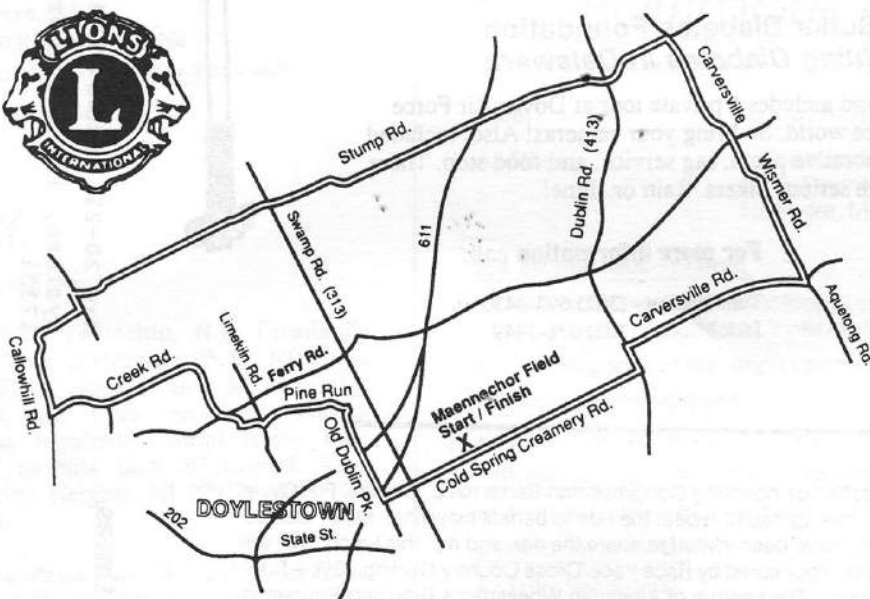
Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian, if under 18 \_\_\_\_\_

CYCLE SUNDAY  
BICYCLING FOR BICYCLISTS

- Be predictable in traffic.
- Use common sense at all times
- Ride on right side of road.
- Obey all traffic signs.
- Give hand signals at all turns.
- Have a good time!

# ANNUAL DOYLESTOWN LIONS BIKE FOR THE BLIND



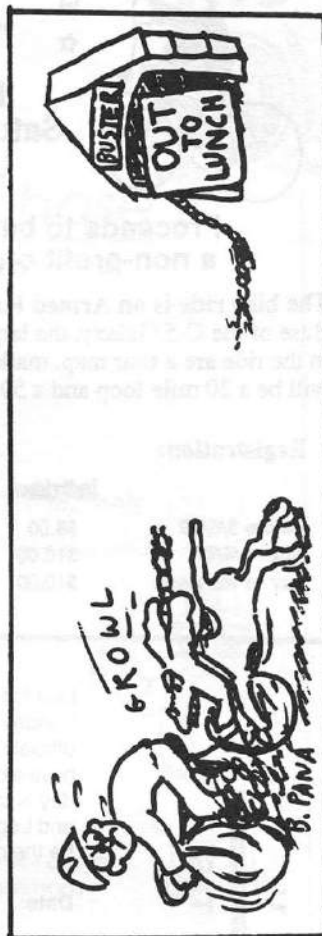
You are cordially invite to join the Doylestown Lions Club in helping the Bucks County Association for the Blind.

- WHO** Anyone — families, children, bike enthusiasts — 12 years of age or older in good health and a bicycle in good repair. Persons under the age of 18 require parent or guardian signature.
- WHAT** A 40 kilometer (25 mile) bike ride through beautiful Bucks County.
- WHERE** Beginning at the Maennechor Field, Cold Spring Creamery Road, Doylestown.
- WHEN** Sunday, May 21, 1989. Registration begins at 8:00 am. RAIN OR SHINE.
- WHY** 100% of the proceeds benefit the Bucks County Association for the Blind in their programs for the visually impaired and handicapped.
- HOW** By completing an official sponsor form and obtaining as many sponsors as possible. Additional forms are available or you can photocopy the sponsor form.

Bring the completed sponsor form to the Maennechor Field, 8:00 am, Sunday, May 21, 1989. Participants who are sponsored for at least \$10.00 will be given a FREE Bike for the Blind T-shirt.

We also encourage parents or guardians to ride with participants for a \$4.00 registration fee which includes a T-shirt.

For more information or forms, call Robert Ruddy at 345 - 5595!



**SAVE GAS!**  
**TWO-WHEEL-IT**



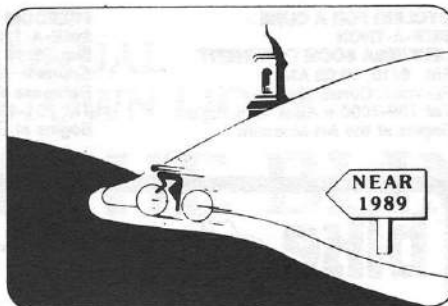
May 26-29: KENT COUNTY SPRING FLING, Washington College, Chestertown, MD. Rides of 10-130 miles, cruises, festival, etc. \$126 incl. meals and lodging 3 nights (\$111 2 nights). Baltimore Bicycling Club, Joyce Keating, 7020 Wallis Ave., Baltimore, MD 21215; (301) 358-5477.



## NEW ENGLAND AREA RALLY

AUGUST 10-13, 1989

University of Connecticut  
Storrs, Connecticut



## THE BEST NEAR YET!

Four exciting days in scenic Connecticut and Massachusetts including:

- over 700 miles of diverse countryside rides-suitable for all abilities
- workshops, manufacturer exhibits, movies, New England lobster and clambake, ice cream social
- rides and visits to such noted colonial landmarks as Sturbridge Village
- the chance to meet over 1500 riders from the Northeast and beyond
- SPECIAL--Saturday night concert featuring famous folk-singer Bill Staines!

FOR ADDITIONAL INFORMATION AND REGISTRATION  
send self-addressed, stamped envelope to:

**UNIVERSITY OF CONNECTICUT**

Office of Non-Credit Programs

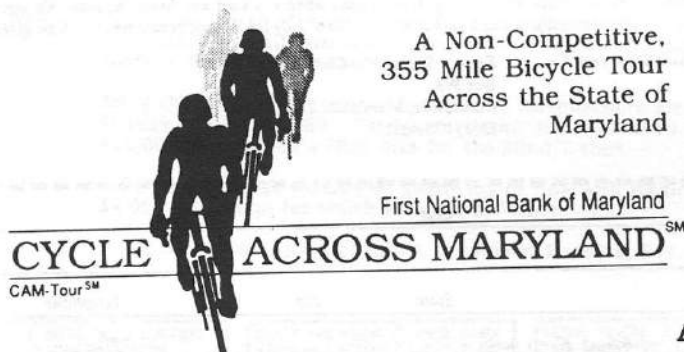
1 Bishop Circle

Storrs Connecticut 06268

203-486-3231

# SPECTACULAR!!

## SPECIAL EVENTS IN AUGUST



A Non-Competitive,  
355 Mile Bicycle Tour  
Across the State of  
Maryland

First National Bank of Maryland

**CYCLE ACROSS MARYLAND**

CAM-Tour<sup>SM</sup>

SPONSORED BY

**1ST**  
**First National**  
**Bank**  
**of Maryland**  
TO BENEFIT  
**AMERICAN**  
**LUNG**  
**ASSOCIATION**  
of Maryland, Inc.  
The Christmas Seal People®

**August 12-18, 1989**

A seven day cycling/camping vacation for families and friends. A rolling festival that highlights the State's diversity from the Allegheny foothills to the Eastern Shore. We'll transport baggage. Every night: entertainment, craft shows and the best of Maryland cooking. **Registration fee is \$90.**

**Maryland**  
More than you can imagine.  
Sanctioned by the State of Maryland.

**Information:** CAM-Tour-1, P.O. Box 11299, Baltimore, Maryland 21239

Producers: L. Brooks Productions, Inc. and Pro-Motions Management, Inc.

DVBC's

### 1989 SOUTH JERSEY CLASS C RIDE CALENDAR

| SATURDAY | TIME  | MILES | STARTING LOCATION |
|----------|-------|-------|-------------------|
| DEC 17   | 1 PM  | 12-18 | Bridgeport School |
| JAN 28   | 1 PM  | 12-18 | Bridgeport School |
| FEB 18   | 1 PM  | 12-18 | Bridgeport School |
| MAR 4    | 1 PM  | 15-25 | Bridgeport School |
| APR 8    | 10 AM | 20-30 | Bridgeport School |
| MAY 13   | 9 AM  | 25-35 | Clearview Reg. HS |
| JUN 17   | 9 AM  | 25-35 | Kingsway Reg. HS  |
| JUL 22   | 9 AM  | 25-35 | Kingsway Reg. HS  |
| AUG 19   | 9 AM  | 25-35 | Kingsway Reg. HS  |
| SEP 9    | 10 AM | 20-30 | Bridgeport School |
| OCT 28   | 10 AM | 20-30 | Bridgeport School |
| NOV 18   | 1 PM  | 15-20 | Bridgeport School |

**Ride Leaders:** Dec, Jan, Feb, Mar, Oct, Nov will be led by Rollin' Rich Patterson at 215-622-2954. Apr, May, Jun, Jul, Aug, & Sep rides will be led by the Patterson Tandem-Trailer Team: Rich, Joanne, and 2 yr. old (on 6/30/89) Ricky Patterson at 215-622-2954. Back-up Ride Leader is Norm Griffiths at 215-356-5538.

**Terrain:** Flat, very flat!

#### DIRECTIONS TO SJ RIDES FROM COMMODORE BARRY BRIDGE:

**TO BRIDGEPORT SCHOOL:** TAKE 322 EAST, THEN ROUTE 130 NORTH. MAKE 1st RIGHT ONTO BARKER AVE. & MAKE NEXT RIGHT ONTO CROWN POINT RD. (RT. 44). SCHOOL IS ON THE LEFT HAND SIDE NEXT TO A CEMETARY.

**TO KINGSWAY REGIONAL HS:** TAKE 322E TO 2nd RED LIGHT. MAKE LEFT TURN (RT. 551). SCHOOL WILL BE ON LEFT.

**TO CLEARVIEW REGIONAL HS:** TAKE 322 EAST TO ROUTE 45, TURN LEFT, THEN TURN RIGHT AT THE 3rd STREET, WHICH IS BREAKNECK ROAD. SCHOOL WILL BE TOWARDS RIGHT.



GRATIS LEGAL SERVICE NEEDED

DVBC is seeking a DVBC member to provide Gratis (Free) legal services. The club would provide compensation for costs of any materials related to legal work performed. If you can provide your services to the club, contact DVBC Board Member, Rich Patterson at 215-622-2954.

## Pennsylvania Perimeter

# IV

## Ride Against Cancer

BOB FREED  
331 N. 22nd  
Allentown, PA 18104  
(215) 434-8730

AUGUST 13-19

"A RIDE WITH A CAUSE" - Ready to roll again  
Benefit American Cancer Society - Dream Come True

You can help in the fight against cancer by participating in a bike tour through the picturesque countryside of Pennsylvania and neighboring states. Funds solicited by the riders will benefit the American Cancer Society and Dream Come True.

Pennsylvania Perimeter Ride Against Cancer I and II were successful in aiding in the fight against cancer. We have surpassed the \$50,000 mark in total donations. This year a portion of the pledges will be shared with Dream Come True which is an organization that provides wishes for terminally and critically ill children.

**We provide:**

- 500 miles of beautiful touring scenery
- Overnight lodging
- Some dinners and some breakfasts
- Sag wagon and support vehicles
- A friendly group of companion bikers of varying background, age, and biking experience

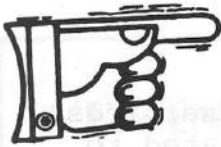
**We ask:**

- For a commitment in the fight against cancer
- A minimum of \$500 of pledges before the ride begins

Ride is limited to 35 riders on a first come basis.

*Please include what you can  
in your next newsletter. Thanks*





# TRIATHLON 1989

**May 6 American Heart Association of Delaware's Gore-Tex Triathlon**, Lisa Crkvenae, 4-C Trolley Square, Wilmington, DE 19806, (302) 654-5269, Brandywine Creek State Park, Wilmington, Delaware  
B: 12m B: 4.7m Canoe: 3m

**May 21 Columbia Triathlon**, Robert Vigorito, 6662 Windsor Court, Columbia, MD 21044, (301) 730-3880, Columbia, Ellicott City, Maryland  
S: 1.5k B: 40k R: 10k

**May 21 New York Biathlon Series**, Big Apple Triathlon Club, Cherokee Station, P.O. Box 20427, New York, NY 10028-9991, (212) 289-4113, S.A.S.E., Alley Pond Park & Cross Island Pkwy, Queens, New York  
R: 3m B: 20m R: 3m

**Jun 3 Garden State Tin Man**, Frank Quinn, 25 West End Ave, Somerville, NJ 08876, (201) 725-230, Somerville, New Jersey  
S: .5m B: 23m R: 10k

**Jun 4 Oxford Triathlon**, Fletcher Hanks, Box 560, Oxford, MD 21654, (301) 226-5494, Oxford, Maryland  
S: 2m B: 45m R: 13m

**Jun 4 Coors Light Biathlon Series**, Anna Noel, 1431 Chew Street, Allentown, PA 18102, (215) 433-3899, New York City, New York  
R: 5k B: 30k R: 5k

**Jun 10 Cumberland/Rocky Gap Triathlon**, Lauri Derlan, Cumberland Central YMCA, Cumberland, MD 21502, (301) 724-5445, Rocky Gap State Park, Maryland  
S: .25m B: 10m R: 2.8m

**Jun 10 Doe Valley Triathlon**, Eddie Ragland, Outdoor Recreation, Bldg. 9333, French Range, Fort Knox, KY 40121, (502) 624-7754 or 624-7342, Doe Valley Swim & Tennis Club, Fort Knox, Kentucky  
S: 1000 yds. B: 9.6m R: 6.9m

**Jun 10 Edinboro Triathlon**, Eugene Goldthwaite, 303 Monroe St., Edinboro, PA 16412, (814) 734-5321, Edinboro, Pennsylvania  
S: .6m B: 24m R: 6m

**Jun 11 East Coast Triathlon**, Sandy Doyle, 812 Adrian Dr., Virginia Beach, VA 23452, (804) 340-1435, S.A.S.E., Virginia Beach, Virginia  
S: 1.5k B: 20m R: 10k

**Jun 11 Greater Delaware Valley Triathlon**, Larry Wagner, 440 S. York Rd., Hatboro, PA 19040, (215) 674-4545, Hatboro YMCA, Hatboro, Pennsylvania  
S: 1k B: 25k R: 8k

**Jun 17 Wyckoff Triathlon**, Joyce K. Vottero, 691 Wyckoff Ave, Wyckoff, NJ 07481, (201) 891-2081, Indian Trial Club, Franklin Lakes, New Jersey  
S: .5m B: 15m R: 5m

**Jun 18 Marathon Sports Sprint Triathlon**, Wayne S. Kursh, c/o Marathon Sports, 300 9th Street Plaza, Wilmington, DE 19801, (302) 654-2354, St. Andrews School, Middletown, Delaware  
S: .25m B: 15m R: 5k

**Jun 25 Bud Light U.S. Triathlon Series**, 5966 La Place Ct, #100, Carlsbad, CA 92008, (619) 438-8080, Baltimore, Maryland  
S: 1.5k B: 40k R: 10k

**Jul 4 Liberty to Liberty Biathlon**, Joe Kratovil, P.O. Box 937, Green Brook, NJ 08812, (201) 968-8256, New York to Philadelphia  
R: 6.2m B: 100m R: 5m

**Jul 4 Liberty Triathlon**, Joe Kratovil, P.O. Box 937, Green Brook, NJ 08812, (201) 968-8256, New York to Philadelphia  
S: 1.5m B: 100m R: 5m

**Jul 8 O.C.L.A.-Tortuga Biathlon**, Grand High Tortuga, 510 Swede Street, Norristown, PA 19401, (215) 275-2000, 34th Street Beach, Ocean City, New Jersey  
S: 1m R: 5m

**Jul 9 Steamtown Biathlon**, John Gronski, 3905 Birney Ave., Scranton, PA 18507, (717) 344-8558, Scranton, Pennsylvania  
R: 5m B: 20m

**Jul 15 Butler YMCA Triathlon**, Tom Spence, 339 N. Washington, Butler, PA 16001, (412) 287-4733, Butler, Pennsylvania  
S: .25m B: 10m R: 5m

**Jul 15 Coca-Cola Tinman Triathlon**, Rick Godin, 55 Park Street, Tupper Lake, NY 12986, (518) 359-3328, Tupper Lake, New York  
S: 1.2m B: 56m R: 13.1m

**Jul 16 Run-Swim-Run Biathlon**, William S. Nunnally, 418 Garfield Ave., Avon, NJ 07717, (201) 988-0284, Avon, New Jersey  
R: .5m S: .125m R: .5m

**Jul 16 Carbon County Triathlon**, Ed Vermillion, P.O. Box 154, Lehigh, PA 18235, (215) 377-5905, Lehigh, Pennsylvania  
S: 1.2m B: 32.2m R: 10m

**Jul 22 Governor's Cup Triathlon**, Pete Murray, 3513 N. Third St., Harrisburg, PA 17110, (717) 232-7126, Lewisberry, Pennsylvania  
S: .5m B: 10m R: 3m

**Jul 22 Red Cross Governor's Cup Triathlon**, Pete Murray, 3513 N. 3rd. St., Harrisburg, PA 17110, (717) 232-7126, Pinchot St. Park, Rossville, Pennsylvania  
S: .5m B: 10m R: 3m

**Jul 23 YWCA Biathlon For The Homeless**, Sonia S. Sloan, YWCA of New Castle Co., 233 King Street, Wilmington, DE 19801, (302) 658-7161, YWCA, Wilmington, Delaware  
R: 4m B: 22m R: 3m

**Aug 5 Schooley's Mountain Women's Triathlon**, Joe Kratovil, P.O. Box 937, Green Brook, NJ 08812, (201) 968-8256, Long Valley, New Jersey  
S: .33 B: 15m R: 4m

**Aug 6 YWCA's Biathlon for the Homeless**, Sonia S. Sloan, YWCA of New Castle, 233 King St., Wilmington, DE 19801, (302) 658-7161, YWCA, Wilmington, Delaware  
R: 4m B: 22m R: 3m

**Aug 12 Winchester Junior Triathlon**, Don Stinnette, 1001 E. Cork St., Winchester, VA 22601, (703) 667-2699, Winchester Park & Recreation, Winchester, Virginia  
(7-10): S: 50 meters B: 2.5m R: .5m  
(11-14): S: 200 meters B: 2.5 R: 1m

**Aug 12 Emmaus Road Runners Triathlon**, Chris Bleam, 121 No. 12th Street, Allentown, PA 18102, (215) 776-6541, Christmans Lake, Lenhartsville, Pennsylvania  
S: 1m B: 31m R: 10m

## BUD LIGHT BAY STATES TRIATHLON

S:1M B:40M R:10M ▲ ◆

where: Medford, Massachusetts  
when: July 23, 1989  
entry fee: \$50 - individual, \$75 - relay  
phone: (617)396-3001  
contact: D.M.S.E.

## GREATER WILKES-BARRE TRIATHLON

S:1.5K B:40K R:10K ▲ ◆

where: Wilkes-Barre, Pennsylvania  
when: September 3, 1989  
entry fee: see entry form  
phone: see entry form  
contact: see entry form

### REIMBURSEMENT

A request has been made for a Triathlete magazine subscription to Rich Patterson, who has contributed various triathlon event information to the DVBC newsletter. Anyone objecting to this reimbursement should call the DVBC treasurer, Frank Havnoonian, at 215-449-6154 by April 25, 1989.

# Tandems — Bikes Built for Two



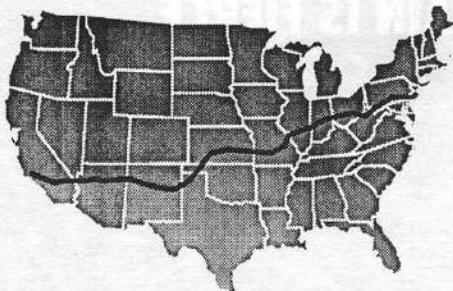
**VIDEO  
AVAILABLE**

THE TRANSCONTINENTAL TANDEM RECORD ATTEMPT  
HALDEMAN — PENSEYRES  
1987

Lon Haldeman and Pete Penseyres have been rivals in the Race Across America since 1982. Both are two-time winners of RAAM and, individually, they have raced across the United States more than 15 times in the past eight years. Now, they join their strength, experience and enthusiasm to cross the continent in the fastest human-powered time in history — under some of the most adverse conditions either of them had ever faced.

This transcontinental explores the ultimate limits of human endurance. A team of doctors and physical therapists from SCOR Physical Therapy and Des Moines Mercy Hospital monitored Pete and Lon throughout the record attempt to document changes in their muscle strength, blood levels and oxygen usage. (For a detailed report on their findings, see the December, 1987 issue of *Bike Tech* or *Bicycling*, October, 1987.)

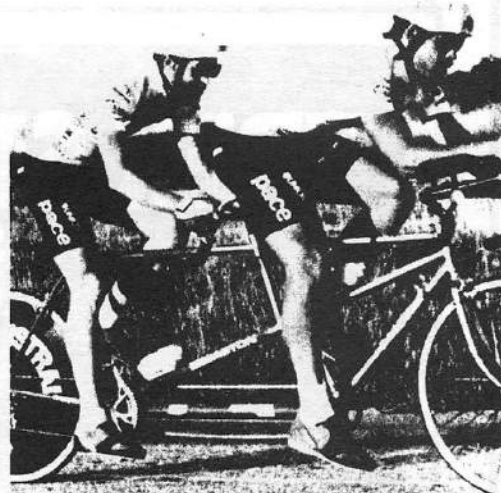
The Medical and Sports Music Institute of America provided "Music in Synch", the sound track for this production. James Sundquist creates music and rhythm designed to keep runners and cyclists in synch with their optimum training program and produces customized protocols to the exact RPM's needed for individual athletes. For more information, write c/o PO Box 70681, Eugene OR 97401 or (for music orders only) call toll free 1 800 628-2828 ext. 958.



THE TRANSCONTINENTAL TANDEM RECORD ATTEMPT  
HALDEMAN — PENSEYRES  
1987

## THE TRANSCONTINENTAL TANDEM RECORD ATTEMPT 1987

PENSEYRES — HALDEMAN



THERE WILL BE TWO FREE VIEWINGS OF THE VIDEO- "THE TRANSCONTINENTAL TANDEM RECORD ATTEMPT 1987 PENSEYRES-HALDEMAN": Saturday, April 15th and Saturday, May 13th at the home of the Pattersons at 7:30 PM. Any DVBC member is welcome to attend. Refreshments served. Just call Rich or Joanne Patterson at 215-622-2954 in advance. Also, any member of DVBC's Tandem Division may borrow this VHS Video free of charge, just call Rich to make arrangements. THANKS to the Tandem Division members whose division membership fees helped purchase this video.

## MAKE PLANS

### TANDEM CALENDAR '89

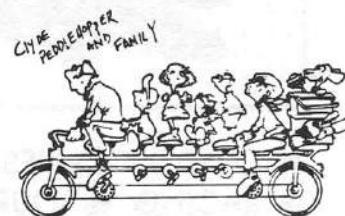
May 20, 1989. **Miami Valley Tandem Rally '89.** Kettering, OH. A one-day rally in the heart of the Miami (OH) River Valley. Stay through Sunday and take part in the Huffman 100. For more information about the MVTR '89, send an SASE to Miami Valley Tandem Rally, 933 Kenosha Drive, Kettering, OH 45429.

May 26-29, 1989. **Kent County (MD) Spring Fling.** Washington College, Chestertown, MD. Baltimore Bicycling Club's 7th Annual event. Four days' of cycling on lightly travelled rural roads — flat to rolling terrain. Special tandem rides of varying lengths daily. Bike/sail rides. A/C rooms. Entertainment. Plenty of ice cream and free beer. Always a sellout! Register early! \$126/person, room and board. Send SASE to Al & Ruth Schaffer, 3212 Midfield Road, Baltimore, MD 21208. Ph: (301)-484-0306

## TO BE THERE!

June 30-July 4, 1989. **LAW National Rally.** Salisbury, MD. Cycle on flat, rural roads with many water views. Designated tandem rides daily of varying lengths. T-shirts for first 1,000 registrants. Special A/C rooms set aside for tandems. For information about tandems-only pre/post tour, send SASE to Al & Ruth Schaffer, 3212 Midfield Road, Baltimore, MD 21208. ph: (301)-484-0306. For general information about the LAW Rally, send SASE to LAW National Rally '89, Salisbury State University, Salisbury, MD 21801-6837.

July 21-23, 1989. **Eastern Tandem Rally, '89.** Elizabethton, PA. Tandem '89 will be based in Elizabethton College in the northwestern corner of Lancaster County, PA. This is an ideal setting, away from the usual heavily-traveled tourist areas of the famous Amish country. The beautiful rolling countryside will be highlighting the well-kept farmlands for which Lancaster County is known worldwide. Chocolate lovers will relish the rides to Hershey and Lititz, known for Hershey Kisses and Wilbur Buds. Don't know what a "Wilbur Bud" is? Come to ETR '89! SASE to Tandem '89, c/o Bicycle World, P.O. Box 362, Lititz, PA 175433-0362.



# TEAM Casual

## Challenges Competitors to "Follow The Leader"

TEAM DVBC's (TEAM Casual's) March  
FIVE MILE TIME TRIAL RESULTS:

| NAME            | TIME  | AGE | PTS. | TP |
|-----------------|-------|-----|------|----|
| Ed Silcox       | 14:22 | 42  | 09   | 27 |
| Bob McKenney    | 14:25 | 39  | 08   | 08 |
| Joe Freiberg... | 14:07 | 26  | 10   | 10 |

Timekeeper: Ed Silcox

Course: Goshen, sugartown, and  
Providence Roads

Note: Not all participants were  
TEAM Casual members.

TP: Total Points for TEAM Casual's  
Winter/Spring TT Series

Frame information: Ed Silcox was  
riding a Bianchi, Bob McKenney  
was riding a Raleigh, & Joe Frei-  
berg was riding a Univega.

Weather Conditions: Wet, Wet, Wet!

Call Rollin' Rich Patterson if you  
need directions to the starting  
location or have any questions  
regarding TEAM Casual. You can  
call Rich at 215-622-2954.

The TEAM Casual (TEAM DVBC) Time  
Trial Series is open to anyone  
wishing to participate. There is  
no fee. A helmet is MANDATORY!  
All Spring Time Tials will be  
starting at 9:15 AM SHARP! Don't  
be late. Spectators are welcome.  
Don't miss the Mother's Day Time  
Trial and the upcoming Father's  
Day Time Trial.

So far only Ed Silcox has offered  
to be a backup timekeeper. If  
anyone else would like to volunteer,  
call Rich Patterson at 215-622-2954.

Wear a helmet.



The  
competition  
hates our  
guts.

EXPERIENCE RACING  
LIKE NEVER BEFORE

TENTATIVE TEAM  
DELAWARE VALLEY  
BICYCLE CLUB  
TIME TRIAL  
SCHEDULE

OCT 30, 9:15 AM  
NOV 24- Glasgow,  
Del. 8:30 AM  
DEC 18, 10:15 AM  
JAN 29, 1:00 PM  
FEB: NO TT!  
MAR 5, 1:00 PM  
APR 9, 9:15 AM  
MAY 14, 9:15 AM  
JUN 18, 9:15 AM

WEAR A HELMET!!

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

WITHSTAND THE TOUGHEST  
TEST OF ALL -  
THE TEST OF TIME

## Here We Go Again

by Frank Havnoonian

As American cycling gets more competitive, the cycling season gets longer with each passing season. The reason for this is very simple. American successes in Europe spur on those top athletes back here in America to get better results. Along with a more scientifically prepared season, this has meant longer and harder racing seasons. A competitive bike racer who stood out in local racing twelve years ago has found the scene drastically changed. His old ideas and training regiment no longer work.

A yearly training season can be divided into four parts. The first part is called "preseason," and centers around basic conditioning. "Early season," followed by "peak racing season" lead into "rest season," which completes the cycle.

Here is an excellent outline that can be

altered and adjusted to fit your cycling needs and goals:

The preseason should consist of aerobic training, so keep away from sprints. Instead, work on distance and time in the saddle. The more you do here the better off your season will be as it is the number of miles of preseason work that will get your legs fit and pedaling smoothly and allow your heart and lungs to get acclimated to the harder workouts that lie ahead in the next part of your season.

The early season will still consist of a lot of distance rides continuing where you left off in the preseason, but as the weather gets warmer and you don't have to wear 50 lbs. of clothes to keep warm, you can increase your speed doing sprints and intervals. Speed should be faster than race speed, but for shorter distances than in a

USCF race situation.

Peak season may be from May to September or October. Set up a specific training program and follow it religiously for the entire time, making sure that you alternate hard and easy days and that you allocate yourself adequate rest days. If you run into three or four days of rain, use that time to take a mental and physical rest. You'll come back stronger because of it.

After the racing season is over you will come to the rest period. You should exercise to maintain general conditioning. Skiing, swimming, long walks, light jogging, and weight training are all excellent. Participating in other sports is also psychologically refreshing. When you do ride, avoid high pressure workouts.

If you have any questions, please call me at home. . . (449-6154).

### Coach's Corner. . .

#### *Crank Bolts, Rolling Resistance, and Tri-Flow Fumes; a Whole New World of Performance . . .*

by Frank Havnoonian

There are no set rules about how often you should carry out a full maintenance check and overhaul on your bike. In the great stager races such as the Tour de France, team mechanics have to wash, tear down and reassemble about a dozen bikes, nightly, for a month! Pro racers live on their bikes and compete in freezing conditions high in the Alps, or in the rain, or in the baking hot sun, and all of this takes its toll.

Here is a partial list of some of the things that you can do:

1) Twice a year, make sure that the crank bolts holding the arms to the bottom bracket axle are tight. Take off the dust caps (I prefer to leave the dust caps off permanently because they become unnecessary weight) and spray underneath the nut without actually removing it. The spray may help to eliminate creaking at the arm/ axle juncture and will also enable you to make the nut

tighter when you tighten it. This bolt can take a lot of abuse, but if you're not sure how much torque to put on it, I'll be glad to show you.

2) Once per week, make sure that your tires are properly inflated. Properly inflated tires do to things: give you a wheel less prone to rim damage when striking road bumps and holes, and provide lower rolling resistance. The more expensive the tire is, the faster the air will come out of the inner tube. It's always best to use a hand pump to inflate your tires (the pre-ride effort will definitely warm you up!). Gas station hoses are OK, but never trust the gauge and don't hold the air nozzle to your bike tires for more than 1/2 second bursts as anything longer will cause your tires to burst. Learn through experience what properly inflated tires should feel like using the "thumb" gauge. When pushing the top of the tire firmly with the thumb, only a small amount of "give" should be felt. Inspect your tire regularly

for glass cuts and sidewall abrasions. Since your front tire is your steering and your life is probably worth more than a tire, keep a good eye on the front tire and replace it if it looks doubtful.

3) Twice a month, spray your chain. Lean your bike up against a wall, and while backpedaling, holding the chain stationary, give the chain a 10 second shot of spray. CRC and WD-40 are good. Tri-Flow is great but must only be sprayed outside, not in a closed room, as the vapors are harmful.

4) Before every race it is a good idea to check to see if your handlebars are tight. Stand in front of the bike with the front wheels between your knees. Try to twist the handlebars with a moderate amount of force. Tighten the top bolt clockwise, if loose, and test again. This is the most dangerous bolt on a bicycle to ever leave loose, and it is very easy to safety check.

That's all for now. More maintenance in future Coach's Corner Columns!

## Team Meeting To Be Announced

### WAGO Cycle Series '89

Yo!

#### WAGO Cycle Series '89

The WAGO Cycle Series, sponsored by J.C. Penney's and Old Milwaukee Beer is coming! The largest series of citizen bicycle races takes to the streets again in 1989. The series of bicycle races offers one race a month from April 'til November for enthusiasts of all ages and abilities.

The State  
Championships are  
just around the  
corner. . .

The series dates for 1989 are: April 9, May 7, June 25, July 16, August 6, September 17, October 15, and November 5.

This year the races will be held high atop scenic Mt. Penn in Reading with the registration and Start/Finish set at "The Tower," one of Reading's landmarks. To date, over 1,200 cyclists have taken part in the series, and that figure includes riders who are complete novices to former Olympic Champions.

For more information, contact Dave Kline, c/o WAGO, PO Box 1657, Reading, PA 19603, or call (215) 376-3987.

# Dues Are Due

LIGHTWEIGHT SALES SERVICE  
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WE SUPPLY EVERYTHING  
FOR THE CYCLIST -- RACING  
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RALEIGH  
DREXEL  
HILL  
CYCLERY

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CLOSED WEDNESDAY



**DELAWARE VALLEY BICYCLE CLUB**

P.O. Box 497  
Media, PA 19063



"THEY SAY YOU CAN'T TAKE IT WITH YOU!  
BUT I DID!"



**PLEASE  
AFFIX  
POSTAGE**

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

Please Label Here

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

MEETING NOTICE: DO NOT DELAY DELIVERY

**FIRST CLASS MAIL**



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 1989 DVBC Membership**

(Expires 2/28/90)

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

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

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

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

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

**INTEREST SURVEY**

**Ride Pace**

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

**I'll volunteer for:**

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

Please send your check or money order to:

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

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

I wish to donate to the DVBC Safety Foundation:

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

**Membership to DVBC Subdivisions**

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

☐ \$7.00 DVBC-Team Drexel Hill (Road Racing)  
Drexel Hill Cyclery

☐ \$5.00 Team Delaware Valley Bicycle Club  
Team Casual! (Road Racing)

☐ \$5.00 DVBC Triathlon Div.

☐ \$5.00 DVBC Tandem Div.

**Total Amount Enclosed**