



DELAWARE VALLEY BICYCLE CLUB

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

MAY 1990

FREE!

1990 CoreStates US PRO Championship
SUNDAY, JUNE 17, 1990

If you want to help stage the 1990 CoreStates US PRO Championship, the largest one day cycling event in the world, please complete and return this form by Friday, June 8, 1990.

Support this event by becoming part of the dedicated corps that make this great event happen in Philadelphia. Hundreds of volunteers are needed in the following areas:

- [] **MARSHALS** - Make this race safe for both spectators and competitors. Over 500 marshals are needed on race day. Volunteers must be at least 18 years old to participate. Reward: Enjoy an up close view of racers in action!
- [] **FEED ZONE** - Hand food and beverages to the racers while they are competing. In order to qualify, feeders must have a USCF license and be classified as a Category I, II, or III rider.
- [] **DRIVERS** - Drive one of the support vehicles in the caravan and enjoy the race from a unique perspective. Drivers must demonstrate the ability to handle this demanding job prior to getting accepted for this position. Please attach a resume with race experience.
- [] **MOTORCYCLE DRIVERS** - Drive the media and VIP guests in the caravan and enjoy the race from the cyclist's point of view. This is a special assignment. Please attach a resume stating past experience.
- [] **SECURITY** - This job has some particular requirements such as checking credentials in designated areas. A core of 75 security volunteers are needed on race day. Reward: Enjoy an upclose view of the bicycle race!
- [] **OFFICE ASSISTANTS** - Type, file, answer phones, and prepare credentials during race week. Morning, afternoon and evening hours are available.

Reward: Meet the US PRO Championship staff, pro cyclists and experience the work that is conducted "behind the scenes".
- [] **MISCELLANEOUS SUPPORT** - There is always a need for an extra pair of hands, construction crew, and/or sign crew on Saturday and Sunday. Reward: Enjoy an upclose view of the bicycle race!

SHIRT SIZE: [] MEDIUM [] LARGE [] EXTRA LARGE

I understand that participation as a volunteer is at my own risk. I agree to handle my assignment in a dedicated, courteous and responsible manner. I will obey the instructions of the organizers, officials and staff leaders to the best of my ability.

SIGNATURE _____ DATE _____

RETURN TO: CoreStates US PRO Championship
 Attn: Doreen Gillies
 9 Willet Drive
 Department V-89
 Ambler, PA 19002



PHILADELPHIA

Check if you have worked as a race volunteer before.

- * How many years? _____
- * What capacity? [] Marshall; [] Feed Zone; [] Driver; [] Motorcycle Driver;
[] Security; [] Office Assistant; [] Miscellaneous Support
- * How did you hear about the CoreStates US PRO Championships?
- * Comments:

Board of Directors

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Members at Large

Cliff Allen 356-5585
Amy Beaver 896-7388
Tom Brennan 353-1248
Karl Voigt, III 970-1672
Bob Wright 623-8373

Ride Coordinators

A/B Rides: Mike Keating
104 E. State St.
Media, PA 19063
891-9098 FAX: 891-1897

C/D Rides: Doug Kennedy
913 Mt. Holyoke Pl.
Swarthmore, PA 19081
543-4664

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

DVBC Newsletter Staff

Editor Vacant

Racing Editors . Frank Havnoonian
Rich Patterson

Special Events Rich Patterson

Advertising Hank Hox

A/B Rides Mike Keating

C/D Rides Doug Kennedy

Assembly Frank Havnoonian

Mailing Labels Mike Keating

Typesetting Mike Keating

Club Addresses

Editor:

DVBC
P.O. Box 497
Media, PA 19063

Membership & Club Box:

DVBC
P.O. Box 497
Media, PA 19063

Newsletter/Special Events

DVBC
P.O. Box 497
Media, PA 19063

Items for Sale & Ride Reports:

DVBC
P.O. Box 497
Media, PA 19063

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 Decals50
Club Bike Decal25
Club Water Bottle 2.00
Club Patches 1.25

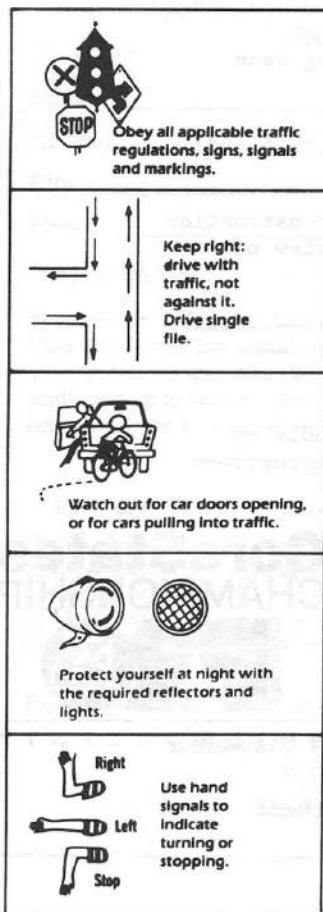
DVBC Meeting Place

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

Ride Guidelines

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

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



Ride Calendar

May 12 • 10:15 A.M. Miles: 15-20 • Class C <i>S. Jersey Spring Jaunt</i>	Leave from the Bridgeport School in New Jersey. (Cross the Com. Barry Bridge, take Rt. 130 North, make first right (Barker Ave.), make next right (Crown Pt. Rd. - Rt. 44) and there's the school. Led by the Terrible Tandem/Trailer Team (TT/TT) of Rollin' Rich, Joanne & Ricky Patterson: 622-2954.
May 13 • 9:00 A.M. Miles: 40 • Class C+ <i>Chesapeake Bay I</i>	Leave from the Swarthmore College Theater at 9:00 to car-pool. We'll ride to St. Paul's Church in Rock Hall, MD, built in 1713. Bring a lunch to enjoy at the church. This Eastern Shore ride is almost all flat. For more information call Doug Kennedy at 543-4664.
May 13 • 10:15 A.M. Miles: 5 • Class All <i>Goshen Time Trial</i>	<i>Mothers' Day Version.</i> Meet (10:15 SHARP) at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Roads are <i>not</i> closed to traffic. Helmet required. Good times for all moms — better times for moms in shape! Rich Patterson: 622-2954.
May 19 • 10:00 A.M. Miles: 30-35 • Class C+ <i>Chester Co. Historical Ride</i>	Leave from Greenwood Elementary School on Greenwood Ave. (off Rt. 1 at Longwood Gardens). Bring lunch to enjoy along the ride. We'll tour historical sites of Chester County, making some stops with Paul Rodebaugh. For more information call Roz Chasin at 302-478-1610.
May 20 • 10:00 A.M. Miles: 50 • Class B- <i>Reading</i>	Leave from the main parking lot at French Creek State Park near the Ranger Station. We'll ride to Reading and back taking in a lot of areas not common for DVBC rides. Bring lunch which we'll eat at the Pagoda. For more information call Rich Bernhard at 284-2019.
May 27 • 9:00 A.M. Miles: 38 • Class C+ <i>Chesapeake Bay II</i>	Meet at the Swarthmore College Theater to car-pool to the starting point. We'll ride to Betterton Beach on the Sassafras River on flat roads through the Eastern Shore. Bring lunch, and a swim suit if you want to go in the water. We'll stop at the town park for a picnic. Doug Kennedy: 543-4664.
May 27 • 12:00 Miles: 30 • Class C+/B- <i>Singles Only . . .</i>	<i>Goshen-Malvern.</i> Leave from Daley's Restaurant parking lot at W. Chester Pk. & Providence Rd. in Edgemont. Join other single bikers for a tour of the beautiful horse farms of the area. Roads have rolling hills and little traffic. Possible picnic after ride. Bob Wright: 623-8373 or Karen: 626-2355.
June 4 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. Come out to meet new friends or just to be entertained and informed. Unitarian Church, Rose Tree Rd., Media.
June 10 • 8:00 A.M. Miles: 6-62 • Class All <i>Freedom Valley Bike-a-thon</i>	The annual ride to help raise funds for the Philadelphia-Valley Forge bike trail. Come out to ride and see the progress that's been made in the past year. Registration (near the Philadelphia Art Museum) starts at 8:00, ride leaves at 9:00. Four routes: 6 (Center City), 16 (Fairmount Park), 35 (Conshohocken) and 62 (Valley Forge). The longer ride return on the bike trail. To volunteer to help or for a pre-registration form, call 925-6005. Pre-registration strongly recommended as literally <i>thousands</i> of people participate.
June 17 • A.M. Miles: 156 • Class Pro <i>CoreStates Championship</i>	The annual U.S. Pro CoreStates Championship. Many of the top riders will be here for the 10-lap race through Fairmount Park and Manayunk. Volunteers are needed to help stage the CoreStates, the largest one-day cycling event in the world. Or, just come to watch this great event.





**Pinelands Metric
Batsto State Forest**

Shore Cycle Club

May 5, 1990

**Patch, sag, lunch, cue
sheets, marked route**

**SASE to:
Pat Bitzer
11 Vassar Drive
Somers Point, NJ
08244**

**Phone (609) 927-0775
evenings**

May 5 Sat. N J FARMLANDS FLAT TOUR
40, 61 and 100 miles
Monmouth Battlefield State Park,
Route 33 West, Frehold, NJ 7 am to
6 pm sharp. Pre-registration \$8
til April 28. \$10 after. Sag,
food, cue sheet, bicycle
maintenance, other surprises and T-
Shirts while they last. SASE to
Central Jersey Bicycle Club, PO box
2202, Edison, NJ 08818.

MAY

5 PINELANDS METRIC CENTURY/HALF
Starts 8:30 am; Batsto State Forest. Contact Pat
Bitzer, Shore Cycle Club, 11 Vassar Drive,
Somers Point, NJ 08244; (609) 927-0775
evenings or 1-800-334-BIKE in New Jersey.

12 TRI-STATE CENTURY/HALF/QUARTER
Starts at 7:30 am for 50 and 100, 8:30 for 25, in
Hollingsworth Parking Lot, N. College & Cleve-
land Aves., Newark, DE. Contact White Clay
Bicycle Club, Harriet Snipes, 213 Valley Lane,
Hockessin, DE 19707; (302) 239-2225.

19 BELLEPLAIN METRIC CENTURY
Starts Belleplain State Forest, NJ. Contact
Gary Poulsen, Shore Cycle Club, P.O. Box 331
Pomona, NJ 08240; (609) 965-2989.

Diamond State Bicycle Club • Dover Air Force Base MWR

'Bike to the Galaxy'



Bike ride of 20 or 50 miles

**★ Saturday, May 19, 1990, 8:00 a.m.
★ Legislative Mall, Dover DE**



This 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 riders. Rain or shine!

Registration:

	Individual	Family
Before May 5, 1990	\$8.00	\$16.00
After May 6, 1990	\$10.00	\$20.00
Day of the event	\$10.00	\$20.00

**Maximum of 2 patches per family
Make checks payable to Diamond State Bicycle Club.**

Clip out and send in today!

For more information, call:

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



Bike to the Galaxy • Saturday, May 19, 1990 • 8:00 a.m.

Name _____ \$8.00 - Individual before 5/5
Address _____ \$10.00 - Individual after 5/5 & day of
City/State/Zip Code _____ \$16.00 - Family before 5/5
Phone _____ \$20.00 - Family after 5/5 & day of
Age _____ Checks only please! Make payable to Diamond State Bicycle Club
Other family members riding _____
Expected course (check one) _____ 20 miles _____ 50 miles

Disclaimer: In consideration for being allowed to participate in this ride, I hereby for myself, my heirs, assigns, and administrators, waive and release any and all rights and claims I may have for damages, injuries, or death arising out of my participation in this bike ride sponsored by the Diamond State Bicycle Club and the Dover Air Force Base.

Signature _____ Date _____

Parent signature (if under 18) _____

Mail registration to: "Bike to the Galaxy", Diamond State Bicycle Club, P.O. Box 1729, Dover, DE 19903

May 25-28 KENT COUNTY SPRING FLING
Washington College, Chestertown, MD
Lots of things to do. Ice Cream
Socials, Skipjack/Power Boat rides,
free beer. Call Rebecca at 301-
377-6699 for more info.



**Belleplain Metric
Belleplain State Forest**

Shore Cycle Club

May 19, 1990

**Patch, sag, lunch, cue
sheets, marked route**

**SASE to:
Gary Poulsen
PO Box 331
Pomona, NJ 08240
Phone (609) 965-2989
evenings**

HANOVER CYCLERS HORSE FARM TOUR

MAY 18-20

Two days of family oriented rides in the Hanover area on lightly traveled county, township and borough roads. Gently rolling terrain with some hills. Ride through the largest standardbred horse farms in the world, stop and tour the stallion barns, see the mares and yearlings in the lush green meadows. Ride through some of the richest farmland in the world with its great brick and frame barns.

SATURDAY: Choice of two rides: A ten mile tour of the Gettysburg Battlefield or a 30 mile easy paced ride through our countryside. Note: Not same route as Sunday ride.

SUNDAY: Choice of a 25 or 50 mile ride. Both are over the same course for the first 25 miles.

Saturday rides start at 10:00 AM with experienced ride leaders.

Sunday rides starting times 7:00 AM to 12:00 noon. You must be off the course by 4:00 PM. Ride at your own pace, marked route with cue sheet. Sag wagon will patrol route, but **WILL NOT PROVIDE REPAIR SERVICE**. Each rider must be his/her own mechanic.

SUNDAY ONLY: Drinks and snacks will be provided at the 25 mile cutoff for all registered riders.

REGISTRATION: The South Street Recreation Park in McSherrystown is our tour headquarters. Rides will start and finish here (except for the Saturday Gettysburg ride). Registration opens at 8:00 AM and closes at 3:00 PM on Saturday. Sunday registration opens at 7:00 AM and closes at 12:00 noon.

DIRECTIONS: Route 94 is the main route running North/South through Hanover. Follow Route 94 to Elm Avenue, which is .7 miles North of the Hanover Square. Turn West on Elm Ave. At the **SECOND** traffic light on Elm Ave. the street changes to Main Street/Route 116. Stay on Elm Ave./Main Street/Route 116 for about 1-1/2 miles to the McSherrystown Fire Company, which will be on your left. Turn left and follow the signs for about 1/5 mile to South Street Recreation Park Entrance on your left. (PARK IS HIDDEN FROM PUBLIC VIEW) Rest rooms are available.

ACCOMMODATIONS: There are motels in Hanover, motels and campgrounds about 1/2 hour from Hanover in York and Gettysburg. All motels urge early reservations.

FOOD: There are many restaurants within a one to two mile radius of ride headquarters.

PATCHES: ALL REGISTERED RIDERS will receive an embroidered tour patch. Those who qualify can receive the LAW Quarter and Half Century patch for a \$2.50 fee for each patch.

REGISTRATION: The entry fee for a single rider is \$6.00. After April 30 the fee is \$7.00. In addition to the single category there is now a family category. This is a flat \$10.00 registration fee for all members of your immediate family. Each rider must fill out an application blank, but the family registration is filled in on only one of your family's application blanks. Clip the rest of the family's blanks to this one. After April 30 this fee is \$11.00.

All participants under 18 years of age must have the release portion of their application form signed by a parent or guardian in order to participate. Riders under 16 must be accompanied by a responsible adult.

***** HELMETS ARE STRONGLY RECOMMENDED *****

NO REFUNDS AFTER APRIL 30.

Send applications and information requests to:

HANOVER CYCLERS
C/O DICK CONDON
933 CAVALRY ST.
CARLISLE, PA 17013

PHONE: (717) 243-7376



Registration Form

CIRCLE ONE

SINGLE \$6.00 after 4-30 \$7.00
FAMILY \$10.00 after 4-30 \$11.00

Name _____
Address _____
City _____ State _____ Zip _____
Age _____ Phone _____

RELEASE

In signing this release for myself or for the named entrant (if entrant is a minor), I acknowledge that I understand the intent hereof, and I hereby agree to and will accept the risks involved in participating in the HANOVER CYCLERS, and their officers, volunteers and staff, and I shall hold harmless the HANOVER CYCLERS, and their officers, volunteers and staff, and I shall accept any blame or liability for any injury, misadventure, harm, loss, inconvenience or damage sustained as a result of my participation in this event or in any activities associated therewith. In the case of a minor entrant, I hereby agree to indemnify and hold harmless the above mentioned parties, jointly and severally, from any claims for injury, misadventure, harm, loss, inconvenience or damages which said minor may sustain by virtue of his/her participation in this event. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall heed traffic laws and practice courtesy and safety in cycling.

Signature of registrant _____ Date _____ Signature of Parent or Guardian if minor _____

MAIL THIS FORM TO:
DICK CONDON
933 Cavalry St.
Carlisle, Pa 17013

MAKE CHECKS PAYABLE TO: HANOVER CYCLERS

REMINER: A limited number of T-Shirts will be available for a flat fee of \$7.00 each. Only shirts ordered via early registration will be reserved. Remaining shirts will be sold at Tour Headquarters on a first come-first serve basis.

T-SHIRT ORDER:	COST	X	NUMBER	TOTAL
Small	\$7.00	X		\$
Medium	\$7.00	X		\$
Large	\$7.00	X		\$
X-Large	\$7.00	X		\$
			TOTAL:	\$

A limited number of specially designed T-Shirts will be made available for a flat fee of \$7.00 each. Only shirts that are ordered via early registration (prior to April 30) will be RESERVED. Remaining shirts will be sold on a first come-first serve basis.



TOURdeDIMS

TOURdeDIMS



SUNDAY, JUNE 10, 1990
CHOPMIST HILL INN
SCITUATE, RI

Join the March of Dimes TOUR de DIMES Bicycle Tour and enjoy some of the most scenic countryside in Rhode Island. The tour will begin between 9:30 and 10:30 a.m., starting at the Chopmist Hill Inn in Scituate, RI. That afternoon, participants who have raised a minimum of \$100 will feast on an 'all you can eat' clambake.

- To register, just mail in the form below with your \$25 fee. In a few days you will receive your registration kit and sponsor form. Register before May 1st, and receive a TOUR de DIMES T-shirt the day of the event.
- Each rider must obtain a minimum of \$100 in donations to participate. It's easier than you think! Just ask friends, family, neighbors and coworkers. You need only ten sponsors to donate \$10 each.
- Chopmist Hill Inn has sports and recreation facilities available free throughout the day for participants and their families.
- You can choose either the leisurely 25-mile tour or take the challenge of a 50-mile tour.
- Riders under 18 must have written parental consent and all riders must wear a helmet. There will be check points with refreshments. The tour will be supported by sag wagons.
- Non-riders are welcome to join us at the clambake for a modest additional fee. Details to follow in registration package.
- Any questions? Call the March of Dimes at 781-1611.

REGISTRATION FORM

____ YES! Please register me in the TOUR de DIMES and send my registration kit and sponsor form. Enclosed is my \$25 non-refundable registration fee. Please make check payable to the March of Dimes.

____ I will be unable to ride, however, I would like to help. Please call me.

Name _____

Street _____

City _____ State _____ Zip _____

Phone (Business) _____ (Home) _____

Age _____ T-shirt size S M L XL (Circle one)

* Mail to: TOUR de DIMES, March of Dimes, 400 Reservoir Avenue, Calart Tower, LLE, Providence, RI 02907

BICYCLIST'S BILL OF RIGHTS AND DUTIES

A bicycle is a vehicle. Therefore, a bicyclist has the same rights and duties as any other vehicle operator.

BICYCLIST'S CODE OF ETHICS

BICYCLISTS SHALL

ride in the same direction as the other vehicles on their side of the road.

BICYCLISTS SHALL

wait at red lights, etc. at all times, not just when they think it's necessary.

BICYCLISTS SHALL

not swerve without first seeing that there's no overtaking traffic that will be surprised.

A rear-view mirror is strongly recommended for lane position fine-tuning while still keeping maximum attention to the front, but is not a substitute for knowing when it's still necessary to turn your head.

BICYCLISTS SHALL,

at night, use at least a headlight and rear reflector.

A taillight, and other-direction reflectors, are strongly recommended in addition, but are not substitutes for a headlight and rear reflector.

BICYCLISTS SHALL

note that the above items are a partial list, to correct just the more common errors.

When in doubt, ask, "What would I do if I were driving any other vehicle?"

MOTORIST'S CODE OF ETHICS REGARDING BICYCLES

MOTORISTS SHALL

scan the road for all potential objects, not just big ones like cars.

MOTORISTS SHALL,

when entering a road, guard against underestimating the speed of a bicycle.

MOTORISTS SHALL

not automatically feel entitled to overtake in the same lane just because the vehicle they want to overtake is a bicycle.

Bicyclists courteously share their paid-for space with overtaking traffic when practicable, but you often must wait until it's practicable. This courtesy shall not be abused.

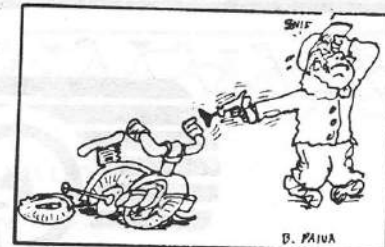
MOTORISTS SHALL

save their horn for emergencies. If they have something to say about a bicyclist's driving, they can either stop and talk about it face-to-face like a human being, or go to the police.

MOTORISTS SHALL

note that the above items are a partial list, to correct just the more common errors.

When in doubt, ask, "What would I do if I were interacting with any other vehicle?"



PACE YOURSELF

Pacing involves the use of certain riding techniques that conserve energy.

The first aspect is strategy. Study the route to determine the relative ease and difficulty of each section, divide the overall trip and each particular day into segments. Balance the long rides with the short, the hills with the flats.

Once your riding, concentrate on maintaining proper form. Monitor your cadence. No matter how steep the hill or how tired your legs, try to keep your cadence within range, despite the fact that your legs are moving faster spinning lower gear actually conserve energy and helps prevent muscle cramping.

Riding form is very important. Some common flaws that compound fatigue include head bobbing, locked elbows, not riding in a straight line, bowing the lower back, and permitting the heels to dip below the pedals.

A positive mental attitude is essential to pacing. Try these pacing tips on your next tour, and you'll feel fresher at days end.

The above triad of statements is my version of what we should leaflet the country with. Comments, or other proposed versions, are welcome. This has been Part II of my diatribe series "How to Quit Being Second-Rate Citizens".

- Tom Frost



Ride A Bike!



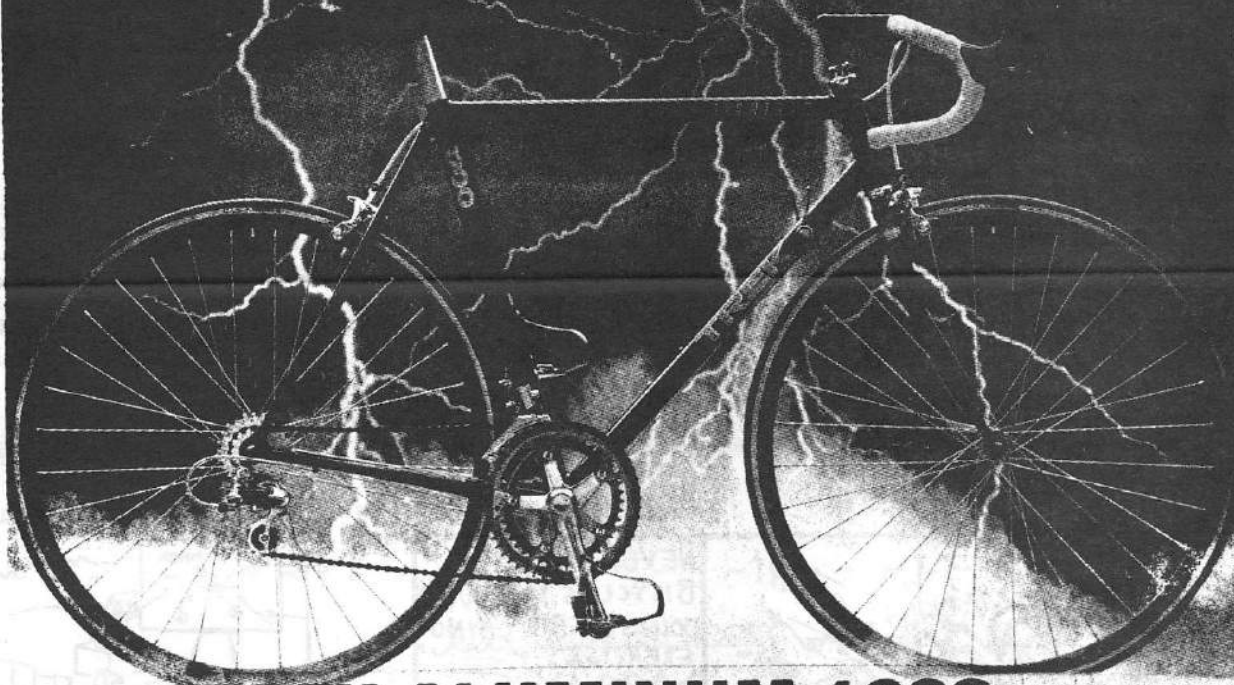
DEADLINE! DUES ARE DUE



BIKE LINE

#1 TREK DEALER IN THE COUNTRY!

**LIGHTNING QUICK
AND NATURALLY STRONG**



TREK ALUMINUM 1200

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- EXPERT REPAIRS ON ALL MAKES

- EXPANDED SELECTION OF CLOTHING
- NEW FOR '89 - BIKE LINE CATALOGUE
- FINANCING AVAILABLE



BIKE LINE
13 Convenient Locations

PAOLI Paoli Shopping Ctr. 647-8023	ALLENTOWN 1728 Tilghman St. 439-1724	WEST CHESTER 200 W. Gay Street 436-8984	NEWARK 212 E. Main St. 302-368-8779	WILMINGTON 2900 N. Concord Pk. 302-479-9438
WAYNE 165 W. Lancaster Ave. 687-1110	PHOENIXVILLE 711 Nutt Rd. 935-9111	BROOMALL 2619 W. Chester Pike 356-3022	DOVER 595 N. Dupont Hwy. 302-678-1772	PIKE CREEK Pike Creek Shop. Ctr. 302-998-0202
COLLINGDALE 533 Mac Dade Blvd. 583-7711	ARDMORE 55 W. Lancaster Ave. 649-9839	EMMAUS 831 Chestnut St. 967-1029		

JUNE

3 PEDAL FOR PETS FUN-D RIDE
15/30/60 miles. flat: 9:00 am. SPCA, Vineland,
NJ. Contact Sunny or Marlene, Target Con-
struction, W. Berlin, NJ: (609) 767-1360 days,
(609) 327-3798 evenings.



GEAR '90 Coastal Connecticut

June 8-11, 1990, New London, Conn.

I want to be at GEAR '90! Please send me registration materials.

If you need multiple registration forms for your club, please indicate the number here:

Return to:
GEAR '90
PO Box 514
East Lyme, CT
06333.

Name	Area Code & Home Phone Number
Address	Club Affiliation
City, State, Zip	

To register with your Visa/Mastercard, or for more information call GEAR '90 toll free, 800-562-BIKE (in CT 800-462-BIKE).



FREEDOM VALLEY

BIKE-A-THON * * now * * BIKE RIDE

SUNDAY JUNE 10, 1990 rain or shine !

6, 16, 35, or 62 miles, with food and rest stops.
It's a ride, not a race.

Enjoy historic Center City and scenic Fairmount Park and Chester County. Return to Philadelphia on the bike path along the Schuylkill river, now almost complete from Valley Forge.

Note the new name - since most of our riders do not bring pledges, we are counting on their donations (and a slightly higher registration fee), to fund the rest of the path.

NEW THIS YEAR -- pre-registrants with a \$25 donation will receive a FREEDOM VALLEY BIKE RIDE t-shirt. Contributors of \$100 or more will lead the ride.

And... the long route to Valley Forge will be easier! To volunteer, or for a registration form, call 925-6005.

BICYCLE BLUE ROUTE

So, it's been ten years; why isn't it done YET??? Because...each tiny section, be it along a stretch of Conrail or SEPTA railway, or through a backyard, or a business property, or a park, or driveway, or street, needs separate negotiations to purchase the land (if we can't get it donated) or to obtain right-of-way. Multiply these efforts by the need to get acceptance and cooperation from each borough along the route. Local politics and the concern of neighbors about the type of people the path will attract, and its effect on traffic and safety are big issues.

THEN, when a section is finally acquired and approved, it has to go through the scheduling, bidding and contracting process required by Montgomery County. This can take from a few months to a few years.

Most recently the stretch through Norristown has been largely completed. Remaining to do is the segment from Norristown to Valley Forge, and several connecting links throughout, especially through Conshohocken. If you live in Conshohocken, it would help if you would make your support of the bikeway known to your councilman. Please contact Jim Castellan through the AYH Office.

Jim, former AYH Board member, who started running the FVB ten years ago from his home, has been dauntless in keeping this effort going. This is the first year he will not be directing the Ride (Bob Rossman and Alice Wells are co-directing), so Jim will have more time for politicking. Another person very active has been John Wood of the Montgomery County Planning Commission.

Over the past nine years, you have raised \$67,000 to go toward the community funds that are matched by the Federal government.

Thank you and keep up the good work.

June 9 Get Ready Metric Century.
Contact South Jersey Wheelmen, c/o Arthur
Schalick, P.O. Box 2705, Vineland, NJ
08360

June 23-24 Great Finger Lakes Bicycle
Tour; camping, cabins, catered, winery
visits, SAG, SASE A.P. Mueller, 4009
Drexel Dr, binghamton NY 13903

June 24 13th Annual Raritan Valley
Round-Up; 25, 50, 62, & 100 mi. SASE to
Central Jersey Bicycle Club, P.O. Box
2202, Edison, NJ 08818

June 24 Sun. BAY TO BAY RIDE
76, 86 and 107 miles
Betterton, MD beach. \$8.00 7:00
am start. Includes map, marked
routes, patch, sag, food stops.
Swimming and showers after ride.
SASE to Eastern Shore Velo Club,
Box 393, Centerville, MD 21617
Ed. Note: This ride is the single
best away ride I've been on.

RATINGS

Bicycle helmets

Listed by size groups; within groups, listed in order of estimated quality based on safety, ease of use, and comfort. Differences between closely ranked models were slight. Youth helmets are typically intended to fit 6- to 12-year-olds; child helmets are typically for 2- to 6-year-olds. Models judged Not Acceptable are listed alphabetically.

1 Brand and model. The helmets were bought during 1989. Some manufacturers change their products without changing the model name, so a helmet you buy now may differ slightly from those we tested.

2 Price. The average price paid by CU shoppers in the New York City area. + means shipping is extra.

3 Type. About half of the helmets we tested have no shell (N) over the shock-

absorbing foam. Some helmets add a plastic or fiberglass hard shell (H). Lightweight thin shells (T) are also called "microshells."

4 Snell. All tested helmets are claimed to meet a safety standard issued by the American National Standards Institute (ANSI). Some also bear certification that they meet the more stringent standards of the Snell Memorial Foundation. Snell certification is valid only if a helmet bears a green Snell sticker with a serial number on it.

5 Weight. Rounded to the nearest ounce, including necessary pads.

6 Sizes. The number of sizes and the range of hat sizes they claim to cover.

7 Straps. Five-point independently adjustable strap systems (I) are the most flexible. When two or more of the straps are part of a continuous (C) piece, adjusting one strap may affect the others. Helmets on which

only the back and chin straps can be adjusted (B) are likely to fit fewer heads. Some helmets have non-adjustable side straps (NA) or no side straps (NS).

8 Impact. How well the helmets absorbed the energy of a series of measured impacts in our lab tests. Two samples—one hot, one cold—of each helmet were both dropped twice from 1.2 meters onto a hemispherical "anvil" and twice from 2 meters onto a flat anvil. Each drop hit a different part of the helmet. Temperature did not affect our results.

9 Roll-off. Helmets that best resisted roll-off could be adjusted so they barely moved in any direction when pushed. The poorest performers partially exposed the top of the head and were judged Not Acceptable.

10 Penetration. How well a helmet resisted a 6½-pound steel dart dropped from one and two meters. Hard-shell models

1 Brand and model	2 Price	3 Type	4 Snell	5 Weight, oz.	6 Sizes, number/range	7 Straps	8 Impact	9 Roll-off	10 Penetration	11 Adjustability, pads/straps	12 Buckle	13 Ventilation	14 Instructions	Comments
Adult helmets														
Bell Quest	\$51	N	✓	9	2/6 7/8-7 3/4	I	●	●	●	○/●	●	●	○	M,N,U,HH
Performance Endure	40+	N	—	9	3/6 1/2-7 7/8	C	●	○	●	○/●	●	●	●	A,W,EE,HH
Paramount Team Issue	58	N	—	8	4/6 3/4-7 3/4	C	●	○	●	○/●	●	●	●	A,E,BB
Specialized	60	N	✓	8	4/6 3/4-7 3/4	C	●	●	○	○/●	●	●	●	G,DD
Performance Aero	30+	N	✓	8	3/6 1/2-7 7/8	C	●	○	●	○/●	●	●	●	A,D,E,EE
Bell Spectrum	45	N	✓	8	2/6 7/8-7 3/4	C	●	○	●	○/●	●	●	○	N,U,Y
Rhode Gear Ultralight	38	N	—	7	2/6 3/4-7 5/8	C	●	○	●	○/●	○	●	○	N,U,Y,JJ
Giro Prolight	66	N	✓	8	6/6 1/2-7 3/4	C	●	○	●	○/●	●	●	●	G,U,DD,FF
Monarch Aero-Lite	40	N	—	8	3/6 1/2-7 7/8	C	●	○	○	○/●	●	●	—	A,D,J,K,W,BB,LL
Giro Hammerhead	87	T	✓	9	4/7-7 3/4	C	●	○	○	○/●	●	●	●	C,G,U,DD,FF
Bell Image	65	T	✓	9	2/6 7/8-7 3/4	C	●	○	●	○/●	●	●	○	C,M,N
Pro-tec Mirage	41	N	✓	9	3/6 3/8-7 3/4	C	●	○	●	○/●	●	●	—	F,U,BB,GG,HH
Bell Ovation	60	T	✓	10	2/6 7/8-7 3/4	I	●	○	○	○/○	●	●	●	C,L,N,P,AA,KK
Troxel Adult 28-9504	40	H	—	11	1/—	B	○	○	●	○/○	●	●	●	B,AA,GG
Spalding 82527/82533	35	T	—	9	2/6 1/2-7 3/8	C	●	●	●	●/●	●	●	●	A,N,BB,KK
Brucato XP-7	47	N	—	8	2/—	C	○	●	●	○/○	●	●	○	G,U
Vetta Corsalite	49	N	—	9	2/6 3/4-7 3/4	I	●	●	○	○/○	●	○	●	B,E,F,N,BB
Bell V-1 Pro	54	H	✓	14	3/6 1/2-7 7/8	C	○	○	●	○/○	●	○	○	B,C,M,N

Specifications and Features

All: • Are made of expanded polystyrene. • Have adjustable chin straps. • Claim to meet or exceed the ANSI Z90.4 Standard for Protective Headgear for Bicyclists.

Except as noted, all have: • Adjustable side straps. • Interchangeable sizing pads that attach with Velcro-type fasteners. • Brow pad. • Vents. • Quick-release buckle. • 1-yr. warranty.

Except as noted, all hard-shell helmets: • Have a plastic outer shell.

Except as noted, all no-shell helmets: • Have a Lycra cover.

Key to Comments

A—Extra Velcro-type fasteners provided for attaching additional pads.

B—Has a padded chin strap.

C—Shell separated from liner during "hot trunk" test.

D—Velcro-type pad attachments fell off during "hot trunk" test.

E—One sample failed test of strap strength.

F—Sizing pads fell apart during normal handling.

G—Sizing pads have adhesive backing, which makes them difficult to remove.

H—Additional sizing pads, if needed, must be purchased separately.

I—Has no sizing pads.

J—Multiple chin straps were bulky.

K—Tightening chin strap pulled side straps out of adjustment.

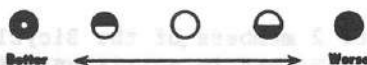
L—Buckleless chin strap was cumbersome.

M—Hook-type buckle was difficult to operate.

N—Large side buckles can sit on the jaw in an awkward position.

O—Buckle may be hard for children to use.

P—Detachable Lycra band continually came off



generally protected best. Ventilation ports, however, reduce any helmet's protection against sharp objects.

Adjustability. Helmets with versatile interchangeable pads and convenient adjustable straps were easiest to fit. Done right, fitting is usually a one-time chore.

Buckle. How easy the chin-strap buckle was to use. Some buckles were too small for people with large fingers. Some required excessive force to open. The *Bell Ovation* has no buckle; it was particularly cumbersome to use.

Ventilation. Our judgment of how well the vents kept panelists' heads cool.

Instructions. Instructions should tell you how to adjust pads and straps, how to assess proper fit, and how to care for the helmet. Few companies were that helpful; some provided no instructions at all.

HELMETS TO AVOID

Failed the roll-off test The Avenir hard-shell helmet and its no-shell sibling, the Avenir Advantage, share a fatal flaw:



No matter how we adjusted the straps, we couldn't keep either from being pushed off. Too bad; the Avenirs were otherwise fine helmets.

Failed the impact test

The Monarch Aero-jet didn't adequately cushion the blow in our tests for impact absorption. It also failed the roll-off test. And its plastic visor could injure the nose.



Poor design The Spalding Youth doesn't protect the forehead. It also failed the roll-off test. And by covering the ears, it could block the sound of approaching traffic.



Brand and model	Price	Type	Shell	Weight, ex.	Size, number/range	Straps	Impact	Roll-off	Penetration	Adjustability: Pads/straps	Buckle	Ventilation	Instructions	Comments
Vetta Corsa	\$50	H	—	14	2/6 1/8-7 3/4	B	●	●	●	●/●	●	○	—	B,G,BB,GG
Paramount Veloce	52	H	—	16	2/6 3/4-7 3/4	I	●	●	●	●/○	●	●	—	B,F,N,BB
Brancale XP-5	47	H	—	15	6/6 1/2-7 3/4	C	○	○	●	—/●	●	●	●	C,E,I,BB
Pro-tec Breeze	39	H	—	17	2/6 3/8-7 5/8	N	●	○	●	●/●	●	●	●	G,Q,CC,LL
Youth helmets														
Bell Streetrider	34	N	✓	8	2/6 1/2-7 1/8	C	●	○	●	●/●	○	○	●	N,U,V,Y,II
Trexel Youth and Small Adult	40	H	—	10	1/—	B	○	○	●	○/○	●	●	●	B,O,AA,GG,MM
Pro-tec Pre-X	40	H	✓	15	1/6 3/8-7 5/8	NA	●	○	●	○/●	●	○	—	C,H,O,S,BB,GG
Child helmets														
Bell L'il Bell Shell II	37	T	✓	9	2/5 1/2-6 1/2	C	●	○	●	●/●	●	●	●	N,Z,AA
Trexel Child 08-9000	37	H	—	12	1/—	NA	●	○	●	●/●	○	●	●	O,AA
Vetta Bambino	40	N	—	9	1/—	I	●	○	○	●/○	○	●	●	B,N,O,R,BB,II
Rhode Gear Rhodester	30	N	—	9	2/5 1/2-6 1/2	C	●	○	●	●/●	○	●	●	F,N,O,R,V,II
Pro-tec Child's	39	H	—	16	1/5 1/2-6 1/2	NS	○	●	●	●/●	○	○	●	C,H,O,S,CC
Not Acceptable														
■ The following models were judged Not Acceptable (see photos above).														
Avenir	46	H	—	15	2/—	C	○	●	●	●/●	●	○	●	AA
Avenir Advantage	45	N	—	9	2/—	C	○	●	●	●/●	●	●	●	AA,FF
Monarch Aero-jet	50	H	—	15	1/6 1/2-7 7/8	C	●	●	●	○/●	○	●	—	C,Q,X,BB,FF,KK
Spalding Youth 82518	25	T	—	11	1/6-6 5/8	C	●	●	●	●/●	●	●	●	G,N,T,BB,KK

and was a nuisance.
Q—Has removable plastic visor, judged to be a hazard due to optical distortion.
R—Has no ventilation ports.
S—May be too heavy for younger children.
T—Covers the wearer's ears; uncomfortable and could muffle sounds of traffic.
U—Straps have to be pulled through the helmet shell to be adjusted.
V—Comes with decorative stickers.
W—Claimed to meet Snell standards, but lacks Snell certification sticker.

X—Has fiberglass shell.
Y—Has snap-together, hook-type buckle.
Z—No quick-release buckle; strap must be threaded through fastener for each use.
AA—Has a 2-yr. warranty.
BB—No warranty information provided.
CC—Lifetime warranty.
DD—For one year after purchase, manufacturer will replace the helmet free of charge after an accident.
EE—For 1 yr. after purchase, manufacturer will replace the helmet for \$10 after an accident.

FF—Lacks separate brow pad.
GG—Has terrycloth-covered browpad.
HH—Has plastic ring (Bell) or nylon mesh (Performance, Pro-tec) embedded in the foam, claimed to prevent the helmet from breaking apart on impact.
II—Has sprayed-on hard outer coating instead of Lycra cover.
JJ—Replaced by essentially similar **Ultalight 2**.
KK—Discontinued; may still be available.
LL—Discontinued.
MM—Small version of **Trexel Adult**.

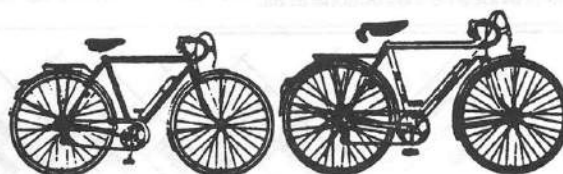
The June 22-24 dates for the Finger Lakes Tour necessitated some changes in our usual format. We will be spending both nights at the Watkins Glen State Park (WGSP) Group Camp. The Sat. tour is a very pleasant, scenic 63 miles that can be shortened. Day 2 tour is a pleasant 19 miles to Corning's Market Street. Those wanting to minimize distance can return via the same route, but we do have a pleasant circular route that totals 47 miles with no hills of any consequence. Other details are much the same; Friday night party orchestrated by Bob Snyder, Aggie's great food on Sat night and Sun morn., slide presentations by the Mallerys, sag wagon/bicycle repair by Jim Furch, Sat breakfast and lunch are not provided, but we do go through Watkins Glen right off, hit Lodi and then Trumansburg providing cafes and grocery stores. Wine purchased at Wagner's will be delivered to the Group Camp for you. One advantage is that you can put up your tent on Friday and leave it until Sun pm. No need for luggage carrying. Your car is nearby should you wish to sample more of the area. A new need is for some parking marshals on Friday night to aid arrivals on finding a suitable place to park. Help the planning by registering early. Don't chance being closed out of the tenth annual!!

A Safe Riding Hint From Dick Powell

I have only known of 2 members of the Bicycle club who have been involved in collisions with automobiles. I ran into an open car door and someone else ran into a parked car.

In the 1930's automobiles did not have directional lights. The driver had to indicate his change of direction with hand signals. During bad weather probably many drivers ignored signaling.

Now as I go along by car or bicycle, I pay attention to directional lights on approaching cars. I think that it would help the cars if we signaled changes of directions. On all of my riding now, I have been signaling my changes. I don't expect all of the members to signal their changes in direction, but if it prevents one accident, it is worth it. Have safe riding.



TENTH ANNUAL GREAT FINGER LAKES BICYCLE TOUR

FRI - SAT - SUN JUNE 22-24, 1990

Two day tours from the Watkins Glen State Park Hidden Valley group camp, three miles from Watkins Glen, NY, at the end of NY 329.

Saturday's tour includes Watkins Glen, Lodi, Ovid, Trumansburg, Burdett for 63 miles. A 34 mile ride to and from Wagner's Winery in Lodi is an option. Purchased wine delivered to the group camp before dinner.

Sunday's tour is a level 47 miles that visits Corning, NY.

ACCOMMODATIONS: Your sleeping bag on a bunk in a cabin (\$2 FEE, limited number) or in your tent-FREE. Spacious lawns for tenting. Bathrooms, showers. Dining hall for social and meals.

FEE INCLUDES: \$30 pays for Friday 9 - 11 social, tenting Fri and Sat nights, Saturday dinner, Sunday breakfast, maps, sags, repair services, water bottle, parking. Sat breakfast and Sat & Sun lunch are NOT included in the fee and are easily obtained from establishments along the routes.

T-SHIRT: GFLBT-90 logo on the front. \$4 INDICATE SIZE

OTHER: Bring funds for meals on the road, liquid refreshments at cost at the group camp. Bring drinking water if camp's supply doesn't suit you. Talent for Saturday night entertainment welcomed. Bring your play toys. Fee 100% refundable until June 1. All but \$5 refundable until June 15. Fee is \$35 after June 1. Maps, instructions sent to registrants June 10.

ENTRY FORM GFLBT-90 JUNE 22 - 24, 1990

NAME: _____

ADD: _____

CITY: _____ ST: _____ ZIP: _____

PH: _____ VEGETARIAN: Y N

GFLBT FEE ADD \$5 AFTER JUNE 1 \$30 _____

TENT-NO FEE CABIN-\$2 FEE \$2 _____

GFLBT T-SHIRT S M L XL \$4 _____

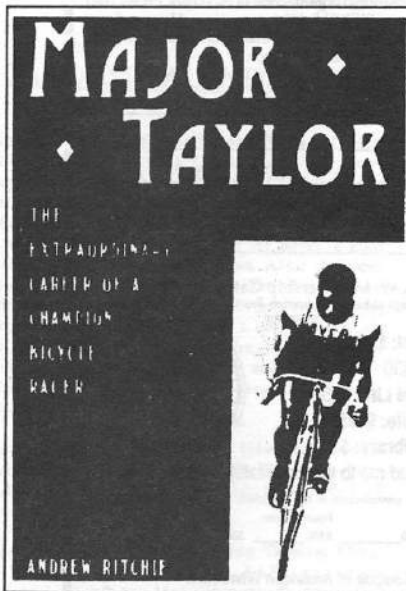
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Harry Edwards, Professor of Sociology, University of California, Berkeley

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The New York Times

"This is the exhilarating account of Taylor's struggles."

Worcester Telegram

"Taylor's story is one, as the author says, that should have been told a dozen times before."

The Washington Post

"... Ritchie has developed a compelling account of Taylor's upbringing, racing career, and life after racing."

Library Journal

"Ritchie's work is the saga of an almost forgotten era, when bicycle racers flourished as the nation's sports heroes long before the emergence of team sports as national pastimes."

Kirkus Reviews

"Ritchie's sympathetic portrait should appeal to a broader audience than cycling enthusiasts – it is the story of a genuine American hero."

Publishers Weekly

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BE PREDICTABLE!

Signal all turns, avoid sudden changes of direction — keep your eyes open for potholes, opening car doors, and broken glass!

WEAR BRIGHT CLOTHING, A HELMET, AND LIGHTS IF RIDING AT NIGHT!

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APRIL 22-JUNE 3

- Contact your local bicycle club for event details • Bike to work on May 15
- Invite your local politicians out for a ride • Join the League of American Wheelmen!

FOR FURTHER INFORMATION WRITE L.A.W.,
6707 WHITESTONE ROAD
BALTIMORE, MD 21207

BICYCLING

League of American Wheelmen Membership Application

I want to join the national organization of bicyclists. Please start my subscription to *BICYCLE USA* magazine. Also send my membership materials, including bike and window decals, membership card, and a L.A.W. patch.

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APRIL 22- JUNE 3

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- Don't cut off bicyclists when turning left or right
- Leave your car at home! *Ride a bike!*

For more information contact
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6707 Whitestone Road
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BICYCLING

Tandems — Bikes Built for Two

TANDEM CALENDAR 1990

April 21, 1990. **Alabama Tandem Weekend.** Meet at the Holiday Inn (HI), Clanton, AL, for a low-key weekend of fun and friends. HI is at the intersection of US 31 & I-65 on the southern edge of Clanton. Long and Short Rides leave at 9:00 a.m. from the parking lot. The HI serves a good breakfast for less than \$5/person. After the rides, stick around for pizza. Join the Birmingham Bicycle Club on Sunday for a 75-mile ride, leaving from the Clanton High School, 1 mile north of the HI on US 31. No fee, but you're responsible for your own reservations at the HI and for all meals. Call Susan & Jack Goertz for more information. (205)-991-5519.

April 28-29, 1990. **HATS' (Houston Area Tandem Society) Salado (TX) Weekend.** Fun and great rides in the country! ph: (713)-668-5972 for more info.

Late April or Early May. **Spring Tandem Fling in FL.** St. Augustine, FL. SASE to Thom Thaldorf, 58 1/2 San Marco Avenue, St. Augustine, FL 32084. (904)-829-8133.

May 12, 1990. **Double Dates' Tour of Joe Pool Lake (TX).** Time to be announced. One of the Dallas' areas favorite rides. Dennis and Carolyn Nichols. ph: (817)-548-1103

May 19, 1990. **4th Annual Miami Valley Tandem Rally'90.** Waynesville, 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'90, send an SASE to Miami Valley Tandem Rally, 933 Kenosha Drive, Kettering, OH 45429.



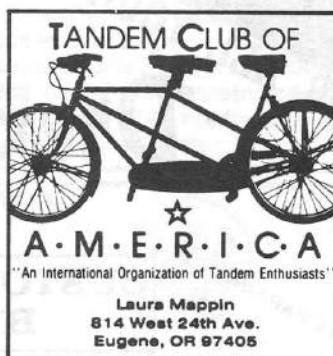
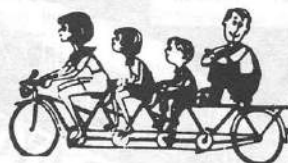
July 27-29, 1990. **Trace Weekend #4.** Stevens Point, WI. A weekend of friendship, carousing, and riding, with tours to Stevens Point Brewery, Dairy Star Cheese Factory, and more! SASE to John & Peggy O'Dell, 1909 Elk Street, Stevens Point, WI 54481. Phone (715)-344-2732. Limited to the first 50 teams.

July 28-29-August 3, 1990. **Berkshire Pre-Tour (of the ETR).** Tour the scenic Berkshire hills of western MA & CT and enjoy the cultural attractions of the area such as the outdoor Shakespeare Theatre. Get acquainted at an evening picnic at Tanglewood (summer home of the BSO). Around 50 miles per day with hills to enjoy fine dining at night. Limited to approximately 10 teams. For more information, send SASE to Sue & Al Berzinis, 178 Hubbard St., Lenox, MA 01240

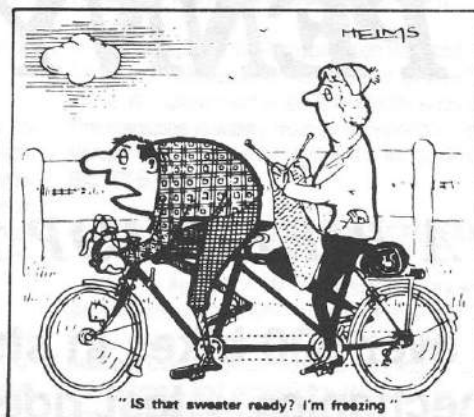
July 30-August 2, 1990. **Family Tandem Pre-Tour (to ETR'90).** Hadley, MA. Three days of easy rides and fun geared to (but not limited to) families with "kiddy-backs" and "Buggers". Plans include swimming, hayrides, playgrounds, and a visit to Old Sturbridge Village (a recreated 1830's New England Village). Send a SASE to Frank & Cindy Rosen, 28 Sherwood Drive, Belchertown, MA, 01007. (Phone 413-323-7997).

August 3-5, 1990. **Eastern Tandem Rally.** University of Massachusetts- Amherst. For more information, send a SASE to Al Shane & Marion Gorham, RFD#3, Two Mile Road, Amherst, MA 01002.

August 6-12, 1990. **ETR Post-Tour** through the winding countryside of central MA. The tour will begin and end in Sturbridge, MA, a short one-hour automobile ride from Amherst. The cost will be approximately \$550/team (a price increase may occur if sag-service is provided). The fee includes



DEADLINE! DUES ARE DUE



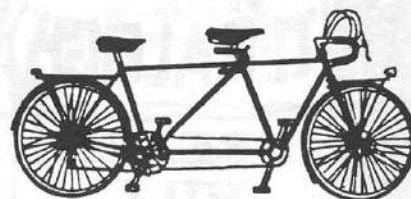
six nights accommodations, four breakfasts, and a dinner at the at the Victorian Barre Hotel. Except for a two-night stay at the Chockset Inn, we'll be at a different Inn each night. Mileage can vary from 30-100+ miles. If you are interested, a \$300 deposit is due NOW. Contact Jerry & Lois Jacobs, 48 Stark Road, Worcester, MA, 01602 (508)-752-4966 for more information.

August 31-September 3, 1990. **Midwest Tandem Rally.** Minneapolis, MN. Send a SASE to Midwest Tandem Rally'90, P.O. Box 1012, Minnetonka, MN 55345

November 2-4, 1990. **Southern Tandem Rally.** Mt. Dora, FL. Send a SASE to Tom & Margaret Flick, 7606 Brisbane Court, Orlando, FL 32811

FOR SALE: 1986 Santana Arriva, 24x21. Radiant Red powder paint, with SR cranks, Specialized stems, 48-spoke wheels, non-indexing bar-cons, rear rack, & Arai drum brake. Very good condition. \$1550 OBO. Mel Kornbluh, RR#8, Box 319-E, Gwynwood Drive, Bridgeton, NJ 08302. Ph: (609)-451-5104 03/90

FOR SALE: 1986 Santana Sovereign, 21x19. Silver Imron. Stronglight Crankset. Santana front & rear stems. 48-spoke wheels. Sealed BB. Bar-cons, two computers, stoker pegs, drum brake. Very good condition. Asking \$2100. Contact Mel or Barbara Kornbluh, RR#8, Box 319-E, Gwynwood Drive, Bridgeton, NJ 08302. Ph: (609)-451-5104 03/90



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Demonstration Rides By Appointment
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LEGISLATIVE UPDATE

May/June, 1990

Contact Andrew Clarke

NATIONAL TRANSPORTATION POLICY

"It is federal transportation policy to promote increased use of bicycling and to encourage planners and engineers to accommodate bicycle and pedestrian needs in designing transportation facilities for urban and suburban areas."

So reads the administration's new transportation policy, unveiled by Secretary Skinner on March 8, 1990. This paragraph, on page 100, is the biggest mention we get. Other passing references to bicycling are scattered throughout the 130 page-document.

There are no significant departures from current policy, except that state governments are clearly expected to find more resources on their own.

NATIONAL UPDATE

Paul Henry's **bottle bill** (H.R. 586) remains on hold, collecting co-sponsors. Hearings are expected in the House Energy and Commerce Committee's sub-committee on Commerce, Consumer Protection and Competitiveness (Chair, Rep. Doug Walgren (D-PA)).

Meanwhile the National Container Recycling Coalition launched a "Cans to Congress" campaign on April 17. They invite you to wrap a special label around a can and send it in to Congress!

The DOT study into **Scenic Byways** is underway. The League has prepared a detailed submission on which you may base your own. Call or write the League for more details.

NATIONAL BICYCLE PROGRAM MANAGER

Efforts continue to persuade DOT to appoint a full-time bicycle program manager. After supplying DOT with possible job descriptions and other supporting literature, the League has been rallying congressional support for the measure.

Rep. Bob Clement (D-TN) was primed to ask Secretary Skinner about the appointment in hearings on March 8. In reply, the Secretary confirmed his commitment to bicycling and promised a written reply. Rep. Martin Sabo (D-MN), the instigator of the measure, has written to every state and local bicycle coordinator seeking their support.

The word from the DOT is that they are aware that something has to be done; they just haven't quite decided what!

NEW LEAGUE PUBLICATIONS

The successful series of "How to ..." publications continues with two additions.

How to ... Get Police Onto Bicycles documents enforcement programs. It includes information on the Seattle Cops on Bikes program and how to enable this in your community; ways of improving relations with the police; and an outline of a traffic law presentation. The brochure was made possible by a donation from the Wheeling Wheelmen in Illinois.

How to ... Succeed at Bicycle Advocacy answers some basic questions about advocacy. It details four successful case studies from New York, Arizona, Alaska, and Virginia, and it includes some tricks of the trade. This brochure was made possible by a grant from the Miami Valley Regional Bicycle Committee.

Both brochures are available from the League for \$2 each. For bulk orders, call the office.

Basic Bicycle Facts provides statistics on bicycle use, the benefits of bicycling, and accidents in a handy, easily distributable form. Fifty copies cost \$3.

STATE UPDATE

None of the bicycle relevant legislation introduced in state legislatures has passed this year. The closest call was in **Washington** where time ran out on a bill that would have created a state bicycle program and a variety of safety initiatives. In several years, this bill would have made helmets compulsory for cyclists under sixteen.

Other bills to fail were:

Hawaii: Allowing DOT to ban bicycles more readily from roads they deemed dangerous.

Colorado: Imposing a \$50 license fee (\$25 for cyclists under 16).

Georgia: Formally legalizing bicycle racing on state and local roads.

Nebraska: Abolishing the mandatory sidepath law, allowing two-abreast riding and removing the requirement to ride as far to the right as possible.

New Mexico: Imposing \$10 sales tax for bicycle and pedestrian education program.

The creation of the Bicycle Council in **Delaware** is still pending. The **Florida** legislature began their April 1 session with a variety of bills, including one to open limited access highways to bicyclists.

TR NEWS PRINTS "GRIDLOCK 2020"

The magazine of the Transportation Research Board, *TR News*, published a two page "Points of View" article by L.A.W. Government Relations Director Andy Clarke. The magazine is widely read by transportation professionals. The article will be reprinted in the June issue of *BICYCLE USA*.

ANDY CLARKE MOVES TO BICYCLE FEDERATION

Effective April 16, Andy Clarke started work with the Bicycle Federation of America in Washington D.C., following nearly two years as the L.A.W. Government Relations Director. Andy moves to Washington, D.C. for both personal and professional reasons. He will be working on national policy issues and a new program designed to initiate bicycle programs in most states and major metropolitan areas.

NATIONAL CONGRESS OF BICYCLISTS

Don't forget to sign up for the Congress, July 4, 1990 at Slippery Rock, Pennsylvania. Timed to coincide with the League's National Rally, the National Congress of Bicyclists brings together bicycle activists, League volunteers, experts in government relations and education and off-road issues.

Call the L.A.W. office for more details.

CANS TO CONGRESS...



Ever wondered what to do with those empty cans you don't want to just throw away? Mail them to Congress! The National Container Recycling Coalition can send you labels to stick round the outside of the can, addressed to the U.S. Congress, or you can use the label on the back page of this issue. All you have to do is write in the name of the lucky recipient and stick on a 35 cent stamp!

For more details and several labels, write to the National Container Recycling Coalition, of which the League is an active member, at P.O. Box 15060, Washington DC 20003. Join this important effort to get a national bottle bill passed, and say goodbye to some of your punctures!

VOLUNTEER TO VOLUNTEER

I am a member of the Buncombe County Bicycle Task Force, a newly formed group set up to develop a comprehensive bicycle plan for our county. We are presently developing a list of roads which need improvements in an effort to encourage bicycle travel. We need to develop criteria for determining bicycle routes, so we welcome a copy of criteria already developed. Please send any material to Mary Helen Duke, Land-of-Sky Regional Council, 25 Heritage Rd., Asheville, NC 28806.

Claudia Nix



League Volunteer

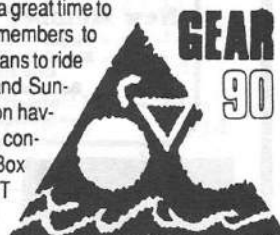
The League of American Wheelmen
Suite 209, 6707 Whitestone Rd.
Baltimore, MD 21207

Arlene Plevin, Editor
Mark Reeve, Art Director

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Attention Clubs— Make Your Own GEAR Festivities!

A special feature at GEAR '90 will be the club hosted parties held on Friday, June 8. This is a great opportunity for clubs to enjoy a special evening and to host a pull-out-the-stops party. There will be many club parties, so it will be a great time to introduce prospective members to your club and to make plans to ride together on Saturday and Sunday. If your club plans on having a presence at GEAR, contact GEAR '90, P.O. Box 514, East Lyme, CT 06333; (800) 562-BIKE (outside Conn.) or (800) 462-BIKE (inside Conn.).



1990 Major Rides Guide Published

L.A.W. has just published a convenient guide to the country's largest and most popular bicycle adventures. The publication, *1990 Major Bicycle Events*, lists over



80 of the country's best recreational rides, races, and rallies. There are cross-state and cross-country rides, from Alaska to Florida, in this listing compiled by the Bicycle Institute of America. Interested cyclists should send \$2 for postage/handling to 1990 Events Guide,

L.A.W., 6707 Whitestone Rd., Suite 209, Baltimore, MD 21207.

Illustration by Bob Lipscomb

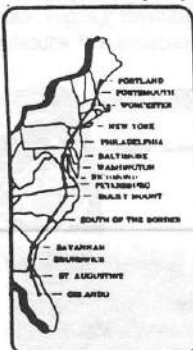


BOGLIPSCOMB © '89

For more information on bicycling, contact
The League of American Wheelmen,
6707 Whitestone Rd., Suite 209, Baltimore, MD 21207

Clubs Celebrate League's Birthday With North-South Ride

This year marks 110 glorious years of League history. There are so many ways to observe this significant bicycling milestone, including supporting PEDAL FOR POWER. The PEDAL FOR POWER North-South ride offers an excellent opportunity for League clubs to boost bicycling in their communities and to extend their hospitality to riders who are going the distance on behalf of L.A.W. and other worthy groups.



PEDAL FOR POWER
North-South route.

What can your club do? Let's look at last year's event for successful ideas. In 1989,

the Central Jersey Bicycle Club helped with routing through the Garden State. They met the POWER pedalers for breakfast and a portion of the day's ride. Members of the Philadelphia Bicycle Club joined the riders for dinner downtown. Diamond State and White Clay Bicycle Club riders joined PEDAL FOR POWER cyclists for a long stretch through Delaware. They gave support and encouragement on the day when the group cycled its longest distance—104 miles. At day's end, the Baltimore Bicycling Club hosted a crab feast and polka party for the North-South delegation.

Interested in more ideas? If your club is on or near the North-South route, print a notice in your club newsletter. Host a picnic lunch or snack stop along the route. Have your members accompany POWER pedalers on their final miles into town. Alert local media (and let us know which reporters are the most receptive to cycling!). Ask your mayor to issue a League proclamation. Share your secrets for favorite eating places, side trips, and local attractions with us. Alert local charities which might be

interested in the fundraising potential of the PEDAL FOR POWER rides. Talk to the riders, to League President John Torosian, and to ride leader Elaine Mariolle about why they decided to go the distance.

Even if your club isn't located near the North-South route, an article about the event in your newsletter can remind riders that they can help L.A.W. and the charity of their choice by registering to ride North-South or Across America.

The map at far left provides general route information on the North-South ride. This PEDAL FOR POWER event begins in Portland, Maine, on September 22, and ends in Orlando, Florida, over 1600 miles later, on September 30. Rest days are scheduled for Washington, D.C. on Sunday, September 30, and for Savannah, Georgia, on Monday, October 8. For more detailed North-South routing and additional information, contact PEDAL FOR POWER, Box 989, Atkinson, NH 03811; (800) 762-BIKE.

—Josh Lehman

**1990
NATIONAL
MEMBERSHIP
CAMPAIGN**
March 1—May 31

1990 L.A.W. NATIONAL MEMBERSHIP CAMPAIGN HAS STARTED!

Sign up your friends (and club members) as L.A.W. members and win great prizes from some of our best supporters:

**BLACKBURN • BOLLE • CANNONDALE
FISHER • GIANT • GEORGINA TERRY
GIRO • KINCO • KRYPTONITE
SCHNAUBELT**

Individual Prizes

Send In

One Member
Two Members

Receive

One extra issue of *BICYCLE USA*
Your choice: L.A.W. T-shirt, water bottle
or poster **AND**
"WINNING MEMBERS" Campaign Kit
Kinco Gloves
Schnaubelt Shorts
Kryptonite Lock

Four Members
Six Members
Eight Members

Grand Prizes

EVERY new member application entered in the campaign will become a "raffle ticket" for a Grand Prize:

Recruiter's Grand Prize

Georgina Terry Custom Touring Bike
Blackburn Workstand
Giro Helmet
Schnaubelt Shorts
Kinco Gloves
Cannondale Seatbag

New Member Grand Prize

Fisher Mountain Bike
Blackburn Workstand
Giro Helmet
Schnaubelt Shorts
Kinco Gloves
Cannondale Seatbag

CLUB BONUS

\$5.00 REBATE for every new L.A.W. member received from your club between **March 1 and July 1, 1990**, and a drawing for a **CLUB GRAND PRIZE, INCLUDING:**

GIANT Bicycle • **Blackburn** Workstand
Bolle Eyewear • **Giro** Helmet • **Schnaubelt** Shorts
Kinco Gloves • **Cannondale** Seatbag

START TODAY! Send in **TWO** members and get your "WINNING MEMBERS" campaign kit!

cannondale

GIANT



Schnaubelt
Shorts, Inc.

KRYPTONITE



Kinco

Giro

blackburn

bolle



TEAM Casual

Challenges Competitors to
"Follow The Leader"

TEAM DVBC's APRIL Five Mile TIME TRIAL Results

Sunday April 1, 1990 10:15 daylight savings time
rainy, cold

PLACE	NAME	AGE	BIKE	TIME	POINTS
1	Tom Corrigan	31	Centurion	13:32	10
2	Ed Silcox	43	Bianchi	14:20	9
3	Annie Fetter	23	Olmo	14:55	8
4	Jason Busch	15	Batavus	15:07	7
5	Jeff Horowitz	40	Bianchi	15:10	6
6	Josh Horowitz	14	Bianchi	15:34	5
7	John Freiberg	28	Raleigh	16:08	4
8	Geof Shepard	45	Atala	16:30	3

"D.H."
TIME-KEEPER: Ed Silcox

NEXT TIME TRIAL: Mother's Day Sunday May 13, 1990 10:15 am

Course: Goshen, Sugartown and Providence roads

Weather: warm and sunny

note: not all entrants were TEAM CASUAL members!

A helmet is mandatory!

Time Trial Series is open to anyone! Join us April 1st 10:15

May 13th 10:15

June 17th 10:15

July 1st 10:15

TIME MACHINES

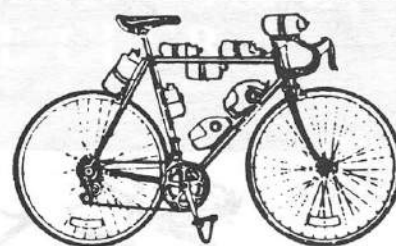
A HELMET IS MANDATORY! Rolling starts are penalized by adding 10 seconds. The Time Trial Series is open to anyone. JOIN US! There is absolutely no entry fee!

DOMINO'S PIZZA CAPITOL CLASSIC CRITERIUM

On Saturday, May 12 in Downtown Dover, Delaware, Category 3 & 4 and Citizen cyclists will compete in a criterium for over \$500.00 in prizes. The event will be televised locally. Call Tom Hartley at 697-0430 for registration information.

Stockton Bicycle Club

BICYCLE USA



Get ready for hot weather!

MAY

3-13 TOUR DE TRUMP
East Coast international open stage race.
Begins in Wilmington and ends in Boston.

6 WAGO CYCLE SERIES, RACE 2
Race site to be announced.

28 TOUR OF SOMERVILLE CRITERIUM
Somerville, NJ.

29 PBC/LOWER PROVIDENCE CRITERIUM
First race starts at 2 pm at the Valley Forge Corporate Center, Valley Forge, PA. Contact David Satterthwaite, 1300 Fayette Street, Apt. 184 Ross, Conshohocken, PA 19428

BIZARRO

DAN PIRARO

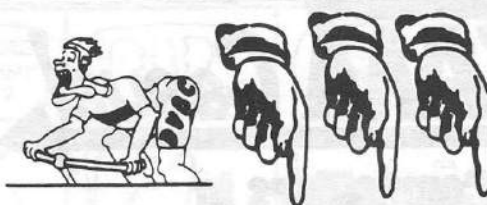


TEN FASTEST TIMES FOR THE 1989-90 SEASON

1. Rusty Potts 12:00
2. Bunky Webb 12:20
3. Bunky Webb 12:27
4. Joe Farber 12:31
5. Bob Wooding 12:32
6. Bunky Webb 12:43
7. John Freiberg 13:00
8. Bob McKenney 13:04
9. Craig Pierce 13:07
10. Ed Silcox 13:10
11. Robert Trimble 13:10



JOIN
DVBC



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

Place Label Here

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

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 1990 DVBC Membership (Expires 2/28/91)

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