



DELAWARE VALLEY BICYCLE CLUB

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

SEPTEMBER 1990

FREE!

Bicycling at fortysomething...

It's so easy to rationalize why you can't exercise or don't have the time to do it.

It's raining too much for bicycling or jogging.

There are too many cars on the street. Blue Route construction along my favorite jogging lap.

What's the use of trying to be physically fit while risking getting run over by a car?

Well, I hung up my jogging shoes because of sore ankles and knees from pounding lopsided blacktop and concrete.

In the spring, I dusted off my old orange, 10-speed Peugeot in the garage I bought in the early 70s. I took it to a Media bike shop for a tune-up and new tires.

I just drove it around Westgate Hills on weekends with my 8-year-old son.

Last May, I never dreamed that this middle-ager could survive a 30-mile bike tour in September — 4 miles more than a runner's marathon.

About a year before, I started to get the bicycling bug again as I watched cyclists struggling up the excruciating "Wall" in Manayunk in the U.S. Pro Cycling Championship.

I decided it was worth driving eight miles to Ridley Creek State Park to use their five miles of bike paths which are off-limits to cars.

It sharpens your reflexes zooming down a hilly curve ready to brake for careless strollers who hog up the path six abreast or don't stay to the right. Careless cyclists can be road hogs, too.

Working out on the pedals on a summer day in the park along the creek before the heat and humidity of midday sets in can give you a healthy high.

After several months of hour-long weekend workouts, I thought I was ready to tackle the long distance route, but not the century (100-miler).

In August, I spotted the 28/50/100-mile Brandywine Bike Tour sponsored by the Delaware Valley Bicycle Club, headquartered in Media, listed in Bicycling magazine.

I sent in my pre-registration fee of about \$5 — which wasn't much if I decided to chicken out on Sept. 17.

The night before my big challenge, I ate about a half pound of spaghetti to store up on slow-release carbohydrates.

I also got in a pre-race mood watching the cyclists' Horatio Alger-like movie, "Breaking Away" on TV.

Come Sunday morning the rain clouds parted so I didn't have rain as an excuse to drop out. I drove to the starting point, Chadds Ford School on Baltimore Pike near Route 100.

It was a glorious day along the scenic Brandywine River Valley.

But about six miles later, I was confronted by a barking, soaking-wet Afghan that looked like hairy Chewbacca from *Star Wars*. Just what I needed: A dog bite for my first bike tour.

I pumped the pedals like Charlie Chaplin and outdistanced him, later realizing I should have just tossed him a raisin cracker. After that, I got lost near Route 842 and went about two miles out of my way.

Before I reached a covered bridge at the 12-mile mark, I saw a back-breaking hill ahead — the tour's toughest. There were two 20-ish women and a thirtysomething guy taking water breaks at the bottom of the hill.

This fortysomething got the message. I walked up the hill, too, to conserve my energy.

At the 17-mile, DVBC lunch stop at Route 162 in Embreeville, I gratefully gulped down four cups of water and ate watermelon and a Twinkie for an energy boost.

The remaining, 11-mile leg was smooth sailing with my second wind in less than an hour. I got back to my car without getting lost.

I was disappointed when DVBC Treasurer Frank Havnoonian of Drexel Hill told me I would get my award patch for finishing the tour in the mail.

How else could I prove to my exercise-allergic friends and relatives I survived the 28-, er, 30-miler?

When I got home after the nearly three-hour ride, I surprisingly wasn't overly tired or hurting.

My wife didn't call out an ambulance for me yet. She was surprised to see me home early that afternoon.

Since I didn't look physically exhausted, she reminded me about painting and countless other chores I still hadn't done this past summer. I told her I really had to soak my aching bones in the tub.

It's so easy to rationalize why you can't fix up the house when you have to exercise.

This article is reprinted with permission from the October 1, 1989 Delaware County Daily Times. John Roman is a DVBC member.

Board of Directors

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Daniel Coraluzzi 789-0187
Vice President
Ernest Munns 259-3327
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Frank Havnoonian 449-6154
Secretary
John Ferko 872-5874

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

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Racing Editors . Frank Havnoonian
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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:

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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

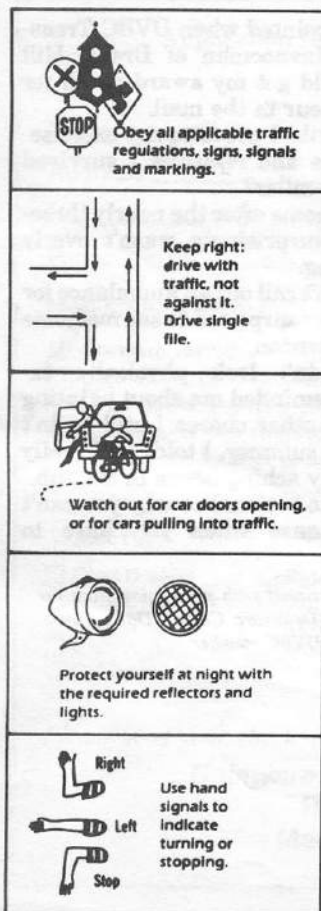
DVBC Meeting Place

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

September 9 • 8:00 A.M.
Miles: 18.61! • Class C
Two-Mile Circle

Draw a circle with a two-mile radius and try to ride around the edge on roads recommended by the Bike Commuter's Map. SLOW, because I'm leading it! A few hills I've been known to walk up. Meet at the Swarthmore train station on Rt. 320 and wear your !\$%&* helmet. Doris Dickinson: 543-8431

September 9 • 10:15 A.M.
Miles: 5 • Class: All
Goshen Time Trial

Grandparents' Day TT. Meet at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmet required. Timekeeper is Rich Patterson. For more information call Rollin' Rich Patterson at 622-2954.

September 10 • 7:30 P.M.
DVBC Meeting

Doors open at 7:00, meeting begins at 7:30. SPECIAL TOPIC: Guest speaker and update on the Brandywine Tour. NOTE: because of Labor Day the meeting is on the 2nd Monday.

September 16 • 8-10 A.M.
Miles: 28-100 • Class All
Brandywine Tour

This is it! Three great routes, including the best scenery in the area, running from Pa. Dutch country to the state of Delaware. Free parking. Sag wagon, maps, well-painted routes, food stops and award patches make this a ride not to miss. See page 5 for complete details.

September 22 • 9:00 A.M.
Miles: 25 • Class C
Pedal, Paddle . . .

. . . *The Brandywine.* Meet at the Northbrook Canoe Co. (Northbrook Rd. between West Chester and Unionville) at 9:00 A.M. Bring lunch. Ride in the morning. Canoe for 1 or 2 hours in the afternoon. No experience needed. This is an easy ride with some hills. If you need a canoe partner call Fran. You may choose to bike only or ask a non-biking friend to join you to canoe. Call Northbrook Canoe Co. (793-2279) a few days ahead to reserve a canoe for a 12:30 ride. Leader is Fran DeMillion: 431-2675.

September 29 • 10:00 A.M.
Miles: 40 • Class C
Linvilla Orchards . . .

. . . *Johnny Appleseed Art Fair.* Leave Plaisted Hall (Boathouse Row in Fairmount Park) at 10:00 for the full 40 mile ride; meet at Swarthmore Food Market at Yale & Kenyon Aves. at 11:30 for a 16-mile ride. For more information call Carol Trotman at 352-6025.

September 30 • 9:00 A.M.
Miles: 40-45 • Class B-
Hopewell Village

The official title of this ride is the "Maybe we'll go to Hopewell Village" Ride. Leave from the Marsh Creek State Park boat dock. Bring lunch. For more information call ride leader Rich Bernhard at 284-2019.

October 1 • 7:30 P.M.
DVBC Meeting

Doors open at 7:00, meeting begins at 7:30. Nominations for the Board of Directors elections, recap of the Brandywine Tour & a guest speaker. Unitarian Church, Rose Tree Rd., Media.

October 7 • 10:15 A.M.
Miles: 5 • Class: All
Goshen Time Trial

Columbus Day Eve Time Trial. Meet at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmet required. Timekeeper is Ed Silcox. For more information call Rollin' Rich Patterson at 622-2954.

Leonard Murphy, a DVBC member, recently competed in the Pennsylvania Senior Games at Shippensburg University in the five mile Time Trial. Participating in the 55-59 age bracket, he received the gold medal for first place, covering the course in 14 minutes, 16 seconds, the fastest time of the nearly 40 participants. This qualifies him for the National Senior Games in Syracuse, NY next June.

PENNY FARTHING

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703 BURMONT RD., DREXEL HILL
CLOSED WEDNESDAY

14th Annual Brandywine Tour!

September 16, 1990

28, 50 or 100 mile routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 100 milers; 9-10 A.M. for 50 milers; 10-11 A.M. for 28 milers.

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

COST: Just \$8 at the gate. Pre-registration, postmarked by September 9, only \$5.50! **Tour will be held rain or shine!**

Expected Attendance: 350-500 riders.

Services Provided by DVBC: Food stop, maps, sag wagon, portable rest rooms, award patch and well marked routes.

Routes: Scenic country back roads through the beautiful Brandywine River Valley. Century route passes through three counties including Lancaster County. Full and Half-Centuries pass through King's Cattle Ranch in Buck and Doe Run. The 28-mile route is mostly flat except for Harmony Hill Road which has a covered bridge. All riders have a food stop in Embreeville. Century riders also have a food stop in Lancaster County.

Description: You travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities and all types of bikes are welcome. The 28-mile route is a great opportunity for newer cyclists and leisure riders. Meet new biking friends with similar abilities while enjoying an outstanding ride.

Recommendation: Use safe cycling habits. Helmet use is recommended but not mandatory. Each rider must assume his/her own responsibility.

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

More Information: Please call Frank at (215) 449-6154 or Rich at (215) 622-2954.

14th Annual Brandywine Tour (TOBRV) – September 16, 1990

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Distance: 100 miles ☐ 50 miles ☐ 28 miles ☐

Waiver/Release

In consideration of the acceptance of my application for entry in the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

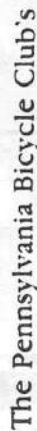
I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns.

(signature — If you are under 18 years of age, then your parent or guardian must sign)

Please send this signed form with a check or money order for \$5.50 to: **Brandywine Tour
Delaware Valley Bicycle Club
P.O. Box 497
Media, PA 19063**

Please postmark pre-registration by September 9, 1990.



Saturday, September 8, 1990
Our Lady of Czestochowa Shrine, Doylestown, PA

LSCF Permit No. Pending

Class	Distance	Time	Places	Prizes	Fee
Citizen	12 Laps	9:00 AM	3	Trophies	\$ 5.00
Women III, IV	20 Laps	↑	6	\$200.00	\$10.00
Jr. Men 16-18	25 Laps	After	6	\$300.00	\$10.00
Masters 35 +	35 Laps	Preceding	6	\$400.00	\$10.00
Sr. Men Cat. IV	35 Laps	Race	6	\$400.00	\$10.00
Sr. Men Cat. II, III	45 Laps	↓	6	\$600.00	\$10.00

Registration:

Our Lady of Czestochowa Shrine. 8:00 AM Race Day.

Post Entry Fee of \$5.00 after Aug. 28, 1990

Mail standard entry form and fee prior to Aug. 28 to:

PBC c/o Laurama Pixton, 445 Dreshertown Rd.,

Fort Washington, PA 19034 Checks payable to "P.B.C."

Field limit 50 riders—Citizen.

80 riders—All other races.

1/2 mi. oval course with small uphill.

Directions:

From 202 North take R.L. 152 North, and follow signs to the shrine.

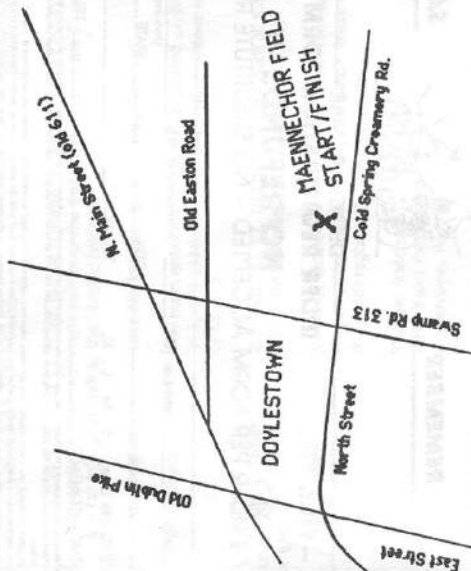
For additional information, contact:

Stan (215) 539-7963 or Dave (215) 941-7039

(Before 10:00 PM Please)



BIKE FOR THE BLIND



You are cordially invited 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 a parent or guardian's signature.

WHAT A 25 or 50 mile bike ride through beautiful Bucks County.

WHERE Beginning at Maennechor Field, Cold Spring Creamery Road, Doylestown.

WHEN Sunday September 23, 1990. Registration begins at 8:00 am. Start at 8:15 am for 50 mile or start at 8:30 for the 25 mile.

WHY 100% of 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 this one.

Bring the completed sponsor form to the Maennechor Field, 8:00 am, Sunday September 23, 1990. Participants who are sponsored for at least \$10.00 will be given a Free Bike for the Blind T-Shirt and other gifts.

We also encourage parents or guardians to ride with participants for a \$5.00 registration fee which includes a T-Shirt.

For more information call Robert Ruddy at 345-5595

September, 1990

OFFICIAL SPONSOR FORM



ANNUAL DOYLESTOWN LIONS

BIKE FOR THE BLIND

Name _____ Age _____ Tel. No. _____
 Address _____ Sch. Cl. Club _____
 City _____ Zip _____
 REGISTRATION NO. _____

BRING THIS SHEET TO BIKE FOR BLIND REGISTRATION

Ms. Mr. Mrs.	1st Initial	Print Sponsor's Last Name	Number, Street, Town & Zip Code	Amount Pledged per Mile	Total Amount Paid
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

My Own Pledge

Miles Traveled	Total Pledge Per Mile	TOTAL COLLECTED

IMPORTANT - Release of claims to be signed by parent or guardian of Blind-Then participant in consideration of admission granted free, my child by the Doylestown Lions Club to participate in the Bike for the Blind. I understand that the purpose of the event is to raise money for the Bucks County Association for the Blind. I agree to release the Doylestown Lions Club, its members, officers, directors, administrators, and assigns, from and against any and all claims, damages, losses, expenses, costs, and attorneys' fees, which may be asserted against or incurred by me, my child or the Doylestown Lions Club, its members, officers, directors, administrators, and assigns, for any and all injuries suffered by me, my child or damage to property, which occurs during or shortly after participation in the Bike for the Blind.

19th Annual

THE FLATTEST CENTURY IN THE EAST

Sunday, September 9, 1990

The 19th Annual Flattest Century in the East will start at the Tiverton High School. ALL RIDERS MUST PRE-REGISTER and the envelopes absolutely must be postmarked by August 27th or will be returned to you. The century is being limited to 1500 riders. Last year's ride was filled before the mailing deadline, so it is recommended that you mail your registration in early.

The fee is \$17.00 for members and \$20.00 for non-members and includes a map and cue sheet marked route, our own patch and T-shirts, refreshments at check points and sag wagons for First-Aid and breakdowns. You will be given your T-shirt when you get your registration material at the beginning of the ride. BE SURE TO CIRCLE YOUR SHIRT SIZE ON THE REGISTRATION FORM (otherwise you will be given large).

If you would like confirmation that your registration has been processed, send a stamped, self-addressed envelope (SASE) or SSA postcard with your registration and check and it will be returned promptly to you. Also if you would like a list of local motels, send a request and a SASE. Registration begins at 6:30 AM on the 9th of September. Check in then for your registration materials and your T-shirt.

Directions: From Route 24 in Tiverton, RI take the FISH ROAD EXIT. Turn South, and at the end of the road, take a left. Turn left again at the blinking light and the Tiverton High School will be on the right.



Patch Design by
Lee Woodburn

REMEMBER



SAFETY FIRST!!

DETACH & MAIL

RIDER REGISTRATION FORM

NO REFUNDS

ONLY 1 RIDER PER FORM ACCEPTED - NO SUBSTITUTE RIDERS

I plan to ride	
25 <input type="checkbox"/>	50 <input type="checkbox"/>
100 <input type="checkbox"/>	
FOR OFFICE USE ONLY	
RIDER	REG. NO.

NAME _____

Non-Member (\$20) _____ Member (\$17) _____ Membership No. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

T-SHIRT SIZE (Circle One) S M L XL TEL NO. _____

IN EMERGENCY CONTACT: _____ TEL NO. _____

I fully realize the dangers of participating in a bicycle ride and fully assume the responsibility for my own safety. I understand that bicycling involves certain dangers and risks which I am prepared to assume for myself and all listed children. I will abide by all traffic laws and regulations and agree to waive all claims which I or assigns may have against BTCNJ or its agents for damages or injury sustained as a result of participating in the GREAT NORTH JERSEY BICYCLE RALLY.

SIGNATURE OF APPLICANT _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN _____ DATE _____

IF the applicant is under the age of eighteen, in addition to having the applicant sign, guardian must sign also



Sunday, September 9, 1990
7 a.m. PV Park, Pequannock, NJ

DIRECTIONS : Take Route 23 N/S to Alexander Avenue Exit. Follow Alexander Avenue for 1 1/2 mile and turn right into PV Park Road.

THE GREAT NORTH JERSEY BICYCLE RALLY

Club Members : \$3 pre-registered
\$5 day of event

Non Members : \$6 pre-registered
\$8 day of event

Make check payable to Bicycle Touring Club of North Jersey and send with form :

to : Barbara Hultay, 40 Clark Avenue, Bloomfield, NJ 07003, (201) 743-4855
or : John Cavaliere, 55 G Arcadia Rd, Hackensack, NJ 07601, (201) 343-3374

Name (Adult over 18) _____

Minor's Name _____

Guardian's Name _____

Address _____

City _____ State _____ Zip _____

Emergency Telephone # _____

BTCNJ Member _____

Non Member _____

RIDE DISTANCE (check one please)

Century _____	100 miles	rolling to moderate hilly
Metrc Century _____	63 miles	rolling to mod hilly
Half Century _____	50 miles	rolling to mod
Quarter Century _____	25 miles	flat terrain

RELEASE OF RESPONSIBILITY : As a condition of Bicycle and Touring Club of North Jersey's acceptance of my application for the GREAT NORTH JERSEY BICYCLE RALLY, I understand that bicycling involves certain dangers and risks which I am prepared to assume for myself and all listed children. I will abide by all traffic laws and regulations and agree to waive all claims which I or assigns may have against BTCNJ or its agents for damages or injury sustained as a result of participating in the GREAT NORTH JERSEY BICYCLE RALLY.

Signature
Guardian's
Signature

Date

Date

NOTE : If under 18 years of age, your guardian must accompany you.

RIDERS ARE REQUIRED TO WEAR A HELMET THAT MEETS
ANSI OR SNELL PERFORMANCE STANDARDS FOR THIS EVENT

THE COVERED BRIDGES OF BUCKS COUNTY

BY THE
CENTRAL BUCKS BICYCLE CLUB

25-50-62-100 MILES

SUNDAY OCTOBER 14, 1990 (NO RAIN DATE)

Ride to 3, 6, 7, or 11 of the twelve covered bridges in Bucks County. Start, lunch, and finish at scenic Lake Nockamixon. The new route rolls over the tree lined roads of the County, climbs and descends some hills, and shows off the fall foliage as well as the historic bridges.

Start Location: Lake Nockamixon by the swimming pool.

Directions: The main entrance to the park is located on PA Route 563 and may be reached via Routes 309, 313, and 412 (from 611). The main entrance is approximately 4 miles into Rt. 563 from Rt. 313 or Rt. 412.

Starting Times: 8:30 AM 50, 62, 100 miles (Event ends at 5:30)
10:30 AM 25 miles (No services after 5:30)

Registration: \$7.00 till October 7, then \$8.00. (Non-refundable) Includes marked roads, cue sheets, sag wagons, snack stops, lunch, and patch. Make checks payable to Central Bucks Bicycle Club and mail with registration form below to:

Thomas Rondeau
4914 Point Pleasant Pike
Doylestown, PA 18901

For Information: Tom or Pauline Rondeau (215) 766-2103 after 6:00 PM.

----- CUT HERE -----

NAME: _____

ADDRESS: _____

CITY, ST, ZIP: _____

TELEPHONE: (____) _____

Ride: 25 ____ 50 ____ 62 ____ 100 ____

WAIVER OF LIABILITY — READ BEFORE SIGNING

I know and accept the risks inherent in bicycling on public roads (i.e. traveling on or crossing heavily traveled roads, winding roads, steep descents, potholes, accidents, unexpected moves of another rider, physical exertion, fatigue, flat tires, and motorists). In consideration of the acceptance of my entry in this event, I, for myself, my heir executors and administrators, hereby release and forever discharge the Central Bucks Bicycle Club, the Commonwealth of Pennsylvania, all of its members, the ride coordinators, and the volunteers from all liabilities, actions, claims, demands, damages, costs and expenses present or future, which I may have arising out of, or in any way connected with the event (including travel to and from the event). I attest that I am in adequate physical shape to complete the event, and no qualified individual has advised me from participating in this event. I attest that my bicycle has been properly maintained and at present is properly equipped for safety. I agree to wear an ANSI-approved helmet while participating in this event and I agree to obey all traffic laws applicable to bicyclists in the Commonwealth of Pennsylvania.

PARTICIPANT'S SIGNATURE _____

CBBC
Covered Bridge Ride
1990

Parent or Guardian of minor must sign. _____

215-766-2103

September, 1990

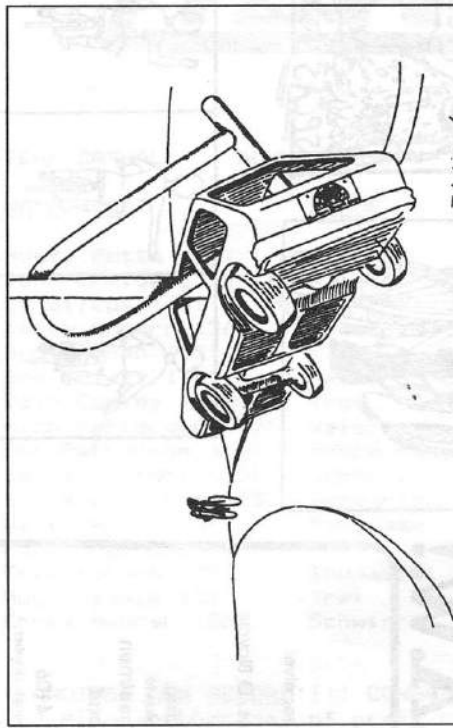
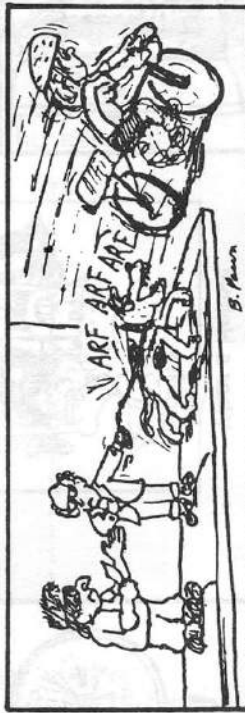


Illustration by Bob Lipscomb. Published in 'Freewheelin', the magazine of the Southern Bicycle League.



Sweet Sixteen, an all new book of 16 rides, cue sheets and maps for a South Jersey. Required reading for a bike vacation at the Jersey Shore. All favorite rides from Shore Cycle Club.

Name: _____

Address: _____

City: _____

St: _____

Zip: _____

Send \$5.95 + .75 postage to:

Shore Cycle Club, Alex May
510 School House Lane
Tuckahoe, NJ 08250

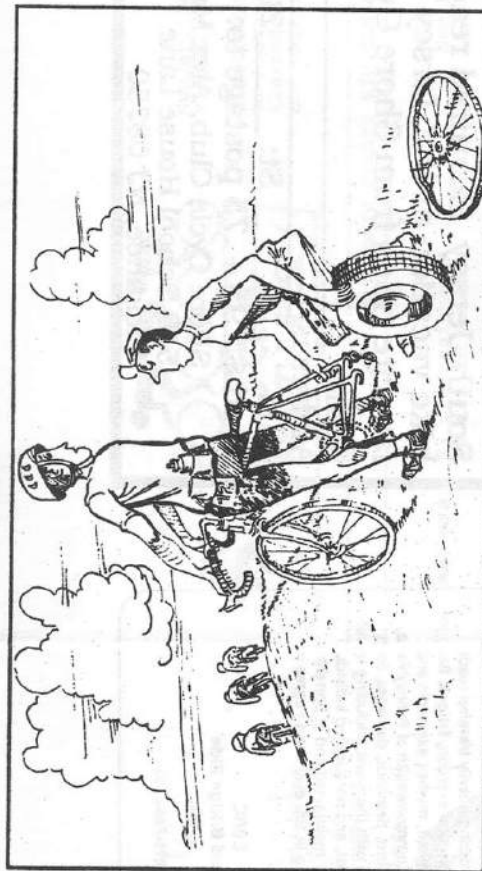
DID YOU KNOW ?

- bicycles outnumber cars in the world by two to one. The most bike-friendly countries are overseas. In 1987, bike sales in China alone passed car sales worldwide. In the Netherlands, cities are equipped with sophisticated bicycle systems and bike-sensitive traffic lights; and there are "bike and ride" facilities in Japan.

- only 10% of the population gets enough aerobic exercise to meet the U.S. Surgeon General's objectives for physical fitness, which is only a half hour to an hour of activity three or four times a week. If weekends are the only time you can exercise, do not reach for maximum performance. So called "weekend warriors" are more injury-prone, the experts note. Proper diet also plays an equally important role on the way to a better fitness. Eating the right foods is essential for building reserves which can maximize your weekend performance.

- Maryland's Howard County recently passed a bill requiring all bicyclists to wear helmets or face fines of as much as \$100 per violation. The law is expected to inspire similar legislation across the country, not unlike the seat belt bills.

- Consumers Reports recently tested 34 helmets and found that four of those failed the magazine's roll-off resistance test. Since neither the ANSI nor the SNELL helmet standards measure the resistance to roll-off attribute, the Consumer Federation of America filed a petition with the U.S. Consumer Product Safety Commission to establish mandatory safety standards for adult and children's bicycle helmets.



Let met guess, you've never done this before.

BREAKAWAY/ANGELO CRISTINZIO

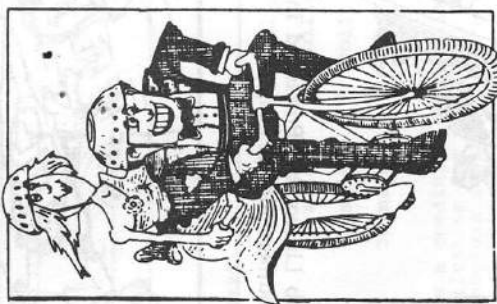
Stockton Bicycle Club BICYCLE USA



Get ready for hot weather!

Be a Well Dressed Cyclist—

Wear a Helmet



MY RAINSVIT JUST FLUNKED THE BREATHABILITY TEST!

TRY L.A.W.!

ONLY \$3! League of American Wheelmen

Our club is an affiliate of the

For a limited time, the League is offering a trial membership to club members only. For three dollars, you will receive:

☐ Two issues of BICYCLE USA, the League membership magazine. ☐ Informative bicycling articles. ☐ Product reviews. ☐ Bicycle action information. ☐ Health and legal advice. ☐ National ride calendar.

Try League membership for two months. It's only three dollars. It's good for you, for your club and for bicycling.

Send application and three dollars to:

League of American Wheelmen

6707 Whitestone Road

Suite 209S

Baltimore, MD 21207-4106

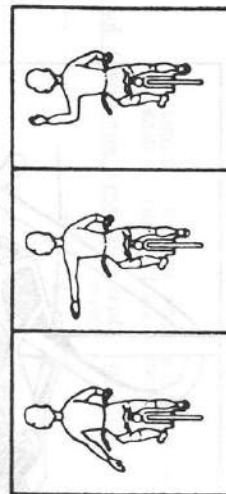
this trial membership offer is good through October, 1990. Please allow time for processing.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Club _____



STOP

TURN LEFT

TURN RIGHT

TEAM Casual

DON'T LET A SUDDEN SHOCK
HAMMER THE POINT HOME...
TOO LATE!!

wear a helmet!



RACE SCHEDULE

September 16th -- WAGO
Cycle series Race #6.
Contact Precision Road
Racing (215)926-4303.

October 14th -- WAGO
Cycle series Race #7.
Contact Precision Road
Racing (215)926-4303.

October 20th -- Season
of the Witch Biathlon.
10 A.M. Contact Dave
Baseley (215)469-9855.

November 4th -- WAGO
Cycle series Race #8.
Contact Precision Road
Racing (215)926-4303.

TEAM CASUAL AUGUST 1990 TIME TRIAL RESULTS

NAME (AGE)	FRAME	TIME	PIS
Rusty Potts (33)	Viner	11:34*	10
John Freiberg (29)	Raleigh	12:41	9
Ed Silcox (43)	Bianchi	13:28	8*
Jerry Kogorn (26)	Giant	13:42	7
Bud Gerhab (47)	Klein	13:43	6
Bob Rosati (35)	Raleigh	13:53	5
Dave Cooley (30)	Trek	14:08	4
Rich Patterson (37)	Veloce	14:09	3
Don Patterson (60)	Mondonico	14:10	2
Louis Manzoni (50)	Nishiki	14:20	1
Leonard Murphy (55)	Centurion	14:41	1
Cliff Allen (59)	Mongoose	14:50	1
Paul Freiberg (33)	Ross	14:51	1
Trip Bowers (39)	Tommasini	15:48	1
Hugh Haynie (23)	Trek	16:00	1
Chris Maurer (55)	Schwinn	16:49	1

* ANOTHER NEW RECORD!!!! CONGRATULATIONS, RUSTY!

Also another day of great rides and personal bests!

Timekeeper: Ed "DH" Silcox

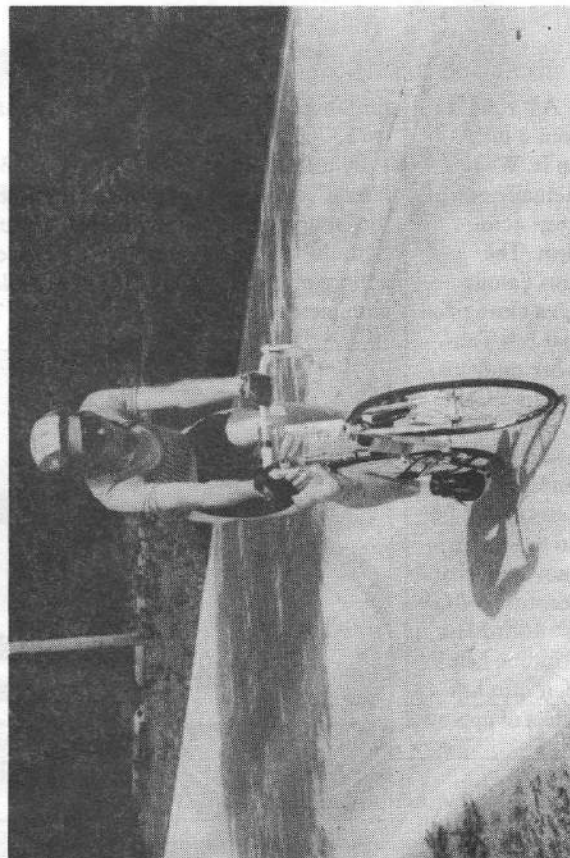
Course: Goshen, Sugartown, Providence Roads

Helmet Required!

For information about TEAM CASUAL or our Time Trial Series call
"Rollin'" Rich Patterson at 622-2954.

JOIN US: September 9th and October 7th at 10:15 am

TIME MACHINES



Rusty Potts in action. Photo by Ed Silcox.

Tandems East

A Complete Tandem Shop

Demonstration Rides By Appointment

Sales • Service • Parts • Advice
Trailers • Kid Backs • Wheel Building
Burley • Santana • Cannondale

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Tandem Tees

For captain, or Counterpoint stoker--the **Born Loser** in bright colors on white 100% cotton. \$9 ppd.

A big "hit" at Ragbrai!



Car Back in multi colors on yellow or white 50/50. \$12 ppd. 4 matching postcards, \$2.

Catalog of bicycle motif gifts 'n goodies, 50¢.

Who else but...

Please specify size(s)

Pedal phernalia bicycle curios

PO Box 2566T • Ann Arbor MI 48106

ALWAYS BE THE LEAD DOG...



OTHERWISE THE SCENERY NEVER CHANGES!

FAMILY AFFAIR:

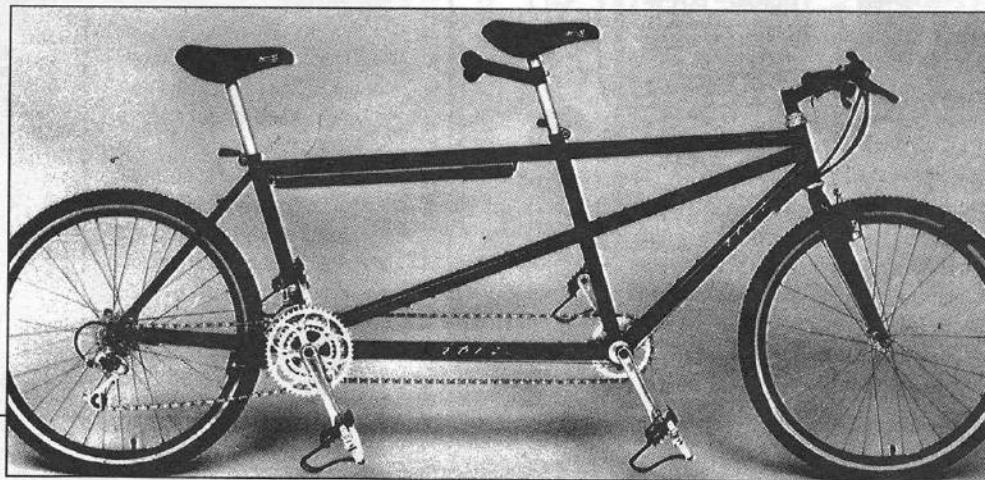
This is about a bike called the **Cousin It**. What is it, or It? "It" is actually one of the world's shortest acronyms: Ibis Tandem. The Cousin It (Addams Family fans, take note) is a close relative of the original Ibis Tandem. Both bikes are tandems, both are made in Ibis's California shop, and both are a blast to ride on- and off-road. The main difference is that the original tandem has the unique Uptube in the rear triangle, an Ibis innovation that helped the bike capture a *BG* "Best of Cycling" award last year. While the Uptube helps stiffen the frame, it also has the undesirable effect of upping

the tandem's price considerably (to \$3700, to be exact).

By using the proven "direct lateral" construction in lieu of the labor-intensive Uptube design, the Cousin It comes in at a more affordable \$2500 (complete with 26-inch wheels

and an assortment of parts). And with oversize tubes (as fat as 1 3/8 inches), the Cousin It comes close to matching the Uptube's performance, says Ibis chief Scot Nicol. Sizes available are 20 1/2/19 inches, 19/17, and 17/15, and huge

seatposts (400-mm length, 29.4-mm diameter) take up the slack without flexing. Colors: turquoise, red, or graphite, with custom paint an option. Contact Ibis Cycles, P.O. Box 275, Sebastopol, CA 95473; 707-829-5615.



COURTESY OF IBIS CYCLES



MOUNTAIN ISSUE

HOT ACCESSORIES FOR THE 90's

Rockrings

Cook Bros. Cranks

Onza Bar Ends

Onza "Buzz Saws"

Switch Blade Forks

Grip Shift

Deore XT Equipment

Aztec Brake Shoes

Scott AT-4 Bars

Matrix Tires

Mt. Zefal Pumps

Avocet Gel Flex Saddles

SR "Tall Cool One" Seat Posts

Scott "Sticky Fingers"

Power Bars

Tomac Attack Grips

Profile Handlebars

Matrix Rims

"T" Bone Stems

Ritchy Mega Bite Tires

Specialized Fat Boys

Farmer Johns Cousins-Nephews

Onza Porcupine Tires

Low Fat Pedals

Shimano ATB Shoes & Pedals

Kryptonite ATB Lock

Cat Eye ATB Computer

Mavic Rims & Components

Blackburn MTB Racks

Oakley Glasses

Grove Innovations

Fat City Cycles

IN PENNSYLVANIA

PAOLI Paoli Shopping Ctr. 647-8023	WAYNE 165 W. Lancaster Ave. 687-1110	WEST CHESTER 200 W. Gay Street 436-8984	BROOMALL 2619 West Chester Pike 356-3022
EMMAUS 831 Chestnut St. 967-1029	ALLENTOWN 1728 Tilghman St. 439-1724	PHOENIXVILLE 711 Nutt Rd. 935-9111	COLLINGDALE 533 Mac Dade Blvd. 583-7711
ARDMORE 55 W. Lancaster Ave. 649-9839	BETHLEHEM 2112 Schoenersville Rd. 691-0943	PHILADELPHIA 1028 Arch Street 923-1310	KENNETT SQUARE 520 S. Union St. 444-0399

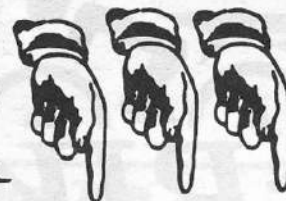
IN DELAWARE

NEWARK 212 E. Main St. 302-368-8779	WILMINGTON 2900 N. Concord Pk. 302-479-9438
DOVER 595 N. Dupont Hwy. 302-678-1772	PIKE CREEK Pike Creek Shp. Ctr. 302-998-0202





JOIN
DVBC



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.

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