



DELAWARE VALLEY BICYCLE CLUB

P.O. Box 274, Drexel Hill, PA 19026

MARCH 1993

FREE!

FROM THE EDITORS

A LETTER FROM THE PREZ...

As the new president of the Delaware Valley Bicycle Club I would like to thank all of the members for the support and confidence you have extended to me. In addition, a special thanks should go out to Dan Coraluzzi for the great job he did as our past president. It'll be a tough act to follow and I'm going to do my best to continue Dan's efforts to make the DVBC's views and opinions heard by those who legislate and make changes beneficial to all cyclists.

The DVBC is also in need of your input - what improvements and changes do you see as necessary? What can make our rides safer and more pleasurable? We want to know your opinions and what's important to you. As with any organization, we want to address the needs of our membership. So how about dropping us a line, or better still, how about coming out to our monthly meetings and get involved!

A SIGN OF THE TIMES...

Due to problems beyond our control, the DVBC finds itself in a financial dilemma this year. The cost of insurance has steadily increased and we took a real beating on our Freedom Ride last year because of the inclement weather. We hope that this year fares better but we find that we need to raise club dues to \$15.00 per person (sorry about this to all you "family values" people but - no more family memberships). In addition to insurance we've also experienced increased costs in trying to upgrade our newsletter and provide other services to benefit our members.

Some members have brought up the idea of offering instruction in CPR and First Aid. Let me know if you'd be interested. I think it would be a great idea. It's a small investment in time and could save a life. I'll bet you've thought of it

every time you found yourself on a two lane highway with narrow shoulders! In all seriousness, let me know if your interested and we'll arrange for certified instruction.

The committee plans to map out routes, roads and recommendations for safe cycling this month and present our suggestions to the Five County Committee for inclusion in their report to PENNDOT and the township planners. Our intention is to improve both recreational cycling and options for commuting to and from work. Again, your support and input are critical if we are going to make a difference.

GINA SAYS THANKS!

I realize it's almost March and Spring but this issue is the first since last year and I'd like to take this time to extend my thanks to all those friends and members of DVBC who helped out at the annual Holiday Party in December. My job as one of the party coordinators was made much easier by all of those who volunteered to make or buy all the food and refreshments. A tremendous 'thank you' to everyone who contributed their time, effort and generosity. I do hope all of my friends and club members enjoyed their holiday, and a belated Happy and Healthy New Year to all. Best wishes for a terrific year of cycling too!

WHERE DID I PUT THOSE THINGS...?!?

The next DVBC meeting is set for March 1st at 7:30 pm. As some of you know, Frank Havnoonian's slide show of his Hawaii tour went off without a glitch last month. Response was so great that Frank has agreed to do it again this month - this time, with the slides! Just kidding Frank. It's happened to the best of us. We look forward to the fantasy of warm weather.

Board of Directors

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Ernest Munns 259-3327
Vice President
Daniel Coraluzzi 789-0187
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Frank Havnoonian 449-6154
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John Roman 853-2915

Members at Large

Gina Bezdziecki 525-0129

League of American Wheelman Rep.

Ernie Munns

Ride Coordinators

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

C/D Rides: Ira Josephs
10 Applebough La.
Moylan, PA 19065
565-4058

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

DVBC Newsletter Staff

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Tom Parente
Racing Editors . . . Frank Havnoonian
Rich Patterson
Special Events Rich Patterson
Advertising Dan Coraluzzi
A/B Rides Doug Kennedy
C/D Rides Ira Josephs
Assembly Frank Havnoonian
Mailing Labels Mike Keating

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Drexel Hill, PA 19026

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Newsletter/Special Events

DVBC
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Drexel Hill, PA 19026

Items for Sale & Ride Reports:

DVBC
P.O. Box 274
Drexel Hill, PA 19026

The views expressed in this publication are not necessarily the views of the Delaware Valley Bicycle Club, nor do we endorse products or services advertised.

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

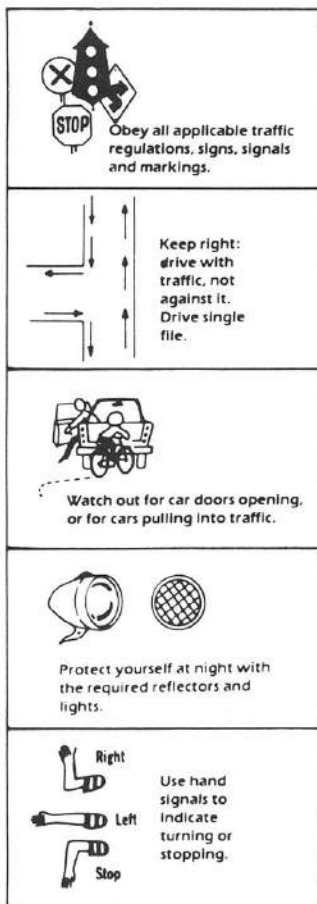
DVBC Meeting Place

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. HELMETS ARE MANDATORY ON ALL DVBC RIDES.
2. Arrive 10 to 15 minutes early and be READY TO LEAVE ON TIME! Rides will start no more than 5 to 7 minutes late!
3. Make sure your bike is in proper working order BEFORE you arrive.
4. Carry a spare tube, patch kit, pump and water bottle.
5. Practice safety and obey *all* traffic laws.
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: Helmets are mandatory on all rides. In case of questionable weather or road conditions, the Ride Leader may cancel the ride. 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!



18th Annual Freedom Tour!

May 16, 1993

8, 18, 35 and 65 mile routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 65-milers; 9-10 A.M. for 35-milers; 10-11 A.M. for 18-milers; 11 A.M.-noon for 8-milers.

PLACE: Ridley Creek State Park (near Media, PA)—parking lot #15

COST: Just \$10 at the gate. Pre-registration, postmarked by May 9, only \$8.00! **Tour will be held rain or shine!**

Expected Attendance: 400-800 riders.

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

Routes: Scenic country back roads through the beautiful Brandywine River valley for the 65 and 35-mile routes, which have been changed to avoid some bad hills. All four routes pass through the scenic Chester Creek valley and Glen Mills areas, including the Sweetwater Farm. Most roads are lightly traveled with rolling hills. All routes include a food stop.

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 8- and 18-mile routes are great opportunities for newer cyclists, leisure riders and families. Meet new biking friends with similar abilities while enjoying an outstanding ride.

Safety: HELMETS ARE MANDATORY. Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump & tire irons. Each rider assumes 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. Our monthly meetings are open to the public. This event is open to all cyclists. Enjoy the spring bicycling season!

More Information: Please call Frank at (215) 449-6154 or Dan (215) 789-0187.

18th Annual Freedom Tour—May 16, 1993

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Distance: 65 miles ☐ 35 miles ☐ 18 miles ☐ 8 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 to: **Freedom Tour
Delaware Valley Bicycle Club**

**P.O. Box 274
Drexel Hill, PA 19026**

Please postmark pre-registration by May 9, 1993.

TEAM CASUAL DECEMBER FIVE MILE TIME TRIAL RESULTS

DECEMBER 6, 1992

<u>NAME</u>	<u>(AGE)</u>	<u>FRAME</u>	<u>TIME</u>
Charlie Stockley	(55)	Cesare	14:29
Matt Hogan	(34)	Trek	14:30
Ken Strack	(36)	Nishiki	15:01
Ed Silcox	(45)	Bianchi	15:08

Course: Goshen (gravel!), Sugartown (wind!) and Providence Roads
Conditions: clear, sunny, very COLD!!

The DVBC Team Casual Time Trial Series is open to everyone!

Please join us! March 7, 1993 7:45 am

April 11, 1993 7:45 am

HELMETS are MANDATORY!!! SAFETY FIRST!!



TEAM Casual- photo by Ed Silcox!

Effective Cycling Notebook

by Susie Jones

Panic Stop

There is an art to effectively stopping a bicycle in an emergency. Doing it incorrectly could cause you to: 1) hit the object you are trying to avoid; 2) somersault over the handlebars; or 3) lose control of the bike as the rear wheel skids out from under you. If you are like many people, you instinctively grab both brakes in an emergency and apply them equally until the bike begins to skid. This is inefficient because you have no control over a locked wheel (it cannot be steered), and a wheel that is skidding offers you virtually no stopping power.

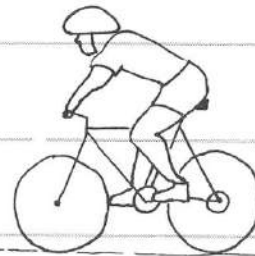
When you apply either the front or rear brake, the bicycle begins to slow down and your weight transfers forward because of inertia. The more weight a wheel supports, the more effective the applied braking force, and the less tendency to skid.

Thus, if you apply only the rear brake hard, your weight is shifted to the front, decreasing weight on the rear wheel. Since the rear wheel is supporting less weight, it will skid as you brake, decreasing the effectiveness of the brake.

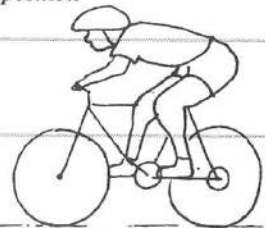
Applying only the front brake hard also shifts weight to the front wheel. In this case, however, the weight transfer increases the effectiveness of the brake, and the tendency of the braked front wheel to skid is greatly reduced. However, the danger is that if the front brake is applied too hard, the rear wheel will lift off the road and the rider may be pitched over the handlebars.

The implications, then, for effective braking are as follows:

- Braking with the rear brake alone will avoid pitchover, but it is not very effective.
- The theoretically fastest stop is made with the front brake alone, but this is dangerous — only a slight error will pitch you over.
- The best system for a fast, safe stop is to use both brakes in a 3:1 ratio, front:rear, which produces the optimum deceleration. If the rear wheel starts to skid, this indicates that you are unweighting the rear wheel almost to the pitchover point. Therefore, when the rear wheel skids, ease up slightly on the front brake.
- When braking hard, slide your body back on the saddle as far as possible. Although it is not necessary for an effective *Panic Stop*, you can transfer even more weight to the rear wheel by lifting your buttocks off of the saddle and thrusting them straight back over the rear axle.
- If you are carrying a heavy load on the rear of your bike, you will be able to brake harder before pitchover occurs.



regular riding position



panic stop

In an effort to promote safe cycling behavior among L.A.W. members, each issue of Bicycle USA will feature an Effective Cycling column. By reading and practicing the information and maneuvers covered in this column, you are on your way to becoming a safer, more confident cyclist. For even more information and one-on-one interaction with an experienced Instructor, sign up for an Effective Cycling class today.

THE AMERICAN BICYCLE CLUB is offering a new series of weekend bicycling adventures to lovely, historical Cape May, New Jersey. After our very successful trips to the Poconos and Salisbury, Maryland, we had many requests to expand our itineraries to other areas, and we are happy to be able to offer this newest destination.

Cape May is an ideal destination for cycling. The roads are flat, long and straight and at this time of year, traffic is light but the weather is superb.

Our rooms are all deluxe, oceanfront category. The Atlas Motor Inn is one of the finest inns in Cape May and is located directly on the beach. Each room will have a private bath and has two double beds, a sofa, cable TV, a refrigerator and other amenities. All rooms have a magnificent view of the beach and ocean. Our rates are based on double occupancy but triples can easily be accommodated.

Included in the package are the following: Full breakfast from the menu on both Saturday and Sunday mornings; snacks and coffee in the hospitality suite; a free ABC water bottle; guided rides; a seminar on basic bicycle repair and maintenance; bicycle "fit" consultation. For those of you who might not want to spend the entire weekend bicycling or who have friends or spouses who are not cyclists, Cape May is the perfect location. The weather will be ideal to walk around the town, take a trolley ride which tours historic Cape May including the famous Physick House, visit the lighthouse and have an opportunity to climb to the top.

For additional information or an application, call (215) 886-6927, or write American Bicycle Club, P.O. Box 2229, Jenkintown, PA 19046.

Cyclegram, March/April 1993 p.5

New State Bike-Ped Coordinator Updated on Coalition Projects

The Pennsylvania Department of Transportation has named bicyclist David Bachman as its first full-time bicycle and pedestrian coordinator, a position recently mandated by federal transportation law.

Bachman, 41, is a mem-

ber of the Harrisburg Bicycle Club and said he's been a commuting and touring cyclist for more than 20 years. He'll work in PennDOT's Bureau for Highway Safety and Traffic Engineering and report to bureau chief Tom Bryer.

Bachman recently met for two hours with Bicycle Coalition President Noel Weyrich in Harrisburg and got an update on Coalition projects involving PennDOT.

For the past two years, Bachman has worked for PennDOT as an archaeolo-

gist consulting on highway projects around the state that have affected buried sites of American Indian settlements. He holds a Master's degree in anthropology from the University of Delaware, where he worked for eight years as a research associate before joining PennDOT.

TOP 10 REASONS TO SHAVE YOUR LEGS

- 10 - Makes any Band-Aid "ouchless".
- 9 - Saves precious ounces on the climbs.
- 8 - You can use your calves as rear view mirrors.
- 7 - Better than paying \$92 an hour for electrolysis.
- 6 - Makes even the skinniest legs look more muscular.
- 5 - I think it's in the USCF rulebook.
- 4 - Keeps the paint from wearing thin on your bike. (Really hairy dudes only.)
- 3 - Gives your dermatologist an unobstructed view of your skin condition.
- 2 - No little hairs to pull while your baby is massaging your legs.

And the number one reason to shave your legs:

- 1 - It's easier to clean off those pesky chainring marks.

--Mark Boylan

Pew Trust Awards \$50,000 For Schuylkill River Rec Path

The Pew Charitable Trust has awarded the Schuylkill River Development Council a \$50,000 grant to help extend the Kelly Drive recreational trail south along the river from the Philadelphia Museum of Art to Locust Street.

The grant will allow the council to do a master plan update needed to apply for more funding. Meanwhile, the group has set a goal of raising an additional \$25,000

to build a gravel path by December from Spring Garden Street to Vine Street as a first step toward developing the trail.

The Schuylkill River Council has also planned intensive Saturday morning cleanups along the path to help clear the way for gravel bed construction.

For information on volunteering for the Build-a-Path project, call Doug Grainge at 925-0290.

(WHEEL EVENTS '93)

HANGOVER SPECIAL, Friday, January 1st

A pleasant winter day to start the year off cycling outdoors, and no, you weren't hungover and seeing double.....Rich Bernhard, the ride leader, really did show up to lead this ride on a two-seater otherwise known as a tandem. His bike was two-man powered*with the help of a friend who he talked into joining him for this particular day's ride. This year's ride had about twice the attendance of last year's ride, perhaps because the weather was bearable or maybe because those of us who started off our year with Rich's ride in '92 spread the word of how refreshing and fun it is to start the year off on the right foot.

After the ride, there were remarks that this ride was "The best ride of the year!" (Of course, being January 1st, it was the first and only ride so far this year!) Actually, Rich does lead several great rides throughout the year so for all those who missed his New Year's Day Hangover Special ride, there will be more chances to join Rich and company at later dates. Don't forget to check your ride calendar!

NEW LONDON, Sunday, January 17th

For those who missed Rich Bernhard's Hangover Special ride on New Year's Day, this was your second chance in the same month to join Rich and friends for some enjoyable and scenic cycling through southern Chester County and also a portion of Maryland. Six of us braved a chilly, mostly cloudy day as well as the frenzied rushes of many dogs. That's right folks, we spent a bit of time trying to out-ride the dogs. (Maybe Rich will rename this ride!) The dogs usually rushed out two at a time, and the ones we encountered in Maryland seemed more vicious than those we faced in Pennsylvania, especially a particular 3-legged dog. Believe it or not, it seemed that at the beginning part of our ride, the dogs were the small "heel-nipper" sorts, but for each pair of dogs that ran out after us during the remainder of the ride, the size of the breed increased to the likes of St. Bernards. Fortunately, none of us suffered from any dog bites (perhaps because the dogs were out-numbered 6 to 2). Someone on the group ride even came to the conclusion that dogs like to attack people on blue bikes. Of course, when one experiences a dog-filled ride such as this one while also inhaling air full of country smells including the odors of mushroom country around Kennett Square, a person is apt to conclude anything!

LANDENGURG, Sunday, January 31st

It felt more like a Spring ride than a Winter ride on this beautiful day as about 15 people from DVBC and other bike clubs joined ride leader, Doug Kennedy, on a scenic ride to Landenburg, PA. Doug's ride started in Chadds Ford which is close to state borders so the group rode a little in both Pennsylvania and Delaware. In Delaware, the group cycled past the Hoopes Reservoir

and also through half of the covered bridges in that state.....we soon learned from Doug that there are only a total of two covered bridges in Delaware anyway.

Saturday and Sunday, February 6th & 7th

Unless you owned a bike with good treads to ride through the snow, slush, and ice, this turned out to be a good weekend to stay inside and use your wind trainers or lift weights, or perhaps cross train outdoors by walking, running, skiing, sledding or shoveling your sidewalks and driveways. Hopefully the rest of these winter weekend rides will be snow and rain free.

TO: DVBC Members - FOR SALE 12 Speed Racing Bike
Bianchi Strada - LX
Practically New, Seldom Used
\$225.00 (original cost \$400.00)
Call: Ed Sobieray 566-1263

1993 DELAWARE VALLEY BICYCLE CLUB EVENTS

APR 4	3rd Annual Swap Meet	BCP
APR 15-16	Horse Farm Weekend	Hanover Cyclists
MAY 2	Mexican Metric	SCU
MAY 15	Lower Providence Safety Rodeo	
MAY 16	Pixton Poker Metric	PBC
MAY 16	Freedom Tour	DVBC
JUN 13	River to River Century	SCU
JUN 18-20	Blue and Gray Rally	Bike Fed
AUG 1	Lake Nockamixon Century	SCU
AUG 8	Princeton ?	
AUG 8 OR 15	No-Name Century	CBBC
SEP 12	Brandywine Tour	DVBC
SEP 6	Labor Day Century	Hanover Cyclists
SEP 12	River's Edge Century	BCP
SEP 26	Deer and Dog Dodging	SCU
OCT 10	Covered Bridges Century	CBBC

RIDE CALENDAR

*Free Membership for Ride Leaders**

Helmets are now mandatory on all rides!

Mon, Mar 1 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. Get back in the biking spirit for spring and the return of milder weather. Guest speaker to be announced. Unitarian Church, 145 W. Rose Tree Rd., Media (near the Rt. 252 exit of Rt. 1).
Sat, Mar 6 • 10:30 A.M. Miles: ?? • Class C <i>Get Ready 4 Spring</i>	Meet at the E.O. Bull Building parking lot on the corner of Rosedale and High St., West Chester University, W. Chester. The distance will depend on the weather, so call for details. Expect some hills and bring a snack. Fran: 431-2675.
Sun, Mar 7 • 7:45 A.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	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.
Sun, Mar 7 • 10:00 A.M. Miles: 43 • Class B <i>Kitchen Kettle Klimber</i>	Bring lunch for this ride through Lancaster County. Meet at the Strasburg Railroad parking lot. Be a part of the "alternative transportation hat trick"—steam locomotive, horse & bicycle (start from #1, avoid the "road evidence" of #2 while riding #3). Rich Bernhard: 284-2019.
Sun, Mar 7 • 10:00 A.M. Miles: ? • Class C/C— <i>Roll Your Own Ride</i>	Call ride leader Tom Brennan at 353-1248 to confirm the ride and to find out the distance, starting time and starting place for this ride—or you may suggest one. Distance, route and starting time and place will depend on the weather.
Sun, Mar 14 • 9:30 A.M. Miles: 45 • Class B <i>Manayunk Wall</i>	Meet behind the Dunkin' Donuts at MacDade Blvd. & Fairview Ave., Woodlyn (Exit 1, MacDade East, of the Blue Route). We'll ride to the McDonald's in Conshohocken for brunch, then go down the Valley Forge Bike Trail along the river to Manayunk. Doug Kennedy: 543-4664.
Sun, Mar 14 • 10:00 A.M. Miles: 16 • Class C+ <i>Pastry/Flat Rock Park</i>	Meet John Roman at the Manoa Shopping Center (Eagle Rd. & W. Chester Pike, Manoa), near Kline's. Stop in Ardmore at John's favorite bakery. Then continue via scenic Mill Creek Rd. to Flat Rock Park, a geese haven on the Schuylkill. Call John at 853-2915 (evenings).
Sat, Mar 20 • 9:15 A.M. Miles: 45 • Class C+/B— <i>Springtime Ride</i>	Ride from the Main Line to Chadds Ford and West Chester, 40 to 50 miles. Expect a few hills. Start at Rosemont Park on Conestoga Road between Stratmore Dr. & Rockingham Rd. in Rosemont. For more details call ride leader Gina Bezdziecki at 525-0129.
Sun, Mar 21 • 1:00 P.M. Miles: 24 • Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Enjoy a hilly, but easy-paced ride to Gladwyne through some very scenic areas. Call ride leader Frank Havnoonian at 449-6154 (evenings) for more information.
Sun, Mar 28 • 10:30 A.M. Miles: 7 • Class D <i>For Beginners Only</i>	Meet at the Moylan-Rose Valley Train Station at Manchester (Rose Valley) & Woodward Rd in Rose Valley. This is the first in a developmental series of increasingly difficult (distance & hills) monthly rides. Ira Josephs: 565-4058.
Sun, Apr 4 • 10:00 A.M. Miles: 53 • Class B <i>Lebanon Forest</i>	Enjoy a flat South Jersey ride to the Lebanon Forest. Leave from Ridgely St. & High St. in Mt. Holly, New Jersey. Bring lunch for a stop along the way. For directions or more information call ride leader Rich Bernhard at 284-2019.
Mon, Apr 5 • 7:30 P.M. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. Now that the milder weather has returned, come out and get back into the bicycle frame of mind. Unitarian Church, 145 W. Rose Tree Rd., Media (near the Rt. 252 exit of Rt. 1). Speaker and topic to be announced.
Sun, Apr 11 • 7:45 A.M. Miles: 5 • Class: All <i>Goshen Time Trial</i>	<i>April—but NO showers—TT.</i> 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.

**Anyone leading four or more listed rides in a year will receive a DVBC membership for the following year. For details call Ira Josephs (565-4058) or Doug Kennedy (543-4664).*

Fourteen ride leaders each led 4 or more listed rides in 1992. They have received free DVBC membership for 1993. Thanks to Fran, Rich, Ira, Doug, Frank, Rich, Tom, Mike, John, Jenny, Ray, Roz, Ken and Ed.



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APRIL 1993

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DUES ARE DUE! \$15.00 PER HOUSEHOLD

Board of Directors

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Ernie Munns

Ride Coordinators

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

C/D Rides: Ira Josephs
10 Applebough La.
Moylan, PA 19065
565-4058

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

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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.

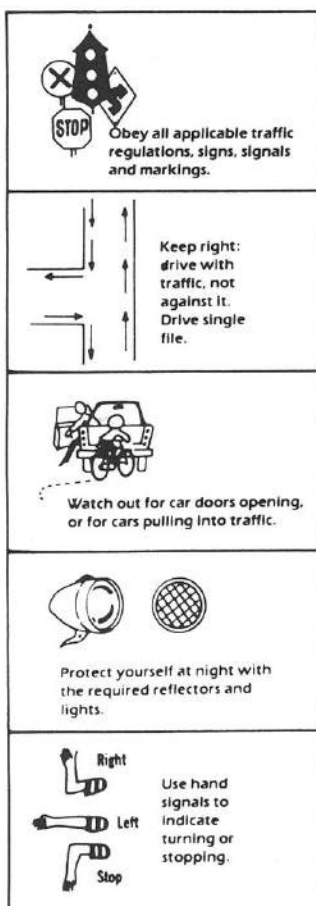
DVBC Meeting Place

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

NOTE: Helmets are mandatory on all rides. In case of questionable weather or road conditions, the Ride Leader may cancel the ride. 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

*Free Membership for Ride Leaders**

Helmets are now mandatory on all rides!

Sat, Apr 3 · 10:00 a.m. Miles: 30 · Class C <i>Phoenixville Loop</i>	Meet at the Phoenixville Acme on Starr St., just off Rt. 23 for this joint ride with other area bike clubs. Bring a lunch to enjoy along the way. For more information or directions to Phoenixville call Fran at 431-2675.
Sun, Apr 4 · 10:00 a.m. Miles: 53 · Class B <i>Lebanon Forest</i>	Meet at Ridgely & High Streets in Mount holly, NJ. Enjoy a flat ride to the Lebanon Forest and back. Bring lunch for a stop in the forest. Please call to confirm and get more information and directions. Rich Bernhard: 284-2019.
Sun, Apr 4 · 10:00 a.m. Miles: 10 · Class C/D <i>Beginners II</i>	Meet at the Moylan-Rose Valley train station at Manchester (Rose Valley) & Woodward Rds. in Rose Valley. This is the second in a series of developmental rides. Still geared for the inexperienced, it is easy-paced and not very hilly. Children welcome. Ira Josephs: 565-4058.
Mon, Apr 5 · 7:30 p.m. <i>DVBC Meeting</i>	Doors open at 7:00, meeting starts at 7:30. Come out to hear a guest speaker, meet new cycling friends or just to get back in the cycling frame of mind. Unitarian Church, Rose Tree Rd., Media.
Sun, Apr 11 · 7:45 a.m. Miles: 5 · Class All <i>Goshen Time Trial</i>	<i>April (No Showers) Version.</i> Meet at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Open to all classes of riders. Helmet required. Roads are NOT closed to traffic. Timekeeper: Ed Silcox. For more info call Rich Patterson at 622-2954.
Sun, Apr 11 · 10:00 a.m. Miles: ?? · Class C <i>Easter Roll Your Own</i>	Call leader Tom Brennan to find out the starting time, place and route for the ride, or suggest your own. The starting time, distance and route will be determined by the weather. Modest paced Class C/C+ rides. Tom Brennan: 353-1248.
Sun, Apr 18 · 9:30 a.m. Miles: 20-30 · Class C+/B- <i>Glen Mills</i>	Meet at the Moylan-Rose Valley train station at Manchester (Rose Valley) & Woodward Rds. in Rose Valley. Join me on my regular ride out through Ridley Creek State Park and beyond. Ride pace will be 14-16 m.p.h. Ira Josephs: 5565-4058.
Sun, Apr 25 · 9:00 a.m. Miles: 35-40 · Class ATB <i>C & D Canal</i>	<i>Chesapeake & Delaware Canal ATB Ride.</i> Start from the only stoplight in Delaware City, DE at Rt. 9 & Clinton Ave. Bring lunch for stop at canal museum (free admission) at Chesapeake City, MD. Two-thirds is unpaved; any hybrid can do it. "B" ATB pace, whatever that is, maybe 12 m.p.h. All flat. This is a large seagoing canal so expect to see conatiner ships, tankers, etc. Doug: 543-4664.
Sun, Apr 25 · 10:00 a.m. Miles: ?? · Class C <i>Roll Your Own Ride</i>	Call leader Tom Brennan to find out the starting time, place and route for the ride, or suggest your own. The starting time, distance and route will be determined by the weather. Modest paced Class C/C+ rides. Tom Brennan: 353-1248.
Sun, Apr 25 · 9:00 a.m. Miles: 25 · Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery, 703 Burmont Rd., Drexel Hill. Enjoy a moderate paced ride to Gladwyne through some very scenic areas. Call ride leader Frank Havnoonian at 449-6154 (evenings) for more information.
Mon, May 3 · 7:30 p.m. <i>DVBC Meeting</i>	Doors open at 7:00, meeting starts at 7:30. Guest speaker, to be announced, and final preparations for the Freedom Tour. Unitarian Church, 145 W. Rose Tree Rd., Media.
Sun, May 16 · 8-noon Miles 8-65 · Class: All <i>Freedom Tour!</i>	The big ride of the spring! Four great routes, food stops, sag wagon, maps and well-marked routes make this a ride not to be missed. Rides start from parking lot #15 in Ridley Creek State Park. See registration form elsewhere in this issue for complete details.

*Free 1994 membership for anyone leading 4 or more listed rides in 1993. Call Ira (565-4058 or Doug (543-4664) for details.

THE LEAGUE OF AMERICAN WHEELMEN

THE LEAGUE OF AMERICAN WHEELMEN, the national organization of bicyclists, was founded in 1880. It protects the rights and promotes the interests of bicyclists, provides information about bicycling for its members and others, serves a nationwide network of affiliated bicycling clubs and organizations, and sponsors bicycle rallies and other bicycling activities. The organization's Bicyclists' Educational and Legal Foundation uses donations and grants to fund other programs.



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, and a membership card.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
TELEPHONE (____) _____
CLUB _____
SPONSOR _____

L.A.W. Membership Categories

(Add \$15 for postage to foreign countries. Pay by check drawn in U.S. money order)

- ☐ Individual: \$25
- ☐ Family: \$30
- ☐ Advocate—Individual: \$35
- ☐ Advocate—Family: \$40
- ☐ Sustaining: \$50
- ☐ Bike Shop: \$50
- ☐ Individual Life: \$425
- ☐ Family Life: \$525
- ☐ Public Library: \$19
- ☐ IPMBA: \$35

☐ Please add me to the Hospitality Homes list.

League of American Wheelmen
190 W. Ostend Street, Suite 120
Baltimore, MD 21230
(410) 539-3399/FAX (410) 539-3496
Membership Hotline 1-800-288-BIKE

VIEWPOINT

Safe Roads Begin With Us



At year end, it has become customary for magazines to review and recognize the best and worst of what transpired during the preceding 12 months. Magazines devoted to bicycling have picked up on this trend, and, having recently plowed through them all (and I do mean all—we receive them from every corner of the globe), one can conclude that there are many worthy people and organizations working to foster bicycling.

However, not mentioned as contributing to the stability and growth of our sport were the utterly necessary persons who comprise its backbone—bicycling “enthusiasts.” This group may be defined as folks who spend a lot of money on bicycles and actually ride them—a lot.

It is estimated that there are close to one million of these enthusiasts in the United States. The money that they spend on our sport keeps significant segments of the bicycle industry in business. Independent bicycle dealers need enthusiasts to survive (even with them, dealers are struggling to maintain their 30 percent market share). Magazines directed at bicyclists need them to survive. And clearly, membership organizations could not exist without them.

Bicycle enthusiasts support the sport in many other ways that do not involve their pocket books. This support takes many forms, from working untold hours as officers and ride leaders for their local bike club, to repairing erosion on their favorite off-road trail, to fighting for bicyclists’ rights as advocates. This list could be a very long one; indeed, it must be obvious that without these people—and there are thousands of them—there would be no sport of bicycling. Volunteerism is essential; it is the glue that holds things together.

Bicycle enthusiasts provide something else of great value to our sport. They are teachers of the novices and entry-level bicyclists. They provide positive examples of correct riding behavior, technique, and etiquette. This is real leadership that gets and keeps the respect essential to continuing our struggle to enjoy road and trail rights.

The League membership is speaking out on this particular issue with a noticeable sense of urgency. Our mail and membership surveys contain numerous complaints about cyclists violating traffic laws and riding unsafely or without regard to others. Members have commented that the first priority of the Safe Roads Movement should be cyclist education. They point out that we cannot hope to get respect from other road and trail users unless cyclists are perceived as responsible participants. Indeed, some of us feel more threatened by other cyclists than we do by motorists.

League members support bicycling in many ways. They are clearly bicycle enthusiasts. It is gratifying that there is a growing sense among the membership that all experienced cyclists have a clear role to play if our sport is to thrive—we must lead by example while on our bikes.

While on the subject, League members are aware that our winter fund-raiser centered on the Safe Roads Movement. This campaign has been extremely well received. The funds generated exceed those received from any other campaign and will be critical in supporting our stepped-up advocacy and education efforts. We also received hundreds of comments on various aspects of the movement. I want to thank each of you who responded. Unfortunately, it is not possible to reply to each person who jotted down a comment, but be assured that each response has been read by at least three staff members and is invaluable in our planning.

There were several overriding themes brought out by these comments. One, unsafe and unlawful riding, has been discussed above. Another involved drunk driving. There is great sympathy with efforts to solve this problem, thus the League will move toward establishing relationships with other like-minded groups. A third area of concern involves motorist attitudes toward cyclists. Our members want us to work with state motor vehicle departments to educate drivers regarding our rights. We are working in this area already.

In general, the Safe Roads Movement has been well received. It provides an agenda around which we can all rally. However, as the new cycling season begins, let us remember that every one of us is an ambassador for cycling, on and off our bikes. Safe roads begin with us.

Gil Clark
Gilbert M. Clark
L.A.W. Executive Director

18th Annual Freedom Tour!

May 16, 1993

8, 18, 35 and 65 mile routes

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9 A.M. for 65-milers; 9-10 A.M. for 35-milers; 10-11 A.M. for 18-milers; 11 A.M.-noon for 8-milers.

PLACE: Ridley Creek State Park (near Media, PA)—parking lot #15

COST: Just \$10 at the gate. Pre-registration, postmarked by May 9, only \$8.00! **Tour will be held rain or shine!**

Expected Attendance: 400-800 riders.

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

Routes: Scenic country back roads through the beautiful Brandywine River valley for the 65 and 35-mile routes, which have been changed to avoid some bad hills. All four routes pass through the scenic Chester Creek valley and Glen Mills areas, including the Sweetwater Farm. Most roads are lightly traveled with rolling hills. All routes include a food stop.

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 8- and 18-mile routes are great opportunities for newer cyclists, leisure riders and families. Meet new biking friends with similar abilities while enjoying an outstanding ride.

Safety: HELMETS ARE MANDATORY. Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump & tire irons. Each rider assumes 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. Our monthly meetings are open to the public. This event is open to all cyclists. Enjoy the spring bicycling season!

More Information: Please call Frank at (215) 449-6154 or Dan (215) 789-0187.

18th Annual Freedom Tour—May 16, 1993

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Distance: 65 miles ☐ 35 miles ☐ 18 miles ☐ 8 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 to: **Freedom Tour**
Delaware Valley Bicycle Club
P.O. Box 274
Drexel Hill, PA 19026

Please postmark pre-registration by May 9, 1993.

Rides and Events

Sun., March 28: The Bicycle Club of Philadelphia sponsors a 15-mile ride starting 12:30 p.m. at the Valley Forge National Park Visitor's Center. Visit the nearby Wharton Eshrick Museum. Cost is \$5. Call Craig at 640-1876 by March 24.

Sat., April 17: Freedom Valley Ride path clean-up day. Call Alice at 387-7962 for information.

Sun., April 18: The Taxing Metric Century, Knauertown, Pa., in Warwick Park. 50 or 100 K (32 or 64 miles). Starting time 8:30 - 10 a.m. \$8 gets you a map, lunch, sag wagon service and a cloth patch. Brandywine Bicycle Club, c/o Dennis Kelly, 116 Rosewood Ct., Downingtown,

PA 19335 or call 269-6976.

Sat., April 24: The Bicycle Club of Philadelphia sponsors a 15-mile ride starting 9 a.m. at the Valley Forge National Park Visitor's Center. Tour of nearby Japanese Gardens. Call Craig at 640-1876.

Wed., April 28: The newly-formed Philadelphia chapter of the Human Powered Vehicle Assoc. will hold a demonstration of recumbent and aerodynamic bicycles, including a chance to try them. Discussion and video presentation starting at 7:30 p.m. at the Academy of Natural Sciences, 19th and Ben Franklin Parkway. For more information, call Craig at 827-7629.

15-18 Thursday-Sunday

Dover, Del.; Ride Around Delaware (RAD); 8 a.m. at Dover; daily rides vary from 50 mi.; flat; fee varies by accommodation, 2 or 4 day option; incl. map, emergency sag, snacks, lodging, baggage shuttle, souvenir; helmet req.; Delmarva Bicycle Club, Howard or Fran Smith, 1404 Forrest Ave., Dover, DE 19901; (302) 734-4994.

Bikes For Sale

Nishiki Cresta GT Cross Bike

19-inch, silver
Triple chainrings, cartridge hubs, Avocet 20, bar-ends, Blackburn racks, pump, cages, tools, bag and headlamp. Pampered machine. \$300
586-9085

Fuji Del Ray Touring Bike

19-inch, black
Triple chainrings, Kevlar tires, Blackburn rack
Light as a feather! Never used...really! \$200
586-9085

Trek 520 Touring Bike

\$550
Call Bill: 566-1785

More Rides

Sunday, May 2: MONTGOMERY METRIC CENTURY. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; (215) 757-9663.

Sunday, May 2: KING OF PRUSSIA/KIMBERTON BIKE-A-THON. Upper Merion Park & Recreation Department, (215) 265-1071.

May 6-16: TOUR DU PONT. Closest stages: May 6, TT in Wilmington, DE; May 7, Dover-Wilmington & TT; May 8, Wilmington-Hagerstown; May 9, Antietam-Hershey.

Saturday, May 8: CRABS, Rehoboth Beach, DE. 25/70 mi. Delaware Inland Bays Estuary, 28 Marshall Rd., Rehoboth, DE 19971.

Saturday, May 15: MS SPRING CYCLING CLASSIC, Bucks, Burlington, or Montgomery County. Natl. MS Society, 117 S. 17th St., Suite 500, Philadelphia, PA 19103.

May 15-16: CLEAN AIR CHALLENGE BIKE TREK. 1 day (60 mi) or 2 days (130 mi). American Lung Assoc., 1534 McDaniel Dr., West Chester, PA 19380; (215) 692-4233.

Sunday, May 16: FREEDOM TOUR, Ridley Creek St. Pk., lot #15. 65/35/18/8 mi at 8/9/10/11 AM, \$10, helmet reqd. Delaware Valley Bicycle Club, PO Box 274, Drexel Hill, PA 19026; Frank, (215) 449-6154.

Sunday, May 23: COLUMBIA COUNTY 50. Susquehanna Valley Bicycle Club, Box 63, Berwick, PA 18603; (717) 784-6856.

The Swap Meet is Coming!

April 4th is the date. If you attended last years then you know what a success it was. This year we will have all of the same highlights as last year, like the high wheelers demonstration, and a discussion on loaded touring, as well as local bike shops close out merchandise, and of course all the junk in Howie Weiner's basement. That should satisfy all of you. Actually, last year there was about 50 tables selling or swapping great used, and nearly new, biking gear and bikes.

Other stuff might be in store. Lynette Manteau did a bang up job last year, and has the same enthusiasm this year. But one thing she still needs is volunteers to help make this a success. Her enthusiasm will quickly spread to you, and you will soon see how much fun it is to plan such a wonderful event. No experience necessary, only a desire to get involved and work with great people. Call Lynette at 627-1549.

Effective Cycling Notebook

by Susie Jones

Panic Stop

There is an art to effectively stopping a bicycle in an emergency. Doing it incorrectly could cause you to: 1) hit the object you are trying to avoid; 2) somersault over the handlebars; or 3) lose control of the bike as the rear wheel skids out from under you. If you are like many people, you instinctively grab both brakes in an emergency and apply them equally until the bike begins to skid. This is inefficient because you have no control over a locked wheel (it cannot be steered), and a wheel that is skidding offers you virtually no stopping power.

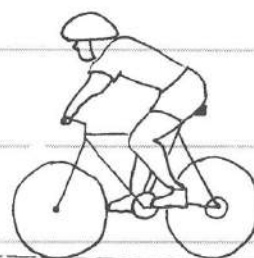
When you apply either the front or rear brake, the bicycle begins to slow down and your weight transfers forward because of inertia. The more weight a wheel supports, the more effective the applied braking force, and the less tendency to skid.

Thus, if you apply only the rear brake hard, your weight is shifted to the front, decreasing weight on the rear wheel. Since the rear wheel is supporting less weight, it will skid as you brake, decreasing the effectiveness of the brake.

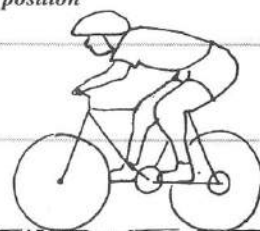
Applying only the front brake hard also shifts weight to the front wheel. In this case, however, the weight transfer increases the effectiveness of the brake, and the tendency of the braked front wheel to skid is greatly reduced. However, the danger is that if the front brake is applied too hard, the rear wheel will lift off the road and the rider may be pitched over the handlebars.

The implications, then, for effective braking are as follows:

- Braking with the rear brake alone will avoid pitchover, but it is not very effective.
- The theoretically fastest stop is made with the front brake alone, but this is dangerous – only a slight error will pitch you over.
- The best system for a fast, safe stop is to use both brakes in a 3:1 ratio, front:rear, which produces the optimum deceleration. If the rear wheel starts to skid, this indicates that you are unweighting the rear wheel almost to the pitchover point. Therefore, when the rear wheel skids, ease up slightly on the front brake.
- When braking hard, slide your body back on the saddle as far as possible. Although it is not necessary for an effective *Panic Stop*, you can transfer even more weight to the rear wheel by lifting your buttocks off of the saddle and thrusting them straight back over the rear axle.
- If you are carrying a heavy load on the rear of your bike, you will be able to brake harder before pitchover occurs.



regular riding position



panic stop

In an effort to promote safe cycling behavior among L.A.W. members, each issue of Bicycle USA will feature an Effective Cycling column. By reading and practicing the information and maneuvers covered in this column, you are on your way to becoming a safer, more confident cyclist. For even more information and one-on-one interaction with an experienced Instructor, sign up for an Effective Cycling class today.

THE AMERICAN BICYCLE CLUB is offering a new series of weekend bicycling adventures to lovely, historical Cape May, New Jersey. After our very successful trips to the Poconos and Salisbury, Maryland, we had many requests to expand our itineraries to other areas, and we are happy to be able to offer this newest destination.

Cape May is an ideal destination for cycling. The roads are flat, long and straight and at this time of year, traffic is light but the weather is superb.

Our rooms are all deluxe, oceanfront category. The Atlas Motor Inn is one of the finest inns in Cape May and is located directly on the beach. Each room will have a private bath and has two double beds, a sofa, cable TV, a refrigerator and other amenities. All rooms have a magnificent view of the beach and ocean. Our rates are based on double occupancy but triples can easily be accommodated.

Included in the package are the following: Full breakfast from the menu on both Saturday and Sunday mornings; snacks and coffee in the hospitality suite; a free ABC water bottle; guided rides; a seminar on basic bicycle repair and maintenance; bicycle "fit" consultation. For those of you who might not want to spend the entire weekend bicycling or who have friends or spouses who are not cyclists, Cape May is the perfect location. The weather will be ideal to walk around the town, take a trolley ride which tours historic Cape May including the famous Physick House, visit the lighthouse and have an opportunity to climb to the top.

For additional information or an application, call (215) 886-6927, or write American Bicycle Club, P.O. Box 2229, Jenkintown, PA 19046.

Cyclegram, March/April 1993 p.5

New State Bike-Ped Coordinator Updated on Coalition Projects

The Pennsylvania Department of Transportation has named bicyclist David Bachman as its first full-time bicycle and pedestrian coordinator, a position recently mandated by federal transportation law.

Bachman, 41, is a mem-

ber of the Harrisburg Bicycle Club and said he's been a commuting and touring cyclist for more than 20 years. He'll work in PennDOT's Bureau for Highway Safety and Traffic Engineering and report to bureau chief Tom Bryer.

Bachman recently met for two hours with Bicycle Coalition President Noel Weyrich in Harrisburg and got an update on Coalition projects involving PennDOT.

For the past two years, Bachman has worked for PennDOT as an archaeolo-

gist consulting on highway projects around the state that have affected buried sites of American Indian settlements. He holds a Master's degree in anthropology from the University of Delaware, where he worked for eight years as a research associate before joining PennDOT.

TOP 10 REASONS TO SHAVE YOUR LEGS

- 10 - Makes any Band-Aid "ouchless".
- 9 - Saves precious ounces on the climbs.
- 8 - You can use your calves as rear view mirrors.
- 7 - Better than paying \$92 an hour for electrolysis.
- 6 - Makes even the skinniest legs look more muscular.
- 5 - I think it's in the USCF rulebook.
- 4 - Keeps the paint from wearing thin on your bike. (Really hairy dudes only.)
- 3 - Gives your dermatologist an unobstructed view of your skin condition.
- 2 - No little hairs to pull while your baby is massaging your legs.

And the number one reason to shave your legs:

- 1 - It's easier to clean off those pesky chainring marks.

--Mark Boylan

Pew Trust Awards \$50,000 For Schuylkill River Rec Path

The Pew Charitable Trust has awarded the Schuylkill River Development Council a \$50,000 grant to help extend the Kelly Drive recreational trail south along the river from the Philadelphia Museum of Art to Locust Street.

The grant will allow the council to do a master plan update needed to apply for more funding. Meanwhile, the group has set a goal of raising an additional \$25,000

to build a gravel path by December from Spring Garden Street to Vine Street as a first step toward developing the trail.

The Schuylkill River Council has also planned intensive Saturday morning cleanups along the path to help clear the way for gravel bed construction.

For information on volunteering for the Build-a-Path project, call Doug Grainge at 925-0290.

TEAM CASUAL MARCH FIVE MILE TIME TRIAL RESULTS

MARCH 7, 1993 7:45 am

<u>NAME</u>	<u>(AGE)</u>	<u>FRAME</u>	<u>TIME</u>
Charlie Stockley	(55)	Cesare	14:28
Anne Noone	(30)	Paramount	15:00
Ed Silcox	(46)	Bianchi	15:19
Mike McGlade	(37)	Panasonic	15:49
James Burn	(38)	Schwinn	17:55

Thanks to GINA for her help and support!
(Why didn't she ride?!?)

Course: Goshen , Sugartown and Providence Roads
Conditions: clear, sunny, FROSTY

The DVBC Team Casual Time Trial Series is open to everyone!
Please join us! April 11, 1993 7:45 am EASTER SUNDAY!
 May 9, 1993 7:45 am MOTHER'S DAY!
 June 13, 1993 7:45 am US PRO CHAMPIONSHIP

HELMETS are MANDATORY!!! SAFETY FIRST!!

JOIN "THE RACE OF TRUTH" - COMPETE AGAINST THE CLOCK!!



TEAM Casual- photo by Ed Silcox



Pedal for the Paths



Be a part on the only ride that directly supports better bicycling in the Delaware Valley

Join the **Freedom Valley Ride** on behalf of the **Bicycle Coalition** and help support



The construction of the Schuylkill River Path

(from the Art Museum to 24th and Locust Streets)



Betzwood Bridge Access



(connecting the Valley Forge Trail to Valley Forge Park)



The campaign to create a regional system of bike lanes and paths

What: A self-paced ride with food and rest stops for cyclists of all ages and abilities.

When: May 23, 1993 Registration is 8 a.m. Ride begins at 9 a.m.

Where: Two starting points- Fairmount Waterworks behind the Art Museum and Villanova Univ.

Courses: There are 4 loops. Riders may choose 1 or all. (Villanova riders may ride #3 or 4.)

1. 9 mile River Tour of the Drives.

2. 16 mile Mansion Tour loop of the Drives and Fairmount Park.

3. 32 mile Mill Town Tour Loop- Drives, the Park and Conshohocken

4. 64 mile (metric century) Valley Forge Tour loop of Fairmount Park to Valley Forge.



Cost: \$15 Adults, Children under 18 - \$10.



All riders receive a choice of premiums.

The Freedom Valley Ride is hosted by American Youth Hostels and sponsored by Core States Bank. Riders are expected to have bicycles in good riding conditions and must obey all traffic laws. **Head protection is recommended.** For more info call (215) 545-3350.

All riders riding with the Bicycle Coalition **must** report to the BCDV registration table on the morning of the event. Riders wishing to register the day of the event should also report to the BCDV Registration table.

Yes! I want to be a part of the ride that supports better bicycling in the Delaware Valley!



Name _____ Age _____

Address _____

Phone _____ Starting Point/Length _____

Contribution: Registration \$ _____
Additional Support \$ _____
TOTAL \$ _____

VISA Mastercard check (circle one)
card # _____ Exp. date ____/____/____

Premium: Select One:

☐ Safety Vest ☐ Bike Map ☐ Reflective leg
band ☐ Race Poster ☐ Water Bottle

Release: As a participant in the Freedom Valley Bicycle Ride, I agree to release any claims or demands of any nature which I may have against any of the ride's sponsors in connection with the Bicycle Ride. (Parents must also sign for those under 18.)

Date _____ Signature _____ Parent's Signature _____

Please return form to : Bike Ride, BCDV P.O.Box 8194 Philadelphia, PA 19101

Pieces of Pennsylvania

*1993 National Rally in Kutztown, Pennsylvania
Hosted by the Lehigh Wheelmen Association, July 2-6*



By John Kish IV

The Pieces of Pennsylvania logo, the symbol of this year's L.A.W.'s National Rally, merges Pennsylvania Dutch culture with the fun of cycling. The logo, on the field of a quilt design, sports interesting features of the Pennsylvania Dutch country. The center of the rear wheel hex sign is the Distelfink, the "good luck" bird for the early Pennsylvania settlers. The surrounding tulips, usually in groups of three, represent faith, hope, and charity.

The front wheel of the logo is a variation on the "Morning Star" design. The star, here in six points, has been known as a symbol of a bright day, and the hearts represent love and kindness for others. The scallops on the outside edge are for smooth sailing through life. For the National Rally this summer, the scallops will mean smooth riding on the back roads of eastern Pennsylvania.

Probably the most asked question about this year's National Rally is "Where is Kutztown?" Kutztown is on the map, but it is one of those towns everyone forgot when the highway went around it.

If you look at your road atlas, you'll see that Interstates 81, 83, 78, and the Pennsylvania Turnpike (I-76 and the Turnpike N.E. Extension) all lead to the south eastern quadrant of Pennsylvania and Berks County. Kutztown is a 2 1/2 hour drive from New York City, three hours from Washington D.C. and Baltimore, 1 1/2 hours from Philadelphia, and less than an hour from Harrisburg, Pa.

For those who need to fly to the Rally, United, USAir, Delta, and other airlines fly into the Allentown-Bethlehem-Easton (ABE) Airport in Allentown, Pa. The airport is about a 40-minute drive from Kutztown. There will be shuttle service available for a small fee. You will be able to ride your bike to the rally from the airport by following a cue sheet on a 45-mile route. Arrangements can be made to transport your luggage. If you are flying to the rally, make sure you check the "transport from airport" box on the application and make the necessary preparations.

You can extend your rally weekend with a pre/post tour. Five professional bike touring companies have offered to run tours before and

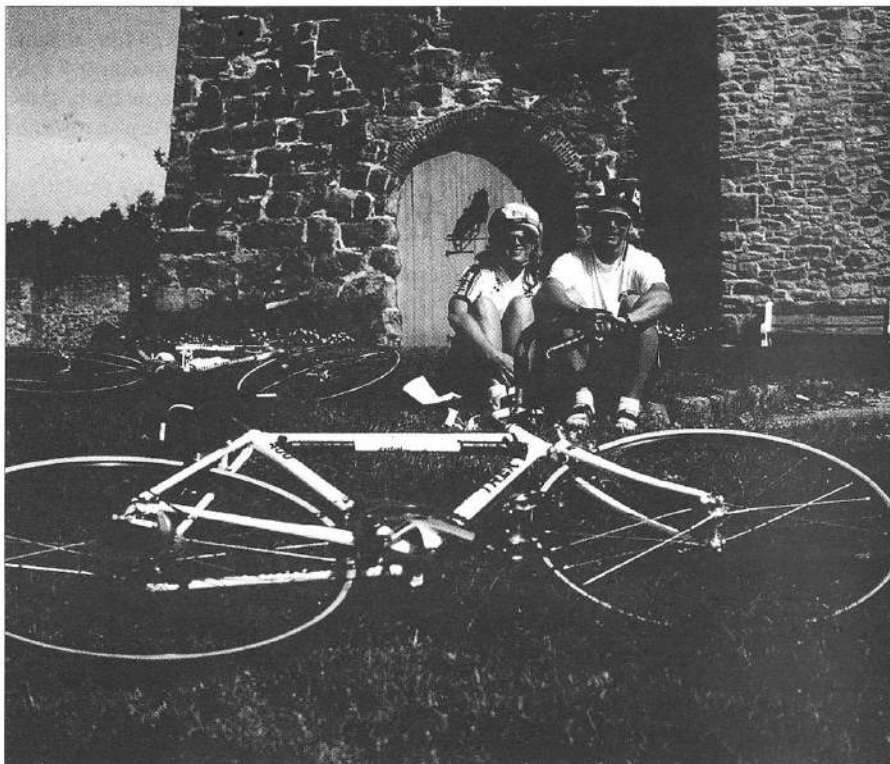


photo by John Kish IV

Steve and Sherry Ramsey take a break on a Lehigh Wheelmen Association ride at Lock Ridge Furnace, Alburtis, Pa., the destination of a Rally ride.

after the rally. There will be inn-to-inn tours as well as camping trips available. To receive a complete copy of the tour descriptions, check "pre/post tours" on your application form or send a self-addressed, stamped envelope to Pete Sessler, 3450 Mt. View Circle, Bethlehem, PA 18017.

The daylight hours of the Rally will be filled with rides to suit all interests and riding levels. The ride committee has been crisscrossing the area jotting down notes at intersections and recording mileages. So far there are at least 30 routes drafted in the 25 to 100 mile range. There will be more with rides starting in the 10 mile range. Dan Loegel, of WestWind Cartographics, Kalamazoo, Mich., will be helping out and providing the best maps and cue sheets seen at a rally.

Paul Yeates, ride committee chair, is having an easy job finding good routes for every kind of cyclist. For instance, there will be a 35-mile ride that goes through five covered bridges,

the "Rural River Ramble" never wanders far from running water, an easy ride to the Rodale Research Center can be extended to include the Lehigh County Velodrome and a winery, and a ride to Allentown through its parks system will take you to a fish hatchery and an Native American museum. There will also be rides that circle lakes and a route to a pagoda. Those "speedy" riders, the ones with bikes to which magnets won't stick, will be able to burn up and down the roads. Others, who don't travel as light, will be able to ramble their way through many rolls of film.

Don't forget that the fun at the rally doesn't stop when you're done cycling. Plans for the evening entertainment include a night of country-western dancing, a square dance, folk musicians, a DJ, bands, and a cycling-wear fashion show. The 44th annual Kutztown Folk Festival sponsored by the Pennsylvania Folklife Society will also be within walking distance. The committee is working on finding interest-

ing seminars and exhibits that would appeal to the active people who attend rallies. Anyone interested in having a table in the exhibit hall or running a seminar should write to "Exhibits," Lehigh Wheelmen, P.O. Box 356, Bethlehem, PA 18016.

The overall schedule for the Rally is shaping up. During the first day on Friday, July 2, the National Congress of Bicyclists will meet. Those coming early for the congress need to check the appropriate box on the application. Friday evening will be a night of bicycle racing at the Lehigh County Velodrome. Saturday evening will be the ice-cream social and the League's town meeting. Sunday will be the fourth of July with a picnic and celebration. Monday, the last evening of the rally, will be Pennsylvania Dutch night with an authentic Pennsylvania Dutch meal, music, and dancing.

Everyone at the Rally will be housed on the same campus and within walking distance of all the events. Air-conditioned dorms are available on a limited first-come, first-served basis (extra fee per individual required). The committee will try to group people by club so please indicate your club on your application. Handicap facilities are available. If you have special needs or want to keep your group together, it is best to get your applications in early.

Registrations are being handled by the League of American Wheelmen at their main office. They will be sending out registration verifications, and by early June applicants will receive detailed information about the Rally. Please read your application carefully and check all appropriate boxes.

TAKE THE RALLY QUIZ

What's your National Rally Aptitude? Choose the most correct answer to the following questions and compute your score.

1. In December I can't wait for: a) Santa Claus, b) the Charlie Brown special on TV, c) my L.A.W. membership renewal form, d) the League Almanac with which to plan my summer.

2. My goal for this year's National Rally is to: a) attend every seminar, b) ride every ride, c) compliment the organizers on the best rally ever, d) all of the above.

3. When faced with choosing between 40 rides you: a) write for the ride packet early so you can study it in advance, b) do what everyone else at the breakfast table does, c) ignore the ride packet and follow arrows until dark, d) with seminars, exhibits, music and dancing, who has time to ride?

4. A town meeting is: a) something I read


about in civics class, b) a chance to read my 10 page statement on the merits of friction shifting, c) something after the ice cream social, d) a chance to talk with L.A.W. officers.

5. A velodrome is: a) an endangered South American bird, b) another thing that led to the fall of Rome, c) a dream of the late Robert Rodale, d) where the action is on Friday night.

6. I never leave the exhibit hall without: a) new cycling jerseys for the whole family, b) trying the latest clipless pedal system, c) reading all the pamphlets at the L.A.W. exhibit, d) getting information about next year's Rally.

7. I always wear my helmet: a) in the shower, b) at the ice cream social, c) every time I ride my bike, d) on my head.

To compute your aptitude, give yourself 1 point for every "a" chosen, 2 points for every "b," 3 points for every "c," and 4 points for every "d."

If your score total is 14 or less, you really need to experience a Rally—send for a Pieces of Pennsylvania application today. A score of 15 to 24 indicates that you have probably been to a Rally but need more training—send for a Pieces of Pennsylvania application today. If your score was above 24 you're a Rally pro and have probably already sent your application, so send an application for a friend. 



1993 L.A.W. National Rally PIECES OF PENNSYLVANIA, Kutztown, PA Hosted by - Lehigh Wheelmen Assoc., Inc. July 2-6, 1993



RALLY REGISTRATION FEE—(required of all participants over the age of 11 -

includes access to all workshops, exhibits, rides, and entertainment)

Postmarked before 6/4/93 (includes T-shirt) \$60.00 _____

Postmarked after 6/4/93\$80.00 _____

LAW membership is required:

LAW membership # _____

Upgrade individual to family member\$ 5.00 _____

Upgrade to advocate member\$10.00 _____

Nonmember:

Individual membership\$25.00 _____

Family membership\$30.00 _____

Lodging and Meals—Lodging - Fri. thru Mon. nights.

Meals - Sat. Breakfast thru Tues. breakfast

Adults\$160.00 _____

Children\$80.00 _____

(under 12 in room with 2 adults, no bed)free _____

Friday dinner\$ 8.00 _____

Air conditioning (limited availability-first come, first served basis)\$16.00 _____

Total _____

REFUND POLICY -

- 100 % less \$10.00 handling fee prior to May 1, 1993

- Lodging and food only refunded until June 18, 1993

- NO REFUNDS AFTER JUNE 18, 1993

Send registration and payment to:

LAW 1993 NATIONAL RALLY Charge my MC/VISA card:
190 W Ostend St, Suite 120 Acct # _____
Baltimore, MD 21230 Expiration date _____
1 800 288-BIKE Cardholder _____
FAX 410 539-3496 Signature _____

HELMETS ARE REQUIRED

I understand that the League of American Wheelmen requires bicycle helmets to be worn by all participants in all League sponsored rides while operating bicycles and that there is no exception to this requirement. I agree to wear a bicycle helmet at all times during this event when I am operating a bicycle.

I am aware of the risks of bicycling and otherwise participating in this event and voluntarily assume such risks. In consideration of being permitted to participate in this event: (1) I release for myself, my heirs and personal representatives and the undersigned registrant under age 18 ("minor") _____, the League of American Wheelmen, Inc., Lehigh Wheelmen Association, Inc., P.O. Box 356, Bethlehem, PA 18016, and their respective directors, officers, volunteers and staff ("Indemnitees") from any claim, liability, demand, action and cause of action whatsoever (collectively, "Claim") arising out of or related to any loss, damage, or injury (collectively, "Loss"), to myself or my property, that I may sustain in connection with or arising out of this event; (2) if registrant is a minor, I (as parent or guardian) agree to indemnify and hold harmless each Indemnitee against any claim for any Loss said minor may sustain in connection with or arising out of this event, and against legal or other expenses incurred by any Indemnitee in connection with defending any Claim by or on behalf of said minor for any such Loss; (3) I consent to emergency medical treatment if I am injured; (4) I shall obey traffic laws and practice safety in bicycling and (5) I agree to wear an ANSI or Snell approved helmet on all bicycle riding activities at this event. If no signature of guardian appears below, registrant is deemed to confirm being at least age 18.

Signature of Registrant _____ Date _____ Parent or guardian if registrant is under 18 _____

ONE PERSON TO A FORM THIS FORM MAY BE DUPLICATED PLEASE PRINT!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Circle one: M F

Emergency Contact _____ Phone _____

Club _____ Room mate _____

T-Shirt size (circle one) S M L XL

Special needs - ☐ Tandem ☐ Recumbent ☐ Handicapped

Please send further information about -

☐ Pre/post tours ☐ Local attractions ☐ Early Arrival lodging/meals
☐ Transportation to and from airport ☐ National Congress of Bicyclists



BIKE LINE

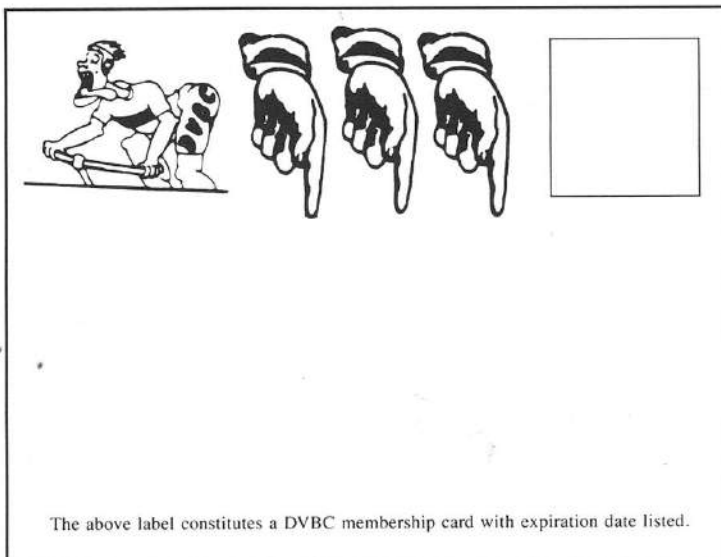


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TOWN PHOENIXVILLE WARMINSTER UNIVERSITY CITY



FIRST CLASS MAIL

The Delaware Valley Bicycle Club (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 is strongly urged—and helmets are required on all rides—the club cannot accept responsibility for accidents or injury while participating in a DVBC event.

Application for 1993 DVBC Membership

(Expires 2/28/94)

Please print clearly and use 9-digit Zipcode, if known.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

Membership Type: _____ Individual \$15.00

Membership includes: *DVBC Newsletter Magazine* (10 issues per year), discounts at most Club sponsors, Club subsidized events, and free *Bicycle Touring Newsletter* published quarterly (\$3 value). Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

INTEREST SURVEY

Ride Pace

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

I'll volunteer for:

Please send your check or money order to:

Delaware Valley Bicycle Club
P.O. Box 274
Drexel Hill, PA 19026

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)

_____ Total Amount Enclosed