

DELAWARE VALLEY BICYCLE CLUB

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

OCTOBER 1993

FREE!

THE PREZ SEZ:

Our Brandywine Tour in September--which by the way was featured in BICYCLING magazine--was a big success! About 419 riders signed up, according to club treasurer Frank Havnoonian. Of course, there were a number of no-shows, but that was their loss. They missed a balmy, sunny day that was made to order.

Also, we had the privilege of signing up a half-dozen new members. We'd like to introduce you to, uh, Frank, what did you do with our list of names? It's supposed to be a regular feature of our newsletter one of these days. We also sold about 26 of our new yellow & green T-shirts at 10 bucks each at the tour and still have plenty left. Call me or Frank or get one at the Oct. 4 meeting.

At our meeting then, I will announce at least two new locations for our regular monthly meetings instead of our current one at the Unitarian Universalist Church in Upper Providence. I would appreciate it if you would call me (259-3327) and pick one location where you would like to attend our meetings. Frank and I sincerely apologize for not being able to show up for the September meeting and not notifying anyone at the church office. Hope those folks who showed up that night--who apparently enjoyed each other's company despite us and no videotape--will come again!

FOLKS & SPOKES

If you need a good excuse for pigging out after doing a leisurely paced 30-mile ride this first month of autumn, Ernie Munns' popular "Smorgasbord Ride" on Saturday, Oct. 9, fits the menu perfectly. It's for all classes, starting from the rear of the Collegeville Inn at 8:30 a.m. Cost for dinner is only \$9.

Several DVBC officers and members were among the more than 3,000 riders who did their share Sept. 18-19 for the 13th annual Multiple Sclerosis 150-mile City to Shore (Ocean City, N.J.) despite some drizzly weather Saturday and breezy headwinds Sunday. Ernie raised over \$1,000 from sponsors for his eighth tour de shore. He was accompanied by club sec. John Roman doing his fourth MS tour who Ernie kept on passing by at the snack/rest stops. It's amazing how many assorted snacks can fit into the back of Roman's triple-pocket jersey. He was almost tempted to tote a few pounds of those Jersey tomatoes he loves that he saw at farm stands. Out of some 3,000 riders, would you believe John was issued MS rider number 1993?

Doris and John Dickinson of Edmont were featured in an article about their 13th trip for MS - despite her hip replacement and his heart by-pass operation - in the Delaware County Daily Times. She's only 69 and he's 73. So get off your lazy butts, you thirty-something whiners, and do something to help those less fortunate than you with physical disabilities.

Continued...

Board of Directors

President
Ernest Munns 259-3327

Vice President
Daniel Coraluzzi 789-0187

Treasurer
Frank Havnoonian 449-6154

Secretary
John Roman 853-2915

Members at Large

Gina Bezdziecki 525-0129

League of American Wheelman Rep.

Ernie Munns 259-3327

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.



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The National Organization of Bicyclists
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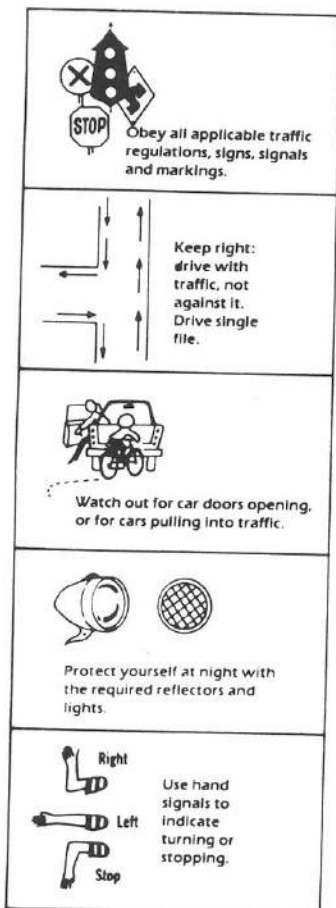
DVBC Meeting Place

Unitarian Universalist Church of Delaware County, 145 W. Rose Tree Road (near the Rt. 252 exit of Rt. 1 & 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. 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!



RIDE CALENDAR

**Free membership for ride leaders*
Helmet use is mandatory on all rides!

Sun, Oct 3 · 7:45 a.m. Miles: 5 · Class All <i>Goshen Time Trial</i>	Meet at Providence Rd., just north of Goshen Road, near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmets, of course, are mandatory. Call Rollin' Rich Patterson at 622-2954 for more information.
Sun, Oct 3 · 10:00 a.m. Miles: 50 · Class B <i>Brandywine Valley</i>	Meet behind the Wawa in Chadds Ford (Rts. 1 & 100) for a fall ride through the areas that make the Brandywine Tour so popular. Bring lunch to enjoy along the way. For more information call ride leader Charlie Stockley at 586-9759.
Sun, Oct 3 · 10:00 a.m. Miles: 30-35 · Class C+/B- <i>Sweet Corn</i>	Is it possible that there is still corn to be had? Find out on this very beautiful ride to Westtown. Leave from the (newly renovated) Moylan-Rose Valley train station parking lot at Woodward & Manchester (Rose Valley) Rds. Call Ira at 565-4058 for more information.
Mon, Oct 4 · 1:00 p.m. Miles: 20-30 · Class C <i>Monday Afternoon</i>	Ride with Fran on Monday afternoons throughout October and enjoy the autumn colors. The routes will run from West Chester to Media and back. For more information on the starting time & place or the route, Call Fran at 431-2675.
Mon, Oct 4 · 7:30 p.m. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. Come out to hear a guest speaker and to socialize with cycling friends. Unitarian Church, 145 W. Rose Tree Rd., Media.
Wed, Oct 6 · 9:00 a.m. Miles: 30-35 · Class B <i>Unemployed Biker Ride</i>	Meet Charley Stockley at Rose Tree Park (Rt. 252 just above Route 1, Media) for an early, after-work ride. Possible destinations include Chadds Ford via Ridley Creek State Park. For more information call Charley at 586-9759.
Sat, Oct 9 · ?? Miles: ?? · Class ?? <i>Smorgasbord</i>	Join Ernie Munns for a bicycling feast! Leave at 8:30 a.m. from behind the Collegeville Inn on Ridge Pike in Collegeville. Ride to Skippack through central Montgomery County. Sag wagon and painted route provided. \$9.00 for optional smorgasbord afterwards at the Inn. Ernie: 229-3327.
Sun, Oct 10 · a.m. Miles: 50 · Class ATB <i>Lehigh Valley Gorge...</i>	... <i>State Park Fall Foliage</i> . This should be a spectacular ride this time of year. All flat, along an old railway. Call Doug Kennedy (543-4664) for more info. We will try to set up a car-pool to the starting point at Jim Thorpe, PA in the Poconos.
Sun, Oct 10 · 10:00 a.m. Miles: 20 · Class C+/B- <i>Marple Meander</i>	Meander the back roads of Marple from Broomall to Ridley Creek State Park. Start with a secluded dead-end street and coast along Cedar Grove Road. Meet John Roman (853-2915, evenings) at the Broomall Pathmark lot on Lawrence Rd., near W. Chester Pike & Blue Route Exit 4.
Mon, Oct 11 · 1 p.m.	Ride with Fran each Monday afternoon in October. See October 4 for details.
Sun, Oct 17 · Noon Miles: 30-35 · Class C+/B- <i>Twinbrook Winery</i>	Meet at the Twinbrook Winery in Atglen for this ride with optional winetasting afterwards. From Rt. 30 West, go left on Swan Rd. (1 - 2 mi. west of Rt. 10) and follow signs. Bring lunch or snack. Call Lorraine Pickle at 594-0486 for more info and car-pooling arrangements.
Sun, Oct 17 · 2:00 p.m. Miles: 30 · Class C/D <i>Hit the Parks</i>	Meet at the Lawrence Park Shopping Center, behind the Barnes & Noble Bookstore. We'll ride past the Media Courthouse to Ridley Creek State Park & around it's bike path. Rose Tree Park is on the return to Lawrence Park. Some hills, but slow-paced. Joanne Cole-Rosen: 325-0614.
Mon, Oct 18 · 1 p.m.	Ride with Fran each Monday afternoon in October. See October 4 for details.
Sun, Oct 24 · 9:00 a.m. Miles: 65 · Class B <i>Fort Mott/Ice Cream</i>	Leave from the Bridgeport School at Rt. & Barker Ave. in Bridgeport, NJ, just over the Commodore Barry Bridge in NJ. Not hilly, 15-17 mph. Ride through the woods and farmlands of S. Jersey to Fort Mott on the Delaware for lunch. Richman's Ice Cream stop on way back. Doug Kennedy: 543-4664.
Sun, Oct 24 · 9:00 a.m. Miles: 24 · Class C <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery at 703 Burmont Rd., Drexel Hill. Enjoy a moderate-paced ride, through some very scenic areas, to Gladwyne and back. For more information call ride leader Frank Havnoonian at 449-6154 (evenings).
Mon, Oct 25 · 1 p.m.	Ride with Fran each Monday afternoon in October. See October 4 for details.
Sun, Oct 31 · 10:00 a.m. Miles: 25 · Class C+ <i>Halloween Graveyards</i>	Meet at parking lot #15 in Ridley Creek State Park for this spooky ride to some of Delaware County's premier graveyards. Bring lunch (Hungarian ghoulish?) for a stop in a graveyard near Cheyney. For more information call Rich Bernhard at 284-2019.

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

TEAM CASUAL SEPTEMBER FIVE MILE TIME TRIAL RESULTS

LABOR DAY

SEPTEMBER 5, 1993 7:45am

<u>Name</u>	<u>Age</u>	<u>Frame</u>	<u>Time</u>
Ed Silcox	46	Sannino	13:06
Bob Leon	46	Giant	14:21
Anne Noone	31	Paramount	14:32
Ira Josephs	37	Olmo	14:38
Ed Frank	29	Pogliaghi	22:13*

* Hammering so hard missed the Sugartown turn!!!! Went all the way to Delchester before returning!! (Would have been in the "12's")

Course: Goshen, Sugartown and Providence Roads

Conditions: **IDEAL!!!** Sunny, warm, (not much breeze!)

Time-keeper: "Rollin" Rich Patterson

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

Please join us: October 3, 1993 } all at
 November 7, 1993 } 7:45 am
 December 5, 1993 }

Helmets are **MANDATORY!!!** Safety First!

Join the "Race of Truth"

Compete against the clock.



CLUB NOTES: A member and his son whom I met on the return trip of the MS 150 wanted to know where I got my old blue/black DVBC decal stitched on my jacket. I bought them off Frank who apparently found them in a dust-covered, old steamer trunk in the attic of his castle. In other words, they're hard to come by. Since we don't give out Freedom or Brandywine Tour patches anymore because of the high expense for such custom embroidery work, why don't we have new yellow & green ones made up for just club members? We know some club official doesn't believe in them. So if you do think we should have them, let us know at the next meeting or call Ernie.

PET PEEVES DEPT.: Good proofreaders are hard to come by these days--even with SpellCheck. Okay, let's finally correct Ernie Munns name right as the League of American Wheelmen rep. Who's | "Ernire" in the past several newsletters. Also, the writer of this eloquent potpourri of cycling crap is club sec. JOHN ROMAN--not whoever you put in the byline last month. Besides the huge salary I get for knocking out this column at the last minute around midnight every month, I demand an accurate authorship. Oh-h-h, the stress of deadlines.

INPUT NEEDED: What's on your mind as a cyclist--beginner or experienced? Drop a letter to the club or the prez Ernie. How about a list of Delco's most hazardous intersections or spots for riders on two wheels? Places where there are no shoulders or deep drop-offs?

I, for one, know that the southbound section of Bishop Avenue below Baltimore Pike and before the railroad tracks has a drainage ditch--or whatever you want to call it--on the right side of the road that is strewn with sharp, huge rocks. Someone told me they saw a kid coming down the steep hill who was forced onto the side of road and fell on the sharp rocks because there is no soft shoulder. The kid was hurt, of course.

Do you know of any other favorite spots for inflicting torture on unwary cyclists that we can mention here? Oh, how I miss the Blue Route before it opened to motor vehicles.

IN THE COUNTY

Couple pedals for MS with replacement parts

Her right hip is new, so are arteries in his heart

By BETTE ALBURGER
Times Correspondent

EDGMONT — When Doris and John Dickinson take off on the 13th annual MS 150 City to Shore Bike Tour tomorrow — riding from Cherry Hill to Ocean City, N.J., with more than 3,000 other riders from the Delaware Valley — they'll be

pedaling with replacement parts.

The replacement parts belong to them.

In October 1992, a month after Doris, 69, took part in last year's bike tour to benefit the National Multiple Sclerosis Society, she had her right hip replaced. And in February, the day after his 73rd birthday, John's heart got four new replacement arteries in quadruple

bypass surgery.

But the Dickinsons aren't letting a road block like major surgery deter them from taking part in what's long been an annual autumn tradition for both.

Doris has ridden in every one of the MS 150 bike tours since the first in 1980. Collecting about 200 pledges annually, she's raised more than \$20,000 for MS.

Money raised through the ride goes for local programs and services to benefit more than 5,500 Delaware Valley residents with MS, as well as national research into the disease's cause and cure.

The annual wheels-to-the-waves event has been a part of John's life for the past dozen years too. But until last year, his participation was limited to moral support extraordinary. He's driven down to Ocean City to join his wife at the awards ceremony Saturday night, and on four occasions, he's brought her back to Cherry Hill on Sunday for the finish line celebration.

"But last year, I asked John if he'd consider riding too, since two people could register for only five dollars more than one," laughed Doris.

Together, the couple raised more than \$3,000 last year for MS, earning them Gold Club status, along with the gratitude and admiration of MS officials.

The Dickinsons are outstanding supporters of MS, says Lisa Nagel, Special Events Manager, noting they also may well be the oldest participants in this year's bike tour.

As they did last year, they shore up their cycling skills for

the event by biking around the White Horse Village retirement complex, where they moved last year after more than 30 years in Springfield. But their rides, always with helmets, are far from limited to their immediate surroundings.

Doris, who used to pedal to Center City Philadelphia when she was employed there, biked 11.6 miles to Delaware County Memorial Hospital to have her hip replacement surgery. The veteran cyclist, who's ridden in countless bike-athons for charity, purposely delayed the operation until after last year's MS 150 tour. Before too many months, she was back on her bike again.

"Doris and John are absolutely fantastic," adds Nagel about the couple, who have three children and five grandchildren. "They add a lot of life to the tour."



Times staff photo by ROBERT J. GURECKI

Doris and John Dickinson will be riding in the 13th annual MS 150 City to Shore Bike Tour tomorrow despite recent surgeries.

October Rides

- 3 Sun. Belle Plain, NJ: Belle Plain/Beacon Century;** 8 a.m. at Belle Plain State Forest, 31, 50, 62, 100 mi.; flat; \$10.00 until 9/25, then \$12.00; fee includes map, patch, sag, route. markings, snacks; helmet req.; Shore Cycle Club, Allen Jackson, P.O. Box 492, Northfield, NJ 08225; (609) 927-6286.
- 9 Sat. Sea Gull Century/Metric Century:** 62, 100 miles; SASE Salisbury State University, SSU Campus BOx 3046, 1101 Camden Avenue, Salisbury, MD 21801-6837 (410) 548-2772.
- 10 Sun. Belmar, NJ: Tandem Tour for Wishes;** 9a.m. at Bar Anticipation; 45 miles; flat terrain; \$45.00 per team; fee includes map, sag, route markings, snacks, meals; Jersey Shore Touring Society, Joe Rutch, 231 Brookside Avenue, Lawrence Harbor, NJ 08879; (908) 566-9536.
- 17 Sun. Dover De.; Fowl Crab Century;** 8:15 a.m. at Wheel Easy Bicycle Store; 25, 50, 100, 125 miles; flat; \$15.00 until 10/9 then \$18.00; fee includes map, emergency sag, route markings, snacks, souvenir, crab and chicken barbeque extra; helmet required; Wheel Easy Bicyclists, Howard Smith, 1404 Forrest Avenue, Dover, DE 19901; (302) 734-4994.

Coming to Bike Terms by Ray Murtaugh

Reprinted from December 1992 Quick Release
published by the Bicycle Club of Philadelphia.

CAR BACK—Your butt is too far out in traffic.

CLEAR—I made it through the intersection and maybe you will too.

SINGLE FILE—Contrary to popular belief, this means one rider behind the other, not side-by-side.

MODERATELY HILLY—Leave the bike at home and bring a pack mule.

SWEEP—Someone who is even slower than you, but it doesn't bother him.

PELTON—Guys in spandex just blew our doors off.

CENTURY RIDE—How old I feel when I'm done.

SAG WAGON—St. Bernard dogs of the highway.

GRATE!—Good effort!

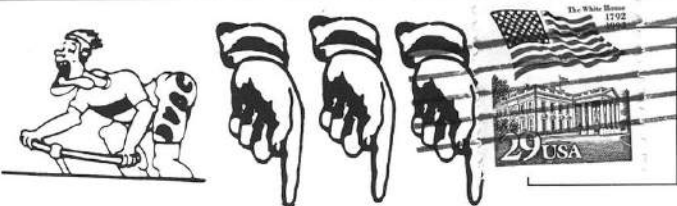
CADENCE—Based on Einsteinian theory dealing with pedaling speed, gears, and quantum mechanics.

ROAD KILL—What happens when you ignore "Car Back" or "Single File" warnings.

Recent New Members

Don Angelina	Havertown, PA
Ellen Berman	Lansdowne, PA
Frank Bonner	Milmont Park, PA
Al Callazo	Downingtown, PA
Mary Carr	Media, PA
John Case	Rutledge, PA
Kathleen Casey	Havertown, PA
Tara Cohen	Wynnewood, PA
Richard DeLuca	Kennett Square, PA
Curtis Densmore	Chester, PA
Mary Ferrell	Newtown Square, PA
Barbara Frieman	Phila., PA
Joe Korson	Havertown, PA
Judy Marinalas	Newtown Square, PA
Richard Mason	Media, PA
Noel Melhorn	Wallingford, PA
Skip Mohr	Springfield, PA
Hal Ofstie	Devon, PA
David Rice	Media, PA
Sam Rowe, Jr.	Sharon Hill, PA
Den Ruiz	Sharon Hill, PA
Betsy Smith	Springfield, PA
Robert Starrs	Lansdowne, PA
Sarita Uribe	Phila., PA





MARTRO01 Exp. 6/30/94
Robert Martin
341 Hampden Rd.
Upper Darby, PA 19082

The above label constitutes a DVBC membership card with expiration date listed.

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 DVBC Membership

(Expires 1 year from date joined/renewed)

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

Membership: _____ (per household) \$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

I'll volunteer for:

Ride Pace

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

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