

# DELAWARE VALLEY BICYCLE CLUB

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

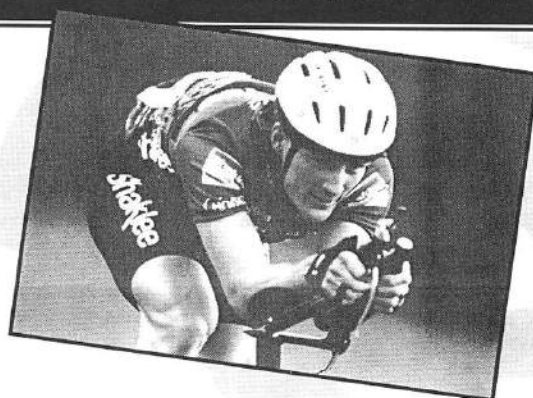
June 1994

628-4477

FREE!

# Meet

## TEAM SHAKLEE



*Including 1992 Olympian  
J-Me Carney*

### DATE

MONDAY, JUNE 6  
7:00 PM - 9:00 PM

### LOCATION

MEDIA PROVIDENCE FRIENDS  
SCHOOL GYM  
125 WEST 3RD ST., MEDIA

*Find out about the  
Sports Nutrition  
Program that powers  
America's best  
1996 Olympic hopefuls*

### TIPS ON HOW TO:

**Maximize Your Workouts  
Speed Recovery  
Increase Endurance  
Have Less Sick Time**

**Plus!** *FREE Team Hats, Posters, and Trading Cards*

FOR MORE INFORMATION CONTACT:

MARCIA TATE, 610-284-1622  
DELAWARE VALLEY BICYCLE CLUB  
DREXEL HILL CYCLERY

## Board of Directors

### President

Ernest Munns ..... (610) 259-3327

### Vice President

Dan Coraluzzi ..... (610) 789-0187

### Treasurer

Frank Havnoonian ..... (610) 449-6154

### Secretary

John Roman ..... (610) 853-2915

### Members at Large

Gina Bezdziecki ..... (610) 525-0129

## Ride Coordinators

**A/B Rides:** Doug Kennedy  
913 Mt. Holyoke Pl.  
Swarthmore, PA 19081  
(610) 543-4664

**C/D Rides:** Ira Josephs  
10 Applebough La.  
Rose Valley, PA 19065  
(610) 565-4058

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

## DVBC Newsletter Staff

**Editors**..... Ernie Muns

John Roman

**Racing Editors** ..... Frank Havnoonian

Rich Patterson

**Special Events** ..... Rich Patterson

**Advertising** ..... Richard Hoell

**A/B Rides** ..... Doug Kennedy

**C/D Rides** ..... Ira Josephs

**Assembly** ..... Frank Havnoonian

**Mailing Labels** ..... Mike Keating

## Club Addresses

### Editor:

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

### Membership & Club Box:

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

### Newsletter/Special Events:

DVBC  
P.O. Box 274  
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.



**League of American Wheelmen**  
**The National Organization of Bicyclists**  
190 W. Ostend St., Suite 120  
Baltimore, MD 21230-3731

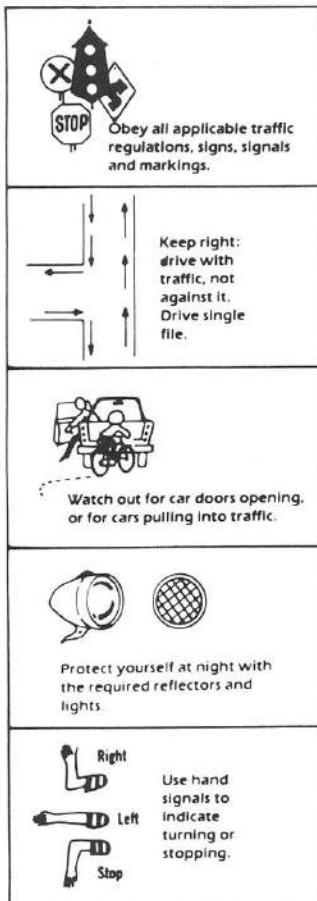
## DVBC Meeting Place

Delaware County Peace Center, 1001 Old  
Sproul Rd. (near car wash at Rt. 320 &  
Old Marple Rd.). First Monday of month.  
Doors open at 7:00 p.m. Public welcome.

## Ride Guidelines

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

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



# R I D E C A L E N D A R

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

Sun, Jun 5 • 8:00 a.m. Miles: 156 • Class <b>Pro</b> <i>Corestates Pro</i>	THE biggest one-day bicycle race! Many of the top riders in the world will participate. Ten laps from the Art Museum through Fairmount Park to Manayunk ("The Wall") and back. Double check the starting time in the sports section the week of the race. Race runs a little over 6 hours.
Mon, Jun 6 • 5:30 p.m. Miles: 20 • Class <b>C</b> <i>Monday After Work</i>	Join Fran after work for leisurely* tours of the Ridley Creek State Park area. Distance will be approximately 20 miles and the starting location may vary. Call Fran at (610) 431-2675 to arrange a starting location and find out about the route.
Mon, Jun 6 • 7:00 p.m. <i>DVBC Meeting</i>	Meet Team Shaklee! Find out about the Sports Nutrition Program that powers America's best 1996 Olympic hopefuls. Plus free team hats, posters & trading cards. <b>Note special time &amp; place: 7:00 p.m., Media Providence Friends School Gym, 125 W. 3rd St., Media</b> (behind the Courthouse). For more information call Marcia Tate: (610) 284-1622. Don't miss this one! Runs until 9:00 p.m.
Sat, Jun 11 • 10:00 a.m. Miles: 35 • Class <b>C+</b> <i>Show &amp; Go</i>	Meet in the lower parking lot of the Clover store on Baltimore Pike in Springfield (just east of Rt. 420 and Strawbridge & Clothier). For more information call Walter Linton at (610) 328-3494. Bring lunch.
Sun, Jun 12 • 7:45 a.m. Miles: 5 • Class <b>All</b> <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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.
Mon, Jun 13 • 5:30 a.m. Miles: 20 • Class <b>C</b> <i>Monday After Work</i>	Join Fran after work for leisurely tours of the Ridley Creek State Park area. Distance will be approximately 20 miles and the starting location may vary. Call Fran at (610) 431-2675 to arrange a starting location and find out about the route.
Sat, Jun 18 • 10:00 a.m. Miles: 25 • Class <b>C/D</b> <i>River Ride</i>	Meet at the Spring Mill train station (east of Conshohocken). Enjoy beautiful Schuylkill River scenery. Ride to Manayunk, Falls Bridge, West River Drive, the Art Museum & back up the river's east side, with a concession stop. Expect to see scullers, roller bladers, etc. Joanne Cole-Rosen: (610) 325-0614.
Sun, Jun 19 • 7:00 a.m. Miles: 25 • Class <b>ATB</b> <i>Pocono ATB #2</i>	Uranium Road Loop. We will meet in front of Macy's in the Springfield Mall (Rt. 320 & Baltimore Pike) to car-pool to Jim Thorpe train station. Points along the ride include a 1200' climb up Broad Mountain, stream and swamp crossings, rocky descents through state game lands #141 and the Lehigh Gorge State Park. Bring lunch. Doug Kennedy: (610) 543-4664.
Sun, Jun 19 • 10:00 a.m. Miles: 5-8 • Class <b>ATB</b> <i>Tinicum Wildlife ATB</i>	Meet at the Rt. 420 parking lot for the John Heinz Wildlife Refuge (formerly called Tinicum Park), near I-95 & Rt. 291 in Tinicum. Enjoy an ATB ride through the Refuge. This ride is especially for younger riders, ages 5-15. There will probably be some mud. Barbara Burns: (610) 544-3771.
Sun, Jun 26 • 9:30 a.m. Miles: 35 • Class <b>C+/B-</b> <i>Pete &amp; Penney's</i>	Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rds. for a ride through the Cheyney/Glen Mills area to Pete & Penney's produce stand in Westtown. Bring panniers if you want to get some produce (it's probably too early for corn). Ira Josephs: (610) 565-4058.
Mon, Jul 4 • 7:00 a.m. Miles: 45-70 • Class <b>B</b> <i>Ft. Mercer/Ice Cream</i>	Meet at the Bridgeport School at Rts. 44 & Barker Ave. in Bridgeport, NJ. We will first do a 45-mile round trip ride to Fort Mercer in National Park, NJ. Then there will be another 25-mile ride to Richmond's Ice Cream factory in Sharptown. For more info call Doug Kennedy at (610) 543-4664.
Sun, Jul 10 • 7:45 a.m. Miles: 5 • Class <b>All</b> <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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.
Mon, Jul 11 • 7:30 p.m. <i>DVBC Meeting</i>	Doors open at 7:00, meeting begins at 7:30. A presentation on bicycle maintenance will be done. This meeting will be at our regular meeting place: Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Rd., Springfield. The meeting is a week late because of July 4 holiday.

\*Free 1995 membership for anyone leading 4 or more listed rides in 1994. Call Ira (610-565-4058) or Doug (610-543-4664) for details.

## New Members

Cindy Benton  
 Bob Beseth  
 Mike D'Antonio  
 Patricia Daniels  
 Tom Elliott  
 Chris Furlong

Kennett Square  
 Newtown Square  
 Havertown  
 Phila.  
 Plymouth Meeting  
 Media

David Gruben  
 David Heck  
 Ruth Hope  
 Terrie Jackson  
 Tom Jowhar  
 Woody Kotch

Yeadon  
 Morton  
 Havertown  
 Secane  
 North Wales  
 Media

Naphtali Levin  
 Mary Lou Parker  
 Dolores Quigley  
 Glenn Schreiber  
 David Williams

New York, NY  
 Swarthmore  
 Conshohocken  
 Wyndmoor  
 Milmont Park

## TEAM CASUAL    MAY    FIVE MILE TIME TRIAL    RESULTS

MAY 8, 1994            7:45 am

<u>NAME</u>	<u>(AGE)</u>	<u>FRAME</u>	<u>TIME</u>
Paul Larsen*	(17)	Trek	13:43
Ed Silcox	(47)	Sannino	13:46
Josh Pulcinella	(13)	Fuji	14:47**

\*Age group winner at Fairmount Classic Triathlon  
The NEXT Lance Armstrong ?!

\*\* Missed the turn at Sugartown Road (hammered all the way to Dutton's Mill Road) so we subtracted 10 minutes from his time.  
The NEXT Miguel Indurain ?!

All cyclists are welcome to participate in our upcoming TIME TRIALS.

The dates will be:	June 12	July 10	August 14
TIME: 7:45 am	September 11	October 9	November 13
	December 11		

For more information call:    Ed Silcox    688-8100 ext. 271 (w)  
   "Rollin" Rich Patterson    622-2954 (h)

Helmets are MANDATORY!!!    Safety First!  
Join the "Race of Truth"  
Compete against the clock.



## **PEUGOT - 10 Speed Ladies Bike for Sale**

PUEGOT(Avoriaz) - NEW, never used Ladies 10 speed, 21" Road Bike. Features include Nervar gears, Lyotard pedals, Weinmann brakes, Shimano changer, Mailard quick release system, CTA steering, challenge touring tubeless Rigida lightweight high performance wheels, Zefal pump. Best offer over \$400. Call **610-431-2570**.





# Bicycle News from the ADVENTURE CYCLING ASSOCIATION

*taken from the Transportation Exchange Update*

## BIKES ON BOARD

ISTEA recognizes that bicycles are an effective mode of transportation, a source of air quality improvement, and a necessary component of livable cities. Such benefits can be greatly increased if bicycle use can be efficiently combined with other alternative transportation modes. After meeting with an enthusiastic welcome and high participation levels, many such pilot projects around the country have led to full-scale system changes. Currently, over twenty cities in the United States have some form of bike-on-transit program.

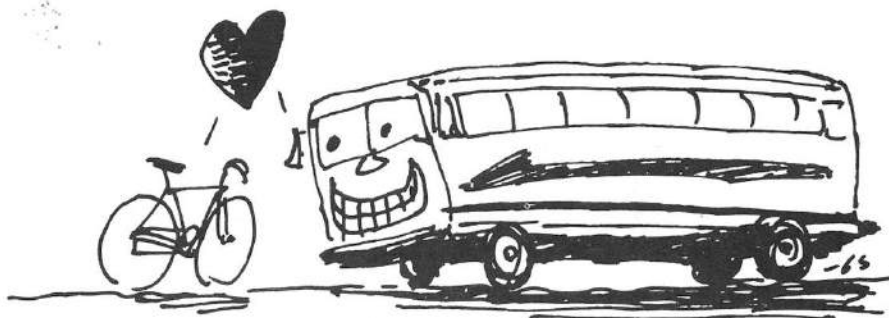
### San Francisco, California

Mass transit providers in the San Francisco Bay Area are collaborating with local bike groups to provide bike-on-transit services to Bay Area residents. The Bicycle Advisory Committee for the San Francisco Transit Authority oversees city-wide bicycle issues and incorporates bikes into parking and traffic planning. The Bicycle Monitoring Committee, run by the Bay Area Rapid Transit District (BART), includes representatives from BART's Passenger Service, Field Services, Police, Insurance and Safety, and Planning Departments as well as members of the East Bay Bicycle Coalition and the San Francisco Bicycle Coalition.

Thanks to the efforts of these bicycle advocacy groups, bike-on-transit facilities in the Bay Area now include a bike-on-subway program and shuttle buses to carry bikes over many of the Area's bridges. The heavy rail BART system also allows bicycles on board but uses a permit system. The \$3 paper card pass, valid for three years, is issued following the submission of an application. BART also offers a free one-day pass, available from station managers. Several restrictions apply to bike use on the BART system: bikes must be loaded onto the last car of the train, with a limit of seven bikes/train, and are only allowed onto the trains during non-peak weekday hours (9am-3:30pm), weekends and holidays, and on some reverse commute trains. Since

1974, BART has issued 71,000 bike permits.

The most recent addition to the bus-shuttle system is Golden Gate Transit Bus #40. On a six-month trial period, the bus shuttles bikes across the Richmond-San Rafael Bridge, linking San Rafael with the El Cerrito Del Norte BART station. Permits are not required to use these services. Bicyclists pay



the usual passenger fee for the ride without an extra charge for the bicycle.

For more information, contact BART, Passenger Services, Bicycle Monitoring Committee, 800 Madison St., 4th Floor, Oakland, CA 94607, and the San Francisco Bicycle Coalition, a group working to eliminate restrictions on bicycle access. SFBC has many other projects and an excellent newsletter. Contact SFBC at P.O. Box 22554, San Francisco, CA 94122 or (415) 751-BIKE.

### Phoenix, Arizona

At the official dedication ceremony on October 6, 1992, Phoenix became the first city in the United States to supply all of its buses with bike racks, including 47 local routes, 20 express routes and Dial-A-Ride. This system-wide service was adopted following a six-month test, in which 45 buses from 3 routes were fitted with bike racks. The front mounted racks, designed specifically for Phoenix's buses, can carry two bikes at a time and are washable, solving a problem other cities have had with bike racks on buses. Bicyclists do not need a permit to bring their bikes on the buses, nor do they have to pay an extra fee. Currently, 600-800 bicycles are carried by buses in Phoenix each day.

For more information, contact Mike Nevaris at the Regional Public Transportation Authority, 302 North 1st Avenue, Suite 700, Phoenix, AZ

85003, (602) 262-7242. The Arizona Bicycle Club is also working with the city to create a complete system of bicycle lanes. ABC can be reached at 6738 North 19th St., Phoenix AZ 85016, (602) 264-5478.

Phoenix and Arizona are, by no means, alone in their efforts to improve bicycle access on mass-transit facilities. In Atlanta and New York

City, the number of bikes is not limited and an official permit is not needed. However, in Atlanta, bicycles are only allowed during non-peak weekday hours and on weekends. In Dallas and Seattle, bikes are allowed on many buses without a permit during non-peak weekday and weekend hours. Seattle has equipped buses with racks and the Dallas Area Rapid Transit allows two bikes on board.

CalTrain, California's commuter rail line, recently expanded its bike-on-train policy to permit eight bikes per train (up from four) on weekends. Approximately 3,000 permits have been issued, and it is currently estimated that 200 to 300 bicyclists use CalTrain each week. CalTrain's newly published schedule indicates bike-accessible trains and stations with bike lockers.




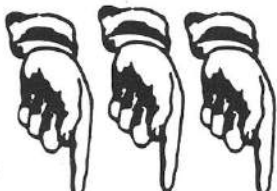
Sharon Gamson researched and wrote this article. She is compiling one page fact sheets on bike-on-transit policies for various cities. For more information, contact The Transportation Exchange, 1718 Connecticut Ave., NW, Suite 600, Washington, DC 20009.

**ADVENTURE CYCLING**  
a s s o c i a t i o n

P.O. Box 8308, Missoula, MT 59807  
(406) 721-1776







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

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

- ☐ Ride Leader
- ☐ Sag Wagon Driver
- ☐ Tour Food Stop
- ☐ Newsletter Editor
- ☐ Newsletter Typist

- ☐ Newsletter Collator
- ☐ Advertising Coordinator
- ☐ Newsletter Co-editor
- ☐ Newsletter Delivery
- ☐ Triathlon Editor

Please send your check or money order to:

**Delaware Valley Bicycle Club**  
P.O. Box 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