

DELAWARE VALLEY BICYCLE CLUB

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

OCTOBER 1994

FREE!

FRED DE LONG, R.P.E., SPEAKER FOR
OCTOBER 3 GENERAL MEETING

Bicycling engineer and author, Fred De Long, has accepted the executive committee's invitation to speak to DVBC members at the general meeting, Oct. 3. A local resident (Willow Grove, PA), Fred rides with other members of the Delaware Valley bicycling community, but he has also toured half the U.S.A. as well as fifteen foreign countries by bicycle. As an engineer, he has worked for many years for internationally accepted standards in manufacturing bicycle components and frames. Currently, Mr. De Long is serving the technical advisory group for ANSI.

Through standardization, the bicycle is such an international vehicle that tourists can travel abroad by bicycle and obtain the services and compatible parts to keep their bicycles functioning. Also, through standardization, bicycle manufacturers can confidently build faster machines for world class racing as well as safe and reliable machines for recreational riding, touring, or commuting.

A prolific writer of articles on bicycling, Fred De Long has been the technical editor for Bicycling Magazine and American Bicyclist and Motorcyclist.

He has also contributed to Bicycle U.S.A., the official publication of the League of American Bicyclists. Of his two books on cycling, his Guide to the Art and Science of Bicycles and Bicycling, which he authored in 1980 and which is now out of print, may still be available in libraries.

As a bicycling enthusiast, Mr. De Long belongs to a number of bicycling organizations. He is a founder of the International Bicycle Touring Society as well as a founder of the International Human Powered Vehicle Association. Having been an international lecturer on the subject of bicycling, Mr. De Long is delighted to speak to us, and the DVBC is as delighted to be his audience.

Don't Miss This Meeting!

Monday, October 3

7:30 p.m.

**Delaware County Peace Center
1001 Old Sproul Rd., Springfield**

Board of Directors

President

Ernest Munns (610) 259-3327

Vice President

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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

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Rich Patterson

Special Events Rich Patterson

Advertising Richard Hoell

A/B Rides Doug Kennedy

C/D Rides Ira Josephs

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Items for Sale & Ride Reports:

DVBC

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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

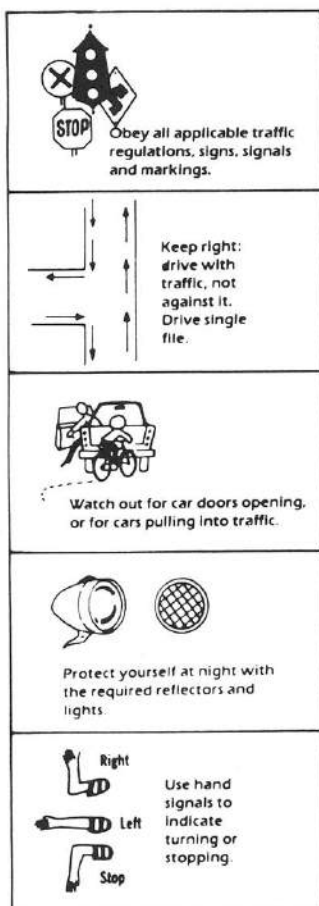
DVBC Meeting Place

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!



RIDE CALENDAR

**Free membership for ride leaders*

Helmet use is mandatory on all rides!

- Sat, Oct 1 • 9:45 a.m.
Miles: 50 • Class **B-**
Autumn Leaves I
- Ride leaves from the parking lot behind the Valley Forge Visitors' Center. Enjoy a truly scenic ride, with a few hills, through Yellow Springs to Birchrunville along pristine back roads. We'll stop for lunch in Kimberton. Glenn Schreiber: (215) 836-5754 or Luis Figueroa: (215) 673-7264.
- Sun, Oct 2 • 7:30 a.m.
Miles: 50 • Class **ATB**
Fall Foliage ATB
- Leave from in front of Macy's in the Springfield Mall (Rt. 320 & Baltimore Pk.) for this class B+ paced ATB ride. Enjoy the spectacular fall foliage on this ride that follows an old railroad line. Bring or buy lunch. For more information on the route call Doug Kennedy at (610) 543-4664.
- Mon, Oct 3 • 7:30 p.m.
DVBC Meeting
- Fred De Long, engineer, author and cycling enthusiast, will be our guest speaker. Fred has been the technical editor for a number of bicycling publications. He has toured half the U.S. as well as 15 foreign countries by bike. Currently he serves on the technical advisory group for ANSI. Doors open at 7:00, meeting begins at 7:30: Delaware County Peace Center, 1001 Old Sproul Rd., Springfield.
- Sat, Oct 8 • 9:30 a.m.
Miles: 30 • Class **D+/C+**
Mainliner
- Class D+ pace/C+ terrain. Beautiful ride through most impressive neighborhoods. Outstanding downhill you'll ever ride. Great lunch stop at Fresh Fields. Group rides together, cue sheets for go-aheads. Meet at Flat Rock Park, Gladwyne (176 west to Gladwyne, right at bottom of ramp to River Rd., left to 1st parking lot on right. Call for bike directions: Gene Martin, (610) 688-8717. Sunday is possible rain date.
- Sun, Oct 9 • 7:45 a.m.
Miles: 5 • Class **All**
Goshen Time Trial
- Meet at Providence Rd., just north of Goshen Rd., near the Radnor Hunt Club. Test yourself against the clock. Roads are NOT closed to traffic. Helmet required. Timekeeper is Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.
- Hilly* (Sun, Oct 9 • 9:00 a.m.)
Miles: 60 • Class **B**
Orchard to Orchard
- Meet at Rose Tree Park (Rt. 252 above Rose Tree Rd., near the Rt. 252 exit of Rt. 1, Media). Enjoy a ride over rolling terrain to Highland Orchards, Northbrook Orchards and back. The route will cover some of the 28-mile Brandywine Tour. For more information call James Burns at (610) 544-3771.
- Sat, Oct 15 • 9:45 a.m.
Miles: 52 • Class **C+/B-**
Autumn Leaves II
- See the spectacular fall foliage of Bucks County, exploring some of the less traveled back roads. Ride heads into NJ where we'll stop for lunch. Meet at Buckingham Commons (611 north to Edison-Furlong Rd.; East on E-F to Rt. 263). Ride leaders: Glenn Schreiber, (215) 836-5754; Luis Figueroa (215) 673-7264; Michelle Ballard (610) 891-1658.
- (Sun, Oct 16 • 9:00 a.m.)
Miles: 25-30 • Class **B**
Spokes Cyclery
- Meet at Spokes Cyclery St. Alban's Circle (near West Chester Pk. & Rt. 252) in Newtown Square. Brisk ride through horse country with some hills. For more information about the route call Jeff or Betsy at 610-325-7585.
- Sun, Oct 16 • 9:30 a.m.
Miles: 55 • Class **B**
Wildlife Ramble
- A scenic and bucolic ramble, somewhat hilly, along the Brandywine Creek. We'll be riding past farms and see lots of birds and wildlife. Lunch stop included. Leave from behind the Wawa in Chadds Ford (Rts. 1 & 100 south). Ride leaders: Randy Smith, (215) 849-4219; Dan Davis, (215) 654-0286.
- (Sun, Oct 16 • 9:00 a.m.)
Miles: 25 • Class **C**
Gladwyne
- 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 (610) 449-6154 (evenings) for more information.
- Sat, Oct 22 • ?
Miles: 35 • Class **C**
Brandywine Battlfield
- Start at Ridley Creek State Park for an enjoyable easy-paced ride to the Brandywine Battlefield in Chadds Ford. For exact starting time and location call Bob at 610-446-0355.
- Sat, Oct 22 • 10:15 a.m.
Miles: 28 • Class **C**
Pa. Dutch Return
- Enjoy Lancaster County's rolling & pleasant scenery. Pass through Strasburg, Lampeter & Intercourse. Ride by many interesting Amish and Mennonite farms during the beautiful harvest season. Bring or buy food for a refreshment stop. Cue sheet/maps provided. Meet at the Strasburg R.R. Museum at 10:15 or carpool from the Italian Fountain (Art Museum area) at 8:30. Joanne Holden: (215) 887-0776.
- Sun, Oct 23 • 10:00 a.m.
Miles: 37 • Class **C+/B-**
Billy Penn's 350th
- Leave from the shopping center at Frankford Ave. & Ashburner St. in Phila. and ride to Pennsbury Manor. Bring lunch & a lock. Manor tours are free. This is a joint ride with Penna. Bicycle Club and maybe Suburban Cyclists Unlimited. Call Chris (215-924-1086) or Charlie O'Donnell (215-338-1104).
- Sat, Oct 29 • 9:45 a.m.
Miles: 65 • Class **B-/C+**
Autumn Leaves III
- Travel along the Brandywine valley through Chadds Ford & Glen Mills. Class B terrain (some hills), Class C pace. Leave from parking lot #15 of Ridley Creek State Park. There will be a lunch stop. For more information call leaders Glenn Schreiber, (215) 836-5754, or Luis Figueroa, (215) 673-7264.
- (Sun, Oct 30 • 10:00 a.m.)
Miles: 35 • Class **C+/B-**
Pete & Penny's
- 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 of their renowned corn. Ira Josephs: (610) 565-4058.

*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.

TEAM CASUAL SEPTEMBER FIVE MILE TIME TRIAL RESULTS

SEPTEMBER 11, 1994

7:45 am

<u>NAME</u>	<u>AGE</u>	<u>FRAME</u>	<u>TIME</u>
Matt Hogan	36	Trek	13:07
Marc Oleynick	33	Specialized	13:28
Greg Cymbala	21	Raleigh	13:30
Ed Silcox	46	Bianchi*	13:49
Don Larsen	60	Trek**	14:32
John Mullen	24	Diamond Back	14:51
Alistair Smith	29	Trek	15:11

* Just a warm-up for the Brandywine Tour!

** Brand new bike: Looks like he got his \$\$ worth!!!

All cyclists welcome to participate in our upcoming TIME TRIALS.

Future Dates to remember:

October 9th

November 13th

December 11th

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

Helmets are MANDATORY!!! Safety First!

Join the "Race of Truth"

Compete against the clock.



BIKE & ROOF RACK FOR SALE

Yakima Gutterless Roof Rack: Like new (1988 - used only 4 times); holds 2 bikes; sells new for \$300. **\$200/o.b.o**

Raleigh Super Course: 1981 model; 21" frame; triple crank; fenders; Cateye computer/saddlebag/tire pump/rear rack/bottle cage; great for touring/commuting; **\$75.00**

Len Murphy: 449-6378

TRAINER BIKE COPS VISIT DVBC MEETING •

Tiny Trainer Borough's Bicycle Patrol stopped by our September meeting sans their two-wheelers to discuss their new program's advantages as they join the ranks of other much larger police departments such as Philadelphia and Seattle who know a good thing that's making a comeback.

Police Chief James Magaw and Officers Mike Bullard and Bob Brockway fielded questions from an enthusiastic audience of club members. Magaw said the new patrol implemented in June in the one-square-mile town is full-speed ahead in proving its advantages in protecting the community and improving relations with the public.

"Police usually see the worst in individuals, but bike patrols see the best," said Magaw, citing residents' reactions and grateful acceptance of the bike officers.

The small urban, industrial and residential community in the southwestern part of the county is among other municipalities such as Chester, Media, Upper Providence, Haverford which have implemented bike units.

The start-up of the patrol in the early summer was geared to the warmer weather when the borough experiences a rash of thefts from parked vehicles, bike thefts, and thefts from residential yards and sheds, he said.

Eight of 12 officers have agreed to participate in bike patrols, which consist of two officers who ride as a team on separate bikes. Bob Brockway, 53, who retired in May 1993 from the Chester P.D. after 20 years, joined Trainer P.D. in June the same year as a part-time officer.

"All the officers tell me he's a tough guy to keep up with," said Magaw, whose comments sparked laughter.

"I know one thing _ it's good for your physical condition," Brockway said. "I find the children really like the officer on a bike...always waving, even the parents. It's silent, you can't hear it, can watch drug deals go down."

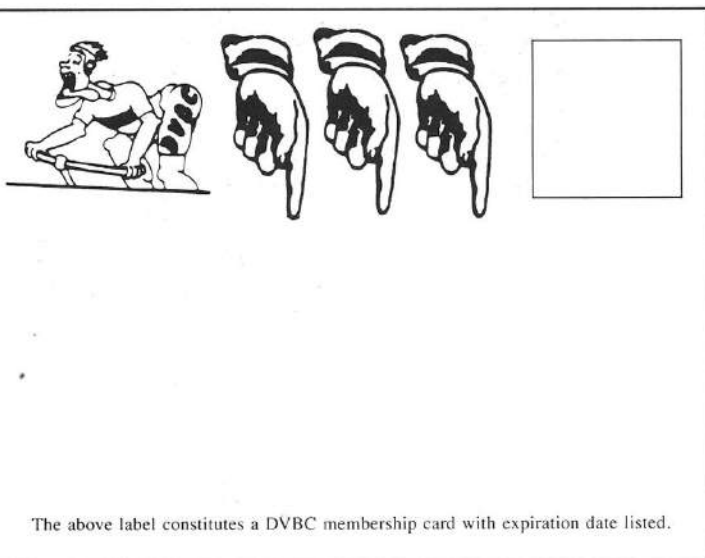
"We also used the bicycle in our speed traps," Magaw said, working in conjunction with a patrol car unit. The bike patrols have been very useful in policing Johnson Park which has had a problem with juveniles drinking beer there at night. Officers can also keep a better watch on kids who frequent the creek area for their own safety.

So far the bike patrol has only had one flat tire and one damaged rim, Magaw said. He said the department hopes to expand from its present stable of two 21-speed Raleigh all-terrain bikes and a Huffy. There are about 10 miles of hilly streets and alleys. "We went from the hard seat to the gel seats - we learned real quick," said Bullard.

-----John Roman



JOIN
DVBC



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