



DELAWARE VALLEY BICYCLE CLUB

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

DEC/JAN/FEB 1994/95

FREE!

COME ONE! COME ALL!
Don't miss our traditional
end-of-year/holiday banquet.
Bring the family for a sit-down
dinner. Ham and Vegetarian
lasagne are our main courses.
Please call Frank (610) 626-4477 -
days; (610) 449-6154 - evenings;
or Gina (610) 525-0729 ASAP with
the number of family members
attending. Doors open at the
DELCO Peace Center,
Springfield Friends' Meeting,
1001 Old Sproul Road,
Springfield, PA at 7:00, dinner
starts at 7:30 on December 5th

Please bring something: Salad, chips, pretzels, cake, cookies etc... ASK GINA WHAT
YOU CAN BRING SO EVERYONE DOESN'T BRING THE SAME THING.

Come Celebrate the Holidays with US!!!

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!

Sat, Dec 3 • 10:00 a.m. Miles: 25 • Class D+ <i>Farmer's Market II</i>	Meet at the Cool Beans coffee shop in the Frankford section of Phila. at Cheltenham Ave. & Horrocks St., 2 blocks east of Oxford Circle. Enjoy this easy paced beginner's ride to the Jenkintown Farmer's Market for lunch. Some hills, so you need a 10-speed bike. A joint ride with Bicycle Club of Philadelphia. Call Chris at (215) 924-1086 for more info.
Sun, Dec 4 • 10:30 a.m. Miles: 25-35 • Class C+/B- <i>Cheyney-Westtown I</i>	Enjoy this classic ride through the appealing scenery of Ridley Creek State Park, Creek Rd., Cheyney, and possibly Westtown. Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rd.s in Moylan. Take in some of the scenery that makes our Freedom Tour so popular. For more info call Ira at (610) 565-4058.
Mon, Dec 5 • 7:30 p.m. <i>DVBC Banquet</i>	Our annual holiday family banquet. Two main courses are ham and vegetarian lasagne. Please call Frank at (610) 626-4477, daytime/(610) 459-6154, evenings or Gina at (610) 525-0729 ASAP with the number of family members attending. Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Sat, Dec 10 • 10:00 a.m. Miles: 25 • Class C/D <i>River Ride II</i>	Meet at the Spring Mill train station (east of Conshohocken). Enjoy beautiful Schuylkill River scenery. Ride to Manayunk, the Art Museum, Logan Circle & back. Come on out. If interested call Joanne Cole-Rosen: (610) 497-1455.
Sun, Dec 11 • 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 Ed Silcox. For more information call Rollin' Rich Patterson at (610) 622-2954.
Sun, Dec 11 • 10:30 a.m. Miles: 65 • Class B+ <i>Lancaster Co. Winery</i>	Bring lunch for this ride through the Dutch country of southern Lancaster County to the Lancaster County Winery. Approximately 65 miles with some hills. Leave from the Octoraro Area Schools at Rt. 41 & Highland Ave. (above Cochranville). For more information call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.
Sun, Dec 11 • 1:00 p.m. Miles: 25 • 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 (610) 449-6154 (evenings) for more information.
Sun, Dec 18 • 9:00 a.m. Miles: 15 • Class B <i>Spokes Cyclery II</i>	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, Dec 18 • 9:00 a.m. Miles: 75 • Class B+ <i>Chadds Ford Winery</i>	Ride through the Brandywine valley with a food stop near the midway point. Bring or buy lunch. We'll stop at the winery two miles before the end of the ride. Start from behind the Wawa at Rts. 1 & 100 (south) in Chadds Ford. For more information call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.
Sun, Jan 1 • 9:00 a.m. Miles: 70 • Class B+ <i>Parvin State Park</i>	Ride through the woods and fields of South Jersey to Parvin State Park. Bring lunch for our stop at the park's recreation area in the woods by the beach. Start from the Bridgeport School at Rt. 44 & Barker Ave. (not far from the Com. Barry Bridge) in Bridgeport, NJ. For more information call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.
Mon, Jan 2 • <i>No meeting in January</i>	No meeting in January. Take the time to do some maintenance on your bike.
Sun, Jan 8 • 10:15 a.m. Miles: 42 • Class B+ <i>Lost Brownie</i>	Enjoy a ride through Lancaster County to Susquehannock State Park. Bring lunch for our stop at the park's overlook high above the Susquehanna River. Starts from the Bart-Colerain School in Bartville, PA at 10:15 or carpool from Macy's in Springfield Mall at 9:00. For more information call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.
Sun, Jan 15 • 9:00 a.m. Miles: 15 • Class B <i>Spokes Cyclery II</i>	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, Jan 22 • 9:00 a.m. Miles: 65 • Class B+ <i>Valley Forge Park</i>	Ride to Valley Forge National Park and see it as Washington saw it - in the winter-time. We'll also cross the river at Phoenixville and ride over to see the new bike path across the Betzwood Bridge. Start from Ridley Creek State Park Headquarters. Bring lunch. For more information call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.

Sun, Jan 29 • 11:00 a.m. Miles: 15-35 • Class C+/B- <i>Cheyney-Westtown III</i>	Enjoy this classic ride through the appealing scenery of Ridley Creek State Park, Creek Rd., Cheyney, and possibly Westtown. Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rd.s in Moylan. Take in some of the scenery that makes our Freedom Tour so popular. For more info call Ira at (610) 565-4058.
Sun, Feb 5 • 9:00 a.m. Miles: 40-50 • Class B+ <i>Del. Covered Bridges</i>	Tour all the covered bridges in Delaware - both of them. Bring lunch or buy at our stop in Landenburg, PA. Start from Ridley Creek State Headquarters. Ride will run somewhere about 65 miles with some hills. For more info call Doug Kennedy: (610) 543-4664 or Rich Bernhard: (610) 284-2019.
Mon, Feb. 6 • 7:30 p.m. <i>DVBC Meeting</i>	Break out of your winter doldrums and come to the meeting. Guest speaker not known at press time. Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.
Sun, Feb 12 • 9:00 a.m. Miles: 65 • Class B+ <i>Lunch in Glenmoore</i>	Ride to the Brandywine River then follow the valley to the park in Glenmoore. Bring lunch or buy in Glenmoore. Ride is mostly flat. We will explore the rarely seen east branch of the Brandywine. Leave from Ridley Creek State Park Headquarters. Call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019 for more information.
Sun, Feb 12 • 1:00 p.m. Miles: 25 • 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 (610) 449-6154 (evenings) for more information.
Sun, Feb 19 • 9:00 a.m. Miles: 15 • Class B <i>Spokes Cyclery II</i>	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, Feb 26 • 10:00 a.m. Miles: 46 • Class B+ <i>Strasburg RR II</i>	Ride through southern Lancaster County on the way to the historic Strasburg Railroad for lunch. Ride is fairly hilly. Leave from the Octoraro School at Rt. 41 & Highland Rd. (above Cochranville) in Chester County. For more information on the route or starting location call Doug Kennedy at (610) 543-4664 or Rich Bernhard at (610) 284-2019.
Sun, Feb 26 • 11:00 a.m. Miles: 15-35 • Class C+/B- <i>Cheyney-Westtown III</i>	Enjoy this classic ride through the appealing scenery of Ridley Creek State Park, Creek Rd., Cheyney, and possibly Westtown. Meet at the Moylan-Rose Valley train station at Woodward & Manchester (Rose Valley) Rd.s in Moylan. Take in some of the scenery that makes our Freedom Tour so popular. For more info call Ira at (610) 565-4058.
Mon, Mar 6 • 7:30 p.m. <i>DVBC Meeting</i>	Get the jump on spring and come to our meeting. Guest speaker unknown at press time. Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.

*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.

Any weekday throughout December, January and February, you can call Walt at (610) 328-3494 for a good ride. Walt plans to take advantage of nice days for some weekday rides. His rides typically leave from the Morton/Springfield area.

NOTE: In case of bad weather, please call the ride leader to see if the ride is still scheduled. Keep in mind that bad weather in the winter can be rain, snow, extreme cold, left-over ice/snow and narrowly plowed roads.

Once again our year-end thanks go to our dedicated ride leaders, many of whom will receive a free DVBC 1995 membership for their efforts. Look for the list next month.

TRAINING FOR PERFORMANCE: HOW MUCH EXERCISE?

Exercise physiologists Dan Maser, Ph. D. and Margaret Evangelisti, M. S., who work for the Graduate Hospital Human Performance Division were the speakers for the November 7, 1994 meeting of DVBC. Their presentation focused upon understanding aerobic training programs for persons who wish to lower the risk of cardiac disease or for those who desire to perform better in races and endurance events. And, according to Dan, one doesn't need a heart rate monitor!

Then, taking turns with projected graphs and charts and lists of technical terms, Margaret and Dan discussed how to plan an aerobics program. Whether one is a novice competitor, an elite athlete, or a rehabilitating cardiac patient, one can improve health and performance. In discussing performance training, they covered topics such as VO_2 max improvement, muscle fiber type, body composition, aerodynamics, anaerobic threshold, interval training and lactic acid buildup.

At the Human Performance Center at Graduate Hospital, the staff of physiologists, screen, test, and counsel their clients before designing training programs.

After the presentation, Dan and Margaret answered inquiries from the gathered DVBC members, covering topics such as: fading in distance events, hydration, exercise drinks vs. energy bars, caffeine consumption, and aging. Everyone certainly had something to learn!

From the Prez

I wish everyone very happy holidays and a prosperous New Year

I would like to thank all who helped me this year on the Corporate meetings and at all rides. These faithful people should be thanked by everyone, because without them the rides, the meetings, and the newsletters would not have been as successful as they were. They are the back bone and the faithful people of this club. I hope more of you will join in next year.

Thank you,

Ernie Munns



PROMOTE BETTER BICYCLING

Do you ride in Montgomery County? The **Montgomery County Cycling Committee**, a project of the **Bicycle Coalition of the Delaware Valley** would like to know your specific concerns about cycling in Montgomery County. Are you tired of potholes, disrespectful motorists, unpaved shoulders, no bike lanes, no bike parking and limited access? Come to the next meeting and learn about the \$30 Million proposed Montco Trail Plan, the Regional Bike Plan, our new strategies for dealing with PennDOT and much more. This is a very action-oriented group and we need your support.

when: 3rd Monday of each month, 7PM

next meeting: December 19, 1994

where: R.E.I.

200 W. Ridge Pike (intersection of Ridge Pike and Butler Pike)



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703 BURMONT RD., DREXEL HILL
CLOSED WEDNESDAY



TEAM CASUAL NOVEMBER FIVE MILE TIME TRIAL RESULTS

NOVEMBER 13, 1994

7:45 am

<u>NAME</u>	<u>AGE</u>	<u>FRAME</u>	<u>TIME</u>
Ed Silcox	47	Bianchi	14:27
Len Murphy	60	Centurion	14:40

Time-keepers: Len Murphy and Ed Silcox

"We're over the hill, but we're still riding the hills!"

All cyclists are welcome to participate in our upcoming TIME TRIAL
December 11th 7:45 am

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.



PEDAL PENNSYLVANIA,
PITTSBURGH TO PHILADELPHIA,
COMING NEXT SUMMER

Pedal Pennsylvania, a fully-supported, 7-day cycling trip next summer, from Pittsburgh to Philadelphia, staying in college dorms -- with optional camping if desired -- is in the planning stage. Scheduled for July 22 to July 29, the trip, approximately 450 miles, is being organized by Bob Ingersoll, a Bicycle Club of Philadelphia member, with help from bike clubs and enthusiasts across the State. Participants would convene at a college campus in Pittsburgh on Saturday, July 22. The group would depart Sunday morning and spend six nights at campuses across the State, arriving in Philadelphia on Saturday, July 29. All details -- including route, support, cost and travel information -- will be available in a brochure January 1. To request a copy, call Bob Ingersoll at (215) 561-9679 or write to Pedal Pennsylvania, 1914 Brandywine Street, Philadelphia, PA 19130. Include your club affiliation.



DELAWARE VALLEY BICYCLE CLUB

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

C Riders Needed

The DVBC **MCC club** is looking for a few more C riders that are interested in doing some training rides with us. We are training to build up to a 65 mile ride to Ocean City New Jersey in August. If you can ride at a 10 to 14 mile per hour pace you'll fit in very nicely. We'll give you a few training tips, a training schedule and a log so you can keep track of your progress.

There will be a barbecue or two and a couple of spaghetti dinners all part of our riding fun and camaraderie. So don't let your riding season go by, come out with the group and add some fun to this years bicycling. Anyone interested please call Bob Leon at 610-833-2096 or Cassie at 610-833-2365 for more details

Sun, June 1 - 9:30 a.m.
Miles: 35+ - Class C
MCC #5

Meet at the Wawa in Chadds Ford, routes 1 and 100. We'll ride to Downingtown have lunch and return to Chadds Ford via the beautiful scenic brandywine river valley.

Sun, June 8 - 9:30 a.m.
Miles: 25 - Class C
MCC #6

Meet at Ridley Creek State Park, parking lot # 15 for a ride through Glenn Mills, Westtown and Thornberry along Creek Road. Learn to shift on the hills day. Call Bob Leon 610-833-2096 or Cassie 610-833-2365.

Sun, June 15 - 9:30
Miles 38 - Class C
MCC #7

Meet at the Valley Forge bike trail for a ride to the CoreStates professional bicycle race. We'll ride to Manayunk for the start and wonder onto the Art Museum along Kelly drive and the festivities. For more info call Bob at 610-833-2096 or Cassie at 610-833-2365.

Sun, June 22 - 9:30 a.m.
Miles 25 -Class C
MCC #8

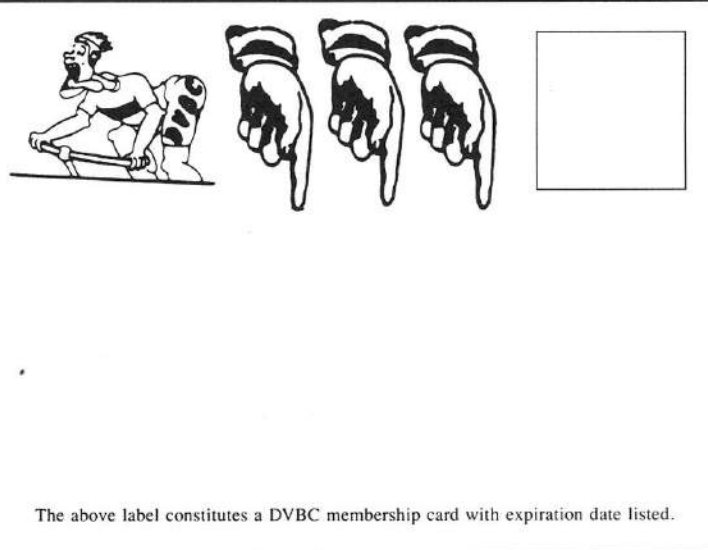
Meet at the Wawa in Chadds Ford routes 1 and 100. We'll ride along the Brandywine river to the Northbrook Orchards for the best baked goods in Chester County. Call Bob Leon at 610-833-2096 or Cassie, 610-833-2365 for more details.

Sun, June 29 -9:30 a.m.
Miles: 43 - Class C
MCC #9

Kountry Kitchen Breakfast ride. Meet at the Kingsway High School routes 322 and 551 third traffic light from the Commodore Barry bridge make left. Call Bob Leon 610-833-2096 or Cassie 610-833-2365.



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