

## DELAWARE VALLEY BICYCLE CLUB

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

### NOVEMBER 1995

### FREE!

#### Curtis Anthony, November Speaker:

Bicycle connoisseur Curtis Anthony, who is not just an "ordinary" rider, but the president of the Delaware Valley Wheelmen, those enthusiastic aficionados of antique and classic bicycles, will be November's speaker. Curtis is an avid collector of bicycle history memorabilia, and his work and business, Via Bicycles, are dedicated to his mania for bicycling. As a restorer of antique bicycles and as a bicycling historian, Curtis promises to bring us an exciting program. Look for the daring young man with the handlebar moustache at the Delaware County Peace Center, 1001 Sproul Rd. (near car wash at Rt. 320 & Old Marple Rd.), Monday night at 7:30 P.M., Nov. 6! -- *Christine Martha*

#### Tom Kellogg, October Speaker

Master frame builder, Tom Kellogg, drove down from his Breingsville, PA shop to talk to DVBC about custom fitting. Tom showed us how two people with the same height and inseam measurement could need differently sized bicycles. Linear measurements do not work, he insisted. Then Tom demonstrated his way of fitting customers by paying attention to not only their measurements but also their range of motion in respect to the position of the entire body in the act of pedaling. Tom did the demonstration on his personal lightweight titanium bicycle, the kind of bicycle that should be a customer's "last bike."

At 5'7 1/2", Tom rode a rather large-framed bicycle. Then Gina, at 5' 9 +/-", jumped on Tom's bike. "A perfect fit!" Tom exclaimed, but Gina felt too extended to be comfortable. After entertaining questions, especially about the fitting difficulties of dwarfs (under 5'3") and giants (over 6'3"), DVBC entertained Tom with refreshments. Thank you, Tom. Thank you, Gina, for arranging to bring Tom to Springfield, and thank you, everyone, for coming. -- *Christine Martha*

#### Holiday Party, December Meeting

December's meeting will be DVBC's annual holiday covered dish dinner and party celebration. The club will provide a choice of 2 entrees. Members who are willing to donate a side dish or salad or desert (enough to serve 8 to 10 persons) should call either Gina, (610) 525-0129 or Frank (610) 626-4477. Look for details inside.

#### Story and Photos from DVBC's Bicycle Safety Rodeo Inside

Sincere thanks to all the club members, sponsors and friends who made this event possible. -- *Ernie*

## 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

## DVBC Newsletter Staff

Editors..... Ernie Munns  
Chris Martha

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Rich Patterson

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Rides ..... Ira Josephs

Assembly ..... Frank Havnoonian

Mailing Labels ..... Mike Keating

## Ride Coordinator

All Rides: Ira Josephs  
10 Applebough La.  
Rose Valley, PA 19065  
(610) 565-4058

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

## 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.



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**The National Organization of Bicyclists**  
190 W. Ostend St., Suite 120  
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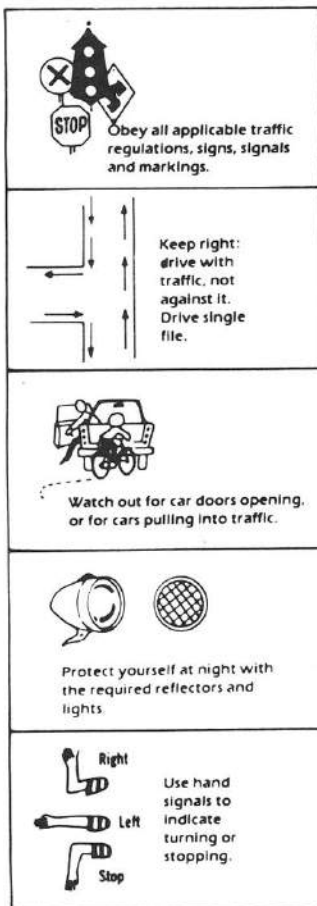
## DVBC Meeting Place

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.
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!**

|   |  |
|---|--|
| Wed, Nov 1 • ?<br>Miles: 15-25 • Class B+<br><i>November Daily Dose</i>               | *** NOTE: This ride will be done each day, usually around lunchtime, in November. Leave from Drexel Hill and take various local routes. The pace is about 15-16 mph for an hour to an hour and a half. A friendly fast ride. Call for time & location. Tom Sota: (610) 789-7248 or Dan Coraluzzi: (610) 789-0187.                              |
| Sun, Nov 5 • 12:00 p.m.<br>Miles: 30 • Class C+/B-<br><i>First Frost</i>              | Meet in Valley Forge Park at the water fountain in the visitor center. Enjoy a noon-time ride in the Yellow Springs & Kimberton area. If it's too cold the ride will be cancelled, so be sure to call ahead. Ride leader is Aileen (610) 337-8443.   |
| Mon, Nov 6 • 7:30 p.m.<br><i>DVBC Meeting</i>   | Come out to hear our guest speaker: Curtis Anthony of Via Bicycle. Doors open at 7:00, meeting starts at 7:30. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.   |
| Tue, Nov 7 • 7:30 a.m.<br>Miles: 5-30 • Class C<br><i>Pancake Breakfast</i>           | Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel and Kate Perlsh: (610) 789-7673.                              |
| Wed, Nov 8 • ?<br>Miles: 15-25 • Class B+<br><i>November Daily Dose</i>               | *** NOTE: This ride will be done each day, usually around lunchtime, in November. Leave from Drexel Hill and take various local routes. The pace is about 15-16 mph for an hour to an hour and a half. A friendly fast ride. Call for time & location. Tom Sota: (610) 789-7248 or Dan Coraluzzi: (610) 789-0187.                              |
| Sun, Nov 12 • 1:00 p.m.<br>Miles: 25 • Class C<br><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.   |
| Mon, Nov 13 • 7:00 p.m.<br><i>DVBC Board Meeting</i>                                  | DVBC Executive Board Meeting at 7:00 p.m. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.  |
| Tue, Nov 14 • 7:30 a.m.<br>Miles: 5-30 • Class C<br><i>Pancake Breakfast</i>          | Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel and Kate Perlsh: (610) 789-7673.                              |
| Wed, Nov 15 • ?<br>Miles: 15-25 • Class B+<br><i>November Daily Dose</i>              | *** NOTE: This ride will be done each day, usually around lunchtime, in November. Leave from Drexel Hill and take various local routes. The pace is about 15-16 mph for an hour to an hour and a half. A friendly fast ride. Call for time & location. Tom Sota: (610) 789-7248 or Dan Coraluzzi: (610) 789-0187.                              |
| Sun, Nov 19 • 2:30 p.m.<br>Miles: 20-30 • Class C<br><i>Fran's Near Birthday</i>      | Meet at the E. O. Bull Building's parking lot (corner of High and Rosedale Sts.) in West Chester. Tour the beautiful Brandywine Valley for a ride whose distance depends on the temperature. Call Fran if the weather is questionable: (610) 431-2675.   |
| Tue, Nov 21 • 7:30 a.m.<br>Miles: 5-30 • Class C<br><i>Pancake Breakfast</i>          | Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel and Kate Perlsh: (610) 789-7673.                              |
| Tue, Nov 21 • 7-9:00 p.m.<br><i>Delco Cycling Committee</i>                           | Delaware County Cycling Committee Meeting, Helen Kate Furness Library, Providence Rd., Wallingford, PA. For more info call Ira at (610) 565-4058.  |
| Wed, Nov 22 • ?<br>Miles: 15-25 • Class B+<br><i>November Daily Dose</i>              | *** NOTE: This ride will be done each day, usually around lunchtime, in November. Leave from Drexel Hill and take various local routes. The pace is about 15-16 mph for an hour to an hour and a half. A friendly fast ride. Call for time & location. Tom Sota: (610) 789-7248 or Dan Coraluzzi: (610) 789-0187.                              |
| Sun, Nov 26 • 10:30 a.m.<br>Miles: 15-35 • Class C+/B-<br><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) Rds. in Moylan. Take in some of the scenery that makes our Freedom Tour so popular. For more info call Ira at (610) 565-4058. |
| Tue, Nov 28 • 7:30 a.m.<br>Miles: 5-30 • Class C<br><i>Pancake Breakfast</i>          | Meet at Manhattan Bagel in the Manoa Shopping Center (W. Chester Pk. & Eagle Rd., Havertown). Each Tuesday enjoy an easy-paced ride to a different local restaurant for a pancake breakfast. Bring money for breakfast. Please call if you are coming and get details then. Joel and Kate Perlsh: (610) 789-7673.                              |
| Wed, Nov 29 • ?<br>Miles: 15-25 • Class B+<br><i>November Daily Dose</i>              | *** NOTE: This ride will be done each day, usually around lunchtime, in November. Leave from Drexel Hill and take various local routes. The pace is about 15-16 mph for an hour to an hour and a half. A friendly fast ride. Call for time & location. Tom Sota: (610) 789-7248 or Dan Coraluzzi: (610) 789-0187.                              |
| Mon, Dec 4 • 7:00 p.m.<br><i>DVBC Meeting</i>   | Our popular annual Christmas banquet. See elsewhere in this issue for complete details. Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield.  |

\*Free 1996 membership for anyone leading 4 or more listed rides in 1995. Call Ira (610-565-4058) or Doug (610-543-4664) for details.



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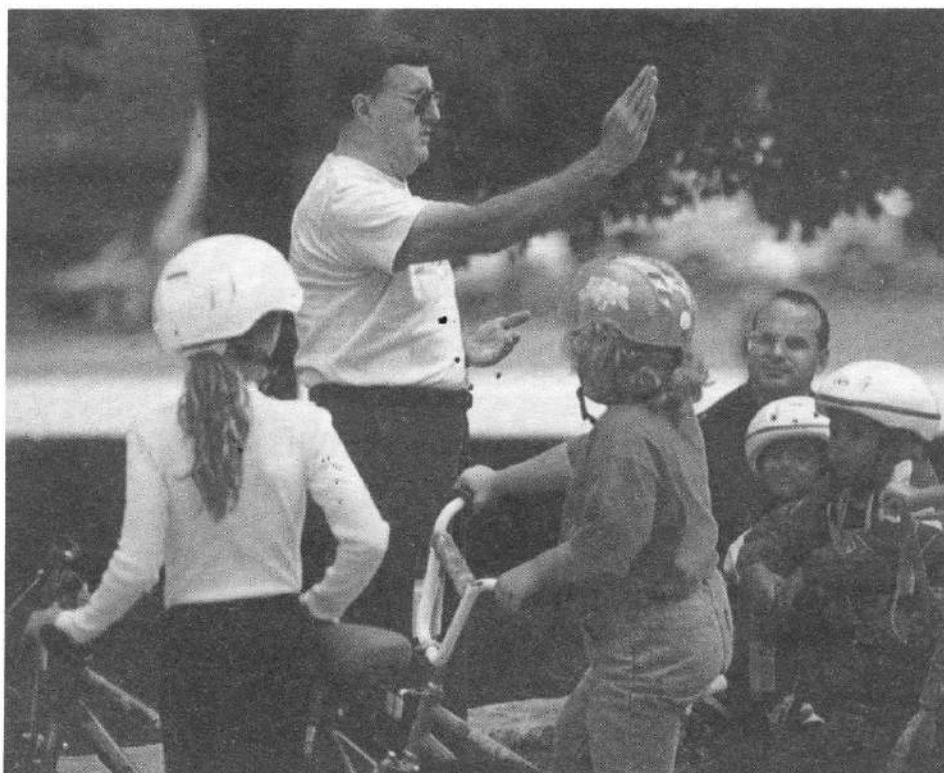
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(Sept. 24 1995) BICYCLE RODEO, HOLY CROSS CHURCH, DEL. VAL. BICYCLE CLUB PRES. ERNIE MUNNS INSTRUCTING KIDS IN BICYCLE SAFETY. ZINNER PHOTO

# Kids learn bike safety

## Rodeo teaches essential rules of road

By **SUSAN L. SERBIN**  
*Daily Times Correspondent*

**SPRINGFIELD** — The pint sized pedalers tightened their helmets and took to the obstacle course on the school yard of Holy Cross School in Springfield. First they were given the all-important safety talk by Ernie Munns, president of Delaware Valley Bicycle Club, which organized the Bike Safety Rodeo.

Sarah Gillespie, 11, of Clifton Heights, came off the course with the essentials firmly under control. "Stay on the right hand side of the street; watch and listen for cars; and always ride with a helmet," Sarah said, ticking off the rules Munns had enumerated.

"We came so the kids could be taught about bike awareness and safety," said their mom, Donna Gillespie, who ended up volun-

teering to take photos for the bike licenses each participant received from the Delaware County Safety Project. "My son needs it badly. He's a daredevil."

Billy appeared less enthusiastic about the regulations, but seemed to be having fun anyway.

Moms and dads brought tikes on bikes to have the rules of the road reinforced. Liz Durante brought six-year-old daughter Kelly.

"She is starting to ride a lot, and will be able to cross the street soon. She's a maniac sometimes. I won't let her ride without a helmet, but it's good for her to hear it from others," Durante said.

"You have to wear a helmet because you can fall off and hurt yourself. I fell this morning," Kelly admitted.

Kelly was one of the kids who received a new helmet courtesy of the bike club and many sponsors. Munns demonstrated the

proper fit, pulling it forward on the head.

Mechanics from the Broomall Bike Line and Performance Bike Shop in Springfield were providing free mini tune-ups on the two-wheelers. Bike Line manager Jim Chaya also stressed the need for a helmet in addition to keeping a well maintained bike.

"Last year there were over 300,000 children injured in bicycle accidents nationally, and 43,000 deaths," Munns reported. PennDOT information states wearing a helmet can reduce the risk of serious head injury by 85 percent. Earlier this year, Pennsylvania mandated "pedal-cycle" helmets for children under 12.

This is the club's first safety rodeo, but the area's biggest, according to Munns. About 100 kids took away T-shirts, licenses, certificates and, with any luck, a new appreciation for bike safety.

## Come One Come All

For the DVBC end of the year banquet dinner.  
December 4, 1995 at 7:30 P.M.

Sit down dinner featuring hot roast beef sandwiches  
and Vegetarian Lasagne as our main courses.

Please call ASAP with the number attending from  
your family. Also if you can bring a side dish or  
desert call to find out what is needed.

To call:

Gina: at 610-525-0129

Frank: at 610-626-4477



*Daily Times staff photo by PETER A. ZINNER*

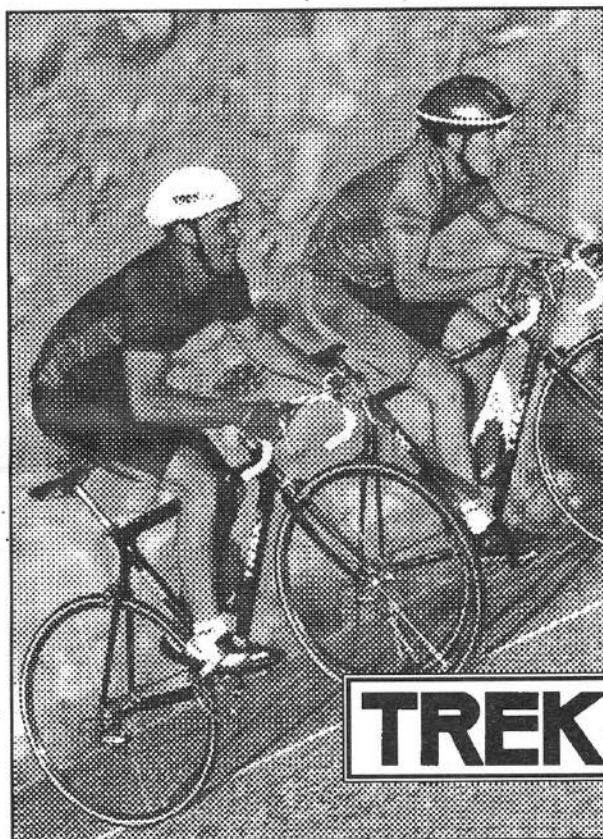
**Carl Flynn negotiates a course at the Bike Safety Rodeo in Springfield yesterday.**





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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 |
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| <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**