



DELAWARE VALLEY BICYCLE CLUB

P.O. Box 156, Woodlyn, PA, 19094-0156

May 98

JOEL PERLISH SPEAKS AT THE APRIL '98 DVBC MEMBERS MEETING

by Christopher Harendza

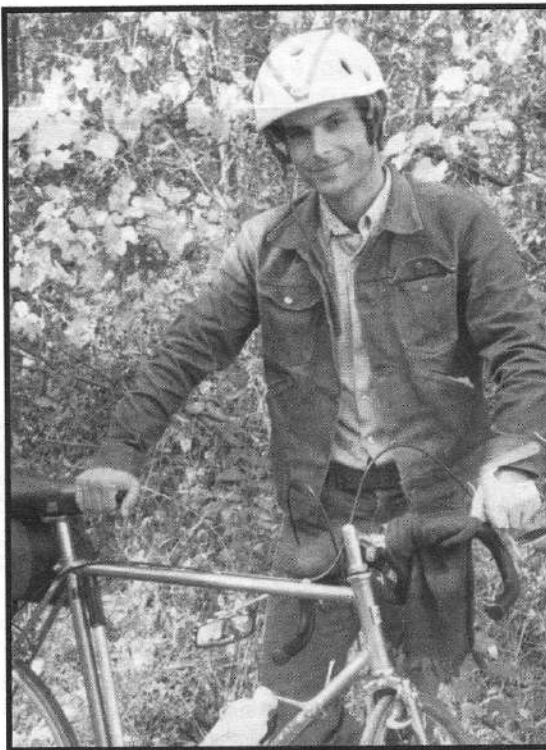
Joel Perlsh, who has toured all lower 48 states since his first 4,345 mile coast to coast trip back in 1980, presented a wonderful slide show to a group of about 20 DVBC members at the April Club Meeting. Mr. Perlsh has been graciously donating his time by giving talks to the club for nearly twenty years and by leading the Thursday "Pancake Breakfast Ride." Joel, who is a former Havertown school teacher, has been blessed with excellent orator skills and now operates "Photography by Joel and Kate Perlsh" in Havertown (see <http://members.aol.com/joelkate>). These ingredients, along with Joel's boundless enthusiasm, made for a delightful presentation.

Joel was featured in Art Carey's "Body Language" column in the *Philadelphia Inquirer* on March 23, 1998. The article, "Run, Joel, run. 7,000 days in a row - plus," focused on Joel's dedication to jogging. Joel was featured in the 1985 *Ripley's Believe It or Not* regarding his daily jogs with his students. With this profile, and a resting heart rate of 40 beats per minute, clearly we are not talking about your average cyclist here! When Joel gave his talk, the passion and love for what he does was clearly evident.

Members were expecting to get a talk about his 1997 Skyline Drive Tour but had to take a detour and wound up voting to hear about his Gulf of Mexico to Canada Trip from

1985. The date did not matter as his story was a timeless account of the good in all people and the beauty of our country.

Joel began this trip outside of New Orleans and averaged about 55 miles per day with 40 pounds of gear. He would try to finish his riding by 2 or 3 pm and spend the rest of the day sight-seeing and getting to know people. Some nights were spent visiting former students or their families, but most were spent camping



Joel Perlsh

in his tent in the yards of people he met along the way. Amazingly, Joel still managed to jog at least a half a mile every morning. The slides of the trip along the Mississippi River from Louisiana into Arkansas, Missouri, Iowa (the

hilly part!) and Minnesota were beautiful and were complemented with the most wonderful human interest stories one could imagine. One might think that Joel would be treated coldly by strangers but the reality was that in almost all cases he was welcomed with open arms by the locals. From the Librarian that he befriended and biked with, to the dog "Honeymoon," who would sing *only* when the 5:18 train passed by (not any other train), to the high school student who put him up for the night, to Billy Whiskers, the incredibly bearded man who once rode a Harley and now rides a bike - we were entertained and educated in what life is all about. Stories like these reaffirm and renew our faith in the human race.

You can ride with Joel and Kate on Thursdays on their "Pancake Breakfast Ride" (see the rides section of the Newsletter for details). This past winter, Joel and Kate, did a 769 mile tour along the Gulf Coast from New Orleans to Tampa, Florida. We will indeed be fortunate if Joel can find the time to do another show next spring.

The Delaware Valley Bicycle Club
P.O. BOX 156
Woodlyn, PA 19094-0156



Board of Directors

President: Ira Josephs (610) 565-4058
Vice Pres: Gina Bezdziecki (610) 525-0129
Treasurer: Bob Leon (610) 833-2096
Secretary: David Bennett

DVBC Newsletter Staff

Editor: Chris Martha (215) 548-8482
Inside & Rear Covers: Christopher Harendza
Mail Labels: Jan Chadwick (610) 892-0742

DVBC Meeting Place

Delaware County Peace Center/ Springfield Friends Meeting, 1001 Old Sproul Road (behind the car wash at Rt. 320 and Old Marple Road). Meetings are usually held the first Monday of the month.

Ride Coordinator & Web Guy

Christopher Harendza (610) 449-6456. Please call before 9 pm. email: elzchris@netreach.net

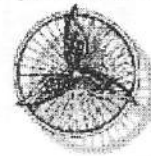
Please contact the Ride Coordinator before the 7th of each month.

Web Site: <http://www.netreach.net/people/elzchris/dvbc/home-page.htm> (no spaces)

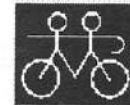
DVBC welcomes articles for the newsletter. Please submit your article to the editor before the 7th of each month.

Club Affiliations

League of American Bicyclists



Bicycle Coalition of the Delaware Valley

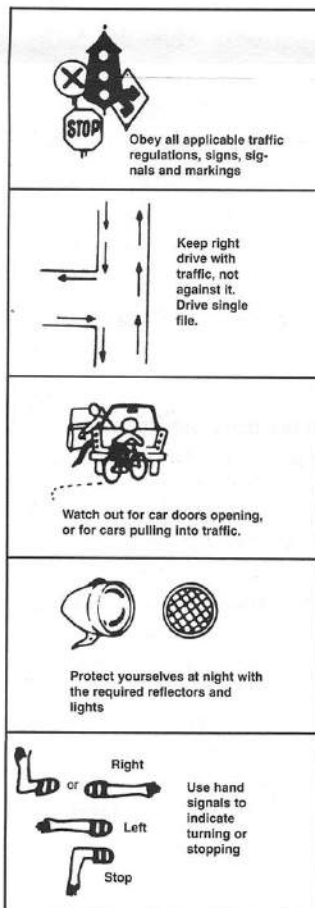


Please note that:

-the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

-letters to the Editor must be signed to be considered for publication.

Ride Guidelines



1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class A: For very strong riders: 19+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all 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. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Freedom Tour, Brandywine Tour and Club picnic, all club events are free to the general public. The general public is welcome!

23rd Annual Freedom Tour!

May 10, 1998

8, 18, 35, 50 and 65 Mile Routes

Mother's Day -- Something special for mom's

Sponsored by the Delaware Valley Bicycle Club



TIME: 8-9:00 AM.: 65 & 50-milers • 9:00-10:00 A.M.: 35, 18, 8-milers.

PLACE: Ridley Creek State Park (near Media, PA)---parking lot #15.

COST: \$8.00 pre-registration (postmarked by May 1, 1998; \$10.00 at the gate. **Tour Will be held rain or shine.**

Expected Attendance: 250-400 riders.

Services Provided by DVBC: Food stop, maps, sag wagon, cue sheets, rest rooms and well-marked routes.

Routes: Scenic country back roads through the beautiful Brandywine River valley for the 35-mile and longer routes. All routes pass through the scenic Chester Creek valley and Glen Mills areas, including the Sweetwater Farm. Most roads are lightly traveled with rolling hills. All routes include a food stop.

Description: You travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities and all types of bikes are welcome. The 8- and 18-mile routes are great opportunities for newer cyclists, leisure riders and families. Meet new biking friends with similar abilities while enjoying an outstanding ride.

Safety: HELMETS ARE MANDATORY. Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump & tire irons. Each rider assumes his/her own responsibility.

About DVBC: DVBC promotes all forms of cycling! Paid membership exceeds 150 cyclists. We're affiliated with LAB, Pa. Bike Federation, and the Bicycle Coalition of Delaware Valley. DVBC is the premier bike club in Delaware County and a nonprofit organization. We lead many free rides every month for all levels of cyclists. Our monthly meetings are open to the public.

More Information: Please call Ira at (610) 565-4058 or Bob at (610) 833-2096.

23rd Annual Freedom Tour • May 10, 1998

Pre-registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Age: _____ Distance: 65 miles ☐ 50 miles ☐ 35 miles ☐ 18 miles ☐ 8 miles ☐

Waiver/Release

In consideration of the acceptance of my application for entry in the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.

It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns.

signature (if you are under 18 years of age, then your parent or guardian must sign)

(Please send this signed form with a check or money order to:

signature (if you are under 18 years of age, then your parent or guardian must sign)

Freedom Tour
Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094-0156

Please postmark pre-registration by May 1, 1998

DELAWARE VALLEY BICYCLE CLUB

May 1998 Ride Calendar

Helmet use is mandatory on all rides!

Regularly Scheduled Rides

Every morning, Monday through Friday in May. *Daily Dose*. See May 1 for details.
Sundays, May 3, 17, 24 & 31. *Sunday ATB Ride*. See May 3 for details.
Sundays, May 3, 17, 24 & 31. *Sunday Show & Go*. See May 3 for details.
Tuesdays, 5, 12, 19 & 26. *Tuesday Evening Show & Go*. See May 5 for details.
Thursdays, May 7, 14, 21 and 28. *Pancake Breakfast*. See May 7 for details.
Thursdays, May 7, 14, 21 and 28. *Thursday Evening Show & Go*. See May 7 for details.



Ride Descriptions

Fri. May 1. Call for Time. Miles: 15-25. Class B/B+ . <i>Daily Dose</i> .	Meet in Drexel Hill for moderate to fast-paced rides into the surrounding areas. Rides will begin anywhere from mid-morning to noon. Call Dan Coraluzzi at (610) 789-0187 for the exact time and location for that day.
Sat. May 2. 8:45 am. Miles: 45+. Class B . <i>Kountry Kitchen</i> .	Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for a ride through South Jersey and a hearty breakfast at the Kountry Kitchen in Elmer. Call Bob Leon at (610) 833-2096.
Sunday, May 3. 9:30 am. Miles: 25. Class C . <i>Metric Century Club (MCC) Training Ride</i> .	Join Bob Leon and the "Metric Century Club" (MCC) for their ongoing training to reach the Jersey Shore. Bob did a fabulous job last year in preparing entry level cyclists for the big ride. Come on out and share in another successful year - all are welcome. Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge). Call Bob at (610) 833-2096 for details.
Sunday, May 3. 8:00 am. Miles: 10+. Class: All . <i>Sunday ATB Ride</i> .	Greg Cymbala will be leading All Terrain Bicycle rides for all classes of riders every Sunday in May, except for May 10. Meet at the Jewish Community Center on Garden of Eden Road, off Route 202, south of the Concord Mall in Delaware. Greg would like all riders to call him at (610) 876-9450 to discuss your ride class.
Sunday, May 3. 9:00 am. Miles: 20-30. Class B, C, D . <i>Sunday Show and Go</i>	Meet at Cyclesport Bike Shop at Old State and Providence Roads in Media for a "Show and Go" ride to various area locations. The ride will be held every Sunday in May, except May 10. The ride will break into 2-3 groups depending upon how you feel from Saturday night. Call Harry Havnoonian, Leigh Farrel or Victor Gatta at (610) 565-7535.
Monday, May 4. 7:30 pm. <i>DVBC Meeting</i> .	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Chris Harendza will discuss utilizing the Internet to facilitate cycling and the DVBC Web Page. The talk is <i>tentative</i> upon obtaining the necessary computer projection equipment. Call Ira Josephs at (610) 565-4058.
Tuesday, May 5. 6:15 pm. Miles: 11-15. Class C/C+ . <i>Tuesday Evening Show & Go</i> .	Join Mike Toof for moderately paced rides through the Swarthmore and Rose Valley areas every Tuesday evening in May. This is another great opportunity for entry level riders to train as Mike hopes to increase the pace in June. Meet at the Commerce Bank, near Borders on Baltimore Pike in Springfield. Call Mike at (610) 543-1160.
Thursday, May 7. Early am. Miles: 10-25. Class C . <i>Pancake Breakfast</i> .	Enjoy an easy-paced ride to an area restaurant for a pancake breakfast. This ride will be held every Thursday in May and will originate from various locations in Havertown at around 7:30 am. Bring money for breakfast. Call Joel and Kate Perlish at (610) 789-7673 on the Wednesday before the ride for the exact time and starting location.
Thursday, May 7. 5:45 pm. Miles: 20-25. Class B . <i>Thursday Evening Show & Go</i>	Meet at Rose Tree Park, on Rt. 252 just north of Rt. 1 for regular "Show and Go" rides to various locations in the area. Rides will be held every Thursday in May. Call Bob Leon at (610) 833-2096.

Saturday, May 9. 9:00 am.
Miles: 65. Class **All**.
Freedom Tour Volunteer Ride.

All Freedom Tour Volunteers - Join Bob, Ira, Gina, David and the rest of the crew, for a final check of the Freedom Tour Routes. This is a great chance for you to do the tour that you have so graciously donated your time to. Call any of the above persons at the phone numbers located on the inside cover.

Sunday, May 10. 8-10:00 am.
Miles: 8, 18, 35, 50, 65.
Class: **All**.
23rd Annual Freedom Tour.



Join DVBC for our annual spring tour for riders of all abilities. Rides begin at Ridley Creek State Park parking lot # 15 in Edgemont and extend into some of the nicest country in our area. See elsewhere in the newsletter for complete information and an application.

Monday, May 11. 5:45 pm.
Miles: 20-25. Class **C**.
Valley Forge.

Meet at the lower parking lot of the Visitor's Center at Valley Forge Park for a beautiful ride through the park and into the surrounding areas. Expect a few hills. Call Tony Iaccarino at (610) 265-5455.

Monday, May 11, 7:00 pm.
DVBC Board Meeting.

Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield.

Saturday, May 16. 9:00 am.
Miles: 45+. Class **B**.
Chadds Ford.

Meet at the Woodlyn Hechinger Shopping Center behind the Dunkin' Donuts at McDade Blvd. and Fairview Road and ride Bob's favorite route to Chadds Ford. Expect some hills and fast descents. Call Bob Leon at (610) 833-2096.

Saturday, May 16. 8:30 am
Miles and Class: **Kids**.
Amateur Bike Challenge

Time trial bike race for kids ages 3-14 and is cosponsored by local businesses and DVBC. The event starts at the County Courthouse in Media (Front Street and Veterans Square). The registration fee is \$2. Call Kim Julio at (610) 874-3377.

Saturday, May 16. 12:00 n
Miles: 20. Class: **C**.
Easy Rider.

Volunteer for the Amateur Bike Challenge and then ride with Ira and Ray or just come on out and ride. This will be an easy paced ride with a few hills. Meet at the County Courthouse in Media. Call Ira or Ray Josephs at (610) 565-4058.

Sunday, May 17. 8:30 am
Miles: 50. Class **B/B+**.
Smith Bridge / Brandywine.

Meet at Rose Tree Park, on Rt. 252 just north of Rose Tree Rd. and Rt. 1 for a quick paced ride out Smith Bridge Road to Delaware, the Brandywine Creek Valley, West Chester, and Ridley Creek State Park. This is a hilly ride with two creek valleys. Contact Christopher Harendza at (610) 449-6456 or elzchris@netreach.net.

Sunday, May 17. 9:30 am.
Miles: 35. Class **C**.
MCC Kountry Kitchen.

Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for a ride through South Jersey and a hardy breakfast at the Kountry Kitchen in Elmer. Call Bob Leon at (610) 833-2096.

Monday, May 18. 5:45 pm.
Miles: 20. Class **C**.
Valley Forge.

Meet at the Lower Perkiomen Park (at the Oaks exit of the route 422 bypass) for a scenic ride around Oaks and Trappe. Expect a few hills. Call Tony Iaccarino at (610) 265-5455.

Tuesday, May 19. 7:00 pm.
Delco Cycling Committee.

Delaware County Cycling Committee Meeting, Helen Kate Furness Library, Providence Rd. in Wallingford. Help promote issues of importance to cyclists. Call Ira Josephs at (610) 565-4058.

Saturday, May 23. 9:00 am.
Miles: 126. Class **B**.
Ocean City, New Jersey.

Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for our first shore ride of 1998. Call Bob Leon at (610) 833-2096 for more details

Sunday, May 24. 9:00 am.
Miles: 35-45. Class **B**.
Pete's Produce.

Meet at the Moylan-Rose Valley train station at Woodward & Manchester Roads for a beautiful ride through the Glen Mills and Cheyney area to Westtown. Expect some hilly terrain. Call Ira Josephs at (610) 565-4058.

Sunday, May 24. 9:30 am
Miles: 30+. Class **C**.
MCC Downingtown.

Meet at the Chadds Ford Elementary School (located on Route 1 at the first light west of Route 100) for a ride into the Brandywine Valley and to Downingtown for lunch. Call Bob Leon at (610) 833-2096.

Saturday, May 30. 9:00 am
Miles: 70. Class B.
Inner 50+ Backwards.

Meet at the Ridley Creek State Park Headquarters in Edgemont and ride to tour the inner 50 loop of DVBC's Brandywine Tour backwards just to see how the scenery looks going the other way. Call Bob Leon at (610) 833-2096.

Sunday, May 31. 9:30 am
Miles: 30. Class C.
MCC Manayunk.

Meet at the Valley Forge trail head, near the Betzwood Bridge, for a ride to Manayunk. Bring or buy lunch at the Farmer's market and then return to Valley Forge. Call Bob Leon at (610) 833-2096.

- Free 1999 membership for anyone leading 4 or more rides listed rides in 1998. Call Ira Josepshs at (610) 565-4058.
- Please note that every attempt is made to ensure that the information above is accurate. *It is always a good idea to call the ride leader before the ride to confirm the time, location, pace, terrain, etc.*
- Contact the Ride Coordinator, Christopher Harendza, at (610) 449-6456 or elzchris@netreach.net, hopefully by the 7th of each month, to schedule your upcoming rides. *Please call before 9:00 pm.*



PEDAL PENNSYLVANIA

Pittsburgh to Philadelphia
July 11-18, 1998

- Fourth year • Fully supported • Staying at colleges and universities • 3 meals a day
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For information and a registration packet-
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E-MAIL: bikevent@aol.com

VISIT OUR WEB SITE: www.bikeleague.org

See America bit by bit—
by bike!

Ride Leader Appeal We Need 'D' Ride Leaders

Although we have a full ride calendar for A, B and C class riders we lack an important element to compliment our rides one step farther. We need, our members need and our area novice riders need a fun loving bicyclist to LEAD the D riders. Is there anyone out there who has a favorite route that is 5 to 10 miles in length at a slow rate of speed to accommodate these cyclists. We want to hear from you ASAP. We need your help, please contact Chris Harendza or any of our board members, we need you and Thank you in advance.

FOR SALE Bicycle Storage System

Originally in back room of MLE in Media, very stable and heavy duty. Accommodates 64 bikes hanging by one wheel. It is seven and a half feet tall, 10 feet long or 15 with extensions, and 10 feet wide. The construction is painted heavy gauge steel and consists of 4 supporting posts, 2 top side pieces that are tracks, and 4 cross members with wheels for sliding that are drilled with three-eighth inch holes on 12 inch centers. All hardware is included. Its in very good condition and is very cheap.

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Wallingford, PA 19086
(610) 876-9450



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Delaware County Amateur Bike Challenge Waiver Release Form

I understand that the Delaware County Amateur Bike Challenge requires a bicycling helmet to be worn at all times while riding in this event. I agree to comply with this rule. I understand that the sponsors of this event shall not be responsible or legally liable for any losses of personal property or any bodily injury or the result thereof, incurred and suffered by the rider on any course of the event, unless such loss results directly from negligence or willful act of an employee of the sponsors acting within the scope of that employment. I give permission to use any photos taken during the event. I give consent for medical release should I be involved in an accident or health damaging situation, and should require a form of medical treatment. I agree to continually ride so as to neither endanger myself or others. I have no physical condition which, to my knowledge would endanger myself or others.

X _____

Signature of Parent or Guardian since rider is under 18 years old



May 1998 Bicycling Events

2: Farmlands Flat Tour: Central Jersey Bicycle Club. Loops beginning from Brookdale Community Col., Lincroft, NJ. \$25 singles / \$30 tandems. Markled routes, sag, T-shirt. Info: Mike Kruimer, 732-225-HUBS or SASE : CJBC, P. O. Box 2202, Edison, NJ 08818.

2: Habitat for Humanity Annual Stroll and Roll. Sponsored by QVC, at the West Chester, PA Studio Park. Registration begins at 8 AM. Special guest -- Richard Simmons. Info: call 610-384-7993.

3: Mexican Metric. Suburban Cyclists Unlimited, 20 /36/ 62 mi. from Lower Perkiomen Park, Egypt and New Mill Rds. just off Rt. 422 in Oaks, PA. Preregistration by April 18 includes t-shirt. \$ Includes cues, maps, and "Cinco de Mayo" hot chili lunch and a soothing massage. SASE: SCU Mexican Metric, Box 401, Horsham, PA 19044 or call Mike Katz, 215-938-0725.

3: Martinsburg Metric Century. Atlantic Cycling. Tour the country roads of West VA and Western MD. \$10 member, \$25 non-member (includes 6 mo. membership in Atlantic Cycling). \$5 late fee after April 27. Lunch-\$8 at The Peppermill. SASE: Atlantic Cycling, P. O. Box 2772, Gaithersburg, MD 20886 or call 310-774-6839;

9: 2nd Annual Ride for Red Cross: Chesmont Branch, American Red Cross. Collegeville, PA. 50/35/20/5 mi. routes through the Perkiomen Valley. Contact Peggy Reider, 23 S. Evans St., Pottstown, PA 19464 or call 610-323-5970 or 215-299-4084.

9: BAW Tri-City Century: (Baltimore, Annapolis, Washington DC) Contact: Laura Tanner, 407 Central Ave., Reisterstown, MD 21136, or call 410-526-2900.

10: Freedom Tour: See our flier in this newsletter.

10: Poolesville Metric Century. Atlantic Cycling Club. Touring along the shores of the Potomac River. Late fee \$5 after May 4. Lunch \$7 at Bassetts. See May 3's event for Atlantic Cycling info.

16-17: Horse Farm Tour: Hanover Cyclers, McSherrystown, PA. 10/25/35/50 mi. Contact Keith Krout, 412 Hamlet Drive, Spring Grove, PA 17362 or call 717-225-4194 or visit the website <<http://www.bicycleclubs.com/hanovercyclers>>.

16: Pinelands Triple Loop: Shore Cycle Club. 29 / 39 / 35 mi. loops. 8 AM registration; 8:30 AM start from Batsto State Forest, NJ Rts. 54 and 542. \$15 includes cues, lunch, sag. Bonus T-shirt to preregistrations postmarked by May 1. SASE: Shore Cycle Club -- Pinelands Triple Loop, P. O. Box 492, Northfield, NJ 08225-0492 or call Walt Dickerson 609-404-0557 or Chris Marks 609-628-2821.

16: 2nd Annual Tour de Chesapeake: Benefitting the Bicycling Education Assn., Matthews, VA. 10--100 mi. routes on flat terrain. Camping space for Fri. evening. Registration Form: Bicycling Education Association, P. O. Box 203, Williamsburg, VA 23187-0203 or call (757) 229-0507.

16: The Big Ride: Sponsored by WHIRL. Free 24 mi. ride for recumbents through Rock Creek Park, from Kensington, MD. Contact Mark Matarella, 703-567-0617; <Mark_Matarella@Recumbents.com>.

17: Annapolis Spring Century. Annapolis Bicycle Club. 26--100 mi. routes. Cost \$16. SASE: Annapolis Bicycle Club, P. O. Box 224, Annapolis, MD 21404.

17: Montauk Century. 5 Boros Bicycle Club. 130 / 100/ 65 or 35 mi. Begins at Penn Station, Manhattan, for 130 mi. to the historic Montauk, L. I. Lighthouse or ride the Long Island RR (tickets and permits secured in advance) to the starting points for the shorter routes. SASE: Five Borough Bicycle Club, 891 Amsterdam Avenue, New York, NY 10025 or call 212-932-2300, ext. 139.

17: Fredericksburg Metric Century. Atlantic Cycling. A tour of the Fredericksburg Battlefield and the small towns of central MD. Late fee \$5 after May 11. Lunch- \$7 at The Cambridge Inn. See May 3 listing for Atlantic Cycling info.

17: 9th Annual John Pixton Memorial Poker Ride. Pennsylvania Bicycle Club. 65 / 55/ 32 or 22 hilly miles starting from Wissahickon High School, Spring House, PA, between 7-8 AM. \$14

registration (by May 11) includes cues, marked route, sag, lunch, commemorative patch and bonus prizes for the lucky riders who draw the highest poker hands. Info: Rick Leibert (215) 542-7181. or <richardliebert@worldnet.att.net> The Poker Ride is in the book, Best Bike Rides in the Mid-Atlantic by Trudy Bell, and is also one of Bicycling Magazine's "Top 100 Centuries in the USA."

17: **Bloomin' Metric:** Sound Cyclists, Norwalk, CT. 203-840-1757.

17: **Maryland May Metric:** Patuxent Area Cycling Enthusiasts. 50, 60 and 100 km routes in southern Maryland. Various rides starting 7 to 11 AM. \$22. SASE: PACE May Metric, Box 1318, Solomons, MD 20688 or e-mail: <pace@olg.com>.

17: **Bike the Pac:** A benefit for Sports and Recreation for People with disabilities. 15/30/60 mi. routes through the woods and along the scenic roads around Lake Wallenpaupack in the Poconos. Includes a day-long festival of crafts and entertainment at the Tanglewood Ski Area. SASE: P. O. Box 100, Clarks Summit, PA 18411 or call 717-586-1728 or E-mail <bells@epix.net>.

17: **Seaport Metric:** Groton CT. Call Ray Foss 860-376-2717.

30: **Flatlands Tour:** Baltimore Bicycle Club Contact Al Gigliotti, 310-617-4996 or SASE: BBC, P. O. Box 5906, Baltimore, MD 21208.

30: **6th Annual Shorebird Metric Century:** 63/35 mi. from the Arthur W. Perdue Stadium, Salisbury, MD. Contact Dick Morris, c/o Shore Distributors Inc., 807 Brown St., Salisbury, MD 21802-2017. 410-749-1624 or 1-800-937-9696.

31: **Ride for the Animals:** Starts and ends at Washington Crossing, NJ. 25/35 mi. Call 201-379-1100.

31: **Freedom Valley Bike Ride.** Bicycle Coalition of the Delaware Valley. 8 / 16 / 32 / 62 mi. beginning at 9 AM at a choice of 2 locations: the Waterworks in Fairmount Park or in Rosemont, PA. Proceeds benefit improvements for the Schuylkill River Trail and other local bike projects. Info: c/o Sue McNamara, 252 S. 11th St., 1st Floor, Philadelphia, PA 19107 or call 215-242-9253.

31: **Tour de L'Isle:** Join 75,000 bicyclists in Montreal Canada for the world's biggest event! \$22. Tour de L'Isle, 514-521-8356. visit the website: <<http://www.velo.qc.ca>> or e-mail <suzanne_dunberry@velo.qc.ca>.



June 1998 Bicycling Events

3: **Philadelphia Bikes To Work:** The Bicycle Coalition of Philadelphia is organizing group rides for commuting to center city. Call 215-BICYCLE.

5-8: **Del Mar Va Tour.** White Clay Bicycle Club. 80 to 100 mi. per day. Newark to St. Michaels. Info: Mario Nappa 3302-239-1179 or e-mail <nappa@delanet.com>.

6: **Get Ready Metric:** South Jersey Wheel men. 32 or 64 mi. loops from Fort Mott State Park, by the Delaware River in historic Pennsville, NJ. \$14 by May 28 then \$17. Includes Map, sag, painted route, patch and food. SASE: SJW, P. O. Box 2705, Vineland, NJ 08360 or call 609-848-6123.

6: **Tour de Shore:** Shore Cycle Club. Benefits the Atlantic City Rescue Mission SASE: c/o Walter Dickerson, P. O. Box 492, Northfield, NJ 08225.

7: **Tour de Cure:** American Diabetes Assn. Wilmington, DE. Call 1-800-TOUR-888.

7: **Bike Boat Bike:** Suffolk Bicycle Riders Assn., Mattituck, NY. Call 516-727-3992.

12: **Night at T-town.** Free evening at the Velodrome races for American Cancer Society bikeathon participants. Call 1-800-JOIN-ACS or 215-985-5317.

12-14: **K.A.M.E.L '98.** Harrisburg Bicycle Club's "Kutztown and Millersville Eastern Loop," a popular touring weekend. For information, call 717-975-9879 or see the HBC website: <<http://www.gateway.com/clients/mfm5565/HBC.html>>.

13: **Big Brothers / Big Sisters Bike-athon.** Jersey Shore Touring Society. 10/25/40/62 /100 mi. through Northern New Jersey starting in Lincroft, NJ. Benefits the Big Brothers / Big Sisters Organization of Monmouth County. For info. call 732-544-2224.

13: **I. O. Silver Century.** Harrisburg Community College. 717-255-3020. SASE: 4277 Beaufort Hunt Drive, Harrisburg, PA 17110.

13: **The 4th Annual Dream Ride for Lancaster County, PA.** Lancaster Bicycle Club. Three rides for charity: Sweet Dream 100 mi. / challenging century, Daydream 63 rolling mi. and Catnap for 30 easy mi. A fourth ride, the 176 mi. 12,200 ft. of climbing Nightmare Tour is not open to new registrants. All rides start from Riverview Elementary School, Route 441, Marietta, PA Dir.:Route 30 to Columbia and exit Route 441 North. For information on the 1999 Nightmare Event, call Alan Mc Elhenny 717-653-6960. SASE: Dream Ride Projects, P. O. Box 8582, Lancaster, PA 17604-8582 or call 717-397-8105 or FAX: 717-397-8105.

13: **The Jersey Double:** Western Jersey Wheelmen. 200 mi. with 7,500 ft. of climbing through rural NW New Jersey. Info: c/o Bruce Thomson, 213 Black River Road, Long Valley, NJ 07853 or call 973-285-5010 (day) or 908-879-6477 (eve) or 973-539-3190 (fax) or e-mail <double@pulsarsystems.com>

13: **Longest Day / Lower Leg:** 200 / 100 mi. Central Jersey Bicycle Club. Must be a CJBC member by May 2 to be eligible to ride the double century. SASE: CJBC, P. O. Box 2202, Edison, NJ 08818 or call Brian Molter, 732-329-1402 or e-mail molterbh@injersey.com.

19-21: **MATES Tandem Rally:** Baltimore Bicycle Club. daily rides around St. Mary's College in southern MD. \$198 per person. Info, call 703-978-7937 or e-mail <bike42@nicom.com>.

20: **Indian Creek Roll and Stroll:** Benefits the Indian Creek Foundation serving persons with developmental difficulties. 25/38/65 mi. scenic well marked and sag supported routes from Harleysville, PA. Contact Cindy Moyer, 215-256-1500 or e-mail Dave Fisher <dxfisher@nni.com> or SASE: Indian Creek Foundation 573 Yoder Rd., P. O. Box 225, Harleysville, PA 19438-0225.

20: **Pedal to Preserve '98:** A benefit for the Lancaster Farmland Trust. 18 or 39 mi. \$25 day of event registration. Info.: Melissa A. Cauler 717-293-0707 or e-mail <met@pptnet.com>.

20: **Velodrome Veloce Century:** Lehigh Wheelmen. 25 / 50/55 mi. loops to total 25 to 130 mi. across rolling terrain and big hills! All rides start from the Lehigh Valley Velodrome. Info: Barron Bregenzer, 610-432-7937. or SASE: Lehigh Wheelmen Assn., P. O. Box 356, Bethlehem, PA 18016.

20-27: **Hancock to Hancock:** Wayfarers Tours. Hancock, NY to Hancock, MD. <<http://www.phys.psu.edu/DIEHL/wayfarers.html>>.

26-28: **2nd Annual Tour de Montes:** Baltimore Bicycle Club. Contact Al Gigliotti 301-617-4996.

26-28: **TOSRV-East:** Sponsored by Hostelling International/Eastern NE Council of American Youth Hostels. 102 mi. full tour from East Jamaica, VT to Waitsfield, VT or 69 mi. mini tour to Rochester, VT. Granny gear recommended for significant climbs on both tours. Cost of \$75 includes 2 nights' lodging Saturday dinner and Sunday breakfast, sag, cues, and patch. SASE: James Merrick, 200 Clare Ave., Hyde Park, MA 02136 or e-mail: jmerrick@bpl.org.

28: **No Name Century and Picnic.** Central Bucks Bicycle Club, P. O. Box 295, Buckingham, PA 18912.

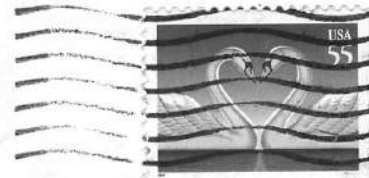
28: **13th Annual Bay to Bay Ride.** Bettertown, MD. Benefit for the Chestertown, MD Lions Club Dog Leader Program for the Blind. 104 / 86 / 78 / 50 / 27 mi. routes starting at 7 AM from the Bettertown Beach front. \$15 until June 10; thereafter \$20. Includes: map, routes, sag, "BYCUE" Q-sheet holders (for the first 500 riders), 5 food stops, and swimming in the Chesapeake Bay. Send an SASE: c/o Jim Gent, 7 Cedar Chase Court, Chestertown, MD 21820-1665.

28: **Great City Ride:** Bicycle Club of Philadelphia. Guided tours on bicycle. INFO: 215-PDL-BIKE or call Lyn Hedrick, 215-483-3618.



This list of rides has been gleaned from local bicycle club newsletters and private foundation or commercial brochures, internet listings for the Mid-Atlantic Cycling Pages and Velonet, LAB Bicycle USA calendar, Bicycle Federation of PA announcements, the Adventure Cycling calendar, and from calendars listed in Bicycling Magazine. Please check the contacts listed. The club has no responsibility for errors or omissions.

Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094-0156



Exp: 2/28/99

Robert Martin
341 Hampden Rd.
Upper Darby, PA 19082

The Delaware Valley Bicycle Club (DVBC) is a non-profit corporation. We offer lectures, seminars, planned rides, and other activities promoting bicycle transportation. Non-members are welcome on rides, but are urged to read the "Guidelines" on the inside cover. All rides are subject to cancellation due to weather. If in doubt about the weather or difficulty of the ride, please call the ride leader. Helmets are mandatory for all rides. The club cannot accept responsibility for accidents or injury when participating in a DVBC event.



Application for DVBC Membership
(Expires 1 year from date joined/renewed)

Please print clearly and use your 9-digit zip code, if known.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

Membership includes: DVBC Newsletter Magazine (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

The DVBC Safety Fund is used to promote various issues regarding cycling safety in the Delaware Valley. I wish to contribute:

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: _____

Amount enclosed: \$15 (membership) + _____ (safety) = _____

Interest Survey

Your Ride Pace:
(check one)

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

I'll volunteer for:
(check all interests)

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



Please send your check or money order to:

Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094