

DELAWARE VALLEY BICYCLE CLUB

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

JULY 1998

FREE

President's Column.

by Ira Josephs

Did you go to the 1st Union U.S. Pro Race? I did and I know many DVBCers that did too. What a great race and a great event! For me, it's a week of total immersion into the bike culture I love so well.

The Sunday before the race, I rode, as always, in the Freedom Valley Bike Ride with my son, Ray. That ride originated to raise money for the creation of the Philadelphia - Valley Forge Bikeway and now supports the Bicycle Coalition of the Delaware Valley and its efforts to make better biking in the whole Phila. region.

Then, on Tuesday and Thursday, there are preliminary races in Trenton and Lancaster which I've never been to. This year, they held a race in Wilmington on Wednesday that I attended. It included a women's and men's race, and like the other preliminaries, feature most of the same riders as the U.S. Pro race.

Friday night, I almost made it to the A Plus Wall Climb, an amateur time trial up the Manayunk Wall. Some of our club members participated and posted fast times. I'll definitely try again next year to get to that.

For the first time this year, I went to the Amateur Bike Challenge on Saturday. That's a kid's race at the Art Museum and on the West River Drive. Tons of people turn out for that and there's lots of waiting around as each racer starts at 30 second intervals and tries for the best time for 4 or 5 miles. Some time can be spent strolling the exposition area where you can get freebies like Cliff Bars and Velo News magazines and enter contests to win bikes and such. Plus there are pro racers all over, riding on the course and hanging out,

and a sidewalk fair going on in Manayunk.

I'm sure you know what Sunday, race day, is like. I haven't missed one yet. I spend all day there with my kids, using our bikes to watch from several locations. We take a radio to catch all the action, plus frisbees and baseballs and have a picnic along Kelly Drive just opposite Aquarium Drive.

I love this week, it's so fun. Often you can see the racers around all week and I usually go to race headquarters (Holiday Inn on 4th St. above Market) on Saturday and watch the mechanics preparing for the race, wander into the press room for rosters and news articles, and maybe chat with some racers. It's really a blast to go out on the course and attempt to ride with them.

This year, I noticed more publicity than ever before. What a boon for cycling in our region. I felt like people in their cars noticed me more and gave me more respect while riding on my bike. Somehow we need to keep that spirit alive and capitalize on it for getting bike-friendly road improvements.

And speaking of road improvements, please come to the club meeting in July. Our speaker is Bill Hoffman who is involved with advocacy efforts for the Lancaster Bike Club, LAB, and Pa. Pedalcycle and Pedestrian Advisory Committee. He recently was involved in designing a Bicycle Tourist Route in Lancaster taking in three popular museums. (Call 1-800-Pa. DUTCH for a map)

Getting back to the race, the big story was Lance Armstrong, George Hincapie, and United States Postal Service Team. Lance's performance in pulling for the team the last couple of laps was incredible. I know some

fans were disappointed that he didn't win, but he proved that he's healthy and back on form. He has expressed that he's very happy just to be alive, and I think that was evident in his giving his all to setting teammate George Hincapie up to win. It's sort of like doing all this volunteer work for your bike club, for example, and not getting a medal or money. You do get satisfaction and feel good about yourself knowing you are giving back to your community. (Can you take a hint?) It was also really neat to hear USPS Team Director, Mark Gorski, continually espouse their plan for the race, and then see them pull it off perfectly. It was nice for Hincapie to win after winning last year then getting disqualified for too much drafting the team car after wheel changes.

The women's race, The Liberty Classic, was interesting in that Petra Rossner, a previous year's winner, won again. Also, all three podium places went to non-Americans. Still, Dede Demet, an American who finished 4th or 5th, was the leader in World Cup points after this race.

If you enjoyed the bike racing action and crave more, I recommend a Friday night trip to the Lehigh County Velodrome near Allentown. Track racing is totally different but very exciting and fun to watch. It goes on all summer.

Meanwhile, go out and ride as much as you can. Remember, we are leading rides most evenings as well as weekends for all levels of rider. Please come to a meeting and volunteer to help with something. Especially, plan to attend our Brandywine Tour in September. We need everyone to pull for the team to keep our club strong. Ride safely.

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

[www.netreach.net/people/
elzchris/dvbc/home-page.htm](http://www.netreach.net/people/elzchris/dvbc/home-page.htm)



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 most
months.

Board of Directors & Staff

Ira Josephs, *President*,
610.565.4058 or bikeira@juno.com
Gina Bezdziecki, *Vice President & Tour
Coordinator*, 610.525.0129
Bob Leon, *Treasurer*, 610.833.2096
David Bennett, *Secretary*
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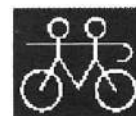
Please submit your upcoming rides
by the 14th of each month;
please call before 9 pm.

*DVBC welcomes articles and ride reports for
the newsletter. Please submit your materials
before the 14th of each month.*

Club Affiliations



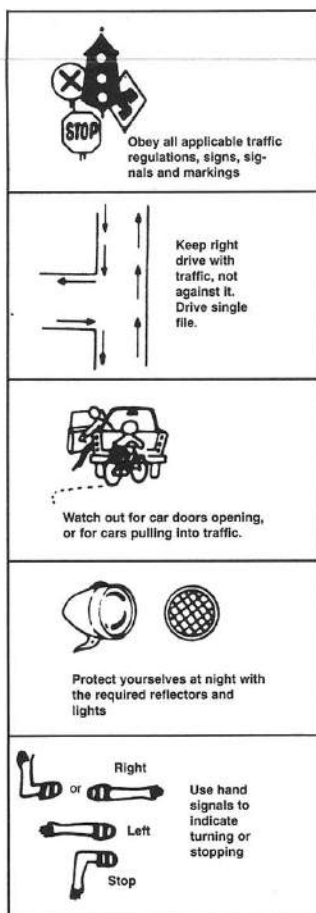
LAB



*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.*

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 are 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!

22nd Annual Brandywine Tour

Sunday September 6, 1998.

28, 50 and 100 Mile Routes.

Sponsored by the Delaware Valley Bicycle Club.



Time: 8-9 am for 100 milers; 9-10 am for 50 milers; 10-11 am for 28 milers.

Place: Chadds Ford Elementary School on Route 1 (0.25 miles west of Route 100), Chadds Ford, PA.

Cost: \$8.00 pre-registration (still only \$8!) if postmarked by August 27, 1998; \$10.00 at the gate. The tour is held rain or shine.

Expected Attendance: 250-500 riders.

Services Provided By DVBC: Food stop, maps/cue sheets, sag wagon, portable rest rooms and well marked routes.

Routes: Scenic country back roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. Full and Half-Centuries pass through King's Cattle Ranch in Buck and Doe Run. The 28 mile loop has been changed and is more beautiful, has less traffic and fewer large hills. The routes range from rolling hills for the 28-miler to rolling and hilly on the longer rides. Plentiful food stops for all riders.

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 28-mile route is a great opportunity for newer cyclists and leisure riders.

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 and tire irons. Each rider assumes his/her own responsibility.

About DVBC: We promote all forms of cycling. We are a non-profit organization based in Delaware County and our paid membership is approximately 130 cyclists. We are affiliated with the League of American Bicyclists (LAB) and the Bicycle Coalition of the Delaware Valley (BCDV). We lead many free rides every month for all levels of cyclists.

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

22nd Annual Brandywine Tour, September 6, 1998, Pre-Registration Form.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Age: _____ Distance: 28 miles ☐ 50 miles ☐ 100 miles ☐ (please check one)

Waiver/Release

In consideration of the acceptance of my application for entry into 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). 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 to my heirs and assigns.

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 to my heirs and assigns.

signature _____

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:

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

Please postmark pre-registration by August 27, 1998.

HELP WANTED

The volunteer turn-out for our tours and events this past year has been fantastic - without your help the club's endeavors would've been failures. But there are many jobs that need to be done on a monthly basis, e.g. keeping the books, ride coordination, finding speakers for meetings, delivering newsletters, etc. Most of these jobs take a couple of hours each month. The problem is we have many people who are wearing more than one hat.

Our membership has continued to increase each month since the new board members have taken office. We realize that everyone is very busy with their families and jobs but the fact is that we need help and we are not ashamed to ask for it. We need your help if we are going to be able to continue to grow, be competitive with other clubs, and be successful. One or a few hours a month is all we ask so that our club can grow and continue to maintain quality events and rides. Some of the areas that need a monthly commitment are:

- **Advertising Coordinator.** We are looking for a bright energetic cyclist to lead our advertising department. This person will solicit local bicycle shops, health related businesses, sporting goods stores, etc., to advertise in the Club Newsletter and on the Web Page.
- **Special Events Coordinator.** We need to have an energetic outgoing person to organize events such as a picnic, trip or a social night out.
- **Newsletter Delivery.** We desperately need to have reliable volunteers who can deliver newsletters to local bike shops in Narberth, Ardmore and Drexel Hill.
- **Membership Secretary.** To keep records of the names, ride class and interests of all members and the names and interests of all volunteers.
- **Tour Director for next year.** Gina is doing a *fabulous* job but she could use a break. This job needs an experienced pro who is willing to coordinate the DVBC Spring '99 tour. Also, it is not too late to get involved with the planning for the Brandywine Tour in September.
- **Ride Coordinator.** The ride coordinator is one of the most important jobs in the club and we need a reliable person to fill this task. The ride coordinator contacts the ride leaders and puts together a monthly ride list. This person *must* have a word processor to type the list and store it on a disk in a Windows format. Ability to email the list to Chris Harendza would be a plus, but is not essential. Chris is willing to format the ride list but does not have the time to type it from scratch.

Please contact a board member to volunteer for these jobs. Thank you!!! We hope to hear from you soon.

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DELAWARE VALLEY BICYCLE CLUB

July 1998 Ride Calendar

Regularly Scheduled Rides

Sundays, July 5, 12, 19 & 26. *Sunday ATB Rides*. See July 5 for details.
 Sundays, July 5, 12, 19 & 26. *Sundays with HH*. See July 5 for details.
 Most Mondays, July 13, 20 & 27. *Monday Show & Go to Dinner*. See July 13 for details.
 Most Mondays, July 13, 20 & 27. *Monday Evening Ride with Mike*. See July 13 for details.
 Wednesdays, July 1, 8, 15, 22 & 29. *Wednesday Evening D Rides*. See July 1 for details.
 Thursday, July 23 & 30. *Pancake Breakfast*. See July 23 for details.
 Thursdays, July 2, 9, 16, 23 & 30. *After Work Show & Go*. See July 2 for details.



Ride Descriptions

Most Wednesday Evenings, July 1, 8, 15, 22 & 29. 6:30 pm. Miles: 7-10+. Class D/C- . <i>Wednesday Evening D Rides</i> .	Meet at Pathmark in Folsom (on McDade Blvd. between Route 420 & Morton Ave.) for easy-paced recreational rides every Wed. evening in July. Riders <i>must call to verify</i> as the leaders may be out of town some Wed. Ride into Ridley, Swarthmore and surrounding areas at a slow pace on mostly flat terrain. The leaders will wait for all riders. This is a great opportunity for new riders and those who desire a recreational pace. Contact Dave or Sue Trout at 610.534.0232 or dtwave@voicenet.com.
Every Thursday Evening July 2, 9, 16, 23 & 30. 5:45 pm. Miles: 25+. Class B . <i>After Work Show & Go</i> .	Meet at Rose Tree Park, on Rt. 252, just north of Rt. 1, for regular "After Work Show and Go" rides to various locations in the area. Rides will be held every Thursday in July. Call Bob Leon at 610.833.2096.
Every Sunday Morning. July 5, 12, 19 & 26. 8:00 am. Miles: 10+. Class: A, B & C+ . <i>Sunday ATB Ride</i> .	Greg Cymbala will be leading All Terrain Bicycle rides for all classes of riders every Sunday in July. 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, July 5. 8:30 am. Miles: 25+. Class C . <i>Delaware Co. Neighborhoods</i>	Meet at the Woodlyn Hechinger Shopping Center behind the Dunkin' Donuts at McDade Blvd. and Fairview Road for a ride through some Delaware County Neighborhoods. Call Bob Leon at 610.833.2096.
Every Sunday Morning. July 5, 12, 19 & 26. 9:00 am. Miles: 20-30. Class B, C, D . <i>Sunday's with HH</i>	Meet at Cyclesport Bike Shop at Old State and Providence Roads in Media for a ride to various area locations. The ride will break into two to three groups depending upon your desire and ability and will be held every Sunday in July. Call Harry Havnoonian, Leigh Farrel or Victor Gatta at 610.565.9535.
Monday, July 6. 7:30 pm. <i>DVBC Meeting</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Cycling advocate Bill Hoffman, from the League of American Bicyclists will speak about advocacy efforts in Pennsylvania. <i>This is an important talk - please come out and support the cause and the club.</i> Call Ira Josephs at 610.565.4058.
Most Mondays, July 13, 20 & 27. Miles: Variable. 6:15 pm. Class B, C & D . <i>Show & Go to Dinner</i>	The Amoroso Racing Team, in a Monday "recovery mode," will lead a multi-class "Show and Go" ride. The ride leaders will wait for all riders. Bring your wallet if you wish to join the group for dinner and drinks. Meet at Cyclesport Bike Shop at Old State and Providence Roads in Media. The ride will be held most Mondays in July, except July 6. Call Harry Havnoonian or Leigh Farrel at 610.565.9535.
Most Monday Evenings, July 13, 20 & 27. 6:15 pm. Miles: 15+. Class C+ . <i>Monday Eve. Ride with Mike</i> .	Join Mike Toof for moderately paced rides through the Swarthmore and Rose Valley areas. This ride will be held every Monday, except for July 6. Meet at the Commerce Bank, near Borders on Baltimore Pike in Springfield. Call Mike at 610.543.1160.

Saturday, July 11. 9:00 am Miles: 20. Class C. <i>Gladwyne</i>	Meet at the Drexel Hill Cyclery, 703 Burmont Road, Drexel Hill for a beautiful ride through the Main Line, Gladwyne and Flat Rock Park. Expect a few hills. Call Bob Martin at (610) 352.2114.
Sunday, July 12. 8:30 am. Miles: 35-45. Class B. <i>Pete's Produce.</i>	Meet at the Moylan-Rose Valley train station at Woodward & Manchester Roads and ride through the Glen Mills and Cheyney area to Westtown. There will be a rest stop at Pete's Produce. Expect some hilly terrain. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com
Monday, July 13. 7:00 pm. <i>DVBC Board Meeting.</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield.
Saturday, July 18. 7:00 am. Miles: 130. Class B. <i>Ocean City, New Jersey.</i>	Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for a ride to the boardwalk and back. We may or may not stop for breakfast but will stop for lunch and rest on the Boardwalk. The route is beautiful and mostly flat. Call Bob Leon at 610. 833.2096.
Sunday, July 19, 8:00 am. Miles: 45-50. Class B+. <i>Harper's Ferry To Chesco.</i>	Meet at the Chadds Ford Elementary School (located on Route 1 at the first light west of Route 100) for a quick-paced ride through Lenape, Embreeville and other areas in Chester County and Delaware. Call John Harper at 610.388.7411.
Sunday, July 19, 8:30 am. Miles: 35+. Class C. <i>South Jersey Ramble.</i>	Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) and ride through farms and horse country with a possible ice cream stop at Richman's. Call Bob Leon at 610.833.2096.
Tuesday, July 21. 7:00 pm. <i>Delco Cycling Committee.</i>	Delaware County Cycling Committee Meeting, Helen Kate Furness Library, Providence Road (Route 252) in Wallingford. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.
Thursday Morning. July 23 & 30. 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 July and will originate from various locations in Havertown at around 7:30 am. Bring money for breakfast. Call Joel and Kate Perlsh at 610.789.7673 on the Wednesday before the ride for the exact time and starting location.
Saturday, July 25. 7:00 am. Miles: 80+. Class B. <i>Freedom Tour Route.</i>	Meet at the Woodlyn Hechinger Shopping Center behind the Dunkin' Donuts at McDade Blvd. and Fairview Road. The ride will proceed to Ridley Creek State Park and then follow the Freedom Tour Route to Chadds Ford and Delaware. Call Bob Leon at 610.833.2096.
Sunday, July 26. 8:30 am. Miles: 40. Class C. <i>Marsh Creek.</i>	Meet at the Chadds Ford Elementary School (located on Route 1 at the first light west of Route 100). Ride into the Brandywine Valley and pick up lunch at the Wawa in Downingtown and ride to Marsh Creek State Park. Call Bob Leon at 610.833.2096.
Sunday, July 26. 8:30 am. Miles: 50-55+. Class B/B+. <i>The New 28.</i>	Meet at Ridley Creek State Park Headquarters and ride to Chadds Ford to do the new 28 mile route for the upcoming Brandywine Tour. Expect a fast pace and hills. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net.

- *Helmets use is **mandatory** on all rides.*
- Free 1999 membership for anyone leading 4 or more rides listed rides in 1998. Contact Ira Josephs.
- 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, by the end of the second week of the month, to schedule upcoming rides. *Please call before 9:00 pm.*



NEW MEMBERS

DVBC would like to give a big welcome to its new members: Marc Beneteau, Al Demsey, Bruce Pierce and Ann Lyford. We hope that you have a great year and look forward to seeing you on DVBC rides and tours.

RECALL ALERT - CHAINS THAT FAIL.

By Christine Martha

In cooperation with the U. S. Consumer Product Safety Commission, SRAM Corp., of Chicago, IL, is recalling 25,000 Sachs bicycle chains. The chains can break, causing the rider to lose control of the bicycle, fall and be injured.

SRAM Corp. has received nine reports of chains breaking resulting in two minor injuries, which occurred in the United Kingdom.

The recalled chains are Sachs Power Chains (PC chains) with model numbers PC-41, PC-51, PC-61, PC-80R and PC-91, and are stamped with the date code "F." Each link bears the model number and date code, but these stampings are difficult to see. Consumers should have their chains inspected at a local bicycle dealer to determine if they are affected by this recall.

These chains were sold as part of these 1998 model Giant, Schwinn and Specialized bicycles. Giant Bicycles: ATK-1100, ATK-1200, ATK-860, ATK-865, ATK-870, ATK-890, ATK-970, CFR-2, CFR-3, MCM-980, TCR. Schwinn Bicycles: Moab A2, Moab A3, Moab A1, Moab A1-E. Specialized Bicycles: Rockhopper, Rockhopper FS, Rockhopper Comp FS, Ground Control, Ground Control FSR, Ground Control FSR Comp, Ground Control FSR extreme.

Specialized Bicycle Components, Inc. of Morgan Hill, California is recalling about 2,500 Specialized bicycles to repair chains produced by a malfunctioning chain assembly tool. These chains can break during use and cause the rider to fall and be injured. The recalled chains were sold on the following 1998 model year Specialized bicycles: Stumpjumper M2, Stumpjumper M2 Comp, Stumpjumper M2 Pro, S-Works M2, Ground Control FSR Elite, Ground Control FSR Pro, and Ground Control FSR Limited.

Consumers should take their bicycles back to the dealers who sold the bikes to have the chains replaced. For additional information, consumers should call Specialized at 800.214.1467 between 8 a.m. and 5 p.m. PDT Monday through Friday.

BE PREPARED TO RIDE.

By Anonymous

We all enjoy riding with a group of cyclists; meeting new friends and the camaraderie of the group makes us ride longer and faster. We can only thank our ride leaders for their efforts in bringing fellow cyclists together for the enjoyment we all share. So it is very important that we, as responsible cyclists, help the ride leaders by following the ride guidelines.

Arrive early - make sure your bike is ride-ready when you arrive EARLY, i.e. chain lubed and tires pumped to the proper air pressure. Bring a spare tube, patch kit, pump, tire irons, and one or two full water bottles. Practice safety - when you hear "car back" get into a single file. Point out all obstacles, e.g. potholes, gravel, to those behind you. Obey all traffic laws and listen to the ride leader when it comes to safety; our ride leaders are experienced cyclists that know the route and are fully aware of any dangerous spots along the way.

Our ride leaders try to start the ride on time and stay reasonably close to the ride classification speed and advertised distance. However, having riders of different abilities sometimes poses the problem of riders going ahead, or lagging behind. This is fine if the faster riders know where they are going, but don't blame the ride leader if you get lost when you leave the group. Cue sheets are *not mandatory* on our rides, so we ask that you go as fast as the slowest rider or wait at the intersection for them to catch up. Remember, *if you ride ahead you are considered to be on your own ride*. If you feel you are riding stronger and faster than your group then it is time for you to move up a notch and ride with a faster group. You won't know if you don't try! Conversely, don't try to participate on rides that are above your ability. In this case, it is best to begin low and work up. Be patient and you will find your niche.

We thank you for joining our ride leaders and hope you have enjoyed the rides you have taken. We appreciate your cooperation. Keep peddling and have a healthy and happy riding season.

**PLEASE SUBMIT YOUR
RIDE REPORT**

TO THE NEWSLETTER !

It doesn't have to be long !

Let people hear about your rides !!!



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Joel's Journal: Biking Across the U.S.

by J. Perlish.

One in a series.

Day 2: Tuesday, March 8, 1994.
Miles Today-35 Total Miles-47.
From Jacksonville, FL,
Ended in St. Augustine Beach, FL.
Camped at Anastasia State Park.

We had trouble finding breakfast places. We went about six miles down an avenue with the delightful name of "Sunbeam Road", and then onto Route 1 south. Finally, near the intersection of the interstate we spied a Waffle House somewhat after 11am. Kate had delicious pecan waffles. I had cheese scrambled eggs, grits, and apple butter which really hit the spot. It was hot as we hit the road after that at about noon.

Just before St. Augustine, a heavy set woman making a u-turn with her big van, called me over to her as Kate and I stood sipping some water and resting in the heat of the mid-afternoon. I wheeled over, and she asked if we had a place to stay tonight. I said no. She said if we wanted a bed we could stay with her. She said she had tried biking cross-country, had started in California but only got as far as Arizona because she had fallen and broken her leg. Because of her girth I was amazed she had biked at all. She seemed a little taken aback that I just didn't jump at her offer, but there was "something" that just didn't seem right about her, and the cigarette in her hand cinched the decision. I thanked her, and then headed back across the roadway to where Kate was patiently waiting.

Right after that, our curiosity got the better of us, and I went over and asked the fellow with the work gang by the railroad tracks, what exactly were those lengths of cement that were piles up all along the tracks. He explained that they were old ties and had just been bought by some farmer. A big derrick was plucking them from the railway apron and placing them in a truck. I asked if they were better than wooden ties, and he said that there were plusses and minuses... the cement ones cracked when it rained

and the temperature got below freezing.

During our riding, we'd often think about the snow and freezing cold back home. Kate was glad to be away from it all.

We passed a restaurant advertising "Mongolian Bar-B-Q" but after I jokingly asked Kate if she thought it was vegetarian, and she replied in the negative, we passed it.

In St. Augustine we stopped at a information booth, where we gathered some pamphlets and information from the pleasant woman. I noticed as she ticked off of a check list the particular questions we happened to ask her.

We went decided to skip most everything, but to go over to the Ripley's Museum, and if they would by-pass the \$8 fee for us (because of the fact that I am written up in Ripley's!) we would go through. The pleasant ticket taking woman referred us to the tall and likable xxx Olsen, the manager there. After thinking about it, and chatting with us, he allowed us to enter. We were sorry because we kind of had to rush through, but Kate thought it was great, and I enjoyed it very much. Kate especially liked the way the dime went down into the black hole, seeing about the world's tallest man, and the structure made out of toothpicks. She didn't believe it when seeing the Lord's Prayer on the head of a pin. And she didn't want to remember the Iron Maiden, a torture device that had stakes on the inside of a tomb-like apparatus that tortured and killed people.

We bought some postcards and a book at the gift shop, and then started down the main street, eventually stopped at a bike store called the Bike Rack. We chatted with owner, and I got some copies of newspaper items made there for an amazing 3-cents a copy. Outside we talked with a bicyclist for a bit. It turned out Steve Masters was the chef at the Gypsy Cab, the restaurant we were heading toward that June had recommended for us. It was his day off, but he still said we should have dinner there. In response to my query about how long

he had liked in town, he told me that it was all his life, and that in fact, his ancestors were among the original settlers of St. Augustine!!

Steve asked about bicycling touring costs and some other questions. As we stood talking, a couple of kids dangerously riding double on the wrong side of the street, without helmets, and darting in and out of traffic went zipping passed us. We agreed that we both really hated seeing that.

After crossing the St. John's River on the huge white metal span with the nice walk way, we made our way to the Gypsy Cab, and enjoyed a somewhat spicy meal of stir fry rice and veggies with a serving of pita and hummus. The warm whole-grain bread on the table was superb.

We got into the Anastasia State Park Campground a little before dark, paid our fee of an outrageous \$18.33 for the site, and by the time we found it, nighttime was falling crash bang quickly.

We met Conrad, who was recently divorced, and heading across the country on a bike. This was to be his first long distance trip, and we promised to chat with him the next morning.

We got the tent up and quickly headed off to the showers to try and peel away some of the layers of grit, road grime, and the day's heat from our bodies.

As we lay ready for sleep Kate heard an owl (which we later learned was of the Great Horned variety!)

Please tune in next time for day 3.

DVBC Meeting:

Monday, July 6, 1998.

Speaker: Cycling Advocate

Bill Hoffman

Be There !!!!

REGIONAL EVENTS

-Compiled by Christine Martha

JULY

5: 13th Annual Delaware Double Cross. White Clay Bicycle Club. From Middletown H.S., Middletown, DE. Contact: Paul Stevenson, 35 Rossiter Circle, Newark, DE. 302-368-2167.

5: Columbia Metric Century. Atlantic Cycling c/o Brad Wilcox, 301-610-0526.

11-18: Pedal Pennsylvania: Penn Central. Pittsburgh to Philadelphia. Info: Bob Ingersoll, 1914 Brandywine St., Phila, PA 19130 or call 215-561-9679 or see <http://www.pedal-pa.com> or e-mail bobi@pedal-pa.com.

12: ACS Bike-athon: fully supported 52 / 78 / 100 km. from Independence Hall to Mays Landing, NJ. \$25 registration / \$75 min. pledge. Call 215-JOIN-ACS.

12: Blackwater Metric Century. Atlantic Cycling. Brad Wilcox. 301-610-0526.

12: Gold Coast Tour '98. Huntington Bicycle Club, Long Island, NY. 25/50/65/100 mi. routes. \$13 by June 30 (includes T-shirt); \$15 after. SASE: HBC-GC, 50 Lindron Ave., Smithtown, NY 11787 or call 516-942-2084.

12: Warwick Back Roads Bike Tour: a benefit for the Doc Fry Community Center, a United Way Agency in Warwick, NY. This year's tour is limited to 1,000 preregistrants. For info: contact Mary Cocoran, Box 21, 11 Hamilton Ave., Warwick, NY 10990 or call 914-986-6422.

18: Tour de Lebanon Valley. SASE: Lebanon Valley Bicycle Club, 124 W. Church St., Annville, PA 17003-1306.

19: RVRUP: Central Jersey Bicycle Club. 100/50/25 mi. tours from North Branch Park, North Branch, NJ. \$20 includes cues, snacks, bike clip and exercise towel! Info: Howie Glick, 3 Tracy Drive, Fords, NJ 08863 or 732-225-HUBS.

25: Purcellville Metric Centry. Atlantic Cycling. Brad Wilcox. 301-610-0526.

23-25 Mini CAM Weekend. (Cycle Across Maryland) Eastern Shore Weekend at Salisbury State U. Contact CAM Corp., 7 Church Lane, Suite 8, Baltimore, MD 21208 or call 410-653-8288.

24-26: Shenandoah Valley Bike Fest. Rides of varying lengths and difficulty from Bridgewater VA in the Shenandoah Valley. Sponsored by the Harrisonburg-Rockingham Chamber of Commerce. For details, call 540- 434-3862 or e-mail pdoss.hrcc@rica.net.

25-26: MS 150 PA Dutch Tour. Starts and ends in Morgantown, PA, with an overnight in Kutztown. 50 / 75 / 100 mi. daily. Minimum pledge of \$150 plus \$25 registration includes marked routes, food stops, sag support, mechanics, meals and lodging. National MS Society, Greater Delaware Valley Chapter, One Reed St., Phila., PA 19147 or call 215-271-1500 or see <http://www.nmss.org>.

26: Ocean City, MD Metric Century. Atlantic Cycling. Brad Wilcox. 301-610-0526.

AUGUST

1: 18th Annual Princeton Event. Princeton Freewheelers. Various routes from 16 through 100 mi. Fully supported. Info: JCPowers2@aol.com.

2: Cockeysville Metric Century. Cockeysville MD. Atlantic Cycling. For more info, contact Brad Wilcox, 301-610-0526, Atlcycle@aol.com

8: Country Bike-A-Thon. Benefits the American Cancer Society. 20, 50, or 100 km routes of flat to rolling terrain in Juniata County PA. Start / finish in Port Royal PA. \$15 fee includes rest stops every 10 miles, scenic views, mechanical support, and lunch. For more info, send SASE to Country Bike-A-Thon; Jack Robinson, Chair, c/o ACS; PO Box 55; Lewistown, PA 17044 or call 717- 248-1421.

8: Bridgeton Zoo Ride: South Jersey Wheelmen. 25/ 50 /100 mi. loops from Schalic High School, Centerton, NJ. \$14 pre-registration until 7/30; then \$17.00. SASE: SJW, P. O. Box 2705, Vineland, NJ 08360 or call 609-848-6123.

8: Dog Daze Century: Brandywine bicycle Club. 100/55/25 hilly mi. from Nottingham Park, Nottingham, PA. Call Susan Growe, 610-626-1040 or SASE: BBC, P. O. Box 362, West Chester, PA 19381.

9: Winchester Metric Century. Winchester VA. Atlantic Cycling. For more info, contact Brad Wilcox, 301-610-0526, Atlcycle@aol.com

9: Gettysburg Century: Baltimore Bicycle Club. Contact Marty Walsh, 410-243-9335.

14-17: LAB National Rally & GEAR North: Wellesley, MA, Hosted by Charles River Wheelmen and LAB, 1-202-822-1333.

15: LWA Metric Century and club picnic. The 62 mi. version of the Gap-Gallop Century. SASE: Lehigh Wheelmen, P. O. Box 356, Bethlehem, PA 18016.

15: Moonlight Ramble: Bicycle Coalition of the Delaware Valley. See the city-lights at night. Starts from the Art Museum steps. Helmets, headlights and rear reflectors required. 215-BICYCLE.

16: Annual Covered Bridge Metric Century. Lancaster Bicycle Club. Begins in Lancaster, PA. \$10 registration by 7/25, 1998; \$15 after. Commemorative T-shirt \$12. SASE: LBC: P. O. Box 535, Lancaster, PA 17608-0535.

16: Damascus Metric Century. Damascus. MD. Atlantic Cycling. For more info, contact Brad Wilcox, 301-610-0526, Atlcycle@aol.com.

16: Tour of the Hamptons: Massapequa Park Bicycle Club, Southhampton, NY. 1,100 participants in '97. SASE: Massapequa Park Bicycle Club, P. O. Box 231, Massapequa Park, NY 11758-0231. E-mail: mstringel@li.net or see <http://www.li.net/~mstringel/mpbc.html>.

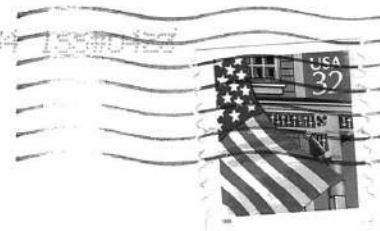
16-23: Adventure Cycling's 4th Annual Cascade Peaks Tour. From Redmond, WA. 150 participants, 450 miles, avg. 65 mi. daily, camping accommodations. \$550. Adventure Cycling, P. O. box 8308, Missoula, MT 59807 or call 1-800-755-2453 or e-mail acatours@aol.com and see <http://www.adv.cycling.org>.

August events after 8/23 will be listed next month. Thanks.

Chris Martha has thoughtfully compiled this list from various sources. Please check the contacts to verify all information. DVBC takes no responsibility for errors.

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

PHILA PA 19106 26 JUN 1998 21:34 15570123



Exp: 2/28/99

Robert Martin
341 Hampden Rd.
Upper Darby, PA 19082

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 the "Ride 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