



DELAWARE VALLEY BICYCLE CLUB

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

SEPTEMBER 1998

FREE

Don't forget the **22nd Annual Brandywine Tour**

Sunday September 6, 1998.
28, 50 and 100 Mile Routes.

Please see the information and application inside.

GLOBAL POSITIONING SYSTEMS (GPS) FOR CYCLISTS

by Christopher Harendza

Even the most experienced cyclists are often hesitant to venture into new territory. Dealing with maps while riding is often cumbersome, time-consuming, and sometimes dangerous. This, along with the thought of getting hopelessly lost, bonking and winding up in a ditch in lactic acidosis, keeps many cyclists on their "usual routes."

Many of these fears can be reduced or eliminated with GPS (Global Positioning Systems). GPS devices are designed to provide their operator with information regarding current longitude and latitude. In other words, GPS tells you where you are and provides a way for you to get back.

At the August DVBC members meeting, Mr. Bill Cotton graciously donated his time and treated about 20 people to a wonderful overview of GPS. Bill, who has been dubbed "Captain Gadget", is quite a master of utilizing all sorts of apparatuses to accomplish various goals. Bill also has a fine web page that you can check out at <http://ourworld.CompuServe.com/homepages/bcotton/homepage.htm>. Bill came to the meeting with his Cannondale road bike complete with a GPS device mounted on the handlebars, a mini laptop computer mounted in the handlebar bag, and a solar panel on the rear rack (see photo). However, one does not need all of these devices to reap the benefit of GPS.



Bill Cotton at the August DVBC Meeting

continued inside →

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.

*DVBC welcomes articles and ride
reports for the newsletter. Please
submit your proofread materials to
the Editors before the 14th of each
month. Articles may be edited for
grammar, brevity, etc.*

Board of Directors & Staff

Ira Josephs, *President & Newsletter Co-
editor*, 610.565.4058 or bikeira@juno.com

Gina Bezdziecki, *Vice President & Tour
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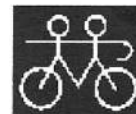
Christopher Harendza, *Newsletter Assembly
& Co-editor, Web Page Guy, Rides*.
610.449.6456 or elzchris@netreach.net

*Please submit your rides by the
14th of each month.
Call before 9 pm.*

Club Affiliations



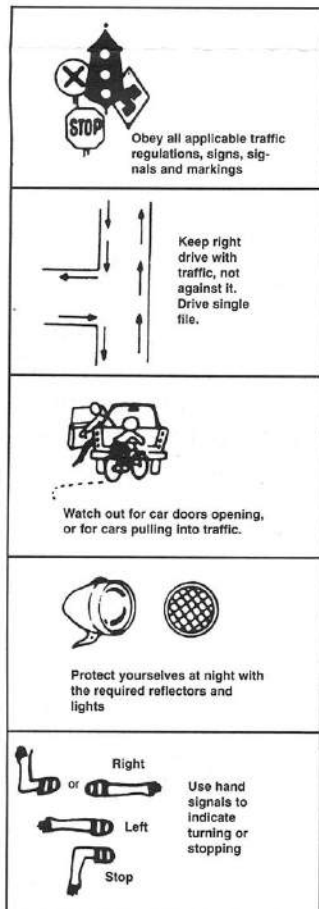
LAB



*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!

PRESIDENT'S COLUMN

By Ira Josephs

Did you know that September is "Century Month?" A "century" refers to a ride of 100 miles and has always been a goal for cyclists to shoot for. "Century Month" is the culmination of our riding season where we are in fine shape, the weather cools off, and we are ready for a challenge. This doesn't mean that you should hang up your bike come October, because the fall is a wonderful time for cycling and so is winter.

Just look at our "Regional Events" listing, September has by far the most "invitational tours" in our region. We have our own **Brandywine Tour on Sunday, September 6**, with incredibly scenic routes of 28, 50, or 100 miles. I hope everyone in the club will support it by either volunteering or riding in the event. Also tell your friends to come. Call me for a tour flyer (Ira at 565-4058). We are gearing up for a fabulous event. New this year is Clif Bars sponsoring us and providing us with 350 delicious Clif Bars to give riders.

For those of you that aren't already logging 100-150 miles a week in August, 100 miles may be an unrealistic goal. But don't despair, shoot for a metric century (62 miles), a half-century (50 miles) or half-metric century (31 miles). Part of recreational cycling is pushing your limits, improving your fitness and getting the satisfaction of accomplishing your goals. Every year, the bike magazines publish scientific approaches to riding your first century or improving your century time. They are mostly common sense. Basically, you need to gradually increase your weekly mileage and do some rides that are close in distance to your century in the couple weeks before it. Then, don't do any hard rides

for at least 4 or 5 days prior to the event.

In our area, you have to consider the terrain of your route as well. If you've been mostly riding in hilly Chester and western Delaware Counties, then you're well prepared for a century like the Brandywine Tour that is rolling to hilly. If you've been putting on all your miles in South Jersey where it's flat, don't expect to ride as far, going up and down through our scenic creek valleys.

100 miles ???

Another point that seems obvious to me, is to make sure that your bike is in good working order. Also, don't try anything different, like a new pair of cycling shorts with a different kind of padding, or deciding to raise your seat. Rest up the day before and get everything you need in order. Get a good night's sleep and start super-hydrating your body by sipping water all evening long.

The most important things on "race day" are drinking and eating enough and sticking to a pace you know can manage. It's easy to forget to eat and drink- waiting until you feel hungry or thirsty may be too late. Drink almost constantly (a small bottle of water an hour) and eat at each food stop while taking snacks for on the bike.

Part of the appeal of doing these "invitational tours" is riding with so many people; you should be able to hook up with riders of similar ability. You can move around at times going a little faster or slower to meet and chat with many other folks. The important thing is to stay within your own limits; don't get deluded into

thinking you can hop on the back of a group of fast-moving riders and hang with them for 100 miles; it could be a disaster.

I did exactly that on my first century many years ago when I was inexperienced with club rides but very fit from bike-commuting 22 miles a day. I had decided to try the Brandywine Tour and didn't know anyone riding in it. I started a little late and found a small group doing what seemed like a good pace. We were moving along passing riders here and there. I felt excited and was having fun. But by the time about 85 miles rolled by I had an excruciating pain in my knee. I literally limped in those last miles and did damage to my knee that took maybe 15 years to completely heal. I learned a hard lesson. Now, whenever I do a longer ride than usual, I start out slower than normal. If I still feel good three quarters or so of the way through I might begin to push myself so as to finish properly tired. You want to get a good workout and not hurt yourself.

I recently did the Brandywine Bike Club's Dog Daze Century- a rolling to hilly 107 miler that I wasn't sure I was ready for. I had been riding metric centuries for a while at around 15-17 mph. My previous longest ride was 71 miles about 2 weeks before. I approached this ride cautiously. I went out with a group doing about 15 mph and felt OK after the first half. I had a little knee pain, but thought it was something that could be worked through. After 10 or 15 miles past the lunch break, I felt better than at mile 50. This was good. At mile 80 or so, I still felt fine and knew I would finish, so I started to push myself a little.

Continued on the next page →

President's Column, con't.

The second half was hailer and I noticed my average speed was dropping below 15. Also, checking the time on my computer and doing some calculations in my head, I set some goals to try for (as far as finishing time and an average speed of 15.

I began to put a little distance between myself and my group. Then I saw other riders ahead that I was catching up to. At 15 miles to go I thought about beating the rest of my riding partners to the finish. Sure enough, I started to notice some of them starting to catch up

which just spurred me on. Emerging from the dark of a bone-shattering covered bridge, I saw a sag wagon waiting with water. I was going to skip it until the driver said it was nice and cold. I stopped and explained I was in a hurry to move on. No matter, as I was popping the top on, here come the two I'm facing with. They don't stop and I begin the next climb barely 100 feet ahead.

Now I'm pushing myself to the max looking back constantly. I manage to gain some time. There are some killer hills before the end

and my legs are reaching their limits. At mile 107 with the end nowhere in site I screamed out loud. Finally, with 1 rider from my group maybe 30 seconds behind, I reached the finish. I was wiped-out and elated. I did much better than I expected because I was prepared from my season of cycling, I took it easy for most of the ride and I ate and drank enough throughout.

I hope you have as good an experience on your century attempts this September.

BICYCLE ESCORTS NEEDED FOR AIDS WALK '98

Mobile bike (helmet required) and foot monitors are needed for this year's Aids Walk. With over 25,000 walkers raising over \$1,500,000 for local charities, the need for assistance is more important than ever! The event begins at the Philadelphia Art Museum on Sunday October 18, 1998 from 9:30am to 4:00pm. A free picnic lunch will be provided and you will have the opportunity to meet many people in an exciting, fun and social atmosphere. Contact Michael Toub at 215-564-1992 or pcguys@cyberdude.com for more information.

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THE DELAWARE VALLEY BICYCLE CLUB

September 1998 Ride Calendar



September is the month of "century tours" and there are many organized rides in our region. Please support the local clubs by participating in their rides. See the Regional Events Calendar elsewhere in the newsletter for a listing of rides.

Regularly Scheduled Rides

Wednesdays, September 9, 16, 23 & 30. *Wednesday Evening D Rides*. See September 9 for details.

Thursdays, September 3, 10, 17 & 24. *Pancake Breakfast*. See September 3 for details.

Thursdays, September 3, 10, 17 & 24. *After Work Show & Go*. See September 3 for details.

Ride Descriptions

Thursdays, Sept 3, 10, 17 & 24 Early am - Call for time. 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 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.
Thurs., Sept 3, 10, 17 & 24. 5:45 pm. Miles: 18+. Class B/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. The ride will be held every Thursday. Call Bob Leon at 610.833.2096.
Saturday, Sept 5. 8:00 am. Miles: 100, 50, 28. Class All . <i>Brandywine Tour Volunteer Ride</i> .	Are you volunteering your valuable time to work at the tour but wish you could do the ride? Here's your chance. Meet at the Chadds Ford Elementary School (on Route 1 at the first light west of Route 100). Call Gina Bezdziecki at 610.525.0129.
Sunday, Sept. 6. 8:00 am. Miles: 100, 50, 28 Class All . <i>Brandywine Tour</i> .	Join DVBC for a fully supported tour through one of the most beautiful areas in the country. Ride begins at the Chadds Ford Elementary School on Rt. 1 (0.25 mi. west of Rt. 100), Chadds Ford, PA. This is a fabulous ride that you don't want to miss. Please see the registration flyer in this newsletter.
Monday, Sept. 7. 9:00 am Miles: 60-65. Class B/B+ . <i>Labor Day to Marsh Creek</i>	Meet at the Ridley Creek State Park Headquarters in Edgemont for a quick-paced ride through Cheyney, the Brandywine Creek Valley to Downingtown, and on to Marsh Creek State Park. Bring or buy lunch. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net.
Wednesdays, Sept. 9, 16, 23 & 30. 6:15 pm. Miles: 7-10+. Class D/C- . <i>Wednesday Evening D Rides</i> .	Meet at the Acme Market at Route 420 and McDade Blvd for an easy-paced recreational ride into Ridley, Swarthmore and surrounding areas at a slow pace on mostly flat terrain. The ride will be held on most Wednesdays. The leaders will wait for all riders. Call Frank Jackson at 610.534.3978.
Saturday, Sept. 12. 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. This is a great ride - beautiful & flat with lots of pace lines. Call Bob Leon at 610.833.2096.
Monday, Sept. 14. 7:00 pm. <i>DVBC Board Meeting</i> .	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield.
Tuesday, Sept. 15. 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.

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) 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 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.

Sunday, Sept. 20. 8:30 am. Miles: 40+. Class C. <i>Metric Century Club – Marsh Creek.</i>	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 to Northbrook Orchards for lunch. Call Bob Leon at 610.833.2096.
Sat., Sept. 26. Call for time. Miles: 30+ Class C/C+. <i>Paoli.</i>	Meet at the Paoli Bikeline (located in the Paoli Shopping Center at Routes 30 and 252) for a rolling to hilly ride in the surrounding areas. Bring your lunch. Call Walt Linton at 610.917.8761 for the exact time.
Sunday, Sept. 27. 9:00 am. Miles: 55+ Class B/B+. <i>Embreeville Express.</i>	Meet at Rose Tree Park (on Rt. 252 just north of Rt. 1) for a ride to Embreeville and adjacent areas of Chester County. Expect a fast pace and hills. A cue sheet will be provided. Contact Chris Harendza at 610.449.6456 or elzchris@netreach.net.

Note: There will not be a DVBC Members Meeting in September.

- Helmet 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 acting Ride Coordinator, Chris Harendza at 610.449.6456 or elzchris@netreach.net by the end of the second week of the month to schedule upcoming rides



WELCOME NEW MEMBERS

Bill Iacone, Gary Fletcher, William Swan, Tim Wade, Patricia Danzon, John Kopcha, Chris Cleveland, David Venetianer, Stephanie Gaboriault, Brian Gethers, Dominick Zuppo, Elaine Feldman and James Watson.

Thanks for your support!!!

RIDE COORDINATOR DESPERATELY NEEDED

DVBC needs a reliable person who can arrange and assemble the monthly ride list. The job entails communicating with the various ride leaders to compile and then type the ride list. This person ideally will have an IBM compatible personal computer. Access to email would be beneficial but is not essential. If you have a MacIntosh computer and email that may work. This is one of the most important jobs in the club. This position is crucial to the continued growth of your club. Please contact Ira Josephs at 610.565.4058 or Christopher Harendza at 610.449.6456.

B&B CLIF

**Sponsor of the
1998 Brandywine Tour**



The Upper Darby Township Police Department First Annual Police Mountain Bike Competition



Saturday, October 10, at 1:00pm.
Naylor's Run Park, 1500 Garrett Rd. Upper Darby.

Proceeds will go to the Delaware County Hero Scholarship Fund,
which benefits family members of police officers and firefighters killed in the line of duty.

Competition events include a 6 mile on road/off road race, police obstacle course and bike toss competition. Awards will go to the top three finishers, top three in age 29 and under, top three in ages 30 to 35, top three in ages 36 and up and top three females. All certified bicycle trained police officers and law enforcement personnel are invited to compete. Other Events include a kids bike registration against theft and a bike safety rodeo.

The general public is welcome to attend.

Please contact Sgt. James Reif at 610.734.7695 for more information.

Volunteers to represent DVBC are appreciated. Please call Chris Harendza at 610.449.6456

GPS FOR CYCLISTS, *continued from the front page*

GPS devices have been around for some years now, having originated from various projects in the Department of Defense. In simple terms, GPS is a worldwide radio-navigation system formed from an array of satellites and ground stations. GPS uses these "man-made stars" as reference points to calculate positions accurate to a matter of meters. When coupled to a computer-based mapping program, they can provide detailed directions and routes. To demonstrate this, Bill provided a simulation where a route was outlined and the directions were displayed graphically on the screen and via audio.

GPS is finding its way into cars, boats, planes, farm machinery, and bicycles. They have been miniaturized to the point where they are becoming economical and accessible to everyone. In fact, a basic GPS device, which gives you current position, the basic "back track" function, and standard bike computer functions, can be obtained for as little as \$75 to \$100, which is not much more than a bike trip computer. GPS devices with dedicated map displays cost into the low hundreds. Certainly, in a few years, GPS will be standard issue for the serious cyclist. If you would like to learn more about GPS simply pick up any electronics catalog and it is likely that you'll find GPS units. The Trimble™ Company provides an excellent web source that can be found at <http://www.trimble.com/gps/>.



Paceline to the Shore

Bob Leon (ride leader extraordinaire), Charlie Stockley, Alabama Joe, Gina Bezdziecki, Dave Trout (and Chris Harendza) on the 130 mile ride to Ocean City August 1. Bob has been leading this fantastic ride all summer and will do so again on September 12. The ride has a long history and was initially begun by Charlie Stockley in the early years. It is a fantastic ride and is less taxing than a hilly century. Come on out!

REGIONAL EVENTS: FALL 1998

from the Mid-Atlantic Cycling Pages, <http://www.macp.org/ride-cal/>

Amish Country Tour. Saturday, September 12. 10, 15, 25, 50, 62, or 100 miles over relatively flat terrain around Dover DE. Painted route, map, sag, food stop, water bottle / cycling gloves and post-ride feast. Sponsored by the White Clay Bicycle Club; benefits the Delaware Helmet Bank. For details, write to Amish Country Tour; PO Box 1729; Dover, DE 19903 or call (302) 697-7170 or (302) 697-6400 for details.

Heart of the Shore Bike Ride. Saturday, September 12. 38 or 52 miles around the Blackwater National Wilderness Reserve in Maryland's Dorchester county. Flat, country roads. \$20 to benefit the United Fund of Dorchester. For more info, contact Philip Jones, (410) 228-3301.

Shoo-Fly Classic. Saturday, September 12. 15, 30 and 62 rolling miles starting and ending in Kutztown PA. \$10 \$12 fee after 8/28. Sponsored by Berks County Bicycling Club. Contact cyclerad@ptd.net.

Gap Gallop. Sunday, September 13. 25, 50, or 75 scenic miles with a few tough hills. Start / end at Northampton Community College in Bethlehem PA, turning around at the Delaware Water Gap. Rest stops every 25 miles along with sag support. Sponsored by the Lehigh Wheelmen. For more info, contact Hermes, (610) 264-8577, hgmcury@aol.com.

Scenic Schuylkill Century. Sunday, September 13. 32, 62, or 100 mile options along the Schuylkill River. Starts and ends at Memorial Hall in Philadelphia. Fully supported. Sponsored by the Bicycle Club of

Philadelphia. Send SASE to BCP; PO Box 30235; Philadelphia PA 19103.

Wheels for Anne Charity Tour. Sunday, September 13. 18, 25, 35, 48, 62, or 100 miles through central New Jersey. *Start / end in Millstone Valley Firehouse in Somerset County NJ. \$15 plus minimum of \$50 in pledges. Benefits the Wheels for Anne Charitable Trust. Sponsored by the Central Jersey Bicycle Club. Call (732) 225-HUBS.

Cyclsportif 100K. Saturday, September 19. 100 hilly kilometers in and around Souderton PA. Held before the Univest Grand Prix road race. \$30 fee to benefit the Indian Creek Foundation. Contact (212) 213-9774 or info@spartacycling.com.

Jersey Devil Century. Saturday, September 19. 25, 50, 75, 100, and 125 flat to rolling miles through So. Jersey. Fully supported by the South Jersey Wheelmen. Send SASE to SJW; PO Box 2705; Vineland, NJ 08360 or call (609) 848-6123.

Lake Nockamixon Century Ride. Sunday, September 20. 20, 23, 35, 50, 62, or 100 mile routes over flat to moderately rolling terrain in Bucks and Montgomery counties in PA. Excellent fully-supported tour by Suburban Cyclists Unlimited. Call (215) 362-2163.

Belleplain / Beacon Century. Saturday September 26. 31, 50, 62, or 100 flat miles starting and ending at Belleplain State Forest at Lake Nummy NJ. Fee \$15. Sponsored by Shore Cycle Club. Send SASE to: Shore Cycle Club;

Belleplain / Beacon Century; PO Box 492; Northfield NJ 08225.

MS 150 - City to Shore Tour. Saturday September 26 and Sunday September 27. 75 miles daily from Cherry Hill NJ through Pine Barrens and overnight in Ocean City. Fully supported. Fundraiser to benefit the Greater Delaware Valley Chapter of the National Multiple Sclerosis Society; minimum pledge of \$150 plus registration. Contact (215) 271-1500 or Pae@nmss.org.

Rehoboth Twin Century. Saturday September 26 and Sunday Sept. 27. 100 flat miles on two successive days leaving from Newark DE with overnight stopover in Rehoboth Beach. White Clay Bicycle Club. Call (302) 529-7929.

Savage Century. Saturday, October 3. 40, 60, 75, 100 miles of rolling/hilly terrain along the Susquehanna River in Chester and Lancaster Counties in PA. White Clay Bicycle Club Contact (610) 255-0799; dbundas@bellatlantic.net.

Sea Gull Century. Saturday, October 3. 63, 100 flat miles along Maryland's Eastern Shore, starting from Salisbury State Forest. Salisbury State University Bicycle Club. Contact (410) 548-2530 or Seagull@ssu.edu.

Please check the contacts to verify all information. DVBC takes no responsibility for errors.

Due to space limitations, DVBC was unable to print two articles this month. Our apologies to Al Dempsey and Joel Perlish. We hope to have room in October. Thank you for your efforts!

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

19094-0156



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). 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 (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 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
☐ Sag Wagon ☐ Typist
☐ Tour Food Stop ☐ Newsletter
Delivery



Please send your check or money order to the:

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