

DELAWARE VALLEY BICYCLE CLUB

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

MARCH 1999

FREE

It's Time To Get Out

By Bob Leon



It's March and it's time for those of you who have not been riding to dust off your bicycles and hit the road. Spring is just a pedal stroke away! The winter hasn't been too cold but we did have some wet weather that kept us indoors. Not to worry though, we all used those trainers and rollers now, didn't we? Well, the truth be known we all more or less put on a few pounds to make our spring riding a bit harder. The holiday fare and letting ourselves be couch potatoes took its toll on our muscles and lungs.

The warm up will take longer, the hills will be a struggle and our speed will be non-existent. Our thighs will burn, our lungs will gasp for oxygen and our muscles will ache. ARE WE HAVING FUN YET? YOU BET WE ARE! The scenery will start to change as the weather turns warmer. Colors will begin to emerge brighter and the animal world will become more active. We'll see more and more cyclists on the roadways and byways as we start to ride more

and more into a new riding season.

We'll begin to renew our old friendships and see our riding buddies from a year gone by. There'll be stories to tell from our departures and new riding experiences to look forward to in the coming year. I for one can't wait for the warm weather. Although I've ridden a few times throughout the winter I am miles off of last year's fitness and pace. I hope you are not!

This coming year I plan to do some of the old riding routes and I'll begin to add new ones throughout the season. In addition to the one day shore ride, I am going to try an over night ride to the shore for those C riders who are interested, however, I'll need to find someone to sag before embarking on that adventure. As for the B riders we'll still do our regular shore route, but I've plotted a new course to a different shore point that at this time is unexplored.

My Thursday night training rides last year were hard but our fitness levels rose. This year will be no different and we'll begin as early as May. Be prepared to go fast and hard through the flats and hills. For those cyclists who have never ridden 100 miles I encourage you to join us this year in training for the long distances. Riding with us on Thursday night will help greatly. Call me for more details.

I hope you're as excited about the coming season as I am. I look forward to seeing some old faces as well as new ones. Come out and join us. For those cyclists who are not members I encourage you to do some rides with our ride leaders and join the club to meet some really good people. For those club members that need to renew please do so before you miss out on our club rides and the friendships you made.

That's all for now, keep your pedals turning and the wind at your back.

Please Attend The First DVBC Member's Meeting of the Season!

**Monday, March 1, 1999.
7:30 pm**

Speaker:

**Walt Rowland from
Alaskan Bicycle
Adventures**

**Delaware County Peace Center
Springfield Friends Meeting
1001 Old Sproul Road
Springfield, PA**

**(behind the car was at Rt. 320 &
old Marple Road)**

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 Editor before the 14th of each
month.

Board of Directors & Staff

Ira Josephs, *President & Newsletter Editor*,
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*

Jan Chadwick, *Mail Labels & Brochures*,
610.892.0742

Christopher Harendza, *Web Page*,
610.449.6456 or elzchris@netreach.net

Anne Martha, *Regional Events*,
215.548.8482

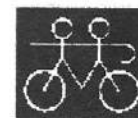
Newsletter Assembly & Editor
(open)

Katrina Dowidchuk, *Ride Coordinator*,
610.789.4438 or
greeneggsandham3@juno.com

Club Affiliations



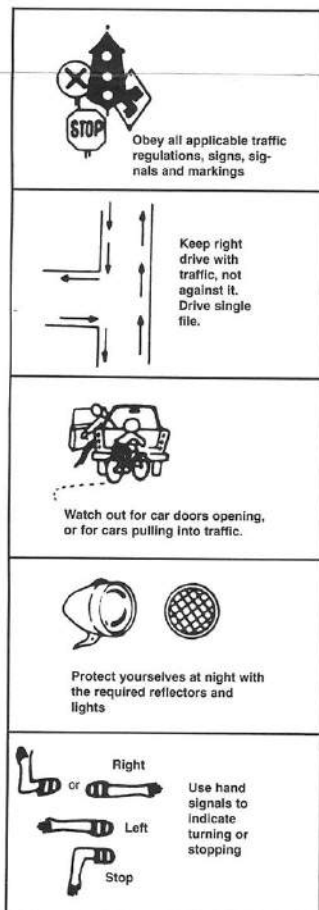
LAB



*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 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!

HELP WANTED

RIDING ON

-Christopher Harendza

Sad to say, I must resign my current duties of newsletter coeditor and newsletter assembly. At this time, I am unable to devote the effort I would like to the club (or my Masi) and other activities are taking priority. I have enjoyed this job since last May as well as the ride coordination the year before. It has been especially gratifying to be a part of the club's growth and to work closely with Ira Josephs, Gina Bezdiecki, Bob Leon, Jan Chadwick and Gordon Lightspeed - I have had few opportunities in my life to work with such dedicated and hard working people. I plan to continue to maintain the Club Web Page, lead rides and write an article or take a picture now and then.

So, the DVBC really needs your help. This person must:

- be reliable and know a complete sentence when s/he sees one,
- have a computer with a word processor or a desktop publishing program,
- a good printer (ink-jet or laser) and
- electronic mail.

The club has always been great about paying for supplies such as paper, printer cartridges, etc. Please contact Ira Josephs at 610.565.4058 or bikeira@juno.com. Finally, I have many files, e.g. inside and rear covers, in MS Word 97. I can be reached at 610.449.6456 or elzchris@netreach.net. Thanks for your help and understanding.



Bike Mileage Log[©]

New software that monitors your progress by computer as you ride through the year!



Enter your mileage and ride speed daily and get an immediate update on these stats:

- | | |
|--------------------------|---|
| -- total miles | -- percent of year spent riding |
| -- elapsed days | -- average miles per day |
| -- days ridden | -- average miles per month |
| -- days off | -- number of rides over 30 miles, 40 miles, 50 miles, 62 miles and 100 miles. |
| -- monthly totals | |
| -- projected year total | |
| -- total hours ridden | |
| -- overall average speed | |
| -- fastest ride | |
| -- average ride length | |

Plus a spreadsheet for riders who prefer to record mileage but not riding speed!

Microsoft Excel[™] required (not included). Versions 1995 or newer recommended.

(Specify Version PC or Macintosh.)

\$9.95 + \$2 Pa. sales tax, shipping & handling

Send check or money order to:

Brandywine Photo Lab
110 Brandywine Ave.
Downingtown PA 19335
Email: photolab@netreach.net
(Include your name & address, specify PC or Macintosh.)

Created by DVBC member
Bob LaDrew

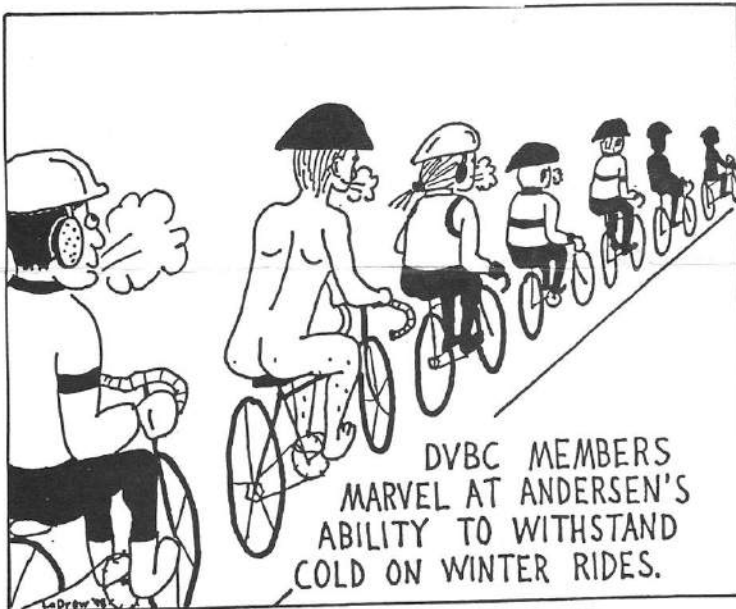
The What's Left of OPEN SPACE TOUR

Sunday, May 9, 1999 (Mother's Day)
Sponsored by the Delaware Valley Bicycle Club



Make your plans for DVBC's new spring tour. The new theme is a celebration of open space (and promoting an awareness of its decline) – a cause which is, important to everyone, especially cyclists. The tour will begin from Ridley Creek State Park and will coincide with "Ridley Creek Week" festivities. The routes include full and half metric tours of "open space" areas of Delaware and Chester Counties. The tour will be fully supported with food, beverages and sag wagon. Watch for more information, a brochure and application in the April Newsletter or on the DVBC Web Page. Please contact Gina at 610.525.0129 if you would like to help in the planning of the tour.

-Christopher Harendza



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3/11
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in
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BROCHURE: Bob Ingersoll

1914 Brandywine St., Philadelphia, PA 19130
Tel: (215) 561-9679 — E-mail: bobi@pedal-pa.com

Thom. July
*Check
w/
Bob*

DELAWARE VALLEY BICYCLE CLUB

March 1999 Ride Calendar



Monday, March 1. 10:30 am

Miles: 25+ Class B-

Monday March Madness.

Off from work on Monday? What could be better than hitting the roads? Come on. Get your coffee, a few gulps of orange juice, and join Dave Alfe as he leads a ride from Ardmore to various points west & south. (He promises not to go east or north.) Maybe a rest stop on longer rides. The main goal is to get in shape and have fun. Call for meeting place the day before. Dave 610.649.1927.

Monday, March 1. 7:30 pm

DVBC Members Meeting

Delaware County Peace Center Springfield Friends Meeting. 1001 Old Sproul Road Springfield (behind the car was at Rt. 320 & old Marple Road). The speaker will be Walt Rowland from Alaskan Bicycle Adventures. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com for more info.

Saturday, March 6. 9:30 am

Miles: 40+/- Class B.

Fort Mott

Meet at the Kingsway High School routes 322 & 551, I know you know where this is, but just in case, the high-school is just over the Commodore Barry Bridge in sunny New Jersey, for a ride to Fort Mott - a neat hangout located along the Delaware river. Bring food and plenty of water. For more info. call Bob 610.833.2096.

Saturday, March 6. 10:00 am

Miles: 10/14/30+ Class C.

Take Your Pick

Don't feel like doing 30 Miles? Come out anyway and do 10 or 14. Meet at Rose Tree Park for a ride through various neighborhoods and a visit to Ridley Creek Park Trail. Expect a few hills. Call Tony Rocha at 610.565.0578.

Sunday, March 7. 9:30 am

Miles: 28+- Class C.

Northbrook Orchards

Meet at the Chadds Ford Elementary School ¼ mile south of route 100 in Chadds Ford along Route 1. We'll stop at the Orchard for food before meandering back to the start. Call Bob 610.833.2096.

Sunday, March 7. 9:30 am

Miles: 25-40+. Class B.

When Will Spring Arrive?

Meet at the Ridley Creek State Park Main Office (off Gradyville Rd. between routes 252 and 352 in Edgemont Township) for a ride to the Brandywine Creek Valley and beyond. The distance and route will vary according to the

weather. Expect some hills. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net to confirm the ride.

Monday, March 8. 7:00 pm

DVBC Board Meeting.

Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield. The meeting is open to all club members. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com for more info.

Saturday, March 13. 10:00 am

Miles: 30 +. Class C+

A Ride with Walt

Getting a later start to your Saturday? Here's the perfect chance to get going. Join Walt Linton for a ride throughout the suburbs, probably throughout the picturesque Phoenixville area. Not sure where the exact starting location is, so give Walt a call at 610.917.8761.

Saturday, March 13. 9:30 am

Miles: 40+/- Class B

Just out Pedaling

Meet behind the Dunkin' Donuts, (emphasis on behind, not in, getting donuts), in Woodlyn, PA, at the corners of Fairview Road & MacDade Blvd. The ride will go anywhere, somewhere, everywhere, and then some. Call Bob 610.833.2096.

Sunday, March 14. 8:00 am

Miles: 50. Class B

"The Witness" Ride

Don't miss this excellent chance to ride to Amish country and see where John Book phoned home before whacking a tourist. Remember the movie? Start the day out right with breakfast at Bob & Judy LaDrew's, and then check out the sites, sounds, and history of the amazing Lancaster County countryside. Call for directions and reservations, a 50-miler at approximately "B" pace. Phone 610.383.9327.

Sunday, March 14. 9:30 am

Miles: 35. Class C

Kountry Kitchen

Join me for the first Kountry Kitchen ride of 1999. We meet at that familiar start, Kingsway High School, routes 322 & 551 in New Jersey. Be there to enjoy a relaxing ride, great company and a good breakfast. Call Bob at 610.833.2096.

Monday, March 15. 10:30 am

Miles: 25+ Class B-

Monday March Madness

Please See March 1 for details.

Greg has all yr

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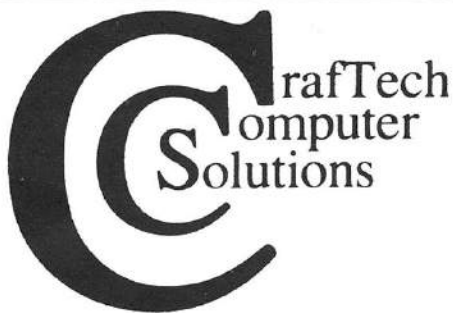
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REGIONAL EVENTS

-Compiled by Anne Martha

March 27: Icicle Metric Century. 16 / 32 / 62 rolling miles. Start /End at University of Delaware in Newark DE. White Clay Bicycle Club. c/o D. Bundas; 321 Indian Town Road; Landenberg PA 19350; 610.255.0799, dbundas@bellatlantic.net or register online www.delanet.com/~wcabc.

April 4: Seaford RR. Seaford, DE. Contact Andrew Albright 302.562.2821 or send SASE: 807 W. 32nd St., Wilmington, DE 19802 or e-mail albrigh@mail.med.upenn.edu.

June 11-14: DelMarVa Tour. Newark to Dewey Beach, DE; Chincoteague, VA; and Easton, MD. White Clay Bicycle Club. Info: J. Montgomery, 302.731.5371; jimbo@delanet.com or M. Nappa 302.239.1179, nappa@delanet.com.

June 13-24: Tour of the Poconos, Catskills, Adirondacks and Green Mountains. White Clay Bicycle Club is organizing this self-contained trip with optional participation at the League of American Bicyclists' National Rally in Saratoga Springs or tour of Vermont. Register before 3/1/99 with W. Herter, 610.388.7115

June 27 - 30: Pedal Pennsylvania and Rails to Trails. 278 mi. loop with more than half on rail-trails. College dorms and camping with optional motels & B&Bs. Explore the

Youghiogheny River Trail with the Rails to Trails Conservancy and Pedal PA. Info: RTC - PA, 105 Locust St., Harrisburg, PA 17101 or call 717.238.1717. Info: Pedal PA, c/o Bob Ingersoll, 1914 Brandywine St., Phila., PA 19130. Contact 215.561.9679 or bobi@pedal-pa.com or see <http://www.pedal-pa.com>.

July 17-25: Pedal PA, The Great Northern Crossing. An 8 day fully supported ride from Erie to Philadelphia with optional rail-trail rides. Info: Bob Ingersoll, 215.561.9679.

July 31 - August 8: Blue Ridge Bike Challenge. Asheville NC to Front Royal, VA. Big Wheel Bike Tours. See www.bigwheelbiketours.com or e-mail ETrubee@aol.com.

June 13 - July 31: The American Lung Association's Big Ride Across America. Seattle to Washington, D.C. 500 riders, \$7,000 in pledges required. SASE: 550 Forest Ave., Portland, ME 04101. Call 207.761.4044 or toll free 877.BIG.RIDE. E-mail bigride@lung.usa.org or see www.bigride.com.

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

WELCOME NEW MEMBERS

Linda & Randall Arendt
Robert Blackburn
Joe Duckworth

Don Glenn
Mark Gregan
Michele Roberts & Mark Harper

Carolyn Hartman
Ronald Leong
Marlene Mash

Tracy Peal, Sr.
Bill Robb
Rich Wagner

Yes for March

Greg has.
Check w
Bob
Leong.

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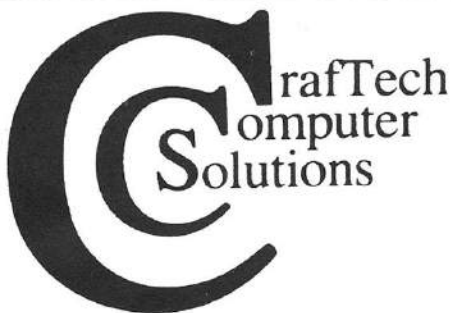
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Tuesday, March 16. 7:00 pm

Delco Cycling Committee

Delaware County Cycling Committee Meeting. Get involved in cycling advocacy! Helen Kate Furness Library, Providence Road (Route 252) in Wallingford. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.

Saturday, March 20. 10:00 am

Miles: 10/14/30+. Class C

Take your Pick

Don't feel like doing 30 Miles? Come out anyway and do 10 or 14. Meet at Rose Tree Park for a ride through various neighborhoods and a visit to Ridley Creek Park Trail. Expect a few hills. Call Tony Rocha at 610.565.0578.

Saturday, March 20. 9:30 am

Miles: 40+-. Class B

Breakfast Ride

Gang. You can't miss this ride. It's the first Kountry Kitchen ride in the last year of the Millennium. Bring your party favors. Meet at the Kingsway High School, located at the corners of routes 322 & 551 in New Jersey. We'll cruise along and then enjoy that fabulous food we've come to like. Call Bob 610.833.2096.

Sunday, March 21. 9:30 am

Miles: 25+-. Class C

Manayunk Farmers Market

Meet me at the Valley Forge trail head in Valley Forge. The big parking lot in front of, or next to, the Betzwood Bridge. This ride will follow the Schuylkill trail to Manayunk. Bring or buy lunch at the Farmers Market. Call Bob 610.833.2096.

Sunday, March 21. 9:00am

Miles: 40-50. Class A-

Spring Fling

Meet me in front of Haverford Middle School, just west of Rte 1 in Havertown. Call me for directions. 610.789.4438. I don't know where this ride will go. West, probably. Up and down some hills, most likely. I guess you'll have to show to find out.

Sunday, March 21. 10:00 am

Miles: 33-44. Class B-

Winter (Spring?) Westtown

Come check out the changes in this venerable old ride - a new indoor food stop where you can get hot soup and a

sandwich or ice cream, and some new roads. It's still hilly. (Ira changed the route?? Wow. Can't miss this one.) Meet at the Moylan-Rose Valley train station at Woodward and Manchester Roads in Media. For more info, contact Ira at 610.565.4058 or bikeira@juno.com.

Saturday, March 27. 9:30 am

Miles: 40+. Class B

Manayunk

Meet at Rose Tree Park on Route 252 in Media. We'll ride to Valley Forge and take the Schuylkill River Trail to the Farmers Market in Manayunk for lunch. Call Bob. 610.833.2096.

Sunday, March 28. 9:30 am

Miles: 25+/- Class C

Meandering Around

Start: Kingsway High School routes 322 & 551 we'll play (Follow the Leader) whoever happens to be leading at a cross road and decides to take it, the rest will follow. Call Bob 610.833.2096.

Sunday, March 28. 2:00 pm

Miles: 25. Class C

After Church Classic

Cheers to Frank Jackson for organizing this convenient Sunday afternoon expedition. Stretch out the legs and prepare for the workweek with a meander to Neuman College and back. Meet at the ACME at Rte. 420 & MacDade Blvd. Call Frank at 610.534.3978.

Monday, March 29. 10:30 am

Miles: 25+. Class B-

Monday March Madness

Please see March 1 for details.

Sunday, April 4. 8:45 am

Miles: 48+. Class B

Easter Bunny Hop

Enjoy the holiday with a ride out to ride to Unionville, Embreeville and surrounding areas. Expect some hills. Meet at the Ridley Creek State Park Main Office (off Gradyville Rd. between routes 252 and 352 in Edgemont Township). One rest stop in West Chester. Back by 12:30. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net.

RIDE NOTES

- Helmet use is **mandatory** on all *club* rides.
- 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 to confirm the time, location, pace, terrain, etc.*
- Contact the Ride Coordinator, Katrina Dowidchuk, at 610.789.4438 or greeneggsandham3@juno.com by the 15th of the month, to schedule upcoming rides.

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



amartha@mail.phila.k12.pa.us

Exp: 9/30/99

Bob & Judy LaDrew
139 Gabel Road
Coatesville, PA 19320

19320/1284

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