



# DELAWARE VALLEY BICYCLE CLUB

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

~~JUNE~~ JULY  
1999

FREE

## Jackie Martin Returns to Professional Cycling as a Racing Commentator

by Chris Martha

When she visited the Delaware Valley Bicycle Club in 1997, shortly after her triumphant win at the Tour de Somerville, professional cyclist



Jackie Martin from Team Shaklee declared that she was not afraid to crash. However, after returning to her homeland, South Africa,

she was run over by a truck. A victim of a hit and run accident, Jackie had suffered multiple injuries.

After twenty months of intense medical therapy, Jackie returned to the Delaware Valley recently to stay with friends. Ira Josephs, our club president, met her at the First Union races in Wilmington and asked her to revisit the club at its June meeting.

Jackie accepted the invitation. We had a friendly evening chatting about professional bike racing and sharing her experiences of working for the local television networks in reporting the First Union races.

After the accident, her strong athletic conditioning and perhaps some of those Shaklee nutritional products have helped her body to heal. Jackie looked well; however her racing career has ended. Nerve damage took away her ability to

control her feet. Her toes still have a tendency to curl up involuntarily.

Jackie's former association with Team Shaklee opened for her the opportunity to be "color commentator" for the First Union racing series. Thus, she received her chance to ride again, this time, describing the action she saw from the rear seat of a motorbike.

She delivered eloquent descriptions of tactical maneuvers, and assessments of the abilities of racers she had known personally. On that June 6, the entire world was Jackie's stage for displaying her exceptional knowledge of bike racing, athletic training, sports rehabilitation and nutrition, which she had acquired during a racing career that saw action in two Olympiads, the Tour de France Feminin, and all the important American women's events both on the roads and in the velodromes.

Now her focus is on creating a successful new career. Jackie would like to report women's sports for a cable TV network. She's hoping her insider's knowledge of bicycle racing can be a springboard for future reporting jobs and perhaps a full career in communications.

As for her personal well being, Jackie revealed to us her desires to become an American. She wants to live, at least for awhile, near Media, PA, pronouncing Delaware County "an environment that is favorable for families."

In a final reflection upon the physical handicap that may last her lifetime, Jackie cited her personal idol, actor Christopher Reeve. "If science could ever repair destroyed neural tissues, he's definitely first to be cured, before I get my turn." All of us hope she does get her turn and all her best wishes.

## Summer Precautions

by Bob Leon

The summer season is here and we need to take some precautions riding in the heat. Most importantly we need to be hydrated at all times, but replacing body fluid in hot weather isn't a simple task. As a general rule we lose more fluid than we can replenish because our bodies simply cannot replace the loss fast enough. We need to carry one or preferably two water bottles with us at all times. Using a sports drink and eating while we ride can replace most of the losses.

Some riders prefer plain water and others prefer a sports drink. Drinking water is good, but along with the fluid loss we lose other essential elements our bodies need. I recommend using a sports drink over plain water, but you have to find one that agrees with your stomach. Also, if you use a sports drink on the bike it is advisable not to use the recommended amount in your water bottle as the solution will turn very sweet and sticky in the heat. I use Carbo Fuel with a recommended serving size of three heaping scoops. This is fine if you drink a glass before you leave, but not on the bike, use one scoop. This is true with most sports drinks. So experiment while riding in the summer sun.

Speaking of the sun brings us to our next precaution. The sun's rays can be harmful to our skin and our eyes, but protecting them is simple.

Always wear sunglasses and use a sunscreen of spf 15 or more to protect your skin. The sunscreen will wear off if you're out riding more than two hours so apply (cont. on p. 3)



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

<http://www.dvbc.org>

### 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 most months.

*DVBC welcomes articles and ride  
 reports for the newsletter. Please  
 submit your proofread materials to  
 the Editor by the 10<sup>th</sup> of each  
 month.*

### Board of Directors & Staff

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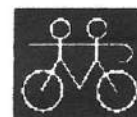
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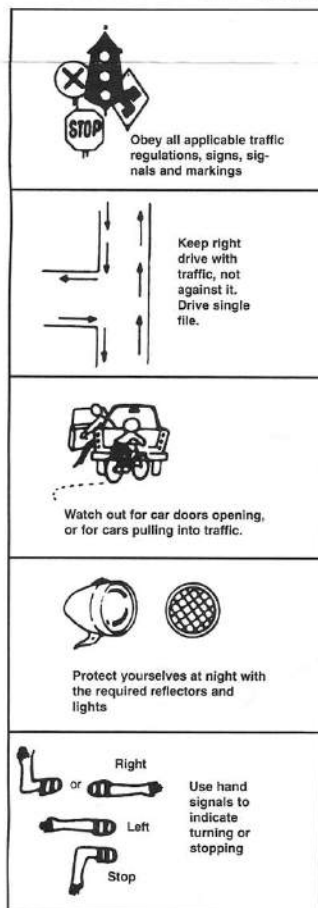
### Club Affiliations



*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!

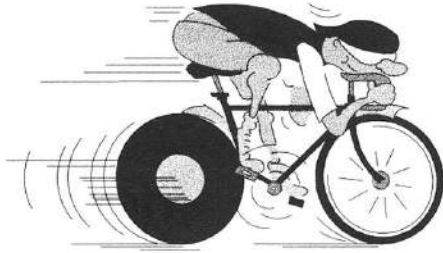
(Summer precautions from p. 1)  
more as you need it.

As for your sunglasses the darker the better. Don't squint as squinting will give you a headache and zap energy you need in the heat.

Eating an energy bar, fruit, cookies or gorp, [a mixture of raisins, dried fruit, nuts, cereal, m & m's or what have you] will help replace some of the elements you lose as you ride. It is especially important on long rides to replace fluid and solid food to

give you that extra energy needed to complete your ride.

So let's get out and enjoy the summer riding season to it's fullest and protect ourselves in the sun and heat. Keep your pedals turning. I'll see you on the road.



## BikeDirt

by F.X. Pedrix

After my wife, Babs, finished her tirade about my riding "all darn Mother's Day" in *The Open Space Tour* we got into a discussion about Bicycle Safety. Of course this set me off on one of my tirades about stupid driver tricks. Seems like one of our members recently experienced one of those stupid driver tricks. She was going down a hill at about 25+ MPH and a car went past her and promptly turned right in front of her into a driveway. She hit the right rear side of the car, flipped over the car and landed in the guy's front lawn!! (Sounds like it would have made a good video). Luckily she sustained

only minor bumps and bruises. The only thing she was worried about was not being able to get in enough miles that week—a true bicyclist.

*The Open Space Tour* was a big success this year. The weather was extraordinarily cooperative, the ride was well marked and supplied. A great ride on a great day. My only problem was, as I was telling Babs, who paints those smiley faces at the top of the hard climbs?

I came home from the gym the other day and Babs came up and started feeling my arm to see if I was developing any muscles. That reminded me that there has been a group of riders from this club secretly working on their mussels at a local restaurant. It seems that they have been meeting there for all you can eat mussels and pizza on a regular basis this spring. With all that eating I hope they don't get too big. By the way, Babs says my arms are still flabby.

I've learned that one of the club's premier ride leaders and his cronies are planning to "attempt" a double century ride this month to Cape May N.J. and back. In fact, they did a 150

mile ride in June in preparation. When I told Babs about the ride and that I was thinking about going, she had a fit. "You'll be gone from sunup to sundown," she complained. She was mad but she'll get glad; she always does.

After riding a long century ride (as opposed to a short century) and as I was lying in bed later that night cuddling with Babs, I started to think about marriage. Seems like Babs and I have been married forever. Then I remembered that two of our more popular "C" riders got married in June. They were married outside in a park—in bare feet, so I'm told. In the spirit of biking the bride told invited club members that they could ride out and wear their cycling clothes to the service. Best of luck you two and God Bless.

I am responsible for the content of this article. The opinions expressed are mine and do not reflect those of the DVBC, its members or editors (thank God). If you have any good Bike Dirt, club news, comments or any other info, e-mail me at <fxpedrix@hotmail.com

### Welcome New Members

James Crocker

Joseph Laumakis

Sheldon & Florence Stiefeld

Carolyn Dwyer

Jane Maehl

Maria Hope

Therese Plawowski

Jennifer Tebo

Leigh Jackson

Craig Prince

Bill Zwaan

### BONKERS





# DELAWARE VALLEY BICYCLE CLUB

## RIDE CALENDAR

### July 1999



#### Ride Descriptions

<b>Thursday, July 1. Early am</b> Miles: 10-25. Class C <i>Pancake Breakfast</i>	This ride will be held every Thursday throughout the month and will originate from 401 Colfax Road 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.
<b>Thursday, July 1. 5:45 pm</b> Miles: 20-25. Class B <i>Thursday Night Rides</i>	Every Thursday night at 5:45 - Class B -- Join me for a fast-paced ride from Rose Tree Park (Rt. 252, just North of Rte. 1) on to Thornbury and various routes back to Rose Tree Park. 20 to 25 miles, expect some hills. Call Bob for more details 610.833.2096
<b>Saturday, July 3. 7:00 am</b> Miles 70+-. Class B <i>Marsh Creek</i>	Meet at Rose Tree Park, located on Route 252 just north of Route 1, in Media. We'll ride to Valley Forge Park and on to Marsh Creek before returning to Rose Tree. Call Bob 610.833.2096.
<b>Sunday, July 4. 8:00 am</b> Miles: 10+. Class D <i>July 4th Parade Special</i>	A group of club members of all ride classes got together and did this impromptu ride last year. We had such a good time we thought we would post it for everyone. Meet at the Pathmark parking lot on MacDade Blvd in Ridley Township. We will ride through southern Delaware County communities and take in the decorations, festivities and at least two parades. You can even decorate your bike. Be sure to call ahead of time in case the parade dates should change. Call Dave 610.368.0760 or e-mail dtwave@voicenet.com
<b>Monday, July 5. 9:30 am</b> Miles: 25+. Class C/C+ <i>July 4<sup>th</sup> Recovery</i>	Meet at Rose Tree Park (Rt. 252, just North of Rte. 1). We'll make the route as we go along. Call Tony Rocha at H 610.565.0578, W 610.566.0980 or tony@craftech.com
<b>Tuesday, July 6. 6:30 pm</b> Miles: 20+. Class C <i>Vocabulary Ride</i>	What is the Vocabulary ride? It's a spin through the Ridley, Swarthmore, Wallingford, and other surrounding areas at a pace conducive to discussion. Join in discussions of topics from vocabulary to geography or just ride. We meet in the parking lot of the Pathmark in Folsom on MacDade Blvd. Please note the change in time and meeting place from last month. Call Dave 610-368-0760 or e-mail dtwave@voicenet.com
<b>Wednesday, July 7. 6:15 pm</b> Miles: 20. Class C+/B- <i>Ride with Len</i>	From Kingsway High School (Rte. 551 and Rte. 322 in Swedesboro, NJ). Call Len at Work 609.866.1000 ext. 3472 or Home 609.848.6554 or email 8950@home.com with any questions. Rain cancels.
<b>Wednesday, July 7. 6:30 pm</b> Miles: 15+-. Class C+/B <i>Workout</i>	Come on out and take out your frustrations on the bike with a good after work workout. Meet at the Rose Tree Media Firehouse in front of the Wawa on rt. 252. Expect a fast pace and a few hills. We'll do this every Wednesday night for the month of July. Call Tony Rocha at H 610.565.0578, W 610.566.0980 or tony@craftech.com
<b>Thursday, July 8. 5:30 pm</b>	<b>Thursday Night Rides.</b> See July 1 for details. Miles: 20-25. Class B.
<b>Thursday, July 8. Early am</b>	<b>Pancake Breakfast.</b> See July 1 for details. Miles: 10-25. Class C.
<b>Saturday, July 10. 7:00 am</b> Miles: 120+-. Class B <i>Mays Landing</i>	Meet at the Kingsway High School routes 322 & 551 (left at the third light after the Commodore Barry Bridge). We'll take a slightly different route than the last time, but we'll make that stop at the Sugar Hill Deli for the best hoagies in south Jersey. Call Bob 610.833.2096.
<b>Saturday, July 10. 9:00 am</b> Miles: 32+. Class C+ <i>Freedom Valley 32</i>	Meet at Reeves Park in Phoenixville for a scenic ride into the surrounding countryside including Yellow Springs and Kimberton. Joint ride with Brandywine Club. 610.917.8761.
<b>Sunday, July 11. 9:00 am</b> Miles: 34. Class C <i>Ambler Rambler</i>	Join Tony Iaccarino for the 34 mile version of the Pennsylvania Poker Ride. Ride will begin from the Wissahickon High School Auditorium parking lot. Expect a great route and beautiful countryside. Call Tony at 610.265.5455.

<b>Sunday, July 11. 9:00 am</b> Miles: 40+-. Class C <i>Kountry Kitchen</i>	This ride will be for the true C riders. The group will travel 13 or 14 miles per hour and will stick together as a group. I will make turns without warning or deliberately to lose the faster riders, so you must stay close or ride on your own. Meet at the Kingsway High School, routes 322 & 551. Call Bob at 610.833.2096.
<b>Sunday, July 11. 9:30 am</b> Miles: 10, 14, 30+. Class C/C+ <i>Take Your Pick</i>	Meet at Rose Tree Park, (off Rt. 252. Come on out to do a few miles with us. We'll visit Lawrence Park or Swarthmore in the first loop, and Ridley Creek State Park on the second loop. There are a few hills on this ride, but don't let that keep you at home. We'll take them slow. Call Tony Rocha at H 610.565.0578, W 610. 566.0980 or <a href="mailto:tony@craftech.com">tony@craftech.com</a>
<b>Sunday, July 11. 8:30 am</b> Miles: 45-60. Class B <i>Westtown and Beyond</i>	Come check out the changes in this venerable old ride. And, it even features a new snack stop and some new roads. It's still hilly. 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 <a href="mailto:bikeira@juno.com">bikeira@juno.com</a> .
<b>Monday, July 12. 7:30 pm</b> <i>DVBC Members Meeting</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield. The speaker will be Joel Perlish presenting an entertaining slide show about his last summer's bike tour from Albuquerque to Denver. The meeting is open to all club members. Contact Ira Josephs at 610.565.4058 or <a href="mailto:bikeira@juno.com">bikeira@juno.com</a> .
<b>Tuesday, July 13. 6:30 pm</b>	<b>Vocabulary Ride.</b> See July 6 for details. Miles: 20+. Class C.
<b>Wednesday, July 14. 6:15 pm</b>	<b>Ride with Len.</b> See July 7 for details. Miles: 20. Class B-/C+.
<b>Wednesday, July 14. 6:30 pm</b>	<b>Workout.</b> See July 7 for details. Miles: 15++. Class C+/B.
<b>Thursday, July 15. 5:30 pm</b>	<b>Thursday Night Rides.</b> See July 1 for details. Miles: 20-25. Class B.
<b>Thursday, July 15. Early am</b>	<b>Pancake Breakfast.</b> See July 1 for details. Miles: 10-25. Class C.
<b>Saturday, July 17, 5:30 AM</b> MILES: 200. Class B <i>DOUBLE CENTURY</i>	Join me for this self-supported double century to Cape May. We'll leave from the Kingsway High School on 322 and 551 at 5:30 am sharp; anyone arriving late will have to catch up. Bring money for food and drink. Call Bob for more details, 610.833.2096.
<b>Sunday, July 18. 9:00 am</b> Miles 40+- Class C <i>Northbrook Orchards</i>	Meet at the Chadds Ford Elementary School, ¼ mile south of Route 100 on Route 1. Bring money for food and water. Call Bob 610.833.2096.
<b>Monday, July 19. 7:00 pm</b> <i>DVBC Board Meeting</i>	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 <a href="mailto:bikeira@juno.com">bikeira@juno.com</a> .
<b>Tuesday, July 20. 6:30 pm</b>	<b>Vocabulary Ride.</b> See July 6 for details. Miles: 20+. Class C.
<b>Tuesday, July 20. 7-9:00 pm</b> <i>DCCC Meeting</i>	Meeting takes place at the HKF Library, Providence Rd. in Wallingford. Call Ira with questions. 610.565.4058 or <a href="mailto:bikeira@juno.com">bikeira@juno.com</a> .
<b>Wednesday, July 21. 6:15 pm</b>	<b>Ride with Len.</b> See July 7 for details. Miles: 20. Class B-/C+.
<b>Wednesday, July 21. 6:30 pm</b>	<b>Workout.</b> See July 7 for details. Miles: 15++. Class C+/B.
<b>Thursday, July 22. 5:30 pm</b>	<b>Thursday Night Rides.</b> See July 1 for details. Miles: 20-25. Class B
<b>Thursday, July 22. Early am</b>	<b>Pancake Breakfast.</b> See July 1 for details. Miles: 10-25. Class C.
<b>Saturday, July 24. 7:00 am</b> Miles: 130+-. Class B <i>Oyster Creek</i>	Meet at the Kingsway High School routes 322 & 551. A new route, a new place and a new adventure. Join me for this unexplored destination to a new shore point. Call Bob for more info, 610.833.2096.
<b>Sunday, July 25. 8:00 am</b> Miles: 32. Class B <i>Brandywine Junket.</i>	Experience the Brandywine's undiscovered beauty. Ride will begin from McDonald's parking lot in Downingtown. To get there, take Rte. 202 to Rte. 30 West, exit Lancaster Ave., left onto Business Rte. 30. 1.5 miles west to McDonald's in Downingtown. Bob LaDrew at 610.383.9327 or <a href="mailto:2ladrews@netreach.net">2ladrews@netreach.net</a> .
<b>Sunday, July 25. 9:00 am</b> Miles: 35. Class C <i>Second Chance</i>	If you missed the Western route of the Freedom Valley Tour because of the inclement weather, here's your chance to enjoy the route again. It's supposed to be fabulous. The ride will begin at Reeves Park in Phoenixville, so give Tony Iaccarino a call. 610.265.5455.

<b>Sunday, July 25. 8:00 am</b> Miles: 40+- Class C <i>Mays Landing</i>	Meet me at the Kountry Kitchen on Route 40 in Elmer. We'll have breakfast then ride to Mays Landing and back. We should try to car pool to take up fewer parking spots at the Kountry Kitchen. You must reserve your spot on this ride so I can make reservations for breakfast. Call me on or before July 22. Call Bob at 610.833.2096.
<b>Sunday, July 25. 8:45 am.</b> Miles: 64. Class B+ <i>Marsh Creek Metric</i>	Meet at the Ridley Creek State Park Headquarters (off Gradyville Rd. between routes 252 and 352 in Edgemont Township) and ride to Downingtown, where we'll pick up lunch, etc., and on to Marsh Creek State Park for a munch stop. We will then return via the same route. Expect a fast pace through the creek valleys as well as some challenging climbs. Contact Christopher Harendza at 610.449.6456 or elzchris@netreach.net.
<b>Tuesday, July 27. 6:30 pm</b>	<b>Vocabulary Ride.</b> See July 6 for details. Miles: 20+. Class C.
<b>Wednesday, July 28. 6:15 pm</b>	<b>Ride with Len.</b> See July 7 for details. Miles: 20. Class B-/C+.
<b>Wednesday, July 28. 6:30 pm</b>	<b>Workout.</b> See July 7 for details. Miles: 15++. Class C+/B.
<b>Thursday, July 29. 5:30 pm</b>	<b>Thursday Night Rides.</b> See July 1 for details. Miles: 20-25. Class B
<b>Thursday, July 29. Early am</b>	<b>Pancake Breakfast.</b> See July 1 for details. Miles: 10-25. Class C.
<b>Saturday, July 31. 8:00/8:30am</b> Miles: 62+. Class B/C+ <i>South, South Jersey</i>	Meet at the Salem Oak Diner in Salem, NJ, at 8:00 am for breakfast. The ride will leave at approx. 8:30. This ride will follow the route made up by Peter O'Dell of BCP through the scenic rural areas below Salem. We will have B and C groups. Bring lunch or buy. Call Dave for details at 610.368.0760 or e-mail dtwave@voicenet.com

- Wear a helmet. Dress appropriately. Call the ride leader first to confirm.
- I tried to make everything accurate as possible. If it's not, I apologize. Just let me know.
- Email: [greeneggsandham3@juno.com](mailto:greeneggsandham3@juno.com)

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**23rd Annual Brandywine Tour**  
**Sunday September 5, 1999**  
**Sponsored by the Delaware Valley Bicycle Club**  
**28, 50 and 100 mile routes**



**Time:** 8-10 AM for all routes (all support services will end at 5PM. Century riders recommended to arrive promptly at 8 AM)

**Place:** Chadds Ford Elementary School in Chadds Ford, PA

**Directions:** From Rte. 476 take exit 3 and follow Rte. 1 South approx. 20 minutes. The School will be on the right approx. .25 miles South of Rte. 100. From PA turnpike take Rte. 202 South to Rte. 1 South. The school will be on the right approx. .25 miles South of Rte. 100.

**Cost:** \$8 pre-registration (if postmarked by August 26, 1999) \$10 day of Tour

**Tour will be held rain or shine**

**Expected Attendance:** 300-500 riders

**Services Provided by DVBC:** Food & water stops, cue sheets, sag wagon, rest rooms, marked routes

**Routes:** Scenic back country 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 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 along the way. 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.

**For More Information:** Ira at (610) 565-4058 or bikeira@juno.com; or Bob at (610) 833-2096.

**The 23rd Annual    Brandywine Tour    September 5, 1999**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Intended ride distance:   ☐ 28 mi.   ☐ 50 mi.   ☐ 100 mi.

**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 of parent or guardian (if rider under 18 years)

Please send this signed form with a check or money order made out to DVBC by Aug. 26 to:

Brandywine Tour Delaware Valley Bicycle Club PO Box 156 Woodlyn, PA 19094-0156

## OTHER EVENTS AND TOURS

Compiled by Chris Martha

### JULY

**4: 15th Annual Delaware Doublecross.** "Once is not enough." Cross the state twice from Middletown. SASE: White Clay Bicycle Club "Doublecross", c/o Paul Stevenson, 35 Rossiter Circle, Newark, DE 19702; or call 302-368-2167. Register on-line <[www.delanet.com/~wcbc](http://www.delanet.com/~wcbc)>.

**9: Tandem Weekend 99.** Milville, NJ. Info: Mel Kornbluth, 86 Gwynwood Dr., Pittsgrove, NJ 08318. Call: 609-451-5104 or e-mail [tandemwiz@aol.com](mailto:tandemwiz@aol.com).

**10: Great MD Bike Ride-Border to Border.** Reisterstown, MD. Info: Arleen Moran, 11620 Reisterstown Rd., #905, Reisterstown, MD 21136. Call 410-876-9888 or e-mail [moran@aol.com](mailto:moran@aol.com) or see [www.bikeevents.com](http://www.bikeevents.com).

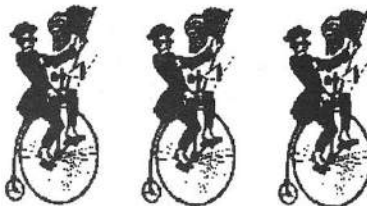
**11: 27th Annual American Cancer Society Bike-a-thon.** Philadelphia, PA to Mays Landing, NJ. 215-JOIN-ACS (564-6227) <http://www.fitforum.com/cancer.htm>. Mail in registrations are due by July 2; Walk-in registrations, July 6-10 at 1626 Locust St.

**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 or [www.pedal-pa.com](http://www.pedal-pa.com).

**18: 22nd Raritan Valley Roundup.** Central Jersey Bicycle Club. 25/35/50, 100 miles from North Branch Park, Milltown Road, Bridgewater, west of Somerville, NJ. Various routes from 25 to 100 mi.

Food, cues, marked routes, sags, rest stops. Preregistration by July 3 -- \$15, optional T-shirt \$5. After July 3, registration is \$20 with no option to buy the T-shirt. Info Bill Rickvalsky: [bnssrickvalsky@worldnet.att.net](mailto:bnssrickvalsky@worldnet.att.net) or 732-225-HUBS.

**23-25: Eastern Tandem Rally.** Gettysburg, PA. Hosted by TOYS (Tandems of York Society). SASE: Rodney and Verna Moseman, 101 East Main St., Lititz, PA 17543 or e-mail [tmoeman2@juno.com](mailto:tmoeman2@juno.com).



JCPowers2@aol.com or SASE: P. O. Box 1204, Princeton, NJ 08542-1204.

**7: Dog Daze Century.** Brandywine Bicycle Club. Challenging routes of 23/50/100 mi. from Nottingham Park near Oxford, PA. \$12 fee includes map, lunch, sag support, marked route, and patch. Info: c/o Ann Marie Sullivan, P. O. Box 3162, West Chester, PA 19381, (610) 644-3792.

**14: Eat a Peach Challenge.** Chesapeake Wheelmen. Mt. Airy, MD. 15, 40, 67 miles. call 410-448-2924 or e-mail [biamaryland@erols.com](mailto:biamaryland@erols.com).

**14: Bridgeton Zoo Ride.** South Jersey Wheelmen. 25 / 50 or 100 miles from Schalick High School. \$14 until 7/31; then \$17. SASE: c/o Arthur P. Schalick, Jr., P.O. Box 2705, Vineland, NJ 08362-2705. Call 609-848-6123 or see [www.algorithm.com/users/sj\\_wheelmen](http://www.algorithm.com/users/sj_wheelmen) or e-mail [biker@cccj.net](mailto:biker@cccj.net).

**15: Covered Bridge Metric Century.** Lancaster Bicycle Club. Bicycling Magazine calls this event the best ride in Pennsylvania. Limited to 2,000 participants. \$10 by July 17; \$15 thereafter. T-shirts, \$12, must be ordered by July 17. The ride begins at 7:30 am from the Greenfield Corporate Center. Directions: U.S. 30 to Greenfield Rd. North and William Penn Way. Info: LBC, P. O. Box 535, Lancaster, PA 17608-0535 or download info. from [www.lancasterbikeclub.org](http://www.lancasterbikeclub.org).

### EARLY AUGUST EVENTS

**7: 19th Annual Princeton Bicycle Touring Extravaganza.** Princeton Freewheelers. Various routes up to 100 mi. from Rider U., Route 206, just south of I-95 in Lawrence, NJ. Registration fee includes water, snacks, food, marked routes, cues and support services. Preregistered riders receive an event T-shirt. Info: 609-882-4739 or e-mail

#### Deadline for August Newsletter!

Because I will be away part of August, I must receive all material for the August newsletter by end of day August 11, otherwise it will not make the issue.

Thank you, Judy LaDrew

#### Classified Ad:

'98 Cannondale Silkpass 900 Hybrid, 22" frame, white, 24 speed grip shift, bar ends, seat pack, two water bottles. Brand new condition. Asking \$900. Call Rich Glickman at H 215.793.0373, W 215.229.9880.

#### DVBC Members Meeting

July 12, 1999 7:30 pm

All are welcome to come and enjoy Joel Perlish's slide program of his last summer's bike tour from Albuquerque to Denver.

See Ride Calendar, July 12, for more info.

Fax (610) 353-8230

Phone (610) 356-1515

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PHILA PA 20:54 06/25/99 #26

Exp: 9/30/99

Bob & Judy LaDrew  
139 Gabel Road  
Coatesville, PA 19320

19320-1284 07



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)

- |  |   |
|--|---|
| <input type="checkbox"/> Class D: <i>slow</i>    | <input type="checkbox"/> Class A: <i>fast</i> |
| <input type="checkbox"/> Class C: <i>average</i> | <input type="checkbox"/> Off-Road             |
| <input type="checkbox"/> Class B: <i>brisk</i>   |   |

**I'll volunteer for:**  
(check all interests)

- |   |  |
|---|--|
| <input type="checkbox"/> Ride Leader    | <input type="checkbox"/> Newsletter          |
| <input type="checkbox"/> Sag Wagon      | <input type="checkbox"/> Typist              |
| <input type="checkbox"/> Tour Food Stop | <input type="checkbox"/> Newsletter Delivery |



Please send your check or money order to the:

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