



DELAWARE VALLEY BICYCLE CLUB

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

JUNE 2000

FREE

SOS TOUR



Greg & friends

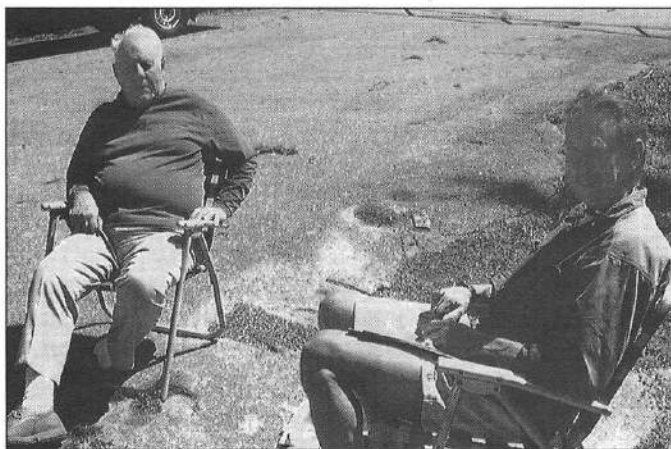


Eric Valencia, tour coordinator, and Emily Valencia, volunteer at Brandywine lunch stop

Sunday, May 14, the demigods of cycling blessed us with picture perfect weather for our Save Open Space Tour. 168 riders (15% more than last year) enjoyed a great day for a bike ride. The success of this tour was based on enthusiasm for and dedication to cycling as demonstrated by all the DVBC members who volunteered. My sincere gratitude to: Ira Josephs (our president and the real man behind the scenes), Gina-"I can't stay away from this D!#* tour" Bezdziecki, Jan-"What ELSE do you want me to do?!" Chadwick, SAG drivers extraordinaire: Woody-"I'm driving to the next food stop so I can get more food!" Kotch, Bob Martin, Walt Linton, Bill Freeborn, Walt (still got to ride) Homan, Mike Toof, and Jan; Registration Staff: Bob and Cassie Leon, Ira and son, Ray, John and Diane Blubaugh, and Jan; Food Stop: Elwood Bussom, Mark Kern, Emilie Valencia, Gina, and Jan (water). Thanks to Dave Trout for revising the cue sheets for the 50 and 65-mile routes.

Finally, a special thank you to David Bennett and Tony Rocha. They, along with Jan (again) and Gina (yes, again), helped me paint the routes. Tony and his company, CrafTech Computer Solutions, supplied stencils, the official SAG signs, cell phones, and cue sheets. David's experience and Tony's ideas/resources proved invaluable to the smooth running of this tour. The irony is that neither of them were able to attend the actual event. Cheers guys, we did it!

Ciao, Eric Valencia



Volunteers at Sweetwater food stop



Bob & Cassie Leon at registration table

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 before the 15th of each
 month.*

Board of Directors & Staff

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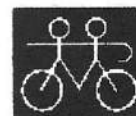
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Club Affiliations



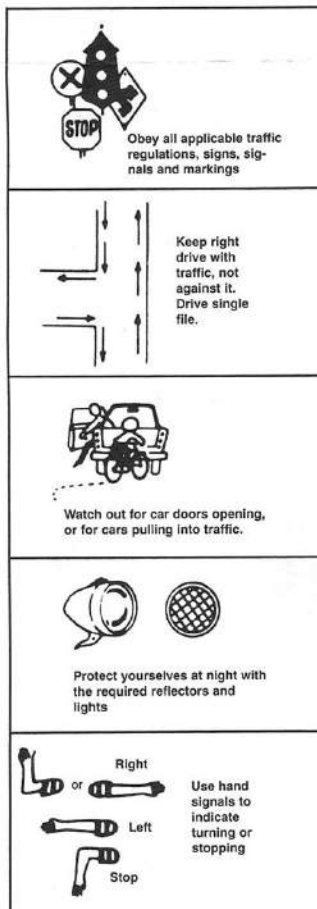
LAB



*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!



Bike Dirt

By F.X. Pedrix

My ever so lovely wife Babs had been lobbying hard for me to take a weekend day off from bike riding and take her down to the shore for a day. I told her we could ride our bikes down and she immediately gave me one of those evil eye looks that she says originated with her Old World ancestors. Like a good politician I struck a compromise. I would take her down to the shore but only if we would sag one of the club's famous shore rides. "Why do they need a sag?" she asked. "They never needed one before." I said it was still early in the year and it would be a nice gesture. She agreed, so off we went. As it worked out they almost needed a sag. A few of the riders, including the leader, wanted to shorten the ride and only go to Mays Landing for sandwiches. The rest of the riders balked so they all went to Ocean City. We weren't needed that day, everyone made it back without a problem, and Babs had her day trip to the shore.

You know that white haired guy who rides with the club. You know he has white hair because he never wears a helmet. He retired from working and says he loves it. I've seen him out riding on the weekdays at various times. Must be nice.

Crash and Burn department. Two to report last month. Doc tangled with some Railroad tracks and fractured his collarbone. That young lady with three first names did a gravel slide and ended up with a broken pelvis (that's the club's second pelvis this year). At last check the bikes were doing fine with only minor injuries. The club's injury list is beginning to look like a Civil War document - let's be safe out there!

Babs almost had a heart attack running up the stairs to my office to find out why I was cursing at my computer. I had

just read on the DVBC list server that Washington Township, NJ, had charged the Shore Cycle Club \$250 for a parade permit for their Pinelands Triple Loop Ride. Seems that when the county officials saw club members painting the roads, they saw a chance to rake in some bucks. #@&*@*#! BEGIN RANT: I think that next year all the clubs in the tri-state area should go on the Pinelands Ride to protest. We could all wear costumes, have some floats, block the streets and maybe run up some police overtime hours. If we have to pay for a parade, then the county fathers should get a parade. :END RANT

Interesting web site department. One of the club's leading bike equipment junkies had given out a few copies of The Rivendell Bicycle Works catalog. One fell into my hands recently - very interesting. This is a company for the retro biker. If you like lugged steel frames, center pull brakes and the like, you should check this place out. They also espouse some interesting theories on bike equipment and bike setup. Go to www.rivendellbicycles.com.

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at fxpedrix@juno.com.



Concerned that some riders would bonk, Babs and FX Pedrix drove SAG for the April 30 Shore Ride.

THANKS, FROM THE EAST COAST GREENWAY ALLIANCE

Dear Delaware Valley Bicycle Club,

On Saturday, May 13th, The East Coast Greenway WAVE bottles left Pennsylvania by crossing the Delaware River to Trenton, NJ. On June 29th the WAVE bottles are scheduled to arrive at the Canadian border for a ceremony with representatives from the East Coast Greenway Alliance and the Trans-Canadian Trail Association.

I would like to thank the Delaware Valley Bicycle Club, especially, Ira Josephs, David Bennett, Gina Bezdziecki and Don Larson, who endured the heat of the day and relayed the WAVE bottles from the state of Delaware to Pennsylvania. Without your participation, the Pennsylvania relay would not have been possible. It was great getting to know some fellow bicyclers who support the East Coast Greenway.

During the PA WAVE week we were able to make contact with government officials in Delaware County, Philadelphia, and Bucks County. We plan to build on these contacts in gain-

ing more support for the East Coast Greenway. It's exciting to know that the waterfront and trail projects in each county will some day be linked to one continuous path from Canada to Florida. By creating these linkages, residents will have another transportation option (walking or biking) for commuting, recreation and touring.

As a result of good bike mobility planning, local trails in Massachusetts and Oregon have over one million pedestrian and bike users per year. If we can encourage our local officials to link our trails then bicycle mobility will be a success in Pennsylvania.

Thank you for your support and read about the East Coast Greenway Alliance at www.greenway.org.

Ken Edmonds
ECG Mid-Atlantic Coordinator

Dennis Winters
ECG Pennsylvania Trustee

President's Column, by Ira Josephs

You haven't heard from me in quite a while. Did anyone notice? The last time, I was threatening to quit as president due to lack of help in running the club tours. But I am glad to report, now, that Eric Valencia, with assistance from Tony Rocha, stepped up and did an excellent job on our recent SOS Tour which was a big success. Thanks so much, Eric and Tony, and thanks to all the volunteers who helped out. Sadly, I would like to send out condolences to Tony and his family, as Tony's father passed away just before the Tour. Our thoughts are with you.

The cycling season is in full swing and there are many opportunities to get out and enjoy all kinds of bike activities with the DVBC. First, check out our ride calendar and notice that for the second month in a row we have rides almost every day of the week as well as many rides on the weekends. What are sorely missing are 'A' and 'D' rides which folks have been requesting. If you'd like to lead a ride call me for info, 610-565-4058. Our next big club event is the Brandywine Tour on Sunday, Sept 3 (Labor Day weekend). Please plan to volunteer to make that a success.

The week of May 29 to June 4 is the First Union Cycling Festival in Philly, a much-anticipated event for many area cyclists. It is a great opportunity to immerse yourself in bike culture and see professional racing up really close. Standing on Kelly Drive as the peloton in the US Pro Championship race (and women's Liberty Classic) stretches out coming down from Lemon Hill and whizzes by you at 30 mph at arm's length is absolutely breathtaking. And being on the Manayunk Wall as the racers are going up for the 10th time after cycling for over 140 miles and each rider is trying to make a final bid at breaking away from the pack while the huge sweating crowd is going nuts is a wild experience. There are also Pro races on Tuesday, Wednesday, and Thursday in Lancaster, Wilmington, and

Trenton, respectively, as well as the new Friday night professional Manayunk Hill climb.

Saturday there is a street fair in Manayunk, amateur time trial, and lifestyle expo at the Art Museum, and racers everywhere on the course training and hanging out. Bring your bike and try to ride alongside your racing idols.

Checkout www.firstunioncycling.com for all the details. Another event that is part of this week is

the Bike Coalition's Bike To Work Day on Friday, June 2. Ride to City Hall for a free breakfast at 8:30 am. Call 215-829-4188 for info. You will see that this event is so huge in Philly, that all kinds of people come out on all kinds of bikes. And I swear, I get more respect while cycling from drivers for several weeks surrounding the race in Philly.

One sad note is that the LAB's Rally at Bloomsburg College is the same weekend, making for a very difficult choice for many area cyclists.

To check out some professional track-racing action, plan to take a trip with us up to the Velodrome in Trexlertown. It's a 1-1.5 hour drive on a Friday night. And it's a pretty cheap ticket price, especially at a group rate. It is really exciting and fun.

Of the many century tours put on by other clubs that are listed in our Biking Events section of the newsletter, I would like you to take note of the Main Line Cycling Club's new Main Line Century on June 11. As per my special request, they went to great lengths to pick a date for this event that didn't conflict with any other club tours. Let's thank them by showing up to do the ride. It starts at the Betzwood Bridge in Valley Forge. For more info, check their website, www.mlcycling.com.

We have no club general meeting in June and none planned for the summer,

although I have some speakers who want to do future meetings. If you have ideas for speakers, specific names and numbers are best, let me know. Or if you want to meet over the summer and can guarantee at least 10 members attending, let me know and I will try to schedule a speaker.

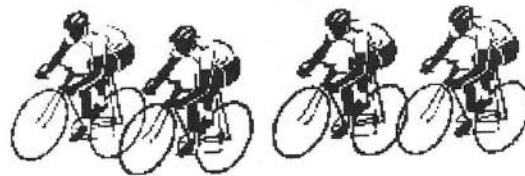
Some advocacy issues to note are that we have finally gotten 'Share the Road' signs in Delaware County. Look for

them and see if they don't give you a greater sense of confidence and safety riding on those roads. If you see other places that you think need them, tell me, as we may request more.

Some club members participated in the Water 2000 event designed to draw attention to the East Coast Greenway, a bikeway from Canada to Key West, passing through Delaware County. We rode our bikes, relaying water bottles with Gulf of Mexico water and samples from local creeks along the way, to Chester and beyond where we passed them off to the next group from BCP. There may be another similar event in the fall so stay tuned.

A group known as the National Bicycle Greenway is trying to draw attention to the need for a bikeway going east/west across the country and is having a rally in Washington, D.C. on August 20. They would like people to cycle there from all over the country. I am planning to take a few days off to ride down. If you are interested in coming along, let me know.

As you can see, there is plenty to do in our local cycling community. Please join our rides, watch some racing, volunteer at a club event and participate in some bicycle advocacy events. Ride safely (as many of our members are recuperating from crashes- everybody get well soon) and have fun.



DELAWARE VALLEY BICYCLE CLUB

RIDE CALENDAR

June 2000



Weekdays, All month, 7:30 am - Weekday

Ramble - Miles: 10-20 Class: C

Just about every weekday (Thursday is the Breakfast Ride), weather permitting, we meet for an easy-paced ride. We leave from our Havertown home in the Oakmont Section. Please call the night before, to confirm departing place and time. Call Joel at 610-789-7673.

Various Days All Month, Mornings, - Summer

Sunrise - Miles: 15-40 Class: C/C-

Beat the summer heat and join our joint Sunrise Ride with the Brandywine Bicycle Club. We will start at 6:00 am or later depending on when Roz wakes up. Starting points will be from Delaware or Chester Counties. To get on the phone list or for more info call Roz at 302-478-1610.

Thursday, June 1, 7:30 am - Pancake Breakfast - Miles: 10-25 Class: C

7:30 am on each Thursday leaving from our Havertown home in the Oakmont section. Weather permitting. This is an easy-paced ride of 10-15 miles with a pancake place in between. Please don't forget money and a helmet. We're generally back to start by 9:45 am. Please call the night before, to confirm departing place and time. Call Joel at 610-789-7673.

Thursday, June 1, 5:45 pm - Thursday Evening Show & Go - Miles: 20-25 Class: B

Join me for a fast-paced ride from Rose Tree Park (Rt. 252, just North of Rt. 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.

Friday, June 2, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-

We meet at Kingsway High School, at the intersection of Rt. 322 and Rt. 551 (Kings Highway) New Jersey. Rain cancels. Contact Len at 856-866-1000 ext.3472 or L.zanetich@telesciences.com.

Saturday, June 3, 7:00 am - Mays Landing - Miles: 100 Class: B

Meet at the Kingsway High School, Routes 322 & 551. 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.

Sunday, June 4, 8:30 am - First Union Pro Bicycle Race - Miles: 40+- Class: C

Meet me at the Valley Forge trailhead for a ride down the Schuylkill trail to Manayunk and the Art Museum to watch some of the racing and festivities. Bring money for food and trinkets. Call Bob, 610-833-2096.

Tuesday, June 6, 6:15 pm - Vocabulary Ride - Miles: 15-20 Class: C

Build your ride vocabulary every Tuesday evening with spins through various parts of Ridley, Swarthmore, Wallingford, and surrounding areas. Meet at the Folsom Pathmark on MacDade Blvd. Contact Dave Trout at 610-368-0760 or cyclewithdave@juno.com.

Wednesday, June 7, Morning - Mornin' Ridin' - Miles: 30-35 Class: C-

Join us retired, part timers, evening workers, etc., for a leisurely morning ride to various places in western Delaware & Chester Counties. Bring money for lunch. Call Fran DeMillion prior to ride for time and meeting place. 610-431-2675.

Wednesday, June 7, 6:00 pm - Wednesday Night Training Ride - Miles: 15+ Class: B

Come on and take your frustrations out on the bike with a good after-work workout. Expect a fast pace and a few hills as we take off from Rose Tree Park (off Rt. 252). We will increase the distance and speed every week if we can. Contact Tony Rocha at H-610-416-0514 or tony@craftech.com to confirm the ride.

Wednesday, June 7, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-

See June 2 for details.

Thursday, June 8, 5:45 pm - Thursday Evening Show & Go - Miles: 20-25 Class: B

See June 1 for Details.

Friday, June 9, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-

See June 2 for details.

Saturday, June 10, 8:00 am - Ride the Delaware Bike Trail - Miles: 50+ Class: C+

Join us for a ride to Middleton, Delaware following the Delaware Bike Trail on the way down. We will ride as a group, so no one will be left. Directions: Take Interstate 95 South to Exit 3 (Route 273 West,

exit after Christiana Mall). Turn right at first light (Harmony Rd.). Turn into parking lot at ball fields. Contact Len Zanetich 866-1000 ext. 3472 or Bonnie Watkins 610-558-6232 for any questions.

Sunday, June 11, 8:30 am – To Philly and Back – Miles: 35 Class: C

Tired of the same old rides? Try this one. We'll meet at the Pathmark on MacDade Blvd in Folsom and ride into the Philly Art Museum, around the River Drives loop and then back to Folsom. This is city biking, but we will try to stay on wider streets or streets with bike lanes. This will be an interesting ride. For info contact Dave Trout at 610-368-0760 or cyclewithdave@juno.com.

Monday, June 12, 7:00 pm -DVBC Board Meeting
Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Road, in Springfield. The meeting is open to all club members. Contact Ira Josephs at 610-565-4058 or bikeira@juno.com.

Tuesday, June 13, 6:15 pm – Vocabulary Ride – Miles: 15-20 Class: C
See June 6 for details.

Wednesday, June 14, Morning - Mornin' Ridin' – Miles: 30-35 Class: C-
See June 7 for details

Wednesday, June 14, 6:00 pm - Wednesday Night Training Ride - Miles:15+ Class: B
See June 7 for details.

Wednesday, June 14, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-
See June 2 for details.

Thursday, June 15, 5:45 pm – Thursday Evening Show & Go – Miles: 20-25 Class: B
See June 1 for Details.

Friday, June 16, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-
See June 2 for details.

Saturday, June 17, - 6:30 am - Avalon - Miles: 150+- Class: B

Meet at the Kingsway High School Routes 322 & 551. This ride will be a training ride for the double century on June 24th. If you can do 150 miles and be comfortable, you will surely be able to complete a double. Call Bob 610-833-2096 for more details.

Saturday, June 17, 9:00 am – Ridley Park to Ridley Creek Park – Miles: 35+ Class: C

All you C riders who Wanna ride longer rides, meet at the Ridley Park Train Station for a ride to and thru Ridley Creek State Park. Bring money for a snack or lunch. For details contact Dave at 610-368-0760 or

cyclewithdave@juno.com.

Sunday, June 18, 8:00 am – Mays Landing - Miles 45+- Class C

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 carpool 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 June 16th. Call Bob 610-833-2096.

Tuesday, June 20, 6:15 pm – Vocabulary Ride – Miles: 15-20 Class: C

See June 6 for details.

Tuesday, June 20, 7:00-9:00 pm - Delaware County Cycling Committee

Delco Cycling Committee Meeting. At the Furness Library, off of Rt. 252 in Wallingford, PA. Everyone is welcome. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.

Wednesday, June 21, Morning - Mornin' Ridin' – Miles:30-35 Class: C-
See June 7 for details

Wednesday, June 21, 6:00 pm - Wednesday Night Training Ride - Miles:15+ Class: B
See June 7 for details.

Wednesday, June 21, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-
See June 2 for details.

Thursday, June 22, 5:45 pm – Thursday Evening Show & Go – Miles: 20-25 Class: B
See June 1 for Details.

Friday, June 23, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-
See June 2 for details.

Saturday, June 24, 5:30 am - Jersey Double Cross- Miles: 200 Class: B

Meet at the Kingsway High School Routes 322 & 551. Come out and join us for a 200-mile ride through South Jersey to Cape May and back. Eat a good breakfast before you leave your house and bring money for water and food along the way. Call Bob at 610-833-2096.

Saturday, June 24, 8:00 am - Ride from Kingsway to Cherry Hill – Miles: 50+ Class: C+

Join us for a ride to Cherry Hill area of New Jersey. We will ride as a group, so no one will be left. We'll meet at Kingsway High School on Routes 322 and 551. Contact Len Zanetich 866-1000 ext. 3472 or Bonnie Watkins 610-558-6232 for any questions.

Sunday, June 25, 8:00 am - Northbrook Orchards
Miles 40+- Class: C

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.

Sunday, June 25, 8:30 am - Westtown & Beyond
Miles: 60 Class: B

Meet at the Moylan-Rose Valley train station, Woodward and Manchester Roads to ride some of DVBC's classic scenic hills and creek valleys. We will pass the Ridley, Chester and Brandywine taking us through Delaware and Chester Counties, West Chester and Delaware. Bring money and/or food for rest stop. Contact Ira at 610-565-4058 or bikeira@juno.com.

Sunday, June 25, 9:00 am - Manayunk - Miles: 21+ Class: C

An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610-352-2114.

Tuesday, June 27, 6:15 pm - Vocabulary Ride - Miles: 15-20 Class: C

See June 6 for details.

Wednesday, June 28, Morning - Mornin' Ridin' - Miles: 30-35 Class: C-

See June 7 for details

Wednesday, June 28, 6:00 pm - Wednesday Night Training Ride - Miles: 15+ Class: B

See June 7 for details.

Wednesday, June 28, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-

See June 2 for details.

Thursday, June 29, 5:45 pm - Thursday Evening Show & Go - Miles: 20-25 Class: B

See June 1 for Details.

Friday, June 30, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-

See June 2 for details.

VOCABULARY RIDE

by Dave Trout

One of the questions I get all the time is "What does that mean, The Vocabulary Ride? Do I have to learn or bring a vocabulary word? The answers require a little history.

The Vocabulary Ride had its beginnings a few years ago as a regular Tuesday night ride led by Mike Toof. It was a well-attended C ride in the southern parts of Delaware County. When Mike found he couldn't lead the ride any longer due to family considerations, he asked me to take over. I wanted to give the ride a new name. One of the things I always liked about Mike's ride was the discussions and conversations that occurred on the ride. More often than not, the discussions had something to do with words, word usage, favorite words, least favorite words or phrases, parts of speech, and word-related puns and jokes. Even though there were many topics like current events, geography, and others, I was always struck by the number of times word topics came up. So the Vocabulary Ride was born.

It is still a well-attended ride with up to twenty riders, the weather being the only limiting factor. We ride throughout the southern part of Delaware County, riding anywhere from 15 to 25 miles depending on the type of riders who turn out and the time of the year. It's a good ride for those people who are just starting out in group riding, as I try to structure the ride to the capabilities of the riders who show up.

We still have a lot of discussions and I try to bring a vocabulary word to every ride just to keep things interesting. Don't be afraid of the name of the ride. Come out for a fun, well-paced ride and meet some interesting people.

STATE INSPECTION
 EMISSION INSPECTION
 24 HOUR TOWING
 4-WHEEL ALIGNMENT



JONES' AMOCO

614 MacDADE BLVD.
 MILMONT PARK, PA 19033

RICK JONES
 Proprietor

(610) 583-3015

BONKERS



© LADREW 6/00

Biking Events

June 2: Manayunk Wall Climb, 5:00 PM start from Main Street, Manayunk. First Union Cycling, Octagon Marketing, 1266 East Main Street, 7th Floor, Stamford, CT 06902; 203-363-1084, Fax: 203-363-1088. www.firstunioncycling.com/manayunk.html

June 2-5: LAB Covered Bridges Rally, Bloomsburg Univ., Bloomsburg, PA. L.A.B., 1612 K St. NW, Ste. 401, Washington, DC 20006; 202-822-1333. <bikeleague@bikeleague.org> www.bikeleague.org

June 3: Get Ready Metric, Fort Mott, NJ. 32 or 64 mi. \$14 pre-register by 5/25, \$17 day of. South Jersey Wheelmen, PO Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org/

June 3: Tandem Clinic for the Blind, 1-4 pm. Flexible format, volunteer tandem captains and bikes needed. Near Cabrini College, Wayne PA. Assoc. of Blind Athletes, John Stevens (610-645-0709 or johnstevens@groupmail.com).

June 3: U.S. Bike Hall of Fame Ride. Ride 25 mi. with Greg LeMond in Somerville, NJ. \$60. U.S.B.H.O.F. 165 Main Street, Somerville, NJ 08876. (908-722-3620)

June 3: Baltimore BikeJam, Patterson Park. Cycling events for every interest. Gardner Duvall, gardnerduvall@aol.com, 410 347 9417

June 4: First Union USPRO Championship and Liberty Classic Races, Philadelphia. For pro racers only, but a great spectator event for all.

June 9-11 or Sat. 10: Chesapeake Bay Tour, Salisbury, MD; 40-100 mi. on Sat., and 10 or 40 mi. on Sun. Full weekend option includes Fri. & Sat. nite lodging at Salisbury State U., breakfast buffet Sat. and Sun. Sat. evening crab feast. 1-day option, Sat. only - includes crab feast, but no lodging. Stacey McHugh, Amer. Lung Assoc. of MD, 1840 York Rd, Ste. M, Timonium, MD 21093-5156; 410-560-2120, Fax: 410-560-0829.

<smchugh@amlungmd.com> www.lungusa.org/maryland/special.html

June 10: Dream Ride for Lancaster County, Marietta, PA; 4, 15, 30, 62, 100, or 177 mi. Dream Ride for Lancaster County, PO Box 141, Lancaster, PA 17604-0141. www.dreamrideprojects.org/

June 10: Jersey Double, Whitehouse Station, NJ; 200 mi. Pre-registration \$30 by 5/22 includes T-shirt or \$25 by 6/5 without shirt. Western Jersey Wheelmen, Bruce Thomson, 908-879-6477 evenings, 973-285-5010 Monday-Friday. jerseydouble@earthlink.net <http://www.wjw.org>

June 10: Tour de Cure, Princeton, NJ. American Diabetes Assoc., 1-800-868-7888. www.diabetes.org/tour

June 11: Main Line Cycling Club Century. 15, 40, 64 mi. Betzwood Park Picnic Area - off US 422 at Rt. 363 exit. Benefit Leukemia & Lymphoma Society. Adults (14 & over) \$20. Children \$10. Len Murphy 610-449-6378 or nmurphy@netreach.net, or <http://www.mlcycling.com>

June 17: Flatlands Tour. Baltimore Bike Club, at Chesapeake City, MD. Low-cost, no frills. 410-788-4450. www.baltobikeclub.org

June 18: Bay to Bay, Betterton, MD. 27-104 mi. Flat, rural MD Eastern Shore and Delaware. \$15 until 6/1, then \$20. Jim Gent, 7 Cedar Chase Ct., Chestertown, MD 21620-1665. Ph. 410-778-4881.

June 25: Double or Nothing (Now encouraging single bikes) 8:30: 44, 66, 88 mi. \$19 pre-reg. by 6/10. \$23 after. Larry April, 118 West Av. Millville, NJ 08332. 856-451-9075

July 2: Delaware Double Cross, White Clay Bike Club. Middletown HS. Middletown, DE; 30 or 62 mi. Chance to cross and double cross an entire state in only 30 total miles over flat terrain. Also a 62-mi. option. Paul Stevenson, 35 Rossiter

Cir., Newark, DE 19702; 302-368-2167. <wcbe@delanet.com> www.delanet.com/~wcbe

July 8-15: Source of the Delaware, Albany, NY to Philadelphia, PA, 500 mi. Pedal PA, 1914 Brandywine St., Philadelphia, PA 19130. 215-561-9679. <Bob@pedal-pa.com> www.pedal-pa.com

July 21-27: Cycle Across Maryland (CAM) Tour, 300 mi. CAM Corp., 7 Church Ln., Ste. 8, Baltimore, MD 21208-3710. <info@cyclexmd.org> www.cyclexmd.org

July 22: Tour de Lebanon Valley. A favorite metric of many central-PA cyclists. Stoevers Dam Park. \$10. Lebanon Valley Bicycle Club, c/o Dwayne Gish, 214 Lehman Street, Lebanon, PA 17046. Peg Schott <usgd73a@nbn.net>

Aug. 5: 20th Annual Princeton Event. Princeton NJ Freewheelers. 16-60 mi. Flat to hilly. T-shirt if reg. by 7/18. Good meal. \$22. 609-882-4739. webguy@princetonfreewheelers.com; <http://princetonfreewheelers.com>.

Aug. 12: Dog Daze, Nottingham Park, Travels thru southern Chester County and into MD. Brandywine Bicycle Club, PO Box 3162, West Chester, PA 19381. <http://hometown.aol.com/brandybike>

Aug. 12: Bridgeton Zoo Ride, Centerton NJ, South Jersey Wheelmen. 25, 50, 100 mi. \$14 pre-reg. until 7/27, \$17 thereafter. South Jersey Wheelmen, PO Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org/

Aug. 20: Covered Bridge Ride, Lancaster, PA; 15, 31, 62 mi. Lancaster Bicycle Club. www.lancasterbikeclub.org/

Aug. 26: Shore Fire Century, White Clay B.C. 35-65-100 miles. Middletown DE. \$14 pre-registered <http://www.delanet.com/~wcbe/shorefire.html> or send SASE to WCBC c/o Frank Warnock, 108 Meriden Drive, Newark DE 19711-2718. Phone 410-620-0883. E-mail fwarnock@dol.net

Biking Events, cont.

Sept. 3: Brandywine Tour, Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156, or call Ira Josephs at 610-565-4058. bikeira@juno.com
www.dvbc.org/

Sept. 7-10: Great Peanut Tour, Emporia VA. 4-day rally in beautiful Southside Virginia & northeast North Carolina. Motels available. Meal plan available. Emporia Bicycle Club, Inc., C/O Robert C. Wrenn, P.O. Box 668 Emporia, VA 23847
<gpt@3rddoor.com> www.3rddoor.com/gpt.html

Sept. 9: Amish Country Tour, Dover, DE. 25, 50, or 100-mi. scenic flat routes. Mass start at 8:15, Visitors Center, Federal Street, Legislative Mall, Dover. Amish Country Tour, PO Box 1729, Dover, DE 19903; 302-760-BIKE or 302-697-6400.

Sept. 9: No Baloney Century. 62 or 100 mi. Lebanon County. \$10. Lebanon Valley Bicycle Club, c/o Dwayne Gish, 214 Lehman Street, Lebanon, PA 17046. Peg Schott usgd73a@nbn.net

Sept. 10: Gap Gallop. Northampton County, PA. 25-100 mi. Many of its miles along the Blue Mountain (Kittatinny Ridge). \$20 pre-reg. by 8/28 includes T-shirt. Lehigh Wheelmen Association, P.O. Box 356, Bethlehem, PA 18016.
www.lehighwheelmen.org

Sept. 16: Jersey Devil Century, Parvin State Park, Centerton NJ, 25-125 mi. \$14 until 9/8, then \$17. South Jersey Wheelmen PO Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net>
www.sjwheelmen.org/
www.shorecyclingclub.org

Sept. 17: Lake Nockamixon Century, Horsham, PA. 20-100 mi. Winner of "Best Century" award. Hatboro-Horsham HS. \$15 for SCU members, \$20 for non, includes lunch; T-shirt with pre-reg. by 8/30. Suburban Cyclists Unlimited, SCU Century, Box 401, Horsham, PA 19044. Wendell Gulick, 215-362-2216. <wgulick@aol.com>
www.suburbancyclists.org



PANCAKE RIDERS Howard Cylinder, Kate Perlsh, Stefan Barbuscia, Mike Smith, and Joel Perlsh pose for picture after the weekly Thursday morning pancake ride. The weekly ride has been an institution at pancake places in the Delaware Valley for several years now. For many years the riders would travel to a DIFFERENT pancake place each week!!! The slow-paced ride covers 10-15 miles with stops along the way. The ride generally begins at 7:30 and is completed by 10:30, although the time varies considerably. The friendly group ranges from 4-10 riders most weeks. See Ride list for other information.... and here's hoping you join us sometime soon.

Velodrome Set to Launch 25th Season

Professional cyclists from Argentina, Australia, Canada, the Caribbean, New Zealand, South Africa and the US can be seen every Friday night throughout the summer at the Lehigh Valley Velodrome. For the 25th consecutive year, clean family entertainment is open to the public at a reasonable price. Admission for adults is \$5 or \$6 and kids twelve and under are free.

If you haven't witnessed the speed and power of three-time world champ Marty Nothstein, you and your friends need to drive up to Trexlertown some Friday evening this summer.

The schedule:

June 2: International Sprints
June 9: Commercial Color US Women's Open
June 16: Morgan Stanley Dean Witter Keirin Cup
June 23: Olympic Team Showdown

June 30: Good Shepherd's Tandemonium
July 7: WFMY-TV Invitational
July 11-14: National Junior Cycling Championships
July 21: American Team Cycling
July 28: Red Robin Relays
August 4: American Team Cycling Championships
August 11: "Rider of the Year" Competition
August 18: Madison Cup
August 25: Air Products Finals
October 14: 9 am. 26th Annual Flea Market

Wanted: A DVBC member to organize an informal club trip to the races one Friday night this summer.

For more information, phone 610-967-7587 or check out <www.lvvelo.org>.

Welcome New Members!

Stephen Bertolini, Robert Blattner, Frank Bowes, Jr.,
Alex Brown, Janet Donaldson, Leonard Murphy,
Ron Preston, Douglas Tedeschi, Tina Wahlstrom

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



Bob + Judy LaDrew
139 Gabel Rd.
Coatesville Pa 19320

19320+1234



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: _____

E-mail: _____

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 |
| | <input type="checkbox"/> Delivery |



Please send your check or money order to the:

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