



# DELAWARE VALLEY BICYCLE CLUB

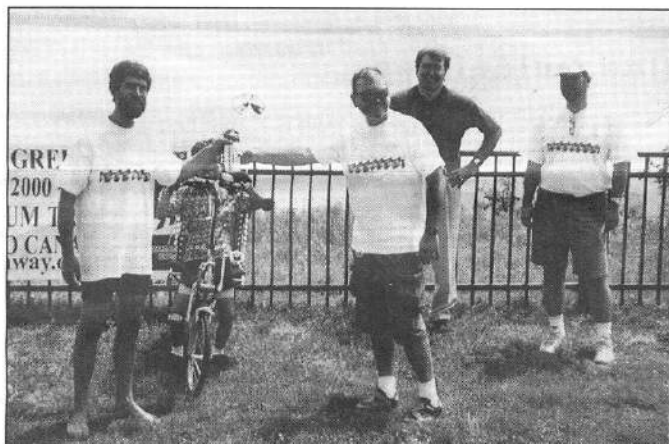
P.O. Box 156, Woodlyn, PA, 19094-0156

JULY 2000

FREE

## DVBC Takes Part in East Coast Greenway WAVE 2000 Tour

Several DVBC members took part in the East Coast Greenway WAVE 2000 Millennium Tour, Saturday, May 6<sup>th</sup>. In the photo below, DVBC president Ira Josephs receives the bottle of water, which originated in Florida, from WCBC member Bob Paradise. Ken Edmonds, ECG Mid-Atlantic Coordinator (matching T-shirt), looks on. The photo was taken at Fox Point Park in Delaware.



On May 6, 2000, The State of Delaware House of Representatives paid tribute to the DVBC with a certificate of commendation because several DVBC members participated in The East Coast Greenway

Alliance WAVE 2000. The riders transported a water bottle to designated stopping points in the state. The WAVE is travelling in a bottle of water from the Gulf of Mexico, with local waters added along the proposed route of the East Coast Greenway - from Key West to Maine and into Canada - and being relayed through cities by cyclists, walkers, skaters, and horseback riders.

In the photo below, East Coast Greenway WAVE participants and spectators pose in front of a statue of Christopher Columbus with the deputy mayor (far left) of the city of Chester.



## National Bike Greenway's CYCLE AMERICA 2000 - Northeast

During the Summer of 2000, cyclists all over the country will be biking long and short distances in support of Cycle America/National Bicycle Greenway. The riders will converge on Washington, DC on August 20 for a rally and demonstration. Cycle America 2000 is a celebration for TEA-21, an act of Congress which makes monies available for bike paths and greenways. It is the dream of National Bicycle Greenway to see a coast-to-coast network of multi-use recreation and transportation bicycle highways.

The Northeast corridor is home to the start cities of Boston, Albany, New York, Philadelphia, and Baltimore. You can join the Northeast ride to Cycle America 2000, A

Millennium Renaissance for Human Powered Mobility, in Washington, D.C. More information can be found at National Bike Greenway and TEA-21 websites. Their website is [www.bikeroute.com/CycleAmerica2000](http://www.bikeroute.com/CycleAmerica2000).

If you would like to ride, have information about best routes, would like to be a ride leader (for each city, leaders are needed for groups of 30) or provide other help, contact Ira Josephs at [ira@dvbc.org](mailto:ira@dvbc.org) or 610.565.4058.

The Northeast ride will be self-supported with legs of roughly 65 miles each day. Arrangements are being made for accommodations at youth hostels & campgrounds or high schools. Motels will be optional.

**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 15<sup>th</sup> of each  
 month.*

### Board of Directors & Staff

Ira Josephs, *President & Newsletter Coeditor*,  
 610.565.4058 or [ira@dvbc.org](mailto:ira@dvbc.org)

Tony Rocha, *Vice President*,  
 610.416.0514 or [tony@crafttech.com](mailto:tony@crafttech.com)

Bob Leon, *Treasurer*, 610.833.2096 or  
[cbleon@bellatlantic.net](mailto:cbleon@bellatlantic.net)

David Bennett, *Secretary*, 610.626.1344  
[queenofsheba@crafttech.com](mailto:queenofsheba@crafttech.com)

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 Coeditor*, 610.383.9327 or  
[2ladrews@netreach.net](mailto:2ladrews@netreach.net)

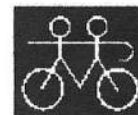
Dave Trout, *Ride Coordinator*, 610.368.0760  
 or [dtwave@home.com](mailto:dtwave@home.com)

Jan Chadwick, *Mail Labels & Brochures*,  
 610.541.0784 or [chadwick@crafttech.com](mailto:chadwick@crafttech.com)

### Club Affiliations



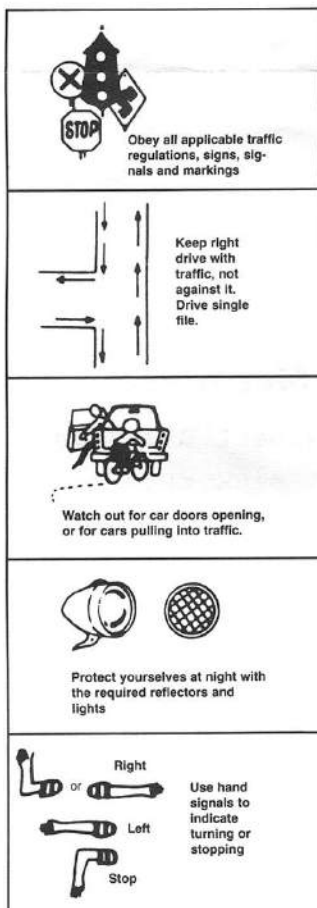
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*Bicycle Coalition of the  
 Delaware Valley*

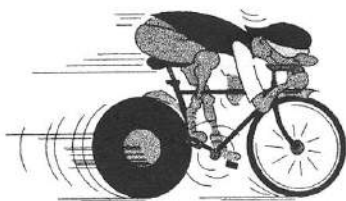
*Please note that the views  
 expressed in this publication are  
 not necessarily the views of the  
 DVBC, nor do we endorse  
 products or services advertised.*

## 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

"Wherfff dom may geff dar tiffets fum?" said my lovely and ever so etiquette conscious wife Babs through a mouthful of crabcake sandwich. We were enjoying lunch at the CoreSta... oops again, First Union Cycle Race in June. "What did you say?" I asked. She pointed with a slender, tartar-sauce-coated finger at the First Union Hospitality Tent across the street and asked, "Where do they get their tickets from?" "Oh," I replied, "I think they have to know somebody at the bank or be an important customer." "Don't we bank there?" she continued. "Yes, dear, but I don't think we're that important." "Mhumfff!" she said through another mouthful. Some of our club members must be important though. I discovered that at least five of our members were permitted into the Hospitality Tent to dine on gourmet foods, wine, and beer and to rub elbows with the financial movers and shakers of the city. It was reported that one of the five was none other than DVBC's former Vice President and Events Coordinator - must be nice to be so rich and well connected. Now if she would only get e-mail.

The First Union Race was well attended by DVBC. At least two groups rode to the event, one from Valley Forge and the other from Drexel Hill. They couldn't have asked for a better day, low temperature, sunny and no wind. It occurred to me that the cycle race has never had a bad-weather day. One year it was very hot, but as of yet no rain. They're pushing the odds. I learned that one of the DVBC's riders (see the following paragraph) always rides his bike with both rear panniers in order to load up on all the freebies given away at the race.

**SEEN ON A RIDE DEPARTMENT:** While on a ride in Pennsville, NJ recently, someone saw the following sign outside a little South Jersey night club advertising "Bobby Martin sings Sinatra, June 11." And we thought he could only repair and tinker with bikes. Do you think we can get him to sing at the annual Christmas Party?

Congratulations to two of our B riders for signing a hefty contract with the Portuguese Benfica team. They must have, or else how could they be riding around in the team's spiffy uniforms. Keep your eyes on those two to make sure they don't start blood doping.

Speaking of blood doping, I've been spending my free time the last two months training for the Tour de France. No, not training on a bike, but for a job almost as difficult and strenuous - explaining the race to Babs!

**TOUR DE JOKE:** "Ten Tour de France riders crashed, two retired after falls, another dropped out when diarrhea slowed him to the point of elimination..."

What is a BONKER BURGER? Find out July 15.

DVBC's long time computer and Internet technical guru and board member has announced his resignation from web page maintenance. We have a lot to thank him for as he was instrumental in bringing DVBC into the Internet age. (Thanks, Chris!)

One last, but far from least item, I want to thank all the people who worked so hard to make this year's SOS Tour such a success. I especially want to give Bike Dirt True Cyclist Awards to (I'm gonna use names here) Eric and Tony for stepping up to the plate and taking on a heap of responsibility for putting on a great tour. Way to go guys. I do want to note that the former Tour Coordinator could not stay away and was also there to help.

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

Dear Club Members,

I regret that I will no longer be able to maintain the DVBC web page, effective June 30, 2000.

My wife and I will be living in Upstate New York during the summer months and are frequently away on weekends. Between the travel in the summer and our teaching jobs during the year, it will be impossible for me to do this job, especially in light of our current fight with developers near our new property (now I REALLY know how those folks in Thornbury Township feel). Web page technology has come a long way in three years and is now as easy as word processing, so I am hopeful that someone will come forward and do the job as well as improve the web page.

It has been a pleasure serving the club since becoming involved in spring of 1997.

Thank you,  
Christopher Harendza

## Welcome New Members!

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



Some members have been receiving torn or damaged newsletters. If yours arrives damaged, you may request another from Ira Josephs who will send you a new copy or pick one up from a local bike shop. Please try to get the damaged one to Ira so that he can show them to the post office. Contact Ira at [ira@dvbc.org](mailto:ira@dvbc.org) or 610.565.4058.



**24th Annual Brandywine Tour**  
**Sunday September 3, 2000**  
**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 approximately 20 minutes. The School will be on the right approximately 1/4 mile South of Rte. 100. From PA turnpike take Rte. 202 South to Rte. 1 South. The school will be on the right approximately 1/4 mile 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. The routes range from rolling to hilly.

**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 ira@dvbc.org; or Bob at (610) 833-2096.

**The 23rd Annual Brandywine Tour September 3, 2000**

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. 25 to:

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

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# DELAWARE VALLEY BICYCLE CLUB

## RIDE CALENDAR July 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.

### **Saturday, July 1, 7:00 am - Marsh Creek - Miles: 65+- Class: B**

Meet at Rose Tree Park for a ride to Valley Forge, Downingtown and Marsh Creek before returning to Rose Tree. Bring money for food and drink along the way. Call Bob Leon at 610-833-2096.

### **Sunday, July 2, 8:00 am - Riverside Park - Miles: 40+- Class: C**

We'll meet at that familiar start, Kingsway High School, routes 322 & 551 for a mostly flat ride to Riverside Park. We'll stop at the Wawa for food and drink. Call Bob Leon at 610-833-2096.

### **Sunday, July 2, 8:30 am - Take Your Pick - Miles: 13,30+ Class: C/C+**

Meet at Rose Tree Park, (on Rt. 252 just North of Rt. 1) and come do a few miles with us. We will do our usual loop to Swarthmore and return back to the park to complete our first 13 miles. There are no major hills on this ride and we will keep a slow pace. After this first loop as a good warm-up for the faster riders, we will pick up the pace and take a ride to Ridley Creek State Park and beyond. We will stop at the park to pick up new riders between 9:45 and 10:00 before we take off for the second loop. Call Tony Rocha at 610-416-0514 or tony@craftech.com.

### **Monday, July 3, No General Membership Meeting This Month**

No time to meet, we're all out riding.

### **Tuesday, July 4. 8:00 am - July 4th Parade Special - Miles: 10+ Class: All**

Celebrate July 4<sup>th</sup> on a bike! Meet at the Pathmark parking lot on MacDade Blvd in Ridley Township. We will take an easy ride through southern Delaware County communities and enjoy 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 610-534-0232 or e-mail cyclewithdave@juno.com

### **Wednesday, July 5, 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, July 5, 6:00 PM - Workout - Miles: 25+- Class: B+**

Come 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 (on Rt. 252 just north of Rt. 1). Average ride speed 17 mph. Contact Tony Rocha at H-610-416-0514 or tony@craftech.com to confirm the ride.

### **Wednesday, July 5, 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@telescience.com.

### **Thursday, July 6, 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, July 6, 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 details 610-833-2096.

**Thursday, July 6, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Saturday, July 8, 6:45 am - Ocean City, NJ - Miles: 126 Class: B**

Join me for a ride to the shore and back. We'll meet at the Kingsway High School on routes 322 and 551. Bring money for food and drink along the way. Call Bob Leon for more details: 610-833-2096.

**Sunday, July 9, 8:00 am - Neighborhood Ride - Miles: 25+- Class: C**

Meet behind the Dunkin' Donuts in Woodlyn, Fairview Road & MacDade Blvd. This will be a C class ride and will go anywhere and somewhere through the neighborhoods of Delco with a possible stop at Einstein Bagels. Call Bob Leon at 610-833-2096.

**Monday, July 10, 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 ira@dvbc.org.

**Tuesday, July 11, 6:00 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, July 12, 6:00 pm - Wednesday Night Workout - Miles: 25+ Class: B+**

See July 5 for details.

**Wednesday, July 12, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Thursday, July 13, 7:30 am - Pancake Breakfast - Miles: 10-25 Class: C**

See July 6 for details.

**Thursday, July 13, 5:45 pm - Thursday Evening Show & Go - Miles: 20-25 Class: B**

See July 6 for details.

**Thursday, July 13, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Saturday, July 15, 9:00 am - Bonkers' Metric - Miles: 70 Class: B**

Meet at Ridley Creek State Park Headquarters and ride to the LaDrews' house for a cookout. The ride home will split into a fast group and not-so-fast group. Please make reservation for the cookout the night before. Call Bob at 610-383-9327. Contact Gina about the ride at 610-525-0129.

**Saturday, July 15, 9:00 am - A Little Bonkers - Miles: 50+- Class: C**

For all the C riders who would like to go to the LaDrews' cookout (see Bonkers' Metric above). Meet at the Chadds Ford School on Rt. 1 south of Rt. 100 on the right. Please make a reservation for the cookout the night before. Call Bob at 610-383-9327. Contact Dave about the ride at 610-368-0760 or cyclewithdave@juno.com.

**Sunday July 16, 8:00 am - Art Museum - Miles: 50+ Class: B**

Meet at Rose Tree Park (on Rt. 252 just north of Rt. 1) for a ride to the Art Museum. We will stop in Manayunk for fuel. Bring money for food and drinks. Expect a fast pace and a few hills. Call Tony Rocha at H-610-416-0514 or tony@craftech.com to confirm the ride.

**Sunday, July 16, 8:30 am - Art Museum, From the South - Miles: 35 Class: C**

From Pathmark on MacDade Blvd in Folsom we'll 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 ride is mostly flat with some small hills. To confirm the ride contact Dave Trout at 610-368-0760 or cyclewithdave@juno.com

**Tuesday, July 18, 6:00 pm - Vocabulary Ride - Miles: 15-20 Class: C**

See July 11 for details.

**Tuesday, July 18, 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 ira@dvbc.org.

**Wednesday, July 19, 6:00 pm - Wednesday Night Workout - Miles: 25+ Class: B+**

See July 5 for details

**Wednesday, July 19, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Thursday, July 20, 7:30 am - Pancake Breakfast - Miles: 10-25 Class: C**

See July 6 for details

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

See July 6 for details.

**Thursday, July 20, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Saturday, July 22, 7:30/8:30am - South, South Jersey - Miles: B: 65 C: 48 Class: B/C**



Meet at the Salem Oak Diner in Salem, NJ at 7:30 for breakfast at the diner. The ride will leave at 8:30 sharp. 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 money for food & drink. Contact Dave at 610-368-0760 or e-mail [cyclewithdave@juno.com](mailto:cyclewithdave@juno.com)

**Sunday, July 23, 8:00 am - Ridley Creek - Miles: 30+- Class: C**

Meet behind the Dunkin' Donuts in Woodlyn, Fairview Road & MacDade Blvd. This will be a C class ride to Ridley Creek State Park, expect some hills. Call Bob Leon at 610-833-2096.

**Tuesday, July 25, 6:00 pm - Vocabulary Ride - Miles: 15-20 Class: C**

See July 11 for details.

**Wednesday, July 26, 6:00 pm - Wednesday Night Workout - Miles: 25+ Class: B+**

See July 5 for details

**Wednesday, July 26, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Thursday, July 27, 7:30 am - Pancake Breakfast - Miles: 10-25 Class: C**

See July 6 for details

**Thursday, July 27, 5:45 pm - Thursday Evening Show & Go - Miles: 20-25 Class: B**

See July 6 for details.

**Thursday, July 27, 6:00 pm - Ride with Len - Miles: 20-25 Class: C+/B-**

See July 5 for details.

**Saturday, July 29, 6:30 am - Sea Isle / Ocean City - Miles: 140+ Class: B**

Join me for another ride to the shore and back. We'll meet at the Kingsway High School on routes 322 and 551. Bring money for food and drink along the way. Call Bob Leon for more details: 610-833-2096.

**Saturday, July 29, 8:30 am - Easy Does It - Miles: 15-20 Class: C-**

Meet at the Moylan-Rose Valley train station at Woodward and Manchester Roads in Rose Valley for an easy-paced ride into the surrounding countryside. There will be some hills but we'll take 'em slow. For more info, contact Ira at 610-565-4058 or [ira@dvbc.org](mailto:ira@dvbc.org).

**Sunday, July 30, 8:00 am - Westtown & Beyond Miles: 60 Class: B**

Meet at the Moylan-Rose Valley train station, Woodward and Manchester Roads in Rose Valley 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 [ira@dvbc.org](mailto:ira@dvbc.org).

**Sunday, July 30, 8:30 am - Manayunk - Miles 35+- Class C**

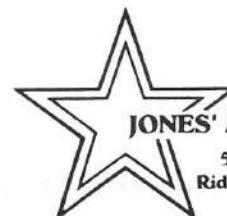
Meet me at the Valley Forge trail head for a ride down the Schuylkill trail to Manayunk. Bring money for food. Call Bob 610-833-2096

**Sunday, July 30, 9:00 am - Orchard Ride - Miles: 30-35 Class: B**

Meet at Chadds Ford Elementary on Rt. 1 just south of Rt. 100 on the right. We'll make one stop, probably at Highland Orchards, so bring money for food. Call Steve Bertolini at 302-529-1122

Our heartfelt thanks and good wishes go to Chris Harendza for the time and energy he has given to creating and maintaining the DVBC web page. His letter of resignation appears earlier in the newsletter. Tony Rocha has agreed to take over the web page.

Thank you, Chris, for your time, energy and job well done.



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Edgemont, PA 19028

Jim Moore  
Owner



## A Tip from the Ride Leader

On a recent breakfast ride, held despite drizzling rain, ride leader Bob Leon reminded his charges to protect their cyclocomputers. Transparent plastic, stretched

over the computer and fastened with a rubber band was all that was needed. Bob explained to us that computers will last forever if not exposed to rain, while allowing them to get wet will lead to eventual ruin.



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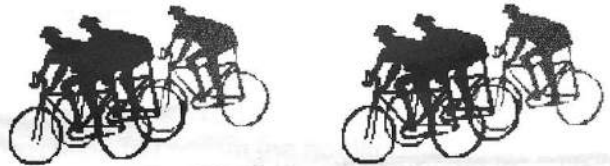
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## WANTED - Ride Leaders

DVBC needs you. It needs your knowledge. It needs to ride the rides that you ride. Every serious or semi-serious bike rider has rides he or she takes when out riding on their own — your personal training rides. How about sharing some of that knowledge of the roads with other cyclists? Become a DVBC ride leader! I know, you think, "I don't go anyplace special." Every place that you've been that I haven't been is likely to be interesting to me. "I'm too slow," you say. Well, lead a D ride. We need D rides. "I don't know anybody." What a great way to get to know people who share your interests. If you're reading this, it means you like to ride. Come on and share what you like. We need ride leaders, even if you can only lead once in a while. Give it a try. It's easy and rewarding.

Call Dave at 610-368-0760 or e-mail [cyclewithdave@juno.com](mailto:cyclewithdave@juno.com). Do it today!



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## Biking Events

**July 2:** Delaware Double Cross, White Clay Bike Club. Middletown H S. 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. <wcba@delanet.com> [www.delanet.com/~wcba](http://www.delanet.com/~wcba)

**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. e-mail Bob@pedal-pa.com, [www.pedal-pa.com](http://www.pedal-pa.com)

**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:** 20<sup>th</sup> 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](mailto: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>. <http://www.sjwheelmen.org>

**Aug. 20:** Covered Bridge Ride, Lancaster, PA; 15, 31, 62 mi. Lancaster Bicycle Club. [www.lancasterbikeclub.org](http://www.lancasterbikeclub.org)

**Aug. 20:** National Bike Greenway Rally. Washington DC demonstration for a network of national bicycle "greenways" and safe infrastructure for two-wheel access to them. Thousands will pedal to D.C. <http://www.bikeroute.com/NBG2000/>

[transam.html](http://transam.html) or contact Ira Josephs at [ira@dvbc.org](mailto:ira@dvbc.org) or 610-565-4058.

**Aug. 26:** Shore Fire Century, White Clay B.C. 35-65-100 miles. Middletown DE. \$14 pre-registered. <http://www.delanet.com/~wcba/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](mailto:fwarnock@dol.net)

**Sept. 3:** Brandywine Tour, Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156, or call Ira Josephs at 610-565-4058. e-mail: [ira@dvbc.org](mailto:ira@dvbc.org) Visit: [www.dvbc.org](http://www.dvbc.org)

**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:** Scenic Schuylkill Century. Bicycle Club of Phila. Lloyd Hall Boat House, Row #1, Kelly & Aquarium Drives, Fairmount Park, Phila. BCP, PO Box 30235, Phila. PA 19103. <http://www.phillybikeclub.org/century/century.html>

**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. <http://www.lehighwheelmen.org>

**Sept. 10:** Wheels 4 Anne Ride, Somerset County, NJ. A charity ride which raises money for the rehabilitation of those injured in bicycle accidents. Central Jersey Bicycle Club. Howie Glick, 3 Tracy Dr., Fords, NJ 08863; 732-225-4827. or [howie-g@junoc.com](mailto:howie-g@junoc.com) [www.crosswinds.net/~cjb](http://www.crosswinds.net/~cjb)

**Sept. 16:** 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. 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/](http://www.sjwheelmen.org/)

**Sept. 16:** Univest Cyclosporitif, 62 mi. Souderton, PA; 8:00 am mass start on same race course on hilly terrain as the Univest Grand Prix, preceding it by a few hours. Riders share same feed zones, course markings and community support as Grand Prix racers. Starts are staggered so that the recreational riders will finish their 100 km loop in time to watch the concluding short laps and finish of Grand Prix road race. \$30 payable to Sparta Cycling. Univest Grand Prix Cyclosporitif 100k, PO Box 385, Harleysville, PA 19438. [www.spartacycling.com](http://www.spartacycling.com)

**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> <http://www.suburbancyclists.org>

**Sept. 24:** Hillier Than Thou. Central Jersey Bicycle Club, Phil Apruzzese, 732-873-3987. [kchu1@hotmail.com](mailto:kchu1@hotmail.com) [www.crosswinds.net/~cjb](http://www.crosswinds.net/~cjb)

**Sept. 24:** Ramapo Rally: Bicycle Touring Club of North Jersey. 20-100 miles. Center for Family Resources, Ringwood, NJ. \$20 prereg. by 9/1 includes baseball cap. \$20 day of event with no cap. Optional pasta dinner available for \$5. Betty Bigonzi 973 744 5924 or Dan O'Rourke at 914 268 0391 or [www.btcnj.org](http://www.btcnj.org).

**Oct. 7:** Belleplain Fall Century, (continued on p. 11)

JULY 2000

## Biking Events (cont. from p. 9)

**Oct. 7:** Belleplain Fall Century, Woodbine NJ, 30, 65, 100 mi. \$20 (T-shirt if reg. by 9/29). Shore Cycle Club, PO Box 492, Northfield NJ 08225. <sundeck@sprynet.com> or 609-296-4726.

**Oct. 7-8:** Twin Centuries. Newark, DE to Dewey Beach. White Clay Bicycle Club, Jim Montgomery, 108 Meridan Dr., Newark, DE 19711; 302- 731-5371. <wcbc@delanet.com> [www.delanet.com/~wcbc/twincenturies.html](http://www.delanet.com/~wcbc/twincenturies.html)

**Oct. 8:** Covered Bridges Ride. Erwinna, PA. 20-63 mi. Central and Upper Bucks County. Up to 8 historic covered bridges. \$18 pre-registration by 9/24 inc. long-sleeve shirt; \$20 after, no shirt. Central Bucks Bicycle Club, PO Box 1648, Doylestown, PA 18901. Wayne Siefert. 215-579-9393. <coveredbridges@att.net> [www.cbbikeclub.org](http://www.cbbikeclub.org)

**Oct. 8:** Pumpkin Patch Pedal. Thompson Park, Jamesburg, NJ. SIBA [www.sibike.org/](http://www.sibike.org/)

**Oct. 14:** Seagull Century, Salisbury State U. Salisbury, Maryland; 64 or 100 mi. Join 7,000 riders on this major end-of-season event. Flat terrain. Advance registration required. 410-548-2772 <seagull@ssu.edu> [www.seagullcentury.org](http://www.seagullcentury.org)

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Riders Dan Polski and Cindy Wambold at the SOS Tour, Brandywine Battlefield food stop

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Exp.: 9/30/00

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Coatesville, PA 19320

Gina  
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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) = \_\_\_\_\_

Please send your check or money order to the:

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



**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