

DELAWARE VALLEY BICYCLE CLUB

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

AUGUST 1998

FREE

CYCLING ADVOCATE BILL HOFFMAN VISITS DVBC

by Christopher Harendza

Over twenty cyclists attended the July Delaware Valley Bicycle Club Members meeting to listen to Bill Hoffman speak about state-wide efforts regarding cycling advocacy in Pennsylvania. Mr. Hoffman is vice-chairman of the PA Pedalcycle and Pedestrian Advisory Committee (PPPAC), chairman of the LAB Education Committee, the LAB Touring Information Director for PA, and a member of the Lancaster Bicycle Club.

Mr. Hoffman began by discussing "Effective Cycling™," which is the idea that cyclists need to apply car driving techniques to bicycles. This approach is based on the assumption that motorists will accept and respect cyclists when cyclists obey the rules of the road. Once cyclists and motorists reach this common ground problems will be minimized. As an example of the efficacy of this approach, Bill rode 63 miles on major roads during peak traffic to the meeting in Springfield and did not have a problem. Interestingly, not one member of DVBC, myself included, rode to the meeting!

The first segment of the talk dealt with "roadway environment" and the evolution of our current road system from the old Indian paths and colonial roads. Bill went through the various individuals associated with PennDOT and state government and highlighted who were the most active "friends of cyclists." Bill then reviewed Act 72 from 1995 which formalized into law several cycling traffic issues including: riding on the shoulder (an act which is illegal for motor vehicles), signaling a right turn by horizontally

holding out one's right arm, and flashing red lights on the rear of a bike.



Bill Hoffman

Act 72 also established a committee to address cycling issues in the state, which meets quarterly. Again, road environment is the major issue. The committee tries to encourage PennDOT to use smooth paving materials (not oil-gravel), taper the road edge and move in edge lines. This latter issue is an important one: re-striping narrow roads gives cyclists a space in which to ride and tells the motorist to yield way in this region. Importantly, studies show that narrower auto lanes may slow the traffic.

A rather long discussion regarding "bike lanes" ensued. While it may seem that bike lanes are in the best interest of the cyclist, there is another side. Many motorists think that

cyclists should *stay* in these lanes and when cyclists ride on roads without them, some motorists may think that the cyclist has no right to be there. Also, what is to be done with bike lanes when an intersection is encountered? This issue is confusing to both the motorist and cyclist. Some cyclists have been known to make a left turn from a bike lane on the right. Thus, while bike lanes may seem like a good solution, "effective cycling" and mutual respect may be a much better answer. It is important to note that in Europe, cyclists and motorists have been sharing narrow roadways for quite some time.

Bill continued to discuss the committee's efforts such as shoulder paving, removal of certain types of "milled rumble strips" that are dangerous to cyclists, altering traffic signal detectors to make them "bike friendly," freeway access, allowing bikes onto public transportation, the new ISTEA legislation, tours and promotions, and the education of road engineers.

Mr. Hoffman stressed how important it is for us to be heard by our local officials. Know the addresses and phone numbers of your local representatives and the county road officials and contact them when you encounter a problem of importance to cyclists, e.g. a dangerous sewer grate, or your view on a bill, etc. Be heard! Finally, you may get the PPPAC Newsletter by sending a request to everhaj@penndot.state.pa.us or by ringing 717.787.2913. Most importantly, *practice "Effective Cycling™."*

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

www.netreach.net/people/elzchris/dvbc/home-page.htm

DVBC Meeting Place

Delaware County Peace Center,
Springfield Friends Meeting, 1001
Old Sproul Road (behind the car
wash at Rt. 320 and Old Marple
Road). Meetings are usually held
the first Monday of the most
months.

DVBC welcomes articles and ride
reports for the newsletter. Please
submit your materials to the Editor
before the 14th of each month.

Board of Directors & Staff

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

Gina Bezdziecki, *Vice President & Tour
Coordinator*, 610.525.0129

Bob Leon, *Treasurer*, 610.833.2096

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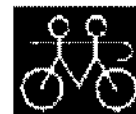
Christine Martha, *Regional Rides*,
215.548.8482

Jim Hoeffler, *Ride Coordinator*,
610.494.2380 or hoeffler@craftech.com
Please submit your rides by the
14th of each month.

Club Affiliations



LAB



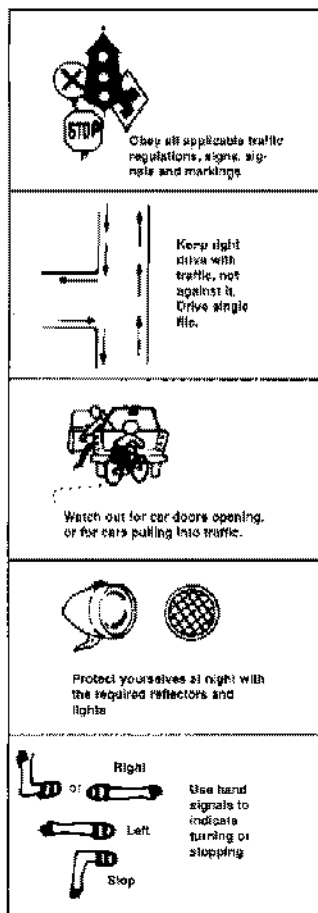
Bicycle Coalition of the
Delaware Valley

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!



22nd Annual Brandywine Tour

Sunday September 6, 1998.

28, 50 and 100 Mile Routes.

Sponsored by the Delaware Valley Bicycle Club.



Time: 8-9 am for 100 milers; 9-10 am for 50 milers; 10-11 am for 28 milers.

Place: Chadds Ford Elementary School on Route 1 (0.25 miles west of Route 100), Chadds Ford, PA.

Cost: \$8.00 pre-registration (still only \$8!) if postmarked by August 27, 1998; \$10.00 at the gate. The tour is held rain or shine.

Expected Attendance: 250-500 riders.

Services Provided By DVBC: Food stop, maps/cue sheets, sag wagon, portable rest rooms and well marked routes.

Routes: Scenic country back roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. Full and Half-Centuries pass through King's Cattle Ranch in Buck and Doe Run. The 28 mile loop has been changed and is more beautiful, has less traffic and fewer large hills. The routes range from rolling hills for the 28-miler to rolling and hilly on the longer rides. Plentiful food stops for all riders.

Description: You travel at your own pace, with family or friends, or make new cycling friends. All ages, all abilities and all types of bikes are welcome. The 28-mile route is a great opportunity for newer cyclists and leisure riders.

Safety: *Helmets are mandatory.* Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump and tire irons. Each rider assumes his/her own responsibility.

About DVBC: We promote all forms of cycling. We are a non-profit organization based in Delaware County and our paid membership is approximately 130 cyclists. We are affiliated with the League of American Bicyclists (LAB) and the Bicycle Coalition of the Delaware Valley (BCDV). We lead many free rides every month for all levels of cyclists.

More Information: Please call Ira at (610) 565-4058 or Bob at (610) 833-2096.

22nd Annual Brandywine Tour, September 6, 1998, Pre-Registration Form.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Distance: 28 miles 50 miles 100 miles (please check one)

Waiver/Release

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees), from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

signature

signature (if you are under 18 years of age, then your parent or guardian must sign)

Please send this signed form with a check or money order to:

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

Please postmark pre-registration by August 27, 1998.

Spinning

by Bob Leon

Have you ever noticed how some bicyclists make it look so easy? They pedal effortlessly at speeds you can't match, climb hills with ease and travel long distances that would have you begging for a car ride home.

While riding the other day thinking about this very question, I noticed a cyclist on an old Schwinn plodding along in the big chain ring and the small cog in the rear, the hardest gear. The cyclist's hips were rocking and the upper body was bobbing up and down while the pedals were being meshed struggling to keep up the speed. As I passed, spinning a very low gear, I reaffirmed to myself that spinning is the right way to go.

Spinning is for the long haul, hill climbs and speed, while mashing will tire you out quickly and shorten your ride. I rode 32 miles that day and I spun my pedals at 100 to 110 RPMs (revolutions per minute) the entire route, getting a good aerobic workout and passing many mashers along the way. The best way to pedal is to pedal at a high rpm. For the beginner 80 RPMs should work very well. To calculate your rpm's, count the number of times your right or left leg goes around for 10 seconds then multiply that number by 6 and you'll have your RPMs.

Learning how to pedal at this cadence will increase your distance; you'll ride much farther than you have and you won't be as tired. Your hill climbing will get better as your aerobic fitness increases and your legs will get stronger. However, as you begin to train at this cadence you're going to feel awkward, maybe uncoordinated, or you may find yourself bouncing on the saddle. This will pass as you ride and train in this manner. Also, this riding technique

may take all of your training or all of your cycling season to learn, but keep at it and you'll improve over time and enjoy our sport to the fullest.

To spin the right way requires you to pedal round (i.e. in a circular motion). What that means is, you push the pedal down and pull through the bottom and up as the pedal goes past the six o'clock position putting power to every part of the pedal stroke. This technique is more important to the aspiring rider who would like to race than it is for the recreational rider, but to be a more proficient rider you should learn this technique.

During your training rides you should incorporate an exercise that will help you learn to spin. Find a flat road with light traffic. You'll need to have toe clips or clipless pedals. With toe clips you should pull the straps tight so your foot does not move around on the pedal. Now release your right foot from the pedal and hold it away so the pedal can rotate freely and pedal with your left foot only.

Starting at the 1 o'clock position push the pedal down. At 5 o'clock pull the pedal through the bottom of the stroke and at 7 o'clock pull up. When you reach the 11 o'clock position push through to 1 o'clock to complete the full revolution of the pedal cycle. It's going to be difficult in the beginning so do short intervals of 30 seconds with each leg and as you progress lengthen the duration of time for each leg. As you improve your technique, your speed and distance will also improve and you'll start to notice those tough hills getting easier.

I hope you'll practice this technique. Keep up the riding and I hope to see you on the road.

THANKS RAY JOSEPHS!

Ray Josephs, who is 13 years of age, placed fourth in the Amateur Bike Challenge in Philadelphia on June 6, 1998. The event, which is sponsored in part by First Union Bank, was a huge success. Part of Ray's prize is a donation by First Union to an organization of Ray's choice. Ray has graciously named DVBC as the beneficiary. Thanks Ray! Congratulations, with many more victories to come.

DVBC Members Meeting
Monday, August 3 at 7:30 pm.

(see inside cover for directions)

Bill Cotton will speak on a Global
Positioning System- a Satellite-Based
Navigation System for Cycling.

Be There !

THE DELAWARE VALLEY BICYCLE CLUB

August 1998 Ride Calendar



<p>Saturday, August 1. 7:00 am. Miles: 130+. Class B. <i>Ocean City, New Jersey.</i></p>	<p>Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for a ride to the boardwalk and back. We may or may not stop for breakfast but will stop for lunch and rest on the Boardwalk. This is a great ride - it is mostly flat, very scenic and lots of pace lines. Call Bob Leon at 610.833.2096.</p>
<p>Saturday, August 1, 9:30 am. Miles: 55. Class C+. <i>Royal Flush</i></p>	<p>Meet at the Wissahickon High School on Dagger Road off Bethlehem Pike in Lower Gwynedd. Ride through Ambler, Blue Bell, and other parts of the PBC "Poker Ride." A cue sheet will be provided. Call Tony Iaccarino at 610.265.5455.</p>
<p>Sunday, August 2. 8:30 am. Miles: 40+. Class C. <i>MCC - Kountry Kitchen.</i></p>	<p>Join Bob Leon and the Metric Century Club as they continue towards their goal. Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge). We'll ramble through farms & horse country with our breakfast stop at the Kountry Kitchen. Call Bob at 610.833.2096.</p>
<p>Sunday, August 2. 9:00 am. Miles: 20-30. Class B, C, D. <i>Sunday's with HH.</i></p>	<p>Meet at Cyclesport Bike Shop at Old State and Providence Roads in Media for a ride to various area locations. The ride will break into two to three groups depending upon your desire and ability and will be held every Sunday in August. Call Harry Havnoonian, Leigh Farrel or Victor Gatta at 610.565.9535.</p>
<p>Monday, August 3. 7:30 pm. <i>DVBC Meeting.</i></p>	<p>Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., Springfield. Bill Cotton will discuss a cycling "global positioning system," a bike mounted computer-satellite device for navigation. Call Ira Josephs at 610.565.4058.</p>
<p>Tuesday, August 4. 6:30 pm Miles: 10 -15. Class C/C+. <i>Tues. Eve. Suburban Ramble.</i></p>	<p>Meet at the Acme Market at Route 420 and McDade Blvd. and ride through the Swarthmore and Rose Valley areas. This ride will be held most Tuesdays but riders <i>must call to verify</i>. Contact Dave Trout at 610.534.0232 or dtwave@voicenet.com.</p>
<p>Wednesday, August 5, 6:30 pm. Miles: 7-10+. Class D/C+. <i>Wednesday Evening D Rides.</i></p>	<p>Meet at Pathmark in Folsom (on McDade Blvd. between Rt. 420 & Morton Ave.) for an easy-paced recreational ride into Ridley, Swarthmore and surrounding areas at a slow pace on mostly flat terrain. The ride will be held on most Wednesdays. The leaders will wait for all riders. Contact Dave or Sue Trout at 610.534.0232 or dtwave@voicenet.com. Riders <i>must call to verify</i>.</p>
<p>Thursday, August 6. Early am. Miles: 10-25. Class C. <i>Pancake Breakfast.</i></p>	<p>Enjoy an easy-paced ride to an area restaurant for a pancake breakfast. The ride will be held on most Thursdays and will originate from various locations in Havertown at around 7:30 am. Bring money for breakfast. Call Joel and Kate Perlish at 610.789.7673 for the exact time and starting location.</p>
<p>Thursday, August 6. 5:45 pm. Miles: 25+. Class B. <i>After Work Show & Go.</i></p>	<p>Meet at Rose Tree Park, on Rt. 252, just north of Rt. 1, for regular "After Work Show and Go" rides to various locations in the area. Call Bob Leon at 610.833.2096.</p>
<p>Sunday, August 9. 9:00 am. Miles: 28. Class C. <i>Radnor Ramble.</i></p>	<p>Meet at the Farmers Market on Lancaster Avenue (Rt. 30) and Eagle Rd. in Radnor. Ride through Eastown, Malvern and parts of the Freedom Valley Tour. Call Tony Iaccarino at 610.265.5455.</p>
<p>Sunday August 9, 9:00 am. <i>Sunday's with HH</i></p>	<p>Class B, C and D, 20 to 30 miles. See August 2 for details.</p>
<p>Sunday, August 9. 9:00 am. Miles: 35-45. Class B. <i>Pete's Produce.</i></p>	<p>Meet at the Moylan-Rose Valley train station at Woodward & Manchester Roads and ride through the Glen Mills and Cheyney area to Westtown. There will be a rest stop at Pete's Produce. Expect some hilly terrain. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com</p>

Monday, August 10. 6:15 pm. Miles: Variable. Class B, C & D. <i>Show & Go to Dinner</i>	The Amoroso Racing Team, in a Monday "recovery mode," will lead a multi-class "Show and Go" ride. The ride leaders will wait for all riders. Bring money if you wish to join the group for dinner and drinks. Meet at Cyclesport Bike Shop at Old State & Providence Roads in Media. Call Harry Havnoonian or Leigh Farrel at 610.565.9535.
Monday, August 10. 7:00 pm. <i>DVBC Board Meeting.</i>	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sprout Rd. in Springfield. The meeting is open to all club members.
Tuesday, August 11. 6:30 pm.	<i>Tuesday Evening Suburban Ramble.</i> C/C+. See August 4 for details.
Wednesday, August 12, 6:30 pm.	<i>Wednesday Evening D Rides.</i> D/C-. See August 5 for details.
Thursday, August 13. Early am.	<i>Pancake Breakfast.</i> C. See August 6 for details.
Thursday, August 13. 5:45 pm.	<i>After Work Show & Go.</i> B. See August 6 for details.
Sunday, August 16. 8:30 am. Miles: 40+. Class C. <i>MCC - Marsh Creek.</i>	Meet at the Chadds Ford Elementary School (on Route 1 at the first light west of Route 100). Ride into the Brandywine Valley and pick up lunch at the Wawa in Downingtown and ride to Marsh Creek State Park. Call Bob Leon at 610.833.2096.
Sunday August 16. 9:00 am.	<i>Sunday's with HH.</i> B, C & D. See August 2 for details.
Monday, August 17. 6:15 pm.	<i>Show & Go to Dinner.</i> B, C & D. See August 10 for details.
Tuesday, August 18. 6:30 pm.	<i>Tuesday Evening Suburban Ramble.</i> C/C+. See August 4 for details.
Tuesday, August 18. 7:00 pm. <i>Delco Cycling Committee.</i>	Delaware County Cycling Committee Meeting. Get involved in cycling advocacy! Helen Kate Furness Library, Providence Road (Route 252) in Wallingford. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.
Wednesday, August 19. 6:30 pm.	<i>Wednesday Evening D Ride.</i> D/C-. See August 5 for details.
Thursday, August 20. Early am.	<i>Pancake Breakfast.</i> C. See August 6 for details.
Thursday, August 20. 5:45 pm.	<i>After Work Show & Go.</i> B. See August 6 for details.
Saturday, August 22. 8:00 am. Miles: 65+. Class B. <i>Valley Forge/Marsh Creek.</i>	Meet at Rose Tree Park on Rt. 252, just north of Rt. 1, for a ride to Valley Forge and on to Downingtown where we will pick up lunch. Ride to Marsh Creek, and eat before returning to Rose Tree. Call Bob Leon 610.833.2096.
Sunday, August 23. 7:00 am Miles: 65. Class C. <i>MCC-Ocean City.</i>	Meet at the Kingsway High School at routes 322 & 551 (left at the third light after the Commodore Barry Bridge). We'll car pool to "five points" in Buena at routes 557 & 540 then ride to Ocean City, spend some time on the Boardwalk and return via Mays Landing. For more details call Bob Leon 610.833.2096.
Sunday, August 23, 9:00 am.	<i>Sunday's with HH.</i> B, C & D. See August 2 for details.
Monday, August 24. 6:15 pm.	<i>Show & Go to Dinner.</i> B, C & D. See August 10 for details.
Tuesday, August 25. 6:30 pm.	<i>Tuesday Evening Suburban Ramble.</i> C/C+. See August 4 for details.
Wednesday, August 26, 6:30 pm.	<i>Wednesday Evening D Ride.</i> D/C-. See August 5 for details.
Thursday, August 27. Early am.	<i>Pancake Breakfast.</i> C. See August 6 for details.
Thursday, August 27. 5:45 pm.	<i>After Work Show & Go.</i> B. See August 6 for details.
Saturday, August 29, 7:00 am. Miles: 100. Class B. <i>Mays Landing.</i>	Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge) for a ride to Mays Landing, NJ. We may or may not stop for breakfast but we will stop for lunch at the Sugar Hill Deli. Call Bob Leon at 610.833.2096.
Sunday, August 30. 8:30 am. Miles: 28+. Class C. <i>MCC-Schuylkill trail.</i>	We'll meet at the head of the Schuylkill River Trail, near the Betzwood Bridge, in Valley Forge Park and ride to Manayunk for lunch at the Farmers Market. Call Bob Leon 610.833.2096.
Sunday August 30, 9:00 am.	<i>Sunday's with HH.</i> B, C & D. See August 2 for details.

Sunday, August 30. 8:00 am.
Miles: 35-50. Classes: All.
Fund Raiser Ride

Meet at the Kingsway High School at Routes 322 & 551 (left at the third light after the Commodore Barry Bridge). Join Bob Leon for a breakfast ride to raise funds for multiple sclerosis. Ramble through S. Jersey to the Kountry Kitchen for a smorgasbord breakfast. Cue sheets will be provided. The cost is \$15 with the proceeds going to MS. *All riders must call by 8/29 to reserve a breakfast.* Call Bob at 610.833.2096.

Sunday, August 30. 8:00 am.
Miles: 100, 50, 28. Class ?.
Brandywine Tour Paint Ride.

This ride is for those persons who are volunteering to help out with the painting for the Brandywine Tour. Meet at the Chadds Ford Elementary School (on Route 1 at the first light west of Route 100). Call Gina Bezdziecki at 610.5250129. Gina will need help with painting on other days, so *please call her if you can help.*

Saturday, September 5. 8:00 am.
Miles: 100, 50, 28. Class All.
Brandywine Tour Volunteer Ride.

Are you volunteering your valuable time to work at the tour but wish you could do the ride? Here's your chance. Meet at the Chadds Ford Elementary School (on Route 1 at the first light west of Route 100). Call Gina Bezdziecki at 610.525.0129.

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- *Helmet use is **mandatory** on all rides.*
 - Free 1999 membership for anyone leading 4 or more rides listed rides in 1998. Contact Ira Josephs.
 - Please note that every attempt is made to ensure that the information above is accurate. *It is always a good idea to call the ride leader before the ride to confirm the time, location, pace, terrain, etc.*
 - Contact the Ride Coordinator, Jim Hoeffler at 610.494.2380 or hoeffler@crafttech.com, by the end of the second week of the month, to schedule upcoming rides.



A BIG WELCOME TO THE NEW MEMBERS

- Micheal Farrel
- Diene Amedico
- Nick Patel
- Ken Potts
- Michael Scott
- David Cooper MD
- Kathleen Falkenberg
- Ted Slack
- Larry Hanby/Milyn Swofford
- The Barg/Walkow Family
- James Hoeffler

We hope that you have a great year and look forward to seeing you on DVBC rides and tours. *Thanks for your support!*

NEW RIDE COORDINATOR

DVBC would like to give a huge thank-you to James Hoeffler for volunteering to be the new ride coordinator. This is a job that is crucial to the club. Jim is skilled in computers and will be a great asset to the club. We are confident he will do an outstanding job! Please help make Jim's job easier by contacting him with your rides for the upcoming month by the end of the second week of each month.

We hope to have space for
"Joel's Journal: Biking Across the U.S."
in September

VOLUNTEERS ARE NEEDED FOR THE BRANDYWINE TOUR

Volunteers are needed to help out on the Brandywine Tour. The volunteer turnout last year was fantastic but we would like to see some new faces. People are needed for virtually all aspects of the event: sag wagon drivers (especially anyone with a car with a bike rack, or truck, and a cell phone), food stop volunteers, registration, sweep riders, people to shop, etc. It would also be great if we could get a few people to bake cookies, etc. If you can help with any of these jobs, please contact Gina Bezdziecki at 610.525.0129.

REGIONAL EVENTS

-Compiled by Christine Martha

AUGUST

1: 18th Annual Princeton Event. Princeton Free Wheelers. Various routes from 16 - 100 mi. from Rider U. Info: 609-882-4PFW or JCPowers2@aol.com or see <http://members.aol.com/JCPowers2/pfwmain.html>

1: Richardsville Ramble Summer Century Richardsville, VA. Call 540-399-9718 or SASE: 19205 Edwards Shop Rd., Elkwood, VA 22718.

2: Cockeysville (MD) Metric Century. Sponsored by Atlantic Cycling. Contact 301-610-0526 or Atlcycle@aol.com

2: Bike Loft Highland Forest Classic. Fabius, NY. Contact 315-638-7842 or SASE: 26 Syracuse St., Baldwinsville, NY 13027.

8: Country Bike-A-Thon. Benefits the American Cancer Society. 20, 50, or 100 km routes of flat to rolling terrain. Start /finish in Port Royal PA. \$15 fee plus \$30 in pledges. For more info, send SASE to Country Bike-A-Thon; PO Box 55, Lewistown, PA 17044 or call 717-248-1421

8: Bridgeton Zoo Ride: S. Jersey Wheelmen. 25/50/100 mi. loops. \$17 after 7/30. SASE: SJW, P. O. Box 2705, Vineland, NJ 08360 or call 609-848-6123.

8: Dog Daze Century. Brandywine Bicycle Club. 100/55/25 hilly mi. from Nottingham Park, Nottingham, PA. Call 610-626-1040 or SASE: BBC, P. O. Box 3162, West Chester, PA 19381.

8: Eat A Peach Challenge. Chesapeake Wheelmen fundraiser for the Brain Injury Assn Mt. Airey, MD. 5/40/67 mi. loops. Call 410-448-2924 or 1-800-221-6443.

9: New England Adventure '98. Amherst, MA. Contact 518-584-3102 or SASE: P. O. Box 809, Saratoga Springs, NY 12866.

9: Winchester Metric Century. Winchester VA. Sponsored by Atlantic Cycling. For info, contact 301-610-0526 or Atlcycle@aol.com

9: Gettysburg Century: Baltimore Bicycle Club. Contact 410-243-9335.

10: Dirt Camp Junior Development. Contact 800-711-3478 or SASE 120 Old Ridgefield Rd., Wilton, CT 06897.

14-17: National Rally & Gear North. Wellesley, MA. Hosted by Charles River Wheelmen and LAB. 1-202-822-1333.

15: LWA Metric Century and club picnic. The 62 mi. version of the Gap-Gallop Century starting from Louise Park. Details TBA. SASE: Lehigh Wheelmen, P. O. Box 356, Bethlehem, PA 18016.

16: Annual Covered Bridge Metric Century. Lancaster Bicycle Club. \$15. T-shirt - \$12. SASE: LBC: P. O. Box 535, Lancaster, PA 17608-0535. Register at www.concentric.net/~outspokn/cbm.html or call 717-396-8299.

16: Tour of the Hamptons: Massapequa Park Bicycle Club, Southhampton, NY. SASE: Massapequa Park Bicycle Club, P. O. Box 231, Massapequa Park, NY 11758-0231, msmingel@li.net or <http://www.li.net/~msmingel/mpbc.html>.

19-21: 9th International Conference of Cycling History. Ottawa, Canada. Contact DMonaghan@NMSTC.CA or 613-991-3082

19: Coyote Snows Mount Snow Race Camp. Mt. Snow, VT. Contact Tom Masterson 802-222-5133 or SASE: P. O. Box 312, Fairlee, VT 05045.

22: Light of the Moving: Bicycle Coalition of the Delaware Valley. Night ride starts from the Art Museum at 9 pm. \$20 registration starts at 8 pm. T shirt if you register by 8/12. Helmets, lights & reflectors required. Info: 215-829-4188.

22-30: Blue Ridge Summer Bicycle Club of Phila. Asheville, NC to Big Meadows, VA. Shuttle service from W. Chester, PA to the start in NC and back from VA to West Chester, plus B&B accommodations, breakfast and dinner daily, sag and a commemorative t-shirt. \$899. BCP, 718 Revere Road, West Chester, PA 19382-8715 or see <http://www.libertynet.org/bikeclub>.

23: 11th Annual Stride or Ride for the Blind. 25/68 mi. benefit for the Overbrook School for the Blind and the PA Assn. for Blind Athletes. \$20 registration per tandem team. Rides begin at 8 A.M. from

Fischer's Park. Call 215-855-8085 or 215-602-2480.

30: Hagerstown Metric Century. Hagerstown MD. Sponsored by Atlantic Cycling. For more info, contact Brad Wilcox, 301-610-0526, Atlcycle@aol.com

30: Massanutten Hoo-Ha. Keezleton, VA. Contact 540-977-4335 or write to 2719 Summit Ridge Rd., Roanoke, VA 24012

September 4-7: 6th Annual Cycle Messenger World Championships. District of Columbia Bicycle Courier Assn. DCBCA, 1220 L St. NW, suite#100-399, Washington, DC 20005 or call 202-265-4247 or see <http://www.erols.com/bega>.

SEPTEMBER

5: Bay Country Century. 25, 50, 62 and 100 rolling miles in S. Maryland. Start / end at Herrington Harbor Marina near Chesapeake Beach, MD. Sponsored by TEAM Snow Valley. For details, send SASE to: Bay Country Century; 702 C Barrington Drive; Waldorf, MD 20602 or call the TEAM Snow Valley Hotline at 410-721-8990 or see www.tsv.org.

6: Brandywine Tour. Delaware Valley Bicycle Club. See event flier in this newsletter.

6: Chestertown Metric Century. Chestertown MD. Sponsored by Atlantic Cycling. For info, contact Brad Wilcox, 301-610-0526, Atlcycle@aol.com.

6: New Hope to New York. Bicycle Club of Philadelphia's. \$25. includes return transportation. BCP, P. O. Box 30235, Phila., PA 19103 or call event chairman, Ray Murtaugh, 609-988-0551 or e-mail bikeclub@libertynet.org.

7: Annual Labor Day Century: Hanover Cyclers. 28, 50, 64, 100 mi. routes that tour the Gettysburg PA historic sites starting at 6:30 AM from the South 16th St. Rec. Center, McSherrystown, PA. SASE c/o Jim Kappes, 17 Bribery Lane, Hanover, PA 17331; call 717-632-6751.

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

Ride Report: Bay to Bay Ride

by Al Dempsey

I am writing about the Bay to Bay ride I did on 28 May, the Chesapeake Bay to the Delaware Bay and back. The ride was sponsored by the Maryland Chestertown Bike Club with benefits going to the Lion's Helper (seeing eye) Dogs Program. The cost was \$15.00. You might want to try it next year. I was using it to get ready for a ride across Iowa (RAGBRAI) later this month.

There was the usual century, plus an 85 miler that took you directly from Betterton Beach, MD to Woodland Beach, DE (39 miles) and back a different route. There was a 78 miler, bay to bay and back the same route, a 50 miler and a 37. I took the 85 miler. The ride was due to start at 7AM but I saw riders on the road as I drove in at 6:45. The registration table opened at 6:30. The car directions for finding Betterton Beach from the North were right on the money. It took about an hour and 15 minutes (I'm a slow driver) from Lester and parking was easy. The Lion's organization had plenty of volunteers out to keep us from parking in the wrong place. The bike club was very organized at the registration desk. This was their 13th annual, though my first. Again the Lion's did a great job, with refreshments at the starting point, with plenty of fruit and liquids. The first refreshment stop was at 17 miles. The Q sheet had one small error in Smyrna but because of the accuracy of the rest of the sheet everyone was picking up on the error in a few blocks. We had a head wind going to the Delaware Bay and it really became apparent when

we left Smyrna. The land opened up and the wind came right on through. Everyone had a hard time with this last 10 miles to Woodland Beach and the Delaware Bay. This was mile 39 and worth the effort. A great view, nice setting with plenty of breeze while we had our food and drink of which there was plenty. If you went away hungry or thirsty, it was your fault. Needless to say, the trip back to Smyrna was great, we really moved. The rest of the way we were blessed with the wind at our backs. There was another refreshment stop at mile 60 and for the century folks there was another down the road. I followed my route, which was well marked, back to Betterton.

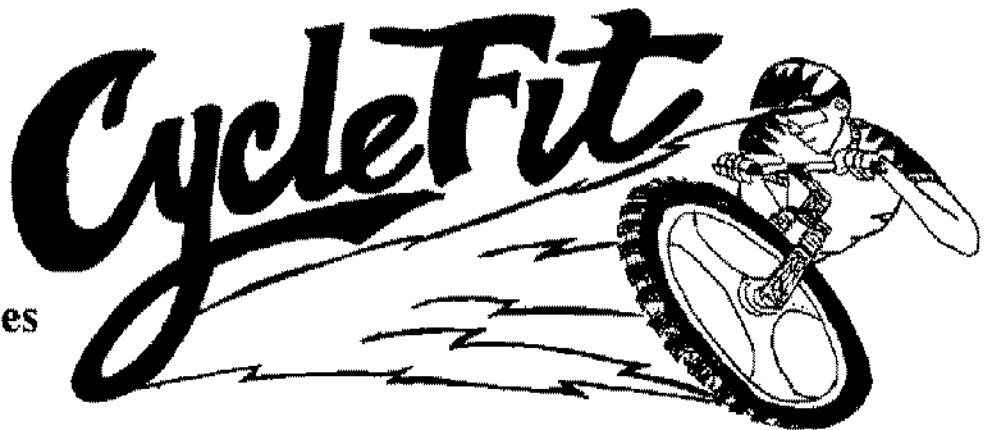
This was the first time I have ever gone this distance and with only about 2-3 miles to go I felt good. At this point in the road there was a sign for a U.S. Coast Guard Station. I am retired from the U.S. Navy and couldn't pass up an opportunity to see how the other service lived. There was no mileage sign for the Coast Guard Station but it couldn't be that far, I could almost smell the Bay. Anyway, half an hour later of down hill I arrived at Still Pond Coast Guard Station; a beautiful setting and worth the side trip.

All told, I did 95 miles. I left at 7:30 and arrived back at 4PM and had a nice tired feeling. The Lion's still had plenty of refreshments and showers were available at the beach, free but cold. My large milk shake on the way home was a grand ending.

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 Upper Darby, PA 19082

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). All rides are subject to cancellation due to weather. If in doubt about the weather or difficulty of the ride, please call the ride leader. 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 Magazine (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 various issues regarding cycling safety in the Delaware Valley. I wish to contribute:

\$1 \$5 \$10 \$15 \$20 \$25 other: _____

Amount enclosed: \$15 (membership) + _____ (safety) = _____

Interest Survey

Your Ride Pace: (check one)
 Class D: *slow* Class A: *fast*
 Class C: *average* Off-Road
 Class B: *brisk*

I'll volunteer for: (check all interests)
 Ride Leader Newsletter Editor
 Sag Wagon Newsletter Typist
 Tour Food Stop Newsletter Delivery



Please send your check or money order to:

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