

Delaware Valley Bicycle Club



P.O. Box 156
Swarthmore, PA,
19081
www.dvbc.org

DE/NJ Top PA—AGAIN!!

For the third year in a row, the League of American Bicyclists has ranked DE and NJ far ahead of PA for friendliness to bicyclists. Whoop Hoo.



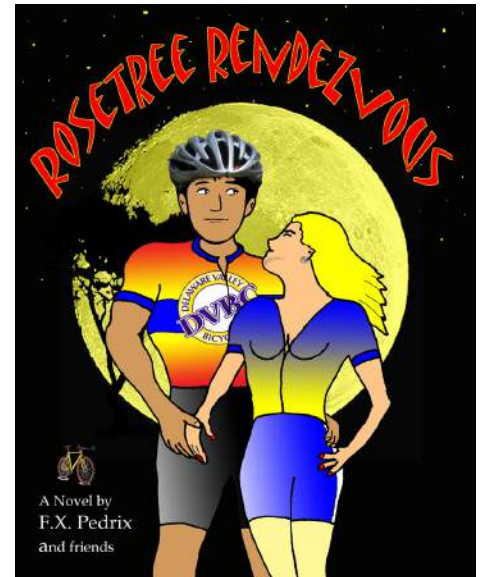
BICYCLE FRIENDLY STATE

2013 Rankings

Key: The percent of total points available attained by each state

| | | | | |
|---------|--------|--------|--------|-------|
| 80-100% | 60-80% | 40-60% | 20-40% | 0-20% |
|---------|--------|--------|--------|-------|

| State | Rank | Scoring Criteria | | | | |
|---------------|------|---------------------------|---------------------|--------------------------|---------------------------|-----------------------|
| | | Legislation & Enforcement | Policies & Programs | Infrastructure & Funding | Education & Encouragement | Evaluation & Planning |
| Washington | 1 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Colorado | 2 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Oregon | 3 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Minnesota | 4 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Delaware | 5 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Massachusetts | 6 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| New Jersey | 7 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Wisconsin | 8 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Illinois | 9 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Arizona | 10 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Maryland | 11 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Michigan | 12 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Maine | 13 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Utah | 14 | 80-100% | 80-100% | 80-100% | 80-100% | 80-100% |
| Pennsylvania | 15 | 0-20% | 0-20% | 0-20% | 0-20% | 0-20% |



Cliff was already well up Old Route 100 but Derrick stopped to greet the ladies. "Hey, Derrick," said Gina. "You got any paint left? We're all out."

"About half a can," responded Derrick.

"That should be enough to get us finished up," said Megan as she reached for the can.

"Doesn't take four people to operate one paint can," said Mary. "Mind if I go back to the parking lot? I was supposed to be home an hour ago."

"I'll go with you," said Gina. And the two quickly pedaled off leaving Derrick and Megan standing at the side of the road. Derrick could have sworn he saw sly grins exchanged between Gina and Mary as they left but he didn't care.

"It's hard to find good help these days," quipped Megan. "Derrick, it looks like you and I will have to do the heavy lifting from here."

"Only a few more arrows till we make the turn on Wylie," responded Derrick. When he saw Megan study

Save the Date

Monday July 8 7:00 PM Swarthmore Public Library, 121 Park Avenue. All members are requested to attend the monthly board meeting to cast their vote for the updated club bylaws. Check www.dvbc.org for a link to the bylaws. A bylaw question and answer session will precede the vote

Thank You



Original cartoon from Gary Larson: The Far Side

Save the Beaver Valley

There is a petition afloat to save the Beaver Valley from development: More than 750 acres of woodland and farmland west of 202/Concord Pike on the PA/DE border are at stake. The site adjoins the newly recognized National Monument in Delaware and Chester Counties.

Save the Valley's site:
www.savethevalley.org

To view the petition or sign directly:
[http://www.change.org/petitions/save-the-valley-stop-the-development-on-the-325-acres-in-beaver-valley-concord-twp-pa?](http://www.change.org/petitions/save-the-valley-stop-the-development-on-the-325-acres-in-beaver-valley-concord-twp-pa?utm_campaign=signature_receipt&utm_medium=email&utm_source=share_petition)
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See Rendezvous on page 4

Delaware Valley Bicycle Club

P.O. Box 156
Swarthmore, PA 19081
www.DVBC.org

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

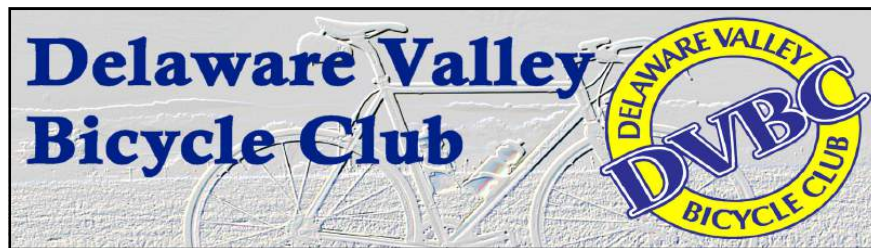
DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

- *League of American Bicyclists
- *Bicycle Coalition of Greater Philadelphia
- *Adventure Cycling Association
- *Bicycle Access Council
- *East Coast Greenway
- *PA Walks and Bikes
- *Friends of Ridley Creek State Park
- *Friends of the Chester Valley Trail

Newsletter Contents © 2013 by DVBC



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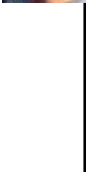
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RIDE GUIDELINES & CLASSIFICATIONS

1. Arrive early and **be ready to leave on time.**
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. 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 unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

National Bike Challenge

Join the Delaware Valley Bicycle Club team in the National Bike Challenge, an initiative to track miles ridden from May 1 through September 30, 2014. This effort by the League of American Bicyclists seeks to record 20 million miles. All DVBC members are encouraged to join. Go to:

www.nationalbikechallenge.org

You can register as a member of the DVBC team as well as a member of your employer's team. Retired? Join Social Security as your employer. Tallies are also assigned to your community and county. Miles ridden in May can be logged in until the end of the month so do it NOW. Don't have a computer at home or work? Go to your local public library. Their staff can help teach you to join and log your miles. Don't ride far? No problem. The challenge tracks points, 20 points for each day you ride plus a point per mile ridden so every ride counts

Renew Your Membership Now!

DVBC memberships expired in April. Those receiving printed newsletters have their expiration date on the mail label. Those for whom the club has an email address have received 2 email reminders. Renewals can be done by completing and mailing in the membership form and waiver in the newsletter, or through the website, www.dvbc.org, where you can either renew online accepting the annual waiver and using PayPal, or by printing and completing the membership form and waiver, and returning with your check.

Individual membership remains \$15 per year. Households, 2 or more members, are now \$18 per year, reflecting rising club insurance rates which are based on each rider.

Don't miss the July newsletter...renew today. Thank you to those who have already renewed!

Delaware Valley Bicycle Club: *Serving Delaware County and the Western Philadelphia suburbs*

June 2013 Ride Calendar

Reminder: Any ride scheduled in the Newsletter, on the DVBC website ride calendar, or advertised via the list serve is considered an official club ride and a sign-in sheet is required. The sign-in sheets are on the website on the ride calendar page.

RECURRING RIDES

| | |
|--|---|
| Sun 13:00 Class A Sun- day Afternoon Romp | Ride leaves from the Inner Drive Fitness parking lot (210 S Newtown Street Rd). Expect 25-30 miles moderately fast pace plenty of hills. No one dropped. Bathroom & changing facilities available pre & post ride at Inner Drive. Contact Jenny Ashbrook at jashbrook@innerdrivestudio.com . |
| Tues 18:00 Class C DELCO Spin | Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours thru Swarthmore Wallingford and Ridley Township areas of Delco. Expect 15 +/- miles but daylight will govern the length of the ride planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market Swarthmorewood Shopping Center South Chester Road (Route 320) and Park Lane Road Swarthmore PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com |
| Tues 18:00 Class D Linda's D Ride | The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862 |
| Wed 18:00 Class D Linda's D Ride | The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862 |
| Wed 18:00 Class B Wed B Ride | Join me for a 30 +/- mile B paced ride (15-17avg) starting in Rose Tree Park in Media. There are hills but we stick together drop no one and have fun. Contact Andy Marzano at (C) 610-291-2635 Email: starbrdtack1@yahoo.com Check here the day prior to ride for this weeks route: |
| Wed 9:30 Class C+ Docs Ride | Ride starts and ends at Rose Tree Park in Media, Pa. Usually a lunch destination. Rain cancels the ride. Expect 40 to 60 miles with hills at average speed of 13 to 14 mph. Contact Woody Kotch at Email: hrkotch@gmail.com |

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| 06/01 6:00 Class C+ Tour to Re- hoboth Beach | Swarthmore to Rehoboth Beach DE: A one day tour for the masochist ardent cyclist or beach lover. This is an all day bicycle event that will leave from 320 Produce Market Chester Rd. Swarthmore PA and work its way gradually through lower Delaware County through scenic routes of eastern Delaware. Frequent stops for life's necessities are anticipated. This is an opportunity to enjoy a day with friends or to make new friends. Depending on the size of the response a SAG wagon may be feasible stocked with food energy bars and drinks as well as some basic repair items. I anticipate that we will finish around dinner time. Have family or friends meet you at the end point for dinner. Call early to make reservations at one of Rehoboth's many hotels motels or park benches (kidding) and stay over night for a Sunday brunch if you like. Or you can even spend a day at the beach. You can cycle home on Sunday. But that is unsupported. This will be a C+ ride. We will regroup as necessary. No one will be dropped. Cue sheets and electronic files for GPS coordinates will be provided. We leave at 6AM sharp. Approximate distance 115 miles. To join the ride you MUST email me with your commitment by May 1. This is definitely NOT a show and go ride. This ride will be cancelled if there is insufficient response. Contact Emil at scoby13md@gmail.com |
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| | |
|---|--|
| 06/01 8:30 Class C+ Sex on the Beach | Join me on the 4th Annual SOB Ride. This 69 mile ride begins through marshlands teeming with birds then on to the Delaware Bay East Point Lighthouse where we may spot horseshoe crabs performing their prehistoric mating ritual. Experience long stretches of car-free riding and lunch at Higbee's Cafe in Fortescue the weakfish capital of the world. The return takes us through a nature preserve and historic Mauricetown with its 19th century sea captains' houses. Hopefully the Green Head Flies haven't landed yet. Start PROMPTLY @ 8:30 so plan your arrival accordingly. Cue sheets provided. Meet at Maurice Twsp Elem School 3593 Route 47 Port Elizabeth NJ. School is on the left and a Wawa is about 1/2 mile past the school on the right. A go/no-go message will be added to DVBC website & calendar by 6:45 a.m. if weather is questionable. Contact Deb Chaga dreamerdeb@gmail.com if you're joining me. |
| 06/02 13:00 Class A Sunday Af- ternoon Romp | Ride leaves from the Inner Drive Fitness parking lot (210 S Newtown Street Rd). Expect 25-30 miles moderately fast pace plenty of hills. No one dropped. Bathroom & changing facilities available pre & post ride at Inner Drive. Contact Jenny Ashbrook at jashbrook@innerdrivestudio.com . |
| 06/03 19:00 DVBC Meet- ings DVBC Monthly Board Meet- ing | DVBC Monthly Board Meeting held at Swarthmore Public Library at 121 Park Avenue (610)543-0436. All are welcome to attend. Contact Rich Andreas at the_andreas@comcast.net |
| 06/05 18:00 Class C+ Show 'n Go C+ Ride | Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 25-30 miles. We will do a lot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 12-14 mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net |
| Sun 06/09 9:30 Class C+ Centre- ville Cafe | 55 -60 moderately hilly and scenic miles. Meet at the Moylan Rose Valley Train Station at Woodward and Manchester Rds. in Rose Valley and ride classic DVBC routes. Snack break in Centreville. 12 - 13 mph average speed. Contact Ira Josephs at 610 245 3745 Email: josephs4058@gmail.com |

Rendezvous From Page 1

ing her cue sheet he said, "You won't need that; I've got the course memorized. Why don't you paint a confirmation arrow here?"

As Derrick watched Megan meticulously craft her arrow he decided it was no wonder she'd used up all her paint. He doubted that Andrew Wyeth, whose homestead was just a mile up the road, had ever put more care into his paintings. "Nice arrow," he commented with conviction.

"You don't think I'm too fastidious? My dad is always accusing me of being a perfectionist."

"I happen to admire perfection," answered Derrick as they mounted their bikes. And as he approvingly studied the lycra-clad figure riding in

front of him it occurred to Derrick that perfection comes in many forms.

By the time the last arrow was painted at the Wylie turn, Megan's can was coughing out its final neon drops. Derrick didn't have the heart to tell her that he and Cliff had just painted the entire 14-mile Delaware loop with half a can apiece.

Their assignment now finished, Derrick, out of habit, started thinking about his favorite shortcuts back to the parking lot but quickly came to his senses. This was not a ride he wanted to shorten.

As he and Megan exchanged small talk during the ascent of Wylie, Derrick observed Megan's easy, fluid pedaling style. Usually when he saw fit legs working that efficiently over a carbon fiber frame it was on NBC

Sports with Phil Liggett narrating. Derrick had dabbled with some minor success in CAT-5 racing but he could see that Megan, who made it a point not to get ahead, was in a league of her own.



Derrick observed Megan's easy, fluid pedaling style.

All too soon the pair had arrived back at Parking Lot 15 and were loading their bikes in their cars. All the other members' cars were gone. There was so much Derrick had wanted to learn about Megan but he

See Rendezvous on Page 5

Rendezvous from Page 4

had only scratched the surface. Megan was raised in Oregon and had come to Pennsylvania to work in her father's consulting business. She liked jazz and Louisiana blues, murder mysteries and sushi. At eleven, she had lost her mother in a car accident. She worshipped the ground her father walked on.

Megan was a great conversationalist who seemed more interested in learning about Derrick than talking about herself. She seemed to like Derrick but he had a nagging sense that she was holding back.

After all the mundane topics had been exhausted Derrick said, "Well, I guess I better go...." And, after a pause, "Will I be seeing you again soon?"

"Derrick," replied Megan seriously, "there's something you need to know about me."

Derrick said, "I already know."

From the DVBC Archives

Ricco Luci

Best Friends. I never liked that term. Best. What is that? Like someone actually ranks their friendships? I have *great* friends. I regularly ask new members what it was that attracted them to DVBC. By far the most common response is "The people in the club". THE PEOPLE. DVBCers are the most affable, outgoing supportive cyclists you have ever met. They make the best friends! Who could, who would argue with that?

Monsieur le Drew has been busy archiving old newsletters. I was browsing the collection and came across this in a way back issue "Welcome new DVBC member **Rich Andreas** from Mullica Hill. Rich first started riding Bob Leon's DVBC shore rides" Bob Leon. Shortly after I moved to the area a car passed me as I was out training. It pulled over up ahead and the driver flagged me down. I had on my Team racing kit (Cinzano), and he was wearing a Team Cinzano cycling cap. It gave me a chuckle. It was Bob Leon. He admired my bike (my 1984 Pinarello from the LA Olympics). "Hey, our club is sponsoring a Century ride this weekend. Here's a flier. I hope we see you." I politely

crammed the flier into my jersey pocket as we talked a bit. I shook his hand and pedaled away, never expecting to see him again. I was in training for an upcoming race. Why would I want to ride some funky club tour? Later that night as I put the jersey in the hamper, there was the flier sticking out. I pulled it and read it. There was something about Bob. He was Lovable. Yes that's it. Lovable. He was infectiously passionate, he bubbled with the joy of all things relating to cycling. Yeah, you know what, I did want to do his ride.

I showed up with a few of my team mates. I must admit that we rode the course backwards to avoid mayhem of the masses. I would continue racing for a few more years, and Bob would keep on organizing and leading club rides. I rode with him many times after that, with increasing frequency as my racing wound down. His all day rides to OC for subs on the boardwalk was a favorite. He was a DVBC icon and loved by everyone. He was a great friend. We lost Bob to Lymphoma several years ago. Only the good die young it seems. There are a lot of other "Bobs" in the club. DVBC seems to attract them, it's the people you see,. Through Bob I met Bob Ladrew, Dave Bennett, Dom Z, Drew Knox, and Good cycling people every one. To me they embody all that is good about cycling. When it came time to retire from racing I knew where I belonged, DVBC.

One of the first rides I did as an official member was Dreamer's July 4th ride. We were all dressed up in holiday costumes. Just as we were mounting our bikes a familiar face showed up, fittingly trying to copy our Captain America costumes. It was



Dave Hartrum. Our grandfathers had raced together at the turn of the century. As kids, Dave and I were always together, riding our bikes everywhere. It's one of those Pete and re-Pete stories. ♪ "They dress alike, they walk alike, they ride alike, they talk alike. What a crazy pair. ♪" I remember that Dave had this neat trick his grandfather had taught him. Whenever we would race each other he would reach over

and put a stick through my spokes so I flipped over the handlebars. Got me every time. Dave moved away during 4th grade year I think it was, and I hadn't seen him since. This ride was just like old times. He even stuck a stick through my spokes,



depositing me in a ditch. Pete and Re-Pete became regulars on the A/B rides.

On Buck-Eye's TOPA2011 It was uncanny how we always seemed to turn out in the mornings with the same outfits. Day 1 we showed up for the drive to Erie with



TOPA 2011-Departure

matching shorts and Bike VA shirts. Day 2, matching Red Riding Hood outfits. Day 3, Pass Gas jerseys. Lately Dave's been spending most of his time in Ocean City. He puts his miles in on a 5-speed old fart tricycle.

See Archives Page 6



Bill, Pete and Re-Pete

Archives from Page 5

Dave made a surprise appearance at this Spring's Assault on Hawk Mtn. Yep, I got him, thanks Mr stick. No worries, the mud in the ditch broke his fall.



Recipe Exchange

This is a good recipe for the day after a hard ride. Your body is tired, you need some rest and recovery and to replenish your glycogen stores.

Recovery might be the most important "training" you do on your bike. It's often the hardest and is often the most overlooked aspect of training. Riding your bike creates stress, especially when the training is long and/or hard. However, we get stronger, faster and fitter following rest. Remember that training creates stress, while recovery promotes adaptation.

Many riders believe they must ride hard every day. Lack of recovery is the key reason cyclists stop improving and plateau. Lack of recovery often leads to breakdown, illness and overtraining. "Freshness" is lost, and the mental ability to keep riding. They actually get tired of riding – WHAT A HORRIFIC THOUGHT!

Recovery is a critical component to training, and once riders realize its importance, recovery days are embraced, cherished and eagerly anticipated. Recovery can be broken down a few ways. Cer-

tain rides may be classified as "Active Recovery Rides." Characteristics include:

- Average heart rate <68% of threshold HR (from your 30 minute time trial)
- Average power <55% of threshold wattage (again, from your 30 minute TT)
- Perceived Exertion = <2 (2 of 10)
- Your level of exertion is very, very low. It feels embarrassingly easy. Extremely light pressure on the pedals. You induce no fatigue to your legs. It takes no concentration to maintain pace and continuous conversation is possible. The only concentration required is to ride your bike slowly enough. Cadence is low and ride duration is short (typically 30 minutes – 2 hours, depending on a variety of factors, such as rider experience, level of fatigue, etc).

Now the recipe

This recipe actually is for two meals, both pasta. One a low-fat, high-carb pre

ride snack, and a protein and nutrient-rich post ride munchout.

Rotini with Tomato-Caper-Mushroom Sauce, Fresh Spinach, and Mozzarella Cheese

Give yourself 45 minutes to digest it before heading out for a ride.

Ingredients

- 2 cups semolina rotini, dry
- 2 tablespoons olive oil
- 1 cup sliced mushrooms
- 1 cup sliced yellow onions
- 1 cup fresh spinach leaves
- 2 Tbsp capers, drained and rinsed
- 1, 14.5oz can crushed, stewed tomatoes
- 2 Tbsp chopped, fresh basil (or 1 tsp. dried basil)
- 1/4 cup low fat shredded mozzarella cheese

Directions

- Bring 3 to 4 quarts of lightly salted water to a boil. Add pasta and continue boiling, stirring occasionally until pasta is al dente.
- While pasta is cooking, heat a large skillet over medium heat and add olive oil. When olive oil is hot, add mushrooms, onions, spinach, and capers. Stir constantly until mushrooms and spinach are tender and onions are translucent.
- Add canned tomatoes and fresh basil to skillet and simmer over medium heat, about 5 to 10 minutes or until mixture is heated through. Remove from heat.
- Drain pasta and add to skillet. Gently pan toss, allowing sauce to adhere to pasta. Top each serving with mozzarella cheese.

NOW GET DRESSED AND RIDE EASY FOR 30-180 MINUTES

Post Ride

Whole-Grain Penne with Pan-Roasted Chicken, Prosciutto, Italian Herbs, and White Wine

Ingredients

- 4 small boneless, skinless chicken breasts (approx. 1 1/4 lb. total weight), trimmed of fat
- 1/2 cup Italian dressing
- 1 tablespoon olive oil

See Recipe on page 7

Recipe from page 6

- 2 sprigs fresh rosemary (or 1 tsp. dried)
- 1 tablespoon fresh oregano (or 1 tsp. dried)
- 1 clove garlic, peeled and sliced lengthwise
- 4 ounces prosciutto, finely diced
- 1/2 cup dry white wine
- 1/2 cup water
- 3 cups semolina penne, dry
- 1 tsp kosher salt

Directions

1. Combine chicken and Italian dressing in a bowl or gallon-size sealable bag and marinate at least 20 minutes or up to one hour. (Refrigerate if marinating longer than an hour.) Remove the chicken from the marinade and pat dry.
2. Heat a large non-stick skillet over medium heat, then add the olive oil. Heat until oil is hot but not smoking. Add chicken, rosemary, oregano, and garlic to skillet and stir. Top the chicken with prosciutto, then add the wine and water. Cover and simmer until the chicken is cooked through (about 25 to 30 minutes).
3. While the chicken is cooking, bring 4 to 5 quarts of lightly salted water to a boil, then add pasta and cook until it's al dente (according to manufacturer's instructions). Drain pasta and keep warm.
4. Transfer the chicken to a plate. Bring remaining juices in skillet to a boil until it reduces and thickens (about 3 to 5 minutes). Divide pasta and top each serving with one chicken breast and even portions of the sauce.

Serve with your favorite Garden Salad and a side of fresh fruit

Archive Update
by Bob LaDrew

Thanks to the contribution of former DVBC president Rich Patterson some huge gaps in our newsletter archive have been plugged. Mr. Patterson's donation included some issues in 1983, 84 and 85, all of the newsletters for 1986, 87, 88 and 89, and about half of the 1990 issues.

It was interesting to note that in the 80's some copies were more like magazines in that they frequently included 20 to 24 pages. In those days members frequently wrote "letters to the editor" to express opinions which would now appear on the club's email list serve.

The following are some of the news items that the 1988 DVBC newsletter contained:

February: The DVBC newsletter editor gets in hot water for plagiarizing an article from the Brandywine Bike Club's periodical.

The DVBC membership list (mailing labels) is transferred from Apple to IBM.
March: The mountain bike division of the DVBC folds due to lack of interest and support.

April: Frank Havnoonian was recently elected President of the DVBC....Frank was president once before, in 1986.

July: Dues are \$10 per year. The club spends \$11 per year per member to print and mail the newsletter.

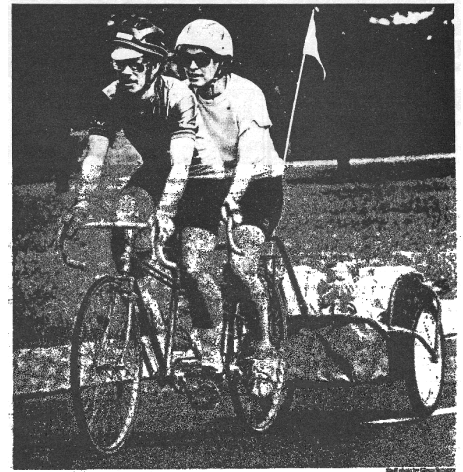
DVBC's John Bauer captures the state championship road racing title. The DVBC-sponsored "Team Drexel Hill"

entered with 12 riders. They were coached by Frank Havnoonian, who also acted as their mechanic.

September: The Brandywine Tour (\$5 per person) is attended by 400.

It costs \$10 to join DVBC, an additional \$7 to join Team Drexel Hill (road racing), \$5 to join Team Casual (road racing), \$5 to join the DVBC Triathlon Division, and \$5 to join the Tandem Division.

Winter edition: Michele Grant, after leading her first ride: "I have Dr. Heywood Kotch to thank for being a volunteer ride 'follower' for the slower riders and sightseers at the back of the pack. He made sure that no one felt as if they were left behind...." (Woody was a nice guy even then!)



Family enjoys their "bicycle built for three"

1988 club president Rich Patterson and Family

BONKERS

Cartoons of the DVBC....

by Bob LaDrew



BOB LADREW 2013

