



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB July 2020

President's Corner

Members,

Recently it was decided that the Bicycle Club would open under the green flag and resume normal riding. The CDC guideline of social distancing is still required. We need all members to assess their own risk and take whatever precautions necessary to safely ride in a group setting. For example, if you plan on stopping, make sure you bring a mask. Some of our members might want to ride with a mask. This is every member's choice. I believe if we respect everyone's choices and ride being considerate of others, we will have a great riding season.



We recently instituted a revised release of liability, and every member when logging in to the web site will need to accept before accessing, all information unique to the club. Until further notice, non-members will not be welcome on a club ride. We need everyone to sign the release prior to participating. And please, always use the website for official information about the club and rides.

Since we lost approximately three months of riding time due to the COVID-19. The board of Directors voted to extend all memberships for 3 months starting July 1. As you are aware, the club hired the Pennsylvania Association of Non-Profits to rework our By-Laws, for compliance purposes. A committee is currently marrying our old by-laws with the new by-laws and once approved by PANO and the Board of Directors they will be sent to all members for review prior to the October Members Meeting. This will require a vote from the members, to adopt.

As I am typing this, the Three Creek Century, The HBC Picnic, Banquet, Fall Tour, and Williamsburg are still scheduled, and we are gathering the information necessary to ensure maximum safety guidelines. The first is the Picnic at Ft. Hunter which is located in Dauphin County which has not gone green yet. But we will monitor closely and inform you and your family of any changes.

We had a member develop heat exhaustion over the weekend, and fortunately, they are fine. The weather is heating up, and with the lack of riding, it is important for all members to climatize themselves before riding long distances.

Heat exhaustion symptoms include heavy sweating, cool clammy skin, fast weak pulse, nausea or vomiting, dizziness with headache or feeling faint. Treatment is to move to the shade, loosen clothing, pour water over the body for cooling, sip on water or ice chips.

Heatstroke symptoms include hot, red skin, fast pounding pulse, severe headache, nausea or vomiting, mental disorientation, and even fever. Move to shade immediately, start cooling the body by pouring water (preferably with ice) head to toe, placing ice packs in armpits, groin if available. This is a medical emergency, 911 should be called. Do not give food or water.

Preventive measures include wearing light loose-fitting clothing, hydration before a ride, consider adding electrolytes in your drinking bottle, and wearing a well-ventilated helmet. I like to carry one bottle with ice, and one frozen. This allows me to have cool water for a longer period of time while riding.

The most important issue is safety, let us all work together to achieve that goal. Be considerate and respectful of your fellow rider. See you on the road !!!

It is always a great time to be an HBC member.

Glenn Wareham
President

Bike Shops Are Open!

All the area bike shops are open, but you need to contact each one individually to determine if they have restrictions. See our business sponsors list for complete details.

CPR Classes

The CPR / Basic First Aid classes that were cancelled due to Covid-19 will be rescheduled. We are working with training sites and instructors to be able to hold these classes in a safe manner. A new announcement and invitation to attend the classes will be sent out once details are finalized. If you previously registered, we will contact you first to see if you want to keep your slot.

Questions can be sent directly to Chris Wright at cjwright1919@gmail.com.

Tour Close to Home with Help from BSCPA

COVID 19 sure has put a crimp on our group bike travel plans but fear not! There are some wonderful alternatives. Consider traveling close to home with just a few of your best biking buds. Lodging is available and restaurants are now offering more dining options. Maybe it is time to explore all the wonders that lie just beyond your back yard.



Visit Hershey, the town that chocolate built, Pennsylvania Dutch country, Harrisburg, Pennsylvania's Capital city, the Gettysburg Battlefields and so much more. Enjoy quiet country roads and quaint small towns. Make your own pretzels in Lititz, watch Lebanon bologna be smoked in Palmyra or invent your own ice cream flavor in Columbia.

The best part is that Bicycle South Central PA already has routes online so you can create your own tour. Cue sheets and Ride with GPS downloads can be found at <http://www.bicyclesouthcentralpa.org/bike-routes-and-resources/>

Share the Road

To obtain a plate from PennDOT, web search Pennsylvania Share the Road plate. You will find a link to form MV-917. Cost is a one-time \$40 fee for a new plate and registration card. Annual renewal date and fees do not change. The is made possible by the Bicycle Access Council.



Get Involved – Rt 39 / 743 Corridor

Bicycle South Central PA is asking for your help concerning the Route 39/743 Corridor Transportation and Land Use Study. We are pleased to say that this study includes facilities for bicycle riders and pedestrians, which is an important step toward safer roadways for everyone.

For more information about the study go to: <http://www.bicyclesouthcentralpa.org/> scroll down and click on the Dauphin County Commissioner's Presentation:

We need to let our State legislators and the Dauphin County Commissioners know how important these improvements are to those of us who ride our bicycles in that area. We especially need letters from Dauphin County residents. Please forward this information to other friends and advocates.

For sample letters go to: <http://www.bicyclesouthcentralpa.org/>
Here is where you send letters

For Residents of Dauphin County – send separate letter, using this as a template by using your own wording, to each Commissioner.

**Insert your name,
home address
and date here**

Select one name/address for your letter (also feel free to send one individually to each)

Chairman Jeff Haste
Dauphin County Commissioners
Dauphin County Administration Building
2 South Second Street, 4th Floor
Harrisburg, PA 17101
Email: chairman@dauphinc.org

Commissioner Mike Pries
Dauphin County Commissioner
Dauphin County Administration Building
2 South Second Street, 4th Floor
Harrisburg, PA 17101
vicechairman@dauphinc.org

Commissioner George Hartwick, III
Dauphin County Commissioner
Dauphin County Administration Building
2 South Second Street, 4th Floor
Harrisburg, PA 17101
secretary@dauphinc.org

Please consider taking a few moments to let the Commissioners and Legislators know that we appreciate their inclusion of bike facilities in the plan.

HBC'S Three Creek Century and Trifecta Registration

Special Note: With the Pennsylvania COVID Phases each of these rides are in different counties, so they may all have different modifications. Please check each individual website to get the latest information.

Three Creek: www.threecreekcentury.com

The Chocolate Tour: <https://www.thechocolatetour.com>

Covered Bridge Classic: <https://coveredbridgeclassic.com>

HBC's Three Creek Century will be held at the Penn Township Fire Department



Complex on Pine Road on Sunday, Sept. 20. Choose your distance: 25, 50, 75 or 100 miles or the 18-mile option on the lovely, traffic free Cumberland Valley Rail Trail. Early bird registration is only \$30.00 for this well supported and enjoyable event. The homemade chicken corn soup is so good riders keep returning just for that! The South Mountain Challenge option will again be offered on the 50-mile route. All 50-mile riders will bike to the rest stop at

Shippensburg Township Park where they will have the option of choosing the traditional route back to the firehouse or adding in additional climbing up to Big Flat.

This Century is HBC's largest fundraiser so be sure to invite your friends and relatives to join you on this scenic and well-organized ride. We had over 700 riders last year!

The Century Committee is proud to announce that The Three Creek Century will once again be part of the Central Pennsylvania Bicycling Trifecta. The Trifecta brings together the Penn State Chocolate Tour in Hershey, the Lancaster Bicycle Club's Covered Bridge Classic in Lancaster, and the Harrisburg Bicycle Club's Three Creek Century near Carlisle to form central Pennsylvania's premiere cycling event. Riders who complete all three events will earn a commemorative glass mug. **You can register for all three Trifecta events with just one online form and payment!**

The Chocolate Tour and the Covered Bridge Classic are extremely popular events that may sell out, so do not miss your chance to register. Register early for best pricing.

Registration information and more details about the Century, September 20th 2020, and the Trifecta can be found at www.threecreekcentury.com.

We are grateful to Donegal Insurance for their generous sponsorship of the Three Creek Century and Central Pennsylvania Bicycling Trifecta.



Penn State Chocolate Tour, Sat. August 1st
<https://www.thechocolatetour.com>



2020

Lancaster Covered Bridge Classic,
Sunday, August 16th 2020
<https://coveredbridgeclassic.com>



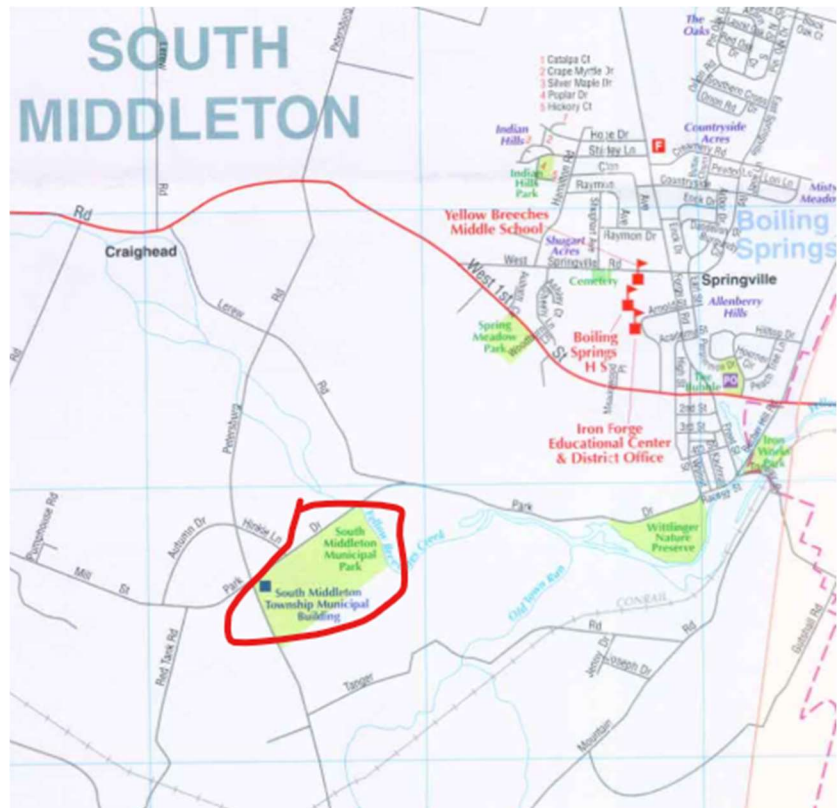
The HBC Picnic will be Sunday, July 12 at NEW location **South Middleton Park, Boiling Springs**

HBC Picnic Update: New Location!

This year's HBC picnic will be held on Sunday, July 12 at South Middleton Park*, 534 Park Drive, Boiling Springs. HBC has rented Pavilion #1, which is right on the Yellow Breeches Creek and near the rest rooms. Rides will be offered in the morning for all levels of rides from D to B, but there is plenty to do at the park even if you do not ride a bike. There is a nice playground, 4 miles of walking/biking trails, volleyball and horseshoe courts, and boat and fishing access. Bring the whole family!

The pavilion seats 75 people which allows for good social distancing space, but you are also welcomed to bring a lawn chair to use outside the pavilion.

Uncomfortable on group rides? Feel free to ride to the park or request cue sheets/GPS downloads and do your own thing. One of the great things about this park is it is located close to Whiskey Springs and Kings Gap, two iconic climbs for those people looking for a challenge. There is a lot of gentle terrain, too.



Here are a few routes you can ride on your own.

South Middleton Park to Kings Gap <https://ridewithgps.com/routes/10841609>

Whiskey Springs Loop <https://ridewithgps.com/routes/17201655>

South Middleton Park to Huntsdale Fish Hatchery
<https://ridewithgps.com/routes/30437454>

(Note that the Fish Hatchery may not be open, but it is a nice ride anyway)

Lunch will be at 12:30 p.m. and due to Department of Health restrictions, we are asking each person to **BYOP (bring your own picnic)**. HBC will have a limited supply of bottled water available, but that is all. Water is also available in the rest rooms. You can always pick up lunch at Anile's or Caffe 101 in Boiling Springs. Alcohol is not allowed.

And yes, we are asking everyone to practice social distancing at all times and to wear masks when you are not riding, exercising, or eating.

Ride schedule:

8:00 a.m. B Ride: 40-50 miles Leader: Larry Wasser
9:00 a.m. C+ Ride: 30-40 miles Leader: Mark Dolheimer
9:30 a.m. C Ride: 20-30 miles Leader: Marilyn Chastek
10:00 a.m. EZ C Ride: 15-20 miles Leader: Dave Young
10:30 a.m. D Ride: 10-15 miles Leader: John Humphries



Bad weather may cancel the rides, but the picnic is held rain or shine. See you there!

**Fort Hunter could not provide dates as to when the pavilions and restrooms would be open, so the picnic location had to be moved.*

HBC Williamsburg Trip When: October 8th to 11th, 2020

The Harrisburg Bicycle Club is once again sponsoring a ride in the “Historic Triangle” and surrounding areas of Williamsburg, Virginia. Participants will travel to Williamsburg on Thursday, October 8th and stay three nights at the Best Western Historic District, within easy walking distance of Historic Colonial Williamsburg. A variety of ride options will be available for Friday, Saturday, and Sunday to explore the area. All routes will be available on the HBC Club Account on the Ride With GPS website. Attendees may optionally purchase Route Books containing cue sheets and maps for an additional \$6. The price for three days of lodging, three full breakfasts, hospitality and Friday dinner at the Williamsburg Winery are listed on the registration form. It will be based on bed size and occupancy number. Deposit is due July 31st, 2020.



Colonial Williamsburg



Williamsburg Winery

NEW this year! Included with your registration, a buffet dinner will be held on Friday evening in the Wessex Hall of the Williamsburg Winery. Dinner menu will consist of a mixed green salad, Joyce Farms grilled chicken with lemon herb sauce, roasted potatoes, mini corn on the cob and seasonal pie. A cash bar will also be available. Come early and do a wine tasting!

You will be staying at the Best Western Historic District, conveniently located within a 1/2-mile walk to Colonial Williamsburg. Your registration includes full buffet breakfast, Wi-Fi, swimming pool and self-parking. Hospitality snacks, beer, wine, and soda will be provided Thursday and Saturday. Group room rates are honored 3 days prior and after if you wish to extend your stay.

The Williamsburg area is “bicycle friendly” with dedicated bicycle/multi-use paths as well as bike lanes. Routes are available to provide a variety of ride options and lengths. Routes will be available to/from the hotel and Jamestown, Yorktown, and Colonial Williamsburg. For those desiring to ride further distances and explore the countryside, longer routes will be available in surrounding counties of James City, Charles City, York, and Surry (accessible via a free ferry). For those that opt for the safety and calm of dedicated bicycle paths, the Virginia Capital Trail and Powhatan Creek Trail offer many miles of scenic riding. The Virginia Capital Trail extends 52 miles from Jamestown to Richmond! The Colonial Parkway will be used on some of the routes as well.



The Virginia Capital Trail

You can access the registration from the SPECIAL EVENTS tab on the website.

Please contact Rick Nevins with questions about registration. 717-579-7644 or rick@nevins.com
Registration opens March

HBC Fall Tour and Cape May Weekend 2020

September 22nd thru 27th, 2020

46th Anniversary of the HBC Fall Tour-Cape May, NJ

In Memory of Owen Moore



REGISTRATION NOW OPEN!!

With much optimism and a watchful eye on COVID-19, registration has opened for the 2020 Fall Tour. Please visit the website under Special Events for a copy of the Registration Form.



Deposits must be made by July 24, and the final payment received by August 14, 2020. Due to potential uncertainty, checks will not be cashed until the event is a definite go, to be determined by the Committee as we get closer to the event.

If you have any questions, please contact the registrar Bill Baughman, wgb024@yahoo.com or Jim Buckeit, jebuckheit@verizon.net or 717-805-8213) for further information.



You can still ride the Finger Lakes

Missing the Finger Lakes trip? Good news! Things are opening up in New York. All the Finger Lakes routes can be found on the HBC Ride with GPS library! sort by the Finger Lakes tag and make your own trip and enjoy!



Kings Gap Time Trial – September 27, 2020

The Deborah Barisch Memorial Kings Gap Time Trial is a cycling event benefiting The Friends of King's Gap. The four-mile course from the base of South Mountain to the top of Kings Gap is designed to challenge riders of all skillsets while being a fun event for everyone. It is NOT a sanctioned USA Cycling race event. A portion of the proceeds will go to the Friends of Kings Gap.



as the staff of the Kings Gap State Park.

The Friends of Kings Gap is a non-profit organization of dedicated volunteers that supports, protects, and enhances the Kings Gap State Park. Local cyclists have the luxury of enjoying this climb, which is one of the most beautiful and popular in the area, year-round because of these volunteers. Participating in this event is a way to say thank you to this incredibly special group of individuals as well

Registration will open on March 1st. There is an early bird discount.

The website is up and running to get FAQs and photographs from the 2019 event.

Go To: <http://www.kingsgaptt.com/>



Like an amazing magic trick, we managed to put together our Shenandoah & Skyline Drive Tour event for 2020. As a result, our event theme will remain "Experience the Magic".

While we made a few changes to what we originally planned, this event offers you fantastic accommodations, exciting rides, and memorable evening socials that we look forward to sharing with you!

This year's accommodations will be at Hotel Madison. This event offers you more than 4 dozen routes to choose from and new this year are gravel routes. With plenty to do off the bike within walking distance from our accommodations, the event schedule offers you enough flexibility so you can still enjoy Harrisonburg. Make sure to plan your days to attend the evening socials so you can be part of our recap of the day and hear the announcements about the next day.

We welcome you to come experience with us another perfect, and magical weekend in the Shenandoah Valley.

Due to this last-minute ability to get this event launched, there will be a limited window of opportunity to register. So first-come, first-served.....don't miss out! We will notify our membership soon about registration re-opening.

See the website for details

https://pbcwp.clubexpress.com/content.aspx?page_id=22&club_id=400812&module_id=242981

HARRISBURG BICYCLE CLUB MEMBERSHIP

EXPECTATIONS:

These expectations were approved by the HBC in 2019. We are just re-stating them to remind everyone of your personal obligations.

As a Harrisburg Bicycle Club member, I recognize that as a participant in club activities I represent the Harrisburg Bicycle Club to other cyclists, government officials and the general public.

I therefore will adhere to the Harrisburg Bicycle Club's Member Expectations when participating in any and all club activities and when representing the HBC. ("Representing the club" is considered to be anytime you are at an event where you are registered as an HBC member, and/or anytime you are wearing apparel that includes the name and/or logo of HBC.)

I understand that this list of membership expectations cannot comprehensively address all possible scenarios; rather it functions as a standard of behaviors implemented along with common sense.



GROUP CYCLING SAFETY

As an HBC member I will:

1. Have a bicycle in good working condition including functioning brakes.
2. Recognize that bicycles are considered vehicles under Pennsylvania law.
3. Wear a helmet whenever riding.
4. Not use any listening devices of any kind while on a club ride, unless
5. medically necessary.
6. Not ride under the influence of any substance that may impair my abilities.
7. Not engage in the open (visible) carrying of weapons on HBC rides and
8. events.
9. Ride in single file in traffic and on narrow roads.
10. Understand riding two abreast is allowed, however riding three or more
11. abreast is illegal on public roads.
12. Not call out "All clear".
13. Ride predictably, not erratically, and avoid sudden stops.
14. Ride on the right side of the road and not hug the center line.
15. Call out and pass another cyclist on the left side.
16. Pull over in an area that allows me to get completely off the road when
17. stopping.
18. Not cross or overlap wheels with another cyclist unless passing.

GROUP CYCLING ETIQUETTE

As an HBC member I will:

1. Heed the ride leader's instructions.
2. Be prepared to ride at the published start time and sign in by listing my name on the sign-in sheet.
3. Ride within the advertised pace.
4. Plan to stay with the group, but if I break off before the ride is over, inform the leader or sweep.
5. Understand I am no longer on a club ride and will be on my own when I break off from the group.
6. Understand I am on my own ride if I am ahead of the leader.
7. Use hand and verbal signals to alert other cyclists of hazards or directions and pass them along from the front or rear.
8. On "NO DROP RIDES" watch out for the rider/s behind me, making sure I can see them at all times.
9. Not discharge bodily fluids when a cyclist is behind me.
10. Avoid confrontation with motorists, other cyclists, or pedestrians even if they are in the wrong.
11. Select the appropriate ride pace for my ability on HBC rides.
12. Respect the ride leader's advice concerning which ride classification to join.
13. Not engage in physical abuse or malicious actions toward any person while riding or at any club event.
14. Not engage in the use of foul language, verbal abuse and obscene gestures while riding or at any club event.
15. Not engage in unlawful activity, including theft or fraud and intentional damage to property.
16. Not engage in the use, sale, possession, or distribution of illegal drugs.
17. Not engage in non-consensual physical contact, unwanted sexual advances, and any behavior that would be defined as sexual harassment under EEOC (Equal Opportunity Employment Commission) guidelines.
18. Not engage in conduct, which is hostile, threatening, abusive, harassing, or discriminatory toward others.

Technical Corner

Swedish group tests 27 helmets to determine the safest for cyclists

Swedish insurance company Folksam oversaw a test of 27 popular helmets for safety. Four of the top-ranked helmets are available for consumers in the United States.

JUNE 3, 2020 GREG KAPLAN

A group in Sweden has tested 27 popular bicycle helmets to determine which are the safest on the market.



The test was conducted by Swedish insurance company Folksam and funded through a grant by the Road Safety Trust, a United Kingdom-based group that funds road safety.

Four of the helmets tested are available in the United States and have been certified through a process that is more rigorous than the one used for the Swedish study.

The study included five physical tests: two shock absorption tests with straight/perpendicular impact, and three oblique impact tests. The tests were performed by Research Institutes of Sweden (RISE), which is accredited for testing and certification in accordance with the European standard, CEN. The CEN (European safety certification) standard is not as rigorous as the CPSC standard, and separate testing is needed for helmets to receive that little CPSC sticker found in all helmets sold in the United States.

Shock Absorption Test

In this protocol, the helmet was dropped from a height of 1.5 m to a horizontal surface, with a maximum acceleration of 250g. The helmet was impacted at two different locations — one at the top of the helmet, and one at the side.

Oblique Tests

For this series of tests, a helmeted testing head was dropped against a 45-degree inclined anvil with friction similar to asphalt (Bosch 40-grit sandpaper) at an impact speed of 6.25m/s. Two Hybrid-III crash-test dummies were tested to minimize variations, and the testing configuration used in the study corresponds to a proposal from the CEN Working Group's 11

“Rotational test methods.” Computer simulations of crash tests were also conducted for each helmet, for all oblique impact tests.

Of the “Recommended” protective headwear listed below, *VeloNews* confirmed that the following helmets are available in North America with CPSC certification, indicating they met a more stringent standard than the European safety requirements:



- S-Works Prevail II With ANGi
 - Bell Super Air R MIPS
- Bontrager Specter WaveCel
 - Scott Vivo Plus

Safety Ratings

The safety level of a helmet was rated relative to the average test results for all helmets tested, by comparing with the median value for helmets tested. Since the most common brain injuries often occur in offset impacts, the three oblique tests in the protocol influenced the helmet testing scores to a greater extent.

To obtain the best overall ranking and receive a passing approval, tested helmets must have performed better than the median score for shock absorption and oblique impact testing. Scores were derived from the below formula where T_1 and T_2 are the relative results in shock absorption and T_3 , T_4 , and T_5 are the relative results in the oblique impact tests.

$$(T_1 + T_2)/2 + (2 * ((T_3 + T_4 + T_5)/3)/3)$$

Helmets 2020	Overall result	Folksam Recommended
Abus Hyban 2	-13%	
Bell Crest Universal	-36%	
Bell Super Air R MIPS	19%	Recommended
Bell Trace MIPS	20%*	
Biltema Cykelhjälm	-10%	
Biltema Cykelhjälm MIPS	37%	Recommended
Bontrager Solstice MIPS	15%*	
Bontrager Specter WaveCel	18%	Recommended
Closca Design Fuga	-6%	
Giro Agilis MIPS	-8%	
Giro Caden	-37%	
Giro Caden MIPS	-13%	
Giro QUARTER FS MIPS	-1%	
Halfords Commuter Helmet	-33%	
Hövding 3	76%	Recommended
Lazer Blade MIPS	15%*	
OCCANO MIPS HELMET	18%	Recommended
POC Axion SPIN	3%	
POC TECTAL SPIN	-13%	
Rockrider MTB ST 500	-12%	
Scott Vivo Plus MIPS	22%	Recommended
SMITH Convoy MIPS	-17%	
Specialized Ambush ANGI MIPS	-4%	
Specialized S-Works Prevail II ANGI MIPS	18%	Recommended
Sweet Protection Outrider MIPS	3%	
Tec Quadriga MIPS	23%	Recommended
Van Rysel RoadR 900	-14%	

* The helmet performed higher than the median in the shock absorption test.

The Hövding 3 head protector, which protects the head with an airbag in the event of an accident, obtained the overall best result.

The helmets with the "Recommended" designation performed 18-76 percent better than the average for the helmets tested. The seven conventional helmets receiving recommendations have additional safety and protection features (e.g., MIPS or WaveCel) aimed at reducing rotational energy which may lead to concussions or other brain injuries.

Folksam indicates that their improved test method, including oblique impacts, was used to mirror a common bicycle accident where a cyclist falls to the ground, striking their head at an angle creating a rotation of the head, commonly resulting in a concussion.

Blast from the Past Newsletter

July 1985

3/24 Mel & Jeff were overheard tuning up their wit for the Spring riding season, in spite of a cool, overcast day. Betty Jordan received lots of praise for stoking the back of Mel's tandem..... 3/31 Canadian geese and the Sherers have come north again. (Saw geese in West Fairview & heard from Nancy about her trip.) Constance Moore explained how to keep a stove clean: buy a new one & don't cook on it.4/14 Twenty-six riders saw ducks, rabbits, and Constance Moore's ice blue tights! Wow!....4/28 Twenty-eight riders on a beautiful spring morning admired the Lemoyne bottleneck area (which had been cleaned of trash the day before by a dedicated crew of HBCers) and Pennsboro Manor (which was a blooming delight in dogwood blossoms).... 5/12 Rode the West Shore on Mother's Day, and came across 6 baby ducks on the 17th Street Bridge.....5/19 Did a Harrisburg tour and saw a pheasant, a groundhog, lots of glass, and areas most of us seldom visit. Carmen had been off the bike with a cracked rib for several weeks; it was nice to see her again.....5/26 Good thing Carmen was biking again. She was pressed into service to lead this ride through her home territory, New Cumberland.

July 1990

Hershey BAR
(Bicycling around the Region)
by John McClun

Yes summer is finally here and with it all those road hazards we have come to love so well. Some of the hotspots are Hershey Park Drive, Union Canal Street, and Bachmanville Rd. Most other roads will have normal summer traffic and we maximize our riding time on these.

New to Hershey riding is a change at the Med. Center. There is now a charge to park there and our starting point has been moved to the HERSHEY RACQUET CLUB right across 322 from the Med. Center. This is not to be confused with the COCOA COURTS!!!

The Friday night social is a big success with up to 35 people showing up for the ride and eats. In order to continue this we may have to change to a buffet style supper at some locations. In any case please support the following restaurants with your patronage to thank them for their support: Your Place Pizza, The Upper Deck, New York Steak and Seafood, Cracker Barrel, The Gingerbread Man. These people have allowed us to come in and enjoy a delicious meal and a good time. Thanks from all of us at HBC, We appreciate support from the local merchants in our attempt to promote safe and enjoyable bike riding.

Remember some of the tourists are not as accustomed to sharing the road with bicyclers as are others. Always ride one or two abreast and ALWAYS give way to single file when CAR BACK or CAR UP is yelled. This is doubly important on Friday nights because of the later hour and increased traffic. Please wear a helmet and encourage others you meet to wear one and WE'LL SEE YOU ON THE ROAD !

July 1995



...coast to coast in less than 7 days...

June 1, 1995

As you may have been aware, Team Susquehanna is a central Pennsylvania based bicycling team that is participating in this summer's RAAM, or Race Across America.

Our team has received significant media attention to date, including several feature articles in area newspapers, including the Patriot, and special coverage from all three local TV stations. Additionally, two stations are currently scheduling additional feature stories on our team, and during RAAM we will feature daily updates to local newspaper media from our team. Plus, the race itself is nationally covered by ESPN.

In other words, our race effort is significantly "newsworthy" for local media, and the exposure given the race in Central Pennsylvania will be significant. It is our intention that the vast majority of the area's population is aware of the race, and our participation in it.

This letter is to offer _____ corporation an opportunity to advertise their support of this unique and highly admired event -- at a VERY reasonable fee. In fact, your opportunities to support our efforts does not simply need to a "write-off" based on RAAM and whomever may be observing it. It can also be a contribution to the Leukemia Society, for we are working in partnership with them. In fact, we are also working to publicize the bone marrow donor program as we work to publicize the benefits, fun, and potentials in cycling.

As we travel across country, we will have support vehicles which will have banners upon them broadcasting our team's identity, purpose, and helpful sponsors. To have your corporation name and logo on the support vehicles, the following contribution levels will provide you:

- 4" lettering -- by up to 2 ft square area: \$ 400 contribution
- 3" lettering - by up to 1.5 ft square area: \$ 300 contribution
- 2" lettering - by up to 1 ft square area: \$ 250 contribution

Plus, an additional \$250 (plus screen setup fee) contribution will get that logo placed on our racing jerseys with up to 3" x 3" square. If you want a larger area of our jerseys, we can negotiate fees based on area.

We've been training hard and working just as hard publicizing our efforts. Race starts July 30th, so there is little time to waste. Please call Team Susquehanna at 774-8611 (lv. msg. during the daytime hours) to arrange a meeting to discuss how Team Susquehanna can benefit _____'s public relations program.

Sincerely,

Wanda
John Carl Dine
TEAM SUSQUEHANNA
Coed Bicycle Racing Team

We would like to formally thank all the folks from the Susquehanna Chapter who have supported us so far -- but we're still got a long way to go to SAVANNAH!! We are always encouraged by any support!!

316 Geary St., New Cumberland, PA 17070

Phone 717-774-8611

Fax 717-761-3549

July Regular Rides

Please review the website for ride updates. Once a county is GREEN, per the State of PA Guidelines, Club rides can begin, however the ride leaders make the final decision on the daily ride and procedures to follow.



Planning your 2020 rides

For 2020 we will not be listing all rides by other organizations in the Mid-Atlantic area unless HBC is a co-sponsor. We found a great website for planning your 2020 ride calendar.

Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out here: https://scu.clubexpress.com/content.aspx?page_id=22&club_id=694201&module_id=253585

R.A.C.E. — Regional Area Cycling News & Events

For a comprehensive list of Bike Events - visit: <http://www.suburbancyclists.org/content.aspx?>

Links to "Regional" Bike Club Websites

Annapolis	http://www.annapolisbicycleclub.org/	Harrisburg	http://www.harrisburgbicycleclub.org/
Baltimore	http://www.baltobikeclub.org/	Lancaster	http://www.lancasterbikeclub.net/
Delaware Area	http://whiteclaybicycleclub.org	Philadelphia	http://phillybikeclub.org/newbcp/
Franklin County	http://franklincountycyclists.org	Southern MD	http://ohbike.org/
Frederick MD	http://frederickpedalers.org/	Wash. D.C.	http://www.potomacpedalers.org/

Submissions for the **August Spokesman** should be sent to

editor@harrisburgbicycleclub.org by **July 19th**



VISIT the website **REGULARLY!**

For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

The mailing address for the club is:

Harrisburg Bicycle Club
P.O. Box 182
New Cumberland PA 17070-0182



<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

Visit our Facebook page to view lots of photos from riding and social events !

Please support our local Business Members!



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