

Delaware Valley Bicycle Club

July 2011



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



Save the Date. DVBC Club Picnic

Saturday, July 23, 2011

Drexel Lodge Park, Newtown Township PA

11 AM to 3 PM

We received a lot of compliments after last year's picnic, including the beautiful and spacious facility and convenient location, so we thought why not continue our success by gathering at the same location this year.

Drexel Lodge Park is located in the Township of Newtown off of West Chester Pike (Rt.3) and offers a large field, natural pond, newly renovated bathrooms and a covered pavilion. If you've ever shopped for gardening stock at Mostardi's Nursery, or seen that collection of antique steam locomotives just off the highway,

you'll know where to meet.

And don't forget about rides. The hallmark of this event has been cycling to the site, so we need club members to lead rides to the picnic so everyone can work up a hearty appetite. **Please send your ride to mary2335@verizon.net** and we'll post it on our website's ride calendar. You could even travel from home to either the ride start location or directly to the Park and spend a great day on your bike with your cycling friends.

If you plan to attend, please RSVP to president@dvbc.org by July 16th. You can also call 484-483-7456 and leave a message. And we always look forward to the homemade salads, sides and desserts you

create and bring to the picnic – the more the merrier!

Finally, I would like to thank our grill masters David B. and Doug B. for their help last year as they donned their aprons and prepared our picnic fare, and to all the club members who helped organize the pavilion, lead rides, and brought tasty treats. Thank you, everyone!!



Greatest Ride Report Ever...

Hawk Mountain Century

On Saturday May 28, 2011, the following message came through the list serve. It was the highly anticipated report to Doug Bower's Hawk Mountain Century. Can't you just feel the pain in his legs and body as he types these few words?

8 Smiling faces left Lansdale at 7:15am for a 110 mile hilly ride to Hawk Mountain and back. 8 very tired somber faces arrived back in Lansdale at 7:00pm. This is about all I can type.

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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 © 2011 by DVBC

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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.

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: 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.

July 2011 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list. Occasional ad hoc rides are posted on the DVBC listserv, so please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on! For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

*****Recurring Weekday Rides*****

Wednesdays 9:30 am Miles:30-60 Class:C+ Doc's Rides	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain or temperature below 45F cancels the ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 6:00 pm Miles:30 +/- Class:C+ Wed Nite Road Crew	This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14 mph or more now that it's July and we've got some miles under our belts. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Sat, Jul 2 9:00 am Miles:45 +/- Class:C+ The Muffin Ride	Please join me for a nice ride out to Purebread Deli in Greenville, Delaware. Ride starts at Rose Tree Park in Media. This ride has everything that makes a ride enjoyable - some great hills, beautiful scenery, a nice breakaway section and great food. Bring \$ for the quick food stop. Rain cancels. Contact Mary Huis at or mary2335@verizon.net
Mon Jul 4 7:45 am Miles:55 Class:C+ Firecracker Fifty-Five	Celebrate the 4th on Dreamer's annual ride out to Northbrook. Decorate your bike and body with flags, streamers, or anything red, white and blue. John S. won Best Decorated Bike two years in a row so the competition will be fierce. We'll ride from Planet Fitness, Pennell & Weir Rds, Aston PA out to Northbrook. If we're lucky we'll time it right and get caught in the local parade on Country Club Lane on the way back home. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Tue Jul 5 6:00 pm Miles:TBD Class:C Delco Spin	Come out for a spin through Swarthmore, Ridley Township areas of Delaware County. The terrain will be varies from flat to rolling. Average speed 11 to 13 miles an hour. We will regroup as necessary. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market Cafe, Swarthmore-wood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Tue, Jul 5 7:00 pm Miles:0 Class:All DVBC Board Meeting	DVBC Monthly Board Meeting held at Swarthmore Public Library at 121 Park Avenue (610) 543-0436. All are welcome to attend. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Fri, Jul 8 6:00 pm Miles:15-20 Class:C Awful Hills of Media	Meet at 320 Produce Market in Swarthmore. Join us for a quick ride through selected challenging hills in Media. We'll start the season with some "easy" hills and add some leg burners as the season progresses. Stress test recommended. Rain or cold (temps are <50) cancels the ride. Check listserv to see if Shelley issues a "no go" or contact her directly. Contact Shelley Epstein at or 4epsteins@comcast.net
Sat, Jul 9 2:00 pm Miles:25 Class:B Dave's B Ride	25 Mile B Ride from Rose Tree Park to Cheyney University and Back. Join me for my first ride from Media. Contact David Beruh at or daveberuh@yahoo.com
Sun, Jul 10 9:00 am Miles:40 +/- Class:B Covered Bridges of New Castle Co.	Meet in Chadds Ford Elementary School (Route 1 and Fairville Rd) lower lot at 9:00 a.m. This will be a hilly, scenic 40 Mile ride traversing under the 4 covered bridges in Northern New Castle County. B Level Pace with 3,500 feet of climbing. Contact David Beruh at or daveberuh@yahoo.com
Tue, Jul 12 6:00 pm Miles:TBD Class:C Springfield Jaunt	Come out and explore the neighborhoods of Springfield. The terrain will be rolling to hilly. Average speed 11 to 13 miles an hour. We will regroup as necessary. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Sunday, Jul 31 9:00 am Miles:40 Class:B Dave's B Ride	40 Mile B Ride from Chadds Ford Elementary to Landenberg and back. Hilly and scenic ride through Kennett Square, Avondale, Landenberg, Hockessin and Centerville. Contact David Beruh at or daveberuh@yahoo.com

Sat, Jul 16 9:00 am Miles:30+/- Class:C Ira's Old Ride	Shelley will lead a nice hilly ride to the greater Ridley Creek State Park area. Ride will start at parking lot on west side of Selene's in Media. Selene address is 305 W. State St. Contact Shelley Epstein at or 4epsteins@comcast.net
Fri, Jul 22 6:00 pm Miles:15-20 Class:C Awful Hills of Media	Meet at 320 Produce Market in Swarthmore. Join us for a quick ride through selected challenging hills in Media. We'll start the season with some "easy" hills and add some leg burners as the season progresses. Stress test recommended. Rain or cold (temps are <50) cancels the ride. Check listserve to see if Shelley issues a "no go" or contact her directly. Contact Shelley Epstein at or 4epsteins@comcast.net
Sat, Jul 23 8:45 am Miles:40 Class:C+ Dreamer's Picnic Ride	Meet at Planet Fitness, Pennell & Weir Rds, Aston PA. We'll work up an appetite and then head over to the DVBC Club Picnic at Drexel Lodge Park, Rt 3, Newtown Square PA and then ride back afterwards. Expect hills. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sat, Jul 23 11:00 am Miles:TBD Class:All DVBC Club Picnic	Again this year, the picnic will be held in Drexel Lodge Park, located in the Township of Newtown off of West Chester Pike (Rt.3). See the July newsletter or our dedicated website page for more information. Hopefully some club members will step forward and list a ride to the picnic. If you plan to attend this event, please RSVP by July 16th. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sun, Jul 24 8:00 am Miles:45+/- Class:C+ Kountry Kitchen Ride	Join me for a ride to our favorite South Jersey diner, the Kountry Kitchen in Elmer, for breakfast. Ride starts at Kingsway High School parking lot at Routes 551 and 322 in Swedesboro, NJ. Route sheets will be available for a shorter milage option(about a total of 40 miles) back to the ride start. Rain cancels. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Tue, Jul 26 6:00 pm Miles:TBD Class:C/C+ Media Ride	Come explore the hills in the Media area. We will ride on some familiar roads and some new roads. We will group as necessary. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Sat, Jul 30 7:30 am Miles:100 Class:B+ Dave's B+ Century	Meet at the Moylan-Rose Valley train station for a summer century. We'll ride a brisk but steady pace with some hills. Expect about 7500 feet of climb. Drink stop at around 30 miles and another at around 73. Please contact Dave with any questions. Be ready to ride at 7:30 sharp. Barring flats or other issues, we should be back before 2:30. Bring your legs and lungs. Rain cancels. Threat of rain does not! Contact David Cunicelli at 610 574 9811 or davidcunicelli@gmail.com
Sat, Jul 30 7:30 am Miles:50 +/- Class:C+ Breakfast at Market St. Grill	We'll ride from Planet Fitness, Pennell & Weir Rds, Aston PA out to the Market Street Grill in West Chester for breakfast and then find a nice route home. I heard they serve very good food so that fits into my motto of ride to eat, eat to ride, drink beer after. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Jul 31 9:00 am Miles:40 Class:B Dave's B Ride	40 Mile B Ride from Chadds Ford Elementary to Landenberg and back. Hilly and scenic ride through Kennett Square, Avondale, Landenberg, Hockessin and Centerville. Contact David Beruh at or daveberuh@yahoo.com

BONKERS Cartoons of the DVBC

by Bob LaDrew



If You Find Yourself in the Annapolis, MD Area..... By: Mary Huis



...and you have your bike, try out 2 really nice off-road (but fully paved) mostly flat bike trails. On a recent lacrosse tournament trip to Annapolis with my family, I brought my bike. I spent one morning trekking around the BWI (Baltimore-Washington International) Airport and then headed down the B&A (Baltimore - Annapolis) Trail to meet them at the lacrosse field at Annapolis Middle School. The BWI Trail is about 11 miles long and loops around the entire airport. I rode it 3 times because I wanted to ride at least 45 miles for the day. The trail was interestingly varied - wooded in some areas, had some nice views of runways and terminals, went through a horse farm, and followed some roads with convenience stores, so there was access to additional food and water. It provided entertainment with the really cool jet takeoffs and land-

ings which were so close (right over the trees) and basically one after another. There were other cyclists but the trail was not crowded. After the BWI trail, I took a connector trail over to the B&A Trail which is a rails-to-trails. Formerly the route of the Old B&A Short Line Railroad from Severn (next to Annapolis) to Glen Burnie, the B&A Trail is about 13 miles long, very shaded and was a bit more crowded but not unpleasantly so. It is part of the Eastcoast Greenway system that will eventually extend from Maine to Florida. The trail crosses quite a few roads (mostly with little or no traffic) and when there is traffic, they stop for the trail users. About 2/3 of the way to Annapolis, there is a ranger station with full restrooms and then you continue to Annapolis where the trail ends and you ride on roads that have bike lanes. Even riding over the Severn River on Route 450 was a joy - a beautiful bridge with a full bike lane where you see the US Naval Academy on the left (at the Chesapeake Bay) and lots of beautiful sail boats everywhere. After the bridge, you are in the downtown area and the dedicated bike lanes end but there are plenty of "share the road" and "bike route" signs to guide you further. There is a website to learn

more about these trails (and many others in the DC area) if you are interested - <http://bikewashington.org/routes>. On a side note, if you have never been to Annapolis, it is a wonderful weekend trip. There is much to do in addition to biking - walking around the Naval Academy grounds and maybe taking an inexpensive walking tour, visiting the State Capitol Building, taking a sailing lesson, enjoying the water views, walking around the quaint town - just to name a few. And it is only a couple hours from our area.



The race to the last best muffin heats up!

'Nuff said by Pericles, enemy of Cimon, bicyclist, and sage

"Car Back." Busy road, nice group, chatting away. Listen for the warning. Ask to get in line. Help make a space. Single file. Do it! Please!

Bike Dirt

By FX Pedrix

The weather has been heating up in the Delaware Valley and so has my lovely wife Babs. It seems that I've gotten into **Dreamer's** habit of having a cold one or two after my weekend rides which induces me to take a nap instead of tackling my honey-do list. Ah, jeez, can't a guy have any fun?

I am happy to say that **Buckeye** finally led a successful rain free Hawk Mountain century ride with **Alex M, Dreamer, Cycling Gourmet, Gigi, Jonathan R, Tom G.,** and **NY Andy M,** and **Rideaway** doing the ride on his own.

The day was hot and humid which didn't help their cause. It was the first century for both Andy and Tom. Everyone did well on the way to the mount but a few began to suffer leg cramps. Due to a bit of a mix up on the cue sheet, Alex and Jon rode an extra 6 miles but caught up with the rest of the group on Hawk Mtn Rd and flew past the rest. NY Andy flew up the Hawk with no trouble followed by Alex, Jon, and Dreamer bringing up the rear. At the top there was Rideaway relaxing and watching snakes resting in the sun. The rest of the group saved their legs at the bottom for the hilly ride home. I heard they stopped around the 70 mile point for a much needed food break at an Italian restaurant.

At the end all were sore and so happy it was over. Everyone got in 104, 109, or 115 miles except Rideaway who rode 147 miles since he felt he just had to add into his route Eichele Hill. Tom was seen laying on the front of his car not sure he was going to be able to drive home but with a big smile on his face. I'm just wondering what Buckeye will dream up next.

One of my spies reported that **Juror #6** used the excuse that his elbow is in a sling not to ride to the Philly Pro race. He sat like a king on a throne in the BCP tent downing swigging down bottles of suds and he occasionally stood up when the riders were on Lemon Hill. I think I'm going to join him next year if Babs will let me.

The day before the pro race, **NY Andy** rode the time trial, his first, and finished with a 22.3 avg speed and a very satisfied feeling. He did note that he and one other guy were the only two who didn't have shaved legs.

Vice President Linda McGrane, BCP, has joined DVBC and plans on leading some rides. Looking forward to seeing where she'll lead us. Welcome Linda.

Grey Wolf, Pool Boy Mrs Pool Boy, her sister, and **Smitty** all ran the Lansdowne Memorial Day 5K. Pool Boy did great and GW decided he'd stick with PB with only 15 yds left to the line. Next thing GW knew, a 50 yr old guy who had

been running a little behind him passed him just at the finish. Turns out the guy was 60 not 50 so GW came in 2nd not 1st as he had done the prior 2 years. Next year GW says there are no gimmies.

On a recent Wed night ride, **Dreamer's** crew was re-grouping at a stop sign when a school bus full of high school kids passed by and beeped at them. No, it wasn't a case of road rage, it was **Bonkers Boy** driving his charges back to school. They almost didn't recognize him without his Spanish Moss.

The Cycling Gourmet has been doing a bang up job of managing the ride calendar. She's been posting weekly upcoming rides and sending out alerts for ad hoc rides and reminders to send in those rides so they get included in the newsletter. What a great organizer, maybe she can come over to my place and organize my office. Now where are my notes . . .

I'm glad to hear that **The Officer Lou V** is back riding on Wed nights. He hadn't been seen for over a year and now is back happily married and expecting a little one in October. But don't worry, his wife is a cyclist and they met on the MS Ride last year. Cool.

Cate C. is leading some Thursday night hilly rides and is getting some cross over from SCU. I've noticed in the ride reports lately that there have

(Continued on page 7)

(Continued from page 6)

been quite a few new names on the ride reports. We're always looking for new blood in the club.

Sad news came into the list serve on June 5. **Dster** reported he had heard that **James Burns** collapsed while riding and passed away. James was an active member of DVBC back in the 90s and used to ride with **Grey Fox, Gina, and Dster** on Ocean City rides. Our condolences go out to James' family.

I haven't seen them yet, but I heard that **Buckeye** is getting some new shades and is getting rid of those old man glasses. Was this at **Gigi's** insistence because he was getting hit on by the Geritol generation?

The second annual Sex on the Beach Ride was a success. **Buckeye** didn't make it and neither did the Green Head Flies much to the relief of the participants. **Dreamer** was heard to say that the mention of Sex in the ride description brought a lot of inquiries. About the sexiest thing they saw was a Terrapin Turtle laying eggs by the side of

the road.

Rideaway recently wrote down his cardinal rules of cycling: Don't stand when



you can sit, don't sit when you can lay down, don't just lay down when you can lay down with a pitcher of cold margaritas! Ah, life is good, ride=> eat, drink => sleep => ridegiggidy. Amen.

Stay safe out there, have a good time, and be sure to keep sending in your lies, innuendos, truths, and outright lies.

By F.X. Pedrix

Welcome New Members
9/25/10-6/20/11
Future Ride Leaders

- Lisa Anderson, Kennett Square
- Peg Archdeacon, Media
- John Baker, Media
- David Beruh, Hockesson DE
- Tom Bird, Glen Mills
- Will Bish, Collingdale
- William Brightbill, Lima
- Kathy Carbonetti, Glen Mills
- Bud Cary, Berwyn
- Jennifer Conway, Morton
- Chuck Cruitt, Media
- Thomas Deitman, ??
- Lisa deLeon, Havertown
- Anthony DiGregorio, W Chester
- Fernando Gallard, Wallingford
- Stanley Goldis, ??
- Brian Gordon, Ridley Park
- Alison Guerin, Berwyn
- Chelsea Guzowski, Philadelphia
- Charles Johnston, Newport DE
- Mike Kearney, Boyertown
- Dan Kirk, Ridley Park
- Benjamin Loyle, Swarthmore
- Suzanne Lukac, Springfield
- Laura Mack, Wayne
- Michael Magoolaghan, Media
- Stacie Marone, Morton
- Diane McDonald, Boothwyn
- Dominic Mercier, Drexel Hill
- Joe Nawn, Media
- Isaac Palant, Media
- Richard Pasquier, Wynnewood
- Andrew Sanderson, Havertown
- Robert Schmidt, Ridley Park
- David Scheidly, Brookhaven
- Stephen Scott, Media
- Deirdre Simons, Wayne
- Jerzy Sliwinski, Newtown Square
- Anne Thompson, Norwood
- Thomas Tucker, Brookhaven
- Barbara Whitson, Drexel Hill
- Christina Wilson, West Chester

Calling on all Members! Get your pictures to the editor ASAP. Otherwise, I will ask Dave "the Enforcer" Hartrum to find you. If not for Nancy's intercessions, this club would be one Doug down. Don't be next. Be active and send me some photos!





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APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.
Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

CIRCLE ONE: **NEW** or **RENEWING** Member
Newsletter Preference: **Printed copy** (via US Mail) or
PDF (via E-mail—saves trees and \$\$)

Please print clearly and use your 9-digit zip code, if known:

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.

I wish to contribute (circle appropriate amount):

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

AMOUNT ENCLOSED:

\$15 membership + _____ Safety Fund = \$ _____

I will volunteer for (circle all interests)

Ride Leader Tour Volunteer Newsletter

Other: _____

Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

In consideration of the acceptance of my application for entry into the DVBC, 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 DVBC. In addition, 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 any event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

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

Signature

Signature of parent or guardian (if under 18 years)