

Delaware Valley Bicycle Club



May 2011

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

Sunday, May 22: Bonkers Metric Tour: 18, 35, 50 and 65 miles

For registration form, see page 5 or visit www.dvbc.org

To volunteer, contact Deb Chaga
at 610.494.3033 or dreamerdeb@gmail.com

Dream the Dream—Ride the Bonkers! by FX Pedrix

I had a dream last night . . . what a wonderful dream it was. I dreamed everything was all right. Riding in a land like Oz.

The lovely Babs and I rode along on our tandem on roads somewhat familiar. We passed the Dominator loading a truck with bananas and oranges as fast as the Grocer could hand them over. Juror #6 was dressed like a Keystone Cop directing car after car loaded with bikes. Doc Larry was dressed in scrubs while slicing bags full of bagels and Gaspasser was speaking with a group of riders and directing them somewhere. Camera Shy was handing out papers and pens and Movie Man peddled by while capturing the scene on film. We continued on and passed more and more riders of all ages. Some on road bikes, others on tandems or hybrids, many wearing jerseys from various clubs. Greg Cymbala from Cycle Fit rode by on a quad bike with wife Barb and their two boys.

Suddenly we were surrounded by fog and couldn't see ahead as we carefully rode on. After a while we reached bright sunshine and saw a large field full of activity. Buckeye and Gigi rode past us on a motorcycle with two bikes on a rack and a large Bonkers Boy balloon billowing behind them. Dreamer was riding a unicycle while juggling DVBC water bottles. Plastic Boy

was distributing bike tubes to Motorola, Fairweather Paul, Sir Lost a Lot, Silver Fox and The Legend just before they pulled off in their cars. Jittery Jo, Alex Bakerman and Cycling Gourmet carefully laid out homemade cookies, brownies, lemon squares and all sorts of fruit and other goodies while Rideaway filled jugs of Gatorade. Wooden Man trued a woman's wheel as the Purple Martin changed another's tire as Bonkers Boy looked on. Misty chatted up newcomers as they arrived and Grey Wolf demonstrated how to ride over a log with his 29er. The crowd was full of faces we knew. Jill on the Bike and Paul were there, so was Dstre, Shelly, and Double F. We even saw Gear Grrl ride by with a man that looked oh so familiar with glasses and a mustache. Could it be our Ride Leader Extraordinaire? He was gone before I could tell as he rode off in what looked like a cloud.

I had a dream last night . . . what a wonderful dream it was. Everything was more than alright. Riding in a land like Oz.

LIVE the dream. Ride or volunteer for the Bonkers on May 22nd.

Celebrate Bike to Work Day on May 20th

Delaware County's Bike to Work Day will be held on Friday, May 20, 2011. There will be a welcome celebration at the Media Courthouse courtyard. If you cycle to work or would like to support those who do, please attend this event, sponsored by the Delaware County Transportation Management Association. Check out their website (<http://www.dctma.org>) for more information. The Delco TMA has held a raffle in the past to cyclists who register on their website.

What is the purpose of Bike to Work Day? Simply put, B2W encourages county residents to try and ride their bicycles to work. I'm sure you've read or heard about the many benefits of cycling, which include an improvement in physical and mental fitness, a reduction in the expense of driving and maintaining your motor vehicle, as well as congestion and air pollution. Finally, cycling to work is a great way to fit exercise into an already busy schedule.

The League of American Bicyclists (www.bikeleague.org) has a wealth of information on their website about B2W day. In fact, the entire month of May is known as National Bike Month, and the week of May 16-20 is National Bike Week. Find a partner or



a group of like-minded cyclists and encourage them to ride with you all or part of the way to work. Your co-workers might also be interested in cycling after they see you pedal your way to the office.

Bottom line – now more than ever, with national obesity rates trending ever higher (as well as the price of gas), cycling is an alternate mode of transportation that covers many needs. Please give commuting a try this month. I think you'll enjoy it.

Delaware Valley Bicycle Club

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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 © 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.

May 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*****

<p>Tues 6:00 pm Miles:TBD Class:C 320 Produce</p>	<p>We are back on the road bikes for a spin through Swarthmore, Wallingford, Ridley Township and Springfield areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market-place, 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</p>
<p>Wed 10:00 am Miles:30-60 Class:C+ Doc's Rides</p>	<p>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</p>
<p>Wed 6:00 pm Miles:20+/- Class:C+ Wed Nite Road Crew</p>	<p>Please note this is a C+ ride for now not a B- since I'm still rehabbing. We'll ride various routes each week and work on conditioning by climbing hills. Start time is promptly at 6:00 pm to take advantage of daylight. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Note: I will not be able to lead this ride May 4th--expect a sub. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com</p>
<p>Sun, May 1 7:30 am Miles:85 +/- Class:C/ C+ Mays Landing</p>	<p>I think it is time to start adding longer rides in preparation for the DVBCToPA2011, that means a ride to Mays Landing. We will leave Kingsway at Routes 322 and 551 in NJ. Lunch will be at Sugar Hill Deli, if it is still open, if not there are two Wawa's close by. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net</p>
<p>Sun, May 1 9:30 am Miles:50 +/- Class:B Dave B.'s B Ride</p>	<p>Meet in Chadds Ford Elementary School (Route 1 and Fairville Rd) lower lot at 9:30 a.m. This will be a scenic 50 Mile ride out to Embreeville and back through Longwood Gardens and Centerville, DE. Expect some hills. Contact David Beruh at 302-353-2626 or daveberuh@yahoo.com</p>
<p>Sat, May 7 8:00 am Miles:TBD Class:All Annual Crum Creek Clean-Up</p>	<p>We will meet at Rose Tree Park, bike to our section of the creek and clean up trash. After we will bike to picnic lunch provided by Crum Creek Association. Adhoc after lunch rides a possibility. If you want the free tee shirt you need to register by 1st of month at www.crcwatersheds.org/resources/view/191 volunteer tab at bottom left. Contact Alex Moeller at or agmoeller1@gmail.com</p>
<p>Sat, May 7 8:30 am Miles:33 Class:C+/B- 33 1/3</p>	<p>Level: C+/B-, expect hills, nobody dropped Point of departure: Front & Olive Sts., Media (beneath the gaze of the Civil War soldier; free parking in the lot) Destination: Westtown, Paoli area, Newtown Sq., loop back to Media Special instructions: Rain will cancel ride. Contact Cliff Edgcumbe at or cedgcumbe@msn.com</p>
<p>Sun, May 8 8:30 am Miles:35+ Class:C Kountry Kitchen</p>	<p>Calling all riding Mothers. Leave Dad home with the kids and come out for the Mothers' ride and breakfast at the Kountry Kitchen. All are welcome. It is a C pace ride, average 11 to 12 mph over mostly flat terrain. This is a good ride opportunity for new riders not familiar with group riding. Bring money for breakfast at the Kountry Kitchen. Rain cancels. Meet at Kingsway High School, Route 551(Kings Highway) Swedesboro, NJ, just over the Commodore Barry Bridge. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com</p>
<p>Sun, May 8 9:30 am Miles:15+ Class:All White Clay MTB</p>	<p>Meet in Zingo's lot on Polly Drummond Hill Rd. near Newark, Delaware. Park at end of lot (Dunkin Donuts). It will be an easy ride on single track. Mountain bike a must. Ride and one donut free for all Moms. We should be back in parking lot around noon. Rain in previous 48 hours will cancel. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net</p>
<p>Fri, May 13 6:00 pm Miles:15-20 Class:C Awful Hills of Media</p>	<p>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. Shelley's birthday is the next day, so let's join her in celebrating the best way we know how - going on a bike ride with her. Contact Shelley Epstein at 4epsteins@comcast.net</p>

Sat, May 14 8:30 am Miles:TBD Class:All Bonkers Paint Ride	Brushes? We don't need no stinkin' brushes! Let's meet at Parking Lot #15, Ridley Creek State Park, to divvy up the routes and paint the tour arrows for our spring classic. Don't forget, spray paint – sprays, so don't bring your prize duds. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sun, May 15 8:30 am Miles:69 Class:C+ More Sex on the Beach	Returning to the site of last year's infamous ride. Hopefully the Green Head Flies won't be out yet. The 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. Lots of long stretches of car-free riding and back to the bay for 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. Start PROMPTLY @ 8:30 so plan your arrival accordingly. Cue sheets provided. Meet at Maurice Twp Elem School, 3593 Route 47, Port Elizabeth, NJ. School will be 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 by 6:45 am if weather is questionable. Contact ride leader if you're joining the ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sun, May 15 9:00 am Miles:35 Class:C/C+ Art Museum Loop	Start and end in Rite Aid lot across from Drexel Hill Cyclery. Two groups will ride. Juror #6 will lead a slower, flatter route. C+ ride will have a few hills, nothing really serious. Short stop near Museum for water and nature break. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sat, May 21 8:30 am Miles:TBD Class:All Bonkers Volunteer Ride	Our last chance to insure all is well for tomorrow's guests. Meet at Parking Lot #15, Ridley Creek State Park, and find some riding partners to check and enjoy our spring tour routes. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sun, May 22 8:00 am Miles:Various Class:All Bonkers Metric	The Delaware Valley Bicycle Club's spring tour covers some of the best roads in Delaware County. Travel at your own pace with family or friends on rolling terrain with some hills and routes of 18, 35, 50, or 63 scenic miles. A well-stocked food stop awaits all ages, all abilities, and all types of cyclists. Start/Finish at Ridley Creek State Park, Parking Lot # 15, near Media, PA (GPS address is 351 Gradyville Road, Newtown Square, PA19073). Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sat, May 28 7:00 am Miles:105 Class:B/C Hawk Mountain Century	I will lead a 105 mile ride from Lansdale to the top of Hawk Mountain and back. This is a ride all DVBCToPA2011 (ToPA is Tour of Pa) – riders should be able to ride to judge their condition for riding this year's DVBCToPA2011. It is hard to post this ride as an A, B, or C classification because if you can ride 105 hilly miles at a C pace you still will be able to complete this ride. I will provide a cue sheet and you will be able to review the route on Bikely (after I create it of course). The ride starts from Lansdale. Contact Doug for ride start directions. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Sat, May 28 9:00 am Miles:25 +/- Class:C Shelley's Ride	On Saturday of Memorial Day Weekend, Shelley leads 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 4epsteins@comcast.net

BONKERS

Cartoons of the DVBC

by Bob LaDrew



DVBC Bonkers Metric

Sunday May 22, 2011 (rain or shine)



Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County, with rolling terrain and some hills. Travel at your own pace, with family or friends, or make new cycling friends. All ages, abilities and types of bikes welcome. Food stop, maps/cue sheets, sag wagon provided.

Start: 8-9 AM for 65 & 50 miles; 9-10 AM for 35 & 18 miles

Where: Ridley Creek St. Park (near Media, PA). Parking Lot # 15

Contact: Dom Zuppo at 484-483-7456 or email rides@dvbc.org

For online registration, directions, and information, visit www.dvbc.org

BONKERS METRIC TOUR 2011 Registration Form

Name(s): _____ Age(s) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email address: _____

Distance:(please check one): 18 miles: _____ 35 miles _____ 50 miles _____ 65 miles _____

Pre-Registration \$18.00 _____ Pre-Registration with PDF Membership \$25.00 _____

Day of Registration \$25.00 _____ Day of Registration and PDF Membership \$32.00 _____

PDF members have full membership privileges but receive the PDF version of the club newsletter, saving the club mailing and printing costs.

Waiver/Release (PLEASE READ and SIGN)

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). form 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)
(For riders under 18 years of age, parent or guardian must sign)

For pre-registrations, PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER BY MAY 16 to
Delaware Valley Bicycle Club
P.O. BOX 156
Swarthmore, PA 19081



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APPLICATION FOR DVBC MEMBERSHIP (expires one year from date renewed or joined)

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)