

Delaware Valley Bicycle Club

July 2009

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



Learning to Ride the Old-Fashioned Way

by F. P. Prial, DVBC 19th Century Correspondent

[EDITOR'S NOTE: *It may be unnecessary to state, but this Victorian-era writer's complete focus on male riders was only a reflection of the times in which he lived. By reprinting this excerpt I do not intend to slight the many female members of DVBC, only to entertain all of us with this piece of cycling history.*]

A deal of stuff has been written about the art of riding, but a half-hour's experience in a riding-school or with a cyclist who has a little common-sense is of more actual use than any amount of time wasted over written instructions.

In all cities agents have either riding-schools or the teacher takes the pupil out to a piece of unfrequented road, generally about dusk, as the pupil cuts more or less of an awkward figure, and is naturally averse to furnishing the public with a free spectacle.

It may be accepted as a fact that any one can ride a safety; that it is as easy as walking; but few ride off-hand, because of the fear of a fall. A novice is best taught to ride as follows: Take him on the road, on a portion where there is a slight incline. The road must be free from stones, mud, vehicles, and spectators, the last being most fatal to success. The tutor is to hold the wheel while the pupil mounts, and as the pupil pedals along, the teacher is to balance the wheel and run beside it.

For new riders these things must

be observed: The seat is to be at just the proper height, neither too low nor too high; the rider is not to tug at the handles; he is to be taught that the wheel is to be steadied by turning the front or steering wheel *slightly* toward the side to which you are falling; the pedaling must be regular, the same amount of power applied to the right pedal as to the left. Most riders turn the handle bar too much in the effort to save themselves, and thus precipitate the fall they might have avoided by a slight turn.

After the pupil has been wheeled about a bit, he should start up the slight incline, and the increased power necessary to propel the wheel up hill gives him increased balancing power. The writer has taught a number of people in this way inside the half-hour.

The people who go abroad on wheels are of many types, a number of which are designated, the mere name making further description unnecessary: the boy who rushes along the block on his fiery, untamed three-wheeler; the youth who rides a safety so constructed that as the boy grows the saddle post is elongated, and the wheel is always a good "fit" for him until he is ready to go into long trousers; the boy between seventeen and twenty; this boy, by-the-way, may be divided into two types—the style who rushes in front of pedestrians to their consternation and his amusement, who rides hands off, hands on,

legs over handles, rushes up hill, wheels down, frightens horses and is "fresh," irrepressible, and show-offy generally; the better type of the boy cyclist who rides along nicely and enjoys the sport.

And now we are up to the "men" cyclists: the reporter who collects news awheel; the clergymen who makes the rounds; the multitudinous army of clerks who fight off dyspepsia, indigestion, melancholia, and general incapacity by a ride in the park or on the roads after business hours. Then there is the large army who take up the sport not as a life-preserver, or appetizer, or muscle-maker, but for the merits of the thing itself, for the opportunity it gives one to wander far afield in search of beauty and recreation.

Excerpted from "Cycling in the United States" by F. P. Prial, which originally appeared in *Harper's Weekly* on August 30, 1890

SAVE THE DATES!

**Annual Club Picnic
Saturday August 22**

**Brandywine Tour
Sunday September 6**

**See the August newsletter
for details, or to register for
the tour online, visit
WWW.DVBC.ORG**

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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. Board meetings, held the first Monday of the month, are open to all.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

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Club Affiliations

League of American Cyclists
Bicycle Coalition of Greater
Philadelphia
Adventure Cycling Association

Thanks to Our Supporters!

Craftech Computer Solutions

13 State Rd., Media
(610) 566-0980
www.craftech.com

Cycle Sport

801 N. Providence Rd., Media
(610) 565-9535
www.cyclesportmedia.com

Cycle Fit

320 S. Chester Rd., Wallingford
(610) 876-9450
cyclefitonline.com

Action Wheels

1066 Route 45, Deptford, NJ
(856) 468-5115
actionwheels.com

Drexel Hill Cyclery

703 Burmont Rd., Drexel Hill
(610) 626-4477

320 Produce Market & Deli

733 S. Chester Rd. Swarthmore
(610) 328-7211

Custom Bagels

15 S. Olive St., Media
(610) 891-6761

Linvilla Orchards

137 W. Knowlton Rd., Media
(610) 876-7116
www.linvilla.com

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610.891.0780 or aelrvpa@hotmail.com

Ride Guidelines

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 bike 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.

RIDE CLASSIFICATIONS

Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.

Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.

Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class A: For very strong riders: 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.

CANCELLATIONS

In the case of questionable weather or road conditions, events may be canceled. Call the ride leader if in doubt.

DVBC Rides for July 2009

If the weather is iffy, it's important to
CONTACT THE RIDE LEADER IN ADVANCE
 to make sure the ride is still on. You can also check the club listserv (find it at www.dvbc.org)
 for up-to-the-minute ride information, as well as for unscheduled "ad-hoc" rides posted from time to time.

RECURRING RIDES

Wednesdays 9:30 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Inclement weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 6:00 pm Miles:20 +/- Class:C+/B- Wed Nite Road Crew	Meet at Rose Tree Park, Rt. 252, Media PA. This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 15 mph. 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 to take advantage of daylight. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Wednesdays 6:00 pm Miles:15 +/- Class:C Rose Tree Park-n-Ride	Meet at Rose Tree Park, Rte. 252 near Media, for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace, and the group will stop and wait for stragglers. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net
Saturday, Jul 4 8:00 am Miles:55 +/- Class:C+ Firecracker Fifty-Five	Decorate your bike and if we're lucky we'll meet up with the bike parade down by the Brandywine. Be ready to climb some hills and enjoy a nice food stop at Northbrook. Ride starts at Planet Fitness, Rt 452/Pennell and Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Jul 5 6:55 am Miles:60 Class:B R5 Show and Go	I will not be here for this ride, but the regulars know the route. Starts and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 5 8:30 am Miles:55 Class:B- 3 Parks and a Trail Loop	Enjoy the empty roads as our country sleeps off its hangover. Start and finish at Rose Tree park. Ride through RCSP. Back roads to S.R. Trail. We'll take an alternate route this time to avoid "Vertigo Bridge." Ride the trail to lunch in Manayunk, then climb the hills back to Rose Tree. Cue sheets provided. Contact Tom Smyth at 610-909-8226 or smitt542@comcast.net
Tuesday, Jul 7 6:00 pm Miles:20 +/- Class:C/C+ 320 Produce	We will ride through Swarthmore, Wallingford, and Ridley Township, where the terrain varies from flat to hilly. Average speed, 11 to 13 miles an hour, and we'll wait for stragglers. Rain cancels. Meet at 320 Produce, Swarthmore Wood Shopping Center, South Chester Road, Swarthmore, PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Sunday, Jul 12 6:55 am Miles:60 Class:B R5 Show and Go	I will not be here for this ride, but the regulars know the route. Starts and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Tuesday, Jul 14 6:00 pm Miles:20 +/- Class:C/C+ 320 Produce	We will ride through Swarthmore, Wallingford, and Ridley Township, where the terrain varies from flat to hilly. Average speed, 11 to 13 miles an hour, and we'll wait for stragglers. Rain cancels. Meet at 320 Produce, Swarthmore Wood Shopping Center, South Chester Road, Swarthmore, PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Saturday, Jul 18 8:30 am Miles:25 +/- Class:C Westtown Loop	Meet at Rose Tree Park in Media for a fun C paced ride out to Westtown and back. Bring a snack for the rest stop at Westtown School. Expect some hills. We will maintain a comfortable C pace and regroup as needed. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Jul 19 6:50 am Miles:65 Class:B The FestSchrift Fifty	What will you contribute to this collection of climbs of fifty inclines? Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sunday, Jul 19 8:30 am Miles:35-40 Class:B-/C Art Museum Loop	Start and end at Bruster's in Drexel Shopping Center on State Rd, Drexel Hill (same lot as Fischer's Ace Hardware). Two groups, one C, the other B-. Frank J. will lead the C riders on a slightly shorter/flatter course. B- gang will do the standard Bob Martin route. We will meet up at Lloyd Hall. Bring a snack; nature break and water fill up at the Hall. No lunch stop. Happy ending at Bruster's. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Tuesday, Jul 21 6:00 pm Miles:32 +/- Class:B- Pool Boy's Route	Maybe we can get Pool Boy away from his pool to join us on his favorite route for a quick ride through some great roads in South Jersey. Meet at Kingsway High School, Rts 551 & 322, Swedesboro NJ. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jul 25 9:00 am Miles:50 +/- Class:B- The Muffin Ride	Meet at Rose Tree Park in Media for a lovely ride to Pure Bread Deli in Greenville, Delaware. Bring \$ for the food stop. Expect hills, wonderful scenery and the usual fantastic DVBC camaraderie. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Jul 26 6:50 am Miles:75 Class:B Does Thighes Matter?	If you don't think so, you haven't been on this ride. Wayne to Coventry and back the hilly ways. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Tuesday, Jul 28 6:00 pm Miles:20 +/- Class:C/C+ 320 Produce	We will ride through Swarthmore, Wallingford, and Ridley Township, where the terrain varies from flat to hilly. Average speed, 11 to 13 miles an hour, and we'll wait for stragglers. Rain cancels. Meet at 320 Produce, Swarthmore Wood Shopping Center, South Chester Road, Swarthmore, PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com

UPCOMING REGIONAL EVENTS

For more details, website info, or other rides,
visit the Suburban Cyclists Unlimited calendar page at
www.suburbancyclists.org

Sun. July 5, Double Cross Metric, Middletown High School, Middletown, DE. Many cross-state rides are measured in hundreds of miles and many days. The White Clay Bicycle Club offers an alternative that "double-crosses" an entire state in only 31 total miles over flat terrain. To ride a metric century, a second (different) 31-mi loop is also available.

Sun. July 12, American Cancer Society Bike-a-Thon, one-way to Buena, NJ, from Philadelphia (66 mi), Cherry Hill (54 mi) or Hammonton (21 mi). Ride across the Ben Franklin Bridge.

Sat. July 18, Urban Farm Bike Ride, Philadelphia, PA. 15 or 25 mi ending at Philadelphia Brewing Company for beer and pizza.

July 18-19, MS150 PA Dutch Ride, Green Lane, PA, to Millersville, PA. Ride one or two days, 50, 75, or 100 miles per day on rolling to hilly terrain. Busses provide return transportation for

one-day riders. National MS Society.

Sun. July 19, Ball & Chain Century, Salisbury, MD. 62 or 100 mi. No website; register at bikereg.com

Sat. July 25, Barbara Cook Run-Ride-Walk for Cancer, New Jersey Motorsports Park, Millville, NJ. 8, 31, or 62-mi bike ride through scenic Cumberland County, and several run/walk options. Benefits the Lance Armstrong Foundation and South Jersey Healthcare Foundation.

Sat. July 25, River to River Tour, Souderton High School, Souderton, PA. 25, 50, 75, or 100-mi routes on varied terrain. Ride from the Delaware River to the Schuylkill River on lightly-traveled roads adjacent to the scenic Route 113 corridor, through small, quaint towns with farms, churches and businesses dating back to the 1700's. A portion of the proceeds from the bicycle tour benefit Heritage Conservancy, a regional leader in natural and historic preservation.

Sun. July 26, Irish Pub Tour de Shore, Philadelphia, PA, to Atlantic City, NJ. This is a 65-mi one-way bike tour from the Irish Pub in Philadelphia (20th & Walnut) to the Irish Pub in Atlantic City. \$150, benefiting the Daniel Faulkner Educational Fund, FOP Survivor's Fund, and the Police Athletic League of Philadelphia.

Sun. July 26, Tour de Tinicum, Erwinna, PA. Benefits the Delaware Valley Volunteer Fire Company.

July 31 - Aug. 2, Weekend on Wheels, Winona, MN. This is the 2009 LAB National Rally

Sat. Aug 1, Dog Daze Century, West Chester, PA. Brandywine Bicycle Club

Sat. Aug. 1, Princeton Event, West Windsor, NJ. Flat/rolling: 20, 35, 50, 65, or 100 mi; almost hilly: 65 mi. Pre-reg by 7/22 for free T-shirt. Princeton Free Wheelers

Top Ten Reasons to Lead a Ride

by Deb “Dreamer” Chaga

10. Ride leaders can sleep late since the ride can start four blocks from their house.
9. Weird things are always happening on rides—once we made a turn and wound up in a 4th of July bicycle parade.
8. When else can a gal get ten guys to follow her where ever she goes?
7. If no friends are around, post a ride and you'll have someone to ride with.
6. Occasionally someone buys you lunch.
5. Leading people to new areas is fun, especially when they keep saying "Where the hell am I?"
4. Start time is your call.
3. Leaders choose the hills and how many of them. Nice!
2. The lunch stop is where ever you want it to be.
1. Sometimes, people bring BEER for after the ride.

HIGH OCTANE COOKIES: *Recipe by Judy LaDrew*

Several years ago, while looking through a cooking magazine, I came across a recipe for “High Octane Cookies.” It sounded like the perfect cookie for bicyclists, so I made them for a bike club picnic and the riders seemed to enjoy them. (Ed. Note: *The writer is being modest. Knowing the members of this club, they probably inhaled the cookies so fast they didn't have time to enjoy them.*)

Later, I baked some for the Bonkers Metric and the Brandywine Tour. For one picnic I substituted apple sauce for the banana (for a rider who was allergic to bananas), and the cookies came out fine (though I prefer the banana). I've been asked a number of times to submit the recipe for publication, so here it is. The cookies are delicious, whether or not you're biking.

Prep Time: 20 minutes

Cook Time: 18 minutes

Yield: 12 large or 16-18 smaller cookies

- 1 cup all-purpose flour
- 1/2 cup sweetened flaked coconut
- 1/2 cup rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup golden raisins
- 1/2 cup chopped pecans
- 1/2 cup chocolate chips
- 6 tablespoons unsweetened butter, at room temperature
- 1/2 cup firmly packed light brown sugar
- 1 egg, lightly beaten
- 1 very ripe banana, mashed
- 3/4 teaspoon vanilla

Preheat oven to 325° F. Lightly grease 2 large cookie sheets and set aside.

In a large bowl, stir together the flour, coconut, oats, baking soda, and salt with a fork.

Add raisins, pecans, and chocolate chips and mix well. In another bowl, beat butter with brown sugar until light and

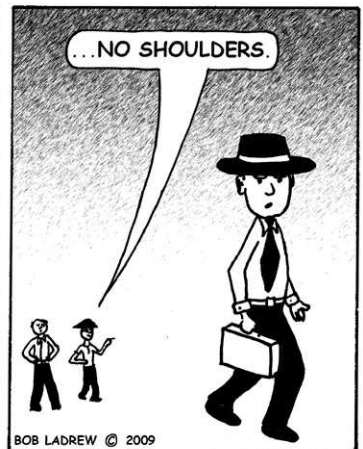
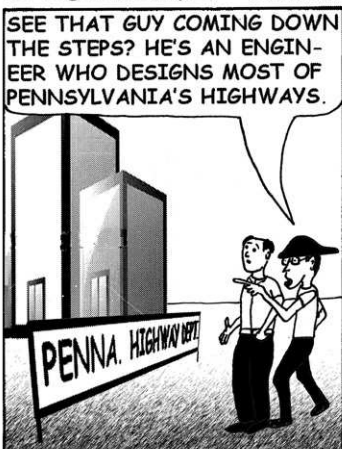
fluffy. Add egg, mashed banana, and vanilla, and beat until smooth. Pour over dry ingredients and stir with a spoon until just mixed.

The recipe originally called for using a quarter cup measuring cup to scoop the dough, but I prefer to use a soup spoon/ tablespoon to scoop the dough from the bowl and drop it onto the baking sheet, setting the cookies several inches apart (do not flatten dough). Bake until golden brown, about 18 minutes, switching pan positions halfway through if using one oven.

Remove from oven and transfer with a spatula to baking racks to cool for soft cookies, or cool on baking sheets for slightly crispier cookies.

Store in an airtight container for up to 5 days. (Ed. note: *They wouldn't last that long in my household...*)

BONKERZ *Cartoons of the DVBC...*



BOB LADREW © 2009



Bike Dirt

by F.X. Pedrix



In the June issue I reported that **Lou V.** is a PA state trooper who joined a recent **Dreamer** ride to Marsh Creek. After that ride he said he was thinking about carrying tickets so he could cite motorists who run riders off the road.

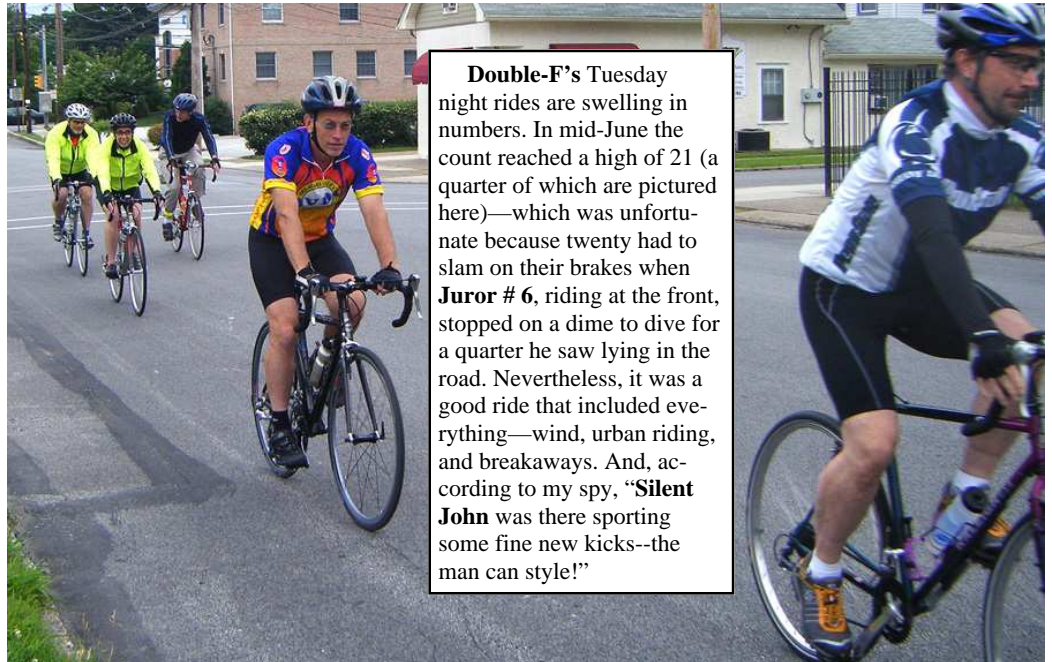
This sentiment was precipitated when a redneck in a pickup slowed and harassed Deb's riders. Usually when this happens the group members are so addled that, by the time the vehicle speeds off, they've failed to memorize any details about the driver or car. Lou (hereafter in this column referred to as **The Officer**), however, is a professional. He memorized the tag number and vehicle description and stored the data away for future reference. An entry by The Officer on the club's list serve two weeks later revealed that the future for that truck driver had arrived: "For those who rode with Deb last week....does anyone remember the guy in the pickup truck that almost ran some of us over...? Well I remembered him when I pulled up next to him while I was working and provided an educational lesson on rules of the road and bicycles, right of way, etc. He was at a loss for words as I informed him that I was in that group and what I will do if he does that again. I wasn't so nice, either! It's good to be the king! Ride safe everyone. Lou."

On June 5 a contingent of DVBC members switched disciplines for a footrace known as "The Running of the Monk." **Smytie** showed that he is more than a bike time trialist as he copped 4th in an age bracket that included 29 runners.

Jittery Jo was also 4th in her

bracket, **Misty** 6th, and **Dreamer** 7th. My mole reports that Misty gutted her way through the race with a nasty stitch in her side, and Deb excelled in spite of the fact that the promised Victory beer never arrived and contestants had to settle for Coors Light. **Grey Wolf** pulled a

Thirty-six and counting. That's what the **Wooden Man's** streak has reached. When he completed **Bonkers Boy's** June 13 hundred-miler to Mays Landing it made 36 straight years in which the Wooden Man has completed a century. If you think he was huffing and puffing at the back of the paceline



Double-F's Tuesday night rides are swelling in numbers. In mid-June the count reached a high of 21 (a quarter of which are pictured here)—which was unfortunate because twenty had to slam on their brakes when **Juror # 6**, riding at the front, stopped on a dime to dive for a quarter he saw lying in the road. Nevertheless, it was a good ride that included everything—wind, urban riding, and breakaways. And, according to my spy, "**Silent John** was there sporting some fine new kicks--the man can style!"

hammie warming up so he found himself in the familiar role of "sweep." However, he was feeling better a week later at the Lansdowne Memorial Day 5K race where he smoked all of the other 19 runners in his age group to garner first place in the 60-and-over category. It must have been a treat for once to see the Wolf let it all hang out and forget about sweeping the rear.

On a recent Saturday C ride the leader submitted these comments: "...A special thanks to the **Dominator** and **Jittery Jo** for sweeping the ride and helping the injured rider back to her car. Also thanks to the **Cycling Gardener** for sweeping the remainder of the ride (and for just showing up)."

you're wrong. In fact, when the ride leader could catch him, Woody got cited several times for hunching over his aerobars and disappearing off the front.

On that same ride **Barb** and **Bonnie** showed that they are in late season form. They rode strong and, unlike the **Polish Prince**, **Wooden Man** and **Motorola**, the ladies wanted no part of seeking shelter when heavy rains set in at Mile 83.

While surfing the internet recently my lovely wife Babs came across a blog by **Tracy Wilkins** that tells about a one-week bike tour in Oklahoma last month. It included an entry about our DVBC president, the **Perfessor**: "I've been spending quite a bit of time with Drew. He's a long time biker, and



Misty sporting a new (and, we hope, temporary) tattoo at the Philly Pro Race on June 7.

knows more about bikes than I'll ever know. He knows **Mel** from **Tandems East**, and says he and Mel learned a lot of what they know from the same guy (could that be **Bill Boston?**). At one time, Drew was even the president of the Tandem Club of America. Impressive!"

The Professor enjoyed the people and the scenery so much he says he would consider returning to Oklahoma Freewheel next year. "I was in good enough shape that I kept getting stronger as the week went on—I got in eight days of riding—but I suffered like a dog the first day. Sleep deprivation, a big adjustment to the temperature, and an unsecured front wheel that made the brake rub for who knows how many miles wiped me out."

Boat Shoes, who got his nickname by winning a DVBC time trial while wearing marine footwear, recently acquitted himself well in a bike race in Cheyney. He says, "I felt fine each time up Glen Mills (four times). Well, I should have started the 'sprint' a little earlier... I got 9th, passing two just at the end. My wife was watching the finish and said I was only seconds behind the lead pack. So I should have pushed just a little harder and sooner. Next time! PS... No wardrobe malfunctions. My cycling shoes were present and operable."

After spectating the Philly pro race

on June 7th **GiGi** and **Buckeye** set out on their 40-mile bike ride home. In East Falls GiGi watched the bikes while Buckeye went into a donut shop for water. A few moments later a teenage boy emerged from the shop and suspiciously sprinted away. Soon black smoke billowed from the shop's door. GiGi's fiancé was still inside! Were her worst fears to be realized? Soon, however, Mr. Buckeye emerged from the shop carrying the prankster's smoke bomb. His heroism was rewarded with free water.

And speaking of Buckeye and GiGi, at a recent mid-week club ride the two were cruising through Ridley Creek State Park when they happened upon The Officer, who was at the side of the road attempting to deal with a complex mechanical problem. As a growing crowd of perplexed DVBC members looked on, Mr. Buckeye, who has never been accused of lacking confidence, stepped forward to assess the damage. Plastic Boy, rarely seen on a bicycle since the motorcycling bug has bitten, was among the crowd and taunted Buckeye. After a sizeable bet was placed the Ohioan uttered an incantation and quickly effected the repair.

Suddenly Plastic Boy pulled out his pocket watch and realized he was supposed to be dancing in less than an hour. He exclaimed, [singing] "I'm late, I'm late for a very important date. No time to say 'Hello,' 'Goodbye.' I'm late, I'm late, I'm late." Apparently



A ride on June 13 came to a halt when a butterfly attached itself to The Dominator's helmet. The attraction might have something to do with the Dominator's rep as a man who can "float like a butterfly, sting like a bee!"

Plastic Boy's legs are still pretty good because the last anyone saw of him was his back as he scampered up Sycamore Mills Road.

Just before this rag went to press my scout received an email from **Ride Away's** Blackberry about how the DVBC contingent is doing down at Bike VA: "Today was Century Day with **Louis, Peter, Dave, Deb, Alex** and I opting for the entire 102.... Saturday and Sunday were exceptionally hilly but today was relatively flat, albeit with a wind that put South Jersey to shame. The last ten miles back were with a delightful tailwind. Good to be with friends on open, predominantly untraveled back roads."

As usual, send all manner, shape and form of innuendo, gossip, and falsehoods to fxpedrix@dvbc.org.





Delaware Valley Bicycle Club
P.O. Box 156
Swarthmore, PA 19081
www.dvbc.org

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 Member* or *Renewing Member*

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)