



DELAWARE VALLEY BICYCLE CLUB

P.O. Box 156, Woodlyn, PA, 19094-0156

APRIL 2000

FREE

HOT STOVE LEAGUE

Edited by Bob LaDrew

The DVBC e-mail "List Serve," available as a free service to all members, acted as a "hot stove league" this winter for members with time to kill while Old Man Winter blocked their cycling routes. What follows is a sampling of the kind of electronic dialogue that took place in February:

Bob: I'd like to know which DVBC member rode the most outdoor miles in January. Sorry, spinners, but exercycle miles don't count.

Tony: I don't get it. Miles are Miles. Anyone with me? Hello!!! We need to vote on this.

Joel: I vote that rollers should be a separate category. There are no cars. There are no potholes. There is no fresh air. There is no gravel. There is no long walk after a flat. There is no ranging over mountains with fantastic vistas. There is no mentally deflating wind in your face, or lovely tailwinds that boost your confidence and ego. Rollers: separate category. It is not bike riding as much as it is an exercise routine....

Jan: Actually I do spinning classes at the gym 3-5 times a week. But I don't count those as miles. If I did I'd have beaten Tony. ;-) It still doesn't compensate for being out on the road.

Tony: I was told by two very reliable sources that indoor miles should count. I don't care for top speeds and averages on my rollers, but miles are miles no matter where you do them. There are a lot of silent people on this list and it's time to come out of your trainers and vote on the subject. Should indoor miles count? It's a simple YES or NO.

David: No. No. And definitely NNNNNNOOOOO! If you count indoor miles on a trainer, it could only possibly be fair to also include hiking miles, which mile for mile are a greater workout than cycling, and running for which the same is true. This would benefit Joel, who by virtue of his recent correspondences needs no ad-

ditional handicap.

Terry: I spin at the YMCA in North Penn. I never even considered counting the miles (of course there is no odometer). I don't think indoor miles should count.

Chris: I do a tremendous amount of indoor training. Indoor miles should NOT count. It is not road biking and is nowhere near the same workout or experience.

Joel: I think they should count for SOMETHING. Just in a different column than road miles.

Tony: I never said it's the same, I just said it should count. I know there are people out there on my side... just come out and say it.

Joel: Okay, we are in agreement. I say it should count, too, but that it should count as a roller mile or a spinning mile or an "inside" mile or something like that. There should be a distinction, I think, because they ARE different.

David: OK, Tony. The polls should have closed by now. I get three votes "no" and no votes "yes", except for yours. How many "secret" votes were there?

Tony: Hold your horses there, big fellow.... It's too early to close the voting booths. I don't have any secret votes. DVBC members work very slowly... just like climbing Sycamore Mills.

Ira: Whoa, good thing I checked the old e-mail (Let's see who logs the most time online next). Anyway, I hope I can shed a little light on the subject. First off, I think we would all agree that since I am the President and a serious cyclist for about 38 years, my vote counts for 3. And my vote is YES! If you are pedaling a bicycle then that is riding and the miles so measured, or even estimated, should count. Hiking is not riding. I don't go for separate categories either. What about flat miles compared to hilly? What about mountain bike miles when you get a full body workout? What if I go out by myself and ride as fast as I can for 35 miles compared to when I

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TIME TO GET OUT!

By Bob Leon

April, it's that time of the year when 95% of the cycling population comes out to start another season of adventure and fitness. Those of you who were sedentary throughout the winter months will find that your road to fitness will be slow. If you went to the gym and worked out or took some spinning classes, your bike fitness will be so-so. But if you rode throughout the winter, your legs will be aglow for the start of the best cycling season without any snow. Yes, it's that time of year to dust off your bicycle, pump up the tires, lube the chain, put on your cycling clothes, and hit the open road.

It's time to get back to the reasons why you rode a bicycle last year: the fitness, the pleasure, the scenery, the outdoors, the camaraderie and friendships along the way, or the solitude you needed from time to time to relieve your stress or



to work out a problem you were experiencing. Whatever the reason, let's get out this year and increase our mileage, adding 10, 20, or 30% to last year's total. We had several members last year who had 5,000 miles plus, one with at least 7,000, and top kudos go to Ed Sobolewski and Rich Wagner with 10,000 plus miles for 1999. Did you keep a log last year? Will 2000 be your year for that extra mileage or long ride?

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(Hot Stove League, cont. from p.1)

toodle along leading one of my C- rides? Should I count tandem mileage in half? What if I ride my tandem solo, do I count those miles double? What about if I ride my 3-speed Raleigh in 6 inches of snow? I think all miles measured on an odometer or reasonably (conservatively) estimated should count equally.

Tony: Now that's from the president. Who's going to mess with us now? Well said, Ira.

Joel: Ira wrote. JOEL RESPONDS IN CAPS.

"What about flat miles compared to hilly?"

IT ALL EVENS OUT. "What about mountain bike miles when you get a full body workout?"

IT'S MOVING. "What if I go out by myself and ride as fast as I can for 35 miles compared to when I toodle along leading one of my C- rides?" I JUST HOPE THAT "TOODLE ALONG" WASN'T SOME KIND OF SLURRING PUT DOWN TO US B/C/D RIDERS. :-).

"Should I count tandem mileage in half?" UH... HOW STRONG IS THE OTHER RIDER? "What if I ride my tandem solo, do I count those miles double?" NO.

"What about if I ride my 3-speed Raleigh in 6 inches of snow?" OH, BROTHER. "I think all miles measured on an odometer or reasonably (conservatively) estimated should count equally."

WHO ELECTED THIS GUY ANYWAY? :-)

I JUST CAN'T SEE HOW ANYONE CAN COUNT BICYCLE MILES EXACTLY

THE SAME FOR PEOPLE WHO CAN READ A BOOK OR WATCH TV WHILE RIDING. FOR PETE'S SAKE, ON ROLLERS, "YOU'RE NOT GOING ANYWHERE!!!!!"

THE MILEAGE TRAVELED IS ZERO. DISTANCE COVERED IS ZERO. YOU ARE IN THE "SAME" SPOT AS WHEN YOU STARTED THE EXERCISE.

THE SAME SPACE IS OCCUPIED AS WHEN YOU BEGAN TO MOVE YOUR LEGS. GOSH, MR. PRES, KINDLY RECONSIDER.

Joel, unmoved by Mr. President's arguments, and still voting 'NO' not the same.

Tony: C'mon out and talk guys... don't be afraid of Joel.

Dave: Here are some questions for everyone: Which burns more energy, walking a mile or running a mile?

Which burns more energy, running a mile or bike riding a mile?

Chris: Most exercise physiology sources will essentially report that both burn approximately 100 kilocalories per mile; however, the faster you move the more you will burn in an hour. This does not address the degree of cardio workout at all and the subsequent elevation in BMR (basal metabolic rate).

> Which burns more energy, running a mile or bike riding a mile?

The latter. For running, see preceding paragraph. Several sources report that cycling at about 13 mph will consume about

600 calories in an hour or 45 Cal per mile. My personal experience is that these estimates are low by about 10-20%.

Terry: Ira, you are not "riding" when you are stationary. ride verb [I/T] to sit on (a horse, bicycle, etc.) and travel on it while controlling its movements, or to travel in a vehicle, such as a car, bus, or train.

Tony: Strange.... after a ride on my rollers the other day when I looked at the odometer there were some miles on it. Hmmm.... something must be moving. I don't think they had trainers or rollers when they published that dictionary of yours.

Pete: Rollers have been around for a long time, probably since the 1890's. Indoor roller racing used to be pretty popular as a sort of sideshow in the days of six-day races.

I've got a great picture of a woman riding rollers with one leg as she takes off a pair of warm up pants. Two riders would compete, with two dials or clock face sort of things between them showing their speed.

This thing went to 200+ r.p.m. Something to think about on those boring indoor rides. Now if I could only convince Ceil to try riding our tandem on rollers.

Tony: Interesting.. but you forgot one very important thing. Can you please vote? Just a YES or NO will do.

Dave: As an avid indoor cyclist (weather not permitting), I would vote "no" on spinning miles being counted toward total bike riding mileage.

If you want to keep a log on indoor mileage (and I do), that's fine. But if a fellow cyclist asked how many miles I did last year I would only report the total road mileage because that is what most of us mean when we want to know the total mileage.

I would quickly add my indoor cycling mileage as an addendum though.

I have to disagree with Chris H. when he indicated that indoor mileage shouldn't be included because mileage on the road is more of a workout than indoor mileage.

The benefit of any exercise is dependent on the amount of effort put out by the participant. I think that working out so that you raise your heart rate to 80% of your maximum heart rate is the same no matter how you do it.

You may use different muscles and one exercise may seem more difficult than the other, but the aerobic effect and energy usage is the same. I get into the same argument with the runners at my club. They think that running is intrinsically more difficult and burns more energy than biking. I say "pooh".

If they run as hard as they can for one hour and I ride as hard as I can for one hour, we will both burn about the same number of calories (given equal body mass and muscle to body weight indexes). Of course, they will have run 6 miles and I will have ridden maybe 20 miles.

I remember the first time I tried in-

door spinning. I was in very good shape from outdoor riding. I went all out in the spinning class trying to keep up with the longtime spinners. I thought, "This is just an hour of biking -I'm used to two and three hours at a time." Afterward, I could barely walk, my legs were wobbly and I was completely worn out. We have people who wear heart monitors who routinely get their heart rates above 160 and 170.

You could say, "Well, all that is true, but most people don't work that hard on indoor stationary bikes." On the other hand some outdoor cyclists never ride that fast or do many hills, but their mileage counts the same as people who ride nothing but hills (Tony).

Jan: You know what I think the bottom line of this discussion is? WE NEED SPRING AND WE NEED TO GET OUTSIDE ON OUR BIKES AND OFF THESE STUPID COMPUTERS!

Events Calendar

April 14-16: Great British Bike Weekend,

Phila. Rides, Rallies, Sturmer-Archer Hub Workshop, Bike and Pub Crawl and more! Brit Bike Swap at new location: Church Walkway, half-block north of Market St. Swap open to all. Dealers invited to register. mcget@aol.com Phone Trophy Bikes 215-625-7999.

April 16: Taxing Metric, Warwick County Park, Knauertown, PA; 20, 32, or 64 mi. \$12, Brandywine Bicycle Club, PO Box 3162, West Chester, PA 19381, or call Louise, 610-458-8153. hometown.aol.com/brandybike/

April 22: Spring Ride, Centreville, MD. Peninsula Road Club, 26, 42, 65 mi., Queen Anne's H.S. 7:30-9:00. \$20 pre, \$25 after 4/1. Sarah Smith-Putman, 505 Tanyard Rd, Centreville, MD 21617. <jwp_21666@toad.net>

April 30: Tea Burner Ride, Carmel, NJ Firehall. 8:30, 35, 50, 85, 100. \$13 pre-registered by April 18, or \$15 at the gate. Marilyn April, 118 West Av., Millville, NJ, 08332, (856-451-9075)

April 30: Rotary River Ride, 215-542-7974.

May 6: Mexican Metric, Oaks, PA. Suburban Cyclists, wgulick@aol.com. 20-63 mi., \$20 for non-members, SCU, PO Box 401, Horsham PA 19044, 215-362-2216.

May 13: Pinelands Triple Loop, Batsto, NJ. \$20, <sundeck@sprynet.com> Shore Cycle Club, PO box 492, Northfield NJ 08225-0492.

May 14: Open Space Tour, DVBC. Ridley Creek State Park, Media, PA; 8, 18, 35, 50, or 65 mi. on scenic country back roads through the remaining open space of Delaware and Chester Counties. \$8 by 5/1, \$10 after. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156, or call Ira Josephs at 610-565-4058. bikeira@juno.com, www.dvbc.org/

May 21: Freedom Valley Bike Ride, 215-829-4937, 9, 16, 32, 64, or 70 mi. Start from Philadelphia, Rosemount, or Phoenixville. Bicycle Coalition of Delaware Valley, Therese Madden, 215-829-4937. <tmadden@bcdv.org>

www.freedomvalleybike.org/

DELAWARE VALLEY BICYCLE CLUB

RIDE CALENDAR

April 2000



Ride Descriptions

Saturday, Apr. 1, 4:30 am. Miles: 300+. Class C Triple Dipple	Join us as we attempt the first triple century of the season. We'll meet at Ridley Creek State Park and head out to Harrisburg, then south to Maryland and back. Bring a snack for the rest stop. E-mail info @prlphool.com.
Saturday, Apr. 1, 9:30 am. Miles: 20-30+. Class C Wanna B - Delco History	The first in a series of rides for C riders who wanna ride B distances at a C pace. We begin to build to longer rides with a trip to one of the oldest homes in Delaware County. Call Dave Trout 610-368-0760 or dtwave@home.com
Sunday, Apr. 2, 2:00 am Daylight Saving Begins	Don't forget to set your clocks ahead one hour as Daylight Saving Time begins or you'll be late to the Sunday ride
Sunday, Apr. 2, 9:30 am. Miles: 21+. Class C Manayunk	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610-352-2114.
Weekdays, All month, 7:30 am Miles: 10-20. Class C Weekday Ramble	Just about every weekday (Thursday is the Breakfast Ride), weather permitting, we meet for an easy paced ride. We leave from our Havertown home in the Oakmont Section. Please call the night before, to confirm departing place and time. Call Joel at 610-789-7673.
Monday, Apr. 3, 7:30-9:00 pm General Membership Meeting	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd. in Springfield. The meeting is open to everyone. Join us to hear "Riders of the Brandywine", a musical journey, presented by DVBC member, David Clark Bennett. Contact Ira Josephs at 610-565-4058 or bikeira@juno.com.
Tuesday, Apr. 4, Evening Miles: 10-20. Class C NightRiders	We just can't give up riding in the evening. We will meet at various places and times in the Swarthmore & Ridley areas. You must have lights both front and rear. Call or e-mail ahead of time for arrangements. Dave Trout 610-368-0760 or dtwave@home.com
Wednesday, Apr. 5, Morning Miles: 30-35. Class C- Mornin' Ridin'	Join us retired, part-timers, evening workers, etc., for a leisurely morning ride to various places in western Delaware & Chester Counties. Bring money for lunch. Call Fran DeMillion prior to ride for time and meeting place. 610.431.2675.
Thursday, Apr. 6, 7:30 am Miles: 10-25. Class C Pancake Breakfast	7:30am on each Thursday leaving from our Havertown home in the Oakmont section. Weather permitting. This is an easy-paced ride of 10-15 miles with a pancake place in between. Please don't forget money and a helmet. We're generally back to start by 9:45 am. Please call the night before, to confirm departing place and time. Call Joel at 610-789-7673.
Thursday, Apr. 6, Evening	NightRiders. See Apr. 4 for details. Miles: 10-20. Class C.
Saturday, Apr. 8, 9:00 am Miles: 50+. Class B Inner 50	Meet at the Chadds Ford Elementary School and do the inner 50 of the Brandywine Tour. Bring or buy lunch along the way. Call Bob Leon at 610-833-2096.
Sunday, Apr. 9, 9:30 am Miles: 25+. Class C Jersey Ramble	Start at Kingsway High School, Routes 322 & 551, in New Jersey. We'll slow things down from our C+/B- pace and try to let some new riders fit in. The ride leader will go as fast as the slowest rider provided he or she is a C rider. Call Bob Leon at 610-833-2096.
Sunday, Apr. 9, 9:30 am Miles: 13,30+-. Class C and C+ Take Your Pick	Meet at Rose Tree Park, (off Rt. 252), and come do a few miles with us. We will do our usual loop to Swarthmore and return back to the park to complete our first 13 miles. There are no major hills on this ride and we will keep a slow pace. After this first loop as a good warm-up for the faster riders, we will pick up the pace and take a ride to Ridley Creek State Park and beyond. Call Tony Rocha at 610-416-0514 or tony@craftech.com .
Sunday, Apr. 9, 10:30 am Miles: 45+. Class C Double Loop Day	Meet me at the Tarrytown Hardware, Rt. 23 west, in Phoenixville. Two loops in Chester County with the first loop being 28 miles. Bring snacks for a rest stop. For more info call Walt at 610-917-8761.
Monday, Apr. 10, 7:00 pm DVBC Board Meeting	Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Road, in Springfield. The meeting is open to all club members. Contact Ira Josephs at 610-565-4058 or bikeira@juno.com.

Tuesday, Apr. 11, 6:00 pm Class: C. Miles: 10-20 Vocabulary Ride	Has the winter weather got you feeling a bit logy? The Vocabulary Ride begins its third season. So if you want to stop feeling logy or you want to find out what logy means, come join us for a ride through various parts of S. Delaware County. We meet at the Pathmark in Folsom. Call Dave Trout 610-368-0760 or dtwave@home.com
Wednesday, Apr. 12, Morning	Mornin' Ridin'. See Apr. 5 for details. Miles: 30-35. Class C-.
Wednesday, Apr. 12, 6:00 pm Class: C+/B-. Miles: 20-25 Ride with Len	We meet at Kingsway High School, at the intersection of Rt. 322 and Rt. 551 (Kings Highway), New Jersey. Rain cancels. Call Len. Work 856-866-1000, ext.3472 or email L.zanetich@telesciences.com.
Thursday, Apr. 13, 7:30 am	Pancake Breakfast. See Apr. 6. for details. Miles: 10-15. Class C.
Friday, Apr. 14, 6:00 pm	Ride with Len. See Apr. 12 for details. Miles: 20-25. Class C+/B-.
Saturday, Apr. 15, 7:30 am Miles: 84+. Class B Mays Landing	We'll start from the Kingsway High School on Routes 322 and 551 in NJ. From there we can stop for breakfast first or ride to the Sugar Hill deli for great food before returning to Kingsway. Call Bob Leon at 610-833-2096.
Sunday, Apr. 16, 9:30 am Miles: 25+. Class C Neighborhood Ride	Meet behind the Dunkin Donuts in Woodlyn, Fairview Road & Mac Dade Blvd. This will be a C class ride and will go anywhere and somewhere through the neighborhoods of Delco. Call Bob Leon at 610-833-2096.
Tuesday, Apr. 18, 6:00 pm	Vocabulary Ride. See Apr. 11 for details. Miles 10-20. Class C.
Tuesday, Apr. 18, 7:00-9:00 pm <i>Delaware County Cycling Committee</i>	Delco Cycling Committee Meeting. At the Furness Library, off of Rte 252 in Wallingford, PA. Everyone is welcome. Contact Ira Josephs at 610.565.4058 or bikeira@juno.com.
Wednesday, Apr. 19, Morning	Mornin' Ridin'. See Apr. 5 for details. Miles: 30-35. Class C-.
Wednesday, Apr. 19, 6:00 pm	Ride with Len. See Apr. 12 for details. Miles: 20-25. Class C+/B-.
Wednesday, Apr. 19, 6:00 pm Miles: 15+. Class C+/B- Wednesday Night Workout	Come on out and take your frustrations out on the bike with a good after work workout. Expect a fast pace and a few hills as we take off from Rose Tree Park (off Rt. 252). Call Tony Rocha at 610-416-0514 or tony@crafttech.com to confirm the ride.
Thursday, Apr. 20, 7:30 am	Pancake Breakfast. See Apr. 6 for details. Miles: 10-15. Class C.
Friday, Apr. 21, 6:00 pm	Ride with Len. See Apr. 12 for details. Miles: 20-25. Class C+/B-.
Saturday, Apr. 22, 8:00 am Miles: 62+. Class B Northbrook Orchards	Meet at Rose Tree Park in Media hopefully the Orchard will be open. At any rate we'll do a metric century for the day. Call Bob Leon at 610-833-2096.
Saturday, Apr. 22, 9:30 am Miles: 15-20. Class C- Earth Day Ride	Celebrate a belated Earth Day by riding your bike. Meet at the Moylan- Rose Valley train station at Woodward and Manchester Roads near Media for an easy-paced ride into the surrounding countryside. There will be hills but we'll take 'em slowly. For more info contact Ira Josephs at 610-565-4058 or bikeira@juno.com.
Sunday, Apr. 23, 9:00 am Miles: 50-60. Class B Westtown & Beyond	Ride some of DVBC's classic scenic hills and creek valleys. We will pass the Ridley, Chester and maybe Brandywine taking us through Delaware and Chester Counties, West Chester and Delaware. Bring money and/or food for rest stop. Contact Ira at 610-565-4058 or bikeira@juno.com
Tuesday, Apr. 25, 6:00 pm	Vocabulary Ride. See Apr. 11 for details. Miles 10-20. Class C.
Wednesday, Apr. 26, Morning	Mornin' Ridin'. See Apr. 5. for details. Miles: 30-35. Class C-.
Wednesday, Apr. 26, 5:30 pm Miles: 20-25. Class C+/B- National Secretaries Day	Meet at Rose Tree Park and ride to the Goose Creek Grille for pizza and then ride back. We may be returning after dark so lights and reflective clothing are recommended. David 610-626-1344 queenofsheba@crafttech.com
Wednesday, Apr. 26, 6:00 pm	Ride with Len. See Apr. 12 for details. Miles: 20-25. Class C+/B-.
Thursday, Apr. 27, 7:30 am	Pancake Breakfast. See Apr. 6 for details. Miles: 10-15. Class C.
Thursday, Apr. 27, 5:45 pm Miles: 15. Class B Evening Ride	Join me at Rose Tree Park for a fast paced ride through RCSP and Valley Road. This will be the start of our Thursday night rides throughout the summer months. Call Bob for details at 610-833-2096.
Friday, Apr. 28, 6:00 pm	Ride with Len. See Apr. 12 for details. Miles: 20-25. Class C+/B-.
Saturday, Apr. 29, 7:00 am Miles: 126+. Class B Ocean City, NJ	Join me for the first 2000 ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551 in NJ. Bring money for food and drink along the way. If we're not up to a 126-mile day we can do a century instead. Call Bob Leon for more details: 610-833-2096.
Sunday, Apr. 30, 9:30 am Miles: 34+. Class C Riverside Park	Meet at Kingsway High School, Routes 322 & 551 in New Jersey. This ride will be an out and back with a stop at the Wawa for food and drink, eat at the park and head home. Call Bob Leon at 610-833-2096.

Wear a helmet. Dress appropriately. Call the ride leader first to confirm the ride.

Ride Coordinator Dave Trout – 610-368-0760 - Email: dtwave@home.com

The Save Open Space Tour
Sunday, May 14, 2000
65, 50, 35, 18, and 8 mile routes
Sponsored by the Delaware Valley Bicycle Club

Time: 8-9 am for 65 & 50 milers; 9-10 am for 35, 18, & 8 milers.

Place: Ridley Creek State Park, picnic area #15 in Media, PA

Cost: \$8 pre-registration (if postmarked by May 1, 2000) \$10 day of Tour. Tour will be held rain or shine.

Services Provided by DVBC: Food & water stops, map/cue sheets, sag wagon, rest rooms, well-marked routes

Routes: The new theme is a celebration of open space, which is being lost to development at a rate of an acre an hour in the region. The scenic tour will begin at Ridley Creek State Park and will meander up & down through parts of Delaware and Chester counties that are still open spaces, including the 126 acre "Horse Farm" in western Delaware County planned for future development by Toll Brothers. Routes from previous years subject to change based on the availability of open space! As always, there will be plentiful food and rest stops for all riders!

Description: You travel at your own pace, with family or friends, or make new cycling friends along the way. All ages, all abilities and all types of bikes are welcome. The 8-mile route is a great way for beginners and families to experience the fun of a tour ride!

Safety: Helmets are mandatory! Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump, and tire irons. Each rider assumes his/her own responsibility.

For More Information: Call Ira Josephs at (615) 565-4058 or e-mail at bikeira@juno.com.

The Save Open Space Tour, May 14, 2000

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ E-mail: _____

Intended ride distance: ☐ 65 mi. ☐ 50 mi. ☐ 35 mi. ☐ 18 mi. ☐ 8 mi.

Waiver/Release

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) from 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 of parent or guardian (if rider under 18 years)

Please send this signed form with a check or money order made out to **DVBC** by May 1, to:
Save Open Space Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156

Special thanks go to our sponsors:



Fresh Fields
WHOLE FOODS MARKET



Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094-0156



Exp: 9/30/00

Bob & Judy LaDrew
139 Gabel Road
Coatesville, PA 19320

19320X1284 07



The Delaware Valley Bicycle Club (DVBC) is a non-profit corporation formed to educate the public as to the safe use of the bicycle through lectures, seminars, planned rides, and other activities promoting the bicycle as an efficient and enjoyable means of exercise, recreation, and transportation. Non-members are welcome on rides, but are urged to consider their ability and experience when selecting a ride (see the "Ride Guidelines" on the inside cover). Helmets are mandatory for all rides. The club cannot accept responsibility for accidents or injury when participating in a DVBC event.

Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

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

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: _____

Amount enclosed: \$15 (membership) + _____ (safety) = _____

Interest Survey

Your Ride Pace:
(check one)

- ☐ Class D: *slow* ☐ Class A: *fast*
☐ Class C: *average* ☐ Off-Road
☐ Class B: *brisk*

I'll volunteer for:
(check all interests)

- ☐ Ride Leader ☐ Newsletter
☐ Sag Wagon ☐ Typist
☐ Tour Food Stop ☐ Newsletter
Delivery



Please send your check or money order to the:

Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094-0156