

DELAWARE VALLEY BICYCLE CLUB

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

MAY 2001

FREE

Spring Touring Series: Part I

by Jan Chadwick

The first of our Spring Touring Series was held at the Springfield Friend's Meeting on April 2. So? Where were you? I know you all have often thought wistfully "Wouldn't it be great to take a week or two and just bike? Maybe even someplace in Europe..." Well, if you had come out on April 2, you would have heard (along with about a dozen other club members) about a touring company that could have made your wistful ideas a reality.

So, having only dreamed of a trip like this myself, here is what I noticed that sets Pack & Pedal Europe apart from other touring companies I've heard about. First, along with the typical guided group tours, they also do individual tours. This means that they would set up the itinerary, provide cue sheets, room, board, and travel for your luggage from stop to stop—but you could do it on your own. No having to worry about whether you will get along with your travel companions—because you don't necessarily have to have any. And, the trip won't get cancelled if not enough people show up. I can't imagine how frustrating that would be. Secondly, they are one of the least expensive touring agencies out there. So, although you may not be staying in 5-star hotels, you probably won't have to take out a third mortgage and sell your first child into slavery to be able to afford the trip. Finally, and here's what really piqued my interest, although they do tours in almost every country in Europe, they also provide tours in other more interesting countries (at least to me) off the normal beaten bicycle path—like Turkey and South Africa! Now that would be cool (well,

maybe not literally...)

I'm almost hooked. Interested in joining me sometime? Let me know! And check out Pack & Pedal Europe at www.tripsite.com.

Are you sorry you missed this meeting? Then come and join us for Episode II of our Spring Touring Series. Come hear the King of the Bike Tour, Joel Perlish explain how to prepare for a bike tour. Joel has done most (all?) of his touring out on his own. So, if you have ever considered just locking up the house, getting on your bike, and riding into the sunset, then come to hear this one. Joel will help you figure out how to do it, what to take and how to prepare. Monday May 7, 7:30 p.m. at the Springfield Friends Meeting.

Then comes the final episode: "Joan Tours the States." Joan Strachota will give a multi-media presentation of her recent bike tour across America! Monday, June 4, 7:30 p.m. at the Springfield Friends Meeting. Call Jan at (610) 541-0784 or e-mail chadwick@craftech.com for directions or more information.



Next
Month:

Spotlight on DVBC Commuters

May 18 is LAB's Bike-to-Work Day and we bet that, for many DVBC members, that's nothing unusual. So we're issuing the call for all members who ride a bike to work, frequently or infrequently, to write or e-mail telling us about your commute experience. We'll share your report with the readers in our June issue.

E-mail Bob LaDrew at <2ladrews@netreach.net> or write him at 139 Gabel Road, Coatesville PA 19320. State the distance of your commute, how often, and the nature of the riding. Tell what your commute means to you and relate an experience. The deadline is May 12.

That Old Gang of Mine, by Bob Leon

On a recent B ride to Mays Landing, the usual gang showed up along with two new faces and Woody "Fair-weather Rider" Kotch, for a total of 14 riders. There was a chill in the morning air, so we started out at a brisk pace to warm up.

Everyone stayed together for about 8 miles when Rich Alejandre, who had trouble with a front tire at the start, dropped out of sight. Two miles up the road at Route 77, someone said Rich had a flat, so six of us rode back the

two miles to give him a hand. We couldn't find him and surmised that he had turned back because he had a bad tire and didn't want to hold back the rest of the group.

The ride continued at an 18-20 mph pace and everyone stayed together—that is until just outside of Franklinsville. One of the riders (We won't mention his name but his initials are Tony "Hammerhead Express" Rocha) began his thunder taking eight
See **OLD GANG** p. 4

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

<http://www.dvbc.org>

DVBC Meeting Place

Delaware County Peace Center,
 Springfield Friends Meeting, 1001
 Old Sproul Road (behind the car
 wash at Rt. 320 and Old Marple
 Road). Meetings are usually held
 the first Monday of most months.

*DVBC welcomes articles and ride
 reports for the newsletter. Please
 submit your proofread materials to
 the Editor before the 15th of each
 month.*

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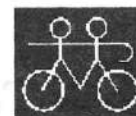
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Club Affiliations



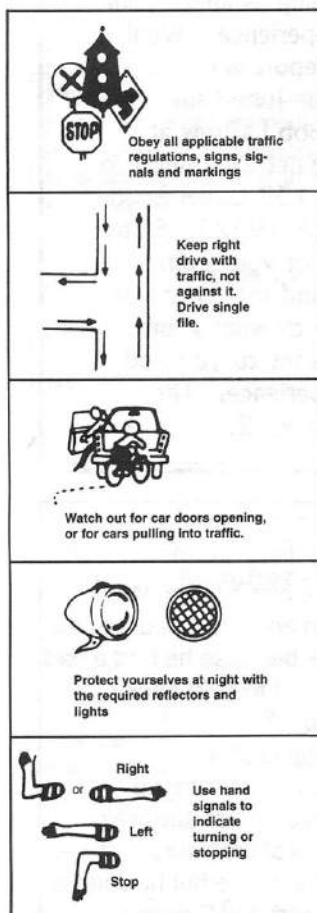
LAB



*Bicycle Coalition of the
 Delaware Valley*

*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.*

Ride Guidelines



1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. 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 not sure of and work your way up.
7. 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: 19+ 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.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

Note: In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Freedom Tour, Brandywine Tour and Club picnic, all club events are free to the general public. The general public is welcome!



Woody's Wheel Wise

After a quarter century of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch

Where the rubber meets the road... Preventing flats

Most flats are caused by either sharp objects on the road, improperly installed tires or tubes, or perforated rim strips. Old damaged or worn out tires and improper inflation also can leave you deflated. Here are some tips to help minimize your flats:

1. When it's safe to avoid any debris on the road do so. It may not look like that leaf or a little sand could flat you, but the glass underneath it could. Keep a safe distance from the curb. This is where most of the glass ends up. Car traffic pushes the debris off to the shoulders, so where there are good shoulders like in New Jersey, there is also more glass where you'll be riding. Call out and point to glass when riding in groups.
2. If you cannot avoid riding through glass, check and clean your tread as soon as possible. Weekly, check for and remove small pieces of glass that become imbedded in your tires. You can use a small pointed tool like a dental instrument to carefully remove these pieces before they have a chance to work their way through the tread to the tube.
3. If you are flatting frequently and you don't find the sharp culprit in the tire's tread, check the location of the hole on the tube. If the hole is on the inner
4. If there are two holes right next to each other in your tube, you are "snake bit". This comes from improperly mounting your tire. Make sure that the tube is not caught between the tire and the rim before inflating and don't use tire irons to mount the tire. Use your hands. Also be sure your valve stem sticks straight through your rim. A crooked stem may cause a tear in the tube at the base of the valve.
5. Old tires with cracked sidewalls, threads showing through the tread, or small holes that thread or tube can be seen through should be replaced immediately. Use the manufacturer's recommended inflation pressure.
6. Try Kevlar belted tires. I ride them all the time and I believe they really work. The belt may decrease the performance of the tire slightly, but I've never noticed. After a Jersey ride, I frequently pick out pieces of glass from my tread that I believe would have caused a flat if not for the belt.



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Rick Jones, Prop.

Is the Board Bored?

What, are you joking? Never a dull moment. Ira was so wonderful at keeping everyone up to date about the activities of the board. I've obviously been quite remiss in performing the obligations of my office. So, here is your first annual column from your new president. (Drum roll please)

What have we been doing? Let's see.... Snacking! Bob & Judy LaDrew have been bringing some great snacks.... Ummm, I'm sure there are other things too... Oh, short meetings! My goal as president is to get those meetings down to 1 hour! We haven't quite made it yet, 1½ hours thus far, but next month we'll do it!

Here are some things we've been working on lately:

A new name for our spring tour.

Have you noticed that the SOS Tour is now The Bonkers Metric? We had been looking for a name and "theme" that was uniquely DVBC. We think we've hit on it. Hope you like it! Also, watch for cookies from Keebler at most stops and baked goods on the 50- and 65-mile loops, sponsored by a local church—Blue Route Vineyard. Also, CycleFit Bike Shop will have a repair stand set up at the beginning of the tour to help you make those last minute adjustments. And, we've got lots of sunshine and warm weather on order, so make sure you're there!

A new club jersey and logo.

Watch for photos and more information in the June newsletter. We think you're going to like it. Monica Sloan did a great job designing the jersey for us. Contrary to F.X.'s column last month, it will not be olive green and puce—blue & yellow with a reddish fade. If you see me out on a ride, ask me. I'll have a "draft picture" of it in my truck.

Waivers and sign-in sheets. First we asked, "Why?" Then we asked, "Who?" We think we finally have some answers based on discussions with our insurance agent. We are now working on the wording. Watch for more information in an upcoming newsletter.

A cool new website. Tony and Crafttech have done a great job at redesigning the site. We've still got the best

See **BOARD BORED** p.11

OLD GANG from p. 1
riders with him at 23 mph. Up ahead they made a pit stop at the Citgo station in Buena. As the five riders left behind approached, only one stopped to join the "express" group and the rest of us continued on to Mays Landing some twelve miles ahead. We knew the "express" group would find a way to catch us so we kept up our usual 18 to 20 mph pace while we told jokes and talked about the beautiful weather we had for the ride. We arrived at the lake in Mays Landing and made a pit stop, before continuing to the Sugar Hill Deli, where the "express" riders finally caught us. As we ordered lunch, Bob LaDrew told me he was dropped at 25 mph but was pulled back to the group by Tony at 28 mph. Oh, the joy of working up an appetite!

Lunch was great except for the cool breeze that turned Monica blue and caused Katrina to lie low in the grass to soak up the sun's warmth. The cool air shortened our stay at the lake and, after a brief pit stop, we were on our bikes again. This time "Tony's Express Train" didn't waste any time

with the slower riders. We were left for dead not one mile out and before too long they dropped Bob LaDrew once again. However, they were kind enough to wait at the Citgo for us, only to leave before we could make our pit stop complete. We were about a half mile back when the "express" group made a left turn. We continued straight on Route 40 heading toward Franklinville with the hope of cutting them off six miles up the road. It didn't work. They still got ahead of us but made a stop and we caught them just before Three Bridge Road. As we rode down Three Bridge, Bill Freeborn, not paying attention, touched Woody's back wheel with his front wheel and crashed. Bill was stunned and bruised. Woody helped him to the grass and as Bill lay there for five minutes we carefully checked over his bike before attending to his wounds. (just kidding). However, Bill did suffer a cut to the left cheek and finger tip and bruises to his shoulder, elbow and hip all on the left side. A friendly homeowner came over and gave Bill a frozen bag of peas, ice and Band-Aids to help him as Woody

applied pressure to the cuts to stop the bleeding. About twenty minutes went by before Bill recovered enough to ride again. We thanked our friendly homeowner and started back to Kingsway. We all arrived safely and I casually informed the "Tony Express" group that we would have beaten them back had it not been for the crash.

We did have a great day of riding. If there are some B riders out there who do not want to go over 20 mph, come out and join us for some great riding this season. Of course, you could come out to join the Tony Rocha group. The riders: Bob ("Ride Leader") Leon, Eric ("Mighty Mouse") Valencia, Katrina ("Pedal Masher") Dowidchuk, Ed ("Energizer Bunny") Sobolewski, Rich ("I'll-wear-the-tread-down-to-the-casing") Alexandre, Bob ("Bike Mechanic") Martin, Bob ("Bonkers Dude") LaDrew, Glen ("Speedster") Lyons, Bill ("I'll-kiss-your-tire") Freeborn, Monica ("Canadian Lightning Bolt") Sloan, Woody ("Fair Weather Rider") Kotch, and the one and only Tony ("Hammerhead Express") Rocha. New faces: Rich, Bob, and Dave.

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DELAWARE VALLEY BICYCLE CLUB



RIDE CALENDAR May 2001



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

Weekdays, All month, 7:30 a.m. - Weekday Ramble - Miles: 10-20 Class: C

Just about every weekday (Thursday is the Breakfast Ride see below), 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. Contact Joel Perlish at 610-789-7673 or joelperlish@aol.com.

Thursdays, All Month, 7:30 a.m. - Pancake Breakfast - Miles: 10-25 Class: C

7:30 a.m. 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 a.m. Please call the night before, to confirm departing place and time. Contact Joel Perlish at 610-789-7673 or joelperlish@aol.com.

Tuesdays, All Month, 6:00 p.m. - Vocabulary Ride Miles: 10-20 Class: C

Come out for a spin around southern Delaware County and learn a new vocabulary word. We meet in the parking lot of the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 or davet@dvbc.org.

Wednesdays, All Month, 6:00 p.m. - Wednesday C+ Workout - Miles: 15-20 Class C+

Meet at Rose Tree Park on Rt. 252 for a C+ ride through the surrounding area. Expect some hills. Contact Sarah Clark at 610-353-3494.

Wednesdays, All Month, 6:00 p.m. - Workout- Miles: 20+ Class: B+

Meet me at Rose Tree Park on Rte. 252 and let's get the legs back in shape. In our second month of training, the pace and distances will increase and the hills will seem smaller. Where can we go for some challenges? I'm sure we'll find some. Come and take your frustrations out on the bike with a good after-work workout. Expect a fast pace and a few good hills. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.

Thursdays, All Month, 5:45 p.m. - Evening Ride - Miles: 20+ Class: B

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 through the summer months. Call Bob Leon at 610-833-2365.

Saturday, May 5, All Day, - May Day Event -

At Ridley Creek State Park, on the grassy area near the park office, as part of a community outreach program, the park is hosting a fair of various organizations and business that are connected to the Ridley Creek Valley watershed area. There will be tables where participants will be giving out information about their various organizations. David Bennett of the DVBC and Kevin McQuiston of Bicycle Coalition of Delaware Valley will be sharing a table, passing out literature, and promoting our two cycling organizations. Come out and meet us. We want to meet you. David will be performing his bicycling music "Riders of the Brandywine", weather permitting. For information contact David Bennett at 610-626-1344 or queenofsheba@craftech.com.

Saturday, May 5, 9:30 a.m. - Bonkers Route Painting - All Classes

Meet at Ridley Creek State Park picnic area 15 at 9:30am. We will divide up the routes, distribute paint, and after some minor instructions, go merrily painting the roads. Would like to complete the 18 and 35, and some of the outgoing/incoming of the 50/65. Contact Eric Valencia at 610-459-9272 or eric@dvbc.org.

Sunday, May 6, 9:30 a.m. - Bonkers Route Painting - All Classes

Meet at Chadds Ford Elementary School at 9:30 a.m. to complete whatever is left of the 50/65-mile route. Contact Eric Valencia at 610-459-9272 or eric@dvbc.org.

Monday, May 7, 7:30 p.m. - General Meeting - Open to the public.

"How to prepare for a Bike Tour" with the King of Bike Touring, Joel Perlish. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

Saturday, May 12, 8:30 a.m. - Bonkers Volunteers Ride - Miles: Various Class: B & C

Ride the Bonkers Tour to check our route markings and make sure the roads are bicycle friendly. B-riders start at Rose Tree Park for some extra miles - Call Bob Leon at 610-833-2365. C-riders meet at Ridley Creek State Park picnic area 15 - Contact Dave Trout at 610-368-0760 or davet@dvbc.org.

**DVBC BONKERS METRIC
Sunday, May 13**

8-9:00 a.m. - 65 & 50 miles

9-10:00 a.m. - 35 & 18 miles

GO BONKERS and enjoy the Delaware Valley Bike Club's fabulous spring tour. Tour begins at Ridley Creek State Park, and meanders through parts of beautiful Delaware and Chester Counties. Tour features wonderful scenery, food and water stops, cue sheets, well-marked routes, and SAG support. Cost: \$15 Day of Tour. Rain or shine. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com or go to our website WWW.DVBC.org.

Saturday, May 19, 9:00 a.m., - Salem Oak Ride - Miles: 54 (C pace) or 65 (B pace)

Meet 8:15 a.m. for breakfast at Salem Oak Diner (Rte. 49, Salem, NJ). Ride starts at 9:00. Two flat, mostly concurrent rides with cue sheets through the low traffic roads below Salem, NJ. 62 miles @15-17mph or 54 miles @ 12-14 mph. Bring money for food. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net.

Saturday, May 19, 7:00 a.m., - Salem Oak Ride Starting at Kingsway - Miles: 114 Class: B

Meet at Kingsway High School at Routes 322 & 551 in New Jersey and ride to Salem for the Salem Oak Ride (see above). Contact Bob Leon at 610-833-2365.

Sunday, May 20, 9:00 a.m. - Manayunk - Miles: 25+/- Class C

Meet me at the Valley Forge trailhead for a ride down the Schuylkill Trail to Manayunk. Bring money for food. Call Bob Leon at 610-833-2096.

Sunday, May 20, 9:00 a.m. - Art Museum - Miles: 50+ Class: B+

Meet me at Rose Tree Park on Rte. 252 for a ride to the Art Museum. We'll stop in Manayunk for fuel. Bring money for food and drinks. Expect a fast pace and a few hills. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.

Monday, May 21, 7:00 p.m. - DVBC Board Meeting

The board meeting is open to all club members. We meet at the Delaware County Peace Center, Spring-

field Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

Saturday, May 26, 7:00 a.m. - Ocean City, NJ - Miles: 126+ Class: B

Join me for the first 2001 ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551. Bring money for food and drink along the way. Call Bob Leon for more details, 610-833-2365.

Saturday, May 26, 7:00 a.m. - Ocean City, NJ - Miles: 126+ Class: A-

Meet at Kingsway with Bob's ride (see above). We will warm up with his group and then, if anyone feels like it, we will pick up the pace to get to that sandwich a little quicker. Contact Tony Rocha at 610-416-0514 or tony@craftech.com.

Saturday, May 26, 9:30 a.m. - Ridley Park to Ridley Creek State Park - Miles: 35+ Class: C

We will meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom, Ridley Township, and leave at 9:30 a.m. sharp, in order to get to the Ridley Park train station to meet the 9:49 train from the city. We will then ride through Delaware County to and through Ridley Creek State Park. Riders from Philadelphia can take the R-2 train (#4209) that leaves Suburban Station at 9:25 a.m.. Bring money for food and drink. Contact Dave Trout at 610-368-0760 or davet@dvbc.org.

Sunday, May 27, 8:30 a.m. - Westtown & Beyond Miles: 60 Class: B/B+

Meet at the Moylan-Rose Valley train station, Woodward and Manchester Roads in Rose Valley to ride some of DVBC's classic scenic hills and creek valleys. We will pass the Ridley, Chester and 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 ira@dvbc.org.

Sunday, May 27, 8:00 a.m. - Time Trial - Miles: 5.1

Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work M-F 8:15-5:15pm 856-866-1000 x.3472. Home 610-558-6232.

Sunday, May 27, 9:00 a.m. - Kountry Kitchen - Miles: 35+- Class: C

Join me for a ride to the Kountry Kitchen. We'll meet at that familiar start, Kingsway High School, Routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob Leon at 610-833-2365.

Monday, May 28, 9:00 a.m. – Memorial Day Ride from Northbrook Orchards – Miles: 35 Class: C

Meet at Northbrook Orchards for a ride winding down into Delaware. Cue sheets will be provided. There will be an optional lunch afterward at Northbrook, in the pavilion. Bring or buy lunch. Please park in the upper parking lot (look for sign). Contact Susan Growe at 610-626-1040 or sgrowe@cpeincmail.com.

Monday, May 28, 9:30 a.m. - Memorial Day Mix & Match– Miles: 40 +/- Class: B+/B

Starting from Narbrook Park, in Narberth, Pa. (near basketball courts) at 9:30 a.m., we will traverse the hills of Montco on the way to brunch in Betzwood Park in Valley Forge. Bring your own food, or stop at convenience store near park. In order to do this ride, you are encouraged to wear non-matching clothing (different socks, gloves etc.) Prizes will be awarded for the most outrageous looks. Contact Rich Wagner 610-521-4570 or rilawa@mymaistation.com.

Monday, June. 4, 7:30 p.m. - General Meeting – Open to the public.

"Joan Tours the States" In the final episode of our spring tour series, Joan Strachota will give a multimedia presentation of her recent ride across America - she did it, you can too! Come out and hear how. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

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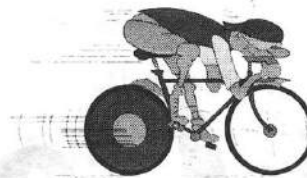


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Bike Dirt

By F.X. Pedrix

"Mmmmmmm," Babs murmured, "a little lower please." The hot Brazilian sun beat down on my ever so pink-skinned wife as I rubbed another large dollop of sunscreen on her lower back. We were taking a vacation of sorts, indeterminate length here in sunny Sao Paulo, not to escape the cold spring weather of home, but to escape the heat caused by comments I made in this column. If you remember a few months ago, I made the observation that the DVBC was a proud supplier of ride leaders and rides to a couple of our neighboring bike clubs. One of the "Big Cheeses" from that "Big City Bike Club" (BCBC) sent e-mails of complaint to several of DVBC's board members and to his club's list serve. He wrote: "Dear F.X. Pedrix (I hope that's a nom de plume) I read your 'Bike Dirt' column in the DVBC March poop sheet. Frankly, I don't know what to think about your comments." Not only did they take offense at the "Ride leader" comment I made, but also took offense that I had made fun of the fact that they gave out prizes of underwear to their top ride leaders.

OK, I can take the heat, it comes with the territory of being a popular columnist, but it didn't stop there. E-mails poured in both for and against. The DVBC Board was split on what to do. Should they censure me, back me up, or do as the BCBC wanted, that is, tie me to a bike and send me down "The Wall", a kind of bicycle keelhauling? Some DVBC board members actually agreed to do that as a joint bike club event ("Maybe we could make some money and sell some t-shirts."). It didn't stop there.

The following message was received which opened another can of worms: "The problem here is simple. It's how World Wars I and II got started, one person having too much power. We need to find out who this FX Pedrix person is and curtail his or her power. The comments in the March newsletter were insensitive and boastful. It is not the kind of tone our club should set. In fact, it is reprehensible that 98% of the content of that Bike Filth column is based on rumor and innuendo. Hasn't Pedrix heard about journalistic integrity?! He should check his facts before he publishes anything. And I think we should stop construction on that clandestine tunnel that is nearly completed under The Big City Bike Club's headquarters."

The above message was quickly responded to by the DVBC. "The Board of Directors of DVBC denies any and all involvement in clandestine activities," Chief Intelligence Officer, DVBC.

That didn't end the now expanding war of the Bike Clubs. This message was intercepted: "TOP SECRET: BCBC counterintelligence has been aware of the tunnel for some time. There is a double agent or mole high up in the DVBC organization named "tight pants" by our operatives. The BCBC

See **BIKE DIRT** on p. 9

BIKE DIRT from p. 7

board has obtained his services with "small" gifts and old MAD comic books. The tunnel under the Spaghetti Warehouse where BCBC board meetings are held, has been seeded with enough left over lasagna and whole garlic cloves to produce high levels of methane in anyone who just looks at it. Those foolhardy enough to use the tunnel should chew several Beano tablets before entering. As an added precaution, "Depends" should be worn. If DVBC stops construction of the tunnel, BCBC proposes a "quid pro quo" by removing the listening devices from the Springfield Friends Meeting."

There was a long, heated meeting of the DVBC Board as they struggled to resolve this growing imbroglio. Some members said that F.X. Pedrix was an independent nation and neither bike club could do anything about him, some wanted me bound and gagged or worse - made to lead "D" rides or BCBC Sunday Breakfast rides for the rest of my life, but alas, cooler heads prevailed. It was agreed that I would be forced to make amends and apologize for my insensitive remarks or the Board would agree to the "keelhauling" or a public flogging. It was also established that the clandestine activities never existed, but were made up by extreme elements in both clubs in order to provoke further hostilities. It was also suggested to me that I might want to "find a safe place to cool it for a while."

I want to issue a personal apology to any BCBC member who was offended by my comments and I regret any other problems my insensitive comments may have caused. This column and my comments are mine and mine alone and do not represent the official opinion of the DVBC, its members, or its Board of Directors.

So here I am, relaxing on a warm, white sand beach in Brazil with my lovely wife Babs and a large daiquiri in my hand - ah... the benefits of being a popular columnist. In the words of a famous movie star, "I'll be back."

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at fxpedrix@hotmail.com.

Running with the Big Dogs

by Woody Kotch

Rolling out from Kingsway High School April 14th marked my return to the fold of overly dedicated "B" road riders who glide along the mostly flat Jersey terrain every other Saturday. It was another day of beautiful weather that Bob Leon scheduled especially to lure me out and end my annual hiding from the cold. I took eight weeks off the bike this year and I had only 250mi. over the past six weeks with which to prepare for this 85mi. jaunt to Mays Landing and back. However, I was just about finished with Lance Armstrong and Chris Carmichael's latest book, The Lance Armstrong Performance Program, so I felt confident that I could use my new knowledge of efficient road riding and physical conditioning to complete the trek. What I didn't count on was what a great feeling it was to just be out there again with the BIG DOGS.

Who are the BIG DOGS? They're all of us in this great group of "B" riders who week after week push up the pace to "A" range, from time to time making us all a little faster and a little prouder. I was not one of the "pushers" this time, but I'll try to do my part a little later in the season when I'm stronger and lighter.

We left Kingsway a little late so the pace quickly rose to the over 20mph zone. I guess some were cold and were using this as an excuse to pick it up. I found myself inadvertently at the front of the pack and quickly dropped back to find someone large to draft off of. I hadn't carbo-loaded, super-hydrated, and eaten three bananas before 7:30 a.m. to blow my reserves on the first twenty miles. I had promised myself that I would spin all day so as not to bonk on the few small hills at the end of the ride. I always look to Ed to see if I'm spinning fast enough. I was and it worked, but there was no way I was going to last at this dual eastern European pace. Several of us fell off the pack and formed our own "AARP" group. With the help of ride leader Bob's navigation, i.e., shortcut straight down Route 40, we beat the BIG DOGS to the portapotties in Mays Landing. I was glad there was no line.

At the deli, I really started to feel re-

united with my old bikin' buddies. "I guess you really didn't ride this winter since you put on all that weight." "Why would I want to sit at the tables with all you old ladies?" "Happy Birthday. So you're 50 now, huh?"

The headwind riding home was expected and the "AARP" group quickly started a rotating pace line that was really doing the job. It was Bob, Bob, Bob, Billy, and Woody. Sounds like the backup to a fifties song. How many Bobs does it take to make a "Bob ride"? Ten miles out from the finish and we were all going to make it, but what was that **thump** and why is Billy lying in the street? I guess he didn't read "Woody's Wheel Wise" on riding in groups. We checked out Bill's bike and after straightening out the handlebars, we got Bill out of the street. After a little first aide with the help and supplies of a very nice husband of a Jersey girl (there really are a lot of good people out there) whose lawn Bill was bleeding on, we remounted and finished up. After letting Bill know that I would get him the estimate from my body shop on the damage to my rear bumper, I headed for my four wheeler and started the trip back to Pennsylvania munching on my carbo/protein bar to speed my recovery and replenish my glycogen stores.

I felt great. No worse for the wear. Thanks, Lance. And Bow Wow BIG DOGS, it's nice to be back.

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REGIONAL EVENTS

May 5: Turkey Hill Country Classic.

Rides and races. Manor Township. Turkey Hill Country Classic. 950 West Fairway Drive Lancaster, PA 17603. <http://www.manortwp.org/race/index.html>

May 5: Farmlands Flat Tour, Lincroft, NJ. 15-100 mi on flat terrain. Central Jersey Bicycle Club, P.O. Box 2202, Edison, NJ 08818. www.cjbc.org

May 5: Southern Maryland May Metric, Clinton, MD. 26, 40, or 64-mi rts. Cocs Regional Park. \$10. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750; 301-839-9398. www.ohbike.org

May 6: South Jersey T-burner. 8:30, Carmel Vol. Fire Co. Rt. 552, Carmel NJ. 35, 50 100 flat mi. \$15 reg. Larry April, 118 West Ave. Milleville NJ 08332. 856-451-9075.

May 6: SCU Quad County Metric Century, Green Lane Park, Montgomery County, PA. 20, 35, or 65-mi. Replaces the Mexican Metric. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. centuries@suburbancyclists.org

May 12: Maryland May Metric, Prince Frederick, MD. 9, 29, 38, or 62-mi. routes. \$22 registration. Patuxent Area Cycling Enthusiasts, P.O. Box 574, California, MD 20619. www.bikepace.com

May 12: Pinelands Triple Loop, Loops of 39, 29 and 35 miles. Batsto State Park, NJ. Lunch provided. \$15, free gift with pre-registration by 5/4. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. sundeck@sprynet.com

www.shorecycleclub.org

May 13: Bonkers Metric (formerly the Save Open Space Tour and Freedom Tour), Ridley Creek State Park, Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156. www.dvbc.org

May 19: Chester County Challenge for Cancer. Cancer Ctr., 8-9 am, 440 E. Marshall St. West Chester. 5-50 mi. \$25 person, \$35 family, before May 11. 610-431-5697 or visit the Bike Tour Web- Site, a link found on www.cchosp.com.

May 19: Shorebird Metric Century, Salisbury, MD. \$25 pre-registration. American Cancer Society, P.O. Box 163, Salisbury, MD 21803-0163; 410-572-5516.

May 20: John Pixton Memorial Poker Ride, Spring House, PA. 22, 32, 55, or 65-mi. Wissahickon H.S. Riders draw poker cards at rest stops. The 10 best "5-Card Stud" poker hands win prizes. Penna. Bike Club, Rick Liebert, 215-542-7181 (before 9pm). richardliebert@worldnet.att.net www.envy.nu/pbc

June 2, Pennsylvania Association for Blind Athletes. Tandem cycling clinic from 2-5:30 p.m. 3 sessions of 45 minutes ea. Sighted captains ride tandems with visually impaired stokers. Need experienced tandem captains as well as other experienced cyclists. John Stevens 610-645-0709 (evenings before 9 pm), 610-278-3907 (days) or love1pitbull@yahoo.com

June 2: Get Ready Metric, Pennsville, NJ; 32 or 64 mi. Fort Mott by the Delaware River. \$14 pre-reg. until 5/28; \$17 day of. South Jersey

Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

biker@cccnj.net

www.sjwheelmen.org

June 2: Night Mare Tour of Lancaster County, Marietta, PA; 177 mi. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141. www.dreamrideprojects.org

June 2/3 : 24 Hours of Adrenalin mountain bike team relay at Mountain Creek, NJ. Teams of 2 - 10 people and solos. Trilife Sports International Inc @ info@trilife.com / 905-944-9436

www.24hoursofadrenalin.com

June 3: Freedom Valley Bike Ride, Philadelphia. Bicycle Coalition of Delaware Valley, P.O. Box 8194, Philadelphia, PA 19101; 215-BICYCLE. www.bcdv.org

June 3 (tentative date): Velodrome Veloce Century, Lehigh Valley Velodrome, Trexlertown, PA. 22, 38, 50, or 56 mi. on rolling terrain with some big hills. Free, no pre-reg.; registration begins at 7:30 AM. No SAG service. Confirm with sponsoring club - Lehigh Wheelmen Association, P.O. Box 356, Bethlehem, PA 18016; Barron at 610-432-7937. www.lehighwheelmen.org

June 9: Dream Ride for Lancaster County, Marietta, PA; 4, 15, 30, 62, or 100 mi. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141.

www.dreamrideprojects.org

June 9: Spirit of Women Ride for Cancer. (Women only) Lehigh Valley Velodrome, Rts. 100 & 222, Trexlertown PA. 10-30 mi. \$25 pre-reg. by 5/25. 610-402-2273.

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BOARD BORED from p.3

links page around and now the ride calendar page even has a "draft" of next month's rides. Although these rides are a work-in-process and subject to change until officially published, it might help you plan your summer vacation so as not to miss your favorite shore rides.

And lots of other stuff! Don't you wish you could be part of the brainstorming? Come join us! The next meeting is Monday, May 21, at 7 p.m. at the Springfield Friend's Meeting. We can use some help...but no commitment necessary. Meetings are open to all club members. Come out and see what it's like, you might actually enjoy it!

Contact Jan for directions and more information at (610) 541-0784 or chadwick@craftech.com

NEWSLETTER ADVERTISING RATES

	Yearly	Bi-Yearly	Monthly
Full Page	\$500.	\$260.	\$75.
Half Page	250.	135.	45.
Quarter Page	125.	70.	15.
Business Card	70.	50.	11.

VOLUNTEERS for BONKERS METRIC

If you can help with arrow painting on May 5th and 6th or various activities on May 13th, the day of the Tour, please contact Eric Valencia at eric@dvbc.org.

BONKERS

CARTOONS
OF THE
DVBC



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GO BONKERS!

The Bonker's Metric

(Formerly the SOS Tour)

Sunday May 13, 2001

Sponsored by:

The Delaware Valley Bicycle Club

65, 50, 35, and 18 mile routes



GO BONKERS!

Time: 8-9 AM for 65 & 50 milers; 9-10 AM for 35 & 18 milers

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

Cost: \$12 pre-registration (if postmarked by April 30, 2001) \$15 day of Tour

Tour will be held rain or shine

Expected Attendance: 150-250 riders

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

Routes: Scenic back country roads through the remaining Open Space of Delaware and Chester Counties. Most roads are lightly traveled with rolling hills and some large hills. All routes include a food stop.

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.

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 Jan Chadwick (610) 541-0784 or e-mail at chadwick@craftech.com

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



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) = _____

Please send your check or money order to the:

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



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 ☐ Tour Food Stop
☐ Sag Wagon ☐ Newsletter
Delivery