

# Delaware Valley Bicycle Club



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

April 2002

## DVBC's Joel Perlsh Tours His 50<sup>th</sup> State

DVBC member Joel Perlsh achieved a milestone last month when he toured his bicycle 289 miles around the big island of Hawaii. Perlsh, who leads a DVBC organized ride practically every day of the year, has now toured his bike through all fifty states of the USA.

Joel's odyssey began 22 years ago, in 1980, when he biked 4345 miles from San Francisco to



Atlantic City to visit some of his former second and third grade students who had grown up and spread across the country. He fell in love with bicycle touring and the rest is history.

Mr. Perlsh says that the highlight of this trip, completed March 14<sup>th</sup>, was cycling up the volcano to the Kilauea Caldera and seeing the steam rising from various sections. "I kept thinking,

'Don't blow now, Don't blow now....!'" The only "downer," aside from the flights out and back, was "the snail-like speed I went through the Kohala Mountain Range in the North."

Joel's commitment to exercise began even before that 1980 trip. In fact, he has not missed a single day of jogging in more than 23 years. The consecutive-day streak was maintained, at some inconvenience, by running a mile or more each day of the Hawaiian tour, and jogging in the dark after an evening arrival at Philly airport. As of March 15<sup>th</sup>, he had biked 1020 consecutive days. His advice to DVBC cyclists is: "Get out there. No excuses."

When asked if he is now going to rest on his laurels, Joel responded, "Rest? What does the word mean? I have that Natchez Trace calling out my name. There are a couple of small parts of the East Coast I've yet to ride."

The daily journal of Joel's Hawaiian trip, along with his outstanding photos, can be viewed via a visit to [joelperlish.blogspot.com](http://joelperlish.blogspot.com)

## Keeping the Pace

By Brian Wade

At the March Member Meeting, Tony Rocha presented "Moving to the Next Level" Part II. Rocha's presentation focused on the types and techniques of pacelines.

Now, don't be intimidated, paceline is just a fancy term for a formation of riders. And we have all done a paceline, even the D riders. Don't think so? You mean to tell me you never hid behind another rider while cussing a head wind? Was there somebody behind you? Well, that's a paceline. Rudimentary, but a paceline none-the-less. Granted, while these none-the-less pacelines require only staying relatively close and low, other pacelines require more skill, knowledge, and practice.

Rocha explained the skills necessary for a good paceline and shared his knowledge of single, dual, echelon, and rotating pacelines with the dozen or so members in attendance.

The basic skills in any type of paceline are: keep in line, don't swerve around, maintain your speed, especially

See **KEEPING THE PACE**, p.3

## DVBC Member Meeting Night at the Movies, featuring "Breaking Away"

Monday, April 8, at 7:30 pm



Join us to watch one of our favorite movies about bicycling. Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. For info call Jan at 610-541-0784. Bring your own munchies.



## BONKERS METRIC

Sunday,  
May 19

Registration form inside  
this newsletter!

**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 Rte. 320 and Old Marple  
 Road).

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

### Board of Directors & Staff

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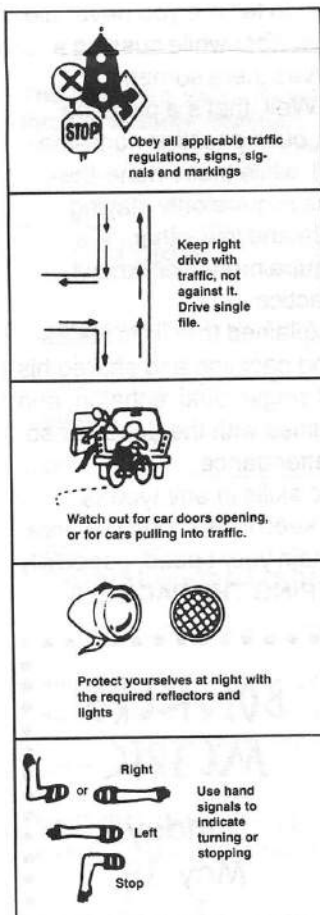
### Club Affiliations



*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: 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.
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 Bonkers Metric, Brandywine Tour, Club banquet and Club picnic, all club events are free to the general public. The general public is welcome!



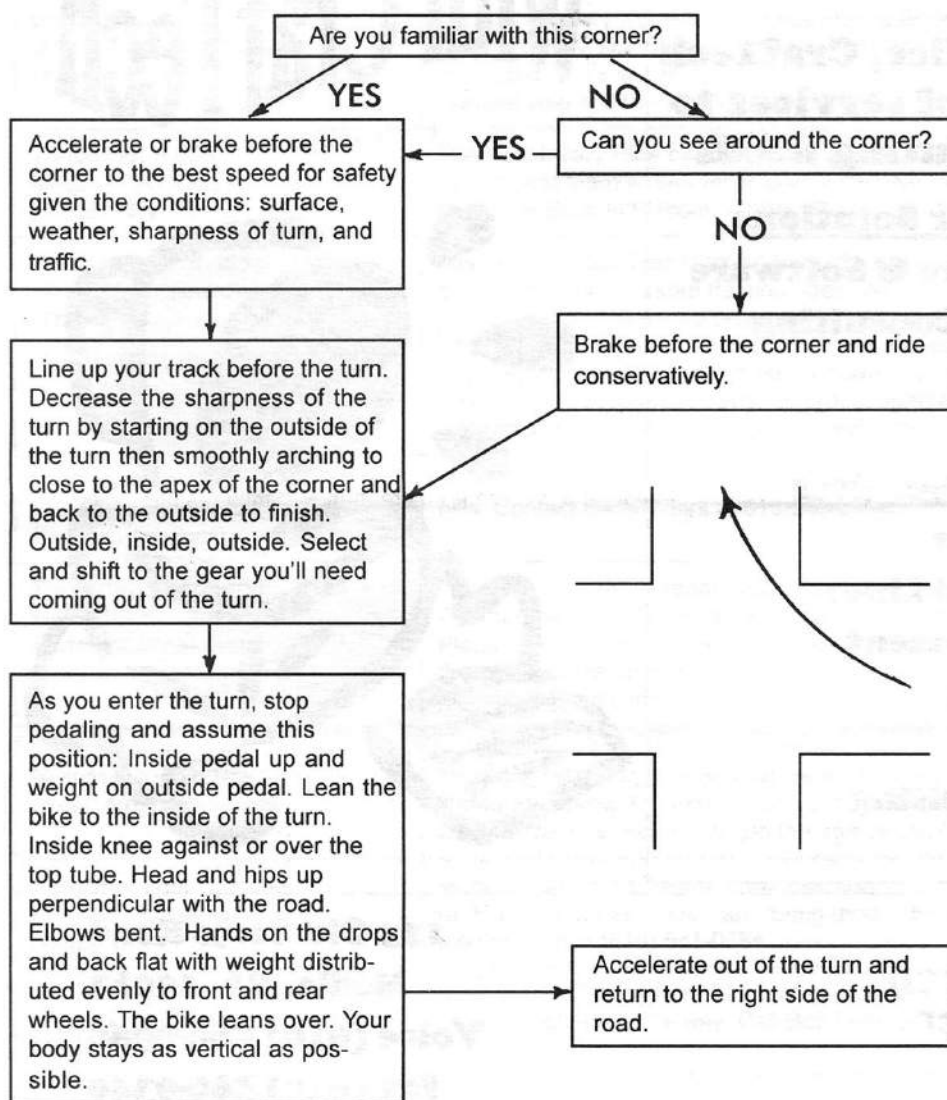
## Woody's Wheel Wise

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

### Getting Around The Bend

Smooth, safe, and efficient cornering is a developed skill that should be practiced until it becomes a subconscious reaction. Turning a bicycle is all about picking your track or path through a turn and how you lean and distribute your weight. Except for emergency turns, (a whole topic in itself) it has little to do with turning the handlebars.

Below is a flow chart that takes you through the decision making process and actions to get you around a corner quickly and safely.



Try not to brake in the corner. Braking will tend to straighten out your track. You may end up losing steering control and your grip on the road. I've heard or read various reasons for this, but this is the one I think is most accurate: In any given corner, you have just so much friction between your tires and the road. This friction is what keeps your bike from sliding out from under you when you lean it over. When you brake, you have to use some of that friction to slow you down and what's left may not be enough to keep your tires from losing their grip. If you've got too much speed in a turn try to make it through by really weighting that outside pedal and leaning the bike over more. You can then brake after you've completed the turn and straightened up. It's better to fall to the inside and slide on the road than to lose control and collide with an immobile

object off the road like a tree. If you must brake, try feathering just the rear brake.

You can pedal through a mild curve. However, pedaling around a corner can be very dangerous. As the bike leans over your inside pedal may hit the road and you'll crash. How much you can lean and pedal at the same time depends on your bike's pedal height off the ground. You could practice on grass to see how far you can lean while pedaling. I recommend just not doing it.

Obstacles on the curve change all the rules. Sand, gravel, leaves, grates, wet or oily surfaces can change a moderate lean into disaster. You have to straighten up through the obstacles and re-lean to finish the turn.

If you are riding in a group you have to go with the flow. Follow the track of the bike in front of you so you don't bump into bikes on either side of you.

This seems like an awful lot to think about and do just to get around a corner. It needs to become second nature, so practice these skills on your own on an empty road.

#### References:

Complete Guide to Riding and Racing Techniques, Fred Matheny, Rodale Press, 1989; The Lance Armstrong Performance Program, Lance Armstrong and Chris Carmichael, Rodale Press, 2000

#### From **KEEPING THE PACE**, p.1

on hills, and if you lead, keep the pace. If you can't, pull off (always to the left in a single paceline). And let the stronger riders lead - it makes them feel good.

Advanced points touched on were: stay in front for less time the faster the paceline, stay close to the paceline when dropping back, especially at faster speed or you'll inadvertently be left behind, and a flap of an elbow or the twitch of the head means something to professional cyclists riding in a paceline.

In discussing these signals, it was discovered that a pat on the hip and the point of a finger meant opposite things to two riders who have been riding together for years. This emphasized: know what your fellow riders are going to do in particular situations and how they are going to communicate it to you.

So, whether you are riding with an experienced Type A cyclist or fun-loving Class C rider, if you don't know or are unsure, ask. Communication is key to safe and healthy fun in a paceline.



# DELAWARE VALLEY BICYCLE CLUB



## Ride Calendar

### April 2002



#### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

<b>Weekdays, All Month, 7a</b> Miles: 10, Class: C+/B- <b>Weekday Ramble</b>	Just about every weekday (Thursday is the Breakfast Ride), I'm out there doing a 10-mile c+/b-ride at about 7 am. Leaving from my home in Havertown (401 Colfax Road) to various destinations. It's important to call the night before in case times change. Contact Joel at 610-789-7673 or joelperish@aol.com a couple of days ahead.
<b>Tuesdays, 6:00p</b> Miles: 10-20, Class: C <b>Vocabulary Ride</b>	The Vocabulary Ride begins its fifth season. 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 at 610-368-0760 or dm_trout@hotmail.com
<b>Wednesdays, 6:00p</b> Miles: 15+, Class: B <b>Workout</b>	Meet me at Rose Tree Park on Rte. 252 and let's get the legs back in shape. This is the beginning of our workout training rides. We will improve our performance, speed, and ability to climb better as the spring progresses. We will start this ride at a B pace to encourage new riders to join the group, and progressively move it to an A+ pace by the end of the summer. If you like to push it, and would like to move to the next level, this ride is for you. Start your training early with us so we can improve together. Expect a fast pace and a few good hills. Contact Tony at 610-416-0514 or tony@craftech.com to confirm the ride.
<b>Wednesdays, 6:00p</b> Miles: 15+, Class: C <b>Wednesday Evening with Sarah</b>	Meet at Rose Tree Park on Rte. 252 for a C+ ride through the surrounding area. Expect some hills. Contact Sarah Clark at 610-353-3494.
<b>Thursdays, All Month, 7:30a</b> Miles: 10-25, Class: C-/C <b>Pancake Breakfast</b>	7:30 am on each Thursday, weather permitting, we leave from our Havertown home in the Oakmont section. 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. Contact Joel at 610-789-7673 or joelperish@aol.com.
<b>Monday, Apr. 1, 7:00p</b> <b>DVBC Board Meeting</b>	The board meeting is open to all club members. 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.
<b>Saturday, Apr. 6, 9:00a</b> Miles: 35, Class: C <b>Ridley-Ridley Ride</b>	Meet in front of the Swarthmore train station in Swarthmore for a ride around Ridley Lake and up to Ridley Creek State Park. Bring money for a breakfast stop. Expect some hills. Contact Jan at (610) 541-0784.
<b>Saturday, Apr. 6, 9:00a</b> Miles: 50+/-, Class: B <b>Inner 50</b>	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 610-833-2365.

**DAYLIGHT SAVING TIME – DON'T FORGET TO MOVE YOUR CLOCK FORWARD ONE HOUR!**

<b>Sunday, Apr. 7, 9:00a</b> Miles: 20 +/-, Class: C+ / B- <b>Show &amp; Go</b>	Meet behind the Dunkin Donuts, MacDade Blvd. & Fairview Road. We'll ride through some Delaware County neighborhoods before stopping at Einstein bagels. Call Bob 610-833-2365 before 9 pm.
<b>Sunday, Apr. 7, 9:30a</b> Miles: 21+ -, Class: C <b>Manayunk</b>	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.

<b>Sunday, Apr. 7, 9:30a</b> Miles: 82, Class: A - <b>"Cross County Tour"</b>	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. A very scenic tour that crosses from southeastern Chester County north and west to Berks and Lancaster Counties. The Middle third of the route includes two tough climbs. Bring money for two stops. Call Glenn Lyons at (610) 399-0624 or rollingspeed@cs.com.
<b>Monday, Apr. 8, 7:30p</b> <b>DVBC Membership Meeting</b> <b>Movie Night</b>	Join us for movie night. We'll be watching "Breaking Away." Bring your own munchies. Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@crafttech.com.
<b>Saturday, Apr. 13, 9:00a</b> Miles: 62+/-, Class: B <b>Northbrook Orchards</b>	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 610-833-2365.
<b>Saturday, Apr. 13, 9:00a</b> Miles: 4-6, Class: All <b>Hike in John Heinz NWR</b>	And now for something completely different. Join us as we slow things down and smell the, well not the roses but other new growing things and hike (on foot, no bikes) around John Heinz NWR. Meet at the entrance on Route 420 in Tinicum Twp. We will hike for at least an hour and 1/2. Bring water. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
<b>Saturday, Apr. 13, 10:00a</b> Miles: 25-30, Class: C <b>Horse Farm Country Ride</b>	Meet at Embreeville Soccer Field for a ride through the surrounding horse farm country of Chester County. Call Sarah Clark at 610-353-3494.
<b>Sunday, Apr. 14, 8:00a</b> Miles: 5.1, Class: All <b>Time Trial</b>	Must be a DVBC member to participate. Membership forms will be available. Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work: M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
<b>Sunday, Apr. 14, 9:00a</b> Miles: 38+/-, Classes: A, B, C <b>Kountry Kitchen</b>	Join me for a ride through South Jersey to the Kountry Kitchen. We 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 at 610-833-2365 before 9pm.
<b>Saturday, Apr. 20, 10:15a</b> Miles: 15-30, Class: C <b>CU at Selene</b>	Start at Selene Whole Foods Coop, 305 West State St. in Media. Enjoy this Springtime ride through the hills and valleys to Ridley Creek State Park and beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Coop. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Saturday, Apr. 20, 7:30a</b> Miles: 84+, Class: B <b>Mays Landing</b>	We'll start from the Kingsway High School on Routes 322 and 551 in New Jersey. From there we'll ride to the Sugar Hill deli for great food before returning to Kingsway. Call Bob Leon at 610-833-2365.
<b>Sunday, Apr. 21, 9:30a</b> Miles: 25+/-, Class: C <b>Neighborhoods Ride</b>	Meet behind the Dunkin Donuts in Woodlyn, Fairview Road & Mac Dade Blvd. This will be a class C ride and will go anywhere and somewhere through the neighborhoods of Delco. Call Bob Leon at 610-833-2365.
<b>Sunday, Apr. 21, 9:30a</b> Miles: 75+/-, Class: A <b>Art Museum/Valley Forge</b>	New route, new hills, more challenge. Just what we need, right? Meet at Rose Tree Park and we will travel to Manayunk, do our normal Art Museum loop and back through Valley Forge. I'm not sure how many miles this will end up being, but it shouldn't be too painful :) Expect a fast pace and lots of nice friendly hills. Contact Tony at 610-416-0514 or tony@crafttech.com
<b>Thursday, Apr. 25, 5:45p</b> Miles: 15+/-, Class: B <b>Evening Ride</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 throughout the summer months. Call Bob for details at 610-833-2365.
<b>Saturday, Apr. 27, 7:00a</b> Miles: 100 +/-, Class: B <b>Salem Oak</b>	We'll start at the Kingsway High School on Routes 322 and 551 in New Jersey. We'll ride to the Salem Oak Diner for breakfast and tour through Salem County before returning to Kingsway. Call Bob Leon at 610-833-2365.
<b>Saturday, Apr. 27, 9:30a</b> Miles: 25-30, Class: C <b>Meet the Train</b>	We will meet the train from Philadelphia and where we go after that will depend on who shows up, but it will be somewhere in Delaware County. We'll meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom, Ridley Township and leave at 9:30 am sharp, in order to get to the Ridley Park train station to meet the 9:49 train from the city. Riders from Philadelphia can take the R-2 train (#4209) that leaves Suburban Station at 9:25 am. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
<b>Sunday, Apr. 28, 9:30a</b> Miles: 30+/-, Class: C <b>Richmond Ice</b>	Start at Kingsway High School, Routes 322 & 551 in New Jersey. This ride will be an out and back with a stop for ice cream or food and drink before heading home. Call Bob Leon at 610-833-2365.
<b>Sunday, Apr. 28, 9:15a</b> Miles: 60, Class: B/B+ <b>Westtown and Beyond</b>	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org.

## Bob Leon Kicks Off a New Season

This past winter has certainly been one of the warmest and driest I can remember. It has extended the riding season for those cyclists who normally do not ride during the cold months. And for those of us who do ride in the cold, it has extended our miles per ride. Of course, at this writing, the weather is great but we all know March can be an unpredictable month.

However, April signals warmer weather and the official start of a new riding season. I trust everyone has had time to get their bikes tuned up and ready for the road. We want to encourage new riders to join our club and ride with us. We have a great season of riding planned for 2002. Our Bonkers Metric date has been moved to May 19th, and the Brandywine Tour will be held on September 1st. Our ride calendar has been growing, with new ride leaders posting rides for C, B, A, and in-between paced rides. Although we are still looking for someone to lead D rides, the ride calendar should have rides posted for everyone to enjoy this great sport of cycling.

For my rides this spring, I'll start out slower and shorter on Sunday's C/C- pace to allow newer cyclists and those of you that were couch-potatoes this winter to get a mileage base for the longer rides to come as the summer progresses. My signature Kountry Kitchen rides will continue this year along with our Northbrook Orchards hill-climbing forays. (The climbs are not *that* bad, new riders.) I'll still make that turn when you least expect it, so be alert for the sudden

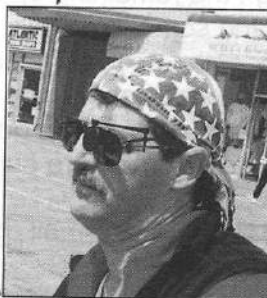
change. Just remember to keep your eyes on the ride leader and try to maintain a pace all riders who come out can keep. We want to *encourage*, not intimidate, new riders to continue riding with our club.

A few years ago, we trained C riders through-

out the season to build their strength so they could complete a metric century. It was a great success. We rode

from five points in Buena to Ocean City and back. Twenty-eight riders in all participated, many for the first time. I'd like to do this same ride in August with some new and old faces. This is a great ride for those riders who can't ride over 126 miles at a B pace to visit the Boardwalk at the Jersey Shore this year.

Last year, my B riders only made it to Ocean City and back once the entire season, something I hope to change in 2002. The first shore ride will be in May with at least one per month into October. I would like to keep our longer rides this season to a 20 mile per hour top speed in a paceline. This line of thinking allows B-pace riders the opportunity to ride long distances without being intimidated or bonking from trying to keep up with the faster riders. I would encourage faster riders to join us and keep the pace or per-



haps start later so that we could all meet up on the Boardwalk or in Mays Landing and have lunch together.

Remember that on B rides I will suddenly make that infamous turn when you least expect it, so keep your eyes on the ride leader. I will signal a turn before and after you see that intersection. Look in your mirror for confirmation.

The main goals of our club are to have fun, make new friends, and ride within yourself. I hope everyone has read Bob Martin's article, "Keep your eye on the prize," [March issue]. If you don't understand what Bob is saying, you'll find out as the season goes on. Your fitness level will increase along with your mileage and the prize will be in your memory for a lifetime. Keep your pedals turning and the rubber side down.

WELCOME



### New Members!

Harry Daubert  
Evan Guengerich  
Spencer Hudson  
Phil Klara  
Dave Martini  
Dia McCaughan  
George McCaughan  
James McCaughan  
Joseph Purifico  
Peter Schmidt



JONES' AUTOMOTIVE

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Fax: 610-522-8294

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614 MacDade Blvd.  
Milmont Park, PA 19033

RICK JONES  
Proprietor

(610) 583-3015





# BONKERS METRIC

Sunday, May 19, 2002  
65, 50, 35 and 18-mile routes



**Time:** 8-9 a.m. for 65 & 50 milers; 9-10 a.m. for 35 & 18 milers

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

**Cost:** \$12 pre-registration (if postmarked by May 5, 2002). \$15 day of the ride. **Ride will be held rain or shine.**

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

**Routes:** Scenic backcountry 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.

**Information:** Call Jan Chadwick at 610-541-0784 or e-mail [chadwick@craftech.com](mailto:chadwick@craftech.com)



*Cut off here and return the form below*

## BONKERS METRIC, May 19, 2002, Pre-Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Intended ride distance (please check one): ☐ 18 miles ☐ 28 miles ☐ 50 miles ☐ 65 miles

### 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.

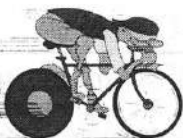
Signature: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

(If you are under 18 years of age.)

Please send this signed form by **May 5** with a check or money order made out to **DVBC** to:

Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156.



## Bike Dirt

By F.X. Pedrix

I was in bed the other night reading a bike catalog before falling asleep. I showed my lovely wife Babs a picture of a new carbon fiber bike that I thought looked really cool. Being polite, she looked at the picture and then surprised me and said, "I wonder what biking and bikes will be like in another 25 years or so." That got me thinking as I started dozing off to sleep. The question reverberated in my mind - What will the future bring? ..... What will biking be like? ..... What will the club be like in ..... //////////

### DVBC 2025

President Jan Chadwick delivered her 25th Annual "State of the DVBC" report and noted that the Club has now amassed well over 18 million dollars in its treasury and has more than 5,000 members. She has promised that this year the Board will finally work to replace those ratty 25-year-old club jerseys with a more modern design and material. As far as old issues go, she reported that the absorption of the now defunct BCP has been fully completed and all the computer glitches surrounding the membership records have been worked out.

The big discussion at the annual Christmas Bonkers Retreat to Boca Raton, FL, (free to all club members, including room and transportation) was whether or not to change the two annual club double-century rides to triples this year. The proliferation of monomolecular bike frames, coupled with nanotech muscular implant augmentation, has made our doubles passé. The only dissenting voice was our former "Ride Leader Extraordinaire" who complained

that, "Painting the roads is hard enough already."

The membership finally voted to allow "Virtual Bike Rides" to be listed in the club's ride calendar. A group, led by crotchety old Bob LaDrew, pushed to disallow virtual bike ride mileage in the members' annual mileage logs.

Members, in a recent club poll, voted Wheel Wise Bike Shop the best shop for the year 2025. The popular shop is owned and operated by two club members, Woody and Eric, who started the shop a few years back after the invention of the famous "Dentist in a Pill" pretty much eliminated their dental businesses.

Superstar rider Walt Linton (voted DVBC Rider of the Century because of his almost 75 years of contributions to biking) is still in the lead at most club rides thanks to getting double bionic leg transplants this past winter.

Popular "C" ride leader Tony Rocha was overheard complaining about all those youngsters in their 50's who try to push the pace instead of just la-la-ing along and smelling the roses. Besides complaining about their speed, he was also heard commenting on their bike clothes. "Those young whippersnappers may have all the modern, aerodynamic clothing, but it doesn't match their bikes!" We all know how Tony has a set of clothes to match the color scheme of each of his 47 bikes.

Sad to report that a former DVBC member and Nobel Prize winner for Actuarial Science, affectionately known as Three-Speed Steve, passed away just days after becoming the oldest and only person to climb Pikes Peak on a three speed bike (his lifelong dream). He was

interred, at his request, with his favorite three-speed Raleigh.

On a lighter note, Dave Trout, author of many popular self-help cubes combining exercise, diet, and vocabulary building, has set a new sales record, according to the New York Times Review of Cubes, for his latest cube entitled "Biking to a Better Vocabulary and Wellbeing".

I awoke with a start. The light was still on and I had drooled onto my pajamas. Babs looked at me over the top of her new reading glasses and asked, "Dreaming Honey? You've been mumbling for the last few minutes." The dream was still so very vivid in my mind. Was it some mystical view of the future? Will the things I saw come true? Only time will tell.

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

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## REGIONAL EVENTS

**March 30: Icicle Metric**, U. of Delaware, Hollingsworth Parking Lot, N. College & Cleveland Aves. Newark, DE. 16, 31, or 62 mi. \$12 pre-reg. by 3/21, \$15 after. White Clay B. C., Bruce Poole, 104 Maple Hill Rd., Wilmington, DE 19804; 302-999-1211. <info@whiteclaybicycleclub.org> [www.whiteclaybicycleclub.org/icicle.html](http://www.whiteclaybicycleclub.org/icicle.html)

**April 20: Ocean to Bay Bike Tour**, Fenwick Island, DE. 20 or 50 mi. T-shirt, and party will be held after the ride at Harpoon Hanna's. Amy Scott, Bethany-Fenwick Area Chamber of Commerce,

P.O. Box 1450, Bethany Beach, DE 19930; phone 302-539-2100 X-15, fax 302-539-9434. <amy@bethany-fenwick.org> [www.thequietresorts.com](http://www.thequietresorts.com)

**April 27: Taxing Metric**, Knauertown, PA. Warwick County Park. 64, 32, 20 mi. 8:30 am. \$12, Brandywine Bike Club, Maliya Piergalline, 610-363-3538.

**April 28: South Jersey T-Burner**, Fire Hall, Rte. 552, Carmel, NJ. 35-100 mi. \$15. Larry April, 118 West Ave. Millville, NJ 08332. 856-451-9075.

**May 4: Farmlands Flat Tour**, Lincroft, NJ.

18, 25, 38, 50, 62, or 100 mi. on flat terrain. Pre-reg. by 4/20: \$15 without T-shirt or \$20 with, optional lunch \$6. \$20 day-of event, no shirt or lunch. Central Jersey Bicycle Club, Howie Glick, 3 Tracy Drive, Fords, NJ 08863; 732-225-HUBS. <tandem2@erols.com> <howie-g@juno.com> [www.cjbc.org](http://www.cjbc.org)

**May 4: Turkey Hill Country Classic**, 100 km, Lancaster, PA. Info will be available at [www.manortwp.org](http://www.manortwp.org)

See **REGIONAL EVENTS**, p. 11

### BONKERS

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## Advocacy Corner

By Ira Josephs

In February, I went to the Bicycle Coalition of Delaware Valley's first general membership meeting in years. I went to honor past director, Sue McNamara-Tancredi, current board President, Parker Snowe (who lives in Delaware County), and meet John Boyle who is doing some very interesting work for the Coalition. I also expected to catch up with many other cycling advocates I have enjoyed working with over the years. It was a nice party and interesting meeting, and rekindled my desire to work on biking improvements in Delaware County. Unfortunately, the reality is that I still don't have time to chair a Delaware County Cycling Committee, but I can at least report on some recent developments and maybe inspire others to action.

The most intriguing thing I learned about is the suburban busses with front bike racks. I've never ridden any bus around here, but I'm dying to try one of these new ones with my bike. There are at least three lines that I know of in our county: the 118, 107, and 116. A bike logo at the top right corner identifies the bus as bike-rack equipped. New schedules have just been printed. To have this option available is a tremendous boon to local cyclists.

Another Coalition project coming to fruition is the new suburban bike-commuter map. It will be in the same format as the Philadelphia one and the routes will link up with Delaware's. All the roads have been selected and rated, and as soon as they are all laid out on a draft map, they want to bring it to us for comments. Stay tuned to our newsletter for a meeting to review the map.

A commuter bike station, centrally located downtown, is also a big project for the Coalition. It would be a large facility to which you could bike every morning from the suburbs, and for a fee, could store your bike, take a shower, rent a locker, and maybe get coffee and a paper before walking to your office building. There could be a mechanic on duty or bike rentals.

I learned that the BCDV (Bike Coalition of Delaware Valley) has a new logo and is changing its name to the Bike Coalition of Greater Philadelphia (BCGP) to eliminate confusion with us, the DVBC. (Well, that's not really why). They are

looking for a full-time director, as well as pursuing the continuing construction of bike lanes in the city, and the Bicycle Education Program for Philadelphia schools.

Some news for us is that the East Coast Greenway in Delaware County is in PennDot's plans for Eddystone, Chester, and Marcus Hook. If you don't know, that is a trail from Canada to Key West to be 80% off the roads. The Pa. chapter of the ECGA has a nice newsletter describing it, available from the Clean Air Council in Philadelphia.

The Bike Coalition would support a Delaware County Cycling Committee. I would be happy to help guide such a group of committed local cyclists. In the past, our committee worked to get 'Share The Road' signs on our roads, bike improvements designed into the plans to reconstruct Rte. 252 at the Media Bypass, The Bicyclist's Baltimore Pike (which is supposedly going to be built), the Chester Creek Rail Trail, and Bike To Work Day in Delaware County. If you think there is anything that could be done to make cycling safer and more enjoyable, like educating car drivers that it is not acceptable to drive into the opposing lane while passing bikers on a blind curve or hill, or having secure bike parking at your favorite local destination, then please step up and let your voice be heard. Meet with others, form plans, and demand your rights. Any amenities like the Schuylkill River Trail, bike lanes downtown, or the closing of the West River Drive were only created because of individual cyclists like yourselves getting together and asking for them. Contact me, Ira Josephs, at 610 565 4058 or [ira@dvbc.org](mailto:ira@dvbc.org) for more info.

From **REGIONAL EVENTS**, p.10

**May 5: SCU Quad County Metric**, Green Lane Park, Green Lane, PA. Scenic ride on rolling terrain, a few hills. Marked route, cue sheet, SAG, and post-ride meal. Home-baked snacks. Join SCU (PDF) and save \$5 on reg.! Formerly Mexican Metric. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.

<centuries@suburbancyclists.org>

**May 11: Pinelands Triple Loop**, Batsto State Park. 29, 65, or 100 mi. Lunch provided. \$15, free T-shirt with pre-reg. by 5/5. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. <sundeck@sprynet.com>

[www.shorecycleclub.org](http://www.shorecycleclub.org)

**May 18-19: River Ramble**, Yardley, PA to Easton, PA, 105 miles. Ride up Jersey side of Delaware R. from Yardley. Stay in Easton overnight, then return down PA side of river. Pedal Pennsylvania, P.O. Box 385, Harleysville, PA 19438; 215-513-9577, fax: 215-513-7552.

<Pedalpa@netcarrier.com> [www.Pedal-Pa.com](http://www.Pedal-Pa.com)

**Sun. May 19: Bonkers Metric**, Ridley Creek State Park (Parking Lot #15), Media, PA. 18, 35, 50, or 65-mi. routes on rolling terrain with some big hills. Ride on scenic country backroads through the open space of Delaware and Chester Counties. All routes include a food stop. \$12 pre-reg. by 5/10; \$15 after. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156; 610-541-0784.

<chadwick@craftech.com>  
[www.dvbc.org](http://www.dvbc.org)



### Time Trial Results

Sunday, Mar. 10

Conditions: Very windy & cold

Name	Category	Time	Avg. Speed
David Creagan	B/M	16:19:00	18.75
Evan Guengerich	B/M	16:49:00	18.2
Eric Zwicky	B/M	17:34:00	17.42



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

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**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:*

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**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