

Delaware Valley Bicycle Club

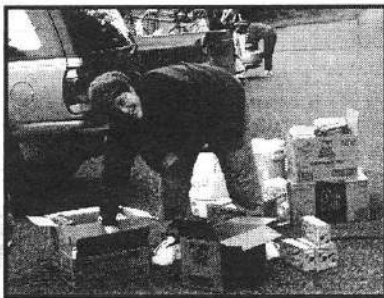


P.O. Box 156, Woodlyn, PA, 19094-0156

June 2002

Another Successful Bonkers Metric

The 2002 version of the Bonkers Metric ran on all cylinders and was a major success, with 179 paying entrants riding on an unseasonably crisp May 19 Sunday. President Jan Chadwick, backed by a full staff of member volunteers, ran a tour that received approval from all quarters.



Jan organizes supplies to be sent to the food stops.

As usual, the metric was launched from Ridley Creek State Park. But a

new wrinkle was offered this year, as Cheyney University became the focus, with a food stop for riders at both the 27 and 55-mile marks.

The common thread to comments from participants, some of whom came from as far away as Ohio, was incredulity that a route so near to Philadelphia could have such a peaceful, country flavor.

Thanks are extended to the members who contributed their time and resources to help make the 2002 Bonkers Metric a financial and artistic success. Furthermore, the gratitude of the DVBC goes out to our sponsors, without whose generous donations the Bonkers could not have happened.

New DVBC Tour Co-coordinators Drew Knox and Brian Wade now assume the reigns as preparations are undertaken for the club's September Brandywine Tour.

DVBC Night Out at the Lehigh Valley Velodrome

**Friday, June 14,
4:50 pm sharp.**

Transportation free to
DVBC members and families.

Velodrome admission \$6.

Come with us to
the Lehigh Valley
Velodrome where we'll
see Olympic gold
medalist Marty



Nothstein and professional teams from
across the globe. (Raindate, June 21).

You **must make a reservation by
noon, Wednesday, June 12.** Contact
Bob LaDrew (610-383-9327) or
<2ladrews@netreach.net>

DIRECTIONS:

Meet at Victoria Baptist Church, Exit 3
(**NOT** Rte. 3 exit!)—Media/
Swarthmore—off the Blue Route (Rte.
476). Turn east towards Swarthmore.
The church is approximately 1/10th
mile on the right. Old stone church with
red doors.

If you don't want to drive into Media
we can carpool from Downingtown. Call
Bob LaDrew.

DVBC Bonkers Picnic Saturday, July 20



Mark your calendar now!
The picnic is free to all club
members. Look for more
information in the July issue
of the newsletter.

DVBC thanks
the following
sponsors for
their support
of the Bonkers
Metric:



**Blue Route Vineyard
Craftech * Clif
CycleFit/Bustleton
Keebler**

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 15th of each
 month.*

Board of Directors & Staff

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 chadwick@craftech.com

Mike Young, *Vice President*, 610.461.9040 or
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 domzuppo@worldnet.att.net

Brian Wade, bwadedvbc@aol.com

Club Affiliations



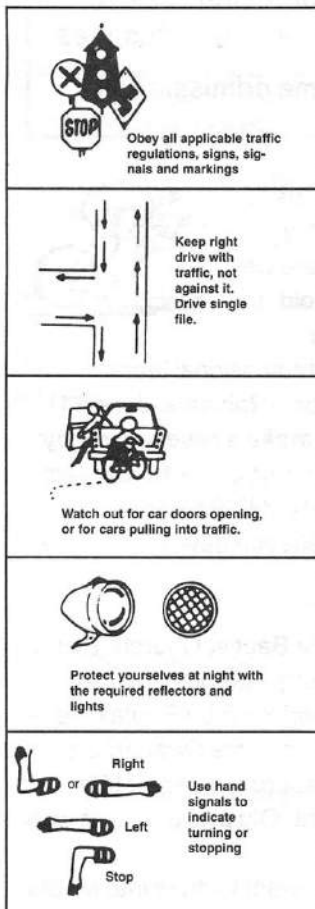
LAB



*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: 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

Would You Bonk? Could You Bonk? Did You Bonk?

I remember it like it was yesterday, the first time I bonked, hit the wall, crashed and burned, was cooked, wiped, wasted, beat and finished. It was 1974, my first century, mile 75, plodding along at twelve mph on a flat, hot road on Long Island. Some rider passes me and says, "You can ride faster than that." I say, "No I Can't." I wanted a gun either to shoot the wise guy or put myself out of my misery. A physiological and psychological evaluation of myself would have shown depleted muscle glycogen, dehydration, and defeated attitude. It didn't have to be.

Don't Bonk.

Do:

Prepare... Train with increasing distances till you're up to 75% of the distance you're aiming for. Taper your training for the last week before the ride

for total recovery. Eat nutritiously and get plenty of sleep. Hydrate and get plenty of carbs the day before the ride.

Plan... Choose a ride that's within your capability. The day of the ride, pick people to ride with of similar ability. Start out easy and resist the urge to sprint or break away from the group. Spin the hills and don't hammer early. Save it! Pace yourself. You can be a superstar in the last five miles if you've still got something left. Plan to eat and drink early and often, maybe even on a schedule, lots of carbs and a sports drink spread out over the day.

Persevere... Stay the course. Stick to your plan and believe in yourself. Positive attitude will go a long, long way.

Smile when you hit the parking lot and coast to your car. You're ready to do it all over again. Right?

Accolades from the List Serve

Tony Rocha:

Another successful Bonkers, thanks to all volunteers. On my part, I just wanted to thank all of you, and especially the SAG wagon volunteers under my direction, for a job well done. I heard a lot of compliments from riders saying how well supported the ride was and how many times they saw SAG wagons go by in both directions. That is the kind of comment that makes our club shine and attract more riders.

I picked up 5 riders myself at the food stop and the comments about the SAG wagons and the FOOD were non-stop, "oh... that cake, the cookies..., they were so good..., so much food..., good job guys...". They didn't get to finish the ride for whatever reason, but they still enjoyed what we provided for them and had a fun day. Thanks to all of you. Tony



David Bennett supervises as Bob Leon paints arrows for the Bonkers Metric.



Bob Martin helps riders follow the course out of the park at the Bonkers Metric.

Club Members Learn "Effective Cycling"

"Bicyclists fare best when they act and are treated as drivers of vehicles." This is what DVBC members David Bennett and Bob LaDrew learned better than anything else last month when they attended an all-day LAB-sponsored course in "Effective Cycling" in Bethlehem.

Even two crusty vets such as Bennett and LaDrew found that they had much to learn about safe cycling. The course required the students to demonstrate skills on an obstacle course, pass a written test, and even be graded for their cycling performance on busy Bethlehem streets.

Among the things they learned:

Lane positioning requires having an *attitude*. You must be confident and assertive, but not reckless. When lanes are too narrow to be safely shared, the cyclist should ride in the center of the lane. Any time bicyclists can keep up with the flow of the traffic, they should use the entire lane.

Statistically, bicyclists have very little to fear in traffic approaching from behind. The vast majority of dangers lie ahead. Most bike-car collisions result from autos making left-hand turns across your path, or from cars pulling out of side streets.

One of the absolute worst things a biker can do is ride on the wrong (left) side of the road, facing traffic. Seventeen percent of all bike crashes result from this.

As a bicyclist, you should be in the right-most lane that goes the direction you are traveling. You also need to educate yourself as to which of three positions within the lane to choose from: the right third, the center, and the left third.

There is some subtlety in choosing lanes, and portions of lanes, and Bennett and LaDrew hope to be able to help educate our members on this and other matters after they take the October course that will qualify them as effective cycling instructors.

Did you ever wonder about bike handling?

By Bill Boston and Drew Knox

Have you ever read a road test that described the handling characteristics of a bicycle as "squirrely," "quick," "heavy," or "light" and wondered if that was the same as "over-steer," "under-steer," or "twitchy"? We have. Have you ever wondered if there was some way to objectively measure and compare the handling characteristics of bikes instead of relying on subjective feedback? We have. Have you ever wondered if the 51 cm model you want to buy handles the same as your friend's 61 cm model in the same product line? I have. (Hint, most likely they don't.)

Sometimes you may want a bike that others describe as heavy or light because of the type of events you ride, but you need more information. The problem is that bike handling creates a single impression from two different forces—stability and maneuverability. A little stability in life, please. We do not ride bicycles in perfectly straight lines. A bicycle scribes a path along the ground that resembles a low frequency sinus curve due to small steering inputs that compensate for various angles of lean caused by wind gusts, road irregularities, or shifting rider weight. A bicycle with a moderate degree of stability can automatically correct these curves, while an unstable bicycle will exaggerate them.

Let's define stability as the tendency of the front wheel of a bicycle to return to the centered position when disturbed. Stability is then a self-centering tendency or steering feedback, which exists in varying degrees on all bicycles. At the highly stable end, it actually takes a great deal of force to turn the bicycle, while highly unstable bikes have no self-centering tendencies. Riding such a bike was once described as "trying to walk a dog that was sniffing both sides of the street," which is a heck of a lot more fun than merely giving it a -3 on our stability scale. Somewhere just slightly above the point of instability is a point

where the front wheel knows that it is not in the centered position and will begin to return to the center.

Unfortunately, the wheel is unable to recognize the center when it gets there and continues beyond far enough to again recognize that it is past center. Then the hunting process starts over again in the opposite direction with relatively no reduction in amplitude. This is neutral steering. What we want is steering feedback or stability that returns the front wheel to center, quickly recognizes that it has gone past center, and then returns and settles at center, thereby dampening out any oscillation.

So what's maneuverability? Maneuverability is the amount of steering input required to turn. Criterium and Sprint track events require a high degree of maneuverability. Straight-line events like touring, time trials, and bikes used for Kilos require far less maneuverability. A common misconception is that more maneuverable bikes are faster. In practice, the opposite is the case. If the bike you are riding is more maneuverable than it needs to be for the event, you are wasting energy (both physical and mental) keeping the bike in a straight line. Needless to say, this energy could better be used in a sprint at the finish line or to get to that campground before dark. Determine how much maneuverability is required for the type of riding that you do, then look at bikes that meet that requirement.

That's nice but how does that help? It is difficult to assess stability separately from maneuverability on a bike. Quite often, instability can make a bike appear to be highly maneuverable when it is in fact merely unstable. On the other hand, a bike that is not very maneuverable may seem stable until you try to take your hands off the bars. Because of the difficulty in accurately and independently accessing the stability and maneuverability of a bike, Bill devel-

oped a system for rating both of these. He has been quite successful in improving the handling characteristics of some very ill-handling bikes, sometimes by recommending a different fork rake.

Here are Bill's scales: Stability is rated from -6 to +6 with a preferred range of 1 - 3; 2 is optimal. Ratings of 4 or above means there is excessive steering feedback; ratings below 1 mean steering is unstable. Maneuverability is rated on a scale from 1 - 10 with 1 being the most maneuverable and 10 the least.

Stability Rating

4-6	Excessively Stable
3	More Stable
2	Optimal
1	Less Stable
0	Neutral, Avoid if possible
1 to -6	Unstable

Maneuverability Event / Maneuverability

1	Most Maneuverable
2	Criterium / Sprint
3	Criterium / Sprint
4	Road / Points
5	Road / Points
6	Light Touring / Time Trial
7	Medium Touring / Kilo
8	Heavy Touring / Pursuit
9	Less Maneuverable
10	Least Maneuverable

If you are unhappy with your bike's handling, or merely interested in having it assessed, Bill will do that free by writing him at <handling@billbostoncycles.com> Please be sure to include your name, city, state, make, model, and size of your bike as well as the head tube angle, front wheel size, and fork rake.

For links to instructions on taking required measurements and for online submission form, go to <http://www.billbostoncycles.com/accutrax.htm>

DELAWARE VALLEY BICYCLE CLUB



Ride Calendar

June 2002



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

Weekdays, All Month, 7a Miles: 10, Class: C+/B- Weekday Ramble	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 joelperlish@aol.com a couple of days ahead.
Tuesdays, 6:00p Miles: 15-20, Class: C Vocabulary Ride	Join us for a spin around Southern Delaware County. Learn a vocabulary word or bring one to share. Meet us at the Pathmark on MacDade Blvd. in Folsom. In May and June this year we may be taking some longer rides as the daylight permits. Call ahead of time to see what is planned. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Wednesdays, 6:00p Miles: 25+, Class: A Workout	Meet me at Rose Tree Park on Rte. 252 for a good after-work workout. In our third month of training, the pace and distances will increase and the hills will seem smaller. Come and take your frustrations out on the bike as we push the pace to A- / A this month. Expect a fast pace and a few good hills. Contact Tony Rocha at 610-416-0514 or tony@crafttech.com to confirm the ride.
Wednesdays, 6:00p Miles: 20+, Class: C+/B- Wednesday Evening with Sarah	Meet at Rose Tree Park on Rte. 252 for a C+/B- ride through the surrounding area. Expect some hills. Contact Sarah Clark at 610-353-3494.
Wednesdays, 6:00p Miles: 18-30, Class: C+ Ride with Bonnie and Len	Meet at Kingsway High School (Rte. 322 and Kings Highway) parking lot. We'll stay together as a group. No one gets dropped. Speed isn't important, but getting out and riding is. Mileage will increase as the evening light gets longer. We'll probably have this ride on Thursdays also, but check with me on Wednesday night or contact me week days at 856-866-1000 ext. 3472, 8:15am-5:15pm, to verify or with any other questions.
Thursdays, All Month, 7:30a Miles: 10-25, Class: C-/C Pancake Breakfast	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 joelperlish@aol.com
Thursdays, All Month, 5:45p Miles: 20+, 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 through the summer months. Call Bob Leon at 610-833-2365.
Saturdays at 10:00a Miles: 20 - 50+ Developmental Ride	Ride will start from the Great Valley Corporate Center. The ride will focus on developing bike handling skills and learning how to properly ride in pacelines. Ride will range from 20 - 50 miles or more. You can come out and ride for as many miles as you feel comfortable. This ride is coordinated with the Brandywine Bicycle Club. Contact Sarah Clark at 610-353-3494.
Friday, May 31 - Monday, Jun 3 Weekend Getaway, Hunter Mt.	Call Tony for details and to reserve your spot. 610-416-0514 or tony@dvbc.org
Saturday, Jun 1, 7:00a Miles: 100, Class: B Mays Landing	Meet at the Kingsway High School, Routes 322 & 551. We'll take a slightly different route from the last time, but we'll make that stop at the Sugar Hill Deli for the best hoagies in South Jersey. Call Bob 610-833-2096.
Sunday, Jun 2, 9:00a Miles: 43+/-, Class: C+ Modified Ridley-Ridley	It's finally summer! We'll take that winter ride and remove the Ridley Lake part and just head out to Ridley Creek State Park. Then we'll go beyond to Cheyney University and around. Expect hills (hence the C+ rating). Meet at the Swarthmore train station (south side) and bring money for a snack stop somewhere <i>en route</i> . Contact Jan at 610-541-0784.

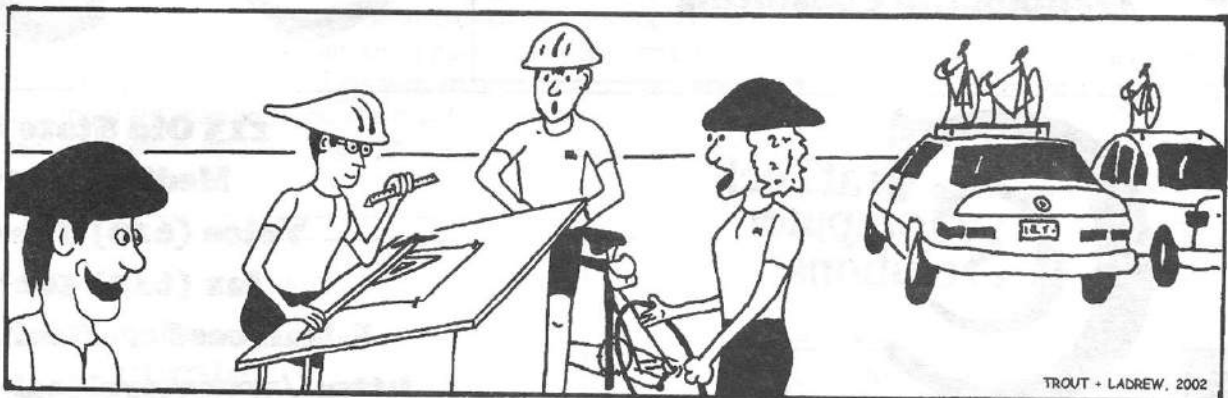
Sunday, Jun 2, 9:15a Miles: 60, Class: B/B+ Westtown and Beyond	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Monday, Jun 3, 7:00p DVBC Board Meeting	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
Friday, Jun 7, 7:15a Miles: 16+/-, All classes Bike to Work Day	Meet me at the Ridley Park train station (on the street above westbound track) and we'll ride over to Media to enjoy the festivities for Delaware County's Bike to Work Day. We'll eat bagels, win some prizes, promote bicycle commuting, and be back in time for 9am work! Jan at 610-541-0784 or chadwick@craftech.com
Saturday, Jun 8, 7:00a Miles: 114, Class: B Salem Oak Ride	Meet at Kingsway High School at Routes 322 & 551 in New Jersey and ride to Salem for the Salem Oak Ride (see below). Contact Bob Leon at 610-833-2365.
Saturday, Jun 8, 9:00a Miles: 54 (C pace) or 65 (B pace) Salem Oak Ride	Meet 8:15 am for breakfast at Salem Oak Diner (Rte. 49, Salem, NJ). Ride starts at 9:00. Two, mostly flat, 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 Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Saturday, Jun 8, 12:30p Miles: 40-50, Class: B/B- Out and Back	Meet in parking lot next to Swarthmore Public Library Non-stop beyond the park. Eat lunch before the ride. Rain cancels the ride. Contact Larry Green 610-544-5799 or largreen@earthlink.net
Sunday, Jun 9, 8:00a Miles: ?? Class: All First Union Race Coverage	For the past 3 years, I've been leading a ride to the First Union Race from Rose Tree Park and every year it's a drag to ride the hills back to Rose Tree after a busy day of walking and riding to various places to see the race. For this year we'll do something different. Meet at Rose Tree Park with your bikes and we'll car pool to somewhere near Manayunk, get on our bikes to watch the race, and let the car do the hills on the way back with the bikes on top. How does that sound? Contact Tony at 610-416-0514 or tony@craftech.com
Sunday, Jun 9, 8:30a Miles: 40+/-, Class: C First Union Pro Bicycle Race	Meet me at the Valley Forge trailhead for a ride down the Schulykill Trail to Manayunk and the Art museum to watch some of the racing and festivities. Bring money for food and trinkets. Call Bob 610-833-2096.
Sunday, Jun 9, 8:30a Miles: ??? Class: B/B- US Pro Race/Art Museum	Ride to US Pro Race/Art Museum. Meet in Parking lot next to Swarthmore Public Library. Rain cancels the ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sunday, Jun 9, 10:00a Miles: 50, Class: B- Dog Daze Outer 50 Loop	Ride will meet at the Springdell country store to do the outer loop of the Dog Daze Century. Contact Sarah Clark at 610-353-3494.
Friday, Jun 14, 4:50p SHARP DVBC Trip to the Velodrome	Come with us to the Lehigh Valley Velodrome where we'll see Olympic gold medalist Marty Nothstein and professional teams from across the globe. A van will leave from the Media area and possibly a group will carpool from the Downingtown area. See front page for more info. (Raindate, June 21). You must make a reservation by noon, Wednesday, June 12 . Contact Bob LaDrew (610-383-9327) or <2ladrews@netreach.net>
Saturday, Jun 15, 6:30a Miles: 150+/-, Class: B Avalon	Meet at the Kingsway High School, Routes 322 & 551. This ride will be a training ride for the double century on June 24 th . If you can do 150 miles and be comfortable, you will surely be able to complete a double. Call Bob 610-833-2096 for more details.
Saturday, Jun 15, 8:30a Miles: 45+/-, Class: C+ Ride to Salem	Meet at Kingsway High School (Route 322 & Kings Highway). No one gets dropped. Faster riders are welcome, but scheduled pace will be held for the main group. Contact Len Zanetich at work: M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
Saturday, Jun 15, 9:30a Miles: 30+/-, Class: C 3-Speed Ride	Bring your 3-speed (or any other bicycle) to the trailhead at Manayunk for a flat ride on the Schuylkill Trail out to Valley Forge. Call Steve Bertolini at 302-529-1122.
Sunday, Jun 16, 8:00a Miles: ?? Class: C Joint Brandywine Ride	Meet at the Brandywine Valley Association, near Northbrook for a joint ride with the Brandywine Bicycle Club. Bring money for a snack. Contact Susan Grove at 610-626-1040.

Sunday, Jun 16, 8:00a Miles: 5.1, Class: All Time Trial	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 x 3472. Home: 610-558-6232
Sunday, Jun 16, 9:00a Miles: 40 +-, Class: A,B,C Kountry Kitchen Breakfast	If possible wear your DVBC jersey for this multi-paced ride to breakfast at Kountry Kitchen. Bob LaDrew, 2ladrews@netreach.net or 610-383-9327.
Saturday, Jun 22, 8:00 or 9:30 a Miles: 15-45, Class: C Three Ring Circus	Pick your time & distance. First ring will start 8:00 am for 15-20 miles. The second ring will start at 9:30 am for a 23-mile loop, with the third ring of 7 miles immediately following. The final 7-mile loop will visit the tourist attractions of QVC, the Helicopter Museum and a 300 yr old tree. 8:00 am riders please confirm. All start behind the Christ Community Church, 1190 Phoenixville Pike, West Chester. Call Bob Blackburn, TriBobPA@yahoo.com or 610-429-3396.
Saturday, Jun 22, 8:30a Miles: 35+/-, Class: C Philadelphia Old City Ride	We'll meet at the Pathmark parking lot in Folsom and ride into Phila. Once in Philly, we will tour the historic old parts of the city like Elfreth's Alley, Old Christ Church, etc. We will have a brunch at the Famous Deli on Brainbridge Street and then return home. Please call beforehand so I can give the Deli an estimate of the number of people. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Sunday, Jun 23, 9:00a Miles: 70+, Class: A Art Museum/Valley Forge	New route, new hills, more challenge. Meet at Rose Tree Park and we will travel to Manayunk, do our normal Art Museum loop and back through Valley Forge. Expect a fast pace and lots of nice friendly hills. Contact Tony at 610-416-0514 or tony@craftech.com
Saturday, Jun 29, 7:00a Miles: 70+/-, Class: B Marsh Creek	Meet at Rose Tree Park for a ride to Valley Forge, Downingtown, and Marsh Creek before returning to Rose Tree. Bring money for food and drink along the way. Call Bob Leon at 610-833-2096.
Saturday, Jun 29, 8:30a Miles: 4-6, Class: All Hike in Ridley Creek State Park	Join us for a hike in the Park. Meet in the Area 17 parking lot. Bring water. Call ahead in case things change at the last minute. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
Saturday, Jun 29, 9:45a Miles: 15-30, Class: C CU at Selene	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
Sunday, Jun 30, 9:00a Miles: 60, Class: B+ The Brandywine Inner 50+	Leave from Westtown-Thornbury Elementary School (on Westbourne Rd. north of 926) at 9:00 am. Connect with the beloved 50-mile route from Westtown, adding 10.2 miles. Stop at the Tavern in Springdell. Call Glenn Lyons at 610-399-0624 or rollingspeed@cs.com.
Sunday, Jun 30, 9:00a Miles: 50, Class: C+ Brandywine Inner 50	Meet at the Chadds Ford Elementary School and we'll enjoy a scenic trip along the Brandywine. Expect hills (hence the C+ rating). I will have cue sheets for folks. Bring money for a deli stop. Maybe we can have lunch with that faster group. Call Jan at (610) 541-0784.

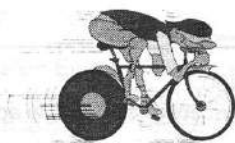
BONKERS



GO BONKERS!

CARTOONS
OF THE
DVBC

BONKERS HAD BEEN TOLD TO ARRIVE ON
SATURDAY PREPARED FOR SOME DRAFTING.



Bike Dirt

By F.X. Pedrix

Spring weather really sets us bike riders' hearts a flutter. My fluttering heart was momentarily split asunder by my lovely and ever-so-cold-hearted wife Babs as we prepared to venture out on a spring ride. I had just put on my latest bike purchase — a new bike jersey that I had gotten on sale. "What is that you are wearing?" she said. "It's downright weird. I mean... it looks like someone threw up on your shirt!"

Some other really weird things have been happening this spring as the biking season gets underway. The perennial Vocabulary Ride got off to an inauspicious start as the crew was attacked by vicious geese that blocked their route. Calling forth all of the goose-shooing words they knew from their immense lexicons, they were able to pass these hissing creatures without harming a feather, unlike some DVBC riders who regularly rundown wildlife with abandon.

It gets weirder. My spies on the club's Board of Directors relayed some hot info about a split among board members over the painting of the spring Bonkers Tour. A splinter group wanted to use small stencils instead of the large, garish, hand-painted arrows that we have always used. Rumor has it that they are threatening to break away and start their own club called the DVBC TUSA — Delaware Valley Bike Club that Uses Stenciled Arrows.

As in any group, the DVBC has an occasional divergence of opinion. In extreme cases, this can result in

splinter groups that favor secession. In addition to the DVBC TUSA, other such special interest groups have proliferated in the DVBC. Factions lately threatening to form spin-off clubs are: 1) members offended by riders whose clothing does not match their bikes. 2) riders who lift up their front wheels while walking through parking lots because spinning the wheel can lower overall average speed. 3) members who want to discontinue all riding in favor of hikes. 4) members who don't want to be associated with riders who can't distinguish between a Look carbon fork and a Dura-Ace 9-speed cassette. 5) a support group for the families of riders who can recall the mileage and speed of all April rides, yet can't recite the names of their children without prompting, and 6) a club composed of members who own more than eight bikes.

While some are reluctant to do "paint rides" for fear of the slow pace, take comfort in the performance of our president who, along with two cohorts, broke the mythical six-hour barrier for the half metric, even while stopping frequently to paint road arrows for the Bonkers Metric. Said the lankier of her companions, "I'm confident we could have averaged double-figure miles-per-hour had we not stopped every half mile or so to desecrate the countryside with spray paint." If my understanding of Einsteinian physics is correct, sonic booms resulting from faster speeds might have annihilated life as we know it on this planet.

"You just can't buy quality anymore!" That's what everybody was saying on the painting ride each time Señor Blanco unleashed his spray can. The red paint exited his cylinder in pale, blurry strokes certain to confuse riders relying upon them for directions. It was only at the end of the ride, when Mr. Blanco turned in his can, that we realized he didn't know you are supposed to remove the plastic lid before use.

The last rumor this month concerns a new guy, a strong powerhouse rider who came out for one of Bob Leon's century rides. He is the owner of—count 'em—twenty-three bikes. I wonder what Babs would have to say about that.

Send your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.

WELCOME



New Members!

Charles Davidson
Agatha Delpozo
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Richard Metz
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Jeff Thal
Amy Vaccaro
Jeffrey Zeitlin

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Phone (610) 356-1515

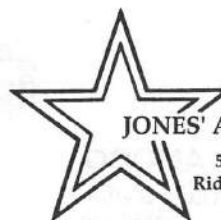
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REGIONAL EVENTS

June 1: Get Ready Metric. Pennsville, NJ; 32 or 64 mi. \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org

June 7-9: Chesapeake Bay Bike Tour, Salisbury, MD. American Lung Association of Maryland, 1840 York Rd, Ste. M, Timonium, MD 210935156; 410-560-2120. <bike@amlungmd.com> www.lungusa.org/maryland/special.html#chesapeake

June 8: 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 8-9: MS150 PA Dutch. 2-day 150-mi. Starts from Lehigh Valley Velodrome. 2-day 100-mi. route option. Reg. fee + min. donation. National MS Soc., Greater Delaware Valley Chapter, 1 Reed Street, Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <pae@nmss.org> www.ms150biketour.org

June 9: First Union USPRO Championship & Liberty Classic Races, Phila. For pro racers only, but great spectator event for all. No car traffic & no parking along route. Bike to race or take SEPTA. <www.firstunioncycling.com>

June 15: Dream Ride for Lancaster County, Marietta, PA. 15, 30, 62, or 100 mi.; specific start times for ea. route. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141. <www.dreamrideprojects.org>

June 16: Freedom Valley Bike Ride, Philadelphia, PA. Bicycle Coalition of the Delaware Valley, 252 S. 11th St., First Floor, Philadelphia, PA 19107-6735;

phone 215-898-4937, fax 215-829-0426. <fvbr@bcdv.org> www.bcdv.org and www.freedomvalleybike.com

June 21-26: Bike Virginia - New River Valley Odyssey. Bike Virginia, P.O. Box 203, Williamsburg, VA 23187-0203; 757-229-0507, Fax 757-259-2372 www.bikevirginia.org

June 22: Jersey Double, Whitehouse Station, NJ. 200-mi. Western Jersey Wheelmen, Bruce Thomson, 213 Black River Rd, Long Valley, NJ 07853-3067; 973-285-5010 (day), 908-879-6477 (eve), 973-539-3190 (fax). <jerseydouble@wjw.org> www.wjw.org

June 23: Bay to Bay Ride. Betterton, MD. 27-104 mi. \$20 pre-reg. by 6/1, then \$25. Jim Gent, 7 Cedar Chase Court, Chestertown MD, 21620-1665. (410-778-4881). <www.active.com>

July 6-28: Tour de France. www.letour.fr/indexus.html

July 7: Delaware Double Cross, Middletown HS, Middletown, DE; 31 or 62 mi. Chance to cross and "double cross" an entire state in only 31 total mi. over flat terrain. 62-mi. \$12 pre-reg., \$18 day-of event; White Clay Bicycle Club, Paul Stevenson, 35 Rossiter Circle, Newark, DE 19702; 302-368-2167. <info@whiteclaybicycleclub.org> www.whiteclaybicycleclub.org/xx.html

July 14: A.C.S. Bike-A-Thon. 1-way ride: 62 mi., 6:45 a.m. start from Ben Franklin Bridge, Philadelphia; 48 miles, 7:45 a.m. start from Voorhees, NJ; or 32 miles, 8:45 a.m. start from Hammonton, NJ. All rides end at Lenape Park in Mays Landing, NJ. Return transportation available. Reg. fee + min. donation. ACS, 1626 Locust St., Philadelphia, PA 19103; 215-

985-5400. <info@acsbike.org> www.acsbike.org

July 19-25: Cycle Across Maryland (CAM) Tour, 300-450 mi. on Eastern Shore. One Less Car, 700 Melvin Ave. Suite 7B, Annapolis, MD 21401. <info@onelesscar.org> www.onelesscar.org

July 21: Tour de Tinicum. 8:00. Delaware Valley Fire Company of Erwinna, PA. 1-50 mi. \$20 pre-reg. by 6/21 includes t-shirt. \$25 thereafter w/no shirt. Central Bucks Bike Club. Jennifer @ 215-766-8506 or e-mail at jenn_rn@lycoms.com.

July 27: Phila. to Atlantic City. 7:45am from 20th and Walnut. By Variety Club to help children w/disabilities. 65 mi. tour from Philly to AC. Police escort thru Philly and Camden. After ride complimentary Deck Party w/ food, open bar and raffle. Ea. rider must raise a min. of \$100 with all proceeds benefiting the charity. Joel Karsch, 215-418-3077 <joel.karsch@db.com>

July 27-Aug. 3: Penn Central. 1-way supported tour from Pittsburgh to Phila., 450 mi. thru small towns w/ special charm, stay at 7 colleges & univs. Pedal Pennsylvania, P.O. Box 385, Harleysville, PA 19438; 215-513-9577, fax: 215-513-7552. <Pedalpa@netcarrier.com> www.Pedal-Pa.com

Aug. 2-4: LAB BikeFest Rally, Amherst, MA. University of Massachusetts. League of American Bicyclists, 1612 K St. NW, Ste. 401, Washington, DC 20006; 202-822-1333. <bikeleague@bikeleague.org> www.bikeleague.org/mediacenter/medprs40.htm 413-253-0700. <chamber@amherstcommon.com>

See REGIONAL EVENTS on p.11

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REGIONAL EVENTS (cont.)

Aug. 3: Princeton Event, Rider University, Lawrenceville Road (Rte. 206), just South of I-95, Lawrenceville, NJ. Princeton Free Wheelers. P.O. Box 1204, Princeton, NJ 08542-1204; 609-882-4PFW (4739). princetonfreewheelers.com

Aug. 10: Bridgeton Zoo Ride, Schalick High School, Centerton, NJ; 25, 50, or 100 mi., 8 AM start. \$14 pre-reg. until 8/1; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccj.net>

Aug. 10: Dog Daze Century, Brandywine Bicycle Club, P.O. Box 3162, West Chester, PA 19381.
www.geocities.com/brandywinebikeclub

Aug. 18: Covered Bridge Metric, Lancaster, PA; 15, 31, or 62 mi. Seven covered bridges, full lunch stop on 62 mi. ride. Shorter routes get lunch at the end. \$10 pre-reg. by 7/18; \$15 after. T-shirt \$14, only available with pre-reg. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535.
www.lancasterbikeclub.org

Elsewhere

Bicyclists in **Afghanistan**, banned by the Taliban from public racing, celebrated Kabul's liberation by staging a 25-mile competition from the capital city to Charikar. Twenty cyclists raced over potholed roads through the area's heavily mined military front. For the past five years, the Taliban's strict interpretation of Islamic law had led to a prohibition against all public sports.

The US Immigration and Naturalization Service has created a special bicycling lane for those who wish to pedal back and forth between **Monterrey**, Mexico, and **El Paso**, Texas. Since September 11, the necessity of time-consuming car searches has resulted in long lines and hours-long waits. Bicycles, on the other hand, do not take long to search. The bike lane crossing is being promoted by the INS to reduce hassles for those thousands from both countries who make the border crossing daily for jobs on the other side.

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Bike to Work Day in Media

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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