

Delaware Valley Bicycle Club



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

SEPTEMBER 2003

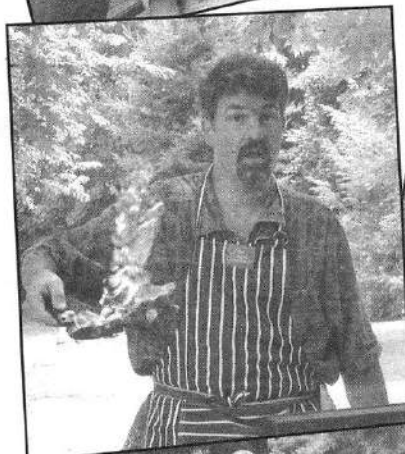
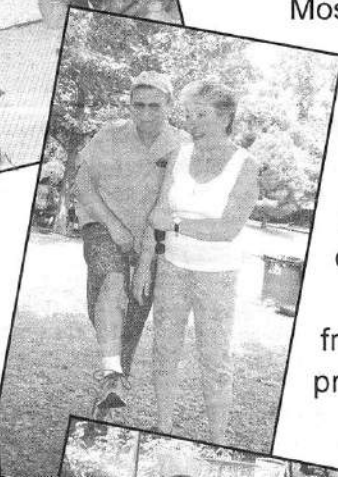
Fun-filled Bonkers Picnic

At the August 2nd Bonkers Picnic, president Brian Wade demonstrated that, besides climbing hills and riding a unicycle, he can also grill burgers and dogs to perfection. Thirty-eight members were on hand for this 4th annual edition of the Bonkers Picnic at the LaDrews' house near Coatesville.

Most of the members biked a roundtrip 70-95 miles in order to participate. Ten others drove to the event and took a group 32-mile ride after helping with the cleanup. Following that ride, in the never-say-die tradition of the DVBC, a second "Mini-Bonkers cookout" occurred.

Former president Jan Chadwick arrived from D.C. a day early in order to help with food preparation. Drew Knox and Brian Wade logged extra hours helping with the bull work. And

hearty thanks go out to Bill and Jean Pashinski who once again generously shared their prize collection of picnic tables and chairs for the day.



Brandywine Tour Sunday, August 31, 8 am



Pocopson Elementary
School, Pocopson PA

See dvbc.org for more details.

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 12th of each month.

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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

Obey all applicable traffic regulations, signs, signals and markings.

Keep right. Drive with traffic, not against it. Ride single file.

Watch out for car doors opening, or for cars pulling into traffic.

Protect yourself at night with the required reflectors and lights.

Use hand signals to indicate stop-ping or turning.

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 Bonkers 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

Wheel Building: Homemade Wheels, What's the Deal?

Why build your own wheels? First let's be clear. Financially there is no deal. Buying hubs, spokes, nipples, rims, and rim tape at retail is more expensive than having a mail-order house custom build the same wheels for you. Then there's the time you have to put in. Unless you're a pro you're going to spend several hours on each wheel if you're going to do a good job. You'll need a truing stand and a tensionometer if the wheel is going to be strong and durable. And you need to know what you're doing, or learn from someone with experience.

What you will get is a wheel set that will last with nearly no maintenance except for the hub. If you have wheels that break spokes or go out of true then either the wheel is not designed properly for your use, it has poor components, or it has been poorly built. A good wheel "stands". That means it stays the way you built it, indefinitely.

Wheel building is about precision, patience, perseverance, and then pride. A good wheel is designed for the purpose for which it will be used. It is both laterally and radially true within

less than a millimeter. Spoke tensions should be equal within about 5% to make up for the inaccuracy of the rim as it comes from the manufacturer. To achieve this you have to go carefully,

truing, tensioning, stressing, and then doing it all over again until you have it right.

Now the pride. You put your new wheels on your bike for the first time. In the first revolution of the wheels you hear two or three pings of the spokes settling in and then... silence. The spokes shine and flash in the sunlight as you fly down the first hill on the wheels you built. You

stop and get off to check if the wheels are still true. They are because you did a good job. It feels good. And by the way, there are no broken spokes in your future if you designed and built well.

As I rode towards the finish of the Lancaster Bicycle Club's "Covered Bridges Ride" today with Dave H., he said to me, "Smooth." I had no idea what he was talking about. I said, "What's smooth?" He said, "My wheels." The wheels he just built in our wheel-building group 800 miles ago. He's feelin' the pride and so am I.



ELSEWHERE....

The DVBC's **Glenn Davis** is organizing a thirteen-day bicycle tour of the Loire Valley and the last days of the Tour de France—a chance to see Lance win his record setting sixth Tour in Paris. Glenn has experience at setting up these tours and will give you more details if you contact him at <gpdavis@verizon.net>.

The **South Jersey Wheelmen** are sponsoring a program that has police handing out certificates for free ice cream to kids who are spotted around town wearing a helmet while they ride. Sorry, DVBC members but most of you are too old.

Our own **Glenn Lyons** will perform a guitar duo with his sixteen-year-old son Jeremy on September 29th at West Chester University. Glenn's faculty recital is at 7:30 in Swope Hall Auditorium.

Quotable: Doug Franz, from an article in the **Brandywine Bike Club** newsletter: "... It's funny how when you focus on one thing, something else becomes clear. I can't tell you how many times I've been out for a ride, and when I'm done, I have the answer to a question I wasn't even thinking about."



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Katrina Dowidchuk updates the DVBC on her triathlons

The Escape from Fort Delaware Triathlon in mid-June was horrible. Remember that Friday when it rained for twenty-four straight hours and everything was underwater? Well, I had a race the next day. Bad idea. I was on antibiotics and worn out. The swim was directly into a nine-knot current and I easily swam two miles instead of one and drank more than my share of the Delaware River. The organizers said they pulled 91 out of 500 competitors out of the water because they were at risk of drowning. Stretches of the bike course had water over a foot deep and the run had two spots where the water was up to my thighs. It was pretty ridiculous.

I was about 25 minutes off my best time. But, from an experience standpoint, I'm glad I did it. The little things are what add to the time and the demoralizing frustration. I forgot to



attach my odometer before I started so I jumped off to readjust it. I stepped in the mud and couldn't get my foot back in the pedal. My wet suit (Yes, I caved in and got one) zipper got stuck and I had to find a race official to get it off. I got a two-minute penalty for crossing the center line on a road that didn't have one. I was passing someone and didn't want a drafting penalty and, silly me, I crossed that imaginary line. Can you imagine? I'm working my butt off trying not to pass out and this spiffy motorcycle rides by with a nice, dry umpire holding a mug of hot coffee and says oh-so-politely, "Traffic violation, Ma'am. Two minutes". Arrggghh!

But I redeemed myself in the Diamond in the Rough Triathlon. I had created a list of things to remember and checked it twice. It's hard to

compare times against the various courses because they are so different, but I felt great and had a good ride — 21.6 mph for 27 miles on a very hilly course (my favorite).

I can't explain why I've started doing these crazy things, but the fact that I went to the ice cream festival afterwards and had a gallon of moose tracks ice cream and half a gallon of orange sherbet and felt justified in doing so is part of the answer. The great part about these events is that I go and meet people and everyone is mentally ill the same way I am. People get excited about an 8 percent grade over two miles. How cool is that?

And, sick as I am, I'm doing a half ironman in Lancaster on September 6.

(Editor's note: In the Escape from Fort Delaware event, Katrina was 22nd among 52 women, and 6th on the bike. In the Maryland Diamond in the Rough Triathlon, she was 19th out of 79 women, and 4th in the bike race.)

HH News:
Andy Lackintosh Silver Jr. Worlds
Steve Lehman Gold Master, Worlds

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DVBC Ride Calendar

SEPTEMBER 2003



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

Mondays 6:45 pm Miles: Class: Sturdy Girls Ride	Attention all Sturdy Girls: Women's Recovery Ride every Monday! Tired of all the testosterone from weekly rides, need an easy spin following hard or long miles on Saturdays and Sundays, or looking to meet other women riders who share your passion for cycling? Join us at the Italian Fountain at 5:45 PM for a prompt 6:00 PM departure. The group will stay together at all times and rotation of ride leadership will be encouraged to share responsibility of maintaining a safe and supportive ride. Please contact us for more information regarding this and future Sturdy Girl Cycling events: Contact Sally Poliwada & Dana Hanchin at Email: sturdygirl@comcast.net
Tuesdays 6:10 pm Miles:25-30 Class:B/B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry or Victor at 610-565-9535
Wednesdays 5:50 pm Miles:25+/- Class:A Workout	Meet at Rose Tree Park on Rte. 252 for our regular Wednesday night workout. Expect a fast pace and some nice hills. As the days get shorter, it's more important to leave on time. Meet at 5:50 for a ride start at 6PM. Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
Wednesdays 6:00 pm Miles:20 Class:C+/B- The Rose Tree Ridley	Start at Rose Tree Park on Rte. 252, go through Ridley State Park and beyond. As the days get shorter so does the ride... with a hill or three. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Thursdays 5:45 pm Miles:18-22 Class:B Show and Go training rides	Meet at Rose Tree Park for a fast-paced spin around Delaware County. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Thursdays 6:10 pm Miles:25-30 Class:B/B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry or Victor at 610-565-9535
Monday, Sep 1, 8:00 am Miles:25-50 Class:C+/B- The Left Over Ride	Do a figure eight from the R5 Wayne Train station and enjoy left-over food from yesterday's Brandywine Tour in the middle and at the end! Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Sep 6, 7:00 am Miles:100 Class:B- Mays Landing	Start at Kingsway High School, Routes 551 and 322 for a pace line run at a reasonable speed to our favorite hoagie shop for lunch. Bring money for food and water. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Sunday, Sep 7, 8:00 am Miles:55+/- Class:B- R5 Wayne Ride	BACK TO 8:00 AM... Start R5 Wayne Train Station. Never the same ride twice! But always hills and hills and a food stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 7, 8:30 am Miles:50+/- Class:C+ Fort Mott	Start at Kingsway High School, Routes 551 and 322. We'll be on the tandem but all riders are welcome. Bring money for food and water along the way. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Sunday, Sep 7, 9:00 am Miles: 35 Class:C Mushroom Festival	Meet Greenwood Sch, (across Rte.1 from Longwood Gardens) Lunch at mushroom festival. 1st we ride 25 mi. to Kennett Squ. Nancy Tully lets us lock bikes in yard. Walk 2 blocks to festival & spend hour. Sample soups @ \$1/cup. Other entrees like mushroom burgers, fritters... Cue sheets. Bring \$ & lock. Susan Growe 610-626-1040
Monday, Sep 8, 7:00 pm Miles:0 Class:ALL 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 Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Saturday, Sep 13, 7:00 am Miles:80+/- Class:B- Manayunk, Valley Forge, Marsh Creek	Leaves from behind the Dunkin Donuts at 7:00 am sharp or Rose Tree Park at 7:45. This ride may turn out to be a century, hard to tell at this time. There will be turn off points along the way for those that think they cannot make it if you know the way back... Rolling to hilly. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Sep 13, 8:00 am Miles:70 Class:C+ French Creek with Bonnie and Len	Leaving from the parking lot across from the Chadds Ford Elementary School on Route 1 (Fairville Rd left at light after Route 1/Route 100 intersection if heading west). Three rest stops are planned. The terrain is rolling to hilly once past the first rest stop, but no major climbs. Contact Len at 856-722-3425 or lzane00@comcast.net
Sunday, Sep 14, 8:00 am Miles:50+ Class:B- Try County Hills	Start at the R5 Wayne Train Station do numerous hills in Delaware, Chester and Montgomery Counties. At least HALF A MILE OF CLIMBING. That is 2,640 vertical feet. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 14, 8:30 am Miles:40+/- Class:C/C+ Valley Forge to Coventry	Start at Valley Forge Park, Visitor Center, lower parking lot. Breakfast, after 25 miles, at Friendship #2 Fire Co. in West Phoenixville. Expect some hills before breakfast. Mostly flat ride back to V.F. Cue sheet & Regional Bicycle Map provided to each rider. Bring liquids, \$ & snacks. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Sep 14, 8:30 am Miles:Varies Class:ALL MS150 Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322 for that breakfast ride we all have come to enjoy. The cost is \$15.00, which includes your breakfast. The proceeds will help me raise funds for Multiple Sclerosis. This is a fundraiser ride I do every year and does not reflect the club's views on charity. There will be cue sheets of different routes and ride lengths. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Sep 20, 8:30 am Miles:75-83 Class:B+/A- Cross County Tour	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. Scenic roads from SE Chester County north & west, midway stop in Morgantown, Berks County. Final avg. approx. 17 mph. Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Saturday, Sep 20, 9:30 am Miles:28 Class:C CU at Selene	Start at Selene Whole Foods Co-op, 305 West State St. in Media. Free refreshments afterwards inside store. Free parking in a lot just west of the Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Sep 21, 7:00 am Miles:100 +/- Class:B Century to somewhere	Meet me at the 320 Markey Cafe, Swarthmore to start a century on the hillier side. We'll ride a combo of various rides to patch together a nice tour. Bring money for food and water. Contact David Cunicelli at 610-633-2530 or dcunicelli@rcn.com
Sunday, Sep 21, 8:00 am Miles:55+ Class:B- Real Bikers do Hills	Start and end at the R5 Wayne Train Station with 4000 FEET OF CLIMB in between. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 21, 8:30 am Miles:45 Class:C/C+ Marsh Creek	Start Manhattan Bagels in Chesterbrook. Ride to Whitford, Uwchlan, Shamona Creek Park and Struble Trails [paved], to Ludwigs Corner for lunch. Challenging ride, w/hills. Come early if you want breakfast. Cue sheets; none dropped; regroup as needed. Bring snacks, liquids & \$. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Saturday, Sep 27, 8:30 am Miles:35 Class:C+ Roll Along the Back Roads!	Meet at Folsom PathMark on Mac Dade Boulevard, Ridley Township at 8:30. Ride finishes around noon. Hills definitely "B" rated. Contact Frank Jackson at 610-534-3978 or fjackson@rohmmaas.com
Saturday, Sep 27, 9:00 am Miles:65 Class:B Salem Oak Revisited	Salem Oak Diner, Rte. 49, Salem NJ. Ride the scenic Peter Odell Metric with DVBC pals. Come early (8:15) for breakfast or 9 am for ride. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Sep 28, 8:00 am Miles:55+ Class:B- The Mile High Club	Start and end at the R5 Wayne Train Station with 5,280 FEET OF CLIMB. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 28, 8:30 am Miles:40+/- Class:C/C+ Valley Forge to Coventry	Start at Valley Forge Park, Visitor Center, lower parking lot. Breakfast, after 25 miles, at Polish American Citizens Club. Some hills before breakfast. Mostly flat ride back. Cue sheet & Regional Bicycle Map for each rider. Bring liquids, \$ and snacks. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Sep 28, 9:00 am Miles:64 Class:B/B+ Westtown and Beyond	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Monday, Sep 29, 6:30 pm Miles:0 Class:ALL Faculty Recital	Faculty Recital, Glenn Lyons - Guitar - Swope Hall Auditorium, University Avenue, West Chester University. A featured work will be Haydn's "London Symphony" as arranged for guitar duo by 19th century guitar virtuoso Ferdinando Carulli. Performed by Glenn and 16 year old son Jeremy Lyons. Glenn Lyons at 610-399-0624 or rollingspeed@cs.com

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The Move to D.C.

Thank you everyone who helped me with my move from Philly, including those who helped me haul furniture to storage and Goodwill, those who are storing items for me, and the many of you who helped me pack up and unpack in DC. I couldn't have made the move without you. What a great club we have!



And I love my new mosaic bicycle plaque! It is a great going away gift to remember you all by!

Let me know if you are coming to DC for a visit so that, hopefully, we can go for a ride. There's always something new here to see.

—Jan Chadwick

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The Drive to Ride

By Brian Wade

Last summer, I got tired of loading my bike in the car, driving to rides and riding the same roads over and over again. So, I decided to fight the Main Line traffic and ride right out my front door, not down the steps mind you, but from the curb.

Knowing the car routes and not their bikability, I started with short distances. Easy jaunts over to Valley Forge Park, once or twice around and home. Twenty, twenty-five miles, nothing fancy, nothing complicated, light to moderate traffic. I'd also ride west to Paoli and Malvern, pick up the "top of Bonkers" - the northern loop of our DVBC Tour - and scoot home. Either ride took less than two hours (I have no odometer), but I felt bound by the busy perimeter roads.

As my desire to ride outgrew my traffictaphobia, I ventured outside my limitations, trying new roads and getting lost (something I have not outgrown). Once I followed markers from another club's tour. It turned out to be their century and an additional fifty miles to my ride.

Last September, I listed the ride with DVBC as a recurring Sunday Ride: 35 mile, C+ pace, start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. And riders actually showed up! Some showed

me little loops I could add here and there. Slowly the ride grew in miles (55+) and in elevation (See this month's ride listing!)

Today, the ride happens most Sundays, but it varies greatly, depending on the weather, my whim, and who shows. A fellow cyclist recently commented, "Brian, you don't have a regular ride."

Sometimes we go north to Sarasota (just south of Pottstown) or west to French Creek and Kimberton or southwest for the "top of the Bonkers." In the fall it is not uncommon to stop at an orchard for fresh apple cider or in the winter, circle the Art Museum and stop for coffee in Manayunk.

Many riders have done my ride. Many show up once and never return (no they're not still out there), so many in fact, I have thought of changing the name to "The One and Done Ride." But I won't because half a dozen cyclists show up pseudo-regularly. They like the ride, the ever-changing route, the varying climbs, the challenge and their sense of accomplishment when the ride is done with them.

So if you get a chance and have the desire, I encourage you to come out some Sunday and maybe you will find it is worth the drive to ride.

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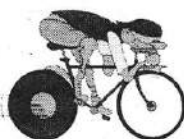
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Bike Dirt

By F.X. Pedrix



I was busy in my study planning my rides for the upcoming September century season when my wife Babs stuck her ever-so-lovely head in the door and asked, "What 'cha doin', Honey?" I told her and she said, "You always do the same rides every year. I wouldn't think that took any planning. Why don't you try something different?" As always, Babs had a point, so, flexing my mouse finger, I started surfing for some new and exciting rides. In the process, I came across some rides I definitely would **not** want to do. See what you think.

1) The M.C. Escher Century. This ride both starts and finishes in the parking lot of the Escher Auditorium. Its unusual feature is that it is uphill *all the way*. Riders are forbidden from doing the course backwards, which would of course mean going *downhill* for the full distance.

2) Save-the-Accordion Ride. Accordion bands play polka music at each rest stop in a hapless effort to re-ignite appreciation for this ungodly contraption masquerading as a musical instrument.

3) The Ben Hur Ride. A no-holds-barred race with one rule: there are no rules. The last bike standing wins.

4) The Annual Jock Itch and Body Fungus Foundation 150. This two-day fundraiser across tropical Florida is not only a great ride, but raises money for a worthy cause. Those suffering from any form of body fungus get to lead the ride and everyone else follows. Various food and drinks at every well-stocked stop, along with samples of anti-fungal products.

5) Tour de Cleveland. As you ride the streets of Cleveland, take

in the interesting site—if Mrs. O'Riley is home to show you her pink flamingo collection.

6) Save-the-Cats Metric. If you are so rich you can think of no better way to throw away your money, register for this ride to help save something we already have way too much of. (It helps fund rehab for cats injured by DVBC riders vying for the road kill trophy.)

7) Bridge Grate Metric. Volunteer firemen are on hand to hose down each of the twelve bridge grates as riders approach. Volunteer EMT's stand by to load them into ambulances when they crash. But first a donation to the volunteer organizations.

8) The Actuaries Bike Club Metric. Actuaries are on hand at each rest stop to enthrall you with real life stories about their experiences in the actuarial workplace. Before you shove off they will compute the statistical probability of your being hit by a car or stricken by small pox before Mile 62.

9) The Kobe Bryant Defense Fund Century. Kobe is going to need more than just the \$4 million he spent on that make-up ring to smooth this over with his wife so he is asking bikers to register often and early for his defense fund century.

10) The Pork Belly Ride. This Arkansas century features delectable porcine fare at all food stops: bacon at 25 miles, Slim Jim's half-way, Spam at 75, and barbecued pork rinds if you finish.

OTHER CLUB CRUD:

I always knew my comments have a major influence on life in the club but perhaps I have underestimated their impact. In last month's

column I referred to a guy as "one of our cross-dressing members" because he sometimes rides in another club's jersey. Apparently this got him to mulling the possibilities because he arrived at the annual DVBC picnic stunningly attired in a red floral wrap-around skirt and matching Humvee-green smock. Jealous looks were cast in his direction by the fashion-conscious ladies (and guys) in attendance. Great sense of humor, Steve.

For years we've heard about the GPS unit our club's "Ride Leader Extraordinaire" has imbedded in his head. At the Bonkers picnic we learned that this unit is limited to the Garden State. Bob and his charges arrived, exhausted and out of sorts, more than an hour late, after overshooting the picnic site and conducting a Lewis-and-Clark-like exploration of the farthest reaches of northern Chester County. He turned a potential 68-mile ride into 95.

The Polish Prince met misfortune last month when he returned to his homeland. A free-thinking young radical, apparently assuming the pedaling Prince had returned to assert his legitimate claim to the throne, employed a car as a weapon in a failed assassination attempt. The Prince's I.Q. was preserved by his helmet but his mileage is way down of late as he nurses his moving parts back to health. The Prince is safely in exile in Delaware County for at least another year.

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

REGIONAL EVENTS



Sun. Aug. 31:
Brandywine Tour,
 Pocopson, PA. 28, 50,
 65, or 100 miles.
 Delaware Valley
 Bicycle Club.

Mon. Sept. 1: The Donut Derby,
 Trexlertown, PA. A 30+ mile fun "race".
 Reg. \$15. Lehigh Wheelmen Associa-
 tion, P.O. Box 356, Bethlehem, PA
 18016; Karen Winkler, 610-439-3992.

Mon. Sept. 1: Labor Day Century,
 McSherrystown, PA (near Hanover).
 25, 50, 67, or 100 rolling mi. Hot dogs,
 drinks, snacks & homemade ice cream
 after. Hanover Cyclers, 129 Baltimore
 St, Hanover, PA 17331.

Sept. 4-7 (tentative): Great Peanut
Tour, Emporia, VA. 4-day rally in
 Southside VA, Northeast North Caro-
 lina. Emporia Bicycle Club, Inc., C/O
 Robert C. Wrenn, P.O. Box 668,
 Emporia, VA 23847; 1-800-449-BIKE
 (1-800-449-2453)

Sat. Sept. 6: Amish Country Tour,
 Dover, DE. 15, 25, 50, 62, or 100-mi.
 flat. Mass start at 8:15AM. Visitors
 Center, Federal St, Legislative Mall. 4
 food stops on century; post-ride picnic
 & live music. Kent County Tourism
 Convention and Visitors Bureau, 435
 North DuPont Highway, Dover, DE
 19901; phone 1-800-233-KENT.
kctc@visitdover.com

Sun. Sept. 7: Scenic Schuylkill
Century, Phila., 25, 38, 62, or 100 mi.
 Mass start at 8 AM from Lloyd Hall,
 Boathouse Row, Kelly Drive. \$25 by 8/
 27 incl. shirt. Pizza at finish. Bicycle
 Club of Philadelphia (BCP), P.O. Box
 30235, Philadelphia, PA 19103.

Sun. Sept. 7: Bike4BreastCancer,
 Havre de Grace, MD; 25, 50, 62, or 100
 mi. Reg. \$30. Adele Snowman,
 Bike4BreastCancer Registration, PO
 Box 117, Cockeysville, MD 21030;
 phone 1-866-906-BIKE.

Sun. Sept. 7: NYC Century Bike
Tour, New York, NY. 12, 35, 55, 75, or
 100 mi. Only fully urban century.
 Transportation Alternatives, Kit Hodge,
 115 W. 30th St., #1207, New York, NY
 10001; 212-629-8080. info@transalt.org

Sun. Sept. 7: The Art Cycle - Pedal-
ing for the Arts, Doylestown, PA. 20,
 35, or 55 mi.*James A. Michener Art
 Museum, 215-340-9800 ext. 147

Sat. Sept. 13: Civil War Century,
 Thurmont, MD; Visit 3 Civil War
 battlefields: South Mountain,
 Gettysburg, & Antietam; 50, 64, 74
 mi. hilly. \$20, add \$16 for T-shirt.
 Baltimore Bicycle Club, P.O. Box
 5894, Baltimore, MD 21282-5894. Judy
 Getz, 410-254-1306.

Sat. Sept. 13: Cycle to End the
Cycle, Mays Landing, NJ. Ride 35 or
 62 flat mi. Start Atlantic County Park
 System's Estell Park Pavilion, Rte 50,
 3.5 mi. from Mays Landing. \$20 pre-
 reg. by 9/2 incl. T-shirt; \$25 day-of,
 shirt not guaranteed. Lunch & live
 music after ride. Habitat for Humanity,
 Atlantic County. P.O. Box 443,
 Pleasantville, NJ 08232; 609-487-9472.

Sat. Sept. 13: Shoo-Fly Classic,
 Trexlertown, PA. 12, 15, 23, 35, or 60
 mi. \$12 by 9/6, \$15 after, incl. lunch at
 velodrome. Berks County Bike Club,
 227 Wexham Dr, Reading, PA 19607;
 610-775-3695. <ff3526@aol.com>

Sat. Sept. 13: West Wicomico
Heritage Ride, Salisbury MD. 32, 50,
 or 62 flat miles.

Sun. Sept. 14: SCU Lake
Nockamixon Century, Horsham, PA.
 20, 35, 55, 63, 85, or 100-mi. on rolling
 w/a few hills. Marked rte, cue sheet,
 SAG, & post-ride meal. All routes
 except 20-mi. also stop at Lake
 Galena, Peace Valley Park. \$25 (Pre-
 reg. \$20) Hatboro-Horsham High
 School, 899 Horsham Rd. (Route
 463). Century Chairperson, Suburban
 Cyclists Unlimited, Box 401, Horsham,
 PA 19044; 215-362-2216.

Sat. Sept. 20: Jersey Devil Century,
 Parvin State Park, Centerton, NJ; 25,

50, 75, 100, or 125 flat mi. Lunch after
 1st 25- or 50-mi. loop. Ride up to all 3
 loops for 125 mi. \$14 pre-registration
 until 9/12; \$17 day of. South Jersey
 Wheelmen, P.O. Box 2705, Vineland,
 NJ 08362-2705.

Sat. Sept. 20: Univest Grand Prix
 race and **Cyclo Sportif** recreational
 ride, Souderton, PA. 40 or 60 mi.
 Cyclosporitif ride on same hilly course
 as Univest Grand Prix race, preceding
 it by few hours. Recreational riders
 finish in time to watch finish of road
 race. Carolyn Nolan of Univest at 215-
 721-2521.

Sept. 20-21: MS150 City to Shore,
 Cherry Hill to Ocean City, NJ. Reg. fee
 + min. pledge. National Multiple
 Sclerosis Society, Greater Delaware
 Valley Chapter, 1 Reed St., Ste. 200,
 Philadelphia, PA 19147; 1-800-445-
 BIKE.

Sun. Sept. 21: Seahawk Metric
Century, Stephen Decatur High
 School, Berlin, MD. 40 or 62 flat mi. on
 Eastern Shore. \$45 by 9/1, \$50 after,
 incl. lunch & T-shirt. P.O. Box 1408,
 Berlin, MD 21811-5408; phone 410-
 320-6427. Register on-line at
Active.com

Sun. Sept. 21: Three Creeks Cen-
tury, S. Middleton Park, Boiling
 Springs, PA (betw. Harrisburg &
 Carlisle). 25, 50, 62, 75, or 100 mi.
 \$15, add \$15 for long-sleeve shirt.
 Lunch w/ homemade chicken corn
 soup. Harrisburg Bicycle Club, c/o
 Cindy Dohrman, 1395 Shuman Dr,
 Carlisle, PA 17013.

Sat. Sept. 27: Adams Apple Ride,
 Gettysburg, PA. 25, 50, or 100 mi. thru
 Adams County countryside, rolling to
 hilly. \$13 before 9/5, \$18 after. Tandem
 Teams \$15/\$20 (per team). Special
 family rate \$20/\$25
info@Gettysburg.org, 18 Carlisle St.,
 Ste. 203, Gettysburg, PA 17325; 717-
 334-8151.

Sun. Sept. 28: Gap Gallop Century,
 Northampton Community Coll.,
 Bethlehem Township, PA. 50 or 100

See Regional Events p. 11

From **Regional Events** p.10

mi. \$15 pre-reg. by 9/14, \$20 after.
Lehigh Wheelmen Association, P.O.
Box 356, Bethlehem, 610-439-3992.

Oct. 3-5: Rehoboth Beach Week-
end, Rehoboth, DE. Various rides, 7-
100 mi. \$210, incl. lodging, dinner, 2
breakfasts. No SAG. Potomac
Pedalers Touring Club. Gary Nooger,
703-521-5333.

Sat. Oct. 4: Belleplain Fall Century,
Belleplain State Forest, Woodbine,
Cape May County, NJ. 2 loops in
various combinations: 30/50/65/80/85/
100 mi. Shore Cycle Club.

Sat. Oct. 4: Fall Bicycle Flea Mar-
ket, Lehigh Valley Velodrome,
Trexlerstown, PA. \$5, 9AM - 2PM. Gretta
610-967-8033

Oct. 4-5: MS150 Bike to the Bay,
Smyrna to Dewey Beach, DE. MS
Society, Del. Chapter, Two Mill Rd.,
Ste. 106, Wilmington, DE 19806; 302-
655-5610. karyn.jordan@ded.nmss.org

Sun. Oct. 5: Pumpkin Patch Pedal,
Thompson Park, Jamesburg, NJ. 25,

50, 62, or 100-mi. \$25 + \$5 for lunch.
Pre-reg. by 9/15 for free shirt. Staten
Island Bicycling Association (SIBA),
P.O. Box 141016, Staten Island, NY
10314; 718-948-2025.

Sun. Oct. 12: Raul Julia Bike Chal-
lenge to End Hunger 8:30 a.m.
Leaves from Shipley School (Yarnall
Gym), Montgomery Av., Bryn Mawr.
25, 50 mi. or metric cent. \$35. Events
to Empower Humanity, 914 Old
Lancaster Rd, Bryn Mawr, PA 19010.
www.rjbc.org or Hunger Project website
www.thp.org

Sun. Oct. 12: Covered Bridge Ride.
Tinicum Park, Erwinna, PA; 20 or 30
mi. flat, or 33, 50, or 63 miles rolling to
hilly. \$20 pre-reg. by 10/1 incl. long-
sleeve T-shirt. \$25 after 10/1 but no
shirt. Central Bucks Bike Club, P.O.
Box 1648, Doylestown, PA 18901.
Wayne Siefert, 215-504-2140.

October 16-19: BikeFest - LAB
National Rally For Cyclists, Madison,
FL. 2003. Rides of 15-100 mi. per day,
workshops, clinics & meetings..
League of American Bicyclists, 1612 K
St NW, Suite 800, Washington, DC

20006-2082. Phone: 202-822-1333,
Fax: 202-822-1334.
bikeleague@bikeleague.org

Sat. Oct. 18: Savage Century,
Newark, DE. 40, 60, 75 or 100 mi. One
of most difficult rides on east coast.
Major hills only on 75 & 100-m. loops.
\$15 by 10/11, \$20 after. White Clay
Bike Club, 200 Fairhill Drive,
Wilmington, DE 19808; phone 302-239-
7415.

Sun. Oct. 19: Tour du Port, Balti-
more, MD. 22-mi. city ride around Inner
Harbor of Baltimore. One Less Car, P.O.
Box 1870, Pasadena, MD 21123;
phone 410-360-6755.
info@onelesscar.org

Oct. 24-26: Cape May Weekend.
White Clay Bicycle Club trip from
Smyrna, DE to Cape May NJ. 3-day,
142-mile round trip ride at 12-mph avg
speed. 71 mi. Friday, a free day in
Victorian Cape May Sat., return
Smyrna Sunday. Two cruises crossing
the Del. Bay. \$92.50/person, limited to
30 people. Chucksue@hotmail.com or
302-764-2644.

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



Expiration Date: 11/1/05

BOB & JUDY LADREW
139 GABLE RD
COATESVILLE PA 19320-1284

19320+1284



Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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) = _____

I'll volunteer for:
(check all interests) ☐ Ride Leader
☐ Tour Volunteer
☐ Board Member

Please send your check or money order to the:

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

In consideration of the acceptance of my application for entry into the DVBC, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the DVBC. In addition, this release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees) from and against any and all liability arising out of or connected in any way with my participation in any event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature

Signature of parent or guardian (if under 18 years)