

Delaware Valley Bicycle Club



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

APRIL 2004

Spinnin' Round the DVBC

by President Dominick Zuppo



New club president,
Dominick Zuppo

You may recall the Newsletter Poll in last month's edition of our newsletter. In order to reduce some of the time and expense associated with its

distribution, the Board of Directors asked if members were willing to receive an electronic version of the newsletter in lieu of a hard copy. While we've had a number of responses, I would encourage more of you to voice your opinion by sending your comments to info@dvbc.org.

During a meeting last autumn, the Board realized that the annual expense associated with the production and delivery of the club newsletter, almost \$4,000, approached the same level as the gross proceeds from one of our signature tours. In contrast, we learned during a meeting of Pennsylvania bicycle club officers that the membership dues and advertising income raised by a number of clubs covered their fixed expenses. With these thoughts in mind, we started to review ways in which to reduce this expenditure.

Many of you are familiar with the Adobe Portable Document Format, or PDF. A document designed using another software program can be saved as a PDF and shared, viewed and printed by anyone with the free Adobe Reader. Our records indicate that 88% of you have access to email, so it

made sense to pursue an electronic form of distribution.

Some of the comments we've received so far include "Willing to go on-line but hard copies are nicer." "PDF saves postage, you can save it electronically and print just the pages you want." "Maybe it could be tried on a trial basis." "Is there a need for password protection?" "I don't get the rationale for restricting our newsletter to members." "What do you plan on doing with the savings?" Just the kind of feedback the Board needs in order to make an informed decision.

In addition to the reduction in cost, electronic distribution would solve one of the challenges we have of delivering copies of the newsletter to local bicycle shops; we often have many extra copies that go unused for lack of volunteers. That's a waste we'd like to end. Some of the savings realized by using the PDF would be used to develop a new communication piece, a club brochure. Many copies of the color brochure, which would introduce our club to prospective members and describe our two signature tours, our website, and include a membership application, could be left at bike shops, gyms and libraries. This would reduce the number of monthly trips volunteers would have to make to replenish the piece.

As I indicated earlier, we'd like to hear from more of you, as your opinions are important to us. Please don't hesitate to share them.

In other club news, we were

fortunate to welcome Ray Sachs, a Chester County transportation planner, as the guest speaker at our March general membership meeting. Ray explained that narrow roads, lack of bicycle facilities between communities and unsafe crossings at major intersections were major concerns. Ray admitted that working with suburban municipalities was at times "a hard nut to crack." Many of the members in attendance described areas in need of improvement. Ray also surprised some of us by stating that the average gestation for a rails to trails project, such as the Chester Valley Trail, was 30 years!

As I finish these thoughts, the sleet and freezing rain outside my window has all but ended. March truly can come "in like a lion and go out like a lamb," but I've been on many pleasant rides so far this year, from Southern New Jersey pace-liners to a Chester County brunch at the Polish American club. And I know there's much more to come. See you on the road!



BONKERS METRIC

Sunday, May 16

Ridley Creek State Park
Picnic area #15
Media, PA

See flyer inside.

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.

Board of Directors & Staff

Dominick Zuppo, *President*,
610.544.8630 or domzuppo@att.net

Bob Leon, *Treasurer*,
610.833.2365 or treasurer@dvbc.org

Maureen Shanahan, *Secretary*,
215.421.8227 or secretary@dvbc.org

Bob LaDrew, *Newsletter Content Editor*,
610.383.9327 or bonkers@dvbc.org

Judy LaDrew, *Newsletter Layout Editor*,
610.383.9327 or jladrew@dvbc.org

Tony Rocha, *Ride Coordinator*,
484.802.8374 or rides@dvbc.org
Web Page, tony@craftech.com

Drew Knox, *Brandywine Tour Coordinator*,
bwtour@dvbc.org

Eric Valencia, *Vice President*,
484.802.9844 or vicepresident@dvbc.org

Debbie Chaga, 610.494.3033 or
dreamer@craftech.com

Brian Wade, *Past President*,
610.254.9485 or bwadedvbc@aol.com

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

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 thirty years of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch

Is It About the Bike?

Sitting at the Kountry Kitchen eating my blueberry pancakes last weekend, it came to me that there truly is something special about this group of 15 people that just pedaled 17 miles to have breakfast together. Looking up and down the table I see smiles, I hear laughter and quick witty conversation, the endorphins are flowing and people are happy. It's a party, a party without the brain numbing alcohol, or whatever, that others need to get here. But it's the invitation list that sparks my interest. We are a small cross section of Americana with a unifying element, the bicycle.

Tradesmen, businessmen, professionals, teachers, restaurateurs, IT specialists, dentists, physicians, vegetarians, Atkins believers, environmentalists, nuclear energy proponents, working, retired, male, female, Republicans, Democrats, Independents, married, single, young and not so

young, all DVBC, all enjoying each other's company, all supporting each other's good vibes. We are at our best when we are together. The bike brings us together.

There seems to be an increasing level of divisiveness in the world. Lines are being drawn and walls hardened between nations, between races, between religions, between ideologies, between the haves and the have nots, between people. Hopefully, this misguided direction will reverse course. Fortunately, for us there is a respite. We ride, together. Have you been on a club ride lately? Do it. Been to the Kountry Kitchen? Be there. Joined DVBC? Why not?

You know Bob Leon is primarily responsible for getting the Kountry Kitchen rides going and we all owe a lot to him for all his hard work and devotion to the club. Bob, we're all out there pulling for you. Keep pedaling.

General Membership Meeting

**Monday, April 12
7:30pm**

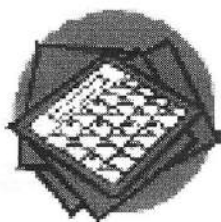


Two topics this night

"Achieving Your Long-distance Goals in Group Riding" Tony Rocha will talk about the principles of training, paceline riding, and stoking the engine.

President Dom Zuppo will make a presentation to ride leaders and hand out club business cards.

MARK THESE EVENTS ON YOUR CALENDAR



May 2, Bike 4 Sight

Because we as a club are supporting this fundraiser, there will be no DVBC rides this day.

May 16, 2004, Bonkers Metric

August 7, 2004, Bonkers Picnic

Sept. 5, 2004, Brandywine Tour



Please!

Check your mailing address on the front of this newsletter to find out when your membership expires. Thanks!

Fax (610) 353-8230

Phone (610) 356-1515

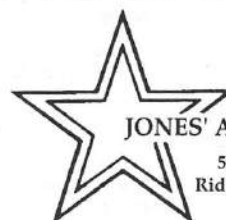
Accurate

Auto Tops & Upholstery

Convertible Tops - Roadster Tops - Sunroofs
Car Ceilings - Truck Seats - Classic Restorations

Edgemont Court Ind. Park
W. Chester Pk. & Miller Rd.
Edgemont, PA 19028

Jim Moore
Owner



JONES' AUTOMOTIVE

501 Chester Pike
Ridley Park, PA 19078

State Inspection
Emission Inspection

Complete Automotive Services

Towing Services
4-Wheel Alignment

Rick Jones, Prop.

610-522-1370
Fax: 610-522-8294

In Memory: DVBC Mascot "Casey"

by Antonio Rocha

It was late November 1998 when I began my lunch-hour trips to the SPCA in Media. Almost every day, I would stop in to see if a new dog had arrived that I could save. My kids kept asking for a dog and I thought it would be a nice Christmas present, especially for my animal-loving daughter Amy.

One day in 1998 a woman at the SPCA approached me. "Excuse me, sir. I see you here almost every day. What are you looking for, exactly?"

"I don't know," I replied, "but when I see it I will know."

"Well, I'm not supposed to show you this. She's too young to be taken, but we have this special little puppy in the kitchen. We found her abandoned and kept her in the kitchen as our special pet. We call her Blackberry."

When I laid eyes on her, I knew she was the one. She looked like a little bear, a tiny black fuzz ball that chewed on everything. I let her chew on

my finger while I asked if and when I could have her. She was all over me as if she knew she had found a home. After checking me out as a good parent, they agreed to let me have her.

I took her home and surprised the kids with the best Christmas present they ever had. They were so happy they couldn't stop playing with her. Amy quickly named her Casey.

She is very good at naming animals, especially all her 99 Beanie Babies.

Casey went with me to my office every day and she couldn't wait to get there so she could bark at every cat and dog that passed by and, for whatever reason, at the UPS man. She was a happy dog doing her job, and she would let us know when someone was coming in.

When I got separated from my

wife, Casey was my best friend trying to make me feel better. She knew

when I was down and needed a hug. She would put her chin on my leg and give me a look of understanding. She liked her walk at night and at times she would insist on going out as if I was the one needing it. She would sit right in front of the TV staring at me and whining. She would win

most of the times. And as soon as I got up, she would put her tail up and run to the door. I sometimes wondered if she considered it therapy for me. It worked for both of us.

She cared for all of us as if it was part of her job and always knew when something was wrong. One day, I received a phone call from my son Daniel's school to come and pick him

See CASEY p. 11



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

CYCLE SPORT

Home of H.H. Racing Group, U.S. National, and World Champions.

We service all bicycles from toddlers to World Champions and carry bicycles and accessories by:



GIANT
BICYCLES



HH Racing Group



Cycle Sports welcomes DVBC members in for a free sizing to introduce us to you. Just bring your bike, shorts, and shoes. Appointment preferred.

Special Discounts for DVBC members

801 N. Providence Road "Five Points" Media, PA 19063
Tel: 610-565-9535 Fax: 610-565-6033 E-Mail: cyclesport@verizon.net Web Site: HHRacingGroup.com



DVBC Ride Calendar

APRIL 2004



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

Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	Has the winter left you with a feeling of ennui? Then join us as the Vocabulary Ride starts another season of spins thru southern Delco. Meet at Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 Email: dmt trout@usa.net
Tuesdays 6:10 pm Miles:20+/- Class:B CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to surrounding area. Call the shop anytime for details and ride status in questionable weather. Distance according to available daylight. Pace is around 14-15; can be split into two groups for newer riders. Contact Harry or Victor at 610-565-9535.
Wednesdays 6:00 pm Miles:20-30 Class:C+ South Jersey Ramble	This ride will start on April 14 and continue through the summer. Mileage will vary with the amount of daylight. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 856-722-3425 Email: lzane00@comcast.net
Wednesdays 6:00 pm Miles:25+- Class:B+/A- Workout	Meet at Rose Tree Park, Rte. 252. Let's start another season of workout rides. Begin at slower pace to encourage riders to come then move to the next step, increase speed as our training progresses. Ride starts at B pace moving to a "C how fast we can go" pace by end of season. Oh.. yeah... we'll be racing each other by then also. Now I remember. Contact Antonio Rocha at 484-802-8374 Email: tony@crafttech.com
Wednesdays 6:00 pm Miles:20+ Class:C/C+ Rose Tree Park n Ride	Meet me and some of your fellow C riders at Rose Tree Park, Rte. 252 near Media for a "hills are our friends" ride thru Ridley Creek S.P. & surrounding area. No worries, no one will be dropped. Contact Dom Zuppo at 610.544.8630 Email: membership@dvbc.org
Wednesdays 6:00 pm Miles:20 Class:B/B+ The Rose Tree Ridley	Start at Rose Tree Park on Rte. 252, go through Ridley State Park and beyond. As day gets longer so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Thursdays 6:00 pm Miles:20+/- Class:C+ Delaware County Ramble	This ride will start on April 15 and continue through the summer. Starts out of our condo's parking lot (Glendale Rd/Miley Rd, Aston, PA). Directions: turn at O'Flaherty's Restaurant on Rte. 452, then turn right at second street on right at tennis courts. Contact Len at 856-722-3425 Email: lzane00@comcast.net
Wednesdays 6:00 pm Miles:You Pick It Class:C,D,E Beginners and Slackers Ride	This is a series of rides designed for new riders or experienced riders who need to get back into shape. Any class of rider on any type of bike is welcome. We will start out slow and flat and hopefully build up from there. Rides will be tailored to the riders that attend. You MUST contact me to find out the starting point which will change from week to week. Contact Dave Trout at 610-368-0760 Email: dmt trout@usa.net
Thursdays 6:10 pm Miles:20+/- Class:B CycleSport Ride	See Tuesday night ride. Contact Harry or Victor at 610-565-9535
Saturdays 9:30 am Miles:45+/- Class:B/B+ Elwyn Jaunt	Prompt start at Elwyn train station (just off 352 in Media, about 1 mile south of Granite Run Mall). Rest stop somewhere in between. Bring \$\$ for food and drink. Call to confirm. Contact Ed Becker at 610-348-0533 Email: edbeckerstar@aol.com
Fridays 1:30 pm Miles:30+- Class:B+ Show & Go	We need to get our legs back in shape some how. Lots of nice rides and friendly hills (Hunter Mountain) are waiting for us and I thought we could use some extra training. Meet at my office at CraftTech, 113 State Road in Media. Call first to confirm the ride. Contact Antonio Rocha at 484-802-8374 Email: tony@crafttech.com
Saturday, Apr 3, 8:30 am Miles:35+/- Class:C Meet the Train	Ridley to Ridley Creek S.P. - We'll meet the train from Philadelphia and ride out to and through Ridley Creek State Park. Meet in Pathmark parking lot, MacDade Blvd. in Folsom, Ridley Township. Bike to Ridley Park train station to meet the 8:58 train from the city. Riders from Philadelphia can take the R-2 train (#4207) that leaves Suburban Station at 8:34 AM. (Train riders: be sure to call me so we know you are coming). Bring money for a food stop. Contact Dave Trout at 610-368-0760 or dmt trout@usa.net

Saturday, Apr 3, 9:00 am Miles:18+/- Class:C Take to the Woods	Meet north (Philly) side of Rte 420, Prospect Park at Heinz Wildlife Reserve side lot. We ride the pathways observing abundance of nature. Trail is tame. MTB or hybrid. Wet conditions cancel. Contact Frank Jackson at 610-534-3978 or fjackson@rohmmaas.com
REMEMBER: DAYLIGHT SAVING TIME BEGINS. TURN YOUR CLOCK AHEAD ONE HOUR SATURDAY NIGHT.	
Sunday, Apr 4, 8:00 am Miles:45-50 Class:C+/B- The R5 Ride	PROMPT START at R5 Wayne Train Station. Ride varies depending on my whim and who shows up. Never the same ride twice! Sometimes west to Kimberton, or north up the Lower Perk Trail, to Saratoga or south to the Brandywine area! Half hills, and the other half hill. Average pace 14(ish) mph. NON-MEMBERS WELCOME. NO ONE DROPS. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 4, 9:00 am Miles:34 Class:C Art Museum	Nice C-paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture but to cruise the museum loop in spring weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.
Sunday, Apr 4, 9:30 am Miles:50 Class:B+/A- Art Museum	Meet at Rose Tree Park and ride to Manayunk and the Art Museum. A quick stop somewhere to refuel. Expect a fast pace and lots of nice friendly hills. Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
Monday, Apr 5, 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 Dom Zuppo at 610.544.8630 or membership@dvbc.org
Wednesday, Apr 7, 6:00 pm Miles:17 Class:B Chester County Road Ride	Meet at the Manhattan Bagel Shop in Chesterbrook (near Valley Forge Park). Genuardis supermarket next door for a last minute calorie recharge. Route will loop through Charlestown and East Pikeland before heading back to Chesterbrook. Two or three noteworthy hills. Contact Phil Klara at 610-640-3704 or klarapc@aol.com
Saturday, Apr 10, 9:00 am Miles:40 Class:C+ Chadds Ford-Marsh Creek	Join Bonnie and Len for a ride up to Marsh Creek. Start at parking lot across from Chadds Ford Elementary School on Route 1 and Fairville Rd. Contact Len at 856-722-3425 or lzane00@comcast.net
Sunday, Apr 11, 8:00 am Miles:40 Class:C+/B- The Film Festival Express	Start at the R5 Wayne Train Station and do what I can before going to the movies! Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 11, 9:30 am Miles:50-60 Class:B/B- Easter Ride	Start at Moylan-Rose Valley Train Station, Manchester & Woodward Rds., Moylan. We'll search the countryside over for Easter eggs in W. DelCo., ChesCo., & maybe DE. Food & rest halfway. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Monday, Apr 12, 7:30 pm Miles: 0 Class: ALL MEMBERSHIP MEETING	Tony Rocha discusses "Achieving Your Long-distance Goals in Group Riding." Dom Zuppo will make a presentation to ride leaders and hand out club business cards. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Apr 17, 9:00 am Miles:0 Class:ALL Spring Bicycle Flea Market	Lehigh Valley Velodrome Spring Bicycle Flea Market. www.lvvelo.org Contact Greta at 610-967-8033 or gretta@lvvelo.org
Saturday, Apr 17, 10:00 am Miles:18-28 Class:C C U at Selene	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy spring scenery of hills & valleys, Ridley Creek State Park & beyond. Free refreshments afterward inside Selene's. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Apr 17, 10:30 am Miles:40+ Class:C+/B- Lunch in West Chester	Meet at the 320 Market Parking lot, Chester Road, Swarthmore/Springfield. Bring money for lunch. Rain or serious cold cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sunday, Apr 18, 8:00 am Miles:45 Class:C+/B- The 3K Ride	That's 3000 foot of climb, starting at the R5 Wayne Train Station. Brian has the topo details. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 18, 9:00 am Miles:75+/- Class:B/B+ Elwynn - Marsh Creek State Park	Meet at Elwynn train station off of Route 352, South of Granite Run Mall. Stop @Lyndell Country Store for food and drink then proceed on to the park. Bring \$\$ for food and drink. Rain or drastic weather will cancel or shorten ride. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Apr 18, 12:00 pm Miles:12 Class:D A World in a Park	Starts in front of Lloyd Hall, #1 Boathouse Row, on Kelly Drive. Riding tour of 11 grand mansions of Fairmount Park plus a visit to the Water Works museum. Cue sheets and historical handouts provided. Bring water and snacks. Steve Trobovic at 610-687-9229 or wildyugo@comcast.net

Wednesday, Apr 21, 6:00 pm Miles:17 Class:B Chester County Road Ride	Meet at the Manhattan Bagel Shop in Chesterbrook (near Valley Forge Park). Genuardis supermarket next door for a last minute calorie recharge. Route will loop through Charlestown and East Pikeland before heading back to Chesterbrook. Two or three noteworthy hills. Contact Phil Klara at 610-640-3704 or klarapp@aol.com
Saturday, Apr 24, 8:30 am Miles:35+/- Class:C Philadelphia Old City Ride	Meet at the Pathmark parking lot in Folsom and ride into Philly to the Art Museum. Then head across the city, through the old parts of town and end up in the Queen Village area. Brunch at the Famous Deli on Brainbridge Street and then return home. Contact Dave Trout at 610-368-0760 or dmttrout@usa.net
Saturday, Apr 24, 9:00 am Miles:55 Class:C+ Swedesboro-Salem	Join Bonnie and Len for a ride down to Salem. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 856-722-3425 or lzane00@comcast.net
Sunday, Apr 25, 8:00 am Miles:50+/- Class:C+/B- Flowing Spring Foray	Start at the R5 Wayne Train Station and head directly to Flowing Springs for a nice little climb and some cussing then lunch at Kimberlton Whole Foods before heading back. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 25, 9:30 am Miles:60 Class:B+/A- Old Brandywine Inner 50+	Meet at Westtown-Thornbury Elementary School for a nostalgic ride on a beloved route with a midway stop at the Tavern. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Sunday, Apr 25, 9:30 am Miles:34 Class:C Breakfast With Bob	We cruise at a C pace for breakfast with friends at Kountry Kitchen, then take a different route home. Meet Kingsway HS, Rtes. 551 & 322 in NJ. Contact Bob Martin at 610-352-2114

DVBC Riders Muster for June "Double": A group of DVBC riders, led by Woody Kotch, is gearing up for a collective assault on the mythical and elusive "double century," or 200-mile ride. While some DVBC members have individually achieved a double in the past, not in recent memory has there been a successful club-sponsored double. The riders will undertake the challenge in June on one of the longest days of the year.

Meanwhile, Kotch's recruits are planning their ride right down to the most favorable course (South Jersey's flatlands), a SAG driver and vehicle, and a series of preparatory rides designed to condition the group's members for the marathon event. Ed Becker, David Cunicelli, Dave Hartrum, Brian Wade, Drew Knox, Phil Morris, and Ed Sobolewski have expressed early interest.

Sunday morning mountain bike rides
Call for information

Expert Sales and Services

Guaranteed lowest prices



Mountain Bikes

Hybrid Bikes

Kids Bikes



Road Bikes

Tandem
Bikes

Joggers &
Trailers



Cycle Fit of Delaware County

320 South Chester Road
Wallingford, PA 19086
610-876-9450



Largest selection of bikes in Delaware County

Special discounts for club members

Specializing in closeout models

Hill Climbing

By Rich Alejandre

Macavity, Macavity, there's no one
like Macavity,
He's broken every human law, he
breaks the law of gravity.
T. S. Eliot
Old Possum's Book of Practical
Cats
Macavity: The Mystery Cat

Oh, to be like Macavity and defy nature's law of gravity, especially when hill climbing is concerned. Fortunately, by combining energy-saving skills with a positive climbing attitude you, too, can climb well.

First, think of yourself as two distinct individuals, one the cyclist, the other a coach. Positive reinforcement from others being in short supply, the coach in you needs to regularly tell the cyclist that you've done a good job. A kind word to yourself could be a silent thought or a voiced utterance. Take care of your psyche and compliment yourself regularly. Thinking positive is your constant pat-on-the-back. You need it. You deserve it. Don't neglect to reward yourself with at least a "well-done" each time you ride. In addition to praising your own efforts you've got to "want" to improve. Envision yourself climbing effortlessly. Talk to yourself about having the ability and desire to climb like a champion. The subtle power of positive suggestion can be an effective training technique, when used in a conscientiously applied program of physical training and daily psyche care.

On each ride, be it indoors or out, plan and ride well for at least one section. Riding well could mean leading a section, accelerating forcefully in a hilly part, or even dropping back from the pack and speeding-up to catch it. It could be during a picturesque segment or the easiest stretch of the ride, wherever it is, next time you bike it, work a little harder through that section. Pick sections to excel in and

do it without comparing yourself to other cyclists. When you feel good about what you do and how you do it, you move to higher levels of performance. Comparing the way you cycle, as compared to other riders, is not a valid gauge of your capability. Be the judge of your own performance as you place additional demands on your mind and body. Significant long-term advancement, ironically enough, is accomplished by subtle and seemingly insignificant action.

A note to riders who consider themselves over-weight, loose 5 to 10 pounds and lighten the load you have to transport. If you're serious about improving your hill performance start with the rider and reduce the mass. Make the machine lighter, reducing the weight

that you'll have to push up those hills. Your climbing will improve.

The act of inhaling pulls oxygen-rich air into the body to be used with fuel to create chemical explosions that drive the muscles. Exhaling rids the body of oxygen-poor air and carbon dioxide, a waste product of that chemical bonfire. Under cardio duress the body needs all the oxygen you can give it. Abdominal breathing allows you to maximize your oxygen in-take by insuring that your lower lungs get filled to capacity. Don't short-change yourself by using only your lungs to hold inhaled air. As you inhale you should be able to feel your stomach and lower back expand as they fill. Exaggerated inhalations are not called for, merely conscious, repeated efforts to fill the diaphragm. The rate at which you take air in and let it out determines your breathing rhythm.

Be in control at all times of your body. Mind and body must work together to produce a desired result. Breathe rhythmically and deep to take in as much oxygen as possible. Breathing rhythm varies by individual. What you don't want to do is breathe

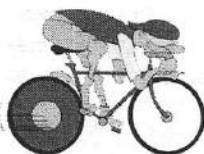


using a one-to-one sequence, where by, you inhale in one breath and exhale the same way. There is no cadence here. Breathing can be more easily controlled if it's done rhythmically. For example my inhalation is two short breaths, with lungs filling on the first, and diaphragm and lower-back expanding on the second pillow of air. Exhalation is three short puffs out. Again, this is done without effort or hint of exaggeration. Two breaths in, three out. Experiment and go with what feels better. This is not the way we normally breathe, so you're going to have to practice and remind yourself to do it as you bike. This is not just for hill climbing, this is your rhythm while cycling. Range of breaths in and out here will vary between the 2-3 range, unless you want to sound like "the little train that could." Remember, breathe in and out through both nose and mouth. Deep breathing isn't always necessary, only when you're putting a cardio-load on your body. Breathe in using nose and mouth, and exhale using those same avenues.

Pedaling cadence should be quick with little resistance from the gears. Initially, feeling quick is better than being quick. If your crank speed is rapid (at least 80 rpm) you won't feel like you're laboring, even if your ground speed is slow. Leg strength will come as long as you're working on your climbing. Sitting vs. standing, as you climb, is not a question. Both are ways to develop leg muscle. Utilize both to such a degree that you feel comfortable. Swinging the bike, at both slow and fast speeds, can also be done while you're sitting or standing. Be sure the path of your tires is not moving right and left as you go forward. Only the frame above the tires swings right and left. On especially tough sections while standing, you could also use a narrow snaking action with your bike to climb quicker.

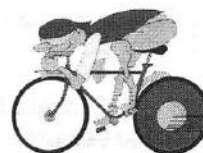
Your cycling objective is to use the minimum amount of power for that maximum display of performance. Perform as you'd like, but use only enough power to reach that level and no more. The conservation of energy

See **HILL CLIMBING** p.10



Bike Dirt

By F.X. Pedrix



As I entered the kitchen after a DVBC ride one recent, bitter wintry day, the lines of my face frozen in a painful grimace, my lovely wife Babs inquired as to why I don't consider some hobby that affords a measure of pleasure.

"Oh," I replied, "the pleasure comes in August. Right now I'm making deposits in the Pain Bank."

"The Pain Bank?" Babs demanded. (I knew I had her hooked).

"Yes, Dear. In March we riders are making deposits in the Pain Bank. The more we suffer now, the more our accounts grow. It's not supposed to be any fun in the spring. The more excruciatingly torturous the ride now, the more our Pain Bank principles compound, leaving vast sums to be withdrawn from our ledgers in August."

"Have you taken leave of your senses?" Babs inquired lovingly.

"It's true," I said. "Bob Roll told us all about it during Paris-Nice. The riders were turning blue as they suffered over snow-covered mountains and Bob said they were happy to be making deposits in their Pain Bank accounts for later withdrawal during the big tours. And I'll be making some major withdrawals myself this summer."

"But you're a wimp about riding in the heat. Your Pain Bank account will be overdrawn by then."

Sometimes even a conversation with Babs can lead to a deposit into my Pain Bank.

Since we are talking about the weather and with April riding at hand, I was thinking about riding in those wonderful spring showers. I came up with the top ten reasons why I like riding in the rain:

10. No need to take a shower when I get home from a ride.
9. I like that squishy feeling in my shoes.
8. When I crash, the water on the road provides lubrication as my body slides, flesh on asphalt, across the highway.
7. My valor reminds me of Andy Hamsten's heroism in his epic Giro win of '88.
6. I have an excuse for how dirty my bike is.
5. It's kind of romantic.
4. Helps to rust out my heavy steel bike so I can buy one of those fancy, shmancy carbon fiber numbers.
3. I love the way people in cars look at me as though I am crazy.
2. Hydroplaning is fun.

And the **number one** reason I like riding in the rain is: IF IT'S RAINING IT AIN'T SNOWING.

On one recent Kountry Kitchen ride, as our newsletter editor started repairing a rear-wheel flat, a helmet-less, pony-tailed rider was heard to

comment, "I'm gonna go for a little ride. I can see I won't learn anything if I stick around here."

Our club's inline skating, rock-climbing septuagenarian was late for a mid-March DVBC ride. It seems that on the way, he crashed after hitting a pothole at 25 mph, sustained a slight concussion, and was detoured to the hospital to have his face stitched up. His fellow riders warned him that next time he is late for a ride he'd better have a valid excuse. Like any devoted bike rider, his first concern was with the condition of his bike.

Our club's less mentally stable members are forming a team to undertake a 200-mile ride in late June. Our wheel-building dentist is the instigator. One of the group's younger and more analytical members has proposed keeping the speed high (something like 18 mph) in order to minimize time in the saddle. By that logic I feel that averaging 40 would be even better, as it would reduce saddle time to a mere five hours.

Now Plastic Boy has enlisted, and everybody knows that means twenty-plus. But fear not; at the April membership meeting he is going to tell us how to prepare to meet our long distance riding goals.

Keep Ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.

STATE INSPECTION
EMISSION INSPECTION
24 HOUR TOWING
4-WHEEL ALIGNMENT



JONES' AMOCO
614 MacDade Blvd.
Milmont Park, PA 19033

RICK JONES
Proprietor

(610) 583-3015



Tancredi's
Auto and Truck Repair, Inc.

(610) 833-2270
500 Fairview Road
Woodlyn, PA 19094



JOE TRANCREDI
Towing Pager
(888) 975-2053

Regional Events

Sat. April 17: Spring Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, 9AM-2 PM. 610-967-8033

Sat. April 17: Taxing Metric Century, Warwick County Park, just off Route 23, Knauertown, PA. 20, 32, or 64 mi on hilly terrain. \$12 pre-reg or \$15 day of, incl. lunch. Brandywine Bike Club, P.O. Box 3162, West Chester, PA 19381. Maliya Piergalline, 610-363-3538. PERK4357@aol.com

Sun. April 25: Edw. Stokes Memorial Horsham Rotary River Ride, Horsham, PA. 5, 20, 35, or 63 miles on rolling terrain, starting from College Settlement Camp, 600 Witmer Road. Horsham Rotary Foundation, P. O. Box 99, Horsham, PA 19044.

April 29 - May 1: The New York City Bicycle Show, New York State Armory, 26th St and Lexington Ave, New York, NY.

Sat. May 1: Farmlands Flat Tour, Brookdale Community College, Lincroft, NJ. Ride 18, 25, 38, 50, 62, or 100 miles. \$20 pre-registration by 4/17, add \$5 for shirt and \$7 for lunch. \$25 after 4/17, no shirt or lunch. [Central Jersey Bicycle Club](http://www.centraljerseybicycleclub.org), phone 732-225-HUBS.

Sat. May 1: Southern Maryland May Metric, Clinton, MD. 26, 40, or 63 miles. The longer routes take you through the Merkle Wildlife Sanctuary. [Oxon Hill Bicycle and Trail Club](http://www.oxonhillbicycleclub.org), P.O. Box 81, Oxon Hill, MD 20750;

phone 301-567-0089.

Sun. May 2: Bike 4 Sight. Media PA. bike4sight.org

Sun., May 2: SCU Quad County Metric, Green Lane Park, Green Lane, PA. Post-ride meal. Home-baked snacks. [Suburban Cyclists Unlimited](http://www.suburbancyclists.org), Box 401, Horsham, PA 19044; 215-362-2216. E-mail: centuries@suburbancyclists.org Web site: <http://www.suburbancyclists.org>

Sat. May 8: Pinelands Triple Loop, Batsto, NJ. Ride 29, 36, 65, or 100 miles on flat terrain. \$15, pre-register by 4/21 for free T-shirt. [Shore Cycle Club](http://www.shorecycleclub.org), P.O. Box 492, Northfield, NJ 08225-0492.

Sun. May 16: Bonkers Metric, Ridley Creek State Park (Parking Lot #15), near Media, PA. Ride 18, 35, 50, or 65 miles on rolling terrain with a few hills. \$12 pre-registration by 5/9, \$17 day of event. [Delaware Valley Bicycle Club](http://www.delawarevalleybicycleclub.org), P.O. Box 156, Woodlyn PA 19094-0156; 215-254-9485.

See **REGIONAL EVENTS** p.13

From **HILL CLIMBING** p.8 and conscientious distribution of that energy will enable you to become a more efficient and productive cyclist. Stay relaxed throughout the ride, especially in the trunk area. Breathing is easier if your chest cavity and shoulders are not tense. On your way toward the top keep your head down. Attempting to gauge remaining distance with strength needed to get there doesn't work. You merely start feeling sorry for yourself, and you slow down. Keep your vision just over your front wheel. The zenith will come. Concentrate on staying relaxed and monitor your actions.

GU (or something equivalent) can be a mental and physical aide to assist in climbing. During the second-half of a ride, when you know that a tough climb or climbs are coming up, help yourself by helping your body. Take a GU and chase it with lots of liquid.

Staying relaxed as you cycle requires that you mentally scan your entire body from head to toe. Questioning, giving directions, and reassuring are things you need to do as you cycle, so this means talking to yourself. Don't be discouraged if your performance doesn't meet your expectations, especially on someone else's ride. Biking well is a multi-faceted package requiring continued attention to all facets. Biking hills calls for a positive mindset, the same as you use when riding flats, only modified to incorporate hill technique. Climbing well is a state of mind arrived at through the systematic application of various techniques meant to make the cyclist more efficient. Gradually, incorporate these climbing techniques into your cycling and soon you, too, will be like Macavity defying the laws of gravity.

New Members

Kathy Carbonetti
Richard A. Narvaez
John Stockman

BONKERS



For permission to reproduce, email 2ladrews@netreach.net

From CASEY, p. 4



up. He was very sick with a stomach virus, so I took him to my house. He went upstairs to bed and I had to go back to work for the rest of the afternoon.

When I came home that evening, Casey sensed Dan was up there and she needed to see him. She kept on going to the bottom of the stairs and calling me as I was trying to make dinner. Casey wasn't allowed upstairs. Finally, I said, "You wanna see Dan? C'mon, let's go up." She hesitated as if it was some kind of trick. "C'mon let's go up, it's ok." She ran up to the room, jumped on the bed and licked Dan all over. She put a smile on his face and came back down happy that her job was now done.

Some of you knew Casey as just another DVBC club member. She did SAG for the Bonkers and Brandywine Tours, and the Hunter Mountain trips. She also recently attended a club board meeting but, like others who have attended, she found the conversation dull and declined an offer to join.

Last year she went through some health problems and her energy declined. After several trips to the vet, she was finally diagnosed and treated for a severe case of Lyme disease. A few weeks after the treatment, Voila! Happy dog again.

Then, early in February, it all fell apart. Casey started to vomit and cough as if she had a stomach virus. I said, "Oh great, the kids have it, now the dog has it. I guess I'm next." One week later, Monika came over to visit and, petting Casey, she noticed a lump on her belly. I called the vet immediately and made an appointment. Blood samples were taken and we were sent home with some antibiotics. The preliminary diagnosis was cancer.

On February 19th, a phone call from the vet confirmed our worst fears. It was lymphoma. Casey was running out

of time. After discussing several options, I called the West Chester Oncology Center and scheduled a consultation with a specialist.

Four days later, Dr. Jeglum examined Casey, looked at the test results, and asked to do a bone marrow biopsy. I agreed and waited for the results. After 45 minutes, the bad news came down. Even before chemo, Casey would have to be hospitalized five days for bone marrow treatment. After discussing costs and ramifications, I gave the go-ahead.

I visited Casey each of the five days before taking her home on February 29th. Two days later we were back again for chemo. After her treatment, Casey seemed thankful to be returning home with me.

The next day Casey looked bad. She was weak and listless. I took her right to the doctor's. She was running a fever, but blood tests revealed that she had responded well to the chemo; cell breakdown might be the cause of the fever. They kept her hospitalized with an IV and antibiotics. I went to visit Casey every day and fed her, because she wouldn't eat for the medical establishment.

Three days later, with the fever still out of control, the doctor wanted to do another bone marrow biopsy. Feeling it might be futile, I declined and suggested we wait another day. I got permission to bring Casey home overnight with her IV.

Not once, but on two occasions that evening, despite the use of a restraining cone collar, Casey managed to chew through her IV tube, spilling her medicinal fluids. Both episodes necessitated frantic trips to the animal emergency room.

That night, each time I got up to check on Casey, I could see that she was breathing with difficulty and going downhill quickly.

The next morning, March 7th, I pulled her IV and let Casey out in the back yard, where she still had enough energy to do her inspection. When she came in, she just lay down tired, as if she had been for a long run at the park.

Exiting the car at the hospital, Casey put her tail up and headed for the door, as if full of energy. She

barked at the technician who opened the door for us.

Casey was still running a fever. It would not come down and she wasn't responding to the antibiotics. Her blood count had plummeted. We talked about the various options and decided that any course of action would mean only a painful postponing of the inevitable. As much as I loved Casey, I didn't want to keep her around to suffer, so it would probably be better to just let go. I think animals are very lucky we can make those decisions for them. And there I was, faced with a horrible decision. I had done what I could to help her and now it was time to say goodbye forever. Christine asked if I wanted to leave, but as hard as it was going to be, I wanted to be there with her so she wouldn't think I'd left her in the hospital again. I held her head, said goodbye and felt Casey's last breath on my hand at 10 am. Tears come to my eyes as I write this, but I know the hard decision I had to make was for the best.

Christine's two-year-old son was there eating Goldfish Crackers while this happened. He sees this thing all the time and thinks nothing of it anymore. At the end, he saw me so upset, he opened his arms and gave me a big hug.

In the afternoon I tried to take a nap but I couldn't get it off my mind. I decided that a bike ride might help. I called Monika and we went for a ride. I ran into Ira's group and Ed. It was a beautiful day and there were many cyclists on the road. There were also lots of happy dogs everywhere, so it didn't work. To top it off, there was no doggy to welcome me at the door when I got home.

It is one thing to see a dog grow old and finally die, another to watch it go from a young, happy dog to death's door in three weeks and have to make the decision to end her life. Sometimes life is unfair.

She started as a special dog in the kitchen at the SPCA. She was a very special Casey to me, my family, and some of my closest friends and co-workers. And she will always have a place in my heart as the most special dog I've ever had. Goodbye Casey.



BONKERS METRIC

Sunday, May 16, 2004

65, 50, 35 and 18-mile routes



Time: 8-9 a.m. for 64 & 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 9, 2004). \$17 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: E-mail info@dvbc.org



Cut off here and return the form below

BONKERS METRIC, May 16, 2004, Pre-Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 18 miles ☐ 35 miles ☐ 50 miles ☐ 64 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 9** with a check or money order made out to **DVBC** to:

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

From REGIONAL EVENTS p.10

May 28-31: Kent County Spring Fling, Chestertown, MD. 4 days cycling on Eastern Shore w/ meals & lodging at Washington College, Chestertown, MD. 11 to 132 mi. per day. \$245 per person (double occ.) incl. 3 nights dorm lodging, 3 breakfasts, 2 din., ice-cream social, etc. \$25 late fee after 4/15. Baltimore Bicycle Club, Frank Anders, 410-628-1154.

Tue. June 1: Wachovia Invitational, Lancaster, PA. Professional road race - spectator and volunteer event.

Thur. June 3: Wachovia Classic, Trenton, NJ. Professional road race - spectator and volunteer event.

Sat. June 5: Get Ready Metric, Pennsville, NJ. 32 or 64 miles. Start Fort Mott by Del. River & ride 32-mi loop. Then lunch & call it a day, or continue second 32-mi loop. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

Sun. June 6: Wachovia USPRO Championship, Logan Circle to Manayunk, Philadelphia, PA. Professional road race - spectator and volunteer event. Vendor Expo on Ben Franklin Parkway.

Sat. June 12: The Longest Day, High Point, NJ, to Cape May, NJ, 200 miles, 1-way. Alternate start locations provide 100- or 120-mi (200km "double metric") routes. Must register and join Central Jersey Bicycle Club by May 12. Brian & Fran Sanchez, 732-251-4480.

Inspiration to Movement, Inc.

Phoenixville, PA 610-933-6549

Pilates~MassageTherapy~Acupuncture

AS STATED IN JULY'S VELO NEWS...

PILATES BUILDS KINESTHETIC AWARENESS AND IMPROVES CYCLISTS PERFORMANCE!!

Pilates will help you increase: Endurance, Flexibility, Strength, and Breath Control and Capacity

Pilates will help you decrease: Pain and Injury

Private and Semi Private Equipment

Sessions Classes also available

Day, Evening, and Weekend Hours

Call for more information or to schedule an appointment

Discount for DVBC Members! 610-933-6549

Acupuncture Energetics, Harry Lardner, Lic. Ac, Dipl. Ac

Acupuncture can help with Back Pain, Migraines, Asthma, Shoulder and Knee pain, and more!!

Call **610-202-8177** for a free phone consultation or to make an appointment

Take the next step in performance enhancement!

At home or in the office, CrafTech offers a wide range of services to meet all your computing needs.

CrafTech Computer Solutions

- Computer Hardware & Software
- Programming and Consulting
- Multimedia
- Networking

CrafTech Internet Services

- Full Internet Access
- Dial-up & Dedicated lines
- Home Page Development
- Home Page Hosting
- Affordable rates
- Training and Consulting



Get Connected!

with CrafTech

Media's first internet service provider
A DVBC MEMBER

113 Old State Road

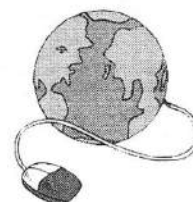
Media, PA 19063

Voice (610) 566-0980

Fax (610) 566-9340

E-mail ccs@craftech.com

<http://www.craftech.com>





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



Expiration Date: 11/30/04

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

Greg @ newsletter

19320/1254

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: _____

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)

19094-0156 02