

Delaware Valley Bicycle Club



P.O. Box 156, Woodlyn, Pa, 19094-0156 SEPTEMBER 2004

Remember Those Days in September

By Dominick Zuppo

Can you believe it's September? It seems that only yesterday summer arrived, and with it those long, sunny days just meant for cycling. We're in the prime touring season, where many club events, including our own Brandywine Tour, are well underway. Yet some of you may be spending your time at the mall with a back-to-school supply list in your hands.

With the impending end of summer comes our preparation for the annual club banquet. In addition to providing a festive atmosphere to meet old cycling friends and make new ones, our December 13th event serves as the official club membership meeting for the calendar year.

And there's much to do. As required by our by-laws, we need to elect the Board of Directors and present the annual report. We also use the club banquet to acknowledge our top ten Ride Leaders, Rookie of the Year, True Bicyclist of the Year, Roadkill award and possibly the next inductee into our DVBC Hall of Fame.

The Delaware Valley Bicycle Club is incorporated as a Section 501 (c) (7) organization under the Internal Revenue code, and as such is run by a Board of Directors. The Board consists of 11 active members, the eleventh being the past president of the club. The remaining ten Directors are elected at the annual meeting and serve a one-year term. Once elected, the Board appoints the executive officers of the corporation, which consist of the President, Vice-President, Secretary and Treasurer.

Would you like to be nominated to serve on the Board? Do you know

a club member who has the enthusiasm and temperament to act as a steward of the DVBC? The Board meets the first Monday of each month at the Friends Peace Center in Springfield, Delaware County. Meetings start at 7 p.m. and generally last 2 hours. Discussions include general club matters, such as membership recruitment/marketing, the newsletter and website, and planning for our Bonkers Metric and Brandywine Tours. If you or someone you know would like to be nominated, please feel free to contact any of the Board members listed on Page 2 of the newsletter.

And don't forget fellow club members you feel should be recognized. Ride leaders are the heart and soul of our efforts to reach out to cyclists. They spend hours of their free time

each year finding places to ride and then leading participants down quiet country roads or through exciting urban settings. They convert their passion for cycling into rolling invitations that say, "Hey, remember why you bought your bicycle? Come out and ride with the DVBC!"

We can identify the top ten rider leaders by reviewing the number of rides they listed for the past year. But we need your help to identify candidates for the other recognition categories. Know someone who ran over a snake during a ride? She could win the Roadkill award! How about Rookie of the Year? Send us the names of new members you've watched blossom from toe-clipped neophytes to hill-climbing marvels. And we'd gladly accept recommendations for the True Bicyclist of the Year, the member whose conduct represents the true spirit and love of our sport. Bob LaDrew is our primary "recognition statistician," but you can send your thoughts to any Board member.

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Lounging at the August 7th club picnic: Marcia, Jill, Anan, and John. Background: Tony and David

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).



GO BONKERS!

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 & Ed Becker, *Ride Coordinators*,
 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

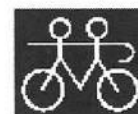
Debbie Chaga, 610.494.3033 or
 dreamer@craftech.com

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

Club Affiliations



LAB



Bicycle Coalition of the Delaware Valley

Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

Ride Guidelines

1. Arrive early and be ready to leave on time. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order before you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class A: For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

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

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 stopping or turning.

The Latest

By Rich Alejandro



At times, in the course of human achievement it behooves even the most conservative of its members to consider and adopt the latest. Case in point the plethora of

manufactured cycling components now available for an arm, a leg and even a rump. The tried-and-true of the past is now getting a run for its money with all the latest gadgets manufactured to make biking easier, more pleasurable, and of course more expensive.

Per chance you aren't on the A-list of notable recipients, who on a regular basis receives up-dates on what's in and what's not. Well, here's your opportunity to catch up. Let me first introduce you to Skinidip™, a technological, giant step forward in the area of clothing, brought about by the tons of lucre dumped into apparel thanks to Lance's success in the Tour. Once you've greased your upper torso and pulled yourself into this beauty of design and five-fabric panels, you'll shake your head in amazement at how you could have worn the old stuff for so long. Not only does Skinidip™ hug your every curve, but while on it also provides a gentle and constant massage. Granted, for some it could require a period of adjustment especially for those parts of the body not accustomed to intimate manipulation. But once your break-in period has passed, you'll breathe a sigh of relief every time you don this beauty, a

dear friend once again close to your person. And, the suit's benefits don't end there because once you straddle your biking machine you'll immediately notice the sensation of wind at your back. The use of modern day fabrics utilized in the manufacture of this essential piece of equipment literally pushes you along even when at a standstill. Who could ask for more from this marriage of mock materials and vision? Move while standing and massaged at the same time. A miracle.

In a brief segue from kneading textiles rests an elemental item meant as a substitute for those individuals reluctant to embrace cuddling clothing. Perhaps, the Assured Seating System™ could be the answer to those uncomfortable miles of riding you reluctantly endure. Designed with the more ample posterior in mind, this saddle provides a pleasant platform in all seasons and weather. Molded around an ergonomic horn, long known to be the secret behind Genghis Khan's ability to remain in saddle from Chengu to Kunming, this configuration is now available to pamper those cheeks into cycling compliance. Fully automatic and earth-friendly, this stylish seat senses fatigue and responds mechanically with exact pulsating punches personalized to pummel pain into yesterday. It only metes out that measured amount of punishment, as determined by the downward weight against it to get that rear-end job

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(Continued from REMEMBER THOSE, page 1)

Remember, this is your bicycle club. As with any organization, communication is key. Send the Board your thoughts, suggestions, praise and criticisms. If you enjoyed the food served at the club picnic or like the content of the newsletter, please let us know. If you think something needs to change, don't forget to offer some solutions. In this day of cell phones, email, voicemail, and even "snail mail," there are many ways for your voice to be heard. If you ask "Can you hear me now?" the answer will be "Yes!" See you on the road.

Consider volunteering for the Brandywine Tour on Sept. 5th. You can work the morning, the afternoon, or all day. It's a fun feel-good day supporting and talking with all the riders.

Contact info@dvbcorg

Arrive at the start of the **Brandywine Tour**, Sunday, September 5,



ready to roll.

Save time by filling out the registration form on p. 10 and bringing it with you.

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HH Racing Group makes bikes for the Olympics.

By David Bennett

Harry Havnoonian, of Cycle Sport, one of our sponsors, has landed agreements to make a total of 8 pedalcycles for various Olympic athletes representing three different countries. The athletes represent the US, the Canadian, and the Norwegian teams.

James Carney, who at the last minute was cut from the US team, had both a track bike and a road bike custom made by HH Racing. He would have competed in the regular Olympics in August. All the other bikes are for athletes competing in the Para Olympics which will take place beginning Sept. 13th. He has designed a special titanium tricycle

for Canadian Stu Slacks who suffers from Cerebral Palsy. The trike has a special dual rear drive which works something like a differential in the rear of a car. He is building two tandems for another Canadian who is competing in both road and track events.

Harry is also building tandems for both the Men's and Women's Norwegian teams. The tandem athletes, all stokers, are all visually impaired. They have an unimpaired rider in the front, called the pilot.

Harry Havnoonian has consistently managed to grow his list of accomplishments. Good work Harry.



New Members

Bob Frick
Brad Fruchtl
Robert Hamlyn
Patricia Hushen
Klaus Kaestner
Don Keckler
Sean Mooney
Lisa O'Mahony
Nina Sherak
Bill & Ruth Watkin

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

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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

SEPTEMBER 2004



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

Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	Join us for an evening spin through Delaware County. Bring your bike and your brain. Meet us at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.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 Email: tony@crafttech.com
Wednesdays 6:00 pm Miles:20-30 Class:B+ South Jersey Ramble	Mileage will vary with the amount of daylight. NO RIDE SEPT 1, ON VACATION. Start at Kingsway High School, NJ, Routes 322 and 551. Please refer to the ride classifications/guidelines for moving average. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Wednesdays 6:00 pm Miles:25 Class:B The Rose Tree Ride	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't, so BRING YOUR LIGHTS... front and back... with a hill or two. Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:15-20 Class:C Show and Go	Who ever shows up to ride in Delaware County. Meet at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
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
Saturday, Sep 4 8:00 am Miles:Various Class:All Volunteer Ride	We're working tomorrow but we play today! Try out the Brandywine Tour course with your friends. Pick your distance (25,50,68,100) and speed. Meet at Pocopson Elem., 926 & old 100. Cues avail. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Sep 5 8:00 am Miles:Various Class:ALL BRANDYWINE TOUR	28th Annual Brandywine Tour! See web site for details. http://www.dvbc.org/brandywine.php Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Sep 11 9:15 am Miles:18-28 Class:C CU AT SELENE	Start at Selene Whole Foods Co-op, 305 West State Street, Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Sep 11 9:30 am Miles:50+/- Class:B+ Elwynn - West Chester	Start at Elwyn train station off of Rte. 352, south of Granite Run Mall, and ride the infamous West Chester loop. Bring \$\$ for food and drink. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Sep 11 10:00 am Miles:50 Class:B- Philadelphia Lunch Ride	Leave from 320 Market parking lot Swarthmore/Springfield -Suburban hills, rollers and River Drive flat to lunch in Art Museum area and return. Bring money for lunch. Serious rain cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net

Sunday, Sep 12 8:00 am Miles:60+ Class:B+ TBD	Start and end at the R5 Wayne Train Station. Hills and food stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 12 8:45 am Miles:34-50 Class:ALL MS 150 Kountry Kitchen Ride	C Class, 34 miles; B Class, 40 miles; A class, 50 miles or more. Please join me for a ride to Kountry Kitchen and help me raise money for Multiple Sclerosis. A \$15.00 [or more] donation gets you breakfast & wonderful ride through South Jersey. Cue sheets provided for the various routes. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Sep 12 9:00 am Miles:50+/- Class: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@craftech.com
Monday, Sep 13 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
Saturday, Sep 18 8:00 am Miles:90 Class:B The Reading Ride	Start at the Valley Forge Visitor Center's lower parking lot and ride to Reading and back. Up is rolling. Return is hillier. Two food stops. RSVP Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Sep 18 8:00 am Miles:100+ Class:B+ Sea Breeze Century	An Ed squared ride to Sea Breeze, NJ. Start at Kingsway High School, Rtes. 322 & 551 NJ. Ride a somewhat rolling ride through scenic back country roads. Bring \$\$ for food and drink. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Sep 18 8:30 am Miles:50 Class:C+/B- Roll Along the Back Roads	Meet at Folsom PathMark, MacDade Blvd., Ridley Twp. Bike to Neumann College, the highest point in Del County, on to the County's west end, swinging back thru Media. Ride follows a "C" pace (12-14 MPH); bring strong legs for the hills, definitely "B" rated. \$ for a snack. Contact Frank Jackson at 215-620-0632 or fjackson@rohmmaas.com
Sunday, Sep 19 8:00 am Miles:45+/- Class:C+ Centerton	Join Bonnie & Len for ride to Centerton. Start: Kingsway HS, NJ, Rtes. 322 and 551. Mostly flat with some rolling terrain. Refer to ride classifications/guidelines for moving average. Cue sheets provided. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Sep 19 8:00 am Miles:60 Class:B+ Halcyon Hills	Starts at the R5 Wayne Train Station. Do a rolling 28, stop for food then return. Minor hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 19 8:30 am Miles:45+/- Class:C+ Thornbury Ramble	Start: Manhattan Bagel, Chesterbrook Shopping Ctr. Hilly ride thru Chester & Delaware Counties. Brunch at Pepper Mill. A multi-club ride. Not for beginners. Stop to regroup as required. No one dropped. Cue sheets. Bring snacks, H2O and \$. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Sep 19 9:00 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
Sunday, Sep 19 9:30 am Miles:62+/- Class:B/B+ Northbrook Orchard	Northbrook Orchard... or Westtown and Beyond. Who knows? Meet at Moylan-Rose Valley train station at Manchester & Woodward Roads. We will travel some different classic DVBC routes. Contact Ira Josepshs at 610-565-4058 or ira@dvbc.org
Monday, Sep 20 7:30 pm Miles:0 Class:ALL Glenn Lyons 24th Guitar Recital	West Chester University, Swope Hall Auditorium. Featuring "Seven Rhythmic Studies for Two Guitars" composed by Glenn Lyons assisted by Jeremy Lyons - Guitar Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Saturday, Sep 25 8:00 am Miles:50 Class:B Brandywine 50	Join Bonnie and Len for a ride along the scenic Brandywine. Start at Chadds Ford Elementary School on Route 1 and Fairville Rd. We will regroup as necessary. Route is rolling/hilly. Cue sheets available. Refer to the ride classifications and guidelines for moving average. Contact Len at 610-558-6232 or lzane00@comcast.net

Saturday, Sep 25 8:00 am Miles:100+/- Class:B- Mays Landing	Meet at Kingsway High School Routes 322 and 551 for a 16 to 18 mph pace to Mays Landing. Bring money for the Sugar Hill Deli stop for food and drink. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Sep 25 9:00 am Miles:40+/- Class:C/C+ Jersey Jaunt	Start: Kingsway H.S. at Rtes. 551 and 322, NJ. Ramble around South Jersey, food stop at halfway point. 49-mile loop, mostly flat; we can shorten ride depending on weather and/or how people feel. No one dropped. Bring water and \$ for food. Rain cancels ride. Call or email to confirm. Valerie Shinbaum at 610-322-7829 or libra-joy@hotmail.com
Sunday, Sep 26 8:00 am Miles:40+/- Class:C+ Washington Twp	Join Bonnie and Len for a ride to Washington Twp. Start at Kingsway High School, NJ, Rtes. 322 & 551. Cue-sheets available. Refer to the ride classifications and guidelines for moving average. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Sep 26 8:00 am Miles:68 Class:B+ A Round of Hills	18 of 'em. All par 4s and 5s. Well over a mile of climb. Tee off from R5 Wayne Train Station. Non-golfers welcome. Must RSVP. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 26 8:30 am Miles:77 Class:B+ Westtown - Chester Springs	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. for a scenic ride to northern Chester County. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Sunday, Sep 26 9:30 am Miles:22-35 Class:C+ Art Museum	An easy-paced ride from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114

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(Continued from THE LATEST, page 3)

done. Don't end your biking day without getting it in the end.

Moving closer to the ground, but by no means of lesser importance, finds us now speaking of CRNK-e™, an innovation in peddling that will revolutionize the practice of cycling. Here hidden gyros and a series of linked power reservoirs collect and store superfluous pedal strokes, saving them for later use. On the flats, every pedal stroke is not essential, and it's those unneeded revolutions of the crank that are saved, saved for those moments during a ride when you need and wished you had the ability to push that crank a few revolutions more a minute. CRNK-e™ feels your need and comes to the rescue. Just when you need them, those extra turns of the crank are added to your stroke, seamlessly, providing added speed up those pesky inclines. Now you'll be able to chitchat with friends, munch on a PowerBar, or whistle

some catchy ditty, all made possible by the simple addition of this most modern modification. You've performed each pedal stroke, so have each stroke perform for you.

All the products noted have been designed to propel you forward. Now comes some consideration toward breaking that forward progress. Cyclists have long complained, seemingly on plugged ears, for some modification that will allow and compensate for inattentiveness while cycling. Today, just such a component is available by the name of Decision Decelerators™. This piece of indispensable equipment counteracts a cyclist's occasional mental lapse to insure that a bike's speed does not contribute to unsafe conditions or riding practices. "Double-Dee" keeps you and your machine in-check. Cyclist and bicycle are connected one to the other through a micro-thin thread fed from the saddle through a tiny opening in the rear seam of the included Lycra

shorts, and painlessly positioned in the body cavity using a scientifically formulated salve high in viscosity and low in cohesive factor. Once connected, rider and machine are one and ready for the road. Now, you can take in all the nature you want without fear of missing some important tree or stream, because you were excessively concerned with what's in front of or below your bike. DD senses that you're looking at Mother Nature and takes charge. Brakes at the ready, your Decision Decelerator™ knows you need help and is ready to provide it. Bike with confidence when DD is there to help support your every mile.

These are just a few of the myriad of modern miracles available today to make your cycling journey enjoyable and safe. Take a few minutes to peruse a favorite cycling catalogue or drop in at your neighborhood cycling shop and ask about the latest products.

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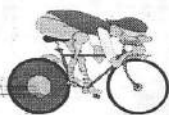
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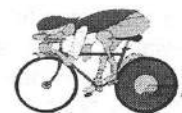
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Bike Dirt

By F.X. Pedrix



Bonkers Boy was pretty proud of the fast pace at which he had ridden the Covered Bridge Metric. He had stayed with his stronger friends the entire 63 miles and they finished together. In fact, upon comparing average speeds, Bonkers had actually topped Motorola and Edward the Second by a tenth of a mile per hour. When Bonkers bragged about his higher average, Motorola informed him, "You didn't actually *ride* faster; you just manifested better cyclocomputer management." Instead of working so hard on training, I think I'm going to start concentrating more on cyclocomputer management skills.

The Polish Prince didn't establish his rightful claim to the throne, but, for once, he did return from a summer visit to his homeland without any assassination attempts by bike-disrespecting motorists. And his award-winning scenic photos have Edward the Second contemplating making the pilgrimage with him next year. The Prince, our reigning True Bicyclist of the Year, appears well on his way to wrapping up another club annual mileage championship. Ed II, however, seems poised to make a run at the Prince's record of 26 centuries in a year.

The DVBC picnic had less of almost everything this year: fewer people (due to competition from other rides), less oppressive heat, fewer riders lost in northern Chester County while the main course was being served (congratulations, Ride Leader Extraordinaire!), fewer croquet games (trying to beat Mrs. Bonkers has become hopeless), and fewer fat-and-sugar-laden foods (Don't worry, Plastic Boy still got his quota of cholesterol). About the only things it had *more* of was fun and healthful, delicious foods.

On the Washington DC trip last month, the more senior cyclists taught the youngsters a lesson or two about their art. The 67-year-old Father of the Shore Rides had ten gears at his disposal but is said to have actually used only four. Mechanical Bob rode a 50's era Raleigh touring cycle and never missed a beat. While those two waited at the top, Buckeye and the Prez huffed and puffed their way up the hills.

On the return trip the quartet witnessed a street fight in Baltimore. Well, it was on a street and was a fight to the extent that a woman in a jogging outfit was pounding a man into submission. When the cops arrived the woman said (unintelligible) and the guy told them everything was under control. Our boys, fearing for their safety, shifted into the big ring and put the hammer down.

Speaking of the Prez, he sounded pretty intelligent when quoted in an *Inquirer* article last month about biking. He's been on TV and in the papers a lot this

year—and it's not the cartoons and the funny papers. Although we don't doubt that he could shine there, too.

In fact, his talents are not limited to the political arena. On August 21 he recorded his first-ever century, riding 102 miles for a hoagie in Mays Landing, then winning the final sprint to the Kingsway parking lot.

Comments last month on the club's email list serve prompted discussion concerning what is or is not appropriate in that forum. Some of my scouts decided to express their opinions by writing examples of good and bad list serve comments:

Good entry: Would anybody like to do a B ride tomorrow at 8 am out of Rose Tree?

Good response: I'll be there and ready to ride.

Bad response: I can't come.

Good entry: I'm a DVBC member and have always been treated great by the staff at Haul-Ass Bike Shop.

Acceptable entry: I'm Ron Wrench, of Haul-Ass Bike Shop, a DVBC member and club sponsor. I think I can help you with that problem you've been having with the Shimano bottom bracket.

Bad entry: I just signed onto this list serve so I could destroy the reputation of Haul-Ass Bike Shop.

Worst entry: I'm Harry Hustler, sales rep for Corpro-Giant Bike Parts. We're having a sale this week on....

Good entry: Having recently moved to the area, I was wondering whether anyone could recommend a safe and scenic riding route around Swarthmore.

Bad response: Where'd ya move from? I might be from there, too. Are you good looking?

Risky entry: Bush (or Kerry) rides a K-2 mountain bike with front and rear shocks. He looks like he knows how to handle himself.

Likely response: That @#%*\$ in (or running for) the White House doesn't know a bicycle from a hole in the ground. If he's using a bike that means it's a piece of crap!

Bad entry: Did you guys see how Lance pulled ahead at the end of today's stage of Le Tour?

Likely response: You're a bigger @#%*\$ than that @#%*\$ in/running for the White House! Now I won't bother watching the videotape.

Bad response: _____ is out of the office snorkeling in Dubai this week. This automated response is to inform you that your message will be handled forthwith upon her return.

Good entry: Viagra. Only 85 cents per pill. Delivered in a plain envelope.

OOPS! Bad entry.

(Continued on page 10)

(Continued from **BIKE DIRT**, page 9)

Under our Tour Coordinator's firm hand, the Brandywine Tour is shaping up to be our best ever. Drew has personally spent scores of hours on his bike researching the routes to fashion a perfect course. And, you have to admit, the man has a way with words: In fact, hereafter, in this column he'll be referred to as "The Professor." Check his route descriptions on the website and you'll see sentences like: "This peaceful Brandywine route meanders the south side of the eponymous river as you work your way to our abundant, food stop...." Or: "After stocking up on vittles, you return on the other side of the river following the paddlers downstream.... We didn't go hill-hunting, honest. We just liked the scenery and the flow of the roads. And, heck, we even saw tandems cresting Uggia Hill last year."

I'd better wrap up this eponymous column because my lovely wife Babs is about to serve mid-day vittles.

Keep riding and sending your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@dvbc.org.



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



MEMBERS:

Check out **downloading** your newsletter as a **PDF** from our web site: dvbc.org. We are interested in getting feedback about distributing the newsletter this way. Please contact Dom Zuppo by emailing him: domzuppo@att.net to let him know how you feel about receiving your newsletter as a PDF file.



New Members

Bob Frick
Brad Fruchtl
Robert Hamlyn
Patricia Hushen
Klaus Kaestner
Don Keckler
Sean Mooney
Lisa O'Mahony
Nina Sherak
Bill & Ruth Watkin

BRANDYWINE TOUR, Sept. 5, 2004, Registration Form

Day of registration: \$17.00

Day of registration plus membership with PDF newsletter: \$25.00

Name: _____ Address: _____

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

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 25 miles ☐ 50 miles ☐ 68 miles ☐ 100 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 with a check or money order made out to DVBC, by August 29, to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156. For more info: www.dvbc.org

Regional Events

Sun. Sept 5: Brandywine Tour, Pocopson Elementary School, Pocopson, PA. Ride 32, 50, 68, or 100 miles, rolling to hilly. \$12 pre-registration by 8/29, \$17 day of event. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn PA 19094-0156. 610-383-9327.

Mon. Sept. 6: The Donut Derby, Trexlertown, PA. Lehigh Wheelmen Association

Sat. Sept. 11: Amish Country Tour, Dover, DE. 1-800-233-KENT

Sat. Sept. 11: Civil War Century, Thurmont, MD. Baltimore Bicycle Club, Judy Getz, 410-254-1306.

Sun. Sept. 12: ArtCycle2004 - Pedaling for the Arts, Doylestown, PA. Five routes: 20-, 35-, and 55-miles hilly, or 6- and 20-miles flat. Proceeds benefit the James A. Michener Art Museum, phone 215-340-9800. Register on-line at active.com

Sun. Sept. 12: Hillier Than Thou, Washington, NJ. Ride 40, 62, or 100 hilly miles. 12,000 feet of climbing on the century. Central Jersey Bicycle Club, Phil Apruzzese, phone 732-452-1233.

Sun. Sept. 12: New York City Century Bike Tour, New York, NY. Sponsored by Transportation Alternatives, a 5,000-member NYC-area

non-profit citizens group working for better bicycling, walking and public transit, and fewer cars.

Sun. Sept. 12: Scenic Schuylkill Century, Philadelphia, PA. Bicycle Club of Philadelphia (BCP), P.O. Box 30235, Philadelphia, PA 19103.

Sat. Sept. 18: Jersey Devil Century, Parvin State Park, Centerton, NJ; 25, 50, 75, 100, or 125 miles; terrain flat to slightly rolling. \$14 pre-registration until 9/12; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705.

Sat. Sept. 18: Univest Grand Prix and Cyclosporitif, Souderton, PA. John Eustice, Sparta Cycling, 212-358-9337. (Date from UCI Calendar)

Sept. 18-19: MS150 City to Shore, Cherry Hill to Ocean City, NJ. National Multiple Sclerosis Society, Greater Delaware Valley Chapter, 215-271-1500.

Sun. Sept. 19: Three Creek Century, South Middleton Park, Boiling Springs, PA (near Harrisburg). Harrisburg Bicycle Club.

Sat. Sept. 25: Shoo-Fly Classic, Trexlertown, PA. Includes lunch at the velodrome.

Sun. Sept. 26: Pedal for Peace, Philadelphia, PA. Rain Date: Oct. 3.

Ride 12, 25, or 50 miles from Manayunk on the Schuylkill River Trail. By 9/1: \$20 adults, \$10 youth (up to 14), includes water bottle. After 9/1: \$25 adults, \$15, youth. Good Shepherd Mediation Program, 5356 Chew Ave, Philadelphia, PA 19138; 215-843-5413.

Sun. Sept. 26: Pumpkin Patch Pedal, Thompson Park, Jamesburg, NJ. Ride 25, 50, 62, or 100 miles. Staten Island Bicycling Association (SIBA), P.O. Box 141016, Staten Island, NY 10314; 718-948-2025.

Sat. Oct. 2: Belleplain Fall Century, Belleplain State Forest, Woodbine, Cape May Co., NJ. Shore Cycle Club

Sat. Oct. 2: Fall Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. 610-967-8033

Sun. Oct. 3: The Gap Gallop, Bethlehem, PA. Lehigh Wheelmen Association.

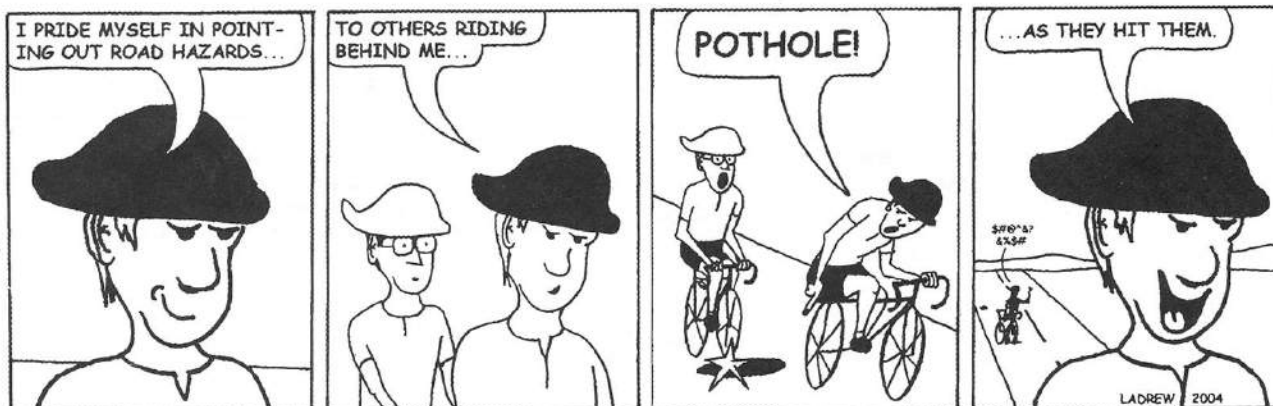
Sat. Oct. 16: Savage Century, Newark, DE. White Clay Bicycle Club.

Sun. Oct. 17: Covered Bridges Ride, Erwinna, PA. Central Bucks Bicycle Club

Oct. 24-26: Cape May Weekend, Smyrna, DE to Cape May, NJ. White Clay Bicycle Club. (Date from WCBC newsletter)

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OF THE
DVBC



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

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)