

# Delaware Valley Bicycle Club



P.O. Box 156, Woodlyn, Pa, 19094-0156 APRIL 2005

## DVBC Goes to Washington

By Dominick Zuppo

On March 17, 2005, David

Bennett and I traveled to Washington, D.C. during the National Bike Summit to lobby for the passage of H.R. 3, a six-year transportation funding bill. At the event, sponsored by the League of American Bicyclists,

America Bikes, and Fuji Bicycles, we were joined by hundreds of advocates from both the Philadelphia region and across the country.

During the day we met with Representative Jim Gerlach and the legislative assistants to Allyson Schwartz, Curt Weldon, Rick Santorum, and Arlen Specter. Our goal was to encourage Congress to reauthorize spending on the following programs at current if not greater levels:

**TEA-21.** Programs funded by this measure include Recreational Trails, Congestion Mitigation and Air Quality, and Scenic Byways. We urge Congress to strongly support full

funding for these core programs.

### **Safe Routes to School (SRTS).**

A safer transportation environment would encourage more children to walk or bicycle to school, improve traffic safety around schools, and reduce the load on local roads. H.R. 3 includes the creation of a national SRTS

program, where funds would be distributed to all states in proportion to the number of resident primary and secondary school students.

**Fair Share for Safety.** Bicycling and walking currently account for over 5,000 traffic fatalities per year. Yet, on average states spend less than 2% of their Federal safety funds on targeted improvement projects, such as well-designed intersections and correction of dangerous storm water grates. Congress should support the provisions of H.R. 3 that increase funding for bicycling and pedestrian safety projects.

### **Bicycle Commuter Act.**

According to a 1995 national survey,

50% of the working population commutes five miles or less to work. Current law provides for a voluntary transportation fringe benefit for alternative modes of commuting. Employees can receive a monthly reimbursement of up to \$100 or \$190 for mass transit or parking fees, respectively, and their employers can take a business deduction for the benefit. Provisions within H.R. 3 would extend this benefit in the tax code to bicycle commuters.

**Complete Streets.** All across our nation, streets are designed primarily for safe and comfortable travel in motor vehicles. Congress must enforce guidelines that new road projects and reconstructions provide safe accommodations for bicyclists and pedestrians that, sadly, most state and local transportation agencies currently overlook. A network of Complete Streets will improve the safety and accessibility of the transportation system, not just for motorists, bicyclists, and pedestrians but for the physically disabled, seniors, and our children.

I would like to thank David, Hans van Naerssen (our "chauffeur" and guide), and John Boyle and Alex Doty of the BCGP for the first-rate materials and expert leadership they provided during our trip. See you on the road!



David Bennett (left) and Dominick Zuppo represented the DVBC in Washington.



*Save Sunday, May 22nd  
for the DVBC's Bonkers Metric*

See pages 10 & 11  
for information and  
pre-registration.

**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 12<sup>th</sup> of each month.

### Board of Directors & Staff

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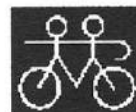
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### Club Affiliations



LAB



*Bicycle Coalition of the Delaware Valley*

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

## Ride Guidelines

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.

# Fixed Gear Bravado

By Javier Pazos

*The DVBC's Javier Pazos recently copped honorable mention in an essay contest hosted by the prestigious website Daily Peloton.com*

Call me arrogant. Call me cocky. Call me crazy. Call me inebriated. But I was feeling pretty darn good that night a couple of weeks ago.

I was living it up at the end-of-season gathering put on by Tony at the Iron Hill Brewery for Wednesday night riders (of which I am a sometimes member). The celebration was proceeding, as these events so tend to do, when I heard Phil ask, "Is anyone else planning to do the Savage?"

The Savage Century—about 9K of climbing over 100 miles—I had done it before; I could do it again. But something else was welling up within me. I dare confess that the motivation behind my ambition will not seem pretty, but the haze has been reported to make many a sight seem so. The day there is nothing left to prove will be my last.

"I'll only do that ride on my fixed-gear bike!" the crowd cried. "Uh, can I get another Oktoberfest, please?"

It was time to sit back and watch the jaws drop. A more modest person wouldn't enjoy the moment so much, but I am hardly modest. What I am is a stronger-than-average cyclist. Sure, others are better, but not as many as in the myriad sports I failed at before I found the bike.

So I guess I was glad when Phil called me on my boast. I was going to get my chance to show off what I can do well.

Call me proud. Call me anxious. Call me worried. But that's what I love about cycling.

The appendages one would normally call legs were acting like tentacles and feeling like gaping wounds by the time I got to Bald Eagle Hill. The ride had started out well but now I was struggling to keep up with riders I normally trounce. The humbling nature of the experience was second only to the

swelling nausea. Phil waited patiently at the top for my arrival so we could start the descent to the next wall of a climb—Fishing Creek Hill.

The fixed-gear purist sets up his fixied road bike like he would a track bike—*sans* brakes. Were I a purist, the ravine would be my new home. Attempting to control the speed, cadence and handling on a mile long, double-digit grade drop saps one's energy more than the climbs. Phil waited patiently at the bottom for my arrival.

Fishing Creek Hill almost killed me a few years back when I had a 24 cog sprocket. How was I ever going to survive with a 17? The struggle was pure torture. When I finally cleared the woods and started the steep straightaway to the cusp, I could see Phil and the gang waiting for me with baited breath.

They must have watched as the bike switchbacked up the road, teetering at every pedal stroke. They must have heard the highly audible gasps of despair for I know the vultures did. Had they not been

watching, I surely would've thrown down the wretched machine and retched upon the street. But alas, I live by the mantra of all endurance athletes: The pain, no matter how horrible, is merely fleeting, while the blight of capitulation follows you to your death bed.

Call me sick. Call me masochistic. Call me stupefied. But that's what I love about cycling.

With only a couple of miles left to go, I ask Phil if we can take it easy. I say it's to warm down, but by now you all know that a "macho man" like me doesn't need a warm down. No, I just want to enjoy the ride for a change.

I take a deep breath and make small talk with Phil while I take in the splendid vista with the autumn colors at their peak. I ride along, feeling the road with every pedal stroke, like only a fixed-gear rider can. It is beautiful. It is wonderful. I am truly alive.

Call me corny. Call me flippant. Call me happy. But THIS is why I love cycling.



Brian Wade's "Cold Turkey" riders take a photo break.



## New England in August

By Lewis Neidle

Winter is the time to reflect on experiences of the previous year and to dream about improving fitness for new challenges in the year ahead.

Last August, I ventured to New England for a week of hiking in New Hampshire's White Mountains and a week of beach going on Massachusetts' Cape Cod. Naturally, I did not forget to leave time for cycling.

On my way up north, I participated in the Mt. Greylock Century. Mt. Greylock is located in the Berkshire Mountains, in the northwest corner of Massachusetts, and is the highest peak in that state. I knew in advance what to expect, since the cue sheet and ride profile were thoughtfully provided in advance on the organizer's website. The cue sheet contained the elevation (presumably from GPS) at various key points on the ride.

With the remnants of one hurricane passing through the area the day before, and the remnants of a second

hurricane expected the next day, the weather was surprisingly benign.

After some easy warm-up miles, the first major ascent was of Mt. Greylock itself. The steepest portions of the 10-mile, 2400-foot climb were largely near the bottom. As the ascent continued, the mountain became quite foggy, which meant (for better or worse) the climbing ahead remained unseen, and the cyclists worried about being seen in time by the intermittent automobile traffic.

The descent off the other side of the mountain felt even steeper, with many tight switchbacks. The organizers had warned of poor road conditions and recommended extreme caution. Aside from the occasional frost heave, I thought the road was in fairly good shape compared to some of our local roads. The organizers may not have experienced the roads in SE PA. However, two unfortunate cyclists ahead of me failed to navigate one of

the steeper switchbacks, ending up in the woods. I learned later that one of them suffered a broken leg.

After the long descent off Greylock, the route immediately made another lengthy ascent on the famed Mohawk Trail, followed by a beautiful, looong downhill. The third, and toughest, major ascent of the day followed, climbing 1100 feet in only three miles past Berkshire East ski area. The grade on this climb averaged 6.4%, but kicked up more steeply in the middle.

After lunch at the summit of the third climb, the rest of the ride was a series of rolling hills. Sort of. Many of these "rollers" were actually 300'-700' climbs. There was little traffic on the entire route and the scenery was darn nice. The ride was well worth doing, although with just shy of 10,000 feet of climbing, it was a long day.

After a week of hiking in the White Mountains, the next Saturday I hiked a

*(Continued on page 11)*



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# DVBC Ride Calendar

## APRIL 2005



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

<b>Tuesdays 6:00 pm</b> Miles:10-15 Class:C-/C <b>Vocabulary Ride</b>	The Vocabulary Ride starts another season of spins through southern Delco. Beginners are welcome but I encourage you to call at least a day before the ride. Meet at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
<b>Tuesdays 6:10 pm</b> Miles:20+/- Class:B <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media. Call the shop anytime for details and to check if the ride is going in questionable weather. Distance is according to available daylight. Pace is around 14-15 and can be split into two groups for newer riders. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
<b>Wednesdays 9:00 am</b> Miles:30-60 Class:B/B- <b>Doc's Ride</b>	Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead of time for weekly plans (No ride April 13.) Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
<b>Wednesdays 6:00 pm</b> Miles:25+- Class:B+/A- <b>Workout</b>	Meet at Rose Tree Park on Rte. 252. Start the season with our workout ride. We start at a slower pace to encourage riders to come, then move to the next step and increase speed as our training progresses. Start at a B pace, move to a "C how fast we can go" pace by end of season. Oh.. yeah... we'll be racing each other by then... Now I remember. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
<b>Wednesdays 6:00 pm</b> Miles:20+ Class:C/C+ <b>Rose Tree Park n Ride</b>	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 State Park and surrounding area. No worries, no one dropped. Contact Dom Zuppo at 610.544.8630 Email: membership@dvbc.org
<b>Wednesdays 6:00 pm</b> Miles:20 Class:B/B+ <b>The Rose Tree Ridley</b>	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
<b>Wednesdays 6:00 pm</b> Miles:20-30 Class:B <b>South Jersey Ramble</b>	Mileage will vary with the amount of daylight. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 Email: lzane00@comcast.net
<b>Thursdays 6:10 pm</b> Miles:20+/- Class:B <b>CycleSport Ride</b>	See Tuesday night ride. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
<b>Saturdays 8:30 am</b> Miles:25 Class:B+ <b>Short-N-Sweet</b>	Start at Ridley Creek State Park main parking lot for a nice fast-paced loop that includes a nice climb or two. No stops unless necessary. Contact Ed Becker at 610-348-0533 Email: edbeckerstar@aol.com
<b>Saturday, Apr 2 8:30 am</b> Miles:25+/- Class:D/C <b>Easy Does It</b>	Start at Valley Forge trail head, Betzwood Park (Rte. 363 exit off Rte. 422). Ride the paved path towards Fort Royal & back. Miles and pace will be adjusted depending on who shows up. Bring water and food snacks. No formal food stop. Rain cancels ride, call or email by Friday to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
<b>Saturday, Apr 2 9:00 am</b> Miles:50+/- Class:C+ <b>Kountry Kitchen</b>	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to the Saturday morning breakfast. I'll try to mix it up with some new roads. Contact Bob Leon at 610-833-2365 or bleon@craftech.com

***Set your clocks ahead one hour! Daylight Saving Time begins, Sun. 3<sup>rd</sup>.***

***Set your clocks ahead one hour! Daylight Saving Time begins, Sun. 3<sup>rd</sup>.***

<b>Sunday, Apr 3 8:00 am</b> Miles:55 Class:B- <b>The R5 Ride</b>	Starts PROMPTLY at 8:00 am, 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 to Montgomery County, or south to the Brandywine area! Expect some hills. NON-MEMBERS WELCOME. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Apr 3 9:00 am</b> Miles:34 Class:C <b>Art Museum</b>	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
<b>Monday, Apr 4 7:00 pm</b> Miles:0 Class:ALL <b>Board Meeting</b>	DVBC monthly board meeting at Springfield Friends Center. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Saturday, Apr 9 9:00 am</b> Miles:62 Class:B <b>Salem Eating Ride</b>	Meet Salem Oak Diner (Rte. 49, Salem NJ) for popular Peter Odell metric. Come early for breakfast. Stop for lunch in Greenwich. Stop for snack at end. Ride at nine sharp. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
<b>Saturday, Apr 9 10:00 am</b> Miles:18-28 Class:C <b>CU At Selene</b>	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 store. Free parking in a lot just West of the Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Sunday, Apr 10 8:00 am</b> Miles:60 Class:B- <b>A Bicity Ride</b>	Start at the R5 Wayne Train Station and do sixty with flats, rollers and hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Apr 10 9:00 am</b> Miles:35+/- Class:C <b>Jersey Ramble</b>	Meet at the Kingsway High School, Routes 551 and 322 for a ride through south Jersey. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
<b>Saturday, Apr 16 8:00 am</b> Miles:50+/- Class:C+ <b>Manayunk</b>	Meet me behind the Dunkin Donuts on MacDade Blvd and Fairview Roads. Bring money for food and drink. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
<b>Saturday, Apr 16 8:30 am</b> Miles:35+/- Class:C/C+ <b>Jersey Jaunt</b>	From Kingsway HS, Routes 551 and 322 in NJ, we'll ride South Jersey flat farmland area, cue sheets provided. Miles can be adjusted. Bring water and money for food stop, rain or serious cold cancels ride, call or email by Friday to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
<b>Sunday, Apr 17 8:00 am</b> Miles:60 Class:B <b>Flowing Spring Foray</b>	Start at the R5 Wayne Train Station and head directly to Flowing Springs for a nice little climb and some cussing, then a quick food stop at Kimberton Whole Foods before heading back. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Apr 17 8:30 am</b> Miles:42 Class:C+ <b>Wash Twp Wawa</b>	Join Bonnie and Len for a ride to the Wawa in Washington Twp. Terrain is flat to rolling. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
<b>Sunday, Apr 17 9:30 am</b> Miles:50-60 Class:B/B- <b>Northbrook or Delaware</b>	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Saturday, Apr 23 8:30 am</b> Miles:30+/- Class:C/C+ <b>Perkiomen Pedal</b>	From Perkiomen Creek Park (Oaks exit off Rte. 422, turn right at exit, park entrance on right, parking lot on left). Ride the flat paved path as far down as we want to ride, then turn around and head back. Miles and pace can be adjusted. Bring water and snacks. No formal food stop on this ride. Rain or serious cold cancels ride, call or email by Friday to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
<b>Saturday, Apr 23 8:30 am</b> Miles:50+/- Class:C+ <b>Kountry Kitchen</b>	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to the Saturday morning breakfast. I'll try to mix it up with some new roads. Contact Bob Leon at 610-833-2365 or bleon@craftech.com



<b>Sunday, Apr 24 8:00 am</b> Miles:60 Class:B <b>A Round of Hills</b>	18 hills. 7,500 foot of climb. Start at the R5 Wayne Train Station with a food stop after nine. Only two riders have ever finished this ride. I actually have a cue sheet for this one. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Apr 24 8:30 am</b> Miles:44 Class:C+ <b>Marsh Creek, PA</b>	Join Bonnie and Len for a ride to Marsh Creek. Terrain is flat to rolling with two moderate climbs. No one gets dropped. Start at Chadds Ford Elementary School on Route 1 and Fairville Rd. Contact Len at 610-558-6232 or lzane00@comcast.net
<b>Sunday, Apr 24 9:00 am</b> Miles:34 Class:C <b>Art Museum</b>	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
<b>Sunday, Apr 24 9:30 am</b> Miles:77 Class:B+ <b>Westtown-Chester Springs</b>	Ride to some scenic roads in Northern Chester County. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
<b>Sunday, Apr 24 12:00 pm</b> Miles:12 Class:D <b>Fairmount Park Mansions</b>	From the Italian Fountain (at the park bench on the right, just as you enter the circle from Aquarium drive). ALL CLASSES INVITED. A multi-club ride. See many of the mansions and sites in Fairmount Park. Ride to Ten grand manses, the Japanese Tea House, the Horticultural Center, Memorial Hall, the Whispering Bench and more. Cue sheets and historical info provided. Frequent stops at sites along the way. (NOTE: We will not be entering any of the sites, although several of the mansions will be open for interior tours. Admission about \$2.50). Bring snacks and liquids. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
<b>Saturday, Apr 30 8:30 am</b> Miles:28 Class:C <b>Loop The Airport!</b>	Meet at Folsom PathMark on MacDade Blvd in Ridley Township. We'll bike through Ridley Township, down the Industrial Highway, loop the airport, then back to PathMark. Should return shortly after 11:00. Ride will keep a steady pace, on flat terrain. A few rest stops around the airport as we stop to watch the planes take off and land. Rain cancels the ride. Contact Frank Jackson at 215-620-0632 or fjackson@rohmmaas.com
<b>Saturday, Apr 30 8:30 am</b> Miles:50+/- Class:C+ <b>Fort Mott</b>	Meet at the Kingsway High School, Routes 551 and 322 for a ride through south Jersey. Bring money for food and drink. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com

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**BONKERS METRIC, May 22, 2005, 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 ☐ 65 miles**Waiver/Release:**

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

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

Signature \_\_\_\_\_

Signature of parent or guardian (If you are under 18 years of age.) \_\_\_\_\_

Please send this signed form by **May 15** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156.

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*Cut off the above form and mail in.*

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## Regional Events

**Sat. April 16: Ocean to Bay Bike Tour**, Fenwick Island, DE.

**Sat. April 16: Spring Bicycle Flea Market**, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, open 9 AM-2 PM. 610-395-7000

**April 22-24: New York City Bicycle Show**, New York State Armory, 26th St. and Lexington Ave, New York, NY.

**Sun. April 24: Edward Stokes Memorial Horsham Rotary River Ride**, Horsham, PA. Ride with the SCU group at this local charity event! Horsham Rotary Foundation, P. O. Box 99, Horsham, PA 19044.

**Sat. April 30: Fish Hawk Festival Bicycle Tour**, Princess Anne, MD.

**Sun. May 1: SCU Quad County Metric**, Green Lane Park, Deep Creek & Snyder Rds, Green Lane, PA. 10, 21, 31, 45, 53, 65, or 76 mi. scenic back roads. 10-mile rte is flat on unpaved Perkiomen Trail. 21-mile rte avoids longest climb, suitable for

casual riders. Longer routes rolling to hilly. 53 & 76-mile routes incl. "Intensive Climbing Unit" extra hilly segment. Reg. incl. post-ride meal. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044.

**May 2-4: Bicycle Education Leaders Conference**, New York City

**May 7: Pinelands Triple Loop**, Batsto, NJ. \$20, pre-reg before 4/23 to receive choice of a ride t-shirt or set of license plate holders. Shore Cycle Club

**Sat May 7: Farmlands Tour**, Brookdale Community College, Lincroft, NJ. Central Jersey Bicycle Club

**Sat. May 14: The Rotary 100**: The Rotary Club of Burlington, NJ. Supported 25, 50, 64 & 100-mile tour. Beautiful, lightly traveled roads. Well stocked rest/food stops, SAG & lunch at end. \$25, incl lunch. Reg. by 4/14, & get Rotary 100 T-Shirt. On-line registration at: [www.rotaryburlington.org](http://www.rotaryburlington.org)

**Sun. May 15: Bike 4 Sight**, Media, PA. Center for Blind & Visually Impaired, 610-874-1476 x130.

**Sun. May 22: Bonkers Metric** (pp.9&10 for info and pre-registration) [www.dvbc.org](http://www.dvbc.org); email [info@dvbc.org](mailto:info@dvbc.org)

*(Continued from page 4)*

couple of miles in a chilly rain from Pinkham Notch to the Mt. Washington auto road to watch the famed Mt. Washington hill climb. DVBC's own Javier Pazos was among the participants bravely challenging the mountain and the notorious weather.

On Sunday, I cycled the Mt. Washington Century for the second time. This ride traverses the mountains in Northern New Hampshire and includes climbs through several of the famous notches, or mountain passes. The weather had turned spectacular, and coupled with the fantastic mountain scenery, biking does not get much better.

The following week I had more great weather for my stay on Cape Cod. Most mornings I went for a ride either on the Cape Cod rail trail or on the local roads. The rail trail is very popular with cyclists, dog walkers, skateboarders, etc. Many hotels and restaurants advertise they are "on the rail trail". Contrast this with many areas where public sentiment is against development of rail trails. There are frequent road crossings with stop signs in addition to the aforementioned traffic. It can therefore be a bit difficult to get into a good rhythm, even early in the morning.

The roads on Cape Cod are quite rideable, although some areas become congested later in the day. The terrain is more easy rolling than flat, and with the persistent breezes, it is possible to get a nice workout. Breathing in the salt air is definitely refreshing.

What adventures are in store for next summer? Something to think about while riding in the cold of winter.



**The boys of summer:** Jim Walls, Javier Pazos, Ed Becker, and Tony Rocha.



**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)