

# Delaware Valley Bicycle Club



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

## May is Bike Month



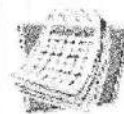
*May 16-20 is*

*Bike-to-Work Week*



*Friday  
May 20*

*Bike-to-Work Day*



*Sunday  
May 22*

**BONKERS METRIC**

Are you committed to commuting? Delco's Bike-to-Work Day is Friday, May 20th. Join the fun between 8 and 10 am at the County Courthouse Government Center at Orange St. between Front and 2nd Sts. in Media. Ride your bike to work, but first stop at the celebration for free breakfast items, information tables and the chance to win great prizes in a raffle. Or, you can participate by riding to work from another location while registering on line to win prizes.

## Jim Walls wins in racing debut

The DVBC's Jim Walls won the first race he ever entered. In the CAT-5 division of the Kirkwood Union Road Race in Lancaster on April 3<sup>rd</sup>, Walls took the lead halfway through the first lap of a three-lap race and—one-by-one—fought off all challengers. Said Walls: "One strategy that was effective was to slow down some and allow the chase group to get closer, then kick it in again to take the wind out of their sails." One rider caught and followed Walls for the final lap and a half but was out-sprinted to the tape.



Two weeks later, in the 31-K Ephrata Road Race, Walls garnered a fourth place medal in the CAT-5 event. On the third and final lap Walls worked his way through a crowded field of 50 to snatch the fourth of five podium positions. "This race," said Walls, "was actually tougher than the one I won two weeks ago. I tried several solo breakaways but there was no one to help. I think that with a teammate to help I would have had a chance."

As the season progresses, Walls plans to continue entering area races. With the benefit of greater fitness and experience he should be a contender in any event he enters. Certainly no DVBC member who has tried to follow Jim up Sycamore Mills will be surprised by anything he achieves.



Volunteers are needed to help out at the **Bonkers Metric**, Sunday, May 22nd. Support the club, meet new people and have fun. If you can volunteer even an hour or two, please contact Dominick Zuppo at [domzdvbc@att.net](mailto:domzdvbc@att.net) or phone at 610.544.8630.

**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

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

Ed Becker, *Ride Coordinator & Vice-pres.*  
 Rides@dvbc.org

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 ambroennle@earthlink.net

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 484.802.8374 or tony@craftech.com

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 610.383.9327 or bonkers@dvbc.org

### Club Affiliations



LAB



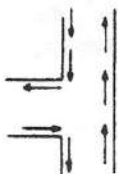
*Bicycle Coalition of the Delaware Valley*

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

## Ride Guidelines



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



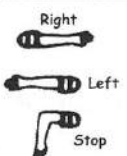
Keep right. Drive with traffic, not against it. Ride single file.



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



Protect yourself at night with the required reflectors and lights.



Use hand signals to indicate stopping 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!

## Katrina Dowidchuk triumphant in Duathlon age group

On April 16<sup>th</sup>, our own Katrina Dowidchuk was the top woman in her age group at the Brandywine Valley Duathlon in Delaware City, Delaware. She was the fourth woman finisher overall and her time of 49:51 in the 17.4-mile bike ride was a full 26 seconds faster than any other woman.

Katrina is now training for the May 15<sup>th</sup> Jersey Devil Half Iron Triathlon.

## Volunteer for the Wachovia Cycling Series in June

Anna Talucci, Volunteer Coordinator for the Wachovia Cycling Series, has contacted the DVBC in search of volunteers for the races. "I am always in need of hundreds of volunteers and if you and your club would like to organize a group to volunteer, I am more than happy to place you in the same area on the course that you can claim as your club's for the race."

DVBC members who have volunteered in the past have had a great time.

atalucci@thresholdsports.com  
610-676-0390 ext 103  
610-676-0391 fax  
www.procyclingtour.com

WELCOME



## New Members!

Richard Bilson  
Charles Brawley  
Nancy & Patrick Buford

Vince Calkins  
Stuart Field  
Nicola Jefferson & Family  
Regina Kurrasch  
Nick Marandola  
Liz Marshall  
Cassandra McNair  
Terry Mitch  
Joe Murphy  
Martha Penberthy  
Bob Poley  
Nancy Schwarz  
Jake Souweine  
Timothy Thompson  
Hans van Haerssen  
Marian & Martin Wade  
Douglas Wanamaker

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## No More Bike Lox

By Dave Trout

At least twice a year for many years now. I have led a ride I called The Olde City Ride. It started at the Pathmark parking lot in Folsom and from there we meandered through southern Delaware County into southwest Philadelphia, past the University of Penn, the Art Museum, across the city to the old parts of town and then on to Penn's Landing and eventually South Street and Queen Village. Our ultimate destination was The Famous Deli at 4<sup>th</sup> and Bainbridge. Earlier in the week I would have called the owner, Dave Auspitz, and told him we were coming and that I would call him on the day of the ride with the exact number of people attending. He was always excited that we were coming because he said he too liked to bike ride. When we would get there, he would come out on the sidewalk talking excitedly as we locked our bikes, and then escort us to a table ready for as many as 15 of us hungry and sweaty riders.

For almost three quarters of a century The Famous Deli has been the quintessential Jewish Deli. A place where people, both famous and non-famous, powerful and common, rich and poor went to talk and dine on



bagels and lox, the Famous corned beef and pastrami sandwiches and other typical deli fare. The place was a bit worn. The walls covered with pictures of people – movie stars, presidents, authors, politicians – all

signed with a *thank you* to Dave.

Once our meal was finished, Dave would make sure we had water and then would come the best part, free cookies for everyone. And what cookies they were, thick and warm, oozing with melted chocolate bits or loaded with nuts. Yum.

On March 26<sup>th</sup>, Dave sold the Famous Deli to another deli person who plans to remodel the deli, expand the menu and the hours, and replace the aging equipment. Dave is opening a store right down the street selling his Famous cookies.

They say that the only thing constant in life is change and we should accept it, but we will miss the Famous Deli and Dave Auspitz. It just won't be the same. Thanks Dave, thanks for the food, the great attention and especially the memories.



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# DVBC Ride Calendar

## MAY 2005



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

<b>Tuesdays 6:00 pm</b> Miles:15-20 Class:C <b>Vocabulary Ride</b>	Join us for a spin through Southern Delaware County. Beginners are welcome. 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:25-30 Class:B/B+ <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
<b>Wednesdays 8:00 am</b> Miles:10-15 Class:C- <b>Pancake Ride</b>	Meet at 401 Colfax Road in Havertown. Time flexible, but around 8am. Ride to local pancake place. Bring money for a stack or 2. Contact Joel Perlish at 610-789-7673 Email: joelperlish@aol.com
<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. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
<b>Wednesdays 6:00 pm</b> Miles:20+- Class:B <b>Rose Tree Ridley</b>	Start at Rose Tree Park on Rt. 252, go thru Ridley State Park & 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>Wednesdays 6:00 pm</b> Miles:25+ Class:A <b>Workout</b>	Meet at Rose Tree Park on Rte. 252 for our regular Wednesday night workout. Expect a fast pace and some nice hills. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
<b>Thursdays 6:10 pm</b> Miles:25-30 Class:B+ <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
<b>Sunday, May 1 9:30 am</b> Miles: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>Monday, May 2 7:00 pm</b> Miles:0 Class:ALL <b>Board Meeting</b>	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Saturday, May 7 7:45 am</b> Miles:120+/- Class:B+ <b>Ocean City Century</b>	Starting another year of Ed squared centuries to see where the GPS takes us. Start at Kingsway High School, Rtes. 322 & 551. Ride down to Ocean City for a bite to eat before heading back with stops in between. Contact Ed Sobolewski: sobolewski3@comcast.net Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
<b>Saturday, May 7 8:30 am</b> Miles:25+/- Class:D/C <b>Easy Does It</b>	From Valley Forge trail head in Betzwood Park (Rte 363 exit off Rte 422 W), ride the flat paved path to Fort Royal and back. Miles/pace adjusted slower/faster depending on who comes out to ride. Bring water and snacks to carry, no formal food stop, no one dropped, rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com

<b>Saturday, May 7 9:00 am</b> Miles:18 Class:C <b>Take to the Woods! (MTB ride)</b>	(7-10 mph avg) Meet on the North side (Philly) of Route 420 in Prospect Park, PA at the John Heinz Wildlife Reserve side lot. From there we'll ride the Reserve's pathways observing nature such as birds, deer, foxes, rabbits, and a whole lot more. The trail is very tame. The hybrid bike is an excellent alternative if you don't own a mountain bike. Wet weather or recent heavy rains will cancel as navigating the trail will not be practical. Call ahead. Contact Frank Jackson at 215-620-0632 or <a href="mailto:fjackson@rohmmaas.com">fjackson@rohmmaas.com</a>
<b>Sunday, May 8 8:00 am</b> Miles:50+/- Class:C+ <b>Salem Ride</b>	Join Bonnie and Len for a ride to Salem. Terrain is flat to rolling. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or <a href="mailto:Izane00@comcast.net">Izane00@comcast.net</a>
<b>Sunday, May 8 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, May 8 10:00 am</b> Miles:50/100 Class:B+/A- <b>Unionville-Cream</b>	Start at the Unionville Elementary School on Rte. 82, north of Kennett Square (next to cemetery) for a B+ pace 50-mile ride through Chester and Lancaster Counties. If there is interest I'll have a century option - 8:00 RCSP start to ride to Unionville and meet the 50-mile riders. Food stop (50) depends on group; (100) two or three stops. Cue sheets/maps. Contact Keating at 610-716-3564 or <a href="mailto:makeat@voicenet.com">makeat@voicenet.com</a>
<b>Saturday, May 14 8:00 am</b> Miles:18-65 Class:All <b>Bonker's Paint Ride</b>	Meet At Ridley Creek State Part, Parking Lot 15 and help paint the routes for the Bonker's Metric. Small loops will be assigned to various groups so we can get done early and still have time to do a ride. Contact Dom Zuppo at 610.544.8630 or <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>
<b>Sunday, May 15 8:00 am</b> Miles:2-50 Class:ALL <b>Bike4Sight</b>	3rd annual Bike4Sight fundraiser ride. 4 great routes including a 2-mile family ride, 13- mile short ride, 25-mile medium ride and 50-mile long route. Ride is fully supported. All routes begin and end at Delaware County Courthouse in beautiful downtown Media. For details and online registration go to: <a href="http://www.bike4sight.org">www.bike4sight.org</a> Contact Harry Havnoonian at 610-565-9535 or <a href="mailto:cyclesport@verizon.net">cyclesport@verizon.net</a>
<b>Sunday, May 15 8:00 am</b> Miles:50+/- Class:C+ <b>Marsh Creek, PA</b>	Join Bonnie and Len for a ride to Marsh Creek. This is the same as last month's ride, except we'll be adding an additional seven-mile loop. 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 <a href="mailto:Izane00@comcast.net">Izane00@comcast.net</a>
<b>Sunday, May 15 9:00 am</b> Miles:82 Class:B+ <b>Cross-County Tour</b>	Meet at Westtown-Thornbury Elementary School for a ride on scenic roads north and west to Berks and Lancaster Counties. Stops at Glenmore and Cupola. Contact Glenn Lyons at 610-399-0624 or <a href="mailto:rollingspeed@comcast.net">rollingspeed@comcast.net</a>
<b>Saturday, May 21 8:30 am</b> Miles:8:30 Class:C/C+ <b>Perkiomen Pedal</b>	From Perkiomen Creek Park (Oaks exit off Rte. 422 W), ride the flat paved path as far down as we all feel like going, then turn around and head back. Miles/pace adjusted shorter/longer and faster/slower depending on who shows up. Bring water and snacks to carry, no formal food stop. Rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or <a href="mailto:librajoy@hotmail.com">librajoy@hotmail.com</a>
<b>Sunday, May 22 8:00 am</b> Miles:18/65 Class:All <b>BONKER'S METRIC</b>	Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County. Start is in Ridley Creek State Park (parking lot #15) near Media, PA. Ride 18, 35, 50, or 65 scenic miles on rolling terrain with some hills. Contact Dom Zuppo at 610-544-8630 or <a href="mailto:president@dvbc.org">president@dvbc.org</a>

<b>Saturday, May 28 8:30 am</b> Miles:35+/- Class:C/C+ <b>Jersey Jaunt</b>	From Kingsway HS at Routes 322 and 551, ride S Jersey flat farmland on mix of back roads and busier roads, cue sheets provided, no one dropped. Miles/pace adjusted shorter/longer and faster/slower depending on group energy level and wind conditions. Bring water and money for food stop, rain cancels ride. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
<b>Saturday, May 28 9:45 am</b> Miles: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, May 29 9:00 am</b> Miles:25+/- Class:C <b>Art Museum</b>	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Road 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 along the way, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114.
<b>Sunday, May 29 9:00 am</b> Miles:40+/- Class:B+ <b>Lunch at Northbrook</b>	Meet at Ridley Creek State Park main parking lot (next to office) for a ride out to Northbrook for lunch before heading back. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
<b>Sunday, May 29 10:00 am</b> Miles:64/125 Class:B+/A- <b>Brandywine Metric/Double Metric</b>	Start at the Unionville Elementary School on Rte. 82 for a B+ pace metric century ride through Chester and Lancaster Counties. If there is interest I'll have a double-metric option - 7:30 Springfield/Media start to ride to Unionville and meet the 64-mile riders. Food stops one; 125 - probably two additional depending on the group. Cue sheets/maps. Contact Keating at 610-716-3564 or makeat@voicenet.com

**BONKERZ**


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THREAT TO CYCLISTS OUT  
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## Bike Dirt

By F.X. Pedrix



When a blurb appeared on the DVBC email list serve about an upcoming swap meet, Grey Wolf wrote back: "We plan on going, looking for nice deal on road bike for wife." To which the Professor replied: "A lot of guys want to make that same swap."

I laughed uproariously until the menacing yet lovely form of my wife Babs appeared in my den wanting to know what was so funny. "Just the guys being the guys," I stammered, beads of perspiration forming on my forehead. Miraculously, at that instant there was the distracting ring of the phone, letting me off the hook.

In last month's column I dubbed one particularly fast club member "Speedy" in an effort to convey his excellence upon the pedals. I indicated that he has taken a license in order to pit his skills against those of other strong riders. Usually a novice's first competition is a trial by fire in which he is taken to school by more experienced riders. While strong and eager, the beginner makes numerous tactical errors and, if he finishes at all, is left well back in the pack, thinking, "Next time I'll know better than to be tricked like that."

Not so in the case of our aptly

named Speedy. Last year he would come to club events and ride off the front before looking back and asking, tongue in cheek, "Don't they know it's a race?" In his April 2 debut, Speedy dominated the CAT-5 Kirkwood Union Road Race and won after leading from the first lap. It seems that for Speedy, Kirkwood was just another club ride—only with an ornate trophy at the end.

Our club's Cross Dresser is home from the hospital convalescing from injuries suffered last month at the PA Bike Club Summit in York. It seems he foolishly positioned himself between the lunch buffet table and two other DVBC members, the Dominator and the D'ster. Cross Dresser was reportedly trampled by the two, even though no sausage was present to motivate the D'ster.

At the April 9<sup>th</sup> Salem Eating Ride, Bonkers Boy's cousin showed up and, together, the duo demonstrated that getting lost, or staying found, is apparently a genetic phenomenon. Bonkers Boy, the so-called ride leader, continued his perfect record of always getting his charges hopelessly lost. No sooner had the group stumbled its way back onto the cue sheet than

Bonkers' cousin, in town from Virginia, vanished, prompting the need for a search party. After the ride, Cousin Steve went out searching unsuccessfully for the searchers, who had no better luck finding him.

Mr. Buckeye's back is healing and he has his doctor's permission to resume riding in mid-June. At that time he will schedule some "D" rides out of Lansdale. He should be up to speed by July 23<sup>rd</sup> when Lance hangs up his bike for the final time.

Disaster struck when least expected on the April 5<sup>th</sup> Vocabulary Ride. At a fork, Vocabulary Mouth had slowed his Tuesday nightriders down to 6 mph and opted for the road less taken. He is now kicking himself for that decision after an enthusiastic Lab dog dashed into the street and selected our own Rick Metz as the object of his affections. In a flash, Rick was on the pavement writhing in pain. He has a broken hip and will require many weeks in healing. Get well soon, Rick!

Vocabulary Mouth has just one word of advice: "Careful!"

Keep ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to me or my spies.

## 5<sup>th</sup> Annual Hunter Mountain Cycling Getaway

June 24 - 27

A long weekend of scenic alpine cycling with the DVBC

Contact Tony Rocha at 484-802-8374 or [tony@craftech.com](mailto:tony@craftech.com)

To re-visit last year's trip, see <http://www.dvbc.org/HM2004/>





## BONKERS METRIC

Sunday, May 22, 2005  
65, 50, 35 and 18-mile routes  
Ride will be held rain or shine.



**Time:** 8-9 a.m. for 65 & 50 mis.; 9-10 a.m. for 35 & 18 mis.

**Place:** Ridley Creek State Park, Media, PA; Picnic area, 15.

**Cost:** \$12 pre-registration (postmarked by May 15, 2005); \$20 pre-reg. includes special club membership; \$17 day of the ride; \$25 day of, includes special club membership.

**Services Provided by DVBC:** Food & water stops, cue sheets, sag wagon, rest rooms, marked routes.

**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 her/his own responsibility.

**Information:** www.dvbc.org or email: info@dvbc.org

SEE PAGE 10 FOR PRE-REGISTRATION FORM



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May 2, 2005 Monday 6:00pm



Five HH bicycles went to Athens, Greece and one took a Silver Medal.

801 N. Providence Road "Five Points" Media, PA 19063

Tel: 610-565-9535 Fax: 610-565-6033

E-Mail: cycle.sport@verizon.net Website: cyclesportmedia.com

**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.*

**8th Annual Streams Cleanup****Chester-Ridley-Crum Watershed Association****Saturday, May 7th 9am to 11:45am**

Last year, 300 good people participated in the CRC Watershed cleanup. Five of those were DVBC members. We spent a couple of hours cleaning up north of Springton Reservoir and then had a great free picnic lunch at Rose Tree Park.

CRC asked DVBC specifically to help out because the area where we worked has no legal car parking. We ride our bikes to the intersection of Bishop Hollow and Gradyville Roads, lock up and pick up.

If you'd like to help out this year please e-mail me at [hkotch@comcast.net](mailto:hkotch@comcast.net). I'll send you the details.

## Regional Events

**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. 10-mile rte is flat on unpaved Perkiomen Trail. 21-mile rte avoids longest climb, suitable for casual riders. Longer rtes are rolling to hilly. 53 & 76-mile rtes incl. "Intensive Climbing Unit" extra hilly segment. Reg. incl. post-ride meal. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044.

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

**Sat. May 7: Pinelands Triple Loop**, Batsto, NJ. Shore Cycle Club

**Sat. May 14: The Rotary 100**: Rotary Club of Burlington, NJ 25, 50, 64 & 100 mile tour. Well stocked rest/food stops, SAG & lunch at end. \$25, incl lunch. Mail in registration (form on brochure) or 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 15: Montauk Century**, Long Island, NY. Five Borough Bicycle Club, Rm. 101, New York, NY 10025; 212-932-2300 ext. 115.

**Fri. May 20: Bike-to-Work Day**

**Sat. May 21: Bicycle Expo Ride**, Lehigh Carbon Community College, Rte 309, Schnecksville, PA. In conjunction w/ Bicycle Rally. 30-mile escorted ride on rolling terrain, at noon. \$25, (\$20 for TBC members) incl expo admission & t-shirt for first 100 reg. Bicycle Crossing, 905 Harrison St, Allentown, PA 18103; 610-739-5854, fax 610-770-1043.

**Sat. May 22: Bonkers Metric**, Delaware Valley Bicycle Club, Ridley Creek Start Park, Lot # 15, Media PA. DVBC.org.

**May 27-30: Kent County Spring Fling**, Chestertown, MD. 4 days cycling on Eastern Shore w/ meals & lodging at Washington College. 11-132 mi per day flat to gently-rolling. \$252 per person (double occ.) incl 3 nights dorm lodging, 3 breakfasts, 2 dinners, ice-cream social, cordial party, picnic, brunch, musical entertainment w/ free beer & wine, and cue/map packet. Add \$30 late fee after 4/15. Baltimore Bicycle Club, Frank Anders, 410-628-4018.

**Sat. May 28: Shorebird Metric Century**, Arthur W. Perdue Stadium, Salisbury, MD. 15, 35, or 65 mi. \$35 incl T-shirt & lunch. American Cancer Society, P.O. Box 163, Salisbury, MD 21803-0163; 1-800-937-9696 or 410-749-1624.

**Tue. May 31: Wachovia Invitational**, Lancaster, PA. Professional road race - spectator and volunteer event.

**Thur. June 2: Wachovia Classic**, Trenton, NJ. Professional road race - spectator and volunteer event.

**Sat. June 4: Get Ready Metric**, Pennsville, NJ. 32 or 64 miles. Flat to slightly rolling terrain. Start: historic Fort Mott, Delaware River. Ride the first 32-mile loop. Lunch by the Riverview Pavilion. Second 32-mile loop. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

**Sun. June 5: Wachovia USPRO Championship and Liberty Classic**, Philadelphia, PA. Professional road race - spectator and volunteer event; vendor expo on the Benjamin Franklin Parkway across from the art museum.



DVBC member Christopher Maurer recently took a business trip to Europe. Like many European cities, there seem to be far more people on bikes than here in the U.S. The bikes tend to be very utilitarian rather than the "racing" bikes many of us ride for exercise/recreation. This picture was taken by Chris outside the Copenhagen train station. He estimates there were more than a hundred bikes parked in this one spot.

## DVBC CLUB PICNIC

Mark this date  
on your calendar!



**SATURDAY,  
JULY 23!**





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



Expiration Date: 11/30/05

BOB & JUDY LADREW  
139 GABEL ROAD  
COATESVILLE PA 19320

19320+1284



### Application for DVBC Membership

(Expires 1 year from date joined/renewed)

**Annual Membership: \$15.00 per household.**

Check one: ☐ new member or ☐ renewal

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:** ☐ Ride Leader  
(check all interests) ☐ Tour Volunteer  
☐ Board Member

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_

*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) \_\_\_\_\_