

Delaware Valley Bicycle Club



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

JULY 2005

Results of the 2005 Bonkers Metric Tour

By Dominick Zuppo

On May 22nd I reported the results of the Bonkers Metric Tour via the club's Internet list-serve. Despite the rain, or the threat of more rain, the fallen tree across the Delaware section of the metric route, the surveillance camera at the Brandywine River Museum, and my aged Chevy Suburban, our annual spring event was well received by many riders. While we did not surpass last year's turnout, 175 cyclists rode the various routes and helped the DVBC earn \$3,002 in gross tour income.

On behalf of the Board of Directors, I would like to extend my heartfelt thanks to our volunteers, and the friends and family of volunteers, who tirelessly devoted half a weekend to ensure that our guests experienced well-marked routes, frequent SAG support, and the club's hospitality at our food and water stops. The time and effort displayed by our volunteers always reminds me of the good that can be found in people.

I'd also like to thank our

sponsors, including 320 Market Cafe, Craftech Computer Solutions, Cycle Fit, Cycle Sport, Drexel Hill Cyclery, Linvilla Orchards, and Selene's Coop in Media, for the products and services they donated to the tour. And we can't forget Ridley Creek State Park and Cheyney University, who have graciously allowed the DVBC to use their facilities for a number of years.

Most of all, I would like to thank our guests, cyclists who traveled from near and far to participate in a bicycle tour held in our little piece of Southeastern Pennsylvania. They were patient as we set up registration at the start of the ride and understanding as we focused on the little "challenges" that always seem to pop up during a tour. They complimented the work performed by our volunteers and shared their critiques of areas that could use improvement. I always enjoy meeting them and marvel at the diversity of the people who share a love of our sport. Thank you, everyone!

BONKERS PICNIC

**SATURDAY, JULY 23,
11:30am**

**See the ride calendar inside
to choose from a number of
rides to the picnic. If you
can't bike, come by car.**



**Free for
members and
their families.**

*Please call or email Bob LaDrew
by Thursday night, July 21st,
to make a reservation
so we can plan for food.*

**2ladrews@netreach.net
610-383-9327**



Calling all Brandywine Tour Volunteers!

**Tour Coordinator
& Route Planner - Drew Knox
SAG Support - Tony Rocha
Volunteers - Dom Zuppo
Food - Position Open**

The Bonkers Metric is behind us but the Brandywine Tour looms ahead. Our full century event requires even more hands to share the load, so please mark your calendars for Sunday, September 4th. And we need someone to spearhead food planning and purchases. Please contact one of the following co-chairs to lend your support. Thank you!

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

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

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

Mike Broennle
 ambroennle@earthlink.net

Antonio Rocha, *Web Page*
 484.802.8374 or tony@craftech.com

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

Peter Schmidt
 pschmid1@swarthmore.edu

Frank Jackson
 FJackson@rohmhaas.com

Debbie Chaga, 610.494.3033 or
 dreamer@craftech.com

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

Bob & Judy LaDrew, *Newsletter Editors*,
 610.383.9327 or bonkers@dvbc.org

Club Affiliations



LAB



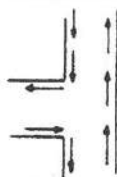
Bicycle Coalition of the Delaware Valley

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



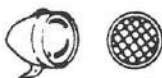
Obey all applicable traffic regulations, signs, signals and markings.



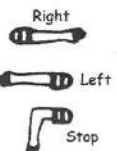
Keep right. Drive with traffic, not against it. Ride single file.



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!

DVBC's Valerie Shinbaum to host radio talk show



Valerie Shinbaum, one of the DVBC's most active ride leaders, is hosting a radio talk show one day each month. The show is called "Body, Mind and Balance" and deals with striking a balance between mental health and physical health. It airs every Saturday between 4:00 and 5:00 pm.

Our Valerie, a psychotherapist, will be the host the fourth Saturday of each month. The hosts on the other Saturdays are a sports psychologist, a female attorney who is an endurance athlete who started doing triathlons in her fifties, and a fitness trainer/martial arts expert.

The show can be heard on WWDB radio (860 AM).



New Members!

Larry Arem
Sheryl Brown
Jack Cunicelli
Charles Fishman
Ann Haslanger
Suzanne Lukac
Stephen Lydon

Edward Miller
Kevin Olsavsky
Steve Rothrock
Joe Schaible
Theresa Seiverd
Michael Shea
Laurie Temple

Kevin Wilfoy

New Club Jerseys!

We've heard compliments from Bike New York and the Amish Country Tour to the Covered Bridge Metric and the Triple Loop. Cyclists across the region have praised the original design of our club jersey. It's bold, colorful, and easy to recognize from a distance.

Given the success of the first jersey, club members Deb Chaga and Ed Becker worked to combine many of the original design elements with updated styling features, including raglan sleeves, softer material, and a 3/4 length zipper!



Are you eager to display your club colors? Have you worn your original jersey to a piled pile of polyester? Here's what you need to do: Cut out the order form below, circle your choices, and send in the form with a check or money order made out to the Delaware Valley Bicycle Club in the amount of \$55.00 for each jersey.

New DVBC Jersey Order Form

Please print clearly

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Circle your choices:

SIZE: X Small (33-35 and a bit shorter than the next small), Small (33-35), Medium (35-38), Large (38-41), X Large (41-45), XX Large (45-49)

STYLE: Women's Club Fit, Men's Club Fit, Men's sleeveless, Men's Euro cut (**Note:** These are body-tight and run a size smaller than the club fit.)

Send your check or money order and this form to:

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

Four DVBC members tour Utah

Four DVBC'ers experienced a cyclist's dream come true the week of May 29th in southwest Utah. Larry Green, Woody Kotch, Edward Sobolewski, and Mel Stiles had the bike tour of a lifetime through Capital Reef, Bryce Canyon and Zion National Parks. The riding was challenging (even Ed's legs were burning) on good roads up to 10,000 feet of altitude and 50 to 108-degree temperatures with zero humidity. Except for a brief snow shower there was no precipitation to mar the awesome descents and incredible scenery. Awesome and amazing doesn't begin to describe the environs of the National Parks.

The geological beauty has to be seen to be believed. Besides the accompanying photos, you can check out Ed's photos at the club website. Awesome and amazing are also appropriate to describe the attention to detail and wonderful comforts provided by the Trek/Travel organization. Two extremely capable guides/hosts/mechanics and a Trek photographer led us on our six-day 350-mile adventure of upscale accommodations and gourmet meals. Everything came off like clockwork right down to the wine, beer and appetizers at 6 pm each day. Talk about being spoiled, you didn't even have to bring your bike! Trek provided an Ultegra-equipped, carbon fiber "Madone" sized to your specs. The bikes are cleaned up, tuned up, and pumped up each day by the guides so you don't have to soil



your hands. Did I mention the guides each smiled continuously for six days? Just like being in Disney World on two wheels.... Unbelievable!

There were four other nice and interesting people on the trip, Barbara, Robert, Doug and Stan; two wonderful guides Courtney and Brian, and Trek's superb photographer Zack.

Editor's note: From another source we heard the following story regarding the trip: After the toughest climbing day of the trip, to Kolob Canyon, one of the participants, Doug Donaldson, made a comment that during the climb he was counting all the creatures which were faster than he was: ants, snakes, beetles, etc. At one point on the 18% grade the ants overtook him.



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DVBC Ride Calendar

JULY 2005

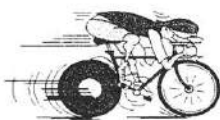


*****Recurring Weekday Rides*****

Tuesdays 6:00 pm Miles:10-15 Class:C-/C Vocabulary Ride	Spin with us through southern Delco. Beginners are welcome on this ride but I encourage you to call at least a day before the ride. Meet us at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
Tuesdays 6:10 pm Miles:25-30 Class: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 Havnoonian at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 9:30 am Miles:30-60 Class:B/B- Doc's Ride	Start at 320 Market Cafe, 713 S. Chester Rd, Swarthmore. Various local routes starting from Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead of time for plans. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 6:00 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. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Wednesdays 6:00 pm Miles:34ish Class:B+ The Rose Tree Ridley	Start at Rose Tree Park on Rte. 252 go through Ridley State Park and beyond. As day gets shorter so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:20-30 Class:B South Jersey Ramble	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
Wednesdays 6:00 pm Miles:22+ Class:C/C+ Rose Tree Park n Ride	Meet me after work at Rose Tree Park, Rte. 252 near Media for a "hills are our friends" ride. We'll travel thru Ridley Creek State Park, along Creek Road or wherever our fancy takes us. No worries, no one dropped. Contact Dom Zuppo at 610.544.8630 Email: membership@dvbc.org
Wednesdays 6:00 pm Miles:15 Class:D/C- Ride With Buckeye	Starting in Lansdale, PA. Ride along very nice, low traffic roads in northeast Montgomery Co. Distance about 15 miles. Pace about 10 - 12 MPH. Rain cancels!! :) Call for directions. Contact Doug Bower at 610-952-0562 Email: dkbower@craftech.com
Thursdays 6:10 pm Miles:25-30 Class: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 at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jul 2 7:45 am Miles:100+/- Class:B+/A Mays Landing	Another century ride brought to you by Ed squared. Travel to familiar destination in Mays Landing, seeking some new roads to ride a full century. Lots of fun with lots of drafting. Pace maintained at 18-20mph. Contact Ed Sobolewski at Email: sobolewski3@comcast.net Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Jul 3 6:00 am Miles:100 Class:B Sunrise Century	Leave Valley Forge Visitor Center Lower Parking lot PROMPTLY at 6:00 am for a hilly hundred miles. Water at 15, 45, and 90 miles. Food at 30 and 70. Water stops will be quick. Bring money, food and drink mix! Please RSVP. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 3 9:00 am Miles:62 Class:B/B+ Northbrook Orchard or Delaware Loop	Meet at Moylan Rose Valley train station at Manchester and Woodward Roads for a ride through some of our classic DVBC routes. Food/water stop at midpoint. For info: Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

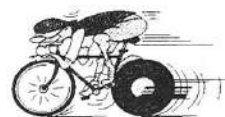
Monday, Jul 4 8:00 am Miles:50 Class:C+/B- THE 3rd ANNUAL FIRECRACKER FIFTY	Leave Rose Tree Park at 8:00 am, ride to the Degroved North Brooke Orchard at a nice easy pace and return. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jul 9 8:00 am Miles:30+/- Class:C/C+ Perkiomen Pedal	Start Perkiomen Creek Park (Oaks exit off Rte. 422 W). Ride the flat paved path as far down as we all feel like going and then back. Miles/pace adjusted longer/shorter and faster/slower depending on who shows, no one dropped. Bring water and food snacks to carry. Rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Jul 10 8:00 am Miles:55+/- Class:C+ Salem Ride	Join Bonnie and Len for a ride to Salem. Moving average 15-17mph. Terrain is flat to rolling. There will be breakaways for the faster riders. Main group stays together, no one dropped. Rest stop in Pennsville. Start at Kingsway High School, NJ, Rtes. 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jul 10 8:30 am Miles:35+ Class:C/C+ Art Museum	Easy-paced ride starts from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. Travel to Art Museum with a stop in Manayunk on the way back. Expect some hills, but no one dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114.
Sunday, Jul 10 8:30 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, Jul 11 7:00 pm Miles:0 Class:ALL Board Meeting	Board Meeting held at Springfield Friends Center. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Jul 16 7:30 am Miles:135 Class:A Avalon Ride	Ed squared (Ed S. & Ed B.) ride: lots of drafting and lots of fun, mostly backroads. Rest stops half way down and half way back. Lunch in Avalon. Pace:18-20mph depending on wind dir. Start: Kingsway High School, Rtes. 322 & 551. Email Ed Sobolewski at: sobolewski3@comcast.net or Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Jul 16 8:00 am Miles:30+/- Class:C/C+ County to County	From Culbertson Elementary School (Goshen Road off Rte. 252), ride out of Delaware Co. into Chester Co. Rolling terrain. Half-way food stop at either Cusi or Atlanta Bread Company in Exton. Cue sheets provided, no one dropped, bring water and money for food stop. Rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Jul 16 9:00 am Miles:40+ Class:B Peter's Brandywine Loop	Find out how you can ride on a featherbed (!). Plus treat yourself to horses, ducks 'n geese, a few McMansions, and climbs with a nice mix of length and variety, and some swoopy downhills. Meet in front of Swarthmore train station, south side (by Ville), 9am. Food stop at the Chadds Ford Wawa about halfway. Contact Peter Schmidt at 610-328-2375 or pschmid1@swarthmore.edu
Sunday, Jul 17 7:00 am Miles:65 Class:B The Dead Dad Decathlon	Ten hills make up the gist of this ride that starts and end at the Wayne Train Station with a food stop in the valley. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 17 8:00 am Miles:42+/- Class:C+ Chadds Ford Ride	Meet Bonnie & Len at Chadds Ford Elementary School, Rte. 1 and Fairville Rd. Moving average 14-15mph. Terrain mostly rolling to hilly. Regroup after each climb, no one gets dropped. Loop down towards Delaware, over to Aston (rest stop), up to Cheyney, back to Chadds Ford. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jul 17 8:30 am Miles:40+/- Class:C/C+ Kountry Kitchen	Meet at Kingway High School, Routes 322 & 551 in New Jersey and ride to the Kountry Kitchen in Elmer for breakfast. Contact Bob Martin at 610-352-2114

Saturday, Jul 23 8:00 am Miles:85 Class:B Northern Bonkers	Moseying on out of the R5 Wayne Railroad Station, we'll swing on down by the crick and get on over yonder hills to get us on out to that there DVBC Bonkers Picnic where y'all be enjoying the finest company of 'r clubs' members and the gracious southern Chester County hospitality of Bonkers himself and his lovely wife. When all that there fun's done we all take that there short way back for dam near ninety miles. Y'all come out for dis ride, ya here. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jul 23 9:00 am Miles:50 Class:C Little Bonkers	Ride to the Bonkers Picnic. Meet at Chadds Ford Elementary School on Rte. 1. Call before hand if weather or ride is in question. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Saturday, Jul 23 9:00 am Miles:62 Class:B- Bonkers	Ride to the Bonkers Picnic. Meet at Ridley Creek State Park headquarters. Contact Gina Bezdziecki at 610-525-0129.
Saturday, Jul 23 9:00 am Miles:80 Class:A Big Bonkers	Ride fast to the Bonkers Picnic with Tony and his fellow hammerheads. Meet at Rose Tree Park. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jul 23 11:30 Miles:Various Class:ALL Ride or drive BONKERS PICNIC	Members and their families free. Please make your reservations by Thursday, July 21st. Ride or drive to the LaDrews' house for the Bonkers Picnic. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jul 24 8:00 am Miles:63+/- Class:C+ Smithville Ride	Meet Bonnie and Len at Woodcrest Station, Cherry Hill, NJ (exit off Rte. 295), same start location as MS150 to Ocean City. Ride to Old World Bakery. Moving avg. 15-17 mph. Terrain: flat to rolling. Breakaways for faster riders. Main group stays together, no one dropped. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jul 24 8:00 am Miles:75+/- Class:B+ Kimberton	Meet at Moylan-Rose Valley Train Station at Manchester & Woodward Rds. in Moylan. Ride through Chester County. Food stop in Kimberton. Expect a few hills. Water stops as needed. Contact Mike Keating at 610-716-3564 or makeat@voicenet.com
Sunday, Jul 24 8:30 am Miles:35+ Class:C/C+ Art Museum	Easy-paced ride starting from Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. Travel to The Art Museum with a stop in Manayunk on the way back. Expect some hills, but no one gets dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114.
Saturday, Jul 30 8:00 am Miles:35+/- Class:C/C+ Jersey Jaunt	From Kingsway HS (Rtes. 551 and 322), ride through South NJ. Cue sheets provided, no one dropped. Veterans of this ride call it "The ride of the many Wawa's." Bring water & money for food, rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Jul 30 8:30 am Miles:30+/- Class:C Loop The Airport!	Meet at Folsom PathMark on MacDade Blvd in Ridley Township. Ride by the Historic Leiper House, loop the airport, and swing by Fort Mifflin. Return around noon. Terrain is totally flat. A few stops as we watch the planes and briefly check out the historic sites. Rain cancels ride. Contact Frank Jackson: 215-620-0632 cell, 215-537-4299 day or fjackson@rohmmaas.com
Sunday, Jul 31 8:00 am Miles:50+/- Class:C+ Riverview Ride	Meet Bonnie and Len at Kingsway High School, NJ, Rtes. 322 and 551 for a ride to Riverview Park. Moving avg. 15-17mph. Terrain: flat to rolling. Breakaways for faster riders. Main group stays together, no one dropped. Stop at Wawa prior to rest stop at the park. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jul 31 8:00 am Miles:80-85 Class:B+ Chester County	Meet at the Moylan-Rose Valley Train Station at Manchester and Woodward Roads in Moylan. Ride to Chadds Ford, then along some of the old Brandywine Tour routes through Chester County. One food stop along the second half of the ride. Water stops as needed. Contact Mike Keating at 610-716-3564 or makeat@voicenet.com



Bike Dirt

By F.X. Pedrix



My lovely wife Babs and I would like to thank those of you who sent cards and emails of support during my recent days of legal difficulty. The League of American Bicyclists' effort to pry my confidential sources out of me showed callous disregard for my First Amendment right to slander. It was only through the legal support of the ACLU (American Cyclists' Liars Union) that I was able to repel that effort and preserve the secrecy of Shallow Esophagus and other useful spies who feed this rumor machine called "Bike Dirt." In fact, the identity of Shallow Esophagus shall be revealed only upon his/her passing, or when his/her children convince him/her—oh, what the heck, it's a *guy*—that he deserves recognition as a hero. I know some conservatives suspect an embittered Board member who was passed over as President. Unlike most rumors, I cannot dignify that one by commenting.

You may not have thought of the usually mild mannered Motorola as having a foul mouth but he shocked us recently when he entered the following comment on our club's email list serve: "I saw the Discovery gang in a restaurant eating lunch as I cursed through Manayunk." We have no idea why Motorola was so perturbed, much less why he chose to verbally take it out on the populace of Manayunk.

As the Dominator unloaded food at the Bonkers Chadds Ford snack stop he noticed a swarm of gnats engulfing his companion. The Prez made a glib comment about their being drawn by the friend's B.O. Moments later that same swarm had gravitated from the friend to the Prez himself, who quickly formulated a new theory that: "It is not human body odor that attracts them; it's the carbon monoxide emitted by human respiration."

As we've been reading in this newsletter, our own Speedy has been so successful since entering CAT-5 racing in April he appears poised to move up to CAT-4 soon. Meanwhile, another of our A riders, the Polish Prince, has established a level of excellence that has quietly catapulted him all the way to the pro ranks. No, I'm not talking about his riding. The Prince has exhibited a gift for photography and a willingness to share his talent with the

club. His photos have been used in this newsletter and on our website. Last month, however, the Prince made the jump all the way to the pros when he was selected as one of the eight official photographers of the Wachovia US Pro Championship in Philly. His brilliant photography, including images captured at that pro ride, is on display at dvbc.org.

Plastic Boy's riding may have been off this spring, due to a health situation, but he unveiled another talent last month when he had some riding friends over and wowed them with some special gourmet dishes. One guest knew it was Plastic's birthday and brought a gift but no one could pry his age out of him.

Ohio Fats has declared his back surgery a success and is riding again. In fact, he is logging so many daily miles on his tricycle we will have to go back to calling him Mr. Buckeye. He is starting to look like the svelte stud who ran seventeen marathons. Buckeye has noticed that the tricycle commands exceptional courtesy from passing motorists, whose first impression is apparently that they are approaching a handicapped person doing some kind of workout in a wheelchair.

A June 12 *Philadelphia Inquirer* article, courtesy of the Associated Press, indicates that in London hundreds of naked cyclists rode past Big Ben and the American Embassy in protest of the West's dependence on gas-guzzling automobiles. The nude cyclists were trying to spark interest in the bicycle as an alternative form of transportation. Some bikes carried banners that said: "Oil is not a bare necessity but a crude obsession."

A similar demonstration was held in Madrid a day earlier. An Atlantic City Press photo shows dozens of butt-naked riders from the rear and quotes a participant named Javier as saying, "What we clearly want to show is that we feel naked against the traffic." I wonder if that was our own Javier, one of the DVBC's cheekier members.

Now that Jim Walls has won the CAT-5 race up the Manayunk Wall we may have to change his name to Jim ("Manayunk") Walls.

Misty has recently returned from an army hitch in Iraq. You can tell she has

a military background because, when she calls "Car back!" it sounds like a drill sergeant yelling "Atten-HUT!" I have never seen DVBC members fall into formation so quickly.

Misty is sporting a new Orbea Mitis Dama bike. She is proud of her bike's Pluma Pink paint job and adorable features, including a feather on the top tube. But it's not the sexy paint job that impresses the club's aficionados. They tell Misty she is proud for the wrong reasons. Her bike has sophisticated double butted tubing and carbon rear triangle that make for a lightweight, comfortable ride. It would be a thing of beauty even with a coat of institutional cafeteria paint splashed on.

Sadly, however, misfortune befell Misty just days before we went to press. She crashed the Orbea Mitis Dama, bending the derailleur. Her husband, Grey Wolf, says her distress necessitated a round-the-clock suicide watch.

Last month, when the Wooden Man attended a Utah biking tour with three other DVBC members, he waited until the final day to unveil his DVBC Double Century jersey.

Ride Leader



Woody Kotch

Photo on Wooden Man's jersey

For those of you who were not at the banquet when it was presented, that shirt features on its front a portrait of none other than the Wooden Man himself with the caption "Ride Leader." He claimed to be bashful about wearing a shirt with his own portrait until the people

on the tour got to know him. He took a ribbing over that picture but not nearly the kidding he would have taken had the group seen the actual photo from which it originated. Thanks to Shallow Esophagus, it is now being made available to my readers.

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



What Wooden Man's pals did NOT see.

Ed Becker branches out from biking

Just wanted to write in about a race that I took part in Saturday, June 4th in Moorestown, NJ. It was an 8k run. I set out on a mission to come in under an 8-minute pace. I usually run mid-7's on much shorter training runs that I do on a track.

I arrived early, went in to pick up my race packet and was thrilled to see that I was assigned bib #100. I was happy that I was there with time to spare because that allowed me time to stretch out a bit and do a short warm-up run and take in some of beautiful downtown Moorestown.

After my short warm-up I went back to the start. To my surprise they did not seed runners, but I got myself somewhat towards the front of a very crowded start.

Suddenly, after a group of local High School girls sang the National Anthem, a fire truck sounded its siren, then THE GUN FIRED! Off we were. I worked my way up front and to the side so I could pass others

without getting tangled up. As the race made a left off the Main Street start and onto a beautifully wooded scenic back road, I found myself settled in within a long line of runners. I still had my heart rate monitor set at my training zone (158-LO/172-HI) which alarms me every 10 seconds when I'm out of my zone, which was currently floating around 177. I was wondering why my heart rate was so high, but when I came up to the 2-mile marker there was a volunteer there calling out times. As I passed I heard him call out 13:26. My mind raced trying to figure my pace. I couldn't believe it: a 6:43 pace.

I knew then that I would not be able to maintain that pace as my body was already screaming to stop. A couple hundred yards after the 2-mile mark was the first water station. I was handed a cup of water and thanked the woman who handed me the cup before taking a gulp, then dumping the rest over my head.

After that first stop there were spectators all clapping and cheering along with a gentleman out front of his house with a hose spraying down the runners as they passed. It seemed that after the first water station there was now one every half mile or so. The residents along the route were giving water out of the kindness of their hearts. God bless, because I could use every cup of water I got my hands on.

After passing the 4-mile marker I was paying for my early burst. From a distance I saw a woman dancing out front of her house. As I approached I noticed she had speakers out front and blaring out of them was Bruce Springsteen's "Born To Run." I have never been a Bruce fan, but now I have a new appreciation for that song.

As we turned back onto Main Street where the finish was, I was now very happy that I had done my

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Sun. July 3: Delaware Double Cross, Middletown High School, Middletown, DE. White Clay Bicycle Club, 302-738-1299.

July 8-10: Pennsylvania Bicycle Rally, Gettysburg, PA. Optional lodging and meals at Eisenhower Hotels, Conference Center & Resort. Benefits PA's only state-wide advocacy organization, the Bicycle Access Council, phone 717-417-1299.

Sun. July 10: American Cancer Society Bike-a-thon, one-way rides to Mays Landing, NJ. Return transportation is available for an extra fee. 215-985-5400.

July 15-17 or 16-17: MS Bike Tour, Gettysburg, PA. 2-day rally w/ meal, lodging at Gettysburg College. Start at college & ride 25, 50, or 75mi. rtes. Saturday & Sunday, plus extra 25-mi loop century on Sat. Accommodations Gettysburg Coll. Sat. night all cyclists. Reg fee + min pledge. Fri. night accommodations avail. for a ad'l fee. Nat'l Multiple

Sclerosis Society, Central PA Chapter, 717-652-2108.

July 16-22: Pennsylvania Greenway Sojourn, Lake Erie to North of Pittsburgh. A six-day off-road heritage tour by bicycle averaging 35 miles/day, majority on rail-trails and multi-use trails. Overnight camping at school grounds and parks. Rails-to-Trails Conservancy, Northeast Regional Office, 2133 Market St, Suite 222, Camp Hill, PA 17011; phone -238-1717.

July 23-24: MS150 Keystone Country Ride, Hollidaysburg, PA (near Altoona). This is a two-day loop on 150-miles of scenic back roads with rolling hills. Ride to University Park for the overnight stop.

Sun. July 24: Peleton Project Charity Ride, Princeton (Mercer County), NJ. Benefits the Lance Armstrong Foundation. 609-924-6504.

Sat. July 30: River to River Heritage Corridor Bicycle Tour, Telford, PA.

Ride 25, 50, 75, or 100 miles on rolling terrain with a few climbs. Pedal PA, 215-513-9577.

Sat. July 30: Dream Ride, Riverview Elementary School, Marietta, PA.

Sun. July 31: Tour de Tinicum, Erwinna, PA. Delaware Valley Volunteer Fire Company, 75 Headquarters Rd, PO Box 253, Erwinna, PA 18920.

Sat. Aug. 6: Dog Daze Century. Brandywine Bicycle Club.

Sat. Aug. 6: Princeton Event, West Windsor, NJ. Ride 18 to 100 miles. \$25, pre-register by July 24 to receive a free T-shirt. Princeton Free Wheelers.

Sat. Aug. 13: Bridgeton Zoo Ride, Schalick High School, Centerton, NJ; 25, 50, or 100 mi, 8AM. Rural rds., Salem County. 25-mi loop & 1st 50-mi loop have rest stop Bridgeton City Zoo. 2nd 50-mi loop for century. Lunch avail from a deli near school & discount is part of ride package. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705.

Sat. Aug. 13: Habitat for Humanity Tour, Thompson Park, Jamesburg, NJ. Holly Ely, 732-634-6898.

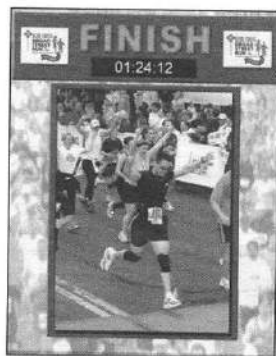
(Continued from page 9)

warm-up because I was familiar with the landmarks and exactly where the finish line was. I heard some spectators

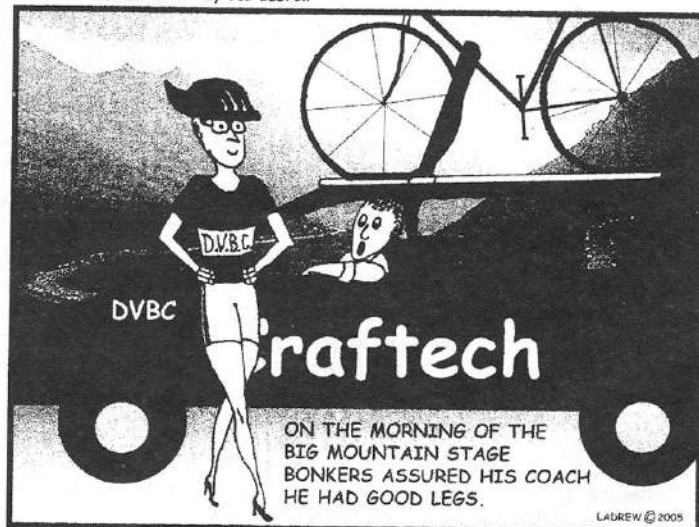
yelling to pick up the pace so we would get under the 40-minute mark. I took the tactic of maintaining my pace, because I felt it was too early. After approaching what I thought was the 100-yard mark I took off on a sprint. I ran as fast as my tired legs would carry me. As I approached the finish I raised my arms because I did win--maybe not against some other runners, but against my number one opponent, myself. I finished in an overall time

of 37:24 and a mile pace of 7:31.

After turning in my bib tab I went to the refreshment tent for some water before proceeding to my car to change out of my soaked clothes and running shoes. After doing so I headed back to the finish line to cheer the rest of the runners as they crossed the finish. Yes, I thought, they were just as much winners as I.



BONKERZ by Bob LaDrew



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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

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)