

# Delaware Valley Bicycle Club



P.O. Box 156, Swarthmore, Pa, 19081

May 2006

## Ten Commandments of Bicycling

By Dominick Zuppo

Last month, we reviewed some Cycling ABCs. Due to space (and time, according to my editors) constraints, I had to save the following for another day. Well, that day has arrived, and thanks to the great folks at the LAB, I have more cycling tips to share.

**I. Wear a helmet for every ride and use lights at night.** Yes, I realize that wearing a helmet is a matter of personal choice, but we have (unfortunately) quite a few members who can attest to the saving powers of that fancy piece of molded foam we strap to our heads. Head and tail lamps are a no-brainer at night. They help us to see and be seen.

**II. Conduct an ABC Quick Check before every ride.** Test from last month - do you remember what it stands for?

**III. Obey traffic laws: ride on the right, slowest traffic farthest to right.** Especially when riding in traffic, acting like a four-wheeler demonstrates that you're an intelligent user of the road. Hey, someone has to be.

**IV. Ride predictably and be visible at all times.** I may look like a PennDOT employee, but I LOVE my screaming yellow jacket. And you will impress your fellow riders by holding a straight line and not overlapping wheels as you sail together down the road.

**V. At intersections, ride in the rightmost lane that goes in your direction.** Again, a tip that makes sense, especially if you're trying to cross a busy intersection.

You'll allow right-turning traffic to proceed and demonstrate the direction you wish to take.

**VI. Scan for traffic and signal lane changes and turns.** I've been told I make a fantastic right angle with my left arm when I signal a stop, but seriously, you'll be surprised how quickly you can react if you know the immediate location of all users of the road.

**VII. Be prepared for mechanical emergencies with tools and know-how.** There are many books and magazines that teach the basics of bicycle repair. And if one of our many experienced club mechanics shares their knowledge and skill with you, discreetly memorize the brand of energy bar or drink they enjoy.

**VIII. Control your bike by practicing bike handling skills.** Come out to a club ride and notice the skilled riders around you, those who ride in a straight line and whose fluid pedal strokes propel them effortlessly up a hill. If you want to ride better, don't be afraid to ask questions.

**IX. Drink before you are thirsty and eat before you are hungry.** It doesn't have to be a lot - just a couple of gulps at regular intervals, or a small snack that you can easily handle while riding. Avoid "bonking" at all costs.

**X. Have fun.** Isn't that what it's all about? Feeling your body as it grows stronger. Watching the look on your coworker's face when you tell them about your 50 mile fund-raising ride. And spending quality time with your friends at the DVBC. See you on the road!

### DVBC in the News

Look for articles about the club in the May issue of the following magazines:

*Liberty Sports Magazine*

[www.libertysportsmag.com/main.html](http://www.libertysportsmag.com/main.html)

Available at many local bike shops

*Out and About Magazine*

[www.out-and-about.com](http://www.out-and-about.com)

Found in restaurants and fitness centers in Southern Chester County and Wilmington, DE



**Friday, May 19th  
Bike-to-Work Day**

**Save the date!  
Saturday, July 22**

for the DVBC club picnic

For more information check the June newsletter or the club web-site, DVBC.org



**The Delaware Valley Bicycle Club**  
**P.O. BOX 156**  
**Swarthmore, PA 19081**

<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

Frank Jackson, *Secretary*  
 FJackson@rohmhaas.com

Mike Broennle, *Treasurer*  
 treasurer@dvbc.org

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

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

Debbie Chaga, 610.494.3033 or  
 dreamer@craftech.com

Larry Green, largreen@earthlink.net

Cheryl Lynch  
 oyveyquilts@yahoo.com

Peter Schmidt  
 pschmid1@swarthmore.edu

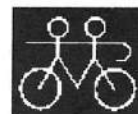
Brian Wade, *Past President*,  
 610.254.9485 or bwadedvbc@aol.com

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

### Club Affiliations



LAB



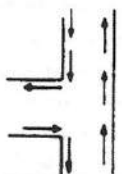
*Bicycle Coalition of  
 Greater Philadelphia*

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

## Ride Guidelines



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



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



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



Protect yourself at night  
 with the required reflectors  
 and lights.



Use hand  
 signals to  
 indicate stop-  
 ping or  
 turning.



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

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

# When Warm Weather Calls

By Drew Knox

My goals were to get out of the cold Wilmington weather, be outside as much as possible, and do lots of slow miles to help lay in my training base. To prepare I hit the rollers and trainer about four times a week through December, January and February but not as hard or as diligently as the last few years. Because of the extra warm January, I got in two centuries and a few mid-week rides but did no outside miles in February.

Texas Hell Week has a meager website. I got the impression that the rides were mostly unsupported, which was true. There was no urgency to pre-register as there are no rider caps. Price was about \$120. There was also no confirmation after registering -- all very casual if somewhat disconcerting.

I registered and booked a flight to San Antonio and a rental car to get to Fredericksburg, which is about 80 miles away. Deciding on accommodations was harder. Hell Week has been run for the last 14 years out of the dumpy Sunset Inn but there are several other motels nearby. None looked attractive at \$75 beans a night and up. Besides, I'm not too eager to spend my spare time trapped in a motel room watching tv. Online I found a KOA campground about five miles from town. It was lucky I booked a reservation as it was spring break and they filled up that week.

## Day One: Departure

The trip south was remarkable in that every leg was on time and every connection went smoothly. I left my house at 5:30 and by 2:30 I was in a rental car driving out of San Antonio with my luggage through 80 degree warmth under clear blue skies and into the rolling brown hills of Hill Country. Ninety minutes later located the lone bike shop in Fredericksburg (population 10,087) and was re-assembling my bike. Smoooooth. Then I drove a few miles further to the KOA and set up my tent under a bower of Live Oaks and adjacent to a wash house with four private bathrooms.

I introduced myself to the guy in the adjacent campsite, Mike from Sulphur Springs, the only other tenter and biker. We hit it off right away and decided to hang out and ride together.

## Day Two: The First Ride

The grackles were an animated alarm clock next morning chirping and

clacking overhead and ruffling their wings. The sun rises and sets about 45 minutes to an hour later on the clock in F-berg, so the 9:00 start for B riders wasn't as late as I'd feared. After a coffee run and light breakfast, the evening chill had barely burned off when it was time to drive over to Sunset for the ride start.

Mike was nervous. Despite having several expensive bikes on hand and lots of high-end gear, he'd never ridden with a group. We hung at the back of maybe 100 riders and found the leisurely pace much to our liking. Ah, shorts and sun and rolling hills and new roads -- life is good. Screw work. The one food stop, at Luckenbach, which is either the birthplace of Willie Nelson or appeared in one of his songs, was two rustic houses serving beer, burgers and "fries". Most of the motorcyclists gobbled them up while I struggled to identify the fries. After we finished 64 miles and Mike's longest ride ever, I tack on more miles to enjoy the weather and solitude. I don't want the day to end.

## Day Three: Damsels in Distress

I like not having to tear down the tent to start every morning. The bathroom has individual units which feel private compared to sharing portos with, say, 1500 people on Bike Virginia. We're at the Sunset starting line again by 9:00 and follow the same route out of town. The road network is different than here in the Delaware Valley: there are fewer backroads but those are really rustic. Typically, you bump along a busy main route, take an unused offshoot to another busy route or the same road, then bump along to the next offshoot.

We came off one offshoot, Lower Crabapple, which we were to use frequently, when we found a repair team next to the road. I thought it was a clinic but hardly any one of the middle-aged hotties knew how to repair a flat. Let me at this baby...

Oops, this turned out to be a bigger problem than expected. Only two 650B tubes: one with a bad valve and one with a hole too close to the valve to repair. Lots of fussing for more than an hour but still no progress. Rats. Note to self: carry a spare 650 tube when riding with women. Still, lots of hugs all around before I give up and call for a sag.

Today's lunch stop is at a gas station and deli. Yea, deli food, sandwiches and real fries. Outside the

store another middle-aged cutie is wondering where her ride partner went, the one who has the cues and maps. So she asks if she can ride back with us -- yah, sure, youbetcha! She's worried about keeping up though. No problem, we can ride really slowly.

That evening I'm thinking I should call Mike Mouw to see if he is coming out from Austin to ride on Monday or Tuesday when I get word that he's at the front desk.

## Day Four: Breezing Up

By 9:00 Mouw Mouw and I are at the back of the starting group at the Sunset. The weekend riders have left, so now there are about 50 B riders and they are looking like a pretty buff group. We leave with a stiff wind at our backs and quickly form up in a double paceline going about 23 -- too fast and too hectic to do any chatting. After 7 or 8 miles we turn, lose the tailwind, and the group starts breaking up. We back off. After another 7 miles we turn again and are heading directly into a gale. We take turns pulling for a while and get to talk. Mike was worried when I told him this was the beginning of my outdoor season and that I was really slow. He wasn't complaining about the speed though when he finally tucked in behind me and let me pull a line the last 10 miles to lunch -- at 11 mph. Chunky guys, move to the front.

After a long lunch break in Harper, Mike got his legs back and wanted to jam with the wind. What a hoot! We rode on a long offshoot, Rte 2093 -- miles and miles without seeing a car -- at a brisk, effortless pace and ended up chasing a tandem team and caught onto a paceline. As Charley Stockley would say, "Best ride of the year!"

## Day Five: Backing Off

Mouw Mouw has headed home and my legs are beat. Sulphur Springs Mike is excited. We've ridden west and north but today's route goes by our campground then heads south, so we can hang out until riders start going by. These hills are higher giving nice panoramas. The best views are already taken by expensive homes sitting atop the rounded peaks like vultures. Forty miles out, we pass a triple with two small boys on the back. One boy has a twin riding on the back of another tandem and an older sister stoking a third tandem. They are making good time up Lonesome

(See *Warm Weather* page 9)



## A Tip from the Ride Leader: What to do in a Bicycle Crash

There are a few things you need to know to protect your legal rights in a bike crash. If you are in a crash with a car, do not leave the scene without:

1. the tag number of the car; 2. the names and phone numbers of any witnesses; 3. driver name and contact information; 4. police officer name and badge number

Even in cases where cyclists are badly hurt, the police have not always identified the vehicle or driver involved. The ambulance personnel will not include this information in their report – you must make sure the information gets recorded by the police. If it is a hit and run, you need to file a police report as soon as you are able.

The Bicycle Coalition of Greater Philadelphia is often asked to put members in touch with lawyers. While they do not endorse any particular lawyer, Stuart Leon has been a sponsor of Bike Freedom Valley for several years and will provide his contact information as a convenience to members.

Fax (610) 353-8230

Phone (610) 356-1515

### Accurate

Auto Tops & Upholstery

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

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

Jim Moore  
Owner



### Tancredi's Auto and Truck Repair, Inc.

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

JOE TRANCREDI  
Towing Pager  
(888) 975-2053

Sunday morning mountain bike rides  
Call for information

Expert Sales and Services

Guaranteed lowest prices



Mountain Bikes

Hybrid Bikes

Kids Bikes



Road Bikes

Tandem  
Bikes

Joggers &  
Trailers



### Cycle Fit of Delaware County

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



Largest selection of bikes in Delaware County

Special discounts for club members

Specializing in closeout models



## DVBC Ride Calendar

### MAY 2006



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

<b>Mondays—Fridays 5:00 pm</b> Miles:30+/- Class:C+ <b>Ride With Buckeye</b>	Every Monday through Friday ride from my home in Lansdale, PA at 5:00pm. Pace depends upon who shows up; generally C+. Ride 25 - 30 miles depending upon hours of daylight. If you are planning to attend please call for directions and so I do not leave without you. Contact Doug Bower at 610-952-0562 Email: <a href="mailto:dkbower@craftech.com">dkbower@craftech.com</a>
<b>Tuesdays 6:00 pm</b> Miles:15-20 Class:C+ <b>DuPont Country Club</b>	Meet at Booths Corner Farmer's Market, at Naamans Creek Rd & Foulk Rd. <a href="http://www.boothscorner.com/">http://www.boothscorner.com/</a> Beginner's are invited. Please call prior to ride. Rain no ride. Contact Vera K. at 215-480-9582 Email: <a href="mailto:liszt01@aol.com">liszt01@aol.com</a>
<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 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, <a href="mailto:brider-ride@usa.net">brider-ride@usa.net</a>
<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: <a href="mailto:cyclesport@verizon.net">cyclesport@verizon.net</a>
<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: <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a>
<b>Wednesdays 6:00 pm</b> Miles:20+- Class:B <b>Rose Tree Ridley</b>	Start at Rose Tree Park on Rte. 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: <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Wednesdays 6:00 pm</b> Miles:22+ Class:C/C+ <b>Rose Tree Park 'n Ride</b>	Meet me after work at Rose Tree Park, Rte. 252 near Media for a "hills are our friends" ride. Travel thru Ridley Creek State Park, along Creek Rd. or wherever our fancy takes us. No worries, no one dropped. Contact Dom Zuppo at 610.544.8630 or <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>
<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: <a href="mailto:tony@craftech.com">tony@craftech.com</a>
<b>Thursdays 10:00 am</b> Miles:5-10 Class:D <b>Beginner Friendly Ride</b>	We'll meet in the Betzwood parking lot of Valley Forge Park (off of Rte. 422) for a nice friendly ride on the paved, flat, car-free Schuylkill River Trail. Bring water and a snack. We'll chat about bike etiquette, cycling with a group and tips to assure a comfortable ride. Rain cancels. Contact Cheryl Lynch at 610-356-3123 Email: <a href="mailto:want2bike@yahoo.com">want2bike@yahoo.com</a>
<b>Monday, May 1 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 <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>
<b>Saturday, May 6 9:00 am</b> Miles:55-60 Class:B <b>In Search of Levi Stoltzfus</b>	Meet at Bob LaDrew's house near Coatesville. Explore the backest roads of Amish country and maybe stop at Shirk's Bike Shop. Hilly. Lunch in Intercourse. For directions... Contact Bob LaDrew at 610-383-9327 or <a href="mailto:2ladrews@netreach.net">2ladrews@netreach.net</a>

<b>Sunday, May 7 8:30 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 7 9:45 am</b> Miles:62 Class:B <b>Westtown &amp; Beyond</b>	Meet at Moylan Rose Valley train station, Manchester & Woodward Rds for a ride over the classic routes of the DVBC. Go thru western Delaware County, Chester County & maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Saturday, May 13 8:30 am</b> Miles:32 Class:C+ <b>Loop The Airport!</b>	Meet at the Folsom Path Mark on Mac Dade Blvd. in Ridley Township. We'll bike by the Historic Leiper House, loop the airport, and swing by Fort Mifflin. Return around noon. Terrain is almost totally flat (only one real hill). A few stops as we watch the planes land and briefly check out the historic sites. Rain cancels the ride. Contact Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com
<b>Saturday, May 13 8:30 am</b> Miles:25+/- Class:C/C+ <b>Wheels to West Chester</b>	From Culbertson Elementary School (Goshen Rd. in Newtown Square), ride out through rolling terrain, mix of back roads & busier roads into the city of West Chester, stop for food, then head back. Cue sheets provided, no one dropped, bring water and money for food stop, rain cancels ride. PLEASE confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoysoo@yahoo.com
<b>Saturday, May 13 8:30 am</b> Miles:You pick Class:All <b>Bonkers Painting Ride</b>	Ride the Bonkers Metric course with friends and help spray arrows on the road. Your help is appreciated. Meet at Parking Lot # 15, Ridley Creek State Park. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
<b>Sunday, May 14 6:30 am</b> Miles:100 Class:B+ <b>Mother's Daze</b>	Starts PROMPTLY at 6:25 am at the R5 Wayne Train Station. Expect nonstop climbing. Bring food and water. Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, May 14 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 morning breakfast. Contact Bob Martin at 610-352-2114.
<b>Saturday, May 20 8:30 am</b> Miles:Your choice Class:All <b>Bonkers Volunteer Ride</b>	Those working tomorrow's Bonkers Metric will ride the course today to check on final details. Parking Lot # 15, Ridley Creek State Park. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
<b>Saturday, May 20 9:15 am</b> Miles:6-10 Class:D <b>Beginner Friendly Ride</b>	Meet at Marple-Newtown HS on Media Line Rd for a ride into the wooded gently rolling countryside of Chester County. We'll stay together at a nice gentle pace. Bring water. Good for beginners or getting back into shape. Rain cancels. Contact Cheryl Lynch at 610-356-3123 or want2bike@yahoo.com
<b>Sunday, May 21 8:00 am</b> Miles:26-65 Class:All <b>Bonkers Metric Century</b>	The DVBC showcases its favorite roads and supports this ride royally with food, SAG support and hospitality. Parking Lot # 15, Ridley Creek State Park. For more info, visit DVBC.org Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
<b>Saturday, May 27 8:30 am</b> Miles:35+/- Class:C/C+ <b>Jersey Jaunt</b>	From Kingsway HS (Rtes. 322 & 551), ride through S. Jersey flat farmland, mix of back roads and busier roads, food stops at WAWA's as needed. Cue sheets provided, no one dropped, rain cancels ride, bring water and money for food stops. PLEASE confirm by the Friday before. Contact Valerie Shinbaum 610-322-7829 or librajoysoo@yahoo.com
<b>Saturday, May 27 9:30 am</b> Miles:18-28 Class:C <b>C U at Selene</b>	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Saturday, May 27 10:00am</b> Miles:32+/- Class:C <b>Inaugral Barbecue Lunch Tour</b>	Meet at Lower Perkiomen Valley Park, ride on Perkiomen Trail then backroads to lunch at Blues Street Barbecue in Harleysville. Back through scenic Evansburg State Park. Recommend touring, hybrid or mountain bikes with 25 -28 + wide tyres. Bring water, \$. Mike Broennle h 610-647-5764/m 484-318-1381 Directions to LPVP: Rte. 202 to Rte. 422 west to Oaks exit / right off ramp on Egypt Rd, 1st right into park, meet at the Perkiomen Trail map display. Contact Mike Broenlee at 610-647-5764 or broennle@email.chop.edu

<b>Sunday, May 28 8:30 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 28 2:30 pm</b> Miles:8-10 Class:D <b>Novice Group Ride</b>	Novices: interested in trying to ride with a group? This is a level easy ride on an old rail bed trail from Lower Perkiomen Valley Park to Collegeville and back. Pace depends on group. Most suitable for hybrid, cross, mountain, or touring bikes. Bring water, optional \$ for snack. Directions: Rte. 202 to Rte. 422 west, Oaks exit, right off ramp on Egypt Rd, 1st right into LPVP. Meet at the Perkiomen Trail map display board. Contact Mike Broenlee at 610-647-5764 or broennle@email.chop.edu



Ride leader Frank Jackson instructs his charges at the beginning of the April 1 "Take to the Woods" ride.

## League of American Bicyclists offers Bike Safety Training

The League of American Bicyclists Bike Education Road I course will be taught by LAB Licensed Certified Instructor, Bill Hoffman on **May 6th and 13th** at the Upper Merion Township Building, 175 West Valley Forge Rd. (SR 23) in King of Prussia. This 10-hour course is designed to train *both new and experienced cyclists how to safely operate a bicycle* in a variety of traffic situations and road conditions. About 1/3 of the course is conducted indoors, 2/3 is outdoors.

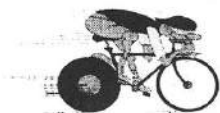
Tools and parts will be provided for students to remove and replace a rear wheel, remove and replace tire and tube, patch tube, and adjust brakes and derailleurs, and saddle and handlebar adjustments. Each student must bring a multi-gear, hand-braked bike (even a 3-speed is OK), plus a helmet.

Steering and handling demos, scanning drill and emergency maneuvers practice will be done in a parking lot. All other on-bike activities are on the road.

At the end of the course there is an optional road and written test. Students who take and pass the tests will be awarded LAB certificates. If anyone is thinking of going on to Road II someday, or even becoming an LCI, they must take and pass both tests.

The course will be held from 10am to 4pm, with a lunch period.  
Tuition is \$65.00. Attendance is limited to 10 students.

For more info or to register, call Pam Gural-Bear at 610-265-1071 or [pgural-bear@umtownship.org](mailto:pgural-bear@umtownship.org).



## Bike Dirt

### By F.X. Pedrix



I'm sure you were no less shocked than I to hear of the recent announcement in the Brandywine Bike Club newsletter that their organization, West Chester, and the DVBC were merging to form the Bike Club of the Western Philadelphia Suburbs. The BBC's (outgoing) president, Lesa Franz, explained that the BBC and DVBC will combine their spring and summer events into single rides. In early May the BCWPS will host the Overtaxed Bonky Metric. Franz went on to say that the late summer signature ride will be the Dazed Brandywine Centurion. Finally, says Franz, there will now be a \$15 fee charged at all Saturday morning rides. Franz's announcement was dated April Fool's Day.

I am told that our club's **Cross Dresser** phoned our president, the **Dominator**, to verify the details of this merger. According to the Dominator, Cross Dresser's primary interest was in whether, as a ride leader, he could pocket the \$15 per rider, and whether it could be taken under the table. One club member reported hearing Cross Dresser repeating his times-fifteen multiplication tables over and over.

And speaking of the eponymous holiday, the **Perfessor**, who is fond of using words like eponymous, pulled the wool over his riders' eyes on April 1st. At the appointed hour he led his eleven eager charges out of one exit of Kingsway's parking lot and immediately down another driveway back to their cars. The riders figured they had just ridden a one-lap crit until somebody realized they had all been made into April fools. Two weeks later at Salem the Perfessor sent his comrades scurrying for their dictionaries when he dropped the "pulchritude" bomb. **Bonkers Boy** says he is going to start towing a wagon bearing the 29-volume Oxford English Dictionary.

When our **President-for-Life** abdicated the throne a few years back she had a file full of important club papers she did not want misplaced.

In order to ensure that they would survive the transition between presidencies, she entrusted them to a person she perceived as responsible. She handed Bonkers Boy her neatly organized file folder full of letters, legal documents, and insurance papers with instructions to guard it well. Taking this charge seriously, Bonkers Boy took it home and put the file in a closet. The other day, nearly four years later, he was cleaning that closet and stumbled upon the file. I'll bet our past two presidents have been gnashing their teeth over some documents that "disappeared" when Jan went to Washington. They can stop cursing Jan now and start letting the irresponsible Bonkers Boy have it with both barrels. In a spirit I admire, he accepts the responsibility but not the blame.

And speaking of royalty, in the weeks since his serious accident, the **Polish Prince's** broken ribs have recovered enough to enable him to remount the bike. As reported in my March column, the Prince was badly hurt when, walking through a parking lot, he fell and landed on his Nikon camera. While he has fought through the pain in building up to distances as long as a century, the Prince is not yet sufficiently healed to resume something as dangerous as photography.

**Popeye**, down from his original 280 lbs., is now a sculpted 172. He is training hard for a season of duathlons and triathlons and has become so fast on his bike he has been hired by the workers of a local company to do the LCS ride solely for the purpose of smoking their boss, who has been mouthing off about how fast he is going to do that ride. Not that he needs the money. Popeye recently stood next to his girlfriend at an A.C. blackjack table and watched her coolly win \$1800, enough to pay for their upcoming vacation in Orlando.

Our Ride **Leader Extraordinaire** had some good news for us recently. He says he is feeling well enough to start training again. He is riding in-

doors now and expects to be outdoors on a bike with us real soon. On a recent rainy Saturday morning sixteen members got together to share breakfast with Bob.

Six riders posted for the **Dominator's** inaugural "D" ride in late March. At ride's end he took **Camera Shy**, **Juror #6**, **Quilter**, **Dreamer** and **Purple** to a hamburger joint for shakes and burgers. As the group gathered to eat outdoors by their bikes, the sky darkened. Juror #6 urged the group to seek shelter but Purple offered assurances that the anticipated heavy rains wouldn't arrive for at least two hours. He was off by just an hour and 58 minutes.

The June 11<sup>th</sup> Philly pro bike race has been saved by Governor Rendell's generous gift of \$400,000 of our own money! He made the announcement on April 9<sup>th</sup> as **Wooden Man**, **Doc** and **Motorolla** stood next to him on the steps of the Art Museum.

Two things that often bring tears to the eyes of my lovely wife Babs-- bike riding and a wedding-- occurred hand-in-hand on April 22nd when DVBC member **Vera** married her fiancé during "halftime" of the BBC's Taxing Metric. Vera reports that, while the conducting official was not a real reverend, he does have a track record of uniting couples in similarly unorthodox bicycling matrimony. Congrats to Vera and Richard!

On our club's email list serve **Three First Names** was recently discussing the risks of buying from Ebay. She drew this response from the **Cuban Missile**: "I totally agree! A few months back I bought a wife on E-bay. I immediately remitted a \$5G cashier's check, but I have yet to receive my merchandise. They keep feeding me a line about how there's a problem with customs on the Ubin-haddestan border. Next time I'll be doing my shopping at the swap meets."

Keep riding and send your gossip, rumors, innuendo or even outright lies to me.

(From *Warm Weather* page 3)

Hill. At the top is a turnout that looks down on a bat cave. A sign says this lookout draws big crowds every evening in the summer when 3 million bats pour out of the cave at sunset. I would have liked to have seen that but am glad I'm not a bat counter.

That night at the spaghetti supper, I learned that Texas Hellweek started as training for serious long-distance riders. There were a dozen folks who had either ridden RAAM or were in training for this year's event. The 2003 winner spoke briefly, mostly about his deep ensuing depression and encouraged other RAAM riders, many with similar dispositions, to get professional help if having mental problems. Some would argue that just riding RAAM indicates mental problems.

#### **Day Six: The Leahey Death Ride**

Mike has guests in to mountain bike. Meanwhile, the main ride is to caravan 45 miles to the ride start in Bandera, a smaller town more to my liking. I don't want to do the century and decide to leave late for a 75-miler. It's a nice day to ride solo. The terrain is subtly then suddenly different. Large,

spacious ranches each come with a towering view of the rugged hills and provide solitude you can't find here in the land of McMansions. Then a hill appears. It's a real chain-breaker and I'm in my easiest gear for the first time and standing, then traversing back and forth. I crest and watch the valley swell below, then realize that another half of the hill was hidden behind a bend. The descent was a nerve-racking disappointment as steep winds whip me sideways and the sun makes slips behind clouds. The rest of the day is gray while I grind on -- always into the wind. At least I'm not wearing 9 shirts and it's good steady miles.

#### **Days Seven and Eight: Enchanted Rock**

Back-to-back rides using much of the same route go to the Willow City Loop, a curious ride over rough roads with lots of cattle grates. Some of the cattle are fenced, some are lazing around the road. Small river beds, now bone dry, will swell over dips in the road making the surface so slick that, when wet, we are advised to walk through them. Flood sticks next to the dips let drivers gauge the depth of water.

Ominously, the sticks count up to 5 feet. The scenery is on a grand scale passing a jagged rock face the size of Delaware that others race by. I stop and wonder if this is Enchanted Rock. It looks foreboding but magical. Then, miles later, signs say it is still ahead.

Then there was no mistaking Enchanted Rock; a bald white mountain of rock with ants scampering absurdly across the top. No, those are hikers. Colonies of them. So many that their cars spill out from the parking lot that eventually comes into sight. They are not the first. The park rangers believe humans have been visiting the pink granite dome for over 11,000 years. The Tonkawa Indians believed ghost fires flickered at the top. Later, the Spanish documented their explorations of the area in the mid-1700s.

Overall, Texas Hellweek offered similar latitude as, but more diversity than, the flat terrain of Bike Florida. It gave a taste of spring about 6 weeks before it arrives in the Delaware Valley; support was scant; the crowds small, but enthusiastic. I can't wait to return next year.

## CYCLE SPORT

**Home of H.H. Racing Group, U.S. National, Olympic, & World Champions**

**We carry bicycles and accessories by:**



**SCOTT**



- We service all bicycles from toddlers to World Champions.
- Special Discounts for DVBC members

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](mailto:cycle.sport@verizon.net) Website: [cyclesportmedia.com](http://cyclesportmedia.com)

## BONKERS METRIC, May 21, 2006, 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 13** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081.



610 566 0980  
 610 566 9340  
 sales@craftech.com  
 www.craftech.com

*Choose Craftech Computer Solutions  
for all your computing needs*

- Internet Connectivity
- Computer Hardware & Software
- Networking
- Computer Repairs
- Web Design
- Web Hosting

*Media's First Internet Service Provider*  
a **DVBC** Member

# Regional Events

**Sat. May 6, Farmlands Tour**, Brookdale Community College, Lincroft, NJ.

**Sun. May 7, SCU Quad County Metric**, Green Lane Park, Deep Creek and Snyder Roads, Green Lane (Montgomery County), PA. 10, 21, 31, 45, 53, 68, or 76 mi. Rolling to hilly. Reg.: \$25 (non-members). Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044; 215-234-0170. Secure online registration available.

**Sat. May 13, Camp to Bay Back in a Day Century**, Alloway, NJ. \$100 minimum donation benefiting Ranch Hope.

**Sat. May 13, Pinelands Triple Loop**, Batsto, NJ. Ride one, two, or all three loops for a total of 28 to 100 miles on flat terrain. Each loop starts and ends at beautiful historic Batsto State Park where lunch is provided. Shore Cycle Club.

**Wed. May 17, The Ride of Silence** 6:45 pm during Philly's Bike to Work Week. Purposes of this silent ride are to honor cyclists killed/injured in motor vehicle related accidents and raise awareness about rights of cyclists to ride roads. Being held at 120 U.S. locations & 8 countries. Start at front steps of Phila Art Museum on B.

Franklin Pkwy. Pre-ride ceremony at 6:45 pm. Ride starts promptly at 7. Ride will be 1.5 hrs. Bike lights encouraged. Contact BCGP at [info@bicyclecoalition.org](mailto:info@bicyclecoalition.org) or ride leaders: Ray Scheinfeld, [eray-ben@bellatlantic.net](mailto:eray-ben@bellatlantic.net), 215-327-8315; John Siemiarowski, [tandemdad@comcast.net](mailto:tandemdad@comcast.net), 215-837-0101. Gen. info at [www.rideofsilence.org](http://www.rideofsilence.org)

**May 15-21, Jersey Shore Pro Cycling Grand Prix and Cyclosporitif**. A week-long series of professional criterium races - spectator and volunteer events - to be held in four selected New Jersey shore towns, culminating with a final race in Atlantic City on Sat. and a 130-mile cyclosporitif recreational ride from Sandy Hook to Cape May on Sunday.

**Sat. May 20, Furnace Town Metric Century**, Snow Hill, MD. \$30 registration includes admission to Furnace Town Living Heritage Museum.

**Sat. May 20, Rotary 100 Bike Tour**, Burlington, NJ.

**Sun. May 21, Bonkers Metric**, Ridley Creek State Park (Parking Lot #15), near Media, PA. Ride 18, 35, 50, or 65 miles on rolling terrain with some hills. \$18 by 5/13 or \$25 including special club membership; day-of-event: \$25 or \$32 including special

club membership. Special club membership has full membership privileges but substitutes a PDF version of the club newsletter. Delaware Valley Bicycle Club.

**May 20-21 or May 20 only, Coast the Coast MS25/50/170**, Monmouth University, West Long Branch, NJ. National Multiple Sclerosis Society

**Sun. May 21, Bike4Sight**, Media, PA. Bike4Sight is a fund raising event benefiting the Center for the Blind and Visually Impaired, eastern Pennsylvania's premier rehabilitation and training center for people with vision loss.

**Sun. May 21, Chester County Challenge for Cancer**, West Chester, PA.

**Sun. May 21, Ride or Stride**, Rodale Fitness Center (opposite the velodrome), Trexlertown, PA. Benefits the Dream Come True charity, 610-865-3475.

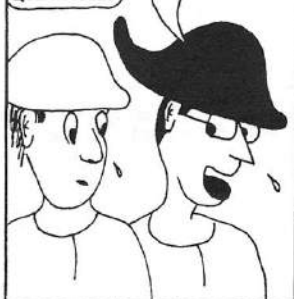
**May 26-29, Kent County Spring Fling**, Washington College, Chestertown, MD. Baltimore Bicycle Club, Frank Anders, 410-628-4018. Download flyer (PDF). Read a ride report.

**Sat. May 27, Bike Jam**, Baltimore, MD. 410-659-6429

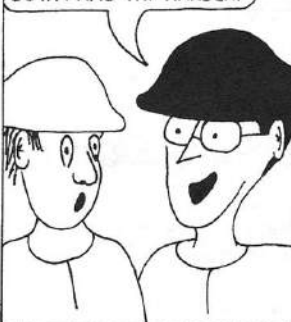
## BONKERZ



WALLY, IN THE DVBC YOU HAVE TO BE ABLE TO HANG IN THERE WHEN YOU FEEL LIKE QUITTING.



WHEN THE PAIN IS AT ITS GREATEST YOU HAVE TO BEAR DOWN AND TRY HARDER.



WELL, I THINK MY LEGS ARE IN PRETTY GOOD SHAPE.



LEGS? I'M TALKING ABOUT YOUR STOMACH.





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



Expiration Date: 11/30/06

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

PDF

*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)