

Delaware Valley Bicycle Club



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

June 2006

Back to Fitting Basics

By Drew Knox

It's fun to see friends get new bikes, almost as good as getting a new one yourself. This spring though, three friends who got new bikes also got new injuries from those bikes and another became hobbled after riding 30 miles. There is a common thread to all these injuries – bikes that don't fit properly.

One friend was set up on his new bike in a "better" position that raised his seat an inch. That might have been a good goal but the method was potentially devastating. The thinking was rather than raise the seat slowly so his body adjusts slowly, raise it the full height and just be sore for a month. Please, everyone, do not chance that. Your knees might be shot for the season.

Rule of thumb #1: Change your seat height in $\frac{1}{8}$ to $\frac{1}{4}$ inch increments only. You really can feel that small a difference in seat height. Making four small saddle height adjustments is much better than making one big one.

Another friend's new bike was causing shoulder and back problems. Although many of the dimensions were similar between the new and old bikes, he couldn't figure out where the differences were that caused the

new aches. Part of the difference was in seat tube angles which meant the reach (distance from saddle to handlebar) was different.

Rule of thumb #2: A one degree change of seat tube angle generally produces a change in reach of $\frac{1}{2}$ an inch.

After taking more measurements and making more adjustments, my friend worried that moving the seat forward to improve the reach would hurt his knees.

That's not why you move the saddle fore/aft. You move the saddle toward or away from the bars to align yourself properly with the cranks. Remember, the goal is to get in the best position to produce power. Level your cranks, then drop a plumb line from the front of your forward knee so that it intersects the pedal spindle. Sprinters and triathletes sometimes move their position farther forward to promote a faster spin while mountain bikers and long-distance riders sometimes move back to get more push.

Rule of thumb #3: Change your stem to change your reach and drop, not your fore/aft saddle position or your saddle height.

Save the date!

Saturday, July 22

for the
DVBC
club
picnic



For more information check the July newsletter or the club website, www.DVBC.org

Mark your calendars !



**June 7th,
6:00pm**

The GT/Schwinn Bicycle Racing Team will be at CycleSport in Media for an evening ride. If you have always wanted to ride with the pros, this is your chance. They will ride the Wednesday night ride with those that show up, so please be prompt and ready to ride at 6:00.



September 3rd

Brandywine Tour

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).



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

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610.544.8630 or domzuppo@att.net

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Rides@dvbc.org

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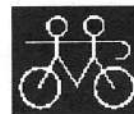
Brian Wade, *Past President*,
610.254.9485 or bwadedvbc@aol.com

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

Club Affiliations



LAB



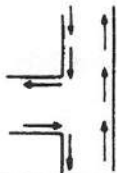
*Bicycle Coalition of
Greater Philadelphia*

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Ride Guidelines



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



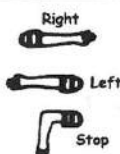
Keep right.
Drive with
traffic, not
against it.
Ride single
file.



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!

Member comes through with unsolicited help



Drew Knox

On the evening of Saturday, May 20, just fifteen hours before paying customers were to begin riding the Bonkers Metric course, word went through the DVBC that painted road arrows on the 13-mile southern section into Delaware had become indecipherable due to wetness of roads at the time of painting.

President Dominick Zuppo enlisted trusty member Dan Dillon and the two raced toward Chadds Ford in Dan's car in hopes of refurbishing the arrows before darkness prevailed. When the duo reached the course the first thing they noticed was that, not only were the arrows "not bad," they were excellent!

Dom and Dan continued southward, all the while observing that the arrows were nothing if not clear and well-placed. Eight miles into the loop they found out why.

Drew Knox, our Brandywine Tour Routes Coordinator, had been out riding solo earlier and observed the inadequacy of the markings. He took it upon himself to get paint and returned on his bike to correct the situation. At this point Drew was becoming endangered by darkness so Dom and Dan, grateful for the unsolicited contribution of a fellow member, sent the rider on his way and completed the job by car.

Reports are that the 2006 Bonkers Tour was a success and riders were pleased with the road markings.

Drew Knox, Dan Dillon and Dominick Zuppo: just three more reasons why the DVBC is such a great club!



Eric Valencia's image is captured by photographer Dominick Zuppo as it reflects from a car before a Saturday night ride last month.

Ride Leader Training Course offered by the Bicycle Coalition of Greater Philadelphia

Date: Wednesday, May 17th

Time: 6:30 PM to 9:00 PM

Place: BCGP office, Suite 1355, 100 S. Broad St Phila.

The course is free and open to all area bike club members and non affiliated cyclists who want to begin leading rides and those that are already leading but would like to learn about safety issues; how to plan a route; how to develop cue sheets and many other tricks of the trade. Call Howie Wiener at (H) 215-925-2494 or howard.wiener@usdoj.gov to "sign up" and/or to get more information.

New Members!



Jenny Ashbrook
Jim Beasley
Diana Carpenter
Katie Crombie
Nick Dubil
Jo-Ann Fahey
Debra Friend
James Godorecci
Susan Goodhart
Stoddard Gray
Joe Hamer
Dan Kirk
Kathy Kopp
Wendy Levin
Michael Madonna
Steven McDermott
Cindy Monteith
Alain Plante
Don Taney
Ellen Thompson
Peter Villas

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DVBC Ride Calendar

June 2006



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

Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	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 Email: brider-ride@usa.net
Tuesdays 6:00 pm Miles:20+ Class:B DuPont CC Loop	BAMM. Tuesdays got a little spicier. Meet at Booths Corner Farmer's Market, Naamans Creek Rd & Foulk Rd. www.boothscorner.com/ for directions. Rolling speed 15-17. Cues, none dropped. Rain no ride. Contact Vera K. at 215-480-9582 Email: liszt01@aol.com
Tuesdays 6:10 pm Miles:20+/- Class:B CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media; road bike ride to surrounding area. Call the shop anytime for details and to confirm ride if weather is questionable. Distance according to available daylight. Pace around 14-15; can be split into two groups for newer riders. Contact Harry 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. Routes vary starting from Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead for plans (No ride June 1.) 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:25+- Class:B Rose Tree Ridley	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: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:24+- Class:C/C+ Rose Tree Park 'n Ride	Meet me and some of your fellow C riders at Rose Tree Park, Rte. 252 near Media, for a "hills are our friends" ride through Ridley Creek State Park and the surrounding area. No worries, no one will be dropped. Contact Dom Zuppo at 610-544-8630 or email membership@dvbc.org
Thursdays 6:10 pm Miles:20+/- Class:B CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media; road bike ride to surrounding area. Call the shop anytime for details and to confirm ride if weather is questionable. Distance according to available daylight. Pace around 14-15; can be split into two groups for newer riders. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jun 3 8:00 am Miles:30+/- Class:C/D Perkiomen Pedal	From Perkiomen Creek Park (Oaks exit off Rte. 422 W), ride the flat paved path towards Manayunk, maybe even all the way to the Art Museum, depending on who shows up. Bring money for food stop and water, rain cancels ride, PLEASE confirm by email by the Friday before to: Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, Jun 3 8:30 am Miles:40-50 Class:C+/B- Roll Along the Back Roads!	(12-14 mph avg) Meet at Folsom Path Mark, MacDade Blvd in Ridley Twp. Bike to Neumann College (highest point in Del. Co.) on to County's west end, back thru Media. C-pace ride but bring strong legs for hills, definitely B+ rated. Money for snack. Rain cancels ride. Contact Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com

Saturday, Jun 3 9:00 am Miles:60 Class:B Amish Orgy	Meet at Bob LaDrew's house near Coatesville. We ride all over Lancaster County, then lunch in Intercourse. Hilly. Bring food, H2O and \$. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jun 4 8:00 am Miles:50 Class:B- A Change of Pace	A little slower & a lot less hilly with a food stop in Kimberton. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, June 5 7:00 pm Miles:0 Class:ALL Board Meeting	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
Saturday, Jun 10 8:00 am Miles:99 Class:B Sugar Hill Hoagies	You're not ready for a century so we'll ride 99 flat miles to Mays Landing for a picnic in the park. Meet Kingsway H.S., Rtes. 551 & 322 in Jersey. Bring food & money. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jun 11 8:00 am Miles:60 Class:B- Coventry Ride	This ride runs up the east side of Chester County and has 1500 foot of climbs before lunch & a little less after. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 11 8:00 am Miles:34+ Class:C Ride to the Races With Bob X	Start at the Drexel Hill Cyclery, Burmont Road, Drexel Hill. For a nice ride to the Art Museum area to catch some of the Philly Pro Race. Bring \$\$ for food and beverage. Contact Bob Martin at 610-352-2114.
Sunday, Jun 11 9:30 am Miles:40+ Class:B/B- Ride to the Phila. Pro Race X	Leave from the 320 Market Parking Lot. Regroup in the PM for return ride. Rain cancels. Call Larry Green at (610) 544-5799 or largreen@earthlink.net
Saturday, Jun 17 8:00 am Miles:35 Class:C/C+ Route 926 Ramble	From Culbertson Elementary School (Goshen Rd. off Rte. 252, Newtown Square), ride rolling terrain to Hank's Place on Rte. 1 south for breakfast, then head back. Cue sheets, no one dropped, bring water and food \$, rain cancels ride. PLEASE email confirm by the Friday before to: Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Sunday, Jun 18 8:00 am Miles:64 Class:B- Berks County Border	This ride goes up through Montgomery County. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 18 8:30 am Miles:34+- Class:C Art Museum	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 taking in the season. Bring \$ for snack. Contact Bob Martin at 610-352-2114.
Sunday, Jun 18 9:15 am Miles:62 Class:B Westtown & Beyond	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 to enjoy. Food stop at mid point. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Jun 24 8:00 am Miles:40+/- Class:C/C+ Jersey Jaunt	From Kingsway HS (Rtes. 322 and 551), ride flat NJ farmland with WAWA food stops as needed. Bring water and \$. Cue sheets provided, no one dropped, rain cancels ride. PLEASE email confirm by the Friday before to: Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, Jun 24 9:00 am Miles:30 Class:C Highland Orchards	Meet at Chadds Ford Elementary School on Route 1 just south of Rte. 100. We'll make one stop at Highland Orchards. Bring money for food or produce. Call Steve. Contact Steve Bertolini at 302-529-1122
Sunday, Jun 25 8:30 am Miles:34+- Class:C Art Museum	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 taking in the June weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114

Regional Events

Sat. June 3, Get Ready Metric, Fort Mott, Pennsville, NJ. South Jersey Wheelmen

Sat. June 3, Jersey Shore Tour de Cure, Brookdale Community College, Lincroft, NJ. Benefits the American Diabetes Association. See tour.diabetes.org for other dates and locations.

Sat. June 3, Pedal to Preserve, New Holland, PA. Ride 20 or 51-miles through Lancaster farmland. Benefits the Lancaster Farmland Trust, a private, non-profit organization working to preserve the rich and productive farmland of Lancaster County. 717-293-070.

Sun. June 4, PCT Championship of the Americas, Lancaster, PA. Professional road race - spectator and volunteer event.

Sat. June 10, Patuxent River Rural Legacy Ride, Croom, MD.

Sat. June 10, Philadelphia-area Tour de Cure, King of Prussia, PA. Benefits the American Diabetes Association, 610-828-5003, x4632. See tour.diabetes.org for other dates and locations.

Sat. June 10, Ride for Autism, Brookdale Community College, Lincroft, NJ.

Sat. June 10, Tour de Cure, Morristown, NJ. Benefits the American Diabetes Association. See tour.diabetes.org for other dates and locations.

June 10-11, MS150 PA Dutch Bike Tour, Trexlertown, PA, to Kutztown, PA. National Multiple Sclerosis Society, Greater Delaware Valley Chapter, 215-271-1500 ext. 151.

June 10-11, MS150 Tour de Shore, Salisbury University, Salisbury, MD. National Multiple Sclerosis Society, 443-641-1200.

Sun. June 11, George Washington Bridge Challenge, Fort Lee, NJ. American Cancer Society

Sun. June 11, Hat City Cyclefest, Bethel, CT. Cyclefest offers 4, 16, 25, 50, 78, or 103-mile scenic rides through Fairfield and Litchfield counties.

Sun. June 11, Philadelphia International Championship and Women's Liberty Classic, Logan Circle to Manayunk, Philadelphia, PA. Professional road race - spectator and volunteer event. The USPRO Championships move to Greenville, S.C., but the big international race remains in

Philadelphia.

Sat. June 17, Double Creek Tour, Dover (near York), PA.

Sat. June 17, Flatlands Tour, Chesapeake City, MD. Baltimore Bicycle Club, Ken Philhower, 410-437-0309.

Sun. June 18: 27th Annual Bike Freedom Valley. 3 Start pts: Philadelphia, Rosemont or Phoenixville. 7 distances: 8, 22, 32, 42, 50, 68 or 100 mi. 7 AM Reg. opens. 7:30 mass start for the 50, 68 and 100-mi. rts. 8:30 mass start for the 8, 22, 32 & 42-mi routes (100 milers must start in Phila. Pre-reg. thru June 1 for a discount & shirt www.bicyclecoalition.org

Sunday, July 2, 2006: DELAWARE DOUBLECROSS & METRIC CENTURY 31 or 62 mi. \$13 pre-reg \$20 day of event. Fee includes rest stops (3 on metric century), event souvenir, marked routes and SAG service. www.whiteclaybicycleclub.org/Events-WCBC/doublecross.htm. Contact: Ed McNulty, 1935 Bear-Corbitt Road, Bear, DE 19701. Phone: 302-834-7429; Doublecross@WhiteClayBicycleClub.org



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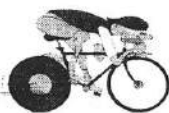
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Five HH bicycles went to Athens, Greece and one took a Silver Medal.

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Bike Dirt

By F.X. Pedrix



Our President, the **Dominator**, commenting on the subject of accuracy, paid this writer a rare compliment recently when he observed that, in my column, I usually get it mostly right. Back in college we journalism students all set goals regarding accuracy. But, based upon the Dominator's recent assessment, it may have turned out that I am the only one among that group who actually *surpassed* his goals.

The **Green Grocer** is thrilled with his new Fuji Team Issue carbon frame with Campy Record components. He says the topper is the beautiful Record carbon crankset. The color is--of course--Johnny Cash Black. After much trial-and-error, he has finally gotten his slick machine adjusted perfectly. But now he's complaining that, on his new rig, all the club members ride right by without so much as a look of recognition. He fears this may prove a difficult problem to fix.

The **Wooden Man** is so environmentally conscious he recruits friends to give up riding time and help him clean up the Chester Creek. Exactly how dedicated is Wooden Man to the concept of a clean environment? A recent video gag for a **Bonkers Boy** movie required the use of an old beer can that had been lying on the ground. When filming was complete and the ride was to continue, the Wooden One could not bring himself to throw the beer can back in the bushes from whence it had been taken. He was so conflicted that, as the group's peline pulled out of Woolwich Township, they looked back and saw Wooden Man hugging a tree and whimpering, "Where did this beer can come from? What should I do? I can't kill Mother Earth!"

The **Law of Location**: No

matter where you go, there you are.

The **Perfessor**, thought by his fellow B riders to be one of the stronger members of their group, made no impression on two 60-plus-year-old women who rode with him on a recent Potomac Pedalers transit of Skyline Drive. In fact, he confesses, they kicked his butt up and down the long, steep inclines of those Shenandoah Mountains.

Speedy had better luck against well-known American women's pro Sarah Uhl, who competed last month in a Men's CAT 3-4 race in Lancaster. In a field of 115, Uhl finished 11th to Speedy's fifth. He commented that Uhl is a strong rider but spent much of the race shouting at the other riders. Just about how my lovely wife Babs would behave if they ever let her in a men's race.

Speedy may have become faster than most of us but he hasn't forgotten his roots. He claims that his launch pad for becoming a successful racer was **Plastic Boy's** Wednesday night A rides. Speedy confesses that Plastic Boy used to torture him on those rides and that gave him the preparation and confidence he needed to try racing.

Grey Wolf now leads rides with gut-wrenching climbs out of Chadds Ford. In fact, **Kiki** recently had to take time out at the top of the first ascent to barf. At least she *made* it to the top.

Kiki's Tuesday night DuPont Country Club rides have made an immediate impact and are being well attended. And now you can do rides on two nights out of Wilmington because Ed Weirauch is launching his new Thursday night B rides this month. If you aren't participating in the club's regular weekday evening rides (see ride calendar) you are missing the boat. An average of between two and three dozen have been coming out



Ice Dancer's gams enhance the scenery on Wednesday night Rose Tree rides. (But don't tell my lovely wife Babs I said so!)

to Rose Tree Park on Wednesday evenings

Our club's most eligible bachelor is starting to make us worry. **Mr. Buckeye** had to miss a recent **Purple Martin** ride to attend a Sheep and Wool festival in Maryland. Says the **Zee Man**, "I know he hasn't been dating much but now he's scaring me!" Buckeye claims to have been the only single, male heterosexual at

the event.

"So as a director I would prefer it to be less hard --I think the makers of this course have lost their minds a bit," he continued. "Paolo and Tom went and previewed a lot of the Bonkers Metric course recently; there's no road at the end: it's 5.5 km up a ski slope!" exclaimed Bruyneel. Not sure if Bruyneel actually *said* this but it was submitted as fact by our own **Motorolla**. (I think Johann may actually have been describing the Giro d'Italia course.)

Mighty Mouse, as he climbed a hill: "I wonder if that's my fork squeaking." **The Blonde** misunderstood the initial consonant of "fork" and replied, "Yep, it's the pork moving around in your gut." No, Kathleen—his *fork*, not his *pork*!

Gray Wolf started the memorabilia rage in this club (helmet stickers of **Best New Rider**, trading cards of DVBC legends like **Juror # 6**) and now he has introduced a new item of DVBC paraphernalia. It's one of those nose-breathing thingies imprinted



with the DVBC logo (see photo). I think it is such a good idea I have authorized a local sporting goods company to

mass-produce the item as a limited edition. Contact me and reserve yours at a per-unit price of only \$99.95. But you'd better hurry because we are making only 12,000.

Our club's reigning **Rookie of the Year** took a bad spill on Kelly Drive last month and was hospitalized with a concussion, fractured rib and broken elbow. Once again, a life was saved when the helmet absorbed most of the impact. The bike is fine. Get well in a hurry, Steve!

One of our **Daves** has his own website called www.davewentpostal.com. From afar he

seems like a nice guy but, fearing he might actually go postal, I'd been keeping my distance until I learned his site name is actually the result of his interest in the old US Postal cycling team.

To paraphrase **Yogi Berra**, 50% of cycling is 90% mental.

That member of our club who is a *real* college **Professor**—not that fake **Perfessor** from Wilmington—came out to help paint arrows prior to the Bonkers Tour. The **Polish Prince**, with whom he was teamed, noticed that the Real Professor was taking forever to paint his first couple of arrows. Finally the Prince circled back and was horrified to observe that, not only were the Scholar's arrows slow in the making, they were also sloppy and nearly indistinguishable as arrows. Furthermore, the Prof's clothing was splattered in day-glo paint. Long story short, the Prince had to inform the Prof that it's better not to hold your fingertip over the hole in the top of the stem, since that is where

the paint is coming out.

On the day of the Bonkers arrow-painting ride **Mr. Buckeye** observed a birthday. Thoughtfully, **Double-Oh-Six** arrived with a bouquet of flowers and a cake, which served as energy food for the arrow-painters. While no one knows Buckeye's age, few doubt that he does not act it.

Keep sending your rumors, innuendo, and outright lies to me. And keep on riding!



Javier Pazos is sandwiched between Debbie Cnaga and Maureen Shanahan at the Art Museum on one of Bob Martin's 2005 Manayunk rides. (Gina Bezdziecki photo)

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

Please send your check or money order to the:

Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

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)