



Delaware Valley Bicycle Club



August '06

All That Satisfies is Not Fast

By Dominick Zuppo

You've been a good bicyclist this year, right? Stuck to your resolution to watch your weight, get more rest, and spend more time on your bike. As a result, you feel stronger and ride better. Now and then, you even push the envelope and attend a ride that is above your usual pace.

Congratulations! Your dedication has paid off and you enjoy the sport of cycling now more than ever before. But before you go off and apply for your racing license, let me share with you two tales of a path taken more slowly.

With the summer comes vacation season, when even our most prolific ride leaders need to spend quality time with family and friends. This often results in fewer rides listed in the club's ride calendar, or a paucity of rides in a particular class. I encountered this situation recently and decided to attend a ride I might not have considered before.

I drove to the start/finish location in Newtown Square and surveyed those in attendance, a collection of riders using both racing and hybrid bikes. Our ride leader, Valerie, was in a cheerful mood (her usual M.O.), and after a quick overview of the ride's itinerary we took off. Even though the initial stage of the ride was somewhat hilly, everyone attacked with unbridled enthusiasm.

Maybe it was the energy of the riders, or the anticipation of a hearty breakfast, but in any case we soon found ourselves at Hank's Place in Chadds Ford. After a satisfying meal and a few photo ops, we headed home. While the pace was

unmistakably slower than earlier in the day, I enjoyed it just as much. I even learned of a smooth section of road near Cheyney University that I have since incorporated in my Wednesday night rides.

On another occasion, I joined Bob as he lead one of his signature rides from Drexel Hill to the Philadelphia Museum of Art. These rides draw cyclists of all ability levels and it quickly split in two, with the rabbits off the front. I stayed behind with the remaining group and together we slowly made our way to "Martin's Mile," a lengthy section of road guaranteed to elevate a cyclist's heart rate. One of our riders, a novice and visitor from Florida not used to the hills of Southeastern Pennsylvania, nonetheless attacked the hill with all his might. I stayed behind and encouraged him to maintain a steady pace and use a helpful gear ratio. We stayed together all the way to Lloyd Hall and eventually joined the main group in Manayunk.

I cite these two examples because while I, too, have become a stronger and more efficient cyclist, I realize that enjoyment can be found at all ride levels. I've met new people on these rides and had the opportunity to share the cycling knowledge handed down to me. It became so quiet during portions of these rides that not even the whirring of my tires spoiled the moment. And even though I traveled at a slower pace, I still practiced my intervals up the hills.

At times I've been asked how I

can ride at a slower pace. I guess it's because I choose to. You can, too. Try something different, like a trail ride or a flat jaunt in New Jersey. Bring your hybrid or spin along using a different chain ring. You're bound to discover a new and appealing aspect of cycling - a change of pace. See you on the road.

DVBC's Brandywine Tour

Sunday,
September 3

See p. 11 For more information.



ToPA Riders: (minus Mike Broennle)
l. to r. Debbie Chaga, Doug Bower,
Nancy Schwarz, Dave Hartrum and
Charlie Stockley.

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.

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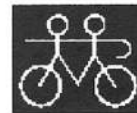
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LAB



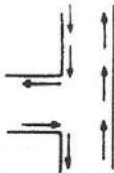
*Bicycle Coalition of
 Greater Philadelphia*

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Ride Guidelines



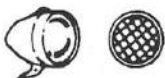
Obey all applicable
 traffic regulations,
 signs, signals
 and markings.



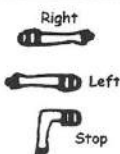
Keep right.
 Drive with
 traffic, not
 against it.
 Ride single
 file.



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!



ToPA: Doug Bower will even dangerously cross the yellow line if it means better camera coverage.

Statement on Bicycle Safety and the Promotion of Bicycle Helmet Use by the American College of Surgeons

At its October 2001 meeting, the Board of Regents approved the following "Statement on Bicycle Safety and the Promotion of Bicycle Helmet Use." The statement was developed by the Subcommittee on Injury Prevention and Control of the College's Committee on Trauma.

The American College of Surgeons and its Committee on Trauma recognizes the importance of injury prevention in the spectrum of care of the trauma patient, especially with regard to the prevention of traumatic brain injury. Cycling remains an important means of transportation and recreation; however, the bicycle rider can be at significant risk of serious injury.

The College recognizes the following facts:

- Approximately 800 people die and 17,000 are hospitalized in the United States due to bicycle-related injuries. Bicycle crashes are the fourth largest contributor to childhood injury costs and quality of life losses.
- Bicycle injuries account for the largest number of sports-related injuries treated in emergency departments.
- Bicycle helmets can reduce the risk of head injury by 85 percent. Bicyclists hospitalized with head injury are 20 times more likely to die as those without head injury.
- 98 percent of bicyclists killed were not wearing a helmet at the time of injury. Helmet use is estimated to prevent 75 percent of cycling deaths.
- As of November 2000, bicycle-related injuries and deaths had decreased in the 17 states that have youth bicycle helmet laws.
- Helmets can benefit adult riders as well children. As more helmet laws target youth, the proportion of adults comprising bicycle fatalities has risen from 32 percent in 1975 to 71 percent in 1999.
- Helmet laws are necessary. 43 percent of bicyclists report that they never wear a helmet, and of those who do, 44 percent report that they do so only because a law requires it.

Therefore, supported by these and other epidemiologic and outcomes data, the American College of Surgeons supports efforts to promote, enact and sustain universal bicycle helmet legislation.

The DVBC needs a volunteer to fill the **Ride Coordinator** position. In order for the



club to continue to provide an active calendar with a variety of rides, we need a volunteer to take on this post. If you are interested contact Dom Zuppo at 610.544.8630 or Email: membership@dvbc.org. Thank you!

BRSC/DVBC Vermont Adventure

September 15-18, 2006

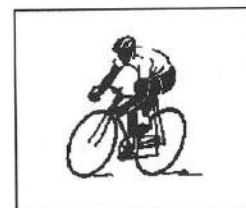
DVBC members Mel Stiles and Edward Sobolewski are also members of the Buck Ridge Ski Club. BRSC's Woodbridge Lodge is located in the Green Mountains of southern Vermont and offers many outdoor activity options. If you would like to venture to Vermont, please contact:

Mel (stilesmj@verizon.net) 856-478-4621 (h) or Edward (sobolewski3@comcast.net) at 610-358-3055 (h) for a copy of their flyer or go to www.dvbc.org for more information.



DVBC Ride Calendar

August 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 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:C+/B- Booths Corner ✓	Meet at Booths Corner, Route 491 (Naaman's Creek Rd.). Terrain is flat to rolling and average speed 16-17mph. Breakaways for faster riders. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Tuesdays 6:10 pm Miles:25-30 Class:B/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
Wednesdays 9:30 am Miles:30-60 Class:B/B- Doc's Ride ✓	Start at 320 Market Cafe, 713 S. Chester Rd, Swarthmore, Pa. Various local routes starting from the 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:30 Class:B The Rose Tree Ridley ✓	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't, so bring your lights... front and back... with a hill or two... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Thursdays 6:00 pm Miles:20+- Class:C+/B- Chadds Ford Ride ✓	Meet at Chadds Ford Elementary School, Route 1 & Fairville Rd. Terrain is rolling to moderate hilly with flat finish and average speed 14-15mph. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Thursdays 6:10 pm Miles: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, Aug 5 8:30 am Miles:28-30 Class:D/C- Casual Ride to Kountry Kitchen ✓	A ride for beginners & casual riders. New starting location: Mullica Hill Shopping Village (behind Harrison House Restaurant) on Rte. 322. Stop mid-way for sit-down breakfast/brunch at Kountry Kitchen in Elmer NJ. Stop at Moods Farm Market on return. Contact Mel Stiles at 856-478-4621 or stilesmj@verizon.net
Saturday, Aug 5 9:00 am Miles:55 Class:B Lancaster County ✓	Meet at Bob LaDrew's house near Coatesville for exploratory ride through Lancaster County. Hot fudge sundae afterward. Email for driving directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Aug 5 9:15 am Miles:18-28 Class:C C. U. at Selene ✓	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek Park & beyond. Free refreshments afterward inside Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Aug 6 8:00 am Miles:50 Class:C+ Centerton Ride ✓	Join Bonnie and Len for a ride to Centerton. Moving average 16-17mph. Terrain is flat to rolling. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net

Sunday, Aug 6 8:00 am Miles:55 Class:B- Northbrook Ride ✓	Flat and rolling with a food stop. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Aug 7 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
Sunday, Aug 12 8:00 am Miles:56 Class:C+ Salem Ride ✓	Join Bonnie and Len for a ride to Salem. Moving average 16-17mph. Terrain is flat to rolling. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Aug 12 8:30 am Miles:65 Class:B/B- Finding Freddy ✓	Meet at Fred Engle School to ride the outer loop. We will detour slightly into Quarryville for a food stop. There is also a 45-mile option that follows the 80-mile route. Food stops halfway. Cue sheets available. Contact Drew Knox at 302-475-1684 or Drew.Knox@bentley.com
Sunday, Aug 13 8:00 am Miles:55 Class:B- Coventry Ride ✓	Pretty flat ride through eastern Chester County. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 13 8:30 am Miles:50+/- Class:B+ Art Museum ✓	Meet at Rose Tree Park for a ride to Manayunk and the Art Museum. Since there haven't been many A riders lately, notice I'm listing this ride as B+ so we can form a nice group. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Aug 13 8:30 am Miles:34+- Class:C+ Art Museum ✓	Art Museum 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 August weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.
Saturday, Aug 19 7:30 am Miles:35+- Class:C/C+ Route 926 Ramble ✓	From Culbertson School in Newtown Square (Goshen Road & Rte. 252) Rolling terrain on mixed roads, into Brandywine Valley w/Hank's Place food stop halfway. Cue sheets, none dropped, bring H2O & \$\$\$. Rain cancels, confirm by EMAIL by Fri before. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, Aug 19 8:00 am Miles:65 Class:B/B- eniwydnarB ✓	Meet at Pocopson Elem to ride the reverse Brandywine 65 route. Lots of shade and lunch in lovely Landenberg. Contact Drew Knox at 302-475-1684 or Drew.Knox@bentley.com
Saturday, Aug 19 8:30 am Miles:28-30 Class:D/C- Casual Ride to Kountry Kitchen ✓	A ride for beginners & casual riders. New starting location: Mullica Hill Shopping Village (behind Harrison House Restaurant) on Rte. 322. Stop mid-way for sit-down breakfast/brunch at Kountry Kitchen in Elmer NJ. Stop at Moods Farm Market on return. Contact Matt Rice at 610-280-6195 or mrice@dca.net
Saturday, Aug 19 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, so bring money for food or produce. Call first. Contact Steve Bertolini at 302-529-1122
Sunday, Aug 20 8:00 am Miles:55 Class:B- Evansburh Park Ride ✓	Flat and rolling with a few hills and a food stop. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 20 8:30 am Miles:33-50 Class:All This Old Bike Ride ✓	Dust off your old 3- or 10-speed or unusual bike. Take that old wool jersey out of moth balls. Meet Bob Wheela at Kingsway (Rtes. 322 & 551) for a leisurely ride on flat, lightly-traveled roads of South Jersey. Breakfast at Kountry Kitchen. Cue sheets, your own pace. Contact Bob Martin at 610-352-2114.
Saturday, Aug 26 7:30 am Miles:45+- Class:C/C+ Jersey Jaunt ✓	From Kingsway HS (Rtes. 322 and 551), ride South NJ flat farmland roads (some back, some busy) w/WAWA stops as needed. Cue sheets, no one dropped, bring H2O & \$\$\$ for food stops. Rain cancels, confirm by EMAIL by Fri before. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, Aug 26 8:00 am Miles:?? Class:All Brandywine Painting Ride ✓	Meet at Pocopson Elementary School and ride with pals to help paint road arrows for next week's Brandywine Tour. Pick your pace and distance. Cue sheets. Contact Drew Knox at 302-475-1684 or Drew.Knox@bentley.com

Sunday, Aug 27 8:00 am Miles:55 Class:B- Kimberton Ride ✓	A few hills on this one, but I don't go out of the way to add them. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Aug 27 9:00 am Miles:62 Class:B/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 & creeks to enjoy. Food stop at mid point. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org



Frank, Charlie and Mike
enjoy the itinerary of last
month's PA Bike Route E

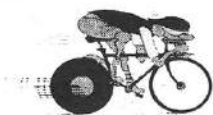


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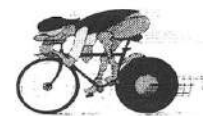
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Bike Dirt

By F.X. Pedrix



Since **Blade Runner** conquered his allergy none of the other B riders can keep up with him. It seems he found out he was allergic to his own dog. Fido had been sleeping with him and the Mrs. so Blade Runner gave his better half an ultimatum: Either toss the dog out of our bed or I go. Blade Runner is now sleeping allergy-free in the guest room.

Congrats to **Tina Stiles**, a regular on Wednesday evening and weekend DVBC rides, for an outstanding performance in her recent first full triathlon. Out of 2400 competitors, Tina finished 196th overall, 35th female, and sixth in her age bracket (female 30-34). Wow!

Bonkers Boy explicitly listed his June 10 ride as a 99-miler. He even added a stipulation to the ride signup sheet that said, "I hereby agree that... I will ride fewer than 100 miles. Upon my honor I swear and vow that, in light of the ride description, riding more than 100 miles would reflect an obsessive-compulsive personality disorder of the incurably pathological variety." You guessed it. The **Polish Prince** totaled 100.5. We need to get him into therapy.

A newcomer named **Ro** came to the July 2nd Kountry Kitchen ride. I know we're supposed to be a-political but we were hoping **Movie Man** (Brian Wade) would come that day so we could feature Ro vs. Wade.

Grey Wolf recently got an email from a Kristin Price: "My sister and I ... are planning on being in Philadelphia ... and are looking for a group ride. We ride with the A groups here in Raleigh (22+ mph) and are wondering if you know of any rides on July 1 that would be comparable. We saw you are leading a ride on Saturday, but weren't sure what the speed of that ride is...." Grey Wolf is fast but he prudently passed that inquiry up the line to someone who more closely resembles a pro.

A lot of hot issues get discussed on our club's email list serve but the most bogus "controversy" of all took place last month. It was regarding the pro's and con's of wearing a helmet. Usually, nobody is permitted the last word but the **Wooden Man** effectively laid this argument to rest with these comments: "A helmet on a moron's head is of little use. However, if you have the intelligence to understand that hitting the pavement with a properly fitted helmet decreases your chances of injury you might also conclude that wearing a helmet is a good idea. Percentages in any study... become irrelevant when it's your head that meets the road."

On our club's tab I was able to sign up one of my moles for **Buckeye's** recent Tour of PA (ToPA). It's a good thing because I learned that that eight-person entourage spent a week largely unfettered by social constraint. My spy reports that, "...if you want to have a screaming good time, take **Dreamer** with you. She was a riot; we had so much fun listening to her rants and raves." Dreamer's mantra was, "I don't need no stinking menu. I know what I want, just bring it to me! I want a steak, two beers and a baked potato!"

Prior to leaving, the ToPA group divvied up the bicycle tools. **Motorolla** got the chain whip and **Silver Fox** got the heavy wrench due to the fact he carries nothing on his bike except underwear and a toothbrush. Dreamer took the 10 mm Allen wrench (Gee, can you handle it?), and Buckeye carried the freewheel tool. At the start of the second day, in Schuylkill Haven, the Silver Fox said he wasn't feeling well so he called his wife to pick him up. The Fox gave the wrench to Motorolla to carry. He wasn't going to be picked up until later so he said he would ride to the edge of town with the group. On the outskirts he announced that he felt better and

didn't want to be a sissy so a call was placed to cancel the ride home. Now the Fox wasn't dressed for riding (presumably he was wearing either underwear or a toothbrush) so Buckeye stopped in front of someone's house and asked the homeowner if a Foxy guy could use her bathroom for a quick change. The ride continued and it wasn't until Motorolla pedaled up to that night's B & B and saw the Fox relaxing in a rocking chair on the front porch that he realized he had been duped into carrying a 30-pound wrench. Motorolla has petitioned the DVBC to officially change that wily one's handle to the **Sly Fox**.

Also as an outgrowth of ToPA, **Double-Oh-Six's** new name is "**Grease Monkey**." She had grease on almost every part of her body at some time or another. How she got it on her elbow no one can figure out.

And speaking of the Sly Fox, the **Perfessor** was out on his own little impromptu south Jersey ride recently when he happened to spot the wily one on Tomlin Station Road. He says, "I yelled out his name and he gave me one of those, 'Hi, pal, damn, how-does-the-paparazzi-always-find-me?' wavs." Turns out he had just done a 90-miler to Mayonaise Landing with Grease Monkey and Buckeye and was tacking on ten bonus miles while those two ate ice cream.

Has anyone noticed that our club's web site recently went over 100,000 hits? If you haven't been there lately, check it out—but not unless you have some free time. **Plastic Boy** has done such a



masterful job on the site design that you could literally spend hours at dvbc.org being entertained.

A DVBC jersey has been seen on world-wide television. Worn by our own **Mike Keating**, shirt and wearer were spotted just 3.3 km from the summit of Alpe d'Huez as the leaders passed by on July 18. Mike says that, "A typical Tour viewing day is a zoo. A stage finish on Alpe d'Huez is a circus inside a zoo on top of a Chinese fire drill."

And speaking of Le Tour, one DVBC member almost got banished from the club when he posted an email on the list serve entitled "Landis Back in Yellow." It seems some members didn't watch Le Tour until evening and were loathe to hear results beforehand. The offender salvaged his membership with this heart-felt apology: "I am really sorry about my thoughtlessness earlier today. I totally forgot that people tape and Tivo the Tour. I was watching

the newflashes on the web and got excited. I promise I will never do something like that again. I was caught up in the moment."

To which the Perffessor replied: "No biggie, **Dave**. For those folks who do not follow news feeds closely, have you heard that President McKinley has been shot?" I was okay about the Landis-back-in-yellow thing but would have preferred waiting for the evening news to learn about McKinley.

Ultimately, a Presidential pardon was issued by the **Dominator** and Dave is again a member in good standing.

One section of club's regular Museum Rides has become known as "Martin's Mile." The Dominator refers to it as "a lengthy section of road guaranteed to elevate a cyclist's heart rate."

Keep ridin' and sending your rumors, innuendo, exaggerations and outright lies to me and my spies.

Ride Report from Mel

Mel says about one of his recent rides: We had great weather, 10 riders and everyone said how much they enjoyed it. We held a 10 to 12 mph hour pace and there was not one straggler. Nicola and Zack who had ridden the week before came again, and this time she brought her two sons, 13 and 9. She sent me an email late the night before as to who was coming. I really didn't have a chance to ask her if they had done anything like that before. All night I kept waking up thinking about it, wondering what I was going to do if they bonked or even worse, wouldn't ride safely! Not to worry! I guess the flat terrain and Kountry Kitchen vittles did the trick. Her kids were right on my wheel the whole trip and you couldn't have asked for better behavior and safe riding practices.

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Sunday, September 3, 2006

32, 50, 68, 80 and 100-mile routes

Food at the end
of the ride!



Time: 8-10am for all routes. All support services end at 4:30pm. Century riders recommended to arrive promptly at 8am.

Place: Pocopson Elementary School in Pocopson, PA

Directions: *From Rte. 202* just south of West Chester, take Rte. 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot.

From Rte. 1 in Chadds Ford, take Rte. 100 north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge. (See above).

From West Chester city, take Rte. 100 south about 4-5 miles. Turn right at Rte. 926 west. (See above).

Cost: \$18 pre-registration or \$25 with PDF membership. (If postmarked by August 26, 2006). \$25 day of the ride or \$32 with PDF membership.

Ride will be held rain or shine.

BRANDYWINE TOUR, Sept. 3, 2006, Pre-Registration Form

(Must be postmarked by August 26th)

Please print clearly so that we may accurately record the information. Thank you.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): 32 miles ☐ 50 miles ☐ 68 miles ☐ 80 miles ☐ 100 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 with a check or money order made out to DVBC, by August 26, to: Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081. For more info: www.dvbc.org

Regional Events

Sat. Aug. 5, Dog Daze Century, West Chester, PA. 27, 50, or 100 mi routes. \$15 day of, includes lunch. 610-357-6585.

Sat. Aug. 5, Princeton Event, Mercer County Community College, West Windsor, NJ. flat/rolling: 20-100 mi. Princeton Free Wheelers' 609-882-4PFW (4739).

Aug. 11-13, Allenberry Resort & Playhouse Bicycling Weekend, Boiling Springs, PA (between Harrisburg & Carlisle). Potomac Pedalers Touring Club (PPTC), Darwin Roberts, 703-521-7277 or Cheryl Phipps, 703-922-4079.

Sat. Aug. 12, Bridgeton Zoo Ride, Schalick High School, Centerton, NJ. 25-100 mi. South Jersey Wheelmen

Sat. Aug. 12, Eat A Peach Challenge, Westminster, MD. 12-100 mi in Carroll and Frederick counties. In conjunction w/ Carroll County Farmer's Market Peach Festival. \$45 after 8/1, benefits Brain Injury Assoc of MD (BIAM), 410-448-2924.

Sat. Aug. 12, Habitat for Humanity Tour, Thompson Park, Jamesburg, NJ. 12-100 mi Middlesex County Habitat for Humanity, 732-634-5360.

Sat. Aug. 12, Ride To See, Galena, MD. 15-100 mi thru Kent County, MD. Benefits Galena Lions Charities. Active.com or call 410-648-9985.

Sat. Aug. 19, Cumberland Valley Century, Clear Spring, MD. 25-101 miles. Cumberland Valley Cycling Club (CVCC)

Sun. Aug. 20, Covered Bridge Metric Century, Lancaster, PA. Ride 15, 31, or 62 mi thru PA's most famous rural scenery. \$25 after 7/21. Lancaster Bicycle Club

Sun. Aug. 20, Ramapo Rally, Mahwah, NJ. Ride 12-100 mi thru farm & lake country of NJ and NY. New start location - Campgaw Mountain County Park. BTCNJ

August 26th, 2006 SHORE FIRE CENTURY 35-65-100 mi. Middletown DE to Clayton and points along Eastern shore. \$15 pre-reg, \$20 day of. Rest stops, lunch, souvenir, marked routes, SAG. <http://www.whiteclaybicycleclub.org/shorefire.html> or SASE to WCBC c/o Mary Matsumoto, 205 LaSalle Way, Newark, DE, 19711 or 302-731-1430. Email: shorefire@whiteclaybicycleclub.org

Sat. Aug. 26, Cedar Ridge Century, Hagerstown MD. 310-582-0282, ext. 122.

Sun. Aug. 27, SCU Lake Nockamixon Century, Central Bucks South High School, 1100 Folly Rd, Warrington, PA 18976. *New start location for 2006!* Ride 25-100 miles on scenic new routes in Bucks County over rolling terrain with a few hills. \$20 (SCU members), \$25 (non-members), pre-register by 8/6 to receive a free T-shirt. Includes marked route, cue sheet, rest stops, SAG support, and a post-ride meal (with vegetarian option). Rest stops have a large assortment of home-baked snacks. Winner of LAB's "Best Century" award. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044; phone 215-234-0170.

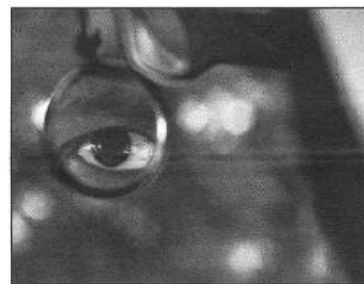
Sun. Aug. 27, Inaugural Tour de Sussex Charity Ride. 4 rtes, running thru nat'l park & 2 state parks. Layton & Branchville, NJ (1-1/2 hours NW of NYC). 29-69 miles. (69-mile rte climbs 2 highest mts in NJ). Longevity Medical Research Fund. 100% of donations go to charity. www.TourdeSussex.org.

Sat. Sept. 9: Univest Cyclosporitif: a beautiful yet challenging ride, open to the public and held on same grueling race course as Univest Grand Prix. 8 AM, 3-hrs before start of Grand Prix race. Riders finishing within 5-hr time limit will be eligible for over \$5,000 in cycling equipment & prizes from Bianchi, Bicycling Magazine, and Festina Watches. For more details email:

spaeth1@verizon.net or visit event website for more details <http://www.cyclosporitif.com/>

A Tip from the Ride Leader

Some bikers like to wear a mirror and others don't. I rode for decades without one until a situation occurred which nearly caused my own demise. After a narrow escape I realized that, had I been able to monitor traffic behind, I would not have been in such a dangerous situation. I resolved to get a mirror and learn to use it.



There are many kinds of mirrors and only you can decide which is best for you. Some clip to the handlebars, some to the helmet, and some to your glasses. I prefer one that clips to my glasses because the body absorbs most of the shock that would otherwise vibrate the image.

When you go to the bike shop for your mirror, take your bike, helmet, glasses, or whatever you are going to fasten the mirror to. Otherwise, you may get home and discover a lack of compatibility.

You will probably complete your first ride with a mirror and decide you do not like using it. But I offer you one challenge: Ride with a mirror for seven rides and then see if you can ride without it. My friends who use a mirror may forget theirs when they leave home, but they always go back for it. I think you will, too.



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

PHILADELPHIA PA 191

31 JUL 2006 PM 5 T



Expiration Date: 11/30/06

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

19320+1254

19320+1254

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, 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)