

Delaware Valley Bicycle Club



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

June 2007

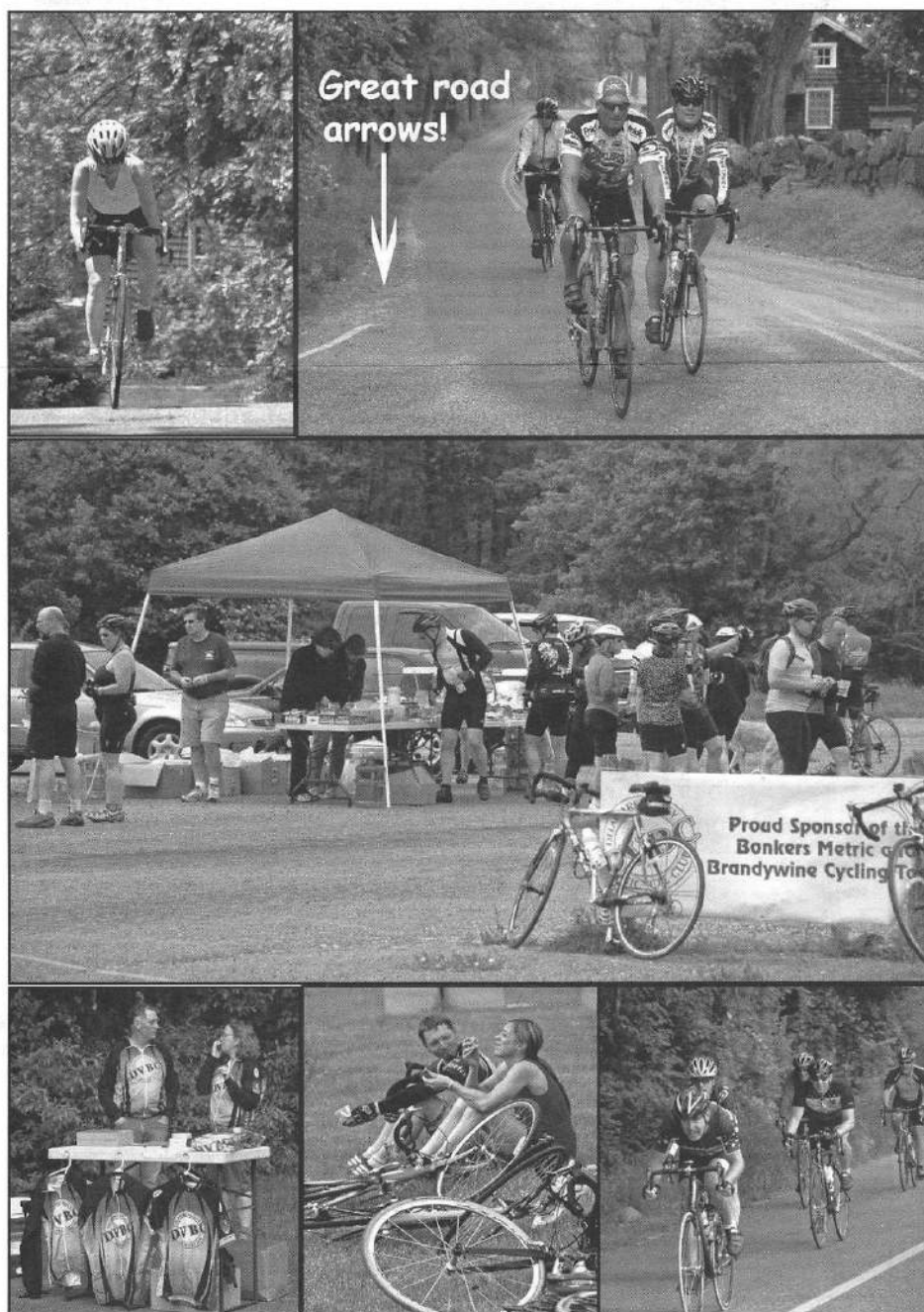
Thanks for supporting the Bonkers Metric!

The May 20th Bonkers Metric Tour dodged a bullet from the gun of the weather gods and attracted 131 riders, including 40 pre-registered. DVBC members turned out in abundance to support the tour at food stops, SAG wagons, registration table, by making baked goodies, and more. Said one member, "Sure, it's a day I could have spent riding but where else can I go and spend time with so many friends I like so much?"

On a Sunday morning that had early-rising potential riders studying the movement of rain cells on TV radar screens, our club got just the window of opportunity it needed to put the Tour in the black. A few widely spaced showers dampened spirits early before the sun shone brightly and spirits soared. Workers at the food stops received abundant compliments from cheerful riders.

Thanks to all you DVBC members who worked so hard and so cheerfully to help make our club the best. Particularly impressive were the club "rookies" who contributed: Penny Wilczynski, Joe Sayer and Cliff Edgecomb. And to those who supported the Bonkers Metric by riding your bikes, thanks for making our event a success!

Also, thanks go to Edward Sobolewski for taking photos at the Tour and submitting them quickly to make this newsletter issue!



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 12th of each month.

Board of Directors & Staff

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 610.544.8630 or domzuppo@att.net

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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

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!

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.

TOSRV 2007

By Lewis Neidle

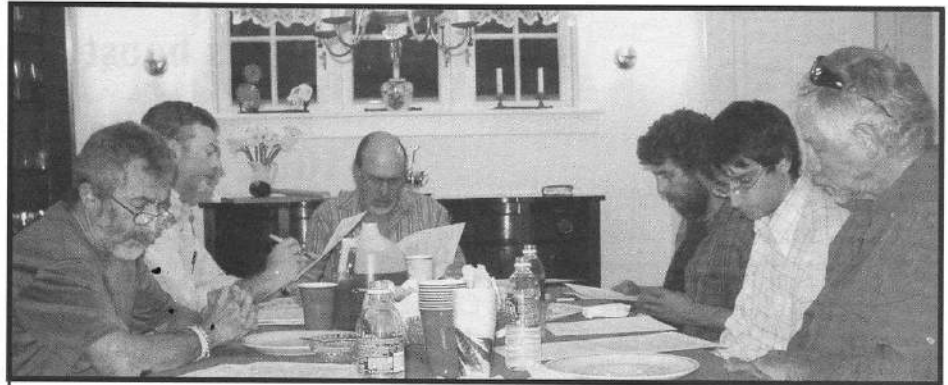


Rob and Linda Young and I journeyed to Columbus, Ohio over Mother's Day weekend for the 46th Tour of the Scioto

River Valley (TOSRV). TOSRV follows a 105-mile route from Columbus to Portsmouth by way of Circleville, Chillicothe and Waverly on Saturday, with the return trip on Sunday. The terrain is mostly flat, with a 20-mile section of rolling hills. Since my last visit, the route was improved by the relocation of about 30 miles onto more cyclist-friendly roads. I added a mile or two by crossing a recently constructed bridge from Portsmouth over the Ohio River, but was not tempted by the steep bluffs on the Kentucky side. This was my fourth, Rob's third and Linda's second TOSRV. There were approximately 3,000 riders, which is less than participated years ago when there were many fewer events on the cycling calendar.

We did the traditional TOSRV activities, including hot dogs in the park after Saturday's ride, a church lasagna dinner where I limited myself to three desserts, and free cocoa or coffee and donuts before dawn at Rennison's on Sunday. Lodging was on gym floors in several facilities in Portsmouth. Camping is also an option, and hotel rooms possible but hard to get.

TOSRV is notorious for unpredictable and nasty



Your advocates at work. Pictured above are participants at the April 24 Delaware County Cycling Committee meeting. Left to right are: **Larry Green** (the DCCC's official reporter for the Greater Swarthmore area), **Dominick Zuppo** (DVBC President and assistant chairman of the DCCC), **David Bennett** (DCCC Chairman and leader of this meeting), **Ira Josephs** (DCCC Chairman Emeritus), **Hans van Naerssen** (recently elected President of the Board of Directors of Bicycle Coalition of Greater Phila.), and **Justin Dula** (DELCO Planning Dept./Senior Transportation Planner). Absent from this meeting were **Parker Snowe** (former Coalition president who reports on Upper Providence Twp.), **Jeanette MacNeille** (a past president) and **Fred Rothman** (Chester County Cycling Committee chairman).

These quiet advocates work with resolve to improve biking conditions in our area. When DCCC Chairman David Bennett meets with civic leaders he tells them that "Cycling is 100% perfect" in terms of solving our environmental crisis. He urges these leaders to give cyclists a safe place to ride and a legal right to be there. "Bicycles are the solution," Bennett adds with conviction.

Finally, David says, "I am looking to recruit some new volunteers. We have members who keep us informed about Swarthmore, Upper Providence, Media, Lansdowne, Millbourne, and Upper Darby. We need more folks from your town to inform us about what's going on in your community. It would be great if we had a representative from the Aston Hood, Springfield, Havertown, Newtown Square, and other places."

weather. On my three previous trips, I had been forced off the road twice: into a church to escape lightning and into a model home to escape hail, and had also experienced at various times tornado watches, heavy rain, strong winds, high temperatures and flooding. This year's great weather was thus unexpected

but welcome.

Saturday's moderate temperatures and low humidity along with a light but persistent tailwind enabled us to comfortably average around 19 mph. Sunday's ride, with a chilly morning, headwinds and tired legs was slower, but just as much fun.

Iron Hill Crit gets boost in prestige

By Frank Dulin

West Chester Cycling Club is inviting members of the DVBC to participate in the Iron Hill Twilight Criterium.

The 2007 Iron Hill Twilight Criterium will take place in West Chester on Saturday, July 7. This year the IHTC will be part of a 10-race point series called USACrits which makes us part of a national race series instead of just being a local race. You can learn more about the USACrits series by going to www.usacrits.com. The benefits of this are that we will be promoted nationally and we should get a higher level of pro rider participation.

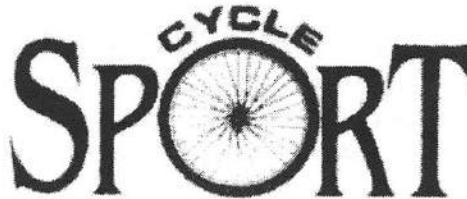
As you will see on the USACrits web page, some of the other cities in the series include Austin, TX, Charlotte, NC, Athens, GA, and Boise, ID with the finals to be in Las Vegas in September.

We need you to help us as volunteer race marshals. If you would like to volunteer, please go to: <http://www.easternpascouncil.org/WCCC/VolunteerForm.htm> and fill out the IHTC On-Line Volunteer form. There will be a meeting for volunteers near the end of June for additional training. Date to be determined.

This is a great way to contribute to a community event, participate in an inter-club activity, and promote cycling in our area.

Thank you in advance for your participation.

The Iron Hill Twilight Criterium web page is: <http://www.ironhilltwilightcriterium.com/>



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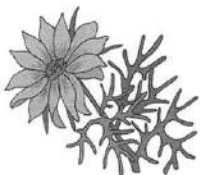
- We service all bicycles from toddlers to World Champions.
- Special Discounts for DVBC members

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 Website: cyclesportmedia.com



DVBC Ride Calendar

June 2007



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15+/- Class:C-/C Vocabulary Ride	Meet at Cycle Fit on Route 320(S. Chester Road) Swarthmore for an easy-paced ride through Swarthmore, Wallingford and Ridley Twps. Beginners welcome. No one dropped Note: new starting location! Contact Betsy Ffrench at 610-544-8253 Email: EFFrench@wilmingtonTrust.com
Tuesdays 6:00 pm Miles:20+/- Class:A CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride. Call the shop anytime for details and to check if ride is going if weather is questionable. Distance according to available daylight. Pace is around 14-15 and can be split into two groups for newer riders. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Leaves from 320 Market parking lot. Possibly a lunch stop. Ride does not start unless temperature is above 45 F. Foul weather cancels ride. 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:25+ Class:C+ "C" You at Rose Tree Ride	Talk is, C rides are more fun. Come out and find out. Meet at Rose Tree Park, Rte. 252, Media. No less than three hearty laughs guaranteed, or your money back, as we travel various hilly routes in the area. As days grow longer, so will the ride. Contact Debbie Chaga at 610-494-3033 Email: dreamer@craftech.com
Thursdays 6:00 pm Miles:20+/- Class:A CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride. Call the shop anytime for details and to check if ride is going if weather is questionable. Distance according to available daylight. Pace is around 14-15 and can be split into two groups for newer riders. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jun 2 8:30 am Miles:50 Class:B-/C+ Ye Olde Brandywine Fifty	Meet at Chadds Ford Elementary School. Be ready to climb hills and enjoy the scenery. Bring at least two water bottles and a snack because store at halfway stop isn't the greatest. Cue sheets provided. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Monday, Jun 4 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 9 6:30 am Miles:150 Class:A/B Long Day in the Saddle	The goal is to ride from the east side of the Delaware Memorial Bridge down the Jersey coast to Cape May then back up the Delaware coast along Rte 9 nearly to the west side of the bridge. We'll stash cars in Delaware City then carpool to the ride start. Expect brief stops about every 30 miles. We'll grab sandwiches in Cape May for the ferry ride. Plan to have a couple of centuries under your belt beforehand. Write me for details as I firm up plans, depending on number of riders. Contact Drew Knox at 302-475-1684 or agknox@gmail.com

Saturday, Jun 9 7:30 am Miles:35+/- Class:C Manayunk or Museum Miles	From Perkiomen Creek Park (Rte. 422 W, off at Oaks exit), we ride the flat paved Valley Forge trail to Manayunk or all the way to the Art Museum. Food stop in Manayunk either way, bring money and H2O, rain cancels ride, email or call to confirm, prefer EMAIL. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Sunday, Jun 10 8:30 am Miles:TBD Class:C+ Bike Race Ride	Starts at Drexel Hill Cyclery - Vermont Rd., Drexel Hill. All day ride to the Art Museum Area to catch some of the Philly race. Bring money for food and beverage. Contact Bob Martin at 610-352-2114.
Sunday, Jun 10 9:30 am Miles:40+ Class:B- Ride to the Race	320 Market Parking lot. Class B-. 40+ miles to Lemon Hill and back to watch the race, eat lunch, etc. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Saturday, Jun 16 8:30 am Miles:70-75 Class:B Pizza in Buena	Meet at Kingsway HS, Rtes 322 & 551 in Swedesboro as we try some new routes to lunch. Warning: No cue sheets. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Sunday, Jun 17 8:30 am Miles:35-50 Class:All Kountry Kitchen Ride	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 610-352-2114
Saturday, Jun 23 7:30 am Miles:40+/- Class:C Jersey Jaunt	From Kingsway HS (Rtes. 322 and 551), we ride around flat paved South NJ farmland roads with WAWA stops as we need them. Cue sheets provided, bring money and H2O. Rain cancels ride. Email or call to confirm, prefer EMAIL. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, Jun 23 9:00 am Miles:70 Class:B- Lancaster County	Meet at Bob LaDrew's house near Coatesville. This is not high-speed, but simulated touring. Bring \$ for lunch. No cue sheet. For directions to start.... Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
Sunday, Jun 24 9:15 am Miles:62 Class:B Westtown and Beyond	Meet at the Moylan Rose Valley train station at Manchester and Woodward Roads for a ride over the classic routes of the DVBC. Go through western Delaware County, Chester County and maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, Jun 30 8:00 am Miles:55+ Class:B- Dreamer's Way to Northbrook	Meet at the Planet Fitness parking lot in Aston at Pennell (Rte. 452) & Marionville Rds for an enjoyable, dreamy way to Northbrook. Expect hills since this ain't no stinking flat ride. We'll lunch at Northbrook, so bring \$. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Saturday, Jun 30 9:30 am Miles:20-26 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 State Park & beyond. Free refreshments afterward inside the store. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

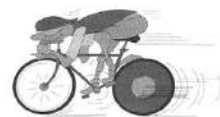
BONKERS

CARTOONS
OF THE
DVBC



Bike Dirt

By F.X. Pedrix



The next best thing to biking is talking about biking. Apparently, I do that in my sleep. At least that was the excuse Babs used when I awoke to find her stuffing a pillow in my face. **Buckeye Boy**, another person who probably doesn't stop talking even when asleep, no sooner announced a ride when, next thing you know, there is a whole thread on the list serve about stopping at a highly recommended pizza restaurant, La Campagnola. One wag responded, "I like the name La Campagnola. Of course, half the riders will want to eat at La Shimano." Just a guess, but that may be sushi.

Speaking of Shimano, one of our crack shoppers, **Sven**, saw this "MO75" label printed on Shimano shoes.



Even though the price was more than he wanted to pay, Sven worried that slow shoes might offset the big gains he'd made in picking up a new carbon fiber bike. Imagine the muttering when Sven strapped on his new wings for their inaugural ride, looked down, and saw this commentary:



During a break from the April 21 Mays Landing ride, **D'ster** carefully leaned his bike against a neatly trimmed privet shrub and explained to all who would listen: "In order to blow up a tire you must inflate it. What we have here is a 'hedge

against inflation.'" Ouch, how long did D'ster have to look for the right setting to spring that one-liner?

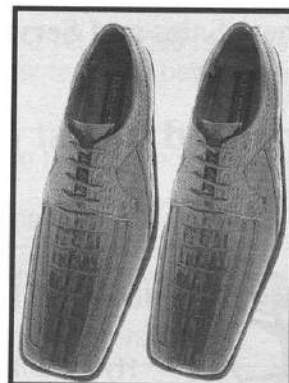
Times change. Last month D'ster called a press conference to announce that, due to other demands, he will no longer be responsible for passing water at our club's two grand tours. His title **Rear Admiral of the DVBC Navy** now bears the addition "Ret." in parentheses at the end.

Speaking of flowing water, this makes the third straight month that **Rear Admiral of the DVBC Navy (Ret.)** has been dropped at the start of a club ride while doing the Tour de Porta-potty. Let's tell him the rides start 15 minutes earlier than they really do.

It may be hard for you to cadge those hotly-contested fashion points when The Fashion Tzarina, aka **Blue Toe** (see the April issue), is doing personal consultations for **Dreamer** at the Ttown Swap Meet. "Quick, snap up that Etxeondo jersey at half price!" I forget though, do you buy bikes to match your wardrobe or jersey when you get a new bike?

After working his way up to the ranks of CAT-3 racing the last two years, **Jim Walls** was sick through much of the spring. When he was finally well enough to undertake his first event of the season, the Tour of Ephrata on April 29, he crashed in a major pileup near the end of the first morning's road race. Jim had scrapes and bruises and a cut in his forehead that required 20 stitches. He is now thinking that a better way to win races would be via the solo breakaway.

Last month there was a breakout group for hill climbing in Aston. This month's special interest segment, with the encouragement of **Plastic Boy**, tried their hand... err, feet, at Salsa dancing. Word is that Plastic Boy burns up the dance floor the same way he smokes the roads. As usual, Mr. Buckeye jumped in enthusiastically with both feet (two lefts, see accompanying photo), to



administer a crushing defeet to the recently broken toe of his skillful dance partner.

Chief amongst our crew of bargain-hunters

extraordinaire, **Juror #6** showed up at the Velodrome swap meet last month, hung out with the club members, and even met them for lunch afterward at the diner. But, in keeping with his reputation, he again bagged the post-swap meet ride.

It seems like new-bike fever is definitely making the rounds of the DVBC. So far this spring it has hit **Gray Wolf, Dreamer, Sven, Quilter** and **Joe Sayer**, who is now riding the biggest frame we have ever seen. New nickname: **Big Bike**.

If you are maintaining a training and nickname log, note that Celeste Bianchi has been renamed **Jittery Jo** for the way she flies up those hills on Tuesday nights, powered by spiked jelly beans.

Both **Crashrock** and Quilter have emerged from the winter, fit and fully recovered from their crash-and-burn injuries of last year. Crashrock recently did his first Manayunk loop since his big c&b. The group stopped for a moment at the site to doff helmets in silent tribute to Crashrock's spill and watch as he spat on the now-repaired pothole.

Quilter not only has a new carbon Scott bike but is personally lighter due to the removal of a screw from her shoulder. At least that is what we believe she said in her email written while still giddily under the influence of anesthesia: "My screw is out and I am hope, but I think I am a little loopy." Not sure if that means she has a screw loose but that sounds like fun. Unfortunately, in

(See *Bike Dirt*, page 9)

(From *Bike Dirt*, page 8)

Manayunk, Quilter leaned the "Great Scott!" against a trashcan which the wind blew over. The bike was fine but Quilter almost passed out.

When **The Lady with 3 First Names** recently put a "You Tube" link on the list serve for a naked bike ride, she did so with the proviso that it was "not for the immature." The next day **The Virginian** wrote back, "Hell, I'm immature and I liked it!"

Hmm, naked biking. They seemed to be having so much fun. Hmm. Did I mention I awoke the other night to find Babs listening more attentively than when I'm awake? Hmm...

Save the Date!



Bonkers Club Picnic

Saturday, August 4
Free to all club members



Brandywine Tour

Sunday, Sept. 2

Upcoming Bicycle Coalition Rides

By Hans van Naerssen

June 10, Commerce Bank WOW Family Fun Ride: Ever wonder what it is like to ride UP the "Manayunk Wall," to ride a race course? Here's your chance. Come out for the Commerce Bank WOW Family Fun Ride between 7 and 8:45 AM on June 10th, before the bicycling professionals start their race at 9AM. Then stay to watch the race and visit with your friends. The Bicycle Coalition is a co-presenter and beneficiary of this pre-race event. Registration and details at www.procyclingtour.com. Hope to see you there.

June 17, Bike Freedom Valley: Stretched between Philadelphia and Valley Forge, Freedom Valley is a state of mind and an awesome bicycle tour of 8, 22, 33, 44, 50 or 62 miles. Join us on this signature ride, presented by the Bicycle Coalition of Greater Philadelphia. Registration and details at www.bicyclecoalition.org. Hope to see you there as well.

September 9, BikePhilly 2007: We hope you will join us for the inaugural BikePhilly Tour this September 9th, either as a volunteer or participant. We are hoping to draw up to 3,000 bicyclists this first year.

Starting at the Philadelphia Art Museum, bicyclists can enjoy an easy 10 or 20 miles on car-free streets in Philly. Those looking for more distance have 35 or 50 mile options. And a Finish Line Festival at the end - all to celebrate bicycling and the accomplishment.

To make BikePhilly a success, consider volunteering. We need Ride Marshals to help direct bicyclists; volunteers to assist at a rest stop, registration, or the finish line; and Team Captain to lead groups of volunteers. Hundreds of volunteers are needed, so ask your friends as well. Registered riders can help by also being a Safety Rider.

Make it a bicycling weekend by also registering for the BCP Schuylkill Century on **September 8th**.

Details about the ride, early registration discounts, and volunteering are on this web site www.bikephilly2007.com.

The beneficiaries of this event are the Bicycle Coalition of Greater Philadelphia and the Police Athletic League of Philadelphia (PAL), where the funds will be used to improve bicycling conditions in the tri-state area, and implement bicycling education for PAL kids.

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DVBC/BRSC Vermont Adventure II

August 17-20, 2007

Join members from both of our great clubs Buck Ridge Ski Club (BRSC) and Delaware Valley Bicycle Club (DVBC) for a biking adventure at BRSC's Woodbridge Lodge in the Green Mountains of southern Vermont for a long weekend of biking with several other activity options. This time of year should give us lush foliage, warm days, cool nights and quiet roads for a fun packed adventure, with one of the most economical packages that you could imagine.

Activities available from the Lodge: Road biking for all abilities with cue sheets and support; mountain biking at nearby Mount Snow, self proclaimed "mountain bike capital of the East"; kayaking on Grout Pond, a pristine wilderness area that also includes hiking trails; hiking on the Appalachian/Long Trail to nearby Mount Snow and Stratton Mountain summits; or relax and just go sightseeing/antiquing/shopping at nearby towns and villages. *For details on mountain biking at Mount Snow check it out at: <http://www.mountsnow.com/summer/mountainbiking.html>*

Woodbridge Lodge: owned and operated by BRSC since 1950 – a rustic mountain getaway that sleeps 23 with all of the necessary facilities, just a short distance from Mount Snow resort in southern Vermont. *Please call or email trip leaders for more information about the lodge and driving directions to get there.*

Reservations: Complete reservation form below and send in with appropriate deposits. Email confirmation will be sent. *Contact the trip leaders, Mel Stiles; (h) 856-478-4621, stilesmj@verizon.net or Edward Sobolewski; (h) 610-358-3055, sobolewski3@comcast.net for questions.*

Costs: Lodging \$10/person/night; optional lodge key deposit, \$75 (check returned when key is received); shared food cost approximately \$20 to \$30 dollars per person depending on how many meals are shared; BRSC activity fee is \$0.50/person/day; other activities, i.e., mountain biking, see link above. Approximate cost for one person for 3 nights and 4 days with shared food at lodge is ~\$90.

Deposit to hold spot: Equal to number of nights stay X \$10 X number of people in party. Releases for **both** clubs will be sent and need to be signed, upon confirmation of reservation. *Pease reserve your spot as early as possible to allow time for planning your trip.*

Cancellation Policy: *Cancellations should be made to the trip leaders as soon as possible but no later than Thursday August 16th, 2007. A full refund will be issued from the lodge treasurer. After 8/16/2007, no-shows forfeit deposit to the Lodge capital improvement fund.*

Reservation Form

Name(s) _____

Address _____

Phone (h) _____ (c) _____ Email _____

BRSC/DVBC Vermont Adventure for the nights of:

8/17, 8/18, 8/19 or others _____ (circle nights of stay) X \$10 X no of persons = \$ _____ (amount of deposit).

I plan to arrive on: date _____ time _____ and depart on date _____ time _____

Make checks payable to **Buck Ridge Ski Club** and send to:

Key Deposit - \$75. Issue a **separate check** and send with reservation form and payment.

? Enclosed is my check for \$75. I understand that this key is due back **within 2 weeks after my planned trip** or my Deposit check will be cashed. My check will also be cashed if key is lost in the mail.

Signed _____

Regional Events

Saturday, June 2, Get Ready Metric, Fort Mott, Pennsville, NJ. South Jersey Wheelmen

Sunday, June 3, Bike4Sight, Media, PA. Ride 2-62 mi. 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.

Sunday, June 3, Commerce Bank Tom Bamford Lancaster Classic, Lancaster, PA. Professional road race - spectator and volunteer event - starting in downtown Lancaster. Read the press release. Volunteer positions are available in the following areas: course marshals, security, expo decorators, hospitality, marketing and communications. For more information about volunteer requirements and sign-up procedures call 610-676-0390 ext. 106.

Thursday, June 7, Commerce Bank Reading Classic, Reading, PA.

Professional road race - spectator and volunteer event. See description and phone number in the above event, Lancaster.

Friday, June 8, CSC Manayunk Hill Climb, Philadelphia, PA. Climb the Manayunk Wall at this timed event with USCF and citizen categories. Registration and number pickup opens at 4:30PM. First rider starts at 6:00PM, and riders will be staged at 30-second intervals. USCF one-day and annual licenses will be available at registration. \$20 by 6/5 or \$25 day of + license. 215-546-3273 Register online

Sunday, June 10, Commerce Bank WOW Family Fun Ride, Philadelphia, PA. 13.5 mi, 1 lap of the Philadelphia International Championship race route including "The Manayunk Wall." Start from Sedgley Drive and Kelly Drive at 7:00AM. \$45 by 5/30 or \$60 day of. Benefits the Bicycle Coalition of Greater Philadelphia, 215-242-9253.

Sunday, June 10, Commerce Bank Philadelphia International Championship, Logan Circle to Manayunk, Philadelphia, PA.

Professional road race - spectator and volunteer event, vendor expo. Read the press release. Roads will be closed along the race route, so bicycle to Philadelphia via the Schuylkill River Trail or take the SEPTA train to Manayunk or Suburban Station. The Manayunk Station on the R6 route is only one block from "The Wall". Suburban Station at 16th St and JFK Blvd is the closest SEPTA station to the start/finish area where the race is shown on a giant video screen. Buy food, try free samples, and see product displays and sales from 40 vendors at the free Fitness Expo, located between 24th & 25th Streets across from Eakins Oval, near the Art Museum. For information about volunteer requirements and sign-up procedures call 610-676-0390 ext. 106.

Saturday, June 16, Flatlands Tour, Chesapeake, MD. 35, 54, 63, 77, or 106 mi on flat terrain. This is a scenic, low-cost, no-frills ride. \$6 registration on day of ride; no pre-registration. No SAG. Baltimore Bicycle Club.

Sunday, June 17, Bay to Bay Ride, Betterson, MD. Ride 27-104 miles on flat/gently-rolling terrain. No website; register online at active.com or call 410-778-7356.

Sunday, June 17, Bike Freedom Valley, Philadelphia, PA. Family and trail rides of 8, 22, or 44 miles, and hilly, more challenging rides of 32, 50, or 62 miles. All routes start only from Philadelphia this year. Benefits the Bicycle Coalition of Greater Philadelphia, 215-242-9253.

Sunday, June 24, French Creek Iron Tour, Pottstown, PA. Ride 4, 15, 25, 50, 75, or 100 miles. Benefits the French and Pickering Creeks Conservation Trust.

Go ahead, take a ride. Get a little sun, and some much needed vitamin D

By Frank Jackson



With July's heat just ahead, it may be time to think about the sun. I'm not just talking about the sun's burn effect. Sunshine and its dose of vitamin D is a beneficial aspect of riding

just as the exercise is. And you were only thinking of the sunburn effect. Really, besides drinking milk and eating side portions of beets, a fair amount of sunlight will promote healthy levels of vitamin D. And healthy levels of vitamin D are paramount to maintaining a solid bone structure.

Deficiency in vitamin D is linked to certain cancers. In addition, recent geographic studies link a higher rate of multiple sclerosis to areas where sun exposure is not prevalent. Even the ancients knew about the benefits of the sun as observed from the skeletal remains of those cultures who wore traditional headdress versus those who did not. I'm always amazed at the intellect of these early pioneer scientists. They had so little information to work with back then.

Anyway, while taking a ride sounds like a normal weekend activity, hanging in the sun can be a double-edged sword. Along with all that sunlight and vitamin D are the ultraviolet rays known to cause various skin diseases. To combat this be generous with your sun screen and cover all exposed areas. It goes without saying that you need to protect yourself from too much sun exposure.

Lastly is the issue of dehydration. Keep up that fluid intake. But then you already knew that.



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

PHILADELPHIA PA 191

24 MAY 2007 PM 10 T



Expiration Date: 11/30/2007

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

19320+1244



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)