

# Delaware Valley Bicycle Club



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

September 2007

## You can "Bike Philly" on traffic-free streets



The September 9<sup>th</sup> Bike Philly ride is a family-friendly tour celebrating the freedom of car-free

Philadelphia streets. This year's tour, the first of an annual event, will see bicyclists ride through historic neighborhoods, take over the Parkway, pass through Old City and explore the hidden corners of Fairmount Park—all without having to contend with car traffic!

For this inaugural event the

sponsoring Bicycle Coalition of Greater Philadelphia welcomes the support of individuals who believe in the (expensive) idea of a day of car-free streets for bicyclists. The Coalition will support participants all the way on their ride through Philly—from water, food and mechanical support to a "sweep" bus in back to pick up those who "run out of gas." For beginners and experts alike, the tour offers one- to three-hour (10 or 20 mile) routes on traffic-free streets plus a longer 35- or 50-mile ride with some "shared" roads mixed in.

The ride starts at 8 a.m. at the Art Museum steps. Registration begins at 7 a.m.

After the ride you are invited to a finish-line festival, a celebration of your accomplishments, your healthy

life style, and bicycling.

Proceeds benefit the Bicycle Coalition's work to improve conditions for bicycling across the region and the Police Athletic League.

The coalition needs you! Aside from registering for the ride you can contribute by volunteering to work before or during the event. Contact Alex Doty at alex@bicyclecoalition.org or 215-242-9253.



Lemme outa here! Cheryl Lynch, Bonnie Watkins, Jo Ann Fahey, Len Zanetich, Debbie Chaga and Dan Dillon pose for a gag shot on the "Debbie Does Delaware" ride last fall.

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**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 12<sup>th</sup> of each month.

### Board of Directors & Staff

Dominick Zuppo, *President*,  
 610.544.8630 or domzuppo@att.net

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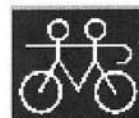
Brian Wade, *Past President*,  
 610.254.9485 or bwadedvbc@aol.com

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

### Club Affiliations



LAB



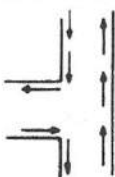
*Bicycle Coalition of  
 Greater Philadelphia*

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

## Ride Guidelines



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



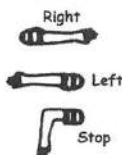
Keep right.  
 Drive with  
 traffic, not  
 against it.  
 Ride single  
 file.



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



Protect yourself at night  
 with the required reflectors  
 and lights.



Use hand  
 signals to  
 indicate stop-  
 ping or  
 turning.

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

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

# 31<sup>st</sup> Annual Brandywine Tour

**Sunday, September 2, 2007 *rain or shine***

26, 50, 65, 80-and 100-mile routes

**Time:** Start 7:30-10am for all routes. All support services end at 4:30pm. Century riders recommended to arrive at 7:30am.

**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:** \$25 day of the ride or \$32 with PDF membership.

*Fill out the registration form below and bring it to the ride for faster registration.*

## BRANDYWINE TOUR, Sept. 2, 2007, Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Intended ride distance (please check one): 26 miles ☐ 50 miles ☐ 65 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.)

## New Members



Matui Adossi  
Doug Appleman  
Nancy and John Buford  
Derek Lemke  
John McLeod  
Roseann & Dave Schaaf

Fax (610) 353-8230

Phone (610) 356-1515

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Tel: 610-565-9535 Fax: 610-565-6033

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





## **DVBC Ride Calendar**

### **September 2007**



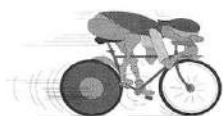
<b>*****Recurring Weekday Rides*****</b>	
<b>Tuesdays 6:00 pm</b> Miles:15+/- Class:C-/C <b>Vocabulary Ride</b>	Meet at Parking Lot, 320 Produce Market (719 S Chester Rd. Swarthmore), easy-paced ride through Swarthmore, Wallingford and Ridley Twp. No rides on Sept 4 or Sept 11. Beginners welcome. No one dropped. Note: new starting location! Contact Betsy Ffrench at 610-544-8253 Email: EFfrench@wilmingtonTrust.com
<b>Tuesdays 6:00 pm</b> Miles:25-30 Class:B+ <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry Havnoonian at 610-565-9535 Email: cyclesport@verizon.net
<b>Wednesdays 9:30 am</b> Miles:35-60 Class:B- <b>Doc's Ride</b>	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
<b>Wednesdays 5:50 pm</b> Miles:25+/- Class:A <b>Workout</b>	Meet at Rose Tree Park on Rte. 252 for our regular Wednesday night workout. Expect a fast pace and some nice hills. As the days get shorter, it's more important to leave on time. Meet at 5:50 for a ride start at 6PM. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
<b>Wednesdays 6:00 pm</b> Miles:25+ Class:C+++ <b>Back Before Sunset Ride</b>	Days are getting shorter. Ride with me on a quick ride to get back before sunset. Use of lights and flashers recommended. Meet at Rose Tree Park, Rte. 252, Media. Enjoyable time guaranteed, or your money back. Expect hills but no one will be dropped. Contact Debbie Chaga at 610-494-3033 Email: dreamer@craftech.com
<b>Wednesdays 6:00 pm</b> Miles:25 Class:B <b>The Rose Tree Ride</b>	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't. Expect a hill or two. BRING YOUR LIGHTS... FRONT AND BACK LIGHTS ARE MANDATORY!!! Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
<b>Thursdays 6:00 pm</b> Miles:30+ Class:B+ <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry Havnoonian at 610-565-9535 Email: cyclesport@verizon.net
<b>Saturday, Sep 1 8:30 am</b> Miles:25-100 Class:All <b>Volunteer Ride</b>	Brandywine Tour Volunteers only! Meet at Pocopson Elem. Sch. to ride the B-Tour route and make one final check. Bring food & water. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
<b>Sunday, Sep 2 7:30 am</b> Miles:26-100 Class:All <b>Brandywine Tour</b>	Pocopson Elem Sch, near Chadds Ford, PA. Ride 26-100 mi thru beautiful Brandywine River Valley. Registration: Day-of-event: \$25, or \$32 including special club membership. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Sunday, Sep 9 8:00 am</b> Miles:50 Class:All <b>Debbie Does Bike Philly</b>	Come out and support cycling in Philadelphia. This is going to be a great event. I'm doing the 50 mile route but there are shorter ones too. Check it out at <a href="http://www.bikephilly2007.com/">http://www.bikephilly2007.com/</a> . Ride starts at 8:00 at the Art Museum. I advise you to pre-register. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
<b>Monday, Sep 10 7:00 pm</b> Miles:0 Class:ALL <b>Board Meeting</b>	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org

<b>Saturday, Sep 15 7:30 am</b> Miles:60 Class:C+ <b>East Coast Greenway</b>	Departure from John Heinz main parking area, ride entire Bike PA route "E": ride south to Marcus Hook / DE state line then Septa rail via 30th St to Trenton, south on "E" with lunch stop at Sweet Lucy's BBQ. Return about 1600. A gritty urban ride every "serious" DE Valley cyclist should do at least once. Make sure you communicate with me so I can coordinate rail arrangements. Trail guide available at <a href="http://www.greenway.org/">http://www.greenway.org/</a> . Contact Mike Broennle at 610-647-5764 or <a href="mailto:broennle@email.chop.edu">broennle@email.chop.edu</a>
<b>Sunday, Sep 16 8:30 am</b> Miles:35+ Class:C+ <b>Art Museum</b>	Art Museum 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 weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114
<b>Sunday, Sep 16 8:00 am</b> Miles:5.1 Class:All <b>Time Trial</b>	Must be a member to participate. Membership forms available at start (\$15). Rtes. 662 & 601. Purelands Industrial Park, Bridgeport NJ. Then we go to Kingsway HS to meet group & ride to breakfast. Tandems welcome. Record:12:19. Contact Bob LaDrew at 610-383-9327 or <a href="mailto:bonkersboy@verizon.net">bonkersboy@verizon.net</a>
<b>Sunday, Sep 16 9:00 am</b> Miles:34-50 Class:All <b>Kountry Kitchen</b>	Meet at Kingsway HS (Rtes. 551 & 322 in NJ) for ride to breakfast at Kountry Kitchen in Elmer. Cue sheets but no waiting. Contact Bob LaDrew at 610-383-9327 or <a href="mailto:bonkersboy@verizon.net">bonkersboy@verizon.net</a>
<b>Monday, Sep 17 7:30 pm</b> Miles:0 Class:ALL <b>General Membership Mtg</b>	Springfield Friends Center. Join us for a round-table talk about leading rides. If you're interested in becoming a ride leader or have led a ride and have experiences to share, please join us for a discussion about leading group rides. Contact Dom Zuppo at 610.544.8630 or <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>
<b>Saturday, Sep 22 7:30 am</b> Miles:100+ Class:B/C+ <b>Hawk Mountain Century</b>	We leave from Lansdale, PA for ride to Hawk Mountain and return. Lunch stop at mile 70. For questions and directions to the start contact ride leader. Doug Bower at 610-952-0562 or <a href="mailto:bowerdou@verizon.net">bowerdou@verizon.net</a>
<b>Sunday, Sep 23 8:30 am</b> Miles:34-50 Class:All <b>Bob Leon Memorial Ride</b>	All are invited to meet at Kingsway HS (Rtes. 551 & 322 in NJ) for this second annual event. We'll cycle together for breakfast at the Kountry Kitchen in Elmer, then break out into different classes for the ride home. No one dropped. Contact Dom Zuppo at 610.544.8630 or <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>
<b>Saturday, Sep 29 9:00 am</b> Miles:62 Class:B <b>Salem Oak Metric</b>	Meet at Salem Oak Diner, Rte. 47, Salem NJ for Peter Odell metric route to Bridgeton. As usual, we will get lost. No cue sheets. Come early for breakfast. Contact Bob LaDrew at 610-383-9327 or <a href="mailto:bonkersboy@verizon.net">bonkersboy@verizon.net</a>
<b>Sunday, Sep 30 8:30 am</b> Miles:35-50 Class:All <b>Kountry Kitchen</b>	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 610-352-2114

**BONKERZ**

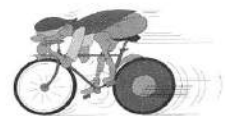

Cartoons  
of the  
DVBC





## Bike Dirt

By F.X. Pedrix



As in the White House, all the DVBC talk last month was about colonoscopies and how many of our members had to undergo them. Fortunately, our own president, the **Dominator**, hasn't required one during his tenure because, if he had, the disability clause of our club charter would have been invoked and you know what that means: Vice-President **Dreamer** would have been in charge for two hours. No one who knows her doubts that Dreamer would have used such a window of opportunity to declare war on the Bicycle Club of Philadelphia and ban all frame material except carbon fiber.

During her own colonoscopy one of our Montgomery County members is said to have asked, "Any sign of the trapped miners, Chief?" Thankfully, her doc brushed off the quip and prescribed a prolonged dosage of continued bike riding.

He swears it is not true that, after his colonoscopy, **Bonkers Boy** said to his doctor, "You know, in Arkansas, we're now legally married." He did admit that, during the procedure, he suggested, "Hey, Doc, let me know if you find my dignity."

Those of us who have ridden the club 5.1-mile time trial often feel pretty good about our performance until it is put into perspective. That occurred for many when **Three-Speed Steve** averaged more than 20



mph in the club's July 22 time trial while riding a 50-pound 1951 3-speed bike and wearing dungarees. Imagine what Steve could do on a

carbon fiber Serota while dressed in lycra!

One of our members who owns a high-definition TV was watching **Lance Armstrong** being interviewed

during the Tour de France. With this new high-resolution technology he claims he was able to discern scarring on Armstrong's forehead left behind by surgery that was done to restore Lance's skull from the Neanderthal effect that resulted from the long-term use of performance enhancing steroids. At least this is what was told to one of my spies and I pass it along to you without prejudice.

**Jon D.** recently made this observation on the club's email list serve: "I saw this gem under the (Bonkerz) cartoon today: 'For permission to reproduce, email bonkersboy@verizon.net' I have a daughter, but she was born before I joined the club. Do I need to get retroactive 'permission to reproduce'?"

At the August 4<sup>th</sup> club picnic, attended by 35, **D'ster** performed as one half of the **Twins of Belleville** and unveiled his version of the Johnny Cash song "I Walk the Klein." The song, which included a tribute to the **Wooden Man's** knowledge of wheel-truing, as well as his bike, was a big hit and has been recorded on video for posterity.

And speaking of the picnic, **Plastic Boy** ("I don't know where I'm going, but I'm making good time.") led

the "A" ride that day from Rose Tree. I use the word "led" loosely since he had to phone several times to get directions before arriving tardily. Plastic Boy should eventually get the route down pat; after all, this was only the ninth straight year he has "led" it.



**Juror # 6** had to miss the picnic due to his involvement in the US Chess Federation national tournament. During the 9-day event he went 5-4, finishing in a tie for 111<sup>th</sup> out of 414 competitors. In a field where the top three finishers were named Alexander, Boris and Sergei (I kid you not), that is impressive. For those of you who understand such things, # 6 went in with a rating of 1827 and it will be higher after his performance at that tournament is factored in. The Juror finished only half a point behind Arthur Bisguier, one of the few people in the world who can claim to have beaten Bobby Fischer.

It was great to see **Guitar Man** ride in to the picnic from Pocopson. After his serious crash in May he limps when he walks but there is no hitch in his peddling stroke.

One list serve email thread that took on a life of its own last month was a discussion on how the club can rate rides so that no one will get dropped, none will ride off the front, and every rider will be happy. It is an issue that gets re-hashed every year or two with no progress being made. In fact, if you check the archives from 2003, you will see the same dialogue almost verbatim.

The request has gone out for volunteers to work at the Brandywine Tour and the response has been impressive. **D'ster** has graciously agreed to undertake perhaps the most critical job of all: that of bridge inspection. Be sure to check those gusset plates, D'ster.

No Bike Dirt column would be complete without a mention of **Buckeye Boy** and **GiGi** and they created a splash when they showed up at a Wednesday night Rose Tree ride last month on their new Trek T-2000 tandem. Word is they handled that hilly ride effortlessly and have issued a challenge to other tandems throughout the club. I am wondering if that duo could surpass the club tandem time trial record of 13:12?



## What's Under Your Helmet!

By Frank Jackson



Under-the-helmet cycling gear has taken off lately. Just look at now versus a decade ago. This surge is definitely the result of increased helmet use that occurred in the late eighties. How many cyclists do you think wore helmets back then? I did but most I encountered did not. Yes, that was me riding in the late seventies and early eighties wearing a moon-shaped Bell Biker®.

On the heels of that phenomenon comes the under-the-helmet garment industry. Today you can see riders wearing bandanas, bike hats, sweatbands, balaclavas, do-rags, and folded hankies (hopefully not used as a dual purpose item) under their helmets. These items can be purchased nearly anywhere. Most bike shops carry at least one type or style. And you can find do-rags and head hankies in the Wal-Mart men's department. Furthermore, a selection of construction site items that are easily adaptable to biking are found at Lowe's® and Home Depot®.

The reasons for using these items are many. I started using a do-rag last year. To start with, for those with little on top there is the odd pattern sun tan they are looking to avoid. On the flip side, those with lots of hair may not want to look like a punk rocker once the helmet comes off (been there). Ever hear the term "helmet head"? I can tell you this problem is not isolated to just biking. In construction and demolition hard hats play hell on hairstyle too.

Anyway, there are those who simply don't want the helmet working on their hairline. Eventually the rubbing and smothering can wreak some negative effects. Admittedly, this has not been proven but I believe it to be a fact.

Even non-bikers wear do-rags as a fashion statement style or for sweat control. Having an absorbent garment around the head does wonders. Before I started wearing a do-rag it was the Chapstick® from across the forehead to above and past the eyebrows for me. What it did was act like a sweat duct. Don't laugh; this actually works, and if you use the neutral flavored (tan) Chapstick it is not visible.

As time passes be prepared for your do-rag to degrade by shrinking, fading, or staining. Whether it is made up of 100% cotton or a percentage of polyester, expect to eventually have to deal with this issue. So it makes sense to own several and, while you're at it, you can impress your friends with the variety of colors and designs of your cranial wardrobe items.

Also on the market are Coolmax® items that are designed to be dipped in water. For the most part these are job-site items such as scarves or pads for under the helmet. What occurs is that, once wet, the item remains cool for awhile. Back in biking days gone by we used to use an old sock (washed) over the pre-frozen water bottle. This would act as insulation for the bottle and then awhile into the ride it made a refreshing damp, cool rag for wiping the neck, face, and forehead. What I haven't seen yet under the biking helmet is the toupee. Don't laugh; over my years in the construction and demolition industries I've seen quite a few who did that. So watch out. Your DVBC buddies are now keeping an eye out for what's under your helmet.

## Regional Events

**Sunday, Sept. 2, Brandywine Tour,** Pocopson Elementary School, near Chadds Ford, PA. Ride 26, 50, 65, 80, or 100 miles thru the beautiful Brandywine River Valley. \$25 reg. Add \$7 for special DVBC membership - full membership privileges but substitutes a PDF version of the club newsletter. Delaware Valley Bicycle Club

**Monday, Sept. 3, 2007 Hanover Cyclers Labor Day Century.** 25-100 mi  
[www.hanovercyclers.org](http://www.hanovercyclers.org)

**Monday, Sept. 3, Donut Derby, Trexler-town, PA.** 35-mi fun race w/ 2 stops where racers get water & eat donuts. For every donut eaten, minutes deducted from your official finish time. Lehigh Wheelmen Association

**Monday, Sept. 3, Labor Day Century,** McSherrystown, PA, near Hanover. Hanover Cyclers

**Saturday, Sept. 8, Amish Country Tour,** Dover, DE. Ride 15-100 mi flat. Begins at Legislative Mall in Dover. Up to 4 food stops, incl famous Amish School-house w/ homemade pastries. Mass start 8:15 w/ police traffic control thru Dover; riders have right-of-way w/ no stopping 1st 3 miles. 800-233-5368

**Saturday, Sept. 8, Civil War Century,** Thurmont, MD. Baltimore Bicycle Club

**Saturday, Sept. 8, Scenic Schuylkill Century,** Philadelphia, PA. Bicycle Club of Philadelphia (BCP)

**Saturday, Sept. 8, South Jersey Tour des Farms,** Vincentown, NJ. 13, 26, or 50-mile routes with stops at cranberry farm, vegetable farms, orchards, nurseries, an organic farm, and a community supported agriculture farm. Stop and shop for local produce as you ride and your purchases will be delivered to the start/finish location. \$40 pre-registration or \$45 day of.

**Saturday, Sept. 8, Univest Grand Prix and Cyclosporitif,** Souderton, PA. Date from USA Cycling

**Sunday, Sept. 9, BikePhilly,** Philadelphia, PA. A family-friendly bike tour celebrating the freedom of car-free Philadelphia streets, bicyclists will ride through historic neighborhoods, take over the Parkway, passing through Old City and exploring hidden corners of Fairmount Park. See front page for details.

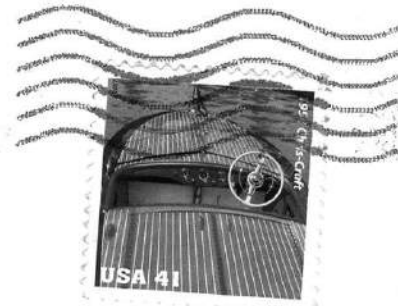




Delaware Valley Bicycle Club  
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Expiration Date: 11/30/2007

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139 GABLE RD  
COATESVILLE PA 19320-1284

19320+1284



### Application for DVBC Membership

(Expires 1 year from date joined/renewed)

**Annual Membership: \$15.00 per household.**

Check one: ☐ new member or ☐ renewal

Please print clearly and use your 9-digit zip code, if known.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_

Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues

The **DVBC Safety Fund** is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: \_\_\_\_\_

**Amount enclosed:** \$15 (membership) + \_\_\_\_\_ (safety) = \_\_\_\_\_

**I'll volunteer for:**

(check all interests)

☐ Ride Leader

☐ Tour Volunteer

☐ Board Member

*Please send your check or money order to the:*

**Delaware Valley Bicycle Club, P.O. Box 156, 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)