

Delaware Valley Bicycle Club

April 2009

P.O. Box 156
Swarthmore, PA, 19081
www.dvbc.org



Help Complete the Schuylkill River Trail

by Dom Zuppo

Alex Doty, executive director of the Bicycle Coalition of Greater Philadelphia, attended the National Bike Summit in Washington, DC in March along with twenty volunteers and BCGP staff. They met with 16 Congressional offices in support

to fix what's broken in Manayunk and extend the trail down to Bartram's Garden and beyond. It is time that Federal transportation funds be used to complete the region's first green transportation corridor. We have begun the advocacy that will complete the trail. Last week in DC we took another important step towards securing the \$22 million needed to complete construction of the Schuylkill River Trail. But it is going to take many more months of work, many more meetings with officials and partners, and more research to find local funds to supply the required match of federal dollars."

In order to complete the Schuylkill River Trail, to build the needed coalition of community groups and individual supporters like you, the Coalition needs to raise \$10,000 before April 15. They have a foundation grant to pay many of the campaign expenses but need support from you—past, present, and future users of the Trail—to put them over the top.

To help the Coalition meet their campaign goal of \$10,000, one of their members is challenging all of us in the cycling community to contribute as generously as we can. He

will match every dollar donated with one of his own, up to a total of \$5,000. Living near the Schuylkill River Trail, this anonymous donor understands the importance of completing the Delaware Valley's first green transportation corridor. Gifts must be made before April 15. Please go to the BCGP website at www.bicyclecoalition.org for information or to make your donation..

Times may be tough, but every dollar counts. If every member of the DVBC made just a \$10 donation, with the matching gift we could contribute over \$4,000 to this project!



of traditional cycling and pedestrian projects and one in particular: the campaign to complete the Schuylkill River Trail.

As Alex explains: "It is time for Philadelphia to fill the gaps in the Schuylkill River Trail. It is time that the premiere trail in our region not require you to know secret map coordinates in order to get in and out of the city. It is time

SAVE THE DATES!

Bonkers Metric Tour

Sunday, May 17

Details online at www.dvbc.org

**Clean up your streams!
Help fellow DVBC Members
at two creek clean-up days.**

April 25: Darby Creek

*(See Ride Calendar
for details)*

May 2: Ridley Creek

(Details in May newsletter)

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Swarthmore, PA 19081
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Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free. Board meetings, held the first Monday of the month, are open to all.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

Contents © 2009 by DVBC

Club Affiliations

League of American Bicyclists
Bicycle Coalition of Greater
Philadelphia

Thanks to Our Supporters!

Craftech Computer Solutions

13 State Rd., Media
(610) 566-0980
www.craftech.com

Cycle Sport

801 N. Providence Rd., Media
(610) 565-9535
www.cyclesportmedia.com

Cycle Fit

320 S. Chester Rd., Wallingford
(610) 876-9450
cyclefitonline.com

Action Wheels

1066 Route 45, Deptford, NJ
(856) 468-5115
actionwheels.com

Drexel Hill Cyclery

703 Burmont Rd., Drexel Hill
(610) 626-4477

320 Produce Market & Deli

733 S. Chester Rd. Swarthmore
(610) 328-7211

Custom Bagels

15 S. Olive St., Media
(610) 891-6761

Linvilla Orchards

137 W. Knowlton Rd., Media
(610) 876-7116
www.linvilla.com

Board of Directors and Staff

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610.891.0780 or aelrvpa@hotmail.com

Ride Guidelines

1. Arrive early and **be ready to leave on time.**
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. 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 unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

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.

CANCELLATIONS

In the case of questionable weather or road conditions, events may be canceled. Call the ride leader if in doubt.



APRIL 2009

Ride Calendar

April showers bring May flowers—so when the weather is iffy, it's important to

CONTACT THE RIDE LEADER IN ADVANCE

to make sure the ride is still on. You can also check the club listserve (find it at www.dvbc.org) for up-to-the-minute ride information, as well as for unscheduled "ad-hoc" rides posted from time to time.



Sat Apr 4 9:00 am Miles:55 Class:C+ Creeking Along	Start behind the old Wawa at Rte 1 and Creek Road. We'll see if the baby ducks and geese have hatched on the main branch of the Brandywine, then we'll crisscross the West Branch working our way up some rolling hills past Brandywine Outfitters to Gilliam Deli for a quick snack. The route then roughly follows the Reverse Brandywine, with lunch at the Sunshine Cafe in West Groove, but with an easier ride to the finish. Contact Drew Knox at 267-421-2657 or agknox@gmail.com
Sun Apr 5 9:30 am Miles:44 Class:C+ World Sleeping Champions	Today is the Fightins' home opener. Let's honor the Phillies with a fun Northbrook Market-place loop. Expect some hills. Optional stop at local batting cages (Maplezone). Wear red if possible. Start and end at Planet Fitness (Rt. 452 in Aston). Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Tues Apr 7 6:00 pm Miles:TBD Class:C 320 Produce	Spring is here! Dust cobwebs off both the bike and the rider and join me for a C level ride around the Swarthmore, Ridley, and Wallingford areas of Delaware Co. Speed and distance will depend on the group. We will wait for stragglers. Meet at 320 Produce, Swarthmorewood Shopping Center, S Chester Road (Rt. 320), Swarthmore PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Wed Apr 8 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sat Apr 11 9:00 am Miles:75 Class:B The Big Apple	Start at Kingsway H.S. for a century-prep ride that goes south to Allthway for a brief water stop, past Parvins Parsimonious State Park, and on to Beautiful Downtown Buena for lunch at the Big Apple Cafe. Contact me if you're uncertain about the weather. Contact Drew Knox at 267-421-2657 or agknox@gmail.com
Sat Apr 11 9:00 am Miles:20-22 Class:C+ V to V with DZ	Join me for a jaunt from Villanova University to Valley Forge and back. We'll meet in the parking lot on Lancaster Ave. across from the old field house and head through local neighborhoods to our destination. While the ride will be easy-paced, I've added the "+" for the climb back from Valley Forge. Contact Dom Zuppo at 484-483-7456 or domzdvc@att.net
Sun Apr 12 8:00 am Miles:60 Class:B Easter Ache Hunt	We will search for hills until it hurts. Expect 5,000 foot of climb. Start PROMPTLY at 7:55 AM from the R5 Wayne Train Station. NOTE THE NEW START TIME. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Tues Apr 14 6:00 pm Miles:TBD Class:C 320 Produce	Spring is here! Dust cobwebs off both the bike and the rider and join me for a C level ride around the Swarthmore, Ridley, and Wallingford areas of Delaware Co. Speed and distance will depend on the group. We will wait for stragglers. Meet at 320 Produce, Swarthmorewood Shopping Center, S Chester Road (Rt. 320), Swarthmore PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Wed Apr 15 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Thurs Apr 16 5:15 pm Miles:14 Class:All My Stinking Taxes R Done	Join the Aston Hill Climbing Society for hill repeaters and get in a quick hour or so of training. We'll burn off the frustration from doing our taxes. All are welcome since we do the hills at our own pace. Rain cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

Sat Apr 18 8:00 am Miles:105 Class:B Three Wawas to the Wind	Start at Kingsway for a fun, full day in the saddle pedaling through Buena, Head On The River, and beautiful downtown Maurice. This will not be a fast pace, but you should have some foundation miles (several 60 and 70-milers) before attempting. There will be several long stretches for faster riders to move ahead. Contact Drew Knox at 267-421-2657 or agknox@gmail.com
Sat Apr 18 9:00 am Miles:62 Class:C+ Kennett Square Metric	Meet at Rose Tree Park in Media for a ride to the Country Butcher in Kennett Square. Bring \$ for food stop. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sun Apr 19 8:00 am Miles:60 Class:B Northbrook Run	The usual route with a few new hills. Starts PROMPTLY at 7:55 AM at the R5 Wayne Train Station. Expect nonstop climbing for two hours. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sun Apr 19 8:30 am Miles:35 +/- Class:C Kountry Kitchen	Come out for an easy C pace ride to our favorite NJ breakfast place, the Kountry Kitchen. We will stay at the advertised pace of 11- 13 MPH and wait for stragglers. A great ride for new members and for everyone who did not ride this winter. The route is basically flat with a breakfast break half way through. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Tues Apr 21 6:00 pm Miles:TBD Class:C Hybrid Tuesday	Come out on your hybrids and discover the neighborhood cut-throughs of my childhood in Swarthmore and Ridley township. A road bike is suitable for the ride. Speed and distance will depend on the group. Meet at 320 Produce, Swarthmorewood Shopping Center, S Chester Road (Rt. 320), Swarthmore PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Wed Apr 22 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Wed Apr 22 6:00 pm Miles:20 +/- Class:C+/B- Wed Nite Road Crew	This ride is meant to be fun and challenging with some breakaways. Wear your new DVBC jersey and get a reward. Expect hills. Average speeds will be about 13.5 mph in the spring and will end up around 15.0 mph at season's end. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm to take advantage of every minute of daylight. As days get longer so will the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Wed Apr 22 6:00 pm Miles:10-15 Class:C Cycling Stimulus Plan	Yes! Finally, it's time for the Screamin' C's of 2009 to shred some serious stress. Meet at Rose Tree Park, Rte. 252 near Media for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace, and the group will stop and wait for stragglers. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@att.net
Sat Apr 25 8:00 am Miles:TBD Class:All Wildlife Refuge / Darby Creek Clean	Man and the tides combine to bring trash into the John Heinz Nat'l Wildlife Refuge via the Darby Creek. During low tide we can help other volunteers remove that trash. Meet at the main entrance / parking lot off Lindbergh Blvd west of 84th Street, aka the Cobbs Creek Bikeway. Dress to get muddy - bring gloves. Ride your mtn, hybrid or touring bike with at least 28 mm tires 1-2 hrs on flat trails with a chance to see the pair of bald eagles now nesting in the refuge. Hot dog lunch from noon to 1 PM. Optional 1-2 hr ride afterwards. Contact Mike Broennle at 610-647-5764 or broennle@email.chop.edu
Saturday, Apr 25 9:30 am Miles:50 Class:C+ Brandywine 50 Revisited	Meet at Chadds Ford Elementary School to follow the Brandywine Tour 50 miler. Please park in the lower level gravel lot. This route is considered one of the most beautiful in our riding area. Bring \$ for food stop. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Apr 26 8:00 am Miles:60 Class:B Montco Metric	A mostly rolling metric. Starts at the R5 Wayne Train Station, one quick stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sun Apr 26 9:00 am Miles:45 Class:C+ Up Marsh Creek w/o Paddle	Join Dreamer on a scenic ride to Marsh Creek and back with a rest stop at the lake. Wear your new DVBC jersey and get a reward. If we're lucky we may see the local Loch Ness type monster gliding thru the water. Bring \$ for food or a snack you can carry. Inclement weather cancels ride. Meet at Chadds Ford Elem School, Rt 1, Chadds Ford PA. Please park in the gravel lot below the main lot. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sun Apr 26 9:30 am Miles:15-20 Class:C-/D+ Tour of Darby Creek II	Meet at the Cusanno Parking lot (main parking lot) of the John Heinz Wildlife Refuge. We will explore the roads that take us from the Refuge to the Swedish Cabin in Upper Darby and back, continuing our quest to explore sections of Darby Creek during the DCVA's 25th anniversary year. Novice riders are welcome but young children should probably not join us on this one because we will need to ride on some trafficked roads. Rain cancels. Contact David Bennett at 610-626-1344 or dster21@comcast.net
Tues Apr 28 6:00 pm Miles:TBD Class:C 320 Produce	Spring is here! Dust cobwebs off both the bike and the rider and join me for a C level ride around the Swarthmore, Ridley, and Wallingford areas of Delaware Co. Speed and distance will depend on the group. We will wait for stragglers. Meet at 320 Produce, Swarthmore-wood Shopping Center, S Chester Road (Rt. 320), Swarthmore PA. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Wed Apr 29 10:00 am Miles:35-50 Class:B- Doc's Ride	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Wed Apr 29 6:00 pm Miles:20 +/- Class:C+/B- Wed Nite Road Crew	This ride is meant to be a fun and challenging ride with some breakaways. Wear your new DVBC jersey and get a reward. Expect hills. Average speeds will be about 13.5 mph in the spring and will end up around 15.0 mph at season's end. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm to take advantage of every minute of daylight. As days get longer so will the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Wed Apr 29 6:00 pm Miles:10-15 Class:C Pedal-Ready Project	No need to contact the Obama administration. We'll meet at Rose Tree Park near Media and spend some of our cycling currency on an easy ride. The group will stop and regroup as needed. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@att.net

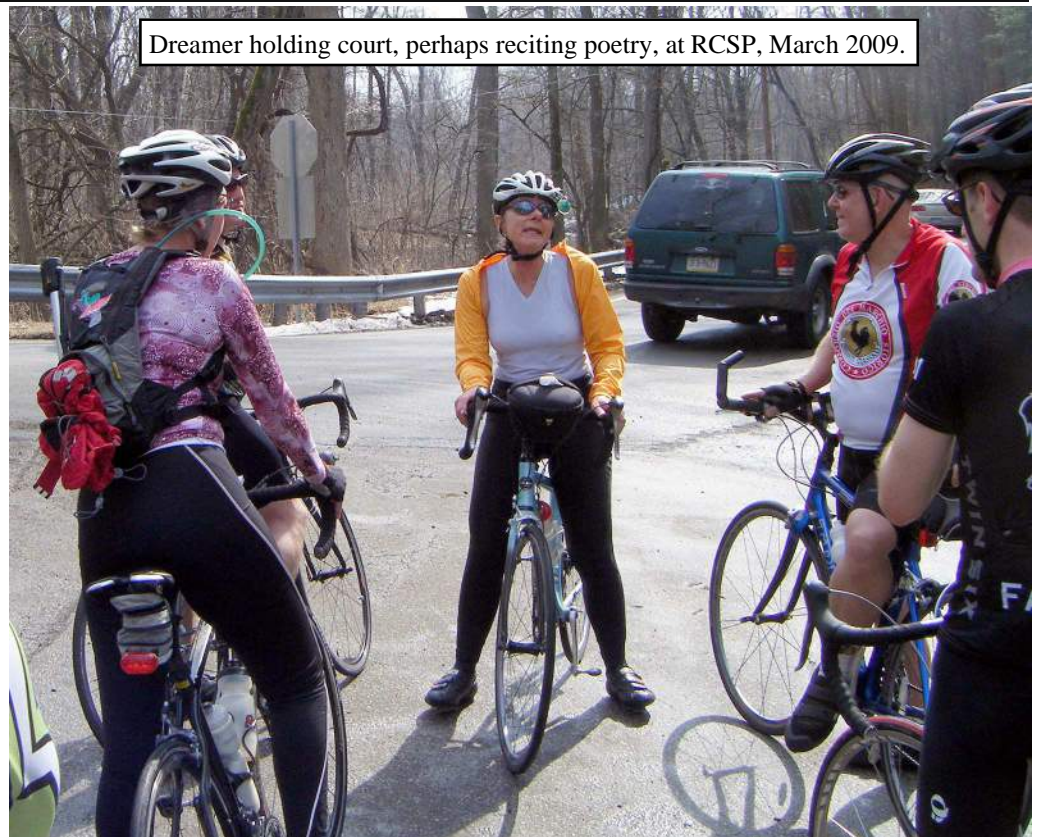
Ode to Le Bicycle by Dreamer

Spring is here,
green grass has sprung.
No time for excuses—
work needs to be done.

Clean that bike
all shiny and smooth.
Get rid of the grime,
the excess lube.

Check the brakes,
replace the chain.
chuck those bald tires,
with helmets protect that
brain.

Tighten the cables—
now you're enabled!
Ride, ride, ride!





UPCOMING REGIONAL EVENTS

April 2009



Sat. April 18, Taxing Metric Century, Warwick, PA. Brandywine Bicycle Club. www.brandywinebicycleclub.org

Sun. April 19, Girls with Gears: A Women's Cycling Event, Limerick, PA. 10, 25, 40, or 62 mi. Benefits Carol for Heart. www.carolforheart.org

Sun. April 19, Miles For Matheny, Peapack, NJ. 12, 23, 32, 50 miles and "Hills of Attrition" route. Benefits Matheny Medical and Educational Center. www.milesformatheny.org

April 24-26, Face of America Bike Ride, Bethesda, MD, to Gettysburg, PA, 110-mi one-way. Ride with servicemen who have been severely injured in the wars in Iraq and Afghanistan. www.worldteamsports.org

April 24-26, Lewes Delaware Weekend, Lewes, DE. Includes meals and motel accommodations. Potomac Pedalers Touring Club. www.bikeppts.org

Sat. April 25, Bike Eric, Florence, NJ. 10, 20, 30, or 50 mi followed by buffet lunch. www.trainerwoman.com

Sat. April 25, Pennsylvania State Police Benefit Ride, Hershey, PA. 7, 15, 32, 38, or 70 mi. Benefits the Pennsylvania State Police Memorial Center. www.pspbenefitride.com

Sat. April 25, Tour de Carroll, Westminster, MD. Benefits Family and Children's Adult Day Services. www.tourdecarroll.com

Sun. April 26, Horsham Rotary River Ride, Horsham, PA. 5, 20, 35, 63 mi. Benefits the Horsham Rotary Club. www.horshamrotary.org

Sun. April 26, Tour de Franklin, Somerset, NJ. 5, 10, 25, 40, or 62 mi through beautiful central New Jersey. Benefits the Franklin Twp. Food Bank www.franklinfoodbank.org

Sun. April 26, Tour de Scranton, Scranton, PA. 6, 17, 35, 50, or 65 mi. Benefits The Erin Jessica Moreken Drug & Alcohol Treatment Fund. www.tourdescranton.com

Sun. April 26, TriColumbia Howard Life Festival, Columbia, MD. Run 1/2-marathon or 5k, or bike 18, 40, or 62 mi. Columbia Triathlon Association. www.tricolumbia.org

May 1-3, Spring-n2-Cycling Weekend, Danville, PA. Bicycle Club of Philadelphia. <http://phillybikeclub.org>

Sat. May 2, Farmlands Tour, Brookdale Community College, Lincroft, NJ. 18-100 mi. Central Jersey Bicycle Club. www.cjbc.org

Sat. May 2, Six Pillars Century, Cambridge, MD. 10, 32, 56, or 100 miles on flat terrain including the Blackwater National Wildlife Refuge. www.6pillarscentury.org

Sat. May 2, Susquehanna Stars Bike Rally, 4-H Fair Grounds, Route 77, Mullica Hill, NJ. 10, 35 or 62 mi. Benefits People for People Foundation of Gloucester County and American Red Cross-Gloucester County Chapter. www.arcgloucesterco.org

Sun. May 3, Commerce Bank Five Boro Bike Tour, New York, NY. 42 mi. 30,000 riders. www.bikenewyork.org

Sun. May 3, Eco Ride, Reisterstown, MD. Ride 6, 18, 30, or 60 miles to support the Kayam farm. www.pearlstonecenter.org/bikeride.html

Sat. May 9, SCU Quad County Metric, Green Lane, PA. 21, 31, 45, 53, 68, or 76 miles. Register by April 29 and receive a free long-sleeve SCU T-shirt. Suburban Cyclists Unlimited. www.suburbancyclists.org

Sat. May 16, Jerry Hanchich Pinelands Triple Loop, Batsto Village Park, Washington Twp., NJ. Ride 1, 2 or all 3 loops. Shore Cycle Club. www.shorecycleclub.org

Sat. May 16, Rotary 100 Bike Tour, Burlington, NJ. 25, 50, 64 and 100 miles. Benefits the Rotary

Club of Burlington.
www.rotaryburlington.org

Sun. May 17
Bonkers Metric
Ride 18, 35, 50, or 65
scenic miles on the best
roads in Delaware
County. Rolling terrain
with some hills.
Delaware Valley Bicycle
Club.
www.dvbc.org

Wed. May 20, Ride of Silence,
various locations. 7:00pm. Join
cyclists worldwide in a silent,
slow-paced ride (max. 12 mph) in
honor of those who have been
injured or killed while cycling on
public roadways.
www.rideofsilence.org

May 22-25, Kent County Spring
Fling, Chestertown, MD. Enjoy
four days of cycling on the upper
Eastern Shore, with lodging and
excellent all-you-can-eat meals at
Washington College. Ride 11-100
miles per day on flat to gently-
rolling terrain. The Chestertown
Tea Party Festival, within walking
distance of Washington College,
offers many non-bicycling

activities for the entire family.
Register early because this event
usually sells out. Baltimore
Bicycle Club.
www.baltobikeclub.org

May 29-31, Williamsburg
Weekend, Williamsburg, VA.
Includes meals and motel
accommodations. Potomac
Pedalers Touring Club.
www.bikepptic.org

Sat. May 30, Jersey Shore Tour
de Cure, Brielle, NJ. American
Diabetes Association. http://
tour.diabetes.org

Sat. May 30, Shorebird Metric
Century, Arthur W Perdue
Stadium, Salisbury, MD. 15, 35,
or 65 mi on very flat terrain.
Benefits the American Cancer
Society. http://
community.acsevents.org

Sun. May 31, Chester County
Challenge for Cancer, West
Chester, PA. 5 mi flat, or 10, 25,
50, 63-mi hilly loops through
scenic Chester County. Benefits
the Cancer Center of Chester
County and Neighborhood
Hospice. www.cccride.com

Sun. May 31, Philadelphia-Area
Tour de Cure, CB South HS,

Warrington, PA. American
Diabetes Association. http://
tour.diabetes.org
Potomac Pedalers Touring Club.
www.bikepptic.org

Sat. June 6, Get Ready Metric,
Fort Mott, Pennsville, NJ. 31 or
62 mi. South Jersey Wheelmen.
www.sjwheelmen.org

Sun. June 7, Philadelphia
International Championship
(men's race) and Liberty Classic
(women's race), Philadelphia, PA.
Volunteer and spectator event.
www.procyclingtour.com



Rider during the 2006 Bonkers Metric

BONKERZ



CARTOONS
OF THE
D.V.B.C.





Left to right: Len Davis, Jim Irwin, Danny Steciw and Charlie Stockley, preparing for a late winter ride.

Inset: Arjunan Ganesh, who beat them all up all the hills on a stinkin' hybrid.



DVBC Models at Northbrook, preparing for a fashion shoot (see page 11)

Bike Dirt

by F.X. Pedrix

DVBC riders have a reputation for their passion and when they cannot ride in winter, that depth of feeling extends to other topics. One heated list serve debate during a snowstorm last month concerned optimal tire pressure. Ever the instigator, the **Perfessor** submitted an article recommending a mere 95 pounds of inflation. As hoped, **Buckeye Boy** took the bait. His response began with “I hate to tell you this but....”

(My lovely wife **Babs** has cleverly discerned that whenever Mr. Buckeye says “I hate to tell you this but” he really means “I *love* to tell you this.”)

Buckeye’s rebuttal was preceded by a background check on the Perfessor’s co-authors. After learning that the article was written by a geologist and a psychologist he suggested that the only subject they were qualified to write about is psychotic rocks.

From reading the comments it seems fair to conclude that our club can be roughly divided into two groups. One blows their tires up nearly to the point of explosion, does super fast, bone-shaking rides and gets lots of pinch flats. The other keeps theirs soft and rides at a snail’s pace with the comfort of a Barcalounger.

When the debate had subsided, the Perfessor commented, “I decided to ride with the back tire inflated to 150 psi and the front to 50 so I would be fast and comfortable. Maybe I got them backwards because I was slow and



sore.”

After **Dreamer’s** March 6 ride one of my scouts wrote: “Sixteen riders today. **Doug Mead** (aka **Brewski**) had HOME MADE BEER for us at finish line..... Way cool! We ended the day with a little game of H-O-R-S-E on the school basketball court. Dreamer, **Smytie**, the **Silver Fox**, and **Grey Wolf** went at it....Dreamer was eliminated first, followed by Smytie. Finally, the Fox ran the table on Grey Wolf, by using his 1961 Larry Costello signature set shot. The Fox can shoot!” The scout then added that the ride featured a rare **Bike Whisperer** sighting.

Another of those 16 riders was new DVBC member **Carla**



Nelson, who rode her new carbon Specialized which she was forced to buy because her old bike was stolen.

Later in March, a faithful spy reports: “**Brewski** set a personal best in the Tuft Hills 25K Cross-Country ski marathon in upstate NY. It was on same trip that Dreamer broke her finger. She claims it was ski fall but I suspect it could have something to do with a bar stool.”

Mike Madonna picked a great day to lead his first club ride as it reached 72 degrees on March 8. The eleven riders Mike hosted included newcomers **John O’Neill**, **Nancy Moyer**, **Steve Pritchard** and the aforementioned Carla. Says one mole who attended that ride, “I also need to mention that at the beginning of the ride, **Paul DeSanto** (aka **Fairweather**) showed up to purchase a club jersey and ran off amid lots of razzing from the group. PS. someone scrawled 105 psi, 23mm on the sign in sheet. What does that mean?”

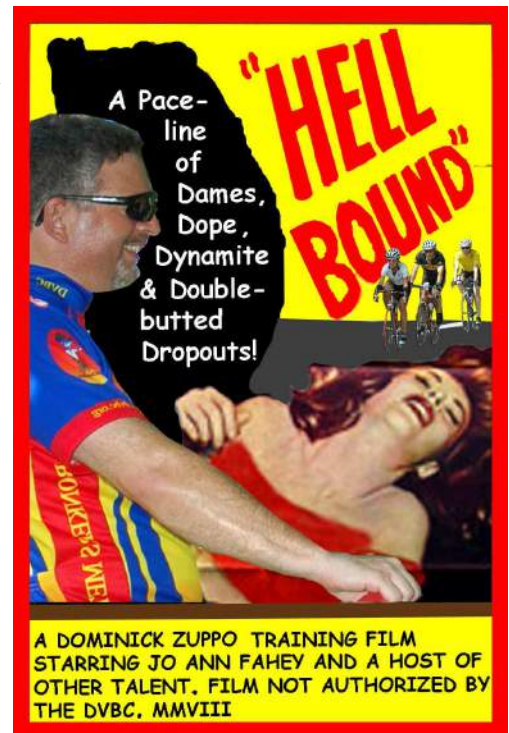
On the same day Smytie stimulated the local economy by buying a new 22 lb. carbon mountain bike. He spent all weekend riding over every ball field and lawn in the area. If you see tire tracks on your front lawn odds are that Smytie put them there. How are we going to stay with that boy? Grey Wolf admonishes: “Do not, I repeat, do NOT get on that MTB because you will be hooked instantly. He let me try it out and I set personal records on all the

climbs.” However, even a state-of-the-art machine like this black Fuji SL doesn’t ride itself, as the photo to the left of Smytie’s bleeding knee shows.

On another MTB ride at Brandywine State Park (or maybe it was the same one—my spies aren’t too good with dates, or facts) **Crashrock** took off his front wheel at the end of the ride so he could fit the bike in his hatchback. You can guess what’s coming: When he got home, he found that he front wheel hadn’t made the trip. He had to drive all the way back to Delaware, and luckily found the wheel where he’d left it, leaning casually against a tree.

Nobody has seen the **Cycling Gardener** on the roads for months now. It turns out he’s addicted to indoor cycling classes at a local Y. He’s also been doing weight training, and while straining to do a biceps curl with an embarrassingly light dumbbell, he was overheard muttering, “I forgot I even had an upper body!”

Someone thinks he’s figured out how **Ganesh** is killing us on all the climbs. It seems a copy of **D’ster**’s new book “Pumped” was spotted in Ganesh’s car. In other news on the drug front, Dreamer has been seen popping fistfuls of blue pills before dancing on the pedals up some local mountains. And it seems even **Misty** has given in and gone on the juice, which she



makes herself out of veggies and fruit in her new juicer. Dominator reported that juice-fueled Misty kept pulling away from him and **Smilin’ Rookie** on a recent Jersey jaunt, but it seems his ride report was a little confusing, at least to the Perfesser: “At first I thought she was biking with a juicer that mounts on the rear rack and is powered by the pedals. Too bad it wasn’t true. I could just picture her chugging ahead, then Dom and Rookie catching up whenever she stopped to drop in a few carrots.”

Dreamer is continuing to sell the **new club jerseys** (see ad on next page) out of her trunk. Better get yours soon, because their selling fast.

News Flash from Hollywood: Progress continues on the Dominator’s training movie. Some

WELCOME NEW MEMBERS!

Ellen Stoler, Bryn Mawr; Carla Nelson, Lansdowne; James Beausoleil, Media; Tom Gallagher, Media; John Coste, Swarthmore; Andrew Forbes, Wayne

of the cast members have been selected and rehearsals are starting. Judging by the advance posters, it should be an epic film.

Mike Flynn missed the 2008 Wrap-Up in the March newsletter, but wanted to announce that he

achieved two milestones last year: "My first goal was to ride 3000 miles, I did that by August, my second was to try for 4000 miles, by November I had a total of 4042."

Unlike most of the other notes in this column, Mike's report is the

absolute truth.

As usual, send your news, gossip, innuendo or complete fabrications to fxpedrix@dvbc.org.



Seven out of eight club members can't be wrong:
The new Jersey is IT!

DVBC fashion shoot March 8, on location at Northbrook Marketplace.

New DVBC Jerseys For Sale

\$55 for members, \$60 non-members
Men's S M L XL and Women's S M L XL

For availability, contact dreamerdeb@gmail.com

**To order, send check with your size
and mailing address to
DVBC, P.O. Box 156, Swarthmore, PA 19081**

Jerseys are yellow with an overlaid black design.
To see the jerseys in color, check out PDF version of newsletter at
www.dvbc.org





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

APPLICATION FOR DVBC MEMBERSHIP (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.

Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

Circle one: *New Member* or *Renewing Member*

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

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.

I wish to contribute (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____

AMOUNT ENCLOSED:

\$15 membership + _____ Safety Fund = \$ _____

I will volunteer for (circle all interests)

Ride Leader *Tour Volunteer* *Newsletter*

Other: _____

Please send your check or money order to: 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)