

# Delaware Valley Bicycle Club



May 2009

P.O. Box 156  
Swarthmore, PA, 19081  
[www.dvbc.org](http://www.dvbc.org)

## The Two Worst Things You Can Do

By Bob LaDrew

**S**hort of deliberately riding head-on into a speeding Greyhound bus, the single worst thing you can do on a bicycle is ride without a helmet. That said, I will now move on to the second worst thing.

Two decades ago I was faced with running a four-block errand in bustling Downingtown. At rush hour, and with a confusing intersection to be negotiated, I plotted what I thought to be the safest course, biking on the left hand sidewalk, making a left turn at the intersection, and continuing the final two blocks on the left sidewalk to the post office. Three blocks into my trip a car pulled out of a left side driveway and clipped the back wheel of my bike as I passed by. Luckily, I was not hurt and damage was minimal.

The apologetic driver explained that until the moment of impact, she was not even aware I was in front of her. She was looking for cars on her left and had assumed she could advance through the sidewalk and to the street before concerning herself with vehicles coming from the right. She had assumed incorrectly. Yet it was an assumption most people make.

Novice bicyclists tend to feel secure riding on the left side of the

road where they can monitor oncoming traffic. This practice is unsafe for a number of reasons. First, if you are hit by a car traveling in the same direction, your chances of survival are much better than in a head-on collision.

Furthermore, picture yourself flying down a hill at 35 mph on the left hand side of the road. With no cars in front, you feel perfectly safe. Suddenly, a vehicle comes up to a side street on your left. The driver is going to make a right turn. He looks to his left, sees that nothing is coming, and pulls onto the highway just as you and your speeding bicycle reach the side street. It is too late to avoid a serious collision. That driver never imagined that a vehicle (you) would be flying down the wrong side of the road.

Riding a bicycle on the sidewalk and riding on the left hand side of the road are both illegal. Despite what your instincts tell you about being able to monitor traffic, you are safer riding on the right side of the road. If you want to be able to monitor traffic behind, buy a mirror. Although there are many kinds, I recommend the ones that clip onto your glasses. You may not like it at first but I guarantee that after a week or two you won't leave home without it.

There is probably no single axiom more important than the one-sentence recommendation of the League of American Bicyclists: "Bicyclist fare best when they act and are treated as drivers of vehicles." In fact, L.A.B. offers periodic courses in Effective Cycling where students are taught how to ride safely on busy roads. Check LAB's website to find the next Effective Cycling course in your area.

And keep yourself and your helmet on the right side of the road.

**SAVE THE DATE!**

**Bonkers  
Metric Tour  
Sunday, May 17**

See page 7 for details and registration form, or register online at [www.dvbc.org](http://www.dvbc.org)

**VOLUNTEERS ARE  
NEEDED  
to make the tour a success.**

To volunteer, or for more information, contact Jake at 610-383-9327, or email [info@dvbc.org](mailto:info@dvbc.org)

## Delaware Valley Bicycle Club

P.O. Box 156  
Swarthmore, PA 19081  
[www.dvbc.org](http://www.dvbc.org)

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 15<sup>th</sup> 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.

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### 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](http://www.craftech.com)

### Cycle Sport

801 N. Providence Rd., Media  
(610) 565-9535  
[www.cyclesportmedia.com](http://www.cyclesportmedia.com)

### Cycle Fit

320 S. Chester Rd., Wallingford  
(610) 876-9450  
[cyclefitonline.com](http://cyclefitonline.com)

### Action Wheels

1066 Route 45, Deptford, NJ  
(856) 468-5115  
[actionwheels.com](http://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  
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[www.linvilla.com](http://www.linvilla.com)

## Board of Directors and Staff

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## 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.



## May 2009 Ride Calendar

If 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](http://www.dvbc.org)) for up-to-the-minute ride information, as well as for unscheduled "ad-hoc" rides posted from time to time.



### RECURRING RIDES

<b>Tuesdays 6:00 pm</b> Miles:TBD Class:C <b>320 Produce</b>	April showers should bring May flowers - and the Tuesday nite ride. We will ride through Swarthmore, Wallingford, and Ridley Township, where the terrain varies from flat to hilly. Average speed, 11 to 13 miles an hour, and we'll wait for stragglers. Rain cancels. Meet at 320 Produce, Swarthmore Wood Shopping Center, South Chester Road, Swarthmore, PA, Contact Betsy Ffrench at 610-324-8207 Email: <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Wednesdays 10:00 am</b> Miles:35-50 Class:B- <b>Doc's Ride</b>	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 Email: <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a>
<b>Wednesdays 6:00 pm</b> Miles:20 +/- Class:C+/B- <b>Wed Nite Road Crew</b>	This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 13.5 mph in the spring and will be 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 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 Email: <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Wednesdays 6:00 pm</b> Miles:15 +/- Class:C <b>Rose Tree Park-n-Ride</b>	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 Email: <a href="mailto:domzdvbc@att.net">domzdvbc@att.net</a>
<b>Saturday, May 2 9:00 am</b> Miles:50-53 Class:B- <b>Original "Witness" Ride</b>	Meet at Bob LaDrew's house near Coatesville. Stop in Intercourse for lunch & group foto at Harrison Ford's phone booth. Possible stop at Shirk's Bike Shop. Phone or email for directions. Contact Bob LaDrew at 610-383-9327 or <a href="mailto:bonkersboy@verizon.net">bonkersboy@verizon.net</a>
<b>Sunday, May 3 7:00 am</b> Miles:65 Class:B <b>May Be Hilly</b>	All month long....starting with that long steady ascent to Coventry and the hilly way home. Starts PROMPTLY at 6:55 AM at the R5 Wayne Train Station. RSVP. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Sunday, May 3 8:15 am</b> Miles:43 Class:C+ <b>Charlie's Way to Breakfast</b>	Charlie showed me this great route to a breakfast spot on the back roads of NJ. Bring \$ for food. Rain cancels ride. Meet at Kingsway High School, Rts. 551 & 322, Swedesboro NJ. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Saturday, May 9 8:30 am</b> Miles:TBD Class:All <b>Bonkers Paint Ride</b>	Come one, come all. Let's meet at Parking Lot #15, Ridley Creek State Park, to divvy up the routes. Bring a friend or two and the three of you can paint warning, turn, and confirmation arrows at the same time - aren't you efficient! Contact Jake Ludwinski at 610-383-9327 or <a href="mailto:redallez@gmail.com">redallez@gmail.com</a>
<b>Sunday, May 10 7:00 am</b> Miles:60 Class:B <b>And Your Mother</b>	... should have warned you about this boy, his rides, and them hills. Starts PROMPTLY at 6:55 AM at the R5 Wayne Train Station. RSVP. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>



<b>Sunday, May 10 9:00 am</b> Miles:35 Class:C+ <b>Art Museum</b>	Start and end at Drexel Hill Cyclery. Brief stop at Lloyd Hall for nature break and water. No lunch stop in Manayunk. Optional happy ending at Bruster's. Possible guest appearance by Bob Martin. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Saturday, May 16 8:30 am</b> Miles:TBD Class:All <b>Bonkers Volunteer Ride</b>	Meet at Parking Lot #15 at Ridley Creek State Park. All routes will be painted and cue sheets will be available for all distances. Pick your route and pick your pace. Contact Jake Ludwinski at 610-383-9327 or <a href="mailto:redallez@gmail.com">redallez@gmail.com</a>
<b>Sunday, May 17 8:00 am</b> Miles:Various Class:All <b>Bonkers Tour</b>	The Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County. Travel at your own pace with family or friends, or make new cycling friends, on routes of 18, 35, 50, or 65 scenic miles. Rolling terrain with some hills awaits all ages, all abilities, and all types of bikes. Start/Finish at Ridley Creek State Park, Parking Lot # 15, near Media, PA (MapQuest or GPS address is 351 Gradyville Road, Newtown Square, PA 19073). Contact Jake Ludwinski at or <a href="mailto:redallez@gmail.com">redallez@gmail.com</a>
<b>Sunday, May 24 7:00 am</b> Miles:60 Class:B <b>The New Moon Metric</b>	This waning and waxing ride will tide you over as we phase in a new route and come full cycle back to where we start PROMPTLY at 6:55 AM celestial time at the R5 Wayne Train Station. RSVP. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Sunday, May 24 8:30 am</b> Miles:62 Class:B- <b>The 3 Parks and a Trail Metric</b>	Honor our fallen vets by meeting at Rose Tree Park, Media. We will ride through Ridley Creek State Park and head for Valley Forge Nat. Park. After crossing the river, we'll hop on the Schuylkill River Trail to lunch in Manayunk, then return to Rose Tree. Cue sheets will be provided, no one will be dropped. Rain cancels ride. Contact Tom Smyth at 610-909-8226 or <a href="mailto:smitt542@comcast.net">smitt542@comcast.net</a>
<b>Sunday, May 31 8:30 am</b> Miles:32 +/- Class:B- <b>Pool Boy's Route</b>	Maybe we can wake Pool Boy up early enough to join us on his favorite route for a quick morning ride through some great roads in South Jersey. Meet at Kingsway High School, Rts 551 & 322, Swedesboro NJ. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sunday, May 31 9:00 am</b> Miles:10 +/- Class:C / F <b>Tour of Darby Creek 2009</b>	We will ride around the bike trails of the John Heinz Wildlife Refuge, located in Southwest Phila. and Southeast DELCO. Meet in the main parking lot at the Cusano Center. ATB recommended but not required, no food stop planned, and children are welcome. Rain cancels. Contact David Bennett at 610-626-1344 or <a href="mailto:dster21@comcast.net">dster21@comcast.net</a>

## DVBC's Insurance Coverage

*by Mike Broennle, Treasurer*

The club annually pays a per member premium for general liability and accident insurance for our ordinary events. We participate in an insurance plan through the League of American Bicyclists administered by American Specialty Insurance & Risk Services, Inc. A claim could arise if a club member injured another person, such as colliding with a pedestrian or another rider. Any of the injured persons could sue the club for negligence. The insurance plan would provide defense for the club and its members. Participant medical insurance covers members. It is sec-

ondary to their primary medical insurance so it could be used for co-pays.

Under the terms of the policy, non-members/guests are only covered during their first ride with the club. Ride leaders should inform non-members of this fact and should carry member registration forms with waiver forms to facilitate new members joining before their second club ride. Members must be current with their dues to be covered.

While signing a waiver annually at membership renewal meets the minimum requirement of the LAB/ American Specialty, having all participants sign before each ride is the best policy. The waiver documents that the rider releases the club from liability should anything happen on the ride to cause them harm or loss.

It documents the participant was aware of, and had accepted the risks associated with cycling. Ride leaders should retain waivers or forward them to a designated club member.

Any incident that could result in a claim should be reported to American Specialty. Ride leaders should carry an incident report form available at [www.amerspec.com/lab](http://www.amerspec.com/lab). Waiver forms and more information about the insurance program are also available at this site. Inform Mike Broennle of all incidents.

For special events where an entry fee is charged, e.g. the Bonkers and Brandywine Tours, an additional premium per rider is charged. All participants, volunteers and paying riders, should sign the waiver form, and are covered.

## Keep Your Eye on the Prize

by Bob Martin

At a recent club meeting a lot of emphasis was placed on reaching "the next level." Training, technique, nutrition, working out, and riding hard are great ways to accomplish this goal. Nothing wrong with that.

But let's not lose sight of "the prize." If you reach the next level through hard work and commitment you will surely get "the prize" at the end of the ride. No? Isn't there a yellow jersey for the first one at the finish? Perhaps a trophy filled with money and endorsement contracts. No? Then where is "the prize?" I suppose the prize is the feeling of accomplishment and pride at having been the best that day. There's nothing wrong with that either.

But let's consider another prize.

You're riding with fellow members at a pace that encourages conversation, jokes, small talk and looking at things. You're soaking up the ride. It's sunny with little wind. You see things faster riders may not see. You feel things faster riders may not feel. You think to yourself, "It doesn't get any better than this." You've attained "the prize."

All of a sudden a small group of really fit riders blows past in a cloud of dust. And they're nearly out of sight. You may think to yourself, "Wow! I wish I could ride that fast. Maybe if I trained real hard I could." But be careful what you wish for.

I wonder if those really fast riders recall the training rides with as

much pleasure as a not-so-fast ride. Do they think back and say, "That was a beautiful day?" I hope they do but I have doubts. Besides, who wants to ride with a group that doesn't know your name, doesn't want to know your name, and doesn't even care if you're there? By the way, be prepared to finish this ride alone should you have a mechanical problem or be unable to keep up. Sound like fun? Then go for it.

But for some of us, we've already got "the prize." The prize is the ride. Not at the end of it. So with the new riding season starting, be careful what you wish for and keep your eye on the prize.

—Reprinted from the  
March 2002 DVBC Newsletter



Riders on an April 18th ride to Kennett Square, enjoying the prize: food and camaraderie at the midpoint.



## UPCOMING REGIONAL EVENTS

**Sat. May 2,** Farmlands Tour, Brookdale Community College, Lincroft, NJ. 18-100 mi. Central Jersey Bicycle Club. [www.cjbc.org](http://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](http://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](http://www.arcgloucesterco.org)

**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](http://www.suburbancyclists.org)

**Sat. May 16,** Jerry Hanchlich Pinelands Triple Loop, Batsto Village Park, Washington Twp., NJ. Ride 1, 2 or all 3 loops. Shore Cycle Club. [www.shorecycleclub.org](http://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](http://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](http://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](http://www.rideofsilence.org)

**May 29-31,** Williamsburg Weekend, Williamsburg, VA. Includes meals and motel accommodations. Potomac Pedalers Touring Club. [www.bikeptc.org](http://www.bikeptc.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](http://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.bikeptc.org](http://www.bikeptc.org)

**Sat. June 6,** Get Ready Metric, Fort Mott, Pennsville, NJ. 31 or 62 mi. South Jersey Wheelmen. [www.sjwheelmen.org](http://www.sjwheelmen.org)

### BONKERZ

CARTOONS  
OF THE  
D.V.B.C.



## DVBC Bonkers Metric

### Sunday May 17, 2009 (rain or shine)



Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County, with rolling terrain and some hills. Travel at your own pace, with family or friends, or make new cycling friends. All ages, abilities and types of bikes welcome. Food stop, maps/cue sheets, sag wagon provided.

**Start:** 8-9 AM for 65 & 50 miles; 9-10 AM for 35 & 18 miles

**Where:** Ridley Creek St. Park (near Media, PA). Parking Lot # 15

**Contact:** Jake at 610-383-9327, or email [info@dvbc.org](mailto:info@dvbc.org)

**For online registration, directions, and information, visit [www.dvbc.org](http://www.dvbc.org)**

### BONKER'S METRIC TOUR 2009 Registration Form

Name(s): \_\_\_\_\_ Age(s) \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Distance:(please check one): 18 miles: \_\_\_\_\_ 35 miles \_\_\_\_\_ 50 miles \_\_\_\_\_ 65 miles \_\_\_\_\_

Pre-Registration \$18.00 \_\_\_\_\_ Pre-Registration with PDF Membership \$25.00 \_\_\_\_\_

Day of Registration \$25.00 \_\_\_\_\_ Day of Registration and PDF Membership \$32.00 \_\_\_\_\_

PDF members have full membership privileges but receive the PDF version of the club newsletter, saving the club mailing and printing costs.

#### Waiver/Release (PLEASE READ and SIGN)

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). form 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)  
(For riders under 18 years of age, parent or guardian must sign)

**For preregistrations, PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER BY MAY 10 to**  
Delaware Valley Bicycle Club  
P.O. BOX 156  
Swarthmore, PA 19081





## Bike Dirt

by F.X. Pedrix



For once our May 17 **Bonkers Metric** is not competing with another big local ride on the same day and tour organizers Jake and Buckeye are expecting a huge turnout. If you can volunteer for a few hours that day, send an email to one of them and they will be happy to give you an assignment. It usually appears to me that the volunteers are having at least as much fun as the riders. Expertise in the assembly of peanut butter

and jelly sandwiches is appreciated but not required.

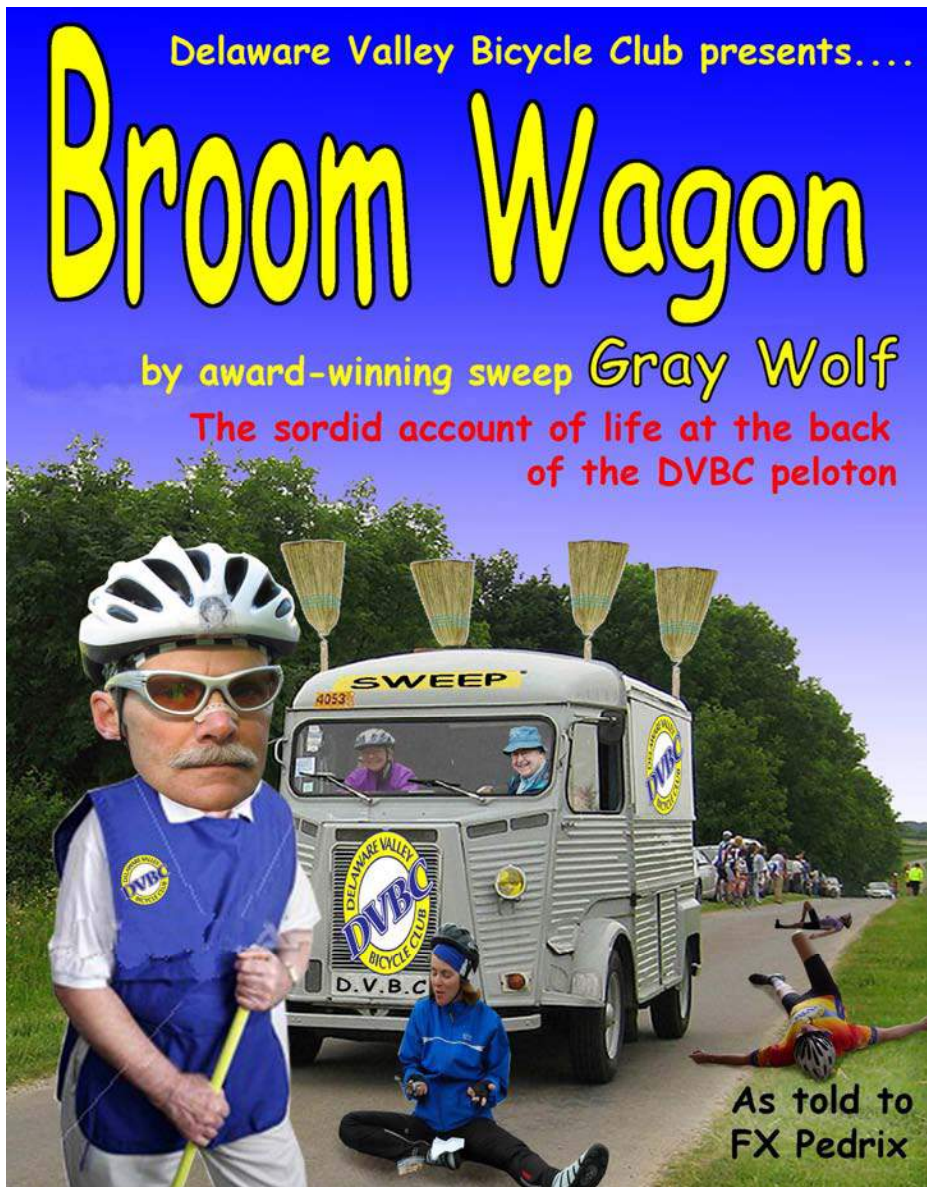
Hats off to **Movie Man, Randy, Boat Shoes, Mike Madonna, Steve Fisher, Kevin Brown, Eric Zwicky, Jane Mingey, the Dominator, Jittery Jo, Ganesh and Smytie** for comprising the DVBC entry in last month's "Get Your Rear In Gear" colon cancer fund raiser. This is Movie Man's account of the event:

"The run went off ten minutes early, with Jon and Tom setting a very quick pace. Steve and Mike weren't far behind. I was. My quick 12-minute pace left Eric in the dust and I caught up with Jo Ann where I realized I am not a runner and started speed walking. Jo Ann left me in the dust, wheezing near the one-mile mark. As I walked the next mile, I saw all our teammates heading in the opposite direction towards the finish, Jon and Tom still leading our crew. I crossed the finish line at 33:48, a new record for me! Returning to the DVBC bike corral, we learned that Ganesh, with whom we missed hooking up before the run, had finished in well under 20 minutes... which just goes to show, you can take the kid out of the run, but you can't take the run out of the kid."

Jittery Jo placed well in her age group but it was determined later that she had cheated—by engaging in actual training prior to the event.

Despite the long, cold spring, the century bug has bitten the DVBC early this year. In consecutive weeks, the **Perfessor** built his charges up from 55 miles to 75 to a 105-mile south Jersey ride by late April.

Not to be outdone, Mullica Hill native **Ride Away** has been doing a century (or two) every weekend since early March. He even crossed the river and parked at Rose Tree a few times to take a bite out of some Pennsylvania hills.



**LEFT:** DVBC Sweep-of-the-Year for 2008, our own Grey Wolf, has a new book out on the mishaps and mayhem that happen at the rear of the peloton.





Certain DVBC members seem intent on counter-acting the negative effects of the depressed world economy all by themselves. While their bike-buying spree is much appreciated by local bike dealers, it has yet to improve either local unemployment numbers or the worth of FX's retirement account.

**TOP:** *Smilin' Sophomore displays her newest purchase, a Fuji carbon something-or-other.*

**BELOW:** *Cliff Edgecumbe celebrates with his Cannondale thingamajig at Northbrook Marketplace.*

My only question: If these bikes are really light as feathers, why do the riders need both hands to hold them up?



We didn't know Dreamer likes to talk! By the end of April she was finally taken off the DL. She led her first AHCS ride of the season last week and her hand seemed to be working fine.

Floridian **Carla**, unprepared for the cold of that same late winter Pennsylvania ride, was bailed out when Jim lent her a riding jacket.

"For me a good ride is one in which I haven't crashed and didn't get a flat." —**Mr. Buckeye**

Our newsletter editor, the **Cycling Gardener**, took some time between issues last month for a pleasure jaunt to Prague, Budapest and Vienna. He says

Just when **Dreamer** thought her broken hand was going to cause her to miss a ride the Professor let her stoke his tandem on the March

21 Salem Oak ride. She said, "It was a really fun ride and being on the back of the tandem allowed me to chat it up with everyone."



there was no cycling news to report because they walked almost



The lanky Bonkers Boy at the intersection of Plank and Blank. Join him on May 2 to see if this is part of his popular Witness Ride.

everywhere. He adds that, "...I noticed a great network of dedicated bike lanes on streets in Budapest, and also a well-used bike route on the ring roads around the oldest section of Vienna. In Prague, lots of bikes but not many dedicated lanes that I saw."

Smytie is listing a new ride for May and when someone said it sounded like one of the late **Bob Leon's** traditional rides he responded, "I did not have the pleasure of knowing Bob. I believe I met him once before he got sick. From what I have heard he was a great guy and I'll be honored to lead a ride similar to his."

**Grey Wolf** reported another blessed event last month when **Smilin' Sophomore** became the proud new owner of a 2009 carbon Fuji. (See photo and comment on page 9). **Alex Moeller** recently purchased a new carbon Trek and has been

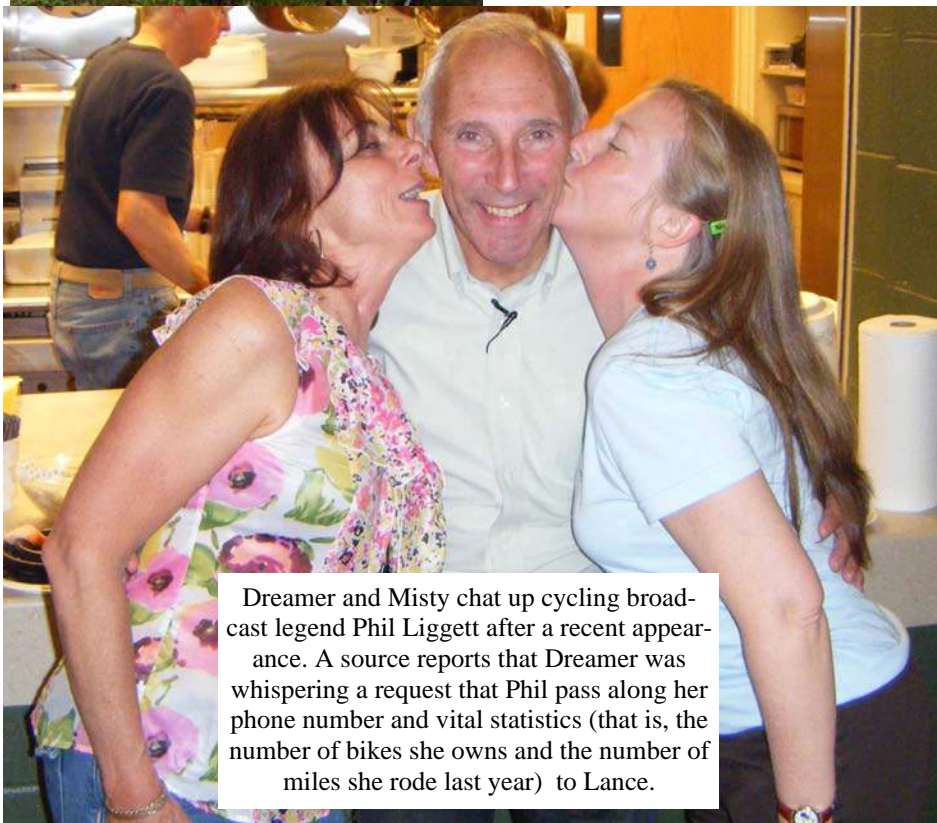


**ABOVE:** To supplement his income in these hard economic times, it appears that our beloved club president has started his own line of chocolates. Too bad they misspelled Perffesser.

seen flying up hills including those on the AHCS. Competition is shaping up between the DVBC's Fuji team (comprised of **Motorola**, **Grey Wolf**, **Aston Dan** and **Smilin' Sophomore**) and the club's Trek team of **Dreamer**, **Alex**, **Smytie** and **Juror # 6**). The Juror swears that when the competition is complete those Fuji frames will only be good for scrap metal.

Those attending **Crashrock's** April 18th ride were shocked to see **Paul DeSanto** show up and actually ride. The last time he appeared at a ride start on a Saturday, he stayed only long enough to purchase a jersey. This was Paul's first ever weekend ride. Apparently he wants to get in fighting form for those Wednesday night battles up Old Gradyville.

Alert: It appears that is back in action and is planning on leading



**Dreamer** and **Misty** chat up cycling broadcast legend **Phil Liggett** after a recent appearance. A source reports that **Dreamer** was whispering a request that **Phil** pass along her phone number and vital statistics (that is, the number of bikes she owns and the number of miles she rode last year) to **Lance**.



one of our all time favorite rides on May 2nd. Don't miss out on the "Witness" Ride. Glad you're back with us BB.

Grey Wolf's April 18 ad hoc MTB ride featured a few crashes. In an apparent effort to cop some

of the sympathy directed last month at Dreamer (fractured hand), Steve went down and broke his pinkie. He duct taped it to the ring finger and kept riding. What would you expect of a Gulf War survivor named "Crashrock"? Juror # 6 asked, "Do

you think he is vying for some kind of award. Doesn't he know we don't give cash?"

Send your accomplishments (real or exaggerated or imagined) to [fxpedrix@hotmail.com](mailto:fxpedrix@hotmail.com).

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## *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](mailto: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](http://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)