

Delaware Valley Bicycle Club



OCTOBER 2009

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

A Beautiful Day for the Brandywine!



The hundreds of riders who enjoyed DVBC's Brandywine Tour on September 6th benefited from one of the most beautiful days in a summer otherwise overly-filled with lousy weather. The roads were dry, the wind was always at our backs, the hills were all downhill...well, at least the downhills were always downhill. But this much is true: the food was great, the hospitality unparalleled, and the routes the most beautiful in the region. **ABOVE and RIGHT:** Scenes from the Noble Food Stop, with Misty and Dan Dillon leading a talented staff (all volunteers) that served the 80 and 100 mile riders. *Photos by Grey Wolf.*

To see many more pictures (perhaps even one of yourself and your ride partners), and read a recap from DVBC President and Brandywine Tour Coordinator, Drew Knox, visit www.dvbc.org and click the links on the home page.



Bike Dirt by F.X. Pedrix



In what rated as an exceptional feat in this sagging economic climate, the DVBC went over the 400 rider mark in their Brandywine Tour on Labor Day weekend. All the riders were happy, except one who accused our president of communicating poorly. (If there is anything Drew does *not* do poorly it is that.) Hats off to our Board and volunteers who gave of their time, talents, energy and (in some cases, even money) to make the event such a success!

The keenest competition that day was

not among riders but between staff members of the various food stops over who could offer the poshest amenities. I know because I became privy to some of the email exchanges that preceded the ride. Here is just a sampling of the banter between the Noble Food Stop (NO) and the Brandywine Outfitters Food Stop (BO).

NO: "Oh boy, I have big plans for my 5-star water stop. I feel sorry for the cyclists pulling into Brandywine Outfitters after being at my stop. What a letdown it will be. You and your 28 helpers may as

well give up now. Noble rules."

BO: "I have seating for 14. Can you match that?"

NO: "Yes! I also have a VIP section. My friend (an RN from Riddle Hospital) will be giving EPO shots. Do you have ESPRESSO? I doubt it. Give it up. Your days are over. Time for new blood."

In fact, if the Noble food stop fell short on any of the above promises, the Emperor and Empress of Noble (**Grey Wolf** and **Misty**) made up for it by pro-

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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.

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Club Affiliations

**League of American Bicyclists
Bicycle Coalition of Greater
Philadelphia
Adventure Cycling Association**

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 Volunteer Staff

Drew Knox, *President*
and *Brandywine Tour Coordinator*
president@dvbc.org

Debbie Chaga, *Vice President*
610.494.3033 or dreamerdeb@gmail.com

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Ride Coordinators
484.483.7456 or rides@dvbc.org

Adam Levine, *Newsletter Editor*
610.891.0780 or aelrypa@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.

DVBC RIDES for OCTOBER 2009

RECURRING RIDE EVERY FRIDAY 10:00 am Miles:10-15 Class:All Beginners MTB	Enjoy the colors of fall, and maybe an actual fall. Meet in the Woodlawn Preserve Refuge parking lot (Creek Rd, just off Smithbridge at the covered bridge). Tame trails, some short "rocky" sections but walking around them is allowed. Bring cash for lunch at restaurant on the trail. Rain in previous 48 hours will probably cancel ride, depends on amount. Mtn bike needed, no hybrids. Contact Dan Dillon at 610-494-4949 Email: Grey48Wolf@verizon.net
Sat Oct 3 9:30 am Miles:50 Class C+ Ride to the Philly Bike Lanes	Start at 320 Market to Philadelphia to ride the new bike lanes on Pine and Spruce Streets. Lunch in Philadelphia Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sun Oct 4 9:00 am Miles:45 +/- Class:C Bob Leon Memorial Ride	Bob was an inspiration and mentor to many members of the DVBC. We'll celebrate his memory during this 4th annual event. Meet at Kingsway H.S., New Jersey for a flat ride to the Kountry Kitchen. After breakfast we'll test the accuracy of my directions. All welcome, and please wear your DVBC jersey if possible. No one dropped, but threat of rain cancels. Contact Dom Zuppo at 484-483-7456 or domzdvc@att.net
Tues Oct 6 5:15 pm Miles:15+/- Class:All Aston Hill Climb'g Society	Come out for some hill repeaters with the AHCS. We start with a smaller hill, do it 2 -3 times and move on to bigger hills. Everyone is welcome since everyone does the hills at their own pace. Ride starts at Planet Fitness, Pennell & Marionville Rds, Aston PA. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Wed Oct 7 6:30 pm Miles:0 Class:All Season's End at Iron Hill	Celebrate the great 2009 cycling season at Iron Hill Brewery, State St, Media PA. Rehash those sultry summer rides, hear trash talk about why some people weren't in climbing form, and the latest gossip F.X. Pedrix isn't in on. EVERYONE welcome, Bs, Cs, Ds, spinners, non-Wednighters, wives, boyfriends, ex's... RIDE LEADERS WILL GLADLY ACCEPT FREE BEER. RSVP by Sun Oct 4th. so reservations can be made. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sat Oct 10 9:00 am Miles:28-56 Class:C+ Dare the Bear	The Black Bear triathlon held at Beltzville State Park is one of the toughest east course triathlon bike courses. But aside from being very hilly to race on, it is also a gorgeous route just south of the Pocono's. We will leave from the Beltzville State Park main parking lot and ride one of the 28 mile hilly loops of the route (of course you can always do it twice if you like). It takes about 2-3 hours to ride the loop. More information on the course and directions can be found at http://www.cgiracing.com/2009Events/BlackBearTri.aspx . Call ahead, no committed riders or threatening weather could cancel the ride. Cue sheets will be provided. Contact Mike Shea at 610-909-8656 or mike@tri-goofy.com
Sun Oct 11 9:00 am Miles:35 Class:C+ Art Museum Loop	Meet at Drexel Hill Cyclery. Plenty of parking across the street, in rear of Rite-Aid. Brief stop at Lloyd Hall for nature break and water. Bring a snack, no lunch stop. Optional post ride lunch at Ming's (same parking lot). Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Mon Oct 12 9:00 am Miles:50+/- Class:C+ Columbus Day Ride	Ride with Dreamer and learn Italian while cruising some of the most bellissimo routes in Delaware and Chester counties. Bring lira for a break at Northbrook or some other great food stop. Rain cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sat Oct 17 9:00 am Miles:18 Class:C Darby Creek Series/Tour of Radnor T	We will explore the tributaries of Darby Creek and some of the beautiful parks in Radnor Twp. Ride is hilly - bring your road bike (or whatever you have). Meet at the Radnor Trail trailhead (north end) at Sugartown rd and Rt. 30. Park in the shopping center or at the two parking lots along the Radnor Trail at Connestoga Rd. or at Wayne Ave. No Cue Sheets. Will wait for all stragglers. This is a good ride for beginners who won't mind some hills at the end. Contact David Bennett at 610-626-1344 or dster21@comcast.net
Sat Oct 17 9:00 am Miles:62 Class:B- Country Butcher Loop	Option one, start and end at Rose Tree Park, a very good choice. Option two, for people with time issues, meet us behind Chadds Ford Post Office at 10AM. Chadds Ford start will give you 35 miles, and a great lunch at CB. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sun Oct 18 9:00 am Miles:50+/- Class:C+ Up Marsh Creek w/o Paddle	Enjoy fall in Chester County with a ride out to Marsh Creek. The plan is to ride the entire perimeter of the lake with a rest stop at the Wawa on the way back. Rain 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
Thurs Oct 22 5:00 pm Miles:0 Class:All Great Pumpkin Carve	Jack-o-lanterns galore! Witches! Werewolves! Bats! Goblins! Check out the Great Pumpkin Carve at the Chadds Ford Historical Society, Creek Rd, Chadds Ford PA. Artists carve the pumpkins and are judged for prizes. Vote on your favorite. Live music. Bring \$ for admission and snacks. Info at www.chaddsfordhistory.org . Wear comfortable shoes and dress warmly. FREE PARKING. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sat Oct 24 9:00 am Miles:50+ Class:C+ Haunted Bike Ride	Meet at Rose Tree Park in Media on Route 252. Join us if you dare for a ride to local haunts. Each haunt has a stop with a short narrative. Bring money for a snack. Alternate leader is Frank Jackson at 215-620-0632. Call ahead, no committed riders or threatening weather could cancel the ride. Contact Mike Shea at 610-909-8656 or mike@tri-goofy.com
Sun Oct 25 8:30 am Miles:55 Class:B- 3 Parks and a Trail Loop	Enjoy some empty roads and beautiful fall foliage. Start and finish at Rose Tree park, Media. Ride through RCSP, then back roads up Diamond Rock Hill. We'll take the Schuylkill River trail and lunch in Manayunk. Cue sheets provided. Contact Tom Smyth at 610-909-8226 or smitt542@comcast.net

UPCOMING REGIONAL EVENTS

In online or PDF newsletter, the underlined text should be hyperlinks to ride Web sites. Readers viewing the printed version can get registration details and web addresses for the rides listed below on the Suburban Cyclists Unlimited event calendar page at www.suburbancyclists.org

Sat. Oct. 3, AJF50 Ride For Autism, Yardley, PA. 12 or 50 miles. \$40 registration + \$100 minimum pledge. Benefits the AJ Foundation for Children with Autism.

Oct. 3-4, MS150 City to Shore, Cherry Hill, NJ, to Ocean City, NJ, and return. National Multiple Sclerosis Society

Oct. 3-4, MS Bike to the Bay, Dover, DE, to Rehoboth Beach, DE, and return. National Multiple Sclerosis Society

Sun. Oct. 4, Gap Gallop, Bethlehem Township, PA. 50 mi rolling, 65 or 100 mi hilly. The Gap Gallop's great scenery, varied terrain and lightly traveled roads make it one of the most enjoyable centuries in the Northeast. Lehigh Wheelmen Association.

Sun. Oct. 4, Tour du Port, Baltimore, MD. 12, 19, 41, or 52 mi urban rides. Benefits One Less Car, the Maryland bicycle-advocacy organization.

Sat. Oct. 10, Savage Century, Newark, DE. 40, 60, 75, or 100 miles; the major hills are only on the

75- and 100-mi loops. White Clay Bike Club

Sat. Oct. 10, Sea Gull Century, Salisbury University, Salisbury, MD. 62 or 100 mi on flat terrain. 6,000 riders.

Sat. Oct. 17, Black Bear Century, Minisink Hills, PA. 32-107 mi on six interconnected routes. Contained almost entirely within the boundaries of the Delaware Water Gap National Recreation Area and High Point State Park.

Oct. 17-18, Covered Bridges Ride, Erwinna, PA. Saturday is a lower-cost family day with only the flat 6, 20, and 30 mile routes. Sunday's event includes the 20- and 30-mile flat routes, and the 33-, 50-, or 63-mile hilly routes. Travel through up to six historic covered bridges with over 2,900 riders. The T-shirt deadline is 10/1. Central Bucks Bicycle Club

Sun. Oct. 18, Camphill Challenge, Camphill Special School, Glenmoore, PA. Ride 10 or 35 mi through Chester County during peak autumn foliage, with views of horse farms, historic homes, and

covered bridges. Picnic and live music after the ride.

Oct. 23-25, Fall Foliage Weekend, Hanover/Gettysburg, PA. Includes meals and hotel accommodations (with indoor pool/whirlpool). Advance registration is required. No SAG or road markings. Bicycle Club of Philadelphia (BCP)

Sun. Oct. 25, Ride Ataxia, Limerick Community Park, Royersford, PA. 10-, 25-, or 50-mile scenic routes. Food provided by Outback Steakhouse after the ride. Benefits FARA and CHoP

Sat. Oct. 31, East Coast Greenway Schuylkill Bike and Boat Tour, Philadelphia, PA. Raise money for the PA East Coast Greenway. Bike tour of the proposed EC Greenway route from Center City to Heinz Refuge then to Fort Mifflin in Southwest Philadelphia, led by bicycle trail planning expert Bob Thomas. After lunch and guided tour at Fort Mifflin, bicycles will be trucked back to Center City while participants take a rarely offered two hour voyage up the tidal Schuylkill. Cost: \$100. For more information or to make reservations, visit <http://tiny.cc/ECGrde>. Due to the complex logistics of this event, it will go ahead rain or shine.

BONKERZ CARTOONS OF THE DVBC

by Bob LaDrew

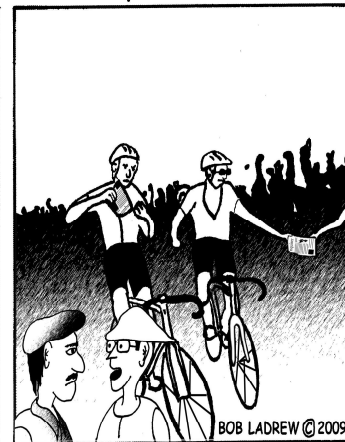
THE INTERNET SEEMS TO BE LEADING TO THE DEMISE OF NEWSPAPERS.



YOU DON'T THINK THERE WILL ALWAYS BE A ROLE FOR THE NEWSPAPER?



NO, IT'S A MEDIUM THAT'S NO LONGER USEFUL.



BOB LADREW © 2009

(BIKE DIRT, continued from page 1)

viding easy chairs, bicycle art, music and more. (See pictures on page 1)

Don't get upset—his bike was not scratched—but the **Silver Fox** got hit by a car last month while on a Wednesday “**Doc's Ride**.” A senior citizen had no choice but to hit the Fox because a car was coming in the opposite direction on a narrow road. So he did what any reasonable driver would do when he knocked the Fox onto the ground in order to get by. At least that is apparently the policeman's interpretation because the driver was not cited. Oh yes, other than his ego, the Silver Fox received only minor injuries. Reportedly, when he got home the Fox told his wife, “Best ride yet!”

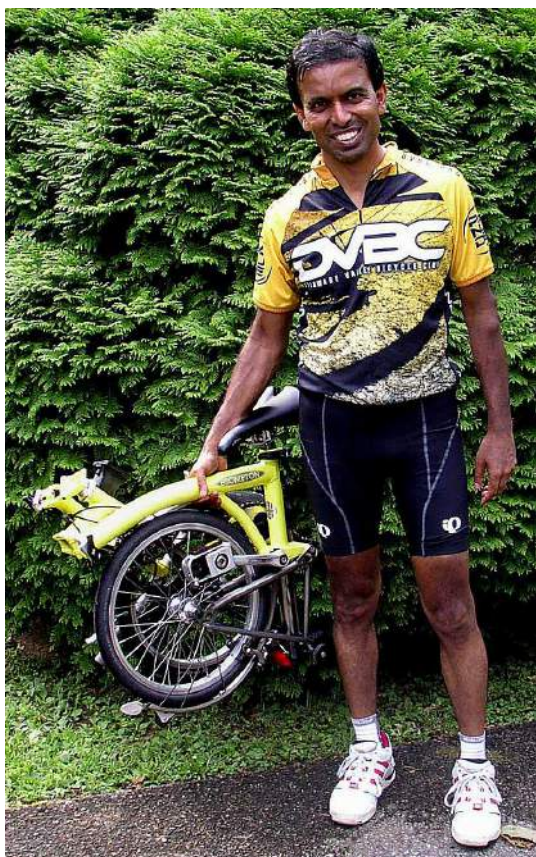
During his 5-year run as president the **Dominator** became known as a stickler for details and that trend has continued since he left office. Lately I have observed that he carefully blends his energy drink to a color that matches his bike paint job and pours it into clear water bottles for maximum visibility.

For the first time in the ten-year history of the Bonkers Picnic, no one biked to the event due to the threat of rain. As it turned out, not a drop fell on the picnickers and, after lunch, Bonkers Boy led a group of eleven on a 30-miler.



Ganesh (pictured below) brought his little fold-up bike and dazzled the group by being at or near the front on every climb. He says that when he folds the bike up, he is allowed to take it anywhere, even on trains and in buildings with no-bikes-allowed signs.

On the morning after the Brandywine Tour our club confronted a mystery. When the porto-potty vendor arrived at Fred Engle School to pick up his three plastic outhouses, they had gone missing. Naturally, rumors were rampant on the listserve: which club member had absconded with the trio of bumper dumpers? One was reported that our Engle foodstop supervisor **Ride Away** had hitched them to his bike to slow down to our regular riding pace. Although he had means and opportunity, **Ride Away** lacked motive -- he already tows **Marji's** horse trailer. **Juror # 6** also briefly became a suspect, then speculation ran rampant about what thieves would do with a used porto. **Motorola** allowed that the French had them



ABOVE: DVBC board members Doug Bower and Nancy Ness were married earlier this summer. Congratulations, Doug and Nancy, on the consummation of yet another DVBC romance! **LEFT:** The ride to the Cycling Gardener's garden was canceled by—guess what?—threat of rain, but that didn't stop DVBCers from visiting anyway. From bottom: Misty, Deb, Alex, Mary and the CG himself. Double FF visited earlier in the day.

and were checking every sample for residue of performance enhancers.

Turns out, it was a vendor error as another driver had picked up the portos earlier. That's too bad. The theft story was so much more intriguing.

Another hot topic on the list serve was naked bike rides. One was held in Philly last month and photos made the rounds on the internet. A DVBC naked ride is in the early stages of planning. Grey Wolf says, “Anyone can do a naked ride in summer. I am planning one for January, polar bear style. We can end it with a jump into the Brandywine Creek.”

Motorola says, “I just picked up some of those new outer tubes. They should make it easier to fix flats without having to take the tire off the wheel since they are on the outside.”

Late last month **Shelly Epstein**, a regular on **Double FF's** Tuesday night rides, purchased a new carbon fiber Fuji. Looking good, Shelly!

Even though he has not yet done any DVBC rides, **Frank Martin** is a local long-distance bicyclist who participates in many organized rides. Recently he wrote in to the list serve introducing himself: “I am

(Continued on page 6)



ABOVE: Part of the crowd for a Wednesday night C ride from Rose Tree in late August. On the first Wednesday in September, 38 or 39 (depending on who was counting) showed up for the B and C rides, which must be some kind of DVBC record. Amazingly, the B ride that night, which had been like a herd of cats all summer, stayed together almost to the end.

LEFT: Jittery Joe wearing a jersey with her name on it.

BELOW: Doug Bower and Mike and Julie Broennle, at the DVBC Bonkers Picnic, held at the LaDrew Estate in Coatesville. Thanks again, Bob and Judy!

(Bike Dirt, continued from page 5)

a relatively new guy in the club. I joined shortly before the Bonkers Tour and have helped out with registration on both the



Bonkers Metric and the Brandywine Tour. You may have wondered who that strange person was behind the table; if it was an old codger with a beard, it was probably me. I have been riding in a number of events sponsored by different bicycle clubs in the area. I thought I should pay back a little of the enjoyment I have received from the rides and do a small part to help put on one of these events. So, I joined the club." Frank was one among many new and recent club members who took the initiative to come out and help make our recent tour a success. By going to <http://home.comcast.net/~fgmartin> you can read all about Frank's cycling and his life in

general.

On September 20 the **Perfesser** led a fun ride he called Kountry Kitchen Klatch. After he shortened it to "KKK Ride" for convenience, **Smytie** commented: "I hope you don't end up with a bunch of rednecks in white sheets showing up for your ride tomorrow! The sheets tend to get stuck in the chain and tangled in spokes."

Congratulations to recent DVBC member Rich Alejandre (the **California Cahuna**) for winning not one but two national age group championships this summer. On consecutive days Rich won the 20-K and 40-K road races. Course designers played right into Rich's hands by setting up both routes with mountain-top finishes. The five-foot-seven-inch, 136-pound Cahuna danced on the pedals, leaving the others in his rear view mirror in winning the age 60-65 championships.

We all know that **Plastic Boy** lives for speed and is about the fastest thing on two wheels in Delaware County but I was still surprised by a report that last month he had cycled 1650 miles in a single weekend. Turns out that Plastic's escapade was a motorcycle trip to Indianapolis to watch a race.

Late last month Grey Wolf's "Country Butcher" Ride received rave reviews. Eleven riders did 62 miles with 3740 feet of climbing and a maximum gradient of

14%. Afterward new member **David Alfe** commented, "Following **Len** up the wall on Old Gradyville road transformed me into a man. Sending check to become a new member." Says Grey Wolf, "We made this Dave guy a member and a man in one day!" He then added, "We are having a slight problem with the Country Butcher: All the food is so good w can't decide what too order."

On Smytie's last 3 Park Ride a teenager came out to ride with the old folks. **Ed** is 17, from California, and just started at Swarthmore College, but says he turned down a cycling scholarship to Stanford.



My spy reports: "Man, Ed kicked our butts. He was on a \$6,000.00 Specialized, dressed in full Specialized kit. Look for him in the Tour in about 6 years..."



Double Ff, before the post-picnic ride, hugging all the good food she ate.

Gray Wolf reported a rare **Dear Abby** sighting last month. He comments that "Cindy is the Main Line 'Abs of Steel' champion. The girl is ripped! After the outing she let us ride over her stomach in the parking lot. She never felt a thing. Her abs are so hard she actually caused my rim to bend." Like myself, Gray Wolf has never been one to exaggerate, so I believe him.

As usual, send your stories for Bike Dirt (true or not) to fxpedrix@dvbc.org.

Two More from the Brandywine Tour

Photos by Edward Sobelewski

Top: DVBC member Mike Flynn, who rode the century.
Bottom: Unidentified rider checking cue sheet before starting out.





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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)