

Delaware Valley Bicycle Club

June 2011



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

Gone Bonkers... by Dom Zuppo

Part 1 – The Volunteer Ride.

The day started innocently enough – a group of eleven enthusiastic cyclists met under beautifully sunny skies at Ridley Creek State Park to check the various routes the day before the tour. We carried cans of spray paint and a small brush in case the constant, threatening, never ending precipitation that preceded the tour damaged or otherwise obscured our delicate arrows of orange.

The usual pattern started to emerge. Ric A. led the group and soon motored off to do some advanced scouting (even his new Surly Long Haul Trucker couldn't slow him down). Woody K. and Alex M. were close behind, the hills of Delchester Road no match for their steady pedaling rhythm. And Gina B. recalled how the Radnor Hunt was often held the same weekend as the tour. Sure enough, we saw parking for the event as we cruised down Goshen Road.

Mary H. was impressed with the way Doug B. had mounted auxiliary struts to Nancy N.'s pannier rack, and

Doug was only too willing to explain his ingenuity. Deb C. and Jo Ann F. chatted along the calm country lanes, while Tom G. and I talked about how to paint the 50 mile route section along Creek Road.

But later on, it happened. Not suddenly, like a flat tire or a dog protecting his domain, but gradually, like a cat stalking some prey in the garden. Slowly, quietly, with just a hint here and there. Tom was the first to succumb to the pain produced by a cramping muscle, but he quickly recovered. Others complained of a few twinges of soreness, but they soldiered on. No, it was your's truly, who should have known better, who hadn't eaten or drunk enough the day. The Bonk. I writhed in so much pain that I had to dismount and walk up Wylie, Birmingham, and Gradyville Roads.

No matter. I survived, and my hearty companions completed the task, making sure all of the routes were well marked for our coming guests.

(Continued on page 4)

Tour of the Natchez Trace

A story of 4 men, 8 wheels, and 1 river ...by Bob LaDrew

In the process of biking through Mississippi last month DVBC members Drew Knox, Woody Kotch and Bob LaDrew (at right, wearing a Spanish moss headdress) got a firsthand look at the potency of Mother Nature. On the eve of their week-long tour the three, along with friend Jeffrey Anspacher from D.C., walked down to the mighty Mississippi River in Natchez and watched as workers built dikes in preparation for imminent flooding. The next afternoon, after a side trip to view the Windsor Ruins near Alcorn, the foursome ventured onto a section of Rodney Road that had been barricaded and posted with flood warnings. When they encountered the water, rather than retrace their steps the riders opted to heft their bikes over their shoulders and wade through a 200 yard thigh-deep section of a tributary that was backing up from the surging Mississippi.

Later in the week the group got a look at damage that was left in the wake of recent tornadoes that had wrought death and destruction throughout the South. As they approached Tupelo the riders encountered miles-long sections of old growth forest that had been leveled as far as the eye could see. In towns they saw FEMA workers who were there to guide victims through the recovery process.

On the sixth day as the group, now reduced to three because of Woody's departure for family obligations, approached a thunder storm, the riders were chased down by a honking pickup driver who informed them of tornado warnings. He said they could either go back to his house or get under the railroad bridge ahead, which they did.

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Delaware Valley Bicycle Club

P.O. Box 156
Swarthmore, PA 19081
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. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

- *League of American Bicyclists
- *Bicycle Coalition of Greater Philadelphia
- *Adventure Cycling Association
- *Bicycle Access Council
- *East Coast Greenway
- *PA Walks and Bikes
- *Friends of Ridley Creek State Park
- *Friends of the Chester Valley Trail

Newsletter Contents © 2011 by DVBC

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RIDE GUIDELINES & CLASSIFICATIONS

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 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.

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.

Your DVBC Club Membership Policy is Changing

DVBC previously had memberships effective for one year from the date the member joined or renewed. We are changing to a set membership month of April. All memberships will end in April regardless of the date the member joined or renewed.

Here's how we are handling 2011 which is our "transition" year:

1. Renewals - **will be administered in the month they are currently scheduled** and follow the transition plan below.
Renewals from January through August 2011 are \$ 15.00 and valid to April 2012.
Renewals September through December 2011 are \$ 8.00 and valid through April 2012.
2. New Members
Join January through August 2011 are \$ 15.00 and valid to April 2012.
Join September through December 2011 are \$ 8.00 and valid through April 2012.

Here's how it works for 2012 and every year thereafter:

Renewals - All membership renewals are \$ 15.00, occur in April and are valid to April the next year.
New Members - All new members pay \$15.00 and their membership is valid through April of the following year.

*To help with the smooth transition to this new policy, we are thanking current members in advance for completing their 2011 renewals in a timely manner. And **thank-you** for being members of DVBC. Happy Cycling!*

Frequently Asked Questions

Question: Why is DVBC changing their membership policy?

Answer: An set annual membership date reduces the administrative tasks associated with club membership. We chose a date that is the traditional start of the cycling season in this geographic location.

Question: If I join in January, will my membership expire within 4 months?

Answer: No, new members who join January through March will have memberships effective until April of the following year.

Question: My membership expires in August 2011. I have to pay \$15.00 and I only get 9 months instead of 12. Why don't I receive 12 months?

Answer: We really tried to make the transition as equitable as possible and there are instances where some members will receive slightly longer or slightly shorter than a full year membership during this transition period.

Other questions? Please contact any board member who will be happy to assist you.



Spring Cleaning?

Too lazy to use some soap and water, these guys (right) exercised their plastic buying brand new bikes.



Pete S., ready to drop the hammer on the rest of us. Not to be outdone, Andy M. shows off his Madone.

(Bonkers, continued from page 1)

Part 2 – The Tour.

It's been so many years that I can't remember a Bonkers Metric that didn't start under cloudy skies. But it didn't stop our volunteers from completing their tasks. Alek W., Betsy F., Deb C., Gina B., Julie B., Mike B., Tom G., and Vicki H. handled registration, everything from greeting our guests and collecting tour fees to distributing queue sheets and selling our newly-arrived batch of club clothing (get 'em while they last).

While Larry G. was seen slicing bagels with a Napoleonic flair, David B. set up a table (and his faithful companion, a helmeted Uncle Sam) to display important cycling advocacy information. At the other end of Area 15, Frank J. and Herb J. made sure the parking space used by our riders was not too wide and not too tight. By the way, Herb, please thank your wife Diane for the delicious pumpkin pie.

We had a little drama (when don't we at the start of a tour) when captain Tony R. couldn't find the placards we tape on the SAG vehicles. But the problem was quickly solved and I saw Alex M., Dave H., Gary S., Len D., Paul D., and Woody K. proudly display our club's ID on their cars.

After delivering such items as tables, canopies, and water containers to registration, Doug B. and Nancy N. headed to Cheyney University, where they delivered the truck-load of food purchased by Mary H. and other supplies to Andy M., Cliff E., Jo Ann F., and Rich A. The food stop was set up in record time – even the steady wind couldn't deflate their determination. Soon our tables displayed the beautiful, ripe fruit donated by David and Jack C. of the 320 Market Café, the pies supplied by Linvilla Orchards, and a tour favorite – Jill M.'s cookies.

After installing a pair of caution signs on Westtown Road, I headed to the Chadds Ford water stop. Preparations were well under way as Bob L., Charlie S., and Walt L. set up this important station on the metric leg of the tour. Jimmy



Arjunan and Pria Ganesh share some family time.

Buffet was heard in the background. No, he wasn't cycling in Chester County – Tom was playing one of his CDs on his car stereo.

At the time of this writing, we estimate 130 riders came out to support the club and enjoy our Spring tour. And I saw a number of DVBCers at the food stop and on the course, too – cheers to you all. As usual, many compliments were heard about our food, our support, and most importantly our volunteers. The weather may not always cooperate, but with the help of many club members we get the job done. My thanks to all of you, and anyone I may have missed, who spend so much time working for the success of our club.



Choose your riding partners wisely. Don Larson gets over on two unsuspecting friends.

June 2011 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list. Occasional ad hoc rides are posted on the DVBC listserv, so please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on! For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

*****Recurring Weekday Rides*****

Wednesdays 9:30 am Miles:30-60 Class:B-/C+ Docs' Ride	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain or temperature below 45F cancels the ride. Contact Larry Green at 610-544-5799 Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 6:00 pm Miles:25 +/- Class:C+ Wed Nite Road Crew	We'll ride various routes each week and work on conditioning by climbing hills and sprinting on the flat stretches. Start time is promptly at 6:00 pm to take advantage of daylight. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Wednesdays 6:00 pm Miles:20+ Class:B-/B Andy's B Ride	B minus level ride leaving out of Rose Tree Park in Media. Ride will be progressively longer as the days get longer. If there are faster riders, there may be an additional faster B level ride, when possible. Contact Andy Marzano at Email: starbrdack1@yahoo.com
Thursday, Jun 2 5:45 pm Miles:20+ Class:C+ Ridley Creek Ramble	Meet 5:45pm in Rose Tree Park for a 6pm sharp departure. C+ pace 13-15 mph. Lots of great hills! Rain cancels ride. Contact Cate Crosby at or catecrosby@gmail.com
Saturday, Jun 4 9:00 am Miles:62 +/- Class:C+ Kennett Square Metric	Join me for a lovely jaunt out to Country Butcher in Kennett Square. Expect hills, great scenery and a fab lunch. Our rolling average will be between 13 and 14 mph. Meet at Rose Tree Park in Media. Rain cancels. Contact Mary Huis at or mary2335@verizon.net
Sunday, Jun 5 9:00 am Miles:35 +/- Class:C+ Philly Pro Race	Start and end in Rite Aid lot across from Drexel Hill Cyclery. We'll ride into Manayunk to watch the pros tackle The Wall then we'll head over to the Art Museum area. We'll also hang at Lemon Hill to watch the riders climb that hill. Bring your cow bells and sun block. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Monday, Jun 6 7:00 pm Miles:0 Class:All DVBC Board Meeting	DVBC Monthly Board Meeting held at Swarthmore Public Library (121 Park Avenue (610) 543-0436). All are welcome to attend. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Tuesday, Jun 7 6:00 pm Miles:TBD Class:C Springfield Jaunt	Come out and explore the neighborhoods of Springfield. The terrain will be rolling to hilly. Average speed 11 to 13 miles an hour. We will regroup as necessary. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Thursday, Jun 9 5:45 pm Miles:20+ Class:C+ Ridley Creek Ramble	Meet 5:45pm in Rose Tree Park for a 6pm sharp departure. C+ pace 13-15 mph. Lots of great hills! Rain cancels ride. Contact Cate Crosby at or catecrosby@gmail.com
Sat, Jun 11 8:30 am Miles:69 Class:C+ More Sex on the Beach	Returning to the site of last year's infamous ride. Hopefully the Green Head Flies won't be out yet. The ride begins through marshlands teeming with birds, then on to the Delaware Bay East Point Lighthouse, where we may spot horseshoe crabs performing their prehistoric mating ritual. Lots of long stretches of car-free riding and back to the bay for lunch at Higbee's Cafe in Fortescue, the weakfish capital of the world. The return takes us through a nature preserve and historic Mauricetown, with its 19th century sea captains' houses. Start PROMPTLY @ 8:30 so plan your arrival accordingly. Cue sheets provided. Meet at Maurice Twp Elem School, 3593 Route 47, Port Elizabeth, NJ. School will be on the left and a Wawa is about 1/2 mile past the school on the right. A go/no-go message will be added to DVBC website by 6:45 am if weather is questionable. Please make sure to contact me before the ride if you're joining me. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

Sunday, Jun 12 9:30 am Miles:42 +/- Class:B/B- Dave's B Ride	Meet in Chadds Ford Elementary School (Route 1 and Fairville Rd) lower lot at 9:30 a.m. This will be a scenic 42 Mile ride South to Wilmington and passing some landmark DuPont Company sites. B/B- Level Pace with some Hills. Contact David Beruh at or daveberuh@yahoo.com
Tuesday, Jun 14 6:00 pm Miles:TBD Class:C Delco Spin	Come out for a spin through Swarthmore, Ridley Township areas of Delaware County. The terrain will be varies from flat to rolling. Average speed 11 to 13 miles an hour. We will re-group as necessary. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Sat, Jun 18 9:30 am Miles:45 Class:C+ Lunch at Figs	Start from 320 Market parking lot. Ride Doc's hillyish suburban route to the Art museum area for lunch at Figs. Bring money for lunch. Rain cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Tuesday, Jun 21 6:00 pm Miles:26 +/- Class:C/C+ Airport Loop	Come out for a ride around the Airport. We will leave Swarthmore, ride down through Ridley Twp and loop behind the airport on Hog Island Road, returning back through Ridley Twp. The ride will be on mostly flat terrain, averaging 12 to 13 miles hours. We will need to keep moving to be back before dark. Bring lights. Rain cancels. Leaves the parking lot at 6 pm promptly! Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Thurs, Jun 23 5:45 pm Miles:20+ Class:C+ Ridley Creek Ramble	Meet 5:45pm in Rose Tree Park for a 6pm sharp departure. C+ pace 13-15 mph. Lots of great hills! Rain cancels ride. Contact Cate Crosby at or catecrosby@gmail.com
Sat, Jun 25 9:45 am Miles:33+ Class:C+ Bangers and Mash Ride	Join Yellow Shoes and Cate as they lead a ride starting at Pocopson Elementary School to The Whip Tavern for traditional English fare of fish & chips or bangers & mash. (See http://www.thewhaptavern.com/home.html for translation.) Meet at Pocopson Elementary School at 9:45am for a prompt 10:00am start. Very scenic ride thru the back roads of Chester County. Some old, some new. No one dropped. Rain cancels. Contact Jack (a.k.a. Yellow Shoes) Thomas or Cate Crosby (catecrosby@gmail.com) Contact Jack Thomas at 610-888-2128 or jthomas@hapusa.com
Tuesday, Jun 28 6:00 pm Miles:TBD Class:C Show and Go	I will not be able to ride this evening, so it is a "Show and Go" means a group will show up and someone will have a sign in sheet and decide where to ride. Might be a flat ride, might be a hilly ride but you will ride. Leave promptly at 6 pm. Rain cancels. Meet at 320 Market Cafe, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com
Thurs, Jun 30 5:45 pm Miles:20+ Class:C+ Ridley Creek Ramble	Meet 5:45pm in Rose Tree Park for a 6pm sharp departure. C+ pace 13-15 mph. Lots of great hills! Rain cancels ride. Contact Cate Crosby at or catecrosby@gmail.com

BONKERS Cartoons of the DVBC....



(Mississippi, continued from page 1)



Rains came and winds whipped but no funnel cloud materialized.

The first five days of the tour, ably organized by Drew, were on the Natchez Trace Parkway, a 444-mile drive through exceptional scenery and ten thousand years of American history. The Natchez Trace was a wilderness road that originated from a series of trails used by southeastern Indian tribes. Today's Trace Parkway consists of good pavement, light traffic and hundreds of miles of virgin pine forest.

Prior to the trip the foursome shipped their dissembled bikes to Natchez, the start of their route. They flew to Baton Rouge, rented a car and drove 92 miles to Natchez. They stayed at a mix of B & B's and motels. Since few towns or buildings

are even visible from the Trace Parkway, it was crucial that they had reservations and knew in advance where all facilities were located in relation to their route.

Halfway through the third day Bob headed off the Parkway into the little village of Thomastown looking for a convenience store. As he passed the tiny Station Cafe a lady came running out and shouted, "Hey, you can come in here and sit down for a meal. All the bikers come here!" And she ducked back inside to get the guest book and show him earlier entries made by riders. When he sat up to the counter she placed a huge glass of iced tea at his place and announced, "You can sit here all afternoon and get all the free re-fills you want." As he ate his grilled cheese and french fries the waitress and her partner told him stories about the history of their town and business. Total bill: \$4.01.

The quartet biked the first 300 miles of the Trace before turning northwest in Tupelo to head for Memphis. Although the Southern heat was a bit of a shock, they enjoyed tailwinds and flat terrain for the first five days. In the final two days chilly wet weather, some hills and headwinds brought them back to reality.

The group totaled 452 biking miles for a daily average of about 65. Collectively, they totaled 1656 miles without so much as a flat, mechanical problem or a spill.

The overriding impressions of Mississippi were of courteous drivers who went out of their way to observe Mississippi's mandatory 3-foot-of-clearance law, friendliness, and the hospitality for which the South is so famous. And grits.



Viewing nature at its most destructive (tornado damage ,above) and most sublime (Spanish moss, right) during a tour of Mississippi.

Bike Dirt

By F.X. Pedrix

The rain is falling mainly everywhere this spring. Maybe it's dry on the plains in Spain but it ain't here. My lovely wife Babs has been giving me daily to-do lists to keep me busy. I'm begging for sunshine to appear by Memorial Day or I'll be so truly exhausted I won't be able to pedal my bike anyway. Although there seems to have been more cancelled rides than those ridden lately, my trusty spies have reported that DVBCers have been keeping busy.

On May 1st, **Doc Larry** again lead led the Swarthmore Fun Fair ride which supports Diabetes research while **Cycling Gourmet** and **Cate C.** swept.

Alex Bakerman led this year's Crum Creek Cleanup on May 7th, along with **Dreamer**, **Cate**, **Yellow Shoes**, **Dstre'**, and NY

Andy. The area is getting cleaner each year so hopefully some day the cleanup won't be needed. While the "green team" was doing their thing, **Cliff's** 33 1/3 mile ride speed sped past. **Smitty** did say later they felt a little guilty out riding instead of picking up. Well, there's always next year.

Shelley E. has led a few "Awful Hills of Media" rides. Based on the latest description, I was feeling awfully wimpy for not going out. Riding up Media Station to Chipmunk is a hill I haven't yet tackled but now feel obliged to try. Keep em coming Shelly.

The Cycling Gourmet was off the bike for a couple weeks in April with a bad case of the shingles. She was literally and figuratively itching to get back on the bike. (Babs told me not to go there but I couldn't help myself. Sorry Mary.) Glad you're back.

Grey Wolf and **Smitty** are

still tearing up the running circuit with their latest conquests as both placed 1st in their age bracket at the Brad Schoener 5K run and music marathon. Get this, they ran in a cemetery while a band played. The Phillie Phanatic was there and was patting **Smitty's** chest muscles in appreciation. Hmmm. GW will be running the Lansdowne Memorial Day 5K hoping to place 1st for the 3rd year in a row. GW reminds me of the energizer bunny.

NY Andy rode to work on Bike to Work Day despite the raining forecast. The ride in was fine and part of the way home was great until a storm hit when he was in the height of rush hour traffic. His new fenders worked great and mostly he was able to stay dry. **Andy** was heard to say he's feeling really strong and has been biking a lot more and will be leading the Wed nite B rides in June. Way to go.

Buckeye has been busy planning, routing, and re-routing the ToPA 2011 trip. He and **Gigi** drove the entire route one rainy weekend which is a good thing since most of the original roads they planned on riding turned out to be gravel and mud. **Motorola** was happy to hear there wouldn't be a repeat of the 2006 ToPA by getting stuck in the mud again. **Dreamer** was happy to hear that there are several breweries on the route.

Doc Larry recently gave away a Weider Pro 4900 Gym. Besides donating all the fruit for the Bonkers, **The Grocer** also generously gave away a set of Campy wheels with the **Perfessor** being the recipient. We have some giving guys in this club.

Speaking of the **Gro-**



Come hither! Drew eager for another ride.



Misty showing off her hard earned skills. Take that Deb!

cer, he has been riding some long solitary rides and getting to know himself well based on his ride reports. That's what I always say, can't think of a nicer person to talk to than myself.

In mid-May, **Bonkers Boy**, the **Perfessor**, and **Wooden Man** flew down to Mississippi for a self-

support self-supported tour of the Natchez Trail. **The Perfessor** did all the planning and nailed everything down to the smallest detail. Thinking he may have a future as a bike tour organizer when he retires. The **Wooden Man** was heard singing "Clean plate, clean plate, clean, clean,

clean, plate, plate, plate, Yeah!" after every meal. Must have been some good grub. One anonymous participant was heard to mutter "The only thing getting older does is increase the age span of the women you appreciate. I never thought I'd be checking out a 60 yr old woman." When Babs heard this she said "Why I've been checking out guys from 16 to 66 for years dear." Lastly, I have to report that **Bonkers Boy** now knows what Spanish Moss is for, to use as a disguise to look like Arlo Guthrie.

Being very careful not to blow my cover, I rode the Bonkers Tour on May 22nd. The weather was a little chilly at the start but there was no rain. Volunteers were busily attending to the riders needs, answering questions, and providing the best food of any local rides I've seen. I happened to be at the Cheyney food stop when the **Cycling Gardener** rode in. He was a little miffed that he was having trouble keeping up with **Kathy**, his sister-in-law, who happens to be the designer of the DVBC jerseys and a really great rider. She just qualified in the NY Grand Fondo for the International Grand Fondo to be held in Belgium. While riding I also saw **Tony 4** out there as well as **Ganesh** and his 10-year-old daughter **Pria** on their tandem, and about 10 riders from Action Wheels in NJ. All of the riders I spoke with were having a great time. All of the Bonkers volunteers should be real proud of yourself. Great job!

As always, keep those lies, innuendos and truth coming at me.

'Nuff Said ... by Pythagoras

ABC Quick Check: **A**ir in tires, **B**rakes work, **C**rank arms tight/chain lubed/cassette doesn't skip, **Q**uick releases tight, **C**heck bike—have fun!



Delaware Valley Bicycle Club
P.O. Box 156
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www.dvbc.org

APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)

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** or **RENEWING** Member
Newsletter Preference: **Printed copy** (via US Mail) or
PDF (via E-mail—saves trees and \$\$)

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)