

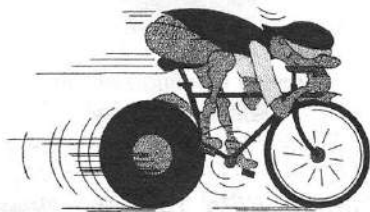


# DELAWARE VALLEY BICYCLE CLUB

P.O. Box 156, Woodlyn, PA, 19094-0156

APRIL 2001

FREE



## Bike Dirt

By F.X. Pedrix

It was a rainy Saturday afternoon in early March and I had decided to take a nap because I was depressed. Babs, my much better half, kept coming into the room and slamming doors and drawers and mumbling things like, "With all the work around here you think....." and "If I just laid around all day and..." I got the picture, but being depressed I couldn't care less. It was cold, rainy, and raw outside that day, a day when I had planned to go for a nice ride, but the weather turned bad. I was trying to write this column, but I had no news to report. I toyed with the idea of another April Fools column, but couldn't think of anything to write. So I did the next best thing - I took a nap.

I was in the middle of a really odd dream. I was on one of the club's famous shore rides. We had been riding for hours and were almost home and my butt was pain free (which was very strange). I looked up the pace line and every one was naked except for the ride leader who had on a black, three-cornered bike helmet and thigh high bicycle boots. He was yelling at everyone to take their turn at the head of the pace line or they would feel the wrath of his shiny bike boot. Out of extreme fear I was pedaling like mad when suddenly a God-like and extremely loud voice boomed out over my head, "GET UP. YOU HAVE A PHONE CALL." I rocketed out of bed faster than a Survival Contestant going after a

nice fat rat. On the phone was one of my bike club sources for good bike dirt. Now I wouldn't have to do an April Fools column.

Our illustrious president vowed that her one-year term would not end without the creation of a DVBC club jersey. She has approved an olive drab and puce jersey with a large lightning bolt across the chest. Rumor has it that a groundswell of support is arising in favor of declaring her president for life. Anybody who can get this club to agree on anything less obvious than the necessity of underwear must be reeking with leadership qualities.

Speaking of difficulties in coming to an agreement, the club's planning for this year's Time Trials is finally at an end after months of discussion. I've learned that the club has authorized a major expenditure for a computerized laser timing system and scoreboard. The club is hoping to pay for the equipment out of the money from lucrative ESPN television and advertising contracts now being negotiated.

In a more serious note - club members are being asked to contribute large sums of money to a DVBC legal defense fund for two of our members. Some months ago on a ride in New Jersey, these two fellow riders accidentally ran over and killed a pesky squirrel. Unbeknownst to them, it was in front of the house of a member of the People for the Ethical Treatment of Animals (PETA). PETA is now bringing

### DVBC MEMBER MEETING

Monday, April 2  
7:30pm

(Postponed from March)

Slide Presentation:  
A Bike Tour of Europe  
for Planners and Dreamers.

Nonmembers are welcome.  
See the ride calendar  
for more information.

charges against our members for cruelty to animals. So when you're asked, dig deep and help.

If you haven't seen the club's new website be sure to give it a visit. It is very high tech and very modern looking. From what I hear, the club is pursuing a new high tech approach to bicycling and bike club operation that the Board feels is the future of biking in this Internet-connected world. The Board has decided to hold all Board and general membership meetings online which will save gas since most of the members drive to the meetings. The Board has also approved, through our Internet-technical expert and B+ rider, to develop virtual bike rides on the website to attract people who are too busy to get out on our regular rides. The big question will be, do these rides count toward your annual mileage total? That should cause a lot of discussion and argument among our members.

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at [fxpedrix@juno.com](mailto:fxpedrix@juno.com).

**The Delaware Valley Bicycle Club**  
**P.O. BOX 156**  
**Woodlyn, PA 19094-0156**

<http://www.dvbc.org>

### DVBC Meeting Place

Delaware County Peace Center,  
 Springfield Friends Meeting, 1001  
 Old Sproul Road (behind the car  
 wash at Rt. 320 and Old Marple  
 Road). Meetings are usually held  
 the first Monday of most months.

*DVBC welcomes articles and ride  
 reports for the newsletter. Please  
 submit your proofread materials to  
 the Editor before the 15<sup>th</sup> of each  
 month.*

### Board of Directors & Staff

Jan Chadwick, *President & Mail Labels*  
 610.541.0784 or [chadwick@craftech.com](mailto:chadwick@craftech.com)

Mike Young, *Vice President*, 610.461.9040 or  
[youngm@email.chop.edu](mailto:youngm@email.chop.edu)

Bob Leon, *Treasurer*, 610.833.2365 or  
[cbleon@bellatlantic.net](mailto:cbleon@bellatlantic.net)

David Bennett, *Secretary & Advocacy  
 Coordinator*, 610.626.1344 or  
[queenofsheba@craftech.com](mailto:queenofsheba@craftech.com)

Judy LaDrew, *Newsletter Editor*, 610.383.9327  
 or [2ladrews@netreach.net](mailto:2ladrews@netreach.net)

Dave Trout, *Ride Coordinator*, 610.368.0760 or  
[davet@dvbc.org](mailto:davet@dvbc.org)

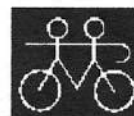
Eric Valencia, *Tour Coordinator*, [eric@dvbc.org](mailto:eric@dvbc.org)

Tony Rocha, *Web Page*, 610.416.0514 or  
[tony@craftech.com](mailto:tony@craftech.com)

Len Zanetich, *Timetrial Coordinator*,  
[l.zanetich@telesciences.com](mailto:l.zanetich@telesciences.com)

Bob LaDrew, *Newsletter Staff*,  
 610-383-9327 or [2ladrews@netreach.net](mailto:2ladrews@netreach.net)

### Club Affiliations



*Bicycle Coalition of the  
 Delaware Valley*

*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.*

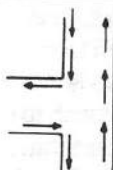
## Ride Guidelines

1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
  - Class D:** For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
  - Class C-:** For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
  - Class C+:** Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
  - Class B-:** For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
  - Class B+:** For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
  - Class A:** For very strong riders: 19+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

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



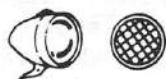
Obey all applicable traffic regulations, signs, signals and markings



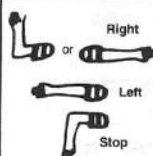
Keep right drive with traffic, not against it. Drive single file.



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



Protect yourselves at night with the required reflectors and lights



Use hand signals to indicate turning or stopping

## FOR SALE

**ROAD TANDEM.** Belinky (Sterling) Signature. \$1,900. 19" x17". Handcrafted fillet brazed. Red with yellow detail. Like-new condition (purchased 10/95). 21 speed Sachs (campy style). Ergo shifters & drive train. Shimano 105 brakes. Arai drum. Rear rack. Adj. control-tech stoker stem. Suspended stoker seat. post. Call Larry at 610-544-5799.

**TREK 1220,** 58 cm, RX100 components, 21-speed, down-tube shifters, Aluminum frame, CroMo fork. Great condition! A super bike for someone getting interested in road cycling! Asking \$225. Call 610-269-7974 or email bike50now@yahoo.com.

### Omission:

In our banquet report last month, we neglected to mention the Bonkers Crash-and-Burn Award. This was a lifetime achievement award to Larry Green for surviving serious crash after serious crash, and consistently getting back on the bike to ride with us again. We wish Larry many years of accident-free riding.



## Woody's Wheel Wise

*After a quarter century of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch*

### Back in the Saddle

This is for those of us who demonstrated some sanity and actually took some time off our bikes this winter. Here are some tips for getting back into riding after your winter lay-off.

1. Check out your bike or have a bike shop do it for you. Before your first ride this season make sure your brakes are working, lubricate your chain, cables, and derailleur, check that your handlebars and seat are secure, and check your tires for deterioration, cracking, and proper inflation. Take a look in your saddle-bag and be sure you have everything you need. Also, see if the pump you take with you is working.
2. Dress warmly. It's still cool in the mornings and cold muscles and joints are prone to injury, especially early in the season. Protect your knees, lower back, and neck from the cold.
3. Depending on your age, take it easy for the first couple of weeks or even a

month. Don't push the big gears. Spin, spin, spin, and then spin some more. If you can manage it, discipline yourself not to use your large chain wheel, except down hill. Work on increasing your cadence first, your strength later. Pushing a big gear too early in the season can do serious damage to your knees that could take months to recover from. I know. I've done it.

4. Ride at least three times a week and you'll make steady progress. Two short rides and one longer ride spread over the week works well for those who can't ride more often. Don't make your first ride 50 miles of hills. It could be your last ride for a while. Start with 10- and 20-mile rides.
5. Eat healthy and get enough rest and you'll soon be exploding off the front just like last year.
6. Always wear your helmet and ride defensively.



The West Chester University Guitar Ensemble Spring Concert will be Wednesday, April 25, at 7:30 pm in Philips Autograph Library at the corner of University Ave. and High St. in West Chester, PA. For further info contact Glenn Lyons @ 610-399-0624 or rollingspeed@cs.com.

### Welcome New Members!

Dr. Paul J. Angiolillo  
Barry Mendelson



**Tancredi's**  
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Woodylyn, PA 19094

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RICK JONES  
Proprietor

(610) 583-3015





## The Bonker's Metric

(Formerly the SOS Tour)

Sunday May 13, 2001

Sponsored by:

The Delaware Valley Bicycle Club

65, 50, 35, and 18 mile routes



**Time:** 8-9 AM for 65 & 50 milers; 9-10 AM for 35 & 18 milers

**Place:** Ridley Creek State Park, Media, PA Picnic area #15

**Cost:** \$12 pre-registration (if postmarked by April 30, 2001) \$15 day of Tour

**Tour will be held rain or shine**

**Expected Attendance:** 150-250 riders

**Services Provided by DVBC:** Food & water stops, cue sheets, sag wagon, rest rooms, marked routes

**Routes:** Scenic back country roads through the remaining Open Space of Delaware and Chester Counties. Most roads are lightly traveled with rolling hills and some large hills. All routes include a food stop.

**Description:** You travel at your own pace, with family or friends, or make new cycling friends along the way. All ages, all abilities and all types of bikes are welcome.

**Safety:** Helmets are mandatory! Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump and tire irons. Each rider assumes his/her own responsibility.

**For More Information:** Call Jan Chadwick (610) 541-0784 or e-mail at [chadwick@crafttech.com](mailto:chadwick@crafttech.com)

### The Bonker's Metric, May 13, 2001

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

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

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

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Intended ride distance: ☐ 65 mi. ☐ 50 mi. ☐ 35 mi. ☐ 18 mi.

#### Waiver/Release

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees) from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature \_\_\_\_\_

Signature of parent or guardian (if rider under 18 years) \_\_\_\_\_

Please send this signed form with a check or money order made out to **DVBC** by April 30 to:

Bonker's Metric, Delaware Valley Bicycle Club, PO Box 156 Woodlyn, PA 19094-0156

# DELAWARE VALLEY BICYCLE CLUB



## RIDE CALENDAR April 2001



### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

#### Weekdays, All month, 7:30 am - *Weekday Ramble*

Miles: 10-20 Class: C

Just about every weekday (Thursday is the Breakfast Ride, see below), weather permitting, we meet for an easy-paced ride. We leave from our Havertown home in the Oakmont Section. Please call the night before, to confirm departing place and time. Contact Joel at 610-789-7673 or joelperish@aol.com.

#### Thursdays, All Month, 7:30 am - *Pancake Breakfast*

Miles: 10-25 Class: C

7:30 am on each Thursday, weather permitting, we leave from our Havertown home in the Oakmont section. This is an easy-paced ride of 10-15 miles with a pancake place in between. Please don't forget money and a helmet. We're generally back to start by 9:45 am. Please call the night before, to confirm departing place and time. Contact Joel at 610-789-7673 or joelperish@aol.com.

#### Tuesdays, Beginning April 10, 6:00 pm - *Vocabulary Ride*

Miles: 10-20 Class: C

The Vocabulary Ride begins its fourth season. Come out for a spin around southern Delaware County and learn a new vocabulary word. We meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom. Contact Dave at 610-368-0760 or davet@dvbc.org.

#### Wednesdays, All Month, 6:00 pm - *Workout-*

Miles: 10-15+ Class: B+

Meet me at Rose Tree Park on Rte. 252 and let's get the legs back in shape. This is the beginning of our workout training rides. We will improve our performance, speed, and ability to climb better as the spring progresses. If you like to push it, and would like to move to the next level, this ride is for you. Start your training early with us so we can improve together. Expect a fast pace and a few good hills. Contact Tony at 610-416-0514 or tony@craftech.com to confirm the ride.

Sunday, April 1,

**DAYLIGHT SAVINGS TIME begins - Don't forget.**

#### Sunday, Apr. 1, 9:30 am - *Delco Sunday* -

Miles: 20-25 Class: C

A Sunday morning spin around southern Delaware County. Meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom, Ridley Township, for a spin around southern Delaware County. Contact Dave Trout at 610-368-0760 or davet@dvbc.org.

#### Sunday, Apr. 1, 9:30 am - *Art Museum* - Miles: 50+ Class: B+

Meet me at Rose Tree Park on Rte. 252 for a ride to the Art Museum. We'll stop in Manayunk for fuel. Bring money for food and drinks. Expect a fast pace and a few hills. Call Tony at 610-416-0514 or tony@craftech.com to confirm the ride.

#### Monday, Apr. 2, 7:30 - 9:00 pm - *General Membership Meeting.*

Come see a slide presentation by Peddle & Pack Europe that was postponed from last month. The meeting is open to everyone. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

#### Saturday, Apr. 7, 9:00 am - *Inner 50* - Miles: 50+/- Class: B

Meet at the Chadds Ford Elementary School and do the inner 50 of the Brandywine Tour. Bring or buy lunch along the way. Call Bob Leon at 610-833-2365.

#### Sunday, Apr. 8, 9:30 am - *Jersey Ramble* - Miles: 25+/- Class: C

Start at Kingsway High School Routes 322 & 551 in New Jersey. We'll slow things down from our C+/B- pace to let some new riders fit in. The ride leader will go as fast as the slowest rider, provided he or she is a C rider. Call Bob Leon at 610-833-2365.

#### Monday, Apr. 9, 7:00 pm - *DVBC Board Meeting* -

The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

#### Friday, Apr. 13, 9:00 am - *A Good Friday Ride* - Miles: 62 Class: B+/B

If you are fortunate enough to not have to work today, join me for a metric century to Glen Mills. Starting from the Italian Fountain, behind the Phila. Art Museum at 9:00 am, we will head west through the Main Line, then through the Ridley Creek area to the lunch stop in Glen Mills. Expect some climbing. Bring energy bars, or enough cash for food stops. And don't forget H O. Contact Rich Wagner 610-521-4570 or rilawa@mymailstation.com.

**Saturday, Apr. 14, 7:30 am – Mays Landing –****Miles: 84+/- Class: B**

We'll start from the Kingsway High School on Routes 322 and 551. From there we can stop for breakfast first or ride to the Sugar Hill deli for great food before returning to Kingsway. Call Bob Leon at 610-833-2365.

**Sunday, Apr. 15, 9:30 am – Neighborhood Ride –****Miles: 25+/- Class: C**

Meet behind the Dunkin' Donuts in Woodlyn, Fairview Road & MacDade Blvd. This will be a C class ride and will go anywhere and somewhere through the neighborhoods of Delco. Call Bob Leon at 610-833-2365.

**Sunday, Apr. 15, 9:30 am – Westtown & Beyond****Miles: 60 Class: B/B+**

Meet at the Moylan-Rose Valley train station, Woodward and Manchester Roads in Rose Valley to ride some of DVBC's classic scenic hills and creek valleys. We will pass the Ridley, Chester and Brandywine taking us through Delaware and Chester Counties, West Chester and Delaware. Bring money and/or food for rest stop. Contact Ira at 610-565-4058 or ira@dvbc.org.

**Saturday, Apr. 21, 8:30am – Northbrook Orchards****Miles 62+/- Class: B**

Meet at Rose Tree Park in Media. Hopefully the Orchard will be open. At any rate, we'll do a metric century for the day. Call Bob Leon at 610-833-2365.

**Sunday, Apr. 22, 9:00 am – Outer 50 –****Miles: 50 Class: B+**

Meet at Octorara High School in Lancaster County for a fast-paced ride on the Brandywine Tour Outer 50 loop. Take Rte. 1 south to Rte. 41 exit. Make a right at the exit. The school is about 3 miles on the right side. Contact Tony at 610-416-0514 or tony@craftech.com to confirm the ride.

**Sunday, Apr 22, 10:30 am – Using Your Gears –****Miles: 5 Class: D**

Got a new bike and don't know what to do with all those gears? Meet me at the Ridley Creek State Park Office for some straight talk on shifting without grinding and we'll do the loop in the park. Contact Woody at 610-566-2736 or hrkotch@cs.com.

**Thursday, Apr. 26, 5:45 pm – Evening Ride –****Miles: 15+/- Class: B**

Join me at Rose Tree Park for a fast-paced ride through RCSP and Valley Road. This will be the start of our Thursday night rides throughout the summer months. Call Bob for details at 610-833-2365.

**Saturday, Apr 28, 7:00 am – Ocean City –****Miles: 126+/- Class: B**

Join me for the first 2001 ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551. Bring money for food and drink along the way. If we're not

up to a 126-mile day, we can do a century instead. Call Bob Leon for more details: 610-833-2365.

**Saturday, Apr. 28, 9:30 am – Meet the Train –****Miles: 25-30 Class: C**

We will meet the train from Philadelphia and where we go after that will depend on who shows up, but it will be somewhere in Delaware County. We will meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom, Ridley Township, and leave at 9:30 am sharp, in order to get to the Ridley Park train station to meet the 9:49 train from the city. Riders from Philadelphia can take the R-2 train (#4209) that leaves Suburban Station at 9:25 am. Contact Dave Trout at 610-368-0760 or davet@dvbc.org.

**Sunday, Apr. 29, 8:30 am –Time Trial –****Miles: 5.1 + (afterward) a 40-mile B ride**

Rtes. 662 and 601, Purelands Industrial Park, near Swedesboro. For more info call Bob LaDrew 610-383-9327 or 2ladrews@netreach.net. After the ride we will take a 40-mile jaunt to join Bob's C ride for lunch at Riverside Park.

**Sunday, Apr. 29, 9:30 am – Riverside Park –****Miles: 38+/- Class: C**

Start at Kingsway High School Routes 322 & 551 in New Jersey. This ride will be an out and back with a stop at the Wawa for food and drink, eat at the park, and head home. Call Bob Leon at 610-833-2365.

**Monday, May. 7, 7:30 – 9:00 pm – General Membership Meeting.**

Joel Perlsh, King of Touring, will present "How to Prepare for Touring." The meeting is open to everyone. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.



**Bob Martin on sunnier days.** His bike repair workshop was snowed out last month, but you can ride with Bob on club rides and pick his brain on the subject of bicycle repair and maintenance.



## REGIONAL EVENTS

**March 31: Icicle Metric.** 7:30 am. White Clay B.C. 25, 50, or 100 k. Moderately hilly to hilly. \$15. Water bottle. Hollingsworth Parking Lot, University of Delaware, North College & Cleveland Aves., Newark, DE: Bruce Poole, 104 Maple Hill Rd., Wilmington, DE 19804. (302) 999-1211.

**April 21: Taxing Metric Century,** Knauertown, PA. 20, 32, or 64 hilly mi. Warwick County Park. \$12, no pre-reg. Brandywine Bike Club, Louise Rennie, 610-458-8153. [www.geocities.com/brandywinebikeclub](http://www.geocities.com/brandywinebikeclub).

**Apr. 21: Ocean to Bay Bike Tour,** Fenwick Island, DE. 20/50 mi. Karen McGrath, P.O. Box 1450, Bethany Beach, DE 19930; 302-539-2100, Fax 302-539-9434. [karen@bethany-fenwick.org](mailto:karen@bethany-fenwick.org) [www.thequietresorts.com](http://www.thequietresorts.com).

**Apr. 22: Rotary River Ride,** Horsham, PA. 20, 35, or 63-mi. rolling terrain, College Settlement Camp, 600 Witmer Road, Horsham. T-shirts if pre-reg. 215-542-7974 [camps@l-bob.com](mailto:camps@l-bob.com)

**April 28: April Showers Ride** (formerly the PRC Spring Ride), Centreville, MD; 32/65 mi. \$20 pre-reg. by 4/1

includes T-shirt; \$25 after, no shirt. Peninsula Road Club, S. S. Putman, 108 Gander Way, Chestertown, MD 21620; 410-810-2841. [PRCRIDES@yahoo.com](mailto:PRCRIDES@yahoo.com)

**Apr. 29: Mason-Dixon ride for MS,** Middletown High School, Middletown, DE; 25 or 50 mi, 8:00am. \$30 by 3/31, \$35 by 4/28, \$40 day of; pledges optional. National MS Society, Delaware Chapter, Two Mill Rd., Ste. 106, Wilmington, DE 19806; 302-655-5610, Fax: 302-655-0993. [karyn.jordan@ded.nmss.org](mailto:karyn.jordan@ded.nmss.org) [www.msdelaware.org](http://www.msdelaware.org).

**May 5: Farmlands Flat Tour,** Lincroft, NJ. 15-100 mi on flat terrain. Central Jersey Bicycle Club, P.O. Box 2202, Edison, NJ 08818. [www.cjbc.org](http://www.cjbc.org).

**May 5: Southern Maryland May Metric,** Clinton, MD. 26, 40, or 64-mi. rtes. Cocs Regional Park. \$10. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750; 301-839-9398. [www.ohbike.org](http://www.ohbike.org).

**May 6: South Jersey T-burner.** 8:30, Carmel Vol. Fire Co. Rt. 552, Carmel NJ. 35, 50 100 flat mi. \$13 pre-reg. by 4/1, \$15 thereafter. Larry April, 118

West Ave. Milleville, NJ 08332. 856-451-9075.

**May 6: SCU Quad County Metric Century,** Green Lane Park, Montgomery County, PA. 20, 35, or 65-mi. Replaces the Mexican Metric. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. [centuries@suburbancyclists.org](mailto:centuries@suburbancyclists.org) [www.suburbancyclists.org](http://www.suburbancyclists.org).

**May 12: Maryland May Metric,** Prince Frederick, MD. 9, 29, 38, or 62-mi. routes. \$20 pre-registration by 4/21 includes free T-shirt; \$22 after, no shirt. Patuxent Area Cycling Enthusiasts, P.O. Box 574, California, MD 20619. [www.bikepace.com](http://www.bikepace.com).

**May 12: Pinelands Triple Loop,** Loops of 39, 29 and 35 miles. Batsto State Park, NJ. Lunch provided. \$15, free gift with pre-registration by 5/4. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. [sundeck@sprynet.com](mailto:sundeck@sprynet.com) [www.shorecycleclub.org](http://www.shorecycleclub.org).

**May 13: Bonkers Metric** (formerly the Save Open Space Tour and Freedom Tour), Ridley Creek State Park, Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156. [www.dvbc.org](http://www.dvbc.org).

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### Time Trial Results

Saturday, March 3, 2001

5.0 miles

#### Category explanation:

M or F = male or female

A = age 18 - 34

B = age 35 - 49

C = age 50 - plus

Tony Rocha, 13:36 (Category MB)

Bob LaDrew, 13:52 (MC)

Bob Leon, 15:02 (MC)

### NEXT TIME TRIAL:

Sunday, April 29, 2001



See the ride calendar for  
more information.

### BONKERS

CARTOONS  
OF THE  
DVBC



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Delaware Valley Bicycle Club  
P.O. Box 156  
Woodlyn, PA 19094-0156



Expiration Date: 9/30/01

BOB & JUDY LADREW  
139 GABEL ROAD  
COATESVILLE PA 19320

13320+1284



The Delaware Valley Bicycle Club (DVBC) is a non-profit corporation formed to educate the public as to the safe use of the bicycle through lectures, seminars, planned rides, and other activities promoting the bicycle as an efficient and enjoyable means of exercise, recreation, and transportation. Non-members are welcome on rides, but are urged to consider their ability and experience when selecting a ride (see the "Ride Guidelines" on the inside cover). Helmets are mandatory for all rides. The club cannot accept responsibility for accidents or injury when participating in a DVBC event.

### Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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

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

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

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

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

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

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

Check one: ☐ new member or ☐ renewal

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

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

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

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

Please send your check or money order to the:

**Delaware Valley Bicycle Club**  
**P.O. Box 156**  
**Woodlyn, PA 19094-0156**



### Interest Survey

**Your Ride Pace:**  
(check one)

- ☐ Class D: *slow* ☐ Class A: *fast*  
☐ Class C: *average* ☐ Off-Road  
☐ Class B: *brisk*

**I'll volunteer for:**  
(check all interests)

- ☐ Ride Leader ☐ Tour Food Stop  
☐ Sag Wagon ☐ Newsletter Delivery