



DELAWARE VALLEY BICYCLE CLUB

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

AUGUST 2001

FREE

Rides Too Fast???

by Jan Chadwick

I had a dream last night. I was back in college and I was overdue on a deadline for an article in our college newspaper. I was supposed to write an article about this bowling team that I was on. I was telling someone this, and they asked me, "Oh, what was your score at the last game?" To which I replied, "9... I'm really improving." Obviously, I was concerned that I still had not gotten this article to Judy, even though I had promised to have it to her last night. But Dave beat me up on his ride, the bike bully, and when I got home I realized I had a fever—all Dave's fault of course, so I just crawled into bed.

I was never on a bowling team, but I am in a bike club. And although I really was sick last night and Dave didn't really "beat me up" on the ride, we've all had it happen to us at one time or another. So, I am supposed to write this article about being a "bike bully," a term we just stole from the Brandywine Bicycle Club. They had a notice in their last month's newsletter

that pretty much described the discussion we had been having recently at our board meetings. Here's what it said. "Are you a bike bully? Do you come out only for rides in which you will probably be one of the dominant riders? Okay, 'bully' is probably too strong a term. You may be as nice as you can be and not even realize you're doing it. But some of the others on the rides feel like they're being beaten up when more powerful riders push the pace. So how about picking on somebody your own size? Come out for, or lead, a ride that is a notch faster or longer than you've been doing. It should be a valuable experience."

The board thought this was a timely little notice because it put into words an issue we had been discussing, and told us that other clubs have a similar problem with ride pace. What tends to happen is that every couple of years we start getting various complaints that our rides are paced too fast, and that people who come out on a B ride or a C ride don't get what they

VOLUNTEERS' PIZZA DINNER



Wednesday,
August 1st
5:45pm

Inviting all Volunteers of
the Bonkers Metric.

The DVBC would like to show its appreciation to all those who made this tour a success. If you painted, SAGged, helped with food stops, etc., please join us at Little Anthony's Pizza Restaurant, 8 West State St. in Media, PA.

RSVP Eric 610-459-9272

expected and can't keep up. The reality is that some of our riders who
See **BIKE BULLY** p.7

URGENT REQUEST!!



**The DVBC needs volunteers to fill several positions.
These are not lifetime commitments!**



Ride Coordinator



Tour Coordinator



Membership List (need data base)

We also need helpers for the Brandywine Tour.

If you'd like to help out with one of these jobs, please contact Jan Chadwick at
610-541-0784 or chadwick@craftech.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 15th of each
 month.*

Board of Directors & Staff

Jan Chadwick, *President & Mail Labels*
 610.541.0784 or chadwick@craftech.com

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Tony Rocha, *Web Page*, 610.416.0514 or
tony@craftech.com

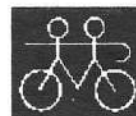
Len Zanetich, *Timetrial Coordinator*,
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Bob LaDrew, *Newsletter Staff*,
 610-383-9327 or 2ladrews@netreach.net

Club Affiliations



LAB



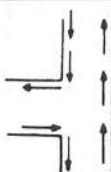
*Bicycle Coalition of the
 Delaware Valley*

*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



Obey all applicable traffic
 regulations, signs, sig-
 nals and markings



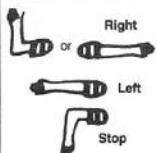
Keep right
 drive with
 traffic, not
 against it.
 Drive single
 file.



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

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!

BONKERS METRIC, May 13



Taking a break at the Sweetwater rest stop (from left): Nancy Fariss, and Ariel, Greg, Alex and Julie Senko.

FOR SALE

Vista Araya Islero, 23" chrome moly touring frame, Triple Crank, all alloy parts, fine example of an 80's touring bike, \$75

Classic Ralghia women's style frame three speed, made in England, good condition, \$50

Collection of cycling books (12ea), half are touring essays, \$20 takes all

Bicycle work stand with tool tray, fits steel and titanium round tube frames, \$20

Frank: 610-534-3978 eve; 215-537-4299 day.

Welcome New Members!

Carl Anderson

David Bullen

Doug & Liza Franz

Mike & Rhonda Frohn

Bonnie Hentschel

Bill & Jean Pashinski

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Special discounts for club members

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Brandywine Tour

Sunday, September 2, 2001

28, 50 and 100-mile routes

Time: 8-10 am for all routes. All support services will end at 5 pm. Century riders recommended to arrive promptly at 8 am.

Place: Chadds Ford Elementary School in Chadds Ford, PA

Directions: *From Rte. 476* take exit 3 and follow Rte. 1 south approximately 20 minutes. The school will be on the right approximately $\frac{1}{4}$ mile south of Rte. 100.

From PA turnpike, take Rte. 202 south to Rte. 1 south. The school will be on the right approximately $\frac{1}{4}$ mile south of Rte. 100.

Cost: \$12 pre-registration. (If postmarked by August 24, 2001). \$15 day of the ride. **Ride will be held rain or shine.**



Expected Attendance: 300-500 riders

Services Provided by DVBC: food stops, map/cue sheets, sag wagon, portable restrooms, well-marked route.

Routes: Scenic backcountry roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. The routes range from rolling to hilly. As usual, there will be plentiful food stops for all riders!

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. The 28-mile route is a great opportunity for newer cyclists and leisure riders.

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.



BRANDYWINE TOUR, September 2, 2001, Pre-Registration Form

Name: _____ **Address:** _____
City: _____ **State:** _____ **Zip:** _____ **Phone:** _____ **Age:** _____
Intended ride distance (please check one): ☐ 28 miles ☐ 50 miles ☐ 100 miles

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 you are under 18 years of age.)

Please send this signed form by **August 24** with a check or money order made out to DVBC to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156.

DELAWARE VALLEY BICYCLE CLUB



RIDE CALENDAR August 2001



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

Weekdays, at 7:30 am Miles: 10-20, Class: C Weekday Ramble	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 joelperlish@aol.com.
Tuesdays, 6:00 pm Miles: 10-20, Class: C Vocabulary Ride	Come out for a spin around southern Delaware County and learn a new vocabulary word or bring one. We meet in the parking lot of the Pathmark on MacDade Blvd. in Folsom. Contact Dave at 610-368-0760 or davet@dvbc.org
Tuesdays, 6:30 pm Miles: 15, Class: C Hibernia Park Ride	12-13 mph ride around hilly, scenic western Chester County. Meet at Hibernia Park Headquarters, four miles north of Coatesville. Bob LaDrew < 2ladrew@netreach.net > or 610-383-9327.
Wednesdays, at 6:00 pm Miles: 20+, Class: B+ Workout	Meet me at Rose Tree Park on Rte. 252 for a training ride. Come and take your frustrations out on the bike with a good after-work workout. Expect a fast pace and a few good hills. Call Tony at 610-416-0514 or tony@craftech.com to confirm the ride. Call Glenn on Aug 1, 8 and 15th at (610) 399-0624 or rollingspeed@cs.com .
Wednesdays, at 6:00 pm Miles: 25-30 +/-, Class C+ Wednesday Evening with Sarah	Meet at Rose Tree Park on Rte. 252 for a C+ ride through the surrounding area. Expect some hills. Cue sheet will be provided for slower riders. Contact Sarah Clark at 610-353-3494.
Wednesdays, at 6:00 pm Miles: 20-30, Class: B Kingsway Evening Ride	Meet me at Kingway High School, Routes 322 & 551 in NJ. Contact Len Zanetich at Work 8:15-5:15pm, 856-866-1000 x3472. Home 610-558-6232.
Thursdays, at 7:30 am Miles: 10-25, Class: C Pancake Breakfast	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 joelperlish@aol.com.
Thursdays, at 5:45 pm Miles: 20+, Class: B Evening Ride	Join me at Rose Tree Park for a fast-paced ride through RCSP to Thornbury and various roads back. Expect some hills. Call Bob Leon at 610-833-2365
Thursdays, at 6:00 pm Miles: 10-20, Class: C Thursday Night Ad Hoc C Ride	We will ride from various starting points to various places around Delaware County or South Jersey. You must call or email for the exact starting time and place. Contact Dave Trout at 610-368-0760 or davet@dvbc.org
Saturday, Aug. 4, 7:00 am Miles: 75+/-, Class B Chester County	Meet behind the Dunkin Donuts and ride somewhere into Chester County with a possible stop at Northbrook Orchards. Call Bob before 9:00 pm, 610-833-2365.
Saturday, Aug. 4, 9:15 am Miles: 50+/-, Class: C+ Horse Farm Country Ride	Meet at Embreeville State Police barracks on Route 162 in Embreeville for a ride through the surrounding horse-farm country of Chester County. This is a 40-mile ride with an optional 10-mile loop to get 50. Call Sarah Clark at 610-353-3494.
Sunday, Aug. 5, 8:00 am Miles: 35+/-, Class C Kountry Kitchen	Join me for a ride to the Kountry Kitchen. We'll meet at that familiar start, Kingsway High School, Routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob before 9:00 pm at 610-833-2365.
Sunday, Aug. 5, 8:30 am Miles: 60, Class B/B+ Westtown and Beyond	Start at the Moylan Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of Western Delaware County, Chester County and Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

Monday, Aug. 6, 6:00 pm Miles: 15-25, Class C CU at Selene at 6	Start at Selene Wholefoods Coop, 305 W. State St. in Media. (Free parking in a lot just west of the store) We'll do an easy-paced ride to Ridley Creek State Park and beyond, then back to Selene for free refreshments. We'll have hills but take them slow. Contact Ira Josephs at 610- 565-4058 or ira@dvbc.org .
Saturday, Aug. 11, 9:00 am Miles: 15-25, Class C CU at Selene	Start at Selene Wholefoods Coop, 305 W. State St. in Media. (Free parking in a lot just west of the store) We'll do an easy-paced ride to Ridley Creek State Park and beyond, then back to Selene for free refreshments. We'll have hills but take them slow. Contact Ira Josephs at 610- 565-4058
Sunday, Aug. 12, 9:15 am Miles: 30+/-, Class C 3 Speed Ride on the Schuylkill Trail	Bring your 3 speed (or any other bicycle) to the trail head at Valley Forge for a flat ride into Manayunk. Bring some money for food. Call Steve Bertolini at (302) 529-1122.
Sunday, Aug. 12, 9:15 am Miles: 25 +/-, Class C Manayunk	Meet me at the Valley Forge trail head for a ride down the Schuylkill Trail to Manayunk. Bring money for lunch. Call Bob 610-833-2365.
Saturday, Aug. 18, 6:30 am Miles: 126+/-, Class B Ocean City, NJ	Join me for a ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551 in New Jersey. Bring money for food and drink along the way. Call Bob Leon before 9:00 pm, 610-833-2365.
Saturday, Aug. 18, 8:00 am Miles: 5.1, Class: All Time Trial	Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
Saturday, Aug. 18, After time trial Miles: 50+, Class: B and C+ Ride after TT	Join Bonnie and I for a ride down to Salem starting at the Time Trial location. Rolling speeds: B=17mph, C+=15mph, no one will get dropped and I'll have a cue sheet for faster riders. See Time Trial for contact info.
Sunday, Aug. 19, 8:30 am Miles: 40+/-, Class: C Riverside Park	We'll meet at that familiar start, Kingsway High School, Routes 322 & 551 for a mostly flat ride to Riverside Park. We'll stop at the Wawa for food and drinks. Call Bob Leon at 610-833-2096.
Sunday, Aug 19, 8:00 am Miles: 5.1, Class: All Time Trial	Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
Saturday, Aug. 25, 8:00 am All Classes Brandywine Tour Painting	Meet at Chadds Ford at 8:00 am. We will divide up the routes, distribute paint, and after some minor instructions, go merrily painting the roads. The idea is to have enough people so we can divide the roads into small 20-mile portions and get done quickly so we can ride on Sunday. If anyone would like to volunteer for the painting of the outer-50 loop, please contact us so you can go directly to the outer-50 start. Contact Bob Leon - 610-833-2365 - bleon@dvbc.org Or Mike Young - 610-461-9040 - youngm@email.chop.edu
Sunday, Aug. 26, 8:00 am All Classes Brandywine Tour Painting or Ride	Meet at Chadds Ford at 8:00 am. We will finish the paint ride if anything was left unfinished, or go for a ride somewhere if we don't have anything left to paint. Contact Bob Leon - 610-833-2365 - bleon@dvbc.org Or Mike Young - 610-461-9040 - youngm@email.chop.edu



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Ridley Park, PA 19078

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Jim Moore
Owner

From **BIKE BULLY** p.1
generally ride B or C rides have greatly improved, and tend to up the pace on the rides. This is a good thing, in the sense that as a bike club we are doing what it is that we want to do—helping people improve their fitness levels and really enjoy their cycling. Yet on the other hand, it's difficult for the new riders who come out and can't keep up. These folks may get discouraged and frustrated at the outset and quit. We've all been on rides where we meet a new rider and then we never see them again on another ride. Of course, there may be many explanations for this, but one is that we need to be more aware of our own riding pace (I plead guilty, too!).

On the inside front page of this newsletter are DVBC's ride classifications. The board has looked over the ride classifications of about a dozen other clubs over the last couple of months (Thanks for doing the research Dave!). These ride classifications range from simple color codes with green for easy through red for difficult, to charts that take a mathematician to figure out (check out www.westernwheelers.org/main/schedules/ride_info.htm if you don't believe me). What we decided is that we basically like our classifications and that we just need to encourage our ride leaders (on threat of ex-communication) to keep their rides within those guidelines. We discussed listing our rides with a hilly or flat classification—for instance, a B-hilly ride will be more difficult than a B-flat ride, because they generally still stay within the 15mph avg. speed regardless of the terrain. But we decided that ride leaders should just include the terrain in their

ride description (expect some hills, for instance) instead of changing our guidelines.

It's the ride leader's responsibility to keep the ride pace at the stated rate. If faster riders get off the front and ahead of the ride leader, then they are on their own ride as stated in our guidelines. The trick is to make sure that new riders are not discouraged by feeling like they are holding up the pace of the ride. One problem is what to do when someone on a mountain bike comes out on an A ride and says that they have just taken up cycling: I'm guessing that they will leave disappointed and possibly a little discouraged (hopefully not on a stretcher). It all depends on the ride pace. If the rider is really below ride pace, and is truly holding up the ride then it is okay for the ride leader to give them directions to help them get back to their car. For instance, this means someone who comes out on a C ride but is riding at only 8 mph, or someone coming out on an A ride that is only riding 15mph. In this case, the ride leader should be as encouraging as possible and suggest other rides that the rider should try out. But, if the rider is riding 12mph on a C ride where all the other riders are riding 16mph, then the ride leader needs to slow up the pace, because 12mph is within the guidelines for that ride.

So, other than this subtle reminder to ride leaders, the board couldn't come up with a better solution. What I'd like to know is if any of you have complaints or suggestions about other ways to improve our rides and classifications. Is it time to increase the average speeds in our classifications? Or are there other ways to describe our rides so people "get what they expect?" Or is this generally not a problem at all? And I want to hear from

you if you "don't like to ride with that club anymore because their rides are too fast." Let's talk and figure out what we can do. We want a reputation as that cool club with the cool jerseys, not the one that is too fast to ride with. My e-mail address is Chadwick@craftech.com or call at (610) 541-0784. If we don't get any comments, we probably won't make any changes.



Volunteers are needed to help out at the Brandywine Tour on September 2. It's a fun day meeting and talking with riders and cheering them on. If you'd like to help, please contact:
Jan: 610-541-0784 or chadwick@craftech.com;
Bob: 610-833-2365 or cbleon@bellatlantic.net.

"I am told that men who compete in certain kinds of athletics - such as bicycle racing - shave their legs to prevent wind drag, and also to avoid getting their hair caught in the chain."

--Abigail van Buren

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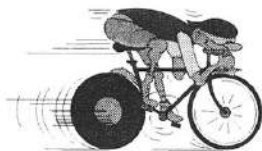
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Bike Dirt, by F.X. Pedrix

A warm evening in early July found my lovely wife Babs and I having dinner at one of those trendy new restaurants in Manayunk. You know, the kind that serves the meals on oversize plates, where the meat and the vegetables kind of seem all mixed together. Strange unidentifiable plant-like things stick out of the food mass at odd angles and the whole mess is surrounded by a wildly placed, weirdly colored sauce, and green flakes of something.

"Iffs called presentation," said Babs with a mouthful of something like Crab, Lobster and Asparagus Cilantro Foo Foo.

"You know, next Saturday is the Bike Club's annual picnic and ride," I said trying to make idle conversation. Food sprayed from her mouth as she almost choked on her Foo Foo.

"What!" she exclaimed. Her face was red and a small tip of baby asparagus was stuck on her chin. "You know that next Saturday is my family reunion."

"Oh, man," I whined. "You mean instead of riding and hanging out with my friends I have to sit around bored out of my mind with those inbred relatives of yours."

"NO! You can forgo hanging around with those obsessive-compulsive, techno-geeky exercise freaks for once and be with me and my lovely family," said an increasingly loud Babs as I watched the asparagus bob up and down on her chin. I could see she was on the verge of one of her famous hissy fits and, being an excellent husband

and poker player, I knew it was time to fold.

"Ah, never mind, honey. I just forgot.... Ah... I can't wait to see your family," I said as calmly as possible. "Oh, and by the way, you have asparagus on your chin."

Even though I didn't attend the picnic, my spies were everywhere. It was reported that the cookout was a huge success, but the ensuing sleepover was a major failure. In fact, the hosts were the only two to sleep over. Team Liquigas Pata made a major impression when, with lithe, glistening bodies and flashy plastic bikes, their well-oiled, co-ed paceline arrived simultaneously with the B and C groups that had traveled much shorter distances. On a perfect summer Saturday, the anticipated face-off between veggie boys and carnivores did not materialize. It is rumored that our former president was seen washing down his t-bone quarter-pounder with a saccharine, caffeine-laced synthetic beverage. Meanwhile, Plastic Boy, apparently in a conciliatory mode, insisted on a veggie burger and single leaf of lettuce sandwiched between halves of a stone-ground whole-wheat roll.

The Polish Pirate attended the picnic but wouldn't get off his bike. The club members set up a feed zone and passed him his meal in musette bags as he rode by. One new member came to the party from his house across the street from the cookout. We're checking out a rumor that he asked his wife to drive SAG while he

rode his bike to the cookout. Furthermore, it is reported he was seen loading his bike in his wife's trunk for the trip home. Aren't there standards for membership in this club anymore?

As the A riders hammered home after the festivities, Plastic Boy was impressed by how hard a certain female duo was riding. He determined to go to the front to see if he could break their spirit by increasing the tempo. He sped up to twenty-five mph and they wouldn't fade. 26, 27, 28.... He looked in his plastic mirror and they were with him. Finally, his little plastic bike was speeding along at 30 mph and the ladies were still on his wheel. Plastic Boy asked my spies never to tell these riders how much respect he now has for their abilities. Don't worry, we'll keep that a secret.

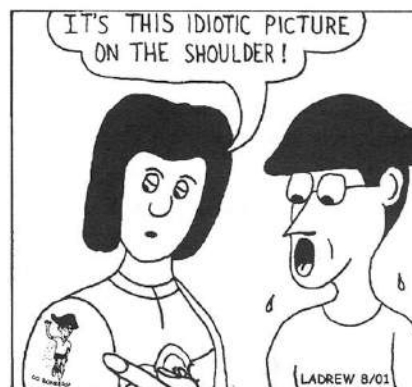
One piece of, non-picnic related news came across my desk. Three of our club members received traffic tickets for rolling through a stop sign on their way to Manayunk one Sunday. Wow, first they take away all our open space, then they want us to stop at every stop sign. This was a major point of discussion on the regular Tuesday night Vocabulary ride. Riders complained that if they had to stop fully at every stop sign, they would probably only get to ride four miles in two hours. I guess that would mean two less miles than normal.

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at fxpedrix@hotmail.com.

BONKERS



CARTOONS
OF THE
DVBC



LADREW 8/01

REGIONAL EVENTS

Aug. 3-5: LAB National Rally, held in conjunction w/ Tour de 'Toona (US's premier stage race, July 31-Aug. 5). Penn State Altoona. Visit www.bikeleague.org, e-mail: bikeleague@bikeleague.org, or call (202) 822-1333.

Aug. 4: Princeton Event, Rider College. 50, 65, or 100 mi. flat; 16, 25, or 35 mi. rolling; or 62 mi. hilly. Princeton Free Wheelers, Inc., P.O. Box 1204, Princeton, NJ 08542-1204; 609-882-4PFW(4739). princetonfreewheelers.com

Aug. 11: Dog Daze Century. Brandywine Bicycle Club, P.O. Box 3162, West Chester, PA 19381. Ann Marie Sullivan, 610-644-3792. www.geocities.com/brandywinebikeclub

Aug. 11: Bridgeton Zoo Ride, Schalick High School, Centerton, NJ; 25, 50, or 100 mi., 8:00 am. \$14 pre-reg. until 7/30; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org

Aug. 18: Knights for Sight Metric Century, Salisbury, MD. 15, 35, or 65-mile route on flat terrain. Route not used by Seagull. \$20 pre-reg. by 8/1 incl. T-shirt. Salisbury Lions Club, P.O. Box 665, Salisbury, MD 21803; Kevin W. Darcey, 410-860-5502. <KEVINDARCEYOD@prodigy.net>

Aug. 19: Covered Bridge Ride, Lancaster, PA; 15, 31, or 62 mi.. Seven covered bridges. 2,100 riders in 2000. \$15 after 7/20, no shirts available. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535. www.lancasterbikeclub.org

Aug. 25: Shore Fire Century. 7-10am. White Clay B.C. 35, 65 & 100 mostly flat miles. Middletown H.S., 120 Silver Lake Rd., Middletown, DE. Frank Warnock (410-620-0883) or <fwarnock@dol.net>

Sept. 2: Brandywine Tour.

Chadds Ford Elementary School, Chadds Ford, PA. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156. www.dvbc.org

Sept. 6-9: Great Peanut Tour,

Emporia, VA. A 4-day rally in Southside Virginia and Northeastern North Carolina. Emporia Bicycle Club, Inc., C/O Robert C. Wrenn, P.O. Box 668 Emporia, VA 23847 <gpt@3rddoor.com>, www.3rddoor.com/gpt.html.

Sept. 8: Amish Country Tour, Dover, DE. 15, 25, 50, 62, or 100-mi. scenic flat routes. 8:15 am. Visitors Center, Federal Street, Legislative Mall, Dover. Amish Country Tour, P.O. Box 576, Dover, DE 19903; 1-800-233-5368 or 302-734-4888. <kctc@visitdover.com> or www.visitdover.com

Sept. 8: Civil War Century,

Thurmont, MD; 25-100 mi. Visit 3 Civil War battlefields on the century: South Mountain, Gettysburg, and Antietam; 64-mi. and 50 mi. routes go to Gettysburg, or 25-mi. route through 3 covered bridges in the Monocacy Valley. Baltimore Bicycle Club, P.O. Box 5894, Baltimore, MD 21282-5894. Phil Manger, 410-666-0585. <pmanger@home.com> www.baltobikeclub.org/CWC_flyer.htm

Sept 8: No Baloney Century, Lebanon, PA. 25, 50, or 100 miles. West Pavilion, South Hills Park. \$10 by 8/27, \$15 after. Lebanon Valley Bicycle Club, c/o Deb Kreider, 105 South Mill Street, Cleona, PA 17042; 717-228-0244. <BiciDeb@paonline.com>

Sept. 9: Scenic Schuylkill Century, Philadelphia. Bicycle Club of Philadelphia, P.O. Box 30235, Philadelphia, PA 19103. www.phillybikeclub.org

Sept. 9: Southern Maryland Fall Century, Indian Head, MD. 25, 50, 63, or 100-mi. routes from the Village Green. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD

20750; 301-839-9398. www.ohbike.org

Sept. 15: Jersey Devil Ride, Parvin State Park, Centerton, NJ. 25, 50, 75, 100, or 125 mi. \$14 pre-reg. until 9/10; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org

Sept. 15: Shoo-Fly Classic,

Kutztown, PA. 15, 30, or 62 hilly miles. Kutztown Park. \$10 pre-reg. until 9/3, \$13 after. Free T-shirt for 1st 25 reg. Berks County Bicycle Club, c/o Florence Fink, 227 Wexham Dr., Reading, Pa. 19607. www.berksbicycle.com

Sept. 15: Univest Cyclosporitif,

Souderton, PA; 8:00am mass start. 62 mi. Takes place on same course as the Univest Grand Prix, preceding it by a few hours. Aimed at the serious recreational rider. Sparta Cycling, Univest Grand Prix Cyclosporitif 100k, P.O. Box 385, Harleysville, PA 19438. www.spartacycling.com

Sept. 15: West Wicomico Water-

melon Ride, Salisbury, MD. 32- 62 mile rides. Picnic lunch, entertainment, and Watermelon Seed Spitting contest. \$30 by 8/21, \$35 after. Wicomico County Dept of Recreation and Parks, 500 Glen Avenue, Salisbury, Maryland 21804; 410-548-4900 ext. 116. <swengvall@hotmail.com> www.wicomicorecandparks.org/watermelon.htm

Sept. 16: Lake Nockamixon Century,

Horsham, PA. 20-100 mi. Hatboro-Horsham High School, 899 Horsham Rd. (Route 463), Horsham, PA. \$20 (non-members); free T-shirt with pre-reg. by 8/29! Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. <centuries@suburbancyclists.org> www.suburbancyclists.org/lakenoc1.htm

Twenty Deer

Keeping low to our frames snaking bikers cycle quickly
 passing stream woods ponds a partially devoured
 deer off the road twisted and deflated
 then shifting to an easier gear pedal pressure easing up hill
 spin speed increasing laboring standing pushing head down as
 two adults two juveniles run beside us deer on trails
 pushed flat over incalculable seasons float quickly past

we slide by tree after silent tree those vigilant sentinels
 armed with grim and gnarled limbs guarding animal and forest alike
 all cloaked in winter's muted stain like-shades a protective coloration
 a still stage's scene on which a creature's subtle stirrings
 are quickly held motion-less,
 we are witnessing the transition linking
 Autumn's last deep inhalation and Spring's first burst of breath

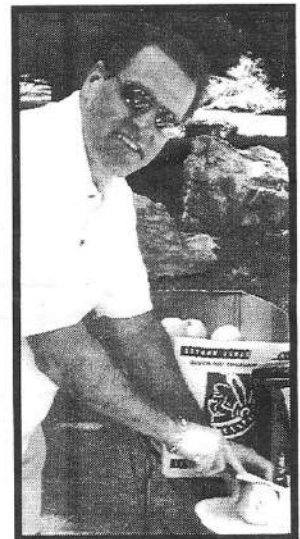
when twenty deer cross the road
 in a line we are warm cranking leaders changing
 riders surging dropping back and up ahead
 adults and adolescents playing follow-the-leader a single-file
 that seems to go on forever as mature older ones
 front and back sandwiched youngsters in-between
 proceed with a cast of caution and trepidation

as adjacent to a slushy stream I seek
 momentary visual repose from the sober road
 and sight below in the frigid Brandywine Creek
 powerful icy water tumbling a deer's quiet body twisting
 its submerged head enabling a large and open eye to peer
 from whence it came and
 look back to a place it can no longer return.

Rich Alejandre



DVBC jerseys will cost \$45 and should be available by mid-August. Notice will be on the listserve.



Chef Zanetich prepares food for incoming riders at Sweetwater rest stop.

Bonkers Metric, May 13



Lorraine Lipfert and Jan Felice are among the many riders stopping at the Sweetwater rest stop.



Lou Miller and Betsy Ffrench ready for refreshment at the Sweetwater rest stop.

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

19320-1284 10



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 C: average

☐ Class B: brisk

☐ Class A: fast

☐ Off-Road

I'll volunteer for:
(check all interests)

☐ Ride Leader

☐ Sag Wagon

☐ Tour Food Stop

☐ Newsletter
Delivery