

Delaware Valley Bicycle Club



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

May 2002

Hiking in a Bike Club: Sacreligious?

On April 13th, Dave Trout led a DVBC-sponsored hike. It was the first time in recent memory that our club has deviated from its usual routine of riding or eating. Bicycling purists might flinch but Dave's hike was well attended. And they learned that it is a lot easier holding a conversation hiking with friends than while on a bike. Try one of Dave's hikes and let us know what you think of the idea.

Dave Trout's Hike Report:

This was the first in a series of monthly hikes that I will lead this year. We started off with a completely flat hike in the Heinz National Wildlife Refuge, in Tinicum. A total of seven people attended and, if the turnout is any indication of future interest, I may just give up leading bike rides. We hiked for about two hours and because



LtoR: Suzanne Drill, Gina Benek, Jan Chadwick, Dave Trout, Luann Mariani, Abby Lodge and Sue Trout

it was an early spring day, we saw lots of snakes sunning themselves (the ladies loved that). Next month we try a more hilly hike in the beautiful Wissahickon Park in Philadelphia. If you have never been there you are missing a unique place. Come join us. (See ride calendar for May 25).

Lights, Camera, . . . DVBC Movie Night!

By Dominick Zuppo

The evening started out like most. But soon you could feel the anticipation in the air as members in attendance during the April general meeting gathered around the video screen. The object of their attention? DVBC movie night!

That's right, thanks to the creative efforts of our board, the film "Breaking Away" was screened on Monday, April 8th. For those of you who are part of the "great unwashed" (like myself) who have never seen this movie, "Breaking Away" tells the story of four high school friends in Bloomington, Indiana and how they spend part of their summer following graduation.

One in particular, Dave Stohler, is obsessed by the world of Italian bicycle racing. He spends most of his time studying the language, the culture, and training (in particular, behind an 18-wheeler). Dave's broken Italian, aria singing and leg shaving drive his parents crazy, especially his father. He even goes so far as to court a young Indiana University coed by pretending to be a college student from Italy. While disillusioned by the dirty tricks used by a visiting Italian racing team during an event in Bloomington, Dave eventually overcomes the odds by helping his hometown team defeat the college kids by winning the Little 500 bike race.

With popcorn in hand and some commentary from the audience, we watched a very enjoyable movie that incidentally, won an Oscar for
See **MOVIE NIGHT** on p.9

Be a Race Marshall!



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June 4, 6, & 9

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cspaeth@thresholdsports.com
or 610-676-0390 x113



BONKERS METRIC

Sunday,
May 19

Ridley Creek State Park
Picnic area #15
Media, PA

*Registration form inside
this newsletter!*

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 Rte. 320 and Old Marple
 Road).

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

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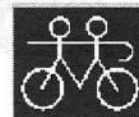
Dominick Zuppo, *Mail Labels*, 610.544.8630 or
 domzuppo@worldnet.att.net

Brian Wade, bwadedvbc@aol.com

Club Affiliations



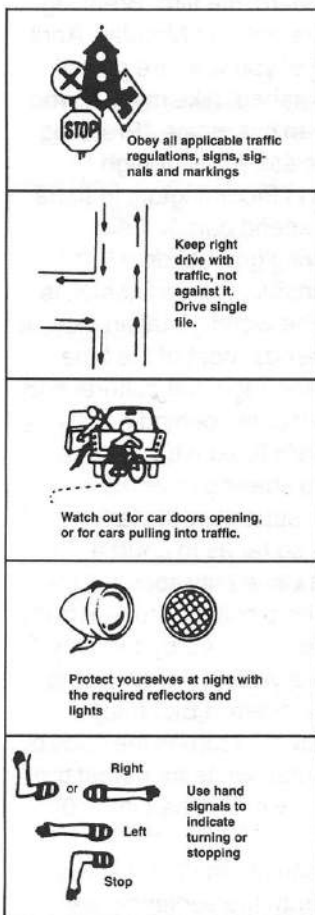
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Bicycle Coalition of the
 Delaware Valley

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: 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.
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 Bonkers Metric, Brandywine Tour, Club banquet and Club picnic, all club events are free to the general public. The general public is welcome!



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

Spring Checklist

Each year before the Freedom Tour, then the Open Space Tour, and now the Bonkers Metric, I have checked out and spruced up my bike. I've just finished building up my new bike, but I have paid the appropriate attention to my faithful Klein, too. Here's what I do:

Clean and Wax: If you want the finish on your bike to look like new five years from now you need to wax it. After cleaning off all dirt and grease (I use Fantastic), use a good quality liquid car wax. I like NU FINISH twice a year.

Chain: Check for stretch by measuring. Replace if necessary. Really clean it with a biodegradable degreaser. There should be no gritty sound when you twist it in your fingers. Dry and re-lubricate.

Check for play or roughness in:

Hubs: Feel the bearing with the wheels off the bike.

Headset: With the front wheel lifted off the ground, turn the handlebars to check for roughness. Then lift the bike by the top tube and shake the stem or fork blade to check for play. There should be none.

Bottom Bracket: Grab both your cranks at once by leaning over the top tube and alternately weight each one. There should be no play. Check for roughness with the chain off of the chain wheels.

Cranks: While riding or on a trainer, stand on the pedals with the cranks in the 3 and 9 o'clock positions. Sit down and rotate the pedals 180 degrees and stand again. There should be no clicks or play.

If there is play or roughness in any of these get it overhauled and adjusted by someone who knows how.

Check for tightness:

Handlebar, seat post, and stem: Tighten the attaching bolts if necessary. Put some weight on them and make sure there is no movement.

Check for wear:

Cables: Look for fraying and rust. Replace or lube.

Tires: Look for cuts or wear that go through to the thread, cracks in the sidewalls, and glass in the tread. Replace if beat.

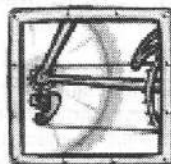
Brakes: Replace pads if there are no grooves left on braking surface.

Chain Wheels and Cogs: Check for severe deformity in the teeth. If you have to replace, you'll need a new chain too.

Check for Adjustment:

Derailleurs: If you're shifting well don't touch it. If not, adjust or have someone do it who knows how.

Brakes: Calipers should work smoothly and symmetrically with each pad contacting the rim at the same time. Pads should be towed in slightly with the front of the pad hitting the rim before the rear. Pads at rest should be 2 to 3 mm from the rim and the levers should not hit the handlebar when fully grasped. Again, adjust only if you know how or have an expert do it.



Check repair and emergency equipment:

Pump: Try it before you need it.

Helmet: Does it need to be replaced? They have a lifespan regardless of wear and tear. Check with manufacturer.

Saddle Bag: Check your repair and emergency equipment. Has your patch kit cement dried out?

Well, that should give you something to do on the next rainy day, assuming we have one. I'll be looking for some real shiny bikes at the Bonkers Metric. Be Safe.

A Fitting Tool That Really Works

By Drew Knox

(Editor's note: This article is one man's opinion and the DVBC makes no recommendations regarding the worth of commercially available products.)

Of the fit junkies who constantly fuss with their bikes, none is more famous than Eddy Merckx. It's hard to tell from his biographies whether his predilection to tinker with fit was the result of his compulsive personality or an on-going effort to relieve back pain resulting from a severe crash. Most of us pedestrian riders spend some time initially "dialing in" our bikes to find a satisfactory setup and then leaving it.

If you fall in the latter category, you may not care about fit. Consider yourself lucky. However, discomfort will drive many riders to seek more comfortable positions. So will a change of events or bikes, injuries, or even a new coach.

Recently, I wanted to move a tried-and-true setup from a custom bike to a new stock bike. I measured the seat height with a tape and set the seat angle with a level. After three rides, my left shoulder was aching so much that it was keeping me awake at night, so I got out my new FitStik Comp. It took about 20 minutes to decipher the obtuse instructions (or am I being redundant?) into a workable tool.

Unlike other fitting tools, the FitStik is like a large pantograph that allows you to measure and copy dimensions from one bike to another. It consists of a vertical ruler, some straps to wrap around the bike to keep the FitStik from moving, and a built-in level. The idea is to set up the primary ruler so that it is plumb by fitting one end into your bottom bracket and sliding a brace down onto the top tube. You flip a second ruler across the saddle to measure setback, which in this case is the distance from a vertical line above the bottom bracket to the back of the saddle. A gauge simultaneously shows the saddle angle.

Then you flip the ruler in the other
See **FITTING TOOL** on p.9



BONKERS METRIC

Sunday, May 19, 2002

65, 50, 35 and 18-mile routes



Time: 8-9 a.m. for 65 & 50 milers; 9-10 a.m. for 35 & 18 milers

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

Cost: \$12 pre-registration (if postmarked by May 5, 2002). \$15 day of the ride. **Ride will be held rain or shine.**

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

Routes: Scenic backcountry 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.

Information: Call Jan Chadwick at 610-541-0784 or e-mail chadwick@crafttech.com



Cut off here and return the form below

BONKERS METRIC, May 19, 2002, Pre-Registration Form

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 18 miles ☐ 28 miles ☐ 50 miles ☐ 65 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 **May 5** with a check or money order made out to **DVBC** to:

Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156.

Brandywine Tour

Sunday, September 1, 2002

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 23, 2002). \$15 day of the ride. **Ride will be held rain or shine.**



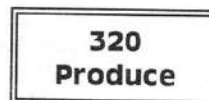
Expected Attendance: 300-500 riders

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 1, 2002, 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 23** 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 MAY 2002



*****Recurring Weekday Rides*****	
Weekdays, All Month, 7a Miles: 10, Class: C+/B- Weekday Ramble	Just about every weekday (Thursday is the Breakfast Ride), I'm out there doing a 10-mile c+/b- ride at about 7 am. Leaving from my home in Havertown (401 Colfax Road) to various destinations. It's important to call the night before in case times change. Contact Joel at 610-789-7673 or joelperlish@aol.com a couple of days ahead.
Tuesdays, 6:00p Miles: 10-20, Class: C Vocabulary Ride	The Vocabulary Ride begins its fifth 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 dm_trout@hotmail.com
Wednesdays, 6:00p Miles: 25+, Class: B+/A- Workout	Meet me at Rose Tree Park on Rte. 252 for a good after work workout. In our second month of training, the pace and distance will increase and the hills will seem smaller. Come and take your frustrations out on the bike as we push the pace to B+/A- this month. Expect a fast pace and a few good hills. Contact Tony at 610-416-0514 or tony@craftech.com to confirm the ride.
Wednesdays, 6:00p Miles: 15+, Class: B- Wednesday Evening with Sarah	Meet at Rose Tree Park on Rte. 252 for a B- ride through the surrounding area. Expect some hills. Contact Sarah Clark at 610-353-3494.
Wednesdays, 6:00p Miles: 18-30, Class: C+ Ride with Bonnie and Len	Meet at Kingsway High School (Rte. 322 and Kings Highway) parking lot. We'll stay together as a group. No one gets dropped. Speed isn't important, but getting out and riding is. Mileage will increase as the evening light gets longer. We'll probably have this ride on Thursdays, also, but check with me on Wednesday night or contact me during the day at 856-866-1000 ext. 3472, 8:15am-5:15pm, to verify or with any other questions.
Thursdays, All Month, 7:30a Miles: 10-25, Class: C-/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.
Saturdays, All Month, 10:00a Miles: 10-50+ Developmental Ride	Ride will start from the Great Valley Corporate Center. The ride will focus on developing bike handling skills and learning how to properly ride in pacelines. Ride will range from 20 - 50 miles or more. You can come out and ride for as many miles as you feel comfortable. This ride is coordinated with the Brandywine Bicycle Club. Contact Sarah Clark at 610-353-3494.
Saturday, May 4, 8:30a Painting Ride	All members are needed to paint roads for the Bonkers Metric Tour. Contact Jan at 610-541-0784 or chadwick@craftech.com
Sunday, May 5, 9:00a Miles: 25 +-, Class: C Manayunk	Meet me at the Valley Forge trailhead for a ride down the Schuylkill Trail to Manayunk. Bring or buy lunch at the Bucks County coffee shop. Call Bob 610-833-2365.
Sunday, May 5, 9:00a Miles: 70+, Class: A Art Museum/Valley Forge	New route, new hills, more challenge. Meet at Rose Tree Park and we will travel to Manayunk, do our normal Art Museum loop and back through Valley Forge. Expect a fast pace and lots of nice friendly hills. Contact Tony at 610-416-0514 or tony@craftech.com
Monday, May 6, 7:00p 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

Saturday, May 11, 7:00a Miles: 100 +/-, Class: B Brandywine Tour Revisited	Meet at the Chadds Ford Elementary School and ride the Brandywine Tour route into Lancaster County. Bring money for food and water. Call Bob Leon for more info at 610-833-2365 before 9:00 pm.
Saturday, May 11, 9:30a Miles: 30, Class: C Brandywine Loop	This will consist of a 23-mile loop followed immediately by an optional 7-mile loop to visit tourist attractions of QVC, Helicopter Museum, and a 300-yr. old tree. Cue sheet for first loop. Meet at 9:30am in the back of Christ Community Church (front is under construction) in West Chester. See map link at www.geocities.com/brandywinebikeclub/Maps.html Info: Bob Blackburn at TriBobPA@yahoo.com or 610-429-3396.
Saturday, May 11, 10:15a Miles: 15-30, Class: C CU at Selene	Start at Selene Whole Foods Coop, 305 West State St. in Media. Enjoy this Springtime ride through the hills and valleys to Ridley Creek State Park and beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Coop. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
Sunday, May 12, 7:30a Miles: 5.1, Class: All Time Trial	Must be a DVBC member to participate. Membership forms will be available. 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.
Sunday, May 12, 8:30a Miles: 35+/-, Class: C Mother's Day Kountry Kitchen	Join me for a leisurely 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 at 610-833-2365.
Sunday, May 12, 9:15a 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 .
Saturday, May 18, 8:30a Miles: 40+, Class: C+ Ride to Marsh Creek	Meet at Chadds Ford Elementary School. We'll mostly follow the DOT bike route to Marsh Creek. The terrain is mostly flat to rolling. No major climbs. No one gets dropped. There's a general store that we'll stop at just prior to arriving at Marsh Creek. Faster riders are welcome and cue sheets will be available, but scheduled pace will be held for the main group. Contact Len Zanetich at Work: M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
Saturday, May 18, 8:00a Miles: Your choice -- All Volunteer Ride	Meet at parking lot # 15 and ride the tour route at your pace and distance. Call any board member for more info.
Sunday, May 19 Miles: 65,50,35,and 18 Class: All BONKERS TOUR	<p style="text-align: center;">8 -9:00 a.m. - 65 & 50 miles 9 -10:00 a.m. - 35 & 18 miles</p> GO BONKERS and enjoy the Delaware Valley Bike Club's fabulous spring tour. Tour begins at Ridley Creek State Park and meanders through parts of beautiful Delaware and Chester Counties. Tour features wonderful scenery, food and water stops, cue sheets, well-marked routes, and SAG support. Cost: \$15 Day of Tour. Rain or shine. Contact Jan Chadwick at 610-541-0784 or chadwick@crafttech.com or go to our website www.dvbc.org .
Saturday, May 25, 7:00a Miles: 126+/-, Class: B Ocean City, NJ	Join me for the first Shore Ride of 2002. We'll meet at the Kingsway High School on Routes 322 and 551. "TOP SPEED FOR THE "B" RIDERS WILL BE 20 MPH IN A PACE LINE". "A" riders are welcome or they may start later and meet us on the Boardwalk. Bring money for food and drink along the way. Call Bob for more details: 610-833-2365.
Saturday, May 25, 8:00a Miles: 4+, Class: All Hike the Wissahickon	The second in a series of monthly hikes. Last month was a flat hike, this month we get a few hills. If you've never been to the Wissahickon you have missed a real gem of a park. We will meet at the Pathmark parking lot in Folsom and carpool to the park. We will hike for at least 2 hours. Bring water, snack and money (in case we stop for lunch). Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Sunday, May 26, 8:30a Miles: 35 +/-, Class: C. Glassboro	We'll meet at the Kingsway High School on Routes 322 and 551, ride into Glassboro, and stop at the farmers produce on Greentree Road. Call Bob for details at 610-833-2365 before 9:00 pm.
Sunday, May 26, 9:00a Miles: 80 - 82, Class: A - "Cross County Tour"	Meet at Westtown-Thornbury Elementary School (on Westbourne Rd. north of 926) A very scenic tour that crosses from southeastern Chester County, north and west to Berks and Lancaster County. Two tough climbs in the middle third of the route. Bring money for two stops. Call Glenn Lyons (610) 399-0624 or rollingspeed@cs.com

Friday, May 31, 12:00p
Saturday, June 1
Sunday, June 2
Weekend Getaway
Hunter Mountain

For those interested, we will leave here on Friday, May 31st around 12:00 pm, and drive upstate NY to Hunters Mountain. On Saturday we will do a 60+ mile ride with 2 MAJOR climbs. The climb to Hunters Mountain itself is 16 miles long with some 15% grades. Second MAJOR climb will be at the end of the ride for 12 miles with some 12% grades, but probably an average of a 7% grade. After this ride, we will be rewarded with a barbecue at my brother-in-law's log cabin. On Sunday, depending on how we feel, we will do a 45-mile ride and try to find some flats (yeah right, we are in the mountains, guys) before returning home. I will be going up to map a new route for this year and find a hotel, so check the web site for updates as we get closer to the date, or call Tony for details and to reserve your spot. 610-416-0514 or tony@dvbc.org

Elsewhere....

This is the 46th consecutive year the **League of American Bicyclists** has proclaimed May as National Bike Month. Bike to Work Week is May 13-17 and Bike-to-Work Day is Friday, May 17th. President Bush, in appointing Dr. Richard Carmona as Surgeon General, said, "The doc and I are going to encourage all our country to either run or walk or swim or bicycle for the good of their families, for the good of their own health, and for the good of the health of the nation." May is also National Bicycle Safety Month. Visit www.cdc.gov/ncipc/bike/month.htm for key safe riding lessons for children, including how to wear a helmet properly and five rules to avoid fatal crashes.

Susie Stephens, a national leader in bicycle advocacy, died March 21 after being struck by a tour bus while crossing a street in downtown St. Louis. Stephens, who was 36, was in St. Louis working as a consultant for the National Center for Bicycling and Walking to help run a conference on transportation choices. Stephens resided in Winthrop, WA, a tiny mountain biking community of about 700 in the Cascade Mountains of central Washington. Friends in Washington said she was a passionate cyclist who regularly biked to work.

In somewhat of a rarity among bicycle clubs, the **Princeton Free Wheelers** report in their April newsletter that they experienced a contested election for their presidency. This is a scenario that our Jan Chadwick (president-for-life?) can only dream about ☺.

In March, our tv-viewing members who subscribe to Comcast had their fondest hopes realized when that cable provider began offering **Outdoor Life Network**. Now, along with subscribers to DirectTV, they can view live broadcasts of all the great bike races, including Paris-Roubaix and the Tours of Italy, France and Spain.

Sunday morning mountain bike rides
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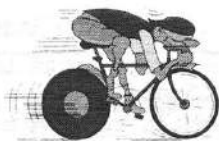
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Bike Dirt

By F.X. Pedrix

I was short of breath, sweating profusely, my face was flushed, pain radiated down my arms, and I felt terrible. Was I having a heart attack?? No... it was my first trip of the year up Sweetwater Road. After a winter of too many couch potatoes, Twinkies, and brewskis, I was paying for it now. When we were leaving for the ride my ever-so-lovely (and trim) wife Babs remarked that in my new club jersey I looked "like a multi-colored pork sausage." I looked down at my stomach and said to her, "What, you don't like my washboard abs?" "Well," she replied, "I would if they weren't covered in a large roll of fat." Ah, my ever-so-supportive Babs.

Speaking of support, Babs has decided to actually start riding this year (a weak yea). We have attended a few rides early this year. So far, she has beaten me up every hill, so my work is cut out. I must lose the extra pounds and get back into shape. (I didn't feel too bad out on the rides, we ran into more than a few Twinkie-packed DVBC members.) We also noted a number of new bicycles especially those titanium babies with the letters HH on them.

To help you with the spring training rides:

Top Ten Ways to Tell If You're Bonking

- 10) You wish your bike had power steering.
- 9) Your tongue feels like five-day-old road kill and tastes like it too.
- 8) You've lost all feeling above your toes.
- 7) Forget clicking out of your pedals, you can't even click in!
- 6) You have cramps in your cramps.
- 5) Your trip computer's average speed is 7.
- 4) You no longer hold your wheezing while passing elderly lady bikers.
- 3) You no longer hold your wheezing

while elderly lady bikers pass you!
2) You start thinking, "Yeah, I could sleep right there. Yeah, right under those shrubs." And the number one way to tell if you're bonking is...

- 1) Instead of shouting, "Passing on the left!" you're shouting, "Cardiac on the right!!!"

While on a ride this year, I was offered a strawberry energy bar and although I was hungry, I didn't think I could stand its cloying sweetness. Later while riding, I thought why not have other flavors? Since we are out killing ourselves why not have a good tasting energy bar? These are some flavors I came up with:

Cool Ranch
Barbecue
Pizza flavored (Any variety other than pineapple)
Nacho Cheese
Sour-Cream & Onion
Double cheeseburger w/grilled onions
Corona w/lime
Taco Bell Gorditas

What flavor would you like to see?
Send your suggestions or any other news, jokes, trivia, rumors or outright lies, to fxpedrix@hotmail.com.

Bike to Work Day in Media

Friday, June 7, 8 am

Courthouse courtyard
Front and Orange Sts.

Free food, info and prizes.
Everyone welcome.

Contact Ira at 610-566-1137
or ira@dvbc.org

From **MOVIE NIGHT** on p. 1
Best Screenplay. But somewhere during the second half, the film evolved into the Bob Martin story. I say this because, after his beautiful Italian road bike was damaged, our hero Dave was forced to resurrect an inferior bike for use during the Little 500. Gathering various parts and assembling them in his workshop, Dave accomplished what few mortals would dare to attempt – just like Bob.

As the final credits rolled, we returned the benches in the Peace Center to their usual positions and tidied up. While this DVBC Movie Night will be hard to surpass, I'm certain that our members will let their creative juices flow as they plan the next meeting. First Union USPRO Championship highlights, anyone?

From **FITTING TOOL** on p.3
direction to measure the reach, which is the distance from the vertical ruler to the bars. Another gauge shows the degree of drop to the bars.

I knew my saddle had slipped and raised that back to my optimum height. Then I loosened the saddle adjustment bolts and copied the seat angle. Because the two bikes had different seat tube angles, the setback and reach were different. However, I was delighted to find that the sum of the two measurements on each bike was identical, so I wouldn't need a new stem. Instead, I matched the angle on my custom bike by raising the stem 3 degrees.

After 10 minutes work, the new bike felt as good as old and my shoulder pain hasn't returned. Now I can't wait to measure up some guests when they come over to ride the tandem. For more information about the FitStik go to <http://www.cyclemetrics.com>.

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REGIONAL EVENTS

May 4: Farmlands Flat Tour, Lincroft, NJ. 18, 25, 38, 50, 62, or 100 mi. on flat terrain. \$20 day-of event, no shirt or lunch. Central Jersey Bicycle Club, Howie Glick, 3 Tracy Drive, Fords, NJ 08863; 732-225-HUBS. <tandem2@erols.com> <howie-g@juno.com> www.cjbc.org

May 4: Turkey Hill Country Classic, 100 km, Lancaster PA. www.manortwp.org. Info will be available at www.manortwp.org

May 5: SCU Quad County Metric, Green Lane, PA. Formerly Mexican Metric. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. <centuries@suburbancyclists.org>

May 11: Pinelands Triple Loop, 29, 65, or 100 mi. Batsto State Park. \$15. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. <sundeck@sprynet.com> www.shorecycleclub.org

May 11: Ridin' for a Reason Metric Century (to fight Leukemia & Lymphoma) 35 or 63 miles over former Mexican Metric route. \$25. No additional fund raising, aside from entrance fee. Lower Perkiomen Park, Egypt & New Mill Rds, Oaks, PA. Ty Sadoff, 610-521-8274, ext. 224. sadofft@pa-est.leukemialymphoma.org

Sun. May 19: Bonkers Metric, Ridley Creek State Park (Parking Lot #15), Media, PA. 18, 35, 50, or 65-mi. \$12 pre-reg. by 5/10; \$15 after. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156; 610-541-0784. <chadwick@crafterch.com> www.dvbc.org

June 1: Get Ready Metric, Pennsville, NJ; 32 or 64 mi. Fort Mott by the Delaware River. \$14 pre-reg. until 5/24; \$17 day of. South Jersey Wheelmen, P.O. Box 2705,

Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org

June 7-9: Chesapeake Bay Bike Tour, Salisbury, MD. American Lung Association of Maryland, 1840 York Rd, Ste. M, Timonium, MD 21093-5156; 410-560-2120. <bike@amlungmd.com> www.lungusa.org/maryland/special.html#chesapeake

June 8: Night Mare Tour of Lancaster County, Marietta, PA; 177 mi. See June 15 Dream Ride for shorter routes. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141. www.dreamrideprojects.org

June 8-9: MS150 PA Dutch. 2-day 150-mi. From Lehigh Valley Velodrome. Overnight accom. at Kutztown Univ. 2-day 100-mi. route option Reg. fee + min. donation. National M S Soc., Greater Delaware Valley Chapter, 1 Reed Street, Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <pae@nmss.org> www.ms150biketour.org

June 9: First Union USPRO Championship & Liberty Classic Races, Philadelphia. For pro racers only, but great spectator event for all. No car traffic & no parking along route. Bike to race or take SEPTA. <www.firstunioncycling.com>

June 15: Dream Ride for Lancaster County, Marietta, PA. 15, 30, 62, or 100 mi. w/specific start times for ea. route. Dream Ride for Lancaster County, P.O. Box 141, Lancaster, PA 17604-0141. <www.dreamrideprojects.org>

June 15: The Longest Day, High Point, NJ to Cape May, NJ, 200 mi., or lower-leg Allentown, NJ to Cape May, 100 mi. One-way ride diagonally across New Jersey from North to South. \$30, participants

must pre-reg. by 5/15 and join Central Jersey Bicycle Club, P.O. Box 2202, Edison, NJ 08818; 732-287-9447. <longestday@att.net> www.cjbc.org

June 16: Freedom Valley Bike Ride, Philadelphia, PA. Bicycle Coalition of Del. Valley, 252 S. 11th St., First Floor, Philadelphia, PA 19107-6735; phone 215-898-4937, fax 215-829-0426. <fvbr@bcdv.org> www.bcdv.org and www.freedomvalleybike.com

June 21-26: Bike Virginia - New River Valley Odyssey. Bike Virginia, P.O. Box 203, Williamsburg, VA 23187-0203; 757-229-0507, Fax 757-259-2372 www.bikevirginia.org

June 22: Jersey Double, Whitehouse Station, NJ. 200-mi. Western Jersey Wheelmen, Bruce Thomson, 213 Black River Rd, Long Valley, NJ 07853-3067; 973-285-5010 (day), 908-879-6477 (eve), 973-539-3190 (fax). <jerseydouble@wjw.org> www.wjw.org

June 23: Bay to Bay Ride. Betterton, MD. 27-104 mi. \$20 pre-reg. by 6/1, then \$25. Jim Gent, 7 Cedar Chase Court, Chestertown MD, 21620-1665. (410-778-4881). <www.active.com>

July 7: Delaware Double Cross, Middletown HS, Middletown, DE; 31 or 62 mi. 62-mi. \$12 pre-reg., \$18 day-of event. White Clay Bicycle Club, Paul Stevenson, 35 Rossiter Circle, Newark, DE 19702; 302-368-2167. <info@whiteclaybicycleclub.org> www.whiteclaybicycleclub.org/xx.html

July 14: A.C.S. Bike-A-Thon. 1-way ride: 62 mi., 6:45 a.m. start from Ben Franklin Bridge, Phila.; 48 miles, 7:45 a.m. from Voorhees, NJ; or 32 miles, 8:45 a.m. from

Continued on next page

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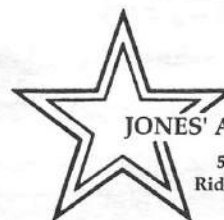
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REGIONAL EVENTS (cont.)

Hammonton, NJ. All end at Lenape Park, Mays Landing, NJ. Return trans. available. Reg. fee + min. donation. ACS, 1626 Locust St., Philadelphia, PA 19103; 215-985-5400.
<info@acsbike.org> www.acsbike.org

July 19-25: Cycle Across Maryland (CAM) Tour, 300-450 mi. on Eastern Shore. One Less Car, 700 Melvin Ave. Suite 7B, Annapolis, MD 21401.
<info@onelesscar.org> www.onelesscar.org

July 27: Phila. to Atlantic City. 7:45am from 20th & Walnut. By Variety Club to help children w/disabilities. 65 mi. tour from Philly to AC. Police escort thru Philly and Camden. After ride complimentary Deck Party w/ food, open bar and raffle. Ea. rider must raise a min. of \$100 w/all

proceeds benefiting charity. Joel Karsch, 215-418-3077 <joel.karsch@db.com>

July 27-Aug. 3: Penn Central. 1-way supported tour from Pittsburgh to Phila., 450 mi. Pedal Pennsylvania, P.O. Box 385, Harleysville, PA 19438; 215-513-9577, fax: 215-513-7552. <Pedalpa@netcarrier.com> www.Pedal-Pa.com



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Send name & address to: <kferguson@greaterthan40sports.com> or Kevin Ferguson, Greater Than 40 Sports Media, 1055 Stewart Ave., Suite 8, Bethpage, NY 11714



Time Trial Results

Sunday, April 14



Name	Category	Time	Avg. Speed
David Creagan	B/M	14:41:00	20.84
Dom Zuppo	B/M	15:23:00	19.89
Eric Zwicky	B/M	15:34:00	19.66



BONKERS METRIC

Volunteers Needed:

- Help at food stops
- Drive SAG
- Supervise parking lot (for one hour, then ride)
- Contribute baked goodies

.....

Benefits:

1. Hang out with cool cyclists
2. Watch riders labor up Sweet-water hill from the comfort of a SAG wagon seat
3. Free party afterward at DVBC president's house

Contact Jan at 610-541-0784 or chadwick@craftech.com or any of the board members (see list inside front page).

Available at Bonkers Metric



DVBC jerseys
\$45.00

OR

Bonkers t-shirt: \$10.00

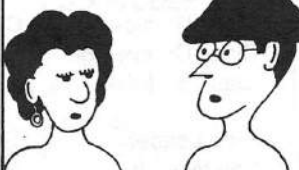
Pick up the one you've ordered or buy one on the spot. Contact Jan at 610-541-0784 or chadwick@craftech.com

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

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



GO BONKERS!

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