

Delaware Valley Bicycle Club



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

August 2002

To C or not to C

By Dominick Zuppo

It's Friday, July 5th, 4:30 – in the morning. An impromptu Kountry Kitchen ride in New Jersey is scheduled for a 6 a.m. start, and I'm getting ready for it.

Or maybe it's Wednesday afternoon, right after work. The temperature hovers around 98 degrees, but you're on your way to Rose Tree Park to meet with some like-minded riders who want to work off some stress as well as a few calories.

If you haven't raised some eyebrows around the water cooler lately with your own cycling stories, you're probably wondering, "What is it with these riders? Are they crazy? Do they really ride in the rain, in the heat, in December?" And I'm not talking about those truly buff, color-coordinated athletes who don their spandex and head for the hills without a granny-gear (more power to 'em, though).

That's right, folks, I'm talking about the rest of us. Those 30-, 40-, and even 50-something C-riders who drag out their bikes and butts in search of good weather, good roads, and great company. Riders who travel all the way from Delaware County and beyond to the Garden State ("It's only this far on the map.") for a ride and a bite to eat.

But you know, it's not just the ride that matters. Sure, it's good to burn off the "stored energy" provided by that extra slice of cheesecake, but it can be more than that. What I look forward to is the time spent outdoors, away from the hustle and bustle of the daily grind, spinning my pedals at a reasonable pace and spending time with

cyclists of a similar mind.

You're probably thinking, "This guy is out of touch with reality. I've got my brother's birthday party on Saturday and my daughter's ball game is Tuesday after work; my manager wants an update on my project and my husband won't be home from his trip until Friday. When am I going to find time to ride my bike?" Life as we know it. Welcome to the ___'s (what do we call this century, anyway?).

Maybe I am out of touch. Out of touch with nature, with other human beings, with the things that children and other sensitive souls already know – the sheer joy of being out and about, taking in the sights, sounds and smells of a world just a few miles from our homes. They're waiting for you, you know; the fields of corn grown by local farmers, the hopeful calls of tree frogs

See **TO C OR NOT** on p.3

Mark your calendar!

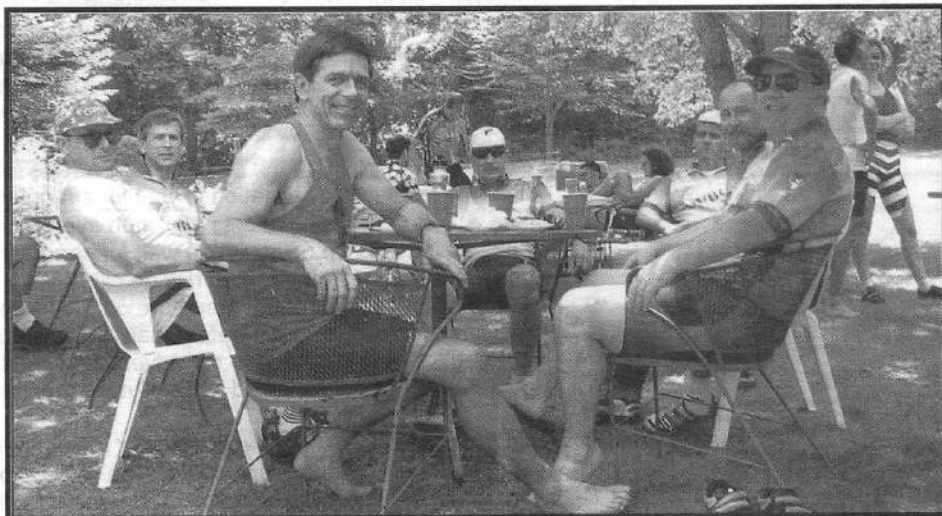


BRANDYWINE TOUR

Sunday, September 1

See the flyer on p.8 for more information.

Note: new starting location, and, food will be offered at the end of the ride.



Enjoying a warm afternoon at the DVBC club picnic are from left Mike Toof, Dave Hartum, Bill Robb, Bob Martin, Len Zanetich, Mike Farrell and Mike Scott.

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.

Board of Directors & Staff

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

Mike Young, *Vice President*, 610.461.9040 or
youngm@email.chop.edu

Bob Leon, *Treasurer*, 610.833.2365 or
bleon@craftech.com

David Bennett, *Secretary & Advocacy Coordinator*,
610.626.1344 or queenofsheba@craftech.com

Bob LaDrew, *Newsletter Content Editor*,
610.383.9327 or 2ladrews@netreach.net

Judy LaDrew, *Newsletter Layout Editor*,
610.383.9327 or 2ladrews@netreach.net

Jeff Ried and Tony Rocha, *Ride Coordinators*,
rides@dvbc.org or Jeff at 610-892-7289

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

Len Zanetich, *Timetrial Coordinator*,
l.zanetich@telesciences.com

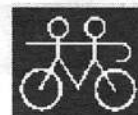
Dominick Zuppo, *Mail Labels*, 610.544.8630 or
domzuppo@worldnet.att.net

Brian Wade, bwadedvbc@aol.com

Club Affiliations



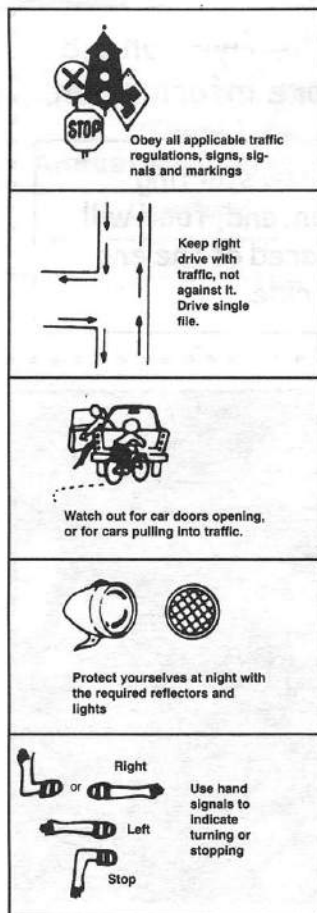
LAB



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



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

Do a "Fred" Ride (no offense to those named Fred).

Some rides improve your endurance. Some rides make you more powerful. Some rides are good for the soul.

Some years ago I read that bikers riding slowly, wearing baggy shorts, clunky looking helmets, and having kick stands on their bikes were called "Freds". Every once in a while when all the conditions are right, I do a "Fred" ride. It's good for the soul.

I woke up Sunday eager to do the "Kountry Kitchen" B ride only to hear the sounds of rain on the skylight in the bathroom. Radar on the weather channel confirmed showers all morning, so I headed to the garage to do some maintenance on the bikes hanging from the ceiling. The rain tapered off and I became itchy to ride.

I looked to my Klein, now my wet-road machine, and remembered that I had removed the pedals and put them on our tandem for the Mini-CAM next weekend. My number three bike, a hybrid, was next in line. Lauren, my daughter, and I had ridden the tandem hard in the hills yesterday so all the conditions for a "Fred" ride were in place: wet roads, hybrid bike, recovery day.

I put on my camouflage: T-shirt, baggy shorts with lots of pockets, no cleats bike shoes, old helmet, no sun glasses, and totally laid-back attitude. I headed for Ridley Creek State Park.

Leaving the cars behind, I pass through the gates, drop my cadence

below 50, and start smiling and making eye contact with all who would oblige me with a friendly "Hello". I watch the tight-shorts guys fly by me and I don't pursue, not today. Instead, I compliment a six-year old on his helmet and smile broadly at a mom teaching her daughter to ride a three-wheeler, two-wheeler with one training wheel.

I get to talk to three walkers who I know. Moving slowly enough, unlike my usual rides, they have a chance to recognize me without my sunglasses. I turn around at the top of the big downhill and ride back the way I came, so I can say hello to all the people who were going in the same direction I was. I get lots of sincere responses. It feels good. The people who smile back feel good, too. I wonder why some people avoid eye contact and miss out on the warmth that even strangers can share.

There are a lot of good people out there. Take a "Fred" ride and be openly friendly. It's good for the soul.

From TO C OR NOT on p.1

in the marsh at dusk, the smell of honeysuckle as you glide down the road.

Sure, it takes time – time away from your family or friends. Some may feel you're being selfish. But think about it for a moment. Stress, calories, free radicals – possibly building up inside our bodies, waiting for just the right moment to strike. Do you have to catch your breath after climbing a flight of stairs at work? How's your blood pressure; doctor been getting on your case lately? It reminds me of that auto parts commercial from some years ago – "You can pay me now, or you can pay me later."

Riding your bike at a leisurely pace can bring you back; back to a time you may have thought was long gone. I know of one rider who occasionally weaves his bike down the lane like a 7 year old – an enchanting sight that always brings a smile to my face. It can also bring you forward, towards views and opinions different from your own. You'd be surprised at the conversations I've heard; retirement planning, world issues, Lance Armstrong (sorry, I couldn't resist), all from the handlebars of my bike.

That's the beauty of a C-ride, an athletic and aesthetic experience all rolled into one. Two or three hours spent working some muscles, enjoying the view, and loving every minute of it (almost). There are many rides posted by local cycling clubs, including your club, the DVBC. If you have Internet access and an email account, you can also register with the club's list serve and tune in to spontaneous ride suggestions. Just like the fields and frogs, we're waiting for you, too – won't you come join us?

WELCOME



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Terry Rumsey

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DVBC Member Sobolewski Completes Double

On June 22, the DVBC's Ed Sobolewski biked the Jersey Double, a 200-mile ride out of Whitehouse Station, NJ. Here's Ed's account of that undertaking:

Since I did not have my biking buddies with me, I hooked up with three guys until after lunch and then continued with two others after one of the original three had *four* flats.

I finished the ride with 81 other great riders with a 19.0 mph average in about 10 hours and 30 minutes of actual riding time and, if you add the rest stops and the lunch, it would add up to eleven hours total time (not much of a rest). Three of us finished as a second group just a few minutes behind the fastest two.

I had always thought that New

Jersey was as flat as a pancake, but I had only biked in South Jersey before. This ride was not flat by any means, with 10,240 feet of vertical climbing and three climbs between 3 and 5 miles long. I would call it hilly. They are not the Hunter Mountain type climbs but

long and steep enough for a 200-mile ride. It was also on the warm side that day with the temperature reaching 90, and so proper hydration was a bit of a challenge.

There were some other things I discovered: the bicycle seat gets really narrow after you pass about 130 miles and it continues shrinking until you're sitting on nothing bigger than a razor blade. The suffering starts at around mile 140 and increases until you are finally off the bike at the finish line, either on your own power or helped by an emergency crew. Actually, I was not completely whipped when we

See **SOBOLEWSKI** on p. 11



Ed Sobolewski,
who needed a
"little 45-mile
recovery ride" the
next day.

Make the Frame to Fit the Rider, Not the Components

By Drew Knox and Bill Boston

We've been seeing lots of good articles on fit lately, particularly on roadbikerider.com where you can get freebies by two of our favorite cycling authors, Fred Matheny and Ed Pavelka. Naturally, we gravitated to the story "How To Perfect Your Riding Position & Technique" where a quote from Andy Pruitt, Ed.D. and director of Colorado's Boulder Center for Sports Medicine jumped out at us: **"Adjust your bike to fit your body. Don't force your body to fit the bike."**

Maybe it was the bold lettering but that same thought had been centralmost in our recent correspondence with Georgena Terry. Terry produces bicycles, saddles, and clothing especially for women. In the early '80's she collaborated with Bill to use his design to produce bikes with 24" front wheels and full-size rear wheels. These bikes were expressly designed to fit women with an inseam (measured floor to crotch in bare feet) of no more than 75 cms (29.5") and standing 5' 3" in height and shorter.

When you straddle a bike, you want 1 (to 1.5) inch(es) or less of clearance between your crotch and the top tube. We see lots of slanted top tubes trying to emulate that but we're not so fond of that approach. In reality, the minimum top tube height with 700c wheels is just under 30" when the top tube is level. A two-inch slope in the top tube will only produce a one-inch reduction in standover height, but it will shorten the seat tube by a full two inches. This makes the frame size smaller, but it has little effect on the actual fit of the bike.

Otherwise — without a small front wheel — you can only shrink a frame down so far before there isn't enough room at the head tube for the top tube and down tube to join. Even before that event occurs, there is a problem

with what used to be called toe clip clearance. In any case, the 24-inch front wheel solves all of those problems and rides like a dream. At least, that's what I overheard last summer on Cycle Montana from two women talking in conspiratorial reverence about their Terrys.

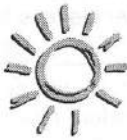
A more common problem for women riders is that many bikes are designed for men who, at the same height — or more specifically having the same leg length — have longer arms and thus need a longer reach than women (reach = top tube length + stem length). It's no wonder then that we see so many women straining to reach for the brake hoods and eschewing the drops altogether. When the bike is too long, shoulder and neck pain are sure to follow.

According to Terry, "Our top tubes are anywhere from one-half to one inch shorter. We use 65 mm stems in most cases. There's more going on than just the stem-plus-top-tube equation. If another manufacturer achieves a short top tube with a steep seat angle, the comparison of top tube/stem won't be a good one, i.e. is a bicycle with a 50 cm top tube length and a 6 cm stem the same as one with a 49 cm top tube and a 7 cm stem? Not if the first bike has a 77 degree seat angle and the second has a 73 degree seat angle."

This may be getting pretty technical for the first-time buyer. The best advice from Terry is, "Never leave a bike shop with a bike that is adjusted to 'the max' i.e. the seat is as far back as it can go, the stem is as short as possible, or the seat is as low as it can go. Should your riding style change, you're out of luck."

For more information on Terry bicycles, go to their web site at <http://www.terrybicycles.com> <<http://www.terrybicycles.com>> .

DELAWARE VALLEY BICYCLE CLUB



Ride Calendar AUGUST 2002



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

Tuesdays, 6:00p Miles: 15-20, Class: C Vocabulary Ride	Join us for a spin around Southern Delaware County. Learn a vocabulary word or bring one to share. Meet us at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Wednesdays, 6:00p Miles: 20+, Class: C/C+ Wed. Evening with Dom	Will we see the Vice President at Cheney U? Is Dilworthtown really a town? Meet me and some of your fellow C riders at Rose Tree Park, Rte. 252 near Media, PA, for a "hills are our friends" ride through the surrounding area. No worries, no one will be dropped. Contact Dominick Zuppo at 610-407-4958(w) or 484-433-0476 (cell).
Wednesdays, 6:00p Miles: 25+, Class: A Workout	Meet me at Rose Tree Park on Rte. 252 for a good after work workout. Expect a fast pace and a few good hills. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.
Wednesdays, 6:00p Miles: 18-30, Class: C+ Ride with Bonnie and Len	Meet at Kingsway High School parking lot, Rte. 322 and Kings Highway in New Jersey. We'll stay together as a group. No one gets dropped. Speed isn't important, but getting out and riding is. Contact me at 856-866-1000 ext. 3472 daily 8:00am-5:00pm with any questions.
Thursdays, All Month, 5:45p Miles: 20+, Class: B Show & Go Evening Ride	Join me or one of our fine ride leaders for a fast-paced ride from Rose Tree Park, Rte. 252, just north of Rte.1. Call Bob Leon at 610-833-2365.
Saturday, Aug. 3, 6:30a Miles: 130+/-, 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. 3, 9:30a Miles: 15-30, Class C CU at Selene	Start at Selene Whole Foods Coop, 305 West State St. in Media. Enjoy this 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, Aug. 4, 8:45a 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. 5, 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, Aug. 10, 8:00a Miles: 45+, Class: C+ Ride to Marsh Creek	Meet at Chadds Ford Elementary School, Rte. 1. No one gets dropped. Contact Len Zanetich at Work: M-F, 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
Saturday, Aug. 10, 8:00a Miles: 76, Class B+/A- Tri-State Journey	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. Travel scenic roads in PA, DE, MD, through the White Clay Creek Preserve with a stop at mile 35 in Elkton, MD. Your cycle computer will read an average speed of 17+ back at the school parking lot. Glenn Lyons (610) 399-0624 or rollingspeed@cs.com
Sunday, Aug. 11, 8:00am Miles: 5.1, Class: All Time Trial	Must be a DVBC member to participate. Membership forms will be available. Participants should be ready to be timed at the scheduled start time. Rtes. 662 and 601, Purelands Industrial Park, Bridgeport, New Jersey. Contact Len Zanetich at Work: M-F 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
Sunday, Aug. 11, 9:00a Miles: 45+, Class: C+ Ride to Salem	Ride with Bonnie and me after the Time Trial from Rtes. 662 and 601, Purelands Industrial Park, Bridgeport, New Jersey. No one gets dropped. Contact Len Zanetich at Work: M-F 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.

Sunday, Aug. 11, 8:30a Miles: 38+ to 50+/- Class: All Kountry Kitchen MS Fundraise	Join me for a ride to the Kountry Kitchen for breakfast and help me raise money for Multiple Sclerosis. Donations will be \$15.00 which includes your breakfast. Cue sheets will be provided. Please RSVP on or before August 10th so I can make reservations. Last year we had 21 riders. I hope you can come out, have fun, and help me raise money to help people less fortunate than our selves. Call Bob Leon at 610-833-2365.
Saturday, Aug. 17, 7:00a Miles: 100+, Class: B Mays Landing	We'll start from the Kingsway High School on Routes 322 and 551 in New Jersey. 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.
Saturday, Aug. 17, 7:30a Miles: 100, Class: A+ Mays Landing	We'll start from the Kingsway High School on Routes 322 and 551 in New Jersey and go have lunch with Bob's group in Mays Landing. This is it guys... this is our chance to break the 22 mph average. Contact Tony at 610-416-0514 or tony@craftech.com
Sunday, Aug. 18, 8:30a Miles: 40 +/-, Class: C Schuylkill Trail North	We'll meet in Conshohocken by the bike trail, ride north towards Valley Forge and ride some or all of the newly paved trail north. Call Bob at 610-833-2365 for directions to the start point.
Saturday, Aug. 24, 6:30a Miles: 125 +/-, Class: B Oyster Creek	We'll meet at the Kingsway High School, Routes 322 and 551 in New Jersey. The ride will take us through Mays Landing then northeast to Oyster Creek. What we find there will be new to me. Call Bob at 610-833-2365.
Sunday, Aug. 25, 8:30a Miles: 30 +/-, Class: C Jersey Ramble	We'll meet at the Kingsway High School, Routes 322 and 551 in New Jersey for a ride to anywhere in South Jersey. Call Bob at 610-833-2365.
Sunday, Aug 25, 8:00a Miles: 70+, Class: A Art Museum/Valley Forge	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
Saturday, Aug. 31, 7:00a Miles: Vary +/- Volunteer Ride	We'll meet at the Chadds Ford Elementary School and ride the various routes of the Brandywine Tour. Call any board member for details.

Sunday morning mountain bike rides
Call for information

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Special discounts for club members

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Note the
new starting
location!

Brandywine Tour

Sunday, September 1, 2002
28, 50, 65 and 100-mile routes

NEW!
Food after
the ride.

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: Pocopson Elementary School in Pocopson, PA

Directions: *From Rte. 202* just south of West Chester, take Rte. 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot.

From Rte. 1 in Chadds Ford, take Rte. 100 north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge. (See above).

From West Chester city, take Rte. 100 south about 4-5 miles. Turn right at Rte. 926 west. (See above).

Cost: \$12 pre-registration. (If postmarked by August 23, 2002). \$15 day of the ride. **Ride will be held rain or shine.**



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

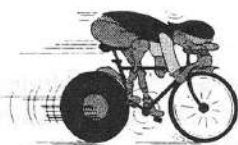
Name: _____ **Address:** _____
City: _____ **State:** _____ **Zip:** _____ **Phone:** _____ **Age:** _____
Emergency Phone: _____ **E-mail address:** _____
Intended ride distance (please check one): ☐ 28 miles ☐ 50 miles ☐ 65 miles ☐ 100 miles

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 with a check or money order made out to DVBC, by **August 23**, to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156.



Bike Dirt

By F.X. Pedrix

"You are so slow!! Everyone else is really quick and you move along at a snail's pace," my ever-so-loud wife Babs yelled at me. No, she wasn't referring to my bike riding, she was talking about my house painting. No, painting and scraping is not my idea of a good time and besides, I have been sneaking in a few rides to break the monotony—much to Babs' chagrin. Needless to say, it has been taking me much longer to do the house than she had planned.

Speaking of slow, there was some discussion at a recent Bored (sic) Meeting about the over emphasis on speed in the club, the newsletter, and the website. All the talk and pictures about time trials and big mountain rides has caused some people to fear we are getting too fast or are placing too much emphasis on speed. So as to counteract this tendency towards cycling speed, I recommend that we have more news items and functions that downplay the necessity for speed. One suggestion that I overheard was to have a Slow Time Trial – a 5.1 mile race to see who could traverse it the slowest. It would be like a 5.1-mile track stand. Anyone got a few days to try it?

Speaking further of slow, that is one thing our "A" riders were NOT going last month on their July 13, Shore Ride. They raised the unofficial club record from 19.9 to 21 mph for the

126 -miler to Ocean City and back. They are pushing the speed envelope the way Yeager did in his X-1 back in the 50's. Where will it end?

One of our leaders led an extraordinarily pokey ride last month. It was a trip from Delco to Old Philadelphia that took 3 ½ hours to go 35 miles or 10 miles per hour for the mathematically challenged. From what I hear, they stopped for every traffic light and at every historical site that they passed as well as The Famous Deli on Bainbridge Street to pig out. Now that is some slow ridin' for ya.

The club's esteemed President-for-Life hosted a pizza party at her house recently for all of the Bonkers Tour volunteers. My spies tell me that the high point of the party was the viewing of the Hunter Mountain video, especially the now famous crash by Guitar Man. This, I understand, was played over and over by the viewers. I know that we true bicyclists tend to be on the masochistic side, but I never realized the potential for sadism. The party started at 6:00 pm on a Saturday night and in true cyclist fashion everyone was gone by 9:30 - Gotta ride tomorrow man, gotta ride!

One of our sister bike clubs over in Jersey has seen feuding between its president and former president in recent weeks, which would have been ugly enough had it not taken place on the internet in the eyes of the world.

After the two publicly traded insults, the current president resigned. Phew! Thank goodness Ira and Jan support each other!

Some years ago, one of our veteran riders went to another club's organized ride. After registering, he embarked and immediately joined another who was riding at about the same speed. They stayed together, chatting amiably until, some twenty miles down the road, the other rider pulled into a driveway and announced, "I'm home. Nice riding with you." He had been on his own ride and our guy was left dialing his cell phone for directions back onto the course.

Two years ago, another member of our club, one who is wise on wheels, loaded his bike into the Polish Prince's car and the pair embarked on the drive to the start of Pedal PA. An hour and a quarter into the trip, the Prince turned to the dentist and asked, "Is your front wheel back there? I don't see it." It wasn't and the Prince was gracious enough to wait two years before leaking this rumor to one of my sources.

One of our women "A" riders skipped the Bonkers Picnic last month to prepare for her first triathlon. We recommended that the other competitors get a huge lead on our gal before they get to the cycling event because there's no way they're going to beat the Mother Lode on a two-wheeler.

Send your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.



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REGIONAL EVENTS

Aug. 3: Princeton Event, Rider University, Lawrenceville Road (Rte. 206), just South of I-95, Lawrenceville, NJ. Princeton Free Wheelers. P.O. Box 1204, Princeton, NJ 08542-1204; 609-882-4PFW (4739).

princetonfreewheelers.com

Aug. 10: Bridgeton Zoo Ride, Schalick High School, Centerton, NJ; 25, 50, or 100 mi., 8 AM start.

Flat to slightly rolling. \$14 pre-reg. until 8/1; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

<biker@cccnj.net>

Aug. 10: Dog Daze Century, Brandywine Bicycle Club, P.O. Box 3162, West Chester, PA 19381.

www.geocities.com/
brandywinebikeclub

Aug. 18: Covered Bridge Metric, Lancaster, PA; 15, 31, or 62 mi. Seven covered bridges. \$15 reg. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535. www.lancasterbikeclub.org

Aug. 24: Shore Fire Century, Middletown High School, Middletown, DE; 35, 65, or 100 mi. \$15 pre-reg., \$20 day-of-event. T-shirt only available with pre-reg. White Clay Bicycle Club, Jim Montgomery, 302-731-5371.

<iwannabike47@hotmail.com>

www.whiteclaybicycleclub.org/
shorefire.html

Sept. 1: Brandywine Tour, Pocopson Elementary School, Pocopson, PA. 28, 50, or 100-mi. routes on rolling to hilly terrain. Scenic country back roads through beautiful Brandywine River Valley. Century route

passes through 3 counties, including Lancaster County. \$12 pre-reg. by 8/23; \$15 after. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156; 610-541-0784.

<chadwick@craftech.com> www.dvbc.org

Sept. 7: Amish Country Tour, Dover, DE. 15, 25, 50, 62, or 100-mi. scenic flat routes. Mass start at 8:15. 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: Southern Maryland Fall Century, Indian Head, MD. 25, 50, 63, or 100-mi. routes from Village Green.

Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750.

<info@ohbike.org> www.ohbike.org

Sept. 14: Civil War Century, Thurmont, MD; 25-100 mi. Visit 3 Civil War battlefields on the century, hilly terrain. Rolling 64-mi. and 50 mi.

routes to Gettysburg, or flat-to-rolling 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. <cwc@baltobikeclub.org>

www.baltobikeclub.org/CWCbrochure.htm

Sept. 15: SCU Lake Nockamixon Century, Horsham, PA. Hatboro-Horsham High School, 899 Horsham Rd. (Route 463), Horsham, PA. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.

<centuries@suburbancyclists.org>

Sept. 21: Jersey Devil Century, Parvin State Park, Centerton, NJ; 25, 50, 75, 100, or 125 mi. Flat to slightly

rolling. \$14 pre-registration until 9/12; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> www.sjwheelmen.org

Sept. 21: Univest Grand Prix race and Cyclosporitif recreational ride, Souderton, PA. 62-mile Cyclosporitif ride takes place on the same course as the Univest Grand Prix race, preceding it by a few hours, aimed at the serious recreational rider.

www.spartacycling.com still has the 2001 information. John Eustice, Sparta Cycling, 920 Broadway, Suite 905, New York, NY 10010; 212-358-9337.

Sept. 22: Scenic Schuylkill Century, Philadelphia. Bicycle Club of Philadelphia, P.O. Box 30235, Philadelphia, PA 19103.

www.phillybikeclub.org
Commerce, 18 Carlisle St., Ste. 203, Gettysburg, PA 17325; 717-334-8151. <info@gettysburg-chamber.org> www.gettysburg-chamber.org

Sept. 28-29: MS150 City to Shore. Cherry Hill to Ocean City, NJ. Registration fee + min. donation. National Multiple Sclerosis Society, Greater Delaware Valley Chapter, 1 Reed St., Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <ms150@pae.nmss.org> www.ms150biketour.org

Oct. 5: Belleplain Fall Century, Belleplain State Forest, Woodbine, NJ; 30, 65, or 100 mi. Lake Nummy parking area at 8 am. \$20, free T-shirt with pre-reg. by 9/29. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. <sundek@sprynet.com> www.shorecycpleclub.org

BONKERS



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DVBC



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Elsewhere . . .

According to the **National Safe Kids Campaign**, nearly half of children polled said they don't regularly wear helmets when biking because they only ride their bikes when close to home. Nearly half of children polled said they "don't feel cool" wearing a helmet and 27% said they don't wear a helmet because "my parents don't make me." The figures show that large numbers of those children are at risk for traumatic brain injuries.

The **US census of 2000** reveals that more Americans are commuting by bicycle than ever, with a nearly 9% increase between 1990 and 2000. Bike commuting is most popular in Washington DC—a city that has some of the nation's worst traffic, according to the Urban Mobility Report.

Quotable: "May the only cranks you encounter be those attached to your pedals."—Linda Krauss, president, **Bicycle Touring Club of NJ**.

From **SOBOLEWSKI** on p.4

crossed that line but I felt a little numb.

There was also another strange after-effect: The next day I got up at my normal 5 am, ate breakfast, showered, and then prepared to go produce shopping at Gentile's Market, which opens on Sunday at 7 am, before doing a little recovery ride of about 45 miles. I looked at the clock; it was already 7:20, so I thought I was a little slower this morning. I got to the market at 7:30 and was a little surprised that there were no shoppers and they were still restocking some corn and pineapples. But I thought I had come between the waves of people. I did my shopping, went to the cash register, and asked the nice lady what had happened that it was so quiet today. "Oh, we're not open yet," she answered politely. It was actually only 6:30! I was bewildered. Does anybody know if this is normal, does your brain go numb, along with your body, after a long ride like this, or is it maybe just too much oxygen?

Pick up a free copy of the DVBC Newsletter at the following locations: (quantities limited)

West Chester Cycles
Exton Cycles
Bike Line, West Goshen
Bike Line, Broomall
Ridley Creek State Park
Drexel Hill Cycléry
Folsom Cycles
Bike Line, Exton
Downingtown Bike Shop
Sports Club, Woodlyn
Springfield Healthplex
Chester/Crozer Health Center
Alans (Del.)

Dunbars (Del.)
Bike Line (Del.)
Beans, Paoli
Performance, Paoli
REI, Conshohocken
EMS, Ardmore
Bike Line, Wayne
Cycles by Kyle
Cyclefit, Wallingford
320 Produce, Swarthmore
Selene Co-op, Media
Cycle Sport, Media
Craftech, Media



Above, from left, Peter Cornog, Rich Abraham, and Alice Moyer stop at the Cheyney food stop during the May 2002, Bonkers Metric.



Above, Mary King and Lee Anderson were enjoying a rest at the Cheyney food stop at the Bonkers Metric. (Remember feeling that chilly?)



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

Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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) = _____

I'll volunteer for:
(check all interests)

- ☐ Ride Leader
☐ Tour Volunteer
☐ Board Member

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

Please send your check or money order to the:

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

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

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

Signature

Signature of parent or guardian (if under 18 years)