

Delaware Valley Bicycle Club



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

March 2003

DVBC members share successes and failures of past riding year

Confined to their living rooms through much of the recent arctic winter, DVBC members had ample time to add up their 2002 mileage and assess the past biking year. Many have consented to share their accounts of Year 2002 with our readers.

Dave Vanetianer: My 2002 mileage of 1800 doesn't compare to some of the animals in the club, but it's twice as many as I've ever ridden before. The hands-down winner for the lowlight was getting hit by a drunk driver just outside Northbrook Orchards back in April. I'm sure Jan would agree that crashes are not the preferred method for upgrading one's bicycle! My highlight was Bike Virginia — 275 VERY hilly miles over five days. It was definitely the most physically challenging, and rewarding, biking I've ever done. And finally, I'd like to personally thank Len & Bon for getting me out time and time again this summer and

whipping me into shape!

David Cunicelli: I am pleased to inform you that I rode 3050 miles in my first year back on a bike in ten years. Highlight: tie between getting back on my bike for a 31-miler in February, and finishing my first century in ten years with Glenn and Dave. Lowlight: not finishing the Jersey Devil Century.

It has been such a great year meeting all the other people who love to ride and feeling good again about being so tired after a long ride. Bike commuting to work has also made me feel good, although I have only done it a few times.

Ed Sobolewski: 2002 was a year of many personal bicycle achievements for me besides just being alive and enjoying the outdoors. Most of the rides I did alone but occasionally rides would turn out even better because of the wonderful company of biking

See "Members share...." P. 3

Bob Leon healing on all cylinders

On January 30th I had another Cat Scan to check my progress. The report came back with the following findings: "Comparison studies on 9/13/02 and 12/4/02 reveal continued decrease in the size of the tumors. The largest nodal mass now measures in the 3.5 cm to 4.5 cm range. The previously largest left lymph node has diminished to approximately 1.6 x 1.8 cm. Many of the lymph nodes have disappeared and others are simply considerably smaller."

February 11th (today) marked my seventh chemo treatment and the needles hurt. I guess I wasn't relaxed. I am starting to feel good except for the fatigue that seems to stay with me. I have one more full treatment to go and then I'm back on the bike. I am keeping my fingers crossed.

That's my update and thank you once again for your support. It truly helps.

—Bob Leon



BETTER RIDES

MEMBERSHIP MEETING

MONDAY, MARCH 9, 7:30 PM
SPRINGFIELD PEACE CENTER

Come out and tell your ride leaders how they can make your rides even better.

TOPICS INCLUDE: SPEED & DISTANCE, SAFETY, COURTESY, EMERGENCIES, WAIVER FORMS, LEADERSHIP, AND CUE SHEETS.



DVBC says Thanks!

to these bike shops
for generously donating
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CycleFit, Wallingford
Beans Bikes, Paoli
Cycle Sport, Media
Drexel Hill Cyclery, Drexel Hill
Also: Clif Bars

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 12th of each month.

Board of Directors & Staff

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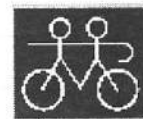
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Drew.Knox@Bentley.com

Club Affiliations



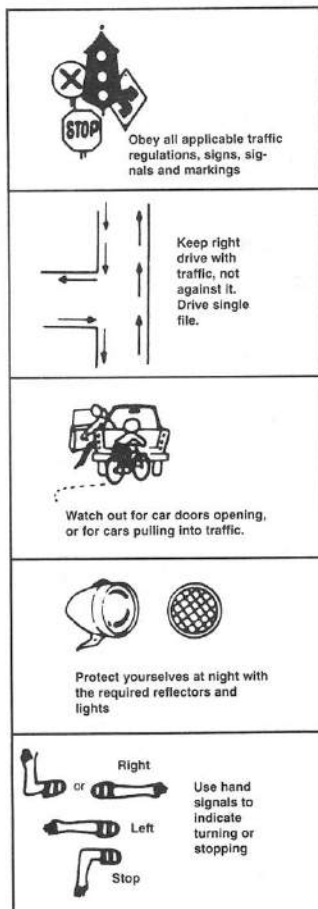
LAB



*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 Bonkers picnic, all club events are free to the general public. The general public is welcome!

"Members share...." (cont'd. from P. 1)

friends. Thank you all for sharing the rides and the fun with me. Your companionship was the best outgrowth of our riding together.

I started with fewer miles than in previous years but my riding steadily increased until I had surpassed all my goals for the year. I finished the year with a total mileage of 13,001. I took Woody's preaching to heart when he said, "The best thing you can do to your bike is take it to work," for a total of 5,793 miles while the remaining 7,208 were on "recreational" rides.

Along the way I completed 23 centuries and one double century at an

average speed of 19.0 mph, which made a total of 25 centuries for the year. The most miles completed in one month were 1,500 and the fewest 440; the lowest temperature in which I rode was 15°F although in previous years I've been out at 10°F. Together with my friends we completed a South Jersey double-cross of 128 miles at an unofficial club record of 21 mph. I was out there for a total of 289 days either biking, downhill and cross-country skiing, snowshoeing, hiking, walking or even, for a few days, on the scooter. Most of the other 76 days were rainy.

The worst ride was probably my last century of the year, the Savage, which I completed with Rich A. and

Katrina in rain, cold and occasionally ferocious winds

Chris McCunney: 2,230 miles. Lowlight was the Bonkers Metric Tour. It was my first major ride of the season and I hadn't prepared for the hills. It humbled me. My highlight was finishing the metric Savage (70 miles of killer hills) and feeling good the entire ride.

Dave Hartrum: 3700 miles. My goal for the year had been to top 3000 so I beat my goal. I guess I need to set the bar higher this year.

Glenn Lyons: My mileage total for 2002 is 7262, the most, so far, in one year. The highlight was winning two medals at the Pennsylvania Senior Olympics and qualifying for the Nationals for 2003. The low point was my crash on Hunter Mountain. I was not seriously injured and completed the challenging ride. I think I was still a little woozy from the half-hour climb up the mountain. The crash was unfortu-

See "Members share...." P. 4

New Members!

WELCOME



Debbie Chaga
Preston Foster
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Joe Marinko

David Reller
Patricia Sauter
Pete Thomas
Richard Ziegler
John Kederis

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"Members share...." (cont'd. from P. 3)

nately videotaped and viewed over and over by club members.

Woody Kotch: Total miles: 4319.

Highlight: learning to ride at night.

Lowlight: the cold and wet weather of the fall.

Richard White: I had logged 6000 miles by the time I left the country in mid-October.

Steve Trobovic: 3,103 miles.

Highlights: riding Dave Trout's Holiday Lights ride; Gov. Schweiker's Keystone ride and the LAB rally in Amherst, MA.

Lowlight: Not riding in the Brandywine Tour.

Bob LaDrew: 10,620 miles, my most ever. Highlights were climbing from 2000 feet up to 5800 feet on the Blue Ridge Parkway in North Carolina, climbing Mt. Cadillac (Maine) five times in one week, ascending Mt. Greylock (Mass.) and, finally, getting my butt kicked up Hunter Mountain in June by the A riders. There must have been some lowlights but I can't think of any.

Mike Flynn: I rode 1167 miles. My low point was a crash on a July ride from Kountry Kitchen to Mays Landing. I was shaken up and hurt my arm but mostly it was my pride that was injured. The high point for me was averaging 16.5 mph for a metric century in October (on a mountain bike). I have a new road bike and expect to ride faster this year.

Doug Bower My 2002 mileage was 5,652.

Mike Toof: I rode 3050 miles, for a new personal high, and had a great time with a lot of close friends.

Jan Chadwick: 5002.9 miles.

Highlight: Following Bob Martin's bike all the way to Washington D.C. and

back. I've always wanted to do that! Lowlight: Those rides I talked myself out of going on because I was too tired or the weather wasn't just right or I was too busy. Really, it was a terrific year!

Bob Leon: 3694 miles. I haven't been that low since 1989. Best ride: All my rides with DVBC cyclists were the best. However, if one stands out it is the 112 miles with Ed Sobolewski; he pulled me for 75 miles and we averaged 18.7 mph. Worst ride: I felt bad on a number of rides but I never had a "worst ride!" Although September 21st was my saddest because the following Wednesday I had surgery and I knew I'd be off the bike for six months. I cannot wait to get back in the saddle and enjoy the company of all the friends I have ridden with in the past

Joel Perlish: My total mileage for 2002 was somewhere in the vicinity of 1000. My riding highlight was touring Hawaii in February. The ride up and down volcanoes and through rain forest-like areas was spectacular (290 miles around the big island of Hawaii). But for me the best part was that it concluded my goal of bike touring through every one of the fifty states.

You can see some pictures and get the whole rundown of the Hawaii trip, and a summary of all the trips, at <http://www.joelperlish.blogspot.com>. I now have over 21,000 total miles of touring encompassing over 365 days of my life. The lowlight of 2002 was when my cherished riding streak of over 1100 consecutive days came to an end. I have since begun another streak.

Dave Trout: This was my comeback year and I decided not to record my mileage, just to enjoy. Happily with my new bike frame, lower body weight and absence of problems with my

neck, 2002 was a very good year with lots of miles.

Highlight: There were so many good rides in 2002 it is hard to decide. I guess the best was the Lancaster Covered Bridges Ride. It was the first time for me and, although brutally hot, the LBC did an excellent job of providing support.

The lowlight? To copy an old phrase, a bad day of riding is better than anything else off the bike. There were a lot of hot rides this year and one century with no support on the final fifty miles, but still I had a good time and enjoyed the rides. The funny thing is that the ride I thought would be one of the better ones ended up being the worst. We had a gang of DVBC members on the Belleplaine Fall Classic in New Jersey. We set out to do a century, made an early wrong turn and ended up doing the second 50-mile loop, which was not scheduled to have support until the afternoon. I felt lousy the whole day. By the time we got back to the starting point for the second 50, most of us decided that we had had enough.

Frank Jackson: I had 1989 miles this year, most of which were on the road. I guess I'm back to being a roadie again. The funny part about this mileage total is that I was planning to do my 13-mile trail loop on December 31st. Unfortunately I was too busy to get out for the ride. Though I track my mileage, I do not total the months until the end of the year. So I did not know that I'd have had over 2000 miles for the year if I had gone out. Consequently, I totaled my annual mileage that evening and discovered the shortfall. Now everybody knows how I

See "Members share...." P. 10.



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DELAWARE VALLEY BICYCLE CLUB



Ride Calendar MARCH 2003



*****Recurring Rides*****

Sundays 9:00 am Miles: 26.2 Class: C R5 Wayne Train Station Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12 mph. Call to confirm if weather iffy or temp less than 25 degrees. Contact Brian Wade at 610-254-9485 E-mail: bwadedvbc@aol.com
Tuesdays 10:00 am Miles: 28+ Class: B/B- Escape from Work	Meet me at 320 Produce, 733 S. Chester Rd. in Swarthmore as I escape my responsibilities and get a nice ride in. Pace can vary with the day and time available. Expect a few hills. Call me the night before to confirm the ride. Rain and temps below 35 cancel ride. Contact David Cunicelli at 610-626-9874 E-mail: dcunicelli@rcn.com
Tuesdays 6:00 pm Miles: 15-20 Class: C NightRiders	We spin around Southern DelCo in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout at 610-368-0760 Email: dm_trout@hotmail.com
Wednesdays 10:00 am Miles: 28+ Class: B/B- Escape from Work	Meet me at 320 Produce, 733 S. Chester Rd. in Swarthmore as I escape my responsibilities and get a nice ride in. Pace can vary with the day and time available. Expect a few hills. Call me the night before to confirm the ride. Rain and temps below 35 cancel ride. Contact David Cunicelli at 610-626-9874 E-mail: dcunicelli@rcn.com
Thursdays 6:00 pm Miles: 15-20 Class: C NightRiders	We spin around Southern DelCo in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout at 610-368-0760 Email: dm_trout@hotmail.com
Saturday, Mar 1 9:00 am Miles: 50-60 Class: B No Name Ride	We'll meet at 320 Produce in Swarthmore and ride out to Paoli using some of the Bonkers route. Expect a few good hills. There's no inside food stop so bring food for roadside snack. Contact David Cunicelli at 610-626-9874 or e-mail: dcunicelli@rcn.com
Saturday, Mar 1 10:00 am Miles: 35 Class: C+ Ridley-Ridley Ride	Meet at Swarthmore train station (On Rte. 320, south side of tracks) for a ride around Ridley Lake then out to RCSP. Ride length depends on our feet. Cold feet: we'll skip the Ridley Park portion and have a flatter ride. Call before 9pm the night before to find out final ride plans. Bring money for coffee and muffin stop. Contact Jan Chadwick at 610-541-0784 or e-mail: jc@dvbc.org
Sunday, Mar 2 9:00 am Miles: 50 Class: B Kountry Kitchen	Ride with Bob LaDrew over flat South Jersey country roads. Stop after 17 miles for breakfast, then take the long way home. Kingsway Regional High School, Rtes. 322 & 551. Contact Bob LaDrew at 610-383-9327 or e-mail: 2ladrews@netreach.net
Sunday, Mar 2 9:00 am Miles: 35+- Class: C Kountry Kitchen	Meet at Kingsway High School at routes 322 & 551 in New Jersey and ride to the Kountry Kitchen for breakfast. Contact Dave Trout at 610-368-0760 or e-mail: dm_trout@hotmail.com
Sunday, Mar 2 9:00 am Miles: 26.2 Class: C R5 Wayne Train Station Rid	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12 mph. Call to confirm if weather iffy or temp less than 25 degrees. Contact Brian Wade at 610-254-9485 or E-MAIL: bwadedvbc@aol.com
Sunday, Mar 2 10:00 am Miles: 40 Class: B+/A- Westtown-Mortonville Loop	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. The plan is to do the ride without a stop. A short indoor (warm) stop is possible at three locations along the route if necessary. Contact Glenn Lyons at 610-399-0624 or E-MAIL: rollingspeed@cs.com
Saturday, Mar 8 10:15 am Miles: 15-30 Class: C CU at Selene	Start at Selene Whole Foods Co-op, 305 West State St. in Media. Enjoy the winter scenery of the hills & valleys to Ridley Creek State Park and beyond. Free refreshments afterwards inside store. Free parking in lot just west of the Co-op. Ira Josephs at 610-565-4058 or e-mail: ira@dvbc.org
Sunday, Mar 9 9:00 am Miles: 26.2 Class: C R5 Wayne Train Station Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12 mph. Call to confirm if weather iffy or temp less than 25 degrees. Contact Brian Wade at 610-254-9485 or e-mail: bwadedvbc@aol.com
Sunday, Mar 9 10:00 am Miles: 22-35 Class: C+ Art Museum	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114.

Sunday, Mar 9 10:00 am Miles:32 Class: C Pre-Spring Break	Manhattan Bagel Shop, Chesterbrook Shopping Ctr. Chesterbrook Blvd, (accessed from US202 or PA 252). Arrive early if you want breakfast. To start, a challenging hill to warm us up. The rest of the ride is flat or rolling terrain, as we ride through Tredyffrin, Upper Merion, Gulph Mills, W Conshohocken, Swedeland, Bridgeport and VFNHP. No one left behind. Cue sheets provided. Bring snacks, liquids and money. Call if you need directions. Contact Steve Trobovic at 610-687-9229 or e-mail: srtrobovic@juno.com
Saturday, Mar 15 8:30 am Miles:35 Class: B Chester County Ride	Meet at the Manhattan Bagel Shop, Chesterbrook (near V.F. Park) for breakfast. Begin a slightly hilly 35-mile road ride by 9:00 am. Route will loop through scenic Kimberton, Chester Springs and Birchrunville. There are no food or water stop, but break at the mid-way. Phil Klara 610-640-3704 or e-mail: klarapc@aol.com
Saturday, Mar 15 9:00 am Miles:35+- Class: C South Jersey Ramble	Meet at Kingsway High School at routes 322 & 551 in New Jersey. We will ramble through the farmlands of south Jersey. Bring money for a snack. Contact Dave Trout at 610-368-0760 or e-mail: dm_trout@hotmail.com
Sunday, Mar 16 9:00 am Miles:26.2 Class: C R5 Wayne Train Station Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12 mph. Call to confirm if weather iffy or temp less than 25 degrees. Contact Brian Wade at 610-254-9485 or e-mail: bwadedvbc@aol.com
Sunday, Mar 16 10:00 am Miles:50+ Class: B+ Art Museum or ???	Meet at Rose Tree Park and we will travel to Manayunk, do our normal Art Museum loop and stop in Manayunk on the way back. Expect a fast pace and lots of nice friendly hills. We will take this ride a little slower since no one has been riding much this winter. WARNING: Route and miles may change without notice :) Contact Antonio Rocha at 484-802-8374 or e-mail: tony@craftech.com
Sunday, Mar 16 10:00 am Miles:30-40 Class: C Leprechaun Breakfast	Betzwood picnic area in Valley Forge Park (directly off the bike path). Ride to western Montgomery County, to some towns with Gaelic names. Looking for a pot of gold and an Irish breakfast. Cue sheets. Contact Steve Trobovic at 610-687-9229 or e-mail: srtrobovic@juno.com
Saturday, Mar 22 9:00 am Miles:50-60 Class: B No Name Ride	We'll meet at 320 Produce in Swarthmore and ride out to Paoli using some of the Bonkers route. Expect a few good hills. There's no inside food stop so bring food for roadside snack. Contact David Cunicelli at 610-626-9874 or e-mail: dcunicelli@rcn.com
Saturday, Mar 22 9:00 am Miles:35+- Class: C Philadelphia Old City Ride	Meet at Pathmark parking lot, Folsom, ride to Philly Art Museum, then across city, thru old parts of town & end up in Queen Village area. Brunch at Famous Deli on Brainbridge St. then home. Call so I can give Deli estimate of number. Dave Trout 610-368-0760 dm_trout@hotmail.com
Sunday, Mar 23 9:00 am Miles:26.2 Class: C R5 Wayne Train Station Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12 mph. Call to confirm if weather iffy or temp less than 25 degrees. Contact Brian Wade at 610-254-9485 or e-mail: bwadedvbc@aol.com
Sunday, Mar 23 9:45 am Miles:30-60 Class: B/B- Winter Westtown	Start at Moylan-Rose Valley Train Station at Manchester and Woodward Rds., Moylan. Ride thru beautiful wooded hills & valleys of W. Del Co., Chester Cty., & possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or e-mail: ira@dvbc.org
Sunday, Mar 23 10:00 am Miles:35+ Class: C Kountry Kitchen	Meet at the Kingsway H.S. routes 322 & 551. We'll ramble through farms & horse country and a few small towns and go to breakfast. Contact Bob Martin at 610-352-2114.
Saturday, Mar 29 8:30 am Miles:35 Class: B Chester County Ride	Meet at Manhattan Bagel Shop in Chesterbrook (near V. F. Park) for breakfast. Begin slightly hilly 35-mile road ride by 9:00 am. Route loops thru scenic Kimberton, Chester Springs & Birchrunville before returning. No food or water stops, but we'll break at mid-point. Phil Klara at 610-640-3704 or klarapc@aol.com
Saturday, Mar 29 8:30 am Miles:4-6 Class: ALL Hike the Wissahickon	Join us for an early spring hike (on foot no bikes) in Wissahickon Park, Phila. Meet in parking lot of Pathmark in Folsom & carpool to park. Will hike for at least 1.5 hr. Bring water. It would be helpful to call ahead so I know you are coming. Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Sunday, Mar 30 9:00 am Miles:50 Class: B Kountry Kitchen	Ride with Bob LaDrew over flat South Jersey country roads. Stop after 17 miles for breakfast, then take long way home. Kingsway Regional High School, Rtes. 322 & 551. Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Mar 30 9:00 am Miles:35+- Class: C Kountry Kitchen	Meet at Kingsway High School, Rtes. 322 & 551 in New Jersey and ride to ride to Kountry Kitchen in Elmer for breakfast. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
Sunday, Mar 30 9:00 am Miles:26.2 Class: C R5 Wayne Train Station Ride	Start at the R5 Wayne Train Station. Route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12 mph. Call to confirm if weather iffy or temp less than 25 degrees. Contact Brian Wade at 610-254-9485 or e-mail: bwadedvbc@aol.com

Elsewhere....

The Atlantic City Convention Center and Visitors Authority will host this year's bicycle **Race Across America**. RAAM will begin in San Diego on Sunday, June 15. Competitors will begin arriving in Atlantic City on Monday, June 23. The race, which includes individual men and women, and teams of two and four, will finish on the boardwalk at Kennedy Plaza in front of Boardwalk Hall.

Special thanks to the **Brandywine Bicycle Club** who was kind enough to run a promotion for the **Bob Leon "Beef & Beer"** fundraiser in their December newsletter.

The DVBC extends its sympathy to the **Bicycle Club of Philadelphia** for the loss of beloved longtime member **Bill Ford**.

White Clay's Jim Montgomery, who sustained severe head trauma in a freak October biking accident involving a dog, is reported to be progressing nicely in his recovery. Jim's advice to the rest of us: "When descending ... it might not be safe... to achieve your maximum speed. You never know when the unknown will become the known."

Cycle Closet has introduced the first side-impact airbag for cyclists. Called "**Mr. Puffy**," the airbag deploys automatically on the appropriate side when the bike tilts to 60 degrees. The manufacturer notes that, "No protective device is a substitute for prudent riding."

The D.C. area **Potomac Pedalers Touring Club** has become profitable after being \$47,000 in the red last year.

Quotable: Coach **Fred Matheny** (Roadbikerider.com) on training while you commute: "...It's

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important to go *really hard* when you go hard and *really easy* when you go easy. Most riders, and nearly all commuters, go medium-hard all the time. They don't go slowly enough for recovery and never go fast enough to create significant improvement."

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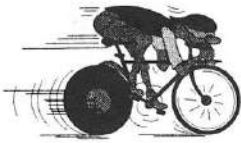
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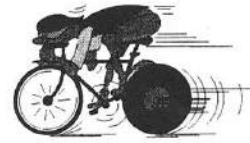
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Bike Dirt

By F.X. Pedrix



As my lovely wife Babs and I had retired for the evening, I was reading while she slept. When I put down my book and turned out the light my mind turned, as it does so often this time of year, to the future and upcoming riding season. "I hope I can ride at least 6,000 miles this year," I mumbled to myself. "You're dreaming," said a sleepy voice next to me.

Speaking of dreams, that night I had an amazingly intricate, detailed and prophetic dream and as soon as I awoke I wrote it down. I wrote feverishly, still in an almost dream-like state. Later when I went back and read it, I was stunned. Here is what I had written:

Ed Sobolewski receives his patent on "Potty-on-a-Bike." Royalties enable him to retire from his job. Potty-on-a-Bike enables him to ride 24-hours a day. Literally.

Twenty-term president Chadwick sues Weight Watchers and wins a million dollars in punitive damages because their program is "too successful." Unfortunately, she disappears before the check can be delivered.

While riding his bicycle facing backward, Doug Bower shoots a seven-hour documentary film of a 126-mile shore ride. As the riders dismount at Kingsway, Doug realizes he's forgotten to load his camera. Bower is willing but the other riders, except for Ed, decline to do an immediate re-shoot.

The Delaware County Peace Center terminates its longtime working relationship with the DVBC. Although no reason is stated, Board members suspect it happened because they have been fighting in the Peace Center.

David Bennett celebrates a birthday. Indicating that he now feels he has been receiving *too much* respect, Bennett says he wishes to be addressed henceforth as "Davey Boy."

Katrina wins the Ironman Hawaii

women's competition for the third straight year, beating all male competitors as well. She is embarrassed because, after her crank broke and she pedaled the final 80 miles of the bike race with one leg, someone almost caught her.

F.X. Pedrix, hauled into court by DVBC members to face libel and slander charges, accuses the judge of bias, corruption, and receiving bribes. The judge tells him, "Other than by you, I have never even been *offered* a bribe."

A suspicious neighbor reports Bob Martin to Homeland Security who, upon searching his home without a warrant, discover thousands of suspicious mechanical devices and components, then arrest and charge him with "conspiracy to probably do something evil."

Longtime activist Ira Josephs is seen in a television infomercial on behalf of a new soy-based bicycle frame. He tells viewers, "If I can't eat it, I won't ride it," before demonstrating how the bike can be consumed 85 miles into a century to head off "the bonks."

At Christmas time, Action News does a special report on DVBC member Steve Trobovic as he has managed to lash a 17-foot, fully decorated, Norway Spruce to the back of his bike for the annual Christmas lights ride.

As he attempts to toss a water bottle to adoring fans, Glenn Lyons loses his balance and falls off the First Union Center stage, smashing his \$40,000 guitar. The mishap is caught on videotape and played repeatedly on all major networks except Fox, which deems it too violent.

Octogenarian Charlie Fitzgerald breaks his existing DVBC time trial record with an average speed of 46.7 mph for five miles. Afterwards he says, "If I hadn't flatted I think I could have gone even faster." Always a brides-

maid, never the bride, David Creagan finishes second.

Fed up with the tedium of skydiving and bungee jumping, Don Larson takes a job in the circus, trapeze jumping his bicycle back and forth in the Big Top. After a few weeks he becomes bored and signs on for an unsupported roller blade tour across the Gobi Desert.

Dave Trout cancels the vocabulary ride series. It will be resumed, he says, when some new words are added to the English language.

Woody Kotch pens his 396th and final "Wheel-wise" column for the newsletter. He concludes the article with the words "Turn the pedals, stupid."

An article in *Money* magazine features Tony Rocha as its Entrepreneur of the Year. His chain of upscale, trendy franchise vomitoriums, called "Upchuck," is about to go international. Not everyone is enthralled with Tony's success, however. Says his Auntie Peristalsis, "The whole thing makes me want to throw up."

Monika Sloane appears in court for sentencing on charges of bicycle assault. Having run over Rich Alejandro's head on eleven consecutive rides, she was unable to convince a jury that these were mere random accidents. When told that her punishment will include anger counseling, she tells the judge, "That really ticks me off!"

Cancer survivor and Ride Leader Extraordinaire Bob Leon resumes riding with a fevered passion and becomes the oldest man to win the Tour de France. Critics claim cancer gave him an unfair advantage.

How prophetic are these? Only time will tell.

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

"Members share...." (cont'd. from P. 4)

spent New Years Eve — at home adding up my bike miles. Upon telling my wife about it she thought I should go out with lights ablazing before midnight to get in those miles. Considering it was amateur's night for every wannabe drunk driver, I declined her offer.

My highlight was definitely doing 80 miles with my 16-year-old son last August. We biked to the Art Museum to meet up with Ann Martha's BCP ride, then pedaled home. The low point was the volunteer ride before the Brandywine event. Twenty miles in I started having extreme difficulty, although the other riders were all good sports about it. At first I thought it was me, then I figured it was the chain. But the next day I learned that the bearings in the front wheel had bound up. Happily, both bike and rider made a full recovery.

Katrina: 2800 miles on the Seven, 800 miles on the Bianchi, 1300 miles on the spiffy Stellar Commuter — for a total of about 4900. The highlight was getting a plastic Mary Poppins basket for the commuter. Now I can carry my lunch and paperwork without shoving them in my back pockets! A close second was dragging Ed and Rich through four hours of driving rain while doing the Savage Century. Ed is still not speaking to me — sorry, Ed!

No lowlights.

Dominick Zuppo: 2002 mileage was 2,698. Highlight: riding twenty miles into Philadelphia to the start of the ACS Bike-a-Thon and then another 60 miles to Mays Landing. The low point was when I lost the transmission in my truck in October. This black cloud had a silver lining because it forced me to ride back and forth to work and amass another 416 miles for that month alone. Had we had some drier weather in November and December, I might have even ridden 3,000 miles. Ah, but there's always 2003!

Ira Josephs: 4768 total miles. The lowlight was once again a mechanical failure. While riding to Philadelphia in November the fixed cup on my 22-year-old Trek's bottom bracket sheared off. My highlight came after spending an

hour at a gas station using junk from the dumpster and borrowed pliers to make it rideable. Luckily, I only had to ride to the nearest train station to put the bike on the train to Philly. Then I biked a couple miles around the city to a pre-arranged meeting with a friend who was able to get me home.

Larry Green: Mileage: 5057. Best rides: Centuries at Bikefest in Amherst, Mass. and pre-monsoon DVBC ride on 8/31. No bad rides.

Lewis Neidle: I ended up with 6060 miles. There were many fun rides. I will remember completing fifteen centuries including my first trip to Ocean City and longest day ever with a DVBC group on a gorgeous May day and finishing every last mile of Bike Virginia with the ridiculous hill (rumored to be a 23% grade) at mile 82 of the century.

There were fortunately few lowlights, but there was a certain century in central NJ in August where a lot of bad stuff happened, including struggling to change two successive flat tires beneath a broiling sun, arriving at the next rest stop to discover they were out of food and water, coming upon a trooper arbitrating a discussion between a mob of angry cyclists and an unhappy motorist (Apparently the driver had run two cyclists into a ditch whereupon the cyclists kicked in the driver's car door) and, finally, learning by cell phone that there was lightning and hail ahead.

Terry Strobaugh: With my many wheel changes I did not get an accurate mileage count this year but I would say it was between 4000 and 4500. Last year was my best, with exactly 6000 miles when I got hit by a car in November. So this year I was slow getting back into the saddle after my rehab. My goal was to do the 200-mile "Longest Day" with my girlfriend Shelly and my friend George. We trained all spring down in Jersey doing 120-140 mile rides. Many of those rides were adventures in themselves ("Do you think the bridge is really out?" "I don't know, let's see."). We had rain, wheel problems and ran out of daylight (and batteries) at about 175-180 miles. But we were still about thirty miles out due

to some wrong turns. So we failed in that goal, which George will never let me forget.

The highlight of the riding season was probably the Kent County Spring Fling where we picked the 135-mile loop. When, at Mile 147, our friends called the SAG hotline to ask about us as it was getting dark, the SAG said, "We don't have a 140-mile ride."

Another highlight was riding to Salisbury from Philadelphia stopping in Cape May the first night. We had fifteen flats among twelve riders and it rained constantly both days. That was one of the best rides of the year, I guess, because we survived it. So to sum it all up, my highlights were also my lowlights.

Lesa Franz: My mileage was over 2250 although my odometer quit working a couple of times in the cold weather. Highlights: I did two centuries and countless metrics. I was awarded "Frequent Ride Mile Champion" for Wednesday night rides with the BBC.

The low was that Doug was not able to ride with me more often. We hope to both be on the bikes this year! I'm planning to do the Savage.

Javier Pazos: I regret to inform you that I did not keep track of my mileage in 2002. But I can estimate that it was over 8K miles. My highlight both literally and figuratively was my ascent to the summit of Mt. Washington. It was, again literally and figuratively, breath-taking. A close second would have to be the 50-mph descent off Hunter Mountain. I had to stay focused every second of the way as it was somewhat dangerous and at times scary but the experience was one I will not soon forget.

The lowlight had to be the day my left knee decided to make a charitable contribution of skin to the pavement. Why the pavement would want any of my skin I don't know, but luckily it wasn't interested in bike parts that day, so I was able to finish the ride.

Bob Blackburn: First the stats: bike 1513 miles, swim 119 miles, run 633 miles, martial arts all year, and weights over the winter. Total exercise

See "Members share...." P. 11.

REGIONAL EVENTS

**March 5-7: National Bike Summit.**

League of American Bicyclists educational forum on improving bicycling policies and initiatives.

bikeleague@bikeleague.org.

Sat. March 29: Icicle Metric. U. of Del., Hollingsworth Lot, N. College & Cleveland Aves., Newark, DE. 16, 31, or 62 mi. \$12 pre-reg. by 3/21, \$15 after. White Clay Bike Club, Bruce Poole, 104 Maple Hill Rd., Wilmington, DE 19804; 302-999-1211. icicle@whiteclaybicycleclub.org

Sat. April 12: Spring Bicycle Flea Market. Lehigh Valley Velodrome, Trexlertown, PA. \$5, 9:00 AM - 2:00 PM. 610-967-8033.

Sat. April 26: Fish Hawk Festival Bicycle Tour. Princess Anne, MD. 50 or 62 mi. - 10:30 AM, 25 mi. noon start; flat. In conjunction w/Delmarva Birding Weekend. \$15 pre-reg.; \$20 day of. fishhawkfestival@hotmail.com, 27440 Mt. Vernon Rd, Princess Anne, MD 21853; 410-651-2100.

Sat. April 26: Ocean to Bay Bike Tour. Fenwick Island, DE. 20 or 50 mi. flat. Bethany-Fenwick Area Chamber of Commerce, Amy Scott, P.O. Box 1450, Bethany Beach, DE 19930; 1-800-962-SURF.

Sun. April 27: Bike-4-Sight, Ridley Creek

State Park, near Media, PA. 610-874-1476.

Sun. April 27: Edward Stokes Memorial Horsham Rotary River Ride. Horsham, PA. 5, 20, 35, or 63 mi. College Settlement Camp, 600 Witmer Rd., Horsham, PO Box 99, Horsham, PA 19044; 215-674-8356. info@horshamrotary.com

Sun. Apr. 27: Mason-Dixon ride for MS. Middletown, DE. Nat'l MS Society, Two Mill Rd., Ste. 106, Wilmington, DE 19806; 302-655-5610.

karyn.jordan@ded.nmss.org

May 1-3: New York Bicycle Show,

May 3: Farmlands Flat Tour, Lincroft NJ.

Sun. May 4: SCU Quad County Metric, Green Lane PA.

Sat. May 10: Clean Air Challenge, New Oxford PA.

Sat. May 10: Pinelands Triple Loop, Shore Cycle Club, Batsto NJ.

May 17: Ridin' for a Reason, Oaks PA.

Sun. May 18: Bonkers Metric, Ridley Creek State Park, PA. DVBC.

May 23-26: Kent Co. Spring Fling, Chestertown MD.

May 31-June 1: Pedal PA River Ramble, Washington Crossing NJ to Easton PA.

June 6-8 or June 7 only: American Lung Assoc. Chesapeake Bay Bike Tour,

Salisbury MD.

June 7: Get Ready Metric, Pennsville NJ.

Sat. June 7: Indian Creek Roll & Stroll, Harleysville PA.

Sat. June 7: Nightmare Tour, Marietta PA. 200 mi.

Sat. June 7: Pedal for a Purpose, New Freedom PA.

June 7-8: MS150 PA Dutch, Trexlertown to Kutztown.

Sun. June 8: First Union USPRO Championship & Liberty Classic pro races, Phila. PA.

Sun. June 8: American Cancer Society George Washington Bridge Challenge, Fort Lee NJ.

Sat. June 14: Dream Ride, Marietta PA.

Sat. June 14: Flatlands Tour, Chesapeake City MD.

Sat. June 14: Longest Day Ride, Port Jervis NY to Cape May NJ, one-way, 200 mi.

Sat. June 21: Jersey Double XXI, Whitehouse Station NJ.

Sun. July 6: Delaware Double Cross, Middletown DE.

July 12-13: MS Bike Tour, Gettysburg PA.

July 12-19: Pedal PA Penn Central Tour, cycle across PA, Slippery Rock to Easton.

Sun. July 13: American Cancer Soc. Bike-a-thon, Phila to Mays Landing NJ, 1-way.

"Members share...." (cont'd. from P. 10)

time about 500 hours. In 2002, I wanted to focus on swimming. I am also out at a new client site, which eliminates commuting to work. Unfortunately, that cut into my cycling a little too much as I found out in a few triathlons.

My racing season was limited to two half-marathons and two Olympic-distance triathlons because of two injuries, one resulting from an accident in July and the other from overtraining in October. I probably tried to come back too fast after the first injury which caused the overtraining. Live and learn. I am looking forward to a more balanced routine and having a full race season in 2003.

Drew Knox: My 2002 season got off to a strong start with 6 centuries by mid-June and tapered dramatically thereafter finishing at just over 5,000 miles. Just before leaving on Cycle Washington I developed an ominous

tickle in the back of my throat and in a few days managed to develop a full-blown bronchitis. That hacking cough made the 44-mile climb up Mt. Washington really special. The highlights were TOSRV and a brief narcotic respite from "the cough" so we could pound up a gentle 22-mile pass also on Cycle Washington. The low point was the Brandywine rainout after, what?, a 10- or 12-year drought.

STEVE BERTOLINI: Estimated 2002 mileage: 1000. Highlights: riding around Manayunk and Germantown this summer, including the antique car show in Glenside. Lowlight: Rain canceled both my DVBC rides.

Lew Ryan: Well, I didn't break 5000 again but I did hit 4500 for the year. Best was the MS150 ride to the Shore. We had two days of good weather. The worst has got to be the heat on the Lancaster Covered Bridge Ride.

Trevor Jones: I managed a

spectacular 8000 miles in 2002. Oops, sorry, I meant 800 miles. I would be embarrassed to admit to such a poor performance, but I have many excellent reasons and extenuating circumstances. I was still tentative after my 2001 crash, I was traveling a lot on business, I was visiting my new grandson in England, I was busy drowning my sorrows after the Eagles dismal showing in the NFC Championship. Oh, no, that was *this* year. Actually, all the preceding is just a string of pathetic excuses. The truth is, I bought my first Harley last year and the temptation to let 88 cubic inches of Milwaukee steel take over was too great. I write this report for the DVBC with a sense of shame and self-loathing and the promise to try and get some thinner rubber on the road more frequently in 2003, as long as my poor bike can support my sad, out-of-shape, overweight carcass.

March 9 meeting goal: Make DVBC rides even better

by DVBC President Jan Chadwick

Anyone remember how hot it was last summer when we dumped our water bottles over our heads instead of drinking from them? Nope?

Neither do I. As I sit here writing, the snow is coming down and we are expecting 20 inches. Another weekend of cycling is shot. At least my oft-neglected upper body is getting some extra attention — by shoveling snow. As I was heading out the door yesterday, this longing vision passed before my eyes of a group of us in short sleeved jerseys sitting in front of the Chadds Ford Wawa taking a break in the middle of a long Saturday ride (a sad moan escaped my lips). Then I zipped up my parka, grabbed my bag and headed to the gym to spin. Again. Boring.

There is one thing we know: this too will end and we shall once again be dumping our water bottles over our



heads, although not soon enough for me. In the meantime, the Board has been thinking ahead. We spent a lot of time last year making changes in our tour rides. So this year we turn our attention to our daily staple: our monthly ride calendar. We have a tremendous group of ride leaders, and do you realize that we are the only club in the area that has rides almost every day of the week year round? That's really impressive. Actually, it's amazing! Our club is either full of tremendously dedicated cyclists or we're just all plain nuts (probably a little of both).

Although we honor our ride leaders every year at the annual banquet, we have never had a time when we've all gotten together to discuss ride leader training issues like safety, emergency plans, waivers and sign-in sheets (sorry, the time has come; we have to do it), as well as what information to share with new riders on their first club ride, how to encourage etiquette and courtesy in a way that keeps newer riders coming back without frustrating seasoned riders, and many other

topics. Generally, when a member steps forward to say they are interested in leading rides, we just give them some information on the phone, and usually we've ridden together enough that we know these new leaders understand the basics of ride leadership. Yet, for standardization, it is a good idea to meet and discuss what could and should happen on a ride.

We dedicate the March membership meeting to this topic. If you are a ride leader now, have considered becoming one, or just think perhaps you might like to be one in the future, you are strongly encouraged to attend this meeting. If you can't make it, call 610-541-0784 or e-mail me <jc@dvbc.org> and we can arrange a phone chat about the topics covered at the meeting. We have set an agenda (see ad on page 1) with different Board Members leading each topic, but this will not be an information-dumping lecture. Everyone is encouraged to participate and brainstorm, to swap stories and frustrations, and to get tips from other ride leaders who have already solved the same problems you will face.

At minimum we can get together and dream of snow- and ice-free roads. If you are not a ride leader or interested in becoming one but have some topics you would like us to talk about, drop me an e-mail message and I will make sure your issues are discussed. Happy hibernation time, everyone. We'll see you out on the road again soon.



Happy Days: Some of the Bonkers picnickers pose for a quick photo last July 20 before breaking camp for the ride home.

BONKERS



CARTOONS
OF THE
DVBC

I'VE BEEN READING BICYCLING MAGAZINE FOR 20 YEARS NOW AND IT'S AMAZING HOW THEY KEEP COMING UP WITH BETTER WAYS FOR US CYCLISTS TO DO THINGS!

WELL, YOU KNOW, BONKERS, IT'S REALLY NOT ROCKET SCIENCE.

ACTUALLY, IT IS.

HERE'S A KLEENEX--WIPE YOUR NOSE.





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

Hear the Dreaded "Pssssssss"? Stay Cool.

Having a flat while riding is certainly an annoyance, but it can also be very dangerous if you don't handle it correctly. The classic "Pssssssss," or slowly deflating flat, usually doesn't present much of a problem. Slow down, pull over, and fix it. A blowout can be a very different story:

It's 1976 (yes, there were bikes back then). I'm flying down East River Drive towards the Art Museum with my friend on my wheel. I hear the pop, then the crash and then the squealing car brakes. I look back and see my friend and his Bianchi down on the pavement with a line of cars thankfully stopped behind him. The tire and rim are trash. I don't know what my friend actually did at the moment he flatted (he was okay except for some road rash) but perhaps the strategies below would have helped.

Whether it's a "Pssssss" or a blow out:

1. Alert other riders, if any.
 2. Look around. Is it safe to stop?
 3. Brake and weight on the non-flat wheel.
 4. Gently slow down and pull off the road without any sharp turns or radical swerving.
 5. Get off the bike ASAP and walk to a safe place to fix the flat.
 6. Stay off the pavement while you're doing your repair.
- By un-weighting and not braking on the flat wheel and not turning too sharply, you have the best chance of keeping the tire on the rim. Keeping the tire on the rim maintains your control. If the tire comes off, you're probably going down.
- This is all easy to do on an uphill or flat road. If you're going downhill or around a sharp curve it gets sketchy real quick. If you can't slow down you may have to look for a soft place to bail.

Think warm. Ride safe.

NEXT MONTH:



BONKERS ASKS BILL & BUNKY ABOUT PEDAL RPM'S.

Bonkers gets the ear of Bill the framebuilder and Bunky the coach and asks each a question about rpm's as it relates to their specialties. We think you'll find their answers informative and interesting in this new semi-regular feature.

HH News:
 Andy Lackintosh, Silver Junior, Worlds
 Steve Lehman, Gold Master, Worlds

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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

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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: ☐ Ride Leader
(check all interests) ☐ Tour Volunteer
☐ Board Member

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)