

# Delaware Valley Bicycle Club



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

APRIL 2003

## No signature, no bike ride!

### DVBC to require signed waiver form at start of all bike rides.

Aside from a helmet, bikers who come to DVBC rides will henceforth have to bring one additional item: their signatures.

At the membership meeting last month Board member Dominick Zuppo announced that, in keeping with the times, the Board is now requiring all participants to sign a liability waiver form at the beginning of rides.

The Board members were "scared straight" last fall when the club temporarily lost its insurance and President Jan Chadwick informed them that their personal assets could be attached if some helmet-less rider was maimed by a Mack truck after riding no-handed while going the wrong way on a one-way street. More than that, signing a simple waiver form helps preserve the

club itself by reminding each rider that they are responsible for their own safety and risks. This is pretty standard stuff at most rides but, with our overly litigious society, hardly bullet-proof. Additionally, because a seemingly inconsequential incident could potentially become fodder for later litigation, it is important that we save these waiver forms for two years either by each ride leader or at a central club repository.

#### Accident Procedure

The March meeting also resulted in recommendations regarding accidents that occur on bike rides. Since our club has no formal policy regarding first aid, Drew Knox and David Bennett chaired a discussion on what needs to be done in the event of an injury. Larry Green brought considerable medical knowledge to this discussion. Participants decided that, in order, these are the steps to be taken:

- 1) Clear the roadway to the extent possible.
- 2) Post someone to signal and re-direct traffic.

Simultaneously someone should:

- 3) Deal with the victim:
  - A) Is the victim breathing? If not, administer CPR.
  - B) Is the victim bleeding? Use compression to stop bleeding.
  - C) Prevent the victim from injuring himself. Keep the victim DOWN and don't let him/her move.
- 4) Call 911. Use a cell phone or knock on a front door. Find out if there is a doctor or other person with medi-

## Bob Leon drops chemo, re-joins DVBC peloton

Check out the ride calendar in this newsletter and you'll see something that's been missing since last September: rides led by Bob Leon.

That's right. With eight intensive chemotherapy sessions behind him, our Ride Leader Extraordinaire is back on the bike just in time for spring. On March 8, unable to contain himself on a beautiful late winter day, Bob mounted his hybrid and chugged "seven wonderful miles at a blistering 9.4 mph around the neighborhood." Bob says that, although every part of his anatomy hurt, "That first little ride sure put a smile on my face!"

Bob was diagnosed with cancer in September but refused to let that stop him from riding 50 miles at the Jersey Devil Century just three days before major surgery. Throughout his treatment and convalescence, he has continued to work for the club as Treasurer and Board member.

Normally a strong "B" rider, Bob will be leading three conservative "C" rides in April. He looks forward to renewing friendships with as many of you as possible.

cal experience in your group.

Before the ride, try to learn if anyone in your group has medical conditions that could crop up during the ride (e.g., hypoglycemia, irregular heartbeat, etc.).

The subject of cue sheets prompted spirited debate during the March meeting. For more on that, and the antics of Buffalo David Bennett and Brian Wade, check your club's website at dvbc.org.



## BONKERS METRIC

Sunday,  
May 18

Ridley Creek State Park  
Picnic area #15  
Media, PA

*Mark your calendar!*

**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 12<sup>th</sup> of each month.

### Board of Directors & Staff

Jan Chadwick, *President*, 610.541.0784 or [jc@dvbc.org](mailto:jc@dvbc.org)

Brian Wade, *Vice President*, 610.254.9485 or [bwadedvbc@aol.com](mailto:bwadedvbc@aol.com)

Bob Leon, *Treasurer*, 610.833.2365 or [bleon@craftech.com](mailto:bleon@craftech.com)

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Tony Rocha, *Web Page*, 484-802-8374 or [tony@craftech.com](mailto:tony@craftech.com)

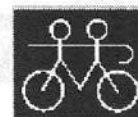
Dominick Zuppo, *Mail Labels*, 610.544.8630 or [domzuppo@att.net](mailto:domzuppo@att.net)

Drew Knox, *Tour Coordinator*, [Drew.Knox@Bentley.com](mailto: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

Obey all applicable traffic regulations, signs, signals and markings.

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

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

Protect yourself at night with the required reflectors and lights.

Use hand signals to indicate stopping or turning.

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!

## Elsewhere....

According to an article in their February newsletter, South Jersey's **Shore Cycle Club** is looking to put a team in this summer's Race Across America. "All you have to do is be able to ride an average of 16 mph... for 8 days straight!" Their newsletter says that, "according to our ride rating guidelines, that's only a "B" ride."

RAAM riders will pass through Chadds Ford before crossing the Commodore Barry Bridge and heading over the final, flat sixty miles to Atlantic City.

Researchers at the **German Cancer Research Center** have found that cycling appears to reduce a woman's risk for breast cancer — by one-third! The study in the *American Journal of Epidemiology* reports that as few as three hours of "moderately intensive" riding per week can do the trick. And the more cycling, the greater the benefit.

—RoadBikeRider.com Newsletter

This year's **American Cancer Society Bike-A-Thon** will offer a 100-mile option for the first time in its 31-year history. Bike clubs are encouraged to participate as teams and are invited to the team orientation on Friday, March 21 at 5:30pm at Dave and Buster's on Columbus Blvd in Philadelphia. For more information, contact DVBC member Ed Weirauch at 610-695-1977

<edbiketor@earthlink.net.>

**Quotable:** "Thanks to Dave Trout for leading seven sweaty peddlers for a two-hour spin Saturday. It was a good workout and fun. No head wind, except during Dave's many stories. — **Steve Trobovic**, on the DVBC e-mail list serve.



### The Framebuilding Process

A tour/demonstration by  
**Harry Havnoonian of Drexel Hill Cyclery**  
**April 14**  
(See ride calendar)



## BONKERS METRIC

### Volunteers Needed:

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

.....  
Contact: Bob LaDrew

<2ladrews@netreach.net or  
610-383-9327.

WELCOME



### New Members!

Dave Harple      Ann Norcross  
Gary R. Hudes    Richard Riley  
Tricia Johnston   John Kederis  
Jim Plousis

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

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Tel: 610-565-9535 Fax: 610-565-6033 E-Mail: cyclesport@verizon.net Web Site: HHRacingGroup.com





# BONKERS METRIC

Sunday, May 18, 2003  
65, 50, 35 and 18-mile routes



**Time:** 8-9 a.m. for 64 & 50 milers; 9-10 a.m. for 35 & 18 milers

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

**Cost:** \$12 pre-registration (if postmarked by May 11, 2003). \$17 day of the ride. **Ride will be held rain or shine.**

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

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

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

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

**Information:** Call Jan Chadwick at 610-541-0784 or e-mail [jc@dvbc.org](mailto:jc@dvbc.org)



*Cut off here and return the form below*

## BONKERS METRIC, May 18, 2003, Pre-Registration Form

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Intended ride distance (please check one): ☐ 18 miles ☐ 35 miles ☐ 50 miles ☐ 64 miles

Waiver/Release: \_\_\_\_\_

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

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

Signature: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

(If you are under 18 years of age.)

Please send this signed form by **May 11** with a check or money order made out to **DVBC** to:

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

# DELAWARE VALLEY BICYCLE CLUB



## Ride Calendar



### APRIL 2003

*****Recurring Rides*****	
<b>Tuesdays 10:00 am</b> Miles:28+ Class:B/B- <b>Escape from Work</b>	Meet me at 320 Produce, 733 S. Chester Rd., Swarthmore as I escape my job & do a nice ride. Pace can vary with day & time available. Expect a few hills. Call me night before to confirm ride. Rain and temps below 35 cancel ride. David Cunicelli at 610-626-9874 <dcunicelli@rcn.com>
<b>Tuesdays 6:00 pm</b> Miles:15-20 Class:C <b>Vocabulary Ride</b>	<b>All Month starting Apr 8:</b> Has winter enervated you? Are you full of ennui? Then saltate on that ol' velocipede & join us for another season of Vocabulary Ride spins thru southern Delco. Meet us at Pathmark on MacDade Blvd in Folsom. Dave Trout 610-368-0760 <dmtroat@usa.net>
<b>Wednesdays 10:00 am</b> Miles:28+ Class:B/B- <b>Escape from Work</b>	Meet me at 320 Produce, 733 S. Chester Rd. in Swarthmore as I escape my responsibilities & do nice ride. Pace can vary with day & time available. Expect a few hills. Call me night before to confirm. Rain & temps below 35 cancel. David Cunicelli at 610-626-9874 <dcunicelli@rcn.com>
<b>Wednesdays 6:00 pm</b> Miles:25+- Class:B <b>Workout</b>	Meet at Rose Tree Park on Rte. 252 & start another season with a workout ride. We start this ride at B pace & move to a "C how fast we can go" pace by end of season. Oh, yeah... we'll be racing each other by then. Ride starts on April 9th. Antonio Rocha 484-802-8374 <tony@craftech.com>
<b>Fridays 1:30 pm</b> Miles:30+- Class:B+ <b>Show &amp; Go</b>	We need to get our legs back in shape. Lots of nice rides and friendly hills (Hunter Mountain) are waiting for us and I thought we could use some extra training. Meet at my office at CrafTech, 113 State Road, Media. Call first to confirm the. Antonio Rocha 484-802-8374 <tony@craftech.com>
<b>Wednesday, Apr 2 9:00 am</b> Miles:50 Class:C <b>"Witness" Ride</b>	Explore the pristine countryside where the 1984 classic "Witness" was filmed. Ride preceded by incontinental breakfast at Bob LaDrew's house, near Coatesville. Call first. Contact Bob LaDrew at 610-383-9327 or <2ladrews@netreach.net>
<b>Saturday, Apr 5 9:00 am</b> Miles:50-60 Class:B <b>No Name Ride</b>	We'll meet at 320 Produce in Swarthmore and ride out to Paoli using some of the Bonker's 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 <dcunicelli@rcn.com>
<b>Saturday, Apr 5 10:00 am</b> Miles:15-30 Class:C <b>CU at Selene</b>	Start at Selene Whole Foods Co-op, 305 West State St. in Media. Enjoy the spring scenery of hills & valleys to Ridley Creek Park & beyond. Have free refreshments afterwards inside store. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or <ira@dvbc.org>
<b>Sunday, Apr 6 8:00 am</b> Miles:33.2 Class:C+ <b>R5 Wayne Train Station Ride</b>	DAY LIGHT SAVINGS RIDE. Start at R5 Wayne Train Station, ride to & thru V F Park before taking new Schuylkill trail to Lower Perkiomen Park & beyond then return to Wayne. Route may vary. NON-CLUB MEMBERS WELCOME! Brian Wade 610-254-9485 <bwadadvbc@aol.com>
<b>Sunday, Apr 6 9:30 am</b> Miles:76 Class:B+ <b>Westtown-Chester Springs</b>	NOTE THE TIME CHANGE! This is a good route to some nice roads in northern Chester County. One stop at the Bakery in Chester Springs at about mile 38. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com>
<b>Monday, Apr 7 7:00 pm</b> Miles:0 Class:ALL <b>BOARD MEETING</b>	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 jc@dvbc.org
<b>Thursday, Apr 10 6:00 pm</b> Miles:20-25 Class:B/B- <b>Thursday Night Ride</b>	Meet at Rose Tree Park for a training ride through the surrounding area to get our legs back in shape. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Saturday, Apr 12 9:00 am</b> Miles:54/65 Class:ALL <b>Peter Odell Metric</b>	Meet at Salem Oak Diner, Rte. 49, Salem NJ. Come 8:15 for breakfast. Scenic, flat, one of our favorite rtes. Ride at own pace w/cue sheets. Choose 54 or 65 mi. A day for whole club. Wear club jerseys if possible. Bob LaDrew 610-383-9327 <2ladrews@netreach.net>
<b>Saturday, Apr 12 9:00 am</b> Miles:0 Class:ALL <b>Spring Bicycle Flea Market</b>	Lehigh Valley Velodrome 2003 Spring Bicycle Flea Market from 9am to 2 pm Admission: \$5.00 For all questions regarding the 2003 Spring Bicycle Flea Market: Contact Greta at 610-967-8033 or gretta@lvvelo.org

<b>Sunday, Apr 13 8:00 am</b> Miles:33.2 Class:C+ <b>R5 Wayne Train Station Ride</b>	PALM PEDAL PARADE. Start at R5 Wayne Train Station, ride to & thru V F Park, then newly paved Schuylkill trail to Lower Perkiomen Park & beyond then return to Wayne. Half hills, half flat. Route varies depending on who shows. NON-CLUB MEMBERS WELCOME! Brian Wade 610-254-9485 <bwaddevbc@aol.com>
<b>Sunday, Apr 13 9:00 am</b> Miles:15+- Class:C <b>Schuylkill Trail</b>	Meet at the trailhead in Valley Forge. We'll ride west first and then east as far as I can go. These rides for me will be strength builders after 6 months off the bike. Contact Bob Leon at 610-833-2365 or <bleon@craftech.com>
<b>Sunday, Apr 13 9:30 am</b> Miles:50+ Class:B+ <b>Art Museum</b>	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. Contact Antonio Rocha at 484-802-8374 or <tony@craftech.com>
<b>Sunday, Apr 13 9:30 am</b> Miles:22-35 Class:C+ <b>Art Museum</b>	Easy-paced ride starting from Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there & travel to Manayunk & do Art Museum loop if weather is nice & everyone feels like going a few extra miles. Some hills, but no one dropped. Bring money for snack. Bob Martin 610-352-2114
<b>Monday, Apr 14 7:30 pm</b> Miles:0 Class:ALL <b>Membership Meeting</b>	We are meeting at CycleSport in Media and Harry Havenoonian is going to give us a tour/demonstration of his bike building process. Contact Antonio Rocha at 484-802-8374 or <tony@craftech.com>
<b>Thursday, Apr 17 6:00 pm</b> Miles:20-25 Class:B/B- <b>Girls Night Out</b>	All welcome, but female riders especially encouraged. Meet at Rose Tree Park & join me for easy jaunt thru great routes of Delaware County. No one dropped, and I will make every effort to keep the group together. Katrina Dowidchuk at 302-654-7393 or <katrina_dowidchuk@bankone.com>
<b>Saturday, Apr 19 9:00 am</b> Miles:15-20 Class:C <b>Jersey Ramble</b>	Meet at the Kingsway High School, routes 322 and 551 in New Jersey. Join me for a ride to my recovery, just a spin around the block. Contact Bob Leon at 610-833-2365 or <bleon@craftech.com>
<b>Saturday, Apr 19 9:00 am</b> Miles:40 Class:B/B+ <b>Katrina's Ride</b>	Meet at Chadds Ford Elementery School. Will go through northern Delaware and Chester Counties. One rest stop at about 20 miles. Contact Katrina Dowidchuk at 302-654-7393 or <katrina_dowidchuk@bankone.com>
<b>Saturday, Apr 19 9:30 am</b> Miles:35-40 Class:C <b>Easter Bonnet Ride – Meet the Train</b>	Just kidding, bring helmet. Meet train from Phila. & ride to and thru Ridley Cr. Park. We meet in parking lot, Pathmark, MacDade Blvd, Folsom, Ridley Twp. & leave at 9:30 AM, to get to Ridley Pk. train stn to meet 9:58 train from city. Riders from Phila. can take R-2 train (#4209) that leaves Suburban Station 9:29 AM. Train riders call first. Dave Trout 610-368-0760 <dmtrout@usa.net>
<b>Sunday, Apr 20 8:00 am</b> Miles:33.2 Class:C+ <b>R5 Wayne Train Station Ride</b>	1st ANNUAL EASTER EGG RIDE. Start at R5 Wayne Train Station, ride to V F Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond the return to Wayne. Half hills, half flat. Route varies depending on who shows. Brian Wade at 610-254-9485 or <bwaddevbc@aol.com>
<b>Sunday, Apr 20 9:30 am</b> Miles:35+ Class:C <b>Kountry Kitchen</b>	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
<b>Sunday, Apr 20 10:15 am</b> Miles:45-60 Class:B/B- <b>Ira's Easter Ride</b>	Start at Moylan-Rose Valley Train Station, Manchester & Woodward Rds. in Moylan. Ride thru wooded hills & valleys of western Delaware County, Chester County, & possibly Del. like all the rest of Ira's Westtown rides. Food stop at midpoint. Ira Josephs 610-565-4058 <ira@dvbc.org>
<b>Thursday, Apr 24 6:00 pm</b> Miles:20-25 Class:B/B- <b>Girls Welcome</b>	Meet at Rose Tree Park. All are welcome but the guys would specially like to meet all of those girls Katrina collected last week. Contact Antonio Rocha at 484-802-8374 or <tony@craftech.com>
<b>Saturday, Apr 26 9:00 am</b> Miles:75 Class:B/B- <b>Go Bananas!!</b>	We'll meet at 320 Produce in Swarthmore. I'll buy the bananas. We'll roll out on some familiar roads around Delco and Chester County taming a few hills along the way. Food stop around halfway. Contact David Cunicelli at 610-626-9874 or <dcunicelli@rcn.com>
<b>Saturday, Apr 26 9:00 am</b> Miles:20+- Class:C <b>Chadds Ford Ramble</b>	Meet at Chadds Ford Element. Sch., Rte. 1 south just past Rte. 100. We'll ramble on mostly flat roads. Join me if you want to build your cycling skills and endurance. Call ahead to be sure of the starting location if we can't park at the School. Bob Leon at 610-833-2365 <bleon@craftech.com>
<b>Sunday, Apr 27 8:00 am</b> Miles:33.2 Class:C+ <b>R5 Wayne Train Station Ride</b>	Start at R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking newly paved Schuylkill trail to Lower Perkiomen Park & beyond then return to Wayne. Half hills, half flat. NON-CLUB MEMBERS WELCOME! Brian Wade at 610-254-9485 or <bwaddevbc@aol.com>
<b>Sunday, Apr 27 9:00 am</b> Miles: 35-50 Classes C & B <b>Kountry Kitchen</b>	Feeling porcine? Meet Kingsway High, Rte. 322 & 551 & ride 17 miles to sumptuous pigout at Kountry Kitchen, then mileage gluttons can fatten up the count as we take long way home past some of most architecturally diverse hog sties in Jersey. For B ride, Bob LaDrew 610-383-9327 <2ladrews@netreach.net> For C ride, Dave Trout 610-368-0760 or <dmtrout@usa.net>
<b>Sunday, Apr 27 9:00 am</b> Miles:30 Class:C <b>Kimberton Whole Foods Cafe</b>	Manhattan Bagel Shop, Chesterbrook Shopp. Ctr, Chesterbrook Blvd, (Accessed from US202 or PA 252). Arrive earlier if want breakfast. Covered bridge crossing of French Creek. Nice scenery, fine food stop. No one dropped. Cue sheets. Steve Trobovic 610-687-9229, strtrobovic@juno.com



# ASK BILL AND BUNKY



Coach "Bunky" Webb and bike designer Bill Boston, both Delaware Valley residents, have agreed to share their biking wisdom with our readers on a periodic basis. If you have a question you would like to submit to Bill and Bunky, e-mail it to the editor at <2ladrews@netreach.net>.

Q: I noticed on a club ride that Ed and Monika spin really fast and stay in the little ring, yet they're riding really fast at the end of the century. Is that how I should ride?

Coach Webb: There's spinning and there's SPINNING. One is turning the cranks as fast as you possibly can, regardless of efficiency and form and the other is turning perfect circles in a marriage of speed, strength and style. My guess is that there is a positive relationship between your time spent at high cadence during the beginning of a century and the strength you feel at the end. We know that the guys "mashing"

at the start are usually whimpering at the end. The key is knowing when your cadence is just right.

Conventional wisdom says that "cyclists have different styles, some turn big gears at low revs and some spin out little gears, but it doesn't really matter. The speed is the same anyway." WRONG! The truth is that cadence does matter and it matters all the time.

There is no question that turning a "perfect circle" maximizes cycling efficiency. By this I mean develop a fluid stroke which permits full utilization of the "scrape-through" at the bottom of your pedal stroke and a powerful pull as you come back around to the top. The result of a well-phased, smooth stroke is increased momentum in your cadence, crisper shifting, better flexibility in your legs and increased endurance. Spinning a smaller gear at a higher cadence can help insure

turning "perfect circles," but you need to make sure you're not spinning too fast.

The magic cadence for road cycling in the saddle is 90-100 rpm. If you doubt me, pop in an old Tour de France tape. Those guys have metronomes in their legs! Learning to maintain this cadence should be one of your goals this season. I promise you this: learn to turn perfect circles at 90-100 rpm's; your centuries will be faster AND you may even feel like dancing later that night!

Q: If the coach's goal is to spin between 90 and 100 rpms, how does frame design affect that?

Bill Boston:

Several aspects of fit influence your ability to spin comfortably in that 95-100 rpm range: crank length, seat tube angle and top tube length. Your

(See "Bill & Bunky" page 11.)

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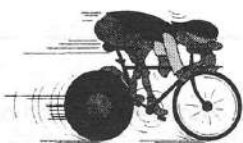
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Wallingford, PA 19086  
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## Bike Dirt

By F.X. Pedrix



I guess the word for last winter would have to be **BOREDOM** – the boredom of riding a trainer inside the house. How bad was it, you might ask? I usually watch tapes of past year's Tour de France races as I work out and my lovely wife Babs, who passes by on occasion, was beginning to recognize riders. I persevered in order to try and keep my Twinkified body in some semblance of riding shape.

Usually you can't keep our club's hardcore bikers off the roads in winter. This year, however, the cold and ice were so formidable our e-mail list serve was abuzz, not with *ride* info, but rather with conversation about which diner would provide the *driving* destination for Saturday morning breakfast. The suggestion was made that with a change to the name Delaware Valley Breakfast Club, we could retain the initials "DVBC." Since most of these "breakfast drives" were organized by Bob Leon, the theory is that he was trying to fatten up the rest of the members so they would be as slow as he will be when he resumes riding this spring.

For five consecutive weekends, club riding was almost non-existent. When, in early March, a Saturday dawned warm and sunny, DVBC riders were all over the highways like maggots on a bloated carcass. One even dropped in from Spain for a ride.

Our club president recently expressed her enthusiasm over the upcoming change to Daylight Savings. "I'm counting the days till the clocks change," she gushed. "It will be light an hour ear-

lier and I can do my ride before going to work!" I've never understood the workings of Congress but it would surprise me if they can grant our president sixty extra minutes of daylight in the morning while, at the same time, giving the rest of us an additional hour after supper.

While checking the website of our sister club from the big city recently I noticed they were offering a curious enticement to get people out on a winter ride. The description said the ride included an "orgasmic foodstop" at the halfway point. Sadly, I had another commitment that day.

It's axiomatic that bike clubbers should not talk politics on their rides and that was driven home on a December Kountry Kitchen ride. Some riders had lapsed into a political debate and, as the group turned west for its final upwind leg to Kingsway, one rider was heard saying to another, "Get up front. I'm not pulling any Republican all the way back to the parking lot."

If you want an insight into the inner working of our club, take a gander at this proposal from one of our board members to the full board: "I propose the following terms to aid in discussions. Riders who show up are called "Cattle". Males are "Steers", females are "Cows". If they bring their children, then they are "Calves". "Bulls" are aggressive riders who ride away off the front and turn right before Bob Leon turns left. The whole contingent is a "Herd". The ride leader is a "Drover". If he leads from the front, then he is the "Lead Dog". (Some of the

most successful ride leaders lead from the rear). A ride leader assistant who covers a different pace within the larger group is a "Ramrod". According to my highly placed source of this classified document the proposal passed unanimously. Curiously, Babs thought this was a good idea. "You bike riders are like cattle – always stopping to graze."

Send your gossip, news, jokes, trivia, rumors or outright lies to [fxpedrix@hotmail.com](mailto:fxpedrix@hotmail.com).

## Three represent DVBC at Conference

by Dominick Zuppo

On March 15th, DVBC Board members Dom Zuppo, Brian Wade and Bob LaDrew traveled to York, PA and participated in the Pennsylvania Bike Club Conference sponsored by the Bicycle Access Council. Other clubs in attendance promoted either road, off-road or tandem cycling in Berks, Blair, Central Bucks, Dauphin, Lancaster, Susquehanna or York Counties.

Following introductions, our host, Joe Stafford, lead the discussion of one of the main topics of the day – "What is a Bike Club?" Some of us replied that we ride for social reasons. Others explained that the mission of their club was to encourage healthy exercise or to advocate an alternative means of transportation.

Other topics included club dues, newsletters, websites, feedback, and the need to increase membership. We

(See "Conference," Page 11)

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## REGIONAL EVENTS

**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: Taxing Metric Century**, 8:30am. 16, 31 or 62 mi. Warwick Cty. Park, Knauertown, PA just off Rt. 23, 3.5 miles west of Rt. 100. \$12. Cue sheet, marked roads, sag support, and lunch Maliya Piergalline 610-363-3538.

**Sat. April 26: Fish Hawk Festival Bicycle Tour**, Princess Anne, MD. 50 or 62 mi. - 10:30, flat. \$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, \$30 pre-reg., \$35 day of. 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., rolling. College Settlement Camp, 600 Witmer Road, Horsham. Horsham Rotary Foundation, 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, Del. Chapter, Two Mill Rd., Ste. 106, Wilmington, DE 19806; 302-655-5610. karyn.jordan@ded.nmss.org

**May 1-3: New York Bicycle Show**

**Sat. May 3: Farmlands Flat Tour**, Lincroft NJ. Lincroft NJ. 7:00-12:00. 18-

100 mi. \$25 or \$20 pre-reg. by 4/19. Central Jersey Bike Club, 732-225-HUBS <cjbc@Comcast.net>

**Sat. May 3: Southern Maryland May Metric**, Clinton, MD. 26, 40, or 63 mi. Oxon Hill Bicycle and Trail Club, Jim Hudnall, P.O. Box 81, Oxon Hill, MD 20750; phone 301-567-0089.

**Sat. May 3: Turkey Hill Country Classic**, Lancaster, PA. 5K run, 10K run, and various bicycle races and rides including the hilly Round the River Metric Century Challenge. Manor Township, phone 717-397-4769.

**Sun. May 4: SCU Quad County Metric**, Green Lane Park, Green Lane, PA. 20, 38, 50, or 65 mi. Rolling w/a few hills. Post-ride meal. Pre-reg. by April 17 for T-shirt: \$15 (SCU members), \$20 (non-members). \$25 day of event. Join SCU & save \$5. Replaces Mexican Metric. <http://www.suburbancyclists.org>. Email:

<centuries@suburbancyclists.org> Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.

**Sun. May 4: Five Borough Bike Tour**, New York City. 212-932-BIKE <www.bikenewyork.org>

**Sat. May 10: Clean Air Challenge**, New Oxford PA. 717-845-5864.

**Sat. May 10: Pinelands Triple Loop**, Batsto State Park, Burlington County, NJ. Flat, scenic ride thru Pinelands on 3 loops of 36, 29 and 35 mi. Ride 1, 2, or 3 loops for 29, 65, or 100 mi. Lunch provided. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492.

**Sat. May 17: Ridin' for a Reason**, Oaks PA. Lower Perkiomen Park, "Mexican Metric" route. 20, 35, 63 mi. 610-521-8274 (X-224) <sadofft@pa-

est.leukemia-lymphoma.org>

**Sunday, May 18: Bonkers Metric**. 8 am, Ridley Creek State Park, Lot #15, near Media PA. 18, 35, 50, or 64 mi. routes on rolling terrain with some big hills. \$17 or \$12 pre-reg. by 5/11. Scenic country roads through Delaware and Chester Counties. All rtes. incl. food stop. Delaware Valley Bicycle Club, PO Box 156, Woodlyn PA 19094-0156. 610-541-0784 <jc@dvbc.org>

**May 23-26: Kent County Spring Fling**, Chestertown, MD. 4 days of cycling on upper E. Shore w/ meals & lodging at Washington Coll. 11-132 mi. per day. \$238 per person (double occ.) Baltimore Bike Club. KCSF 2003, 10609 Topsfield Drive, Cockeysville, MD 21030, or e-mail fanders@bcpl.net.

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

**May 31-June 1: MS 150 Bike Tour Chesapeake Challenge**, Annapolis MD <nationalmssociety.org> June 6-8 or June 7 only: American Lung Assoc. Chesapeake Bay Bike Tour, Salisbury MD.

If you think Glenn Lyons is good on a bike, wait till you hear him play the guitar!



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### "Bill & Bunky," from Page 7

cranks should be between 39 and 40% of the length of your femur. This gives a good pedal stroke without excessive angular change at the hip. Shorter cranks provide less leverage, allow higher rpms and usually reduce stress on knee joints. Longer cranks provide more leverage to push bigger gears but also limit your cadence because of hip closure. In other words, as crank length increases, rpms decrease. Longer cranks also require a shorter top tube length or a higher handlebar position while shorter cranks allow longer top tube lengths and a lower handlebar position.

Your seat tube angle, or fore/aft saddle placement has a large effect on your ability to comfortably spin at your targeted rpms. Moving the saddle rearward, like a longer crank, increases angular change at the hip joint relative to its maximum range of motion. This also adds leverage to push those big gears in a more upright body position, but may exceed your available range of motion in lower body positions.

So what is the optimum saddle position? Most current fitting systems use a plumb bob to position the knee over the pedal spindle. Unfortunately, this does not account for the distance from the actual pivot point of the knee to the lower face of the patella. It also assumes that there is only one correct placement for the knee relative to the pedal. Knee placement should vary with the riders' targeted rpms and natural ability to achieve that. The faster the desired rpm, the farther forward I place the knee. In Accufit I use a fairly complex formula to calculate the optimum knee placement, based the rider's desired rpm and crank length, then I calculate seat tube angle and saddle setback.

Even top tube length, or total reach, affects your ability to spin. Excessively low bars or long reach also restricts the hip joint during the pedal stroke which causes you to bounce up and down when spinning higher rpms. All told, there are no easy answers on how to get the right fit for that super spin. My suggestion is to pay attention to your body. If you are not comfortable spinning the rpms that you want, make small changes until you get where you get there. Don't move the saddle (and your knees) too far forward as that can be just as bad as too far back. Once you have your saddle position established, don't forget that you will likely need to adjust the bar position as well.

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### "Conference," cont'd. from Page 9

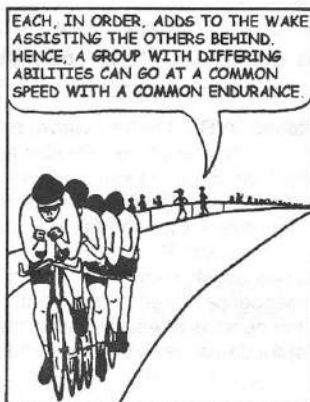
discussed cue sheets, ride leaders and club signature rides. After lunch we focused on legal entity status, insurance, and advocacy, including committees within the Pennsylvania legislature that focus on the needs of bicyclists.

At the end of the program, some of the attendees hurriedly changed into their cycling garb and took part in the Million Mile Ride. Our course, co-lead by our host and Bill Hoffman of the Lancaster Bicycle Club, initially traversed some of the tonier sections of York. We journeyed to the horse country until our rest stop, where we indulged in fresh fruit and confectionaries. All told, we rode 25 miles in some of the nicest weather so far this year.

The Directors will report their findings during an upcoming Board meeting. We hope that some of the creative solutions discussed during the conference will be adopted by the DVBC and make our club an even better place to meet and ride.

## BONKERS

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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.

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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) = \_\_\_\_\_

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☐ 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)