

Delaware Valley Bicycle Club



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

WINTER 2003-2004

It's Not About The Miles

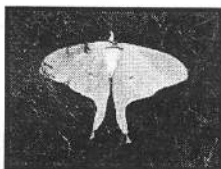
By Brian Wade

As the seasons change and the year comes to an end, many cyclists get out for that one last ride. Often they just want to add a few more miles to their year's total mileage.

Me? I don't take one last ride and if I did, it wouldn't be for miles. PFT! I don't even have an odometer because, I don't keep miles, I keep memories.

I remember the ride where... we moved the baby yellow-shafted flicker out of the street and put it up in a tree. ... we saved a luna moth from the parking lot. It was

so cool - pale green and as big as a Cuban cigar. And the ride where we helped a



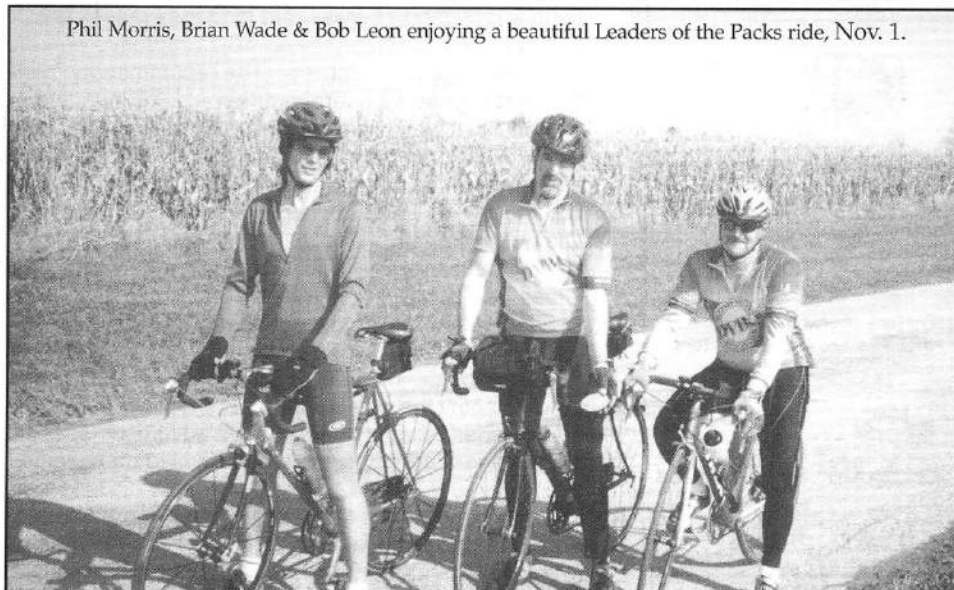
box turtle cross the road. (He was showing the squirrels how to do it.) The ride after the hurricane with detour after detour because of downed trees and live wires. The flattened-fauna ride where we saw twelve dead squirrels in various stages of squished. The wooly caterpillar ride where the little fellahs were inching south for the winter. The ride after Wayne got hit with an inch and a half of rain in half an hour and the usual lazy creek was a fifty-foot wide raging latte of mud and trees. The winter ride where we went down the unplowed road and I unclipped to balance myself and ski a little and my bootie filled up with snow. The ride after the club picnic when it was so hot I took a shower in my bike clothes when we stopped at the trailer park. The day it was eight degrees and five of us did eight miles (oops, I counted) before we realized riding was a crazy idea. The

Ride For a Reason. The ride when my pedal broke and I had to ride home on one cylinder. The time my 'usual' route was under construction, yet ten-plus riders followed me up and over a mud-dirt hill. The Salem Oak ride where we had to slow for a flock of turkeys... which I thought were pheasants. Hey, I never saw a turkey with feathers. The ride where a fellow cyclist knew the piece of music a cellist was playing on their porch. The ride where we discovered raspberry lemonade. The Fire-cracker Fifty-five where we saw a fork, a deer and a kid tying his shoe in the middle of the road. Same ride I got lost and gave a tour of Wilmington instead of Chester County... Sorry. The other ride(s) where I got misplaced only to find great new roads. The DC ride with ex-pres Jan and other DVBC movers. The Hilly Hundred in Indiana where there were actually some great hills

and some great riding buddies. The Amish Country Tour, my first century, where I was told by a Canadian woman, "you give good draft." The seventy degree ride in early November where the leaves were Trix-colored and splintered the sun. The look on riders' faces when I offered them Peppermint Patties when we stopped for snacks. The time we ended up at White Clay Preserve and saw the three-legged dog.

Oh, there were rides with unpleasant memories, but talking about them would be like counting miles you get circling in the parking lot. So, as you send in your ride report for 2003, please tell us—no remind us—about the rides we did together and not just the miles you did. Remember some Zen Buddhist said, "The journey is the destination" and we are all on 'the big ride' together.

Phil Morris, Brian Wade & Bob Leon enjoying a beautiful Leaders of the Packs ride, Nov. 1.



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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<bwadvedvbc@aol.com>

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<bleon@craftech.com>

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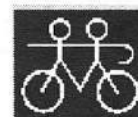
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<Drew@dvbc.org>

Doug Bower, *Board member* <dkbower@craftech.com>

Jan Chadwick, *Past president* <jc@dvbc.org>

Dave Trout, *Director of Publicity*, <davet@dvbc.org>

Club Affiliations



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 stop- ping 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!



Woody's Wheel Wise

After thirty years of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch

What Riders Want

I've been doing club rides for thirty years, but I rarely lead one. I ride to relax, to **not** lead. So I'm truly grateful to all those great folks who do take the responsibility, make the time, and put in the effort to post and lead rides.

Except on rare occasions, a not-so-good group ride still beats riding alone. There are many qualities of excellent group rides and both leaders and riders contribute. Here are some:

Planning: Leaders can choose a safe and convenient starting place and time, know the route, select safe well-surfaced roads, and rest or food stops that are useful and open. Riders need to be prepared for the ride they have selected to do.

No Surprises: Riders like to know where they're going, how long the ride will take, the difficulty level, the terrain, and whether there will be rest or food stops. The ride should be as close as possible to the posting. Leaders need riders to show up with appropriate working equipment, clothing, water, snacks, and the ability to complete the ride at the advertised pace.

Communication: Riders need to hear the parameters of the ride at the start. Concerns should be raised before taking off. Riders need to help the leader stay in contact with slower riders at the rear. Changes in the ride need to be discussed as a group, but leaders may need to be assertive.

Cue Sheets and Maps: Providing cue sheets and maps gives a sense of security to riders who are concerned

about being able to maintain the pace or complete the entire ride.

Safety: Each individual following the rules of the road keeps everyone safe.

Support: More experienced riders can provide support to novices by sharing technique and equipment experience as well as giving encouragement and positive feedback. Helping with on-road repairs is always appreciated. Knowing in advance that no one will be dropped is appropriate for all but the most competitive rides.

Teamwork: Using organized pace lines rotating the pull can increase the whole groups speed without over taxing the slower riders.

Competition: Occasionally, many riders enjoy picking up the pace and leaving the main group. Being energetic and testing one's limits is part of the fun. Breakaways should return to the main group by circling back or waiting.

Friendliness: Most riders do group rides not just to ride but also to meet friends and new acquaintances. Being open, amiable, and chatty goes a long way toward increasing enjoyment of the ride.

No one ride will be all things to all riders. For those of us who love riding as I do, just about any ride is a good ride. For new riders and especially for new club members, rides that "satisfy" are the encouragement that keeps novices coming out and increases the enjoyment and participation in the sport. That's what it's all about. Isn't it? Enjoy the road.



DVBC

Holiday Banquet

December 8, 7:00 pm

Cash Bar 6:45

Rosario's,

113 S. Morton Ave., Morton.

DIRECTIONS

From Rte. 476, take Media/Swarthmore exit. Take Baltimore Pike east for one mile. Turn right (south) on Rte. 420 at Target & Mobil. Go about one mile to railroad tracks. Turn right at tracks onto Morton Ave. Rosario's is on your left. Parking lot one-half block down on right.

2003 Mileage Roundup



All club members are asked to send in their mileage roundup for the 2003 year. This is not a mileage contest. Every cyclist has a story to tell. Please send in your mileage total, and tell us your highlight and lowlight for the past year. We will print your reports in the March newsletter. Send them to Bob LaDrew, 139 Gabel Road, Coatesville PA 19320, or <2ladrews@netreach.net> Do not send them on the club e-mail list serve.

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Ellen Asks Coach Bunky

Editor's note: Ellen Brock recently addressed a question to the subscribers of the DVBC email list serve regarding which clipless pedals to use, and how to adjust to them. You can read the entirety of that discussion by going to dvbc.org and clicking on "Clipless Pedals." That dialogue raised new questions in Ellen's mind, which are addressed here by Coach Bunky, a DVBC member.

Dear Coach Bunky:

(Regarding ...) the advice on clipless pedals: I still need to figure out what proper form is for when I'm actually using them to pedal with... I see people whose knees are all over the place, people whose legs seem to go up and down along a practically

perfect vertical plane and then people who seem to have no particular form at all. What is the best way to use them to minimize injuries, strains and to keep my legs from bulging in weird places? How do I start to train with them so I can get to the point where I can actually ride long distances without pedaling (I think it's called) squares? And are there any tricks to help keep pressure even on both legs? I'm right leg dominant and it seems like I might end up under utilizing my left leg...

Thanks in advance! Ellen

Dear Ellen:

Welcome to the joys of technology! Once you've used clipless pedals, there's no going back. And why would you? Trading in a secure free-floating alternative for a painful vice-grip known for slipping? It doesn't make sense.

My first piece of advice about clipless pedals is "use 'em and don't worry." Once you have set the cleat properly on your shoe, you're good to go. The best way to set the cleat is to position your shoe on the pedal with the ball of the foot directly over the pedal axle. Then make sure that the shoe is in a neutral position, neither toe-in (pigeon-toed), or toe-out (duck-footed). At this point line up the cleat to the shoe, matching that position and secure the cleat.

You may find that you have to raise the seat slightly as a result of the added height of the cleat, but not too much! In no case should you raise the seat more than 2cm as a result of adding the cleat. As for using the pedal...the key lies in the position of your lower body during your pedal stroke. The axis of your hip needs to be in a single plane with your knee and

See ELLEN ASKS, p. 12

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DVBC Ride Calendar**WINTER 2003-2004*********Recurring Weekday Rides*******

PLEASE NOTE THAT DURING WINTER MONTHS YOU SHOULD ALWAYS CONTACT THE RIDE LEADER THE NIGHT BEFORE TO CONFIRM THE RIDE.

Tuesdays 6:00 pm Miles: 15-20 Class: C NightRiders	We spin around Southern DelCo well into 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: dmtrout@usa.net
Tuesdays 6:10 pm Miles: ? Class: ALL Group Trainer Ride	Every Tue & Thurs nite thru winter, unless circumstances prohibit. Group trainer ride 6:10 at Cycle Sport. We follow training videos for 40min to 1hr workout, plus warm up and cool down. Bring your bike & trainer. Workout hard or easy as you wish, so all abilities are welcome. Harry or Victor at 610-565-9535.
Wednesdays 10:30 am Miles: 28+- Class: B/B- Escape From Work	NOTE: THIS RIDE NOT ON FOR JANUARY Join me as I ride from responsibility. Pace & route according to available time & who shows. Rain cancels. Sometimes responsibility wins out and forces a cancellation of ride. Call before 8:30 nite before to confirm. David Cunicelli 610-574-9811 dcunicelli@rcn.com Meet @ 320 Market Café, corner S. Chester Rd. & Rte. 320, Swarthmore.
Thursdays 6:10 pm Miles: ? Class: ALL Group Trainer Ride	Every Tue and Thurs nite thru winter, unless circumstances prohibit. Group trainer ride 6:10 at Cycle Sport. We follow training videos for a 40min to 1hr workout, plus warm up and cool down. Bring your bike & trainer. Workout hard or easy as you wish, so all abilities welcome. Harry or Victor at 610-565-9535.
Fridays 1:30 pm Miles: 25+/- Class: B+/A- Show & Go	Weather and work schedule permitting, we'll keep on riding and keep our legs in some kind of shape. Meet at my office at CraTech, 113 State Road in Media. Call first to confirm the ride. Must call first to confirm. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com

DECEMBER 2003

Monday, Dec 1, 7:00 pm Miles: 0 Class: ALL BOARD MEETING	The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 6, 9:00 am Miles: 18+/- Class: C Take to the Woods!	Meet North side (Philly) of Rte 420, Prospect Park, PA at Heinz Wildlife Reserve side lot. We ride Reserve's pathways observing nature. Trail tame. Hybrid or mt. bike fine. Wet conditions cancel. Call ahead. Frank Jackson 610-534-3978 fjackson@rohmmaas.com
Saturday, Dec 6, 9:30 am Miles: 50+/- Class: All Old Inner 50	Let's try this again. Cue sheets will be provided and the hills should keep us warm. We'll meet at the Pocopson Elementary School. This could be our last social ride of the year. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Dec 7, 9:00 am Miles: 45 Class: C Chesterbrook - Mont Clare	Manhattan Bagel, Chesterbrook Shop. Ctr, Chesterbrook Blvd. Ride well-traveled bike rds. in W. Montco. Lunch Fitzwater Station Inn, on banks of Schuylkill Canal in Mont Clare. Some hills, easy C pace (~11mph). Cue sheets. None left. Bring snacks, H2O & \$. Steve Trobovic 610-687-9229 wildyugo@comcast.net
Sunday, Dec 7, 10:00 am Miles: 40 Class: C+ VF/Art Museum	Meet at Valley Forge Trail Head for an easy-paced ride to the Art Museum with a stop in Manayunk on the way back. Bring money for a snack. Contact Bob Martin at 610-352-2114
Sunday, Dec 7, 10:00 am Miles: 25+/- Class: C+/B- Neighborhood Ride	Meet me behind the Dunkin Donuts on MacDade Blvd. and Fairview Road. We'll stop along the ride for something to eat. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Dec 7, 10:00 am Miles: 42 Class: B/B+ Peter's Brandywine Loop	Meet Swarthmore Septa station (by station bldg). Out via Knowlton & Concord & Featherbed Rds., cross 202 and descend past waterfall to Brandywine. Stop Chadds Ford Wawa. Back via 100 & Dilworthtown Rd....Bad conditions = no ride. CALL nite before! Peter Schmidt 610-328-2375 pschmid1@swarthmore.edu
Sunday, Dec 7, 10:00 am Miles: 45+/- Class: B- THE R5 WEEKLY	R5 Ride continues journeys thru winter months with weekly departures every Sunday morning at 10 am sharp from R5 Wayne Train Station. Mileage directionally proportional to temp. in degrees F with constant gain of 1 & offset of zero. Brian Wade at 610-254-9485 or bwadedvbc@aol.com

**PLEASE NOTE THAT DURING WINTER MONTHS YOU SHOULD ALWAYS CONTACT
THE RIDE LEADER THE NIGHT BEFORE TO CONFIRM THE RIDE.**

Thursday, Dec 11, 9:00 am Miles: 42-50 Class: B- Hooky Ride	Play hooky from work to tour Amish country. Ride leaves from Bob LaDrew's house near Coatesville. Bagels & juice before ride. Call or email for reservation & directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Dec 13, 9:00 am Miles: 35-40 Class: C+ Cheyney Loop	Meet Swarthmore train station for loop towards Cheney U. (Route changes as I learn more roads!) Some hills, but do at your own speed. No one will be dropped. Bring money if you want to lunch afterwards. There are a few nice places to eat near the train station. Shanahan at 215-421-8227 or MShan@dvbc.org
Saturday, Dec 13, 9:00 am Miles: Varies Class: C Training In Ridley State Park	Ridley Creek Trail is a 4.6-mile loop, so miles will vary as you choose. 1 big hill (triple bypass as I call it), rest of loop rolling or slight down hill. Meet at the Main Office parking lot. Paved road, all types of bikes welcome. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Dec 13, 10:00 am Miles: 40+/- Class: B/B- Manayunk	Meet me behind the Dunkin Donuts on MacDade Blvd. and Fairview Road. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Dec 14, 9:45 am Miles: 35-60 Class: B/B- Winter Westtown	Start Moylan-Rose Valley Train Station, Manchester & Woodward Rds. in Moylan. Ride thru beautiful wooded hills & valleys of W Delaware County, Chester County, & possibly Delaware. Food & rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Dec 14, 10:00 am Miles: 34+/- Class: C+/B- Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Dec 14, 10:00 am Miles: 40+ Class: B- The Kimberton Express	The original R5 Ride - out to the Kimberton Whole Food Market and back. No hilly dally... Meet at R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 20, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start at Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Saturday, Dec 20, 10:00 am Miles: 35-40 Class: C+ Cheyney Loop	Meet Swarthmore train station for a loop towards Cheney U. Some hills, but take them on at your own speed. No one dropped. Bring money if you want to lunch afterwards. There are a few nice places to eat near the train station. Shanahan at 215-421-8227 or MShan@dvbc.org
Saturday, Dec 20, 1:00 pm Miles: 8+/- Class: B Mountain Biking	Smedley Park Loops. 1 easy & 1 harder loop for MTBs. 1 whoop-de-doo option. Some single-track experience helps, but pace right for all. None dropped. A 1-hr ride. Bad conditions cancel. MUST call nite ahead to confirm & for directions. PeterSchmidt 610-328-2375 pschmid1@swarthmore.edu
Sunday, Dec 21, 9:45 am Miles: 40+/- Class: C+/B- Manayunk	We hook up w/ Bob Martin's ride. It adds miles for riders who want to go little farther. Meet behind Dunkin Donuts, MacDade Blvd. & Fairview Rds. Ride leaves 9:45 SHARP. Bring money for food & drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Dec 21, 9:45 am Miles: 35-53+/- Class: A Manayunk/Art Museum	This is our last social ride for the winter guys. Meet at Rose Tree Park for a ride to Manayunk to have a big get together with Bob, Bob, and Brian's ride. Where is the other Bob? Please call the night before to confirm the ride. Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Dec 21, 10:00 am Miles: 43+/- Class: C+/B- Manayunk Meet Up	Ride to Manayunk and join other DVBC rides for coffee and bagels. Bring money for ride leader... Few hills...really Tails. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Dec 21, 10:15 am Miles: 35 Class: C+ Manayunk/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 The Art Museum with a stop in Manayunk on the way back. Expect some hills, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114.
Friday, Dec 26, 11:00 am Miles: 30+/- Class: C+/B- The HA HA Holiday Ride	Start at Rose Tree Park at 11:00 am. Expect a hill and a chill. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Dec 27, 10:00 am Miles: 30+/- Class: B/B- Northbrook	Start from RCSP Headquarters parking lot for a ride to Northbrook and Unionville. We'll stop along the way. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Dec 27, 10:15 am Miles: 15-28 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 and valleys to Ridley Creek State Park and beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Co-op. Ira Josephs at 610-565-4058 or ira@dvbc.org

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THE RIDE LEADER THE NIGHT BEFORE TO CONFIRM THE RIDE.**

Sunday, Dec 28, 10:00 am Miles: 40 Class: B+/A- Westtown-Mortonville Loop	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. A new short ride for winter. Stop only if someone requests one. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
JANUARY 2004	
Thursday, Jan 1, 11:00 am Miles: 25+/- Class: B+ New Years	You have to start the New Year riding. We'll start at 11AM to give plenty of time to recover from the wild party you all went to for New Years. Meet at Rose Tree Park for a short ride around the area. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Thursday, Jan 1, 12:00 pm Miles: 43 Class: B+/A- Bagels in Hockessin	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. Stay up late to bring in the New Year, then ride during the warmest part of the day. There are fewer cars on the road this day than any day of the year. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Friday, Jan 2, 11:00 am Miles: 62 Class: C+/B- The Resolution Ride	If you're like me, you made and broke and remade your 2004 resolution twice already, so its time to get in that 1st Metric Century! The mercury hits sixty and so do we! Start the year off right... and Start it off at Rose Tree Park. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jan 3, 9:00 am Miles: Varies Class: C Training In Ridley State Park	Ridley Creek Trail is a 4.5-mile loop, so miles will vary as you choose. 1 big hill (triple bypass as I call it), rest of loop rolling or slight down hill. Meet at the Main Office parking lot. Paved road, all types of bikes welcome. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Jan 3, 10:00 am Miles: 25+/- Class: B/B- Out & Back	Meet at Dunkin Donuts, (McDade Blvd. & Fairview Rd., Woodlyn) Out & Back, a big wide circle. Let's follow the leader and get out and cycle. Don't let the cold get us down. If there's no snow or rain we ride. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 4, 10:00 am Miles: 40 Class: C+/B- The New And	Break from "the way we always do it" and ride new roads in new direction with new ride leaders... you... Meet at R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 4, 10:00 am Miles: ?? Class: ALL Javier's Hill Clinic	Always dropped on hills? Despair when road turns skyward? Join 2-time Mt. Washington survivor Javier Pazos at Lansdowne train station in Lansdowne for a hills skills clinic. Clinic will be followed by an easy-paced ride to stretch out the legs and practice your newly achieved climbing prowess. Nobody gets dropped. Javier Pazos at 610-259-8314 or javier.pazos@verizon.net
Monday, Jan 5, 7:00 pm Miles: 0 Class: ALL BOARD MEETING	The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
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Saturday, Jan 10, 9:30 am Miles: 45+/- Class: C+/B- Phil's Phollies	PROMPT start Elwyn train station (just off Rte. 352, Media, about 1 mi south of Granite Run Mall) Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-) Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Sunday, Jan 11, 9:30 am Miles: 30-40 Class: C Weather Wimps I	Start Manhattan Bagel, Chesterbrook Shop Ctr, Chesterbrook Blvd. Distance determined by temp. Destination? Come see. May stop at Kimberton Whole Foods Cafe. Expect nice scenery & some hills. None left. Cue sheets. Bring snacks, H2O & \$. Steve Trobovic 610-687-9229 wildyugo@comcast.net
Sunday, Jan 11, 9:45 am Miles: 40+/- Class: C+/B- Manayunk	PROMPT start. We hook up w/ Bob Martin's ride. It will add extra miles for riders that want to go a little farther. Meet me behind the Dunkin Donuts on MacDade Blvd. and Fairview Rd. Bring money for food and drink. Snow or rain cancels. Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Jan 11, 10:00 am Miles: 35-53+/- Class: A Where are we going today?	Meet Rose Tree Park for fast ride. We need to stay warm in winter months and the only way is to go fast. We may or may not do our Manayunk / Art Museum loop. The distance depends on weather & we will do quick stop if needed. Call night before to confirm. Antonio Rocha 484-802-8374 tony@craftech.com
Sunday, Jan 11, 10:00 am Miles: 40 Class: B- The Triple One Ride	Ride to Manayunk and join other DVBC rides for coffee and bagels. Bring money for ride leader...Start at R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 11, 10:15 am Miles: 35 Class: C+ Manayunk/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 The Art Museum with a stop in Manayunk on the way back. Expect some hills, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114

**PLEASE NOTE THAT DURING WINTER MONTHS YOU SHOULD ALWAYS CONTACT
THE RIDE LEADER THE NIGHT BEFORE TO CONFIRM THE RIDE.**

Saturday, Jan 17, 9:00 am Miles: 35-40 Class: C+ Cheyney Loop	Meet Swarthmore train station for loop towards Cheney U. Some hills, but you'll be able to take them on at your own speed. No one will be dropped. Bring money if you want to lunch afterwards. There are a few nice places to eat near the train station. Contact Shanahan at 215-421-8227 or MShan@dvbc.org
Saturday, Jan 17, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Sunday, Jan 18, 9:45 am Miles: 35-60 Class: B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jan 18, 10:00 am Miles: 45+/- Class: B- The Ride The Ridge Ride	Start at the R5 Wayne Train Station and ride up and down the ridge between Upper Gulph Road and 202... Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jan 18, 10:00 am Miles: ?? Class: ALL Javier's Hill Clinic	Always getting dropped on hills? Despair when road turns skyward? Join 2-time Mt. Washington survivor Javier Pazos at Lansdowne train station for hills skills clinic followed by easy ride to stretch legs & practice newly achieved climbing prowess. None dropped. Javier Pazos 610-259-8314 or javier.pazos@verizon.net
Saturday, Jan 24, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Saturday, Jan 24, 10:00 am Miles: 34+/- Class: B/B- Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Saturday, Jan 24, 10:15 am Miles: 15-28 Class: C CU at Selene	Start Selene Whole Foods Co-op, 305 West State St. in Media. Enjoy winter scenery of hills & valleys to Ridley Creek State Park & beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jan 25, 10:00 am Miles: 40 Class: C+ VF/Art Museum	Meet at Valley Forge Trail Head for an easy-paced ride to the Art Museum with a stop in Manayunk on the way back. Bring money for a snack. Contact Bob Martin at 610-352-2114
Sunday, Jan 25, 10:00 am Miles: 25+/- Class: C+/B- Neighborhood Ride	Meet me behind the Dunkin Donuts on MacDade Blvd. and Fairview Road. We'll stop at Einstein Bagels for something to eat. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
Sunday, Jan 25, 10:00 am Miles: 40 Class: B- The CW Ride	The R5 Wayne Train Station to the Kimberton Whole Food Market and back. Minimal hills for the area. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jan 31, 9:00 am Miles: 35-40 Class: C+ Cheyney Loop	Meet Swarthmore train station for loop out towards Cheney U. Some hills, but you'll be able to take them on at your own speed. No one will be dropped. Bring money if you want to lunch afterwards. There are a few nice places to eat near the train station. Contact Shanahan at 215-421-8227 or MShan@dvbc.org
Saturday, Jan 31, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com

FEBRUARY 2004

Sunday, Feb 1, 10:00 am Miles: 44 Class: B+/A- Westtown-D'town Figure Eight	Meet at Westtown-Thornbury Elementary School for a ride on scenic roads at a pace that will keep us warm. One brief stop in Downingtown if desired. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Sunday, Feb 1, 10:00 am Miles: 45 Class: B- The CCW Ride	Uh... the Jan 25th ride in reverse. Meet at R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

**PLEASE NOTE THAT DURING WINTER MONTHS YOU SHOULD ALWAYS CONTACT
THE RIDE LEADER THE NIGHT BEFORE TO CONFIRM THE RIDE.**

Monday, Feb 2, 7:00 pm Miles: 0 Class: ALL BOARD MEETING	The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Feb 7, 9:00 am Miles: Varies Class: C Training In Ridley State Park	Ridley Creek Trail is a 4.5-mile loop, so miles will vary as you choose. 1 big hill (triple bypass as I call it), rest of loop rolling or slight down hill. Meet at the Main Office parking lot. Paved road, all types of bikes welcome. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Feb 7, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Saturday, Feb 7, 10:00 am Miles: 40+- Class: B/B- Manayunk	Meet me behind the Dunkin Donuts on MacDade Blvd. and Fairview Road. Bring money for food and drink. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Feb 8, 9:30 am Miles: 30-40 Class: C Weather Wimps II	Start Manhattan Bagel, Chesterbrook Shop Ctr., Chesterbrook Blvd. Distance determined by temp. Destination? Come see. We may stop Kimberton Whole Foods Cafe. Nice scenery, some hills. None left. Cue sheets. Bring snacks, H2O (anti-freeze?) & \$. Steve Trobovic 610-687-9229 or wildyugo@comcast.net
Sunday, Feb 8, 9:45 am Miles: 35-60 Class: B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Feb 8, 10:00 am Miles: 25 Class: C+ Tough Twenty-Five	Start at the R5 Wayne Train Station for 'one tough ride'.... don't ask questions... just pedal. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 8, 10:00 am Miles: ?? Class: ALL Javier's Hill Clinic	Always getting dropped on hills? Despair when road turns skyward? Join 2-time Mt. Washington survivor Javier Pazos at Lansdowne train station for hills skills clinic followed by easy ride to stretch legs & practice newly achieved climbing prowess. None dropped. Javier Pazos 610-259-8314 or javier.pazos@verizon.net
Thursday, Feb 12, 9:00 am Miles: 42-50 Class: B- Hooky Ride	Play hooky from work to tour Amish country. Ride leaves from Bob LaDrew's house near Coatesville. Bagels & juice before ride. Call or email for reservation & directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Feb 14, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mi south of Granite Run Mall) promptly 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Sunday, Feb 15, 9:45 am Miles: 40+- Class: C+/B- Manayunk	We hook up with Bob Martin's ride. It adds extra miles for those riders who want to go a little farther. Meet me behind the Dunkin Donuts on MacDade Blvd. and Fairview Road. The ride will leave at 9:45 SHARP. Bring money for food and drink. Snow or rain cancels. Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Feb 15, 10:00 am Miles: 40 Class: B- Meet Up In Manayunk	Ride to Manayunk and join other DVBC rides for coffee and bagels. Bring money for ride leader. Meet at R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 15, 10:15 am Miles: 35 Class: C+ Manayunk/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 The Art Museum with a stop in Manayunk on the way back. Expect some hills, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Saturday, Feb 21, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Saturday, Feb 21, 10:15 am Miles: 15-28 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 and valleys to Ridley Creek State Park and beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Co-op. Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Feb 22, 10:00 am Miles: 34+- Class: B/B- Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com

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THE RIDE LEADER THE NIGHT BEFORE TO CONFIRM THE RIDE.**

Sunday, Feb 22, 10:00 am Miles: 35+ Class: C+/B- The Triple Two Ride	Start at the R5 Wayne Train Station and climb the only 700-foot hill around... from different directions. Blah, blah, blah. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Feb 22 10:00 am Miles: ?? Class: ALL Javier's Hill Clinic	Always getting dropped on hills? Despair when road turns skyward? Join 2-time Mt. Washington survivor Javier Pazos at Lansdowne train station for hills skills clinic followed by easy ride to stretch legs & practice newly achieved climbing prowess. Nobody dropped. Javier Pazos 610-259-8314 javier.pazos@verizon.net
Sunday, Feb 22, 10:15 am Miles: 35-53+/- Class: A Where are we going today?	Meet Rose Tree Park for a fast ride. Only way to be warm is go fast & not stop. We may do our Manayunk / Art Museum loop. The distance depends on weather. A quick stop if needed to refuel if we do the longer mileage. Please call the night before to confirm the ride. Antonio Rocha 484-802-8374 tony@craftech.com
Saturday, Feb 28, 9:30 am Miles: 45+- Class: C+/B- Phil's Phollies	Start Elwyn train station (just off Rte. 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:30am. Rain, ice, or snow will cancel, and if temp < 30 F. Will try to keep legs pumping regularly to maintain an even body temp :-). Call to confirm. Phil Morris at 610-558-0168 or morris1638@yahoo.com
Sunday, Feb 29, 10:00 am Miles: 40 Class: C+ VF/Art Museum	Meet at Valley Forge Trail Head for an easy-paced ride to the Art Museum with a stop in Manayunk on the way back. Bring money for a snack. Contact Bob Martin at 610-352-2114.
Sunday, Feb 29, 10:00 am Miles: 34+/- Class: C+/B- Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322, for that familiar ride to a good breakfast. Snow or rain cancels. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Feb 29, 10:00 am Miles: 40 Class: C+/B- The Sadie Hawkins Ride	Start at the R5 Wayne Train Station and ride a spell. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

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ELSEWHERE....

According to well-known cycling advocate **Bill Hoffman** of the **Lancaster Bike Club**, PennDOT has taken a giant leap forward in how it plans for bicyclists. He says that now they have adopted a pike-ped checklist that must be completed before every project. According to Hoffman, in the past the philosophy of PennDOT was, "If someone asks for it and we can fit it into the project without a major cost increase, we'll do it." Now the underlying basis is, "If not, why, not?" PennDOT has now "got religion" about planning for bikes and peds," says Hoffman.

The **Cycling Enthusiasts of Delaware Valley** mail out a quarterly newsletter which states on the masthead, "Cycletouring since 1949." Funny we have not heard from this small Philadelphia club regarding the DVBC's claim on its website that we are "probably the oldest bike club in the Philadelphia area... formed in 1973 (informally circa 1968)."

In **Toms River, NJ**, police occasionally show up at schools and confiscate the bikes of children who use them without a helmet. To retrieve them the kids have to come to the police station with their parents. According to Officer Derek O'Neill, "They think it's not cool to wear a helmet." Free helmets are available at the police headquarters.

The **League of American Bicyclists** is pleased with the response from Clear Channel Radio regarding bicyclist hate-talk broadcast on their stations in Cleveland, Houston, and Raleigh. The League says that these comments were indeed egregious, but the company's redress has been aggressive and the measures taken to prevent any reoccurrence are heartening. CEO John Hogan has clearly demonstrated that any programming that endangers cyclists will not be tolerated and the League applauds his leadership on this issue. They are particularly pleased that Clear Channel will work with the bicycling community to help make America's roads safer for everyone.

In early September a bicyclist riding near **Newark, DE**, was killed when his front tire blew out, causing him to fly over the handlebars. You can learn how to reduce the likelihood of such a mishap by reading "**Woody's Wheel Wise**" in the March edition of this newsletter.

CALL FIRST!



For winter rides, it is important **always** to phone the ride leader before going to the ride. Since rides are scheduled 3 months in advance, weather or other circumstances can cause cancellation.

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Take the next step in performance enhancement!



**THANKS
TO THOSE WHO
ARE LEADING CLUB
RIDES THIS WINTER:**

Ed Becker * Dave Cunicelli

Harry Havnoonian

Victor

Frank Jackson * Ira Josephs

Bob LaDrew * Bob Leon

Glenn Lyons * Bob Martin

Phil Morris * Javier Pazos

Tony Rocha * Peter Schmidt

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Fax: 610-522-8294From **ELLEN ASKS**, p.4

ankle. A pedal stroke is meant to be smooth, like buttah! Think of your legs as independent pistons that turn perfect circles in smooth planes. From behind, a pedal stroke looks like a simple up-and-down motion.

The issue you describe about pedaling squares or turning blocks needs to be dealt with right away. The best thing to do is go to a spinning class. The direct-drive bikes force a smooth stroke. Moreover you can practice a smooth stroke in the safety of an indoor environment. Find a class taught by a cyclist and go for it. Don't let yourself get in the habit of sloppy pedaling. A smooth cadence of 95 is a beautiful thing.

You've taken the first step by buying the proper equipment. Now follow the steps necessary to insure proper usage. —Bunky

WELCOME



New Members!

Rita Fry

Isabel Hayley

Cheryl Lynch

Jane Pepper

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



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)