

Delaware Valley Bicycle Club



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

MAY 2004

Spinnin' Round the DVBC

by President Dominick Zuppo

Baseball. Cars. The culinary arts. Historical events. Politics. The environment. In what way are these subjects related?

The answer I'm looking for is passion. Do you remember when your interest in a favorite sports team was so intense that you memorized all you could about its players? When you prepared a recipe over and over again until you got it just right? Or maybe you devoted your spare time to the restoration of a wetland?

Advocacy often accompanies one's passion. Merriam-Webster Online defines an advocate as "one that defends or maintains a cause or proposal." With the help of some thoughts provided by noted Pennsylvania bicycle advocate Bill Hoffman of the Lancaster Bicycle Club, I'd like to spend a few moments to talk about advocacy and our sport of cycling.

Bill advises, "The Bicycle Access Council (www.BicycleAccess-PA.org) is the only statewide Pennsylvania advocacy organization geared to the on-road cyclist." Founded in 2001, the "BAC is our voice for on-road issues - fighting to preserve our rights to the road, supporting road projects that enhance, or at least do not harm, cyclists' safety and mobility and opposing those that are detrimental, and promoting education of cyclists and motorists toward sharing the roads."

You may recall the recent version of state envelopes used to mail our driver license and vehicle registration renewals. Bill notes that the "BAC accomplished quite a coup by getting PennDOT to place the 'Share the Road' logo" on those envelopes. "12 million envelopes were mailed with the STR logo until it was dropped for a new Work Zone Safety

message, but it was effective while it lasted."

Bill also writes about a new advocacy organization. "LABreform (www.labreform.org) is a new group that hopes to go out of existence as soon as possible." Some of you may recall a recent shift in the focus of the League of American Bicyclists. LABreform "is comprised of LAB members who are dissatisfied with the League's abandonment of its traditional mission in favor of aligning with the bicycle industry and health and wellness advocates." The purpose of LABreform is to return the LAB to its traditional mission.

Here in Delaware County, some of you have followed with great interest the status of the "Bicyclist's Baltimore Pike," a proposed on-road bicycle facility that would roughly parallel the SEPTA R3 Media line from Swarthmore to the border of Darby Borough and Philadelphia County. The first of its kind in our area, the BBP consists mainly of Share the Road and Bicyclist's Baltimore Pike signage, and the addition of the white or "fog line" striping of the roadway shoulder wherever practicable. A joint venture of groups including the Delaware County Transportation Department and the Delaware Valley Regional Planning Commission, this \$235,000 project is funded primarily with federal and state grants. Yet for all its value, the completion of this project has been suspended in the eleventh hour due to the opposition posed by a few state and local elected officials of certain municipalities through which the BBP would travel.

And let's not forget the Chester Creek Rail Trail. The friends of this multi-use facility have spent much time and

energy on its design and funding, but the CCRT continues to fight for its existence.

Are you an advocate of cycling? Would you like to become one and develop a new passion in your life? If you would, I urge you to contact one of the groups mentioned in this article. I can also direct you to current advocates, members of your bicycle club who would welcome you with open arms.

In other club news, we had another great turnout at our April general membership meeting. Javier, Tony and Woody shared their knowledge of pacelines, good cycling form and the importance of nutrition for those who want to take their sport "to the next level." And I distributed our new DVBC business cards and led a brief review of the feedback we received last fall on the club list-serve about leading club rides.

The May 16th Bonkers Metric Tour. Hunter Mountain. And the warmth of spring. Can you feel the excitement, the anticipation of better cycling days ahead? Come share your passion with your fellow club members. See you on the road!



Remember: the beautiful Bonkers Metric, May 16th. Registration form inside, last page.

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.

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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's Holding Up Your End?

Bicycle seats or saddles come in a myriad of sizes, shapes and materials. Wide, narrow, hard, soft, one piece, two piece, with springs, with leather, with plastic, with Kevlar, with foam, with gel, with grooves, with holes, with embroidery, steel, titanium, magnesium, copper, rubber, and sheep's skin. (I apologize if I left out anything that makes your seat so special.) And now in case all this has failed to make your derriere comfy, you can get a shock absorbing seat post to make up for the lack of kindness the rest of your bike shows your bottom.

Well here's the bottom line, from my rear view anyway:

1. When you sit on a bike seat there are only two parts of your anatomy that can comfortably support your weight: the ischial tuberosities or sit bones. Everything else from your pubic bone to your coccyx is too soft, too sensitive, and just too important to abuse. Any good bike seat has two firm points that should line up with your sit bones. The width of the sit bones should match the width of these support areas of the seat. You should measure yourself and any seat you're planning on buying. Anything wider than your sit bones is just in the way and can cause chaffing. Women's sit bones are wider than men's and thus women's seats are wider than men's in the back. These two support areas can be padded as long as they are firmer and higher than any other part of the seat under compression. How much padding depends on your bottom's

tolerance and how long you're going to be in the saddle.

2. Saddle designs with soft noses and holes or deep grooves up the midline are currently popular. Whether or not you would benefit from these innovations depends on the tilt of the seat, the tilt of your pelvis, and the position of your special parts (I miss Mr. Rodgers). I find the cutout seats more comfortable especially when I'm down on my aero bars. These seats allow you to keep the tilt of the seat flat so you are not sliding forward into the handlebars. The flat seat also makes it easier to slightly change your front-to-back position on long rides.

3. Anything other than smooth leather on the top of a seat doesn't make much sense to me. Embroidery and appliques increase the chance of friction and irritation.

Currently, I have three different saddles on the three bikes I ride the most. Did you know that some RAAM riders purposely change their saddles during the ride to move the pressure points around? I have an Avocet O2, a bit too hard and no cutout, a Specialized Body Geometry Comp, too bulky and the groove is not as good as a cutout, and a Terry Ti Fly. Of these the Terry is my favorite. It has just the right amount of padding for long rides, a large cutout, and there was virtually no break-in period.

For long distance riding a good seat can make all the difference. At mile 150, you'll be glad you have something good holding up your end.



Please!

Check your mailing address on the front of this newsletter to find out when your membership expires. Thanks!

General Membership Meeting

**Monday, May 10
7:30pm**

Spring Maintenance

Please bring your bike! Club members Bob Martin and Woody Kotch will give maintenance instruction to all who come with their bikes. This is a great time to give your bike that long awaited tune up for spring riding and the Bonkers Metric!

You won't find two friendlier, more helpful mechanics anywhere!

See ride calendar inside for more info.

WELCOME



New Members

Jerry Burhop
Rich Campbell
Rich Ciurlino
Scott Gallagher
Lyn W. Harris
Chris Maurer
Jeanne Pattalino
Matthew Rice
Steve Scheetz
Pat Scully

Jeffrey Senich
Suzanne Smith
D Mike Smith
Tina Marie & David Stump
Ira Wallace
George R. Westry



DVBC Ride Calendar

MAY 2004



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	Join us for an evening spin through parts of Delaware County and maybe learn a new sesquipedalian word. Meet us at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtroat@usa.net
Wednesdays 6:00 pm Miles:20+- Class:C Rose Tree Ridley	Start at Rose Tree Park on Rte. 252, go thru Ridley State Park & beyond. As day gets longer so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:15-25 Class:B Hibernia Park	Meet at Hibernia Park (headquarters) north of Coatesville. We enjoy 15-25 miles (depending upon time of sunset) of scenery at B pace. Contact Bob LaDrew at 610-383-9327 Email: 2ladrews@netreach.net
Wednesdays 6:00 pm Miles:20-30 Class:C+ South Jersey Ramble	Mileage will vary with the amount of daylight. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Wednesdays 6:00 pm Miles:You Pick It, Class:C,D,E Beginners and Slackers Ride	This is a series of rides designed for new riders or experienced riders who need to get back into shape. Any class of rider on any type of bike is welcome. We'll start out slow and flat and hopefully build up from there. Rides will be tailored to the riders that attend. You MUST contact me to find out where the start point will be, as we will change it from week to week. Contact Dave Trout at 610-368-0760 Email: dmtroat@usa.net
Thursdays 5:45 pm Miles:20+- Class:B After Work B Stroll	Start at Rose Tree Park promptly for a ride to somewhere and back to get us ready for the coming week end rides. Contact Ed Becker at 610-348-0533 Email: edbeckerstar@aol.com
Thursdays 6:00 pm Miles:20+- Class:C+ Delaware County Ramble	Starts out of our condo's parking lot (Glendale Rd/Miley Rd, Aston, PA). Directions: turn at O'Flaherty's Restaurant on Route 452, then turn right at second street on right at tennis courts. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Fridays 1:30 pm Miles:25+ Class:B+ Show & go	We need to get our legs back in shape some how. 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 ride. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Saturday, May 1, 8:30 am Miles:47 Class:C+/B- Chadds Ford-Marsh Creek	Join Bonnie and Len for a ride to Marsh Creek. We'll add an additional seven-mile loop to last month's ride. Start at parking lot across from Chadds Ford Elementary School on Rte.1 and Fairville Rd. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, May 1, 9:00 am Miles:45+- Class:B/B- Elwyn Jaunt	Start at Elwyn train station (just off 352 in Media, about 1 mile south of Granite Run Mall) promptly at 9:00 AM. Rest stop somewhere in between. Bring \$\$ for food and drink. Call to confirm. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, May 1, 9:00 am Miles:30+- Class:C County to County	Start: Culbertson Elementary School, Goshen Road, Newtown Square. Ride to Exton Mall and/or beyond in Chester Co., depending on where we stop for food break. Bring water and money for food. Terrain: mix of flat to rolling, no major hills, no one dropped. Cue sheets provided. Rainy conditions cancel ride. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, May 2, 8:00 am Miles:2-65 Class:All Bike 4 Sight Ride	In support of this event, held at Ridley Creek State Park, the DVBC has cancelled all its rides for this day. See www.Bike4Sight.org Contact Harry Havnoonian at 610-565-9535 or cyclesport@verizon.net
Monday, May 3, 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 Dom Zuppo at 610.544.8630 or membership@dvbc.org

Saturday, May 8, 8:30 am Miles: ? Class: ALL Bonkers Paint Ride	Meet at Ridley Creek State Park Lot#15 and team up to paint the Bonkers Tour routes. Groups will be divided into short loops so we can get done quickly. Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
Saturday, May 8, 8:30 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 in Elmer for breakfast. Contact Dave Trout at 610-368-0760 or dmttrout@usa.net
Sunday, May 9, 8:00 am Miles: 55+/- Class: C+/B- The R5 Wade Wide	Start at the R5 Wayne Train Station, ride varies depending on my whim and who shows up. Never the same ride twice! Sometimes west to Kimberton, or north up the Lower Perk Trail, or south to the Brandywine area! Half hills, half flat. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 9, 8:30 am Miles: 42 Class: C Eastern Montco	Start at Valley Forge National Historic Park Visitor's Center, lower parking lot. We ride toward Hatfield in eastern Montco. Brunch stop at Tiger's on Sumneytown Pike. Some hills. Cue sheets. None dropped. A joint ride with BBC & BCP. Bring snacks, H ₂ O & \$. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, May 9, 8:30 am Miles: 75+/- Class: B/B+ Elwyn - Marsh Creek State Park	Meet: Elwyn train station off Rte. 352, south of Granite Run Mall. Ride to Marsh Creek; stop @ Lyndell Country Store for food & drink; on to the park for a break before heading back. More stops at leader's discretion. Bring \$ for food & drink. Rain or drastic weather cancels or shortens ride. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Monday, May 10, 7:30 pm Miles: 0 Class: ALL MEMBERSHIP MEETING SPRING TUNE-UP	Bring a bike that needs attention. Bike mechanic gurus Bob Martin and Woody Kotch will teach. Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, May 15, 9:00 am Miles: ? Class: ALL Bonkers Volunteer Ride	Meet at Ridley Creek State Park Lot# 15, and join us for a ride and final route check for the Bonkers Tour. Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
Saturday, May 15, 9:00 am Miles: 30+/- Class: C Route 926 Ramble	Start: Culbertson Elementary School, Goshen Road, Newtown Square, out West Chester Pike, to Rte. 926, to Rte. 100, to Rte. 1. Stop at Hank's Place or Wawa across Rte. 1. Terrain: mostly gently rolling. No one dropped, bring water and money for food. Rain cancels ride. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, May 16, 8:00 am Miles: Class: ALL BONKERS TOUR	Sponsored by the Delaware Valley Bicycle Club. 64, 50, 35, and 18-mile routes. Starting Ridley Creek State Park (near Media, PA). Parking Lot # 15. COST: \$12.00 pre-registration (postmarked by May 7th, 2004); \$ 17.00 at the gate. Tour will be held rain or shine. EXPECTED ATTENDANCE: 200-300 riders SERVICES PROVIDED BY DVBC: Food stop, maps/cue sheets, sag wagon, with well-marked routes. Contact Dom Zuppo at 610-544-8630 or president@dvbc.org
Saturday, May 22, 8:00 am Miles: 100 Class: B 100 Miles for a Hoagie?	100 Miles for a hoagie? You bet--if it's from Mays Landing's Sugar Hill Deli. Pancake flat with plenty of drafting. Meet Kingsway HS, Rtes. 551 & 322, Swedesboro, NJ. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, May 22, 8:30 am Miles: 55 Class: C+/B- Swedesboro-Centerton	Join Bonnie and Len for a ride over to Centerton. Rest stop at the deli in Centerton. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, May 22, 8:30 am Miles: 35+/- Class: C Meet the Train	We'll meet the train from Philly and ride out to and through Ridley Creek State Park. Start from Pathmark parking lot, MacDade Blvd., Folsom, Ridley Township. Leave: 8:30am to meet the 8:58 train from the city at Ridley Park train station. Riders from Philadelphia can take the R-2 train (#4207) leaving Suburban Station at 8:34 AM. (Train riders; be sure to call me so we know you are coming). Contact Dave Trout at 610-368-0760 or dmttrout@usa.net
Sunday, May 23, 8:00 am Miles: 50+ Class: C+/B- Pump Friction	Start and end at the R5 Wayne Train Station with hills in between. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 23, 8:30 am Miles: 40+/- Class: C Swedesboro-Riverview Park	Join Bonnie and Len for a ride. Stop at Wawa for snacks before entering park. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net

Sunday, May 23, 8:30 am Miles:30-40 Class:C East Coventry Breakfast Ride	Start Valley Forge National Park, Visitor Center, lower parking lot. Ride to East Coventry in Chester Co. Firehouse breakfast, near end of ride. Expect some hills. Cue sheet & Regional Bicycle Map for each rider. A multi-club ride. Bring H ₂ O, \$ & snacks. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, May 23, 9:00 am Miles:34 Class:C Art Museum	Nice C-paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture but to cruise the museum loop in spring weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, May 23, 9:15 am Miles:62 Class:B Westtown and Beyond	Meet at Moylan Rose Valley train station, Manchester and Woodward Roads. Ride over the classic DVBC routes. Go through western Delaware County, Chester County and maybe Delaware. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Saturday, May 29, 8:00 am Miles:100 Class:B 200 Mile Assault Team Training Ride	Kingsway High School to Mays Landing and back. Rtes. 551 and 322, Swedesboro, NJ. We'll practice controlled paceline for the first fifty miles. Free Spirits rule for the second half. All A and B riders welcome with and without 200-mile aspirations. Contact Woody Kotch at 610-566-2736 or hkotch@comcast.net
Saturday, May 29, 8:30 am Miles:35 Class:C+ Roll Along the Back Roads!	Meet at Folsom PathMark, MacDade Blvd, Ridley Township. From PathMark, bike by Neumann College, to Glen Mills through Ridley Creek State Park, back to Path Mark via the Smedley/Lepier Trail (paved). Ride finishes before noon. Flat roads: "C" pace; hills "B" rated. Contact Frank Jackson at 610-534-3978 or fjackson@rohmmaas.com
Saturday, May 29, 10:00 am Miles:18-28 Class:C- C U at Selene	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, May 30, 8:00 am Miles:60+ Class:C+/B- Berks County Brunch	Start and end at the R5 Wayne Train Station, but go halfway...or more to Reading. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, May 30, 9:30 am Miles:34 Class:C Breakfast With Bob	We cruise at a C pace for breakfast with friends at Kountry Kitchen, then take a different route home. Meet Kingsway HS, Rtes. 551 & 322 in NJ. Contact Bob Martin at 610-352-2114

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Regional Events

April 29 - May 1: The New York City Bicycle Show, New York State Armory, 26th St and Lexington Ave, New York, NY.

Sat. May 1: Farmlands Flat Tour, Brookdale Community College, Lincroft, NJ. Ride 18, 25, 38, 50, 62, or 100 miles. \$25 after 4/17, no shirt or lunch. Central Jersey Bicycle Club, phone 732-225-HUBS.

Sat. May 1: Southern Maryland May Metric, Clinton, MD. 26, 40, or 63 miles. The longer routes take you through the Merkle Wildlife Sanctuary. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750; phone 301-567-0089.

Sun. May 2: Bike 4 Sight. Media PA. bike4sight.org

Sun., May 2: SCU Quad County Metric, Green Lane Park, Green Lane, PA. Post-ride meal. Home-baked snacks. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. E-mail:

centuries@suburbancyclists.org Web site: <http://www.suburbancyclists.org>

Sat. May 8: Pinelands Triple Loop, Batsto, NJ. Ride 29, 36, 65, or 100 miles on flat terrain. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492.

Sun. May 16: Bonkers Metric, Ridley Creek State Park (Parking Lot #15), near Media, PA. Ride 18, 35, 50, or 65 miles on rolling terrain with a few hills. \$12 pre-registration by 5/9, \$17 day of event. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn PA 19094-0156; 215-254-9485.

May 28-31: Kent County Spring Fling, Chestertown, MD. Enjoy 4 days cycling on Eastern Shore w/ meals & lodging at Washington College, Chestertown, MD. 11 to 132 mi. per day. \$245 per person (double occ.) incl. 3 nights dorm lodging, 3 breakfasts, 2 din., ice-cream social, etc. \$25 late fee after 4/15. Baltimore Bicycle Club, Frank Anders, 410-628-1154.

Tue. June 1: Wachovia Invitational, Lancaster, PA. Professional road race - spectator and volunteer event.

Thur. June 3: Wachovia Classic, Trenton, NJ. Professional road race - spectator and volunteer event.

Sat. June 5: Get Ready Metric, Pennsville, NJ. 32 or 64 miles. Start Fort Mott by Del. River & ride 32-mi loop. Then lunch & stop or continue to second 32-mi loop. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

Sat. June 5: Spirit of Women Ride for Cancer, Trexlertown, PA. Lehigh Wheelmen Association

Sun. June 6: Wachovia USPRO Championship, Logan Circle to Manayunk, Philadelphia, PA. Professional road race - spectator and volunteer event. Vendor Expo on Ben Franklin Parkway.

Sat. June 12: The Longest Day, High Point, NJ, to Cape May, NJ, 200 miles,

See REGIONAL EVENTS, p. 10

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



Home of H.H. Racing Group, U.S. National, and World Champions.

We service all bicycles from toddlers to World Champions and carry bicycles and accessories by:



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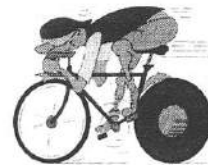
Special Discounts for DVBC members

801 N. Providence Road "Five Points" Media, PA 19063
Tel: 610-565-9535 Fax: 610-565-6033 E-Mail: cyclesport@verizon.net Web Site: HHRacingGroup.com



Bike Dirt

By F.X. Pedrix



As I was monitoring the DVBC list serve this spring for juicy tidbits or leads for Bike Dirt, I began to feel sorry for any new or beginning riders who read the posts there. Most of late March and early April have been awash with reports of, or plans for, 60, 70 and even 100-mile rides. I was telling my ever-so-supportive and lovely wife Babs about the numerous emails sent in planning a double century in New Jersey this June. When she finally stopped laughing I asked her what was so funny. "You guys kill me," she said. "Every year you try to do that ride. You plan and do training rides and you haven't done it yet." I felt as though I was slapped with a bike gauntlet... ah, I mean glove. "You wait, my dear Babs. This is the year... you'll see," I countered. "Oh right, you and your pain bank," she said as I recorded yet another major deposit.

One of our most enthusiastic young members, to whom my spy refers as the Second Coming of Ed, has recently started commuting to work by bike. I don't know if he is doing it because May is Bike-to-Work month, or it is just a natural outgrowth of his Spartan training regimen. Anyhow, my mole learned that his trip is a 13-mile one-way commute between Rose Valley and Bryn Mawr. When the agent inquired as to how the young man can spare all the additional time necessitated by biking, Ed II responded, "Oh, it doesn't take any extra time. In fact, I usually pass the traffic and get home quicker than I would have by car!" That wipes out my final justification for not biking to work—unless laziness is considered a valid excuse.

Last fall I reported that our new president was perfecting Butt-Cam™ technology, an ingenious system for surreptitiously videotaping the escapades of those riding on his backside. After extensive consultation with experts at such places as NASA, MIT and the Institute for Rear End

Photography, the Prez believes he has put all the roadblocks behind him. Butt-Cam™ will be plopped into place this month and, if the concept stinks, no one should dump on him for a lack of effort.

A nice group of 14 gathered at the Salem Oak Diner on March 27th for the Odell metric. Well, ten came for the metric; the remaining four pronounced their day a success by the time a huge breakfast had been consumed, then belched good-bye before driving home to escape the final half dozen drops of a spring shower. In keeping with my editor's policy of privacy, their names will not be mentioned, beyond saying that they rhyme with Boney, Harry, Goody and Zonika.

Meanwhile, Bonkers Boy led his charges out on the familiar, scenic Odell route. Familiar, that is, to all but the leader himself, who invariably manages to get his troops lost. This time he took them down a paved country road that turned to sand. A little old lady assured the group that they would have to walk only half a mile before pavement resumed. She was off by precisely a mile.

On April 20th, our member from the Buckeye State was out for a peaceful ride on the Schuylkill River Trail. As he was passing through Conshohocken his peace was interrupted by... well, a war! He actually happened upon an apparent gang war involving about thirty teenagers. Not one to leave a wrong un-righted, Mr. Buckeye attempted to intervene when he saw a teenager being pummeled by numerous others. I am happy to report that eight police cars descended upon the scene moments later, breaking up a potentially deadly brawl.

And speaking of fighting, the DVBC's Ride Leader Extraordinaire is in HUP waging his own war. You can send cards to Bob Leon at Hospital of the University of Pennsylvania, 3400 Spruce St., Phila., PA 19104, (Room

7011). His phone number is 215-615-8122. You are in our thoughts and prayers, Bob.

"I've really had it with my dog. He'll chase anyone on a bicycle," my riding buddy said on a ride the other day. "So what are you going to do - leave him at the dog pound?" I asked. "Give him away? Sell him?"

"No, nothing that drastic," he replied, "I think I'll just confiscate his bike."

One of our tandem riders was stopped by a police car, "What've I done, officer?" asks the rider. "Perhaps you didn't notice sir, but your wife fell off your bike half a mile back." "Oh, thank God for that," says the rider. "I thought I'd gone deaf!"

Keep Ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.



President Dominick Zuppo, flanked by Drew Knox (left) and Doug Bower, demonstrates his latest technological gimmick, a pair of 2-way radios that will help Dom reach out and touch someone from either car or bike.

Bicycling Craze

Everybody just at present seems to have lost their reason over this fascinating subject and shortly every man, woman and child in the town will be on wheels if the craze goes on... the people most bitten now are the middle aged ones. Our staid and fashionable matrons of 25 and over seem to be the leaders.

The Acadian Recorder,
Halifax, NS, 2 May, 1896

From **REGIONAL EVENTS**, p. 8

1-way. Alternate start locations provide 100- or 120-mi (200km "double metric") routes. Must register and join Central Jersey Bicycle Club by May 12. Brian & Fran Sanchez, 732-251-4480.

June 12-13: MS150 PA Dutch, Trexlertown to Kutztown, PA. National MS Society, Greater Delaware Valley Chapter, 215-271-1500. Check-in 6:30AM at Velodrome, Trexlertown, PA. Overnight avail. Kutztown U. Raise \$200 min. 50, 75, 100 mi. & a 1-day option. Great support. 1-800-445-BIKE, www.nationalmssociety.org.

June 12-13: MS150 Tour de Shore, Salisbury, MD. National M S Society, MD Chapt. 410-527-1770

June 13: Bay to Bay, Betterton MD. 7-9 am. 27-104 flat mi. \$20 til 5/15, then \$25. Kitty Neff, 27635 Stryckning Rd., Chestertown MD 21620-1665, 410.778.7356 or bay2bay@hotmail.com

Sat. June 19: Lancaster Farmland Trust's 7th Pedal to Preserve bicycle fundraiser. New Holland, PA. 6-mi. Family ride (9:30 a.m.) 20-mi ride (9 a.m.); or 51-mi (8 a.m.). Garden Spot H.S. \$20 pre-reg. or \$30 day of (under 12 free with adult). Pre-reg. free T-shirt. Benefit Lancaster Farmland Trust. www.savelancasterfarms.org or 717-293-0707.

June 24-27: CAM Weekend 2004. Thru scenic N. Maryland. Civil War battlefields. historic covered bridges. 3-days http://www.onelesscar.org/CAM_2004/cam_info.htm

Sat. June 26: Nightmare Tour, Marietta, PA. 200 miles. Dream Ride Projects, 717-397-2503.

Sun. June 27, Bell to Bell Bike Ride, Phila. to Valley Forge, PA. take scenic 22-mi. (1-way) ride along

Schuylkill Trail from Liberty Bell to Justice Bell. All must pre-reg.; \$25 adults, \$15 children under 18. Free T-shirt & pin. Inquirer about return trans., or ride back to Phila on your own. 1.866VF-VISIT.

Sun. July 4: Delaware Double Cross, Middletown HS, DE; 31 or 62 mi. Cross & "double cross" state in 31 mi. flat. A 2nd 31-mi. loop to Clayton for total of 62 mi. \$12 pre-reg by 6/22, & \$8 for T-shirt. \$18 day-of event, no shirt. Under 12 free w/paid adult. White Clay Bike Club, c/o Pieter Jongebreur, 39 Hunting Ridge Rd, Newark, DE 19702; 302-738-1299.

July 9-11 or 10-11: MS Bike Tour, Gettysburg, PA. 2-day rally at Gettysburg Coll. National Multiple Sclerosis Society, Central PA Chapter, 717-652-2108.

Sat. July 10: No Baloney Classic, Lebanon, PA.

July 10-17: Penn Central Tour, Greensburg to Easton, PA, 1-way. Pedal PA, P.O. Box 385, Harleysville, PA 19438; 215-513-9577.

Sun. July 11: American Cancer Society Bike-a-thon, Philadelphia, PA, to Mays Landing, NJ, 1-way. 215-985-5400.

July 16-18: Pennsylvania Bicycle Rally, Lewisburg, PA. Bicycle Access Council, 717-417-1299.

Sat. July 17: Veloce Metric Century, Trexlertown, PA. Lehigh Wheelmen Association

July 24-30: Pennsylvania Greenway Sojourn, Spartansburg to Foxburg, PA, round-trip. 6-day tour of Allegheny River Valley, 200 mi round trip, 80% on rail-trails. Camp in own tents. 3-day option available. Rails to Trails Conservancy, 105 Locust St, Harrisburg, PA

17101; 717-238-1717.

Sun. July 25: Tour de Tinicum, Erwinna, PA. Delaware Valley Vol Fire Co, 610-294-9385.

Sat. July 31: Route 113 Heritage Corridor River to River Bicycle Tour, Souderton, PA. 25, 50, or 100 mi. Lightly traveled roads. \$35. Pedal PA, P.O. Box 385, Harleysville, PA 19438; 215-513-9577.

Sun. Aug. 1: New York City Cycling Championship, New York, NY. Professional race on 1.2-mile circuit in Manhattan.

Sat. Aug. 7: Dog Daze Century, West Chester, PA. 27, 50, or 100 mi, rolling to hilly. \$12 pre-reg by 8/5 or \$15 after, incl. lunch. Brandywine Bicycle Club, Ann Marie Sullivan, P.O. Box 3162, West Chester, PA 19382; 610-644-3792.

Aug. 8-12: Dutch Treat, Millersville, PA. Ride around Lancaster area in new tour. Pedal PA, P.O. Box 385, Harleysville, PA 19438; 215-513-9577.

Sat. Aug. 14: Bridgeton Zoo Ride, Schalick HS, Centerton, NJ; 25, 50, or 100 mi, 8 AM. 25-mile loop & 1st 50-mi loop rest stop at Bridgeton Zoo. 2nd 50-mi loop for century. Lunch from deli nearby. Discount coupon part of package. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705.

Sun. Aug. 15: Covered Bridge Metric Century, Lancaster, PA. 15, 31, or 62 mi thru PA's famous scenery. Rolling w/few hills on 62-mi ride & flat to rolling on 15- & 31-mi rides. 7 covered bridges & a lunch stop on 62-mi ride. Shorter rtes lunch at end. \$12 by 7/15, \$20 after. Add \$15 for T-shirt, only avail w/pre-reg. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535.

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BONKERS METRIC, May 16, 2004, 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 9** 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
P.O. Box 156
Woodlyn, PA 19094-0156



Expiration Date: 11/30/04

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

19320+1284



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:
(check all interests)

- ☐ Ride Leader
☐ 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)