

Delaware Valley Bicycle Club



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

JUNE 2004

Spinnin' Round the DVBC

By President Dominick Zuppo



Watch out for the expansion joint. Get ready to downshift. Good, now don't forget to spin. Spin. Come on, move. Aaaaahhhh!

And so ended my personal celebration of Bike to Work Week 2004. The leg cramps that woke me earlier in the morning returned with a vengeance during the climb from the mall to Springfield Hospital, forcing me to limp home to truck and bike rack. I later drove my bike to the May 21st event in Media and saw Ira, Woody, Bob Martin and PA State Legislator Stephen Barrar.

Those of you who subscribe to our list-serve may have read my daily postings, the random thoughts and experiences I had while cycling to and from work during the week of May 17th to 21st. According to the League of American Bicyclists, "over 22% of all motor vehicle trips Americans take are less than one mile long, and 50% of the working population commutes five miles or less to work, an easily bikeable distance. If the average person biked to work or shopping once every two weeks instead of driving, we could prevent the pollution of close to one billion gallons of gasoline from entering the atmosphere every year."

My Cannondale touring bike was well suited for the task, as it has a full complement of braze-ons and comfortable geometry. My rack and fenders installed, all I needed was a pannier, which I found, where else, but on eBay. And I was inspired to ride by fellow club member David Cuni-

celli and the tips I gleaned from the Commuting section of www.bikeforums.com.

On Monday I overslept, having spoken with another club member late into the previous evening about our successful Bonkers Metric and plans for summer rides. For the ride in, the weather was cool, traffic light, the scent of honeysuckle in the air. I met a fellow co-worker at the end of the ride and discussed the development of a corporate training schedule for the upcoming American Cancer Society Bike-a-thon.

On the way home, I came across a disabled car on West Chester Pike, an accident waiting to happen. I dismounted and signaled the traffic to stop while the young driver and I

pushed the car to the shoulder. Most of the drivers complied, but a few couldn't spare one minute of their time and passed us. I also came across a torn American flag, a dozen unopened lemonade bottles, suffered leg cramps, my first flat tire in 5800 miles, and a close encounter with Bambi – all during Bike to Work Week.

Cycling to work also helped crystallize my opinion about bicycle lanes. I realize there are two vocal camps concerning this issue. The first demands that cyclists should be treated the same as motorists, with the same access, rights and responsibilities. With thanks to the Bicycle Coalition of Greater Philadelphia's

(SPINNIN', continued on page 9)



Volunteers Jeanne Pattalino, Gina Bezdziecki, and Maureen Shanahan are ready to help riders Jan Chadwick and Ed Becker register for the Bonkers Metric, Sunday, May 16. Javier Pazos looks on with satisfaction as more riders come to register

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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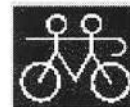
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Club Affiliations



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!

Advocacy Update

By David Bennett

On April 29th, DVBC Advocacy Coordinator David Bennett attended the Southeast Penna. Bicycle Task Force meeting. The following is his report.

Dave Bachman, PennDOT state bike and pedestrian coordinator, reported the latest news on two current statewide programs, including "Hometown Streets," designed to promote the creation of bike-friendly roads such as the route that was just shot down by politicians in Aldan Borough, and "Safe Routes to School," a push to get kids walking or riding their bikes to school, thereby reducing the need for school buses and car commutes.

Ken Edmonds updated the audience on the status of the East Coast Greenway, a bike highway that will ultimately stretch from Maine to Florida. Bids are being let for improvements in Chester and Marcus Hook; Ken is working on the precise route the Greenway will take through the city. He is trying to coordinate Pa RT. E, RT. S and the Greenway so that they all intersect with the Schuylkill Trail. The significance of the ECG for the DVBC is that there will be a major event this coming summer, and the DVBC has committed to participate when this occurs.

John Wood, Montgomery County master planner extraordinaire, laid out his four-year plan. He passed out a map of the county that illustrated all completed and proposed trails, including the dates these trails will be completed. Over a period of many years, John has painstakingly managed to put together an interconnecting trail network. Says David Bennett, "We would be so blessed if we had a John Wood working for us in DELCO."

Bob Thomas, landscape architect extraordinaire and partner in the firm Campbell Thomas, presented a detailed plan for

Lower Merion Township. He has completed a comprehensive plan for the township detailing all the ways Bikes and Peds can get around. The beauty of this plan was just as magnificent as John Wood's – only on a smaller scale. Bob told the attendees that, as the result of input from residents, he proposed a plan to connect Flat Rock Park on the river with the Philly side by way of a pedestrian bridge at Flat Rock. It looks like it will come to pass sooner or later. His map, too, was a technical masterpiece if, like David, you are into Bike-Ped accessibility. Bob also announced that the long-awaited Radnor Rail Trail has finally been put out for bids and the bids have been submitted. It will happen soon!

John Boyle and Alex Doty of the Bicycle Coalition of Greater Philadelphia announced their proposal for the position of a Bike Coordinator who would report directly to Philadelphia's Managing Director to coordinate all bike projects in the city. They reported that Amtrak has been reneging on its commitments to accommodate bikes on trains. Those of you, like our own Ira Josephs, who are familiar with the BCGP's day to day work are aware that bikes on buses and trains seems to occupy most of their time and that SEPTA is the least cooperative of all the government agencies to keep its word.

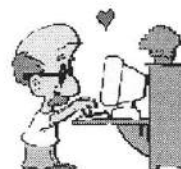
Jacob Malikkal, project engineer for the Delaware Valley Regional Planning Commission's "Bicyclists Baltimore Pike," gave an update. Of the three original regional projects, Old Baltimore Pike in CHESCO, a portion of 202 in MONTCO, and the BBP on Providence Road in DELCO, the first two have been approved and are going to be completed soon. Due to the opposition of elected officials in Aldan, Upper Darby, and Ridley Township to the BBP, PennDOT has decided not to press the issue.



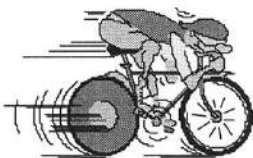
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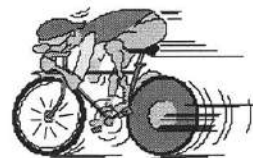


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Bike Dirt

By F.X. Pedrix



There are a lot of bike-wise club members who subscribe to our email list serve and, over the years, I have picked up many gems of wisdom from them. You would not guess that, however, by perusing one recent heated discussion which revolved around the question of whether it is better to ride safely or wear a helmet. The other day as I dressed to go out for a ride, in an effort to resolve that dispute, I asked my lovely wife Babs, "Dear, which do you think I should do today: ride safely or wear a helmet?" Her response: "I think your head has hit the pavement too many times when you weren't wearing a helmet."

Our club jerseys have been taking a bashing in private and public discussions lately. Mr. Buckeye, in maintaining that the jersey zipper is too short, tells about the time when,

in removing the shirt, he cut his nose so badly he almost had to be hospitalized. Plastic Boy hates the elastic at the bottom and the non-racing cut. The club alpine champion and another guy with two first names expressed their disdain for the sleeves by cutting them off. Finally, "Dreamer," apparently not one to mince words, stated on the email list, serve that "the club jerseys suck." It seems the only people who still like the shirts are those from other clubs who never fail to admire them at inter-club rides, all people who don't have to wear them.

"One enthusiastic new DVBC member has brought to our club not only a talent for biking but also an artistic flair. His forte is caricatures (see three of them in this newsletter). In fact on June 8th he is leading a "Caricature Ride" in which partici-

pants who are willing to pose for five minutes or so will receive a free caricature of themselves (cash value on the open market: \$50!). Welcome to the DVBC, Rick

Our club's Ride Leader Extraordinaire has again impressed us with his vitality but this time it was not while riding a bike. Bob Leon went into the hospital for a month's worth of blood stem cell treatment and did so well his doctors decided to send him home after only nineteen days. Bob has been getting strong fast and his goal was to be back on his bike by the first of June. By now you may already have been out riding with him.

Debbie Chaga has finally joined the Titanium Club but not in the way she had planned. Last month, instead of a Ti bike frame, she had a titanium

(BIKE DIRT, continued on page 9)

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



DVBC Ride Calendar

JUNE 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. Meet at the Pathmark on MacDade Blvd. in Folsom. Please note that one Tuesday later in the month, we will be doing a 30+ ride till the light fades, so you might want to contact me. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
Tuesdays 6:00 pm Miles:25+/- Class:C+ Caricature Ride	Meet at Rose Tree Park parking lot and go through Ridley Creek State Park and Cheney University to Westtown School in Chester County and back. Participants will receive a caricature (big head with a little body). Rain cancels ride. Contact Rick White at 484-444-0990 Email: caricature@verizon.net
Tuesdays 6:10 pm Miles:20+/- Class:B CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Call the shop for details and if the weather is questionable. Distance is according to available daylight during the early days. Pace is around 14-15 and can be split into two groups for newer riders. Contact Harry or Victor at 610-565-9535.
Wednesdays 6:00 pm Miles:25+ Class:A Workout	Meet at Rose Tree Park on Rte. 252 for our regular Wednesday night workout. Expect a fast pace and some nice hills. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Wednesdays 6:00 pm Miles:20-30 Class:C+/B- 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:25+/- Class:B 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
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 and probably up some hills to get us ready for the coming weekend 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'Flagherty's Restaurant on Rte. 452, then turn right at second street on right at tennis courts. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Thursdays 6:10 pm Miles:20+/- Class:B CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Call the shop for details and if the weather is questionable. Distance is according to available daylight during the early days. Pace is around 14-15 and can be split into two groups for newer riders. Contact Harry or Victor at 610-565-9535.
Saturday, Jun 5, 8:00 am Miles:130 Class:B 200-Mile Assault Team Training Ride	Kingsway High School (Rtes. 551 and 322 Swedesboro, NJ) to Ocean City and back. We'll practice controlled paceline down to OC. 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 hrkotch@comcast.net
Saturday, Jun 5, 9:00 am Miles:30+/- Class:C/C+ County to County	Start from Culbertson Elementary School on Goshen Road in Delaware County, and ride into Chester County. The overall ride is gently rolling, with some ups and downs, no one dropped. Same basic direction as the May 1 ride, but some different roads this month. Bring water and money for food stop. Rain cancels ride. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com

Sunday, Jun 6, 8:00 am Miles:55+/- Class:B The R5 Weekly	Starts at the R5 Wayne Train Station. Sometimes west to Kimberton, or north up the Lower Perk Trail, or south to the Brandywine area! Some hills. NON-MEMBERS WELCOME. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 6, 8:45 am Miles:50+ Class:A Art Museum	Meet at Rose Tree Park in Media, for a ride to Manayunk and the Art Museum. Expect a fast pace and lots of nice friendly hills. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Monday, Jun 7, 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
Friday, Jun 11, 9:00 am Miles:250 Class:ALL Hunter Mountain - Weekend Getaway	Leave Media around 9AM, Friday and drive to East Durham, NY, where we will stay at the Rose Motel. Upon arrival, we can do a 20 to 30 mile ride to stretch our legs and get ready for the next day. Look at http://www.dvbc.org/NY2002/index.html for details about our last trip. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jun 12, 7:30 am Miles:150 Class:B 200-Mile Assault Team Training Ride	Kingsway High School (Rtes. 551 and 322 Swedesboro, NJ) to Avalon and back. We'll paceline down to Avalon and back. Either this 150-mile ride or the June 19th 150 is a prerequisite for the 200 mile on the 26th, except by special invitation. All A and B riders welcome with and without 200-mile aspirations. Contact Woody Kotch at 610-566-2736 or hrkotch@comcast.net
Saturday, Jun 12, 8:00 am Miles:60+ Class:ALL Hunter Mountain - Weekend Getaway	See web site for details http://www.dvbc.org/NY2002/index.html Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jun 12, 8:30 am Miles:50 Class:C+/B- Brandywine 50	Join Bonnie and Len for a ride of the Brandywine 50. Start at Chadds Ford Elementary School on Route 1 and Fairville Rd. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Jun 12, 8:30 am Miles:40+/- 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 dmtrout@usa.net
Saturday, Jun 12, 9:00 am Miles:74-83 Class:B+/A- Cross County Tour	Return to the original Cross County Tour. Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926 (NOTE: bridge on 926 near Westtown Rd. is still not finished). Scenic roads from SE Chester County north & west to Berks & Lancaster counties. Final avg. approx. 17 mph. Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Saturday, Jun 12, 9:30 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 Jpsephs at 610-565-4058 or ira@dvbc.org
Sunday, Jun 13, 8:00 am Miles:60+ Class:ALL Hunter Mountain	See web site for details http://www.dvbc.org/NY2002/index.html Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Sunday, Jun 13, 8:00 am Miles:50+/- Class:B- The R5 Out Sourced	Begins at the R5 Wayne Train Station. Ride to Kimberton for lunch at the Whole Food Market and come home. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 13, 8:30 am Miles:40+/- Class:C Swedesboro-Red Bank Battlefield	Join Bonnie and Len for a ride up to Red Bank Battlefield. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jun 13, 9:00 am Miles:28+/- Class:C Exton to Valley Forge	Meet at the Rhondda Neighborhood Offices (The Farmhouse) on Carmarthen Drive. Meander along lightly used roads east of Route 100 in Exton up to Valley Forge Park. Return along Yellow Springs Road(s). Several moderate hills. No one dropped. Bring water and snacks. No planned food/bathroom breaks. Call or email for directions. Multi-club ride, with the BCP, DVBC, & BBC. Contact Matt Rice at 610-280-6195 or mrice@dca.net
Monday, Jun 14, 8:00 am Miles:50+/- Class:ALL Hunter Mountain	See web site for details http://www.dvbc.org/NY2002/index.html Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jun 19, 7:30 am Miles:150 Class:B 200-Mile Assault Team Training Ride	Kingsway High School (Rtes. 551 and 322 Swedesboro, NJ) to Avalon and back. We'll paceline down to Avalon and back. Either this 150-mile ride or the June 12th 150 is a prerequisite for the 200 mile on the 26th, except by special invitation. All A and B riders welcome with and without 200 mile aspirations. Contact Woody Kotch at 610-566-2736 or hrkotch@comcast.net

Saturday, Jun 19, 9:00 am Miles:30+/- Class:C/C+ Route 926 Ramble	Start at Culbertson Elementary School, Goshen Rd.; head out West Chester Pike to Rte. 926, down to Rte. 100. We'll head for Hank's Place or the Wawa across Rte. 1 for food. Gently rolling with some ups & downs. No one dropped. Bring water & money for food stop. Rain cancels ride. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Jun 20, 8:00 am Miles:55+/- Class:B- Flowing Spring Foray	Begins at the R5 Wayne Train Station and heads right to 'da hill' followed by lunch at the Whole Food Market and go home. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 20, 9:00 am Miles:35+/- Class:B B-birthday ride	Why? Because what better way would I like to spend my birthday than with my friends from DVBC. Expect a nice casual pace because some of us will be recovering from Woody's Saturday ride. Start at Rose Tree Park. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Jun 20, 9:00 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
Saturday, Jun 26, 6:00 am Miles:200 Class:B/B+ 200 Mile Assault	Rain date June 27th. Near Kingsway High School (Swedesboro, NJ) to Cape May and back. We'll paceline all day to complete our 200-mile ride before dark. The ride will be flat with a start/finish point to be determined east of the hills outside of Swedesboro. We'll break for water, rest, whatever every 30 to 40 miles and for lunch and dinner. Our goal is to finish with all who start. To participate you must complete one of the 150-mile training rides or contact Woody for special invitation. Contact Woody Kotch at 610-566-2736 or hrkotch@comcast.net
Saturday, Jun 26, 8:00 am Miles:80 Class:C+/B- Smithville Bakery	Join Bonnie and Len for a ride to Old World Bakery in Smithville. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Jun 26, 9:30 am Miles:35-40 Class:C Cruise the Delaware Canal Towpath!	Meet at Riverside picnic area of Washington Crossing State Park. Bring a hybrid or mountain bike for unpaved trail. We'll meander along the trail (crushed stone) north to Frenchtown, where we'll cross into PA, head south to New Hope, stop at a delicious French bakery, and cross the river back into NJ. Directions: North on I-95 and then NJ 29 North immediately after crossing Scudders Falls Bridge. Continue N. on 29 for approx. 8 mis. to Mercer County Rte. 546. Left, then quick right. Go to the back of parking area. Or take Septa's R3 train to West Trenton, then bike NJ 29 or canal path, about 5 miles to the park. Contact Frank Jackson at 610-534-3978 or fjackson@rohmmaas.com
Saturday, Jun 26, 10:30 am Miles:45+/- Class:C+/B- Lunch ride to Philly	Meet at 320 Market parking lot, Swarthmore/Springfield, Chester Road. Rolling suburban hills to Art Museum area for lunch. Bring money for lunch. Serious rain cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sunday, Jun 27, 8:00 am Miles:45+/- Class:B- Wade's Wecovery Wide	Start at the R5 Wayne Train Station and ride around a bit with a food stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 27, 8:30 am Miles:40+/- Class:C South Jersey Ramble	Join Bonnie and Len for a ride. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jun 27, 8:30 am Miles:40 Class:C/C+ Schuylkill Canal Day	Schuylkill Canal Day with the Fun Wheelers. Start Manhattan Bagels in Chesterbrook Shopping Center. Ride some well-traveled biking roads in western Montgomery County, to take in the 22nd annual Canal Day in Mont Clare. For more info about the Schuylkill Canal & Canal Day, visit www.schuylkillcanal.com. Expect some hills. Not a ride for beginners. A multi-club ride. Bring H2O, \$ & snacks. Cue sheets provided. Call if you need directions to the start. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Jun 27, 9:00 am Miles:62 Class:B Westtown and Beyond	Meet at the Moylan Rose Valley train station at Manchester and Woodward Roads for a ride over the classic routes of the DVBC. Go through western Delaware County, Chester County and maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jun 27, 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 summer weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.

BONKERS

CARTOONS
OF THE
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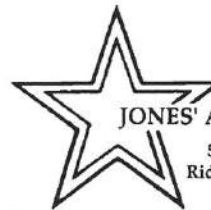
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(Continued from SPINNIN', page 1)

position paper, the other believes bike lanes help mitigate fatalities, serve as a traffic-calming tool and encourage bicycling. During my commute I felt most comfortable while traveling the wide shoulders of West Chester Pike and Route 252. Given that educating motorists about cyclists' rights is probably a low legislative priority, and both traffic congestion and "road rage" are on the increase, it is my opinion that bicycle lanes should be developed wherever possible in our area.



In other club news, some bicycles in sore need of maintenance were serviced during our May general membership meeting. The wheels on my Cannondale have never spun truer, thanks to the capable hands of Bob Martin. And Woody was unfazed as Steve Bertolini wheeled in his Bridgestone "project bike," ever up to the challenge of finding ways to make parts work.

I would also like to thank all who attended and volunteered during our Bonkers Metric tour. Despite the threatening weather, almost 200 riders enjoyed our annual spring event, some traveling from as far away as Western Pennsylvania, New York and North Carolina! I cannot tell you how many participants complimented the route, the markings, the SAG support, and the friendliness of the volunteers. In addition to the comments about our volunteers, one of my personal favorites was, "I've seen more SAG wagons on this one ride than I've seen in 4 years of other clubs' rides." As a club, these praises should inspire us as we plan for our upcoming Brandywine Tour. See you on the road!

(Continued from BIKE DIRT, page 4)

disk inserted in her neck. She will wear a neck brace 24/7 for six weeks and, after that, the expectation is that she will be pain-free and out helping us cruise the open roads.

If Mr. Buckeye still has that vacant look in his eyes it is not because he does not know where he is. Now that he has a GPS device on his handlebars he knows exactly where he is, has been, and is going. He knows how far it was and how much climbing he has done. Apparently, the only thing the device is not telling him is how to get there faster.

This just in from my spy network: Mrs. Bonkers, aka The Queen of the Tandem, has announced her retirement from riding. It is rumored that she will take up other activities such as basket weaving, yoga, meditation, guppy farming and criticizing the Bonkers Boy's wacko riding habits. We will miss her intelligent conversation and quick wit on our rides and wish her the best in whatever she does.

One of our members recently experienced his 15 minutes of fame but, paradoxically, had to have it anonymous.

It seems he was Juror # 6 on a big mob murder trial where secrecy was invoked to protect not only his privacy but also his life. The trial had all the ingredients of a best-selling novel: drugs, corruption, murder, sex, lies and witness tampering. At the climax of the proceedings our Juror # 6 had an agonizing attack of kidney stones and had to be carted from the courthouse on a stretcher. The ambulance transfer was filmed by the media, who were cautioned by the sheriff that only the back of the ailing juror's head could be shown on TV. His co-workers, watching the evening news in the comfort of their living rooms, made immediate identification, so apparently the aft-end of this DVBC member's head is one-of-a-kind. You've no doubt noticed it out on the road.



Juror # 6

Question recently posed by our Brandywine Tour Coordinator: If a Clif Bar had gone bad, how would you know?

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



New Members



Joy & Ed Ambrogio	Terry Kowalski
Kate Barham	William Purcell
David Bullen	Thomas Smyth
Jay Detwiler	Albert Stiles
Dan Dillon	Al Wambach
Gerallyn & Greg Duke	Rick White



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Jim Moore
Owner

Sometimes quitting is a good thing.

By Bob LaDrew

There were no reporters or tv cameras there last month when, at age 56, Judy announced her retirement from riding. Just a husband to say he understood and it seemed like the right decision for the right reasons.

Judy rode seriously for a few years in the 80's, then resumed riding in the mid-90's. She never came close to setting records but I was always proud of the way she rode, especially when we were on the tandem and she helped me feel just a little faster than I really was. Despite the overused jibes that, "She's not pedaling," Judy never gave less than her best on the back seat of our tandem. The highlight came in '99 when we averaged 21 mph for the Sea Gull Century. When we started that ride I could feel through the pedals that Judy was focused on setting a personal record. Since then the rides have gotten steadily slower.

For us, biking has been the pathway to friendship and adventure. On weekends we would travel through the Middle Atlantic States to take in the scenic countryside on the tandem with old friends and new. It was this rewarding adventure that motivated Judy to honor her commitment to work hard and ride well. She took time out from her busy schedule to ride as many as 3600 miles a year, often time-trialing a 15-mile local hilly course in quest of a new personal record. One thrill occurred when she passed two middle-aged men who asked her, "Do you race?"

Although bicycling provided many wonderful times, it was never exactly the right pursuit for Judy. Despite her experience, she did not have good bike handling skills and found group rides intimidating. Susceptibility to weather extremes meant she was often suffering when others were having fun. You don't do 100-

mile bike rides without a heavy investment of time and this meant some of Judy's other interests had to be sacrificed.

More and more Judy was agonizing over her riding experience. She was becoming increasingly ambivalent as each cycling event approached. I began noticing that everything related to bicycling had become a major issue. And so, when I commented to Judy that she no longer seemed to be enjoying riding, that opened the door for her to consider "retiring" from bicycling. She said it was like a weight being lifted from her shoulders.

Judy has many friends in the DVBC and she will continue to enjoy seeing them as she works on the Board, the newsletter and the club picnic. She has many wonderful memories from riding and will continue to cherish them. But for her the time has come to move on to other things. Sometimes quitting is a good thing.

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Regional Events

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 & call it a day, 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.

June 12-13: MS150 PA Dutch, Trexlertown to Kutztown, PA. National M S 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.

Sun. June 13: George Washington Bridge Challenge, Fort Lee, NJ. Ride 4, 15, 33, or 63 miles. American Cancer Society, 1-800-GWB-BIKE

June 13: Bay to Bay, Betterton MD. 7-9 am. 27-104 flat mi. \$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 Tour Lancaster County & visit preserved farms. 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. Food and bev. 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

Sun. June 27, Bell to Bell Bike Ride, take scenic 22-mi. (1-way) ride along Schuylkill Trail from Phila. Liberty Bell to Justice Bell in Valley Forge Park. All must pre-reg.; \$25 adults, \$15 children under 18. Free T-shirt & pin. Inquire about return trans., or ride back to Phila on your own. Linda Riley, Valley Forge Convention & Visitors Bureau, 600 W. Germantown Pike, Plymouth Meeting PA 19462, 1-866-VF-VISIT riley@valleyforge.org

Sun. July 4: Delaware Double Cross, Middletown HS, DE; 31 or 62 mi. Chance to cross & "double cross" state in 31 mi. flat. A 2nd 31-mi. loop heads south to Clayton for total of 62 mi. \$12 pre-reg by 6/22, add \$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.

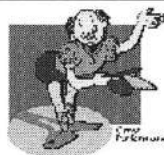
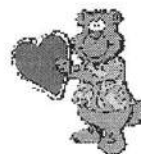
Sat. July 17: Veloce Metric Century, Trexlertown, PA. Lehigh Wheelmen Association

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. Route 113 Heritage Corridor connects 2 rivers & counties over 28 mi, & 21 towns betw. Lightly traveled roads. \$35. Pedal PA, P.O. Box 385, Harleysville, PA 19438; 215-513-9577.

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success! We received
many compliments and
thank you's from the riders.