

Delaware Valley Bicycle Club



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

JULY 2004

4th Annual Hunter Mountain trip a huge success

On the same weekend one DVBC contingent was riding 150 miles to Stone Harbor and back, a team of masochistic "A" riders drove four hours northward for four days of demanding cycling up and around New York's Hunter Mountain.

Eric Valencia, Monika Sloane, Antonio Rocha, Ed Sobolewski, Lewis Neidle, Javier Pazos, Ed Becker, Katrina Dowidchuk, Brian Wade and Jennifer Kraut all mastered Hunter's steepest climbs and thrilled to hair-raising descents. Reports are that Rocha and Sobolewski particularly shined in the big hills while Eric Valencia polished his reputation as the Master of Descent, attaining a speed of 52 mph into a headwind on one precipitous downgrade.

The group stretched their legs on Friday evening with a little 28-miler, then did their most serious climbing in a 58-mile effort on Saturday. Sunday's challenge was 72 more miles of torture before things wound down Monday with a 48-mile finale. Climbs of five to thirteen miles were not unusual.

Rocha's son Daniel and brother-in-law Kevin sagged the rides and documented the historic weekend with photos and humorously narrated videos.

Four days of camaraderie, comfortable accommodations, good eating and scenic routes gave testimony to Rocha's skill as a tour organizer.



Hunter Mountaineers: Eric Valencia, Katrina Dowidchuk, Monika Sloane, Jennifer Kraut, Antonio Rocha, Sagmaster Kevin, Brian Wade, Ed Sobolewski, Lewis Neidle, Javier Pazos, and Ed Becker.

BONKERS CLUB PICNIC

SATURDAY, AUGUST 7



Members and their families free. Please make reservations by Thursday,

Aug. 5. Contact Bob LaDrew: at 610-383-9327 or 2ladrews@netreach.net

MEMBERS: Happy getting your newsletter as a **downloaded PDF**? Go to our web site: dvbc.org Then contact Dom Zuppo by emailing him at: domzuppo@att.net Tell Dom, "Please don't mail me my newsletter anymore. I am willing to download it as a PDF."

Check out the handy ride guidelines on page 2 to help you plan and choose rides.



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).



GO BONKERS!

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



LAB



Bicycle Coalition of the
Delaware Valley

Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

Ride Guidelines

1. Arrive early and be ready to leave on time. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order before you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
 - Class D:** For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
 - Class C-:** For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
 - Class C+:** Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
 - Class B-:** For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
 - Class B+:** For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
 - Class A:** For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

Note: In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Bonkers Metric, Brandywine Tour, Club banquet and Bonkers picnic, all club events are free to the general public. The general public is welcome!



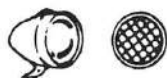
Obey all applicable traffic regulations, signs, signals and markings.



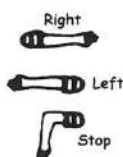
Keep right.
Drive with traffic, not against it.
Ride single file.



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.



Too Close for Comfort

His heart pounding furiously, Rich could see his jersey rise and fall against his chest. It was as if the organ was straining to free itself from the cavity within. 'Adrenaline is a fantastic hormone,' he thought as his mind quickly rewound to the start of the ride.

All week long he had anticipated the coming weekend. The weather forecast was good, with low humidity and a calm wind, and he had recovered from a previous weekend of tough climbs through the Brandywine River Valley. Rich arrived early, having learned from previous experience that Rob, the ride leader, liked to start his rides on time. He checked his tires and found the rear wanting. As he attached the floor pump to the valve, Rich went through his mental checklist: helmet, water bottles, keys, and money for the rest stop.

After checking the waiver form, Rob gathered the riders for a quick pep talk. "This is a C+ ride," he explained as he briefly described the day's event, "and the plus indicates a higher level of difficulty due to some hills. But no one will be dropped. Any questions?" 'Just like his description on the ride calendar,' Rich thought.

The group left the school parking lot and approached a traffic signal. Enrique called out "Stopping" as Marla held out her left arm and pointed to the ground. The green light signaled the start of a pedalcycle procession as the riders crossed the highway and disappeared into the lush solitude of the Chester County countryside.

As they approached their second hill, Rich noticed a rider having trouble with the ascent. "Hey, I'm Rich, how's it going?" he said to Mary Rose, a cyclist he hadn't met before. "This hill is steeper than I thought," she replied as her cadence weakened. "You got that right," Rich puffed. "I had to ease off my pedals a bit to shift to an easier gear." He heard her shift and saw her cadence improve. "Thanks for the tip," she grinned. Mary Rose was particularly

impressed with the non-patronizing manner Rich used to offer his advice.

The cyclists continued on their journey, past quaint country homes with manicured lawns and young cornfields full of the promise of a bountiful harvest. Cool streams spoke to them in muffled voices. 'What a great ride,' Rich thought as the miles melted away like a spring snowfall. 'How did Rob find these roads?'

"Car back." The warning snapped Rich back to the present, and he quickly realized that during this single-file section of the ride his front wheel had overlapped the rear wheel of the cyclist in front of him. While still a foot apart, Rich gently braked until his wheel no longer posed a threat. 'Better pay attention,' he thought, as he dutifully used his hand to signal the approach of potholes, sticks, and other hazards to the riders that followed.

As Rob explained at the start of the ride, the group turned onto the Struble Trail. The pace had picked up a bit, and Rich had fallen behind the peloton during a comfort stop. 'No problem,' he thought, as the trail, which paralleled a creek, was relatively flat. Suddenly, as he rounded a blind curve, Rich realized the error of his attempts to rejoin the group. A family had stopped for a moment's rest, and a young child was seated on the path, tying his shoelace.

Having very little time to react, Rich instinctively nailed his brakes and swerved to the right to prevent an accident. Images flashed across his mind in slow motion – the boy covering his head with his hands, the narrow front tire sinking into the soft earth as the bike left the trail. A mother's scream alerted the peloton to the drama unfolding behind them.

Now it was Mary Rose's turn to offer solace. "That was a close one," she said as she approached the scene. "Is everyone okay?" "I'm fine," Rich replied as he turned to the hikers and apologized repeatedly for his mistake. "But that was too close for comfort."



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

New Members



David Bartolini
Paul Bookman
Phil DeSilva
Lynda Heile Gabroy
Jeanne Gonzalez
Thomas Grubb
Marsha Hyman
Mary Lamotta
Bernadine Lewis
Patrick J. McDonnell
Robert Morris
Richard Muldawer
Mel Stiles
Barbara Whitson
Robert Wilson

I hope you've enjoyed my imaginary tale. But more importantly, I hope you'll remember the techniques I tried to illustrate in my story. Make sure you select a ride that's within your ability level. Please remember to signal right or left turns to fellow cyclists, and especially your intention to stop. Riders who follow you will appreciate warnings of obstacles ahead. And don't forget to "Share the Road."

With so many new members joining our club, I want to remind everyone of the courtesies we extend, and hope to receive, from our fellow cyclists, and all with whom we come in contact. See you on the road!

Reinventing the Wheel

By Rich Alexandre



Wooden blocks were attached to my trike's pedals when I was three. Thanks to my dad I could now ride my red tricycle on the light-colored, level stretch of concrete in front of our southern

California home. Black & white photos from that period captured me smiling, both of my hands firmly gripping handlebar ends. My father brought my machine up to my specs, making it mine to direct, operate and enjoy. And, because machine and rider combine to form a single cycling unit, it's normal for one to feel unique, alone and solely responsible for what we do and how we do it. It was only much later that I realized his physical influence on my enjoyment of cycling. We elect to engage in cycling, adopt it as our activity, and at times forget that there are, close by, others who can help to improve our efforts.

The singularity of being a cyclist is attractive in its sense of independence.



possibly spawning a "go-it-alone" attitude when it comes to finding answers and solutions to our cycling concerns. Inadvertently, we attempt to 'reinvent the wheel,' to find unique solutions for our personal cycling problems. We forget and sometimes don't realize that possible cycling solutions are as close as the cyclist riding next to us. Talk to your fellow cyclists about your concerns. It's when you complain aloud that the cycling community listens and reciprocates with feedback and possible solutions.

In such a well-established collective activity, rich in state-of-the-art components driven by well-tested rider technique, others out there are constantly refining the practice of cycling. Even though we may bike alone, we're not alone when it comes to biking. Think in terms of cyclists headed in the same direction, moving collectively toward the same goal. Not one individual against another, each intent on gaining an advantage, but a peloton, where coordinated group effort helps each contributing rider go faster by working less than he or she would normally have to.

Questions and training can be addressed by your fellow riders. Rides are an excellent opportunity to ask "dumb" ques-

tions, ones that may or may not already have answers, but ones that could generate dialogue. An answer could ease a concern or maybe just head you in a new direction. Ask others to watch your cycling technique. Invite them to comment, good or bad, on how you physically carry out the exercise of biking. How is my cadence? Do I sit too high on the bike? How is my knee action with respect to the bike's top tube? Someone else's perspective could readily provide valuable feedback. The nuances of proper cycling are many; therefore, expect a full spectrum of responses. In the end you're the final filter for solicited information. Take some, all or none.

Cycling can be such an acute physical activity that it seems to take all your effort to merely "do" the activity. Remember that today's biking will tomorrow be yesterday's training ride. Think long-term, use each ride as a stepping-stone to the next. Hopefully, each time we ride, one more positive page will be added to our personal book of cycling experience and, albeit gradually, our cycling will get stronger and faster.

Sunday morning mountain bike rides
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DVBC Ride Calendar

JULY 2004



*****Recurring Weekday Rides*****

Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	Join us for an evening spin through Delaware County. Bring your bike and your brain. Meet us at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
Tuesdays 6:10 pm Miles:25-30 Class:B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry Havnoonian at 610-565-9535 Email: cyclesport@verizon.net
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:28 Class:B/B+ The Rose Tree Ridley	Start at Rose Tree Park on Rte. 252 go through Ridley State Park and beyond. As daylight gets shorter 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:20-30 Class:B+ Art Museum	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:15-20 Class:C Show and Go	Who ever shows up to ride in Delaware County. Meet at the Pathmark on MacDade Blvd, in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
Thursdays 5:50 pm Miles:20+/- Class:B After Work B Stroll	Start at Rose Tree Park 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 6:10 pm Miles:25-30 Class:B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry Havnoonian at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jul 3 8:00 am Miles:130 Class:B/B+ Ocean City Ride	This will be an Ed squared (Ed S. & Ed B.) ride with lots of drafting and lots of fun on mostly backroads. Rest stops half way down and half way back and lunch down in O.C. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Jul 3 9:00 am Miles:40+/- Class:C/C+ County to County	Culbertson Elementary School, Goshen Road, Newtown Square. Back roads into Chester County w/ food stop halfway. Rolling terrain. Cue sheets. Rain cancels. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Jul 4 8:00 am Miles:60+/- Class:B THE BUMP & HUMP RIDE	Start at the R5 Wayne Train Station for a rolling ride to Coventry for lunch on the Schuylkill. Hills added at my discretion. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 4 8:15 am Miles:50 Class:C/C+ St Peters Village	Manhattan Bagels, Chesterbrook. Not for beginners (challenging). Hilly parts of Chester Cty. Alfresco lunch along headwaters French Creek quaint St Peters Village. No one dropped. Cue sheets. Bring snacks, H2O & \$. A multi-club ride. Call if you want directions. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Jul 4 9:00 am Miles:62 Class:B/B+ Northbrook Orchards	Don't be shocked, but I am doing a different ride this month. Hopefully, the store is open for business. Meet at Moylan Rose Valley train station at Manchester and Woodward Roads. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

Monday, Jul 5 8:00 am Miles:55+ Class:B 2nd Annual Firecrack 55	Leave Rose Tree Park at 8:00 am, dip into Delaware, hit Northbrook Orchards (if it is still there) and return. Two short food stops and a few long hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Tuesday, Jul 6, 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, Jul 10 8:30 am Miles:40 Class:C+ Roll Along the Back Roads	Folsom Path Mark, Mac Dade Blvd., Ridley Twp. We bike by Neumann Coll., the highest point in DelCo, thru Glen Mills to Ridley Park. Then thru Media to home. Expect the ride to be finished between noon and one depending on group strength. Strong legs needed. Bring money for a snack. Frank Jackson at 610-534-3978 or fjackson@rohmhaas.com
Sunday, Jul 11 8:00 am Miles:60+/- Class:B The Trico Ride	Starts R5 Wayne Train Station. Heads north into Montco then west into Chesco and south east into Delco. With a lunch stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 11 8:30 am Miles:60-70 Class:B+/A- WesttownParkesburg	Meet at Westtown-Thornbury Elementary School and bike a new route to Parkesburg that is not too long in case it is very hot and humid. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Sunday, Jul 11 9:00 am Miles:40+/- Class:C Jersey Ramble	Meet at Kingsway High School at Routes 322 & 551 in New Jersey. We will ramble around South Jersey and stop somewhere for a snack. Contact Dave Trout at 610-368-0760 or dmtrout@usa.net
Saturday, Jul 17 8:00 am Miles:70+/- Class:B+ French Creek	Bonnie and Len lead ride to French Creek. Starts out flat, gets hillier. No major climbs. We will regroup as needed. Our moving average should be around 15 for this route because of the terrain. Please refer to the ride classifications/guidelines for moving average speed on flat terrain. Cue sheets will be provided. Chaddsford Element. Sch. on Route 1 and Fairville Rd., PA. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Jul 17 9:00 am Miles:30-40 Class:C/C+ State to State	Glen Eagle Square shop ctr, Rte. 202 South, We head from PA to DE on rolling terrain, little traffic, with food stop halfway. Cue sheets, no one dropped, bring water and \$ for a food stop, rain cancels. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Jul 18 8:00 am Miles:40+/- Class:C+ Riverview Park	Join Bonnie & Len for ride to Riverview Park. Flat w/some rolling. Please refer to ride classifications/guidelines for moving avg. Cue sheets. Start Kingsway High School, NJ, Rtes. 322 & 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jul 18 8:00 am Miles:60+/- Class:B The 7 to 10 Ride	Seven to ten of theeeeeemmmmm hills. Start and end at the R5 Wayne Train Station with a food stop and darn near a mile of climb. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 18 9:00 am Miles:35 Class:ALL This Old Bike Ride	Dust off your old 3 speed, 10 speed, or unusual bike. Take that old wool jersey out of moth balls and meet Bob Wheel at Kingsway for leisurely ride on flat light-traffic roads of NJ for breakfast at Kountry Kitchen. Rain date July 25th. Bob Martin at 610-352-2114
Saturday, Jul 24 8:00 am Miles:62 Class:B Shirk's Bike Shop	Continental breakfast at LaDrew's, then a hilly Amish metric capped off by stop at Shirk's Bike Shop, where you'll drool at huge inventory of low-priced, high-end stuff. (No, I don't get a commission.) A stop for lunch. Call for reservations & directions. Bob LaDrew 610-383-9327 or 2ladrews@netreach.net
Saturday, Jul 24 9:00 am Miles:18-28 Class:C CU at Selene	Start Selene Whole Foods Co-op, 305 West State St., Media. Enjoy scenery of hills & valleys to Ridley Park & beyond. Free refreshments afterward inside Co-op. Free parking in lot just west of Co-op. Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jul 25 8:00 am Miles:75 Class:B+ Elwyn - Marsh Creek Park	Meet Elwyn train station off Rte. 352, South of Granite Run Mall. Ride to Marsh Creek where we stop @Lyndell Country Store for food then proceed to park for picnic. Bring \$. Rain will cancel or shorten. Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Sunday, Jul 25 8:00 am Miles:60+/- Class:B The Change of Pace Ride	Start at the R5 Wayne Train Station but go in a completely different direction than I've ever gone before. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jul 31 8:00 am Miles:60+/- Class:B+ Salem	Join Bonnie & Len for ride to Salem. Start Kingsway HS, NJ, Rtes. 322 & 551. Primarily flat. Cue sheets. Please refer to the ride classifications/guidelines for moving average. Contact Len at 610-558-6232 or lzane00@comcast.net

Crash, Boom, Bang!

By Javier Pazos



They say there are two types of bicycle racers: those who have crashed in a race, and those who haven't . . . yet! I'm lucky to count myself as a member of the latter group. "But Javier," you ask, "what

about all those scrapes and scars?" Hey, I only claimed that I haven't crashed *in a race*. My latest brush with the pavement happened when I was clearing some debris (which I thought was glass but turned out to be oil. Ah, the woes of riding before dawn) from my back tire and momentarily forgot that I was on my fixed-gear bike. It only takes a split-second of carelessness (or bone-headedness) to find yourself on the ground. My point here is that you don't have to be riding particularly fast or be on a dangerous road to crash. It can happen to any rider at any time. That is why it is important to be prepared.

The best way to handle a crash is to not crash in the first place, but you don't want to be putting all your eggs in that basket. A bicyclist should know how to crash, or more importantly, how to land. There are three basic landing types: rolling, sliding and bouncing. The bounce landing should be avoided at all costs. It brings you to the quickest stop and therefore causes the most traumas. This type of landing often results in fractures. The slide landing is preferable to the bounce because it spreads your deceleration over a

greater area (and time) and causes fewer traumas. While fractures are less common with this type of landing, it is abrasive and usually results in road rash. But skin heals faster than bones and is easier to treat with first-aid. The roll landing is the best option if you can pull it off. If done properly, a crash victim can walk away with nary a scratch.

Lacking the acrobatic skills for a good forward tumble, I generally settle for the slide myself. To do this, a rider must stay relaxed when going down. (That advice is also the key to a good rolling stop) The first mistake many riders make is to tense up when they realize they've lost control. That virtually guarantees a hard landing. The next big mistake is to put their hand out to break the fall. That "knee-jerk" reaction might serve you well if you slip while walking, but your wrists, elbows, fore-arms, et al. are simply not strong enough for a bicycle fall. Actually, the most protected part of a cyclist's body is usually the head. But I DO NOT recommend doing a nosedive to spare your hands. After all, Christopher Reeve was wearing a helmet when he landed on his head. And while many say to go limp, this, to me, implies totally giving up control of your body. You should remain relaxed and in control.

First, do not let go of the bike until you are well into the fall. The drawback to this approach is that you increase the chances of getting hurt by the bike itself (chain-ring gouges your leg, etc.). My philosophy is that

as long as there is a sliver of a chance of regaining control of the bike, never give up. Remember rule number one: the best crash is the one you avoid. Also, the longer you hold onto the bike, the less likely you are to do something silly like putting your hands out. Once you know you're going down, let go of the bike. This will help you avoid the above mentioned bike related injuries and you will hit the ground carrying only your own momentum, not the bike's. This is also the point where you would prepare for a roll landing. Then let yourself hit the ground. The important thing is not to tense up. I repeat, stay relaxed and in control of yourself.

The final point is that everything described above takes about one second to transpire. So just knowing what to do is not enough. It must be second nature. That means (and I hate to say it, but) you must practice falling. Find a yard or field with plenty of grass to ensure a soft landing and practice falling. This ritual is a must for racers, mountain bikers and bmx-ers, but like I said before, any rider can crash at any time. The least that you should get out of this exercise is the confidence to not panic (stay relaxed and in control) should you find yourself in an actual crash. And if you practice enough, you can perfect your rolling technique to the point where you can walk away from spectacular crashes like the ones you see on television (okay, so those guys practice falling for a living).

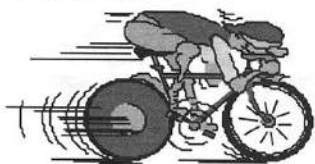
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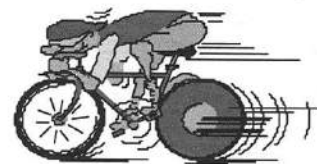


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Bike Dirt

By F.X. Pedrix



I was preparing to go out riding the other day and spent at least 30 minutes looking for my sunglasses. My lovely wife Babs finally found them on a shelf in the garage. How they got there I have no idea, considering that I don't even keep my bikes in there. As I get older I find I lose more things, forget more things and as Babs is so fond of saying, do really stupid things. But I felt a little better when one of my spies related a story about a newer female club member starting out on the Tuesday night Vocabulary Ride with her helmet on backwards. Then I felt really good when someone mentioned a veteran rider last year who did the first eight miles of a ride with his shoes on the wrong feet.

There are few in the club who have not had their burden lightened by a pull from the Polish Prince. He has a pair of legs that just won't quit and is generous about doing more than his share at the front of the paceline. So there was cause for concern at one recent shore ride when, after his sinus surgery, the Prince had been ordered by his medical team to sit this one out. Not to worry. With his legs on the shelf, the Prince attended the ride to exercise his newest hobby, photography. Showing a talent that rivals his gift for riding, the Prince captured many striking digital images. In fact, examples of his work are on display at dvbc.org.

But the best was yet to come. On the second half of the 130-miler Prince, who sagged the ride in his station wagon, moved to the front. It might be illegal in the US Cycling Federation, but no objections were raised when the weary group fell into the formidable slipstream of the Prince-mobile. Twenty-four, twenty-five, twenty-six miles per hour... Too fast? Prince slowed down a little. Too slow? No problem! Prince sped up. It was a pull back to Kingsway the rest of us can only dream about.

However, it's back to reality now, since Prince's sinuses have healed nicely and all his pulling these days is

from his two-wheeled steed. In fact, it was in pulling his teammates up New York's Hunter Mountain that the Prince hammered so hard he broke his hub in half. Four spokes broke in the process but he was able to limp the 48 miles back to the motel.

Speaking of rides to the shore, of which there have been many lately, my spies report that one major thing routinely gets overlooked. It's a big thing called the Atlantic Ocean. It seems that most of the participants forget to even notice the sea. They ride at least 63 miles to the Atlantic, then turn for home without having taken time to smell the air, contemplate the waves or dip their feet.

Plastic Boy, our webmaster, is known as one of the best-dressed cyclists in the club. On Memorial Day he was looking resplendent in full team Saeco apparel as he led a ride from Rose Tree to Manayunk. When his group stopped at a coffee shop, Plastic Boy disappeared into the men's room. Upon his emergence he was greeted by the sight of half a dozen others wearing identical Saeco garb. These young men were not wannabe's. They were Italian professionals in town for the Wachovia pro race and they were clearly as surprised to see Plastic as he was to see them. In fact, one was so impressed he greeted the red-faced Plastic Boy with a big hug!

As of mid-June everything was in place for one of the club's most monumental group undertakings in years. To qualify for the Wooden Man's 200-mile group assault, riders have had to pass a series of progressively more challenging brevet events. After the June 12 ride, Woody reported that, "With the help of very favorable weather... we had an incredibly

stress-less 150 to Stone Harbor. We averaged 18 mph... and pacylined under 20 all day. Total ride time was ten hours, with just over eight hours on the bike... The 200 is well within our reach. I'm confident, weather permitting, we will succeed." My editor made me submit my column before the actual Assault on 200 took place.

Our new DVBC caricaturist attended another club's ride last weekend and paid the price. He took on a huge orange construction cone that said "SLOW". It should have said "STOP". He wound up being carted by ambulance to a Reading hospital where his broken right forearm was placed in a cast. The good news is that within a month Rick should be healed and ready for his next crash. The bad news is that it is his drawing arm that was broken. Fortunately, my editor got Rick's July artwork before the crash.

Halfway through a late-June century Plastic Boy pulled over and went into a pharmacy. His comrades figured they were about to discover his performance-enhancing secrets. They did, but it was not at all what they expected. Instead of steroids or amphetamines, he came out carrying a tube of diaper rash ointment. After he ducked into a bathroom and made application, he rode with a smile on his face and a bounce to his saddle. But now

his nickname has been changed to Plastic Baby and his pals want to make sure his bottle contains safe, nutritious formula.

Best wishes for a speedy and complete recovery go out to our club's Legend, who has been in the Brandywine Hospital with a serious case of pneumonia. Get well quickly, Walt!

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





Sunday, September 5, 2004

32, 50, 68 and 100-mile routes

Food at the end
of the ride!

Time: 8-10am for all routes. All support services end at 5pm. Century riders recommended to arrive promptly at 8am.

Place: Pocopson Elementary School in Pocopson, PA

Directions: *From Rte. 202* just south of West Chester, take Rte. 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot.

From Rte. 1 in Chadds Ford, take Rte. 100 north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge. (See above).

From West Chester city, take Rte. 100 south about 4-5 miles. Turn right at Rte. 926 west. (See above).

Cost: \$12 pre-registration. (If postmarked by August 29, 2004). \$17 day of the ride.

Ride will be held rain or shine.

BRANDYWINE TOUR, Sept. 5, 2004, Pre-Registration Form

(Must be postmarked by August 29th)

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 32 miles ☐ 50 miles ☐ 68 miles ☐ 100 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 with a check or money order made out to DVBC, by August 29, to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156. For more info: www.dvbc.org

Fax (610) 353-8230

Phone (610) 356-1515

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Woodlyn, PA 19094

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(888) 975-2053

Regional Events

Sun. July 4: Delaware Double Cross Middletown HS, DE; 31 or 62 mi. Cross & "double cross" DE in 31 mi. flat. A 2nd 31-mi. loop added for total of 62 mi. \$18 day-of event. Under 12 free w/ paid adult. White Clay Bike Club, c/o Pieter Jongebreur, 39 Hunting Ridge Rd, Newark, DE 19702; 302-738-1299.

Sat. July 10: No Baloney Classic Lebanon, PA. Ride 1, 2, or 3 loops. \$12. Add \$10 for T-shirt. Lebanon Valley Cycling Club, 717-228-0244.

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

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 Tinicum Twp. Bucks County. Del Valley Vol. Fire Co. firehouse. 8 am. 5 supported rides of varying difficulty. Pre-reg \$20 (Free T-shirt pre-7/18) - Day of = \$25. www.dvffc.org Del. Valley Volunteer Fire Co. 75 Headquarters Rd. Erwinna, PA 18920 610-294-9385 or TourdeTinicum@yahoo.com

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.

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.

Sat. Aug. 7: Princeton Event West Windsor, NJ. 16, 25, 35, 50, 65, or 100 mi., flat to rolling, or 65+ hilly. \$25. pre-reg. by 7/25 for T-shirt. Meal incl. in fee. 609-882-4739.

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. Rural roads Salem County, flat. 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. Rolling w/few hills on 62-mi ride & flat to rolling on 15- & 31-mi rides. 7 covered bridges \$12 by 7/15, \$20 after. Add \$15 for T-shirt, only available w/ pre-reg. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535.

Sun., Aug. 22: SCU Lake Nockamixon Century New locat. (TBD, somewhere betw. Horsham & Doylestown, PA). Marked route, cue sheet, SAG, post-ride meal. Century Chairperson, Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. E-mail: centuries@suburbancyclists.org Web site: <http://www.suburbancyclists.org>

Sun. Aug. 22: Ramapo Rally Bicycle Touring Club of North Jersey, Ramapo Coll. Mahwah, NJ. 12, 25, 40, 64, or 100 mi. thru farm & lake country NJ & NY. Register at www.active.com, \$25. Pre-reg by Aug 1, & one of 1st 300, receive cycling socks. Bette Bigonzi (973) 744-5924 bikeramapo@aol.com; www.btcnj.com

Aug. 28, Shore Fire

Century 35-65-100 mi. Middletown, DE to Clayton & pts. along Maryland's E. shore. \$15 pre-reg before August 14, \$20 day of.

<http://www.whiteclaybicycleclub.org/shorefire.html> or SASE to WCBC c/o Don Carbaugh, 49 Marsh Woods Lane, Wilmington, DE, 19810. shorefire@whiteclaybicycleclub.org or 302-731-1430.

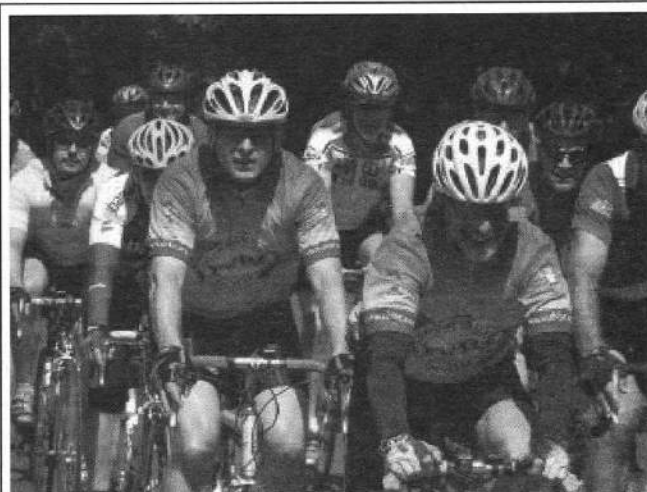
Sun. Sept 5: Brandywine Tour Pocopson Elementary School, Pocopson, PA. Ride 32, 50, 68, or 100 miles, rolling to hilly. \$12 pre-registration by 8/29, \$17 day of event. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn PA 19094-0156. 610-383-9327.

Mon. Sept. 6: The Donut Derby Trexlertown, PA. Lehigh Wheelmen Association

Sat. Sept. 11: Amish Country Tour Dover, DE. 1-800-233-KENT

Sat. Sept. 11: Civil War Century Thurmont, MD. Baltimore Bicycle Club, Judy Getz, 410-254-1306.

Sun. Sept. 12: Hillier Than Thou Washington, NJ. Ride 40, 62, or 100 hilly miles. 12,000 feet of climbing on the century. Central Jersey Bicycle Club, Phil Apruzzese, phone 732-452-1233.



Dave Hartrum and Larry Green lead a pack of riders on a 200-mile assault team training ride.



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:
(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)