

Delaware Valley Bicycle Club



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

JUNE 2005

Some Cyclists Need Not Apply?

By Dominick Zuppo

Last month I received an email message from a prospective club member. I love receiving mail, especially snail-mail. While growing up in Brookhaven, my parents had a great letter carrier, and I looked forward to those occasions, like the holidays and my birthday, when the deliveries were addressed to me.

The message read in part "I love to ride a boardwalk bike down the shore. I've done 12 miles and wished I had somewhere more to go, so I'm interested in taking the next step. I'm 53 and in pretty good shape. I've never owned a bike with gears, and my rear end prefers a larger seat and tires. While I wouldn't want to slow everyone down, does this disqualify me from a bike club?"

It was the last sentence that really struck me. How could someone who enjoys riding a bicycle get the impression that a club devoted to the sport would not want them as a member? Could bikes with multiple gears, the technical clothing that some cyclists wear, or the speed at which our equipment helps us to travel intimidate some cyclists to the point that they think they don't belong?

Should speed disqualify someone from joining a bicycle club? Not at the DVBC! A bicycle club should try to accommodate the interests of all its members, from those who fly down the road or support cycling advocacy to those who can no longer ride due to time constraints, age or illness.

I explained that two of our

members, Dave T. and Valerie S., lead C rides designed to travel at a reasonable pace. Cyclists looking for a ride can go to our website, www.dvbc.org, and check the Rides section to find one that fits their schedule.

Another part of that message discussed the cost of a new bicycle. Thinking about my response, I recalled some of our members who spend a good deal of money for a new ride. But we also have members who ride single speed bikes, and one has the nickname "3-Speed Steve" due to his love of old Raleighs.

I replied that people can spend whatever amount they feel is reasonable. It is important to understand, however, that the frame, wheels and components that come with a \$1,000 plus bicycle are designed to deliver many thousands of miles of cycling fun. One can start the process by reviewing some recent issues of *Bicycling Magazine* that contain reviews of bikes in different price ranges and categories.

I also stressed the importance of buying a bicycle that fits the rider, and urged my correspondent to visit one of our local bicycle shops. We are fortunate to have many local resources, including Jim at Bike Line in Broomall, Greg at Cycle Fit, Harry at Cycle Sport, Frank at Drexel Hill Cyclery, and Luke at Shirk's Bike Shop, who have a ton of cycling experience and are eager to share their knowledge with new riders.

The bottom line of my message was simple. The rider expressed an

DVBC CLUB PICNIC

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their
families

*Look for more information in
the July issue of the newsletter.*

interest in reaching the next level, and I said "the DVBC won't let you go until we see you on the road!" And for anyone else intimidated by drop handlebars or the great distances discussed in our annual mileage report, I encourage you to do your homework and "take the next step." Join a local bicycle club - there are a number of great clubs to choose from in the Philadelphia Metropolitan area. Be a spectator or a volunteer at this month's U.S. Pro Cycling Championship. And get involved with local cycling projects. You'd be hard pressed to find a nicer group of people from all walks of life who enjoy each other's company and the sport of cycling. See you on the road!

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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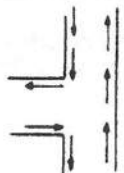
Bicycle Coalition of the Delaware Valley

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



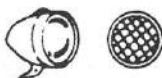
Obey all applicable traffic regulations, signs, signals and markings.



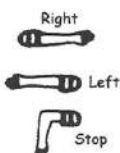
Keep right. Drive with traffic, not against it. Ride single file.



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!

The thrill of Professional Cycling comes to West Chester

The West Chester Cycling Classic, LLC., a subsidiary of the Chamber of Commerce of Greater West Chester, is proud to announce that professional cycling is coming to the historic streets of West Chester. On Saturday, June 11, 2005, the Iron Hill Twilight Criterium will make its grand debut. "Now is the perfect time to bring this unique event to West Chester with America's enthusiasm for cycling as a spectator sport continuing to grow thanks to the success of Lance Armstrong, the six-time winner of the Tour de France," says Tim Phelps, president of the Chamber of Commerce of Greater West Chester.

Iron Hill Brewery & Restaurant will be the Title Sponsor for this inaugural cycling event. "Iron Hill Brewery & Restaurant is very excited and proud to help bring this

professional sporting event to West Chester! We are delighted to be part of the growing and changing face of West Chester," says Kevin Finn, President of Iron Hill.

Posted on the National Racing Calendar of USA Cycling, the Iron Hill Twilight Criterium will attract the top cycling talent from around the world. Professional Race Director Ravi Racoomjer says, "Between West Chester's charming downtown and the prominent field of cyclists, this promises to be one of the most exciting criteriums on the calendars of pro cyclists."

Downtown West Chester presents an ideal venue with narrow streets and historical architecture reminiscent of the European roots of cycling. Tight cornering and fast straight-aways are the ingredients for an exciting criterium race. The

Iron Hill Twilight Criterium will consist of 52-laps, for 45-miles, on a short (0.9 mile) course through city streets. The premier Pro Men's Criterium promises non-stop action as the pack of riders roar by at 35 mph.

For all races, the start/finish will be in front of Iron Hill Brewery & Restaurant, at the intersection of High and Gay Streets. More than 125 pro riders and their teams from the top professional men's national and international teams are expected. Included in the lineup will be members of Lance Armstrong's new **Discovery Channel** team. Over 75 Elite Women Riders will also race the challenging course. Racing will occur rain or shine.

For further information visit www.ironhilltwilightcriterium.com or call 610-696-4046.



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DVBC's Jim Walls is currently the 25th ranked CAT-5 racer in the USA.



New Members!

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Jim Kurz	Dave Land
Jess Lowy	Neal Molloy
Adam Nichols	Wayne Rolfe
Benjamin Shedlock	John Solar
Samuel Thomas	Bill Weber
John Woelfel	Susan Wolf



Club President Dom Zuppo gets ready to paint road arrows for the Bonkers Metric May 22nd.

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DVBC Ride Calendar

JUNE 2005



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

Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	Join us for a spin through Southern Delaware County. Beginners are welcome, but I encourage you to call at least a day before the ride. Meet us at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.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 anytime for details and to check if the ride is going as planned. 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 at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 9:00 am Miles:30-60 Class:B/B- Doc's Ride	Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead of time for weekly plans (No ride June 1.) Contact Larry Green at 610-544-5799 Email: largreen@earthlink.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: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
Wednesdays 6:00 pm Miles:20-30 Class: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
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 anytime for details and to check if the ride is going as planned. 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 at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jun 4 8:30 am Miles:25+/- Class:D/C Easy Does It	From Valley Forge trailhead in Betzwood Park (Route 363 exit off Route 422 W), ride the flat paved path to Fort Royal and back. Miles/pace adjusted slower/faster depending on who comes out to ride. Bring water and food snacks to carry, this ride has no formal food stop, no one dropped, rain cancels ride. PLEASE call or email to confirm by the Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Jun 4 8:30 am Miles:55 Class:B Exploring Lancaster County	We'll take a new, improved route through Lancaster County before stopping for lunch in Intercourse. Meet Bob LaDrew's house near Coatesville. Call or email for directions. Bring \$. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jun 5 8:00 am Miles:40-50 Class:B/B- US Pro Race	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride the most direct route to the Art Museum to catch the start of the race. Stay all day riding to different vantage points along the course. Then home a more leisurely route. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jun 5 8:00 am Miles:34+ Class:C Ride to the Races With Bob	Start at the Drexel Hill Cyclery, Burmont Road, Drexel Hill. For a nice ride to the Art Museum area to catch some of the US Pro Race. Bring \$\$ for food and beverage. Contact Bob Martin at 610-352-2114

Monday, Jun 6 7:00 pm Miles:0 Class:ALL Board Meeting	Board Meeting held at Springfield Friends Center. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Jun 11 7:45 am Miles:100+/- Class:B+ Mays Landing	Another century ride brought to you by Ed squared. This time we will travel to a familiar destination in Mays Landing, but search some new roads to stretch the ride out to a full century. Contact Ed Sobolewski at Email: sobolewski3@comcast.net Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Jun 11 8:30 am Miles:35+/- Class:C/C+ Route 926 Ramble	From Culbertson Elementary School in Newtown Square, we'll ride out towards Chadds Ford with a breakfast stop at Hank's Place on Route 1. Rolling terrain, cue sheets provided, no one dropped. Bring water and \$\$ for food stop, rain cancels ride. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Jun 12 8:00 am Miles:50+/- Class:C+ Centerton Ride	Join Bonnie and Len for a ride to Centerton. Moving average 16-17mph. Terrain is flat to rolling. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jun 12 8:30 am Miles:74 Class:B+ Tri-State Journey	Meet at Westtown-Thornbury Elementary School for a ride on scenic roads in PA, DE, and MD. Stop at mile 35 in Elkton, MD. Final average should be 16-17mph. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Saturday, Jun 18 8:30 am Miles:35+/- Class:C/C+ Perkiomen Pedal	From Perkiomen Creek Park (Oaks exit off Route 422 W), we'll ride the flat paved path as far down as we feel like going, then turn around and head back. Miles/pace adjusted shorter/longer and slower/faster depending on who shows up to ride, no one dropped. No formal food stop so bring water and food snacks to carry, rain cancels ride. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Jun 18 9:45 am Miles:28 Class:C CU At Selene	Start at Selene Whole Foods Co-op, 305 West State Street, Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the store. Free parking in a lot just west of the Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Jun 19 8:00 am Miles:50+/- Class:C+ Brandywine Ride, PA	Join Bonnie and Len for a ride along the picturesque Brandywine. Moving average 14-15mph. Terrain is mostly rolling to hilly with an occasional flat section, no one gets dropped. We will regroup after each climb. Start at Chadds Ford Elementary School on Route 1 and Fairville Rd. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Jun 19 8:30 am Miles:42+/- Class:C Return to Towamencin	Start from Valley Forge National Historic Park Visitor's Center, lower parking lot. Repeat of a well-attended ride, last fall. Brunch stop at Tiger's Diner on Sumneytown Pike. Cue sheets. None dropped. Bring snacks, H2O & \$\$. A multi-club ride. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Jun 19 9:00 am Miles:75 Class:B+ Delaware/Unionville	Meet at the Moylan-Rose Valley Train Station at Manchester and Woodward Roads in Moylan. Ride to Chadds Ford, Delaware, Unionville and West Chester. One food stop along the second half of the ride. Contact Keating at 610-716-3564 or makeat@voicenet.com
Saturday, Jun 25 8:30 am Miles:30+/- Class:C/C+ Wheels to West Chester	From Culbertson Elementary School in Newtown Square, ride to West Chester & back. Cue sheets provided, no one dropped, terrain is rolling, rain cancels ride. Bring water and \$\$ for food stop. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Jun 26 8:30 am Miles:50+/- Class:C+ Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 610-352-2114
Sunday, Jun 26 9:00 am Miles:80-85 Class:B+ Chester County	Meet at the Moylan-Rose Valley Train Station at Manchester and Woodward Roads in Moylan. Ride to Chadds Ford, then along some of the old Brandywine Tour routes through Chester County. One food stop along the second half of the ride. Contact Keating at 610-716-3564 or makeat@voicenet.com

Diary of a First-time Bicycle Tourist

By Javier Pazos

When it comes to bicycling, there isn't much I haven't done. After all, the bike is my *raison d'être*. I commute to work by bike. I race my bike. I do recreational rides. I do challenge rides. I've done long bicycling weekends. I even once rode 150 miles to D.C. But when a friend of mine from Blacksburg called me up to invite me on an eight-day bike tour of the Blue Ridge Mountains, it was the first time in a while that I had an opportunity to do something new on the bike.

I bought myself some new extra-large panniers and a pup-tent. I was able to borrow a sleeping bag, thermo-rest and rain tarp, so the rest was just clothes and supplies. There were eight of us starting out the trip, so there was no need for me to bring a camp stove. Iodine crystals eliminated our need to carry water, but I was rather weighed down with liquid to refill my bota bag. And besides the bota bag, I seem to recall that we kept refilling our supply of hops. This trip was more like a traveling party on bicycles -probably the best vacation I've ever had.

I got into Blacksburg early Saturday morning in the rain. We were all hoping that the rain would stop before the ride started, which it briefly did. I can't really complain too much though, because that was the only day on the whole trip when it did rain. Which is really fortunate because I didn't sleep quite as well that first night as I would have liked. To save weight, I didn't bring any stakes for the rain tarp, so I had to sleep with one eye only half closed and the tent door open just enough so that I could hold on to the tarp to prevent it from blowing away. A couple of times the wind blew the tarp off the tent and I had to get out and put it back on. After the second time this happened, I realized that the wind was so strong because the front had blown through and there wasn't a cloud in the sky. That's when I crumpled up the tarp and threw it in the tent. I slept well for the remainder of the night.

In the following days, we snaked down through the mountains, doing all sorts of tough climbs, including the highest road in Virginia (around Mt. Rogers). I normally don't use my granny ring, but riding a 100 lb. bike inspired me to change my ways. Most of the climbs proceeded in much the same way: the panniers would get progressively heavier on the way up as I kept stopping to peel off layers, and my bota bag would get lighter when I reached the summit. Did I mention what a great vacation it was?

After going over Whitetop, we grabbed a rails-to-trails route called the Creeper Trail into a neat little town called Damascus. It was along this trail that I started having all my mechanicals. I had three flats, and twice the rack on my bike came loose. This was really frustrating, but fortunately for everyone, we had stopped to restock our hops supply before we got onto the trail. So every time I had another mechanical, the other guys would lighten the loads on their panniers as they "supervised" me fixing my tires.

After Damascus, we took some scenic roads through Tennessee down to Boone, NC then hopped onto the Blue Ridge Parkway to return to Blacksburg. The Parkway is one of the best cycling roads I have ever been on. The road is nicely paved; there are no lights or stop signs; the scenery is absolutely breathtaking; and during the week, there's no traffic. What could be better? There are no big climbs on the Parkway (at least not on the section we were on), but there weren't any flat sections either. The constant up and down was really hard on the legs at first, but I eventually learned how to get into a rhythm. If you don't go too hard on the uphill sections, and keep pedaling on the downhill, your effort will be close to constant and it doesn't hurt not having traffic signals and intersections to mess things up.

After six days we finally broke down and rented a couple of motel rooms so we could shower and do laundry. It was nice, but it sort of felt wrong. I thought I was supposed to stink and be uncomfortable throughout the tour. Oh well, *c'est la vie*.

When we got into the outskirts of Blacksburg, one of the riders who had been having wheel problems, got his pickup and we took off all our panniers so we could ride light again. It took me two to three days just to get used to riding with all the weight on the bike. I almost lost control every time I tried to climb out of the saddle, and winding descents were scarier than a roller coaster. But by the end of the trip, I was so acclimated to the weight, that I could hardly control my bike on that first ride *sans* panniers.

But alas, all great things must reach their conclusion, and so it was with my first bike tour. It's a shame that I need to work, because I could see myself bicycle touring forever.

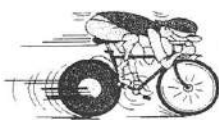
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To re-visit last year's trip, see
www.dvbc.org/HM2004/



Bike Dirt

By F.X. Pedrix



It is joked throughout the club that our Ride Leader Extraordinaire has a map of South Jersey in his head. All the best eateries are designated on that map, as are the scenic, backwoods roads. The peaceful country lanes around Mays Landing are a club favorite, and the area where "Extraordinaire" has led his riders the most. But it is not Mays Landing's scenery that inspires DVBC pacelines to labor 86 or more miles to and from that South Jersey locale; the real magnet is the Sugar Hill Deli, home of the hoagie that is too big to eat, too good not to finish, and too messy to be cleaned up (witness Plastic Boy's egg salad hoagie performance in 2004).

Since our Ride Leader Extraordinaire has a sense for the scenic and a feel for the feedbag, it should surprise no one that, after thoughtful research, he and the Mrs. decided to locate their new 38-foot luxurious "destination trailer" in Mays Landing just three miles south of Sugar Hill. Bob has promised to lead a ride from Swedesboro to show us all where he and Cassie will be taking their leisure this summer.

Without fanfare, just as he has done everything else, Bob has resigned from his position as Treasurer and Board member to spend more time relaxing near the shore with his family. For many years Bob has been a backbone of our club and it is great to see him get a break from DVBC responsibilities.

The Polish Prince and his understudy have been naughty again. To the surprise of no one, their advertised "B+" ride to the shore and back got out of hand to the tune of 19.3 mph for 126 miles. My lovely wife Babs had been considering attending that ride but, fortunately, I was able to talk her out of it. I told her, "Babs, you can

dress the two Ed's up in 'B' clothes but they're still 'A' riders. Instead, Babs went to Schwinn Bomb's "C/D" ride that day and word filtered back to me that even there she had to dig deep into her suitcase of courage to avoid popping off the back.

The computer hackers on my staff were able to intercept some post-ride emails written by some who were lured to that shore ride by its 'B+' designation:

From "Big Dog": "Special note of thanks to (the Polish Prince) for the 'after' pictures. It's encouraging to look at my screen saver and see that even though I was clinically dead I could still smile about it. Also a special note of thanks to Dave (aka: George Hincappie) for initiating the second unscheduled rest stop. It saved me the embarrassment of flatting twice. The check is in the mail, Dave."

From Movie Man: "Thanks for a great ride! Built and planted my garden box today. Didn't even think of the bike, just my aching legs."

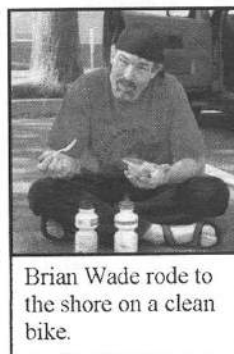
Movie Man also made headlines by cleaning his Cannondale for the shore ride.

The Second Coming of Ed claims that is a first for this millennium. Second Comings have a knack for keeping track of that millennial stuff.

"The Bro" had never before ridden a century. Finishing an Ed² shore ride is like breaking four



Randy Schultz regrouping after 126-miler.



Brian Wade rode to the shore on a clean bike.



Robert Brothers finished his first century—then rode 26 more miles.

minutes in one's debut in the mile run.

And speaking of cross-training, Ed Two tossed aside his bike for the recent Broad Street 10-mile run. He found it exhilarating to

have water handed to him while running. He says, "I'd take a sip, then dump the rest over my head before throwing the cup to the ground just like the pro's." It is not true that we sent him back after the ride to pick up his empty cups and dispose of them properly. He will be doing his inaugural triathlon in July.

DVBC member Hans Van Naerssen, a local advocate for cyclists' rights, planned and is leading an east-to-west cross-country bike tour. The three-month, self-supported, fully loaded trip began on May 7th. Hans will be posting a log via the 7-person group's website. Details will appear on the DVBC list serve soon. Cross Dresser says, "Yours truly will ride as far as Pittsburgh via the C&O canal and the Allegheny Trail. This wimp is riding his folding Bike Friday so he can return home via AMTRAK."

On April 23rd Speedy, riding just his third formal race, moved up to the more competitive CAT 4/5 level at the Habitat for Humanity road race in Norristown. Out of 85 riders he placed an impressive ninth.

Conversely, the Dominator was anything but dominant on the Bonkers arrow-painting ride. I guess the torrid pace of a painting ride was too much because he blew up and had to stop at Performance to purchase some Luna bars. Luna's advertisements indicate that their bar is specifically engineered for a woman's physiology. The Prez

(From *BIKE DIRT* page 8)
claims to be "secure in my masculinity." Putting it another way, Babs says it is nice to have a president who is in touch with his feminine side. Frankly, I would rather be seen snacking on roadkill.

My spy reports that, after the snack, while he did not appear to be any faster, Dom was riding with greater sensitivity.

The Dominator said, "The

painting went very well. No one reported a clogged spray valve and the weather couldn't have been better. We were even stopped on Old Forge Road by a motorist who's interested in cycling. That certainly is better than the occasional 'attention' we receive from the driving public."

The Prez also wanted to thank Camera Shy, Plastic Boy, Second Coming, Motorola, Bonkers Boy, the

Polish Prince and Bike Friendly "... for coming out and subjecting their clothing and bikes to the threat of random orange paint drips. The time they spent on the Bonkers course will make the tour that much more enjoyable for our guests. My helmet's off to all of you!"

Keep ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to me or my spies.



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Regional Events

Tue. May 31: Wachovia Invitational. Lancaster, PA. Professional road race - spectator and volunteer event.

Thur. June 2: Wachovia Classic. Trenton, NJ. Professional road race - spectator and volunteer event.

Fri. June 3: Wachovia Manayunk Amateur Hill Climb. Philadelphia, PA. 6:00pm start. Riders test their fortitude against the infamous Manayunk Wall, with its steep 17% grade, in a race against the clock. There will be separate categories for USCF registered and non-registered riders. Registration begins at 4:30pm. Riders depart on one-minute intervals. Tri-State Velo, 215-546-273.

Sat. June 4: Get Ready Metric. Pennsville, NJ. 32 or 64 miles. Flat to slightly rolling terrain. Start from historic Fort Mott by the Delaware River and ride the first 32-mile loop. Then enjoy lunch by the Riverview Pavilion. Call it a day, or continue on to the second 32-mile loop. South Jersey Wheelmen. P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123.

Sat. June 4 & Sun. June 5: Hibernia Outdoor Adventures. Visit beautiful Hibernia County Park in West Caln, PA & help celebrate great outdoors. Sat. is Nat'l Trails Day & Sun. is Fish-for-Free Day along w/ beginning of Nat'l Fishing & Boating Week. Celebrate these yearly events & learn about outdoor opportunities in area. Hibernia Park has all ingredients for adventure-filled weekend to be enjoyed by the whole family.

Sun. June 5: Wachovia USPRO Championship and Liberty Classic. Philadelphia, PA. Professional road race - spectator and volunteer event; vendor expo on the Benjamin Franklin Parkway across from the art museum.

Sun. June 5: ADA Fun Ride. Philadelphia, PA. 7:00am start. Ride one lap of the Wachovia USPRO Championship race route benefit the American Diabetes Association. On-site registration begins 6:00am at the corner of Kelly and Sedgley Drives. 888-342-2383.

Sat. June 11: Pedal for a Purpose. New Freedom, PA. Ride North Central Rail Trail whatever distance is comfortable. Or, for scenic tour of Southern York

County, ride road loops. \$35 individ., \$45 family. Benefits Huntington's Disease Soc of America, P.O. Box 352, New Freedom, PA 17349; 717-235-4118 evenings only.

Sat. June 11: Tour de Cure. Boiling Springs (near Harrisburg), PA. Benefits American Diabetes Association.

June 11-12: MS-150 PA Dutch Bike Tour. Trexlertown, PA, to Kutztown, PA. National Multiple Sclerosis Society, Greater Delaware Valley Chapter, 215-271-1500 ext. 161.

June 11-12: Tour de Shore (Maryland) MS-150. Salisbury Univ, Salisbury MD. Riders return to Salisbury U. after each day of riding, so there is no luggage transfer. National Multiple Sclerosis Society. 410-527-1770.

Sun. June 12: Tour de Cure. Perkasie (Bucks County), PA. Benefits American Diabetes Association.

Sun. June 12: 26th Annual Bike Freedom Valley. Begin in Phila, Rosemont or Phoenixville and go 8, 22, 35, 75 or 100 mi. Ride ends at Phila Bike Swap (presented by BCP and Bicycle Coalition). 7am Reg. for 75 and 100 mi. 9am Reg. for 8, 22 & 35 mi. www.bicyclecoalition.org. Presented by Bike Club of Phila & the Bicycle Coalition, the Phila Bike Swap now accepting appl. for vendor space. Bike Swap is 9am to 3pm at Lloyd Hall. Individ: \$20 by June 6th/\$50, BCP and B. C. members: \$10 by June 6th/\$25 Commercial: \$150 by June 6th/\$200 Reg. form at www.bicyclecoalition.org or call Alex at 215 242-9253.

Sat. June 18: 3rd Annual Double Creek Tour. N. Salem Elemen. Sch., Dover, PA. 30 & 63 mi. Also a 5K and half-marathon run. Benefit Healthy Community Pharmacy. www.doublecreek.org or contact Dee Baker at dbaker3@wellspan.org.

Sat. June 18: Flatlands Tour. Chesapeake City, MD. Reg. 7am to 9:45am on day of ride; no pre-reg. No SAG support. Baltimore Bicycle Club, Ken Philhower. 410-437-0309.

Sat. June 18: Veloce. Lehigh Valley Velodrome, Trexlertown, PA. (8, 22, 36, 50, 56, OR 100 mi) to benefit Lehigh

Valley charities. Lehigh Wheelmen Association

Sat. June 18: Pedal to Preserve. New Holland, Lancaster County, PA. Lancaster County farmland. 6-mi family ride; 20-mi ride or 51-mi ride. Garden Spot High School. \$20 pre-reg or \$30 day of. Under 12 ride free w/adult. Pre-reg receive free T-shirt. Benefit Lancaster Farmland Trust, 128 E Marion Street, Lancaster, PA 17602; 717-293-0707.

Sat. June 18: Roll & Stroll. Souderton, PA. Ride 20, 38, or 64 miles rolling to hilly. \$40 min. pledge. Indian Creek Foundation, 420 Cowpath Rd, Souderton, PA 18964; phone 267-203-1500.

Sat. June 18: The Jersey Double XXIII. Whitehouse Station, NJ. 200-mile. Western Jersey Wheelmen, Bruce Thomson, 213 Black River Rd, Long Valley, NJ 07853-3067; 908-879-6477. On-line at Active.com

Sun. June 19: Bay to Bay Ride. Betterton, MD., 27, 50, 78, 86, 104 mi flat. \$25. Chestertown Lions Club. 410-778-7356. Active.com

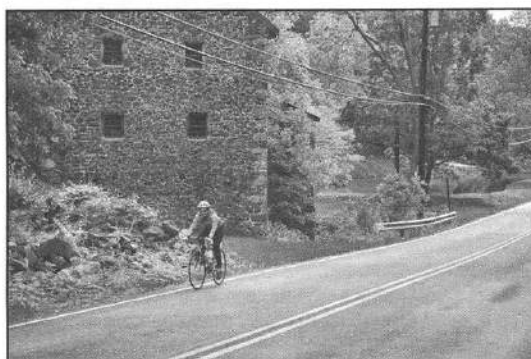
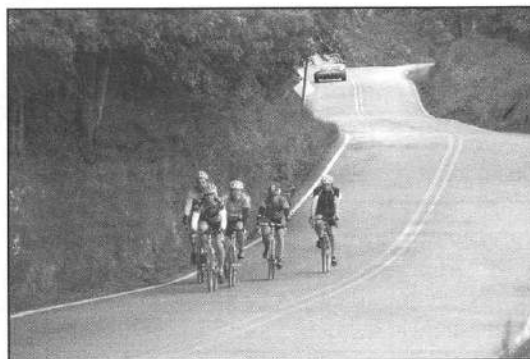
Sat. June 25: ALS Express. 1-way rides ending Wildwood, NJ. benefit ALS (Lou Gehrig's disease). Start Dennis Twnshp., Vineland, or Blackwood for 20, 45, or 70 mi, respectively. All routes end Morey's Piers, Wildwood. Pre-reg. incl. two free unlimited-access passes to all Morey-owned amusements & water parks on 6/25. 1-877-GEHRIG-1.

Sat. June 25: "Reach the Beach" Ride. 105 mi. from Valley Forge to Stone Harbor NJ. First 50 riders registered get return transportation. SAG support \$75 & \$200 for Save A Heart Fund. www.saveaheartfund.org

June 25 - July 2: PA Southern Crossing Tour. Greensburg to Valley Forge, PA, 1-way. Pedal PA, 215-513-9577.

Sun. June 26: French Creek Iron Tour. Pottstown, PA. Ride 20, 40 or 62 miles, hilly. \$25 pre-reg or \$35 day of. French and Pickering Creeks Conserv. Trust, 3340 Coventryville Rd, Pottstown, PA 19465; phone 610-469-0150.

Photos from the DVBC's Bonkers Metric held Sunday, May 22nd.



Be sure to register for the DVBC's annual Brandywine Tour on Sunday, September 4, 2005. Watch for information in the next newsletter.



Delaware Valley Bicycle Club
P.O. Box 156
Woodlyn, PA 19094-0156



Expiration Date: 11/30/05

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)