

# Delaware Valley Bicycle Club



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

AUGUST 2005

## Plan to Succeed

By Dominick Zuppo

If you've been following recent news stories, you've undoubtedly heard about the retirement of Supreme Court Justice Sandra Day O'Connor. After many years of service on the court, Justice O'Connor has decided to step down. The search for a new justice has begun, and many groups with social and political agendas have weighed in on their preference for a successor.

Or the end of the line for 6-time Tour de France winner Lance Armstrong. Following the conclusion of the 2005 Tour, Lance will retire from competitive cycling. Already the sporting press is filled with stories and speculation about the next American champion. Who will rise to the occasion? Will he dominate the Tour like his predecessor? Or will he turn out to be an all-rounder and compete in the European classics as well.

We all need to plan for the future, individuals and organizations alike. Roofs need to be replaced. You reach the age when you must take a mandatory distribution from your 401(k) savings plan. You're selected by senior management to assume new responsibilities. Or the old flivver won't start any more, and you're not quite ready to commute to work on your bicycle.

Your bicycle club also needs to plan for the future. This fact struck home with the recent "retirements" of Board directors. David Bennett, Bob LaDrew, and Bob Leon served on the Board, some for many years. They

were stalwart shepherds who volunteered to guide the DVBC as best they knew how. They shared their knowledge, and the history of the club, in order to spur the growth of cycling in our community.

General volunteers, too, need to be cultivated. They are the life's blood of every organization, for they step forward, go beyond their customary duties, and perform the many tasks needed to ensure success.

The question is, how does one spot a volunteer? Can we use a specific alphabetic symbol from the Myers Briggs test? Does everyone in a line take a step backward while one person stands still?

Like many organizations, I believe our club needs to adopt a succession plan. Not a formal program purchased from a third-party vendor, but at the very least an understanding that club members with talents and the ability to serve must be sought out.

What is succession planning? Succession planning is typically defined as "a process by which one or more successors are identified for key posts, and . . . development activities are planned for these successors." In other words, "succession planning is about preparing organizations for likely or inevitable changes now, in order to minimize challenges later."

We must act today and plan for the future. Understand that no function is immune to change. Be it ride leaders, tour volunteers, cycling

### The Brandywine Tour



#### Sunday, Sept. 4.

Volunteers are needed.

Consider helping out for a few hours or the day. It's great fun meeting, supporting and talking with riders from near and far who love this beautiful DVBC tour. If you can help, contact Dom Zuppo at [domzuppo@att.net](mailto:domzuppo@att.net)

advocates, newsletter editors, board members, or officers, the club will need to fill these positions as vacancies become available. We must try to reach out and develop new talent, members who will step up to the plate and assume important responsibilities.

How does one become a volunteer? The process doesn't have to be overly difficult or complex. If you hear the call, answer it. Serve at a club event, like the Brandywine Tour, and learn from seasoned vets. Take what you've received from your favorite ride leader and share it with others on your own ride.

Remember, we must act, and soon. For as I read on the Internet, "Hope is a lousy business strategy." 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).



DVBC welcomes articles and ride reports for the newsletter. Please submit your proofread materials to the Editor before the 12<sup>th</sup> of each month.

### Board of Directors & Staff

Dominick Zuppo, *President*,  
 610.544.8630 or domzuppo@att.net

Ed Becker, *Ride Coordinator & Vice-pres.*  
 Rides@dvbc.org

Frank Jackson, *Secretary*  
 FJackson@rohmhaas.com

Drew Knox, *Treasurer and Brandywine Tour Coordinator*,  
 treasurer@dvbc.org or bwtour@dvbc.org

Antonio Rocha, *Web Page*  
 484.802.8374 or tony@craftech.com

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Brian Wade, *Past President*,  
 610.254.9485 or bwadedvbc@aol.com

Bob & Judy LaDrew, *Newsletter Editors*,  
 610.383.9327 or bonkers@dvbc.org

### Club Affiliations



LAB



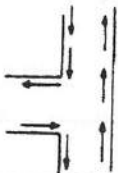
*Bicycle Coalition of Greater Philadelphia*

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.



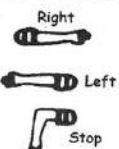
Keep right. Drive with traffic, not against it. Ride single file.



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!

## Doc's Wednesday A.M. rides a big hit

If Larry Green is to be believed, his Wednesday morning recurring ride is an event you might want to consider. So far, he has led ten rides of 50-65 miles at a B pace. Dr. Larry says, "Wednesdays have been the traditional off-days for Doctors-playing-golf, but not for me since I never played golf and worked every day until I started to retire seven years ago." Doc says, "We are getting a lot of retirees, jobless and job-flex people.... Woody Kotch, Lewis Neidle and

Charley Stockley have been regulars."

He adds, "We have lunched at some fine Delaware County, Chester County and Manayunk spots and recently stopped for a wine tasting at Paradox Vineyards in Fairhill, Pa."

Doc says the start time is "never before 9:30" at the 320 Market Café, 713 S. Chester Road, Swarthmore. Before coming, call Larry Green (610-544-5799) or email him at [largreen@earthlink.net](mailto:largreen@earthlink.net)

## New Members!



Areetha Carter

Mary Beth & Don Jackson

Stephen Leibrock

Joseph Rink

## New Club Jerseys!

We've heard compliments from Bike New York and the Amish Country Tour to the Covered Bridge Metric and the Triple Loop. Cyclists across the region have praised the original design of our club jersey. It's bold, colorful, and easy to recognize from a distance.

Given the success of the first jersey, club members Deb Chaga and Ed Becker worked to combine many of the original design elements with updated styling features, including raglan sleeves, softer material, and a 3/4 length zipper!



Are you eager to display your club colors? Have you worn your original jersey to a piled pile of polyester? Here's what you need to do: Cut out the order form below, circle your choices, and send in the form with a check or money order made out to the Delaware Valley Bicycle Club in the amount of \$55.00 for each jersey.

## New DVBC Jersey Order Form

*Please print clearly*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

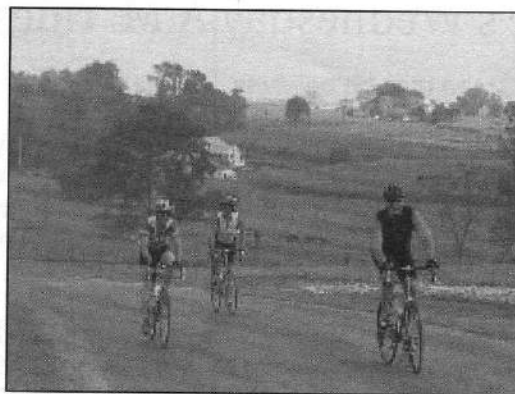
### Circle your choices:

**SIZE:** X Small (33-35 and a bit shorter than the next small), Small (33-35), Medium (35-38), Large (38-41), X Large (41-45), XX Large (45-49)

**STYLE:** Women's Club Fit, Men's Club Fit, Men's sleeveless, Men's Euro cut (**Note:** These are body-tight and run a size smaller than the club fit.)

**Send your check or money order and this form to:**

Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156



Images from the 2004 Brandywine Tour, Thanks to Ed Sobolewski



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# DVBC Ride Calendar

## AUGUST 2005



### \*\*\*\*\*Recurring-Weekday Rides\*\*\*\*\*

<b>Mondays 6:00 pm</b> Miles:15 Class:D/C- <b>Ride With Buckeye</b>	Starting in Lansdale, PA, ride along very nice, low traffic roads in northeast Montgomery County. Pace should be about 10 - 12 MPH. Please call 610-952-0562 for directions. Rain cancels!! :) Contact Doug Bower at 610-952-0562 Email: <a href="mailto:dkbower@craftech.com">dkbower@craftech.com</a>
<b>Tuesdays 6:00 pm</b> Miles:15 Class:D/C- <b>Ride With Buckeye</b>	Starting in Lansdale, PA, ride along very nice, low traffic roads in northeast Montgomery County. Pace should be about 10 - 12 MPH. Please call 610-952-0562 for directions. Rain cancels!! :) Contact Doug Bower at 610-952-0562 Email: <a href="mailto:dkbower@craftech.com">dkbower@craftech.com</a>
<b>Tuesdays 6:00 pm</b> Miles:15-20 Class:C <b>Vocabulary Ride</b>	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 at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: <a href="mailto:brider-ride@usa.net">brider-ride@usa.net</a>
<b>Tuesdays 6:10 pm</b> Miles:25-30 Class:B/B+ <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: <a href="mailto:cyclesport@verizon.net">cyclesport@verizon.net</a>
<b>Wednesdays 9:30 am</b> Miles:30-60 Class:B/B- <b>Doc's Ride</b>	Start at 320 Market Cafe, 713 S Chester Rd, Swarthmore. Various local routes starting from Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead for weekly plans. Contact Larry Green at 610-544-5799 Email: <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a>
<b>Wednesdays 6:00 pm</b> Miles:15 Class:D/C- <b>Ride With Buckeye</b>	Starting in Lansdale, PA, ride along very nice, low traffic roads in northeast Montgomery County. Pace should be about 10 - 12 MPH. Please call 610-952-0562 for directions. Rain cancels!! :) Contact Doug Bower at 610-952-0562 Email: <a href="mailto:dkbower@craftech.com">dkbower@craftech.com</a>
<b>Wednesdays 6:00 pm</b> Miles:25+ Class:A <b>Workout</b>	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: <a href="mailto:tony@craftech.com">tony@craftech.com</a>
<b>Wednesdays 6:00 pm</b> Miles:30 Class:B <b>The Rose Tree Ridley</b>	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't, so bring your lights... front and back... with a hill or two... Contact Brian Wade at 610-254-9485 Email: <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Wednesdays 6:00 pm</b> Miles:20-30 Class:B <b>South Jersey Ramble</b>	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: <a href="mailto:lzane00@comcast.net">lzane00@comcast.net</a>
<b>Thursdays 6:00 pm</b> Miles:15 Class:D/C- <b>Ride With Buckeye</b>	Starting in Lansdale, PA, ride along very nice, low traffic roads in northeast Montgomery County. Pace should be about 10 - 12 MPH. Please call 610-952-0562 for directions. Rain cancels!! :) Contact Doug Bower at 610-952-0562 Email: <a href="mailto:dkbower@craftech.com">dkbower@craftech.com</a>
<b>Thursdays 6:10 pm</b> Miles:30+/- Class:B+ <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: <a href="mailto:cyclesport@verizon.net">cyclesport@verizon.net</a>
<b>Fridays 6:00 pm</b> Miles:15 Class:D/C- <b>Ride With Buckeye</b>	Starting in Lansdale, PA, ride along very nice, low traffic roads in northeast Montgomery County. Pace should be about 10 - 12 MPH. Please call 610-952-0562 for directions. Rain cancels!! :) Contact Doug Bower at 610-952-0562 Email: <a href="mailto:dkbower@craftech.com">dkbower@craftech.com</a>
<b>Monday, Aug 1 7:00 pm</b> Miles:0 Class:ALL <b>Board Meeting</b>	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Dom Zuppo at 610.544.8630 or <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>

<b>Saturday, Aug 6 8:00 am</b> Miles:30+/- Class:C/D <b>Perkiomen Pedal</b>	From Perkiomen Creek Park (Oaks exit off Rte. 422 W), head east on paved and flat Valley Forge Trail to Fort Royal and back. An "easy does it" ride - good for all levels from beginners and up, length/speed adjusted to accommodate the group, no one dropped. Bring water and 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
<b>Sunday, Aug 7 8:00 am</b> Miles:50+/- Class:C+ <b>Centerton Ride</b>	Join Bonnie and Len at Kingsway High School, NJ, Rtes. 322 and 551. Ride to Centerton. Moving average 15-17mph, flat to rolling terrain. Breakaways for faster riders. Main group stays together, no one dropped. Contact Len at 610-558-6232 or lzane00@comcast.net
<b>Saturday, Aug 13 8:00 am</b> Miles:40+/- Class:C/C+ <b>Jersey Jaunt</b>	From Kingsway HS (Rtes. 322 and 551), ride thru South NJ flat farmland. Cue sheets, no one dropped. Vets of this ride named it "the ride of the many WAWA's." Bring water and money 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
<b>Sunday, Aug 14 8:00 am</b> Miles:85+/- Class:C+ <b>Mays Landing Ride</b>	Join Bonnie & Len at Kingsway High School, NJ, Rtes. 322 and 551. Ride to Mays Landing. Moving average 15-17mph. Terrain flat to rolling. Breakaways for faster riders. Main group stays together, no one dropped. Contact Len at 610-558-6232 or lzane00@comcast.net
<b>Saturday, Aug 20 7:45 am</b> Miles:100+/- Class:A <b>Railroad Century Ride</b>	A whole new Ed-Squared ride on some fantastic PA roads and those famous PA HILLS!! Meet at The Club House of Darlington Wood, just off Rte. 1 and Stony Bank intersections. Turn into Stony Bank Rd. off Rte. 1, then right into Darlington Woods (Walnut Hill Blvd.), left into Brandywine Dr, left into Ashley Ct and park (map of start available upon request). Lunch in Strasburg, and quick peek at Rail Road Museum if you wish. Also in search of cows and horse drawn buggies in between. Contact Ed Sobolewski at Email: sobolewski3@comcast.net Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
<b>Saturday, Aug 20 9:15 am</b> Miles:28 Class:C <b>CU At Selene</b>	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
<b>Sunday, Aug 21 8:00 am</b> Miles:52+/- Class:C+ <b>Marsh Creek, PA</b>	Join Bonnie and Len at Chadds Ford Elem School on Rte. 1 & Fairville Rd. Ride to Marsh Creek. Moving average 14-15mph. Terrain mostly flat to rolling, three moderate climbs, no one gets dropped. Regroup after each climb. Contact Len at 610-558-6232 or lzane00@comcast.net
<b>Sunday, Aug 21 8:30 am</b> Miles:50+/- Class:C/C+ <b>Kountry Kitchen</b>	Meet at Kingsway High School @ Rtes. 551 & 322 in NJ for that famous breakfast ride to Kountry Kitchen. Contact Bob Martin at 610-352-2114
<b>Saturday, Aug 27 8:30 am</b> Miles:Various Class:All <b>Brandywine Painting Ride</b>	Meet at Pocopson Elementary School to team up with your club friends, ride & paint arrows for the Brandywine Tour. Good turnout means we paint a little, then ride a lot. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
<b>Sunday, Aug 28 9:00 am</b> Miles:62 Class:B/B+ <b>Northbrook Orchard or Delaware Loop</b>	Meet at Moylan Rose Valley train station at Manchester and Woodward Roads for a nice hilly ride through some of our beautiful classic DVBC routes. Food/water stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

## Now What?

By Drew Knox

On Thursday, I flatted near the end of a ride. As I changed my tire, I found the puncture 5 inches from the valve stem and carefully checked for glass in the tire. Nothing. Friday night I patched the tube and Saturday morning the tire was still full -- until about 15 miles into a group ride when my rear began sagging. I know, that happens often but usually just at the end of rides.

This time I did a speed change and hurriedly threw in a new tube, pumped it up, slid the wheel into the dropouts and powered back to the group. But something was gnawing at me. This tube also had a puncture about 5 inches from the valve stem. Didn't I check the tire to make sure there wasn't any glass or thorns?

Fifteen miles later, the group was picking up speed and I was off the back with another flat. This time I went slower on the tube change working my hand around the inside of the tire but still didn't find any foreign objects so I put in my last spare.

I hadn't caught the group by Mayonnaise Landing, so I grabbed a sub and started exploring. There are some lovely back roads down there. Some are quite deserted. I was on one of these when I felt the back of the bike getting slippery. I was fifty miles from my car on a deserted road with no spare tubes and an imminent flat, when the words of Dr. Woody came to me from our Bike Florida ride, "Sure you changed the flat but did you find the cause?" Not exactly.

Time to slow down. I laid out my tool kit, flatted tubes and sub, then I pulled the wheel and, sure enough, found another puncture 5 inches from the valve stem. What is going on? I flexed the tire and found a small cut barely big enough to fit a

pen tip through. I never would have believed that could be the cause if I didn't have three tubes before me as proof. I glued up the tubes and, while waiting for them to dry, ate my sandwich and thought about how I'd really hate to hitchhike with a bike. Then I worked on the patches and blew up the tubes to test them. All of the patches held air so I now had three good tubes. I carefully slipped a boot over the pinprick and held it in place behind the tube as I mounted the tire. It worked good as new all the way back to the car. In fact, I'm debating whether to replace an otherwise perfectly good tire.

### What's In Your Wallet?

Besides flatting, in 30+ years of riding I've broken spokes, front and rear derailleurs and a derailleur hanger as well as downtube and brake shifters, cracked rear cogs and rims, snapped cables and chains, and had headsets, pedals and cranks persist in coming loose. I've only been stranded once. You need to be creative and carry an effective tool kit. Let me know what other tools you think essential so we can work it into future columns.



Here is what I carry in my smallest essential pack:

- Piece of rubber cut from old sew-up
- Patch kit w. fresh glue
- Several links of chain

## Locals Succeed

Pride was the byword as DVBC members competed throughout the region this summer. In an interstate and international field on June 26<sup>th</sup>, Katrina Dowidchuk placed eighth among all women in the first annual Philadelphia triathlon. She was also first in her 30-34 age group.



Glenn Lyons

Glenn Lyons rode the June 25<sup>th</sup> Brownstown road race 50-plus division and, in a 25-miler, was able to stay with the main field until the 22-mile mark. He was pleased with his final average of

23.7 mph.

Also at Brownstown, Jim Walls placed 14<sup>th</sup> out of 50 after riding most of the race in a four-man breakaway that did not quite succeed. A week earlier he placed ninth out of 80 in the CAT-4/5 Lemon Hill Criterium. Walls is on the verge of moving from CAT-5 to CAT-4.

Ed Becker competed in his first triathlon and placed 63<sup>rd</sup> overall and fifth in his 35-39 age group.

- 2 strong plastic tire levers
- 2 spare tubes
- Fiberfix replacement spoke from Peter White Cycles and, yes, it really does work and got me home on a severely tacoed wheel
- Small multi-tool with link remover found on the road
- Sunglass pouch to hold loose tools
- Small screwdriver for general poking
- 4, 5, 6 mm Allen wrenches. These will tighten cables, seat post binder bolt, stem, brakes, brake pads, crank bolts, stem, and water bottle cages.
- Small piece of electrical tape wrapped around the 6 mm Allen
- Small knife
- Spoke wrench



## Bike Dirt

### By F.X. Pedrix



My lovely wife Babs and I would like to thank the Dominator and the Board for approving the funds to send us to France last month to cover Le Tour for our club's newsletter. It means all the more to us because we know that, when it comes to club expenditures, the Prez has deep pockets and watches your money like a security guard assigned to protect the Crown Jewels at a pickpockets' convention. Babs and I have receipts for everything except the \$542 dinner the last night at Le Boom-Boom's but we know the Board won't quibble over a few hundred Euros one way or the other.

Other than the obvious Number Seven by Lance, the highlight for me was seeing Georgie outsprint Pereiro in the mountain-top finish at ST-LARY-SOULAN. For Babs it was the performance of the Gerolstein rider. Not the win by Totschnig when he couldn't stop crying on the podium, but Sebastian Lang, whom she saw blowing his nose into a handkerchief while climbing the steepest grade on Galibier. Babs herself was moved to tears that a TDF rider would, in the interest of decorum, tote the extra three grams of a handkerchief up and down the Alps all day in the heat. My wife will not let me say snot rocket, let alone *blow* one in her presence and she thinks the riders should stop to wash their hands after each natural break.

If covering the Tour in France were a cake, the icing was sitting in a restaurant after Stage XIII at a table near OLN's broadcast team of Phil, Paul and Bob. Although they concealed it well, I think the three were nearly as excited to be in the presence of the DVBC reporter as he was in awe of them.

Phil, nattily dressed in a *maillot jaune*, placed his order in a voice made hoarse by laryngitis: "As a member of this elite group I'd like the cook to deliver as much pain as possible as he prepares fish and chips for us heads of state. Isn't that right, Paul?"

Paul: "Absolutely, Phil. And tell

the chef to dig deep into his suitcase of courage and dance on the pedals as he grinds my fillet mignon into hamburger using a huge, massive gear."

Bob: "I'll have champagne for an appetizer, your finest red wine for the main course, and beer for dessert."

The day after Discovery's Tricky Beltran touched a wheel and went down, our own Bonnie Watkins followed suit. One moment she was gliding at the back of a 20-mph paceline; her next memory is of EMT's and police all around.

Beltran's concussion kayoed him from Le Tour and Bonnie's cracked collarbone, concussion and other injuries may keep her off the bike for a month. The good news is that the fickle finger of fate had caused Bonnie to leave her brand new bike home that day. I hope Bonnie heals well but at least that is one less rider to kick my butt all over So. Jersey for a few weeks.

Young, energetic Jeff Ried also became a crash victim last month while working as a bike messenger in the Big City. The resulting leg infection will require surgery. Get well soon, Jeff.

And Scott Chew, a Shore Cycle Club rider who has participated on some DVBC rides, went down in recent days puncturing a lung and bruising his face.

This is looking alarmingly like a trend that needs to be stopped. Better to wait up for me than be fast and at risk!

Most TDF watchers are familiar with the pitchfork-bearing devil charging up mountains along side the riders. A lesser-known fact is that he apparently resides the other eleven months of the year back in Springfield, Delaware County. Our reigning Crash-and-Burn Award recipient says, "On my commute home by bike I pass the house of the boy who ran me over last year. Today, as I passed his house, I noticed that, according to my cyclometer, his house is Mile 6.66. Coincidence? I think not." In my years

of writing this column I've learned there is no such thing as coincidence.

The first batch of club jerseys is due any day and sometime next month the club will hold its second ever "New Jersey Ride." Four years ago, when we got our very first club jerseys, designed by the Canadian Lightning Bolt, we held a "new jersey ride" that featured 26 members who, proudly sporting their club shirts, posed for a website-immortalized photo before departing on a Kountry Kitchen breakfast ride. Check the ride calendar in next month's newsletter and make sure you are there and decked out to make this an even bigger and better jersey celebration. Both new and old jerseys qualify.

Meanwhile, check out that old club jersey photo and see how many participants you can still identify.

The Bro completed his first shore ride in May but found out last month he still has a thing or two to learn about high-humidity endurance sports. It seems his legs turned to jelly on a recent Mays Landing ride not because of a lack of conditioning but because of a failure to heed the hydrate-or-die maxim. Fortunately, the Polish Prince recognized the symptoms and nursed Bro through the crisis.

In Tour de France month there is the usual amount of suspicion about drug use and this year was no exception. However, most of the rumors I heard centered around our own Juror #6, who turned in a super-human performance at the ACS Bike-a-thon. Until the first rest stop he was riding like any other mortal. At that point, witnesses claim he ingested "a chemical-like substance" which resulted in the AARP-eligible rider suddenly increasing his average speed from the mid-teens to more than 20 mph.

In this modern day of rampant cheating, it is refreshing to hear the rare bicycle-racing account of a drug-free performance. Such a report has come to my desk from Cross Dresser who reports that he and the Mrs. have

(Continued on page 9)

(Continued from page 8)

found many hours of pleasure in watching the Tour on OLN. Cross Dresser commented: "In our advancing years, we've finally discovered something exciting we can do together that doesn't require performance enhancing drugs."

Keep riding and send your gossip, rumors or outright lies to me and my spies.



## BONKERS



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## Sunday, September 4, 2005

32, 50, 68 and 100-mile routes

**Time:** 8-10am for all routes. All support services end at 4:30pm. 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 or \$20 with PDF membership. (If postmarked by August 27, 2005).  
\$17 day of the ride or \$25 with PDF membership.*Ride will be held rain or shine.*

## BRANDYWINE TOUR, Sept. 4, 2005, Pre-Registration Form

(Must be postmarked by August 27th)

Please print clearly so that we may accurately record the information. Thank you.

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 27, to:

Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Woodlyn, PA 19094-0156. For more info: [www.dvbc.org](http://www.dvbc.org)

## Regional Events

**Sat. Aug. 6: Dog Daze Century,**  
Brandywine Bicycle Club

**Sat. Aug. 6: Princeton Event,** West Windsor, NJ. Ride 18 to 100 miles. \$25. Princeton Free Wheelers.

**Sat. Aug. 13: Bridgeton Zoo Ride,** Schalick High School, Centerton, NJ; 25, 50, or 100 mi, 8am. 25-mi loop & 1st 50-mi loop rest stop at Bridgeton City Zoo. 2nd 50-mi loop for century. Lunch avail from deli near school, discount is part of ride package. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705.

**Sat. Aug. 13: Habitat for Humanity Tour,** Thompson Park, Jamesburg, NJ. Holly Ely, 732-634-6898.

**Sat. Aug. 13: The Nightmare Tour,** Marietta, PA. 200-mile route only.

**Sun. Aug. 21: Covered Bridge Metric Century,** Lancaster, PA.

Lancaster Bicycle Club

**Sun. Aug. 21: Ramapo Rally,** Mahwah, NJ. Bicycle Touring Club of North Jersey

**Sat. Aug. 27: Shorefire Century,** Middletown, DE. White Clay Bicycle Club, 302-731-1430.

**Sun. Aug. 28: SCU Lake Nockamixon Century,** Central Bucks West High School, 375 West Court St, Doylestown, PA. 23, 40, 50, 63, 75, or 100 mi rolling terrain w/ a few hills. All rides visit Lake Galena & scenic Lake Nockamixon. Winner LAB's "Best Century" award. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044.

**Sun. Sept 4: Brandywine Tour,** Pocopson Elementary School, Pocopson, PA. Ride 25, 50, 68, or 100 miles, rolling to hilly, through the beautiful Brandywine River Valley crossing 6 major creeks and

traversing much of the Revolutionary War activity around the Battle of the Brandywine. \$12 pre-registration by 8/26, \$17 day of event. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn PA 19094-0156.

**Mon. Sept. 5 (Labor Day): The Donut Derby,** Trexlertown, PA. Lehigh Wheelmen Association

**Sat. Sept. 10: Amish Country Tour,** Dover, DE. 1-800-233-KENT

**Sat. Sept. 10: Civil War Century,** Thurmont, MD. Baltimore Bicycle Club, Judy Getz, 410-254-1306.

**Sept. 10-17: LAB National Rally,** Oregon. For 2005, the LAB National Rally will be held in conjunction with Cycle Oregon. League of American Bicyclists, 1612 K Street NW, Suite 800, Washington, DC 20006-2850; 202-822-1333.



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### 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)