

Delaware Valley Bicycle Club



P.O. Box 156, Swarthmore, Pa, 19081

April 2006

Some Cycling ABCs

By Dominick Zuppo



Spring is here! And with the change of seasons comes new opportunities to get out and ride our bikes.

Now while some of you may have switched to the

usual winter sporting activities, others have been trying their best to stay fit by riding their bicycles whenever possible. But no matter the reason, let's not forget to check equipment that may have been dormant for a few months.

The League of American Bicyclists has developed a process called the "ABC Quick Check." It's a simple system designed to remind cyclists to check their bicycle's most important components before heading out on a ride. The following are just the highlights, so I urge you to visit their website, www.bikeleague.org, for more details. Besides, there's lots of great LAB information to be found there.

A is for air. Even high-quality tubes will leak a small amount of air, so always check the amount of pressure in your tires. While you're at it, check the tire tread and the sidewalls for signs of age or damage. You're health is worth more than \$50 worth of new tires, right?

B is for brakes. The rubber pads on traditional rim brakes wear out, too, and many have vertical grooves or lines molded into the material to indicate excessive wear. The pads

should only make contact with your rims - keep them away from the tire or spokes. And there should be at least 1 inch of space between your brake levers and handlebar when you squeeze them tight.

C is for cranks, chain and cassette. Everything on a bike wears out, including the chain, which can stretch or develop stiff links over time. It's more "cost effective" to replace a \$25 chain than it is to replace a 9-speed cassette or a set of Ultegra chainrings. If your chain skips on your cassette, the wear may be there. Don't wait to service it. And make sure your crank bolts are tight. Trust me, you don't want to be 15 miles from home when your crank arm falls off and your pedal is dangling from the bottom of your shoe.

Quick is for quick releases. The hub through which the quick release passes should be tight against your bike's frame. Not so tight that you can't open it, but at least tight enough that it leaves a mark on your palm when you close the lever. And the lever should point to the back of the bike so a branch or other object doesn't catch on it. Maybe that's why the lever is traditionally mounted on the left side of the frame, away from the roadside.

Check is for check it over. Take a quick ride around the parking lot before the group heads out. Are your derailleurs and brakes working properly? How about your cyclocomputer? NEVER try to adjust the magnet or sending unit while your

wheels are moving. Inspect your bike for loose or broken parts. And if something feels or sounds wrong during the first few miles of a ride, call out to the ride leader that you're stopping. It's best to repair your bike or abandon the ride as close to the starting point as possible.

I have one more idea for you to consider. According to a July 18, 2005 article in the Washington Post, the following was conceived by Bob Brothie, a clinical team leader for a British ambulance service, after years of trying to reach relatives of people he was treating. It's simple and could really help when you need it the most.

If you're injured during a ride, who should a first responder contact if neither you nor your riding partners can instruct them? The answer? Put the acronym ICE, which stands for "in case of emergency," before the names of the people you want to designate as next of kin in your cell phone's address book.

You should first discuss the idea with your contact - make sure they understand and agree with your use of their personal information. Like much of today's electronic data, there are privacy concerns to consider. And please make sure you keep your information up to date.

Warmer days and longer days can add up to more time in the saddle. So remember, a few minutes spent before each ride reciting your cycling ABCs could result in many hours of mechanically uneventful adventure. See you on the road.

The Delaware Valley Bicycle Club
P.O. BOX 156
Swarthmore, PA 19081
<http://www.dvbc.org>

DVBC Meeting Place

Delaware County Peace Center,
 Springfield Friends Meeting,
 1001 Old Sproul Road
 (behind the car wash at Rte. 320
 and Old Marple Road).



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

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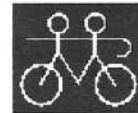
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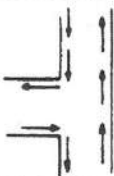
*Bicycle Coalition of
 Greater Philadelphia*

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 expressed in this publication are
 not necessarily the views of the
 DVBC, nor do we endorse prod-
 ucts or services advertised.*

Ride Guidelines



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



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



Watch out for car doors opening,
 or for cars pulling into traffic.



Protect yourself at night
 with the required reflectors
 and lights.



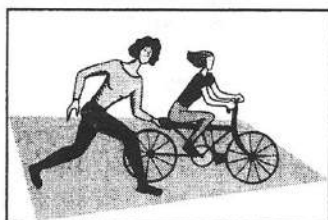
Use hand
 signals to
 indicate stop-
 ping or
 turning.



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

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

Swarthmore promoted as "Bike Friendly Zone"



On Sunday, April 23rd, from 1 to 6 pm, the Swarthmore Friends Meeting will hold a Fun Fair to raise the level of awareness and

support, and to promote Swarthmore as a "Bike Friendly Zone." The event will feature helmet and bicycle inspections, and will trumpet the benefits to individuals, families, and the environment of riding to downtown. It is an event for the whole family. Donations will be accepted, with 50% slated for the Feeding the Homeless project and 50% for the Swarthmore Bike Friendly Zone initiative. Please visit <http://www.swarthmorefair.org> for more details.

Bicycle Coalition of Greater Philadelphia

Annual Meeting Rescheduled

Sunday, April 9th, 2006

6:30 – 9:00pm

Keynote address: "Why I moved Fuji Bicycles World Headquarters to Philadelphia" by Pat Cunnane, President of Fuji Bicycles

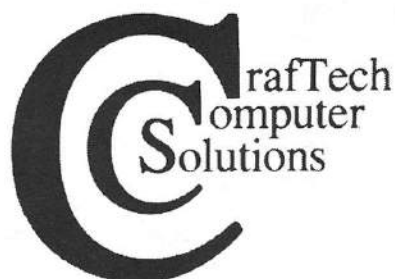
With special guest
Congresswoman
Allyson Schwartz

Lloyd Hall (1 Boathouse
Row, at Kelly and
Water Works Drive)

Free Buffet Dinner donated by Whole Foods

Bike Parking Station provided by
Neighborhood Bike Works

RSVP email appreciated if you plan on attending,
please send to info@bicyclecoalition.org



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Walls wins in season opener

Jim Walls, the pride of the DVBC, continued his winning ways as the new racing season began last month. In the first event of the Cadence TT Series on March 11th at Lancaster, Walls was the fastest of twelve in the CAT3/4 time trial and, in the process, recorded a faster time than three of the four CAT1/2 pro riders.

Last season Jim started at CAT5 level and quickly worked his way through the pack to attain CAT4 status. Late in the season he made his CAT4 debut and scored points in his first race.

A Tip from the Ride Leader



We all know that, to avoid dehydration on a long ride, we must keep drinking. But the truth is, sometimes we don't want to drink because we're tired of what's in our bottles. The solution is Variety.

If you're touring or riding a century you will be much more inclined to drink often if you keep changing what is in your bottles. Every time you stop, try to add a different flavor to your bottles. Don't be afraid to mix drinks. At home I keep different flavors of Gatorade and Cytomax and mix them together in different ways to keep my drinks interesting. In hydration as in all else, variety is the spice of life.

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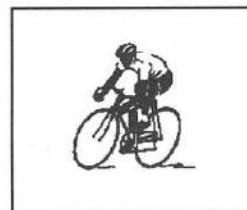
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DVBC Ride Calendar

APRIL 2006



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

Tuesdays 6:00 pm Miles:15-20 Class:C/C- Vocabulary Ride ✓	The Vocabulary Ride starts another season of spins thru southern Delco. Beginners are welcome. Please 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: 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 ride status if the weather is questionable. Distance is according to available daylight during the early days. Pace is around 14-15 and can be split into two groups for newer riders. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 9:30 am Miles:30-60 Class:B/B- Doc's Ride ✓	Start at 320 Market Cafe, 713 S. Chester Rd, Swarthmore. Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead for weekly plans. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 4:45 pm Miles:20-40 Class:B South Jersey Ramble ✓	Mileage and route will vary. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Wednesdays 6:00 pm Miles:25+- Class:B+/A- Workout ✓	Meet at Rose Tree Park on Rte. 252 to start another season with our workout ride. We'll start at a slower pace to encourage riders to come to the ride, move to the next step, and increase speed as our training progresses. We start this ride at a B pace and move to a "C how fast we can go" pace by the end of the season. No racing at the start of the season. Contact Antonio Rocha at 484-802-8374 Email: tony@crafttech.com
Wednesdays 6:00 pm Miles:20+ Class:C/C+ Rose Tree Park n Ride ✓	Meet me and some of your fellow C riders at Rose Tree Park, Rte. 252 near Media, for a "hills are our friends" ride thru Ridley Creek St. Park and surrounding area. No worries, no one dropped. Contact Dom Zuppo at 610.544.8630 Email: membership@dvbc.org
Wednesdays 6:00 pm Miles:20 Class:B/B+ The Rose Tree Ridley ✓	Start at RoseTree Park on Rte. 252 go through Ridley State Park and 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



Fifteen riders turned out on a 65-degree day for the Salem Oak ride. If you missed that ride you will get a second chance on April 8th.

Saturday, Apr 1 8:30 am
Miles:25+/- Class:C/D
Perkiomen Pedal ✓

From Perkiomen Creek Park (Oaks exit off Rte. 422 W), ride the flat paved bicycle path down towards Conshohocken, or perhaps Fort Royal, and then head back. Miles and pace will be adjusted longer/shorter, faster/slower depending on who shows up. Bring snacks and water, we'll stop for a break on the way back. No one dropped, rain/ice or extreme cold cancels ride, PLEASE confirm with Valerie Shinbaum by the Friday before by email ONLY. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com

Saturday, Apr 1 8:30 am Miles:65 Class:B/B- Kings Away ✓	Introducing Bob & Drew's Excellent Adventures, a series of regular Saturday get-togethers that builds to frequent centuries. Meet @ Kingsway HS, Rtes. 551 & 322, Swedesboro, NJ for flat ride, steady pace. Head south to see swans nesting off 620, then to Alloway in search of lost sandwich nook. One food break & many back roads. Bob LaDrew (610) 383-9327 or Drew Knox at 302-475-1684 or Drew.Knox@bentley.com
Saturday, Apr 1 9:00 am Miles:18+/- Class:C MTB Take to the Woods! ✓	Meet on the North side (Philly) of Rte. 420 in Prospect Park at John Heinz Wildlife Reserve side lot. Ride the Reserve's pathways observing nature: birds, deer, foxes, rabbits, and a whole lot more. The trail is very tame. The hybrid bike is an excellent alternative if you don't own a mountain bike. Wet weather or recent heavy rains will cancel. Call ahead. Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com
DAYLIGHT SAVINGS TIME BEGINS. SET YOUR CLOCKS AHEAD ONE HOUR.	
Sunday, Apr 2 8:00 am Miles:25 Class:B 25 in 25 ✓	Twenty five hundred foot of climb in twenty five miles. No stops. No clue sheet. Bring water and food and two good legs. Eat on the seat. Start PROMPTLY at 7:55 am at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 2 2:00 pm Miles: 6-9 Class:D Bike to the Future ✓	Don't have a DeLorean? No problem, just bring your favorite two-wheeled aluminum, carbon or steel machine to the Panera's Bread parking lot in Springfield for an easy ride through the streets of Delco. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Monday, Apr 3 7:00 pm Miles:0 Class:ALL Board Meeting	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 membership@dvbc.org
Saturday, Apr 8 8:30 am Miles:65 Class:B/B- Salem Oak Metric ✓	Salem Oak Diner, Rte. 49, Salem NJ. Come early for breakfast at the Salem Oak Diner then on to Bridgeton on the familiar Peter O'Dell Memorial route. Call Drew (302) 475-1684 or Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Apr 9 8:00 am Miles:30 Class:B Rue This Ride ✓	Starts PROMPTLY at 7:55 am at the R5 Wayne Train Station. Do hill after hill after hill. Expect nonstop climbing for two plus hours. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 9 8:30 am Miles:40 Class:C+ VF/Art Museum ✓	Meet at Valley Forge Trail Head for an easy-paced ride to the Art Museum with a stop in Manayunk on the way back. Bring money for a snack. Contact Bob Martin at 610-352-2114
Sunday, Apr 9 8:30 am Miles:60+/- Class:C++ Tour de Chaga ✓	Bring out your touring bikes for the first in a series of rides designed to prepare for the ToPA Tour. Expect a good bit of hills with a stop at Northbrook Orchards for goodies before turning back. Ride starts at the now defunct ACME parking lot at the corner of Pennell (Rte. 452) and Weir Rds. in Aston PA. Rain cancels the ride. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Saturday, Apr 15 8:00 am Miles:80 Class:B/B- KingSway ✓	Meet at Kingsway HS, Rtes. 551 & 322 in Swedesboro, NJ for a land cruise with one refreshment stop and lunch. Bad weather cancels. If in doubt, call Bob (610) 383-9327 or contact Drew Knox at 302-475-1684 or Drew.Knox@bentley.com
Saturday, Apr 15 10:00 am Miles:18-28 Class:C- C U at Selene ✓	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Apr 16 8:00 am Miles:60 Class:B The Easter Ache Hunt ✓	We will climb until it hurts on a variety of hills. Starts at the R5 Wayne Train Station, one quick stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sunday, Apr 16 8:30 am Miles:42 Class:C+ Wash Twp Wawa ✓	Join Bonnie and Len for a ride to the Wawa in Washington Twp. 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, Apr 16 2:00 pm Miles: 6-9 Class:D Bike to the Future ✓	Don't have a DeLorean? No problem, just bring your favorite two-wheeled aluminum, carbon or steel machine to the Panera's Bread parking lot in Springfield for an easy ride through the streets of Delco. Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Apr 22 8:00 am Miles:65 Class:B/B- Brandywine Ramble ✓	Meet at Pocopson Elementary for a counter-clockwise reprisal of the Brandywine Tour. Rolling hills with a stop at Marrone's Deli and lunch in the West Grove Park. Bad weather cancels. Call Drew (302) 475-1684 or contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Apr 22 8:30 am Miles:25+/- Class:C/C+ Wheels to West Chester ✓	From Culbertson Elem. School (Goshen Rd. in Newtown Square), we'll head towards West Chester on rolling terrain, with a food stop in downtown West Chester. Cue sheets provided, no one dropped. Bring water & money for food stop. Rain/ice or extreme cold cancels ride. PLEASE confirm with Valerie Shinbaum by Friday before by email ONLY. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Sunday, Apr 23 7:00 am Miles:80 Class:B Hill-arious ✓	A difficult and hilly ride. 7,500 foot of climb. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 23 8:30 am Miles:42+/- Class:C+ Northbrook Orchards, PA ✓	Join Bonnie and Len for a ride to Northbrook Orchards. Picturesque rolling hills, Brandywine Valley, Northbrook as a rest stop, and great friends; cycling doesn't get any better. Moving average 14-15mph. Terrain is rolling with moderate climbs, no one gets dropped. Regroup after each climb. Start at Chadds Ford Elem. School on Rte. 1 and Fairville Rd. Contact Len at 610-558-6232 or lzane00@comcast.net
Saturday, Apr 29 8:00 am Miles:100 Class:B/B- KingsWeigh ✓	Meet at Kingsway HS, Rtes. 551 & 322 in NJ. Circular century goes thru Bridgeton, crosses Maurice River, cuts thru Belleplain Forest, then passes old favorites like Head On The River & Buena. Stops at 30 & 75 w/lunch between. Bad weather cancels. Call Bob at 610-383-9327 or Drew Knox at 302-475-1684 or Drew.Knox@bentley.com
Saturday, Apr 29 8:30 am Miles:35+/- Class:C/C+ Jersey Jaunt ✓	From Kingsway HS (Rtes. 551 and 322) ride around flat South Jersey roads. Rest stops at WAWAs as needed. Bring water and money for snacks. Cue sheets provided, no one dropped. Rain/ice or extreme cold cancels ride. PLEASE confirm with Valerie Shinbaum by the Friday before by email ONLY. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Sunday, Apr 30 7:00 am Miles:100 Class:B The Rendition Ride ✓	Get taken across county borders and tortured on this extremely hilly century. Expect ten thousand foot of climb. RSVP required. Be on your bike and ready to go at 6:55 am. Bring food and ample water. Several quick stops (all less than 5 minutes). RSVP to Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 30 8:30 am Miles:34+/- Class:B/B- Kountry Kitchen ✓	Start at Kingsway High School Routes 551 and 322 for that familiar ride to a good breakfast. Rain cancels. Contact Bob Martin at 610-352-2114
Sunday, Apr 30 9:45 am Miles:62 Class:B Westtown and Beyond ✓	Meet at the Moylan Rose Valley train station at Manchester and Woodward Roads for a ride over the classic routes of the DVBC. Go through western Delaware County, Chester County and maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Apr 30 2:00 pm Miles: 6-9 Class:D Bike to the Future ✓	Don't have a DeLorean? No problem, just bring your favorite two-wheeled aluminum, carbon or steel machine to the Panera's Bread parking lot in Springfield for an easy ride through the streets of Delco. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org



Bike Dirt

By F.X. Pedrix



When it comes to riding in the cold I'm a devout coward. That explains the twelve pounds I have put on since last fall. Now that warmth is in the forecast, my visage--gradually diminishing in width--can be expected to appear regularly at DVBC rides throughout the tri-state area. However, I could use a bit more encouragement than I got from the **The Helmet-less One** on a recent Saturday as I stood shivering in the Kingsway parking lot. When I pointed out to him that the weathermen had promised a high of 42 degrees, Helmet-less responded, "Yeah, but what they don't tell you is it's only going to be 42 for about three seconds!" I almost threw my bike in the trunk and went home.

That same day, with 40-mph winds in the forecast, **Bonkers Boy** set a new club record by wearing nine layers. Even more impressively, he has vowed to attain double figures before the heat of summer sets in.

Only a week later, on March 11th, 65-degree temperatures brought club riders out for the popular Salem Oak Ride like flies on a bloated carcass.

Uncharacteristically, the group of nineteen managed to stay together until Mile 42 when **Smytty's** chain ring fell off. Half the group went riding merrily off the front, never to be

seen again. Meanwhile, as Smytty screwed in the two-out-of-five bolts he hadn't lost, he had to endure a stern lecture from Helmet-less about the need to "tighten 'em down good."

Plastic Boy and the **Canadian Lightning Bolt** had down years in '05 but are back with a vengeance this spring. Since his nasal surgery Plastic Boy has discovered that the ability to breathe makes biking a lot easier. And Canadian Bacon's knee, labeled that of an octogenarian last year, seems to have discovered the fountain of youth. The duo was toying with us B riders at Salem. To their credit,



Dan Dillon's feather duster cleans Bonnie Watkins' bike after a long winter of inactivity. Bob Martin, Vera Kohut and Nancy Schwarz look on.

they resisted the temptation to hijack Bonkers Boy's "B" ride.

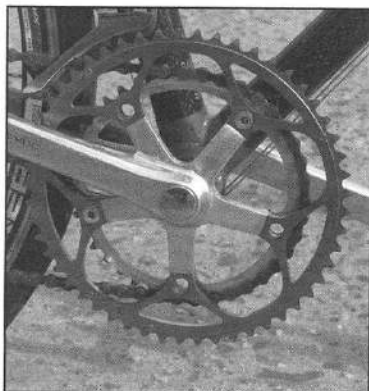
Memorabilia is big business these days and **Gray Wolf** may have expanded the industry in the past month. After receiving his March newsletter he snipped out the photo of our **Best New Rider** and, to pay tribute to that sports hero, pasted it to the front of his helmet. This got me to thinking about sports memorabilia and, in particular, trading cards. With the approval of our Board, I have commissioned a renowned and somewhat pricey artist to design a

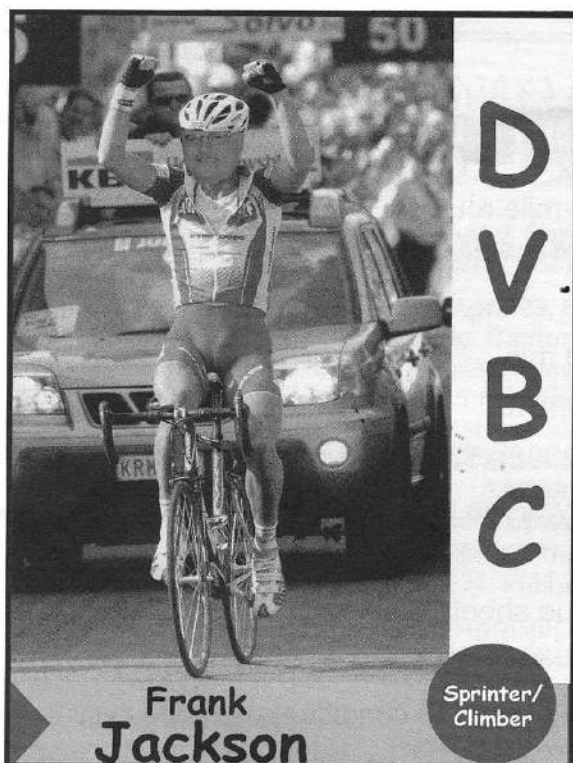
series of trading cards honoring the great DVBC riders. Starting this month, a new and different DVBC card will appear in each edition of the newsletter. They will undoubtedly have great value, so be sure to clip and save every one. If you want them in color, download the PDF newsletter from the club's web site.

The inaugural card features **Juror # 6**, a rider who took an unwarranted public potshot at me in the March newsletter. In spite of his character flaws, I have decided to pay homage to the Juror's riding prowess by making him the first featured rider.

From ride routes to jersey designs to ride motifs, many of the DVBC's ideas have been borrowed from other clubs. My spies and I are always on the prowl for new concepts that might be introduced in the DVBC to add spice to club life and no distance is too far to travel in search of biking fun. The best idea to come across my desk this month is from a Bike Dirt spy who recently returned from a fact-finding mission in New Zealand. **Double-Oh-Six** submitted a report on a nude bike race in Wellington, New Zealand, that has stirred controversy. The town's mayor wants the nude race to be called off, but not because participants will be naked. Mayor John Hurley says there is no law against the anticipated 100 participants riding nude but, in the past, they have ridden without helmets--and that is illegal. I have checked with our president and he, too, is insisting upon helmets when I list the DVBC's first nude ride. I am going to wait until the weather gets a little warmer.

Keep riding and sending me your rumors, innuendo, exaggerations and falsehoods.



Sprinter/
Climber**Frank Jackson**

Frank's "ten-cent legs" enabled him to win the final sprint to the restaurant in every club eating ride during 2006.

Major Career Achievements:

- 1934: First place in race for bottle of Amstel Gold
- 1958: Wore same polkadot jersey 3 straight days in Tour of Swedesboro
- 1967: 56th place in obscure Tour de Aston
- 1992: Paris-Roubaix OLN Spectator
- 1999: Crashed out of Kountry Kitchen ride while leading with just four miles to go
- 2006: Overall winner, Frank Jackson Road Race.



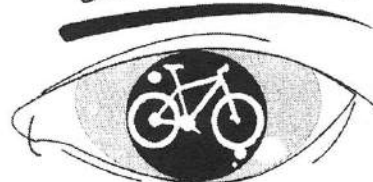
"F.X. Pedrix?.... I'll see that turkey in the spring. And he'd better have his climbing legs!"

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- Cycle Sport
801 N. Providence Road
Media, PA 19063 610-565-9535
- April 20, 2006 5:00 – 8:30pm

Bike 4 Sight



Join us for an evening of fun, food, and fashion. Preview spring and summer bicycle clothing from top manufacturers. All jerseys will be auctioned off the models' backs. So, let the bidding begin!

All the proceeds from this event benefit the Center for the Blind and Visually Impaired



BONKERS METRIC

Sunday, May 21, 2006

18, 35, 50, and 65-mile routes
Ride will be held rain or shine.



Time: 8-9 a.m. for 65 & 50 mis.; 9-10 a.m. for 35 & 18 mis.

Place: Ridley Creek State Park, Media, PA; Picnic area 15.

Cost: \$18 pre-registration (postmarked by May 13, 2006); \$25 pre-registration includes special club membership with PDF of club newsletter; \$25 day of the ride; \$32 day of, includes special club membership with PDF of club newsletter.

Services Provided by DVBC: Food & water stops, cue sheets, sag wagon, rest rooms, marked routes.

Safety: *Helmets are mandatory!* Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump and tire irons. Each rider assumes her/his own responsibility.

Information: www.dvbc.org or email: info@dvbc.org

A ride that keeps people coming back year after year: good routes, good food, good friends.

BONKERS METRIC, May 21, 2006, Pre-Registration Form

Name: _____ Address: _____

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

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): ☐ 18 miles ☐ 35 miles ☐ 50 miles ☐ 65 miles

Waiver/Release:

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature _____

Signature of parent or guardian (If you are under 18 years of age.) _____

Please send this signed form by **May 13** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081.

Regional Events

Sat. April 1, Bicycle Club Conference, York, PA. Officers of bicycle clubs in Pennsylvania invited to meeting to learn about & share experiences w/other PA clubs. Bicycle Access Council, 717-417-1299.

Sat. April 22, Ocean to Bay Bike Tour, Fenwick Island, DE. 1-800-962-SURF or 302-539-2100 ext. 15.

Sat. April 22, Spring Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, 9 am-2 pm. 610-395-7000

Sat. April 22, Taxing Metric, Warwick County Park, Brandywine Bicycle Club, Knauertown, PA.

Sun. April 23, Bike Annapolis: Ride for Shelter, Annapolis, MD. Ride 5, 15, 25, or 40-miles.

Sun. April 23, Girls With Gears - Women's Cycling Event, Limerick Community Park, Limerick, PA. Benefits Carol For Heart, Inc.

Sun. April 23, Horsham Rotary River Ride, Horsham, PA. Start College Settlement Camp, 600 Witmer Road. 5, 20, 35, or 63 mi. Benefits the Horsham Rotary. Horsham Rotary, P.O. Box 99, Horsham, PA 19044, or call 215-674-9590.

April 28-30, Spring-n2-Cycling

Weekend, Danville, PA. BCP, Linda McGrane, 267-251-7862.

Sat. April 29, State Police Memorial Metric Century Ride, Hershey Park Complex, Hershey Park Dr & Sand Beach Rd, Hershey. 15, 31, 45 & 62 mi. 9 a.m.-noon. \$20 by April 1, incl Food, Support, T-Shirt. Reg. online with Active.com Visit www.pspmetriccentury.com or Richard Kovalik, at rkovalik@state.pa.us, or 717-533-9111, X 426.

Sun. April 30, Mason-Dixon Ride for MS, Middletown, DE.

Sun. April 30, Ride On for Autism Research ("ROAR"), Baltimore, MD. Ride 10 or 20 miles. 443-923-7300

Sun. April 30, Tour de Franklin, Somerset, NJ. Benefits Franklin Twp Food Bank, 732-246-0009.

Sat. May 6, Farmlands Tour, Brookdale Community College, Lincroft, NJ.

Sun. May 7, SCU Quad County Metric, Green Lane Park, Deep Creek and Snyder Rds., Green Lane (Montgomery Cnty), PA. 10, 21, 31, 45, 53, 68, or 76 mi. Rolling to hilly. Reg.: \$25 (non-members). Reg. by 4/15 to receive a free T-shirt. Suburban Cyclists Unlimited, P.O. Box 401, Horsham, PA 19044; 215-234-0170. Secure online reg. available.

Sat. May 13, Pinelands Triple Loop, Batsto, NJ. Ride one, two, or all three loops for a total of 28 to 100 miles on flat terrain. Each loop starts and ends at Batsto State Park where lunch is provided. Shore Cycle Club.

Wed., May 17: The Ride of Silence: 6:45 P.M during Philly's Bike to Work Week. Purposes of this silent ride are to honor cyclists killed/injured in motor vehicle related accidents and raise awareness about rights of cyclists to ride roads. Held at 120 U.S. locations & 8 countries. Start at front steps of Phila Art Museum on B. Franklin Pkwy. Pre-ride ceremony at 6:45 PM & ride starts promptly at 7. Ride will be 1.5 hrs. Bike lights encouraged. Contact BCGP at info@bicyclecoalition.org or ride leaders: Ray Scheinfeld, eray-ben@bellatlantic.net, 215-327-8315; John Siemiarowski, tandemdad@comcast.net, 215-837-0101. Gen. info at www.rideofsilence.org

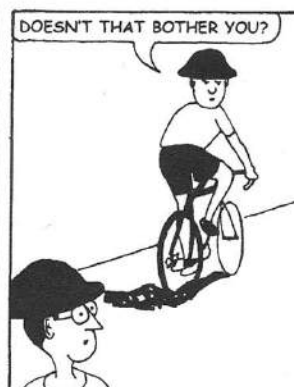
May 15-21, Jersey Shore Pro Cycling Grand Prix and Cyclosporitif. A week-long series of professional criterium races - spectator and volunteer events - to be held in four selected New Jersey shore towns, culminating with a final race in Atlantic City on Sat. and a 130-mile cyclosporitif recreational ride from Sandy Hook to Cape May on Sunday.

Sun. May 21, Bonkers Metric, see page 10 for more info and registration.

BONKERZ

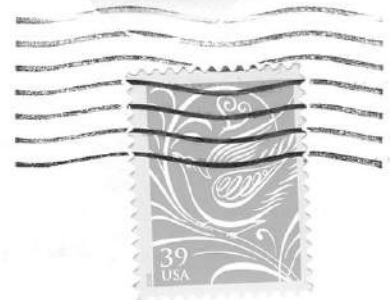


CARTOONS
OF THE
DVBC





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



Expiration Date: 11/30/06

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

PDF

Please send your check or money order to the:

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

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Signature

Signature of parent or guardian (if under 18 years)