

Delaware Valley Bicycle Club



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

July 2006

DVBC Club Picnic

Saturday, July 22
11:30am



**Free
for members
and
their families.**

**Check the ride calendar to
choose a ride to the picnic.**

**If you can't bike,
come by car.**

*Please call or email
Bob LaDrew by **Thursday
night, July 20th,**
to make a reservation
so we can plan for food.*

2ladrews@netreach.net
610-383-9327

Save the Date!



September 3rd

Brandywine Tour

Cycle Fit Will Rise Again!

By Dominick Zuppo

What started out as another beautiful spring day for professional bicycle racing in Philadelphia was muted by a television news report that a fire had destroyed Cycle Fit of Wallingford. While a group of club members enjoyed the June 11th Commerce Bank Triple Crown of Cycling event, we couldn't help but think about the potential loss suffered by one of our own.

I stopped by Cycle Fit the next day and spoke with Greg Cymbala about the fire. A dumpster located near the back door of the building was set ablaze, and while the steel door maintained its integrity, the wooden framing around the door did not. The intense heat set the frame on fire, which spread to shelving in the rear storage area of the building and up to the ceiling. The heat from the fire destroyed tires, wheelsets, and frames hung from the ceiling as it traveled to the other side of the building.

As the firefighters extinguished the blaze, some water entered the section of the front showroom where bicycle roof and hitch racks were displayed. But other than the ceiling tile damage and the smell of smoke, you couldn't tell that the showroom portion of the building was damaged.

Most importantly, no one at the shop was injured.

But this is Cycle Fit's "bread and butter" season, when great weather, sporting events, and summer vacations bring cyclists out of the woodwork. John Weniger, the owner, and the rest of the Cycle Fit team vow to rebuild the business that so many of us have come to depend on for

quality products and services.

I know I'm preaching to the choir, but we should never underestimate the impact that local sales have on the shops that serve our cycling community. Yes, you can purchase bicycle parts and accessories from mail order or Internet-based companies. But have those companies contributed goods and services in support of events like Bike to Work Day? Have they donated door prizes to the DVBC for our annual banquet? Will they work with you to ensure that the bicycle or equipment you purchase will improve your cycling experience?

Cycle Fit will rise from the ashes. While insurance will pay for bikes and parts destroyed by the fire, the normal bills must be paid. Now more than ever, John and Greg need our help. Let's demonstrate our support for them, and for all local bicycle shops, by spending our dollars here, at home. See you on the road.



A satiated Valerie Shinbaum and crew depart from Hank's Place during her June Route 926 Ramble.

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).



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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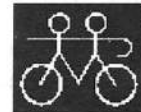
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Club Affiliations



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.

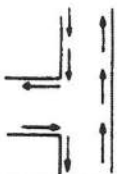
Ride Guidelines

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

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



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



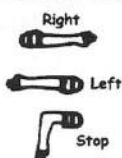
Keep right. Drive with traffic, not against it. Ride single file.



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



Protect yourself at night with the required reflectors and lights.



Use hand signals to indicate stopping or turning.

Kent County Spring Fling

By Woody Kotch

Memorial Day weekend three of your intrepid DVBC members took off on their bikes and rode to Chestertown, Maryland for Baltimore Bicycle Club's Spring Fling. Ed, Mel and yours truly would be joining several members of the Buck Ridge Ski Club for a weekend bike rally on the campus of Washington College. Fortunately, good friend Susan agreed to drive down our gear in Mel's truck.

As is my usual habit, I consulted maps and "G-maps Pedometer" to familiarize myself with the probable route. I figured a fairly direct route from Ed's condo to Chestertown would give us a 75-mile mostly flat ride. No sweat. When I arrived at Ed's, my comrades were ready to roll. Ed was as usual rather tight-lipped about the route he had plotted and especially quiet about the distance. My queries regarding this were deftly deflected with "Let's get going so we can beat the rain." Off we went immediately headingnorth.

Our GPS-equipped navigator, Ed, led us through some familiar territory and as we approached Northbrook, Mel and I began to question whether Ed's GPS had blown a fuse. Ed was now mumbling something about a slightly longer route to avoid the traffic. Upon more direct questioning, Ed did admit that he knew Chestertown was south of our starting point and that we would soon be heading in that direction. That was a relief. We continued to meander through Pennsylvania skipping Delaware all together and emerging in Maryland near a bridge across the Delaware and Chesapeake Canal.

Mel and I stopped to have a bite of lunch before crossing the bridge and were entertained by watching Ed ride up and down the road outside the restaurant while we dined. Ed did come in the restaurant to see if we had been served yet. We did have to beat the rain. Having refueled, Mel and I joined Ed, who had the remaining route all planned out. Unfortunately, this did not include crossing the bridge just down the road since it was too steep and narrow. We found a much nicer bridge with friendlier grade and wide shoulders, just ten miles back and into Delaware after all. No traffic on that road either.

Did I mention it rained? We took shelter at a gas station that was under construction and waited for it to let up. Maybe 20 minutes waiting and off we

went. Then it really rained. But it was warm enough not to bother us too much and we soon dried out.

The roads had flattened out now

and we were making good progress toward Chestertown. 70 miles.....80 miles.....90 miles, still no traffic. Are you familiar with circumpolar navigation? It has something to do with air routes over the North Pole to get to the other side of the earth. I'm not

quite sure how it works, but the next time you see Ed you might ask him about it. I suspect he's an expert.

We did arrive that day at Washington College with Mel and I having 97 miles to our credit and Ed somewhere around 120. Mel and I had no problem not completing the Century. It was a great day of riding and very little traffic. Thanks Ed!

We quickly settled into our surprisingly nice dormitory suite with four bedrooms, two baths, living room, and kitchen. Dinners and breakfasts were all provided by the rally and were well prepared by the college food service. A wide variety of nourishment for both herbivore and omnivore bicyclists in the always favored "All-you-can-eat" style was the menu for each meal. Evening activities were also provided if the riding on the eastern shore of Chesapeake Bay wasn't enough stimulation for you. Ice cream social, dessert banquet, square dancing, and sock-hop kept most

from hitting the sack even though the miles demanded recovery.

Oh yeah, the riding. Nicely plotted routes from Chestertown ranging from

ten miles to double metric. Cue sheets and maps were provided with some routes having ride leaders. The scenic roads had little traffic and wandered in and out of sight of the Chesapeake. We did a nice ride to Rock Hall and a restaurant on the water appropriately called Waterman's. I have eaten a lot

of crab cakes in my 30 years on the bike, but this was the best.

Other highlights of the weekend were a re-enactment of the Chestertown Tea Party, just like Boston only further south, with its accompanying street fair and a human-powered, self-constructed, raft race in the bay. We had great fun at these annual events while Ed documented our glee with a couple of hundred photos.

I spent not too few miles over the weekend mulling over how I could convince Ed that we could cut our trip home by many miles with some route changes. Mel was off the hook since Susan was under the weather and couldn't drive his truck home. This turned out to be quite fortunate for Ed and me. Our two friends met us on our trek home and provided us with a sumptuous lunch they had packed up at the last meal back at the college. I took my time eating while we watched Ed ride. Ed does ride a lot.

I'm proud to say that I did convince Ed to pare the return trip down a bit. However, due to the 90-degree heat, Ed was again the compassionate one and plotted a route that was not only devoid of traffic but also provided shade. I was glad for that, for I don't know how I would have made the 95 miles back if it had been in the sun. Ed had 116. Mel's truck had no air-conditioning.

It was a fantastic weekend. Four days of great riding, eating, socializing, and even some history. And thanks to Ed's navigating, we didn't even have to drive our polluters to the start.



Woody Kotch (2nd from rt.) and Mel Styles (right) cruise with friends at last month's Kent County Spring Fling.



DVBC photographer extraordinaire Ed Sobolewski captured Woody Kotch from across an Eastern Shore field.

Don't be left riding dry this summer. Keep fully hydrated!

By Frank Jackson

It may seem that I'm preaching to the choir as most of you either mount two bottles or carry a hydro pack. Did you know our bodies are more than 60 percent water? Well, if you stay properly hydrated they are. And even more so, did you know your brain is more than 70 percent water. That kind of explains that sloshing around feeling doesn't it?

So what does all this mean? First, it doesn't take much water loss to have your body, brain or both start running out of sync. Basically, water--or lack thereof--clearly affects us. If uncorrected, the lack of water consumption will alter your thinking patterns and from there you will continue downhill. You will actually experience thirst at a one-percent loss of your body water, and this isn't hard to do if you've been out riding for any length of time. The complicated part is that the more dehydrated you become the more you start to lose your thirst. The body actually starts to feel a little euphoric, as

though everything is okay, when in reality you've got problems. It's as if your body is going into a self-destruct mode on you.

Next is a brain drain of sorts. Without water your mental capacity starts to deteriorate and your thoughts become seriously affected. Remember your brain is over 70 percent water. This sets the stage for all sorts of problems. If you continue to dehydrate down to, say, a five-or six-percent water loss, even simple tasks like cornering, shifting, and breaking will become challenging. Clumsiness and inattention become common. And once you fall into this mode stress and panic set in. This is definitely not a good combination for having a safe day out biking with your DVBC pals.

Besides thirst, weakness, fatigue, and/or a headache are also signs of dehydration. Since the water in your blood assists the transport of nutrients

through your body, becoming dehydrated makes it harder for these nutrients to get where they are needed. Add this to the fact that the waste products in our system cannot get out because of the lack of water in the blood and you've got problems. What occurs is that lactic acid will start to accumulate in your muscles causing both soreness and fatigue. Considering our joints are lubricated by body fluids that we're now a little short of because of water loss, you're now no longer that well-oiled machine you were earlier in the day. Isn't it amazing how quickly we start to deteriorate once we stop taking care of ourselves?

The sad part of hydration in general is that even though the best water systems in the world can be found in the major cities of the United States most of the people are always partially dehydrated. So remember to stay hydrated this summer by drinking plenty of good old *US of A* water.

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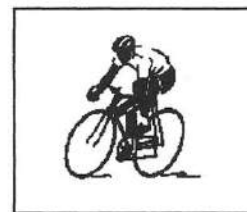
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DVBC Ride Calendar

July 2006



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:10-15 Class:C-/C Vocabulary Ride ✓	Beginners are welcome on this ride 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:25-30 Class:B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry Havnoonian at 610-565-9535 Email: cyclesport@verizon.net
Wednesdays 9:30 am Miles:30-60 Class:B/B- Doc's Ride ✓	Start at 320 Market Cafe, 713 S. Chester Rd, Swarthmore. Various 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 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:34ish Class:B+ The Rose Tree Ridley ✓	Start at Rose Tree Park on Rte. 252, go through Ridley State Park and beyond. As day gets shorter so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:24-30 Class:C+ Rose Tree Park N Ride ✓	Meet at Rose Tree Park, Rte. 252, near Media for a "hills are our friends" ride. Travel thru Ridley Creek Park, along Creek Rd. or wherever our fancy takes us. No worries, no one dropped. Contact Dom Zuppo at 610.544.8630 Email: membership@dvbc.org
Thursdays 6:10 pm Miles:25-30 Class:B+ CycleSport Ride	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to the surrounding area. Contact Harry at 610-565-9535 Email: cyclesport@verizon.net
Saturday, Jul 1 8:00 am Miles:35+- Class:C/D Perkiomen Pedal ✓	From Perkiomen Creek Park (Oaks exit off Rte. 422 W), ride the flat paved path at least to Manayunk and maybe all the way to Art Museum steps. Bring bike w/wider tires if you'd rather ride towpath vs. Shawmont/Umbria incline. Bring H2O + \$. Rain cancels. Confirm by EMAIL Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Saturday, Jul 1 8:30 am Miles:35-50 Class:B Northbrook Donut Loop ✓	Meet at Chadds Ford Elementary school and ride that beloved "donut loop" while talking about The Tour, baby! Contact Dan Dillon at 610-494-4949 or DAniel.dillon@att.net
Sunday, Jul 2 8:00 am Miles:55 Class:B- Lower and Slower ✓	For me at least, with a food stop in Kimberton. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 2 9:00 am Miles:35-50 Class:All No One Too Slow or Fast ✓	Meet at Kingsway H.S., Swedesboro (Rtes. 551 & 322) in NJ for Kountry Kitchen breakfast ride for A,B, & C paces, w/cue sheets. Bring \$ & H2O. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Jul 8 8:30 am Miles:32 Class:C+ Loop the Airport ✓	12-14 mph. Meet at Folsom PathMark, MacDade Blvd, Ridley Twp. We ride by the historic Leiper House, loop airport, & swing by Fort Mifflin. Noon return. Steady pace on flat terrain. Brief stops to watch planes land & check out historic sites. Rain cancels. Contact Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com

Sunday, Jul 9 8:00 am Miles:55 Class:B- Sides Matter ✓	Up one side and down the other of the Sure Kill River with a food stop under the bridge. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 9 8:30 am Miles:34+- Class:C+ Art Museum ✓	C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop taking in the July weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114
Sunday, Jul 9 9:00 am Miles:62 Class:B/B+ Westtown & Beyond ✓	Meet at Moylan Rose Valley train station, Manchester & Woodward Rds for a ride over the classic routes of the DVBC. Go thru western Delaware County, Chester County & maybe Delaware. Plenty of hills, farms and creeks to enjoy. Food stop at mid point. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Monday, Jul 10 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, Jul 15 7:00 am Miles:60+- Class:C+ Penna. Bike Route ✓	Urban exploration of PA Bike Route "E" from home to NJ to DE state lines. Park at main parking area, John Heinz Wildlife Refuge, 8601 Lindbergh Blvd. Rideabt 1 mi to Bartrum Ave. So. on "E" to DE state line. Take Septa's R-2 Regional Rail at 0848 from Marcus Hook to 30th St Sta [\$4.25]. Transfer to R-3 to Yardley [\$4.25] arriving @ 1029. Ride south on DE Canal towpath to Morrisville. South on "E" thru Phila on East Coast Greenway. Lunch on way. Bring \$. Return 3:30pm. Rain cancels. Call by 7/12 so I can inform Septa. Mike Broennle at 610-647-5764 or broennle@email.chop.edu
Saturday, Jul 15 8:00 am Miles:35+- Class:C/C+ Rte. 926 Ramble ✓	From Culbertson Elementary School (Goshen Road off Rte. 252, Newtown Square), ride rolling terrain into Brandywine Valley w/food stop at Hank's Place for breakfast halfway. Cue sheets, none dropped, rain cancels, bring H2O + \$. Confirm by EMAIL Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com
Sunday, Jul 16 8:00 am Miles:55 Class:B- That Old 44 Ride ✓	Flat and rolling with a hill and a food stop. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 16 8:30 am Miles:33-50 Class:All "This Old Bike" Ride ✓	Dust off your old 3- or 10-speed or unusual bike. Take that old wool jersey out of moth balls. Meet Bob Wheela at Kingsway (Rtes. 322 & 551) for a leisurely ride on flat, lightly-traveled roads of South Jersey. Breakfast at Kountry Kitchen. Cue sheets, your own pace. Contact Bob Martin at 610-352-2114.
Saturday, Jul 22 8:30 am Miles:64+- Class:B- Northern Bonkers ✓	Ride to Bonkers Picnic from R5 Wayne Railroad Station. Must be member (Only \$15!) We will likely find some hills on the way out, eat heartily, and take the easy way back. Contact Lewis Neidle at 610-722-5823 or ljn1427@yahoo.com
Saturday, Jul 22 9:00 am Miles:80+- Class:A Picnic with the Big Dogs ✓	Meet at Rose Tree Park, Rte. 252, and ride to the club picnic (sorry--members only but \$15 will get you in) with the Big Dawg "A" riders. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
Saturday, Jul 22 9:00 am Miles:62 Class:B Picnicking with Bob ✓	Meet Bob Martin at Ridley Creek St. Park headquarters and ride to the club picnic. Sorry, members only (\$15--the picnic itself is worth that!). Contact Bob Martin at 610-352-2114
Saturday, Jul 22 9:00 am Miles:48 Class:C Debbie Does the Picnic ✓	Meet at Chadds Ford Elem. Sch. and ride to the club picnic. Must be club member (measley 15 bucks!). Return by about 4 pm. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com
Saturday, Jul 22 2:00 pm Miles:31 Class:B Bonus Picnic Ride ✓	Drive to the club picnic, gorge yourself, ride 31 mi. w/Bob, then eat again. Arrive at picnic noon or later. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Jul 23 8:00 am Miles:55 Class:B- The Tricounty Ride ✓	A rolling ride. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Jul 29 8:00 am Miles:40+- Class:C/C+ Jersey Jaunt ✓	From Kingsway HS (Rtes. 551 and 322), ride thru NJ farmland, WAWA stops as needed. For those of you familiar w/this ride, cue sheet reversed so the 322 portion done early. Cue sheets, none dropped, rain cancels, bring H2O + \$. Confirm by EMAIL by Friday before. Contact Valerie Shinbaum at 610-322-7829 or librajaysolo@yahoo.com

Saturday, Jul 29 9:15 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, Jul 30 8:00 am Miles:55 Class:B- Kimberton Express ✓	A non-hilly ride. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 30 8:30 am Miles:34+- Class:C+ Art Museum ✓	C+ paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop taking in the July weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114

BONKERZ


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Bike Dirt

By F.X. Pedrix



In the beginning, there were no bicycles. Then along came the Italians and they created pizza and hence: the wheel. They also invented concrete so that the bicycle was the best and most reliable form of transportation until Henry Ford invented traffic jams. Then came the baby boomers. In the 60's and 70's, they went crazy with the idea of remaining childlike as adults, and adopted cycling. In the 90's, when their kids were grown, they came back to it so now you have our current situation. What will we do in ten or fifteen years when the roads will be crowded with millions of blind, deaf, suicidal, irresponsible 90-year-old children?

If this version of bicycle history sounds authoritative, that's because it probably is. I can say that with assurance because it was relayed to me by our club's own historian, **Lord D'ster**, Rear Admiral of the DVBC Navy.

Saddle sores are no laughing matter (at least to the soree). Just ask the **Eye of the Needle**, who recently missed a month's worth of great riding days due to an excruciating deconfabulation of his bottom bracket. He is back on the bike now but riding only "D" distances for a week or two.

Or ask **Double-Oh-Six**, who has recently had to do every ride with a bail-out plan lest posterior complications (that general description is as much detail as my spy could get) cause her to be stranded 31 miles from home in a metric.

Or even me, who found out firsthand recently when I broke out an uncomfortable new pair of Pearl Izumi shorts for a Kingsway metric. The shorts felt bunched and my pals

were wondering why my voice was gradually rising in pitch throughout the ride. Only when I got home and checked the discarded label did I learn that my new Spandex was being appropriately marketed as "The Ball Vice."

Worse, years ago, on a tour, my new Brooks Pro produced saddle sores that were so bad I decided to ride out of the saddle -- all day. Next morning I crawled out of our tent and then spent the rest of the day entertaining my lovely wife Babs by not being able to stand upright.

Double-Oh-Six, Quilter and **Buckeye** headed west on June 17 to undertake the ever-popular Goba (Great Ohio Bicycle Adventure). Next, that trio will be joined on July 1 by **Gass Passer, Zee Man, Motorola**, and the **Silver Fox** as they tackle the Buckeye-organized TOPA (Tour of Penna.). Buckeye and Gas Passer have driven the latter course *twice* in planning that circular tour down to the minutest detail. Rumor has it they will wrap up the month by riding ACRONYM (A Cool Ride On Neat Young Macadam).

Recently, Mr. Buckeye had resigned himself to missing a great Saturday Amish ride due to an obligation to wine and dine a company client. At the last moment Buckeye received a good-news-bad-news message. The wonderful part: his client was canceling and he could now go on **Bonkers Boy's** ride. Bad news: the client had been hit by a car and was in the hospital. Despite the accident, Buckeye managed to enjoy his Saturday ride, figuring it's an ill wind that blows no man any good.

Bob Roll on Ivan Basso's nine-minute Giro lead: "He's jack-stacked, re-packed, fragged, toe-tagged, and body-bagged the whole field."

"What kind of people would ride a bike with one wheel? Clowns, that's who!" --Stephen Colbert of "The Colbert Report" No offense, **Movie Man** and **Buckeye**.

On the Sunday of the Philly pro race **Juror # 6** felt honored in a way

he had never experienced. Number Six (Frank) was expected on the ride but hadn't arrived as of departure time. Ride leader **Purple Martin** said he would like to phone Frank but didn't have his number. **Double-Oh-Six** said, "Oh, I have Frank's number." So she phoned and assured him everyone was willing to wait. "That's nice," replied Frank, "but I can't make today's ride." Then the other Frank (our club's only **Hall-of-famer**) arrived, the one the riders were *really* waiting for. Later, when told it wasn't really he the riders were willing to wait for, Juror # 6 commented, "It feels nice that they'd do that for me even though it really wasn't me."

It is widely known that **Purple Martin** rides only one day each weekend. The other is for family activities. Recently he spoke to one of my spies about the basis for that practice: "A happy wife makes a happy life," he confided. He seems to have both.

Keep riding, and send your gossip, innuendo, exaggerations or outright falsehoods to me.



DVBC historian D'ster

BRSC/DVBC Vermont Adventure September 15-18, 2006

DVBC members Mel Stiles and Edward Sobolewski are also members of the Buck Ridge Ski Club. BRSC's Woodbridge Lodge is located in the Green Mountains of southern Vermont and offers many outdoor activity options. If you would like to venture to Vermont, please contact:
Mel (stilesmj@verizon.net) 856-478-4621 (h) or
Edward (sobolewski3@comcast.net) at 610-358-3055 (h)
for a copy of their flyer.

The trip is too affordable to pass up!

New Members!



Garth Donaldson
Barbara Filler
Diane Maguire
Patricia Statzell



The DVBC needs a volunteer to step forward to take up the **Rides Coordinator** position for the club. If you would be willing to take on this important post, please contact Dom Zuppo at 610.544.8630 or Email: membership@dvbc.org or contact one of the board members. Thank you!

Fax (610) 353-8230

Phone (610) 356-1515

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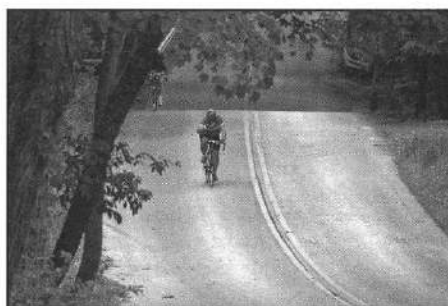
- We service all bicycles from toddlers to World Champions.
- Special Discounts for DVBC members

Five HH bicycles went to Athens, Greece and one took a Silver Medal.

801 N. Providence Road "Five Points" Media, PA 19063

Tel: 610-565-9535 Fax: 610-565-6033

E-Mail: cycle.sport@verizon.net Website: cyclesportmedia.com



Photos from the 2006 Bonkers Metric, courtesy of Ed Sobolewski.



Sunday, September 3, 2006

32, 50, 68, 80 and 100-mile routes

Food at the end
of the ride!

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: \$18 pre-registration or \$25 with PDF membership. (If postmarked by August 26, 2006). \$25 day of the ride or \$32 with PDF membership.

Ride will be held rain or shine.

BRANDYWINE TOUR, Sept. 3, 2006, Pre-Registration Form

(Must be postmarked by August 26th)

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 ☐ 80 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 26, to: Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081. For more info: www.dvbc.org

Regional Events

Sunday, July 2, 2006: DELAWARE DOUBLECROSS & METRIC CENTURY 31 or 62 mi. \$13 pre-reg \$20 day of event. www.whiteclaybicycleclub.org/Events-WCBC/doublecross.htm. Contact: Ed McNulty, 1935 Bear-Corbitt Road, Bear, DE 19701. Phone: 302-834-7429; Doublecross@WhiteClayBicycleClub.org.

Sunday, July 9, American Cancer Society Bike-a-Thon, one-way rides to Mays Landing, NJ. 3 start locations: Philadelphia - Ben Franklin Bridge (62.5 or 100 mi), Cherry Hill, NJ (43 mi), or Hammonton, NJ (28 mi). \$110 by 6/5, \$135 6/6 to 7/6, or \$160 7/7 to 7/9. 215-985-5401.

July 13-16, Cycle Across Maryland (CAM) Weekend and LAB National Rally, University of Maryland Eastern Shore, Princess Anne, MD. \$125 registration includes 3 days of supported riding and one day of unsupported rides, all with cue sheets and marked routes. One Less Car, 410-360-6755.

July 14-16, Shenandoah Valley Bicycling Weekend, Mt. Jackson, VA. PPTC, Darwin Roberts, 703-521-7277.

July 21-23, MS Bike Tour, Elizabethtown, PA. Nat'l M S Soc Central PA Chapter rally moves from Gettysburg College to Elizabethtown College in Lancaster County. 717-652-2108.

July 22-23, Keystone MS 150, Hollidaysburg, PA (near Altoona) to University Park, PA. Hollidaysburg, PA. Registration fee + \$200 min donation.

July 22-28, Pennsylvania Greenway Sojourn, from Poconos to Phila, 200 mi on rail-to-trails & multi-use trails wherever possible. Highlights: cycling Lehigh Gorge, Schuylkill River & Perkiomen Trails, 1-day rafting, heritage activities at Jim Thorpe & Valley Forge. Camping, sag, catered meals.

Sat. July 29, Dream Ride, Marietta, PA. Ride 10-100 mi, rolling-hilly.

Sat. July 29, River to River Bicycle Tour, Telford, PA. Ride 25, 50 or 100 miles between the Delaware and Schuylkill Rivers. Portion of proceeds will benefit the Route 113 Heritage Corridor Partnership. 215-513-9577.

Sun. July 30, Tour de Tinicum, Erwinna, PA. Ride 4-11 mi on flat unpaved towpath; longer on-road routes are rolling-hilly. See website for distances. Benefits the Delaware Valley Volunteer Fire Co.

Sat. Aug. 5, Dog Daze Century,

West Chester, PA. 27, 50, or 100 mi routes. \$12 pre-reg or \$15 day of, includes lunch. 610-357-6585.

Sat. Aug. 5, Princeton Event, Mercer County Community College, West Windsor, NJ. flat/rolling: 20-100 mi. Pre-reg by 7/24 for free T-shirt. Princeton Free Wheelers 609-882-4PFW (4739).

Aug. 11-13, Allenberry Resort & Playhouse Bicycling Weekend, Boiling Springs, PA (between Harrisburg & Carlisle). Potomac Pedalers Touring Club (PPTC), Darwin Roberts, 703-521-7277 or Cheryl Phipps, 703-922-4079.

On ADVOCACY

By David Bennett

The Bicycle Coalition of Greater Philadelphia, formed in the early seventies, is the principal bicycle advocacy organization in our region. Having gone through a gradual reorganization over the last couple of years, BCGP is stepping up its emphasis on carrying out its mission by way of its local committees. There is a Philadelphia committee for the city, one for the State of Delaware, one for South Jersey, and one each for Montgomery, Chester and Bucks County, and I recently became the Chairman of the Delaware County Cycling Committee (DCCC).

Our next regular meeting will be held at my house on August 8, 2006, at 7:00pm. We will be providing a pizza supper. dster@craftech.com (610)626-1344.

We are currently working on producing a poll about bike issues to circulate among political candidates before November, getting bike /ped facilities on the plan for 2002, and keeping our eyes on the developing "Bicyclist Baltimore Pike" project.

We are adopting an approach of trying to recruit new members who would be specialists in their own communities. We have a few folks

who are watching Upper Providence, some people who are on top of Swarthmore, and we are aware of what is going on in Upper Darby, Lansdowne, Aston, Havertown, etc., but we need you to look out for your own home town for us. If anyone is interested in getting involved, please contact me with your questions or suggestions.

A more comprehensive list of projects around the county that we are involved with would include: the completion of the Radnor Trail, constant evolution of the progress of the East Coast Greenway, new bike facilities around the airport and in Tinicum, keeping bikes allowed on West Chester Pike, trying to develop, wherever possible, bike use on the ROW of the Newtown Square line (connecting Newtown Square through Havertown to Yeadon), a new trail plan in Upper Providence, a new Trail plan in Lower Providence, continuing support for the Chester Creek Rail Trail, development of the Darby Creek Greenway, development of possibilities for the Cobbs Creek valley for more trails, and continuing dialogue with SEPTA about more bike facilities on transit.



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

Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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 print clearly and use your 9-digit zip code, if known.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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)