

# Delaware Valley Bicycle Club



**NOVEMBER 2009**

P.O. Box 156  
Swarthmore, PA, 19081  
[www.dvbc.org](http://www.dvbc.org)

## ON THE ADVOCACY FRONT

By David Bennett, Chair of DELCO Bikes  
[dster21@comcast.net](mailto:dster21@comcast.net)

Chester Neighborhood Bike Works is up and running again this year. A branch of Neighborhood Bike Works, in Philadelphia, CNBW is a project run by Swarthmore College students and other volunteers at the YWCA in Chester. Our mission is to train children and adults in bike maintenance and safety on the road. Last year was mostly spent in training and preparation. Now we are having classes and teaching kids. We need volunteers to be mechanics, teachers and mentors. We also need used bikes, parts, tubes, wheels, tires and tools. If you want to help out, please contact me.

There is a new statewide advocacy organization in Pennsylvania called PA Walks and Bikes. We are taking on bike/ped issues across the entire Commonwealth and focusing our efforts in Harrisburg. This group has supporters from all over the state. They have a list serve and there is a website at <http://pawalksbikes.org>. Michelle Barrett, formerly chair of Berks Walks and Bikes, is the executive director and president. Contact her at [pawalkbike@gmail.com](mailto:pawalkbike@gmail.com).

Next year, we have some big plans for the East Coast Greenway, a multi-use bike route stretching from Florida to Canada which runs through Delaware, Philadelphia, and Bucks Counties. Mike Broennle and I, both members of the ECG Pa. Committee, plan to lead several rides over various sections of the route, combining our tours with a ride on the regional rail lines. There will also be several opportunities to participate in ECG Bike and Boat tours which include guided bike rides and guided tours of historic sites and return trips by boat on the Schuylkill River.

A large coalition of organizations recently applied for a TIGER Grant that would fund completing the gaps in the Schuylkill River Trail, The East Coast Greenway, and trail sections on the NJ side of the Delaware. We are optimistic that the grant will be approved.

Questions or comments? Contact me at [dster21@comcast.net](mailto:dster21@comcast.net).



## Bike Dirt by F.X. Pedrix



Our own **Jill on Bike** did DVBC proud last month when she appeared on TV with Philadelphia Mayor **Michael Nutter** at the opening of new bike lanes. When interviewed, to the surprise of no one, Jill was not at a loss for words. Unfortunately, the editor kept hacking away her words until all that was left was, "Cars cut cyclists off."

The next day the following email entry was posted on the club's list serve:

"Hot on the heels of yesterday's fabulous Spruce/Pine bike lanes being opened comes even bigger bike lane news: Various counties in PA and NJ, all surrounding the

Philadelphia area, have collaborated on a \$36M grant proposal to form a multi-use trail network that would connect the **Schuylkill River Trail, East Coast Greenway and Camden Greenway** all via bike trails. As you can imagine, it's a massive undertaking, and in many ways, the kind of thing for which the Stimulus Bill was tailor-made. By filling in gaps on the already-existing Schuylkill River Trail, the project would connect 128 miles of biking goodness in this part of the country. Oh, and create 1400 jobs in the process. Pretty exciting, no?"

*(Continued on page 4)*

## SAVE THE DATES!!

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**Thursday November 26**  
**9<sup>th</sup> Annual**

**Frozen Turkey 30**

**All food donors (riding or not)**  
**get a free T-shirt.**

**See ride list for details.**

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**Monday December 7**  
**DVBC BANQUET and**  
**ANNUAL MEMBERSHIP**  
**MEETING**

**See Page 5 for details and**  
**registration form**

## Delaware Valley Bicycle Club

P.O. Box 156  
Swarthmore, PA 19081  
[www.dvbc.org](http://www.dvbc.org)

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free. Board meetings, held the first Monday of the month, are open to all.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15<sup>th</sup> of each month. 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.

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### Club Affiliations

League of American Bicyclists  
Bicycle Coalition of Greater  
Philadelphia  
Adventure Cycling Association

## Thanks to Our Supporters!

### Craftech Computer Solutions

13 State Rd., Media  
(610) 566-0980  
[www.craftech.com](http://www.craftech.com)

### Cycle Sport

801 N. Providence Rd., Media  
(610) 565-9535  
[www.cyclesportmedia.com](http://www.cyclesportmedia.com)

### Cycle Fit

320 S. Chester Rd., Wallingford  
(610) 876-9450  
[cyclefitonline.com](http://cyclefitonline.com)

### Action Wheels

1066 Route 45, Deptford, NJ  
(856) 468-5115  
[actionwheels.com](http://actionwheels.com)

### Drexel Hill Cyclery

703 Burmont Rd., Drexel Hill  
(610) 626-4477

### 320 Produce Market & Deli

733 S. Chester Rd. Swarthmore  
(610) 328-7211

### Custom Bagels

15 S. Olive St., Media  
(610) 891-6761

### Linvilla Orchards

137 W. Knowlton Rd., Media  
(610) 876-7116  
[www.linvilla.com](http://www.linvilla.com)

## Board of Directors and Volunteer Staff

**Drew Knox**, *President*  
and Brandywine Tour Coordinator  
[president@dvbc.org](mailto:president@dvbc.org)

**Debbie Chaga**, *Vice President*  
610.494.3033 or [dreamerdeb@gmail.com](mailto:dreamerdeb@gmail.com)

**Frank Jackson**, *Secretary*  
[FJackson@rohmmaas.com](mailto:FJackson@rohmmaas.com)

**Mike Broennle**, *Treasurer*  
[treasurer@dvbc.org](mailto:treasurer@dvbc.org)

**Larry Green**, [largreen@earthlink.net](mailto:largreen@earthlink.net)

**Peter Schmidt**,  
[pschmid1@swarthmore.edu](mailto:pschmid1@swarthmore.edu)

**Nancy Ness**, [nessnancy@verizon.net](mailto:nessnancy@verizon.net)

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484.802.8374 or [tony@dvbc.org](mailto:tony@dvbc.org)

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484.483.7456 or [rides@dvbc.org](mailto:rides@dvbc.org)

**Adam Levine**, *Newsletter Editor*  
610.891.0780 or [aelrypa@hotmail.com](mailto:aelrypa@hotmail.com)

## Ride Guidelines

1. Arrive early and **be ready to leave on time.**
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. 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 unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

### 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.

### CANCELLATIONS

In the case of questionable weather or road conditions, events may be canceled. Call the ride leader if in doubt.

# DVBC RIDES for NOVEMBER 2009

<b>RECURRING RIDE</b> <b>Wednesdays 10:00 am</b> Miles:50-70 Class:B <b>Docs' Ride</b>	Various routes from Swarthmore. Ride leaves from the 320 Market Café parking lot. Probably a lunch stop. Foul weather and start temperature below 45 will cancel the ride. Contact Larry Green at 610-544-5799 Email: <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a>
<b>Sun Nov 1 9:00 am</b> Miles:50 Class:B- <b>The Open Bridge Ride</b>	Ride out to Kimberton via the newly opened Rt 113 Bridge. Start and end at the R5 Wayne Train station. Mostly flat. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Sat Nov 7 9:00 am</b> Miles:50+/- Class:C+ <b>Aston to Northbrook</b>	Ride with Dreamer on some of the most autumnal roads in Delaware and Chester counties. Bring \$ for a break at Northbrook. Hills are a definite but so is fun. Rain cancels ride. Meet at Planet Fitness, Pennell & Marionville Rds, Aston PA. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sun Nov 8 9:00 am</b> Miles:35 Class:B-/C <b>Art Museum Loop</b>	Meet across the street from Drexel Hill Cyclery, in the rear parking lot of the pharmacy. Two groups, one C, the other B-. Frank J. will lead the C riders on a slightly shorter/flatter course. B- gang will do the standard Bob Martin route. We will meet up at Lloyd Hall, so bring a snack, no lunch stop. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sun Nov 8 10:00 am</b> Miles:10-15 Class:C <b>Tour of Lower Darby Creek</b>	Meet at my house in Lansdowne. Plenty of room for parking. We will tour the lower Darby Creek Watershed including the Swedish Cabin, John Heinz Wildlife Refuge, and points inbetween. We will wait for all stragglers, no cue sheets. Contact me for directions to the start location and any questions. Contact David Bennett at 610-626-1344 or <a href="mailto:dster21@comcast.net">dster21@comcast.net</a>
<b>Wed, Nov 11 9:30 am</b> Miles:15+/- Class:C+ <b>Veteran's Day in the Woods</b>	Enjoy a fall mtb ride with veterans Misty and Steve. Bring \$ for a stop along the trail. Ride starts at the Woodlawn Preserve parking lot. Take Smithbridge Rd South from Rt 202 and make a left just before the covered bridge. Parking lot is about 1/4 mile on the right. Rain or bad trails cancels the ride. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sat Nov 14 9:15 am</b> Miles:40 Class:C+ <b>Country Butcher</b>	Meet in the Dilworthtown shopping center (Rt. 202 & Dilworthtown Rd). We will ride about 40 miles with a food stop at the CB. Fall/Winter rules apply, no one dropped. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sun Nov 15 9:00 am</b> Miles:55 Class:B- <b>3 Parks and a Trail</b>	Meet at Rose Tree Park for the final 3 Parks ride of 2009. Ride through RCSP on the way to climb Diamond Rock Rd. Ride the SR Trail through VFNP and on to Manayunk. Quick stop at Wawa for lunch. Then climb the hills back to RTP. Rain or sub zero temps cancels ride! Contact Tom Smyth at 610-909-8226 or <a href="mailto:smitt542@comcast.net">smitt542@comcast.net</a>
<b>Sun Nov 15 9:00 am</b> Miles:50 Class:B <b>That Coventry Ride</b>	Start and end at the R5 Wayne Train station and do an easy rolling route to the northern eastern corner of Chester County and return via a slightly hillier route. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Sat Nov 21 9:30 am</b> Miles:45+/- Class:C+ <b>The Muffin Ride</b>	Let's meet in Rose Tree Park and enjoy a lovely jaunt through the Ridley Creek and Brandywine Creek areas on our way to our favorite muffin place - Purebread Deli in Greenville, Delaware. Expect some fun hills, great camaraderie, awesome scenery, etc. Bring \$ for short food stop at Purebread. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or <a href="mailto:mhuis@comcast.net">mhuis@comcast.net</a>
<b>Thurs Nov 26 9:00 am</b> Miles:30 Class:C+ <b>The 9th Annual Frozen Turkey Thirty</b>	Please support this food raiser that benefits the Delaware County Aid For Friends organization. Riding or not, bring a bag of non-perishable food goods to Rose Tree Park between 8:30 and 9:00 AM and get a free t-shirt. Ride starts at RTP and heads out through Ridley State park with a loop in Chester County. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Fri Nov 27 9:30 am</b> Miles:10-15 Class:All <b>MTB Outing</b>	Ok, you stuffed yourself yesterday, now work it off! Start and end in Woodlawn Wildlife Refuge lot (Creek Rd, just off Smithbridge at the covered bridge). Bring a few dollars for food stop on the trail. Beginner mtn bike pace, some rocky sections and a stream crossing or two. No one dropped. Free stream crossing lesson from Misty. Expect a great ride and a load of laughs. Prefer email, I hate the phone. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sun, Nov 29 9:00 am</b> Miles:50 Class:B <b>The Leftover Ride</b>	Everyone must bring a turkey sandwich for this ride. We will stop for beverages and cranberry sauce. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Sun Nov 29 9:30 am</b> Miles:45+/- Class:C+ <b>Northbrook Loop</b>	Let's meet in Rose Tree Park for an "après Thanksgiving" ride to Northbrook Marketplace. Yes, there will be hills - yes, we'll stop for food (bring \$) - and yes, it will be fun. Inclement weather cancels. Contact Mary Huis at 610-627-0766 or <a href="mailto:mhuis@comcast.net">mhuis@comcast.net</a>
<b>Sun Nov 29 10:00 am</b> Miles:15-20 Class:C <b>Tour of Darby Creek in Radnor Twp</b>	Meet at the northern trailhead of the Radnor Trail at Sugartown Road near Rt. 30. We will explore the many beautiful parks and tributaries of Darby Creek. Park in the parking lots at Connestoga road or Wayne Avenue or in the shopping center parking lot at the trailhead. No cue sheets; we will wait for all stragglers. Contact David Bennett at 610-626-1344 or <a href="mailto:dster21@comcast.net">dster21@comcast.net</a>



(Bike Dirt, continued from page 1)

Days after the successful launching of his "Country Butcher Loop," **Grey Wolf** asked the question, "How long can you stay high from a ride?" He commented, "I can't come down from Saturday's Butcher Ride.... A perfect weather day,

nice friendly crowd and everyone stayed together! Oh, and the food was great!"

Apparently, his high lasted several weeks until the second

Country Butcher ride. Either that or he was smoking something because the Wolf's official ride report left more than a few readers shaking their heads in confusion. He reported that, on a rainy Saturday morning, 19 riders logged a hilly 62 miles at a 26.4 mph average. He also stated that, after crashing at 45 mph, **Dreamer** dusted herself off and finished the ride at the front despite having broken both collarbones and multiple ribs. Finally, Wolf claimed that when the group encountered a huge tree fallen in the road **Jittery Jo** and **Smytie**, both with mountain biking backgrounds, bunny-hopped it effortlessly.

And speaking of being high, a video



was circulating on the world-wide web last month that showed **Smytie** performing a hair-raising feat. A giddy **Misty** lay face-up on a rocky trail as **Smytie** built up a head of steam before launching his bike perhaps several hundred feet over her prostrate body. By scant inches he landed beyond the

lovely damsel, completing a feat that should endure in DVBC annals. According to Grey Wolf, the only injury occurred when **Misty** pulled a stomach muscle laughing.

My lovely wife **Babs** was commenting to me recently that our club needs some young blood. When I asked her to be specific, she said that some new members in their mid-50's would go a long way toward that end. I'm not sure we could go that young.

On an early October morning while standing on a corner waiting for a center-city light to change, **Gigi** noticed two bicycle policemen standing next to her. When **Gigi** asked them how many miles they ride a day, the closest cop looked at her as if she had asked the strangest thing he had ever heard. The light changed and as **Gigi** stepped off the curb to cross the street, she heard "We're not out to set any records".

And speaking of **Gigi**, she reports that on last month's Museum ride, she was hearing the usual "car up", "hole", "grate", and then she someone called "**Groundhog**"! Sure enough, right around the curve of the road, fat and happy looking, was a groundhog trying to decide whether or not to cross the road.

All season long club members came out to Rose Tree Park in large numbers for the Wednesday Night Rides. Last month the group gathered to celebrate another season of great times on the bike. Here is **Dreamer's** account of that gathering:

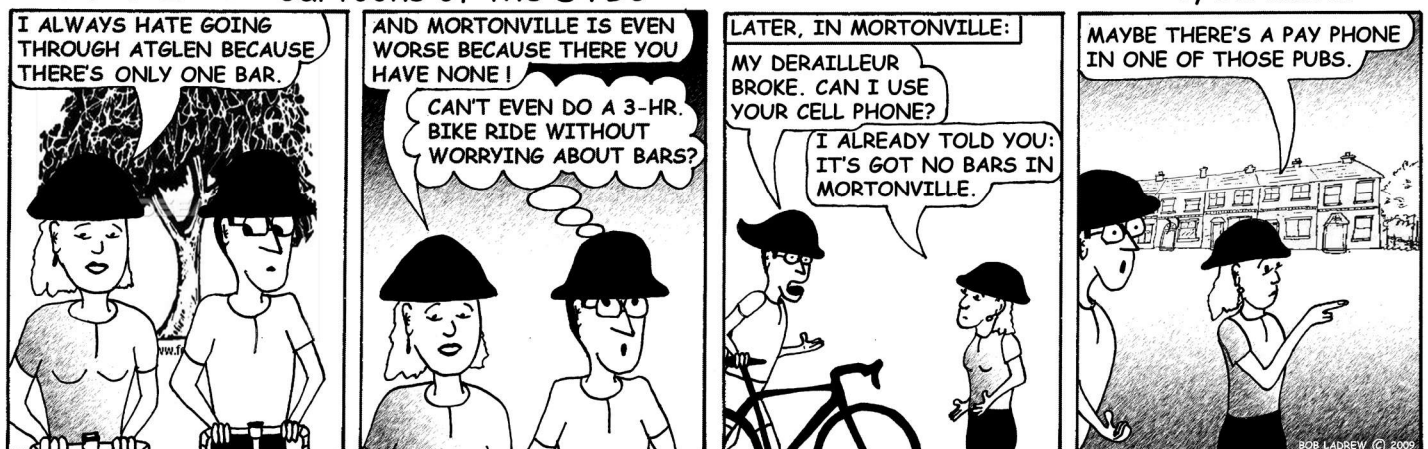
"Twenty-one in all enjoyed ourselves last night at Iron Hill--**Vicky H., Lou V., Mary H., Gregg L., Jack T., Doug B., Nancy N., Gary S., Mel S., Frank J., Dan S., Tony F., Alex M., Rich A., Dom Z., Jo Ann F., Ken M., Tom G., Ira J., Tony R.** (quick guest appearance beforehand), and me. We ate, we drank, we laughed, we drank some more. Nice night. Glad we got together. It's amazing how well all us riders clean up."

As usual, send all your dirt, grease, grime, truthhoods, half-truthhoods and downright falsehoods, reports of accomplishments, petty crimes and misdemeanors to [fxpedrix@dvbc.org](mailto:fxpedrix@dvbc.org).



## BONKERS Cartoons of the DVBC

by Bob LaDrew







A large group came out in early October for the 4th annual Bob Leon Memorial Ride. Bob was an inspiration and mentor to many members of the DVBC.

David Alfe, Merchantville NJ  
 David Creagen, Swarthmore  
 Michael Cunningham, Aston  
 Charles Davidson, Gladwyne  
 Andrew Glendinning, Lafayette Hill  
 Mike Fitzgerald, Media  
 Mark Kotarski, West Chester  
 Clifford LePage, Wayne  
 Gregg Lewis, Kennesaw GA  
 Mary Lund, Berwyn  
 Laurie O'Leary, Malvern

### Welcome New Members!! (as of October 22, 2009)

Marie Orlandi, Collingdale  
 Karl Rauchfuss, Swarthmore  
 Jonathan Rubin, Newtown Square  
 Bourne Ruthrauff, Bryn Mawr  
 Chris Schultz, Kennett Square

Glenn Seagraves, Broomall  
 Tom Sibson, Merion Station  
 Mary Beth Skahan, Chaddsford  
 Emil Skobeloff, Wallingford  
 Peter Sok, West Chester  
 Fred Ulmer, Thorndale  
 Simon Varley, Glen Mills  
 Shawn Weede, West Chester  
 Kevin Wells-Knecht, Glenmore PA  
 Rob Williams, Blackwood NJ  
 David Winfield, Wayne

## DVBC Annual Banquet & General Membership Meeting

### Monday, December 7, 2009

Reception / Cash Bar at 6:00 pm.  
 Dinner at 7:00 pm  
*Always a fun time for old and new members.*

Name(s) \_\_\_\_\_

Phone # \_\_\_\_\_ Number attending \_\_\_\_\_

**Meal choices (check one appetizer & entrée per guest)**

<b>Appetizers:</b> <input type="checkbox"/> Spring Mix Salad <input type="checkbox"/> Minestrone Soup  <b>Entrees:</b> <input type="checkbox"/> Baked Salmon Béarnaise <input type="checkbox"/> Grilled Vegetable Cannelloni <small>(Cannelloni contains no animal products)</small> <input type="checkbox"/> Roast Prime Rib au jus (\$5 extra)	DVBC subsidized charges for Members & up to 2 guests: <b>\$10 per person</b> <b>(\$15 for prime rib)</b> Additional guests: <b>\$30 per person</b> <b>(\$35 for prime rib)</b>
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**Total Enclosed:**  
 \$ \_\_\_\_\_

### Cash Bar Sit-Down Dinner Annual Awards Election of Board Members

**D'Ignazio's Towne House**  
(in the Tiffany Room)  
 117 Veterans Sq., Media, PA (610) 566-6141  
 Directions: [www.townehouse.com](http://www.townehouse.com).  
 On street parking free after 6:00 pm

***Please send registration  
and payment by Nov. 20 to:***  
 Larry Green  
 315 Maple Avenue  
 Swarthmore, PA 19081  
 (610) 544-5799  
**(Make check payable to DVBC)**



Delaware Valley Bicycle Club  
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**APPLICATION FOR DVBC MEMBERSHIP** (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.  
Your membership also helps influence local government decisions concerning bicycle issues.

**Annual membership: \$15 per household**

Circle one: *New Member* or *Renewing Member*

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ Birth Date: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.**

I wish to contribute (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ \_\_\_\_\_

**AMOUNT ENCLOSED:**

\$15 membership + \_\_\_\_\_ Safety Fund = \$ \_\_\_\_\_

**I will volunteer for (circle all interests)**

*Ride Leader* *Tour Volunteer* *Newsletter*

Other: \_\_\_\_\_

**Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081**

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)