

Delaware Valley Bicycle Club

October 2010



P.O. Box 156
Swarthmore, PA,
19081
www.dvbc.org

Brandywine Tour: 34th Consecutive Success!

Not since 1999 and Hurricane Floyd (jeez, Louis N., how did you remember that?) has the DVBC needed to worry about intense weather and its affect on our major event. But as you can see below, Hurricane Earl provided blue skies and absolutely beautiful weather for the 34th running of the Brandywine Tour.

Thirty four years. How has an event that encourages people to ride their bicycle through the countryside of Pennsylvania succeeded for so many years? Well just sit back and I'll tell you.

It all starts with planning. Mike B. handled the insurance, permit, and sanitary needs of the tour, and Deb C. enlisted the help of our members.

Nancy N. made sure our guests had fresh, bottled water to quench their thirst, and while Jo Ann helped to purchase the freshest of items, super shoppers Deb and Mary H. later organized all of the food for each of the food and water stops. Nancy and Doug B also store and sanitized our water dispensers, organized all of the tables and miscellaneous club hardware used at the tour, and served a wonderful BBQ feast to all of the club members who drove to their home and helped them prepare for the tour.



If you live far from the Chadds Ford area, you first have to park your car before you can ride the Tour. With the help of parking attendants Larry G., Herb J., and David B., Frank J. made sure the space at Pocopson was efficiently utilized.

Mike is responsible for handling the financial affairs of the club. But I think Betsy F., Brian W., Gina B., Julie B., and Mary Beth J. would agree with me that while they kept registration and jersey/water bottle sales moving smoothly at Pocopson Elementary, they couldn't help but notice a special gleam in Mike's eye as he counted all of those ones, tens and twenties in the cash box.

I was pleasantly surprised to see Greg C. from Cycle Fit of Delaware County set up shop across from the registration area. Last I saw Greg, he was checking a bike using his repair stand. Bet that guest

had a smooth tour.

Many of our members attend tours sponsored by other cycling clubs or organizations. They often comment about the

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Bike Dirt by FX Pedrix

Fall arrived last week along some untypical heat which didn't stop **my lovely wife Babs** from decking out our front yard with pumpkins and gourds. The autumn cycling season is in full swing. Spies have reported that DVBCers are planning to ride the MS 150 and Bike Fresh Bike Local Rides as well participating in local runs. BCP is again holding their Fall Foliage Weekend in Gettysburg which Babs and I have attended in the past and highly recommend.

The **Brandywine Tour** on Sept 5th was a success with splendid weather. The riders must have been very hungry since they wiped out just about everything at the **Fred Engle Food Stop** including the six

extra watermelons **Captain Ride-away** brought on his own. Now that's a different kind of BYO. **Tom Gallagher** and **Cliff Edgcumbe** manned **Slumbering Groundhog**, feeding the hungry souls on the century route and finally escaping the flies that were engulfing Cliff's car. **Bonkers Boy** and **Len Davis** nobly served riders out at Nobel. **Jittery Jo**, **Gigi** and the **Silver Fox** held down Brandywine Outfitter's. Poor Jittery got stung by a bee late in the day while handling **PB & J** sandwiches. This was the first time Silver Fox, who usually **SAGs**, worked

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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.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. The views expressed in this publication are not necessarily those of DVBC.

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

- *League of American
Bicyclists
- *Bicycle Coalition of Greater Philadelphia
- *Adventure Cycling
Association
- *Bicycle Access Council
- *East Coast Greenway
- *Friends of the
Chester Creek Branch
Rail Trail
- *PA Walks and Bikes

Newsletter Contents © 2010 by DVBC

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RIDE GUIDELINES & CLASSIFICATIONS

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.

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.

October 2010 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list. Occasional ad hoc rides are posted on the DVBC listserve.

Please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on!

For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

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

Wednesdays 9:30 am Miles:30-60 Class:C+ Docs' Ride	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain cancels the ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Sat, Oct 2 9:00 am Miles:45 +/- Class:C+ The Muffin Ride	Meet at Rose Tree Park in Media for a zippy ride out to Purebread in Greenville, De. We'll tackle our favorite climbs, have a quick food stop and then head back. Expect hills, great scenery, great fun and last but not least, great muffins. Rain cancels ride. Contact Mary Huis at or familymail233@comcast.net
Sun, Oct 3 8:00 am Miles:45 Class:B Zippy Chadds Ford Loop	Meet at Moylan/Rose Valley train station at Manchester and Woodward Rds for a quick loop to Chadds Ford and back through West Chester. Some hills. Some flats. Bring enough water for the entire ride. No stops planned. We ride. We come back. Everybody's happy! Rain cancels ride. Email if weather is iffy. Contact David Cunicelli at 610 574 9811 or dcunicelli@verizon.net
Thurs, Oct 7 5:15 pm Miles:15 Class:All Training Thursday with AHCS	It's that time again. Come out and do hill repeaters with the Aston Hill Climbing Society. Everyone is welcome since you do the hills at your own pace. Meet at Planet Fitness, Rt 452 & Marionville Rd, Aston PA 19014 for a quick hour or so. Will Juror #6 show and treat everyone to Rita's Waterice? Guess you'll have to show to find out. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamer-deb@gmail.com
Sat, Oct 9 8:30 am Miles:40 +/- Class:C+ 5th Annual Bob Leon Memorial Ride	Bob loved to ride in Delaware County, so this year we'll celebrate his memory by traveling to Valley Forge National Historical Park. Meet at the Ridley Creek State Park office parking lot and we'll head west to Paoli. After a short break in Valley Forge, we'll head home via Malvern. Bring your climbing legs, er bike, as we'll have a few steep hills to conquer. Threat of rain cancels the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sun, Oct 10 8:45 am Miles:35 Class:C+ Art Museum	Meet at Drexel Hill Cyclery on Burmont Road in Drexel Hill. Park at Rite Aid across street. Regular route has some hills; no one dropped. Post-ride Ming's breakfast (same lot). No food stop on ride. Short break in city. Prefer E-mail contact. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sun, Oct 10 9:00 am Miles:40 +/- Class:C+ Manayunk - Hard Way	Leave from MacDade Mall (Kmart side). We'll take "Bicyclist Baltimore Pike" route to city, Crum Creek bikeway, Chestnut Street., Pine St bike lane to South Philly, Spring Garden to Art Museum and Manayunk - then back the old way. Contact Alex Moeller at 610-476-2475 or agmoeller1@gmail.com
Mon, Oct 11 9:00 am Miles:10-15 Class:All Columbus Day MTB	Single track ride mountain bike (with Grey Wolf) thru White Clay and Middle Run Parks. Meet at McGlynn's Bar in Zingo's Shopping Center, Polly Drummond Hill Rd, Newark DE. Rain or bad trail conditions cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sat, Oct 16 9:00 am Miles:30 to 50 Class:C+ Pool Boy 30 Or More	Start at Kingsway Hsin NJ (Rtes.322&551), 3rd light over Commodore Barry Bridge. A quick Pool Boy 30 with option for 10 or 20 more. No stop on 30 mile loop. Short break on longer ride. Bring snack, no planned food stop. Several restaurants in area for post ride eats. E-mail contact preferred. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sun, Oct 17 8:30 am Miles:45 +/- Class:C+ Autumn Marsh Creek	Meet at Chadds Ford Elem School, Rte 1, Chadds Ford. Park in lower gravel parking lot. We'll ride out to Marsh Creek and see plenty of fall foliage with a Wawa stop on the way. Plan: to ride around the entire lake. Hope: to see local Loch Ness type monster in the water, Expect hills but no one will be dropped. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Thurs, Oct 21 5:00 pm Miles:0 Class:All Great Pumpkin Carve	Great Pumpkin Carve at the Chadds Ford Historical Society, Creek Rd, Chadds Ford, is a fun time. 5 to 9 p.m. Artists carve pumpkins and we vote on our favorites. Live music. Bring \$ for admission and snacks. Info at www.chaddsfordhistory.org . Wear comfortable shoes and dress warmly. FREE PARKING. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sat, Oct 23 8:30 am Miles:62 +/- Class:C+ Kennett Square Metric	Meet at Rose Tree Park in Media for a marvelous loop to Kennett Square. We'll stop at Country Butcher for refreshments. This is a very scenic ride with some great hills and rollers. Join the fun. Contact Mary Huis at or familymail233@comcast.net
Sat, Oct 30 8:30 am Miles:50 +/- Class:B- Aston to Northbrook	Autumn is the perfect time to ride out to Northbrook for some apple cider donuts. Expect hills. Also expect to have fun or your money back. Anyone wearing a Halloween costume gets a donut on me. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

Brandywine Tour

(Continued from page 1)

level of SAG offered at those events. Lead by Capt. Frank, however, David B., Doug, Jack T., Larry G., Len D., Paul D., Peter S., Steve F. provide some of the best in the business. I even heard a report that after he changed two flats and adjusted settings on two bicycles, Paul jump started a truck after its battery went dead. Now that's service!

And speaking of service, I think we established a new PB (personal best). Led by Rich A. at the main food stop at the Avon Grove Little League field, assistant chefs Marji A., Mary H., Mary Beth J., Vickie H., and Mel S. set up the canopies, tables, water station, and all of the food items in record time. When I stopped by to pick up some cups, I couldn't help but notice all of the cyclists sitting on the grass, eating and talking and enjoying the great atmosphere of the stop. It made me very proud.

Our cycling guests often comment about the food we serve at our tours. They're especially thankful for the baked goods that Jill M. and Jo Ann F. donated this year. We are, too.

And even though we're located adjacent to our namesake, not one drop of water served at the tour comes from the Brandywine Creek (ironic, isn't it). Tom S. made sure that 50 bottles of pure drinking water made their way from Lansdale to Pocopson, PA, and with the help of Peter all of our stops kept the wet stuff flowing.

Next, the Slumbering Groundhog Lodge water stop (you gotta love that name). This year we finally convinced two brave souls to work a location that's furthest on the tour, in the middle of beautiful

nowhere, and with spotty cell-phone coverage to boot. But that didn't seem to faze Cliff E. and Tom G. They went straight to work and had a neat, tidy stop established in no time. Tom even provided his own canopy, table and chairs. The icing on the cake, however, was the Jimmy Buffett music emanating from Tom's Jeep. All the guys needed were a couple of parrots on their shoulders – maybe next year.

The Noble water stop: a stop by any other name would not sound as noble. While Bob L. alone was assigned to this popular 80/100 mile route stop, he was later assisted by Len D. Together they were nobler in their minds to suffer the slings and stingers of outrageous yellow jackets. To take arms (actually hands) against a sea of horseflies, and by swatting, displace them. To spread, to eat, perchance to sit... (*Editor to Dom: Enough already.*) Great job, guys.

I guess it's taken me eleven years to realize that the Brandywine Outfitters food stop is the only one that's open the entire tour. Every rider, from short route newbie to century veteran, passes through this stop during the course of the day. Even though they had to move their set-up equipment further away from the Shetland pony corral, Nancy N. and her assistants Jo Ann F., Charlie S., Betsy F., and new volunteer Pat H. made sure all was ready when the first rider appeared. Another rest stop well done.

This leads us back to Pocopson Elementary, the place where all of this organized chaos began. Since pizza doesn't order itself and soda doesn't pour automatically from the bottle, Gina, Mike, and Julie were assisted by Arjunan G., his daughter, and Shelly E. (I heard

Sheila E wasn't available). It was almost 6 PM by the time Mike left Pocopson, and he still had to stop and pay for the pizza before heading home. Now that's a long day.

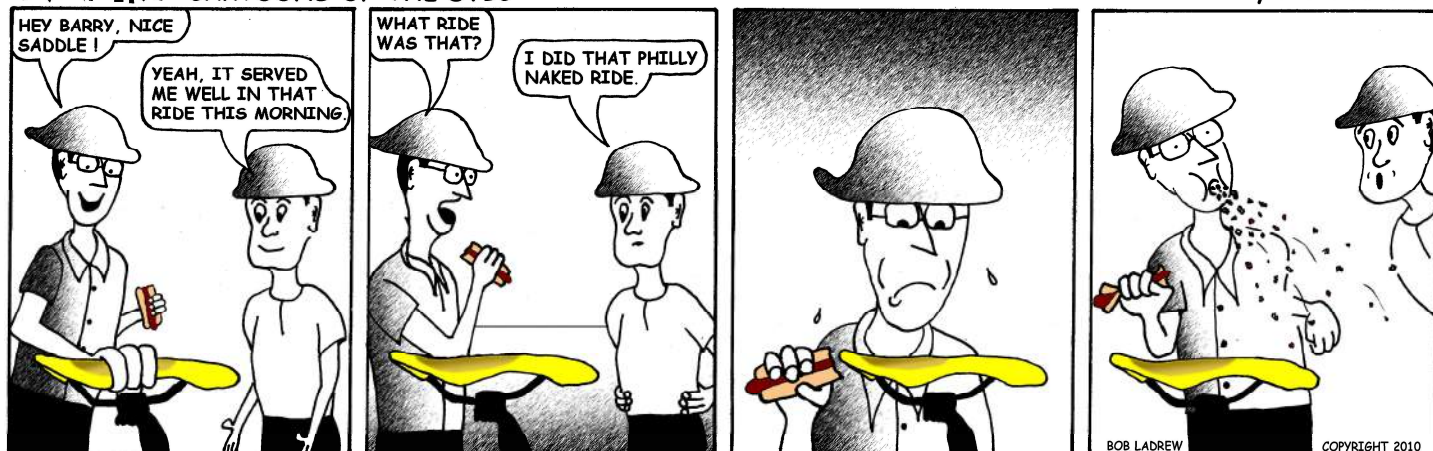
Yes, thirty four years ago the club held its first Brandywine Tour. We still sponsor a Labor Day event where friendly, well-staffed stops cater to cyclists as they test their abilities on a variety of courses. But I think times are busier, more hectic than before, so it's a testament to their character that our members donate their time, inventiveness, and enthusiasm. And given the following comments, I'd say our guests agree:

- "This year's Brandywine Tour was the best one yet."
- "Awesome route marking very consistent . . . a warning part way before the turn and a mark at the turn, bright colors, too. (I did the 80 mile loop)."
- "Volunteers - all did a great job, friendly, great attitude, and they looked like they were having fun, too."
- "The route was safe, fun and had great scenery. The rest stops were well stocked."
- "For the 7th year, my friends and I have traveled to Pocopson for the Brandywine Tour. It is one of the highlights of our cycling season."
- "Kudos to the volunteers and all those that made today possible. Thank you!"

Yes, our volunteers are the key to a successful tour. On behalf of the Board, I'd also like to say thank you so much for your help. We couldn't run the tour without you.

BONKERZ CARTOONS OF THE DVBC

by Bob LaDrew





LEFT: Brandywine volunteer and DVBC member Tom Gallagher, erasing a road marking the old fashioned way, by covering it with dirt.

BOTTOM RIGHT: Federal and DE state officials, bicycle advocates, DVBC's own Bonkers Boy (shown above) and other DVBC members participated in a ceremony Aug. 26 to recognize the newly completed bike lanes on the St. Georges Bridge across the Chesapeake & Delaware Canal. Governor Markell led the excited group of cyclists on the 2.5 mile ride over the bridge.

THE REST OF THE PAGE: Riders enjoying the 2010 Brandywine Tour.



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a food stop. He thoroughly enjoyed it including running into a friend of his daughter. Back at **Pocopson School, Mike Bronnle** valiantly kept dialing the **pizza man** to keep those pies coming for hungry swarm of riders coming finishing up. SAGs were out there in full force all day and I'm happy to report no major injuries. There were a rider or two who insisted on riding on the covered bridge in spite of being told to walk. One fell and felt the sting of the road rash he got as a result. **The Dominator** and **Buckeye** moved about from spot to spot making sure everything was running smoothly and **Smiling Rookie aka Cycling Gourmet** took care of bringing the food out to Pocopson. I also heard that there was a **Purple Martin**

sighting when Dom saw him riding to the Nobel stop.

After the traditional **Ming's** lunch on **Grey Wolf's** Manayunk Ride, **Dreamer** rode off happily until she her front tire hit a metal construction plate which threw

her splat on the ground. She was heard telling **Alex** that she forgot how much road rash stings and burns. Yes **Dreamer**, it still hurts and always will.

On August 26th, Bonkers Boy, **Paul M., Dstre, Alex M., Dreamer,** and **Three Speed Steve** went down to Delaware for the dedication of the bike lanes on the **St. George's Bridge** over the D & C canal which included a group ride over and back. **Governor Jack Markell, Senator Tom Carper, Congressman Mike Castle, and Amy Wilburn** (chair of the DE Bicycle Council) led the large group of cyclists (including a father and son on Penny Farthing bicycles) on the ride over and back on the new bike lanes. Poor Steve arrived late and had a flat which kept

him from riding over the bridge with the group, although he did ride it on his own later.

At the Sept 12th Bike Philly ride, DVBC was well represented with **Gas Passer** managing the sweeps, **Brian Wade** riding sweep, **Doc Larry** and **Wooden Man** covering the 35 mile route, Alex M., and Dreamer manning the **Strawberry Mansion Bridge, Juror #6** at the food stop in Narbeth, and Jill and Paul M. managing the event held by the Bike Coalition. Unfortunately the weather was rainy at the start so not as many riders rode as expected which meant there was lots of extra tomato pies at #6's food stop. I did hear that he was seen in West Philly later that day trying to sell some.

Buckeye and **Gigi** celebrate their **First**



Group at start of September 18 Pool Boy Ride in NJ



WE WANT OLD PHOTOS

For a special newsletter feature, we're looking for old photos of our members on their bikes. When we say old, we mean old: the younger you are in the pictures, the more we want them! Two-wheeled and three-wheeled vehicles (even unicycles) are all OK.

Send your pictures to
Deb Chaga at dreamerdeb@gmail.com.



**Dear
Gear Girl**
DVBC's Q&A Expert
answers your trickiest
bicycling etiquette
questions

While hanging out at the Tour de France, I discovered something I want to share with you all. It's the new Camelbak Podium Ice water bottles. They are fantastic! This is actually an insulated water bottle that keeps your favorite drink cool for 4 hours. Yes, I've tried them out on a hot day and my ice lasted longer and the drink was cool at the end of the ride. The downside is they cost \$20 a piece and they only hold 22 ounces. The upside is that they work and unlike other insulated water bottles, you can squeeze and drink out of them easily. They are made of a BPA-free polypropylene that means when drinking water out of them, the water tastes like water not like plastic. I highly recommend that you try them, they are worth \$20.

Anniversary with Gigi in Canada shopping the streets of Quebec City and Buckeye fishing with the Silver Fox. Guess the honeymoon's over although neither were complaining and both were happy doing their own thing. I'm thinking more marriages need to work that way. Maybe I'll ask Babs if I can go on a fishing trip with my buds on our next big day. **[Editor's Note: Better not try it, FX. I had a friend who went on a week-long bike trip the week after he got married – in other words, no honeymoon—and 29 years later, she has never let him forget it.]**

Alex posted his first official ride for a trip to the **Philly Folk Fest** on Aug 22. With a forecast for storms, only Dreamer rode with him and they got caught in showers off and on most of the day although they did get to hear some music. As par for the course, when they thought they missed the biggest downpours of the day, one hit when they were within minutes of getting back to the car. Alex treated Dreamer to a bike cleaning since she was such a good sport for riding along.

All summer the Tuesday and Wednesday night rides have been getting lots of riders new and old and it's been great to hear all the stories. **Double ff** has a big following that seems to go where ever she rides, whether in PA or on her NJ rides. Does she buy everyone french fries, or maybe it's just her laid back personality?

Smiling Rookie also has been getting large groups of riders. I think riders like her motto: Eat well during every ride.

Pool Boy just ran the **Philly Half Marathon** with **Mrs Pool Boy** and almost got disqualified. Seems he wanted a good photo of the Mrs running by him and he left the course which prompted an official to harshly warn him that he could be disqualified for that. Congrats to both of you for completing your first halfer. Speaking of running, Grey Wolf continues to run stronger. I heard a rumor that he may have one more marathon in him.

On the Brandywine Route there's a winery called **Paradox** run by two docs. We've got our own pair of docs that have been leading a great Wednesday day ride all summer and getting other docs coming out. One recent Wednesday they rode with the **Caboosers** to **Sambo's** in DE for crabs. I do hope they used lemon on their hands after lunch so their handlebars didn't retain the crabby scent and attract the dreaded **Greenhead Flies**.

Well, I'm off to see the **Fightin' Phils** hopefully clinch their championship. Looks like we're gonna have another exciting post-season here in the DVBC Valley.

**WELCOME
NEW
DVBC
MEMBERS
(as of Sept. 24)**

Kyle Barger, Havertown
Joe Barolin, Mt Laurel NJ
Andrew Bratton, Morton
Joseph Cirillo, Clifton Heights
Tom Ellis, Rosemont
Thomas Ferguson, Media
Jim Hemphill, West Chester
Mindy Jarusek, Forest Hill MD
John Madera, Media
Liv Mansfield, Wallingford
Andrew Marzano, Media
Brenda Meldrum, Wilmington
Janet Moore, Havertown
Fred Singer, Paoli
Beatriz Urraca, Wallingford
Betsy Wolford, Malvern

**OUT OF BOUNDS
RIDE ATAXIA
& ECGA RIDE**

Join Mike Broennle on these two non-DVBC rides in October. Mike's email is treasurer@dvbc.org.

October 10th is RIDE ATAXIA (<http://rideataxia.org/philly/rideinfo.html>), a 10 to 50 mile ride to raise money to find a cure for Friedrich's ataxia.

October 16th is the PA East Coast Greenway Alliance Fundraising Bike Tour. The guided all day group tour will leave with bikes from Philadelphia 30th Street Station at 8:30am on the train to Trenton and proceed southward by bicycle, with many stops at sites of interest along the way. \$50 price includes the train ticket, box lunch, guided tour and bike support.

For questions, please email RThomas@CampbellThomas.com or call 215-985-4354. For more information, visit www.greenway.org.



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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** or **RENEWING** Member
Newsletter Preference: **Printed copy** (via US Mail) or
PDF (via E-mail—saves trees and \$\$)

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)