

Delaware Valley Bicycle Club

November 2010



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

The 2010 Seagull Century by Mary Huis

The 22nd Seagull Century was held on Saturday, October 9th in Salisbury, MD. This supported ride has grown exponentially since its start in 1989. That year it had 68 riders; this year over 8,100 cyclists participated with a total economic impact on the area of roughly \$2.5 million (according to Purdue School of Business estimates).

Participants could choose from three routes: two centuries or a metric century (100 kilometers, or 63 miles). There was the "traditional" Assateague Century and new this year was the Snow Hill Century. Both are wonderful, 100-mile, scenic, flat rides. I rode the Snow Hill Century and especially enjoyed two (of the four) beautiful rest stops, one at the Public Landing in Snow Hill with lovely views of Chincoteague Bay, and the second at Nassawango Golf Course on the Pocomoke River.

This is a show-and-go ride which really spreads the riders out at the beginning. The route was very well marked (cue sheets were excellent and include a map), we traveled mostly back roads with very little traffic, and most major intersections (the few that there were) were monitored by police who stopped traffic and gave cyclists the right-of-way.

The weather was picture perfect with temperatures starting in the mid-50s and climbing to upper-70s by the afternoon. There was some headwind but the looping patterns of the ride ensured that there were no really long periods of time directly into the wind.

The first food stop had fig bars, bagels and cream cheese, cookies, oranges, apples and bananas. There was no food at the second food stop (only water and energy drinks) which meant there were 37-plus miles that riders had no food unless they pocketed items to carry them from the 1st stop (which I did). The third stop had the same food as the first rest stop with the addition of cranberry, banana, blueberry, etc. breads and small packets of peanut butter. The fourth rest stop featured the Seagull signature pie and ice cream treat. The last rest stop at Nassawango Golf Course at mile 77 was a popular spot to complete the ride for a lot of the cy-

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SAVE THE DATES!!

Thursday November 25

10th Annual Frozen Turkey 30

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

See Ride Calendar for details.

Monday December 6

**DVBC BANQUET and ANNUAL
MEMBERSHIP MEETING**

See Page 5 for details and registration form

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.



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Swarthmore, PA 19081
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

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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.

November 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 10 am Miles:30-60 Class:C+	Ride starts and ends at the 320 Market Cafe parking lot in Swarthmore. Usually a lunch destination. Foul weather and temperature <45F cancels ride.
Sat, Nov 6 9:00 am Miles:45 +/- Class:B/B+ Short and Sweet	Meet at Moylan/Rose Valley train station. We'll head out to points to be determined. Pace should be around 15 to 16 mph depending on how we feel. Bring enough water and food for entire ride. Any breaks will be short and sweet. Rain cancels. Please email or call if weather is iffy! Contact David Cunicelli at 610 574 9811 or dcunicelli@verizon.net
Sun, Nov 7 9:30 am Miles:45 +/- Class:C+ The Muffin Ride	Meet in Rose Tree Park in Media for our favorite jaunt to Purebread Deli in Greenville, De. We'll climb our favorite hills on the way and make a mad dash down Route 52, chow down on yummy muffins, sandwiches & soup and then head back via some nice hills. The scenery is guaranteed to be beautiful. Rain cancels. Contact Mary Huis at or familymail233@comcast.net
Tues, Nov 9 7:30 pm Miles:0 Class:All Dinner and a Movie	The film, "Race Across the Sky", 2010 Leadville 100 mile MTB race will be showing at the Brandywine Regal. There are 2 show dates: 11-4 and 11-9. 12 DVBC members have tickets already for 11-9. We picked 11-9 because 7th game of World Series (if needed) would be on 11-4. The 2009 Leadville 100 movie was excellent - Lance won. For ticket info see www.raceacrossthesky.com . Most of us are meeting at Red Robin restaurant on Route 92 for pre-movie meal. Movie was a sell out in 2009, so act fast if interested. Contact Dan D., if you need directions. Please purchase movie tickets yourself. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Thurs, Nov 11 10:00 am Miles:10 + Class:All MTB in Brandywine - Woodlawn	Since Dreamer is on the mend (collarbone), Misty and I will step up and lead a MTB outing on Veterans Day. It will be a fun, recreational pace. Ride will be in 2-3 hour range. There will be many stops for re-grouping and laughing. In honor of Deb, falling on this ride is banned. Meet in Woodlawn Wildlife Refuge lot. Come down Smithbridge (from 202) and go left on Creek (right before covered bridge). Parking is about 1/4 mile on right. Rain in previous 48 hours will most likely cancel ride. E-mail contact preferred. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sat, Nov 13 9:00 am Miles:31 Class:C+ Pool Boy 30	Meet at Kingsway High School (Routes 322 & 551) in NJ. Flat fast loop. No stops. Pace line friendly. Yellow shoes permitted. Excellent chance of a rare Pool boy sighting. Prefer contact via E-mail. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sun, Nov 14 9:00 am Miles:35 Class:C+ Art Museum Ride	Start and end in Rite Aid lot across from Drexel Hill Cyclery. Depending on who shows, ride could break into two groups (B- and C+). Brief stop in city for nature break and water. Optional post-ride Ming's meal. Bob Martin is welcome. Prefer contact via E-mail. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sat, Nov 20 9:00 am Miles:48 +/- Class:B- Purebread Ride	Meet at Rose Tree Park in Media for a ride to Purebread. Figure average speed will be in the low to mid 14MPH. Bring money for the feedzone @ Purebread Ciao! Contact Dave Alfe at 610-517-8898 or wilier55@yahoo.com
Sun, Nov 21 9:30 am Miles:40 +/- Class:C+ Hilly Paoli Loop	Let's meet in Rose Tree Park for a ride out to Paoli. We'll travel some of the Bonkers Loop and have a nice food stop at the Goose Creek Grill. Expect hills, beautiful scenery, great company and good food - you know, the usual. Rain cancels. Contact Mary Huis at or familymail233@comcast.net
Thurs, Nov 25 9:00 am Miles:30 Class:C+ Tenth Annual Frozen Turkey Thirty	Please join me for this food raiser. Riding or not bring a bag of non-perishable food to Rose Tree Park between 8:30 and 9:00 AM and get a free t-shirt and a good feeling helping others. Your donations stay local supporting the Delaware County Aid for Friends. The ride starts at Rose Tree Park and out goes through Ridley State park with a loop in Chester County. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sun, Nov 28 8:30 am Miles:65 +/- Class:B/B+ Beyond Northbrook	Meet at Moylan/Rose Valley train station. We'll go out towards Northbrook, taking in some hills and some dales. We'll burn off some turkey fat along the way. I am not sure how long this ride will actually be. Please check in with me if you are uncomfortable with anything over 65 miles. Rain cancels. Please email or call if weather is iffy! Contact David Cunicelli at 610 574 9811 or dcunicelli@verizon.net



Candid Camera Photos by greywolf



Top left: Part of the group on the October 17 Marsh Creek ride.
Top right: DVBC people can also run. Jittery Jo, Pool boy (Nick), Pool wife (Tanya) and Greywolf all won age group awards in the "Bark in the Park" 5K run at Ridley Creek State Park on October 3rd.
Above: Before and After: Deb Chaga and crew on an October 11th MTB ride; an hour later Deb fell trying to jump a log and broke her collarbone. Second picture shows her four days after the mishap, recuperating at home. Get well soon, Dreamer!
Bottom right: Undaunted by Dreamer's mishap, Mary Beth Jackson and Tom Smyth travel off-road in Delaware on October 22.

BONKERZ

Cartoons of the DVBC

by Bob LaDrew



(SEAGULL, continued from page 1)

clists. Lots of cars with bikes on carriers were in the parking lot. The ride is very organized and the volunteers very anxious to help riders in any way. The Seagull is a pricey ride - \$60 for early registration and \$90 at ride start. A long sleeved T-shirt is included and the proceeds go to a long list of charities. The cue sheets are available online at the Seagull Century website. I have used them when I vacation in Ocean City,

MD. The only area that I think they can improve is to add additional outdoor toilets at the start of the ride (there was one in the parking lot where I parked, with a 30 minute wait) and at the first rest stop (which accommodated the three ride options) there were 6 (another 30 minute wait).

I thoroughly enjoyed the Seagull Century and highly recommend it. I finished with 101.3 miles in 6.5 hours (saddle time).

NOTE TO LOYAL READERS

FX Pedrix, who pens the **Bike Dirt** column, is AWOL again this month; even his **lovely wife Babs** wasn't sure where he was. Don't tell Babs, but it might not be a coincidence that our advice columnist, **Gear Grll**, is also off this month. We hope to have both back in the saddle for the December issue.

DVBC Annual Banquet & General Membership Meeting**Monday, December 6, 2010****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)**Appetizers:**

___ Spring Mix Salad

___ Escarole Soup

Entrees:

___ Baked Salmon Béarnaise

___ Vegan selection

(Contains no meat products)

___ Roast Prime Rib au jus (\$5 extra)

DVBC subsidized charges for
Members & up to 2 guests:
\$10 per person

(\$15 for prime rib)

Additional guests:

\$30 per person**(\$35 for prime rib)****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.

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)



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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)