

# Delaware Valley Bicycle Club



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

## New Section of Schuylkill River Trail Officially Opens

At long last, the first new section of Schuylkill River Trail to be built in several years (and the newest piece of The Circuit) was dedicated on Thursday, March 28. This new segment runs from Port Royal Avenue in the Roxborough section of Philadelphia to the intersection of Shawmont and Nixon Streets.

This project was originally identified by the **Complete The Schuylkill River Trail Campaign** as a key gap in the trail. It was funded in 2010 by the \$23 million TIGER grant that Philadelphia and the City of Camden won to build ten trail segments in both cities. The project also widened the paved section between the Montco line and Port Royal Avenue and significantly improved the paved connection to the Manayunk Canal Towpath.



## Presidents Address to Ride Leaders

Welcome everyone. I am thrilled and gratified that so many of you express an interest in leading rides. Tonight we start working together as a team to define for DVBC the best ride leadership practices. We'll reference our Ride Leader's Training Manual. It's a great source of the collective wisdom from years and years of leaders. They are general guidelines, good guidelines. We dictate nothing. It is not intended that these guidelines be so oppressive as to preclude whatever type of ride you wish to lead. Take these rules of thumb in the spirit that they are intended, to make the DVBC ride experience stand above all other rides. Given a choice, we want riders to choose our rides first

*See Pres on page 8*

## SAVE THE DATE Sun May 19. 8:00 AM 37th DVBC Bonkers Metric

DVBC's Spring Tour finds the best roads in Delaware County. Travel at your own pace with family or friends or make new cycling friends. All ages all abilities and all types of bikes are welcome. 18 35 50 or 65 scenic miles on rolling terrain with some hills. Starts at Ridley Creek State Park in Media.

Contact [info@dvbc.org](mailto:info@dvbc.org)

Interested in volunteering?  
Contact Tour Director Dom Zuppo at  
[domzdvbc@comcast.net](mailto:domzdvbc@comcast.net)



## From the DVBC Archives

Bob LaDrew has been busy collecting and digitizing old newsletters. Here's a few tidbits we've come across.

**March, 1993:** "Due to problems beyond our control the DVBC finds itself in a financial dilemma.... We find that we need to raise club dues to \$15 per person." (Look on the back page of this issue and see how our membership dues have skyrocketed since 1993.)

**August, 1993:** Ira Josephs is listed as C/D Rides Coordinator. *Ira has been doing it for this club for a lot of years!*

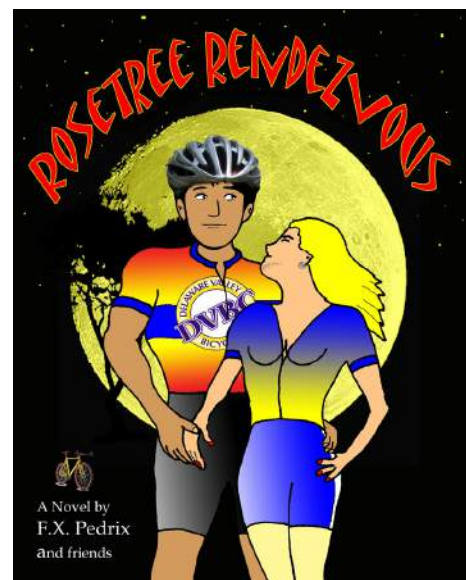
*See Archives on page 10*

## DVBC Acknowledges Our "On the Road" Ambassadors

April Ride Leaders	
Dave Alfe	Doug Bower
Linda McGrane	Shelly Epstein
Deb Chaga	Bob LaDrew
Ricco Luci	Emil Skobeloff
Shelly Epstein	Mary Huis
Ira Josephs	Tom Smyth
Andy Marzano	Gary Stewart
Peter Schmidt	Rich Andreas

## And Thank You ...

To all the volunteers who donate their time, energy and expertise, our dedicated ride leaders and the organizers / helpers that promote our events. **Bonker's tour is right around the corner in May. Feel like helping out? No applications required. Contact any Board Member.**



## May:

As the sun had gotten higher and the days warmer, more and more riders were showing up for DVBC rides. Until his recent two-week business trip, Derrick

*See Rendezvous on page 10*

## 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. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

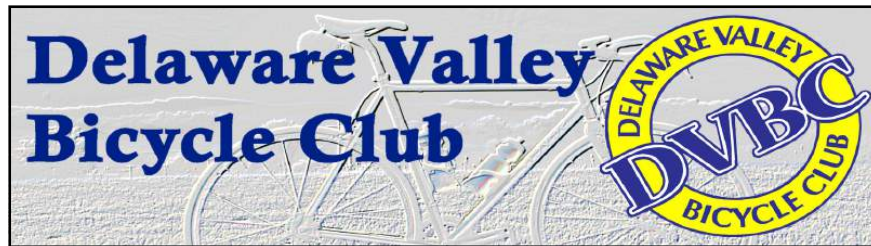
DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15<sup>th</sup> of each month. The views expressed in this publication are not necessarily those of DVBC.

**Monthly board meetings are open to all, and are usually held the 1<sup>st</sup> 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
- \*PA Walks and Bikes
- \*Friends of Ridley Creek State Park
- \*Friends of the Chester Valley Trail

Newsletter Contents © 2013 by DVBC



## Board of Directors and Volunteer Staff

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484.483.7456 or [domzdvbc@comcast.net](mailto:domzdvbc@comcast.net)



**Mike Broennle**, Director, Treasurer  
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Larry Green, Director  
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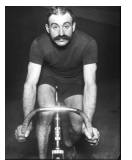
Linda McGrane, Director  
[mcgrane\\_linda\\_a@yahoo.com](mailto:mcgrane_linda_a@yahoo.com)

Mary Huis, Ride Coordinator, Director  
[rides@dvbc.org](mailto:rides@dvbc.org)



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Ricco Luci, Newsletter Editor  
[RiccoLuci@gmail.com](mailto:RiccoLuci@gmail.com)



### 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 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	AVG MPH	DISTANCE	DESCRIPTION
D	7 to 10	10 Miles	For new, inexperienced riders or families. Frequent stops, as few hills as possible and the group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
C	10 to 12	15+	For average riders with rest stops as needed. The group will wait for stragglers.
C+	12 to 14	30 +	For average riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .
B-	14 to 16	30 +	For more experienced riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .
B+	16 to 19	30+	For strong riders with rest stops at the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .
A	19+	30+	For very strong riders with rest stops the discretion of the ride leader. No obligation to wait for stragglers <i>if cue sheets or maps are provided</i> .

**Delaware Valley Bicycle Club: *Serving Delaware County and the Western Philadelphia suburbs***

**March 2013 Ride Calendar**

**Reminder: Any ride scheduled in the Newsletter, on the DVBC website ride calendar, or advertised via the list serve is considered an official club ride and a sign-in sheet is required. The sign-in sheets are on the website on the ride calendar page.**

05/01 10:00 Class C+ Docs' Ride	Ride starts and ends at Rose Tree Park in Media Pa. Usually a lunch destination. Rain cancels the ride. Expect 40 to 60 miles with hills at average speed of 13 to 14 mph. Contact Woody Kotch at Email: hrkotch@gmail.com
05/01 18:00 Class B- Wed Nite Road Crew	This 25 +/- mile ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be around 14 mph the first couple weeks and climb steadily up around 15.5 mph at season's end. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park Rt 252 Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamer-
05/01 18:00 Class C Show & Go C Ride	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 20 to 25 miles. We will do a lot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 11-13 mph. Contact Shelley Epstein at Email: 4ep-
05/01 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/02 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Con-
05/04 9:30 Class C Annual Crum Creek Clean-Up	This is our annual creek clean up ride. C-paced ride (11 to 12 mph average) maybe 30 miles total. Leave from Rose Tree park and ride to our usual clean up spot. Bring sturdy shoes and appropriate clothes. I will supply gloves and bags. After clean up we will ride to Ridley Creek for free picnic. Please register using link below for free tee shirt and to let them know how many
05/06 19:00 DVBC Meetings DVBC Monthly Board Meet-	DVBC Monthly Board Meeting held at Swarthmore Public Library at 121 Park Avenue (610)543-0436. All are welcome to attend. Contact Rich Andreas at the_andreas@comcast.net
05/07 18:00 Class C DELCO Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours thru Swarthmore Wallingford and Ridley Township areas of Delco. Expect 15 +/- miles but daylight will govern the length of the ride planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market Swarthmore wood Shopping Center South Chester Road (Route 320) and Park Lane Road Swarthmore PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFFrench@wilmingtonTrust.com
05/07 18:00 Class D Linda's D Ride	The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer:
05/08 10:00 Class C+ Docs' Ride	Ride starts and ends at Rose Tree Park in Media Pa. Usually a lunch destination. Rain cancels the ride. Expect 40 to 60 miles with hill sat average speed of 13 to 14 mph. Contact Woody Kotch at Email: hrkotch@gmail.com
05/08 18:00 Class B- Wed Nite Road Crew	This 25 +/- mile ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be around 14 mph the first couple weeks and climb steadily up around 15.5 mph at season's end. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park Rt 252 Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamer-
05/08 18:00 Class C Show & Go C Ride	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 20 to 25 miles. We will do a lot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 11-13 mph. Contact Shelley Epstein at Email: 4ep-steins@comcast.net



05/08 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/09 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
05/10 9:30 Class B- Friday Frolic with Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Expect 45 +/- hilly miles at an average speed 13-15 mph. We'll explore pretty peaceful roads in suburban counties -- Montgomery Bucks Chester etc. Starting points will vary so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
05/11 8:30 Class C Bonkers Paint Ride	This is a great volunteer opportunity. Let's meet at Parking Lot #15 Ridley Creek State Park to divvy up the routes and paint the tour arrows for our spring classic. Don't forget spray paint -- sprays so don't bring your prize duds. Contact Dom at domzdvc@comcast.net
05/12 8:45 Class B- Mother's Day Morning Ramble.	Please Mom - I Can Explain Level B-/C+ average speed 13-15 mph 50 or 45 miles. Meet at Upper Dublin High School. Scenic loop on pretty roads to Tabora's Orchard & Farm Market in Chalfont for an early-morning ride and outdoor rest stop in Tabora's patio/garden (mile 21). On the return we have an optional Wawa rest stop at mile 36. Elevation gain 2739 ft. Rolling terrain with a few steep climbs but we'll stop to regroup as needed. No one dropped. More climbing during the first half of the ride. Please arrive by 8:45 for a prompt 9:00 departure. Starting at 9:00 should allow us to return early enough for Mother's Day celebrations (and avoid becoming headline news: "Angry Moms Unite Against Cyclists"). There is a short-cut option which will shave off ~5 miles and some climbing (45 miles 2400 ft total elevation gain). If you would like to lead the 45-mile option please contact LMc. Cue sheets will be available. The on-line route map is <a href="http://ridewithgps.com/routes/1305426">http://ridewithgps.com/routes/1305426</a> It is optional but you may preregister on BCP website until Saturday May 11 2013 at 11:59 pm. Leader: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/14 18:00 Class C DELCO Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle pump up the tires and join me for an easy C pace ride of 11 to 12 miles thru Swarthmore Wallingford and Ridley Township areas of Delco. Expect 15 +/- miles but daylight will govern the length of the ride planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progresses. Rain cancels. Meet at 320 Market Swarthmore wood Shopping Center South Chester Road (Route 320) and Park Lane Road Swarthmore PA 19081. Contact Betsy French at 610-324-8207 Email: EF-french@wilmingtonTrust.com
05/14 18:00 Class D Linda's D Ride	The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/15 10:00 Class C+ Docs' Ride	Ride starts and ends at Rose Tree Park in Media Pa. Usually a lunch destination. Rain cancels the ride. Expect 40 to 60 miles with hills at average speed of 13 to 14 mph. Contact Woody Kotch at Email: hrkotch@gmail.com
05/15 18:00 Class B- Wed Nite Road Crew	This 25 +/- mile ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be around 14 mph the first couple weeks and climb steadily up around 15.5 mph at season's end. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park Rt 252 Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
05/15 18:00 Class C Show & Go C Ride	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 20 to 25 miles. We will do a lot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 11-13 mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net
05/15 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/16 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com

05/17 9:30 Class B-Friday Frolic with Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Expect 45 +/- hilly miles at an average speed 13-15 mph. We'll explore pretty peaceful roads in suburban counties -- Montgomery Bucks Chester etc. Starting points will vary so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
05/18 8:30 Class C Bonkers Volunteer Ride	Our last chance to insure all is well for tomorrow's guests. Meet at Parking Lot #15 Ridley Creek State Park and find some riding partners to check and enjoy our spring tour routes. This ride is a show & go. Roads are well-marked.
05/19 8:00 Major Club 37th Bonkers Metric	DVBC's Spring Tour finds the best roads in Delaware County. Travel at your own pace with family or friends or make new cycling friends. All ages all abilities and all types of bikes are welcome. 18 35 50 or 65 scenic miles on rolling terrain with some hills. Starts at Ridley Creek State Park in Media. Contact info@dvbc.org
05/21 18:00 Class C DELCO Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours thru Swarthmore Wallingford and Ridley Township areas of Delco. Expect 15 +/- miles but daylight will govern the length of the ride planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market Swarthmore wood Shopping Center South Chester Road (Route 320) and Park Lane Road Swarthmore PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFFrench@wilmingtonTrust.com
05/21 18:00 Class D Linda's D Ride	The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/22 10:00 Class C+ Docs' Ride	Ride starts and ends at Rose Tree Park in Media Pa. Usually a lunch destination. Rain cancels the ride. Expect 40 to 60 miles with hills at average speed of 13 to 14 mph. Contact Woody Kotch at Email: hrkotch@gmail.com
05/22 18:00 Class B- Wed Nite Road Crew	This 25 +/- mile ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be around 14 mph the first couple weeks and climb steadily up around 15.5 mph at season's end. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park Rt 252 Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamer-deb@gmail.com
05/22 18:00 Class C Show & Go C Ride	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 20 to 25 miles. We will do a lot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 11-13 mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net
05/22 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/23 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
05/24 9:30 Class B-Friday Frolic with Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Expect 45 +/- hilly miles at an average speed 13-15 mph. We'll explore pretty peaceful roads in suburban counties -- Montgomery Bucks Chester etc. Starting points will vary so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
05/28 18:00 Class C DELCO Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours thru Swarthmore Wallingford and Ridley Township areas of Delco. Expect 15 +/- miles but daylight will govern the length of the ride planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market Swarthmore wood Shopping Center South Chester Road (Route 320) and Park Lane Road Swarthmore PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFFrench@wilmingtonTrust.com
05/28 18:00 Class D Linda's D Ride	The ride will depart from Glenside Public Library parking lot. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride to pedal away the day's stresses suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll be meeting in the parking lot adjacent to the library. Please bring lights in case we are delayed on our return. This ride is scheduled for 3 out of 4 Tuesdays each month. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/29 10:00 Class C+ Docs' Ride	Ride starts and ends at Rose Tree Park in Media Pa. Usually a lunch destination. Rain cancels the ride. Expect 40 to 60 miles with hills at average speed of 13 to 14 mph. Contact Woody Kotch at Email: hrkotch@gmail.com

05/29 18:00 Class C Show & Go C Ride	Please join us for a moderately fast-paced ride out of Rose Tree Park in Media leaving promptly at 6pm. Expect 20 to 25 miles. We will do a lot of hills some steep some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 11-13 mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net
05/29 18:00 Class D Linda's D Ride	The ride will depart from Flourtown Shopping Center at 6:00 pm. Average speed: 8-11 mph Distance: 10-22 miles. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll meet in the rear of the parking lot near the pizza restaurant. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Cue sheets will not be available. Organizer: Linda McGrane mcgrane_linda_a@yahoo.com 267-251-7862
05/30 17:45 Class D Linda's D Ride	Expect 10 to 20 miles at an average speed 8-12 mph. Meet at Jacobs Engineering Parking Lot in Conshohocken. Gently paced post-work evening ride suited for novice riders newcomers to the area and/or anyone seeking a low-intensity recovery ride. We'll start by riding on the Schuylkill River Trail in March. As riders get stronger we can turn off the SRT and explore some pretty roads in the area. Please bring lights in case we are delayed on our return. Cue sheets will not be available. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
05/31 9:30 Class B- Friday Frolic with Linda	This is the generic description. Specific details will be posted on Bike Club of Phila calendar for each Friday. Expect 45 +/- hilly miles at an average speed 13-15 mph. We'll explore pretty peaceful roads in suburban counties -- Montgomery Bucks Chester etc. Starting points will vary so that we can cycle through different regions. Cue sheets and on-line route map will be provided for each ride. If weather conditions are not conducive to cycling this ride may be replaced by a hike/walk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com

## Why We Ride

Rich Andreas

A winter storm had dropped several inches of fresh snow Friday night. The wind whistled below a bright, cloudless deep blue sky this morning. We huddled in the parking lot. The hand on the thermometer stood frozen, forlornly pointing at 15 degrees. We're tough bicyclists. We weren't going to let the weather spoil our ride. Gas Passer – our open space, trails, and public library advocate – had advocated a forest hike through a newly opened county park. "It's crazy to ride on a day like this. Let's hike!" So, faces bundled against the cold we plowed through the powder for a few hours then, totally frozen, jumped into our cars, heaters blasting. Off to the local tavern for warm lunch and ale. Coming around a bend we are met with the sight of Wally "Whiteclay" Hertler. What? Are you nuts, you're crazy to be riding out here on a day like this. You'll get frost-bite. You'll slide out on a patch of ice and break your fool neck. Why do you do that? Why do you ride? What is the need?

Weeks later and it is a cold, blustery morning in South Jersey. The kind of day when the wind howls across the barren fields like a lost soul, threatening to pitch you into a ditch as it roughly shoulders its way past. It thunders in your ears, "On your left, coming by on your left." It's been a long ride. I pull into the local Java dive my face cracking from the cold. "Double hot chocolate, whole milk, no whip cream." Cradling my steamy brew with claw-like frozen hands I turned, my eyes sweeping the shop. There's Mike, my neighbor. Mike's favorite sport is sitting on

the couch watching other people play sports. I plop into the chair beside him. "Man, you are CRAZY!! Out riding on a day like this. I wondered who that nut was when you rode up. Why do you do that? Why do you ride? What's the need?" Hmmm .... was he trying to say that I was nuts, *or just crazy*. "Well you see it's like this, it's kinda, well it's ..well .... " I drew a blank. Maybe I am crazy.

The next day I drudged away on my basement trainer. The 1999 Tour playing in the DVR. This is fun? Fun, that's ultimately what riding is all about anyway, isn't it. This is fun? I called up my buddy that morning. "No man, too cold to hit the road, I don't ride out if it's under 35. That's crazy." So here I was, down in the dungeon watching this old Tour tape, trying to feel surprised by the race results. Will the breakaway stay to the finish, or would the hungry peloton gobble them up in the closing kilometers. Well they got caught the last time I watched this stage.... but there's always a chance. Always a chance? What? Now I am crazy, this basement training has finally driven me nuts. This is fun? I'd sooner be outside with my face cracking in the cold. What? Man, that's crazy. Why do I do it, why do I ride? What is the need?

## Why do we ride? What is the need?

Morning slowly dawns in the valley. The cool morning air is thick; wisps of mist still cling to the forest branches.



Winter is coming. The drowsy trees stand half naked, their blazing foliage littering the ground.



It is one of those final fleeting summer-like days. Likely the last long ride of the season. I throw my leg over the top tube in Sperryville, VA, the rising sun warming my back. The empty road stretches ahead. 100 miles to go. A small brook murmurs beside me as I wind through farm and pasture. The road swings to the west. It's a steady climb for the next 11 miles. First along the side of the mountain, then after a short cruelly steep section at the bottom, it continues up 4 more miles to the Thornton Gap entrance of Shenandoah National Park. It's a decent climb with steep pitches, false flats and numerous switchbacks. I start to suffer a bit as I struggle to find my rhythm. It has been a long year. 1000s of miles in the saddle. Centuries and savage day-long

death march rides, Tours. Cruise Intervals. Hill repeats. Countless hours on the basement trainer. I'd worked hard and I was ready. I shift down a gear and redouble my efforts. Zen kicks in. I effortlessly float through the switchbacks. I turn north on "the Drive". Up towards Front Royal. The road still climbs, but it's barely perceptible. Occasional views to the west hint of what awaits at the top.

I swing into Elk Wallow to refill my bottle. Elk Wallow. Wonder how long it's been since an Elk wallowed here?



Turning out of the Wallow the road starts climbing in earnest. Over 5 miles of steady climbing to the turnaround atop Hogback Ridge, the steepest climbing thus far. First passed: Mathews Arm, then Rattlesnake Ridge, then Devils Stairs. Who comes up with these names anyway?

The final push up Hogback. A headwind rises as I near the ridge. My head hangs, swaying with the effort. Windblown leaves skitter beneath my wheels.

The tree lined road opens and I enter into an eagle's aerie. The panorama of the Shenandoah Valley stretches before me, 3000 feet below.

The low rock wall at the turnout gives the illusion of an edgeless pool. Leaning my bike

against the wall I sit on the edge of that pool, gazing deep. 40 miles to the west the Massanutten Mountains rise stiffly from the valley. Shoulders purpled by the haze, the mountain smoke of the Shenandoah. Hidden on the other side lay Fort Valley, Kings Crossing, and Camp Roosevelt - first 1930s CCC camp in the US, and a great secluded place to camp, away from the crowds up on "the Drive".



The Allegheny Mountains rear up a further 40 miles to the west, their ridgeline defining the border between Old Dominion and West by God Virginia. Beyond, another ridge beckons the eye, and yet another. Ridge after ridge marching into the distance. Spruce Knob, Snowshoe, Green Briar. How many, many miles away?

A noisy family pulls into my secluded aerie, spilling out of their car. "Hurry kids, stand up on the wall. Let daddy get a picture." "Honey you should get out and look at this view. No. Great, OK, let's go. Joey, JOEY!" "Hey Mister, did you ride your bike all the way up here? Was it hard? Why would you do that?"

"JOOEYY..." Silence. Peace returns. I reach a pear out of my pocket. The juicy nectar runs down my chin. The world shrinks. Time stands still. Nothing, No one. Just me and Heaven. The voice of a little boy echoes in my head "Why?"

I have always ridden. I raced for tradition, because my father raced and his father before him. I rode because I'm competitive; to drive you beyond your limits and crush you until you whimper for mercy. I rode hard because I was angry. I rode for the challenge of it. I rode for the solitude. I rode as an escape from the stresses of life. I rode to clear my head, for a chance to think. I rode for the fun of it.

Riding a bike is my passion. I ride for the unbridled joy of it. I ride because I am in love. Cycling is the love of my life. I love everything about it. I ride to be ready to for those perfect days like today when the road to Heaven lays open before me. That's why I ride. For rapture so pure. And yes, on those face crackingly cold days, on those tires melting into the pavement sweltering days, yes, I ride because I'm nuts, **ABSOLUTELY CRAZY**. I am *Il ragazzo pazzesco sulla bicicletta*.

Everyone has their own reason for riding. Why do you ride? What is the need? Are you in love? Are you CRAZY? Share your story with Ricco at [RiccoLuci@gmail.com](mailto:RiccoLuci@gmail.com).

*"I ride because I want one chin, I ride because I want to see my grandchildren, I ride because black jerseys are bad ass! I ride for what's around the corner. I ride for those who can't. I ride for those who have fallen in the name of peace. I ride to save myself, I ride because it has soul." - TC*

*"I ride to discover my limits. I ride to push myself to places that seem impossible. Cycling gives me a chance to find the inner strength to carry on. It's good training for the other demanding areas in my life!" - HS*

*"I pedal endlessly even when my body screams to stop for it is that purity of the moment when you exist simply to breathe and turn the pedals while you can feel your heart beating in your ears that you realize what really matters in life. And that is pushing your physical self farther than you ever thought possible to unleash the intangible thing that makes you who you are and realizing you are so much more than you or anyone else can imagine" - SG*

*"I ride because I can't sit still long enough to meditate....so instead I pedaltate" - CD*

*"What I love about cycling is that you can start your ride with a bunch of strangers but finish with great friends...life is good! :)" - NM*

*"I ride to think. I ponder my life and give thanks to all the wonderful things and people in it. I love to stop and take notice of all the things that nature has to offer. I know that my existence in itself is a miracle. And this reminds me to take nothing for granted." - MS*

<http://www.youtube.com/watch?v=mk4VZMvfuv0&feature=youtube> "Inocente"



*Prez from Page 1*

You lead a ride and now it's bigger than you. ***It's the DVBC's ride as led by you.*** Represent us well. We want our groups to be readily recognizable, known for our safety, discipline, respect and consideration. Regardless of the type of ride you lead; pseudo-race, Northbrook, friendly spin, Lunch with Doc ... Group Riding discipline should apply. Group discipline precludes nothing. It helps everyone hit the sweet spot. As rider leader you are the DVBCs group riding patron and should advocate, practice and teach. If you practice good group riding yourself others will learn from you. Be diligent and keep demonstrating such skills, even if everyone around you appears to have adopted an "every man/women for him/her self" attitude. Persevere and a disciplined group will emerge. When it works properly it should feel like a flock of birds moving together in perfect harmony and less like stampeding cattle.

- We want it known that this is a DVBC group ride. If you have a DVBC jersey, please wear it
- Safety, Safety, Safety. Set the example regarding safety. It's unreasonable to expect others to ride safely if you aren't doing so yourself.
- Shepherd the group, safely returning them to the start at the advertised pace and distance.
- Practice good group riding at all times. It may be difficult for the group at 1st but keep at it, they'll get it and thank you for it.
- Pull the group over if you see unsafe riding practices to explain what the proper/safe practice is. Try not to point out a particular rider's mistakes to the entire group - if needed, talk to that rider later when you are able to discuss the issue in private
- Never leave a rider stranded. The ride leader should carry a basic tool kit, tubes, pump, patch kit, etc., and be prepared to assist riders with mechanical problems if necessary. If you aren't especially adept at mechanical repairs, recruit someone else on the ride to lend assistance.

Please keep the goals of the club and the intent of this initiative in mind: we are here to enjoy safe and pleasurable riding with companionship. None of us is perfect - we all on occasion violate safe riding practices. We want to support each other in minimizing these occurrences while maintaining our environment of enjoyable and safe riding. We welcome your feedback and insight. Please forward to the DVBC Ride Coordinator.

**Recipe Exchange**

Sabine Cranmer

**Dolmades** - this perennial Greek favorite is delicious hot out of the oven, or cold as leftovers or appetizers. Add cooked ground beef for protein if desired.

**Ingredients:**

- |                                |                                |
|--------------------------------|--------------------------------|
| • Bike with Panniers or Basket | • 1 clove garlic               |
| • 1 medium eggplant            | • 1 tsp salt                   |
| • 1/3 c. olive oil             | • fresh ground pepper to taste |
| • 1 medium onion               | • 4 c. cooked long grain rice  |
| • 2 T. lemon juice             | • 1 jar grapevine leaves       |
| • 1 1/2 tsp oregano            | • 1 lb. tomatoes               |
| • 1 tsp dill                   | • 1/4 tsp basil                |

Take a ride and stop to pick up the ingredients.

- Peel and chop the tomatoes. Season with basil, salt and pepper and set aside.
- Peel and finely chop the onion and eggplant. Crush the garlic.
- Heat the olive oil in a skillet.
- Sauté the onion and garlic, then add the eggplant, lemon juice and dill.

*See Recipe on page 9*

*Rendezvous from page 1*

had been attending a ride or two each weekend, always with an eye on arriving cars to see whether Megan O'Malley's hatchback might be pulling into the lot. He had actually memorized Megan's dad's phone number from that November Midnight Ramble signup sheet but figured that using that number might spook Megan. Besides, he wasn't sure he could build up the nerve.

It was the second Saturday in May and the club's most committed members had gathered at Parking Lot 15 of Ridley Creek State Park to bike out in small groups and paint road arrows for next week's fund-raising event, the Bonkers Metric. It was 8:57 and, as Dominick was about to discharge the riders to their respective assignments, Derrick had once again given up on a Megan sighting.

But a minute later, in sped a dark green Subaru hatchback. The vehicle lurched to a stop next to Derrick's '95 Crown Victoria and out popped Megan O'Malley. Several of the members called out, "Megan!... Yo, Megan!" and Megan cheerfully returned their greeting. Apparently, during Derrick's recent absence Megan had attended some rides and made friends. In the blink of an eye she raised the hatch, removed a red and white carbon fiber Orbea Diva, deftly mounted the front wheel, and coasted over to the group.

"Megan, here's some paint," said Dominick. "Why don't you ride down to Dilworthtown with Mary and Gina and start there? Derrick, you and Cliff can paint the Delaware loop. Here, let's look at the map so I can show you the changes down there."

As Dom unfolded his map and began his instructions, the trio containing Megan coasted past. Megan bumped playfully into Derrick and, when Derrick turned toward her, smiled broadly. "Hey, Derrick!"

Derrick practically melted. "Hi, Megan." And the three women were gone.

As they shook up their spray cans on Route 1 in Chadds Ford, Derrick and Cliff knew they had been commissioned to paint for a demanding clientele: DVBC members. In fact, opinions on their work would fall into two categories: it was bad, or it was atrocious. Half would think that the arrows were too

*See Rendezvous on page 10*



**Recipe from page 8**

- Stir the mixture well and season with salt and pepper.
- Add 1 1/2 c. hot water.
- Simmer on low heat for about 1 hour, loosely covered, until the eggplant is very tender and almost all the water is evaporated.

While the filling is simmering, go out for another spin, maybe to pick up some flowers for the table or a bottle of wine. You could also set up your bike on your trainer and do some over-under intervals. Over/under intervals start out at threshold intensity and then alternate between threshold intensity and above-threshold surges as the interval progresses. There's an aerobic version of this workout as well, where you start out at Endurance pace for 5 minutes, go to Tempo intensity for 5 minutes, return to EM for 5min, Tempo 5min, etc. Continue in this fashion for 45 minutes. You can also make the Tempo portions longer (5min EM, 10min Tempo). To make it more interesting you can throw in 5minute Steady State intervals every few cycles as well (5min each EM/T/EM/T/SS/EM/T/EM/T/SS/EM for instance). Keep a timer handy to track the duration of your intervals and to remind you to check on the filling for the Dolmades after 45 minutes or so.

- Remove the filling from the heat and stir in the rice. Correct seasoning.
- Rinse grape leaves carefully. Place a spoonful of filling in the center of each leaf. Fold up the sides, then roll the leaf with the filling into a cylindrical shape. The leaf should stick to itself. If not secure with toothpick or cotton string.
- Sauté the seasoned tomatoes in a little olive oil, reduce heat and simmer for 10 mins. or until the sauce thickens a little bit.

Stretch.

- Arrange the dolmades in an oiled baking dish. Pour tomato sauce over them. Cover and bake in a 350 degree oven for about 1/2 hour.

Take a shower.

- Remove dish from oven. Serve with chilled rinsed lightly dressed arugula and parmesan cheese

**Is there a Doctor in the House**

"Doc". Dr. Bike, Doc's Ride, *Eating with Doc*, Doc and his Angels. Doc was riding and leading long before DVBC was even formed.



**1942. An Epiphany.** Forget the candy. Bikes!! Bikes are a chick magnet



**1955. 1st Angel Ride**



**1961. Docs Ride for a Cure**



**1976. Return of Doc's Angels**

Doc Took a nasty spill this Spring and is unable to ride, but he still manages to lead

**Behind the Scenes at the Newsletter Office**

The May Newsletter deadline fast upon them, the Editor resorts to drastic measures to incite the staff





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

May 2013

### *Rendezvous from page 9*

large and too numerous. The rest would opine that they should be smaller and greater in number. The riders themselves would be perfectly happy.

Derrick and Cliff were working efficiently and more than halfway through their 13-mile loop when they approached the turn at Burnt Mill Road. As Derrick shook his can before spraying a neon left-turn arrow, an imposing figure materialized behind him. "What's going on?"

Derrick turned and encountered a burly,



bearded gentleman with a 32-ounce bottle of Budweiser in his hand. The man's denim overalls were noteworthy for the large opening above the belt which enabled his ample, perspiring stomach to breathe. "Oh, good morning, sir," responded Derrick. "Our club is having a bike ride next Sunday and this street is part of the route."

"What kind of bikes?" the man asked gruffly.

"Two-wheelers with no motors." Derrick thought he knew but asked, "Do you ride?"

"Only when I lose my license. What's with these arrows you're painting all over the neighborhood?"

"Those show the riders which way to go. The paint doesn't last long and we try to paint them unobtrusively."

"Unob-what?"

"We try not to mess up the neighborhood," stated Derrick. "You live in a beautiful part of the state and we think our riders will enjoy the views. We appreciate your sharing it with us."

"Well, my name's Buddy. I live in that yellow house. You just let me know if there's anything I can do to help." And Buddy turned and walked away.

Another half hour of alternate riding and painting brought Derrick and Cliff to the completion of their assignment. As the two approached Route 1, a fifteen mile pedal back to Ridley was all that remained.

The light turned green and, as the pair crossed, Derrick glanced to his right and discerned the shape of three cyclists approaching the intersection from the north: Mary, Gina and Megan!

*Next month: Will Derrick learn Megan's dark secret and, if so, how will he handle it?*

### *Archives from page 1*

**March and May, 1993:** The first and second club time trials of the season were won by 55-year-old Charlie Stockley, the oldest rider in the field. (*Riders course were required to come to a full stop at every stop sign.*)

**July, 1993:** DVBC President Ernie Munns: "I have heard that our meetings are becoming boring..."

**October, 1993:** 419 paying riders participated in last month's Brandywine Tour. The club was selling its green and yellow t-shirt. (Anybody still have one of those? It would be fun to put a pic in the next newsletter. Contact Bob LaDrew). Meetings were then held at the Unitarian Universalist Church near Rosetree Park.

**August, 1994:** "Congratulations ... to James Byrns, Gina Bezdziecki and Dave Bennett for completing a 200 mile

### **"Rich" Archaeological Find for DVBC Archive!**

by Bob LaDrew

Recent additions to the newsletter archive have led to the discovery of even greater and older finds. Early 90's newsletters contributed by Bob Martin contained the phone number of former DVBC president Rich Patterson, who guided the club in the 80's. Last month I nervously dialed that old number to see if Patterson was still in the area. He is.

I visited Rich at his Drexel Hill home, where he pulled out cardboard boxes of old newsletters and club memorabilia we never imagined existed. Rich has generously donated two cartons of...well, I can't even tell you what until I have had time to comb through it. He also possesses a DVBC club jersey from the 80's, club t-shirt, patches, water bottles and other items we never imagined existed. We agreed that at a later date, after I

have scanned the printed material he donated, I will return to Rich's home to photograph those items for display in our archive.



Patterson had many stories to tell about the early days. He said that initially he accepted the presidency because no one would take the job and it appeared the club was about to fold. He spoke of a time when the Freedom Tour (now Bonkers Metric) cost only \$6

and attracted more than a thousand riders. In those simpler times there was no need for insurance or even porta potties.

In addition to his job as president, Patterson also served as newsletter editor. In those days the publication was created with typewriter, scissors, glue, and rub-on letters, then driven to the printer. A week or so later he mailed out copies to the members and drove others to all the area bike shops.



Now sixty years of age, Patterson left the club in the late 80's to dedicate himself to fatherhood. He is an associate professor of information technology at Pierce College. He is a cancer survivor who is thankful to be passing through the five-year window but may need a kidney transplant. His medical situation has motivated Rich to put aside most of his hobbies and work toward greater public organ donor awareness.

The DVBC owes a debt of gratitude to Rich Patterson for both his years of service to the club and this generous donation to our archives.



# BONKERS

Cartoons of the DVBC....

by Bob LaDrew



## Ridley Creek State Park Volunteer Trail Work

**First Saturdays of the month: Notice for: May 4th 9-12 am**

This notice is being sent out so that the Friends volunteers have a chance to sign up for the CRC Watershed Associations Annual Clean up. See the link below for sign up options. You can sign up for site #15 and participate in our usual trail maintenance work or sign up for one of the other sites. Note: if you sign up for a site other than #15 you will meet at the location specified in the attached, not at our usual location next to the mansion.

After the trail work or other CRC activities, you are invited to take part in a picnic offered by the CRC and receive a free T-shirt. It is important for participants to register on the CRC site in order to get the T-shirt – and for CRC to determine how many people they need to feed.

### CRC home page:

<http://crcwatersheds.org/>

### Online Registration:

<http://crcwatersheds.org/resources/view/272>

### Site Options:

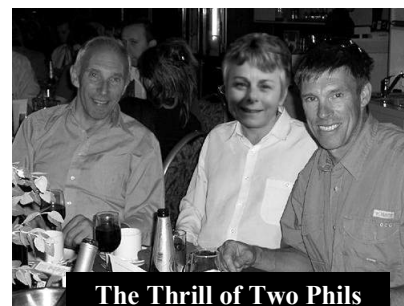
[http://crcwatersheds.org/var/resources/270-Copy%20of%20Cleanup%20Sites%20%20Coordinators2013\\_Apr4.pdf](http://crcwatersheds.org/var/resources/270-Copy%20of%20Cleanup%20Sites%20%20Coordinators2013_Apr4.pdf)

Dreamer's Wednesday night road crew rides have always been popular, attracting celebrities and heads of state.



Signing-in at Rosetree

Dreamer, Phil Liggett and Phil Anderson were an item for awhile, but her heart always belonged to Elvis.



The Thrill of Two Phils

### Sweet Dreams

I first met Dreamer in 1994. She was effusive and instantly likeable. It was a bitter cold ride, Jan 26, her birthday. From that day on she would always be "Dreamsicle" to me. She's held virtually every position in the club: Board, ride leader, tour director. She designed the current DVBC bike shadow jersey. We owe her a lot of thanks. We combed through the DVBC archives for some Dream-sightings.



Discovering the joy of bikes, and boys



Riding into the Sunset with Elvis



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Working the Tour

**APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)**

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: \_\_\_\_\_

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

I wish to Donate to the Fund (circle appropriate amount):

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

**AMOUNT ENCLOSED:**

\$15 membership + \_\_\_\_\_ Donation = \$ \_\_\_\_\_

**I would like to volunteer for (circle all interests)***Ride Leader Tour Volunteer Newsletter Web**Other: \_\_\_\_\_***Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081****IN CONSIDERATION** of being permitted to participate in any way in Delaware Valley Bicycle Club sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.2. **FULLY UNDERSTAND** that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.**I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.**

Signature

Signature of Parent or Guardian (if under 18)

E-Mail Address: