

# Delaware Valley Bicycle Club

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

April 2007

## Let Your Voice Be Heard

By Dominick Zuppo

On March 15<sup>th</sup>, David Bennett, Jill Minick and I traveled to Washington, D. C. with members of the Bicycle Coalition of Greater Philadelphia to meet with our Congressional representatives during the League of American Bicyclists' National Bike Summit. This event continues to grow each year, with over 400 bicycling advocates from across the country in attendance.

During the course of the day, we met with legislative aides for Senators Arlen Specter and Robert Casey Jr. and freshman Congressman Joseph Sestak. In addition to the topics described below, we brought to their attention a recent policy enacted at the Philadelphia International Airport. According to Airport Police and the Philadelphia Parking Authority, cyclists can no longer park their bicycles at the airport. Those who do so will have their equipment confiscated by the police. Since the airport is funded in part with Federal dollars, we petitioned our representatives to investigate why bicycle access to the airport has been suspended and what can be done to restore our right of entry. We also asked our Congressional leaders to consider membership in the Congressional Bike Caucus.

### Conserve by Bicycling Program

The 2005 Energy Policy Act authorized the U.S. Department of Transportation to implement and manage a \$6.2 million program to study the overall impact of shifting car trips to bicycle trips in up to 10 communities around the nation. During the summit, we reminded our representatives that they must provide the USDOT with budget authority to

carry out this program. Through education and marketing campaigns, the program would encourage Americans to replace some of their short car trips with bicycle trips. According to Federal statistics, bicycles are second only to cars as a preferred mode of transportation. A shift to bicycle trips would improve public health, reduce dependency on foreign energy sources, and reduce vehicle emissions.

### Bicycle Commuter Tax Benefit Act

Currently, employers may voluntarily elect to offer their workers a transportation fringe benefit for certain costs incurred while commuting to work. Employees may receive a tax-exempt benefit (known as a Section 132(f) plan) of up to \$215 per month, for drivers participating in qualified parking plans, or \$110 per month for those using mass transit or van-pooling. Census and other data show that half the working population lives within 5 miles of their place of work. The Act would extend a transportation fringe benefit similar to those described above to bicyclists who commute to work. The costs associated with

commuting, such as lights, bike maintenance, raingear, panniers, parking (locker rentals), and changing facilities would be reimbursable under this program.

While there is some concern in Washington about the true impact of this extension of benefits on the Federal budget, we urged our representatives to support the Act.

### Protecting Trails and Helping Trail Partners

Bicycling is a low impact, human-powered, quiet activity. It brings enthusiasts closer to nature and fosters an ethic of environmental stewardship. While Federal agencies currently prohibit bicycle use in Wilderness areas, the International Mountain Bicycling Association (IMBA) would like to see legislation enacted that both protects our lands and allows responsible bicyclist access. The National Park Service Rivers, Trails and Conservation Assistance Program (RTCA) was formerly funded at \$12 million. The program fosters partnerships between federal, state,

*(See Voice on page 3)*

## **APRIL GENERAL MEMBERSHIP MEETING**

**"Maintenance Clinic and NEO  
(New Enthusiast Orientation)"**

**Monday, April 9th, 7:30 p.m. — Delco Peace Center**

Like your employer's monthly new employee orientation (NEO) but geared toward members new to or rejoining the sport of bicycling. Bring your bike in for a quick safety check. Join in a roundtable discussion of bicycling equipment and methods to increase your enjoyment of your bike. Light refreshments will be served.

The Delaware Valley Bicycle Club  
P.O. BOX 156  
Swarthmore, PA 19081

<http://www.dvbc.org>

### DVBC Meeting Place

Delaware County Peace Center,  
Springfield Friends Meeting,  
1001 Old Sproul Road  
(behind the car wash at Rte. 320  
and Old Marple Road).



GO BONKERS!

DVBC welcomes articles and ride reports for the newsletter. Please submit your proofread materials to the Editor before the 12<sup>th</sup> of each month.

### Board of Directors & Staff

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### Club Affiliations



LAB



Bicycle Coalition of  
Greater Philadelphia

Please note that the views expressed in this publication are not necessarily the views of the DVBC, nor do we endorse products or services advertised.

## Ride Guidelines



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



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



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



Protect yourself at night with the required reflectors and lights.



Use hand signals to indicate stopping or turning.

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

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

(From Voice, page 1)

and local interests by restoring rivers and wildlife habitat, developing trails and greenway networks, and preserving open space, all of which contribute to an improved quality of life for our citizens. The IMBA would like Congress to restore funding for the RTCA at the full \$12 million level.

**U.S. Bicycle Route Network**

In the late 1970s, the American Association of State Highway and Transportation Officials (AASHTO) adopted a resolution to establish an official, signed U.S. Numbered Bicycle Route System. Two routes were established until work on a complete system vanished – until now. In 2004, AASHTO convened a task force to push for this network. Along with other groups, they created an inventory of existing bike routes and are now preparing a national corridor plan that will provide a basic framework for interconnected national urban-rural bike routes in all parts of the U.S. The AASHTO is soliciting comments on the corridor plan before they finalize it and



Riders in the holiday spirit. From left to right: Drew Knox, Bob Martin, Buckeye, Deb Chaga, Sue, Jim, Tom Smyth, Marianne Kelly, Dan Dillon, Charlie Stockley, Cheryl Lynch, and Steve Rothrock. Photo by Nancy Schwarz.

start to develop specific national routes. We asked our members of Congress and their staff to examine and review the draft plan in their areas. The LAB also plans to work with Congress to secure support for what can become an effective and inexpensive transportation system accessible to millions of Americans.

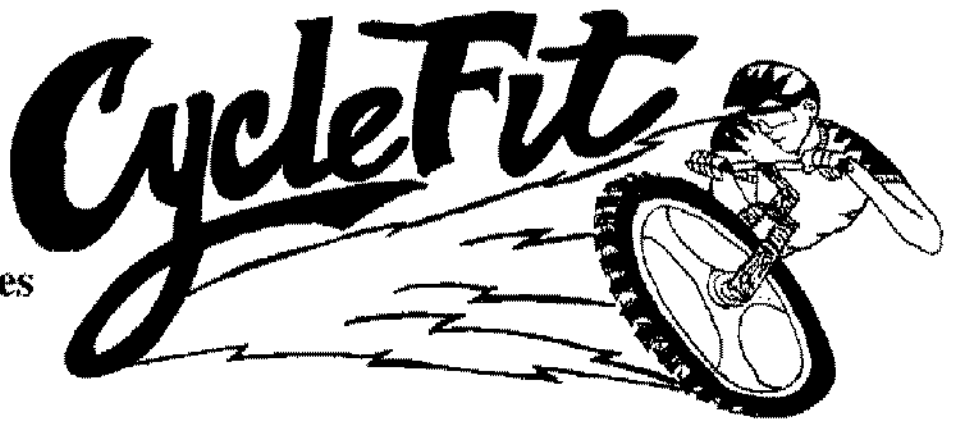
This was my second summit,

and I truly enjoyed the event. It's a long day, but it's a great opportunity to voice your concerns to your Congressional leaders and to brainstorm with bicycling advocates from across the U.S. I encourage all of you to consider spending a day in our nation's capital and have your voice heard. See you on the road!

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## Summer Tours – TOPA 2007

One of DVBC's latest landmarks is the Tour Of Pennsylvania, a week-long self-contained tour, tentatively scheduled for July 14-21. Last year's tour was a resounding success, despite some arguments about what constitutes a hill. No matter what your definition is, this year's tour will have less of them as TOPA goes coastal.

The tour departs from Lansdale, travels north to Easton, crosses NJ to the ocean, then heads for Cape May. The group will ferry to Lewis and then head north through Delaware. Tour leader, Doug Bower, says that the first three days "are on the books" with daily distances less than 65 miles. Flatter days may be longer. As the weather warms, the remainder of the route will be scouted and accommodations locked down.

The hotels are described as "decent but not exquisite" so they won't break your pocketbook. Expect to pay about \$400 for the week. Remember, self-contained means that there is no sag wagon so you carry whatever you need for the week. You can get lots of suggestions on what to carry from previous TOPA tourers, as many of them can't wait to come back and do it again.

You can still reserve a spot by contacting Doug Bower at [Bowerdou@verizon.net](mailto:Bowerdou@verizon.net). DVBC membership is required.

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## DVBC Ride Calendar

### APRIL 2007



*****Recurring Weekday Rides*****	
<b>Tuesdays 6:00 pm</b> Miles:15-20 Class:C/C- <b>Vocabulary Ride</b>	Spin through southern Delco. Beginners are welcome on this ride but are asked to call at least a day before the ride. Meet us at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: <a href="mailto:brider-ride@usa.net">brider-ride@usa.net</a>
<b>Tuesdays 6:00 pm</b> Miles:15-25 Class:C+/B- <b>Booths Corner</b>	Meet at Booths Corner, Route 491 (Naaman's Creek Rd.). Mileage will increase/decrease dictated by amount of daylight. Terrain is flat to rolling and average speed 16-17mph. Contact Len at 610-558-6232 Email: <a href="mailto:freewheelinguy@verizon.net">freewheelinguy@verizon.net</a>
<b>Tuesdays 6:10 pm</b> Miles:20+/- Class:B <b>CycleSport Ride</b>	Meet at CycleSport bike shop on 252 & State Road in Media for a road bike ride to surrounding area. Call the shop anytime for details and to check on ride if weather is questionable. Distance varies with available daylight during the early days. Pace is around 14-15; can split into two groups for newer riders. Contact Harry at 610-565-9535 Email: <a href="mailto:cyclesport@verizon.net">cyclesport@verizon.net</a>
<b>Wednesdays 9:30 am</b> Miles:30-60 Class:B/B- <b>Doc's Ride</b>	Start at 320 Market Cafe, 713 S. Chester Rd, Swarthmore, Pa. Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead of time for weekly plans. Contact Larry Green at 610-544-5799 Email: <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a>
<b>Wednesdays 6:00 pm</b> Miles:25+- Class:B+/A- <b>Workout</b>	Meet at Rose Tree Park on Rte. 252. Start another season with our workout ride. We'll start at a slower pace to encourage riders to come to the ride, move to the next step, and increase speed as our training progresses. We start this ride at a B pace and move to a "C how fast we can go" pace by the end of the season. No racing at the start of the season. Contact Antonio Rocha at 484-802-8374 Email: <a href="mailto:tony@crafttech.com">tony@crafttech.com</a>
<b>Wednesdays 6:00 pm</b> Miles:15+/- Class:C <b>Rose Tree Park N Ride</b>	Meet at Rose Tree Park, Rte. 252 near Media for a hilly but gentle ride through Ridley Creek State Park and surrounding area. We might even try some new roads. No worries, no one dropped. Contact Dom Zuppo at 610.544.8630 Email: <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>
<b>Wednesdays 6:00 pm</b> Miles:20 Class:B/B+ <b>The Rose Tree Ridley</b>	Start at Rose Tree Park on Rte. 252, go through Ridley State Park and beyond. As day gets longer so does the ride... with a hill or two.... Contact Brian Wade at 610-254-9485 Email: <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Thursdays 6:00 pm</b> Miles:15-25 Class:C+/B- <b>Chadds Ford Ride</b>	Meet at Chadds Ford Elementary School, Rte. 1 and Fairville Rd. Mileage increases/decreases with amount of daylight. Terrain is rolling to moderately hilly, flat finish, avg. pace 14-15mph. Contact Len at 610-558-6232 Email: <a href="mailto:freewheelinguy@verizon.net">freewheelinguy@verizon.net</a>
<b>Sunday, Apr 1 7:55 am</b> Miles:25 Class:B <b>Be the Fool You Are</b>	15,000 foot of climb in 36 miles. Bring water and food and four good legs. Start PROMPTLY at 7:55 am from the R5 Wayne Train Station. NOTE NEW START TIME! Contact Brian Wade at 610-254-9485 or <a href="mailto:bwadedvbc@aol.com">bwadedvbc@aol.com</a>
<b>Sunday, Apr 1 3:00 pm</b> Miles:7 Class:Beginners <b>Back to the Future 2</b>	Leave your flux capacitor at home but bring your bike to the SEPTA train station in Swarthmore as we meander through the local community. A hill or two will be no match for our enthusiasm. Contact Dom Zuppo at 610.544.8630 or <a href="mailto:membership@dvbc.org">membership@dvbc.org</a>

<b>Monday, Apr 2 7:00 pm</b> Miles:0 Class:ALL <b>Board Meeting</b>	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Saturday, Apr 7 9:00 am</b> Miles:53 Class:B- <b>Tour Lancaster County</b>	Meet at Bob LaDrew's house near Coatesville. We climb a few hills, stop for lunch in Intercourse & browse at Shirk's Bike Shop. Call or email for driving directions Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
<b>Sunday, Apr 8 7:55 am</b> Miles:25 Class:B <b>Easter Ache Hunt</b>	Twenty five hundred foot of climb in twenty five miles. No stops. No clue sheet. Bring water and food. Eat on the seat. Start PROMPTLY at 7:55 AM. Finish by 10 AM at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Apr 8 9:45 am</b> Miles:40-60 Class:B/B- <b>Easter Westtown and Beyond</b>	Same ride, different name. Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Sunday, Apr 8 3:00 pm</b> Miles:7 Class:Beginners <b>Back to the Future 2</b>	Leave your flux capacitor at home but bring your bike to the SEPTA train station in Swarthmore as we meander through the local community. A hill or two will be no match for our enthusiasm. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Monday, Apr 9</b> Miles:0 Class:ALL <b>Members Meeting</b>	Maintenance Clinic and NEO (New Enthusiast Orientation) at Delco Peace Center. See description on the front page. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Saturday, Apr 14 9:00 am</b> Miles:70 Class:B- <b>Pizza in Buena</b>	Meet at Kingsway High School, Rtes. 551 & 322 in Swedesboro, for a flat, windless ride to the Pavilion in Buena. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
<b>Sunday, Apr 15 7:55 am</b> Miles:25 Class:B <b>Week After Easter Ache Hunt</b>	As per last week but different hills. Starts PROMPTLY at 7:55 am at the R5 Wayne Train Station. Expect nonstop climbing for two hours. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Apr 15 8:30 am</b> Miles:35+ Class:C+ <b>Art Museum</b>	Ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop. Bring \$ for snack. Contact Bob Martin at 610-352-2114
<b>Sunday, Apr 15 10:00 am</b> Miles:40 + Class:B <b>Peter's Brandywine Loop</b>	Meet at Swarthmore Septa stop, south side. A brief lunch stop at Chadd's Ford Wawa. We'll see tank farms and horse ranches, a waterfall and a beaver valley, a covered bridge and spring potholes ("hole!") in the roads. Oh, and also some geologic protuberances along the way. Rain or excessive cold cancels. Contact Peter Schmidt at 610-328-2375 or pschmid1@swarthmore.edu
<b>Saturday, Apr 21 8:30 am</b> Miles:86 Class:B <b>Hoagies in Mays Landing</b>	Meet at Kingsway High School, Rtes. 322 & 551 in Swedesboro, and ride the flats to Mays Landing for a Sugar Hill hoagie by the river. Contact Bob LaDrew at 610-383-9327 or bonkersboy@verizon.net
<b>Saturday, Apr 21 9:00 am</b> Miles:18 Class:C <b>Take to the Woods</b>	Meet on North side (Philly) of Route 420 in Prospect Park, PA at the John Heinz Wildlife Reserve side lot. Ride the Reserve's pathways. The trail is very tame making the hybrid bike an excellent alternative. Wet weather or recent heavy rains cancels. Call ahead. Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com
<b>Sunday, Apr 22 7:00 am</b> Miles:60 Class:B <b>A Round of Hills</b>	7,500 foot of climb in 66 miles. Starts at the R5 Wayne Train Station, one quick stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

<p><b>Saturday, Apr 28 8:30 am</b> Miles:50 Class:B-/C+ <b>Ye Olde Brandywine Fifty</b></p>	<p>Meet at Chadds Ford Elementary School. Be ready to climb hills and enjoy the scenery. Bring at least two water bottles and a snack because store at halfway stop isn't the greatest. Cue sheets provided. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamer@craftech.com</p>
<p><b>Saturday, Apr 28 10:00 am</b> Miles:20-26 Class:C <b>C U at Selene</b></p>	<p>Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills &amp; valleys to Ridley Creek State Park &amp; beyond. Free refreshments afterward inside Co-op. Free parking in lot just west of the store. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org</p>
<p><b>Sunday, Apr 29 8:30 am</b> Miles:34-50 Class:C+ <b>Kountry Kitchen</b></p>	<p>Meet at Kingsway High School, Rtes. 322 &amp; 551 in Swedesboro, for that familiar breakfast ride to Kountry Kitchen. 50-mi. option if weather permits. Contact Bob Martin at 610-352-2114</p>
<p><b>Sunday, Apr 29 3:00 pm</b> Miles:7 Class:Beginners <b>Back to the Future 2</b></p>	<p>Leave your flux capacitor at home but bring your bike to the SEPTA train station in Swarthmore as we meander through the local community. A hill or two will be no match for our enthusiasm. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org</p>

## Save the Date! May 14-18, 2007

### Delaware County Bike To Work Week

Events throughout Delaware County!

For more information or to volunteer call :

Lisa @ the Delaware County TMA **610-892-9440**

Justin @ the Delaware County Planning Dept **610-891-5219**



## Flip-top Lid: The Other Water Bottle

by Frank Jackson



That's correct, the other water bottle. Those who ride with me know when it comes to the trail or Amish Country, I use bottles with flip lids that cover the nipple area. It's my simple way of protecting against the contamination hazards lurking nearby. Did you ever take a hard look at your bottles when riding in those areas? Even the unobservant will eventually notice what is lurking on the shoulder being slowly sprayed on your bike and bottle.

Smaller frame bikes may have size issues because the flip lid increases the length of the bottle. I haven't experienced this with my 56mm frame but have heard others with smaller frames express concern. Over the years, I've seen them go from a basic bottle design to ones that come with complex nipple systems and even one with a gasketed surface for the flip lid. Anyway, as a service to those who don't like pathogens in their drink, I've asked my friends at Cycle Fit (John, Pete, Greg, Josh, & Omar) on Route 320 in Swarthmore to stock a few flip-lid bottles. So in response to my request, they will be stocking 22-ounce Nalgene "All-terrain Bottles" (flip lid). Also, if you need a smaller bottle because of frame size issues, Nalgene does make a 12-ounce "All-terrain Bottle" which can be ordered. So if you're worried about being full of horse — or having muddy mouth, get a set of flip-lid bottles today.

Though not easy to find, these bottles are still out there. So now that you've decided to buy a set, the first thing is to make sure they fit within the confines of your bike's frame.



## Bike Dirt

By F.X. Pedrix



**Celeste Bianchi** and **Grease Monkey**, the self-appointed fashion tzarinas, comprise the judging committee for this year's Best Dressed Award, aka "The DVBCer Wears Prada." At a late February cold weather ride, they began the 2007 running tabulation. **Mighty Mouse** and **Legs**, last year's winner and runner-up respectively, were nattily attired and each earned a point. **Gray Wolf**, sporting a new jersey, also cadged a point but could have scored higher. After all, how many points can you get for matching one jersey to one frame?

Apparently, the only opt-out option is not to ride. The 2006 **Best New Rider** award recipient had the good sense to arrive in an ill-fitting jersey but then learned there is a new category for worst-dressed and was tagged with a one-point deduction! According to Grease Monkey, "This new category should really build awareness (if not interest) in our fashion-conscious crowd!"

Great weather for the March 3 "Pizza in Buena" ride drew 20 rusty riders out of the woodwork. By lunchtime the mercury had risen, but not enough to justify what occurred as the group mounted for the return leg to Kingsway. **Buckeye Boy** stripped off his tights, revealing...is this still a family publication?...the horror, the horror!...legs that should have propped up a baby grand piano with skin that had not seen the light of day since the 60's, possibly the 1860's, swathed in mid-calf black socks. All in all a remarkable and tough early entry. One worried onlooker whispered, "Wow, we're gonna have to wear nylon hose and garters to beat that."

Talk about a great student-teacher ratio! The **Perfessor** and **Buckeye** recently taught a course on

how to tear down your bicycle and paint the frame. The class was comprised of a single individual: the mechanically incompetent **Bonkers Boy** who videotaped the project. If those two can impart such knowledge to Bonkers Boy, they get my nod for co-Professors-of-the-Year.

Apparently they found a place for most of the components. Look for the how-to-paint-your-bike video and The Yellow Streak to be released soon.

Maybe it's the jazz, tap, ballet and free-dance lessons she's been taking but, after two months off the bike, **Misty** arrived at a March 11th ride and put everyone to shame. Her fortes are riding the flats and eating Kountry Kitchen breakfasts, so this **Purple Martin**-led ride was just the ticket for Misty.

**Blade Runner** had been anticipating that same Sunday KK ride and set his clock to make certain that he would not oversleep. Sadly, his preparation was for naught when everyone else moved forward an hour. However, Blade Runner used his knowledge of local geography to intercept the riders on a back road to salvage some group riding.

And speaking of Blade Runner, he and the **Polish Prince** traveled to Alaska late last month for some skiing in the Chugach mountain range. I'll bet those two were surprised to learn they could have seen as much snow by staying home.

Best wishes for a speedy recovery go out to **Gas Passer**, who underwent the knife on March 20 for removal of a herniated lumbar disk. His doc says no riding for four weeks and after that he has to take it easy for another 90 days. Buckeye has generously offered the loan of his recumbent trike for the recovery period. I would be more inclined to recommend the trike for safety if it

weren't the same vehicle Buckeye was riding when he earned my 2005 Crash-and-Burn award.

In off-bike competitions, **Juror #6** scored a win in a recent chess tourney, while **Grease Monkey** took a close second place in a vicious kick-boxing bout. The Greaser fought valiantly but limped off with injuries that included a broken toe. (See photo at bottom). Wisely, the winner, the office Coke machine, refrained from gloating.

Rumors are circulating that **Bonkers Girl** could emerge from a three-year retirement for a tandem ride to Kountry Kitchen next month. [Ed -- One can only hope!]



### SPECIAL TREK TRAVEL OFFER

Wow! Here's another benefit of club membership.

DVBC members can receive \$100 off the cost of any Trek Travel vacation booked before December 31, 2007 or \$200 off for travel before June 30, 2007. Just mention code "161DS02" when booking your trip.

Please contact Diane Suozzo, Trek Travel Guide (diane\_suozzo@trektravel.com) with any questions you may have. *Bon voyage!*



## Improving Cycling In Your Community

by David Bennett

All of us can contribute to DVBC as we become advocates for the safe and enjoyable use of a bicycle by planning rides, doing fundraisers, attending meetings, publishing articles, volunteering at events, networking information, and encouraging new riders. Behind the scenes, advocates are working hard on your behalf to make your community, region, state and nation safer, more convenient, and more accessible to cycling. They work primarily with various government entities to pass bicycle-friendly legislation and suggest improvements to highway officials to help make cycling safe, convenient and enjoyable. Sometimes that legislation is ignored so that the advocates need to remind authorities of the legal mandate. Here is what is happening at the national and local levels:

Advocates at the **national level** include: the League of American Bicyclists (LAB) [www.bikeleague.org](http://www.bikeleague.org); East Coast Greenway Alliance [www.greenway.org](http://www.greenway.org) (They also have a local organization); and Thunderhead Alliance, which works only with advocacy organizations, not individuals [www.thunderheadalliance.org](http://www.thunderheadalliance.org)

At the **state level**: the Bicycle Access Council [www.BicycleAccess-pa.org](http://www.BicycleAccess-pa.org)

At the **regional level**: Bicycle Coalition of Greater Philadelphia [www.bicyclecoalition.org](http://www.bicyclecoalition.org) (BCGP), your primary organization for carrying out advocacy projects. The Delaware County Cycling Committee (DCCC) is the local chapter. The Friends of the Chester Creek Branch is at: [www.chestercreektrail.org](http://www.chestercreektrail.org)

So, what projects are underway?

- East Coast Greenway/Pa Bike Route E continues to be defined as off-road trails are planned and added.
- Cobbs Creek Trail, and a new extension to the John Heinz Wildlife Refuge
- Chester Creek Rail Trail engineering study
- Creating a "Brandywine Byway" in East Bradford and Chadds Ford Townships
- US 202 renovation plans to include cycling facilities
- "Bicyclists Baltimore Pike" proposed as a bike route that parallels Baltimore Pike and connects Brookhaven with the city trail network via Whitby Ave
- Darby Creek Greenway Plan to ensure that cycling facilities are included
- Ongoing Education: supporting and delivering programs to educate adults and children, cyclists and non-cyclists, about the rights and needs of cyclists.
- We are addressing cycling access and parking at the airport, and allowing bikes on Amtrak.

How can you participate?

Regular public meetings of local and county governments and with DELCO officials and city-wide advisory boards are on-going.

The annual meeting and banquet of the Bicycle Coalition of Greater Philadelphia will be on Sunday, April 15th; Bike to Work Week will be May 14<sup>th</sup> to 18<sup>th</sup>; and Bike-to-Work Day will be May 18th.

Get involved. Be active. To learn more, contact David Bennett who chairs the Delaware County Cycling Committee (DCCC) at [dster@craftech.com](mailto:dster@craftech.com). There are also County Committees in Chester, Montgomery, Phila., South Jersey, and Delaware. You can join DCCC. I encourage you to Join BCGP, LAB, and the Friends of the Chester Creek Branch.

## Neighborhood Bike Works

Got a no-longer-wanted child's or adult bicycle (or two or three) in your basement that someone could ride if the bike was rehabbed? How about no longer needed but workable tools or other useful bike repair stuff, including clean cleaning rags?

DVBC wants to start a collection drive in spring 2007 to benefit Neighborhood Bike Works in West Philadelphia, a fine Delaware Valley organization that teaches kids to repair and rehab and thereby own their bike. The organization has a great track record and has made alliances with local schools in Philadelphia. They also teach the kids bike safety, supply them with helmets, etc. They are a 501 (c)(3) nonprofit educational organization registered with the Pennsylvania Department of State.

How do we start? At this point, we ask: 1) Can you contribute? What and how much? When would it be ready? and 2) Is anyone interested in helping Peter Schmidt collect

donations?

At this point we don't know whether our donations will amount to ~5 bikes and other odds and ends, or so much that we'll have to borrow or rent a truck. Any suggestions about a site we could use as a drop-off and load-up location, if that becomes necessary? Neighborhood Bike Works also accepts cash donations if you'd prefer giving that way rather than parting with your beloved Motobecane or Schwinn. Please remember, only donate bikes that will be safe when rehabbed; do NOT donate bikes with broken or severely rusted frames.

Want to know more about Neighborhood Bike Works, including the kind of donations they are looking for and what they do with it? Their website is <http://neighborhoodbikeworks.org> Please email Peter Schmidt at [pschmid1@swarthmore.edu](mailto:pschmid1@swarthmore.edu); include your name, email, phone, and any other useful contact info.



## BONKERS METRIC

### Sunday, May 20, 2007

18, 35, 50, and 65-mile routes  
Ride will be held rain or shine.



**Time:** 8-9 a.m. for 65 & 50 mis.; 9-10 a.m. for 35 & 18 mis.

**Place:** Ridley Creek State Park, Media, PA; Picnic area 15.

**Cost:** \$18 pre-registration (postmarked by May 12, 2007); \$25 pre-registration includes special club membership with PDF of club newsletter; \$25 day of the ride; \$32 day of, includes special club membership with PDF of club newsletter.

**Services Provided by DVBC:** Food & water stops, cue sheets, sag wagon, rest rooms, marked routes.

**Safety:** *Helmets are mandatory!* Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump and tire irons. Each rider assumes her/his own responsibility.

**Information:** [www.dvbc.org](http://www.dvbc.org) or email: [info@dvbc.org](mailto:info@dvbc.org)

*A ride that keeps people coming back year after year: good routes, good food, good friends.*

### BONKERS METRIC, May 20, 2007, Pre-Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Intended ride distance (please check one):  18 miles  35 miles  50 miles  65 miles

#### Waiver/Release:

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature \_\_\_\_\_

Signature of parent or guardian (if you are under 18 years of age.) \_\_\_\_\_

Please send this signed form by **May 12** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081.

## Regional Events

**Sat. April 14, Taxing Metric Century,** Warwick County Park, Knauertown, PA. 20, 32, or 64 mi. \$17 pre-reg or \$20 day-of, incl well-stocked water/food stops. Brandywine Bicycle Club.

**Sun. April 22, Girls With Gears,** Women's Cycling Event, Limerick Community Park, Limerick, PA. 5, 15,

25, or 40 mi. Benefits Carol For Heart, Inc., to eradicate women's heart disease thru awareness & ed. to women.

**April 28-29, Face of America Ride,** Gettysburg, PA, to Washington, DC, one-way. Ride 60 miles per day to honor and assist disabled veterans returning from the wars in Iraq and Afghanistan. 617-282-6104 ext. 170

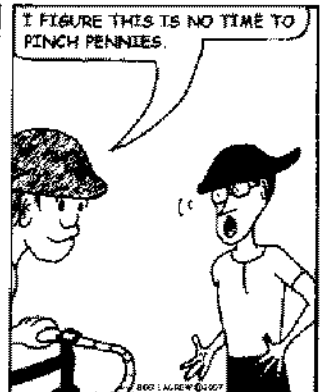
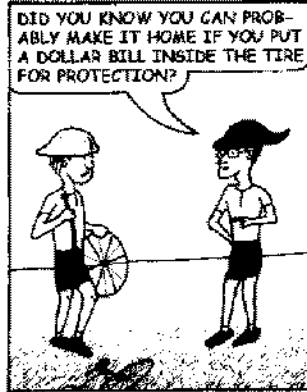
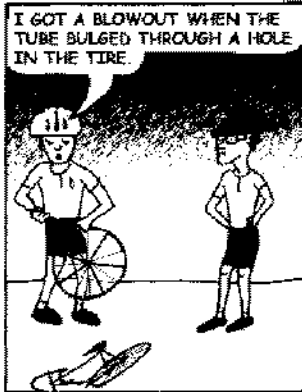
**Saturday, April 28, State Police Me-**

**morial Metric Century,** Hershey, PA. Ride 5.5 mi, 15 mi, 31-mi Ft. Indian-town Gap loop, or 31-mi Mt. Gretna loop; combine latter two routes for 62 miles. 717-533-9111 x-426

**Sun. April 29, Rotary River Ride,** Horsham, PA. 5, 20, or 35 mi rolling, or 63 miles rolling/hilly. Start College Settlement Camp, 600 Witmer Rd. Indoor facilities at start/finish. Horsham Rotary, 215-674-9590.

### BONKERS

CARTOONS OF THE DVBC



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# CYCLE SPORT

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

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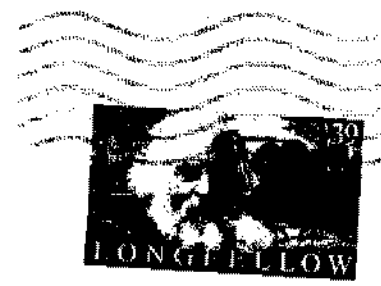
E-Mail: [cycle.sport@verizon.net](mailto:cycle.sport@verizon.net) Website: [cyclesportmedia.com](http://cyclesportmedia.com)

PHILADELPHIA PA 191



Delaware Valley Bicycle Club  
P.O. Box 156  
Swarthmore, PA 19081

NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES



Expiration Date: 7/31/2007



13301+1310



<p><b>Application for DVBC Membership</b> (Expires 1 year from date joined/renewed) <b>Annual Membership: \$15.00 per household.</b></p> <p>Check one: <input type="checkbox"/> new member or <input type="checkbox"/> renewal</p>	<p>Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues</p>
<p>Please print clearly and use your 9-digit zip code, if known.</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ State: _____ Zip: _____</p> <p>Phone: _____ Date of Birth: _____</p> <p>E-mail: _____</p>	<p>The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:</p> <p><input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$15 <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 Other: _____</p> <p>Amount enclosed: \$15 (membership) + _____ (safety) = _____</p> <p>I'll volunteer for: <input type="checkbox"/> Ride Leader (check all interests) <input type="checkbox"/> Tour Volunteer <input type="checkbox"/> Board Member</p>
<p style="text-align: center;"><i>Please send your check or money order to the:</i> <b>Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081</b></p>	

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)