



Delaware Valley Bicycle Club



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

April 2008

Climbing Capitol Hill

By Dominick Zuppo

"Well, there's about probably some 10 percent to 20 percent of the current spending that is going to projects that really are not transportation . . . Some of that money is being spent on things, as I said earlier, like bike paths or trails."

U.S. Secretary of Transportation Mary Peters may have uttered her remarks last August, but they still resounded in the memory of bicyclists far and wide as they descended on Washington, D.C., last month to attend the League of American Bicyclist's National Bike Summit. Over 500 advocates attended the four day event to exchange ideas and gain new insights on what it takes to make our communities safer and more appealing to both bicyclists and pedestrians.

Since we often hear elected and appointed officials express comments similar to those above, the theme for this year's Summit was "Climbing Capitol Hill." With the ever increasing cost of fuel and traffic congestion, coupled with a reduction in air quality and the health of our nation, the LAB recognized an urgent need to scale the steps of the House and Senate and remind our elected officials that the bicycle is not an obstacle to traffic but a part of traffic, not a cost to taxpayers but a cost-effective means to tackle many of the health and environmental issues of our country.

On March 6th, club members David Bennett, Jill Minick, Hans van Naerssen, and yours truly met with members of Congress including Charlie Dent (Lehigh Valley) and Jim

Gerlach (Chester and Montgomery Counties), and the staffs of Joe Sestak (Delaware County) and Senators Robert Casey and Arlen Specter. While our meetings were brief, we stressed the importance of the following four issues:

excellent way to promote an issue prior to the enactment of a significant piece of legislation, such as next year's transportation bill.

Complete Streets. Complete Streets policies simply require that the safety, interests, and convenience of all



DVBC members David Bennett, Jill Minick, Dom Zuppo, and Hans van Naerssen among others on Capitol Hill.

Congressional Resolution. Bicycling has a significant role to play in meeting our nation's transportation, health, energy, recreation, and environmental goals, yet it is consistently left out of legislation designed to solve these issues. We have to change our representatives' perception that bicycling is not a credible solution or a national priority. The adoption of a Congressional Resolution establishes a "Sense of Congress" about an issue. While it has no immediate cost and no binding outcomes, it is an

users, including motorists, pedestrians, transit users, bicyclists, and those who travel with mobility aids are considered in the design and construction of transportation projects. Provisions must be made for the one-third of Americans, many of whom are elderly, poor, or young, who do not drive. Without walking, biking, or mass transit options, they have no opportunities for mobility. Complete Streets legislation would require states and other metropolitan planning organizations to establish

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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).



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

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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

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!

	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.

Save the Dates!



**Sunday, May 18th
Bonkers Tour**

**Saturday, August 2nd
Club Picnic**

**Sunday, August 31st
Brandywine Tour**

The View From Here

By Drew Knox



There was a dust-up last month when I suggested we change the club's list serve reply. My goal was to make it easier to respond to the sender and not bother the rest of the folks on the list serve with personal messages. This didn't sit well with a small group who like to use the list serve as a chat room and want to share their quick wit with everyone instead of just their circle of friends.

I'm for posting a message if it is for the whole club, such as "I'm leading an ad hoc ride tomorrow at 8:30 for anyone who would like to join me." If your response is "I can't make it," then, please, reply directly to the sender or to a personal group. Why bother 200 people with that?

Remember, the list serve is a public face of the club. What goes as humor and wit and news among friends also excludes 80% of the members and all those folks we hope will join.

On to more pressing matters. I'm working with the board to have a fuller ride calendar. Towards that end, I hope to announce soon the details of a Ride Leader Incentive program and a Ride Leader Mentoring program. There's other good work that the board is doing on your behalf, including acquiring club water bottles, researching new jersey designs, and investigating membership software. I'd also like to see the website updated with a list of ride start locations, new rider guidelines, and a members-only section to provide more value for our current members. There's a lot to do with riding season nearly upon us.



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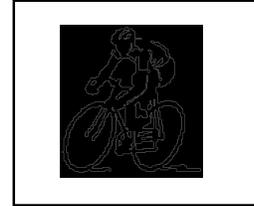
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DVBC Ride Calendar

April 2008



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15+/- Class:C-/C Vocabulary Ride	Vocabulary Ride is back! Meet at the 320 Produce parking lot, Chester & Park Lane Rds., for ride thru Swarthmore, Wallingford, Ridley Twp, & surrounding area. We wait for all riders. Contact Betsy Ffrench 610-544-8253 Email: EFrench@wilmingtonTrust.com
Wednesdays 10:00 am Miles:35-50 Class:B- Doc's Rides	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Temperatures below 45 degrees F will cancel ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 6:00 pm Miles:10-15 Class:C Rose Tree Park N Ride	It's Spring! Time to get out and ride! Meet me at Rose Tree Park, Rte. 252 near Media, PA, for an easy ride through Ridley Creek State Park and the surrounding area. We'll stick to the advertised pace, and the group will stop and wait for stragglers. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net
Tuesday, Apr 1 5:15 pm Miles:15 Class:All No Fooling It's AHCS	Time to train and climb some hills. Join the Aston Hill Climbing Society for hill repeaters on the mountains of Aston. All riders welcome, you do hills at your own pace. Afterwards we'll hit Rita's for WATERICE. Meet in Aston at Planet Fitness, Pennell (Rte. 452) & Marionville Rds. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Apr 5 8:30 am Miles:55 Class:C+ Dreamer's Way to N'brook	We'll ride to Northbrook and keep our fingers crossed it's open. If not, we'll stop somewhere else. Expect lots of hills. Meet in Aston at Planet Fitness, Pennell (Rte. 452) & Marionville Rds. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Apr 5 10:00 am Miles:26 Class:C C U at Celene	Start at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Apr 6 9:00 am Miles:35-40 Class:C+/B- Westtown & Vicinity	Meet at Rose Tree Park for a ride toward Westtown. Exact route and hilliness will depend on the mood of the ride leader and the energy of the pack. Contact Adam Levine at 610-891-0780 or aelrvpa@hotmail.com
Monday, Apr 7 7:00 pm Miles:0 Class:ALL Board Meeting	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Drew Knox president@dvbc.org
Saturday, Apr 12 9:00 am Miles:25-30 Class:B/B- Schuylkill Trail Ride	Leave from Valley Forge Park, Betzwood Picnic Area. Meet near trail entrance closest to Rte. 422 bridge. We'll stay on paved section of trail. Avg. speed 14-15mph. Bring snack & water. Contact Mike Salter at 302-239-0384 or Trekbikermike@verizon.net
Sunday, Apr 13 9:00 am Miles:34-50 Class:All Kountry Kitchen Ride	Meet at the Kingsway High School, NJ, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 717-529-0981
Saturday, Apr 19 9:00 am Miles:45-50 Class:B/B- Ride to Centreville	Meet at Rose Tree Park (Rte. 252 & Rose Tree Rd.) for a ride along the beautiful Brandywine to Centreville, DE and back. Food stop at a cafe in Centreville. Average speed 14-15 mph. Contact Adam Levine at 610-891-0780 or aelrvpa@hotmail.com
Sunday, Apr 20 8:00 am Miles:60+ Class:B Get Out the Vote	Do not come out if you are not registered and plan on voting. Start at the R5 Wayne Train Station, one quick stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sunday, Apr 20 9:30 am Miles:62 Class:B Westtown & Beyond	Meet at Moylan Rose Valley train station, Manchester & Woodward Rds. for a ride over the classic routes of the DVBC. Go through western Delaware County, Chester County & maybe Delaware. Plenty of hills, farms and creeks. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Wed, Apr 23 6:00 pm Miles:20+ Class:B- B Back B4 Sunset Ride	The first of my weekly Wednesday night rides out of Rose Tree Park. We'll start out the season with our usual ride including hills. As days get longer so will the ride. As we get stronger the pace will pick up and more hills will be added. Meet at Rose Tree Park, Rte. 252, Media. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Apr 26 9:00 am Miles:35-40 Class:C+ Welcome Home Babes	Welcome home the ladies of Spain (if they come home). Watch as they demonstrate their new climbing skills. Listen to Spain tales over a delicious Northbrook lunch. Meet at Chadds Ford Elementary School (Route 1 and Fairview). Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Apr 27 8:00 am Miles:65+ Class:B The Hill with It	A difficult and hilly ride to test your legs and stamina. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Apr 27 9:00 am Miles:35 Class:C+ Art Museum	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 717-529-0981
Sunday, Apr 27 9:00 am Miles:30-35 Class:C/C+ Ride to the Wildflowers	Meet at Chadds Ford Elementary School. Ride to the 4th Annual Wildflower Celebration at Mt. Cuba Center (near Greenville, DE), one of the region's premier wildflower gardens. This is the only day of the year Mt. Cuba can be toured for free and without a guide. Ride leader will spend about an hour at the garden; for those who want to linger longer, cue sheets will be provided. Bring food to eat. (No food is allowed on the grounds). If I get a good turnout for this ride, expect rides to other gardens later in the season. Contact Adam Levine at 610-891-0780 or aelrvpa@hotmail.com
Wed, Apr 30 6:00 pm Miles:20+ Class:B- B Back B4 Sunset Ride	Join in on a weekly fun ride out of Rose Tree Park that includes hills. As days get longer so will the ride. As we get stronger the pace will pick up accordingly, and I'll add more hills. Meet at Rose Tree Park, Rte. 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

Swarthmore Charity Fun Fair 2008

Lions International of Swarthmore — 5k Fun Run & Walk—Sunday, April 20, 2008

Registration: 10:30 to 11:45

Run/Walk Starts: 12:00 noon

Awards: First 3 male and female runners

T-shirts guaranteed to first 100 registrants

Prizes presented at 1:00 at the main WAWA stage at the train station.

Registration and start adjacent to Swarthmore SEPTA train station & end at the Lions booth next to the Cheese Court on Myers Avenue.

To register for the Fun Run & Walk please fill out either our:

Online Registration Form — <http://www.swarthmorefair.org/funwalkform.htm>

Printable PDF Registration Form — <http://www.swarthmorefair.org/docs/2007FunFair5Kraceapp.pdf>

Bike Tours — Registration: 11:00 to 12:00

Both tours start 12:05 after runners and walkers have departed. Register and start adjacent to Swarthmore SEPTA train station. End next to Cheese Court on Myers Ave. Fee: \$5.00 donation - 100% benefit to American Diabetes Foundation

Bike tours led by members of the Delaware Valley Bicycle Club

Ride 1 - for novices — 7 miles over essentially flat streets of Swarthmore and neighboring communities.

Ride 2 - for experienced riders — 15 miles over flat, rolling and hilly local roads.

Riders will stay together under the direction of experienced DVBC ride leaders, cycling on public roadways, respecting pedestrian and automobile traffic. These are bicycle tours, not races, with emphasis on fun, safety and education.

Contact Larry Green at 610-544-5799 or largreen@earthlink.net for questions or information

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complete streets policies and apply them to federally-funded projects.

National Park Service. In recent years, our National Parks have suffered from reductions in federal funding. The International Mountain Bicycling Association supports the National Park Service Centennial Initiative's commitment to restore and repair our nation's parks to their former glory in time for the 2016 100-year anniversary. With sufficient funding, National Parks could be better experienced on foot and by bicycle. Citizens could reconnect with the natural world. Visitation numbers are down at many parks, and improving opportunities for bicycling and promoting trails tourism could benefit economic conditions for nearby communities. Many parks lack relevance with today's youth, but bicycling is a fun way to help kids fall in love with their park and become future stewards.

Congressional Bike Caucus. As of

February 12, 2008, the Congressional Bike Caucus was comprised of 177 members of the House and 16 Senate members. Working with the Caucus, advocates have the opportunity to highlight a transportation option that burns calories instead of fossil fuels, requires minimal infrastructure investments, and makes our nation healthier. We know that the federal government can play an important role in promoting cycling's benefits. We need more members to join the Caucus. If they have not already done so, please urge your member to join today!

The National Bike Summit is an excellent opportunity to express your support for bicycling and to urge the same of your elected officials. With the upcoming reauthorization of the federal transportation funding bill, 2009 will be the most important year ever. I hope you will seriously consider traveling to our nation's capitol with your fellow club members and attend next year's event.



Above: Cheryl Lynch, Mary Huis, and Tom Smyth on a St. Patrick's Day ride.

Below: Nancy Ness and her new wheels.



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Bike Dirt

By F.X. Pedrix



One of my spies reported that the **Cycling Gardener** may need a new nickname based on events that occurred at his first posted ride of the year. Not only did he show up late, but after he took off on his bike he had to be called back by **Dreamer** to gaze upon the sight of his wide open car door. Should his new nickname be Better-Late-Than-Never or maybe the Absent-Minded Cyclist? Suggestions are welcome and the more outrageous the better.

Another mole sent me a report on **Crash Rothrock's** recent mini-triathlon down by the Brandywine. It seems the posted Ride in the Woods got cancelled since Dreamer had deemed conditions unsafe. Crash decided to go out on his own and that's just the beginning of the story. Hear tell, Crash hit a patch of ice and he and his bike wound up in the Brandywine River. He quickly jumped out and pulled the bike with him. Bike, Swim and Run: sounds to me like a triathlon.

Plastic Boy is now a total convert to skiing. He has his own skis and has been heard to say that normally this time of year he'd be upset by cold weather, but lately he's agitated when the temps are rising because he doesn't want all that snow to melt.

The **Spain Babes** have been out training feverishly with their self-appointed coach, **Gray Wolf**. The Wolf has been getting in lots of extra miles and hills since the Babes have different riding schedules. Recently he cycled on a Thursday morning with **Smiling Rookie** and **Quilter** only to go out again in the pm for an AHCS ride with Dreamer. Then on Saturday he rode with **Ice Dancer**. If he keeps this up he'll be ready to ride the Giro. After one recent training ride Gray Wolf commented, "Man, I will feel so good when I see the DVBC babes on the podium in Spain."

However, Quilter had a brief stint in the coach's doghouse. She has been re-nicknamed "No Respector of

Spain" by Coach Gray Wolf for vacationing in Mexico with her family when she should have been training for her upcoming bike tour in Spain with Rookie, Ice Dancer and Dreamer. Maybe she was just fine-tuning her Spanish ("Venga, venga!"). Gray Wolf's mantra: No pain, no Spain!

On April 26, Gray Wolf is hosting a club ride entitled: "Welcome Home Babes". The description says the ride is to "welcome home the ladies of Spain (if they come home). Watch as they demonstrate their new climbing skills. Listen to Spain tales over a delicious Northbrook lunch."

In mid-March **Buckeye** emerged from hibernation in his cozy nest for his first ride of the season. He led **Gigi**, Smiling Rookie, Quilter, **Mighty Mouse**, and Dreamer to Anna Marie's in Royersford where the pancakes are the size of pizzas, only a lot thicker. No problem for Rookie who was able to wolf down one all by herself. Also memorable were the roadkill sighting of just one leg of a deer and riding the route backwards to do even BIGGER hills. Good thing everyone had that huge breakfast.

Each of you would do well to get on Mr. Buckeye's gift list. Word is he gives Trek Madones as birthday presents. Last month's happy recipient was GiGi. The beaming GiGi was fitted for a women's-specific carbon fiber Madone 5.1 with Ultegra components and Bontreger wheels, headset and bars.

Ice Dancer also acquired a new steed this month in the form of a shiny Felt carbon bike. Upon leaving



home for Water Boy's ride she'd apparently been so excited she left her skates... er, cycling shoes at home. Dancer drove home, picked them up, and met the group at the Wallingford train station. I hope there isn't something in the water bottles causing these memory losses.

Jim Walls (**Speedy**) crashed on a February training ride and had to be airlifted with multiple broken ribs to the hospital. This comes after he lost much of last season to racing injuries. I know he is recovering because Speedy was spotted recently in a music class attempting to play the violin with one hand.

When asked if he was thinking about quitting, Speedy replied, "Crashing is a part of life for everyone who rides a bike. Racers definitely crash more. However, you definitely will not see me bumping elbows in a sprint for a plastic trophy."

Our president, the **Nutty Professor**, spent the third week in March suffering through Hell Week in Texas. Apparently the KOA campground down there has a



wireless network because the Pres was able to check in daily with my editor. Of Hell Week he said, "Hell, I am having a great time. Woohoo, I'm in shorts and a tank top.... Perhaps the biggest dump is Johnson City, pop. 1109, twenty-three miles east of here and the birthplace of Lyndon B. Johnson. The town, the state and national park, the school and nearly everything else is named after him. I

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couldn't find the local whorehouse. My hope is that Johnsons are the specialty."



What has become known as Ira's Owl, or **Hooty**, located at Sycamore Road, has been identified by Smilin' Rookie as an Eastern screech owl. It is

not, as some have claimed, a cat sitting in a tree.

Boat Shoes suffered a recent crash on Glen Mills hill. He says that, "at the same time that a car was passing, the guy in front of me slowed quickly to avoid running over a runner. I bumped his rear wheel and just laid it on the pavement. I bruised all the usual suspects down one side: hand, elbow, hip, knee. And, though it looked okay at the time, I'd thrown my rear derailleur out of adjustment."

Juror # 6 is easing back into riding after winter surgery. He feels great and is expecting his best season ever.

Safety Fund

By Mike Broennle, Treasurer

For many years DVBC has had a safety fund to accumulate funds for safety related activities. Generous members often make a donation over the club's modest dues when renewing their dues. Occasionally, checks that the club has sent out are not cashed. After 6 months technically these checks, usually reimbursing club members, are invalid. I then credit them as a contribution to the safety fund.

Since the club is a 501c7 nonprofit fraternal organization, these donations are NOT deductible as charitable contributions against federal income taxes.

The last use of the safety fund was to purchase identification data forms designed to be placed inside your bike helmet. Your board of directors is now considering using safety funds to provide an American Red Cross adult first aid and CPR course. Look for a separate article about that program.

In 2007 contributions totaling \$604.44 were received from 53 members:

- | | | |
|-----------------------|----------------------|-------------------|
| Carlo Abello | Kathleen Glackin | Nancy Ness |
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| Dan Appleman | Mary Beth Jackson | Gabrielle Rinaldi |
| Jim Beasley | Mike Keating | Joseph Rink |
| John Bellenzeni | Joseph Laumakis | Tony Rocha |
| David Bennett | Jack Lautsbaugh | Lewis Ryan |
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| Sue Connahan | Henry Miller | Donald Taney |
| Leonard Davis | Paul & Jill Minick | John Weymiller |
| Betsy Ffrench | Cynthia Monteith | Mark Yerger |
| Michael Fishkow | Anne Murphy | Dom Zuppo |
| Brian Fullerton | Holly Neff | |

Welcome New Members!

- Peg Archdeacon
- Roy Dina
- Arjunan Ganesh
- Shawn Guido
- Ann Milner
- Michael Salter

DVBC BONKERS METRIC

Sunday May 18, 2008 (rain or shine)

Start: 8-9 AM for 65 & 50 milers; 9-10 AM for 35 & 18 miles

Where: Ridley Creek State Park (near Media, PA). Parking Lot # 15

18, 35, 50, or 65 scenic miles on rolling terrain, some hills near Media

Pre-registration: \$18 if postmarked by May 8th or \$25 to include special club membership. **Day-of-event:** \$25 or \$32 with special club membership.

Special club membership: full membership privileges substituting PDF version club newsletter.

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

Contact: Bob LaDrew at 610-383-9327, or email info@dvbc.org

Registration form on page 11

online registration and more info at www.dvbc.org

No Rest on the Sixth Day

By Dominick Zuppo

Beep, beep, beep. Flick. Groan. "6 a.m. already?" I thought as I rolled back into bed. I had gone to sleep early the night before but the body, ever mindful of prior deficits, is always eager to find exciting ways to exact its revenge. Last evening, however, was quiet and peaceful. I suffered no rude awakenings from the likes of a troubling dream or a charley horse.

As I stood up I looked over and saw Indiana. He hadn't fared so well, the sound of his nocturnal yelps and scratching legs a testament to the imaginary squirrel that stood just beyond his reach. But there he was now, alerted by the sound of the alarm clock, watching to see who was most willing and able to take him for his morning walk.

Behind me I could hear Jo Ann. She was motionless, and her heavy breathing confirmed that so far my efforts to creep out of bed were successful. But soon we would all squeeze into the bathroom, both company and crowd.

Squeaky clean, at least for the moment, I head for the kitchen. Indie follows me, equating its proximity to the front door to his morning constitutional and, ultimately, breakfast. But he has an uncanny ability to deduce who will grace him with their presence, and soon he heads back upstairs. Maybe it's my body language, or the emptiness of his dog bowl. Maybe in his black and white world he can tell that what I'm wearing isn't appropriate for a walk.

He never ceases to amaze me.

Oh yeah, breakfast. Should I try oatmeal or a bagel? How about a hard-boiled egg? I go through the usual list of options, trying to relate distance and topography to digestion. You'd think that after ten years I'd know exactly what to eat. At last I settle on the usual, peanut butter and jelly with banana slices on whole wheat. Washed down with half a glass of low fat milk and I'm good for the morning.

My appetite satisfied, I head for the basement. At the bottom of the stairs, the new sofa and chair in the den contrast with the wall colors left by the former homeowner, but at least the space is bright and inviting. I open the door to the mechanical room. It's dark inside. Two inverted 60 watt bulbs try their best to illuminate the space, but the bare cinderblock walls absorb what little light they provide.

"Always select the right tool for the job" comes to mind, so I take a look at my choices. On the one hand, steel, although older and heavier, is supple and forgiving. Or I could go with aluminum, where lightness and rigidity result in a more efficient transmission of power. Finally there's carbon fiber, the ultimate blend of technology and performance. Then I remember the weather forecast, cloudy, with a slight chance of showers. Precipitation, combined with the day's agenda, and my mind is made up for me. I check my bag

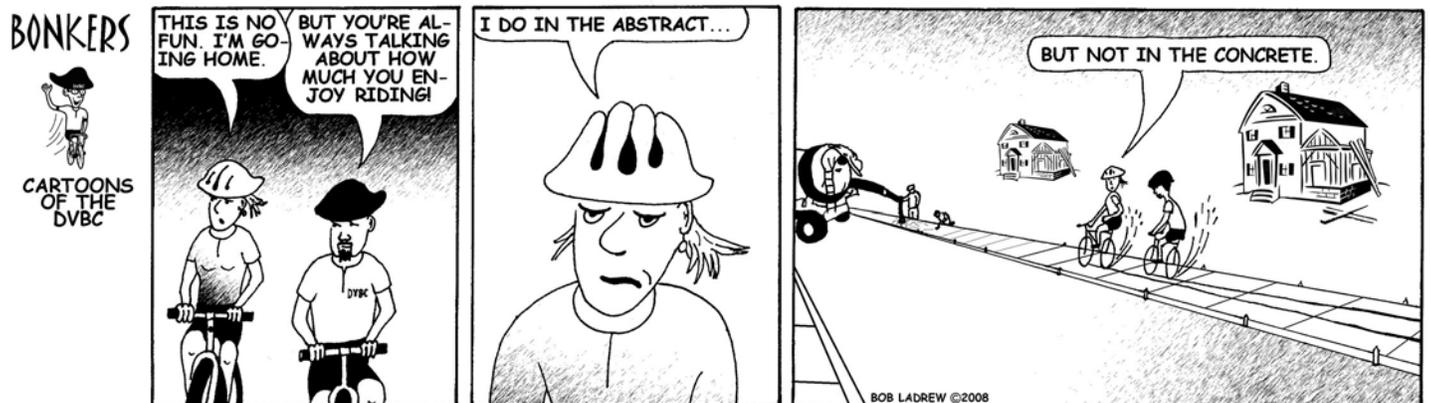
for supplies and go with the ferrous option.

As I head for the door, Jo Ann gives me the once-over. Hat, gloves, insulated socks – I can see her going through the checklist in her mind. With a nod she concludes that all seems to be in good order. "Don't forget to bring some water," she calls out, "and a jacket in case it rains."

Normally she'd go with me, and I'll miss following her, especially when we climb. But Jo wants to visit her mother today. Rose is recuperating from a fall she suffered on New Year's Eve. She turned ninety-six the month before, but the wound has healed well. I promise to join her on the next visit.

It's almost time to leave, so I check my clothes for the essentials. My ID and money are sealed in a heavy-duty plastic bag, which along with a Payday bar fits nicely in my back pocket. I carry my cell phone in my breast pocket. It, too, is entombed in plastic, protected from moisture both foreign and domestic.

Jo Ann and Indie get a kiss before I pick up my gear and head outside. It's cold, but what else should I expect for this time of year? With any luck the rain will hold off until I'm finished, but there's little hope of turning back once we've started. I click my helmet buckle, press the cleat of my left shoe into its pedal, and push off. If only for a few hours, man and machine are joined as one.



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Regional Events

Sat, April 12, Taxing Metric Century, Warwick County Park, Knauertown, PA. 20, 32, or 64 miles. Brandywine Bicycle Club

Apr 18-20, St. Michael's Weekend, St. Michael's, MD. Incl. meals & accommodations. Flat terrain. No route markings or SAG. PPTC

Sat, Apr 19, Ocean to Bay Bike Tour, Fenwick Island, DE. 20- 50 mi flat. 1-800-962-SURF or 302-539-2100

Sat, Apr 19, Rally in the Valley, Philadelphia. Off-road. Phila. Mountain Biking Assoc.

Sun, Apr 20, Girls with Gears: A Women's Cycling Event, Limerick, PA. Benefits Carol For Heart, Inc.

Apr 25-27, Lewes Delaware Weekend, Lewes, DE. Includes meals and accommodations. Flat. No route markings or SAG. PPTC

Sat, Apr 26, Pedal Delmarva, Berlin,

MD. 21-100 mi flat. 100 rider limit, pre-reg only - no day-of-event reg. Cue sheets, but roads not marked. 8 rides, all starting from Berlin, to be held on the last Sat of month, Mar-Oct.

Sat, Apr 26, State Police Memorial Metric Century, Hershey, PA

Sat, Apr 26, Tour de Carroll, Westminster, MD.

Sun, Apr 27, MS Mason-Dixon Ride, Middletown, DE. Delaware Chapter, National MS Society

Sun, Apr 27, Ride On for Autism Research ("ROAR"), Oregon Ridge Park, Cockeysville, MD. 10 or 25 mi. 443-923-7300.

Sun, Apr 27, Rotary River Ride, Horsham, PA. 215-283-9953.

Sun, Apr 27, Tour De Franklin, Somerset, NJ. 732-246-0009.

Sun, Apr 27, Tour de Scranton, Scranton, PA.

May 2-4, Spring-n2-Cycling Weekend, Danville, PA. Includes meals and hotel. Bicycle Club of Philadelphia (BCP)

Sat, May 3, Farmlands Tour, Brookdale Community College, Lincroft, NJ. Ride 18-100 miles. Central Jersey Bicycle Club

May 3-4, Face of America Ride, Bethesda, MD, to Gettysburg, PA, 110-mi one-way. Honor, thank, and actively incl servicemen severely injured in Iraq & Afghan. Side by side w/ servicemen.

Sun, May 4, Five Boro Bike Tour, New York, NY.

Sun, May 4, Great Green America Metric Century, Manheim, PA. 30 or 62 mi starting from grounds of PA Renaissance Faire. Cyclists receive free admiss. to Great Green America Fest.

BONKERS METRIC, May 18, 2008, 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 8** with a check or money order made out to **DVBC** to: Bonkers Metric, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081. See newsletter page 9 for price information.



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

<p align="center">Application for DVBC Membership (Expires 1 year from date joined/renewed) Annual Membership: \$15.00 per household.</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>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 <input type="checkbox"/> 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>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 align="center"><i>Please send your check or money order to the:</i> Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081</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.

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 Signature

 Signature of parent or guardian (if under 18 years)