



Delaware Valley Bicycle Club



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

June 2008

The Ladies in Spain

By Deb "Dreamer" Chaga

Four DVBC ladies, or babes as some call them, headed to a resort just outside of Girona, Spain, in April for a week-long training camp. The ladies, Mary "Smiling Rookie" Huis, Cheryl Lynch, Maureen Shanahan, and myself, had joined up with a group of 17 from Action Wheels Bike shop in NJ, headed by the owner, Patty Woodworth. There were four others from CT and NY who joined our group and another guy, Neil, joined us from London. All of them were a lot of fun, and the CT guys were crazy.



L to R: Mary, Cheryl, Debbie and Maureen.

We had been training since January with our self-appointed hill climbing instructor, Dan Dillon.

We stayed at a Swiss resort that was dedicated to athletes. The resort sprawled out over the mountainside located right on the Mediterranean Sea and included a tram car down to the beach. Most of our apartments were uphill. This made for a painful walk up after a long, hilly bike ride each day and anytime we needed to

go to the restaurant, the little store, or the pool. Occasionally one of us would forget something and would have to climb right back up there to retrieve it.

The food was great and there was plenty of it. Sumptuous buffets for breakfast and dinner. None of us could resist going back for seconds and thirds. Mary always had dessert, and I even got in the habit which I usually don't do. One night I actually ate six different types of dessert. We also had a separate room each morning with lunch foods set out where we made and packed our lunches for the rides that the SAG wagons carried. Nice, why don't we have that at home?

Our host for the week was Richard from Eurocycler. Two of our other ride leaders were Colin Lewis, a former Tour de France rider from 1967, and Simone Green, a current racer. Boy could those guys ride. We adopted Colin right away, and he definitely took care of us ladies. It was so much fun riding with him and getting him to tell us stories about his days on the tour. Colin is good friends with Paul Sherwin and Phil Liggett. Sim is also a great guy and pretty cute to boot.

Our first ride was on Sunday from the resort to a town called Langosterra. Did I say that any time we rode from the resort that we always had to climb out and climb back up again? This was usually over the Tossa Pass which is a bear to climb. It was a beautiful day and a fun ride. We stopped on the way

back for a bite to eat and some café in Tossa de Mar, a beach town on the Mediterranean.



Monday brought the big climbs and the big rain. We started out of the resort and climbed a little and then made a left hand turn where we tackled Sant Grau which was about 7 km long. Not too bad and only one part that I would call steep. After a little while we got to Els Angels which was a 14 km climb. We kept climbing and it seemed like it would never end although it wasn't steep. At one point I saw "Hincappie 2006" painted on the road. These were the hills George and Lance trained on back then. Colin was with us babes and he would drop back with anyone who was having trouble. Towards the end, Mary took off with a second wind. She told me later that she just couldn't wait to get off her bike. When I stopped I almost fell over because my legs weren't used to standing again. We had lunch at the top of Els Angels near the monastery. I wondered how many dead cyclists were buried there.

(See Ladies on page 3)

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.

Board of Directors & Staff

Drew Knox, *Brandywine Tour Coordinator*
president@dvbc.org

Debbie Chaga, *Vice President*
610.494.3033 or dreamerdeb@gmail.com

Frank Jackson, *Secretary*
FJackson@rohmmaas.com

Mike Broennle, *Treasurer*
treasurer@dvbc.org

Antonio Rocha, *Web Page*
484.802.8374 or tony@dvbc.org

Clarence Shoch, *Ride Coordinator*
rides@dvbc.org

Larry Green, largreen@earthlink.net

Peter Schmidt, pschmid1@swarthmore.edu

Nancy Ness, nessnancy@verizon.net

Adam Levine, aelrvpa@hotmail.com

Jake Ludwinski, redallez@gmail.com

Doug Bower, Bowerdou@verizon.net

Dominick Zuppo, *Past President*
610.544.8630 or domzuppo@att.net

Bob & Judy LaDrew, *Newsletter Editors*,
610.383.9327 or bonkers@dvbc.org

Club Affiliations



LAB



*Bicycle Coalition of
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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.

(From Ladies page 1)



We continued riding after lunch. Not long after, we were in strong head winds and the rain started. When it got really bad we jumped in the SAG wagon and were glad we did when later the hail started. The faster group still out there got pounded by it.

We spent Tuesday as an off day in Girona. What a great city. We roamed the city, hung out at the open-air market, and ate at a great little restaurant sitting outdoors in the sun. Some saw Lance Armstrong's house which is for sale.

Wednesday brought the chance

of more rain and cool temperatures. We rode out by Roca Corba which is a really big mountain that I kept seeing all day and was scared to death that Richard was going to make us climb. We didn't, and the day was great with some really great roads to ride on. We had lunch by the side of a country road.



On the way back to the resort, we had to climb through the Tossa Pass which was brutal. The wind had picked up, and it was very difficult climbing. Even going downhill on the other side, the wind pushed your bike back.

On Thursday, we were hit with more rain. Some, including Maureen, rode and got soaked. In the morning it was already drizzling with much

more rain predicted, so Mary, Cheryl and I decided to go to Tossa de Mar to shop. This was a good decision since it poured all day and hailed heavily again in the afternoon.

Friday brought the last riding day with more rain expected. We rode and we got rained on yet again. After lunch, Cheryl and I jumped in the SAG and Mary and Maureen kept riding. They both got really grimy and dirty but were happy they continued. After the ride Maureen looked like she had a beard from all of the gunk on her face. Everyone cleaned up their bikes and bodies and headed down to the saline pool for a relaxing evening. Then back to the buffet and off to the bar for our last night in Spain. Some headed off to the disco for a little dancing with the crazy guys from CT. I got in at 1:30 and still had to pack. Oh well, aren't plane trips for sleeping anyway?

We had a great time. I would advise any of you out there to try a cycling vacation sometime. You'll see another place and get to meet some great people.

And, the rain in Spain sometimes falls... mainly on the ladies.

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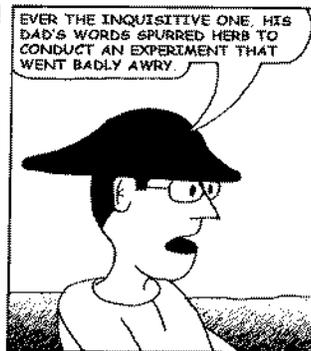
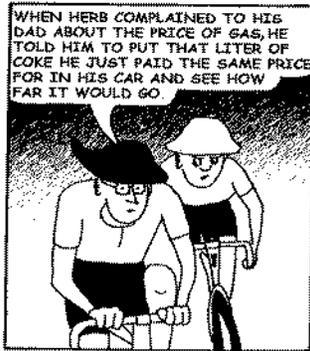
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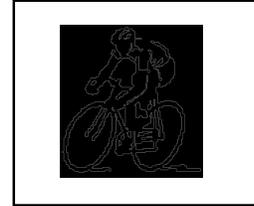
Five HH bicycles went to Athens, Greece and one took a Silver Medal.

801 N. Providence Road "Five Points" Media, PA 19063
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DVBC Ride Calendar

June 2008



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15-20 Class:C/C+ Vocabulary Ride	Meet at 320 Produce parking lot, S. Chester Rd & Park Lane Rd. Ride thru Swarthmore, Wallingford, Ridley Twp & surrounding area. Pace is 11-13mph; group will wait for all riders. Special ride on June 24 at C+(13mph) pace around Phil Int'l Airport on this long evening. Contact Betsy Ffrench at 610-544-8253 Email: EFfrench@wilmingtonTrust.com
Wednesdays 9:30 am Miles:35-50 Class:B- Doc's Rides	Various routes from Swarthmore. Leaves from 320 Market parking lot. Probably a lunch stop. Foul weather cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 5:45 pm Miles:30+ Class:B Wednesday Wayne Wide	A quick-paced ride with a few hills... Different every week. Starting at my house near Plant and Pennsylvania. Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:20+ Class:B- B Back B4 Sunset Ride	Fun ride out of Rose Tree Park 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. Money back guarantee. Meet at Rose Tree Park, Rte. 252, Media PA. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Wednesdays 6:00 pm Miles:10-15 Class:C Rose Tree Park N Ride	Meet at Rose Tree Park, Rte. 252 near Media for an easy ride through Ridley Creek State Park and the surrounding area. We'll stick to advertised pace. The group will stop and wait for stragglers. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net
Thursdays 5:15 pm Miles:30+ Class:C+/B- Bridgeport, NJ	Meet at Bridgeport Municipal, Main St, Bridgeport. Terrain flat to rolling. Avg. speed 15-17mph. (Overall avg. from start-finish. Moving speed may be faster -or slower- depending on terrain). No one dropped. I can send map for anyone not familiar with start location. Len Zanetich at 610-558-6232 Email: freewheelinguy@verizon.net
Sunday, Jun 1 6:55 am Miles:55 Class:B- The Reunion Ride	The old gang is invited out for that Chester County ride we used to do to Kimberton with the one quick stop and those few unavoidable hills. Starts and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 1 8:30 am Miles:33+/- Class:C/C+ Chadds Ford Ramble Ride	Join Bonnie and Len for a ride around Chadds Ford. Average speed 12-14 (see my Thursday ride). Terrain is flat to rolling with moderate climbing. No one dropped. Will regroup as necessary. Start Chadds Ford Elementary School, Route 1 and Fairville Rd., Chadds Ford. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Monday, Jun 2 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, Jun 7 8:30 am Miles:55+/- Class:C++ Dreamer's Way to Northbrook	Take the dreamy way to Northbrook so we can get reacquainted with their treats now that they are reopened (we hope!). Yes there are hills. Yes we'll have fun. Ride starts at Planet Fitness, Rte. 452/Pennell and Marionville Rds. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jun 7 9:30 am Miles:50+/- Class:B- Ride to the Pros	Ride to Philly over Doc's route to hang with the pro riders practicing for Sunday's Race. No guaranteed sightings; but there will be a lunch stop, hopefully good viewing so bring money. If I have some early idea about the number of attendees I can reserve a spot on Main St. in Manayunk. Contact Larry Green at 610-544-5799 or largreen@earthlink.net

Sunday, Jun 8 6:55 am Miles:62 Class:B Berks County Border	This ride goes up thru Montgomery County. About 2,500 feet of climb in 28 miles. No real climbs that I can remember. Then a quick stop and come home. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 8 8:30 am Miles:40+/- Class:C+ Bike Race with Bobby	We'll do the Museum ride with a unique twist: we'll be watching the pro bike race. Expect to spend the day. Leave from Drexel Hill Cyclery, Burmont Rd. Drexel Hill. Bring \$ & water. Contact Bob Martin at 717-529-0981
Saturday, Jun 14 8:00 am Miles:100 Class:B Three Wawas to the Wind	We depart Kingsway at 8:00 looping south of Bridgeton on Buckshutem, over to Head of the River, and circle back through beautiful Buena. Two water stops and lunch -- all flat and no wind. Contact Drew Knox at 302-475-1684 or agknox@gmail.com
Saturday, Jun 14 9:00 am Miles:50 Class:C+ Brandywine 50 Revisited	Meet at Pocopson Elementary School. Average speed between 11 and 13 mph. We will regroup at top of hills. Bring money for food stop at Northbrook. Contact Mary Huis at 610-627-0766 or mhuis@comcast.net
Sunday, Jun 15 6:55 am Miles:62 Class:B Outrun the Sun	This ride heads west and is mostly a flat and rolling ride. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 15 9:00 am Miles:66+/- Class:C+/B- Country Rose Restaurant	Join Bonnie and Len for a ride to the Country Rose Restaurant in Bridgeton, NJ, for lunch. Average speed 15-17mph (see my Thursday ride). Terrain is flat to rolling. No one dropped. Start Bridgeport Municipal, Main St, Bridgeport, NJ. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Sunday, Jun 15 9:30 am Miles:27 Class:C Brandywine 27 Revisited	Meet at Pocopson Elementary School at 9:30 a.m. Expect hills, beautiful scenery and lots of fun. Average speed will be between 11 and 13 mph. Bring money for food stop at Northbrook. Contact Cheryl Lynch at 610-356-3123 or oyveyquilts@yahoo.com
Saturday, Jun 21 8:30 am Miles:50 Class:B/B- Lakes of Coatesville	Leave from Pocopson Elem. School (Rte. 926 & Pocopson Rd. just north of Rte. 100) for joint DVBC/WCBC ride. Avg. speed 14-16 mph thru rolling to hilly terrain. Ride along Brandywine River Valley and circle reservoirs north of Coatesville. One rest stop. Bring \$ or snacks. Contact Mike Salter at 302-239-0384 or Trekbikermike@verizon.net
Saturday, Jun 21 8:30 am Miles:44+/- Class:C+/B- Chadds Ford Ramble Ride	Join Bonnie and Len for a ride around Chadds Ford. Average speed 14-16 (see my Thursday ride). Terrain is flat to rolling with moderate climbing. No one dropped. Will regroup as necessary. Start Chadds Ford Elementary School, Route 1 and Fairville Rd., Chadds Ford. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Sunday, Jun 22 6:55 am Miles:60 Class:B Coventry Ride	Slight climb all the way to the one quick stop and a few hills on the way home. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 22 8:30 am Miles:35 Class:C+ Kountry Kitchen	Meet at the Kingsway High School in Jersey, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 717-529-0981
Thursday, Jun 26 10:15 am Miles:30 Class:C/C- Ladies Who Lunch	Ride Schuylkill River Trail from Betzwood to Manayunk for lunch, and then return. Bring your hybrid or mountain bike for a leisurely-paced ride. No one dropped. Bring water and money for lunch. Don't forget helmet. Rain cancels. Let Cheryl know if you're coming. Cheryl Lynch at 610-356-3123 or oyveyquilts@yahoo.com
Saturday, Jun 28 8:30 am Miles:85+/- Class:C+/B- Fortescue Ride	Ride with Bonnie & Len to Fortescue on the bay. Avg. speed 15-17 (see my Thurs. ride). Terrain is flat to rolling. No one dropped. Start Walter H. Hill School, Rte. 551 & High Hill Rd., Swedesboro, NJ. Cont. Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Sunday, Jun 29 6:55 am Miles:60 Class:B- Paper Bike Rider	Novel ride where I take the usual suspects through a ream of ups and downs, pushing them to the limit as I test their character in a most unusual plot . Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jun 29 8:30 am Miles:64 Class:C+/B- Summer Salem Oak Ride	Start at Salem Oak Diner, Rte. 49, Salem, NJ. Bring money for lunch stop at Country Rose Restaurant. Arrive at 8:00 to do a pre-ride breakfast if you'd like. Inclement weather cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Sunday, Jun 29 9:30 am Miles:30 Class:C Highland Orchards	Meet at Chadd's Ford Elementary School. We'll make one stop at Highland Orchards, so bring money for food and produce. Contact Steve Bertolini at 302-529-1122 or spbert465@hotmail.com

Bonkers Wrap-up

By Debbie Chaga

This year's Bonkers was a success in spite of the rainy weather at the end. While I was manning the Cheyney food stop, it was gratifying to hear so many riders say how much they enjoyed the ride. As always, they commented on the great route markings, the food, and the beautiful but hilly routes.



Thanks go out to all who volunteered and contributed food, SAG, painting, and all the other critical things, even those small touches that helped make this tour a success.

I also want to thank all the riders who came out, both

members and non-members, for our Bonkers Metric. Good job!

The ride is over and I am happy to say that I can finally sit down and relax with most of the equipment cleaned and put away. I just wish that there was a homemade meal waiting for me to gobble down!

See ya on the roads.



Save the Dates!



**Saturday
August 2nd
Club Picnic**

.....
**Sunday
August 31st
Brandywine Tour**



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Bike Dirt

By F.X. Pedrix



Many thanks to the Rembrandts who turned out on May 10th to paint arrows for the Bonkers route: **Camera Shy, Smilin' Rookie, the Dominator, Jittery Jo, Bladerunner, Motorola, Gas Passer, the Polish Prince, Clarence, and Dreamer** all gave up a Saturday to paint up the course. Many others rode all up and down the roads as the event approached to make sure the route markings were in top shape.

Dreamer, our new tour director, was a little jittery before the tour but did a fine job of coordinating all of the moving pieces. In fact, she looked rather regal barking out orders to keep the troops moving. "Stack those tables! Unload those trucks! Off with their heads!"

Finally, **GiGi** told her she was being bossy, to which Dreamer replied, "That's because I *am* the boss!"

I'm always impressed when our fine-tuned battery of foot soldiers takes the field, er course. The smoothness of the unfolding event is testimony to the hours of advanced planning. Attendance was down only slightly from the previous year, but what a difference a few hours makes. If the 2:00 showers had arrived at registration, this year's Bonkers would have been a total washout.

Our club has sects that do hiking, skiing, salsa dancing, and sushi eating, and last month a new one was added when **Gray Wolf** formed the Delaware Valley Kayak Club. Since his craft is inflatable, one well-wisher commented he hoped there are no spikes sticking up from the bottom. Gray Wolf replied, "I am more concerned with banjo music coming from the woods!"

Within days **Misty** had jumped on board. Not actually on Gray Wolf's board, but she had purchased her own kayak.

Now **Crashrock** and Dreamer are k-shopping but first need to see



the size of the stimulus package **Double-You** will be sending them.

Tragically, when **Dreamer** pulled out her sophisticated Canon A-520 camera to cover the historic launching of Gray Wolf's craft, she fumbled the instrument, then watched in horror as it crashed to the pavement and skidded sideways on the road. Finally Dreamer collected her wits and bolted for the camera as it paused on the edge of the pavement pointing precipitously toward the Brandywine River. Just as she lunged, the camera slipped down the slope and into the Brandywine. Sadly, over the years and through the good times, Dreamer's practice has been to store her precious memories not on a computer, nor in a scrapbook, but on the storage card in that now-waterlogged camera. Has Dreamer's lifetime of memories been blotted from history? I've heard of fishing stories but now the fishes have tall tales to tell.

At the May 3rd Salem Oak Ride, Dreamer managed not to get her charges lost. But she says that without the help of **Zee Man** she would still be wandering around South Jersey. The riders thought they were seeing triple when **Jim Irwin** showed up wearing his club riding shirt, club vest, and DVBC windbreaker. Major style points (Not!), according to GiGi. That's always a bad sign when the club's colors don't score. Maybe the new and overdue jersey designs will

overcome that.

For my 40th birthday, which I can now barely remember, my lovely wife **Babs** presented me with a Tour de France video. Through the years I've cherished that video and thought of it as a special momento. That is, until I heard about **Mighty Mouse's** rite of passage. Last month, to honor his upcoming 40th, Mrs. Mouse presented him with a Porsche 911 Carrera S. If you think Mighty Mouse



is fast on a bike, you ain't seen nothin'. Word is he has already developed a wardrobe to go with the car. That's shocking news. I knew you had to re-wardrobe for a new bike, but for cars too?

To shop for a car, Mighty Mouse enlisted the help of **Plastic Boy**. Seems MM had never driven a stick shift and, since Plastic Boy used to drive racecars, he was called in to put several different Porche models through their paces. Yoohoo. Over here. Apparently, he didn't know I used to race cars at the Pinewood Derby.

We are all conscious of high gas prices, but few are in a position to radically cut consumption. Except for the Zee Man, who has gassed up only three times since retiring in February. That is February of 2007! Not that the Zee Man is opposed to driving. In fact, he says he would be happy to do a stint behind the wheel of Mighty Mouse's Porche.

And speaking of driving fast, **Paul** is another club member who lives for speed. Paul's other club rents tracks for the day to put their personal cars through their paces. His personal

(See *Bike Dirt* on page 9)

(From Bike Dirt, page 8)

record is 125 mph. No word on gas mileage at that speed.

The **Real Professor** brought two of his Swarthmore students out for a recent Rose Tree "B" ride. The leader commented that "**Melima** and **Ethan**... are both very good riders. Melima said she hadn't ridden in about 3 months—I don't think I could hang at all with her if she had been riding all along. Oh to be 22 again (and know what I know now!)." And **Steve** did **Doc's** long ride that morning before joining the Rose Tree crowd for 30 bonus miles in the evening.

In the "Thought You'd Never See It" department, there is a report that Jittery Jo actually used a porto-pot at the Bonkers Metric. That's a first because, well, they tend to make her Jittery.

Whoever ordered the club's volunteer t-shirts has an unrealistic concept of our membership. All that was left to hand out at the Bonkers Metric was size XL and our members were swimming in them. And that wasn't due to the late downpour.

When our Spain Babes returned from their podium performance in Girona, they presented Gray Wolf with a Bike Girona jersey in gratitude for coaching them. Word has filtered down that he has started riding with White Clay since he heard a couple of their ladies need help training for the Wally Tour.

That's it for now. Keep sending those stories and we'll sort out fact from fiction shortly after publication.



One of DVBC's Bonkers Metric fans seen sporting a yellow jersey at the ride on May 18th.

Regional Events

Sun. June 1, Bike4Sight, Media, PA. Ride 2-62 mi. Longest rides tour grounds of Winterthur Museum and Country Estate. Benefits Center for Blind & Visually Impaired.

Sat. June 7, Get Ready Metric, Fort Mott, Pennsville, NJ. South Jersey Wheelmen (SJW)

Sat. June 7, Pedal to Preserve, Garden Spot High School, New Holland, PA. Ride 6-51 mi thru heart of Lancaster County. 717-293-070.

Sun. June 8, Commerce Bank Philadelphia International Championship, Philadelphia, PA. Spectator and volunteer event

Sun. June 8, Tour de Belt, Harrisburg PA. 20-mi tour of Capital Area Greenbelt. Capital Area Greenbelt Assoc.

Sat. June 14, Double Creek Tour, Dover, PA. Ride 30-62 mi thru York and Adams counties.

Sat. June 14, Princeton Tour de Cure, Princeton, NJ. Amer Diabetes Assoc.

Sun. June 15, Bay to Bay Ride, Betterton, MD. 27-104 mi flat. Dad rides FREE. Reg online.

Sun. June 15, Bike Freedom Valley, Lloyd Hall, One Boathouse Row, Philadelphia, PA. Reg online.

Sat. June 21, ALS Express, Blackwood, NJ to Wildwood, NJ. ALS Foundation, 877-GEHRIG1 (434-7441) or 215-643-5434

Sat. June 21, Delaware Leap Frog, Felton, DE. 31-64 mi. Downstate Delaware Striders & Riders Club

Sat. June 21, Indian Creek Roll & Stroll, Souderton, PA. 20-64 mi. \$30 by 5/30 or \$40. Indian Creek Foundation, 267-203-1500 X-322.

Sat. June 21, Jersey Double. 200 miles. Western Jersey Wheelmen

Sun. June 22, French Creek Iron Tour, Kimberton, PA 20-100 mi. \$35 by 6/8 incl T-shirt. French & Pickering Creeks Conservation Trust.

June 24-29, Tour of Pennsylvania (race). Spectator & volunteer event. World's richest cycling race for elite international cyclists under 25. Covers 500 mi over 6 days, w/ finish-line events in Valley Forge, Harrisburg, Bedford, & the Laurel Highlands. Grand finale in Pittsburgh.

Sat. June 28 Pedal Delmarva, Berlin, MD. 21-100 mi. 100 rider limit, pre-reg only - no day-of-event reg. Cue sheets but roads not marked. Series of 8 rides, all starting from Berlin on the last Sat of month, March-Oct.



 Thanks to the many DVBC members who volunteered at the annual Swarthmore Charity Fun Fair, April 20th. The event produced a nice contribution for the American Diabetes Association and presented the right face for cycling and our club.

Larry Green



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.

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)