



Delaware Valley Bicycle Club



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

July 2008

Changing of the Guard

By Adam Levine

Ten times a year for the past decade, this newsletter has been created, quietly and efficiently, by two hard-working and generous club members, Bob and Judy LaDrew. Even those of you who have never met this dynamic duo have benefited, through this publication, from their organization, timeliness, and sense of humor. Bob's doctored photographs and "Bonkers" cartoons makes us laugh, groan, or smile in recognition of those follies and foibles peculiar to bicyclists. Judy's editing and desktop publishing skills have assured us of a good-looking publication with a minimum of typos, a standard I hope to uphold.

The two LaDrews have decided to pass the newsletter along to a new set of eyes, ears and hands, and I have volunteered to take it on. It's a daunting task, filling their four shoes with my two, but I'm doing it



to give back to a club that has given so much to me over the past several years. With the encouragement of various club members, I have challenged myself to ride harder and farther than I have ever done in my nearly 50 years. I have learned new roads, made new friends.

And it was on a club ride (led by Bob) that I met my new, true love:

Colnago, a slightly-used but well-built Italian racer who has guts of old-fashioned steel and never fails to get my heart racing (especially when I'm riding uphill).

Bob and Judy aren't leaving the club, or even abandoning this newsletter entirely to my care. Bob will continue to provide illustrations and occasional articles, and Judy will be in the background, providing me with advice and direction. I hope that you will give me direction as well, letting me know what you like or don't like, and perhaps sending me occasional articles or photos to help me fill all these pages!

Save the Dates!



Saturday, August 2 Bonkers Picnic

Free to club members and
their families

Please RSVP by July 31 to:

Bob LaDrew

610-383-9327 or

bonkersboy@verizon.net

Rides to picnic will be listed in
the August newsletter

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Sunday, August 31 Brandywine Tour *DVBC's PREMIER EVENT!*

Ride from 32-100 miles
through some of the region's
most beautiful countryside

*See registration
information on page 10 or
register online at
www.dvbc.org*

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

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free.



GO BONKERS!

DVBC Meeting Place
 Delaware County Peace Center
 Springfield Friends Meeting
 1001 Old Sproul Road
 (behind 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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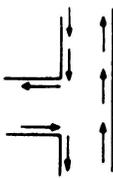
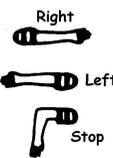


LAB



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.

	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.

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. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

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.

CANCELLATIONS

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.

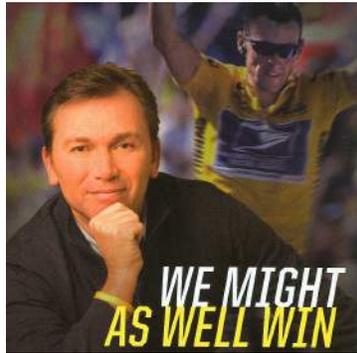
DVBC members hear Johann Bruyneel speak in West Chester

By Bob LaDrew

On June 17, a standing-room-only crowd at West Chester's Chester County Book Company heard eight-time Tour de France winning coach Johann Bruyneel talk about his career. DVBC members Rich Andreas, Drew Knox, Larry Green, Mike Broennle, Tom Smyth, Bill Pashinski, and yours truly were on hand to hear the personable 44-year-old Belgian, in town to promote his new book, *We Might As Well Win*.

Ten years ago, after he had retired from riding with no other career plans, Bruyneel received a surprise phone call from Lance Armstrong. The two barely knew each other, but Lance shocked Bruyneel by asking him to become *directeur sportif* of the U.S. Postal team. Well along in his recovery from cancer, Armstrong had lofty racing goals—but not as high as Johann's. Lance thought himself capable of

being one of the best one-day racers, but hadn't then imagined that he might actually win the Tour de France. "If we're going to ride the Tour," Johann told him, "we might as well win." Together the pair set their



sights on assembling the right team and developing a training regimen that resulted in seven Tour wins.

When asked about his current cycling regimen, Bruyneel said that

since retiring from riding at age 34 he hasn't been back on a bike. As a pro, he explained, he rode about 26,000 kilometers per year, which over a career amounted to many times around the globe. "That's enough," he said, getting a chuckle from the audience.

Bruyneel talked about one of his own two TdF stage wins: he and Miguel Indurain on a 20 kilometer breakaway. His coach instructed him over the radio to just sit on Big Mig's wheel and not contribute to the effort. Johann said he felt guilty when, at the finish, he sprinted past the exhausted Indurain and raised his arms in victory.

As the two coasted to a halt Bruyneel expected to be chastised for his lack of work. Instead, Big Mig told him, "Don't worry; you did what you had to do, and I got the time I needed for my overall lead."



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Candid Camera



TOP RIGHT: Mary Huis, leading her first official DVBC ride, gets a signature on the waiver form. The ride was a major success!
 TOP LEFT: Steve, Bob, Debbie, Dan, Misty, Eric, and, in front, John, Dave, and Charlie at the Philly pro race June 8.



BOTTOM LEFT: Dan Dillon's prayers in April were finally answered on June 23, when Northbrook Orchards, a popular food stop for many area bikers, reopened after a six-month hiatus.
 BOTTOM RIGHT: Misty and Cheryl with Leslie (center), one of Northbrook's new owners.

Send your pictures to The Editor and next month see your face in this space.



Welcome to New Members (as of June 20)

Steven White
 Marco Anglesio
 Kevin Brown
 Sara Byer
 Clement Cheng
 M. Bradley Falk

Herbert Jackson Jr.
 Leo Jordan
 Frank Spina
 Nancy Magee
 John Markle
 Robert Reid

John Scott
 David Singer
 Glenn Smith
 Rich Southerland
 William Turpin
 Shirley Weinstein

Shun Ying
 James Powell
 David Croft
 Linda & Robert Young



DVBC Ride Calendar

JULY 2008



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15-20 Class:C+ Vocabulary Ride	Meet at 320 Produce, S. Chester Rd & Park Lane Rd. Ride thru Swarthmore, Wallingford, Ridley Twp. & surrounding area. 11-13 mph pace; group will wait for all riders. 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 6:00 pm Miles:20+ Class:B- B Back B4 Sunset Ride	Join my weekly Wednesday night fun rides out of Rose Tree Park. As we get stronger the pace will pick up accordingly, and I'll add more hills. Meet at Rose Tree Park, Rte. 252, Media. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Wednesdays 6:00 pm Miles:15-20 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, average speed 15-17mph (overall average start-finish; sometimes we'll be moving faster or slower depending on terrain). No one dropped. I can send a map for anyone not familiar with this start location. Contact Len Zanetich at 610-558-6232 Email: freewheelinguy@verizon.net
Friday, Jul 4 7:45 am Miles:40-50 Class:C++ Firecracker 40	Celebrate our independence with Dreamer. Decorate your bike. We beat the heat and ride 40-50 dreamy miles. Ride starts at Planet Fitness, Rte. 452/Pennell and Marionville Roads. Inclement weather cancels. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Jul 5 7:00 am Miles:50-100 Class:B Hawk Mt. Century	Century or 50 mile ride to Hawk Mountain from Lansdale. Rain date: July 6. 50-mile option allows you to drive closer to mountain, park & still climb to top. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Saturday, Jul 5 8:30 am Miles:48+ Class:C+/B- Historical Ride 1	Join Bonnie and Len for a ride to Fort Mott. Average speed 15-17mph (see my Thursday ride). Terrain is flat to rolling. No one dropped. Start at Bridgeport Municipal, Main St, Bridgeport, NJ. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Sunday, Jul 6 6:50 am Miles:65 Class:B Climb Might Change	Think globally but ride locally, for this ride could end sooner than we think. And it's all down hill. Starts and ends at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 6 8:30 am Miles:34+ Class:C Historical Ride 2	Join Bonnie and Len for a ride to Red Bank Battlefield. Average speed 13-15 mph (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
Saturday, Jul 12 9:00 am Miles:65+ Class:C+/B- Bait Box Ride	Join Bonnie and Len for a ride to the Bait Box Restaurant, Greenwich. Moving average 15-17mph. Terrain is flat to rolling. No one dropped, cue sheets. Bring money for a sit-down lunch. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Sunday, Jul 13 6:50 am Miles:65 Class:B Flat and Furious	Up one side and down the other of the Sure Kill River, with a food stop under the bridge. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sunday, Jul 13 8:30 am Miles:35+ Class:C + Art Museum	Art Museum C+ paced 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, Jul 13 9:00 am Miles:40+/- Class:C South Jersey Ramble Ride	Join Bonnie and Len for a ride. Average speed 13-15 (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
Thursday, Jul 17 10:15 am Miles:30 Class:C/C- Ladies Who Lunch	Join us as we cruise the Schuylkill River Trail from Betzwood to Manayunk for lunch and return. Bring your hybrid or mountain bike for a leisurely paced, chatty ride. No one dropped. Bring water and money for lunch. Rain cancels. Let me know if you are coming. Contact Cheryl Lynch at 610-356-3123 or oyveyquilts@yahoo.com
Saturday, Jul 19 7:30 am Miles:40 Class:B+ The Early Show	Meet at 320 Market in Swarthmore for a ride into horse country, averaging 16 mph overall, somewhat hilly in the middle, with no planned stops. Return to 320 Market by 10 AM for coffee, fruit, or just to cool off in the A/C. Bonus: Swarthmore Farmer's Market will be open nearby for local produce and other foods. Contact Jon DeCristofaro at 484-410-6097 or dvwc@comcast.net
Saturday, Jul 19 8:30 am Miles:48+ Class:C+/B- Pole Tavern Wawa Ride	Join Bonnie and Len for a ride to Pole Tavern. Average speed 15-17 (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
Saturday, Jul 19 9:30 am Miles:27 Class:True Pocopson 27 Miler	Enjoy the beautiful rolling hills of Chester County as we follow the Bonkers 27 mile route. Food stop at newly-reopened Northbrook Orchards. We will take our time and regroup as often as necessary. Rain cancels. Start at Pocopson Elementary School. Cue sheets provided. Contact Cheryl Lynch at 610-356-3123 or oyveyquilts@yahoo.com
Sunday, Jul 20 6:50 am Miles:65 Class:B Terraining Ride	Starts at the R5 Wayne Train Station. Do hills, a quick stop and more hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 20 8:30 am Miles:30+/- Class:C Chadds Ford Ramble Ride	Join Bonnie and Len for a ride around Chadds Ford. Average speed 12-14 (see my Thursday ride). Terrain flat to rolling with moderate climbing. No one dropped. We'll regroup as necessary. Start Chadds Ford Elementary School, Rte. 1 and Fairville Rd., Chadds Ford. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Sunday, Jul 20 8:30 am Miles:35 Class:C+ Kountry Kitchen	Meet at the Kingsway High School in New Jersey, Routes 551 and 322 for that familiar ride to morning breakfast. Contact Bob Martin at 717-529-0981
Saturday, Jul 26 7:30 am Miles:40 Class:B+ The Early Show	Meet at 320 Market in Swarthmore for a ride into horse country, averaging 16 mph overall, somewhat hilly in the middle, with no planned stops. Return to 320 Market by 10 AM for coffee, fruit, or just to cool off in the A/C. Bonus: Swarthmore Farmer's Market will be open nearby for local produce and other foods. Contact Jon DeCristofaro at 484-410-6097 or dvwc@comcast.net
Sunday, Jul 27 6:50 am Miles:65 Class:B Klimberton	Might be a climbing ride. So call if you don't like surprise and/or hill. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Jul 27 8:30 am Miles:44+ Class:C+/B- Chadds Ford Ramble Ride	Join Bonnie and Len for a ride around Chadds Ford. Average speed 12-14 (see my Thursday ride). Terrain flat to rolling with moderate climbing. No one dropped. We'll regroup as necessary. Start Chadds Ford Elementary School, Rte. 1 and Fairville Rd., Chadds Ford. Contact Len Zanetich at 610-558-6232 or freewheelinguy@verizon.net
Thursday, Jul 31 10:15 am Miles:30 Class:C/C- Ladies Who Lunch	Join us as we cruise the Schuylkill River Trail from Betzwood to Manayunk for lunch and return. Bring your hybrid or mountain bike for a leisurely paced, chatty ride. No one dropped. Bring water and money for lunch. Rain cancels. Let me know if you are coming. Contact Cheryl Lynch at 610-356-3123 or oyveyquilts@yahoo.com



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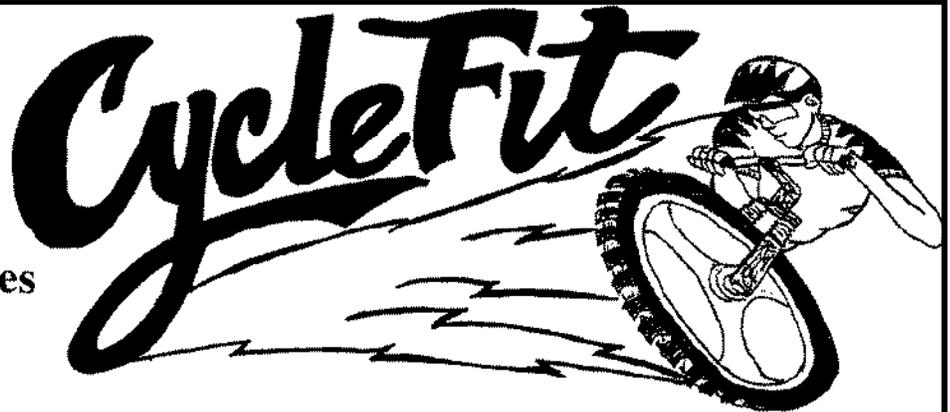
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Bike Dirt

by F.X. Pedrix



As the self-appointed expert into all matters two-wheeled, I am constantly besieged with mail seeking advice for the bikelorn. **A Novice** recently wrote:

"Dear Fx, I just bought a really hot new yellow bike and want to try some club rides. With the bike, I also bought some clear water bottles that the salesman said were reaaaally cool, but now I'm worried about being fashionably correct because I know how important that is. So my question is: Should the color of my sports drink match my bike or should I go with the blue PowerAde?"

This is a common question from beginning riders. It's hard to overstate the importance of proper attire while cycling. After all, how far and fast you ride is not really important. What is important, in the words of **Ricardo Montalban**, is that "You look mahvelous!" Besides, you'll zip up those hills with extra *élan* when you know that your kit has kitsch. Why, just the other day, poor **Jim Irwin** was complaining that he could barely average 20 mph on a hilly course, and it's no wonder. He was decked out in triplicate club colors, a grievous fashion *faux pas* that would slow down even the fastest rider.

For style points, check out the Bonkers tour photos of CycleFit's **Greg Cymbala** wearing a tuxedo jersey. Although that hasn't passed *L'Inspecteurs General* yet, you have to admire Greg's style when it flashes by. In fact, we overheard **Gigi** conspiring to have a cycling kit made up for **Buckeye** that looks like a farmer's bib and flannel shirt, to go with his sandals and straw hat helmet.

Moving on, **Bike Whisperer** started with the C riders to the **Kountry Kitchen** riding a fixed-gear bike, then sped off the front. Apparently, before he left, Mrs. Whisperer had whispered into his ear, promising a

reward if he came home early—and the earlier he arrived, the better the reward! Here at FX-central, my big reward for an early return is cleaning the garage!

Last month, to celebrate **Dreamer's** successful **Bonkers Metric**, the board members treated her to dinner at **Carson's Dockside Grille**. During the intensive planning for this event, Dreamer emailed the **Cycling Gardener** to find out if he could drive, allowing that, "I need a ride so I can be the designated drinker."

If you ride with **Eye of the Needle** you may hear lots of surly comments, but don't take it the wrong way. Actually, EOTN is excited about his new steel-framed touring bike, a **Surly "Long Haul Trucker"** which he intends to use on a Canadian tour this month. When that tour ends, he will drive directly to New York State and spend a second week pedaling around the **Finger Lakes**.

Sporting my DVBC newsletter press pass, I was able to slip onto a movie set and watch the filming of **Marley & Me** last month in West Chester. It is true, as many noted, that when **Jennifer Aniston** saw me she let out an excited little squeal and hollered "F.X.!" even though spelling is not her strong suit. Then I overheard her and **Owen Wilson** lamenting that the director couldn't locate any bicyclists as extras for the film. So imagine my surprise when I got home and read **Smilin' Rookie's** email: "Just so everyone knows how close we came to our five seconds of fame: we passed a filming of the

movie **Marley & Me** at the farm at Meetinghouse and Creek Roads.... Although I asked if they needed any extras, we flew by too fast to hear the response. I hope we didn't miss our claim-to-fame moment!"

Meanwhile, **Juror No. 6** worked as an extra in the filming of **Happy**



Tears. Should you watch this **Demi Moore-Parker Posey** film, you may be able to spot the Juror in the distance playing the role of a man sitting on his front porch on 13th Avenue in **Prospect Park**. Well, it would be easier to spot him if he were eating ice cream.

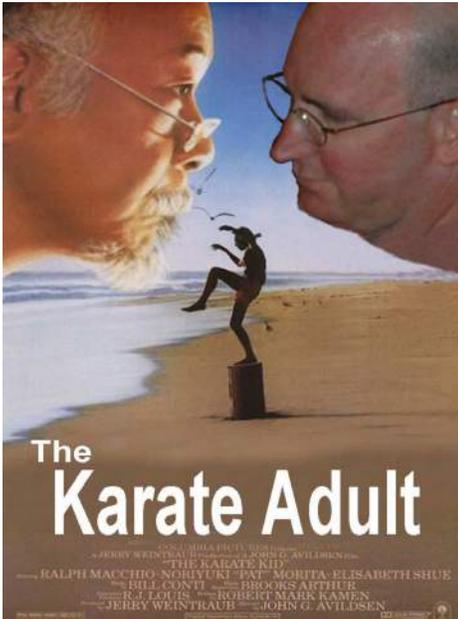


The most dramatic performance award goes to **Bonkers Boy's** Bus #12 in the Coatesville filming of **Lovely Bones**. Typecast as a 60's vintage school bus, the vehicle out-

(Continued on page 9)

(BIKE DIRT continued from page 8)

acted even the likes of **Mark Wahlberg**. Maybe it was the drooping headlight and arched wiper.



Speaking of movies, Buckeye has been prepping for a role in the upcoming sequel **The Karate Kid**

Turns 50 by chopping side-view mirrors off cars that honked at his peloton.

On a recent Friday afternoon, **Gray Wolf** talked Dreamer into leaving work early to kayak on the **Brandywine**. It's a good thing Wolfie was not alone since he capsized in the rapids by the River Museum dam. Witnesses say Dreamer had to dive in and save Gray Wolf and his kayak but not necessarily in that order.

Ride Away had a work assignment in Colorado last month. He worked 14-hour days the first two weeks, then took a week to unwind. For Ride Away unwinding was biking 516 miles in six days at elevations up to 11,000 feet. Here's a snap of him overlooking **Rocky Mountain Park**:

There was a rare **Red Allez** citing at the Bonkers Metric on May 18 but none since

That's it for now. Remember to send your dirt to **fxpedrix@hotmail.com**.



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DVBC BRANDYWINE TOUR

Sunday, August 31, 2008

32, 50, 68, 80 and 100-mile routes

Ride through some of the Delaware Valley's
most beautiful scenery.
Fully supported with food and drink stops and
SAG drivers on all routes.



TIME: 8-10 a.m. for all routes. All support services end at 4:30 p.m. Century riders should arrive promptly at 8 a.m. Ride held rain or shine.

PLACE: Pocopson Elementary School, 1105 Pocopson Road, Pocopson (in Chester County), PA

DIRECTIONS: *From Route 202* just south of West Chester, take Route 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot. *From Route 1* in Chadds Ford, take Creek Rd. (formerly Rte. 100) north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge, then follow directions above. *From West Chester*, follow Route 52 South for 2.7 miles. After crossing bridge over Brandywine Creek, take first left onto Pocopson Road. The school is about 3/4 mile ahead on right.

COST: Pre-registration (if postmarked by August 23): \$18, or \$25 with DVBC PDF membership. Day of the ride: \$25, or \$32 with PDF membership. *(PDF members receive all benefits of club membership except for mailed copies of the newsletter, which they can download online at www.dvbc.org)*

Pre-Registration Form (Must be postmarked by August 23rd)

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Age: _____

Emergency Phone: _____ E-mail address: _____

Intended ride distance (please check one): 32 miles 50 miles 68 miles 80 miles 100 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, with a check or money order made out to DVBC, by August 23, to:
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081

Online registration also available at: www.dvbc.org

Regional Events

Sunday, July 6, Delaware Double Cross Metric, Middletown High School, Middletown, DE. Ride 31 or 62 miles on flat terrain. Sponsored by the White Clay Bicycle Club, the shortest and flattest state double crossing in the United States - only 31 miles!

Sun. July 13, American Cancer Society Bike-a-Thon, one-way rides to Buena, NJ. Three start locations: Philadelphia - Ben Franklin Bridge (69 or 100 mi), Cherry Hill, NJ (55 mi), or Hammonton, NJ (21 mi). Ride across the Ben Franklin Bridge which will be closed to automobile traffic for this event.

July 19-20, MS150 PA Dutch Ride, Green Lane, PA, to Millersville, PA. Greater Delaware Valley Chapter, National MS Society

Sun. July 20, Ball & Chain Century, Salisbury, MD. 63 or 100 miles on flat terrain. No website; register at BikeReg.com.

July 24-27, Cycle Across Maryland (CAM) Weekend, Mount St. Mary's University, Emmitsburg, MD. Sponsored by One Less Car, the Maryland bicycle advocacy group.

Sat. July 26, Dream Ride, Marietta, PA. Ride scenic routes of 10, 20, 30, 62, or 100 miles in western Lancaster County on rolling-hilly terrain.

Sat. July 26, River to River Tour, Telford, PA. 25, 50, 75, or 100 mile routes on varied terrain. Ride from the Delaware River to the Schuylkill River on lightly-traveled roads adjacent to the scenic Route 113 corridor. Portion of benefits Heritage Conservancy, a regional leader in natural and historic preservation.

Sun. July 27, Tour de Tinicum, Erwinna, PA. Ride 4-11 miles on the flat, unpaved canal towpath, or scenic, low-traffic on-road routes of 24-64 miles on hilly terrain. Register by 7/21 to receive a free T-shirt.

Saturday, August 2, Princeton Event, Mercer County Community College, West Windsor, NJ. ride 20, 35, 50, 65, or 100 miles flat/rolling or 65 miles "almost hilly." \$30, includes lunch. Register by 7/25 for a free T-shirt. Princeton Free Wheelers, 609-882-4739.

Sat. Aug. 9, Bridgeton Zoo Ride, Pittsgrove, NJ (new start location for 2008). Ride 25, 50, 75, or 100 miles

by combining 25- and 50-mile flat loops that pass by the Bridgeton City Zoo, and a second 50-mile loop on rolling terrain to Mullica Hill. South Jersey Wheelmen

Sat. Aug. 9, Dog Daze Century, West Chester, PA. Ride 27, 50, 77 or 100 mi through beautiful rural Chester County, PA. The terrain is rolling with some hills. Fully-stocked rest stops and lunch are included. Brandywine Bicycle Club.

Sun. Aug. 17, Covered Bridge Metric, Lancaster, PA. Ride 16, 32, or 62 mi through rural scenery including seven covered bridges (on the 62-mi route). 3,305 riders in 2007. Registration is \$15 online or \$20 by mail by 7/18; \$30 after. A commemorative T-shirt can be purchased for \$15 by 7/18. Lancaster Bicycle Club

Sun. Aug. 24, Lake Nockamixon Century, Warrington, PA. 25-100 miles on rolling terrain with a few hills. Registration includes marked route, cue sheet, rest stops, SAG support, and a post-ride meal (with vegetarian option). Suburban Cyclists Unlimited.

Wanted: Old-Timer's Stories about the Old Days

by Mike Broennle

I would like to gather information on the club's history. To help me do this, I'm asking ALL members to please send me (1) the date you first joined DVBC, (2) your birth date, and (3) anything you can offer regarding the club's history.

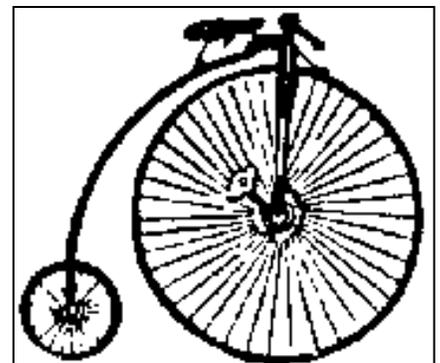
I'm particularly interested in hearing from former board members, officers, newsletter editors, ride coordinators, or anyone who was in charge of one of the club's signature rides: Bonkers, Brandy-

wine, and others that may have gone by different names way back when.

Send any stories such as recollections regarding double centuries, riding on the Blue Route before it was opened, rained out events. Any recollections of major leaders or mentors in the club such as Bob Leon. What memorabilia do you have, such as vintage copies of the club's newsletters?

Please send your information to my email address or by snail

mail at the club's P.O. box (both listed on page 2 of this newsletter). I'll compile the stories for inclusion in future newsletters.





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)