

Delaware Valley Bicycle Club



APRIL 2010

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

National Bike Summit

by Drew Knox

At the 10th annual League of American Bicyclists' National Bike Summit in Washington DC from March 9-11, you got the feeling that there is a groundswell for reform. From the first summit, attendance has grown from 100 to 725 people lobbying in 450 meetings with congressional representatives for safer streets for cyclists. Legislators are jumping on board, seeing Complete Streets and other legislation as a means of improving quality of life, particularly in large cities, where alternative transportation seems to be the best response to problems with obesity, rising health care costs, poor air quality, traffic congestion and even a step towards energy independence.

Ray LaHood, the Secretary of Transportation, got a rock and roller's star reception when he leapt up on a table to give an impromptu speech at the packed reception on the final day. According to BikePortland, LaHood offered these comments:

"What an effort a year makes huh? All of the work all of you have been doing for so long has paid huge, huge dividends. People get it. People want to live in livable communities. People want streetcars that are

made in Portland, Oregon. People want walking paths, biking paths, and opportunities for families to really do the things they do best — which is to hang together and have fun... And you all created an opportunity for America with all of your hard work.

"I really came here just to say thank you to all of you for hanging in there with us. You all have made a big difference. Our whole livable community program... The President has included money in his next year's budget for it; we're collaborating with HUD, we're going to put affordable housing next to walking paths and biking paths!

"I've been all over America, and where I've been in America I've been very proud to talk about the fact that people do want alternatives. They want out of their cars; they want out of congestion; they want to live in livable neighborhoods. And we would not be where we're at today without you.... I'm very, very grateful!"

After a day of seminars, many focusing on dramatic success stories, representatives from each state grouped to address their representatives. The Delaware contingent had a good mix with

three folks from Bike Delaware, two from Delaware Trail Spinners, one member from the Delaware Bike Council, and the head of Delaware Greenways. Each state contingent formulated their own strategies as to which bills they would lobby. We did get some brief face time with Senator Carper and hearty handshake from Representative Castle as he hustled by but generally, you are assigned to meet with an LA (legislative assistant) who specializes in particular areas, such as transportation. These assistants are generally well versed with the bills

we endorsed, bright, and disarmingly young.

For me the highlight was listening to Congressman Earl Blumenauer from Oregon, who was a bicycling advocate before he was elected and decided not to bring a car to Washington. While other pols mouthed the right words, Blumenauer totally gets how life on a bicycle can be transformative.

You may not have been previously interested in bicycle advocacy (I know I wasn't), but when you see how the Bicycle Coalition of Greater Philadelphia has

been able to affect change, and their recent success in receiving a \$23 million award to the region for 10 multi-use trails, you're missing out if you're not involved.



The Congressional Bike Ride during the 2010 National Bike Summit.

SAVE THE DATES!

Sunday, May 16

Bonkers Metric Tour

18. 35. 50 and 65 miles

Details online at www.dvbc.org

May 1: Clean up your streams!

Join fellow DVBC members in cleaning up our traditional section along Ridley Creek. To volunteer contact [hrkotch at comcast.net](mailto:hrkotch@comcast.net)

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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.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC.

Monthly board meetings are open to all. Contact the President for exact time and location.

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Club Affiliations

League of American Bicyclists
Bicycle Coalition of Greater
Philadelphia
Adventure Cycling Association

First Big Club Event of 2010

BONKERS METRIC

Sunday, MAY 16
18, 35, 50 or 65 miles

Volunteers are needed for all aspects of this tour. Peanut butter sandwich assembly line workers are especially in demand! Contact Dom Zuppo (see email at left) to offer your services!

Each year money raised from the club's two tours is donated to organizations working to benefit the local cycling community. Over the years DVBC has donated thousands of dollars that help make cycling a more pleasant and safer pursuit for everyone in the region.

Board of Directors and Volunteer Staff

Dominick Zuppo, *President*
484.483.7456 or president@dvbc.org

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

Frank Jackson, *Secretary*
cyclingfrankrides@hotmail.com

Mike Broennle, *Treasurer*
treasurer@dvbc.org

Larry Green, largreen@earthlink.net

Peter Schmidt,
pschmid1@swarthmore.edu

Nancy Ness, nessnancy@verizon.net

Doug Bower, doug_bower@verizon.net

Arjunan Ganesh

Mary Huis, familymail233@comcast.net

Antonio Rocha, *Web Page & Listserve*
484.802.8374 or myweb@crafttech.com

Dom Zuppo & Jo Ann Fahey,
Ride Coordinators
484.483.7456 or rides@dvbc.org

Adam Levine, *Newsletter Editor*
610.891.0780 or aelrvpa@hotmail.com

RIDE GUIDELINES & CLASSIFICATIONS

1. Arrive early and **be ready to leave on time**.
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be 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 unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

Class 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.

DVBC April 2010 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this printed list.

You will also find occasional ad hoc rides posted on the DVBC listserv.

Please CONTACT THE RIDE LEADER IN ADVANCE to make sure a ride is still on.

For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

*****Recurring Weekday Rides*****

<p>Sundays 2:30 pm Miles:10+/- Class:Entry Back in the Saddle</p>	<p>Calling all returning cyclists! Join me at the Swarthmore Library parking lot for a simple ride through the surrounding area. We'll start each ride with a short Q&A session. Helmets are required, and please make sure your bike is in good working order. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net</p>
<p>Wednesdays 10:00 am Miles:30-60 Class:C+ Docs' Ride</p>	<p>Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain or temperature below 45F cancels the ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net</p>
<p>Wednesdays 6:00 pm Miles:15+/- Class:C Rose Tree Park-n-Ride</p>	<p>Meet at Rose Tree Park, Rte. 252 near Media, for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace and regroup as needed. Inclement weather cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@att.net</p>
<p>Saturday, Apr 3 9:30 am Miles:50 Class:C+ Ye Olde Brandywine Fifty</p>	<p>This is one of my favorite routes. Yes it has hills and yes it has beautiful scenery and nice quiet back roads. We'll stop mid-way for a food break at a convenience store. Ride begins at Chadds Ford Elementary School, Rt 1, Chadds Ford PA. Park in the lower lot. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com</p>
<p>Tuesday, Apr 6 6:00 pm Miles:15+/- Class:C 320 Produce</p>	<p>We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFFrench@wilmingtonTrust.com</p>
<p>Saturday, Apr 10 9:00 am Miles:62+/- Class:C+ Kennett Square Metric</p>	<p>Meet in Rose Tree Park in Media for a fun, scenic and hilly ride out to the Country Butcher in Kennett Square. Bring \$ for a fab lunch at the cycling gourmet's fav restaurant. Inclement weather cancels ride. Contact Mary Huis at or familymail233@comcast.net</p>
<p>Tuesday, Apr 13 6:00 pm Miles:15+/- Class:C 320 Produce</p>	<p>We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or EFFrench@wilmingtonTrust.com</p>
<p>Saturday, Apr 17 8:30 am Miles:5 Class:All Pureland Time Trial</p>	<p>Start at County Rts. 662 (High Hill Rd.) and 601 (Pedricktown Center Square Rd) in Swedesboro, NJ (Pureland Industrial Complex). Flat course with 3 right turns (two at stop signs). Helmets required. Rain cancels the ride. Contact Mike Keating at 610-716-3564 or makeat@verizon.net</p>

BONKERS



CARTOONS OF THE DVBC



Saturday, Apr 17 9:00 am Miles:30+/- Class:C Delaware Greenway	Ride the Delaware Greenway through 3 Delaware State Parks to the Christiana River Walk in Wilmington and return. 21 miles of paved paths and roads and 8 miles of unpaved trails. Hybrid or MTB recommended due to rough surface on trails. Bring \$ for lunch stop and meet at the Cauffiel House parking lot. Take 95 S to 495 S, exit 5 Philadelphia Pike S, road will split, take left on Governor Printz Blvd, right at Cauffiel Parkway, left into parking lot. Rain cancels ride. Contact David Markman at 610-892-1942 or photodjm@aol.com
Sunday, Apr 18 9:00 am Miles:35+/- Class:C&C+ Art Museum	Meet at the Rite Aid parking lot across from Drexel Hill Cyclery. Brief stop at Lloyd Hall. Bring a snack, no lunch stop. Juror #6 will lead the C riders. C+/B- riders will do a route with more hills. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Tuesday, Apr 20 6:00 pm Miles:15+/- Class:C 320 Produce	We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081.
Wednesday, Apr 21 6:00 pm Miles:20+/- Class:B- Wed Nite Road Crew	This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 13.5 mph in the first couple weeks and climb steadily and end up around 15.5 mph at season's end. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm to take advantage of every minute of daylight. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com
Saturday, Apr 24 9:00 am Miles:35-50 Class:C+ KK Breakfast	Start and end at Kingsway H.S.(Rts. 322 & 551, 3rd light over Comm Barry Bridge). After eats there will be a 35 or 50 mile option. Tandems welcome. No one dropped. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Sunday, Apr 25 9:00 am Miles:44 Class:C+ Marsh Creek	Into the tunnel we go. Meet at Chadds Ford E.S. lower lot (Route 1 Chadds Ford). We will grab some food at the Wawa and eat at the lake. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net
Tuesday, Apr 27 6:00 pm Miles:15+/- Class:C 320 Produce	We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081.
Wednesday, Apr 28 6:00 pm Miles:20+/- Class:B- Wed Nite Road Crew	This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 13.5 mph in the first couple weeks and climb steadily and end up around 15.5 mph at season's end. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm to take advantage of every minute of daylight. As days get longer so does the ride. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com

WELCOME NEW MEMBERS!

(from October 23, 2009 to March 24, 2010)

Gino Bendetti, Media
Allyson Block, Bryn Mawr
Klare Holm, Bryn Mawr
Jerry Leugers, Swarthmore
Frank Mayer, Elmer, NJ
Jim Newlon, Wallingford
Brice Shirbach, Brookhaven
Michelle Sparks, Avondale
Todd Berthold, Prospect Park

Bike Dirt

By F.X. Pedrix

It's been a long hard winter and I can't say how thrilled I am that **SPRING IS FINALLY HERE.**

The Lovely **Babs** and I had been enduring our own **March Madness.** Both of us climbing the walls stuck inside during the wet weather and Babs going even crazier from all the college basketball games on the tube. She just hates them. But before I start writing about spring, I've got some winter news to report.

In December, burned out after two years in the DVBC oval office, the **Perfessor** repaired to his ranch in Wilmington for some brush clearing. By February that had gotten old so he and his wife decided on a trip to the southern hemisphere. Two weeks in Australia were just what the doctor had ordered. While the rest of us were digging out from record snowfall, the Perfessor was taking long bike rides on the left hand side of the road all around **Sydney.** He reports that he only took time out from biking for his daughter's wedding, and to argue with his wife about how high to set the air conditioner.

Frank Martin recently broke his collar bone in two places when

he went off the road while trying to see where his son was. Upon hearing the news **Grey Wolf** mentioned on the list serve that you're not a true cyclist until you've had this injury. Well Frank, guess you're now a true



Two DVBC MTBers on a Skills Course training ride in March. Apparently, one of the skills they learned is how not to run over families with small children.

cyclist. Latest news is that Frank had surgery on the collar bone on **St. Patrick's Day** and a plate with six screws were needed to affect the repair. He now has a lot more mobility and is hoping to learn this week how long it will be before he can get back to riding. Wishing you a speedy recovery Frank.

Early in March, **Grey Wolf, Misty, Dreamer** and the **Cycling Gourmet** headed out on a road trip to **Jack Frost** for a little down hill skiing. The Gourmet baked a fantastic **Orange Cardamom Cake** for the ride up and back and

drove the crew in her little SUV with heated seats. Now that's a great road trip. If she starts bringing cake to her rides they will be the most popular for sure..

On a recent ride led by the **Cycling Gourmet,** the crew saw a **herd of deer** in one field only to come in direct contact with them around the next turn. Fortunately for the deer that got in front of the **Gourmet,**

she didn't hit him. He would have been on her table as dinner that night. We all know how she loves to eat!

Mountie, aka Mike Keating (from his inclination to climb Mt Washington each year) has gotten some interest up to revive the NJ time trials. Look for a posting on

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The crowd on a Country Butcher ride to Kennett Square on March 20.

(Continued from page 5)

this month's Ride Calendar.

Seems **Ride Away's** year end report has a few tongues wagging

out there. A recent conversation between two DVBCers went this way. "So does Ride Away's mother-in-law live with him?"

"Not sure. Why?" "Well, I think that could be why he gets so many miles in every year. He just wants to get out of the house." Well, I can confirm that's just not why. It's just because he loves riding

and because he has a very loving wife. With that kind of combination he's one very happy guy.

A spy had told me that **Paul "Fairweather" DeSanto** had gotten a new carbon road bike. **Mike Madonna's** St Patrick's Day ride report confirmed that. Those spring Wed night RTP rides should be fun when the boys battle to see who will be up **Old Gradyville** first especially since FW was heard to throw down the gauntlet with a challenge to Grey Wolf. Hopefully the Wolf can be enticed back to an evening ride just to show the youngster how it's done.

Wooden Man knows how to get people to act. His recent posting said "Need to know NOW". It worked. Got lots of sign ups for the **CRC Streams Clean Up** on May 1st and one waffler, **Soy Boy**. Somebody get him some organic maple syrup.

On the first day of spring the **Silver Fox** already had tan gams. Dreamer asked if he had started going to a tanning salon. The re-



Grey Wolf and Misty win best-dressed couple for their outfits on a St. Patrick's Day ride.

tort was "Hell no. I've been riding in shorts for two weeks already."

On the second day of spring, **Joe Petrucci** led a White Clay-Middle Run MTB ride with Grey Wolf, Misty, **Aston Dan**, **Motorola**, and Mike Madonna. Smiles were everywhere and were not easily removed. The three newbies are now hooked on the trails.

Google Maps now includes bicycling directions. That's really great news. Hopefully **Buckeye** will remember to type in the correct address. Recently he was late for a dinner reservation with friends in the city because he keyed in the wrong address on his GPS and wound up in University City when he should have been in Olde City.

Enjoy those early spring days, DVBC! Watch out for pot holes and gravel since there's plenty of it out there. As always, send all your greasy grimy bike dirt to yours truly at FXPedrix@dvbc.org.



Gear Grrl may look like Catwoman, but she's oh so much more!!!

Dear Gear Grrrl

DVBC's own Q&A Expert, a freewheeling liberated type of grrrl, will answer your trickiest questions about bicycling etiquette

Dear Gear Grrrl--

My boyfriend is only a C rider but he shaves his legs during the riding season. When I slow down and ride with him everybody comments that his gams look better than mine. The other day he was giving me tips on how to shave without drawing blood. Seems like something is backward here. What should I do?

Sincerely,
Dismayed About My Scabby Legs

Dear DAMSL (in Distress),

What's to be dismayed about, grrlfriend? Do you not see the opportunity here? I don't know about you, but I, for one, hate shaving my legs—it's such a drag! If I were you, I'd get your guy to help you out. Pour yourself a nice glass of wine and fill your tub with a bunch of bubbles and slide in. Invite your guy to show you exactly what he's talking about and let him do the shaving. Who knows, he may like it so much you'll never have to do the chore yourself again! Sounds like a win-win situation to me.

Send your questions for Gear Grrrl in care of The Editor. Due to the volume of mail received, individual replies (or dates with the Grrrl) cannot be provided.



Delaware Valley Bicycle Club
P.O. Box 156
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www.dvbc.org

APPLICATION FOR DVBC MEMBERSHIP (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.
Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

Circle one: *New Member* or *Renewing Member*

Please print clearly and use your 9-digit zip code, if known:

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

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

I wish to contribute (circle appropriate amount):

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

AMOUNT ENCLOSED:

\$15 membership + _____ Safety Fund = \$ _____

I will volunteer for (circle all interests)

Ride Leader *Tour Volunteer* *Newsletter*

Other: _____

Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

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)