

Delaware Valley Bicycle Club



MAY 2010

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

DVBC's Bonkers Metric: See You on May 16th!

By Dom Zuppo, DVBC President

What's the deal with spring cycling classics? Are American enthusiasts so enamored with their European counterparts that they are obliged—no, that's not it—*compelled* to sponsor their own home-grown versions of these events? They have Milano-Sanremo, at 298 kilometers (185 miles). Or the Tour of Flanders, staged this year along Belgium's North Sea coast. And don't forget Paris-Roubaix, known (not for nothin') as the Hell of the North.

So in our truest "How ya like me now!" attitude, us folks in the New World have created our own local examples. There's the Icicle Metric, billed as "your first chance to stretch your legs on a long ride after the long, cold, winter" (in March!). Or the Taxing Metric, where you can "explore the unspoiled beauty of Warwick



and French Creek parks."

And then – the **Bonkers Metric!!**. Along with the Washington Metropolitan Area Transit Authority (call it the Metro) and AC/DC's famous 'It's A Long Way To The Top' film clip shoot, the DVBC's classic spring tour celebrates its 34th anniversary this year. You can travel as far as 100 kilometers (a metric century!), and spy turtles sunning themselves along a creek bank. After this past winter, some sections of road may feel like cobbles, but you won't mind. Just enjoy our food stop with family or friends and show your support for bicycling in our community. You can find a registration form in this newsletter, or sign up online at www.dvbc.org. Hope to see you there!

Local Municipalities Kill Bicyclists Baltimore Pike (Not!) or, Reports of My Death Have Been Greatly Exaggerated

by Dom Zuppo

On March 18, 2004 the *News of Delaware County* reported from Aldan, PA: "The Delaware Valley Regional Planning Commission and the Pennsylvania Department of Transportation withdrew their proposal for creating a bike lane running from Rose Valley to the Cobbs Creek section of West Philadelphia. The original plan was drafted in May of 2000, and in recent months steady opposition by residents and council members has grown."

Fast forward 6 years. As Jo Ann and I rode to help Larry and Woody with the April 18th Swarthmore Fun Fair bike tours, we passed this beautiful sign. There are many people to thank for making this small victory possible, but in particular I'd like to acknowledge the work of the Delaware County Planning Department, the Delaware Valley Regional Planning Commission, the Pennsylvania Department of Transportation, and most of all David



Bennett and the members of the Delaware County Cycling Committee for refusing to let this simple yet important project disappear. Thank you!

May 21 is National Bike to Work Day

The solution to some of the world's biggest problems could be hanging in your garage or basement. Three hours of bicycling a week can reduce your risk of heart disease and stroke by 50 percent. The U.S. could save 462 million gallons of gasoline a year by increasing cycling from 1 to 1.5 percent of all trips. In 1964, 50 percent of children biked to school, and the obesity rate was 12 percent; in 2004, 3 percent rode to school, and the obesity rate was 45 percent. Finally, 50 percent of the working population commutes five miles or less to work.

Consider how you and your community would benefit from one less car on the road. Start your journey by visiting the League of American Bicyclists at www.bikeleague.org/programs/bikemonth

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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.

Contents © 2010 by DVBC

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

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484.802.8374 or myweb@crafttech.com

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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 May 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*****

Tuesdays 6:00 pm Miles:15+/- Class:C 320 Produce	We will ride through Ridley Township, Swarthmore, and Wallingford on terrain that varies from flat to hilly. Average 11 to 13 mph. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Rd (Route 320) and Park Lane Rd, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com
Wednesdays 9:30 am Miles:30-60 Class:B-/C+ Docs' Ride	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 ; or Woody Kotch at 610-566-2736 Email: hrkotch@comcast.net
Wednesdays 6:00 pm Miles:18+/- 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/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@comcast.net
Wednesdays 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, near Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Sat, May 1 10:00 am Miles:38+/- Class:C The Perkiomen Trail	We attempted this ride in February but the weather was uncooperative. Let's try again - meet at Betzwood Parking Area at Valley Forge. This is a hybrid or mountain bike ride because most of the trail is a 10-foot wide cinder or stone aggregate (non-paved) surface with grass shoulders. Bring food for stop along the way. Rain or wet trail will cancel the ride. Contact Mary Huis at familymail233@comcast.net
Sunday, May 2 9:00 am Miles:30+/- Class:C+ Trek the Upper Bonkers	Meet at the Ridley Creek State Park headquarters parking lot and we'll check the conditions of the northern route of the Bonkers Metric. Threat of rain will cancel the ride. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sunday, May 2 9:30 am Miles:64+/- Class:C+ Tribute to the BBC	As a tribute to our biking brethren at the Brandywine Bike Club, let's follow their awesome Dog Daze Western Loop. We'll start at Pocopson Elementary School (lower level) and head west into some of the most beautiful country in Chester County. Bring food for a stop midway on the ride and bring \$ for a possible stop at Northbrook at mile 55 or so. Contact Mary Huis at familymail233@comcast.net
Sat, May 8 8:30 am Miles:TBD Class:All Bonkers Paint Ride	Budding Picasso or Rembrandt? No matter, let's meet at Parking Lot #15, Ridley Creek State Park, to divvy up the routes and paint the most artistic tour arrows in the Delaware Valley. Don't forget, spray paint – sprays, so don't bring your prize duds. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net
Sun, May 9 9:00 a.m. Miles: 15+/- Class: C+ MTB Momma Day	Hey all you Moms and non-moms, come out and ride the woods. Ride starts at 9AM at Middle Run Park, Possum Hollow Road, Newark, DE. Directions to Middle Run Park: Follow I95 south to Rt 273; right (WEST) on 273; cross Rt 4 overpass; right at Red Mill Rd, then immediate left for Red Mill Rd; turn west (left) on Rt 2 (Kirkwood Hwy) to right onto Possum Park Rd (Perkins Pancake house on the left side of intersection). Proceed to right onto Possum Hollow Rd (sign: Tri-State Bird Rescue) and follow that lane to sign: NCC Middle Run Park. Turn left onto dirt lane and follow to end and parking. Rain or wet, muddy trails cancels ride. May post ad-hoc road ride if trails are bad. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com .
Sat, May 15 8:30 am Miles:TBD Class:All Bonkers Volunteer Ride	Meet at Parking Lot #15 at Ridley Creek State Park. We'll check the routes one last time to make sure all is ready for our guests. Pick your route and pick your pace. Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net

<p>Sunday, May 16 8:00 am Miles: Various Class: All Bonkers Metric</p>	<p>The Delaware Valley Bicycle Club's spring tour covers some of the best roads in Delaware County. Travel at your own pace with family or friends on rolling terrain with some hills and routes of 18, 35, 50, or 63 scenic miles. A well-stocked food stop awaits all ages, all abilities, and all types of cyclists. Start/Finish at Ridley Creek State Park, Parking Lot # 15, near Media, PA (GPS address is 351 Gradyville Road, Newtown Square, PA19073). Contact Dom Zuppo at 484-483-7456 or domzdvbc@comcast.net</p>
<p>Sat, May 22 10:00 am Miles: 25+/- Class: C Westtown Loop</p>	<p>We'll meet at Rose Tree Park for a fun C paced ride out to Westtown School. This is the ride made famous by Ira and is always a great time. There will be hills but no one dropped. Bring snack for a rest stop midway on ride. Contact Mary Huis at or familymail233@comcast.net</p>
<p>Sun, May 23 9:00 am Miles: 35 Class: All Art Museum</p>	<p>Meet at Drexel Hill Cyclery. Parking in Rite Aid lot. Brief stop at Lloyd Hall for nature break. Bring snack, no lunch stop. Juror #6 will lead a C group. C+, B- cyclist will do traditional route with the "Martin mile". Post ride breakfast at Ming's. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net</p>
<p>Sunday, May 30 8:30 am Miles: 35+ Class: C Kountry Kitchen</p>	<p>Join me for an old DVBC favorite ride to our favorite diner in South Jersey. This is a C pace ride, average 11 to 12 miles hour over mostly flat terrain. This is a good opportunity for new riders not used to group riding. Bring money for breakfast at the Kountry Kitchen. Rain cancels. Meet at Kingsway High School, Route 551 (Kings Highway), Swedesboro, NJ, just over the Commodore Barry Bridge. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com</p>

BONKERS Cartoons of the DVBC

by Bob LaDrew



Bikes and tulips on an Art Museum Ride in April. Spring doesn't get any better than this!



Betsy and friends, weary of winter weather, can't wait to start the first 320 Produce Ride of 2010.

Bike Dirt

By F.X. Pedrix

While enjoying a nice glass of red wine on the evening of April 11th with my lovely wife Babs, an old cycling buddy, Roberto, called me. He couldn't believe that Chris Horner, Team RadioShack, had just beaten Alejandro Valverde for the overall win in the Tour of Basque Country. This was an incomprehensible feat as far as my Spanish friend was concerned. Looks like this is going to be a very interesting cycling season.

The DVBC season also seems to have gotten off to a good start. Doc Larry enlisted some DVBCers to marshal, lead and sweep the ride at the Swarthmore

Fun Fair on April 18. This year's bike ride during the fair was another success thanks to all of their work. Doc reports:

"Thirteen riders and ten DVBC volunteers completed the 5 and 15 mile routes through Swarthmore and neighboring communities under clear cool skies. The ride raised \$125 to benefit the American Diabetes Association and help kick off interest in the annual Tour de Cure to fight Diabetes. Thanks to all participants, local walkers and motorists for your cooperation." Doc reminds the riders that some of them didn't claim their gifts from Cycle Fit of Delaware Valley. Contact Larry at 610-544-5799 or lar-green@earthlink.net to claim yours.

Believe it or not, the Bonkers Metric Tour is almost upon us. It's scheduled for Sunday, May 16th and volunteers are definitely needed. Contact Dominator at president@dvbc.org if you can help out.

My spies report that Movie Man, Joel N., and the Grocer have been putting in some serious training as they get ready for the Memorial Day Mountains of Misery ride. It's 120 miles of torture. Joel and the Grocer came out for a recent Wednesday night RTP ride and they were definitely in great form so early in the season. Fairweather kept shaking his head while Joel was kicking butt on his fixed speed.

It was 2:20 p.m. a couple of Sunday's ago, when Dreamer and Bakerman drove past Aston Dan S. biking on Pennell Rd. Later they found out

that he rode down to Delaware City, DE and was there and back to Aston by 6:00 p.m. Pretty good pace if you ask me.

The Cycling Gourmet joined Dreamer and some coworkers for a show in Philly. When the rest of the ladies were deep in conversation about TV shows, the duo chatted up a couple of Philly Bike Cops asking them all about their bikes and their routes. I'd pity any criminals out there if those two ever got on the force as neither would ever let anyone get away from them on their bikes.

While lunching with Babs and me, Gear Grrl revealed that she'll be at every stage of the Tour of California. Keep your eyes peeled for her if you tune in. She recently purchased a DVBC jersey and plans on wearing it. The Silver Fox's son, Dan, will be working the event again.

Gigi while down in Virginia Beach with Buckeye a couple weekends ago, rode with the Fat Frogs. Seems the Frogs ride at 7:30 a.m., ride 20 miles and are done. Gigi was just getting truly warmed up when they were finished riding.

Our Cycling Gardener is a real celebrity. Not only has he written some wonderful books on gardens, he penned an article in a recent Martha Stewart Living magazine. The Cycling Gourmet was paging through the April 2010 edition and saw his name as the writer of an article titled "A Shade Garden, Season by Season." Maybe we can twist his arm to get us all an invite to Martha's place, on Creek Road by the Brandywine.

Bakerman is a lucky guy. Seems as part of his job he's given a refinery bike that he can use to get around. The guys in the trucks can't believe how he always beats them to the work sites.

Juror #6 came to the rescue on the latest Manayunk Ride when the River Drives were crowded with charity runs. He led Grey Wolf's charges out and through West Philly into Bala Cynwyd and back to Ming's, where some stayed on for lunch. The Juror didn't buy, of course.

Mike Madonna, "Double M" as he is now called, has been leading ad hoc Wednesday night rides out of RTP. On the latest ride there were various reports of the pace for the night so it was decided that the fastest pace would be the one

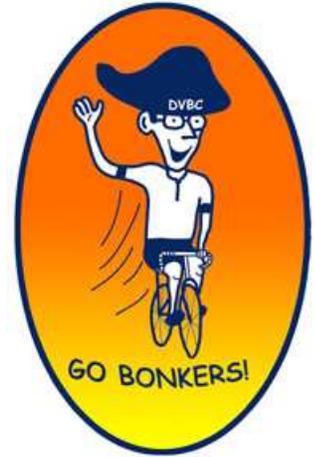
(Continued on page 7)



Past DVBC President Rich Patterson, seen at the end of a recent Back in the Saddle ride.

DVBC Bonkers Metric

Sunday May 16, 2010 (rain or shine)



Delaware Valley Bicycle Club's spring tour finds the best roads in Delaware County, with rolling terrain and some hills. Travel at your own pace, with family or friends, or make new cycling friends. All ages, abilities and types of bikes welcome. Food stop, maps/cue sheets, sag wagon provided.

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

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

Contact: Dom Zuppo at 484-483-7456 or email rides@dvbc.org

For online registration, directions, and information, visit www.dvbc.org

BONKERS METRIC TOUR 2010 Registration Form

Name(s): _____ Age(s) _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email address: _____

Distance:(please check one): 18 miles: _____ 35 miles _____ 50 miles _____ 65 miles _____

Pre-Registration \$18.00 _____ Pre-Registration with PDF Membership \$25.00 _____

Day of Registration \$25.00 _____ Day of Registration and PDF Membership \$32.00 _____

PDF members have full membership privileges but receive the PDF version of the club newsletter, saving the club mailing and printing costs.

Waiver/Release (PLEASE READ and SIGN)

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). form 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)

(For riders under 18 years of age, parent or guardian must sign)

For pre-registrations, PLEASE SEND THIS FORM WITH A CHECK OR MONEY ORDER BY MAY 10 to
 Delaware Valley Bicycle Club
 P.O. BOX 156
 Swarthmore, PA 19081

Balance

by Deb Chaga

Like a juggler I must be,
balancing all parts of me.

Work is at the top,
Up there with
mom, dad, boy, girl.
(Glad there's no dog!)

The house calls out: "Clean me!
Paint me! Cut my grass!"
Mail piles up, and I regress.

The bikes whisper: "Ride me!
Now! Please!" Too many times
I give in to their pleas.

But on my rides,
I am balanced,
for on a bike
balance is so easy.

(Continued from page 5)

they'd go with. I like that thinking.

Has anyone seen **Hootie** lately?

Every time I've passed by his old haunt he
hasn't been there. Did he fly off with a
cute chick with nice breast feathers?

It seems for now that Grey Wolf has
become a woodsman. He and **Joe
Petrucci** have been riding lots down in
Middle Run in DE. I keep hearing more
and more rumors about DVBCers who are
going to take the plunge to buy a moun-
tain bike. Looking forward to joining
them and riding the skills course I've
heard so much about. Hopefully my old
bones can take it.

**Don't forget that the Crum Creek
Cleanup is Saturday, May 1st. Contact
Woody Kotch at hrkotch at com-
cast.net if you can help out.**

Keep sending in your lies, innuendos,
outright falsehoods and occasional truths
to FX Pedrix at DVBC.org.

**Dear
Gear
Grrl**

DVBC's own
Q&A Expert,
a freewheeling
liberated grrl,
answers your
trickiest bicycling
etiquette questions



Dear Gear Grrl,

My wife is concerned I have gained too much weight over the winter. So much so, she wants me to take my beautiful carbon fiber Trek Madone 6.9 bicycle to a shop and have it inspected. I admit I have an addiction to food, especially pizza, but I don't think my bicycle is in jeopardy. Instead of spending money needlessly on an inspection I would much rather purchase a larger DVBC jersey or a meat lovers pizza. My real question to you is, what should I do if I can't keep up with her this riding season?

Angerywhiteguy

Dear Angry,

Not sure if your wife's concern is that you'll damage the bike or that you'll be damaged if the bike fails. But to answer your question. what you do depends on what YOU want to do. You can just keep riding even if you can't keep up with her and do a ride at your level. Lots of couples out there sometimes ride together and sometimes don't. Another option would be to just keep eating lots of pizzas. Possibly one day you'll realize that you're spending more time with the pizza guy than with your wife. And that my friend may just make you angry-er.

Dear Gear Grrl,

Why do women ride men's bikes?

Curious in Wilmington

Dear Curious,

Ah, you've got me all worked up now. When I was a kid, girl's bikes were just too girly and the boys bikes were cool looking. When I started riding and racing seriously, there just weren't any women's specific bikes and we had to make do riding men's bikes. Not a good idea, since a man's bike doesn't fit a woman's body any better than men's clothing. Most women have longish legs and a much shorter torso than men. This meant the bike shop would fit the bike to our legs which would make the reach to the handlebar too long. I'm happy to say that I now own two women's specific bikes and I'm riding better than ever. Long days on the bike doesn't cause me to have so many aches and pain. Of course I still have my old men's lime-green racing bike for sentimental reasons. And hopefully one of these days the manufacturers will get that women would love bikes (and clothing) in better colors--not just pink, blue, and purple.

Send questions for Gear Grrl to [The Editor](#).



Dreamer entertaining the crowd at the midpoint of an April Art Museum ride.



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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)