

# Delaware Valley Bicycle Club



JUNE 2010

P.O. Box 156  
Swarthmore, PA,  
19081  
[www.dvbc.org](http://www.dvbc.org)

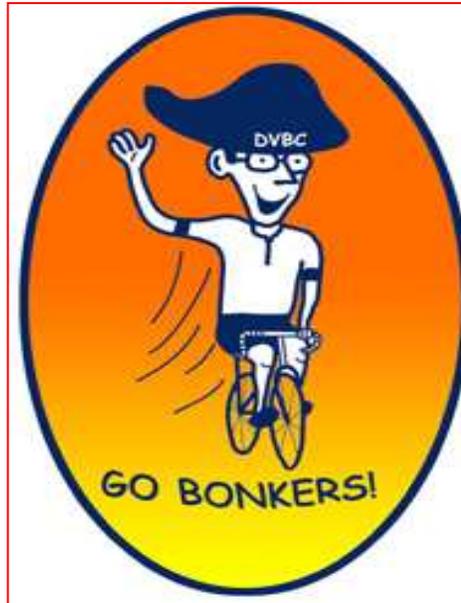
## The Bonkers Metric Rap-port

By Run DVBC (aka The Dominator)

Patently waiting at the starting line. Cue sheet in hand, the course on his mind. His friend pulls up and they're both on their way, clouds overhead so they shouldn't delay.

Once out of the lot, they head to the trail. Then Rt. 352, with the wind at their tail. Cautious, yet free, they head for the Pike. Effortless time spent riding a bike. Spinning up climbs with a certain allure, then over the crest as they're rockin' the Tour.

The food stop beckons as they coast to a stop. Our volunteers serve, then it's off to the top. Of Dilworthtown, Memel, and Clayburgh they seek, a route not too tough and yet not for the meek. The sun



shines bright with blue skies overhead, and our friends trek home by the orange, not red.

One hundred sixteen was the total, I'm told, with five not riding, 'Guess the weather won't hold.' Many thanks go out to the riders who did, from seasoned old vets to the spryest young kid, who didn't let the weather stand in their way, of riding their bikes on a glorious day.

And praise to our volunteers who can't be beat, they care for our guests while they stand on their feet. Making paperwork fly at the very start, and those PB&J's made with love from the heart.

2010, yes it's over and done, but keep on riding, for your health and for fun.



Happy riders during  
the rain-free DVBC  
Bonkers Metric Tour  
on May 16

## 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.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15<sup>th</sup> 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

## Upcoming Club Events

### Club Picnic Date and Place TBA

### Brandywine Tour Sunday, September 5

Volunteers are needed for both the picnic and the Brandywine Tour, and for other club activities. Ride leaders are especially needed! 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 adambomb99@gmail.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.

# Delaware Valley Bicycle Club

Serving Delaware County and the Western Philadelphia suburbs

[www.dvbc.org](http://www.dvbc.org)

## May 2010 Ride Calendar

Check the ride calendar at [www.DVBC.org](http://www.DVBC.org) for late additions to this 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](http://www.suburbancyclists.org)

### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

<b>Wednesdays 9:30 am</b> Miles:30-60 Class:B-/C+ <b>Docs' Ride</b>	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 or <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a> or Woody Kotch at 610-566-2736 or <a href="mailto:hrkotch@comcast.net">hrkotch@comcast.net</a>
<b>Wednesdays 6:00 pm</b> Miles:22+/- Class:C <b>Rose Tree Park-n-Ride</b>	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. Rain or the threat of rain cancels the ride. Contact Dom Zuppo at 484-483-7456 or <a href="mailto:domzdvbc@comcast.net">domzdvbc@comcast.net</a>
<b>Wednesdays 6:00 pm</b> Miles:20+/- Class:B- <b>Wed Nite Road Crew</b>	Fun and challenging ride with some breakaways. Expect hills. Average speeds: 14.5 mph in the beginning, climbing steadily to around 15.5 mph at season's end. Route will change weekly; cue sheets not provided. Any riders going off the front are 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. I will not be able to lead the ride on June 30th, so expect a sub. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a> .
<b>Sun, May 30 8:30 am</b> Miles:35+ Class:C <b>Kountry Kitchen</b>	Join me for an old DVBC favorite ride to our favorite diner in South Jersey. Average 11 to 12 miles hour over mostly flat terrain. 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 <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Tues, Jun 1 6:00 pm</b> Miles:20+/- Class:C <b>320 Produce</b>	We will ride through Ridley Twp., Swarthmore, and Wallingford on terrain that varies from flat to hilly. Ave. 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, S. Chester Road (Rte 320) and Park Lane Rd, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Sat, Jun 5 8:00 am</b> <b>(Rain Date: June 6)</b> Miles:50+/- Class:C+ <b>Bike Virginia Boot Camp</b>	After riding a good 4 days in a row at the Baltimore Bicycle Club's Spring Fling, I was thinking it may be a good idea to hit some hills. We'll ride to Eichele Road hill (rain date June 6th), climb it 2 maybe 3 times and then ride to Anna Marie's for a well deserved breakfast. The ride will be a little over 50 miles, depending on how many times you attack the hill. Contact Doug Bower at 610-952-0562 or <a href="mailto:doug_bower@verizon.net">doug_bower@verizon.net</a>
<b>Tues, Jun 8 6:00 pm</b> Miles:20+/- Class:C <b>320 Produce</b>	We will ride through Ridley Twp., Swarthmore, and Wallingford on terrain that varies from flat to hilly. Ave. 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, S. Chester Road (Rte 320) and Park Lane Rd, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 or <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Sat, Jun 12 9:00 am</b> Miles:48+/- Class:C+ <b>Mary's Muffin Ride</b>	Let's meet at Rose Tree Park for a jaunt out to our favorite muffin place - Purebread Deli in Greenville, Delaware. We will climb all our favorite hills and marvel at the beauty of the Brandywine Valley. Bring \$ for food stop. Inclement weather cancels. Contact Mary Huis at <a href="mailto:familymail233@comcast.net">familymail233@comcast.net</a>

<b>Sun, Jun 13 8:30 am</b> Miles:55 Class:B <b>3 Parks and a Trail</b>	Meet at Rose Tree Park. Ride thru Ridley Cr. St. Park on the way to Valley Forge Nat. Park. Refill H2O bottles at Betzwood rest stop, then ride the S.R. Trail to Manayunk. Break-away group suggested on the trail! Quick stop for a snack before returning to R.T. Park via Haver-town. Rumor has it June Weather will attend. Contact Tom Smyth at 610-909-8226 or <a href="mailto:smitt542@comcast.net">smitt542@comcast.net</a>
<b>Sun, Jun 13 8:30 am</b> Miles:25+/- Class:C <b>Swarthmore R3 - RU Ready?</b>	Join Vicki and Betsy for a new ride through Springfield and Havertown in Delco. Terrain flat to rolling with a couple of short steep climbs. Regroup at the top of hills as needed. Bring \$\$ for snack stop. Suggest parking on Meyers Way, inbound side of Swarthmore train station. Sunday parking at town meters on Meyers is free. Contact Betsy Ffrench at 610-324-8207 or <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Tues, Jun 15 6:00 pm</b> Miles:20+/- Class:C <b>320 Produce</b>	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 <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Sat, Jun 19 8:30 am</b> Miles:69 Class:B- <b>Sex on the Beach</b>	Ride begins through marshlands teeming with birds, then on to the Delaware Bay East Point Lighthouse, where horseshoe crabs may be performing their prehistoric mating ritual. Quick stop at mile 23, then long stretches of car-free riding, with lunch at Higbee's Cafe in Fortescue, the weakfish capital of the world. Return through a nature preserve and historic Mauricetown. Start PROMPTLY @ 8:30. Cue sheets provided. Meet at Maurice Twp Elem School, 3593 Route 47, Port Elizabeth, NJ. A go/no-go message will be added to DVBC list-serve by 6:45 am if weather is questionable. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sun, Jun 20 9:00 am</b> Miles:50-60 Class:B- <b>Victory Ride</b>	Start at Chadds Ford Elementary School. We will ride from school to the Victory Brew pub then follow the 28 mile Bike Fresh ride cue sheet. Stops at the Wawa in Downingtown on the way out and back. Chance of rain greater than 30% per weather.com the night before cancels ride. Contact Alex Moeller at 610-476-2475 or <a href="mailto:agmoeller1@gmail.com">agmoeller1@gmail.com</a>
<b>Tues, Jun 22 6:00 pm</b> Miles:26+/- Class:C <b>Airport Loop</b>	Come out for a ride around the Airport. Ride through Ridley Twp and loop behind the airport on Hog Island Rd. Ride mostly flat, averaging 12 to 13 mph and needs to keep moving to be back before dark. Bring lights. Leave at 6 PM promptly! Meet at 320 Produce, Swarthmore-wood Shopping Center, South Chester Rd (Rte 320) and Park Lane Rd, Swarthmore. Contact Betsy Ffrench at 610-324-8207 or <a href="mailto:EFfrench@wilmingtonTrust.com">EFfrench@wilmingtonTrust.com</a>
<b>Sat, Jun 26 9:30 am</b> Miles:30 Class:C <b>Highland Orchards</b>	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 <a href="mailto:spbert465@hotmail.com">spbert465@hotmail.com</a>
<b>Tues, Jun 29 6:00 pm</b> Miles:20+/- Class:C <b>320 Produce Show-n-Go</b>	What's a Show-n-Go? Our regular ride leader will be on vacation, so we hope one of our club members will show up with the sign-in sheet and lead this popular ride. Leaves 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 Dom Zuppo at 484-483-7456 or <a href="mailto:domzdvbc@comcast.net">domzdvbc@comcast.net</a>

## BONKERS



CARTOONS  
OF THE  
DVBC





Smitty running in the St Dot's 5K, to the cheers of the children and ladies in the crowd.

## Bike Dirt

By F.X. Pedrix

My lovely wife **Babs** has banned me from watching any cycling races until I can find a little self-control. It's really not my fault that I threw that empty beer can at the TV. I was watching three breakaway riders, Leipheimer, Rogers and Zabriskie, in the final two kilometers of the 3rd Stage of the Tour of California when VERSUS switched to a ice hockey pre-game show!!! Tell me, is that insane or what?

Locally, **Smitty** has been tearing up the race circuit. He had a third place overall/first place in his age bracket at the Riverwinds Triathlon and a 23rd overall/third in age bracket at the St Dot's 5K. **Grey Wolf** plans on defending his title at the Lansdowne Memorial 5K. If you're looking for him in the crowd he now is mustache-less to cut down on wind drag with all those whiskers. Misty didn't notice the clean shaven Wolf for over a week although he'd had the 'stache since they met many years ago.

The **Bonkers Tour** was a success with no rain for the first time in three years. Thanks to all the volunteers who helped. **The Cheyney Food Stop** was literally hopping—with ticks, that is—making **Jittery Jo** just that and **Gigi** itching to get out of there. **Bakerman** again earned his name with his delicious chocolate chip cookies which were the first to go. **Jill on the Bike** again contributed her anise cookies that are now a Bonkers favorite.

**Trailmaster Joe Petrucci** crash

landed like a 20 year old on **Dreamer's Momma's Day Ride**. Way to go Joe! Maybe the club needs you to give a class on the proper way to fall. And speaking of falls, I'm sorry to report that we've got another member on the DVBC disabled list. **David Markman** fractured his shoulder in four places while riding on Forbidden Drive. Heal quickly, David!

The last time a group went to **Ming's** after an **Art Museum Ride**, Grey Wolf discovered that not only do the new DVBC jerseys dry quickly but they match the color of Ming's OJ exactly. Of course it would be better to drink the hand squeezed juice instead of wearing it.

**Dave Alfe** led a May 1 **Purebread** Ride with a peloton that consisted of he and **Mike Flynn**. I have to say that the ride report was quite the work of art—*bellissimo* in fact.

New bikes bought this month were Misty's new full suspension mtb, Bakerman's new hardtail mtb, and **Nancy Thomas'** margarita green road bike. Keep a watchful eye on that bike, Nancy. That margarita color might attract a lot of attention from the likes of Dreamer and her drinking buddies.

**Buckeye** is planning another hill climb, the **Bike VA Boot Camp**. On **June 5**. Get out your rain jackets!

**The Cycling Gourmet** (a.k.a. Smiling Rookie) chose the first weekend in May when the temps climbed into the 90s to lead back-to-back rides. On Saturday she led a 39 mile Perkiomen Trail ride on mtbs with **Dominator**, Jittery Jo, **Fairweather**, and **Yellow Shoes**. The next day she led a Dog Daze ride with Bakerman and Dreamer, and the sun was hot and hills were many. Fortunately they found a

**Turkey Hill** on Route 41 where they heard a familiar voice yell out, "Hey Mary." It was the **Peffessor** returning from a ride to Hershey with WCBC.

Rumors still abound that **Bob Martin, the Purple Haze**, will show for a mtb ride soon. We can only hope.

A spy told me that three DVBC riders recently took part in a Saturday ride with another club. The route was lovely and very scenic. However, the ride leader had a shouting match and gave the finger to some riders who got ahead and went off the front, delaying the ride. That's what I call road rage.

**Gear Grrl, DVBC's etiquette and advice columnist**, missed her deadline this month because she's been hanging out with Levi Leipheimer's wife Odessa and dining nights with Phil Liggett during the Tour of California. Send any reasonable queries to the Grrl to **The Editor**, and he'll make sure she answers them.

Just in: Dreamer swears she was not involved in anything that **Floyd Landis** may allege in his yet to be released new book, *I Lied Before but I Ain't Lying this Time*. And she did not give Smitty a bag of her blood before his recent races.

During the Bonkers a spy overheard someone say that she doesn't know everyone I mention in my column. That surprised me, since she's a long time DVBC member. With Board approval (they may have reasons to keep some of their names and activities secret), I will post a list of nicknames and real names in an upcoming newsletter. And remember, if you want your own nickname and a mention in **Bike Dirt**, simply do something courageous, outrageous, horrific or terrific, and then make sure to tell one of my spies about it. You can even spy on yourself by sending info on your latest deeds or misdeeds to [FX Pedrix at dvbc.org](mailto:FX Pedrix at dvbc.org).

**WELCOME  
NEW MEMBERS!!**  
(joined between 3/25-5/22/10)

**Daniel Coonan, Philadelphia**  
**Mark Monti Ellis, Prospect Park**  
**Patrick Haradem, Royersford**  
**Richard Jaffe, Media**  
**Mark Kern, Chadds Ford**  
**Bill Reimert, Chesterbrook**  
**Courtney Rindgen, Havertown**  
**Barbara Schultes, Mickelton NJ**  
**Colleen Smith, Norwood**



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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)