

Delaware Valley Bicycle Club

April 2012



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

The Triumphant Return of Bike Dirt

By FX Pedrix

During the snowstorm on Halloween, my lovely wife Babs ran out to the mall and bought a bunch of heavy sweaters. Babs was sure the winter was going to be a bad one. She talked me into buying new skis and I complied since I know how amorous she gets on those ski get-aways. Well, Babs hasn't worn those sweaters and I haven't gone skiing but we have gotten in a lot of warm winter riding and apparently so have a lot of other DVBCers. I've been seeing lots of ride reports from the **Cycling Gourmet**, **Shelley**, **Buckeye**, **The Monsignor**, the **Grocer**, **Dreamer** and others.

On Dec 5th, the DVBC Annual Banquet was held at the Towne House in Media. There was a good showing of members and my spies reported that everyone had a good time and as far as I know, no one smuggled in any beer to **Dreamer** as has occurred at past banquets. Awards were given to **Most Improved Riders**-**Shelly Epstein** and **Andy Marzano**, **Cheeriest Rider**-**Mary Huis**, **Crash Rattle & Roll**-**Doug Bower**, and **Rookie of the Year**-**Lisa DeLeon** who also received the fun Dropped Chain Award made out of an old chain and a

hunk of wood. **Dom Zuppo** was awarded **Volunteer of the Year** for all the things he's done for the club including single-handedly painting the entire Brandywine Route last September with his trusty sidekick **Jittery Jo**.

Just in case you didn't know, Dom stepped down as President, and at the January board meeting, **Doug Buckeye Bower** was unanimously voted in as President. New board members voted in are **Tom Gallagher** and former BCP President **Linda McGrane**. It's good to get some new blood in the club. Linda has already been posting quite a few rides, hikes, and other events to the calendar. You'll soon be hearing some of Doug's and the board's new ideas. By the time you read this, the board will have already held Ride Leader Training on March 31st, which is being held with the intent to instruct new ride leaders on the do's and don'ts of leading a ride.

The economy has been taking an upward trend lately with thanks to DVBCers who have purchased new bikes. **Sabine** is the happy owner of a Tommasini Steel road bike now that she's figured out how to keep the back wheel from falling off. **Adam the Cycling Gardener** now owns a Trek 29er mountain bike and so does Rookie **Lisa DeLeon**. **Steve Madonna** was gifted with a 29er on Christmas from his wife and **Alex Moeller** got a sweet Fuji Tahoe delivered by Santa **Dan Grey Wolf Dillon**. Fortunately, the neighbors didn't steal the shiny new bike adorned with a big red ribbon from

Dreamer's deck.

Mountain biking is alive and well in DVBC. The **Cycling Gardner** is absolutely hooked and he's getting more and more confident out on the trails. **Lisa**, **Fair-weather Paul D**, and buddy John, have been riding every weekend. Paul is a maniac who attacks anything on the trail regardless of how big it is or how deep the creek and usually falls at least five times every ride. **Pool Boy** loves the woods and his carbon mtb. **Shelley and Mary Beth** have also been out. Grey Wolf keeps finding new trails daily out in Brandywine State Park, the Woodlawn Preserve, and White Clay Creek State Park. It's a full time job for him.

Unfortunately **Gigi** had a nasty crash on New Years Eve on the way back from an Annamarie's Ride with **Buckeye**. She broke some teeth and was badly bruised on her face and had lots of road rash. Fortunately, **Eric Valencia** was nearby and was able to pick them up and the bikes up so Gigi could get to the ER fast.

Emil S. also had a bad crash on MLK Day. He and **Steve Fischer** were riding on Rt 352 in Middletown Township when Emil blacked out and went down. Hero Steve dragged Emil to the side of the road and called 911 for help. Emil is quickly recovering from 6 broken ribs and a torn rotator cuff. However, his cycling clothes were not so lucky since they were all surgically removed in the ER.

(Continued on page 5)



SAVE THE DATE!

Sunday, May 20: Bonkers Metric Tour
18, 35, 50 and 65 miles
Details 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. Money raised from rides and membership dues is donated to a variety of cycling-related organizations.

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

Monthly board meetings are open to all, and are usually held the 1st Monday of the month (except December) at 7 p.m., at the Swarthmore Public Library. Contact the President to confirm.

CLUB AFFILIATIONS

- *League of American Bicyclists
- *Bicycle Coalition of Greater Philadelphia
- *Adventure Cycling Association
- *Bicycle Access Council
- *East Coast Greenway
- *PA Walks and Bikes
- *Friends of Ridley Creek State Park
- *Friends of the Chester Valley Trail

Newsletter Contents © 2011 by DVBC

Board of Directors and Volunteer Staff

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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 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.

April 2012 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list.
Check with ride leaders if weather looks threatening.

Recurring Weekday Rides

Tuesdays 6:00 pm Miles:TBD Class:C Tuesday's Delco Spin	Daylight Savings is here and Tuesday evening ride is back! So dust off your bicycle, pump up the tires and join me for an easy C pace ride of 11 to 12 miles hours Swarthmore, Wallingford and Ridley Township areas of Delco. Daylight will govern the length of the ride, planning on being back at the start before dark. But bring lights just in case. We will regroup as necessary. Leave promptly at 6 pm. Ride will get faster as the season progress. Rain cancels. Meet at 320 Market, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com
Wednesdays 10 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 Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Sun, Apr 1 8:00 am Miles:55 Class:B Climb Might Change	There is no denying this ride. It's been gear reviewed by reputable cyclist in various fields. Expect the ride profile to increase sharply towards the end of the ride, sort of like a hockey stick. 5,000 feet of climb. This ride starts at the Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sun, Apr 1 9:00 am Miles:48 Class:C+ The Muffin Ride	Join me for a wonderful ride out to Purebread Deli in Greenville, Delaware. This ride has a little bit of everything - some nice climbs and long time trial sections. We will stop halfway for a short food stop at the Deli. Ride starts at Rose Tree Park in Media. Average speed will be 13 to 14 mph, faster on the flats. Rain Cancels. Ride leaves promptly at 9 a.m. Contact Mary Huis at or mary2335@verizon.net
Mon, Apr 2 7:00 pm Miles:None Class:All DVBC Board Meeting	DVBC Monthly Board Meeting held at Swarthmore Public Library at 121 Park Avenue (610)543-0436. All are welcome to attend. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Sat, Apr 7 9:00 am Miles:61 Class:Class Pottstown and Harleysville	Early season tour through the middle of Montgomery County. Lots of back roads with a few climbs. The pace is moderate (13-14 mph average) and we will regroup as needed. Full service rest stops at 24 and 45 miles. Starts from Betzwood picnic area. Rt 202 to 422 west. X Schuylkill river, exit immediately. Left at top of ramp, left down the other side, right into parking lot. Meet in middle by bathrooms. Contact Mike Fuller at 610-783-0913 or mike@captek.net
Fri, Apr 13 6:00 pm Miles:15-20 Class:C Awful Hills of Media	Fueled by matzo, Shelley will lead this hilly ride from 320 Produce in Swarthmore around Media. For this season opener, the hills will be unavoidable but not that bad. Of course, that's a matter of opinion. Contact Shelley Epstein at or 4epsteins@comcast.net
Sat, Apr 14 9:00 am Miles:55 Class:B Hills from Philly	Average speed 11-12 mph. Yup. It's a BEE ride with a sting. 12 hills (plus the Wall??). The loop will start from the Italian fountain behind the Art Museum. No sherpa will be provided, but we will regroup at the top of each climb. Full service rest stop (H2O, food, bathrooms) at mile 31, other quick stops if needed. In this case 12 mph is ABSOLUTELY NOT a "C" ride. thank you :) Contact Mike Fuller at 610-783-0913 or mike@captek.net
Sun, Apr 15 8:00 am Miles:60 Class:B The Ride to Nowhere	... except the top of one hill after another and another. This ride is to test your climbing skill, your recovery rate, and your stamina. Expect 100 feet of climb per mile and various grades, one or two over twenty-five percent. I dare you come out for this one. This ride starts at Wayne Train Station.

PLAN AHEAD!! BONKERS METRIC MAY 20, 2012
DO YOUR CLUB PROUD! RIDE OR VOLUNTEER

Sat, Apr 21 9:00 am Miles:50 +/- Class:C+ Northbrook Ride	Join me for a great ride out to Northbrook. We'll climb some challenging hills and enjoy the lovely scenery. After a short food stop at Northbrook Marketplace, we'll head back to Media. Average speed will be 13 to 14 mph, faster on the flats. Rain cancels. Ride starts at Rose Tree Park in Media. Ride will start promptly at 9 a.m. Contact Mary Huis at or marv2335@verizon.net
Sat, Apr 28 9:30 am Miles:25 +/- Class:C Ira's Old Ride	This is the spring 2012 second installation of this hilly ride from Media to the Westtown School and back. We will meet at the parking lot at the west end of State Street in Media, formerly known as "the parking lot next to Selene's" (of blessed memory). It's the parking lot at the end of all the stores, on the right, as you head west (although it seems like south) on State Street. We may add a hill or two. No one dropped. Temps under 45 degrees cancel the ride. Contact Shelley Epstein at or 4epsteins@comcast.net
Sunday, Apr 29 12:00 pm Miles:5 - 15 Class:D/C- Swarthmore Fun Fair	Join Larry at the annual Fun Fair and help a good cause - American Diabetes Association. Larry is looking for volunteers to help with the event and also participants for the family friendly bike rides. Contact Larry Green at 610-544-5799 or largreen@earthlink.net

Up Coming Events Outside of DVBC

May 4-6	BCP Spring-n2-CyclingWeekend , Danville, PA. Includes meals and hotel accommodations. Bicycle Club of Philadelphia www.phillybikeclub.org
May 12	American Diabetes Association Tour de Cure , Newark, De. Includes marked route, cue sheet, SAG Support and fully stocked rest stops. Registration and additional information can be found at: http://diabetes.org/detour . The event has a low \$150 fundraising commitment.
May 12	SCU Quad County Metric , Green Lane, Pa. Registration includes marked route, cue sheet, SAG support, well-stocked rest stops, and a post-ride meal with vegetarian option. Suburban Cyclists Unlimited http://suburbancyclists.org/calendar.htm
May 25-28	Kent County Spring Fling Chestertown, MD - A Baltimore Bicycling Club event. Flat to rolling scenic rides, 11-100 miles on Maryland's Eastern Shore plus much more. Info: www.baltobikeclub.org

Please see the Suburban Cyclists Unlimited (SCU) Website's "Calendar of Events" for a comprehensive listing of bicycle events that take place each month within approximately 150 miles of Montgomery County
<http://suburbancyclists.org/calendar.htm>

Synopsis of DVBC Board Meetings

The DVBC Board has conducted 3 monthly meetings in 2012. The Board Members as voted on at the December Annual Meeting (and their respective positions as voted upon at the January meeting) are: Rich Andreas, Doug Bower (President), Mike Broennle (Treasurer), Deb Chaga (Vice President), Tom Gallagher, Larry Green, Mary Huis, Linda McGrane, Alex Moeller, Nancy Ness (Secretary), Dom Zuppo (Past President). Dave Cunicelli is the Newsletter Editor. There are no Board vacancies.

Treasurers Report (from February): Current fund balance is \$11,522.73 (\$ 9,722.12 in General Fund and \$1,800.61 in Safety Fund).

Membership Report (from February): 435 members. Surge in membership due to Brandywine Tour participants who received complimentary membership through April 2012. Board discussed a welcome package for new members. Content is under discussion.

Newsletter Report: Synopses of monthly Board Meetings to be included.

Ride Coordinator Report: The Board has written a Ride Leader Training Manual which will be placed on our website. First Ride Leader Training session held 3/27. Additional sessions can be held if members wish.

Website Report: Doug and Mike have action to review and update website content.

Community Action Report: 1.) Middletown Township has approved the plan for their section of Chester Creek Rail Trail; 2.) The annual Swarthmore Fun Fair is April 29th. Larry is the contact person; 3.) April 14th is the Delco Enviro Fair and DVBC will distribute club pamphlets.

DVBC Jerseys: Rich and Nancy are looking into new color/design.

Club Advertising: A tri-fold pamphlet is to be developed and placed at local bike shops. May include a QR code for smartphones. Action: Doug.

Club Tours: Bonkers Tour May 20th and Brandywine Tour September 2nd. Mary has contacted local clubs and our tours are on their event calendars.

Social Media: Communicating info about club via facebook. Mike M. (club member and IT professional) made an outstanding presentation on social media at the March meeting. Utilizing Facebook will require monitoring by the club.

Listserves: The Board would like to encourage members to join the listserv. Dom is reviewing listserv process with a goal to make it easier for members to sign up. This would make communicating with members much easier than using E-mail distribution and would communicate ride calendar changes immediately.



Cartoon President Bower begs at Bonkers Boy's sneakered feet for succor as his wheels spin flatly

(Continued from page 1)

During the Feb. 26 Kountry Kitchen ride, **Buckeye** was giving **Bonkers Boy** quite a ribbing because he showed up with SPD shoes to go with Look pedals. All the way to breakfast Mr. Buckeye teased the lanky one as B-Boy attempted to balance his size 14 sneakers on the inappropriate pedals. Then, three miles from Elmer, Buckeye's wife **Gigi** heard a hissing sound and her back tire went flat. As her mechanic, Mr. Buckeye, prepared to fix the puncture he realized Bonkers Boy wasn't the only one to have forgotten something that day; he had neglected to bring tool bags for GiGi's and his own bike. After Bonkers Boy lent him a spare tube Buckeye was not heard ribbing B. B. for the rest of the day. Seems turnabout is fair play.

Punxsutawney Phil has been hanging his head in shame for blowing the call on Groundhog's Day since he decided we'd have 6 more weeks of winter. Heck, we didn't even have 6 weeks of winter. Ocotararo Orphie at the Slumbering Ground-

hog Lodge out on the Brandywine Tour got it right, he called for an early spring.

It was warm and sunny on St Patrick's Day when the 2nd Annual Newark Bike Swap was held. **Grey Wolf** had reserved two tables for **Juror #6** and **Dreamer** to join him. Those two showed promptly at the 8:30 start but GW decided he'd ride the trails first and send **Misty** down early with their goods to sell. Misty had none of that early business and went back to bed making an appearance around 11. When GW arrived he discovered that Dreamer and #6 had been selling things steadily all morning and making a pile of cash. Although Misty had sold some things, she had also bought a bag full from other vendors which prompted GW to ask, "How much did we lose?"

CPR was a lively topic on the list serve recently. I think I saw 18 posts back and forth on whether you need to give breaths and how many and how CPR has changed in the past five years. It's probably a good idea that more of us learn about CPR considering some of the recent crashes that have occurred. You never want to have to be in that situation (yes **Dstre**, even if it's a beautiful woman) but it's good to know if you are.

The warm weather has lots of people thinking about summer riding. **Emil, Sabine, Steve Fischer, Dstre, and Rideaway** will be doing a tour out to Pittsburgh in May. Another group consisting of **Buckeye, Gigi, Shelley, Double F, Doc Larry, Wooden Man, Tom Gallagher, Dreamer, Alex,** and the **Cycling Gourmet**, will be riding the Bon Ton Roulette up around the Finger Lakes. That's my kind of ride,

beautiful scenery and lots of wineries. Let the good times roll.

Spring has sprung, the grass is green, grab your bike and make it clean. Remember me as you traverse roads and trails, and dodge toads. Send me your stories and tales to be told. I'll include it in my next written prose.

FX PEDRIX NEEDS YOU....

FX has been threatened with a loss of column space. Unless you the reader prove to the upper level suits and bean counters that our readership has a pulse and at least a moderate IQ, FX will be silenced and relegated to the dust bin of DVBC newsletter history.

So each month, Fx will pose you and you a question of questionable taste. FX will read your answers and then post them here the following month in this venerable monthly to be read by you, our target audience. Help Prove FX is Relevant.

What is your favorite post ride activity?

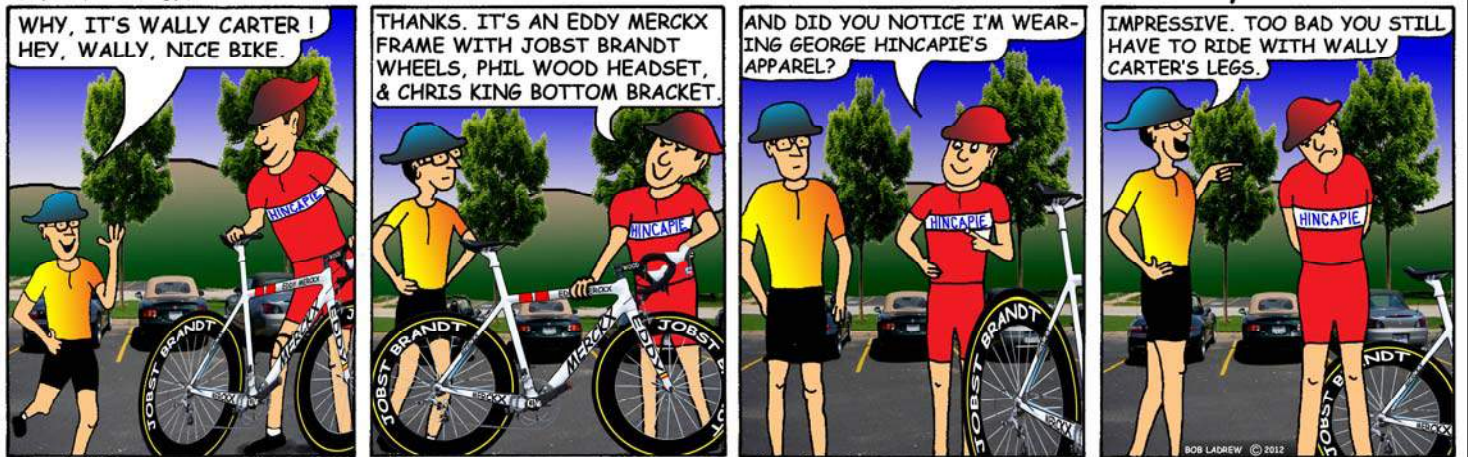
Don't be shy. Be honest. Be bold.

Send all comments, correspondence and complaints to:

Ilovefxpedrix@gmail.com

BONKERS Cartoons of the DVBC....

by Bob LaDrew



IT'S DVBC RENEWAL MONTH!

It is time for annual renewal of your membership in the club. Use the renewal form in the newsletter or use the web site. In either case please complete the member registration form and SIGN THE RELEASE on the other side and mail to DVBC, PO Box 156, Swarthmore, PA 19081. Still only \$15 per year.

The following members are paid through April 2013. You folks should complete the registration form, sign the release and mail in but send no payment: D Amburgey, D Bower, D Chaga, H Culver, P Se Santo, T Deitman, S Epstein, D Falone, M Fuller, G Gorman, S Greenhalgh, C Guadalupe, A Guerin, W Kotch, B & J LaDrew, M Lastowski, S Lukac, D Markman, G Mills, N Ness, K Rauchfuss, R Rofini, E Rothwell, J Savoth, R Scholz, M Shea, R Stanley, M & R A Toof, M Venturini, and L Vitali.

Mike Broennle, Treasurer

Please See and Complete Renewal form on Page 7

Gear Grrl

**DVBC's Q&A Queen
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 Angery,

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](#).

DELAWARE VALLEY BICYCLE CLUB

Membership application: Please check: Renewal or New

All memberships expire in April

Name: _____ Home address: _____

Post Office: _____ Zip code: _____ Municipality/borough _____

Phone #: Home _____ Cell: _____

Email address: _____ Date of birth: _____

Other household members who ride (Same dues for individual or household members)(Name, DOB, email) :

Newsletter Preference: Print/mail or Access online @ www.dvbc.org [green choice, saves \$]

Riding interest & pace: (Check all that apply)

Road: D slow; C average; B brisk; A fast

Off road: Trails; Mountain biking

DVBC relies on its members to volunteer in the club's activities. Indicate your interests, talents & experience:

Ride leader experienced? We recommend new leaders ask for a mentor before leading a ride.

Signature rides (Bonkers Tour, mid May; Brandywine Tour, Sunday of Labor Day weekend)

Publicity: Distribute flyers and posters

Develop routes & cue sheets

Mark (paint) routes (usually Sat am 1 week prior to event)

Assist in purchasing & organizing rest stop food

Day of ride: Help with registration; Help with parking; Help at a rest stop; Sag driver

Administration

Newsletter: assist in composition; labeling and stamping

Web site administration

Graphic arts: poster & flyer design; logo, jersey, jacket & tee shirt design

Dues: **Renewal** or **New member Jan thru Aug 2012: \$15.** Membership expires April 2013

Renewal or **New member Sept thru Dec 2012: \$8.** Membership expires April 2013

Renewal or **New Jan 2013 & beyond: \$15.** Membership expires in April of the next year

Please print, sign and date the waiver form; include with the application form and your check. Mail to:

DVBC

PO Box 156

Swarthmore, PA 19081-0156

Benefits:

- Provides organized rides for varied abilities throughout the year
- Monthly newsletter March through December
- Supports website with ride calendar

Join list serve at www.dvbc.org for latest ride schedule additions & changes + cycling chatter

- Covered by club's liability insurance & supplemental medical insurance on scheduled club rides
- Members' rate for the annual picnic and annual dinner meeting [early Dec]
- Enables club to organize two supported public rides

Through donations DVBC supports local, regional, state and national organizations that advocate for cyclists, educate cyclists, and develop and maintain trails



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APPLICATION FOR DVBC MEMBERSHIP (See page 3 of this newsletter for new membership policy.)

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** or **RENEWING** Member
 Newsletter Preference: **Printed copy** (via US Mail) or
PDF (via E-mail—saves trees and \$\$)

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)