

Delaware Valley Bicycle Club

August 2012



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

The DVBC Goes to New York by Sabine Cranmer

June 23-24, 2012.

It was a dark and stormy night before the start, but on Saturday at 10:30 AM co-leaders Peter S. and Sabine C. were joined at Strictly Bicycles in Fort Lee, NJ, by Rich A. and Todd F. of White Clay to begin a weekend of cycling with the George Washington Bridge as a fulcrum. The late start gave everyone plenty of time to arrive and to soak up the atmosphere at the bike shop, including the temptation to buy really expensive gear.

Strictly Bicycles is an exceptionally hospitable shop which supplies the many riders crossing the GW Bridge from Manhattan, or arriving by car from other points, a place to meet, shop, change, pee, get food and coffee, and check out other riders and their bikes. As such, meeting there set a tone for the ride to follow. It would be sort of like an event ride, without the formality of lots of organization and a completely predetermined route. We had some helpful conversation with the first of many people with whom we'd come into contact over the course of the weekend, and made the first of many resulting adaptations. We determined to avoid crossing the East River using the Brooklyn Bridge on Sunday's ride because the bridge was said to be "tourist hell"; we'd use the Williamsburg Bridge instead. We learned we'd be missing the Mermaid Parade at Coney Island, which attracts 1,000,000 viewers, by going there on Sunday instead of Saturday. (Peter wondered whether the parade featured any mermaids on bicycles and, if so, how they managed the pedals.) We also learned that Sunday afternoon would feature New York's famous Gay Pride parade on lower Fifth Ave. and other routes, affecting downtown traffic. But riding in a city is all about learning how to improvise, yes?

Finally we left the party at the shop. Our route first took us through Palisades State Park on a road about halfway up the cliffs. There was very little traffic and great views of the Hudson River about 200' below and to the right and the cliffs immediately to the left. Occasionally there would be waterfalls cascading down the cliff face and under the roadway. There was evidence of sailing and kayaking in the marinas along the water. Concerns about potholes at the northern end of the 7-mile Palisades Park stretch were unfounded, as the road there had blessedly just been repaved. We heard there was a bicycle race in progress but we didn't see it. It didn't affect

us. We finished a steep climb out of the park and turned onto NY State Bike Route (BR) 9 after a stop at the State Police Office, also buzzing with cyclists speaking Spanish, Polish, Greek, and a few other languages we couldn't identify. We would be following this route for most of the rest of the ride.

For the next 10 miles we rode along BR 9 through Piermont, Grandview-on-Hudson and Nyack, enjoying the sight of Victorian mansions located on the water, and boutiques, antique shops and restaurants along the main road. We stayed single file because the fine for doing otherwise was \$200. We were cautioned that this law was enforced. Given the volume of bicycle traffic this small through road has to support, the fine seemed totally reasonable. In



Fearless and Fed, our travelers enjoy a tasty repast

Nyack we stopped at Runcible Spoon for lunch, like all the other cyclists. The cinnamon-sugar dusted, light-as-air brioche was to die for, and everything else (like the panini sandwiches) was good too. After an hour we continued on our way.

By now it was about 1:30 PM and we'd only gone 20 miles of a 60 - 80 mile proposed route. After a short steep climb we tried to make up for some lost time by picking up the pace. Rolling hills and heat may have contributed to a decision to turn left instead of go straight and after a long descent we realized we were off course. By the time we found a perfectly nice alternate route back to BR 9, we were at a turning point. Continue to Bear Mtn. State Park and get back whenever, or turn back now for about 63 miles? Peter, Todd and Sabine opted to continue with the Bear Mtn. Park and BBridge as a destination; Rich opted to turn back, possibly envisioning a relaxing afternoon at the hotel

pool. At Bear Mountain Park we saw lots of gorgeous lodge and cabin buildings constructed with stone and wood in 1914-15 by park employees, plus hundreds of Latino families picnicking, enjoying boating on Bear Mountain Lake, and listening to salsa. We turned around after getting food and drink and sped back to Fort Lee on the rollers of BR 9. All arrived at their respective destinations in due time and regrouped at the hotel for dinner, except Todd, who visited with a relative in nearby Yonkers for the evening. Rich reported having gotten into a pace line with some other cyclists encountered en route to the starting point and finished his return before we started ours.

Fort Lee is known for Korean food so we had dinner at So Kong Dong. The place was packed. Upon arrival we were handed a menu and a number. Our orders were taken and we were served soon after we were seated. The helpful couple next to us resolved our puzzlement over some of the foods. All the dishes were variations of a delicious tofu and seafood soup served in a cast iron pot. We were given raw eggs to cook in the soup. There was an assortment of pickled appetizers. Korean BBQ ribs rounded out the meal. The restaurant closed as we were leaving.

On Sunday we reconvened at our new favorite Fort Lee hang out, Strictly Bicycles. It seemed the same crowd as before was already there and in full swing, sporting different bikes, outfits, and faces. We learned that to experience team practices, we should head to Central Park at 5:00 AM. This made me recall a certain WHOOSH as a group enveloped and passed me on a ride in the park years ago. What had happened? Now I knew.

Our plan for the day was to ride across the George Washington Bridge, then onto the Greenway along the Hudson and across the Williamsburg Bridge into Brooklyn, on to Prospect Park and down Ocean Parkway to Coney Island. Time permitting we would continue to Rockaway Beach and then return via Shore Parkway along New York Harbor to Brooklyn Heights, the Brooklyn Bridge (ignoring the advice from the day before), lower Manhattan, the Greenway northbound from the World Financial Center to 59th Street, at which point we would cross to Central Park, do a lap on the 6-mile long loop

(Continued on page 5)

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

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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.

Delaware Valley Bicycle Club: *Serving Delaware County and the Western Philadelphia suburbs*

August 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

Reminder: Any ride scheduled in the Newsletter, on the DVBC website ride calendar, or advertised via the list serve is considered an official club ride and a sign-in sheet is required. The sign-in sheets are on the website on the ride calendar page.

Tuesdays 6:00 pm Miles:20 +/- Class:C/C+ Tuesday Delco Spin	Come out for a spin through Swarthmore, Ridley Township, Springfield, Wallingford and Media areas of Delaware County. Since we've been riding for a few months, we'll pick up the pace a bit with an average speed of 12 to 13 miles an hour. The terrain will be vary from flat to hilly. We will regroup as necessary. Rain cancels. Leave promptly at 6 pm Meet at 320 Market Cafe, 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 9:30 am Miles:30-60 Class:C+/B- Doc's Rides	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain Cancels ride. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 6:00 pm Miles:20-25 Class:C+ Show and Go C+ Rid	Please join us for a moderately fast-paced (but slower than Deb's B- pace) ride out of Rose Tree Park in Media, leaving promptly at 6pm. We will do a lot of hills, some steep, some long. No one dropped but expectations are that you have been keeping in shape and are capable of doing these hills. Average speed 12-14mph. Contact Shelley Epstein at Email: 4epsteins@comcast.net
Wednesdays 6:00 pm Miles:30 +/- Class:B-/B Andy's B Ride	"B" ride [16-17mph avg] Distance 30+/- miles. Meet at main parking lot of Rose Tree Park, Rt 252, Media PA. We ride 'til dusk. Expect hills. No one gets dropped. Start time is promptly at 6:00 pm. Rain cancels ride. Contact Andy Marzano at Email: starbrdtack1@vahoo.com
Wednesdays 6:00 pm Miles:30+/- Class:B- Wed Nite Road Crew	Terrain: Hilly This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14.5 mph or more. 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. Rain cancels ride. Meet at Rose Tree Park, Rt 252, Media PA. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com
Thursdays 6:00 pm Miles:12-25 Class:D/C- Evening D Ride	The ride will depart from Jacobs Engineering in Conshohocken -- parking lot. Speed: 10 mph. See Bike Club of Phila website for details. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . Email: mcgrane_linda_a@yahoo.com
Wed, Aug 1 6:00 pm Miles:12-24 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Flourtown Shopping Center. The ride leaves at 6:10 pm. Easy-paced ride to de-stress after work, suited for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. We'll cycle on mostly flat-to-rolling terrain, with an occasional hill, but always at a relaxed paced. Please bring lights, in case we are returning close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sat, Aug 4 8:00 am Miles:110 Class:C+/B Hawk Mtn Century	Ride starts in Lansdale. Lunch stop at Valentino's at mile 75. Bring money for food and water. This is a A/B/C+ ride. Cue sheets and Garmin Route File will be provided. Multi-level groups will meet up at the water stops, top of HM and lunch stop. If you want the gps file please let me know before the 4th. Rain date Sunday August 5th. Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Mon, Aug 6 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
Tues, Aug 7 6:00 pm Miles:12-25 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or, anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com

36th Brandywine Tour Sunday September 2, 2012

Tell your Friends! Tell Your Family!

Sat, Aug 11 8:00 am Miles:70 - 75 Class:B Tour de Dave	l'etape reine! The Queen Stage. 320 Mkt Swarthmore-Centerville-Northbrook-320 Mkt Lots of climbing--start with July 14th and add South Wawaset, Old Gradyville, Sweetwater, Kirk Lane, Orange Street. Overall average speed 14+. Feed Zones: Centerville Cafe/Northbrook and 320Mkt @ Finish. Cancellations or postponements posted 24 hours in advance. Weather related issues on a wait-and-see basis. RSVPs would be helpful Contact Dave Alfe at 610-517-8898 or wilier55@yahoo.com
Tues, Aug 14 6:00 pm Miles:12-25 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or, anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Wed, Aug 15 6:00 pm Miles:12-24 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Flourtown Shopping Center. The ride leaves at 6:10 pm. Easy-paced ride to de-stress after work, suited for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. We'll cycle on mostly flat-to-rolling terrain, with an occasional hill, but always at a relaxed paced. Please bring lights, in case we are returning close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Tue, Aug 21 6:00 pm Miles:12-25 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Glenside Public Library parking lot. Easy-paced ride for novice cyclists, newcomers to Philadelphia, and/or, anyone seeking a gentle recovery ride. Mostly flat-to-rolling terrain, with perhaps a few hills here or there, but we will pedal at a slow pace, and stop to regroup as needed. Please bring lights, in case we return close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Wed, Aug 22 6:00 pm Miles:12-24 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Flourtown Shopping Center. The ride leaves at 6:10 pm. Easy-paced ride to de-stress after work, suited for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. We'll cycle on mostly flat-to-rolling terrain, with an occasional hill, but always at a relaxed paced. Please bring lights, in case we are returning close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com
Sat, Aug 25 8:00 am Miles:TBD Class:All Brandywine Paint Ride	Either cycle a section of the tour and paint as you go or drive your assignment, paint it quickly, then return to the start and go out for a ride with your friends. Meet at Pocopson Elementary School to split into teams and get spray paint, instructions, and maps. The more the merrier – we'll team newbies with experienced painters, so no worries! Very important work, and your time is very much appreciated! Contact Doug Bower at 610-952-0562 or doug_bower@verizon.net
Wed, Aug 29 6:00 pm Miles:12-24 Class:D/C- Evening D Ride	Average speed 8-12 mph. Meet at Flourtown Shopping Center. The ride leaves at 6:10 pm. Easy-paced ride to de-stress after work, suited for novice cyclists, newcomers to Philadelphia, and/or anyone seeking a gentle recovery ride. We'll cycle on mostly flat-to-rolling terrain, with an occasional hill, but always at a relaxed paced. Please bring lights, in case we are returning close to dusk. Contact Linda McGrane at 267-251-7862 . or mcgrane_linda_a@yahoo.com

Synopsis of DVBC June & July Board Meetings

In attendance at the June Board Meeting - Nancy, Tom, Debbie, Doug, Rich, Mike, Dom and Larry. Absent were Linda, Mary and Alex.

In attendance at the July Board Meeting were Nancy, Tom, Linda, Alex, Debbie, Doug, Rich, Mike, Mary and Larry. Absent was Dom.

- **Bonkers Tour:** There were 153 riders and the club netted \$1084.19.
- **Club Jerseys:** Deb is working on a new design.
- **Volunteer T-shirts:** Nancy has action.
- **Treasurer Report:** As of 6/4, the club had \$13,245.95 - \$11,372.02 in the general fund and \$1873.93 in the safety fund.
- **Membership:** Dom is the new membership board member. The Board thanks Mike for his herculean efforts in working both the Treasurer tasks and the membership tasks for many years. As of July 9th, we have 183 members.
- **WebSite:** Gary Stewart has agreed to become our Website champion. One of the first things on his list is revamping the ride calendar.
- **DVBC Picnic:** 33 DVBCers attended the annual picnic. Many thanks to Gary and Mel for generously hosting the picnic and thanks to Shelley for leading the ride to the picnic..
- Doug and Tom G. are heading up the painting effort and had a good turnout for the paint ride on the 12th. Bob & Judy L. painted the Delaware section before that.
- **Board Job Descriptions:** The Board members will write job descriptions for their club tasks.
- **Newsletter:** New members joining online will not receive paper copies of the Newsletter.
- **Community Action:** Swarthmore is interested in a bike share program. Chester Valley Trail Phase 3 was approved. Bi-cycle Coalition of Phila has a blog for suburban cyclists.
- **Advertising:** Tom will work on a pamphlet about our club to be supplied to bike shops. Doug is working on Brandywine Flyer.
- **Brandywine Tour Sunday, Sept 2nd:** Tom is the Tour Director and will coordinate with Dom on process/tasks. The routes need to be modified because Frog Hollow Covered Bridge is closed

(Continued from page 1)

road, possibly have dinner at the Boathouse Café on the loop, and then return to Fort Lee via the Greenway or Riverside Dr.

Unbeknownst to us until after the fact, right at the start we almost lost Rich over the side of the bridge, as he was clipped by an oncoming rider at a particularly tight turn around one of the towers. No serious injuries were reported other than an awkward bruise.

After some slight confusion we found the entrance to the Greenway and enjoyed a long, unobstructed coast down to the marina near 70th Street where we stopped at a waterside open air café for espresso and sweets. Continuing, we saw kayakers taking lessons, many piers turned parks, and beautiful plantings to separate bicyclists and other faster non-vehicular traffic from pedestrians. All the time the Hudson sparkled to our right in the morning light.

Having passed some cruise ships docked in the '40's and the Intrepid Museum on the aircraft carrier with it's soon-to-open Space Shuttle exhibit, we arrived in the Meatpacking District, home to the southernmost stretch of a wonderful conversion of a disused elevated railroad track into a landscaped park, extending to about 30th St., called The High Line. Peter, having previously visited, stayed with the bikes while Rich, Todd and I climbed the stairs to see what we could see. We were rewarded with an explanatory exhibit, plantings, walkways, water features, and great views. Visiting High Line is strongly recommended; along with Central Park it's now one of the great urban parks in the world. Soon after descending from the park, we continued down Washington St. until we happened upon Tortilla Flats, a terrific Mexican restaurant at the corner of West 12th and Washington, so we decided to stop for lunch on the sidewalk patio.

After this leisurely start to the day we began to focus more on our goal of getting to Coney Island. We were able to get onto the Williamsburg Bridge without difficulty by following the bike path across 10th Street, but once we were in Brooklyn, the ongoing bike

path was unclearly marked and we were momentarily at a loss as to how to proceed. We consulted maps and a number of people and finally got to Prospect Park, but all too soon after that we found ourselves on a long dull stretch of the city on Ocean Parkway. Eventually we started to sense the "ocean" over the "parkway"; the breezes picked up and we ate and rested. Then we were able to enjoy riding along the boardwalk as far as Nathan's Famous Hotdogs, our bikes over the loose boards making an incredible racket as we went. As it was now late afternoon, we rode quickly towards Brooklyn Heights along Shore Parkway, enjoying views of NY Harbor, Staten Island, the Verrazano Bridge, New Jersey, the Statue of Liberty, and southern Manhattan. Peter conveniently had a flat near a Rite Aid in Brooklyn Heights, so while he fixed it the rest of us had a rest stop. Riding over Brooklyn Bridge gave us stunning views, though the bike path is very narrow. We paused to have a group photo. Continuing over the Brooklyn Bridge into lower Manhattan, we followed bike route signs for the Hudson River and once there, made a plan to race to 52nd Street to regroup. Soon after that we encountered a barricade on the Greenway erected to allow the Gay Pride Parade to conclude. Suddenly we were part of a very large mass of people, bikes, strollers, cars, and what have you, heading in all directions. Separated for a few blocks, we regrouped at 16th Street and resumed our ride. Peter had memorable mental images of two women wearing "legally queer" and "this is what marriage looks like" t-shirts; two young guys in identical ripped white t-shirts, white hot pants, and white go-go style ankle boots straight out of the 1960s; and a man wearing rainbow-colored "angel" wings strapped to his shoulders with a harness. We also saw lots of gay and straight couples who'd come to the parade to watch; they'd dressed in costumes of various kinds to get into the spirit of the parade. It was quite a contrast to seeing in Brooklyn just hours earlier the orthodox Jewish men in their long black coats, black fedo-

ras, and shiny black dress shoes!

At 59th Street after battling another crowd at the entrance we were free once more to enjoy a wide, car-free road with other cyclists, runners and people going about their business. Peter and Todd were having so much fun going fast that they blew right by the Boathouse Café, where Rich and I waited for them to discover their mistake and return to check out dinner options as planned. During their absence Sabine determined that dinner there was not an option, so she and Rich left, thinking to overtake Peter and Todd on the park road. At the north end of the park, near the top of the steepest hill was a sign for the Hudson River. We waited there for Peter and Todd to complete another lap through the park then regroup. We then decided to return to the hotel as soon as possible since it was now almost 7PM and we still wanted to get cleaned up at the hotel pool and have dinner before returning to PA and DE. We cycled up Riverside Dr. very quickly in the dwindling daylight, crossed the GW Bridge at sunset, quickly arrived back in Fort Lee, packed up our bikes, jumped in the pool, had dinner, said goodbye, and began our respective long drives home. By all accounts, it was a wonderful time. We love New York!

Here are some stats and map links:

Saturday (NJ and NY along the Hudson River)

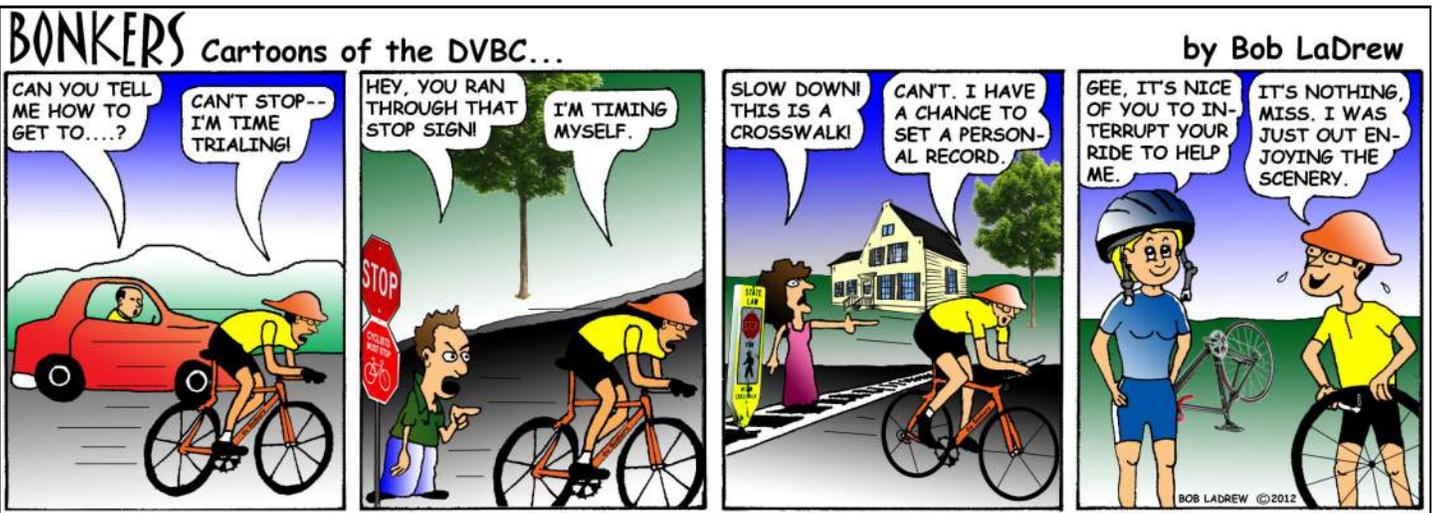
81.33 miles, 13.8 avg., 5394' elevation gain

<http://app.strava.com/activities/11571743>

Sunday (NYC)

~66 miles, 1900' elevation gain

<http://app.strava.com/activities/11660580>





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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)