



DELAWARE BICYCLE COUNCIL

NEWSLETTER

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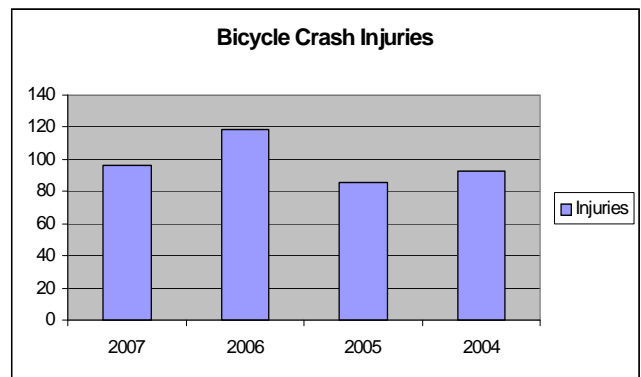


Zero Bicycle Fatalities in 2007! *By Lisa Moore*

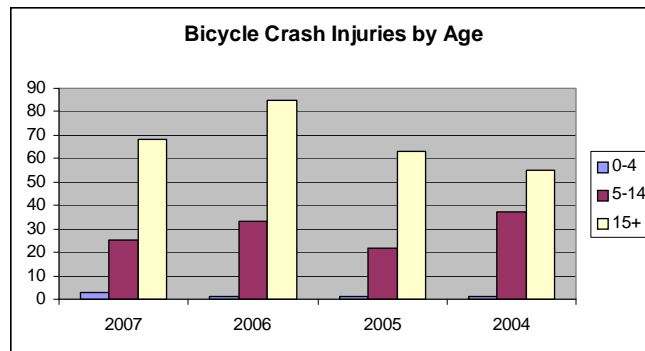
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In 2007 there were no bicycle traffic fatalities. This is a reduction from 4 in 2006. In addition, injuries resulting from bicycle crashes were reduced to 96 in 2007, from 119 in 2006. While bicycle crash injuries and fatalities have remained relatively low in Delaware, it is important to note that in the past many efforts were focused on children. However, more than two-thirds of all bicycle injury crashes involve persons 15 years old or older. Furthermore, all fatalities in the past four years have involved persons 15 years old or older.



It is important to continue to teach children about bicycle safety, through school-based initiatives, bicycle rodeos, and other avenues. These education efforts will help keep our youngest citizens safe. However, it is equally important to focus



our efforts on the adult population that is most at risk. Education efforts aimed at foreign students working the beach/resort areas in the summer have proved especially effective. Efforts made by the Delaware Department of Transportation to clearly mark bicycle lanes, to keep the shoulders of the road

swept, and to provide adequate signage for cyclists and motorists have also had an obvious impact. In addition, the Office of Highway Safety continues to provide presentations and bicycle safety materials through its Corporate Community Outreach Coordinator to area businesses statewide. By continuing to work together, we can keep bicycling injuries and fatalities low!

For a detailed event and activity schedule, check out our website:

www.bike.deldot.gov

Check back often!

If you are interested in submitting an article for the newsletter, Contact: Jennifer.Baldwin@state.de.us



May is Bike Month! *By Jennifer Baldwin*



May is National Bike Month, so hop on a bicycle, take in some fresh air, cut down on gas, and get in shape.

National Bike Month is Celebrated Across America

For the last 51 years the League of American Cyclists established and have been celebrating National Bike Month. National Bike Month brings out great inspiration and motivation for everyone to get out cycling, especially as the weather gets better. Bike rides and events, promoting safety, and Share the

Road campaigns all aim to celebrate cycling across the nation, and to help support a cleaner, healthier lifestyle. And this month is even better than ever. The league of American Cyclists is keenly promoting Ride-to-Work Week during the month. Between the 12th and 16th of May people are asked to celebrate and join the fun by commuting to work. But don't worry if you can't participate by commuting the whole cycling week because, Friday the 16th is National Bike-to-Work Day, where you can take part by riding on this special day.

What's Happening in Delaware?

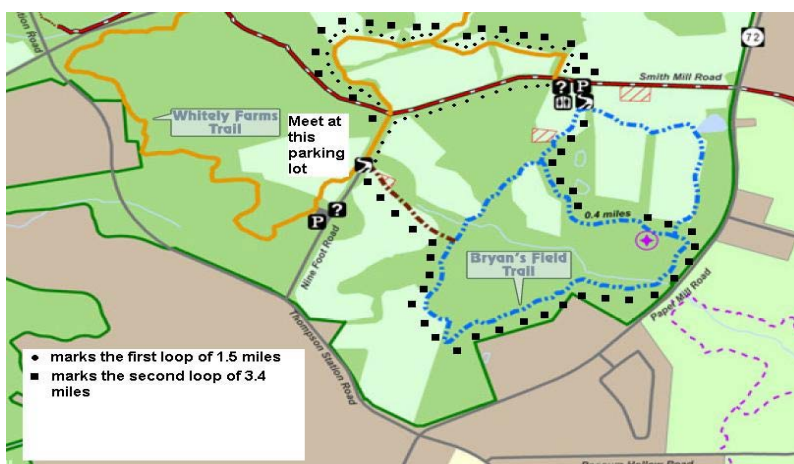
The month of May is slam packed with activities for anyone interested in cycling in Delaware.

- ⇒ On May 14th the 13th running of the Legislator's Ride is taking place. This is a 60 mile ride starting in Newark and finishing at Legislative Mall in Dover. A detailed map and cue sheet can be found on the bike council website.
- ⇒ In honor of all those who have tragically been injured or killed while cycling on public roadways, Delaware has two Ride of Silence events scheduled on May 21st.
- ⇒ Another great event for the entire family is the Wilmington Grand Prix on May 16th-17th. The part competitive cycling and part street festival is sure to be an exciting experience!

For more information on these events and how to get involved, go to www.bike.deldot.gov

Introduction to Mountain Biking *By Jim Ireland*

The Delaware Trail Spinners would like to help introduce you to mountain biking in White Clay Creek State Park. This is a free program open to anyone. The program is going to cover bike set-up and equipment choices. We'll do a little trail side repair like fixing a flat. Then we'll hit the trail to work on riding skills. The map below is marked with the planned routes to be used. We will stop at various points along the route to discuss riding techniques and work on these skills. The goal is to build your confidence and meet other people who mountain bike.



This ride will take place the on the 3rd or 4th Saturday of every month starting at 1PM on April 19, May 17, June 21, July 19, August 23, September 27, and October 18. This is a fair weather event and may cancel due to trail conditions. Please pre-register for this event so we can notify you of a cancellation. This will also insure that we have enough ride leaders for the event. Call Jim Ireland at 302 632 2816 or send an email to jim.ireland@verizon.net to register. For more information about the Delaware Trail Spinners visit www.trailspinners.org on the web. We post up to date information through a yahoo group email list which includes rides and work party information. See the link on the web page to join the yahoo group.



“Do It Yourself” by Urban Bike Project of Wilmington

Oftentimes when commuting, one runs into the problem of inclement weather. The characteristic "skunk stripe" of road grit left on a commuter's back is enough to stigmatize one as a "fenderless rider." This problem is easily rectified with the greatest invention in modern times, coroplast. Coroplast is a corrugated plastic sheeting used for all-weather signage (e.g. roadside campaign signs). UBP does not condone sign theft, of course. But coroplast is easily obtainable.



A 2 1/2" strip of coroplast, corrugation running lengthwise, is enough to keep the grimeiest of mess away from one's pinstriped suit. Attached at one end to the bottom of the seat tube (right above the bottom bracket) and running underneath the brake bridge, the standard fender should protrude a few inches past the brake bridge, allowing for another length to be attached. This is the piece that keeps the majority of sludge on the road where it belongs. Attaching the fender this far down keeps most (but never all) of the gunk away from the bottom bracket as well.

Front fenders are more complicated but there are yet options. One is the "mountain bike" style, a length along the downtube. Both this and the rear fender can be attached with zipties (my favorite) or your choice of tape. Another method involves running a narrower length under the fork crown and making "struts" out of even narrower coroplast to attach to the fender mounts at the bottom of most forks. This method offers more protection, but requires more effort and lacks the cool points of the former.

Coroplast fenders are an excellent start to the world of DIY bicycle accessories. Easy and effective, they are a welcome addition to any ride.

Let's Bike, Delaware! By Tom Felice



Delaware has many wonderful assets, some of which are a pristine coastline, tax-free shopping and the wildly famous blue hen. With all its great amenities, there's no wonder why the Diamond State has overlooked a hidden treasure that could attract bicyclists from around the Nation. What's the big appeal? Here's a hint; it's good to be flat. The majority of Delaware's terrain has relatively little undulation. In turn, the amount of effort required to bike in the First State is significantly less than that of a hilly region.

A biker could ride thirty miles from Lewes to Selbyville and experience an elevation change of approximately one foot. There are blue hens taller than one foot. Compare that recreational trip to a ride in the rustic Rockies. The elevation increase for a thirty-mile bike ride in Colorado, from Denver to Castle Rock, is approximately one thousand feet. That's an uphill struggle, and a downhill fright.

A flat landscape is appealing to a number of cyclists. The First State's historic backdrop has the potential of becoming a bustling backyard for bicyclists. Delaware should advertise the natural resource of low-rolling plains to attract recreational bike tours.



Winterthur Reversed Ban! *by Amy Wilburn*



Winterthur has reversed its ban and is now encouraging visitors and employees to “go green” by riding their bicycles to the property. Because bicycles are still not permitted on the garden pathways and roads, visitors should use the main entrance at Route 52 and Old Kennett Pike, park their bicycles at the rack by the Picnic House to the right of the parking lot, and walk to the visitor’s center.

So now that spring is in bloom, why not get some exercise and help the environment by riding your bike to the museum and gardens? Winterthur's 1,000-acre country estate encompasses rolling hills, streams, meadows, and forests. According to the Winterthur website, founder Henry Francis du Pont (1880-1969) developed an appreciation of nature as a boy that served as the basis for his life's work in the garden. Du Pont translated his love of the land into a unified work of art that embodies a romantic vision of nature's beauty. For more information, visit www.winterthur.org or call (302) 888-4600.

Wheelmen National Meet coming to Dover! *by Ray Montsch*

Members of The Wheelmen will be returning to Delaware for the first time since the club was founded at Hoopes Reservoir in Wilmington in October of 1967. They will come from approximately 25 different States, Canada, Ireland and one young man from England is riding around the world to get here. They are coming for the 41st Annual National Meet to be held in Dover, July 8-13, 2008. While in Dover they will ride their ordinaries, safeties, boneshakers, velocipedes, hobby horses and other antique bicycles to visit various museums. They will also ride an Official High Wheel Tour (OHWT) to Dover International Speedway and back to Wesley College, including five (5) laps around the Monster



Mile. Thursday will be Century Day when attendees may choose to ride 25, 50 or 100 miles. Scheduled during their time here will be four (4) different seminars, “Unlacing the Victorian Woman” a presentation on the clothing styles, etiquette practices of an upper middleclass woman around 1900. A restoration, repair and maintenance question and answer session for members to get help with their projects or ideas on how to do certain things. A seminar on Annie Cannondale, the first female to ever ride around the world on a bicycle and a presentation by a young man from England who is riding around the world on a high wheel bicycle that he built. Also scheduled is a flea market, show and tell sessions, bicycle games and races, a Victorian Tea with a costume judging contest and a parade. The parade will go from Wesley College north on Governors Ave, right onto Ross Street, right onto South State Street left Water Street, left Legislative Ave., left onto Duke of York Street where the parade will stop to allow both the adult drill team and children’s drill team to perform formation riding and trick riding for the public. Then they will ride to Loockerman Street, do right on State and return to Wesley College. The parade will be 150 to 200 antique bicycles with the riders dressed in period clothing. Quite a unique sight to see and maybe never again in Delaware. Don’t miss it, be at Legislative Mall at 1:00pm Saturday July 12, 2008. Questions or more information at 302-697-6201.

