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Delaware Bicycle Council

Spring 2007

Legislator's Bike to Work Ride May 9th 2007

Join us on May 9 for the 12th annual Legislators Bike To Work Ride. This 56-mile (one way) ride began in May 1990, with State Rep. Roger Roy leading bicycling enthusiasts from the Polly Drummond Hill Shopping Center to the steps of the State Capitol in Dover to attend the signing of the bill creating the Delaware Bicycle Council. Since then it has become an annual event to promote bicycling during national bicycling month. There are rendezvous points along the way for those who prefer a shorter ride (for example 30 miles from Middletown or 14 miles from Clayton).

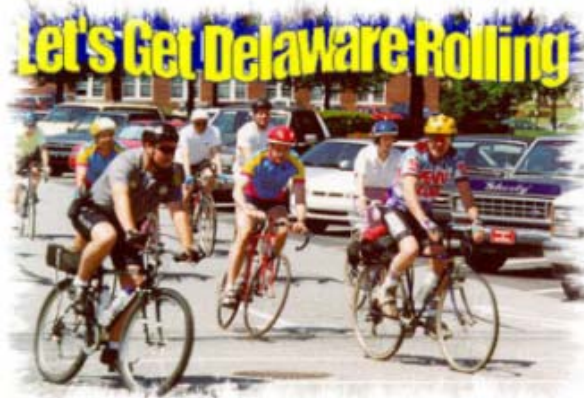
In recent years Rep. Roy and State Sen. Dave Sokola have led bicyclists from Polly Drummond Hill Shopping Center to Dover. They were joined by as many as 60 other cyclists along the route, including then Gov. Tom Carper, former DelDOT Secretary Anne Canby, as well as current and past officials from DNREC, New Castle County, the Delaware Bicycle Council, the Greenway Council, and the various police bicycle patrols. Since a return trip may not be provided this year, bicyclists are encouraged to ride down and back to Middletown (60-mile) or Clayton (28-mile). The serious bicyclist can bike back to Polly Drummond Hill Shopping Center in the afternoon for a total of over 100 miles.

Again this year, "sag" service will be provided on the route to Dover for those experiencing mechanical problems. Again we may not be able to provide return transportation from Dover. *To get the cue sheet for the Legislator's ride or to find out more about the status of return transportation check out the Bicycle Council web site —www.deldot.gov/bike/*



Legislative ride at starting point in Pike Creek - 2006

Delaware Commuter Rider Recognition Program



New 2007 the Delaware State Bicycle Council will acknowledge and honor commuter cyclist living in our state for their dedication and effort in making bicycling a more visible, friendly and environmentally amenable way to get to work. Please check the Bicycle Council Website for more details about 2007 rider recognition programs !

WWW.DELDOT.gov/bike/

LOOK FOR FUTURE NEWSLETTERS ON THE WEBSITE



Which Helmet ?

Why are helmets so important? For many recreational activities, wearing a helmet can reduce the risk of a serious head injury and even save your life.

How can a helmet protect my head ? During a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain.

Are all helmets the same? No. There are different helmets for different activities. Each type of helmet is made to protect your head from the impacts common to a particular activity or sport. *Be sure to wear a helmet that is appropriate for the particular activity you're involved in.* (See the table in this pamphlet for guidance). Other helmets may not protect your head as effectively.

How can I tell which helmet is the right one to use?

Bicycle and motorcycle helmets must comply with mandatory federal safety standards. Many other recreational helmets are subject to voluntary safety standards.

Helmets certified to a safety standard are designed and tested to protect the user from serious head injury while wearing the helmet. For example, all bicycle helmets manufactured after 1999 must meet the U.S. Consumer Product Safety Commission (CPSC) bicycle helmet standard. Helmets meeting this standard provide substantial head protection when the helmet is used properly. The standard requires that chin straps be strong enough to keep the helmet on the head and in the proper position during a fall or collision.

Helmets specifically marketed for exclusive use in an activity other than bicycling (for example, go-karting, horseback riding, lacrosse, and skiing) do not have to meet the requirements of the CPSC bicycle helmet standard. However, these helmets should meet other federal and/or voluntary safety standards.

Don't rely on the helmet's name or claims made on the packaging (unless the packaging specifies compliance with an appropriate standard) to determine if the helmet meets the appropriate requirements for your activity. Most helmets that meet a particular standard will contain a special label that indicates compliance (usually found on the liner inside of the helmet). See the table in this pamphlet for more information on what to look for.

Are there helmets that I can wear for more than one activity?

Yes, but only a few. You can wear a CPSC-compliant bicycle helmet while bicycling, recreational roller or in-line skating, and riding a nonpowered scooter. Look at the table in this pamphlet for other activities that may share a common helmet.

Are there any activities for which one shouldn't wear a helmet?

Yes. Make sure your child takes off his/her helmet before playing on playgrounds or climbing trees. If a child wears a helmet during these activities, the helmet's chin strap can get caught on the equipment or tree and pose a risk of strangulation. The helmet itself may present an entrapment hazard.

How can I tell if my helmet fits properly? A helmet should be both comfortable and snug. Be sure that it is level on your head—not tilted back on the top of the head or pulled too low over your forehead. It should not move in any direction, back-to-front or side-to-side. The chin strap should be securely buckled so that the helmet doesn't move or fall off during a fall or collision. If you buy a helmet for a child, bring the child with you so that the helmet can be tested for a good fit. Carefully examine the helmet and accompanying instructions and safety literature.

What can I do if I have trouble fitting the helmet? You may have to apply the foam padding that comes



Will I need to replace a helmet after an impact?

That depends on the severity of the impact and whether the helmet can withstand one impact (a single-impact helmet) or more than one impact (a multiple-impact helmet). For example, bicycle helmets are designed to protect against a single severe impact, such as a bicyclist's fall onto the pavement. The foam material in the helmet will crush to absorb the impact energy during a fall or collision and can't protect you again from an additional impact. Even if there are no visible signs of damage to the helmet, you must replace it.

Other helmets are designed to protect against multiple moderate impacts. Two examples are football and ice hockey helmets. These helmets are designed to withstand multiple impacts of the type associated with the respective activities. However, you may still have to replace the helmet after one severe impact, or if it has visible signs of damage, such as a cracked shell or permanent dent in the shell or liner. Consult the manufacturer's instructions for guidance on when the helmet should be replaced.

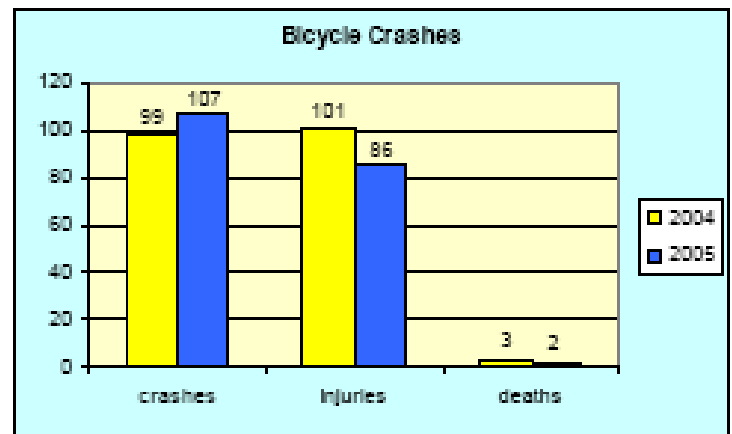
Delaware Traffic Crash Information

Preliminary data for 2006 is promising in most areas of traffic safety. While fatal crashes increased overall (from 133 in 2005 to 147 in 2006), there was a marked decrease in alcohol-related crashes, aggressive driving-related crashes, and motorcycle crashes. In addition, more Delawareans than ever are using seat belts. Unfortunately, pedestrian-involved fatal crashes show an increase from 8% to 18%. The Office of Highway Safety cautions the public to be diligent – motorists should watch for pedestrians; and if you're walking, be very cautious:

- Cross only at intersections, do not stand in or cross in lanes of travel
- If your car breaks down or runs out of gas, do not exit the vehicle
- Wear light colored clothing, wear reflective gear or carry a light
- Walk against the flow of traffic

Delaware Bicycle Crash Information

In 2005 there were 107 bicycle crashes, resulting in 86 injuries and 2 fatalities. That number decreased since 2004, when there were 101 injuries and 3 fatalities. Preliminary data for 2006 shows 4 bicycle crash fatalities. Injury data is not yet available.





Bike Safe Checkpoints

SUMMER 2007

This summer, Sussex Cyclists and DeIDOT will again sponsor a safety program aimed at providing bicycle lights, helmets and reflective materials to summer workers riding along Route One. Our Safety Check Points last year distributed more than 1500 helmets and some 500 light sets.

Last year was our fourth consecutive year of promoting safe cycling to seasonal workers by placing Safety Check Points on Route One and our first on State Route Twenty-six. Doing so we have created positive awareness among bicyclists using this busy thoroughfare but also among the motoring public who saw us assisting cyclists. The result was a significant reduction in bicycle accidents and injuries.

This year we are offering local merchants an opportunity to sponsor one of our dozen or so scheduled Bicycle Safety Checkpoints. Sponsorship would be on a per day basis and would involve a few options

1. Assign four representatives/employees from your business to assist with our efforts at a checkpoint. This could be affixing light sets, taking survey information, fitting helmets or handing out bicycle safety literature.
2. Along with providing personnel, you are invited place a banner or sign on the check point tent to identify your business and the fact that your people are working at the checkpoint.
3. If you do not have the staff to assist us, you could provide a minimum donation of \$500 which would cover the cost of the light sets and other safety items and we would provide signage indicating your sponsorship. Of course, we have established a good rapport with our local media and we would encourage the Cape Gazette, Coast Press, News Journal as well at television stations to cover your support and sponsorship efforts.

Please contact Tony Pezone, president of Sussex Cyclists at 227-3010, or Mike Tyler, 645-7572 before April 15, 2007 if you would like to contribute to this important program. Contact Anthony Aglio at 302-760-2509 about Checkpoint sponsorship.

Bike Safe Summer Bicycle Safety Checkpoint Schedule

May

28th (Monday) 7:00 – 9:00 AM @ All Saints
29th (Tuesday) 5:30 – 7:00 PM @ Epworth
30th (Wednesday) 7:00 – 9:00 AM @ All Saints
30th (Wednesday) 5:30 – 7:00 PM @ St. Edmonds
31st (Thursday) 5:30 – 7:00 PM @ Our Savior

June

4th (Monday) 7:00 – 9:00 AM @ All Saints
7th (Thursday) 5:30 – 7:00 PM @ Our Savior
13th (Wednesday) 7:00 – 9:00 AM @ All Saints
13th (Wednesday) 5:30 – 7:00 PM @ St. Edmonds
18th (Monday) 8:00 AM – 3:00 PM @ Ocean Atlantic
25th (Monday) 8:00 AM @ All Saints
25th (Monday) 9:00 AM – 12:00 PM @ SR1 Safeway
28th (Thursday) 2:00 PM – 5:00 PM @ SR1 K-Mart
28th (Thursday) 5:30 PM @ Our Savior
29th (Friday) 10:00 PM – 2:00 AM @ Oceanview

July

2nd (Monday) 7:00 AM @ All Saints
2nd (Monday) 9:00 AM – 12:00 PM @ SR1 Safeway
5th (Thursday) 8:00 AM – 11:00 AM @ Rehoboth Ave
7th (Saturday) 10:00 AM – 1:00 PM @ Forgotten Mile
7th (Saturday) 10:00 PM – 2:00 AM @ Oceanview
11th (Wednesday) 8:00 AM @ All Saints
11th (Wednesday) 10:00 AM – 1:00 PM @ K-Mart– K-Mart to sponsor
16th (Monday) 4:00 PM – 7:00 PM @ Safeway
19th (Thursday) 6:00 PM – 8:00 PM @ Outlets near



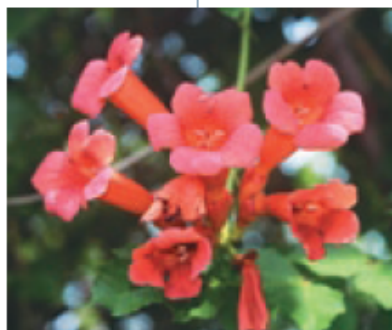
For additional information or sponsorship inquires contact:
Anthony Aglio @ 302-760-2509 or Steve Bayer @ 302-760-2118



Junction and Breakwater Trail Featured in Rails to Trails Magazine

Away from the breaking waves and colorful umbrellas sprinkled along the sand shading the suntan-lotioned throngs, the Junction and Breakwater Trail in Rehoboth Beach is the oasis for any sea-side vacation. Like the state in which it travels, the Junction and Breakwater Trail is small in size but expansive in scenic appeal. Nearly four miles long, the trail combines densely shaded pathways of oak, hemlock, pine and maple trees, and winds past wide-open fields where cornstalks sway in the off-ocean breezes. It's here, amid the cornfields, that Delaware's agricultural industry is most clear to trail users. And while you can't pick the corn from the farmers' fields, you can gather handfuls of bright-red, ripe red blackberries that are prominent on most parts of the trail during July.

The longest of the three rail-trails in Delaware, the trail passes through Cape Henlopen State Park, a wetland area that gives visitors other trail



shorter sections that connect residential areas and shopping centers.

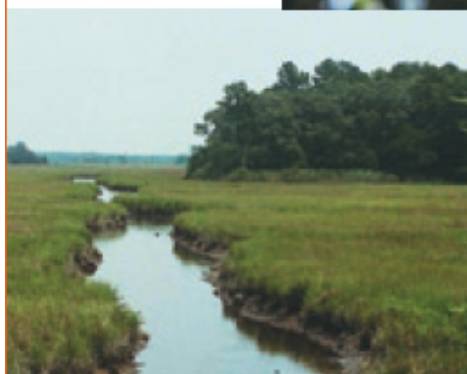
Sheltered from the sun with an assortment of trees and hanging vines, the Wolf Neck portion of the trail has one of the two street crossings on the trail. In half a mile, you reach a timber bridge which gives you views of Delaware's wetlands and is lined by vermilion trumpet vine flowers hanging from the trees. Although the Wolf Neck section ends here, enthusiastic trail users hope to extend the trail to the neighboring town of Lewes.

Or, from the Wolf Neck trailhead, turn right to Rehoboth, where the trail begins similarly for the first half mile, showcasing another timber bridge with

more views of the wetlands. But soon the landscape changes dramatically. The forest canopy opens to the sky and, instead, you're flanked by trees and cornfields. Three trail spur options emerge after about a mile. Go right, following signs to the outlets in Rehoboth near the southern trailhead, where you can find a place for a snack before making the trek back. Another option is to continue straight, crossing Holland Glade Road and then winding through a 0.7-mile forest to end behind a residential area. Lastly, a left turn also curves to Holland Glade Road, a country byway with a roomy bike lane to take you back toward Route 1.

No matter how you stroll on the Junction and Breakwater Trail, it's bound to be a serene experience—one you'll share with other savvy beach-goers who know there are coastal gems beyond where the tide breaks, like this rail-trail.

(Clockwise from top) Trumpet vines hang like veils along the trail; evergreens line the trail with shade and needles; the wetlands along the trail attract a variety of birds. (Opposite page, top) The bustling Rehoboth boardwalk; (bottom) bicyclists at one of the few road-crossings on the trail.



options like Gordon's Pond and Bike-Hike, and the Pinelands Nature Trail.

Hop on the trail in the lush, fern-floored forest at the Wolf House trailhead, where fallen pine needles soften the paved pathway. A short 0.2 miles from the trailhead, you hit a T-intersection in the trail. Go left for the 0.6-mile Wolf Neck portion of the trail. Or turn right on the Rehoboth section, which extends 1.5 miles before branching off into three





Delaware Bike Month



May 2007

May 9 Delaware Legislators' Ride

Contact: Doug Mills doug@eqwiksales.com

May 14-18 National Bike to Work Week

May 16 National Ride of Silence

Rides in both New Castle and Sussex Counties check out www.rideofsilence.org to register

May 18 Delaware Bike To Work Day

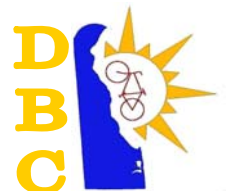
Contact: Anthony Aglio 302-760-2509 or by e-mail anthony.aglio@state.de.us
Or Susan Reph 302-658-9001 or by email at sreph@tmadelaware.org

May 19 & 20 Tour De Delaware

Information at www.gobreakaway.com



TMA
TRANSPORTATION MANAGEMENT ASSOCIATION DE



2007 Delaware Bicycling Calendar

Date	Ride	Location	Max Dist	Cost
3/31/2007	Icicle Metric	Newark, DE	62	\$15
4/21/2007	Ocean to Bay Bike Tour	Fenwick Island, DE	50	\$30
4/29/2007	Mason - Dixon Ride for MS	Middletown, DE	50	\$35
4/29/2007	Boonsboro Tour	Boonsboro, MD	62	\$10
5/16/2007	Ride Of Silence	Rehoboth, DE	12	free
5/20/2007	Blackwater Tour	Cambridge, MD	63	\$10
5/26/2007	Shorebird Metric Century	Salisbury, MD	65	\$45
6/1/2007 - 6/3/2007	Chesapeake Bay Asthma Ride	Salisbury, MD	140	\$95
6/9/2007 - 6/10/2007	MS150 Tour de Shore	Salisbury, MD	150	\$250
6/24/2007	Davidsonville Tour	Davidson, MD	61	\$10
6/29/2007 - 7/1/2007	Tour de Montes	Marriottsville, MD	308	\$185
7/1/2007	Double Cross Metric	Middletown, DE	62	\$20
7/29/2007	Thurmont Tour	Thurmont, MD	60	\$10
8/25/2007	Shorefire Century	Middletown, DE	100	\$20
8/26/2007	Easton Tour	Easton, MD	61	\$10
9/8/2007	Amish Country Bike Tour	Dover, DE	100	\$27
9/8/2007 - 9/9/2007	Rehoboth Twin Century	Newark, DE	200	\$45
9/8/2007	B2B (Bridge to Beach	Grasonville, MD	87	\$25
9/23/2007	Chestertown Tour	Chestertown, MD	65	\$10
9/29/2007 - 9/30/2007	MS Bike to the Bay	Dover, DE	150	\$250
10/07/2007	Seagull Century	Salisbury, MD	100	\$55
10/13/2007	Savage Century	Newark, DE	100	\$20

Curtsey of Ed Ford - Rev. March 7, 2007

21st Annual Amish Country Bile Tour, Dover, Delaware

Discover Kent County, Delaware's beautiful Amish countryside on your choice of 15, 25, 50, 62 or 100 mile loops in mostly flat, rural areas. Every route begins and ends in historic downtown Dover. All routes are SAG patrolled and include up to 4 food stops, including our famous Amish Schoolhouse stop where you can enjoy homemade cookies, muffins and pies.

Day-of registration opens at 7 a.m. and the ride begins at 8:15 a.m. on Saturday, September 8th with an escort by an Amish buggy and the City of Dover Police Motorcycle unit through downtown Dover, out to the city limits and on to your chosen route.

All loops end at Legislative Mall, downtown Dover's outdoor park where you can eat your picnic lunch (included in your registration fee) with friends and family. Stay awhile to listen to live music from local bands or get a massage for sore muscles. Registration fee includes lunch. For more information or to register, call Kent County Delaware Convention and Visitors Bureau, 800-233-5368 or www.visitdover.com.



Ride of Silence

Who: cyclists especially, but also runners, and others who legally share the road

What: The Ride Of Silence™

When: May 16, 2007, 7pm

Why: to mourn those cyclists killed by motorists
to raise awareness (among motorists, police, and city officials) of cyclists on the road to have motorists know we only want to share the road we ride on to show that cyclists are not going away

THE RIDE OF SILENCE WILL NOT BE QUIET

On the third Wednesday of May, at 7 PM local around the world, cyclists will take to the roads in a silent protest of the carnage taking place on the streets.

Chris Phelan organized the first Ride Of Silence in Dallas in 2003 after endurance cyclists Larry Schwartz was killed by a passing bus mirror on an empty road.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride.

The ride hopes to raise cycling awareness during bike safety month to motorists, police, and city officials. The ride is also a chance to mourn, in funeral procession style, those who have already been killed. The ride also requests black arm bands be worn, red if you have had a bike/motor vehicle accident.

Phelan is looking for as many cyclists as possible to join him in one of many locations in the US, Canada, Australia, Europe, South and Central America and the rest of the world.

He can be reached at chris.phelan@rideofsilence.org

Look for Delaware rides on the Ride of Silence website.

The web site is <www.rideofsilence.org>



WWW.DELDOT.GOV/STATIC/BIKE
LOOK FOR FUTURE NEWSLETTERS ON THE WEBSITE



May is Bike Month and **May 18th** is **Bike to Work Day!**

This May, TMA Delaware wants to assist its members with supporting biking employees.

If your worksite is interested in marketing *Bike to Work Day* to employees, let TMA know. Through cooperation with the Delaware Department of Transportation, we can supply you with complimentary T-Shirts for cycling commuters (limited number available), bike maps, safety information and more. And if the worksite has 10 or more cyclists who plan to take part in Bike to Work Day – we'll even throw in breakfast on us! Check out the TMA website for more information at www.tmadelaware.org.



Breakaway USA
TOUR OF DELAWARE
Saturday, May 19th, 2007



Wilmington
Saturday, May 19, 2007

Dover
Sunday, May 20, 2007

www.gobreakaway.com

Don't miss out on this two-day event. Breakaway USA starts the weekend with a metric century ride from Wilmington to Dover. The ride features scenic views highlighted by a chip-timed 1-mile bridge climb over the Chesapeake & Delaware Canal. The day will end at the Dover International Speedway in typical Breakaway USA style with a Health Fair and live music at the After Party.

On Sunday, riders get to test their speed on Dover International Speedway's Monster Mile. The ride begins with a chip-timed 1.1-mile time trial around the famed oval. The ride continues with an invigorating 40-mile ride around the Dover countryside on cycling friendly roads. Afterwards, come celebrate with category winners in Victory Lane.

Whether you choose to ride both days or just one, this event will be sure to please.

Visit www.gobreakaway.com for complete details and to register online.

Register by **April 1, 2007** to save \$10 for a 1-day ride or \$20 for both days.
Registered participants will receive a Breakaway USA Tour of Delaware commemorative jersey!






All Participants Receive:

- A four-color commemorative Breakaway USA Tour of Delaware cycling jersey
- Chip-timed results for 1-mile hill climb and 1.1-mile time trial on Speedway
- Online health and fitness training programs on www.gobreakaway.com
- SAG support and bike repair
- Fully stocked aid stations with ample food, water and supplies
- Festive After Party with live music, food, product demonstrations and wellness information at the Breakaway USA Health Village

E x c e r p t :
"Of the communities I have visited, I have not found one where designing for the car has made it a successful place. Indeed, the most successful villages, towns and cities in America are those designed before the car was invented, and where the least tinkering has been done since." Dan Burden



**WWW.DEIDOT.GOV/STATIC/BIKE
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A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation.

Affix Label Here



"Our Mission is to Promote and Enhance Bicycling in Delaware."

Delaware Bicycle Council
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Delaware Bicycle Council Membership and Staff Support

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Walt Bryan	Sussex County	947-0970
Don Carbaugh	New Castle County	
Tom Felice	DeIDOT	760-2338
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Sgt. George Heberling	Public Safety - State Police	856-5850
Vacant	Council on Transportation	
Judith Jeffers	At-Large	761-6952
Laura Madara	DNREC	577-7202
Lisa Moore	Office of Highway Safety	744-2740
John Ray	Dept. of Education	735-4193
Amy Wilburn	At Large	
Rob Witsil	At Large	855-0120
Vacant	Greenways and Trails Council	

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