

# RoadTrip

## Bike Along the Beach in Delaware

**WHERE:** Bethany Beach to Fenwick Island, Del.

**WHY:** Bike-friendly beaches, Vikings with (golf) clubs and boardwalk beats.

**HOW FAR:** About 6½ miles from start to finish, and about 125 miles from Washington.

During the SPF-50 months, maximize your sun and sand time on a Tour de Sand from Bethany Beach to Fenwick Island in Delaware. During high season, Coastal Highway can become clogged with traffic, but not for cyclists, who glide along the major thoroughfare like seagulls on a wind current.

Delaware's popular summer escapes are connected by a 6½-mile stretch of Coastal Highway that is straight, smooth and surfboard-flat. Wide bike lanes (roomy enough for two in some places) flank the road and include easy on-off access to such attractions as crab restaurants, kayak tours, mini-golf and wide strands that flow into the Atlantic Ocean.

"We have great bike paths and generally slow car speeds," says J. Sommers, owner of Ocean Cycles in Bethany Beach, a bike rental shop on Coastal Highway. And while cars have the appeal of air conditioning, bikes come with natural fans. "With our light onshore breezes during the day," Sommers says, "it's much cooler here than in many destinations."

— Ben Chapman

**Road Trip maps are available** at [www.washingtonpost.com/roadtrip](http://www.washingtonpost.com/roadtrip), as are addresses and hours of operation. (Be sure to check before you go.) Have an idea for a trip? E-mail [roadtrip@washpost.com](mailto:roadtrip@washpost.com).

**WEDNESDAY IN STYLE** | Escapes travels to Rapidan Camp, Herbert Hoover's retreat in Shenandoah National Park.

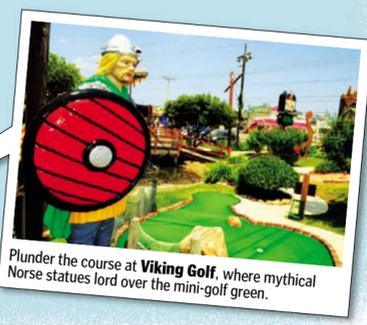


Find some summer lovin' at the **Bethany Beach Boardwalk Bandstand**, which hosts free sunset concerts on weekends.

Since 1969, **Rhodes 5 & 10** has been an emporium of beachy accessories, including old-school flip-flops and a blowup shark tube.



Grab a paddle and join **Coastal Kayak** on a tour of wildlife-filled marshes and cypress groves.



Plunder the course at **Viking Golf**, where mythical Norse statues lord over the mini-golf green.



Show me the booty: The **DiscoverSea Shipwreck Museum** exhibits about 10,000 artifacts (including gold coins and amulets) recovered from sunken ships and shores around the world.

Built in 1858, the 89-foot-tall **Fenwick Island Lighthouse** stands near the Delaware and Maryland border. (The First State has dibs on the structure.)

MAP BY JEROME COOKSON FOR THE WASHINGTON POST; PHOTOS BY BEN CHAPMAN FOR THE WASHINGTON POST

# MediaMix

## A Quick Take on New Releases

	TITLE	BASIC STORY	SAMPLE GRAB	WHAT YOU'LL LOVE	WHAT YOU WON'T	GRADE
BOOK	<b>Real World</b> By Natsuo Kirino (translated by Philip Gabriel) Knopf \$23.95	Four brazenly disaffected high school girls aid and abet a disillusioned teenager after he murders his mother with a baseball bat.	"Everything's divided now into <i>before</i> then and <i>after</i> then — then meaning the day I killed my mother." — <i>Worm reflects on what he has done</i>	For fans of Chan-wook Park or Takashi Miike films: Edgar-nominated Kirino's 17th gritty noir novel reads like their just-as-perverse literary equivalent.	Crawling inside these warped teenagers' minds is titillating until their banal "epiphanies" and juvenile behavior ultimately become tiresome. — <i>Reviewed by Alexis Burling</i>	C
BOOK	<b>My Custom Van</b> By Michael Ian Black Simon Spotlight \$23.95	The comedic jack-of-all-trades (and frequent VH1 talking head) delivers an irresistible debut collection that condenses his weird worldview into absurd musings and often hilarious conclusions.	"I too worked as a housecleaner (not true) and a Macy's elf (also not true). So, given all these amazing similarities, how is it that David Sedaris is winning various literary honors and I am doing commercials for Sierra Mist?" — <i>Black laments his fate</i>	Have you ever considered the morality of eating "people bacon"? Or the flawed logic of comedian Lewis Black's condemnation of candy corn? If so, this is just the bathroom book for you.	Some of the essays, such as imagined conversations between a self-loathing high school football coach and his team, must have been funnier in concept than they end up playing out on the page. — <i>Sara Cardace</i>	B+
CD	<b>Life, Death, Love &amp; Freedom</b> John Mellencamp Hear Music \$18.98	For his second disc in less than two years to use "freedom" in the title, the pompadoured troubadour turns inward and buys back some cred by hiring T-Bone Burnett to produce.	"This getting older ain't for cowards / This getting older is a lot to go through" — <i>"Don't Need This Body"</i>	Mellencamp, right, gets his hands dirty again, returning to the somber, spooky folk of his late-'80s artistic peak. Not a pickup-truck commercial to be heard.	The presence of exactly one upbeat number on a 14-track album (the effervescent "My Sweet Love") seems a bit lopsided. — <i>Chris Klimek</i>	B
CD	<b>Stay Positive</b> The Hold Steady Vagrant \$13.98	Brooklyn's own li'l E Street Band gets a harp-sichord, cuts back on the pharmaceutical name-dropping and venerates "St. Joe Strummer."	"In bar light, she looked all right / In daylight, she looked desperate / That's all right; I was desperate, too / I'm getting pretty sick of this interview" — <i>"Sequestered in Memphis"</i>	Opener "Constructive Summer" totally belongs at the top of a mix tape (er, playlist) that ends with Van Halen's "Hot for Teacher." Played beginning to end, "Stay Positive" makes a fine block-party soundtrack.	Patterson Hood's harmony on "Navy Sheets" is mixed just audibly enough to remind you the Drive-By Truckers frontman is even better at this than Hold Steady leader Craig Finn. — <i>C.K.</i>	A
COMIC	<b>Bluesman</b> By Rob Vollmar and Pablo Callejo NBM \$24.95	After playing a 1920s juke joint, itinerant musicians Lem Taylor and Ironwood Malcott celebrate their success with two women. By dawn, one man is dead, and another is on the run from a would-be lynching.	"It's my job to lock you up until a jury decides if you're guilty or innocent. Not stand around and watch while vigilantes disrupt the rule of law." — <i>The sheriff explains to Taylor why he's still alive</i>	Vollmar's well-researched script powerfully evokes the hard-luck tropes of the music that inspired it, and Callejo's expressive, woodcut-inspired art gives the proceedings an elegiac moodiness.	Though the main characters are fully fleshed out, Vollmar trots out a few facile types and convenient coincidences to move the plot along. — <i>Evan Narcisse</i>	B+
DVD	<b>The Bank Job</b> Rated R Lionsgate \$29.95	It's 1971 London, and an in-debt garage operator (Jason Statham) hears about a big score from his ex-girlfriend (Saffron Burrows). Turns out the robbery is merely a pretense set up by the government.	"I think drugs are responsible for the moral decay of this country's young. Smut, smut and more smut — that's my special area of interest." — <i>Soho porn king Lew Vogel (David Suchet) turns down a business proposition</i>	Twists, multiple levels of plot and a rich cast of characters make this film much more complex than your average heist picture.	The story emphasizes character over setting, so some might bemoan the lack of social context for this film, based on a true story that shocked British society. — <i>Greg Zinnman</i>	B+
DVD	<b>Trafic</b> Not rated Criterion \$39.95	In Jacques Tati's 1971 film, the French writer-director dons the raincoat of his Monsieur Hulot character one last time to journey in a tricked-out camper to an auto show in Amsterdam.	"..." — <i>Hulot, silent as always, refuses to ask for help or interrupt a midnight romantic tryst while tangled in ivy outside a house</i>	Fans of "WALL-E" will see where that film gets its penchant for elaborate, dialogue-free sight gags about the corrupting influences of technology. The disc comes packed with documentaries and interviews.	Contemporary moviegoers might need time to adjust to the fact that the words aren't where they should be focusing their attention. — <i>G.Z.</i>	A-
GAME	<b>Top Spin 3</b> Multiple platforms Rated Everyone 2K Sports \$29.99-\$59.99	This is a tennis game that focuses on genuine technique and pits you against real-life pros. Don't expect anything cartoonish here.	When you create your own racket-wielder, you can customize everything, right down to the sound of her grunts.	Here's how authentic the game is: The longer a match goes on, the more fatigued your player becomes. He'll get dirty, start dripping sweat and even get sunburned.	For all the realism on the court, the crowds in the stands look as if they've been kidnapped and replaced with cardboard cutouts. — <i>Christopher Healy</i>	A-

JOHN MELLENCAMP BY LUCAS JACKSON — REUTERS