

# DELAWARE VALLEY BICYCLE CLUB

P.O. Box 156, Woodlyn, PA, 19094-0156

SEPTEMBER 2000

FREE

84th ANNUAL  
SPORTS BRA  
EDITION



## IT'S NOT ABOUT THE ROAD

by Antonio Rocha

I've heard people say how boring it is to finish most of our rides up Sycamore Mills, but we do have a choice, and we don't have to finish all our rides up the same hill. Down in Sanibel Island, where I spent my vacation, there is no choice. There are no hills to climb either. I had my Cannondale with a triple, just in case there was a bridge I couldn't climb on my big chain ring. Or maybe the wind would just get so strong that I would need to use a 30 x 23.

Sanibel is a beautiful island in the southwest of Florida. There is one way in and the same way out. You don't know boring until you bike Sanibel. It's nice until you discover all the roads, but that only takes one day. We rented a place that was almost at the end of Sanibel going into Captiva, six miles from town down the same old road, and also six miles to the end of the island in Captiva. Sometimes I would go to Captiva first and then turn around and go to the other end of Sanibel (which by the way was very nice). At the end of Periwinkle Road turning into East Gulf Rd. there was a series of sharp 90-degree right and left turns that were a lot of fun at 25 MPH. And of course, I could go across the bridge into Ft. Myers. I did that a few times. I would ride into Ft. Myers beach and get a 45-mile ride, but the best thing was the bridge into Ft. Myers. That was the only hill around, and that wouldn't even qualify as a hill around here. I would have to ride 20 flat miles before I could climb it. Not much of a hill compared to what we are used to, but just good

enough to stand up off the saddle, sprint to the top, and pump your heart rate a little for about 20 seconds... WOW. Not that I needed it to get my heart rate up. But no matter where I went or how many miles I did, I would always have to go back the same road to get home. Those last six miles became a drag, and sometimes I didn't want to go out just thinking that I would have to come back the same way. Most times I would take the back Gulf roads and turn on Rabbit Rd. to Sanibel Captiva Road. That would only leave me about 4 miles of that same, no-other-choice road to get home.

I became friends with every hole and every piece of debris on that road - the same old piece of tire, the rusted bolt, the styrofoam cup. One day, there was a nice pair of pliers, but it found a home by the next day. And then, there it was.... the Ding Darling, a wildlife refuge, 3.5 miles to go, the sea horse mailbox, 2.34 miles to go, Tahiti road, Jamaica road, one more turn, and finally in the distance I would see the sign "Bowman's Beach, 500 Ft ahead".... there was finally a light at the end of this tunnel.

One Sunday, I thought I would do something special and go for a ride with the local bike club. I had to get up early in the morning, 6 a.m., and drive about 30 miles to Ft. Myers to go do a 45-mile ride. This was completely against my idea of a vacation, where you're supposed to sleep late every day, but the ride description had my curiosity and I decided to go. "Departs every Sunday at 7:30 a.m. from the corner of

Bell Tower Dr. and Daniels Rd. Emphasis on fitness, finesse, and fun. Rotating pace lines, sprinting, and racing tactics are coached during this fast "A" ride. This is an advanced ride for race training."

I arrived a little early and quickly spotted a few bikes circling around and getting ready for the ride. As I got out of the car, one of the riders came over to meet me. "Hi, I'm Pat. Welcome to our ride and I hope you have fun". Soon, Brian arrived. There was at least a more familiar face. Brian worked at the local bike shop in Sanibel where we had rented our family "LALALA" bikes, and he had given me some of the details of the ride. As we took off, some of the other riders asked where I was from and tried to get acquainted. They all looked at the bike first, don't we all? They probably wondered why in hell I had a triple chain ring in Florida.

*(Cont. on p. 8)*

**DVBC member  
Glenn Lyons**  
*will perform on guitar at the  
21st Annual  
Faculty Recital,  
Philips Autograph Library,  
West Chester University.  
Monday, September 25th  
at 7:30 p.m.*

The event is free  
and open to the public.

**The Delaware Valley Bicycle Club**  
**P.O. BOX 156**  
**Woodlyn, PA 19094-0156**

<http://www.dvbc.org>

### DVBC Meeting Place

Delaware County Peace Center,  
 Springfield Friends Meeting, 1001  
 Old Sproul Road (behind the car  
 wash at Rt. 320 and Old Marple  
 Road). Meetings are usually held  
 the first Monday of most months.

*DVBC welcomes articles and ride  
 reports for the newsletter. Please  
 submit your proofread materials to  
 the Editor before the 15<sup>th</sup> of each  
 month.*

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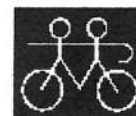
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### Club Affiliations



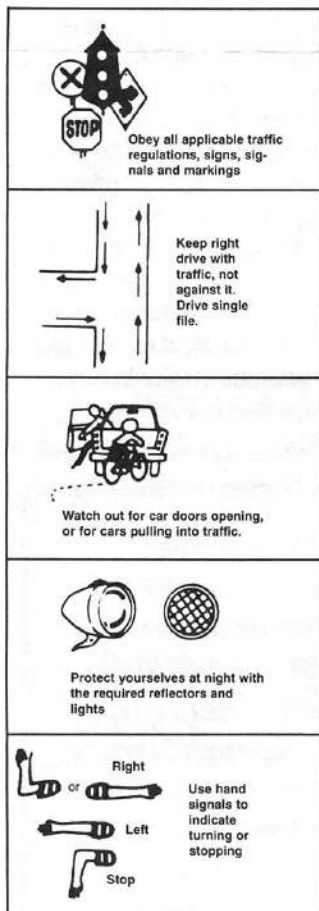
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*Bicycle Coalition of the  
 Delaware Valley*

*Please note that the views  
 expressed in this publication are  
 not necessarily the views of the  
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 products or services advertised.*

## Ride Guidelines



1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. 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 not sure of and work your way up.
7. Ride classifications:  
**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: 19+ 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.
8. Each rider assumes his/her own risk on all rides.
9. Those who ride ahead of the group are on their own ride.
10. Always notify the ride leader before leaving the group.
11. Ride leaders should adhere to the advertised speed of the ride.
12. Ride leaders are not expected to be bike mechanics.

**Note:** In the case of questionable weather or road conditions, the Ride Leader may decide to cancel the event. Call the ride leader if in doubt. The general public is invited to all events organized by the Delaware Valley Bicycle Club. Except for the Freedom Tour, Brandywine Tour and Club picnic, all club events are free to the general public. The general public is welcome!



## President's Column, by Ira Josephs

Of course September brings our own Brandywine Tour and I hope everyone is either helping or riding. Please pray for good weather. This is also when all the other clubs hold their Century rides. We are all in great shape from cycling all spring and summer, and the weather gets wonderful with cooler temperatures and lower humidity. Check out our great Regional Events listing to see what other events you may want to attend. If you notice, as I have, that on some dates there are two, three or even five events that all look good, let the clubs know so they can work on eliminating those conflicts.

If you can take off from work on September 18 and 19, come to Governor Ridge's Keystone Ride. It goes from Gettysburg to Chadds Ford, is free, and is fully supported. See elsewhere in the newsletter for details or check out their website at [www.keyride@state.pa.us](http://www.keyride@state.pa.us). Also consider attending the Bicycle Coalition of the Delaware Valley's Light of the Moving Bikes Guided Architectural Bike Tour on September 8. And something I just found out about, the 8th Annual Cycle Messenger World Championships at Memorial Hall in Fairmount Park is on Sept. 2-4. (How about a Labor Day ride to watch?) I've read about past ones in the bike press and I know there is some incredible cycling. For more info, check out [www.dccourier.com](http://www.dccourier.com).

And if you didn't already think Philly is the bike capital of the world, how about this heavyweight event. On the 5-8, at the new Loew's Hotel, is PROBIKE/PROWALK 11th International Conference, where nationally recognized speakers will present workshops and seminars on making communities more bicycle and pedestrian friendly. It's very expensive to attend and is primarily for transportation planners, community leaders, and engineering consultant types. They can use volunteers at the conference who can attend some sessions in exchange for helping. For more info, their website is

[www.bikewalk.org](http://www.bikewalk.org). To volunteer, contact Sue MacNamara at 215-bicycle or Bob Ravelli at 215.686.4580. On September 9, the Bike Coalition will be sponsoring a free workshop for local advocates. Call Sue for that too.

A local issue that all you would-be bike advocates and activists might like to get involved with has to do with our own beloved Ridley Creek State Park. It's actually two issues. One is that all the state parks are reviewing their rules and regulations and are soliciting public input. There has been one open meeting to express views and there may be more. You can write letters anytime. The other is that Ridley has recently hired a new superintendent and he is open to suggestions. One of our members has already begun a dialog and is volunteering his time on park projects. As a result, we are now distributing our newsletters and tour flyers at the main headquarters and plan to have them soon on the bicycle bulletin board along the trail. A proposal for improvements to both sides of the gate at the west end of Sycamore Mills Road has been approved. And, there is discussion about having a ranger patrol the bike path on a bike and opening up a hiking trail or two to mountain biking. Please write letters supporting these proposals to Park

Superintendent Roger McChesney at Ridley Creek State Park, Sycamore Mills Rd., Media, Pa 19063.

My last bit of news is that I am giving up the Presidency because I am taking a new job that will require much more of my time. I will still be an active club member in attending and leading rides and expect to see everyone just as much. I also hope to continue my advocacy work in chairing our Delaware County Cycling Committee. Maybe in the future I will be able to resume some of those duties I am giving up. I'm sure you know I have enjoyed helping out the club. For now, we need a new president and individuals to do the following jobs: Chair the general membership and executive board meetings; Find and arrange speakers for our general meetings; Newsletter distribution; Make sure our insurance and LAB and BCDV dues are paid up; Spring and Fall Tour duties of contacting food sponsors, PR, and flyer distribution; Make sure the other board members are doing their jobs. Probably, only the first and last items really need to be done by the President. We encourage any individuals interested in shaping the future of the club to join the executive board. We have open seats and you would be welcome. Call me for details or to volunteer, 610.565.4058 or email [ira@dvbc.org](mailto:ira@dvbc.org).



Bob Leon & Mike Farrell on a Sunday morning group ride to Kountry Kitchen.

# DELAWARE VALLEY BICYCLE CLUB



## RIDE CALENDAR September 2000



### Various Days All Month, Mornings, - *Summer Sunrise* - Miles: 15-40 Class: C/C-

Beat the summer heat and join our joint Sunrise Ride with the Brandywine Bicycle Club. We will start at 6:00 a.m. or later depending on when Roz wakes up. Starting points will be from Delaware or Chester counties. To get on the phone list or for more info call Roz at 302-478-1610.

### Weekdays, All month, 7:30 a.m. - *Weekday Ramble* - Miles: 10-20 Class: C

Just about every weekday (Thursday is the Breakfast Ride), weather permitting, we meet for an easy-paced ride. We leave from our Havertown home in the Oakmont Section. Please call the night before, to confirm departing place and time. Call Joel at 610-789-7673.

### Saturday, Sept. 2, 8:00 a.m. - *Volunteers Ride* - Miles: 28, 50, or 100 Class: All

This ride is for those members who are working during our Brandywine Tour the next day and won't be able to ride in it. It is also a chance to do a final check on the roads, markings, and cue sheets. Call Eric at 610-459-9272 or Ira at 610-565-4058.

## The Brandywine Tour

### Sunday, Sept. 3, 8:00 - 10:00 a.m. - Start time Miles: 28, 50, or 100

This ride has been chosen by the League of American Bicyclists as a Best Biking in America event. Join us for a fully supported ride through the beautiful Brandywine River Valley. Travel at your own pace. Century riders to start promptly at 8:00 a.m. For more information, contact Ira at 610-565-4058 or bikeira@juno.com or Bob at 610-833-2096. Please see the flyer located in the newsletter.

### Tuesday, Sept. 5, 6:00 p.m. - *Vocabulary Ride* - Miles: 15-20 Class: C

Build your ride vocabulary every Tuesday evening with spins through various parts of Ridley, Swarthmore, Wallingford and surrounding areas. Meet at the Folsom Pathmark on MacDade Blvd. Contact Dave Trout at 610-368-0760 or cyclewithdave@juno.com

### Wednesday, Sept. 6, Morning - *Mornin' Ridin'* - Miles: 30-35 Class: C-

Join us retired, part timers, evening workers, etc., for

a leisurely morning ride to various places in western Delaware & Chester Counties. Bring money for lunch. Call Fran DeMillion prior to ride for time and meeting place. 610-431-2675.

### Wednesday, Sept. 6, 6:00 p.m. - *Workout* - Miles: 15+ Class: B+

Come and take out your frustrations on the bike with a good after-work workout. Expect a fast pace and hills as we take off from Rose Tree Park (on Rte. 252 just North of Rte. 1). Average ride speed 16+ MPH. Route will vary. If it rains, we'll meet on Thursday at the same time. Contact Tony Rocha at H-610-416-0514 or tony@craftech.com to confirm the ride.

### Thursday, Sept. 7, 7:30 a.m. - *Pancake Breakfast* - Miles: 10-25 Class: C

7:30 a.m. on each Thursday leaving from our Havertown home in the Oakmont section. Weather permitting. This is an easy-paced ride of 10-15 miles with a pancake place in between. Please don't forget money and a helmet. We're generally back to start by 9:45 a.m. Please call the night before, to confirm departing place and time. Call Joel at 610-789-7673.

### Saturday, Sept. 9, 6:30 a.m. - *Sea Isle / Ocean City* - Miles: 140+/- Class: B

Join me for another ride to the shore and back. We'll meet at the Kingsway High School on Routes 322 and 551. Bring money for food and drink along the way. Call Bob Leon at 610-833-2096 for more details.

### Sunday, Sept. 10, 8:00 a.m. - *Jersey Ramble* - Miles: 30 +/- Class: C

We'll meet at the Kingsway High School on Routes 322 and 551 for a training ride through south Jersey. Call Bob at 610-833-2096.

### Sunday, Sept. 10, 8:30 a.m. - *Westtown & Beyond* - Miles: 60 Class: B/B+

Meet at the Moylan-Rose Valley train station, Woodward and Manchester Roads in Rose Valley to ride some of DVBC's classic scenic hills and creek valleys. We will pass the Ridley, Chester and Brandywine taking us through Delaware and Chester Counties, West Chester, and Delaware. Bring money and/or food for rest stop. Contact Ira at 610-565-4058 or ira@dvbc.org.



**Monday, Sept. 11, 7:00 p.m. - DVBC Board Meeting**

Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Road, in Springfield. The meeting is open to all club members. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org.

**Tuesday, Sept. 12, 6:00 p.m. - Vocabulary Ride - Miles: 15-20 Class: C**

See Sept. 5 for details.

**Wednesday, Sept. 13, 6:00 p.m. - Workout - Miles: 15+ Class: B+**

See Sept. 6 for details.

**Thursday, Sept. 14, 7:30 a.m. - Pancake Breakfast Miles: 10-25 Class: C**

See Sept. 7 for details

**Saturday, Sept. 16 to Sept. 19 - Governor Ridge's Keystone Ride - Miles: 200-280 Class: C+/B**

Ira is riding the Keystone Ride from Gettysburg to Chadds Ford on Monday and Tuesday and is considering riding to the start of it in Gettysburg on Saturday and Sunday. Camping or motels. Call if you are interested. Ira 610-565-4058.

**Sunday, Sept. 17, 8:00 a.m. - Art Museum - Miles: 50+ Class: B**

Meet me at Rose Tree Park on Rte. 252 just north of Rte. 1 in Media for a ride to the Art Museum. We'll stop in Manayunk for fuel. Bring money for food and drinks. Expect a fast pace and a few hills. Call Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.

**Sunday, Sept. 17, 8:30 a.m. - Kountry Kitchen - Miles: 35+/- Class: C**

Join me for a ride to the Kountry Kitchen. We'll meet at that familiar start, Kingsway High School, Routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob at 610-833-2096.

**Tuesday, Sept. 19, 6:00 p.m. - Vocabulary Ride - Miles: 15-20 Class: C**

See Sept. 5 for details.

**Wednesday, Sept. 20, 6:00 p.m. - Workout - Miles: 15+ Class: B+**

See Sept. 6 for details.

**Thursday, Sept. 21, 7:30 a.m. - Pancake Breakfast Miles: 10-25 Class: C**

See Sept. 7 for details.

**Saturday, Sept. 23, 8 a.m. - Inaugural Time Trial -**

Join Bob LaDrew at Kingsway High School on Routes 322 and 551, New Jersey, and we'll lay out a DVBC time trial, then ride 40 miles together. Contact Bob at 610-383-9327 or 2ladrews@netreach.net.

**Tuesday, Sept. 26, 6:00 p.m. - Vocabulary Ride - Miles: 15-20 Class: C**

See Sept. 5 for details.

**Wednesday, Sept. 27, 6:00 p.m. - Workout - Miles: 15+ Class: B+**

See Sept. 6 for details.

**Thursday, Sept. 28, 7:30 a.m. - Pancake Breakfast Miles: 10-25 Class: C**

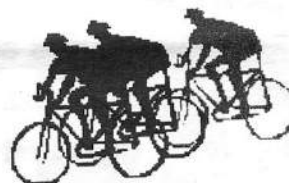
See Sept. 7 for details.

**Saturday, Sept. 30, 7:00 a.m. - Mays Landing - Miles: 100 +/- Class: B**

Meet at the Kingsway High School, Routes 322 & 551. We'll ride from there and stop at the Sugar Hill deli for great food before returning to Kingsway. Call Bob 610-833-2096.

**Saturday, Sept. 30, 9:00 a.m. - Easy Does It - Miles: 15-20 Class: C-**

Meet at the Moylan-Rose Valley train station at Woodward and Manchester Roads in Rose Valley for an easy-paced ride into the surrounding countryside. There will be some hills but we'll take 'em slow. For more info, contact Ira at 610-565-4058 or ira@dvbc.org.



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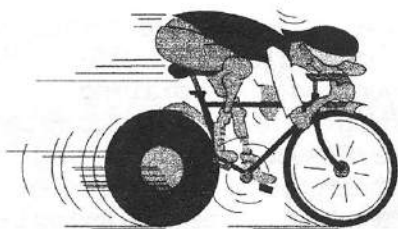
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## Bike Dirt

By F.X. Pedrix

One warm, muggy day last month, my ever so ravishing wife Babs and I did a fifty-mile training ride for the upcoming MS 150 charity ride. She liked the MS 150 so much last year she wants to do it again, although up to this point she has only been on a bike twice this year. Still, she did quite well on the ride. Upon arriving home, Babs made a beeline for the house and I put the bikes away. I went in the house and headed for the bedroom. As I got close to the bedroom door, I could hear sounds of a struggle and much cursing. In the bedroom, I found Babs struggling with what looked like some kind of pastel snake that had wrapped itself around her arms and head. Suddenly she ripped the snake off her head.

"D\*\*\* those %#&\$%#& sports bras," she yelled, "you could dislocate something trying to get the d\*\*\* thing off. They're hard to get on and harder to get off, but worst of all," she continued, "they don't wick the moisture away from your body. After working out, you're left with a soggy, wet, cold, and uncomfortable bra. If I didn't have to wear it I wouldn't."

"But Honey, you look so sexy in it," I quipped. Whap!! I got a face full of sport bra! "Hey, this thing is wet," I said.

Anyway, many of the club members are in full preparation for the MS 150,

collecting money and doing training rides. From what I hear, the club will have a good size contingent of riders this year and many will ride down together. If you are interested in riding down with some of the club members you may call any of the club's board members and they can steer you to the right person.

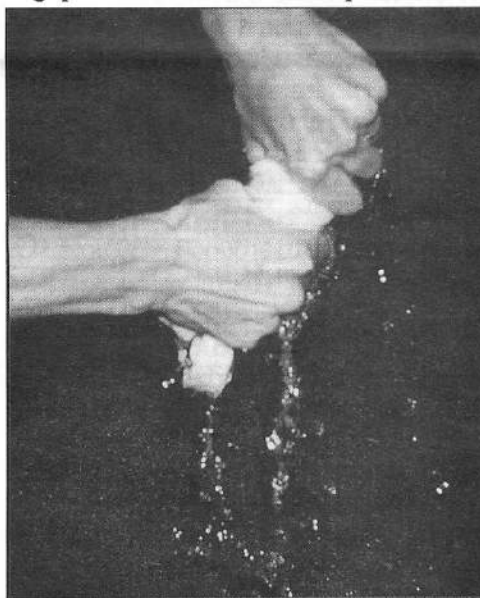
If you didn't attend the Club's picnic, a.k.a. the Bonkers Metric, you missed a good time and good food. Two groups rode from Delaware County to Bob and Judy LaDrew's palatial compound, The Bonkers Estate, located somewhere northwest of Downingtown. Upon arrival, the riders were supplied with a luscious cookout that ended with the world renowned Bonker Burgers. After eating a Bonker Burger, I can't describe it in words. I guess if you missed this event, you'll just have to go next year and hope they have Bonker Burgers again. Another thing you missed by not going was the full contact lawn croquet tournament that was won by the picnic's host - don't worry Judy, I'm sure everybody's bruises are healed by now.

Great Ride Stops of the Delaware Valley Department: The next time you ride in the Phila Art Museum area try stopping at The Art Museum Restaurant. One of our members reports that it is wonderful. It has good food, is

inexpensive, has full breakfast for two costing less than ten dollars, and has a bike lockup out front that you can see from the dining room. It's not in the Art Museum, but up on Fairmount Avenue on the corner of Fairmount and 24<sup>th</sup> Street, only a couple of blocks up from Kelly Drive. Give it a try and if you know of any other great ride stops please drop me an e-mail.

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at [fxpedrix@juno.com](mailto:fxpedrix@juno.com).

Below: Babs demonstrates the poor wicking qualities of her man-made sports bra.



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We were doing around 18 miles per hour on a double pace line and rotating every 30 seconds or so for about 5 miles. I said to myself, "This is not so bad after all." Those were just the warm-up miles. There was a group of twelve riders, and these guys meant business. Without a word, the formation went into a rotating pace line and the speed picked up to around 23 miles per hour.

A rotating pace line is when there are two lines and one line is doing 23 MPH and the other doing 25 MPH. As soon as a rider from the fast lane passes the front rider of the slow lane, he moves into the slow lane. The rider in the back of the slow lane simultaneously moves to the fast lane. The ride leader was always in the back giving instructions. He was an older rider with plenty of experience and racing miles on him. And when he gave the word, we would follow his direction. Without letting the rest of the group know, he told 3 of the riders to move at a faster pace when they got to the front of the group. And at his signal, those guys took off from the pack doing their own rotating pace line. The rest of the group didn't follow. Then we heard the ride leader say, "We have a break.... c'mon guys, let's get them." And the pace picked up to around 28/30 until we caught up with them.

Then there were the STOP signs: "Mike... sprint for the STOP sign." Mike would then take off sprinting to the STOP sign to make sure the way was cleared for the rest of us. Another STOP sign and another rider would take off and do the same at his command. The amazing thing was that without a word, the group would go from a double, to a single, to a rotating pace line, as if we were all racing for the same team and all knew what to do. Depending on the road conditions and the wind, we would just switch back and forth as appropriate to get the pack moving as fast as we could.

We were about a mile away from our 20-mile stop when one of the faster riders had a flat in his front tire. I was surprised to see that no one slowed down... he just rode to the stop on a flat. I just kept hoping I wouldn't have a

flat. If they left me behind, I would have no idea how to get back. We stopped at a local gas station and everyone had something to eat and something cool to drink. We talked a little more while Joe fixed his flat, and I realized these guys were just a real nice group of people, but they all had one thing in mind: to race their bikes as fast as they could so they would beat the heat. As we took off, the ride leader announced that we would go really slowly (like 18 MPH) for a few miles. A group of four riders decided to go ahead a little faster. When we couldn't see them anymore, we heard in the back.... "We have a break.... c'mon guys, we have to catch up with them." And before we knew it, the pack was again moving at 26 MPH. At about 5 or 6 miles from the end, one of the riders rode over a piece of brick and split it into pieces, causing 2 riders in the pack to completely blow out 2 tires beyond repair. The group split and we finished at a slower pace. It was a fun ride that I would like to do again.

The next day, it was back to same old road, fighting the wind by myself. Sometimes I would ride on the bike path to stay in the shade a little bit and to pace myself. A few close calls with the LALALA riders who think they own the path quickly changed my mind. As if I didn't have enough of this road on my ride and by car, I would do my ride in the morning and then I would do it again in the evening with my family on our LALALA bikes, hauling my almost eight year old daughter (saying, "Go faster now, Daddy") in the back on a "trail-a-bike" thingy. These beach cruiser bikes were heavy, and I think I got as much of a workout on those fun family rides as I did on my own ride. The wind was always strong on the way back, and I would advise my wife and my son to stay behind my wheel. "But... dad... I like the wind," my 12 year old son said to me one day, as he



shot to the front again. A kid's probably the only biker you'll ever hear saying such a thing.

The square pedal strokes in the evening would get me in the morning, when I would have to rethink circular pedaling and try to be smooth at my normal 105 RPM. But once I got on my rhythm, I would start timing myself and thinking of some type of time trial I was doing. There were two things that kept me going: I had just read Lance Armstrong's book "It's Not About The Bike," that a good friend of mine gave me before my vacation; and I had just watched the Tour de France where I still had a clear picture of Lance on his last time trial. I imagined I was like Lance doing my own time trial. Of course, a quick look at my speedometer would bring me back to reality - I would have to pedal a lot harder to achieve such a level of fitness and speed. Sometimes I would wait for that car or truck to pass me just at the right speed so I could chase it down and draft it. One day, I saw a little dog shoot out of a yard and chase a car, trying to bite the tires. Then I realized I was just some other kind of dog waiting for the right moment to get some easy speed.

The road was the same, but there was always a different race for me. "I didn't stop riding" - I was in Sanibel for 12 days and I rode every day. I raced my own race and I thought of things to write. So here you have it. It's not about the road, it's about having fun and staying in shape. It doesn't matter if you average 15, 25, or 35, as long as you enjoy yourself on your bike.

I could also tell you about all the wildlife in Sanibel, and the wonderful vacation I had with my family, but this is a bike newsletter and not a travel magazine, so I'll end here.

### *Governor Ridge's Keystone Ride*

*Sept. 18 & 19, 2000*

*(Monday & Tuesday)*

*From Gettysburg to Chadds Ford*

Some riders are considering biking out on Saturday, the 16<sup>th</sup>.

See the ride calendar for more info.



## W.W.W. (Woody's Wheel Wise), by Woody Kotch

After a quarter century of riding, I've figured some things out and my mom taught me to share.

### Aerobars:

I've been using aerobars for about five years and I love them. As the name implies, they decrease your drag by making you more aerodynamic and thus more energy efficient. Aerobars work best on flat terrain while spinning at high RPM. I feel that I increase my speed by one to two MPH as soon as I "get down" with no increase in effort. On long rides, this improved efficiency can leave you with a little something at the end of your ride that otherwise you might not have. I suspect that some of this is psychological, i.e., I'm supposed

to go faster so I do, but it works for me.

If you're thinking of adding aerobars to your wheels here are some tips:

- Your back, hamstrings, and neck must be flexible and strong. The lower aero position demands this. You won't be able to stay on the bars very long if your back and hamstrings are tight or if you can't hold your head up.
- Get bars with flip-up armrests. Stationary armrests take up too much space on the tops of your regular bars and you'll miss being able to put your hands there.
- Don't be disappointed with the

decrease in control and stability when you first put your bars on. Practice on flats before you fly downhill and be careful in windy conditions. Give it some time and you'll develop control. The steering "touch" is different from your regular position.

- Expect to need a break in time for your body to get used to your new position. Go short distances on the bars at first and work up to longer periods.

After the '99 Tour De France I read a quote from Lance Armstrong in which he said that staying low and flat was key to being efficient and conserving energy. That's what aerobars are all about.

## 24th Annual Brandywine Tour

Sunday September 3, 2000

Sponsored by the Delaware Valley Bicycle Club

28, 50 and 100 mile routes

**Time:** 8-10 AM for all routes (all support services will end at 5PM. Century riders recommended to arrive promptly at 8 AM)

**Place:** Chadds Ford Elementary School in Chadds Ford, PA

**Directions:** From Rte. 476 take exit 3 and follow Rte. 1 South approximately 20 minutes. The School will be on the right approximately 1/4 mile South of Rte. 100. From PA turnpike take Rte. 202 South to Rte. 1 South. The school will be on the right approximately 1/4 mile South of Rte. 100.

**Cost:** \$8 pre-registration (if postmarked by August 26, 1999) \$10 day of Tour

**Tour will be held rain or shine**

**Expected Attendance:** 300-500 riders

**Services Provided by DVBC:** Food & water stops, cue sheets, sag wagon, rest rooms, marked routes

**Routes:** Scenic back country roads through the beautiful Brandywine River Valley. Century route passes through three counties, including Lancaster County. The routes range from rolling to hilly.

**Description:** You travel at your own pace, with family or friends, or make new cycling friends along the way. All ages, all abilities and all types of bikes are welcome. The 28-mile route is a great opportunity for newer cyclists and leisure riders.

**Safety:** Helmets are mandatory! Make sure your bike is in good condition; use safe cycling habits; obey all traffic laws. We recommend carrying a spare tube/patch kit, tire pump and tire irons. Each rider assumes his/her own responsibility.

**For More Information:** Ira at (610) 565-4058 or ira@dvbc.org; or Bob at (610) 833-2096.



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## REGIONAL EVENTS

**Sept. 3: Brandywine Tour.** Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156, or call Ira Josephs at 610-565-4058. email: ira@dvbc.org Visit: [www.dvbc.org](http://www.dvbc.org)

**Sept. 8: Light of the Moving Bikes.** Eastern State Penitentiary Historic Site. 22nd and Fairmount. (Parking next to the Eastern State is no longer free.) Registration 6:30 pm. \$20. Ride begins at 7:00 pm sharp. Lights required. Therese Madden 215.829.4937. Riders will fuel up on refreshments at the start, then follow a 12-mile, easy-paced course.

**Sept. 9: No Baloney Century.** 62 or 100 mi. Lebanon County. \$10. Lebanon Valley Bicycle Club, c/o Dwayne Gish, 214 Lehman Street, Lebanon, PA 17046. Peg Schott <usgd73a@nbn.net>

**Sept. 10: Scenic Schuylkill Century 2000.** Bike Club of Phila. 25-115 miles. \$20 includes t-shirt if reg. by 8/31. Breakfast before and pizza after. <http://www.phillybikeclub.org> or send a SASE to BCP Century, P.O. Box 30235, Phila., PA 19103.

**Sept. 10: Gap Gallop.** Northampton County, PA. 25-100 mi. Many of its miles along the Blue Mountain (Kittatinny Ridge). \$20 pre-reg. by 8/28 includes T-shirt. Lehigh Wheelmen Association, P.O. Box 356, Bethlehem, PA 18016. <http://www.lehighwheelmen.org>

**Sept. 10: Wheels 4 Anne Ride: Cancelled!**

**Sept. 16: Amish Country Tour.** Dover, DE. 25, 50, or 100-mi. scenic flat routes. Mass start at 8:15, Visitors Center, Federal Street, Legislative Mall, Dover. Amish Country Tour, PO Box 1729, Dover, DE 19903; 302-760-BIKE or 302-697-6400.

**Sept. 16: Jersey Devil Century.** Parvin State Park, Centerton, NJ, 25-125 mi. \$14 until 9/8, then \$17. South Jersey Wheelmen, PO Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net>

[www.sjwheelmen.org/](http://www.sjwheelmen.org/)

**Sept. 16: Univest Cyclosporitif.** Souderton, PA, 62 mi.; 8:00 am mass start on same race course on hilly terrain as the Univest Grand Prix, preceding it by a few hours.

Riders share same feed zones, course markings and community support as Grand Prix racers. Starts are staggered so that the recreational riders will finish their 100 km loop in time to watch the concluding short laps and finish of Grand Prix road race. \$30 payable to Sparta Cycling. Univest Grand Prix Cyclosporitif 100k, PO Box 385, Harleysville, PA 19438. [www.spartacycling.com](http://www.spartacycling.com)

**Sept. 17: Lake Nockamixon Century.** Horsham, PA. 20-100 mi. Winner of "Best Century" award.

Hatboro-Horsham HS. \$15 for SCU members, \$20 for non, includes lunch; T-shirt with pre-reg. by 8/30. Suburban Cyclists Unlimited, SCU Century, Box 401, Horsham, PA 19044. Wendell Gulick, 215-362-2216. <wgulick@aol.com>, <http://www.suburbancyclists.org>

**Sept. 18 and 19, (Mon. & Tues.): Governor Ridge's Keystone Ride 2000.** From Gettysburg to Chadds Ford. Call 717-772-9053 or e-mail [keyride@state.pa.us](mailto:keyride@state.pa.us). Web site: [www.keystone-ride.com](http://www.keystone-ride.com).

**Sept. 24: Hillier Than Thou.** Central Jersey Bicycle Club, Phil Apruzzese, 732-873-3987. [kchul@hotmail.com](mailto:kchul@hotmail.com) [www.crosswinds.net/~cjbc](http://www.crosswinds.net/~cjbc)

**Sept. 24: Ramapo Rally.** Bicycle Touring Club of North Jersey. 20-100 miles. Center for Family Resources, Ringwood, NJ. \$20 prereg. by 9/1 includes baseball cap. \$20 day of event with no cap. Optional pasta dinner available for \$5. Betty Bigonzi 973 744 5924 or Dan O'Rourke at 914 268 0391 or [www.btcnj.org](http://www.btcnj.org).

**Sept. 30: Fall Metric Century.** Peninsula Road Club. 15, 35, or 65 mi. on flat terrain. Queen Anne's County High School, Centreville MD. \$25 by 9/10 includes T-shirt; \$30 after 9/10, no shirt. Sarah Smith-Putman, 505 Tanyard Rd, Centreville, MD 21617; 410-758-1262 <jwp\_21666@toad.net>

**Oct. 7: Belleplain Fall Century.** Woodbine, NJ, 30, 65, 100 mi. \$20 (T-shirt if reg. by 9/29). Shore Cycle Club, PO Box 492, Northfield, NJ 08225.

<sundeck@sprynet.com> or 609-296-4726.

**Oct. 7-8: Twin Centuries.** Newark, DE to Dewey Beach. White Clay Bicycle Club, Jim Montgomery, 108 Meridan Dr., Newark, DE 19711; 302-731-5371.

<wcwc@delanet.com> [www.delanet.com/~wcwc/twincenturies.html](http://www.delanet.com/~wcwc/twincenturies.html)

**Oct. 8: Covered Bridges Ride.** Erwinna, PA. 20-63 mi. Central and Upper Bucks County. Up to 8 historic covered bridges. \$18 pre-registration by 9/24 inc. long-sleeve shirt; \$20 after, no shirt. Central Bucks Bicycle Club, PO Box 1648, Doylestown, PA 18901. Wayne Siefert. 215-579-9393. <coveredbridges@att.net> [www.cbbikeclub.org](http://www.cbbikeclub.org)

**Oct. 8: Pumpkin Patch Pedal.** Thompson Park, Jamesburg, NJ. SIBA [www.sibike.org/](http://www.sibike.org/)

**Oct. 14: Seagull Century.** Salisbury State U., Salisbury, Maryland; 64 or 100 mi. Join 7,000 riders on this major end-of-season event. Flat terrain. Advance registration required. 410-548-2772 <seagull@ssu.edu> [www.seagullcentury.org](http://www.seagullcentury.org)

**Oct. 21: Savage Century.** White Clay B.C., Newark, DE. 40-100 mi. Scenic but demanding. PA Dutch & Amish farmlands along Susquehanna River, thru Chester and Lancaster Counties. White Clay Bicycle Club, Mary Becker, 106 Mill Top Dr, Kennett Square, PA 19348; 610-925-0757. <wcwc@delanet.com> [www.delanet.com/~wcwc](http://www.delanet.com/~wcwc).

## Welcome New Members!

John Callahan  
Eileen Carr  
Robin Nelson  
Celeste Oppong  
Tom Serano  
Rens Swan  
Roger Vann  
Stanley Weinberg  
Randy Wells

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Bikes

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Largest selection of bikes in Delaware County

Special discounts for club members

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## Light of the Moving Bikes

Sept. 8, Reg. at 6:30 p.m.

Ride begins at 7:00 p.m. sharp

Eastern State Penitentiary Historic Site

See Regional Events, p. 10, for details.

## BONKERS



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of tire, the rusted  
cup. One day, there  
liers, but it found a  
lay. And then, there  
Darling, a wildlife  
to go, the sea horse  
to go, Tahiti road,  
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each, 500 Ft  
as finally a light at the

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and go for a ride  
club. I had to get up  
ng, 6 a.m., and drive  
Ft. Myers to go do a  
was completely  
of a vacation, where  
to sleep late every day,  
option had my curiosity  
do. "Departs every  
-m. from the corner of

of the other riders asked where I was  
from and tried to get acquainted. They  
all looked at the bike first, don't we all?  
They probably wondered why in hell I  
had a triple chain ring in Florida.

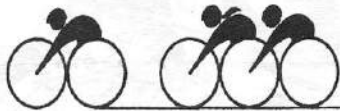
(Cont. on p. 8)

DVBC member  
**Glenn Lyons**  
will perform on guitar at the  
**21st Annual  
Faculty Recital,**  
Philips Autograph Library,  
West Chester University.  
**Monday, September 25th**  
at 7:30 p.m.

The event is free  
and open to the public.



Delaware Valley Bicycle Club  
P.O. Box 156  
Woodlyn, PA 19094-0156



610-384-6990  
205

Expiration Date: 9/30/00

BOB & JUDY LADREW  
139 GABLE RD  
COATESVILLE PA 19320-1284

19320-1284 07

The Delaware Valley Bicycle Club (DVBC) is a non-profit corporation formed to educate the public as to the safe use of the bicycle through lectures, seminars, planned rides, and other activities promoting the bicycle as an efficient and enjoyable means of exercise, recreation, and transportation. Non-members are welcome on rides, but are urged to consider their ability and experience when selecting a ride (see the "Ride Guidelines" on the inside cover). Helmets are mandatory for all rides. The club cannot accept responsibility for accidents or injury when participating in a DVBC event.

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<sundeck@sprynet.com

Please send your check or money order to the:

**Delaware Valley Bicycle Club**  
**P.O. Box 156**  
**Woodlyn, PA 19094-0156**



### Interest Survey

**Your Ride Pace:**  
(check one)

- |  |   |
|--|---|
| <input type="checkbox"/> Class D: <i>slow</i>    | <input type="checkbox"/> Class A: <i>fast</i> |
| <input type="checkbox"/> Class C: <i>average</i> | <input type="checkbox"/> Off-Road             |
| <input type="checkbox"/> Class B: <i>brisk</i>   |   |

**I'll volunteer for:**  
(check all interests)

- |   |  |
|---|--|
| <input type="checkbox"/> Ride Leader    | <input type="checkbox"/> Newsletter          |
| <input type="checkbox"/> Sag Wagon      | <input type="checkbox"/> Typist              |
| <input type="checkbox"/> Tour Food Stop | <input type="checkbox"/> Newsletter Delivery |