

# DELAWARE VALLEY BICYCLE CLUB

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

## MARCH 2001

## FREE

### Officers Selected and Awards Given at the Holiday Banquet, 2000

On Monday, December 11, forty-three members attended the raucous annual DVBC holiday banquet at DeMarco's Restaurant. After dinner, club awards were presented and a slate of new officers was approved.

#### Year 2001 Officers:

**President:** Jan Chadwick

**Vice-president:** Mike Young

**Secretary:** David Bennett

**Treasurer:** Bob Leon

#### Other Board Positions:

**Tour Coordinator:** Eric Valencia

**Web Master:** Tony Rocha

**Timetrial Coordinator:** Len Zanetich

**Ride Calendar:** Dave Trout

**Newsletter Layout:** Judy LaDrew

**Newsletter Staff:** Bob LaDrew

Winners of the first annual

#### Bonkers Awards were:

**Ritalin Award**—Ed Sobolewski. (He just keeps riding and riding and riding....)

**Best Bonk**—Helen Boyle (for experiencing medically diagnosed "water intoxication" on a 126-mile club shore ride.)

**Bonkers Shock-absorbing Fork**—Rich Wagner (for consistently high performance at the buffet table on breakfast rides.)

#### FX Pedrix Awards -

**True Bicyclist of the Year**—

David

Bennett, for taking two tents on a solo camping trip (one for himself and one for his bike)

and letting

the bike sleep in the best tent!

**Roadkill Award**—Tony Rocha (R.I.P. his victim, a 4 lb. 3 oz. squirrel).

**Step-up-to-the-Plate Award**—Eric Valencia for assuming the job of Tour Coordinator in a time of crisis.

**Ride Leader of the Year**—Bob Leon (the human ride calendar).

And, finally, a certificate of appreciation was awarded to former club president Ira Josephs. The entire DVBC thanks Ira for his many years of dedicated service. Ira has graciously agreed to continue representing the club in the area of bicycling advocacy, a cause on which he has made a major impact in the Delaware Valley.



### General Membership Meeting

**Monday, March 5, 2001  
7:30pm**

### Springfield Friends Meeting

#### Slide Presentation:

**A Bike Tour of Europe for  
Planners and Dreamers**

A representative from *Pack & Pedal Europe* (Hennie) will be coming to give a slide presentation Monday, March 5<sup>th</sup>, at 7:30pm about their *Bike & Barge* and other cycling trips throughout Europe. This will be an open discussion presentation. Hennie will provide information on how *Pack & Pedal* runs their trips, including their popular *Bike & Barge* trip through Holland, and you'll have the opportunity to ask questions throughout the discussion. Hennie will also show dozens of beautiful slides of all the different places where their tours take place, including: France, Austria, Germany, Holland, Iceland, and others. *Pack & Pedal Europe* also offers hiking/walking tours, and can be found on the web at [www.tripsite.com](http://www.tripsite.com).

Don't miss the presentation! Nonmembers are welcome. It is a chance for you to see a bit of Europe, and can serve as an excellent guide for planning where you may like to cycle this summer.

For information contact Jan Chadwick at 610-541-0784 or [chadwick@craftech.com](mailto:chadwick@craftech.com).

### Weekend in the Saddle: Jan. 13&14, 2001

On Saturday, we met at headquarters for the "Ride of the Three Bobs". Bob Leon, leader, was joined by Charlie, Danny, Bob Martin, Gina, Bob LaDrew, and myself for a 42-mile jaunt to Centreville, Delaware and back. We were all ridin' kinda krusty. (It was our annual baptism with the asphalt.) Because we had pent up snowbound feelings, our conversation was also kinda krusty... (bawdy? crude?) Our spirits were high if our average speed was only 12 or 13. We lunched at our favorite winter sunning spot behind the Chadds Ford Wawa. As is par for the course, the group disintegrated by the end. Charlie and Danny, who had ridden from home, left us first to go their own way. When Gina and I turned off the back, we watched the remaining three Bobs fade off into the sunset. We

(See **Weekend** on p.3)

**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.*

### Board of Directors & Staff

Jan Chadwick, *President & Mail Labels*  
 610.541.0784 or [chadwick@craftech.com](mailto:chadwick@craftech.com)

Mike Young, *Vice President*, 610.461.9040 or  
[youngm@email.chop.edu](mailto:youngm@email.chop.edu)

Bob Leon, *Treasurer*, 610.833.2365 or  
[cbleon@bellatlantic.net](mailto:cbleon@bellatlantic.net)

David Bennett, *Secretary & Advocacy*  
*Coordinator*, 610.626.1344 or  
[queenofsheba@craftech.com](mailto:queenofsheba@craftech.com)

Judy LaDrew, *Newsletter Editor*, 610.383.9327  
 or [2ladrews@netreach.net](mailto:2ladrews@netreach.net)

Dave Trout, *Ride Coordinator*, 610.368.0760 or  
[davet@dvbc.org](mailto:davet@dvbc.org)

Eric Valencia, *Tour Coordinator*, [eric@dvbc.org](mailto:eric@dvbc.org)

Tony Rocha, *Web Page*, 610.416.0514 or  
[tony@craftech.com](mailto:tony@craftech.com)

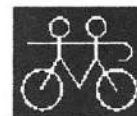
Len Zanetich, *Timetrial Coordinator*,  
[lzanetich@telesciences.com](mailto:lzanetich@telesciences.com)

Bob LaDrew, *Newsletter Staff*,  
 610-383-9327 or [2ladrews@netreach.net](mailto:2ladrews@netreach.net)

### Club Affiliations



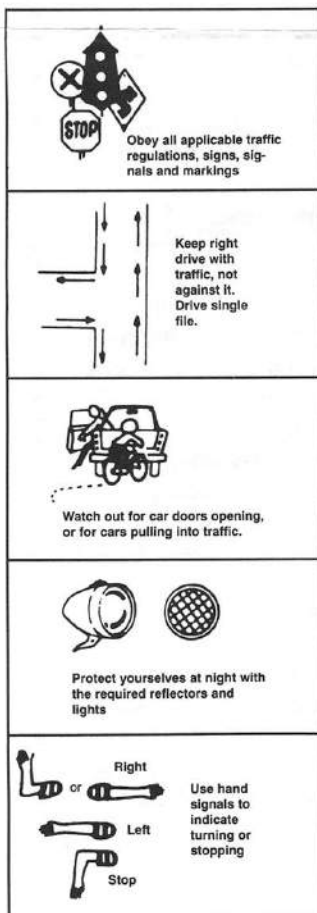
LAB



*Bicycle Coalition of the  
 Delaware Valley*

*Please note that the views  
 expressed in this publication are  
 not necessarily the views of the  
 DVBC, nor do we endorse  
 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!

**Weekend from p. 1**

capped off our ride with a delightful visit with some friends who live on Creek Road.

On Sunday, we met our leader, Jan, at Rose Tree Park for a relaxed, 22-mile, relatively flat cruise through the low traffic neighborhoods of South Central DELCO. This is one of our series of "Guaranteed- to-be-C/C-" rides. It was just perfect for me, a guy who is hopelessly out of shape but determined to make good on my resolutions. Besides Jan and myself, we were joined by Gina and Mike. Jan and I became quite engaged in a debate over safety issues: things like wearing helmets, stopping at stop signs, and setting a good example for other riders. (We're leaders, role models.) After awhile, Gina, who was riding a block or so behind us, reported that while I was yappin', we completely ignored a stop sign and didn't see the police car that had been tailing us for six blocks and then we ran another stop sign. What would the police officer have said if we identified ourselves as bicycle advocates and claimed we were just testing him to see if he took cycling enforcement seriously?

Gordon Litespeed



## Woody's Wheel Wise

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

### Old eyes can see most clearly.

Those of us who have been fortunate enough to reach the mid-forties of life have had the pleasure of their eye lenses stiffening. The effect of this inability to adjust the focus of our eyes is the inability to see clearly close up. If you have never had to wear glasses to read or do close work before, this part of the aging process is most distasteful.

The problem became very clear to me as the display on my bike computer became "fuzzy math". The nice little clip on my handlebars to hold cue sheets became useless and reading maps was out of the question. Fixing my bike on the road required bringing along my



reading glasses.

A couple of years ago, I was debating getting prescription sunglasses

just for riding, when I took note of a relatively new product available in most pharmacies.....Stick-on bifocal lenses. These small clear plastic lenses, made in the same magnifications as reading glasses, can be attached to the bottoms of your favorite riding glasses. I have been very happy with their performance. After attaching them with water to your glasses, you can see close up and down the road. They're small enough so that your distance vision, which takes place through the top portion of your glasses, is not affected.

A pair costs less than twenty dollars. The only draw back is that you have to reapply them periodically or they will dry out and fall off. I have two pairs. One for sunglasses and one for clear riding glasses.

Bonus... Those dark sunglasses you bring to the shore to watch bodies can be used for reading too!

## WANTED!

A volunteer to take care of mailing labels for the DVBC.

Contact Jan Chadwick at 610-541-0784 or [chadwick@crafttech.com](mailto:chadwick@crafttech.com).

## WELCOME NEW MEMBERS!

Robert Boswell \* Robert Gannon

Heather & Randy Harris \* Stan Lesniak

Anne & Tom O'Brien \* Lynne Rosenthal

William Scott \* Bill Setman \* Patti Wardius

Nancy Willard \* Eric Zwicky

Our newest member, Liam Purcell, born 1/30/01.

Congratulations John & Michelle!

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## Members Recap the Year 2000 Riding

Over the winter, the call went out to DVBC members to report on their year 2,000 biking mileage and experiences. Specifically, they were asked to tell their mileage totals, their proudest achievement, and the most fun they had last year on a bike. The accounts below were compiled from the club e-mail list serve, and interviews.

**Walt Linton** phoned in to say he totalled 3801 miles. His proudest achievement was completing two centuries in October—Belleplain and Seagull. Walt added, "My happiest time on the bike this year was on the October joint ride with the DVBC and SCC, out of Salem. It was a good group of people and I enjoyed fighting the wind for 23 miles on the return trip."

**Bob Martin**, in an interview, revealed that he had ridden 4,000 miles. He said that, whenever Walt would ask him how many miles he had, he would lie and raise his total by a few hundred. "If Walt ever knew my accurate total," Bob said, "he would have ridden more miles and caught me." Martin asked us not to reveal this to Walt. And we won't.

**Mike Flynn** phoned in his total of 2289 miles for last year, with a high of 391 in June. Mike says his highlight was successfully completing his first century, the Nockamixon Ride. Keep it up, Mike!

**Glen Lyons**: "About a year ago I was reading the list archives and DVBC members were listing their mileage stats for 1999. I thought 'These people are really into it'. Well now I can report my first full year of cycling. I got my first road bike for Christmas last year and began riding it on the 28th of December. Total miles for

2000: 7215. Over 1000 on the ATB and 6000 on the road bike. (I use the ATB for much of my commuting.)

"I'm still most proud of my ride on April 1st. It was an 'A' ride led by Eduardo Ruchelli for the BCP called GAP UNO. We went 75 miles with a final average of 17.6 mph and I had so much energy that I flew up the last climb and led the group for the final 3 or 4 miles. Completing my 13-mile time trial from Mitchell Hall to my garage with a final average of 19.2 mph (40:45) in October and doing the BBC time trial in 7:58 on Sept 10 were also satisfying.

"There were a few rides this years when I really had to struggle to finish, one major crash, and two flat tires. Still, not a bad rookie year and I look forward to a better one for 2001. To top it off I got to meet and ride with most of the people who reported their mileage a year ago."

**Jan Chadwick**: 3,006 miles for the year. Down considerably from last year. C'est la vie. Best accomplishment? I guess arriving at Ocean City on the MS ride wetter than a sponge and still chipper and ready to sing good rain songs... Lord granting, next year will be better!

**Mike Ninni**: I don't keep very good tabs on my totals but this was no record breaker by any means. Riding three different bikes, (road bike, tandem, and hybrid) I'm sure I was under 1000 miles. The most fun was the Cape May Weekend ride (with White Clay) followed by the Seagull Century. My proudest accomplishment was to keep my marriage intact while riding the tandem with my wife. ("Yak, yak, yak!").

**Len Zanetich and Bonnie Watkins**:

We each rode 3000-plus miles. Major accomplishments were making it through a full year of riding with NO ACCIDENTS and enjoying our first biking experience abroad (France). Last, but by no means least, the wonderful high of cycling and the socializing with the great group of DVBC members.

**Ira Josephs**: I rode 4700 this year, up from 4000 last year and setting a new one-year high for me by exceeding 1998's 4500. I actually fell 3 short of 4700, but that's close enough for me. The Ocean City ride has to be a major accomplishment, but having a second wind enabling me to race the last 5 or 10 miles (even though I couldn't quite keep it up to the very end) is icing on the cake. There were many rain rides this year including a couple of all-day heavies that just felt great to be done with. But maybe the most fun on the bike (aside from that cute little blond contortionist) was getting away from it all on two multi-day self-contained bike tours with DVBC members.

**Eric Valencia**: Total miles: 4061, my first real full year of cycling! Proudest accomplishments: working on two successful club tours, 7 shore century rides (my butt hurt but it was worth it) and "moving up" to a "B" rider. Most memorable: Pain= last 20 miles of a century, trying to stay comfortable on 2mm of foam padding over plastic, chammois cream dissolved, and feet sore from pushing those pedals.

Relief= the joy of seeing my car at the parking lot after one of those 100-degree century rides. Fun= Although my motto is to have fun on every ride,

(See **RECAP** on p. 10)

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## A Winter Ride, by Rich Alejandre

There are a lot of reasons not to bike when it snows, and even a recent arrival to Pennsylvania, like myself, knows enough to keep off the roads when they're white. Thin tires pose hazard enough on dry surfaces, why hasten a mishap by surrounding them with frozen water? Banish the thought, and most have, considering you've probably never seen a biker in the snow, for subscribing to this common sense adage is meant to guarantee the safety of life and limb. But bikers are not, on a consistent basis, given to rational reasoning, especially where biking is concerned. Anyone not a biker, but knowing one, will attest to countless irrational decisions made by that biker in the name of biking. So it was that two ardent bikers, Glenn Lyons and myself, came easily to the illogical decision to bike in the snow.

January 5th, a day that forecasters said would feel afternoon snow flurries, and possibly, an inch of snow, was the day we'd planned to

ride through the Brandywine. On my way to Glenn's in Westtown, snowflakes began to hit my windshield. I didn't give them much thought. Roads a little damp, a slight snowfall, not a problem, we're biking. By the time I turned on to 926 the snow was coming down pretty well, roads were still clear but wet. I pulled into Glenn's driveway, parked and thought of the snow as a temporary inconvenience, similar to gusting wind, abated by the time you're into the ride. Coming out of his garage, Glenn looking up asked, "Are we biking?" Living here, I've come to love the area's terrain and conditions in ways that I never would have imagined, notably, with respect to biking. As winter approached, I survived rides in the 50s range, then 40s, followed by 30s and 20s temperatures, all big steps for this transplanted Californian. Hey, I can do it, bike comfortably and survive, so accordingly I responded, "We're riding."

As we pushed away, snow was

falling and roads were dark from the melt. "The bad thing about this is water on the bike," and "water on your butt from the rear tire." Complaining completed, we were on our way. A handful of minutes later, we were greeted by road slush, larger flakes, and passing motorists hurrying home, incredulous, as two cyclists dodged, unsuccessfully, the falling white. Moving steadily we were now cutting through a thickening curtain of falling snow, and I was also going blind from the unmelted snow on my sunglasses. Attempting to wipe my lenses clean, I only got more of the same, obscured vision. Going downhill and following Glenn's thin, snaking tire tracks, I slid glasses away from my face, granny-like, and was now looking over the frames to see. Pulling glasses from my face, I folded and pushed them into a side, wind-breaker pocket, then lowered the front of my helmet to deflect the slanting snow from my eyes.

(See **WINTER** on p. 11)

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# DELAWARE VALLEY BICYCLE CLUB



## RIDE CALENDAR

### March 2001



#### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

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

Just about every weekday (Thursday is the Breakfast Ride see below), 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. Contact Joel at 610-789-7673 or joelperish@aol.com

##### **Thursdays, All Month, 7:30 am - Pancake Breakfast -** **Miles: 10-25 Class: C**

7:30 am 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 am. Please call the night before, to confirm departing place and time. Contact Joel at 610-789-7673 or joelperish@aol.com

##### **Tuesdays and Thursdays, All Month, Evening - NightRiders** **Miles: 10-20 Class: C**

We spin around Southern DelCo well into the dark. Bike lights front and rear are a must. You must call or e-mail to confirm the start time and location. Most rides start around 6:00 pm. Contact Dave at 610-368-0760 or davet@dvbc.org

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##### **Saturday, Mar. 3, 9:00 am - Time Trial - Miles: 5**

Rtes. 662 and 601, Purelands Industrial Park, near Swedesboro. For more info call Bob LaDrew 610-383-9327 or 2ladrews@netreach.net.

##### **Saturday, Mar. 3, 10:00 am - Fort Mott -** **Miles: 40+ Class: B**

Meet at the Kingsway High School Routes 322 & 551 for a ride to Fort Mott located along the Delaware River. Bring food and plenty of water. For more info call Bob 610-833-2096.

##### **Sunday, Mar. 4, 9:30 am - Art Museum -** **Miles: 50+ Class: B+**

Meet me at Rose Tree Park on Rte. 252 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 at 610-416-0514 or tony@craftech.com to confirm the ride.

##### **Sunday, Mar. 4, 10:00 am - Northbrook Orchards** **Miles: 28+/- Class: C+/B-**

Meet at the Chadds Ford Elementary School, 1/4 mile south of Rte. 100 in Chadds Ford on Rte. 1. We'll stop at the Orchard if it is open, before meandering back to the start. Call Bob 610-833-2096.

##### **Monday, Mar. 5, 7:30-9:00 pm - General Membership Meeting**

Delaware County Peace Center, Springfield Friends' Meeting, 1001 Old Sproul Rd., in Springfield. The meeting is open to everyone. Slide presentation by *Pedal and Pack Europe*. See front page for more info. Contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

##### **Saturday, Mar. 10, 9:30 am - Saturday Delco -** **Miles: 20 +/- Class: C**

Meet at the Pathmark in Folsom on MacDade Blvd. for a ride around southern Delco. Contact Dave 610-368-0760 or dtwave@rcn.com.

##### **Saturday, Mar. 10, 9:30 am - Just Out Pedaling -** **Miles: 40+/- Class: B**

Meet behind the Dunkin' Donuts in Woodlyn, Fairview Road & MacDade Blvd. The ride will go anywhere and somewhere just as long as we get out and pedal. Call Bob 610-833-2096.

##### **Sunday, Mar. 11, 9:00 - Struble Lake - Miles: 32 Class: Various**

A multi-pace ride with cue sheets. Snack stop at 10-miles or 22-miles. Meet at McDonald's, Lancaster Ave., Downingtown. Contact Bob LaDrew 610-383-9327 or 2ladrews@netreach.net

##### **Sunday, Mar. 11, 9:30 am - Kountry Kitchen -** **Miles: 38+/- Class: C+/B-**

Join me for a ride through South Jersey to the Kountry Kitchen. We 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.

##### **Sunday, Mar. 11, 10:00 am - The Brandywine Inner 50 -** **Miles: 50 Class: B**

Leave from Chadds Ford Elementary School just south of Rte. 100 on Rte. 1. Bring money for the stop, average around 16 mph. Call Glenn 610-399-0624 or Rollingspeed@cs.com.



**Monday, Mar. 12, 7:00 pm - 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 Jan Chadwick at 610-541-0784 or chadwick@craftech.com.

**Saturday, Mar. 17, 9:30 am - Breakfast - Miles: 40+ Class: B**

Meet at the Kingsway High School Routes 322 & 551. Join me for a ride through South Jersey to the Kountry Kitchen. We'll enjoy that good food we've come to like. Call Bob 610-833-2096.

**Sunday, Mar. 18, 9:30 am - Manayunk - Miles: 25 +/- Class: C+/B-**

Meet me at the Valley Forge trailhead for a ride down the Schuylkill Trail to Manayunk. Bring or buy lunch at one of the many restaurants along Main Street. Call Bob 610-833-2096.

**Sunday, Mar. 18, 10:00 am - Westtown & Beyond Miles 35-60 Class: B**

Start from the Moylan-Rose Valley Train Station at Woodward & Manchester Roads in Moylan. Ride the scenic hills and valleys through Ridley Creek State Park, Cheyney & Westtown. Depending on the weather maybe to Chadds Ford, Delaware and/or West Chester. Contact Ira at 610-565-4058 or ira@dvbc.org.

**Saturday, Mar. 24, 9:30 am - Saturday Delco - Miles: 20 +/- Class: C**

Meet at the Pathmark in Folsom on MacDade Blvd. for a ride around southern Delco. Contact Dave 610-368-0760 or dave@dvbc.org.

**Saturday, Mar. 24, 9:30 am - Manayunk - Miles: 50+ Class: B**

Meet at the Rose Tree Park just north of Route 1 on Route 252. We'll ride to Valley Forge Park then down the Schuylkill Trail to Manayunk where we'll stop at our usual coffee shop for food. Call Bob at 610-833-2365.

**Sunday, Mar. 25, 10:00 am - Manayunk - Miles: 21+ Class: C**

An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Road in Drexel Hill. We'll travel to Manayunk with an optional loop to the Art Museum. Expect some hills but no one will be dropped. Bring money for a snack. Call Bob Martin at 610-352-2114.

**Saturday, Mar. 31, 9:00 am - If The Weather Is Good - Miles: 50 to 84, Class: B**

Meet at the Kingsway High School Routes 322 & 551 and join me for a ride through South Jersey to Mays Landing or Buena Vista if the weather is good or to the Kountry Kitchen, if the weather is not that favorable. Call Bob at 610-833-2365.

**Sunday, Apr. 1, 4:00 am - NJ Shore Double Century - Miles: 200 +/- Class: B**

Remember that double century we tried to do last summer and because of the heat we never made it. Well let's try it earlier and beat the heat. Bring money for the lunch stop. For more info contact heyyoulook@thedata.com.

**Sunday, Apr. 1, 9:30 am - Sunday Delco - Miles: 20 +/- Class: C**

Meet at the Pathmark in Folsom on MacDade Blvd for a ride around southern Delco. Contact Dave 610-368-0760 or dave@dvbc.org.

**Sunday, Apr. 1, 9:30 am - Art Museum - Miles: 50+ Class: B+**

Meet me at Rose Tree Park on Rte. 252 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 at 610-416-0514 or tony@craftech.com to confirm the ride.

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## Kountry Kitchen

by Bony Bocha (aka Tony Rocha)

All I can say is that someone or something is telling me to stay away from those breakfast feeds at the Kountry Kitchen, or just plain and simple stay away from the Bobs crew. I have done two rides to the KK this year and on both of these rides I forgot my bike computer. These rides are just costing me too many unrecorded miles. Then the events that happen on these rides also tell me that I should stay away.

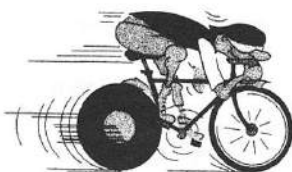
When I arrived on the first ride, there was Bob, Bob, Bob, and me. It was a cold morning, but Bob said, "By the time we turn around, the sun will be out. It's going to be a nice day". Then Bob said, "I don't think so, Bob". Personally, I think Bob listens to Hurricane Schwartz a little too much.

We arrived at the Kountry Kitchen, had our internals well lubed, and departed on our journey back to Kingsway. Still no sign of that sunshine we were promised. Instead it was just getting colder. Then Bob said, "It doesn't look too good ahead," and he takes off on a sprint. You know me, I had to follow. Then Bob came along and passed us both and for a few seconds we got a little speed. But we soon had to slow down and wait for Bob.

A few miles ahead, still waiting for that sunshine to arrive, we ran into a small storm of frozen rain and snow. Bob was riding next to me, and when I looked at him, there was ice accumulating on top of his helmet. "Nice weather," Bob and Bob said to Bob. But we managed and arrived at Kingsway. And as promised, as we take off from the parking lot, the sun comes out. Thanks Bob... just a little too late now.

The second time, I arrive at Kingsway and there was only Bob and Bob. Bob never showed up. The ride to the Kountry Kitchen was fast. The tail wind was so strong that we hardly had to pedal to maintain a decent speed.

As we sat down at the table getting ready for our lube  
See KOUNTRY, p.8



## Bike Dirt

By F.X. Pedrix

I was relaxing on my couch, working hard, building up my spare tire, when my lovely wife Babs came through the room and tossed a paperback book at my head.

"Why don't you get off your butt and go out for a ride?" she asked.

"Well...uh...it's cold and there's ice on the ground and my bike isn't ready and my back hurts and..."

She rolled her eyes and walked away mumbling something that sounded like "sloth". Yes, like many other riders, it has been a lazy winter, although the weather has not been all that bad. That one member who is trying to set a record for the number of consecutive days of bike riding, continued his streak through the winter including all the snow days, from what I hear. Like most winter riding, many times it is not the cold, but the wind that gives problems. Here are things overheard on some winter rides:

"The best part about this ride is the end!" - Don.

"I'm cramping so much that I can literally see my legs shaking. I feel like I have ferrets in my shorts!" - Bob.

Speaking of quotes here are some quotes from various bike club members. Can you identify the speaker?

"I never get lost; I just ride farther."

"I don't wear a helmet because I just figure my airbag will save me."

"Finishing this ride is gonna be like pulling teeth."

"I'm only out on this ride today by the grace of my lovely wife \_\_\_\_."

"I'll be riding in circles at 26 mph while you guys wait for the stragglers."

"My chain came off just as I was explaining the third definition of 'onomatopoeia'."

"I told my wife that, if she didn't pedal any harder, I'd break her other pelvis."

"Between Kountry Kitchen and Kingsway, I whistled the third move-

ment of Beethoven's Sonata #4."

"Fifteen people showed up for my time trial but all of them said, 'I'm not ready yet'."

"My tofu power bar got me this far; now I may have to resort to foraging for roots and berries."

"Computer? Heck, I just got a phone last year."

"I got dropped when I went back to pick up my left epaulet."

"He has some soreness in his radial crown, but the optic nerve sprain is overshadowed by pain in the anterior cruciate ligament."

Did you know that DVBC is the leading supplier of rides for other area bike clubs? If it wasn't for one of our ride leaders and board members, a certain South Jersey Club would be virtually rideless. I also found out that another one of our club board members had the second highest number of rides in that REALLY BIG Philadelphia Club and in fact, he was awarded a prize at that club's annual banquet. What did he win? A pair of cycling underwear - size small!! Ah, the benefits of cross posting.

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).

### KOUNTRY from p.7

job, Bob wasn't feeling too good with a terrible headache and asked the waitresses for some aspirin. We knew then that the ride back was going to be tough. As we took off, the wind was so strong that it was hard to maintain a straight line.

Bob took the lead but quickly passed it to Bob. Since I knew Bob wasn't feeling himself today, I took the lead and let Bob and Bob suck my wheel. A couple of times, Bob tried to take the lead but quickly realized the front was no place to stay. Just to give you an idea of how strong the wind was, I was riding my 39 x 25 and at one point, according to Bob, we were doing 7 miles per hour.

Bob was just doing bad with his migraine and I offered to come and get him if he would like to wait on the side of the road. He accepted. So I rode back with Bob and finally arrived at Kingsway. Who said we couldn't climb for 16 miles? Kountry Kitchen, Bob's crew, whatever it is, just stay away.

## LOST & FOUND

Black helmet found at our last Brandywine Tour. Call 610-459-9272 with proper description and it's yours to claim.

## REGIONAL EVENTS

**March 31:** Icicle Metric. 7:30 am. White Clay B.C. 25, 50, or 100 k. Moderately hilly to hilly. \$15 or \$12 if by 3/22. Water bottle. Hollingsworth Parking Lot, University of Delaware, North College & Cleveland Aves., Newark, DE : Bruce Poole, 104 Maple Hill Rd., Wilmington, DE 19804. (302) 999-1211.

**April 21:** Taxing Metric Century, Knauertown, PA. 20, 32, or 64 hilly mi. Warwick County Park. \$12, no pre-reg.. Brandywine Bike Club, Louise Rennie, 610-458-8153. [www.geocities.com/brandywinebikeclub](http://www.geocities.com/brandywinebikeclub).

**Apr. 22:** Rotary River Ride, Horsham, PA. 20, 35, or 63-mi. rolling terrain, College Settlement Camp, 600 Witmer Road, Horsham. T-shirts if pre-reg. Food before & after the ride. 215-542-7974 <[camps@I-bob.com](mailto:camps@I-bob.com)>

**May 5:** Farmlands Flat Tour, Lincroft, NJ. 15-100 mi on flat terrain. Central Jersey Bicycle Club, P.O. Box 2202, Edison, NJ 08818. [www.cjbc.org](http://www.cjbc.org)

**May 5:** Southern Maryland May Metric, Clinton, MD. 26, 40, or 64-mi rts. Cocsa

See REGIONAL p.11



**RECAP** from p. 4

it was a blast completing the Freedom Valley 70-mile loop with seven other DVBC members in the pouring rain. More tomato pie for us!!

Fashion= matching uniform, including socks, gloves, helmet, eyewear, and water bottles on every ride.

**Ed Sobolewski:** I did not achieve my goal in the year 2000, which was *not* to bike more miles, but just the opposite, bike less so my knee would have a chance to fully recover from the previous year's injury. I guess I am a total biking nut and just can't stop it. I ended up last year with a total of 11,355 miles (up from about 10,600 last year) and, yes, I do ride through the winter months (536 miles in January 2000 and 659 miles in colder than average December) but I do not ride while it is snowing or raining, like some people, if I can help it.

My most satisfying achievement was to ride 258 miles in two days last summer. On Saturday (08/19) I went on Bob's Shore Ride and clocked 133 miles, and on Sunday I rode the Covered Bridge Metric Century in Lancaster twice with three other friends, finishing with 125 miles. It was not the super fast ride, but we finished with the respectable final average of 18.5 mph. (Lancaster area is not exactly pancake flat like NJ, either). Was I tired at the end of that ride? Let me just tell you this: I found out what my limit is that weekend. And secondly, I am glad that last year I still managed to keep up with Tony and Katrina, but I do not know for how much longer.

**David Bennett:** Total miles: 4555. Maybe 1500 of those on my Raleigh street fighter. My best performance was in those years I had time for 6 or 7 thousand. I hope to get back to that this year.

2. I had my second potentially serious fall last summer on the Schuylkill River Trail just North of the Norristown Train Station. This is the same place I had my first potentially serious fall a couple of years ago. I am eternally thankful I was able to fall on the dirt and not bring down my friend Bill Robb. I was so lucky to be riding

with Ira, who deftly made precise repairs (which I couldn't have done), and went on to triumphantly complete a hot, dry, blonde-infested, metric. It was all my fault. I was yappin' instead of lookin'. 3. On one of Bob's O.C. rides, at a light, Monica decided to fall over instead of getting flattened by a renegade truck. When she got up laughing, I knew she was one of us. 4. I think I was with Bob Leon on all of his longest club rides this year, but my crowning achievement was getting dropped from a C- ride in December because I was too slow (too fat).

My daddy told me once, "Son, in order to come from behind, first you've got to *get* behind". Now that that's accomplished, look out Ed, Tony, Katrina, Glenn. I'm on a diet and I'm comin'.

**Tony Rocha:** Total mileage = 6855. 194 rides with an average speed of 16.3 and an average ride time of 2 hours, 10 minutes. Fastest ride = 6-mile time trial with an average of 24.8 mph. Longest Ride = 140.8 miles @18.2 avg. My proudest accomplishment was a training ride with a group of racers in Florida. The most fun I had on a bike? I always have fun on my bike. Especially riding with my DVBC friends.

**Bob LaDrew:** I totalled 5564 miles, down from about 7800 last year. My goal was to cut way back on my riding. It was also to not write down my mileage but, fortunately, Woody talked me out of that. Riding less, my legs felt a lot better. I'm not talking about feeling better *ON* the bike, but *OFF* the bike—doing normal things like just walking across the street no longer hurt.

My proudest accomplishment was completing Bob's April 126-mile Shore Ride just 27 days after resuming riding following my injury. But I'd never have made it to Kingsway if Ed and Katrina hadn't waited and pulled me home.

The most fun I had was when I slowed down and went on Kountry Kitchen "C" rides. It's nice to go fast, but nicer to take social rides with friends.

**Steve Bertolini:** Annual mileage for 2000: about 3000 miles. My mileage is entirely estimated, but it is all outdoors. I didn't do any "spin-

ning" indoors (or use computers on bikes). My longest single day was about 125 miles, riding from Washington D.C. home to Wilmington. Defining Achievement: overhauling my early 1970's 10-speed into a 1950's style clubman with Sturmey Archer Dynohub and 3-speed gears.

The most fun was going on a DVBC ride into Manayunk and continuing on to picnic in Valley Green, followed closely by riding around Washington with the DVBC and the National Bike Greenway rally.

**Joel Perlsh:** Total mileage for the year: 2596.5. My proudest achievement: having biked every single day of the year (extending my current bike streak of days in a row to 580!), AND bike touring in Alaska for almost a month.

The most fun I had on a bike: swooping over the crest of Alaska's Thompson Pass AND the every-Thursdays morning pancake rides with DVBC members.

## FOR SALE

1996 Derosa. 64 centimeter road bike with spinergy wheels, Shimano components, Look pedals, red frame. In mint condition. Asking \$875. Call Bill at 610-626-9227.

## PLAN AHEAD

for the **April 2,**  
**DVBC meeting.**

Bob Martin will lead a bike maintenance workshop. Bring your old bikes. Check the April newsletter for information.



**WINTER** from p. 5

Over the course of the ride, given the curving nature of the Brandywine, snow came at us from all angles, so the 'snow-in-the-eyes' problem didn't last long. Riding on still, two-lane winter roads falsely sets the scene for animal watching, for under the cover of darkness animals usually come out when we're not. And so it was that surprisingly, seven deer crossed quietly in front of us and were erased, just as quietly, by the falling snow. Icy conditions under-foot prevented us from taking our eyes off the road for too long, for cautious biking was the name of the game on this ride. We had to decide, constantly, where to direct our front tires. Being behind, I trailed Glenn's shadowy tire track, thinking, if his path worked for him it should be ok for me.

On one stretch as we paralleled a stream, Glenn mentioned, "There's a waterfall up-ahead," and as we approached, a large truck suddenly appeared moving our way. Abruptly, we were hit by a forceful push of cold air followed by a barrage of tiny pellets that first hit spokes and frames, then moved up to pelt torsos and arms. Oblivious to anything as insignificant as two bikers, the salt-truck sped off on its business of freeing the road of snow. We voiced our concerns

of possible corrosive effects the salt might have on our frames, as we rode on, crushing the salt-in-slush slurry strewn before us. "Let's get off this stuff," Glenn said. "Good idea."

The few cars or SUVs on the roads, luckily for us, passed at a moderate and cautious speed. All were courteous save for one van driver, who was so taken aback by our presence, that she lowered her window and yelled out, "You \_\_\_\_-ing idiots!" Somehow our presence had offended her. Maybe it was the fact that Glenn and I were covered from biking helmets to thin tires by mud and slush. One can only surmise as to why she reacted this way, but we're fairly sure that through the falling snow, we could see fat and ugly in that van.

We sped on, living examples of how well man and machinery could function in spite of less than ideal conditions. Snow, with its wonderful ability to stick to whatever it touches, was attaching itself to our bikes as softball-sized masses, hiding brakes, derailleurs, and giving tires an icy edge of graying beard, and still, gears changed and bikes rolled on. Clothing, likewise, became wet, slush and mud splattered, with shoe-covers coated by an icing of tired snow, and windbreakers looking like we'd been through a shower of mud.

Knowing where we were, early on, became a guessing game. I'm just starting to know the area, recognizing landmarks, but under a blanket of snow all known was made puzzling. I gladly followed Glenn, feeling confident in his navigation.

Each passing mile, the snow continued to fall, and roads became less slushy, more snow covered. We'd started with lightless asphalt, cycled into slush, that turned onto roads with a center strip of white, and finally, we were now biking on all white surfaces. All that remained for us to be on was all virgin powder, and that happened at the end of the ride as we approached Glenn's residence.

Throughout the ride, I'd mentally prepared myself for a cold fall that never came. Distance covered had been fifteen snowy miles, although mentally, I'd crossed a much greater distance. I remember thinking how inconceivable it was to be biking in this snow-enclosed setting, realizing that we were traveling in and not simply through a locale, no longer merely tourists, or solely observers, but active individuals mentally and physically involved with our surroundings. I'd traveled from being an observer of nature, to a biker who became an integral part of that nature.

**REGIONAL** from p. 8

**May 5:** Southern Maryland May Metric, Clinton, MD. 26, 40, or 64-mi rts. Coca Regional Park. \$10. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750; 301-839-9398. [www.ohbike.org](http://www.ohbike.org).

**May 6:** South Jersey T-burner. 8:30, Carmel Vol. Fire Co. Rte. 552, Carmel NJ. 35, 50, 100 flat mi. \$13 pre-reg. by 4/1, \$15 thereafter.

Larry April, 118 West Ave. Milleville NJ 08332. 856-451-9075.

**May 6:** SCU Quad County Metric Century, Green Lane Park, Montgomery County, PA. 20, 35, or 65-mi. Replaces the Mexican Metric. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216. [centuries@suburbancyclists.org](mailto:centuries@suburbancyclists.org) [www.suburbancyclists.org](http://www.suburbancyclists.org).

**May 13: Bonkers Metric** (formerly the Save Open Space Tour and Freedom Tour), Ridley Creek State Park. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156. [www.dvbc.org](http://www.dvbc.org).

**BONKERS**

**CARTOONS  
OF THE  
DVBC**

THE RECENT EPIDEMIC OF E.COLI, EBOLA AND LEPROSY HAS BEEN TRACED TO A CONCENTRATION OF BACTERIA RIGHT HERE IN THE DELAWARE VALLEY.



DISEASE WARRIORS SAY THEY'RE ON THE VERGE OF LOCATING THIS GERM JAMBOREE.



IN FACT, I'M TOLD THE BACTERIA CLUSTER HAS JUST BEEN LOCATED...



DROP THE WATER BOTTLE!



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



Expiration Date: 9/30/01

BOB & JUDY LADREW  
139 GABEL ROAD  
COATESVILLE PA 19320

19320+1284



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.

**Application for DVBC Membership**  
(Expires 1 year from date joined/renewed)

Please print clearly and use your 9-digit zip code, if known.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Annual Membership: \$15.00 per household.**

Check one: ☐ new member or ☐ renewal

Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues.

The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: \_\_\_\_\_

Amount enclosed: \$15 (membership) + \_\_\_\_\_ (safety) = \_\_\_\_\_

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