



# DELAWARE VALLEY BICYCLE CLUB

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

JULY 2001

FREE

## Did you go Bonkers?

by Eric Valencia

On Sunday, May 13, 140 bicycle riders began their Mother's Day by riding DVBC's new/old spring tour.

The "old" course with the new name, the Bonkers Metric, was formerly known as the Freedom

Tour and the Save Open Space Tour. Personally, I think it should be called The Beautiful — but you had better be ready for those hills—Tour! At least that's what I thought when we previewed the course the day before on the Volunteer Ride. We rode the 50-mile loop and worked for every mile.

The roads were well marked by no less than twelve volunteers! This must be a club record of some kind. Can you imagine a dozen members of any club actually showing up wanting to help? At first I was worried about trying to work out the logistics of painting four routes. The DVBC Board solved this problem by forbidding any rides other than the volunteer paint ride to be listed in our ride calendar. (Sorry, Bob Leon!) It worked! Since no rides were listed, who do you think showed up? All ride leaders this side of the Delaware

See **BONKERS** p. 8



Riders at the Sweetwater rest stop, from L: Margaret, Randy, Karen, and Ray.

## DVBC CLUB JERSEY

*Last day to order: JULY 1st*



*(Sizes run small.)*

For more information call Jan Chadwick (610-541-0784) or order online @ [dvbc.org](http://dvbc.org).



## Bonkers Picnic & Sleepover

(Rain or shine)

Saturday, July 14, 11:30 am

Bob & Judy LaDrew's house. Reserve a space.  
610-383-9327 or <[2ladrews@netreach.net](mailto:2ladrews@netreach.net)>

**Ride your bike (see ride calendar) or drive:**

Take Rte. 30 bypass west. Exit at Rte. 82 (NOT Rte. 282!) Go left (north) off ramp 1.4 miles. Turn left at Comcast onto Union Rd. Go 200 yds., turn right onto Gabel Rd. Go one-half mile and turn left into driveway at mailbox #139.

**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

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 610.541.0784 or [chadwick@craftech.com](mailto:chadwick@craftech.com)

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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)

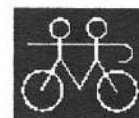
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### Club Affiliations



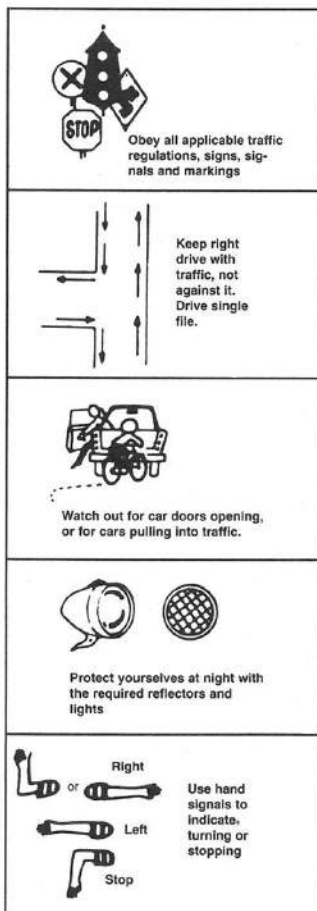
LAB



*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!



## 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

Problems down under? Prevention is best.

Most veteran bikers have suffered through some form of groin problems. The combination of bacteria, moisture, and chafing where you meet your saddle may lead to raw skin or saddle sores, i.e., boils or carbuncles. Boils and carbuncles are bacterial infections of hair follicles. Saddle sores hurt and can be difficult to resolve. They can keep you off your bike and they usually show up just when you are getting into peak condition. Here are some tips on prevention:

1. Make sure your saddle position is correct. Incorrect tilt, height, or fore-aft position can cause chafing.
2. Wear bike shorts with padding to help prevent irritation.
3. Wash your bike shorts after every ride. If you don't, the bacteria from your skin surface will multiply on the shorts and blast your groin next time you ride. Shorts should be thoroughly dry before next use.
4. Wash your groin area very well with an antibacterial soap before and after each ride.
5. If chafing is a problem, try a skin lube specifically for bikers before long rides. I've used two brands, "Chamois Butt'r" distributed by Paceline Products and

"BodyGlide" by Sternoff. Both work. Do not use petrolatum products.

6. After a ride, get out of your bike shorts as soon as possible. After washing, wear loose fitting under garments. This will allow you to dry quickly and give your skin more time to recover.

If you do develop a boil that you can ride with, extreme attention to hygiene (wash, wash, wash) and warm compresses three times a day for several days may bring it to a head allowing it to drain and heal. Never squeeze a boil as this may spread the infection. If you're unable to ride or the boil is growing, see your physician for oral antibiotics. Topical antibiotic ointments will do more harm than good.  
*Cleanliness is next to Godliness.*

### 2 Rides Every Wednesday Evening 6:00 at Rose Tree Park

Tony Rocha's "B+"  
20+ mile training ride  
OR  
a (more relaxing) "C+" ride with  
Sarah Clark

***Make it a weekly habit!***



Eric Valencia paints arrows for the Tour.



## Time Trial Results

June 9, 2001 - 5.1 Mile course

**TIME AVG.**

1. MB, Richard White, 13:03:00, 23.45
2. MC, Glenn Lyons, 13:44:00, 22.28
3. MB, Mike Campbell, 13:45:00, 22.25

### Category explanation:

M or F = male or female  
A = age 18 - 34  
B = age 35 - 49  
C = age 50 - plus

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# Joan Strachota's Odyssey 2000 Experience

by Ann Martha

One of my best reads last year was Biker Al's web journal ([www.rmisp.com/young/IndexO2K.htm](http://www.rmisp.com/young/IndexO2K.htm)). Al corresponded with a friend, Craig, who posted to the internet her lively daily reports narrating her adventures with 246 other participants on Tim Kneeland and Associates' Odyssey 2000 World Tour. Al's travelogue in daily installments cheered my spirit as my body was mending from a serious bicycling mishap.

I was very keen to read about the Odyssey, because I knew one of the O2K riders, Joan Strachota. I had met Joan at the 1997 Freedom Valley Ride. In 1999, I met her again on tour across Pennsylvania. DVBC member Ed Soboliewski was Joan's touring companion. Earlier this year, Ed graciously made arrangements for Joan to speak at the June general meeting, and she inspired a good turnout to hear about her adventures.

O2K, for Joan, was a transition into retirement from teaching. To prepare for the big tour, Joan participated in several smaller tours including Pedal Pa and a tour around the Finger Lakes in upstate New York. Then she turned to business: renting her house and arranging for power of attorney to manage her money and pay the bills while she was abroad. Other days were spent packing, shipping her camping gear west and arranging for time in Pasadena to take delivery of her new O2K Raleigh bike.

The troupe, 246 bicyclists (minus one unfortunate rider who broke his hip when he crashed just a few days earlier) all festooned in their TK & A Odyssey 2000 jerseys and shorts and bright yellow helmets, opened the Rose Bowl Parade. Excitement carried the riders through the near freezing temperatures. Warmer times would follow, as the journey south followed the sun.

Knowing that most of her audience has traveled abroad, Joan's focus was not upon the sights to be seen in foreign lands but upon the Odyssey

experience. Each rider received a set of four professionally videographed VHS tapes that narrate the travels. Joan showed the video of O2K in South Africa, where she declined taking the



plunge in a bungee-jumping venture off the world's highest bridge.

Riding day after day along a preplanned DRG (daily route guide) soon bored many participants, Joan included. By the journey's end, only 4 riders duly followed their DRG's and bicycled the entire tour. Most found that riding half the day's distance would suffice, and toured the remainder of the day by rental car in order to linger at the more interesting places. Other groups of bicyclists privately arranged excursions to see family and friends or to tour other cities and countries. Many days passed with more participants off route than on tour. Large groups of TK & A participants left the tour to see Russia and to make an excursion through China to see the Great Wall. However, the O2K riders all kept coming back together.

As Joan pointed out, O2K was not an experience in luxuriance. Although the riders did not have to prepare breakfast or dinner, the catering was inconsistent, so one had to shop the local markets for bread and cheese and snacks to store in the panniers for much needed nourishment just in case the caterers ran out of food. The riders

also had to adjust their body clocks: rising early to pack tents and duffels into the storage lockers before going to the mess for breakfast. Occasionally, riders kept night vigils at the

laundromat, since night-owl times were best for washing machine access.

You may wonder, why would someone pay a tour organizer \$36,000 for a trip around the world? The fees covered accommodations, breakfasts, dinner, sag-wagon support, mechanics, ground transportation and flights. Joan estimated that the tour's fees totaled \$100

a day. She thought it seemed a bargain to tour the world for just \$100 a day, but bargain tours have their compromises.

The riders had to pick up their own tab for additional side trips and lunch. During most of the trip, the accommodations were Spartan — camping 60% of the time. For much of the year 2000, the weather was often unfavorable, and the riders had to ride and camp in the rain. Soggy canvas and muddy gears and 300 people (riders and staff) who had to find camaraderie and learn to live with each other.

To keep the riders cheerful, the tour provided entertainments at many stops with local musicians, dancers and festivities. At times, the entertainment was a treat from locals who were excited and honored to host a rolling town of over three hundred people. For other occasions, the riders organized their own amusements. O2K had a choir made of tour participants who sang popular tunes and presented humorous song parodies. And whenever time was available, the riders had to correspond. Nearly everyone had spent time at internet cafes, or in their

See ODYSSEY p. 11

# DELAWARE VALLEY BICYCLE CLUB



## RIDE CALENDAR July 2001



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

<b>Weekdays, at 7:30 am</b> Miles: 10-20, Class: C <b>Weekday Ramble</b>	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 joelperlish@aol.com.
<b>Thursdays, at 7:30 am</b> Miles: 10-25, Class: C <b>Pancake Breakfast</b>	7:30 am on each Thursday, weather permitting, we leave from our Havertown home in the Oakmont section. 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 joelperlish@aol.com.
<b>Wednesdays, at 6:00 pm</b> Miles: 20+, Class: B+ <b>Workout</b>	Meet me at Rose Tree Park on Rte. 252 and let's get the legs back in shape. In our third month of training, the pace and distances will increase and the hills will seem smaller. Where can we go for some challenges? I'm sure we'll find some. Come and take your frustrations out on the bike with a good after-work workout. Expect a fast pace and a few good hills. Contact Tony Rocha at 610-416-0514 or tony@craftech.com to confirm the ride.
<b>Wednesdays, at 6:00 pm</b> Miles: 25-30 +/-, Class: C+ <b>Wednesday Evening</b>	Meet at Rose Tree Park on Rte. 252 for a C+ ride through the surrounding area. Expect some hills. Contact Sarah Clark at 610-353-3494.
<b>Thursdays, at 5:45 pm</b> Miles: 20+, Class: B <b>Evening Ride</b>	Join me at Rose Tree Park for a fast-paced ride through RCSP to Thornbury and various roads back. Expect some hills. Call Bob Leon at 610-833-2365.
<b>Thursdays, at 6:00 pm</b> Miles: 10-20, Class: C <b>Thursday Night Ad Hoc C Ride</b>	We will ride from various starting points to various places around Delaware County or South Jersey. You must call or email for the exact starting time and place. Contact Dave Trout at 610-368-0760 or <a href="mailto:davet@dvbc.org">davet@dvbc.org</a>

<b>Sunday, July 1, 9:00 am</b> Miles 40+/-, Class C <b>Northbrook Orchards</b>	Meet at the Chadds Ford Elementary School, ¼ mile south of Route 100 on Route 1. Bring money for food and water. Call Bob 610-833-2365.
<b>Sunday, July 1, 8:30 am</b> Miles: 60 Class, B/B+ <b>Westtown and Beyond</b>	Start at the Moylan Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of Western Delaware County, Chester County and Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-566-1137 or <a href="mailto:ira@dvbc.org">ira@dvbc.org</a> .
<b>Wednesday, July 4, 8:15 am</b> Miles: 50-60, Class B <b>We the People</b>	Starting from in front of the Liberty Bell on Market Street in Phila. at 8:30am, we will ride past some of old Philadelphia's historic landmarks, on our way to Valley Forge Park, then returning to the rear of the Art Museum. (Note the different start/finish locations.) If anyone wishes to ride as a group from the Italian Fountain, we will leave there at 8:15 sharp. Join us for this historic 225th birthday celebration. Leaders: Rich Wagner 610-521-4570, <a href="mailto:rilawa@mymailstation.com">rilawa@mymailstation.com</a> and Barb Rosenberg 610-664-2197, <a href="mailto:bikebarb@hotmail.com">bikebarb@hotmail.com</a> .

<b>Wednesdays at 6:00 pm</b>	<b>NO WEDNESDAY NIGHT RIDES TODAY</b>
<b>Saturday, July 7, 9:00 am</b> Miles: 15-25, Class C <b>CU at Selene</b>	Start at Selene Wholefoods Coop, 305 W. State St. in Media. (Free parking in a lot just west of the store) We'll do an easy-paced ride to Ridley Creek State Park and beyond, then back to Selene for free refreshments. We'll have hills but take them slow. Contact Ira Josephs at 610-565-4058 or <a href="mailto:ira@dvbc.org">ira@dvbc.org</a> .
<b>Saturday, July 7, 07:00 am</b> Miles: 70+/-, Class B. <b>Mays Landing</b>	Meet at the Kingsway High School Routes 322 & 551. We'll take a slightly different route than the last time, but we'll make that stop at the Sugar Hill Deli for the best hoagies in South Jersey. Call Bob 610-833-2365
<b>Sunday July 8, 8:00 am</b> Miles: 5.1, Class: All <b>Time Trial</b>	Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work: M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
<b>Sunday, July 8, 9:00 am</b> Miles: 40+/-, Class C <b>Kountry Kitchen</b>	This ride will be for the true C riders. The group will travel 13 / 14 miles per hour. Meet at the Kingsway High School Routes 322 & 551. Come and join this ride after the time trial. Call Bob at 610-833-2365.
<b>Monday, July 9, 7:00 pm</b> <b>DVBC Board Meeting</b>	The board meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Jan Chadwick at (610) 541-0784 or <a href="mailto:chadwick@craftech.com">chadwick@craftech.com</a> . <b>Note: There will be no general membership meetings during the months of July, August or September. Too busy riding!</b>
<b>Saturday, July 14</b> <b>Bonkers Picnic</b>	Ride to the LaDrews' house for the Bonkers Picnic. Please make a reservation for cookout by July 11 if possible. Call Bob or Judy at 610-383-9327 or <a href="mailto:2ladrews@netreach.net">2ladrews@netreach.net</a> . <b>There will be a ride for all levels. See below.</b>
<b>Saturday, July 14, 9:30 am</b> Miles: 50 +/-, Class C <b>Little Bonkers</b>	Meet at the Chadds Ford School on Rte. 1 south of Rte. 100 on the right. Contact Dave Trout about the ride at 610-368-0760 or <a href="mailto:dtwave@rcn.com">dtwave@rcn.com</a>
<b>Saturday, July 14, 9:00 am</b> Miles: 70 +/-, Class B <b>Bonkers</b>	Meet at Ridley Creek State Park Headquarters. Contact Gina about the ride at 610-525-0129.
<b>Saturday, July 14, 9:00 am</b> Miles: 82 +/-, Class A <b>Big Bonkers</b>	Meet at Rose Tree Park in Media. Contact Tony at 610-416-0514 or <a href="mailto:tony@craftech.com">tony@craftech.com</a> .
<b>Sunday, July 15, 9:00 am</b> Miles: 50+, Class: B+ <b>Outer 50</b>	Meet at Octorara High School in Lancaster County for a fast-paced ride on the Brandywine Tour Outer 50 loop. This ride is to check the roads for the Brandywine Tour. Take Rte. 1 south to Rte. 41 exit. Make a right at the exit. The school is about 3 miles on the right side. Call Tony at 610-416-0514 or <a href="mailto:tony@craftech.com">tony@craftech.com</a> to confirm the ride.
<b>Sunday July 15, 9:30 am</b> Miles: 30-, Class C <b>Highland Orchards</b>	Meet at Chadds Ford Elementary School on Route 1 just south of Rte 100. We'll make one stop at Highland Orchards, so bring money for food or produce. Call Steve Bertolini at (302) 529-1122.
<b>Monday, July 16, 6:00 pm</b> Miles: 15-25, Class C <b>CU at Selene at 6</b>	Start at Selene Wholefoods Coop, 305 W. State St. in Media. (Free parking in a lot just west of the store) We'll do an easy-paced ride to Ridley Creek State Park and beyond, then back to Selene for free refreshments. We'll have hills but take them slow. Contact Ira Josephs at 610-565-4058 or <a href="mailto:ira@dvbc.org">ira@dvbc.org</a> .
<b>Saturday July 21, 6:00 am</b> Miles: 150 +/-, Class B <b>To The Shore</b>	Join me for this self-supported ride to the Atlantic Ocean. We'll leave from the Kingsway High School on Rtes. 322 and 551 at 6:00 am sharp; destination unknown. Bring money for food and drink. Call Bob for more details, 610-833-2365.



<b>Saturday July 21, 8:00 am</b> Miles: 5.1, Class: All <b>Time Trial</b>	Rtes. 662 and 601, Purelands Industrial Park, Bridgeport. Contact Len Zanetich at Work: M-F 8:15-5:15pm, 856-866-1000 x3472. Home: 610-558-6232.
<b>Sunday, July 22, 8:00 am</b> Miles: 40+/-, Class C <b>Mays Landing</b>	Meet me at the Kountry Kitchen on Route 40 in Elmer. We'll have breakfast then ride to Mays Landing and back. We should try to carpool to take up fewer parking spots at the Kountry Kitchen. You must reserve your spot on this ride so I can make reservations for breakfast. Call me on or before July 20. Call Bob 610-833-2365, or 610-368-3527.
<b>Sunday July 22, 9:00 am</b> Miles: 50-60, Class: B <b>Delaware Tour</b>	Meet at the Chadds Ford Elementary School. We'll go 50 to 60 miles throughout fabulous, car-less, backcountry Delaware roads. Expect some hills. Please call me at 302-654-7393 or email at <a href="mailto:katrinadowidchuk@firstusa.com">katrinadowidchuk@firstusa.com</a> .
<b>Saturday July 28, 7:00 am</b> Miles: 100+/-, Class B <b>Brandywine Tour Route</b>	Meet me at the Chadds Ford Elementary School, ¼ mile south of Route 100 on Route 1. We'll follow the tour route into Lancaster. Bring money for food and drink along the way. Call Bob at 610-833-2365.
<b>Sunday, July 29, 8:30 am</b> Miles: 32 +/-, Class C <b>Manayunk</b>	Meet me at the Valley Forge trailhead for a ride to Manayunk. Bring money for food. Call Bob at 610-833-2365.
<b>Sunday, July 29, 9:30 am</b> Miles: 44, Class: B <b>Westtown-Downingtown Loop</b>	Leave from Westtown-Thornbury Elementary School on Westbourne Rd. north of 926 (1or 2 miles east of the intersection of 926 and 202). Nice scenery, hills and flats with a midway stop at the Bagelry or Early Bird Restaurant. Add miles if desired by biking to the elementary school. Call Glenn Lyons (610) 399-0624 or <a href="mailto:rollingspeed@cs.com">rollingspeed@cs.com</a> .

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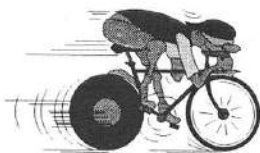
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## Bike Dirt

By F.X. Pedrix

The tap-tap on the keyboard was punctuated by Babs' muttering as she composed a letter of angry protest to our local cable company. I'd never have guessed that my lovely wife would get so angry when, after purchasing a deluxe cable package so we could get the Outdoor channel and see the Tour de France, the company deleted Outdoor from our pricey package.

When I mentioned my surprise to Babs that she even liked bike racing, she answered slyly, "Oh, bike racing is boring enough, but Mario Cipollini in yellow spandex?!"

Speaking of mad, I hear our club's most prolific ride leader was miffed recently when he got dropped by the other eight riders on his own century. As usual, he implemented the lead-from-the-rear tactic. Every time the others went straight, he turned. The Weisenheimers would about-face and give chase, eventually pulling ahead again. At each intersection, the leader would wait to see which way the offenders were going, then turn the opposite way. By the end of the ride, his charges were like eight penitent puppy dogs.

One of the ringleaders of that escapade, known to his friends as "Plastic Boy," has a dilemma on his own Wednesday night rides. He prefers to call them "training rides for B riders." The problem is, the group has been averaging 19 mph, over hills. If B riders can ride that fast for Plastic Boy, maybe they deserve to be called "A's."

We hear that Plastic Boy wasn't so fast on a recent solo ride, however. Apparently, he had two flats at the same time and wound up walking four miles home-in biking shoes!

Speaking of A riders, one of our club's thousand-miles-a-month men was ailing recently. It was so serious he had to cut back to seven or eight hundred miles. Duly concerned, he went in for a complete physical. The physician, wanting to determine just how incapacitated the patient was, wired him up for a stress test. Even after cranking up the contraption to the most demanding setting, none of the gauges were detecting any stress. The exasperated doctor had quickly learned what the rest of us have long known: The Polish Pirate is

impervious to physical stress. (In case you're wondering, he's feeling much better now).

Is anybody else as excited about the new club jerseys as I am? We heard that, at the June Board meeting, one of our handsomest and best-dressed riders modeled a paper version of the spiffy shirt. It had to be pinned on by the jersey's designer, who, devoid of remorse, seemed to mis-insert a disproportionate number of pins. When the new club shirts arrive, we should have a jerseys-only ride where we can show them off to an envious public.

While some of our members who are perceived to be hammer-heads have been off riding centuries or shore rides, a few others have been quietly training to specialize in time trialing. Have you checked out the club web page to see how fast they've been riding? These records may never be broken!

Has anybody noticed that the Bonkers web page has gotten stuck on October 2000?

Can anyone tell us who's the longest-standing DVBC member?

The second annual Bonkers Picnic should be a blast. Some members expect to be having so much fun they will be too exhausted to leave the scene. They plan on setting up tents and extending the revelry into a second day. One rider has already had two tents shipped to the site—one for himself and a better one for his Litespeed.

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).

From Bonkers p. 1

Valley showed up, grabbed cans of paint and rode off! We were even joined by our former tour coordinator, Gina. Tony's computer programmer mind helped me divide the four routes into four very manageable approximately 20-mile loops. Thank goodness the courses overlapped each other. We split into groups of 2-4 and were all finished within 2-3 hours. Too bad I had a baby shower to attend (yes, a co-ed baby shower) or else I would have had the whole afternoon still left to ride! The best thing about having all the painting completed was having Sunday free to ride!

The day of the tour was fun. Well, as much fun as these tours can be from behind the scenes. Everything went smoothly (except for the lady who was so eager to ride that she left before signs directing riders out of the park were placed in position. Sorry!) SAG drivers were kept busy all day long. Special honorable mention must go to Bob LaDrew's Bonkmobile



Rider Margaret Hunt and volunteer Walt Linton pose with Bonkmobile.

replete with "sweep" brooms and a "Don't Bonk" sign. Of course we can't forget another honorable mention to her highness Jan Chadwick and Blue Route Vineyard for staffing the Brandywine Battlefield lunch stop. They supplied it with yummy baked goods including pumpkin bread!

Many thanks to all our volunteers: Bob and Cassie Leon, Jan Chadwick, Tony Rocha, Bob and Judy LaDrew, Gina Bezdziecki, David Bennett, Dave Trout, Mike Young, Len Zanetich, Bonnie Watkins, Mark Kern, Woody Kotch, Bob Martin, Walt Linton, John and Diane Blubaugh, Elwood Bussom, Ira Josephs, Blue Route Vineyard, and Caroline Talarico (the masseuse).

So, a great time was had by all! See you in September for our Silver Anniversary Edition Brandywine Tour.

### Welcome New Members!

Michael J. Campbell  
Ardel Cirio  
Paul McManus  
Michael Pansini  
Sabine Rehm  
Katherine Sibley



## Climb to the Clouds

by Bob LaDrew

As we drove down Hunter Mountain on our trip home, I repeated to myself, "I can't believe I climbed this mountain!" Ed had been less impressed, mocking the sixteen-mile hill in word and deed.

gentle 24-mile descent before a wrong turn cost us another draining climb of three miles. Eric's pronouncement that, "That hill cost me every last ounce of energy I have" reflected my



**Hunter Mountaineers:** (left to right) Bob LaDrew, Ed Soboliewski, Eric Valencia and Tony Rocha. The author learned that, when the other three members of a four-man ride show up in matching team jerseys, you are in for a long day.

After zipping through the clouds to the top, he had come partway back down to check on our progress. Tony's cold was taking its toll, Eric was feeling the effects of a two-week layoff, and I was a "B" rider on an "A" ride. Too, we had gorged ourselves on breakfast only minutes prior to the climb.

Ed escorted us to the top before insisting, "This hill is nothing... absolutely nothing!" Who could argue with a man who rides a thousand miles a month, whose resting heartbeat is 42, who pedals with joy while those around him suffer?

Hunter Mountain may have been "nothing," but the weekend Tony organized for us was nothing if not spectacular.

His brother-in-law Kevin catered to our needs from the SAG wagon while Tony's son Daniel videotaped our ride. Meanwhile, a second bro-in-law, Brian, was at his Gilboa mountain-top cabin preparing a lavish meal for us riders.

From Hunter Mountain we made a

own hope that the final miles would be forgiving.

Not so. The last 9.6 miles to Brian's cabin were UP! To complete this Saturday 60-miler we drew upon reserves we didn't know we had. During the final ascent, SAGmeister Kevin called "You're almost there" so many times he lost all credibility. Later he admitted he'd had no idea of the actual distance. When I finally caught my three companions at the front porch of Brian's cabin, my legs knew they had never pedaled over more taxing terrain. All of us were tired but glad we had accepted Tony's invitation for a Hunter Mountain getaway.

Tony had organized the weekend down to the next-to-last detail, the last detail being Sunday's weather. Despite the fact that Ed's legs badly needed the miles, we decided to pack for home rather than ride in a morning lightning storm. Tony predicts that the Second Annual Hunter Mountain Weekend will be even better. Maybe if we let the air out of Ed's tires....

## REGIONAL EVENTS

**July 1: Delaware Doublecross.** 8 am. White Clay B.C. 30 & 62 flat miles. Mass start 9 am. \$18. Middletown H.S. 120 Silver Lake Rd., Middletown DE. Paul Stevenson (302-368-2167).

**July 14: Southern Delaware Heritage Bike Tour,** Seaford, DE. 15, 30, or 62-mi. routes, flat. In conjunction with Nanticoke River Festival. \$25 pre-reg. (\$30 after 7/10). T-shirt, water bottle, & food voucher to River Festival. Ron MacArthur, 302-629-8740. <ronmacky45@hotmail.com>

**July 21: Tour de Lebanon Valley** (PA). Lebanon Valley Bicycle Club, 124 W. Church St., Annville, PA 17003; 717-867-0950. <elecmo@nbn.net>

**Aug. 3-5: LAB National Rally,** in conj. w/ Tour de Toona (US's premier stage race, July 31-Aug.5). Penn State Altoona. Visit [www.bikeleague.org](http://www.bikeleague.org), e-mail: [bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org), or call (202) 822-1333.

**Aug. 4: Princeton Event,** Rider College. 50, 65, or 100 mi. flat; 16, 25, or 35 mi. rolling; or 62 mi. hilly. Princeton Free Wheelers, Inc., P.O. Box 1204, Princeton, NJ 08542-1204; 609-882-4PFW (4739). [princetonfreewheelers.com](http://princetonfreewheelers.com)

**Aug. 11: Dog Daze Century.** Brandywine Bicycle Club, P.O. Box 3162, West Chester, PA19381. Ann Marie Sullivan, 610-644-3792. [www.geocities.com/brandywinebikeclub](http://www.geocities.com/brandywinebikeclub)

**Aug. 11: Bridgeton Zoo Ride,** Schalick High School, Centerton, NJ; 25, 50, or 100 mi., 8:00 am. \$14 pre-reg. until 7/30; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccnj.net> [www.sjwheelmen.org](http://www.sjwheelmen.org)

**Aug. 19: Covered Bridge Ride,** Lancaster, PA; 15, 31, or 62 mi.. Seven covered bridges. \$10 pre-reg. by 7/20, \$14 additional for T-shirt. \$15 after 7/20, no shirts available. Lancaster Bicycle Club, P.O. Box 535, Lancaster, PA 17608-0535. [www.lancasterbikeclub.org](http://www.lancasterbikeclub.org)

**Aug. 25: Shore Fire Century.** 7-10am White Clay B.C. 35, 65 & 100 miles, mostly flat. Middletown H.S., 120 Silver Lake Rd. Middletown DE. Frank Warnock (410-620-0883) or <fwarnock@dol.net>

**Sept. 2: Brandywine Tour.** Chadds Ford Elementary School, Chadds Ford, PA. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156. [www.dvbc.org](http://www.dvbc.org)

From **ODYSSEY** p. 4

tents or hotel rooms, composing e-mails to send back to home.

Who were these riders? Joan pointed out the demographics. Most were between the ages of 50 and 65, the newly retired. The tour began with 32 couples, but one couple broke up. The youngest rider was 19. The eldest was 80. The participants represented many occupations: truck mechanic, doctor, nurse, pharmacist, lawyer, dot.com entrepreneur. There were Vietnam veterans and breast cancer survivors. Most were Americans from the United States and Canada, but a few were from other countries. Some were hard-core bicyclists, the mileage junkies anticipating boasts about logging 21,000 mile in a year. Others wanted the challenge. A few were long-distance runners who managed to run in marathon events along the tour's itinerary.

Bicycling, however, took its physical toll. O2K had its illness and its casualties. Nearly everyone had battled a lingering bronchitis brought on by cold, wet weather. Four riders suffered broken hips in traffic acci-

dents. One rider was run over by a truck when he went off-route in search of food. Tragically, he lost a limb. One broke a collar-bone, and several fell and broke ribs. Biker Al crashed in France and suffered several broken vertebrae in her neck. When she was released from a Parisian hospital, she flew back to the states to recuperate at her sister's home in Ohio. Al rejoined the tour as it made its way through Northern Europe. Luckily, no one on tour suffered a heart attack. However, a good number had become too depressed and disgruntled. By mid-September, nearly 30 had quit.

Riders weren't the only casualties. Everywhere the riders went, they had to take their bikes. By the tour's end, 18 bikes had been stolen; 3 of the thefts were in Ottawa, CA, a major bicycle resale city. One rider had the misfortune to lose two bikes to thieves, and he had to purchase his own replacements. Others who had lost bikes shared the TK & A staff members' bikes.

When TK & A ran out of money, the tour disbanded in Singapore. TK & A honored everyone then with a special farewell banquet. Most of the riders,

including Joan, returned home. However, 51 participants put together an additional \$4,000 to see New Zealand and Hawaii to complete the around the world adventure. For most of the participants, the adventure continued as riders corresponded and reunited with each other to relive their adventures. Tim Kneeland has planned a 2003 World Odyssey, but the future biking trips will not be as ambitious as O2K. For information about TK & A see: <http://www.Odyssey2000.com/>.

## FOR SALE

**Vista Araya Islero**, 23" chrome moly touring frame, Triple Crank, all alloy parts, fine example of an 80's touring bike, \$85 obo

**Classic Ralghia** women's style frame three speed, made in England, good condition, \$50 obo

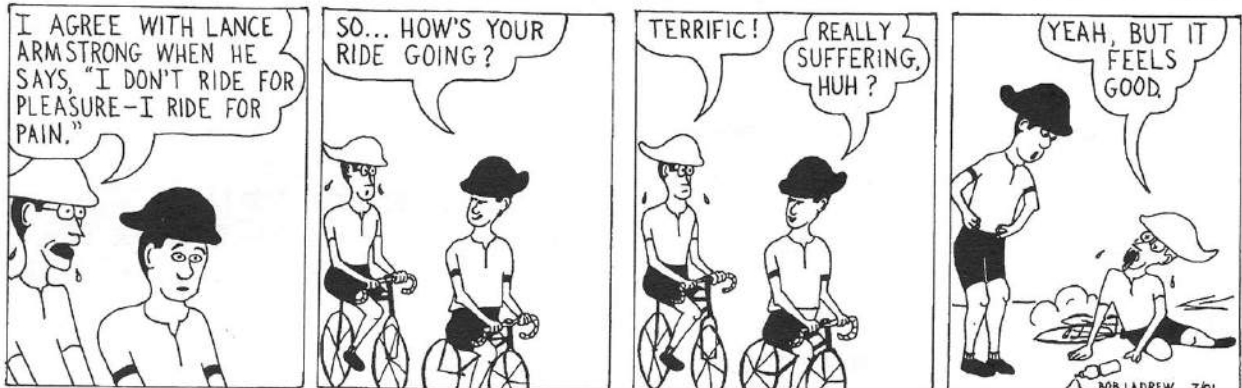
**Collection of cycling books** (12ea), half are touring essays, \$20 obo takes all

**Bicycle work stand** with tool tray, fits steel and titanium round tube frames, \$20 obo

**Frank:** 610-534-3978 eve; 215-537-4299 day.

## BONKERS

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



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)

- ☐ Class D: *slow* ☐ Class A: *fast*  
☐ Class C: *average* ☐ Off-Road  
☐ Class B: *brisk*

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

- ☐ Ride Leader ☐ Tour Food Stop  
☐ Sag Wagon ☐ Newsletter Delivery