

Delaware Valley Bicycle Club



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

Winter 2001-2002

Notice to all Club Members: Proposed By-Law Changes

The DVBC Board has been doing a little housekeeping of late, and in the process we have reviewed the By-Laws that were adopted when we were formed as a corporation in 1985. We have decided to make a few updates to these By-Laws to reflect our current activities. **We will be voting on the proposed changes at our banquet on December 10, 2001.** Please review the proposed changes listed here, and forward any comments or concern to any Board member.

If you would like to read the current By-Laws in their entirety, and the proposed changes, please visit the DVBC website at www.dvbc.org. If you don't have access to the Internet and would like to see a hard copy, please call Jan Chadwick at (610) 541-0784.

Proposed changes:

Article I—Offices

(1) The registered office of the corporation shall be at 4450 State Rd., Drexel Hill, Pennsylvania, 19026.

Change to: 529 Kelly Avenue, Woodlyn, PA, 19094.

(We have no idea who actually

lives at 4450 State Road in Drexel Hill, but we're sure it was a significant address at one time. Since we cannot use a post office box for this address, we decided the logical change would be to the Treasurer's home in Woodlyn which is where all the financial records of the corporation are kept.)

Article IV—Meetings of Members

(2) The annual meeting of members shall be held on the first Tuesday of October of each year at 8:00 pm ...

Change to: during the annual banquet traditionally held in December.

Article VI—Officers

(3) ... The President may only serve for one consecutive year.

Change to: Delete sentence entirely.

Article XIII—Miscellaneous Provisions

(1) The fiscal year of the corporation shall begin on the first day of

Change to: this item is currently blank and will be filled in with the word January.

DVBC Needs Eleventh Board Member

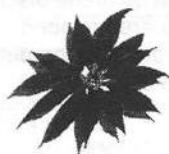
The DVBC board is made up of eleven members. The current board members are Jan Chadwick, Mike Young, Bob Leon, David Bennett, Bob LaDrew, Judy LaDrew, Tony Rocha, Ira Josephs, Dominick Zuppo, and Brian Wade. We are looking for one more person willing to be the eleventh member of the board, a "member-at-large."

If you would be willing to volunteer, please contact Jan Chadwick at 610-541-0784 or chadwick@craftech.com.



If you haven't picked up your club jersey yet, you can do that at the club banquet. T-shirts will also be available at the banquet for \$10.00.

Orders are still being taken for the spring jersey order. Jerseys are \$45.



DVBC Holiday Banquet Monday, **Dec. 10**, 7:00 pm at Demarco's

Dinners have been upgraded - still only \$5.00 per member.
Don't miss the raffling of door prizes & presentation
of the coveted annual Bonkers Awards.

Reservations must be made by Thursday, Dec. 6.
Contact Bob Leon @ 610-833-2365 or bleon@craftech.com

See inside ride calendar for directions.

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 Rte. 320 and Old Marple
 Road).

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

Board of Directors & Staff

Jan Chadwick, *President*, 610.541.0784 or
 chadwick@craftech.com

Mike Young, *Vice President*, 610.461.9040 or
 youngm@email.chop.edu

Bob Leon, *Treasurer*, 610.833.2365 or
 bleon@craftech.com

David Bennett, *Secretary & Advocacy Coordinator*,
 610.626.1344 or queenofsheba@craftech.com

Bob LaDrew, *Newsletter Content Editor*,
 610.383.9327 or 2ladrews@netreach.net

Judy LaDrew, *Newsletter Layout Editor*,
 610.383.9327 or 2ladrews@netreach.net

Tony Rocha, *Ride Coordinator*, rides@dvbc.org

Tony Rocha, *Web Page*, 610.416.0514 or
 tony@craftech.com

Len Zanetich, *Timetrial Coordinator*,
 l.zanetich@telesciences.com

Dominick Zuppo, *Mail Labels*, 610.544.8630 or
 domzuppo@worldnet.att.net

Brian Wade, bwadedvbc@aol.com

Club Affiliations



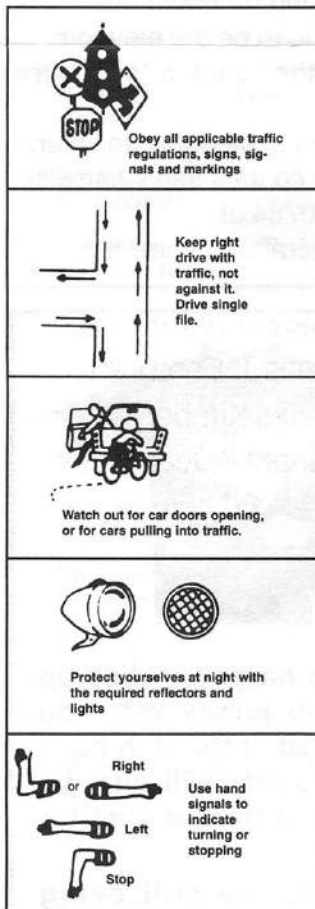
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*Bicycle Coalition of the
 Delaware Valley*

*Please note that the views
 expressed in this publication are
 not necessarily the views of the
 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: 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.
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 Bonkers Metric, Brandywine Tour, Club banquet 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

Warm ideas for cold weather

I don't like being cold, so when I go out and the chill is in the air, I dress for the occasion.

As a general rule, I add one layer to my torso for each 10 degrees below 60 at the start of a ride. For example, if it's 55 degrees, I've got two layers, with the top layer always my riding jacket with a wind-breaking front. My skin layer is always polypropylene because it wicks the best and is soft. At 40 to 50 degrees, I add a turtleneck between the jacket and skin layer. And below 40 (insanity zone, I don't ride much here) I add the bib tops of tights or a bike jersey.

For your bottom half, always start with bike shorts or tights with a pad. Don't put anything between you and your pad or you're looking for chaffing and sores. Above 50, adding leg warmers or tights should do it. Below 50, a second layer on your legs may be best—especially if your ride is long and you're going to slow down as the day wears on. A double layer over your knees can be very important if your knees are older or prone to injury.

Your feet are the fastest moving part of your body when you're pedaling. How you keep them warm depends on the kind of shoes you have. If your shoes fit well with thin summer socks, heavy socks will cut down the blood supply and you'll get cold feet quickly. You need to add insulation outside your shoes with neoprene booties (which don't wick well) or thinner shoe covers, which mostly block the wind. In a pinch, you can tape over the mesh

and other openings in your shoes to keep the chill out. If you have a second pair of larger shoes or your shoes fit loosely, you can try thicker socks of a wicking material or Gortex socks over your summer socks. The Gortex socks are nice because they allow some evaporation, keeping your feet dry if you're pushing it.

Gloves are the obvious solution for your hands. You don't have to buy special cycling winter gloves. I use sale-table "Thinsulate" winter gloves with some sort of gripping palm so you don't slip off your handlebars.

You lose more heat from your head than any other part of your body. A bike hat or skullcap will do above 50 degrees. Below 50 a balaclava of polypropylene or other wicking material will keep your ears from cracking off. Glasses with clear or yellow lenses will help make a bleak day look a little brighter.

You should be a little cold at the start or you're probably over dressed. If you find it's warmer than expected you'll want to peel. Don't forget a belly bag or some other way to stow your extra layers.

Just a couple more tips: If you start your ride in the afternoon be prepared for the temperature to drop, not go up like a morning ride. Use a sports drink in your water bottle. I've been told that even well below freezing (I don't ever ride below freezing) it becomes more like water ices that you can still squeeze out of your bottle.

We urge you to subscribe to the club's e-mail list serve and check out the club's web site. During the winter, some rides are created on short notice to take advantage of weather breaks. These are announced on the list serve.



To subscribe:

Go to the club web page at dvbc.org
Click on "Mailing List"
See "Subscribing to DVBC"

Welcome New Members!

Brenda Batten
Thomas J. Corcoran
Daniel Kimberg
Tom Purcell & Jean Cook
Susan Stockman

STATE INSPECTION
EMISSION INSPECTION
24 HOUR TOWING
4-WHEEL ALIGNMENT

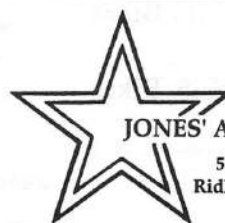


JONES' AMOCO

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JONES' AUTOMOTIVE

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610-522-1370
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Cycle Logical Warfare

by Dominick Zuppo

All right, troops, listen up. We're going on a major operation today, so I need all of you at 100%. "Muscles," start warming things up. "Lungs," don't forget to breathe on those hills. "Butt," well, there's only one thing you can do. And "Brains," I need your full concentration if we're going to last the distance. Now let's saddle up! (Strike up the theme music from "Hogan's Heroes.")

Okay, I might be going a bit overboard, but sometimes preparing for a ride seems to me like a military operation. Water bottle? Check. Bicycle shoes? Check. Front wheel? Check. Helmet? Check. Which leads me to the topic of this article; the cycle-logical "warfare" we play, sometimes on ourselves and sometimes on others, when we ride.

For example, this past summer I decided to ride the Covered Bridge

Metric Century in Lancaster. It had been a while since I'd ridden such a distance. What should I do to prevent the dreaded bonk? On local rides, I've followed one club member's advice to drink a few swallows of liquid every 15 minutes, and that has worked well for me. But what and how should I eat? Seeking wisdom, I logged onto our club's website. There I found a link to a cycling fitness site that suggested eating 25 mg of carbohydrates every half hour. During the ride my stuffed jersey pocket may have looked like a rectangular goiter, but the Nutrigrain bars seemed to do the trick. Or had I only tricked myself?

After deciding what to eat and drink on a ride comes the pre-ride warm-up. Some riders perform a ritual of bending or stretching against their car or on the ground. Others cruise around the parking lot at a nice easy pace. A third group believes they need

to spin easily for a certain number of miles in order to warm their muscles. As the Moody Blues might say, who decides which is right? And which is an illusion?

Once you're underway you have to compete for your space on the highway. Are you close enough to the shoulder for the rancher pulling his horse trailer? How close can the teenager drive by without sucking you into his car's draft? Or are you the "special forces" type, the one who rides in the middle of the lane while the voices behind you shout in an ever-increasing frenzy, "Car Back."

Then there's the impatient group, those B riders supposedly on their recovery ride as they travel with a slower group to some culinary destination. You see them ahead, pedaling away, but they look over their shoulders more so than the rest of us. Why? Because they fear the dreaded boxing tactic, adapted for cycling use, where the ride leader feigns a right but turns

See **CYCLE LOGICAL**, p. 10

Sunday morning mountain bike rides
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Wallingford, PA 19086
610-876-9450



Special discounts for club members

Largest selection of bikes in Delaware County

Specializing in closeout models

DELAWARE VALLEY BICYCLE CLUB



Ride Calendar Winter 2001-2002



With winter weather conditions, it's important to check with the ride leader before going to a ride.



*****Recurring Weekday Rides*****

Tuesdays, All Month Miles: 10-20, Class: C NightRiders	Evening into the night rides through southern Delco. We meet in the Pathmark parking lot in Folsom. Night riding gear is a must. Contact Dave Trout at 610-368-0760 or dtwave@rcn.com
Weekdays, All Month, 7a Miles: 10, Class: C+/B- Weekday Ramble	Just about every weekday (Thursday is the Breakfast Ride), I'm out there doing a 10-mile c+/b-ride at about 7 am. Leaving from my home in Havertown (401 Colfax Road) to various destinations. It's important to call the night before in case times change. Contact Joel at 610-789-7673 or joelperlish@aol.com a couple days ahead.
Thursdays, All Month, 7:30a Miles: 10-25, Class: C-/C Pancake Breakfast	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 .

DECEMBER 2001

Saturday, Dec. 1, 10:00a Miles: 35+/-, Class: B Show & Go	Meet at the Ridley Creek State Park Headquarters. Call Bob at 610-833-2365
Sunday, Dec. 2, 10:00a Miles: 36+, C: Class Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 in New Jersey. Call Bob at 610-833-2365.
Thursday, Dec. 6 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.
Saturday, Dec. 8, 10:00a Miles: 40 +-, Class: B Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 in New Jersey. Call Bob at 610-833-2365.
Sunday, Dec. 9, 10:30 a Miles: 15-35, Class: C Ridley-Ridley Ride	Meet in front of the Swarthmore train station in Swarthmore for a ride around Ridley Lake and up to Ridley Creek State Park. If it's really cold, we may skip the park and do fewer flat miles around the area. If it's a nice day we'll do the park and expect some hills. Call me the evening before and find out the plan. Jan at (610) 541-0784.
Sunday, Dec. 9, 9:45a Miles: 35-60, Class: B Winter Westtown	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 maybe Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
Monday, Dec. 10th, 7:00p Holiday Banquet at DeMarco's	Admission cost is \$5.00 for members. De Marco's is located at 241 MacDade Blvd. in Folsom. Take 1-476 SOUTH towards CHESTER. Get off at the MacDade BLVD exit, exit #1. Keep LEFT at the fork in the ramp. Turn LEFT onto S. MACDADE BLVD. Take MACDADE BLVD about 1.5 Miles. Continue to the light at Morton Avenue. On the left just before the next light is De Marco's.
Saturday, Dec. 15, 10:00a Miles: 35+/-, Class: B Show & Go	Meet at the Ridley Creek State Park Headquarters. Call Bob at 610-833-2365
Sunday, Dec. 16, 10:00a Miles: 25+/-, Class: C Show & Go	Meet behind the Dunkin Donuts on the corner of Fairview Road and MacDade Blvd. in Ridley. Call Bob at 610-833-2365.

Thursday, Dec. 20 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.
Saturday, Dec. 22, 10:00a Miles: 30 +-, Class: B Show & Go	Meet at the Ridley Creek State Park Headquarters. Ride leaders are not necessary. Call Bob at 610-833-2365.
Sunday, Dec. 23, 10:00a Miles: 21+, Class: C Manayunk	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610.352.2114
Sunday, Dec. 23, 10:00a Miles: 55+/-, Class: A Art Museum	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 lots of nice friendly hills. It's winter, please call to confirm the ride. Contact Tony Rocha at 610-416-0514 or tony@crafttech.com .
Saturday, Dec. 29, 10:00a Miles: 30+/-, Class: B Show & Go	Meet behind the Dunkin Donuts on the corner of Fairview Road and MacDade Blvd. in Ridley. Manayunk is the place we'll go. Call Bob at 610-833-2365.
Saturday, Dec. 29, 10:00a Miles: 25, Class: C The Return of the Gourmet Coffee Express	Starts from in front of Lloyd Hall, #1 Boathouse Row, on Kelly Drive at 10:00. A very friendly and sociable ride from center city to a suburban Starbucks where we can warm ourselves for the jaunt back to the starting point. The coffee shop destination and distance will depend on the temperature at start time. The warmer it is, the longer the ride. The ride cancels if the temperature is below 32 degrees F. Ann will lead this ride again in January and February. She has come up with a nice and novel way to get in some biking miles during the winter months. So come out and join her. Leader: Ann Martha, 215-548-8482, amartha@phila.k12.pa.us
Sunday, Dec. 30, 10:00a Miles: 44, Class: B+ Westtown - Downingtown Figure Eight	Scenic route with nice hills and flat riding along the Brandywine. Leave from Westtown-Thornbury Elementary School on Westbourne Rd. north of 926, 1 or 2 miles east of 202 and 926. Add miles by biking to the school. Stop at the Bagelry in Downingtown. Call Glenn Lyons at (610) 399-0624 or rollingspeed@cs.com
JANUARY 2002	
Thursday, Jan. 3 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.
Saturday, Jan. 5, 10:00a Miles: 30 +-, Class: B Show & Go	Meet at the Kingsway High School, Routes 551 and 322 in New Jersey. Call Bob at 610-833-2365.
Sunday, Jan. 6, 10:00a Miles: 20+/-, Class: C Meandering Around	Meet at the Chadds Ford Elementary School. Expect some hills. Call Bob 610-833-2365
Sunday, Jan. 6, 9:00a Miles: 36, Class: B Assault on Welsh Mountain	Meet at Bob LaDrew's near Coatesville for continental breakfast before undertaking three major climbs. Call or e-mail first, 610-383-9327 or 2ladrews@netreach.net
Saturday, Jan. 12, 10:30a Miles: 15-35, Class: C Ridley-Ridley Ride	Meet in front of the Swarthmore train station in Swarthmore for a ride around Ridley Lake and up to Ridley Creek State Park. If it's really cold, we may skip the park and do fewer flat miles around the area. If it's a nice day we'll do the park and expect some hills. Call me the evening before and find out the plan. Jan at (610) 541-0784.
Saturday, Jan. 12, 10:00a Miles: 35+/-, Class: B Show & Go	Meet at the Ridley Creek State Park Headquarters. Call Bob at 610-833-2365
Sunday, Jan. 13, 10:30a Air Transport Command Restaurant in Delaware	Join us for a buffet brunch fit for a king. RSVP a must by Jan. 11th. Make your reservations and ask for directions. Call Bob Leon at 610-833-2365. We can make an afternoon ride if the weather is good.
Sunday, Jan. 13, 10:00a Miles: 43, Class: B+ Bagels in Hockessin	Very scenic route with some tough climbing. Leave from Westtown-Thornbury Elementary School. Stop at mile 24 at Manhattan Bagels. Call Glenn Lyons at (610) 399-0624 or rollingspeed@cs.com
Thursday, Jan. 17 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.
Saturday, Jan. 19, 10:15a Miles: 15-30, Class: C CU at Selene	Start at Selene Wholefoods Coop, 305 W. State St. in Media. Enjoy the winter beauty of our local hills and valleys as we ride out to Ridley Creek State Park and beyond. Enjoy free refreshments afterwards inside the store. Free parking in a lot just west of the Coop. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org

Sunday, Jan. 20, 10:30a Miles: 25+/-, Class: C Show & Go	Meet behind the Dunkin Donuts on the corner of Fairview Road and MacDade Blvd. in Ridley. We'll make a stop for bagels. Call Bob at 610-833-2365.
Sunday, Jan. 20, 10:00a Miles: 55+/-, Class: A Art Museum	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 lots of nice friendly hills. It's winter, please call to confirm the ride. Contact Tony Rocha at 610-416-0514 or tony@crafttech.com .
Saturday, Jan 26, 10:00a Miles: 40 +-, Class: B Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 in New Jersey. Call Bob at 610-833-2365.
Saturday, Jan. 26, 10:00a Miles: 25, Class: C The Return of the Gourmet Coffee Express	Starts from in front of Lloyd Hall, #1 Boathouse Row, on Kelly Drive at 10:00. A very friendly and sociable ride from center city to a suburban Starbucks where we can warm ourselves for the jaunt back to the starting point. The coffee shop destination and distance will depend on the temperature at start time. The warmer it is, the longer the ride. The ride cancels if the temperature is below 32 degrees F. Ann will lead this ride again in February. She has come up with a nice and novel way to get in some biking miles during the winter months. So come out and join her. Leader: Ann Martha, 215-548-8482, amartha@phila.k12.pa.us
Sunday, Jan. 27, 9:45a Miles: 35-60, Class: B Winter Westtown	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 maybe Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
Sunday, Jan. 27, 10:00a Miles: 21+, Class: C Manayunk	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610.352.2114
Thursday, Jan. 31 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.

FEBRUARY 2002

Saturday, Feb. 2, 10:00a Miles: 30+/-, Class: B Show & Go	Meet behind the Dunkin Donuts on the corner of Fairview Road and MacDade Blvd. in Ridley. We'll ride to Manayunk through Drexel Hill and Upper Darby. Call Bob at 610-833-2365.
Sunday, Feb. 3, 10:30a Miles: 36+/-, Class: C Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 in New Jersey. Call Bob at 610-833-2365.
Sunday, Feb. 3, 9:45a Miles: 35-60, Class: B Winter Westtown	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 maybe Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
Monday, Feb. 4, 7:00p DVBC Board Meeting	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 chadwick@crafttech.com .
Saturday, Feb. 9 10:30a Miles: 15-35, Class: C Ridley-Ridley Ride	Meet in front of the Swarthmore train station in Swarthmore for a ride around Ridley lake and up to Ridley Creek State Park. If it's really cold, we may skip the park and do fewer flat miles around the area. If it's a nice day we'll do the park and expect some hills. Call me the evening before and find out the plan. Jan at (610) 541-0784.
Saturday, Feb. 9, 10:00a Miles: 35+/-, Class: B Show & Go	Meet at the Ridley Creek State Park Headquarters. Call Bob at 610-833-2365
Sunday, Feb. 10 10:00a Miles: 21+, Class: C Manayunk	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk with an optional loop to the Art Museum. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at 610.352.2114
Sunday, Feb. 10, 9:00a Miles: 30-50, Class: B Amish Odyssey	Meet at Bob LaDrew's near Coatesville for continental breakfast before a ride through Amish country. Call or e-mail first: 610-383-9327 or 2ladrews@netreach.net
Monday, Feb. 11, 7:30p Membership Meeting Bike Fitting Session	Beans Bikes will be presenting a session on proper bike fitting. If any member is looking for a new road bike, this session will teach you everything you will need to know before you purchase your bike. They will also be bringing their equipment so one member can actually be measured and fit. Contact Jan Chadwick at 610-541-0784 or chadwick@crafttech.com .

Thursday, Feb. 14 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.
Saturday, Feb. 16, 10:00a Miles: 40 +-, Class: B Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 in New Jersey. Call Bob at 610-833-2365
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Sunday, Feb. 17, 10:00a Miles: 44, Class: B+ Westtown - Downingtown Figure Eight	Scenic route with nice hills and flat riding along the Brandywine. Leave from Westtown-Thornbury Elementary School on Westbourne Rd. north of 926, 1 or 2 miles east of 202 and 926. Add miles by biking to the school. Stop at the Bagelry in Downingtown. Call Glenn Lyons at (610) 399-0624 or rollingspeed@cs.com
Saturday, Feb. 23, 10:00a Miles: 40 +-, Class: B Show & Go	Meet at the Ridley Creek State Park Headquarters. Call Bob at 610-833-2365
Saturday, Feb. 23, 10:30a Miles: 15-35, Class: C Ridley-Ridley Ride	Meet in front of the Swarthmore train station in Swarthmore for a ride around Ridley Lake and up to Ridley Creek State Park. If it's really cold, we may skip the park and do fewer flat miles around the area. If it's a nice day we'll do the park and expect some hills. Call me the evening before and find out the plan. Jan at (610) 541-0784.
Sunday, Feb. 24, 10:00a Miles: 55+/-, Class: A Art Museum	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 lots of nice friendly hills. It's winter, please call to confirm the ride. Contact Tony Rocha at 610-416-0514 or tony@crafttech.com .
Sunday, Feb. 24, 10:30a Miles: 25+-, Class: C Show & Go	Meet behind the Dunkin Donuts on the corner of Fairview Road and MacDade Blvd. in Ridley. Call Bob at 610-833-2365
Thursday, Feb. 28 Miles: ? Class: C Night Ride with Sarah	Join me for a night mountain bike ride or cross-country skiing if it's too snowy. Call me at 610-353-3494 the night before for time and place.



With winter weather conditions, it's important to check with the ride leader **before** going to a ride.



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ELSEWHERE . . .

This year for the first time, an alternative route was offered for the **Sea Gull Century**. Indications are that, for the 800 out of 7000 who opted to ride it, the new 100-mile route was a dream come true. Participants passed through Princess Anne, Snow Hill and Public Landing overlooking Chincoteague Bay, while traversing traffic-free roads featuring single-file riding. They saw beautiful scenery and didn't have to wait in line for water, snacks or restrooms. Keep this a secret!

The League of American Bicyclists is working with the Federal Highway Administration to limit the use of milled rumble strips. LAB is seriously concerned that the FHA "encourages the use of rumble strips without regard to the safety of bicyclists." They point out that, in most cases, the rumble strips are installed directly in the path most used by bikers and urge the FHA to minimize these where it can be done without increasing danger to motorists.

House Resolution 1265, the **Bicycle Commuter Act**, is proposed federal legislation that would allow employers to offer employees a \$65 per month tax benefit for the use of a bike as a means of commuting. To support HR 1265, contact your congressional representative.

If you are interested in being president of a New Jersey bike club and are not named Linda Kraus(s), you may not have a chance of being elected. Linda Kraus is president of South Jersey's **Shore Cycle Club** while the **Bicycle Touring Club of North Jersey** is headed by Linda Krauss.

Despite the outrage of area bicyclists, the **Ben Franklin Bridge** walkways remain closed to bike traffic due to security considerations. A representative of the Delaware River Port Authority states: "I am unable to elaborate on the exact nature of these security issues."

In a list-serve e-mail to the **Bicycle Coalition of the Delaware Valley**, Jim Kriebel stated: "What is discouraging is that while the Golden Gate Bridge walkway has remained open, as have all bridge walkways in NYC, the Port Authority continues to keep the

BF bridge closed."

Philadelphian Jeff Abrahamson said, in a letter to the Authority, the "closure inconveniences the citizens you are supposed to serve and makes you look silly."

In **Newtown PA**, as paved trails throughout the town have been under construction, bicyclists have been watching with growing excitement in anticipation of finally having a safe avenue for traveling around town. Now that the trails are almost finished, that excitement has turned to anger. Along with firearms, controlled substances, and littering, bicycles are on the list of things banned along the trail.



2001 Mileage Roundup

Once again, we'd like you club members to write in and tell us about your riding for the past year.

Here's what we'd like to know about your 2001 biking:

How many miles?

Your proudest achievement.

Your most fun ride of 2001.

The members correspondence will be compiled into an article for the March issue. Contact Bob LaDrew at 2ladrews@netreach.net or 139 Gabel Rd., Coatesville, PA 19320.

"Whoever invented the bicycle deserves the thanks of humanity."

--Lord Charles Beresford

Moving to the Next Level

The November membership meeting was a big hit as twenty-five enthusiasts were on hand to learn about "Moving Up to the Next Level." Tony Rocha, one of DVBC's top riders, entertained his audience with personal anecdotes in a systematic presentation on group riding, climbing, winter training, pacelines, and much more.

Some examples of the wisdom Tony had to impart:

- When out on a ride with a new group, don't be a smart aleck and go to the front early. They may be strong riders who are riding easy to warm up. If so, they will want to punish this upstart.
- It is not your responsibility to pull the group home. Do your share up front - but no more.
- Don't stop pedaling on descents. Even though you are going fast, spinning the pedals helps to clear lactic acid that accumulated on the climb.

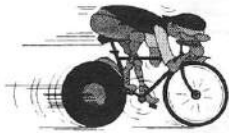
In fact, Tony had so much to offer, and was so well received, that he has been slotted in as presenter at the March meeting. If you are tired of being dropped by the likes of Tony Rocha, come out in March to hear Tony share more of his riding secrets.

from **CYCLE LOGICAL**, p. 4

left. A clever ploy that also works in reverse.

On the return leg of the journey, some riders tend to disappear. Maybe it's due to the Houdini effect and their study of the art of magic. One moment they're just a minute or so ahead of the pack. Round a corner, and they're gone, only to reappear a mile or so down the road at an intersection or cornfield. Or maybe they know a number of short cuts on the way back to the start of the ride.

Some cyclists spin around the parking lot at the end of their journey, fixated on their odometers, trying to complete the ride at an even number of miles. You won't believe this, but others actually inflate the number of miles they've ridden during the year in a truly peculiar effort to encourage other riders. Now that I think about it, the list of tactics may be endless in this cycle-logical war of attrition!



Bike Dirt

by F.X. Pedrix

I thought my lovely wife Babs would be glad I'm not riding much these days, but it seems she's still unhappy. Apparently, the cause is the long hours the Committee and I have been spending reviewing candidates nominated for my annual award. The FX Pedrix True Bicyclist of the Year will be announced at our holiday banquet and we think you'll approve the Committee's decision. So plan to attend and find out who won and say hello to Babs and myself.

It seems that Plastic Boy's November seminar on "Moving Up to the Next Level" was such a success our members are training harder and riding with pro technique. In fact, word on the street is that the B, C, and D riders are all planning on getting so fast that only "A" rides will need to be scheduled.

With the rash of squirrel killings in our club recently, we wonder whether the animal kingdom isn't starting to fight back. One member was cruising peacefully along a Ridley Creek Park trail last month when an aggressive goose lunged savagely at his leg. The rider had just taken a gulp from his bottle so he was able to repel the assault by squirting energy drink at the attacker. Presumably, strawberry was not the goose's flavor of choice.

We're told that, on last month's Salem Oak Diner ride, one of our club's computer nerds had ridden behind the Bonkers dude for only a minute or so when he asked the lanky one, "You've changed your big cog from 23 teeth to 25, haven't you?" The observation was correct. We can only guess that the

techno-weenie's visual acuity is such that he can count teeth on a spinning gear while cruising at 19 mph. On one rather cold day in this otherwise warm Autumn, I was getting ready to go out for a ride and Babs was performing her usual eye rolling as she sat in a chair wrapped in an afghan. This got me to thinking about cold weather riding. The one thing that always makes me laugh is the looks you get from automobile drivers when you pull up next to them on a bitter cold winter's day with steam venting from your nose. I guess that look of "What, are you out of your mind?" is one of the reasons we keep riding all winter. So keep ridin'. And from Babs and myself, have a wonderful and safe holiday season and New Year.

If you have any good Bike Dirt, club news, gossip, jokes, quotes, comments or any other info, e-mail me at fxpedrix@hotmail.com.

Mark these
dates on your
2002 calendar!



Bonker's
Metric

May 19, 2002



Brandywine
Tour

September 1, 2002



Boys and Their Toys: Some DVBC members gawk at a revolutionary frame design at the Brandywine Tour.

BONKERS

CARTOONS
OF THE
DVBC

IT WAS SCARY!



I WAS AT 100% MAX
HEARTRATE FOR ALMOST
15 MINUTES!



RIDING AT 26 MPH
WITH THE HAMMER-
HEADS?



NO--CHECKING OUT THE
NEW LINE OF CARBON
FIBER FRAMES IN THE
BIKE SHOP.



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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



GO BONKERS!

Interest Survey

Your Ride Pace:

(check one)

☐ Class D: slow

☐ Class C: average

☐ Class B: brisk

☐ Class A: fast

☐ Off-Road

I'll volunteer for:

(check all interests)

☐ Ride Leader

☐ Sag Wagon

☐ Tour Food Stop

☐ Newsletter
Delivery