

# Delaware Valley Bicycle Club



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

September 2002

## Tour de D.C. or There and Back Again

*In early July, some DVBC members undertook a bicycle tour from the Delaware Valley to Washington, D.C. and back again. Jan Chadwick, Mike Toof, Walt Linton, Bob Martin and Doug Bower participated and club president Chadwick chronicled the trip in her diary:*

### The Days Before:

I hope I actually finish and don't have to write about my big bonk. I've never done a bicycle tour. Before a 15-mile ride this morning, I grabbed every coat I could find in my closet, plus a 15 lb. paving stone and shoved them into my panniers. Ugh! I can make this bike move (I think I can, I think I can...).

Went out on Dave's Vocabulary Ride tonight, could barely move my light-weight carbon fiber bike. Over-trained, exhausted. Better take the next couple of days off or I'm in big trouble. Dave was saying, "Better you than me," "You haven't trained enough," "You *couldn't* train enough for this ride," I told him, "Shut up, I'm going, you're not." Wimp.

### Day 1

This isn't so bad. Bob and Mike "picked me up" at my house at 7:30 am. We met Doug on the other side of Ridley Creek State Park, and then "picked up" Walt at Route 202. This bike is so heavy, but I made it up Glen Mills Hill without using my granny gear. Bob had insisted on changing my gear set to include a 30 ring in back (26 in front). Largest gears now 46 front and 13 back. Kept running out of gears on the top end! Couldn't go any faster. I think Bob's nuts. Don't need those

wimpy granny gears. Had lunch in Oxford at about mile 50. Are we never going to get out of this area? Oxford still feels like we're home. Doug and I started a contest to see who could use the bathroom more often. Guess that means we're staying hydrated. Arrived at the hotel at 5 =pm, a Days Inn somewhere north of Baltimore. 87 miles total for the day. It was pretty hilly, I'm tired, but we had a really good day. Yummy Italian diner across the street from the hotel. The boys egged me on to have a piece of chocolate cake for dessert. So much for the diet.

### Day 2

This heavy bike is just starting to feel normal now. We had lunch at the Inner Harbor in Baltimore today. Enjoyed watching people and wandering around. It's a short day (62 miles) so we are taking it easy and enjoying ourselves. I kept thinking that every hill we are going down we'll have to climb back up on the way home. We stopped at a bicycle shop that Bob had on the cue sheet. We stayed for over an hour while the boys drooled over the toys. What a shame they won't be open yet when we are heading home (ha!).

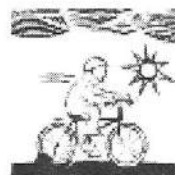
Finally made it to D.C. around 5 pm. On the nasty climb out of Rock Creek Park I had to use my granny gear, but still had some cogs left. I feel pretty good, though, and I MADE IT! Ha on Dave!

I talked Mike and Dave into an Indian restaurant across the street from our hotel. Couldn't talk anyone into going down to the Mall tonight, though. I love the Mall after dark, especially the

See **TOUR DE D.C.**, p.8

## BRANDYWINE TOUR

Sunday, September 1



See p.11 for  
more information.

**Note:** new starting location, and, food will be offered at the end of the ride.

HILLS,  
HILLS,  
HILLS



Everyone has a favorite hill... or two. Please send your favorite, longest, steepest, series of hills and/or the best to downhill in the five county area or so... to [bwadedvbc@aol.com](mailto:bwadedvbc@aol.com)

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 15<sup>th</sup> of each  
month.

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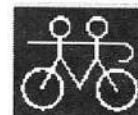
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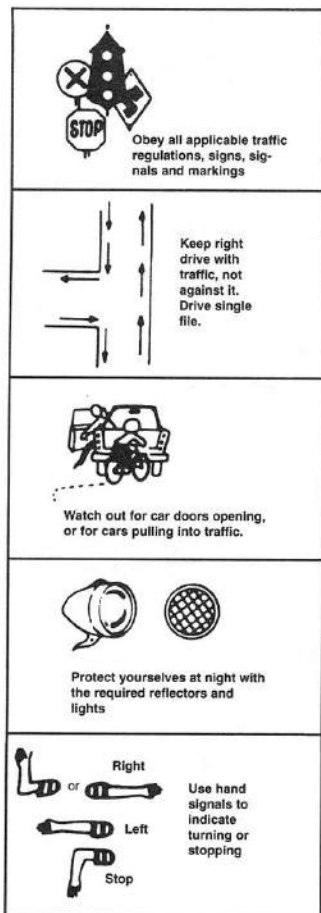
### Club Affiliations



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*

### Road Tubes: Is Lighter Better?

I've used many different types and weights of tubes over the last 30 years. Polyurethane, latex, latex-butyl combination, and butyl, I've tried them all. Weights have varied from 49gm. to over 250gm. in thorn-resistant butyls.

The polyurethanes were light, but they could not be patched with any degree of success. Latex tubes are light and offer some degree of puncture resistance due to their elasticity. However, they are expensive, they don't patch, they lose air quickly so you have to pump them up too often, and light weight butyls are now even lighter. The laminated latex-butyl tubes offered no real advantage over lightweight butyls. Which leaves us the patchable, durable, air holding butyl that we all buy.

When I built my new wheels this season, I wanted the least possible weight at the circumference of the

wheel. I used 20mm low profile light tires and Performance's lightest tubes, LunarLight, at 49gm. Front wheel, no problem. Not so for the rear. The combination of light (205gm.), high-pressure tires (125psi), and my 175lb. bod resulted in numerous flats and slow leaking bruises. Moving up to a 70 gm. tube solved the problem.

Bottom line: As usual with the front wheel, you can go as light as you like. Rear wheels need somewhat heavier tubes for reliability. I don't think latex tubes offer any real advantage over lightweight butyls. Standard butyls with Kevlar belted tires give even more puncture resistance.

P.S. I don't recommend 700x20 tires for routine road riding. The necessary high pressure and small contact patch with the road produces a harsh and skittish ride that could be dangerous in poor and wet road conditions.

### Elsewhere . . .

**Lance Armstrong** appeared in an ad promoting bicycling advocacy and the League of American Bicyclists on Outdoor Life Network during the Tour de France. The ad envisioned "the ideal world" for cyclists, which included, "drivers that pay attention to cyclists," "riding where I want safely," and a child, "riding [her] bike to school." Lance says, "Hi, I'm Lance Armstrong and when I'm racing in the Tour de France, I have crowd control to watch over me. When you are out riding your bike, you've got the **League of American Bicyclists** to watch over you."

On June 20, President Bush named **John Burke**, President of Trek Bicycle Corporation as well as the Bikes Belong Coalition, to the **President's Council on Physical Fitness and Sports**: a significant recognition of the role bicycling can play in the national effort to promote physical fitness to combat the epidemic of overweight and obesity due in part to physical inactivity.

**Quotable: Stu Baird, Brandywine Bicycle Club** newsletter editor: "For everyday rides with friends or for fitness or fun, minimum weight matters only psychologically, to the extent that we allow it to matter to our fragile egos inside our gullible little minds."



### Time Trial Results

Sunday, August 11



Name	Class	Time	Avg. Speed
Charlie Fitzgerald	MC	12.48	23.9
David Creagan	MB	13.37	22.5
Eric Zwicky	MB	14.57	20.4

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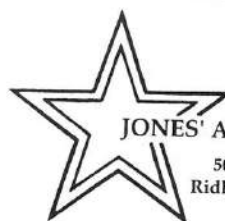
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## DVBC Members Test Mettle in Anthracite Triathlon

Two DVBC members, Bob Blackburn and Katrina Dowidchuk, participated in the July 21 Anthracite Triathlon in Jim Thorpe, PA. The event featured 155 competitors from thirteen states. The triathlon was comprised of a 1.5K swim, 40K bike race, and 10K run. We asked Bob and Katrina to write in and tell us about their experiences.

### Bob Blackburn:

It was supposed to get down to low 60's overnight but only made it to about 75 and muggy. Not good to be sweating before putting on your wetsuit. Race prep was fine. I needed help zipping the wetsuit because it was tight. I mail ordered it five years ago and was at the top end of the size. I should have gone up a size.

As in the last race, my shoulders were working too much against the wetsuit and at 500m they were sore. Oh, well, the wetsuit should help me break even on the swim anyway. NOT. I was looking for 25 minutes and hit the ramp at 35! And tired! OK, regroup, walk it off. Got the top of the wetsuit off and walked it into the T1 (first transition). I had to fight with the bottom for a long time. Last race it slid right off. Must perform exorcism.

Onto the bike. Heart rate was too high already and 1.5 miles up the road was a major one-mile climb. I hit the climb and dropped down to my granny gear. People were already walking. The sweat was pouring down my glasses and I couldn't see a thing. My heart rate was climbing way too fast in the humidity. I could feel the heat stress coming on (at least I know when it is coming). Stopped by a storm drain, barfed some Gatorade, and sat down for a few minutes to cool off and get my heart rate down. Back on the bike, feeling much better. As good as you feel during a race anyway. Then it started to rain lightly. I couldn't see a thing. Peeking over my glasses, I decided to take them off and try to stick them in my helmet. They fell out. I stopped and got them, of course on a hill. I then stuck them in the back of my shorts. The one big downhill where I was counting on making up some time, I hit during the rain. I had to take it easy. I still hit 44 mph, though. The rest of the ride, it took a long time to recover from the hills and it was a five-mile climb to T2. You have to save something for it.

Took my time in T2. The run went pretty much as planned. I walked up a couple of hills to save some energy since I wasn't going to run them much faster anyway. Sprinted the last 150 yards. They were out of Gatorade and I got the last cup of water. I guess that's what happens when you get in late. One woman finished in close to five hours and got a standing ovation. She deserved it. They had very unique trophies made out of anthracite.

Things to do:

- Get new wetsuit or not wear one next race
- Lose some weight
- Continue working on bike, especially hills.



### Katrina Dowidchuk:

The triathlon was great. We all know I need to have my head screwed on just a little tighter because who else would put great and triathlon in the same sentence? But I really enjoyed it, so much so that I'm going to do another one in September.

I finished as the third female, and 31st overall. Triathlons start with a swim—which seems a little nutty, to get in the freezing water at 7 am. But by the end I realized why it was first. I think the super smart race organizers know people would drown if the swim was last. So I took it easy on the swim—although some lady yelled at me for not having a wet suit. She said they save lots of time. I asked her how much and she indicated at least ten seconds. And I said, "Doesn't it take a least ten seconds to get out of it before you jump on the bike?" Silly me.

The swim was not hard but I was looking forward to the ride. And it was my favorite kind of ride—ridiculously hilly. We started with a two-mile slope at 10%, and a couple of 15 and 16% hills. It was harder than anything I had ever ridden. I finished the bike (about 25 miles) in 1:16. I was pleased—tenth best among both men and women. When I came in, the announcer person said, "...And here's the third place woman!" I couldn't believe it. I was looking around trying to find that illustrious chick, when my friend told me it was me.

All in all, it was great. I have to say the best part is that no drafting was allowed. Anyone who's ever pulled their slacker teammates up Sycamore Mills, only to see them gleefully charge on by would appreciate making everyone do their own work. Although I'd pull for my DVBC pals any day.

(Note: Our staff checked the race website and learned further that Katrina, in her first triathlon ever, registered the fastest time for any of the women in the bike ride. No surprise to those of us who have ever ridden with her.)



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# DELAWARE VALLEY BICYCLE CLUB



## Ride Calendar SEPTEMBER 2002



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

<b>Daily - Time Varies</b> Miles: varies, Class: C / C+ <b>Daily Ride</b>	An every-morning C to C+ ride of 5-10 miles is resuming and offered for anyone who calls the night or a few days before. Route is most always varied radiating around the Havertown area. Leaves my Havertown home at 401 Colfax Road. Call 610-789-7673. Joel Perlish.
<b>Tuesdays, 6:00p</b> Miles: 15-20, Class: C <b>Vocabulary Ride</b>	Join us for a spin around Southern Delaware County. Learn a vocabulary word or bring one to share. Meet us at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
<b>Wednesdays, 6:00p</b> Miles: 20+, Class C/C+ <b>Wed. Evening with Dom</b>	Will we see the Vice President at Cheney U? Is Dilworthtown really a town? Meet me and some of your fellow C riders at Rose Tree Park, Rte. 252 near Media, PA, for a "hills are our friends" ride through the surrounding area. No worries, no one will be dropped. Contact Dominick Zuppo at 610-407-4958(w) or 484-433-0476 (cell).
<b>Wednesdays, 6:00p</b> Miles: 25+, Class: A <b>Workout</b>	Meet me at Rose Tree Park on Rte. 252 for 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, 6:00p</b> <b>Except the 4th</b> Miles: 18-30, Class: C+ <b>Ride with Bonnie and Len</b>	Meet at Kingsway High School parking lot, Rte. 322 and Kings Highway in NJ. We'll stay together as a group. No one gets dropped. Speed isn't important, but getting out and riding is. Contact me at 856-866-1000 ext. 3472 daily 8:00am-5:00pm with any questions.
<b>Thursdays, All Month, 5:45p</b> Miles: 20+, Class: B <b>Show &amp; Go Evening Ride</b>	Join me or one of our fine ride leaders for a fast-paced ride from Rose Tree Park [Rte. 252, just north of Rte.1] Call Bob Leon at 610-833-2365.
<b>Sundays, 8:00a</b> Miles: 35+/-, Class: C+ <b>Wayne/Valley Forge/Lower Perkiomen</b>	Start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Questions, contact Brian at bwadedvbc@aol.com or 610-254-9485.
<b>Sunday, Sept. 1, 8a to 10a</b> Miles: 28, 50, 65 & 100 All Classes <b>Brandywine Tour</b>	26th Annual Brandywine Tour now with food at the end. Tour begins at the (NEW START) Pocopson Elementary School. Tour features wonderful scenery, food and water stops, cue sheets, well-marked routes, and sag support. Cost is \$15 day of tour and tour will be held rain or shine. See advertisement with directions in this newsletter or contact Jan at (610) 541-0784 or chadwick@craftech.com with questions.
<b>Monday, Sept. 2, 8:00a</b> Miles: 35+/-, Class C+ <b>Wayne/Valley Forge/Lower Perkiomen</b>	Start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Questions, contact Brian at bwadedvbc@aol.com or 610-254-9485.
<b>Wednesday, Sept. 4, 6:30p</b> Miles: None, Class: All <b>The Annual Vocabulary Ride Dinner</b>	All you Vocabulary Riders, come out to John Harvard's Brew House in Springfield for the Annual Vocabulary Ride Dinner, & nbsp. Please let me know by Tuesday the 3rd so that I can make reservations. Contact Dave Trout at 610-368-0760 or dm_trout@hotmail.com
<b>Saturday, Sept. 7, 7:00a</b> Miles: 100+/-, Class: B <b>Mays Landing</b>	We'll start from the Kingsway High School on Routes 322 and 551 in New Jersey. From there we'll stop at the Sugar Hill deli for great food before returning to Kingsway. Call Bob at 610-833-2365.
<b>Sunday, Sept. 8, 8:00a</b> Miles: 30 +/- Class C <b>Jersey Ramble</b>	We'll meet at the Kingsway High School on Routes 322 and 551 in New Jersey, for a training ride through South Jersey. Call Bob at 610-833-2365.

<b>Sunday, Sept. 8, 8:00a</b> Miles: 35+/-, Class C+ <b>Wayne/Valley Forge/Lower Perkiomen</b>	Start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Questions, contact Brian at bwadedvbc@aol.com or 610-254-9485.
<b>Monday, Sept. 9, 7:00p</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 chadwick@craftech.com
<b>Saturday, Sept. 14, 7:30a</b> Miles: 70 +/-, Class: B <b>Northbrook Orchards</b>	Meet me behind the Dunkin Donuts at Fairview Road and MacDade Blvd. We'll ride to Northbrook Orchards for snacks and decide which route to go back. Call Bob for details 610-833-2365.
<b>Saturday, Sept. 14, 8:00a</b> Miles: 5.1, Class: All <b>Time Trial</b>	Must be a DVBC member to participate. Membership forms will be available. Participants should be ready to be timed at the scheduled start time. Rtes. 662 and 601, Purelands Industrial Park, Bridgeport, New Jersey. Contact Len Zanetich at Work: M-F 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
<b>Saturday, Sept. 14, 9:00a</b> Miles: 60+, Class: C+ <b>Ride to Buena</b>	Ride with Bonnie and me after the Time Trial from Rtes. 662 and 601, Purelands Industrial Park, Bridgeport, New Jersey. No one gets dropped. Contact Len Zanetich at Work: M-F 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
<b>Sunday, Sept. 15, 8:00a</b> Miles: 35+/-, Class: C+ <b>Wayne/Valley Forge/Lower Perkiomen</b>	Start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Questions, contact Brian at bwadedvbc@aol.com or 610-254-9485.
<b>Sunday, Sept. 15, 8:30a</b> Miles: 35+/-, Class: C <b>Kountry Kitchen</b>	Join me for a ride to the Kountry Kitchen. We'll meet at that familiar start, Kingsway High School, Routes 322 & 551 in New Jersey. Be there for a relaxing ride to a good breakfast. Call Bob at 610-833-2365.
<b>Sunday, Sept. 15, 9:00a</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 maybe Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
<b>Saturday, Sept. 21, 9:30a</b> Miles: 15-30, Class: C <b>CU at Selene</b>	Start at Selene Whole Foods Co-op, 305 West State St. in Media. Enjoy this ride through the hills and valleys to Ridley Creek State Park and beyond. Have free refreshments afterwards inside the store. There is free parking in a lot just west of the Co-op. Contact Ira Josephs at 610 565 4058 or ira@dvbc.org
<b>Sunday, Sept. 22, 8:00a</b> Miles: 35+/-, Class: C+ <b>Wayne/Valley Forge/Lower Perkiomen</b>	Start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Questions, contact Brian at bwadedvbc@aol.com or 610-254-9485.
<b>Sunday, Sept. 22, 8:30a</b> Miles: 35+/-, Class: C <b>Richman Ice Cream</b>	Meet me at the Kingsway High School on Routes 322 and 551 in New Jersey for a ride through South Jersey to the best ice cream in town. Call Bob at 610-833-2365.
<b>Sunday, Sept. 22, 9:00a</b> Miles: 80+/-, Class: A-/B+ <b>Cross County Tour</b>	Meet at Westtown-Thornbury Elementary School (on Westbourne Rd. north of 926. A very scenic tour that crosses from southeastern Chester County, north and west to Berks and Lancaster Counties. Two tough climbs in the middle third. Bring money for two stops. Final average was 17.8 last time. Glenn Lyons (610) 399-0624 or rollingspeed@cs.com.
<b>Saturday, Sept. 28, 8:00a</b> Miles: 75+, Class: C+ <b>Smithville Bakery</b>	Meet at Kingsway High School, Route 322 & Kings Highway in New Jersey, for a ride through Gloucester, Camden, and Burlington Counties. No one gets dropped. Contact Len Zanetich at Work: M-F 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
<b>Sunday, Sept. 29, 8:00a</b> Miles: 70+, Class: A <b>Art Museum/Valley Forge</b>	Meet at Rose Tree Park and we will travel to Manayunk, do our normal Art Museum loop, and back through Valley Forge. Expect a fast pace and lots of nice friendly hills. Contact Tony at 610-416-0514 or tony@craftech.com
<b>Sunday, Sept. 29, 8:00a</b> Miles: 35+/-, Class: C+ <b>Wayne/Valley Forge/Lower Perkiomen</b>	Start at the R5 Wayne Train Station, ride to Valley Forge Park, go once around before taking the newly paved Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Questions, contact Brian at bwadedvbc@aol.com or 610-254-9485.



From **Tour de DC**, p.1

Vietnam Veteran's Memorial. We didn't want to take the bikes (a little too tired for that) and I think they are afraid of the Metro; they kept calling it the "subway." We did hike about ten blocks looking for ice cream, though. Who worries about a diet when you're hauling all this weight around on a bicycle for days on end, right?

**Day 3**

Raining. Walked to the Zoo. Washington must have the best zoo of any I've ever seen. Free, too! Very impressed. Soaking wet. I went off on my own to explore and wander after lunch. Went to Dupont Circle and checked out my favorite bookstore (Kramerbooks & Afterwords). Can't indulge though. No souvenirs allowed on a bike trip. Went down to the Mall and watched people, my favorite thing to do. Overheard a 13-year-old girl ask her mother what the Vietnam War was, "You know, like, what were we fighting for?" The mother just stammered, and then said it was time to go. How do you answer that question, anyway?

Interesting watching people stop every couple of minutes to watch a plane land at Reagan National and fly almost directly over the Lincoln Memorial and the Pentagon behind it. Weird blank expressions on their faces.

I must have walked ten miles or more today. Probably a mistake. My calf muscles are tight. Hope I can stretch them out.

Barbara Marsh came down and spent the day with us. She took Walt back because he wasn't feeling well. But then Mike and Doug got this brainstorm and sent half their stuff back with her. Cheaters. They will never hear the end of this! Doug on his lightweight custom titanium bike complained about how heavy it was, and all the stuff he didn't need. He had been bragging last weekend that all he was taking with him was shampoo, a t-shirt and shorts. He ended up with two full panniers of stuff. Isn't it supposed to be the girls that overpack?

Gave Bob his inaugural Metro ride in the evening and went over to Arling-

ton Cemetery and the Pentagon. He now agrees that the Philadelphia subway cannot be compared to the Washington Metro; they are not even in the same category.

**Day 4**

Ouch.

My calf muscles and the entire backs of my legs are so sore! This can't be just from walking; it's from dragging the weight of my bike up all those hills. Didn't

realize I was using the backs of my legs so much, but I guess that means I'm doing it right. My bottom bracket is making noise. Stopped in at a bike shop about 20 miles out, but they were afraid to fix it for fear of stripping the crank arm. It'll make it home, though. Had lunch at the Inner Harbor and hung out there for two hours. Great music from a live street band, but it's really getting hot and starting to steam up. The boys are competing to see who can get rid of the most weight now. They keep trying to spend their extra change because it adds weight. Doug's bike probably weighs 25 lbs. now and mine about 40. The problem with riding back the same way we rode down is that now Doug is telling the same bad jokes in the same places. Very hot! After 65 miles we had dinner at that Italian place across the street again. They talked me into carrot cake for dessert. I better not gain weight on this trip.

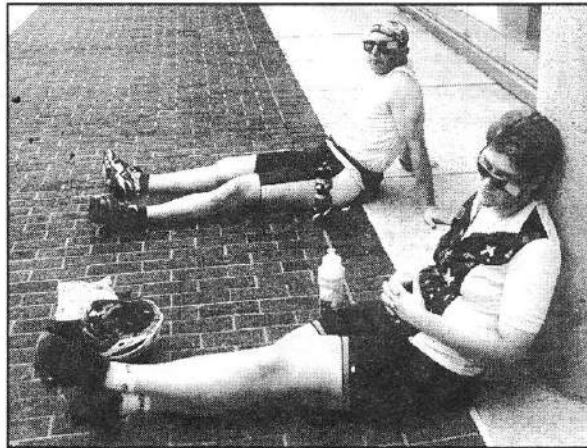
**Day 5**

Exhausted. I swear I used my granny gears all day. Good thing Bob put those things on. Mike had the only flat tire of the ride. No serious mechanical problems, either. Had a great

Mexican lunch in Oxford about 11 am. Note to self for future: Don't eat refried beans while on long bicycle ride. 85 miles, I swear we climbed all day. The other side of the dam on the

Susquehanna River was nasty. I remember vaguely through the fog of exhaustion, while riding up Sweetwater Road, seeing "4 mph" on my computer. I can usually walk faster than that.

4 pm:  
lying in my hammock in



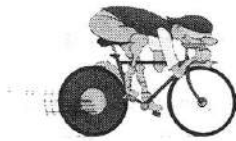
**Are we there yet?** Mike Toof and Jan Chadwick are feeling the heat and humidity as they take a break from their bike tour.

my backyard. Thank God it's over. I don't think I'll ride any more this year, I'm done. The boys kept asking me which bike I was going to take to the picnic on Saturday. I made some vague excuse about needing to have the bottom brackets on both my bikes looked at. Too tired to think about it. I made it though. Told you I would, Dave. Think I'll unpack tomorrow, the stinky clothes will have to wait.

**Day +2**

Went out on 15-mile recovery ride. What a difference it is to ride a lightweight carbon fiber bike with no panniers. Lost two pounds on this trip and I pigged out too! It's so cool to take off from your front door and ride for days with all the stuff you need. There were lots of hills, but the scenery overlooking the dam on the Susquehanna was gorgeous. It was fun watching the expressions on people's faces when we told them we were riding from Philadelphia to D.C. and back. They looked at us like we were crazy, and my response was, "Yep, we are."

Entry on to-do list: Call Bob and see where we're going next year.



## Bike Dirt

By F.X. Pedrix

The song "Hot, Hot, Hot" was playing on our stereo when I came down for breakfast one weekend morning last month. It was Babs' feeble attempt to try and convince me that it was too hot to ride and I should stay home and do some nice air-conditioned chores in our house. I have tried to explain to her many times before that the heat only adds to the ride. We bicyclists are a pain loving lot, we look for the steep hills and long, tiresome rides. Heat only adds to the pain. Trouble is, how do you get someone to understand whose workout motto is "no pain – no pain."

The heat and pain didn't deter four of our club members who, in the middle of July, did a multi-day ride from their homes in Delaware County to Washington D.C. and back. With fully loaded panniers they pushed their way up and down the many hills on the way and, I'm sure, loved every ounce of pain. The group was comprised of three guys and one gal and as of the this date my spies have not been able to find out what the sleeping arrangements were, despite offers of large bribes.

Speaking of a hot time, the club discovered that it did not have insur-

ance and that our carrier was being investigated for fraud. Our President-for-Life quickly snapped into decisive action. All club rides were officially cancelled, although we think some took place surreptitiously. She cautioned that board members' and officers' estates could be attached in a lawsuit. DVBC instantly took on the look of a sinking ship with board members and officers jumping off right and left. Our more than capable President had the crisis fixed the following day with a new and reputable insurance provider.

The Slow Rider Department: After thinking about last month's comments on slow riding, one of our members sent in this idea. While riding in Canada this summer on vacation, he was forced to use the metric system. "I realized that if all of us slower riders started using kilometers on our bike computers, we could all talk like the "A" riders. We could say things like, yeah, I did a 100 yesterday and averaged 22.6!"

I imagine that many members are sad and depressed by the end of the Tour de France. Happy that Lance won again, but sad that the TV coverage is

over. In the same vein, there is probably an equal number of spouses who are ecstatic that they will no longer have to listen to Phil and Paul utter such things as: "a huge, massive gear", "...a cheeky move", "a gap of round about four minutes", "The gods of cycling....", "He's trying to rattle Armstrong's cage", "Men are getting popped off the back", and who can forget "His legs are screaming to stop, his brain is saying full power in the engine room."

Although ultimately cooperative, the Mother Lode did not make it easy for my spies to obtain information on her initial foray into triathloning. When asked to provide the web address of her event, she wrote back: [www.thisdoesNOTgothenewsletter.com](http://www.thisdoesNOTgothenewsletter.com). Paul would say: "This newcomer is digging into her suitcase of courage to ride the race of her life. She deserves the white jersey that signifies the event's best young rider. It's absolutely a huge, massive race she's riding, Phil."

Send your gossip, news, jokes, trivia, rumors or outright lies to [fxpedrix@hotmail.com](mailto:fxpedrix@hotmail.com).

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## REGIONAL EVENTS

**Sun. Sept. 1: Brandywine Tour,** Pocopson Elementary School, Pocopson, PA. 28, 50, or 100-mi. routes on rolling to hilly terrain. Scenic country back roads through beautiful Brandywine River Valley. Century route passes through 3 counties, including Lancaster County. \$15 reg. Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156; 610-541-0784. [<chadwick@crafttech.com>](mailto:chadwick@crafttech.com) [www.dvbc.org](http://www.dvbc.org)

**Sept. 5-8 (tentative date): Great Peanut Tour,** Emporia, VA. A 4-day rally in Southside VA & Northeastern North Carolina. All rides begin at

Cattail Creek R.V. Park & Campground. Camping and motels avail. Emporia Bicycle Club, C/O Robert C. Wrenn, P.O. Box 668, Emporia, VA 23847; 1-800-449-BIKE (1-800-449-2453) - no calls after 9 pm. [www.greatpeanuttour.com](http://www.greatpeanuttour.com)

**Sept. 7: Amish Country Tour,** Dover, DE. 15, 25, 50, 62, or 100-mi. Flat. Mass start at 8:15 near Visitors Center, Federal Street, Legislative Mall, Dover. Amish Country Tour, P.O. Box 576, Dover, DE 19903; 1-800-233-5368 or 302-734-4888. [<kctc@visitdover.com>](mailto:kctc@visitdover.com) or [www.visitdover.com](http://www.visitdover.com)

**Sept. 8: Southern Maryland Fall Century,** Indian Head, MD. 25, 50, 63,

or 100-mi. routes from Village Green. Oxon Hill Bicycle and Trail Club, P.O. Box 81, Oxon Hill, MD 20750.

[<info@ohbike.org>](mailto:info@ohbike.org) [www.ohbike.org](http://www.ohbike.org)

**Sept. 14: Civil War Century,** Thurmont, MD; 25-100 mi. Century visits 3 Civil War battlefields: South Mountain, Gettysburg, and Antietam; hilly. Rolling 64-mi. and 50 mi. routes go to Gettysburg, or a flat-to-rolling 25-mi. route through 3 covered bridges. Baltimore Bicycle Club, P.O. Box 5894, Baltimore, MD 21282-5894. Phil Manger, 410-666-0585. [<cwc@baltobikeclub.org>](mailto:cwc@baltobikeclub.org)

[www.baltobikeclub.org/CWCbrochure.htm](http://www.baltobikeclub.org/CWCbrochure.htm)

*Continued on next page*



## REGIONAL EVENTS *(from p.9)*

### Sept. 15: SCU Lake Nockamixon

**Century**, Horsham, PA. Start Hatboro-Horsham High School, 899 Horsham Rd. (Route 463), Horsham, PA. Suburban Cyclists Unlimited, Box 401, Horsham, PA 19044; 215-362-2216.

<centuries@suburbancyclists.org>

### Sept. 21: Jersey Devil Century

Parvin State Park, Centerton, NJ; 25, 50, 75, 100, or 125 mi. \$14 pre-registration until 9/12; \$17 day of. South Jersey Wheelmen, P.O. Box 2705, Vineland, NJ 08362-2705; 609-848-6123. <biker@cccny.net>

www.sjwheelmen.org

### Sept. 21: Univest Grand Prix race and

**Cyclosporitif** recreational ride, Souderton, PA. 62-mile Cyclosporitif rides same course as Univest Grand Prix race, preceding it. www.spartacycling.com still has the 2001 information. John Eustice, Sparta Cycling, 920 Broadway, Suite 905, New York, NY 10010; 212-358-9337.

### Sept. 22: Scenic Schuylkill Century

Philadelphia. Bicycle Club of Philadelphia, P.O. Box 30235, Phila., PA 19103. www.phillybikeclub.org

### Sept. 28: Adams Apple Ride

Gettysburg, PA. Ride through the battlefield & Adams County. Gettysburg-Adams County Chamber of Commerce, 18 Carlisle St., Ste. 203, Gettysburg, PA 17325; 717-334-8151. <info@gettysburg-chamber.org>

www.gettysburg-chamber.org

### Sept. 28-29: MS150 City to Shore

Cherry Hill to Ocean City, NJ. Registration fee + min. donation. Nat'l. Mult. Sclerosis Soc., Greater Delaware Valley Chapter, 1 Reed St., Ste. 200, Philadelphia, PA 19147; 1-800-445-BIKE. <ms150@pae.nmss.org> www.ms150biketour.org

### Sept. 28-29: Twin Century Ride

Newark, DE to Rehoboth Beach. 100-mi. Optional start from Park-n-Ride in Odessa. \$35. (double occupancy). White Clay Bicycle Club. Mario Nappa, 3 Oakridge Ct. Newark, DE 19711.

www.whiteclaybicycleclub.org/  
twincenturies.html

### Sept. 29: Ramapo Rally

Ringwood, NJ. Bicycle Touring Club of North Jersey, P.O. Box 839, Mahwah, NJ 07430-0839; 973-284-0404. <btcnj@yahoo.com>

www.btcnj.com

**Oct. 3-7: Rehoboth Tour**, 165 mi. 1-way fully-supported tour starting from Doylestown, PA. Optional rides 5-100 miles in Rehoboth Beach. Pedal Penna., P.O. Box 385, Harleysville, PA 19438; 215-513-9577, fax: 215-513-7552.

<Pedalpa@netcarrier.com> www.Pedal-Pa.com

### Oct. 5: Belleplain Fall Century

Belleplain State Forest, Woodbine, NJ; 30, 65, or 100 mi. 8 am. \$20, free T-shirt with pre-reg. by 9/29. Shore Cycle Club, P.O. Box 492, Northfield, NJ 08225-0492; 609-296-4726. <sundeck@sprynet.com>

www.shorecycleclub.org

### Oct. 12: Sea Gull Century

Salisbury, Maryland. No day-of-event reg. 410-548-2772. www.seagullcentury.org

### Oct. 13: Covered Bridges Ride

Tinicum Park, Erwinna, PA; 20 or 32 mi. flat terrain, or 32, 50, or 63 mi. hilly terrain. Central Bucks Bicycle Club, P.O. Box 1648, Doylestown, PA 18901. Wayne Siefert, 215-504-2140.

<coveredbridges@att.net>

www.cbbikeclub.org

### Oct. 19: Savage Century

Newark, DE; 40, 60, 75 or 100 mi. One of most difficult rides on east coast. Major hills only on 75 & 100 mi. loops. \$14 by 9/25, \$18 after. White Clay Bicycle Club, Mary F. Becker, 106 Mill Top Dr, Kennett Square, PA 19348; 610-925-0757.

<info@whiteclaybicycleclub.org>

www.whiteclaybicycleclub.org/  
savage.html

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## BONKERS



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## Brandywine Tour

### Sunday, September 1, 2002

28, 50, 65 and 100-mile routes

**Time:** 8-10 am for all routes. All support services will end at 5 pm. Century riders recommended to arrive promptly at 8 am.

**Place:** Pocopson Elementary School in Pocopson, PA

#### Directions:

**From Rte. 202** just south of West Chester, take Rte. 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot.

**From Rte. 1** in Chadds Ford, take Rte. 100 north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge. (See above).

**From West Chester** city, take Rte. 100 south about 4-5 miles. Turn right at Rte. 926 west. (See above).

**Cost:** \$12 pre-registration. (If postmarked by August 23, 2002). \$15 day of the ride. **Ride will be held rain or shine.**



### New Members!

A Micheal Broennle  
Brian Campbell  
David Cunicelli

Jack Donnelly  
Marian Droba  
Kevin Finn

Charles Loughhead  
Shawn O'Brien

Sunday morning mountain bike rides  
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Special discounts for club members

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

**Application for DVBC Membership**

(Expires 1 year from date joined/renewed)

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

Check one: ☐ new member or ☐ renewal

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

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

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

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

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

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

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) = \_\_\_\_\_

**I'll volunteer for:**  
(check all interests) ☐ Ride Leader  
☐ Tour Volunteer  
☐ Board Member

*Please send your check or money order to the:*

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

In consideration of the acceptance of my application for entry into the DVBC, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the DVBC. In addition, this release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees) from and against any and all liability arising out of or connected in any way with my participation in any event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of parent or guardian (if under 18 years)