

Delaware Valley Bicycle Club



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

October 2002

Brandywine Tour Proves Antidote for Drought

When the radio clicked on at 6:00 am, it seemed to Terry that the pre-dawn was even darker than usual. Terry thought, "Maybe it's just cloudy.... No, wait! I think I hear raindrops!"

The radio announcer confirmed Terry's suspicions. "Don't plan any outdoor activities today," he stated. "It's going to be a soaker."

Rolling over, Terry mumbled, "I think I'll skip the Brandywine Tour."

This scene was repeated in hundreds of homes throughout the Delaware Valley on rainy September 1st, as bicyclists stayed away from the DVBC's Brandywine Tour in droves. In fact, of the 400 to 500 expected, only 20 actually reported to the registration desk and 19 rode the tour.

Most impressive were the two riders, Mike Crown and Matt Eagens, who completed the century, followed by their personal SAG wagon, with driver Walt Linton and ace mechanic Bob Martin. While they rode, SAG Supervi-

sor Tony Rocha kept in constant contact by cell phone and the other volunteers monitored their progress on Tony's route map on the Big Board.

The DVBC had been primed to host its best tour ever and, absent a major turnout, club members were determined to lavish their attention on nineteen committed, rain-soaked bicyclists, most of whom had arrived from other states the night before. Apparently those travelers, like Bernard Alter of Baldwin NY, reasoned that, having come this far, they did not want to go home empty-handed. When asked if he had come alone, Bernard responded, "You bet I came alone! Who else would be crazy enough to do this %#! in the rain with me!"

Deforest Borders and triathlete Sandra Scibelli, both of Manhattan, reached the 29-mile food stop before abandoning due to a mechanical problem. But, even in the rain, they had seen enough of the tour to be im-

pressed. "We're bringing some of our other club members back to ride the course in two weeks," said Deforest. "That's how impressed we are with the scenery."

DVBC members believe they were poised to make the 2002 Brandywine Tour the best ever. The 35 working volunteers, led by Tour Coordinators Drew Knox and Brian Wade, were excited about their new, scenic route, new Pocopson start/finish, eleven SAG vehicles, abundant portable toilets, two food stops, additional water/banana stops, and a full meal at the finish, including pizza.

The members had labored successfully to establish control over every variable necessary to host a successful bicycle tour—except the weather.



DVBC Night at the Movies!

Monday, October 8, 7:30 pm



"The Bicycle Thief"

Delaware County Peace Center
*Bring your own soft drink,
but food will be provided.*

A painter and his son search for a stolen bicycle vital for his job. "The Bicycle Thief is without a doubt De Sica's masterpiece of Italian neo-realism filmmaking. It is a true landmark in cinema history." — *some famous film critic.*

WANTED:

"C" RIDERS TO LEAD
"C" RIDES.

Why not share that favorite route of yours with other C riders in the club? Send a ride description in to rides@dvbc.org by the 12th of the month.



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

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 jc@dvbc.org

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 youngm@email.chop.edu

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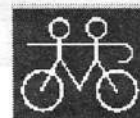
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Brian Wade, bwadedvbc@aol.com

Club Affiliations



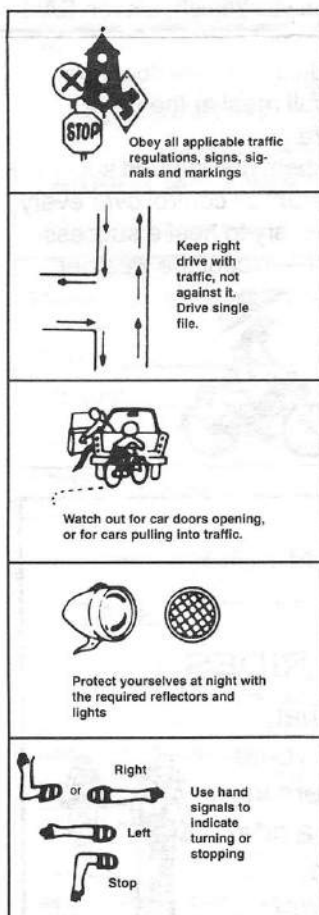
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*Bicycle Coalition of the
 Delaware Valley*

*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!



Time Trial Results

Saturday, September 14



Name	Class	Time	Avg. Speed
Charlie Fitzgerald	MC	12.30	24.5
Glenn Lyons	MC	13.36	22.5
David Creagan	MB	13.45	22.3

Charlie Fitzgerald did not break his own club time trial record on September 14 but he did take a major step toward the season championship. His time of 12:30 for 5.1 miles won the day and gave Charlie a three-time trial total 37:37. Standings are based upon the total of each rider's three fastest times and, barring the supernatural, Fitzgerald seems to have a lock on the 2002 championship.

WELCOME



New Members!

Brian Eberz
Kevin Finn
Michael Ging
Jane Mingey
J. Kevin White



Club Day

**Eastern Mountain Sports
Haverford sponsors
Club Day October 26, 2002.**

Local organizations promoting outdoor activities will be available on site between 10 am and 2 pm to answer your questions and provide free literature.

DVBC members get a 20% discount off of everything in the entire store Friday Night, 4-9pm, and all day Saturday.

*Bring your newsletter
with mailing label to qualify.*

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Call for information

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Cycle Fit of Delaware County

320 South Chester Road
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Special discounts for club members

Largest selection of bikes in Delaware County

Specializing in closeout models

Getting Fit

By Drew Knox and Bill Boston

This is the time of year when many of you are riding your best and enjoying the benefits of the cooler weather and the strength you've built from racking up all those miles this year. So you might wonder why we're still fixating on proper bike fit. The answer is because all of those miles may be talking to you, especially if you are tackling longer rides.

A properly fitting bike may relieve the pain you develop in your neck, back, hands, crotch, knees, or feet after pounding out a century, while a poorly fitting bike may accelerate pain to any of those areas. Andy Pruitt's *Medical Guide for Cyclists* covers causes and remedies for all of those areas while taking you from initial sizing to advanced setup. We've talked about the importance of correct initial sizing in earlier articles; if the bike is poorly sized, you may not be able to make the necessary changes to tweak the fit. Then you're stuck.

The focus of this book is on the fine tuning adjustments that move a bike from perhaps a 95% proper fit upwards, and Pruitt covers this in wonderful detail from pedal float to descriptions of eight different types of knee injuries (the #1 complaint of cyclists) along with symptoms, causes, and treatments. This is

invaluable material if you are creaking down steps after a hard training ride.

Pruitt also recognizes that many of us weren't born equal. That is, it is common to have one arm or leg longer than the other. Because leg length inequality, or LLI, is a greater concern to cyclists, Pruitt describes various methods for measuring and offsetting that difference. While on the whole Pruitt's advice is admirable, we do disagree with his prescription for femur length discrepancy.

"When one thighbone is shorter than the other you can't sit square on the saddle. The center of the knee wants to be directly over the pedal axle, and that's impossible when the upper legs are of different lengths. Riders with this problem can't get completely comfortable on the bike no matter what they do. The solution is to shim and move the short-leg cleat." We believe a better (but more expensive) solution would be using different length cranks.

We'll talk more about that and other fitting solutions in the next article. In the meantime, begin your own research by ordering an eBook or a paperback of Andy Pruitt's *Medical Guide for Cyclists* by pointing your browser to www.roadbikerider.com/bookstore.htm and forking over \$12.95.

Biking Flea Market

*Biking products
at prices
you won't believe!*

Lehigh Valley Velodrome

Saturday, October 12

8 am, leave velo for home
between 1 & 2 pm.

Ride in the DVBC's team van.
No charge for DVBC mem-
bers and their families! Re-
serve space for yourself (and
the bike you might buy) by
contacting Jan @
jc@dvbc.org or 610-541-
9784.

DIRECTIONS: Meet at
Victoria Baptist Church, Exit 3
(Not Rte. 3 exit!) —Media/
Swarthmore—off the Blue
Route (Rte. 476). Turn East
towards Swarthmore. The
church is approx. 1/10th mile
on the right, old stone church
with red doors.

Thank you
supporters of the
Brandywine Tour!

blue route vineyard



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DELAWARE VALLEY BICYCLE CLUB



Ride Calendar OCTOBER 2002

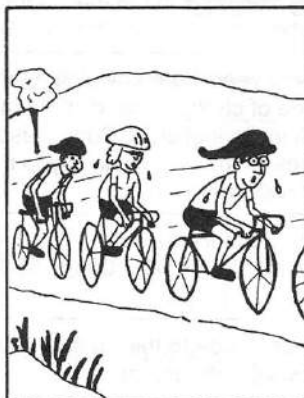


..... Recurring Weekday Rides

Tuesdays 6:00p Miles: 15-20 Class: C Vocabulary Ride	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
Wednesdays, 6:00p Miles: 15+ Class: A Workout	Still want to ride in October? Call me for the start location. Must have lights as we will return in the dark. Contact Tony Rocha at 610-416-0514 or tony@craftech.com.
Sundays, 8:00 am Miles 35+/- Class C+ Wayne/Valley Forge/Lower Perkiomen	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. Average pace is 13/14 mph. Ride starts PROMPTLY AT 8:00 am! Questions contact Brian at bwadedvbc@aol.com or 610-254-9485
Saturday, Oct. 5. 7:30a Miles: 126+/- Class B+ Ocean City, N J	Meet at the Kingsway H.S. routes 322 & 551 for a ride to Ocean City, NJ. We'll stop for lunch and rest on the Boardwalk. This may be the last ride to the shore in 2002. Call Edward Sobolewski for more info 610-358-3055.
Sunday Oct. 6, 8:00a Miles: 5.1, Class: All Time Trial	Last Time Trial for the season. 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.
Sunday, Oct. 6, 9:00a Miles: 35+ Class C South Jersey Ramble	Meet at the Kingsway H.S. routes 322 & 551. We'll ramble through farms & horse country and a few small towns. Call Bob Martin at 610-352-2114.
Sunday Oct. 6, 9:00a Miles: 50+ Class: C+ Ride to Salem	Meet at Kingsway at 9:00a after the Time Trial and ride with Bonnie and I to Salem, 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.
Monday, Oct. 7, 7:00p Board Meeting Springfield Friends 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@craftech.com.
Friday, Oct. 11, 6:00p Brandywine Tour Volunteer Party / Jan's House	If you helped out in any way on the Brandywine Tour, come on over to Jan's house for the traditional volunteer pizza party. So we only had 18 riders, we all still worked really really hard! Come relax and kick back. Watch for your invitation with directions in the mail. If for some reason yours gets lost, contact Jan at (610) 541-0784 or jc@dvbc.org.
Saturday, Oct. 12, 8a Victoria Baptist Church Van to the Velodrome	The Trexlertown Velodrome has the best swap meet every year! So many club members usually go that we decided to rent a van this year. The van is free of charge to all club members and their families. We will be leaving from Victoria Baptist Church in Springfield at 8am. Reservations required as seating is limited to 10 people (this still leaves room for any bikes you might buy!). Contact Jan (610) 541-0784 or jc@dvbc.org to get your reservation in.
Saturday, Oct 12, 8:30a Miles: 70+ Class: C+ French Creek	Meet in parking lot across from Chadds Ford Elementary School on Route 1 for a ride to French Creek. No one gets dropped. Contact Len Zanetich at Work: M-F 8:00-5:00pm, 856-866-1000 x3472. Home: 610-558-6232.
Sunday, Oct. 13, 9:00a Miles: 40 Class All Kountry Kitchen	Meet at the Kingsway H.S. routes 322 & 551 for multi-paced ride to the Kountry Kitchen with cue sheets. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net.

Sunday, Oct. 13, 9:00a Miles: 80-82, Class A-/B+ Cross County Tour	Meet at Westtown-Thornbury Elementary School. A scenic tour that crosses from southeastern Chester County north and west to Berks and Lancaster Counties. Two tough climbs in the middle third. Final average was 17.8 back in May. Glenn Lyons 610-399-0624 or rollingspeed@cs.com.
Monday, Oct. 14, 7:30p Gen. Membership Meeting Springfield Friends Meeting	Movie Night! Come and watch a classic bicycle movie, "The Bicycle Thief." This Italian (with English subtitles) movie is supposed to be a must see for all cinema and bicycle buffs. We have a big screen showing planned! BYO Soft Drinks, snacks provided. Contact Jan at (610) 541-0784 or jc@dvbc.org for directions or information.
Saturday, Oct. 19, 10:00a Miles: 15-30, Class C CU at Selene	Start at Selene Whole Foods Co-op, 305 West State St. in Media. Enjoy this early fall 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
Saturday, Oct 19, 9:00a Miles 46 +/- Class: C+ Northbrooke Orchards	The 1st Annual Autumn Apple. Start at Rose Tree Park on RT 252 ride to Northbrooke Orchard, chow on the Autumn Apples and return to RTP. Expect hills, and seeds. Average pace 13/14 mph. Ride starts PROMPTLY AT 9:00 am! Questions contact Brian at bwadedvbc@aol.com or 610-254-9485.
Saturday, Oct. 19 8:00a Miles: 100+/- Class B Mays Landing	Meet at the Kingsway H.S. routes 322 & 551 for a ride to Mays Landing, NJ. We'll stop for lunch at a new eatery that I have discovered. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Oct. 20, 9:00a Miles: 40+ Class C Kountry Kitchen	Meet at the Kingsway H.S. routes 322 & 551. We'll ramble through farms & horse country with our breakfast stop at the Kountry Kitchen. Cue Sheets will be provided. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Oct 20, 9:00a Miles 70+ Class A Art Museum/Valley Forge	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
Saturday, Oct. 26 10:30a Miles: 50 Class C/C+ Phoenixville Half-century	Meet at First Union, Rte. 23, Phoenixville Before coming, call Walt at 610-466-7474 Bring snacks and water.
Saturday, Oct. 26, 8:30a Miles: 50+/- Class B Witness Ride	Meet at Bob LaDrew's house in Coatesville for 8:30 am continental breakfast and 9:00 am ride. Visit sites where scenes from the movie "Witness" were filmed. (Call for breakfast reservations). Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday Oct. 27 9:00a Miles: 35+ Class: C Art Museum	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to The Art Museum with a stop in Manayunk on the way back. Expect some hills, but no one will get dropped. Bring money for a snack. Call Bob Martin at (610) 352-2114
Sunday, Oct. 27, 9:15a Miles: 60, Class: B/B+ Westtown and Beyond	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 610 565 4058 or ira@dvbc.org
Wednesday, Oct 30, 6:00p Miles: 0 Class: ALL Plate Workout	For ALL Wednesday and Thursday night riders. This includes Tony's, Sarah's, Dom's and Bob Leon's group. To finish our great season of after work riding, we are all meeting at the Iron Hill in Media for a nice and deserved dinner. Contact Tony by the 26th to make reservations. tony@craftech.com or 610-416-0514

BONKERS

CARTOONS
OF THE
DVBC

Quotable

Jeff Caples, Hanover Cyclers president, in a pitch to convince members to volunteer for an officer's position:

"After becoming a club officer I've received promotions and raises at work. Every time I buy something, it's on sale. Since I've been a club officer my wife even says I'm better in... Well, never mind that part.... Club officers get invited to the best parties. We get free popcorn at the movies and huge discounts at local retailers. At meetings club officers are treated like rock stars and we can request anything we want in our dressing rooms. The money we receive from endorsements alone finances our lavish lifestyles.... Volunteer to be a club officer."

Mark Roberts, a casual cyclist from Brooklyn, in a posting on the PittsburghLive.com website:

"America, if you're driving too fast to deal with a cyclist who's on the side of the road, what else are you driving too fast for? Answer: for every other possible roadside encounter, such as cars entering the roadway, a child, a deer, an armadillo, a broken muffler, a pedestrian, or your mama, who may be out fixing the mailbox. What's the solution? Hint: it involves the use of the wide, horizontal pedal."

"Uncle Al," a bike shop owner who shares his wisdom with online readers of Roadbikerider.com:

"...If you have an air compressor, blow the chain dry. If you don't, sneak your wife's hairdryer out to the garage and dry it with that. If she catches you, use this opportunity to explain why an air compressor is a necessary part of modern living and that your birthday is coming soon, in case she wants to know what you really need."

Fax (610) 353-8230

Phone (610) 356-1515

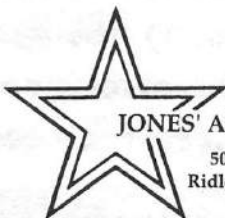
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610-522-1370
Fax: 610-522-8294

Thanks to Brandywine Tour Pre-Reggies!

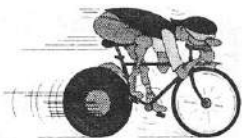
Our heartfelt thanks goes out to those of you who pre-registered for the Brandywine Tour. We don't have to tell you how wet it was that day. While 19 diehards did come out and ride, sixty-three others, perhaps prudently, opted out.



To say thanks for your pre-registration, the DVBC will be mailing you the Tour cue sheet, along with a \$5 discount off the pre-registration price for next year's Brandywine Tour. Thanks, gracias and merci!



Soaked but still smiling, Mike Crown and Matt Eagens were the only Brandywine Tour's only riders to complete the century in the rain.



Fahrrad Schmutz

By F.X. Pedrix

I just could not get to sleep. The unusual sound of rain on the house was keeping me awake. I got up and left Babs snoring gently and went off to my computer to see if I could come up with something for this month's column. My e-mail box was full of the usual drive: "Your Free Membership", "Get rid of Debt", "Melt the fat away now", "Tax Problems?", "All Natural Breast Enhancer", ad nauseum. Still, buried in with all the spam, was a wealth of rumors and gossip sent by my ever-faithful spies.

One of my spies claims to have talked to someone who thinks they saw an "A" rider in a DVBC club jersey, but I am refusing to print it on the grounds that it would be irresponsible to publish such a wild accusation without confirmation.

Unless, by the end of the year, someone manages to kill or seriously maim a large vertebrate animal, rumor has it that one of our members has a lock on the Road Kill Trophy for this year. One of our less hirsute members had a bird fly into the spokes of his bike and because he had those fancy bladed spokes, his titanium bike looked more like a deli slicer than a means of locomotion. All you animal lovers take heart; he has been reported to the National Audubon Society.

The Brandywine Tour has generated its share of gossip this year. The Tour's water supervisor (more about this later), known to many as the Screaming Queen of Sheba, had been warning our Board throughout the weeks preceding the tour: "The biggest problem," he stated, "will be water!"

There's 150 miles of roads out there, it's going to be hot, and we might not be able to get enough water to the riders." While wrong in specific details, Sheba did grasp the main concept. The problem was water. Billions of gallons of it, soaking the riders, ruining equipment, dampening spirits and, perhaps most importantly, discouraging hundreds of paying customers from attending the tour. I suggest that Sheba be retained to generate water for next year's tour, but with the proviso that there be no repeat of this year's water-logged debacle.

My spies managed to intercept two important internal DVBC documents that highlight the strange and sometimes Byzantine working of the Club's leadership as they wrestled with the problem of providing water for this year's Tour. The first a memo from Sheba: "Of course I am a volunteer. But I need to administrate the water distribution. That might take all day. I plan to be driving my full-sized van delivering water and maybe manning a water stop if necessary. The purpose of this message is that, due to my "big shot" status, I will not be available for regular assignment to a "job" as a sag driver." The reply from the Club's brain trust was as follows: "(He) shall be a "water agent" answerable to no one. He is to operate a sort of an off-the-shelf government, financed by funds from the sale of arms, bicycle parts, and legs to the Iranian government. He is a loose cannon that we just have to tolerate in order to achieve our political ends, which justify any and all means. We must be prepared to

invoke plausible deniability if the fit hits the shan. Destroy this memo when you have read it. Semper Fi." These memos have been forwarded to the proper government agencies for investigation (or to the National Audubon Society – I can't remember).

A contingent of DVBC members went out of state last month for one of their traditionally favorite centuries. Like a once great colonial empire now in decay, that ride is showing signs of decline. The 62-mile food/water stop was so cleverly disguised as to be undetectable, exposing most century riders to hunger and dehydration over a 55-mile unsupported stretch. Twenty-five miles from the end, some desperate souls were reduced to begging for water at private homes. By the time the hundred milers finished, the dinner line was temporarily shut down until backup food arrived. On top of all this, most riders estimated they had ridden two miles with the wind, 98 against.

But if you're guessing our members are vowing never to revisit this once mighty empire, you're wrong. Most say they will go back because they had fun and it is still a great ride.

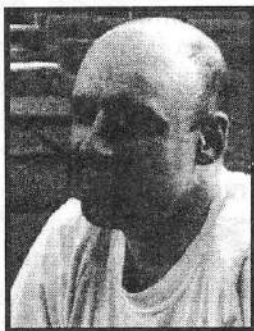
Lastly, our current Tour Coordinator was heard recently uttering the phrase, "If you guys let me be Tour Coordinator next year..." In so saying, according to The Code of the DVBC, Section 15 Paragraph 1, he officially becomes "Tour Coordinator For Life". After the job this Delawarean did organizing our Brandywine Tour he deserves a bicycle-size trophy. We would give him one if his wife weren't already upset with him for owning eight bikes. (And Babs thinks she's got problems with me?)

Send your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.

Javier Pazos Climbs Mt. Washington

By Javier Pazos

I call this a race report because it technically was a race, even though for me, as a first timer, it was more of a test of survival. For a while I've wanted to try my hand at "the toughest hillclimb in America" and the 2002 Mt. Washington



Auto Road Bicycle Hillclimb was where it was going to happen. The weather was ideal that day: 50°F and 7mph winds at the summit. It would see Tom Danielson break Tyler Hamilton's record, Genevieve Jeanson smash Jeanne Longo's record, and me finish the race alive.

I arrived at the start very early with my sister Christena (Titi), my cousin Marcela (Marco) and her boyfriend Frank (Frank). It was a cold morning there in the White Mountains since the sun hadn't come up yet. I was full of nervous energy and dread. I couldn't wait for the race to start so that my nervousness and fear would disappear and be replaced by pain and suffering.

When the cannon finally went off for the start, one group took off like they were racing a crit. I decided to save my energy. This was my first time and I'd never even driven up this road, so I didn't want to take any chances. I just wanted to survive. During the first 3-4 miles I forced myself to stay in the saddle and keep my effort low. I was probably a little too conservative, but I just wanted to finish. There's always next year to go for the PR. Many people passed me on the first mile and a half. Some were stronger than me. Others were more experienced on this climb and so

better knew how to pace themselves. And yet others were biting off more than they could chew. Members of this latter group were easily identifiable during the next couple of miles. One tandem motored past me about halfway up the climb. I couldn't believe how fast they were moving. But what's really amazing about this husband and wife team was that she did the whole climb with a broken foot. Now that's chutzpah!

For the climb, I had set my bike up with mountain bike rear derailleur (XTR) and cassette (12-34). So my lowest gear would be a 39x34. This was my bail-out gear. I would try to avoid it as long as possible. For the first four miles, I was mostly in the 26 and 30 cog sprockets. Let me tell you, even though I was "conserving energy," those steep sections were still quite painful. When my cyclocomputer read 2.50 miles (approx. 1/3 way) I glanced over at my watch: 33 minutes elapsed. This put me a little behind schedule for my target time of 1 hour 30 minutes. My primary goal that day was to finish, so I wasn't too worried about the time. Besides, I reasoned to myself that if I conserved energy effectively, I should be able to negative-split and make some of that time back.

After about four miles, I rose above the timberline. (It's pretty funny. The closer I got to the timberline, the smaller the trees got. By the four mile mark, they were practically bonsais.) Then at four and a half miles the first true test of mettle began. The road turned up to 18% and the pavement disappeared. This steep, unpaved section was long and straight so I could see up for almost half a mile at all the cyclists in front of me who seemingly weren't moving either. It had rained on the previous days so

the mud and gravel road was slippery, making it impossible to stand. I had to stay seated, and yes, it was time to use the 34. I had managed to avoid it up until then, but I figured that this was the section I was saving it for. I remember looking at my cyclometer and seeing 4.66 miles. The road was awful. Even in the 39x34, my cadence was below 40. Even staying in the saddle and keeping low I could feel the tires slipping. I tried in vain to find that least slippery line. I tried to distract myself from the pain by concentrating on my breathing. Then my pedaling. Then my posture. None of it worked. This had to be the most miserable part of the course. I looked down at my cyclometer. 4.67 miles.

AAAAAARRRRRRGGGHHHH!!!!!!!!!!!!

As soon as I hit the next paved section I made sure to get out of the 34 and stand for a while. I didn't want to be without a bail-out gear should the need arise again. And it did. There was another steep unpaved section, and then the grand finale, which I'll get to shortly. At the 5.00 mile mark I looked at my watch again: 1 hour 4 minutes elapsed. Still behind schedule, but the end was near (kind of), I knew I was going to make it, and adrenaline took over. For the rest of the race, I held my position on all the really steep parts. But every time the road tilted down to an easy 8-9% grade, I knocked it up a couple of gears and hammered past 3 to 4 riders. When I got up to the parking lot, there was only one more obstacle: the final 22% grade incline up to the finish line. For the third and last time I dropped it into the 34 and stood up to pound those pedals. Right in the middle of this

REGIONAL EVENTS

Oct. 3-7: Rehoboth Tour, 165 mi. fully-supported tour from Doylestown PA. Cross Delaware River to NJ, & cycle thru Pine Barrens. Continue next day to Cape May, ferry to Lewes, DE, then to Rehoboth Beach. Pedal PA., P.O. Box 385, Harleysville, PA 19438; 215-513-9577, <Pedalpa@netcarrier.com> www.Pedal-Pa.com

Oct. 5: Belleplain Fall Century, Belleplain State Forest, Woodbine NJ; 30, 65, or 100 mi. Ride thru flat & scenic southern NJ forests & small towns. 4 separate loops that all start and end at Belleplain State Forest. 8:00 am. \$20. Shore Cycle Club; 609-296-4726. <sundeck@sprynet.com> www.shorecycleclub.org

Oct. 5-6: MS150 Bike to the Bay, Smyrna to Dewey Beach, DE. Reg. fee + min. donation. MS Society, Del. Chapter; 302-655-5610, Fax: 302-655-0993. <karyn.jordan@ded.nmss.org>

www.biketothethebay.org

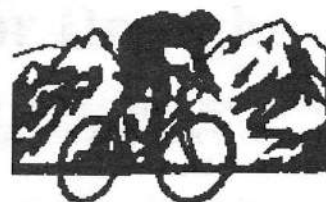
Oct. 12: Sea Gull Century, Salisbury, Maryland; 64 or 100 mi. No day-of-event reg. Salisbury Univ.; 410-548-2772. <seagull@ssu.edu> www.seagullcentury.org

Oct. 13: Covered Bridges Ride, Tinicum Park, Erwinna, PA; 20 or 32 mi. on flat terrain, or 32, 50, or 63 mi. on hilly terrain. Ride thru up to 8 historic covered bridges. Central Bucks Bicycle Club, 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. Penna. Dutch and Amish farmlands, hills along Susquehanna River, \$18. White Clay Bike Club; 610-925-0757. <info@whiteclaybicycleclub.org> www.whiteclaybicycleclub.org/savage.html

From **JAVIER PAZOS**, p. 10

section was a switchback. For a moment I thought my bike was going to tip over. But I figured that would be embarrassing in front of 100+ spectators. My sister Titi was there and she ran along side of me shouting something for the whole 22% section. I think she was saying how stupid I was for voluntarily subjecting myself

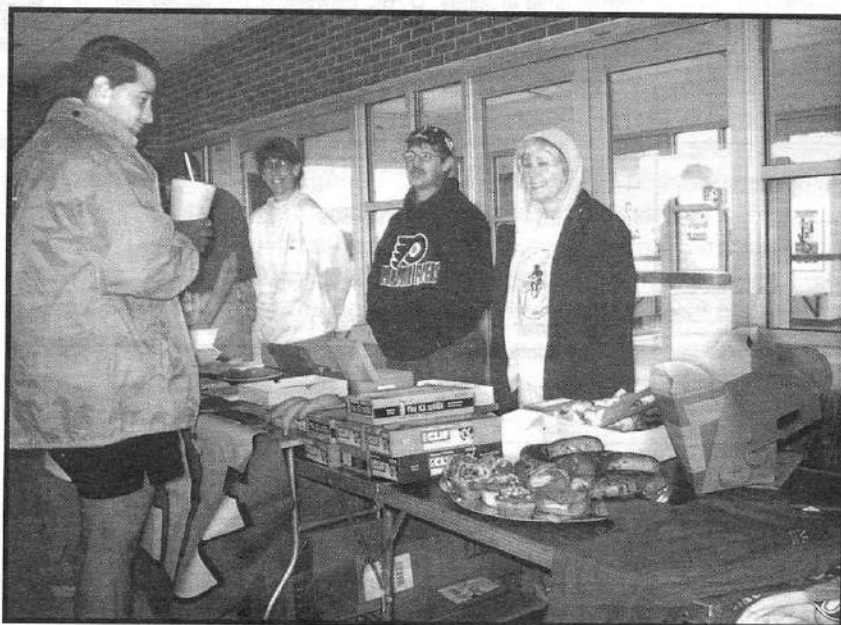


to such a suffer-fest. Or maybe that's what I was saying to myself while she was shouting encouragement. I'm sorry but my memory gets a little fuzzy when I'm anaerobic.

I finished the 7.6 mile race in a time of 1:31:51 (avg. 5.0 mph). Good for 259th place (middle of the pack) and about 12 minutes short of being "Top Notch." (Top Notch goes to those who either finish within 1 hour 20 minutes, or are cat 2 and above). Now I have a goal for next year!

After a couple bottles of water, two shots of albuterol, and a pair of vitamin I s, I began to recover. For my first recovery drink, I chose a Tuckermans – a local New Hampshire microbrew. My second recovery drink was also a Tuckermans. When I commented on how well the recovery drinks were doing their job, Frank misunderstood me and opened a third one. But how could I say no?

When we got back to the cabin, I stretched for about a minute (I think it's recommended to stretch longer, but damn! I was tired!), took a shower, then crawled into bed for the best nap I've had in a long time. I can't wait to do this again next year.



Gina Bezdziecki, Bob Leon, and Ellen Thompson flash smiles for one of the nineteen riders of the wet Brandywine Tour.



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



11/1/05

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

19320-1284 40



Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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) = _____

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

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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)