

Delaware Valley Bicycle Club



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

November 2002

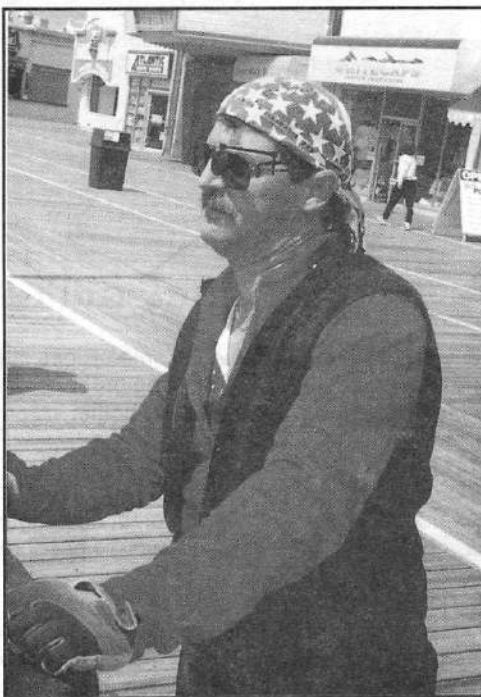
DVBC Marshals Forces to Help Bob Leon Get Well

Bob Leon, the DVBC's ride leader extraordinaire, has always been there to help us. Now he needs our support. Bob has cancer.

Doctors say Bob has an excellent prognosis for recovery. Right now, however, he is receiving radiation treatment and, as all of you who have read Lance Armstrong's *It's Not About the Bike* know, he will have to get sicker before he gets well. Bob is going to be out of work for some time and is faced with mounting expenses.

Bob's daughter, Dorothy Ray, has contacted the club with details of a fundraiser. On Saturday, December 14, from 7 to 11 pm, there will be a benefit for Bob at the Folcroft Fire Hall on Delmar Drive. Tickets are \$20. All the specifics, and alternate ways of contributing, are outlined on the flier enclosed with this newsletter.

Says Dorothy, "Bob is my dad



Bob Leon

and my best friend. I want to see him happy and healthy again and having support from the club will really help."

Bob Leon's Journey From Novice to Ride Leader Extraordinaire

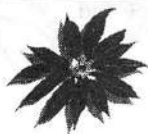
Since 1995 Bob Leon has been a one-man ride calendar for the DVBC. Once each month, he sits down and plans two club rides for each weekend of the coming month, plus another weekly evening ride. He never has to be coaxed or prodded to submit his rides. You can count on Bob for about 125 organized rides per year.

He hasn't always been a club riding guru, however. Bob's odyssey to "ride leader extraordinaire" started inauspiciously with a handful of solo rides back in the 80's.

"After I started riding the bike for exercise in 1986," says Bob, "my wife Cassie used to complain about me riding alone." So in 1990, Bob signed up for his first charity ride, the MS-150 to Ocean City for the National Multiple Sclerosis Society. "I didn't fare well the first time," he says. "It rained the entire trip, it was cold, and I developed knee problems from not wearing the proper clothing." Still, Bob felt satisfaction in knowing he had ridden 75 miles and raised \$1400 for charity.

Not until 1995 did Bob have the confidence to lead his first club ride. He says, "I studied a map of south Jersey and picked a route. I think there were five or six other riders that day, all good friends. They knew I was lost about two hours into the ride when I pulled out a map. The riders never got mad at me, even though they wound up riding many extra miles."

(See **Bob Leon's...**, p. 10)



DVBC
Holiday Banquet

Mark your calendar!
Monday, Dec. 9, 7 pm
at Rosario's in Morton
\$10 for members & their family
members, \$20 non-members

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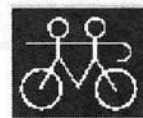
Dominick Zuppo, *Mail Labels*, 610.544.8630 or
 domzuppo@worldnet.att.net

Brian Wade, bwadedvbc@aol.com

Club Affiliations



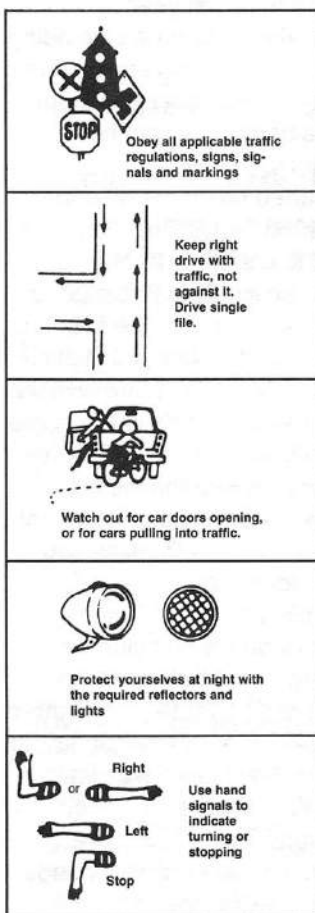
LAB



*Bicycle Coalition of the
 Delaware Valley*

*Please note that the views
 expressed in this publication are
 not necessarily the views of the
 DVBC, nor do we endorse
 products or services advertised.*

Ride Guidelines



1. Arrive early and *be ready to leave on time*. Rides start no more than 5-7 minutes late.
2. Make sure your bike is in proper working order *before* you arrive.
3. Carry a spare tube, patch kit, and water bottle.
4. Practice safety and obey all traffic laws.
5. A helmet is mandatory for all DVBC rides.
6. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're not sure of and work your way up.
7. Ride classifications:
Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.
Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.
Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.
Class A: For very strong riders: 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

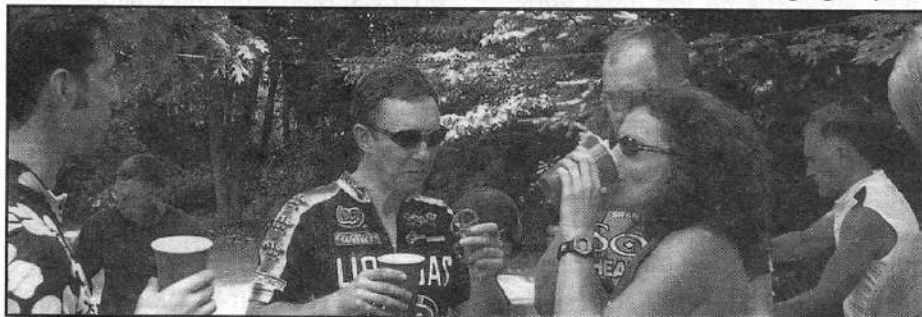
Saturday, October 6th



Name	Class	Time	Avg. Speed
Charlie Fitzgerald	MC	12:54	23.7
David Cunicelli	MA	14:57	20.5

Charlie Fitzgerald nailed down the DVBC seasonal championship with a cumulative time of 37:37 for his fastest three 5.1-mile time trials. This represents an average speed of 24.4 miles per hour. Perhaps even more impressive is that Charlie is in the over-50 age bracket.

David Creagan finished second overall and first in the 35-49 age group.



Richard White, Tony Rocha and Monika Sloane at the July Bonkers Picnic.

WELCOME



New Members!

Carlo Beuf
Terry Boyadjis
Preston Foster
Kathleen Gemberling
Mary Ann Haggerty
M. Kathryn Jones
Susan Keith
Sue Milbourne
Isaac Sanchez
John Savoth
Jeff Vaughan

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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

Flexibility and Strength: Keys to Efficient and Comfortable Biking

Strolling around the velodrome swap meet last month, I picked up some literature from the Rivendell bike company. Rivendell produces custom bikes with exquisite attention to detail in construction using steel tube and silver soldered lugs. They're totally into their own narrow vision of retro materials and techniques, along with a more upright and saddle back riding position. Their bikes are beautiful and their less aerodynamic position may be beneficial to riders who are out of shape or have chronic pain from injuries, and those who ride primarily to look about rather than to get down the road. Not me. Not yet.

For me, a big part of bicycling is the efficiency of getting from point A to point B. I don't think there is a question that a position with a flatter back with less frontal surface is more aerodynamic than sitting upright. This translates into less time from point A to point B with the same level of energy expended. The rub or the problem or the strain or the spasm or the pain is: Can you maintain the better aero position and avoid the aforementioned? For the most part I do. It's not because of what I do on the bike. It's because of what I do to prepare to be a serious rider.

Over the years I've had problems with neck pain, lower back pain, sciatica, and minor knee pain. Knee pain is a different animal, but for the rest, I have developed my own workout that has eliminated these problems for the most part. Sure I still "feel it" at the end of a century ride or when I've overpushed, but that's normal. My workout takes me 25 minutes at home and I try to do it two or three times a week. It's pointed at flexibility of neck, back, calves, hamstrings and quads and strengthening of neck, upper body, lower back, and abs.

Briefly this is what I do:

Calf stretch – You know, two hands on the wall—one foot forward, one back. Stretch the back calf for thirty seconds each leg.

Hamstring and back stretch – Like on a ballet bar. One foot on the dresser. Knee straight, both hands reaching for your toes. Thirty seconds each leg.

Neck stretch – Stand upright and clasp your hands behind your back. Extend your head up and back. At the same time pull shoulders and hands down and rise up on you toes. 20 reps.

Neck stretch 2 – Standing upright, turn your head as far to the

side as you can and hold for thirty seconds. Repeat in the opposite direction.

Neck strength – Isometric, Clasp your hands behind your head and press back against your hands for thirty seconds. Repeat with your hands on your forehead pressing your head forward.

Quad stretch – Standing upright, grab your right foot with your right hand and pull your heel up to your buttocks. Hold for thirty seconds. Repeat for other leg. Try to do it without using the wall for support. It's good for developing balance.

Upper body strength – Push-ups. Three sets with thirty-second rest between sets. Any style, as many as you're comfortable doing. No major straining!

Hamstring and lower back stretch 2 – Sit on the floor with the soles of you feet together. Lean forward and hold for thirty seconds. Extend your left leg out in front of you while keeping the right foot tucked in and reach for your left toes with both hands. Hold for thirty seconds. Grab your tucked-in right foot with your left hand and your right knee with your right hand and pull your shin up to your chest. Hold for thirty seconds. Take the tucked-in right foot and place it on the floor outside your left knee, left hand on right knee and twist your body to the right. Hold for thirty seconds. Repeat for the opposite side.

Abs strength – Crunches. Any style you like until it starts to burn a
See **FLEXIBILITY**, p. 7



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DELAWARE VALLEY BICYCLE CLUB



Ride Calendar NOVEMBER 2002



..... Recurring Weekday Rides

Tuesdays and Thursdays Miles: 15-20 Class: C NightRiders	We spin around Southern DelCo well in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout, 610-368-0760, dm_trout@hotmail.com.
Saturday, Nov. 2, 8:30a Miles: 50 Class: C+ Meet the Train Ridley to Chadds Ford	We will meet the train from Philadelphia and ride out to Chadds Ford - expect hills. We will meet in the parking lot of the Pathmark on MacDade Blvd in Folsom, Ridley Township and leave at 8:30 AM sharp, in order to get to the Ridley Park train station to meet the 8:49 train from the city. Riders from Philadelphia can take the R-2 train (#4207) that leaves Suburban Station at 8:25 AM. Bring money for a food stop. Wet or very cold weather may shorten or cancel the ride. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
Saturday Nov. 2, 9:00a Miles: 62 Class: B Kountry Kitchen Metric	We'll ride to Kountry Kitchen for breakfast, then cruise around south Jersey. Bob Ladrew (610-383-9327 or <2ladrews@netreach.net>)
Sunday Nov. 3, 9:00a Miles: 35+/- Class: C South Jersey Ramble	Meet at the Kingsway H.S. routes 322 & 551. Contact Len Zanetich 610-558-6232 for any questions.
Sunday, Nov. 3, 9:30a Miles: 74 Class A-/B+ Tri - State Journey	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. Travel scenic roads in PA, DE, MD, through the White Clay Creek Preserve and the Fair Hill Natural Resource Management Area. There will be a stop at mile 35 in Elkton, MD. Our final average speed should be around 17 mph. Glenn Lyons (610) 399-0624 or rollingspeed@cs.com.
Sunday, Nov 3, 9:00a Miles 35 +/- Pace: C Wayne/Valley Forge/Lower Perkiomen	Start at the R5 Wayne Train Station, ride to Valley Forge Park, take the Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Average pace is 13/14 mph. Ride starts 9:00 am. Questions contact Brian at <bwadvedvbc@aol.com> or 610-254-9485
Monday, Nov. 4, 7:00p Springfield Friends Meeting 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 <jc@craftech.com>
Saturday, Nov. 9, 9:45a Miles: 19 Class: D Take the Kids!	Meet at the large parking lot behind the Valley Forge Park's Visitors Ctr. prior to 10:00. Bring the family or just come yourself, but please come and join us for one of this year's last family rides. During the ride we'll enjoy the last of fall's foliage on the Schuylkill Trail before winter sets in, as well as observing the local wildlife flying or scampering by. After departing the Visitors Ctr. at 10:00 we will meander along the paved trail. The ride will stop at Spring Mill Village for a 15-20 min. break to enjoy any snacks we've brought. Then we'll head back to the Visitors Center. Leader: Frank Jackson 610-534-3978 eve & 215-537-4299 day.
Saturday Nov. 9, 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 fall ride thru 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, Nov 9, 9:00a Miles: 40+/-, Class: C+ Ridley and Beyond	Meet at the Swarthmore train station (south side) and we'll head out to Ridley Creek State Park and beyond. Mileage depends on the temperature and weather. Expect hills. Bring money for a snack stop somewhere en route. Contact Jan at (610) 541-0784 or jc@dvbc.org.
Saturday Nov. 9, 12:30p Miles: 50 Class: B Beaver Dam and Beyond	Meet at Swarthmore/Rutledge K-8 School parking lot, College avenue, Swarthmore. Rain or temperature below 50 cancels ride. Call Larry Green 610-544-5799, <Largreen@earthlink.net>
Sunday Nov. 10 9:30a 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, Nov. 10, 9:00a Miles: 30+/- Class: C Chadds Ford to Downingtown	Meet at the Chaddsford Elementary School route 1. Contact Len Zanetich 610-558-6232 for any questions.
Sunday, Nov 10, 9:30a 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. If the weather is too cold, we may shorten the ride to only 50 miles. Contact Tony at 610-416-0514 or <tony@craftech.com>
Monday, Nov. 11, 7:30p General Membership Meeting Topic: Bicycling Safety	Are you tired of feeling overwhelmed by traffic while you exercise your right to ride a bike on public roadways? Attend this informative program by witty David Bennett and straight man Bob LaDrew. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield.
Saturday, Nov. 16, 8:30a Miles: 35-40 Class: C+ Meet the Train Ridley to Ridley Creek SP	We meet the train from Philly and ride out to and thru Ridley Creek State Park. Meet in the parking lot of the Pathmark on MacDade Blvd in Folsom, Ridley Township, and leave at 8:30 AM sharp, in order to get to the Ridley Park train station to meet the 8:49 train from the city. Riders from Philadelphia can take the R-2 train (#4207) that leaves Suburban Station at 8:25 AM. Bring money for a food stop. Wet or very cold weather may shorten or cancel the ride. Contact Dave at 610-368-0760 or dm_trout@hotmail.com
Saturday, Nov. 16, 9:30a Miles: 60+ Class: B/B+ Northbrook Orchards	Meet at Rose Tree Park and ride to Northbrook and back. This is a B ride guys not A, so don't be intimidated and join us. Contact Tony at <tony@craftech.com> or 610-416-0514.
Sunday, Nov 17, 9:00a Miles 35 +/- Class: C Wayne/Valley Forge/Lower Perkiomen	Start at the R5 Wayne Train Station, ride to Valley Forge Park, take the Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Average pace is 13/14 mph. Ride starts 9:00 sharp. Questions contact Brian at <bwadervedvbc@aol.com> or 610-254-9485
Sun Nov. 17 9:00a Miles 35+/- Class C Kingsway to Riverside	Meet at the Kingsway H.S. routes 322 & 551. Contact Len Zanetich 610-558-6232 for any questions.
Saturday, Nov. 23, 8:30a Miles: 35-40 Class: C/C+ Muscle the Hills!	Meet at Folsom Path Mark on MacDade Blvd, Ridley Twp. From there we'll take a short ride to the Ridley Park Train Station and meet up with those departing the 8:49 from Philly (departs 30th St. at 8:29). Leaving the station we'll bike to Neumann College, the highest point in Delaware Cty., take a break & continue thru Glen Mills to lunch stop just prior to Ridley Creek Park. Then we'll cut thru the park, pedal by Media, and via the Smedley/Lepier Trail we'll head back to the Ridley Park Train Station. We'll enjoy a few memorable hills (both ways) and see lots of back road beauty. Bring money for lunch stop and strong legs for the hills. Nobody dropped. Frank Jackson 610-534-3978 eve & 215-537-4299 day or <fjackson@rohmmaas.com>
Saturday, Nov. 23, 9:00a Miles: 32-50 Class: B Brandywine Junket	Downingtown Kardon Park (Duck Pond). Rte. 282 & Penna. Ave., one block behind McDonald's. Explore the east branch of the Brandywine River. Distance depends upon temperature. Bob LaDrew, 610-383-9327 or <2ladrews@netreach.net>
Sunday, Nov 24, 9:00a Miles 35 +/- Class: C Wayne/Valley Forge/Lower Perkiomen	Start at the R5 Wayne Train Station, ride to Valley Forge Park, take the Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Average pace is 13/14 mph. Ride starts 9:00 am. Questions contact Brian at <bwadervedvbc@aol.com> or 610-254-9485
Sunday, Nov. 24, 9:30a 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, Nov. 24, 9:45a Miles: 45-60 Class: 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 possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 or <ira@dvbc.org>
Thursday, Nov. 28, 9:00a Miles 30 +/- Class: C Frozen Turkey Thirty	Thanksgiving Day 2nd Annual Frozen Turkey Thirty. Rose Tree Park/Ridley/Beyond/And back Start at Rose Tree Park at 9:00 am. Expect hills and chills. Questions contact Brian <bwadervedvbc@aol.com> or 610-254-9485
Saturday Nov. 30, 12:30p Miles: 50 Class: B West Chester Reverse	Meet at Swarthmore/Rutledge K_8 School parking lot, College avenue, Swarthmore. Rain or temperature below 50 cancels ride. Call Larry Green 610-544-5799, <Largreen@earthlink.net>
Sunday, Dec. 1, 9:00a Miles 35 +/- Class: C Wayne/Valley Forge/Lower Perkiomen	Start at the R5 Wayne Train Station, ride to Valley Forge Park, take the Schuylkill trail to Lower Perkiomen Park and beyond, then return to Wayne. Half hills, half flat. Average pace is 13/14 mph. Ride starts 9:00 am. Questions contact Brian <bwadervedvbc@aol.com> or 610-254-9485

Benefit Fund Raiser for Bob Leon



*Let's help Bob
get well!*

Beef and Beer

Saturday, Dec. 14, 2002

Folcroft Fire Hall, Delmar Drive, Folcroft

Tickets \$20

Tickets can be purchased at Cassie Leon's EXPRESSIONS Hair Studio, 1944 Delmar Drive, Folcroft, PA 19032 or call 610-586-8611.

E-mail <dorothyray1@yahoo.com> or phone Dorothy at 610-522-5121 if you would like to help sell tickets, chances, or would like to donate something to be a door or raffle prize.

I would like ____ tickets at \$20.00

I can't come, but here is my donation of _____

I would like to donate _____ for a raffle.

Name _____ Address _____

Phone _____ E-mail _____

Mail to Cassie Leon, 1944 Delmar Drive, Folcroft, PA 19032 Make checks payable to Cassie.
Thank you for your support.

Elsewhere....

On May 15, Movie **stuntman Eric Barone**, who already held the downhill speed record for mountain biking on snow, rode down the face of Nicaragua's Cerro Negro volcano at a speed of 107 mph. In the process he broke his own world speed record for mountain biking. He also broke his nose, four ribs and the bike into two pieces in the resulting crash.

Bill Hoffman of **Lancaster** has bicycled more than 260,000 miles in 47 states and 7 foreign countries. This mileage total represents about 10,000 miles for each year of Bill's adult life.

The **Bicycle Touring Club of North Jersey** reports that a member sustained severe head trauma in a fall but experienced a delay in treatment because she was not carrying an identification. Even if you are just riding around the block, be sure to carry an id.

Bill Nye, "the Science Guy" of public tv: "Bicycling is a big part of the future. It has to be. There is something wrong with a society that drives a car to work out in a gym."

You can volunteer to spend part of a day as a trail surveyor for the **East Coast Greenway**. ECG is a 2600-mile trail from Key West, Florida, to the Canadian border. Help may be needed on those sections that pass through the Philadelphia area. E-mail Gary Morris (gmorris@vzavenue.net).

From **FLEXIBILITY**, p. 4

little. Knees bent. Lower back on the floor. Don't do sit-ups.

Lower back strength – Superman's. Lying on your stomach, raise your feet, head and shoulders off the floor and hold for five seconds. Ten reps.

Quad and Lower back stretch – On you hands and knees with your knees well apart, lower your butt and your face to the floor. Hold for thirty seconds.

Upper body strength – Pull-ups or chins. Three sets with thirty seconds between sets. Don't strain!

None of these exercises should hurt. If it hurts, stop or lighten up so it doesn't hurt. These exercises are not aerobic. I take my time. The strength exercises are to help support my body position on the bike not to become incredibly strong or bulk up, so you shouldn't overdo it.

If you're flexible and strong you can comfortably hold a more efficient bicycling position for longer rides. It just takes a little preparation.

My video will be available next month.

Ride Safe.



On an October 13 breakfast ride Len Zanetich repairs his own puncture while Woody Kotch saves Len future flats by inspecting the tube to determine the cause.

Fax (610) 353-8230

Phone (610) 356-1515

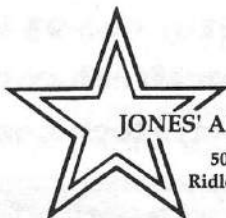
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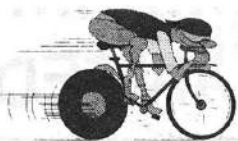
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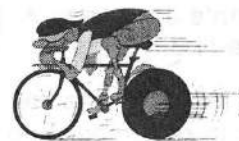
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Bike Dirt

By F.X. Pedrix



My scrapbook of biking photos was an object of pride until recently when my lovely wife Babs saw me leafing through it and commented, "Those pictures don't prove a thing!" When I asked when she meant, Babs replied, "They're just a bunch of pictures of you and your pals standing next to your bikes. They don't prove you actually did any riding." Upon reflection I realized that, as usual, Babs was right. At every event we've just taken photos of ourselves standing next to our bikes.

But now all that is changing. Our club's newest tandem captain has perfected a technique of photographing his riding buddies from his own moving bike. He goes ahead of us and faces backward to photograph us in action. Then he e-mails us the pix so we can print them out.

Instead of being impressed, Babs just frets. When I asked her if she is worried my friend is going to have an accident she replied, "Oh, not at all. I'm worried about what's going to happen to *his stoker* when he crashes!"

Overheard On a Ride: In the past I had reported on rumors of small factions within the DVBC that wanted to split off and form their own clubs. Lately I have received numerous, highly disturbing reports of one such club that may be in the offing. It seems like some members are seeking to start another club and steal our club's initials. According to the rumors, this new club would only be open to riders with **black bikes** and will be called by the ominous name DVBC aka **DARTH VADER**

BIKE CLUB. When one of the proponents of this new club was questioned by my spy he said, "The club wouldn't be much, no meetings or newsletters, but wait until you see our club helmets!"

In late September the DVBC shut down its schedule for the day and many members crossed the river to pay homage to the Jersey Devil. The club's mere mortals (B and C riders) started at a leisurely pace and stayed together until our Tour Coordinator blew out his sidewall. Flaunting his wealth, he inserted paper currency inside the sidewall tear, hastily inflated the tire and mounted up hoping to catch his compadres. At that moment, the club's late-arriving A riders whisked by. Thinking he knew a good thing when he saw it, the Coordinator latched onto their wheels and pedaled his brains out trying to keep pace. Within a few miles he bonked, got dropped and went home early to play the role of family man.

Meanwhile, the A riders caught the other mortals, a group of has-beens and never-wases, many of whom harbor the illusion that the only difference between an A rider and themselves is a Liquigas Pata jersey. The mortals scrambled frantically for the wheels of the A's. Within minutes their carnage littered the roadside, almost literally in one case after the captain of a tandem, bearing our newsletter staff, took an imprudent risk at an intersection.

After lunch, sanity returned. The mortals, resigned once again to their status as recreational riders, chugged onto the second loop. The A riders powered up and

blew by, without a whimper of protest from the mortals. But mortality may have made its first inroad into A rides when, at Mile 80, the Portuguese Pistol pulled over to puke his pasta. Weak and dehydrated, the poor lad struggled home at a pedestrian average of 19.8 mph.

Crash and Burn Department:

You would think our expert A riders would be immune to crashing and burning, but it looks like they may have a lock on this year's Crash & Burn award. On one of their high-powered rides this year, one of the stronger female riders took a spill. To make matters worse one of the guys on the ride promptly ran over her head and broke her helmet. Luckily everyone involved was unhurt except for their pride and the helmet. The young lady will be glad to know that not only is she in the running for the Crash & Burn Award, but also on the short list of candidates for this year's Helmet Safety poster child.

When the Polish Prince biked 100 miles in the rain at the Savage Century last month he chalked up his 25th hundred-miler of the year—26 if you care to count his June "double" as a pair. At 10,500 miles for the year as of October 20, he appears on his way to the mythical 12,000 mark. But he does not have the club mileage crown in hand. With a similar total, the Californian Kahuna is breathing down the Prince's neck. When I told Babs of the Prince's considerable accomplishments she rolled her eyes and asked, "Is he married?"

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

Bob Leon's Journey.... (continued from page 1)

That 1995 ride was the last time anyone can remember Bob getting lost. It is now joked that he has a Rand McNally map of South Jersey in his head. Bob has perfected a technique of leading rides from the rear. Frisky riders who want to speed off the front know that, at each intersection, Bob reserves the right to change the route by calling out a turn on a whim.

In fact, Bob has an unassuming style of leadership that gets his charges through an experience without even feeling like they have been "led."

In April of 1998, Bob launched a program to train "C" riders to build their strength and riding skills to complete a metric century (62 miles) to Ocean City. He says, "Forty people came out to train with us and 28 finally rode the metric to Ocean City."

Bob has been the DVBC treasurer and a Board member since 1997. Quietly and without fanfare, he assumes duties that no one else wants.

In addition to all Bob's DVBC rides, he has continued fundraising through charity events. Each year since 1990, he has ridden the American Cancer ride and the MS-150 City-to-Shore. Bob has raised more than \$30,000 for these two charities, mostly for MS, making him one of the top hundred MS fundraisers nationwide.

Well known among cyclists throughout the Delaware Valley, Bob Leon has a reputation as a prolific long-distance rider. Although he has ridden as many as seventeen centuries (100-milers) in a season, this year he was limited to a "mere" eight because he was not feeling well. In late September he learned that cancer was the cause.

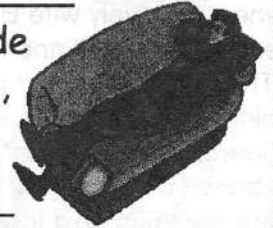
Although Bob raised more than \$1600 for the recent September 28th MS-150, he could not participate in this year's event for the first time in twelve years. He was in the hospital recovering from surgery.

Bob has always been there for others; now we have the opportunity to help him by participating in the December 14 fundraiser.

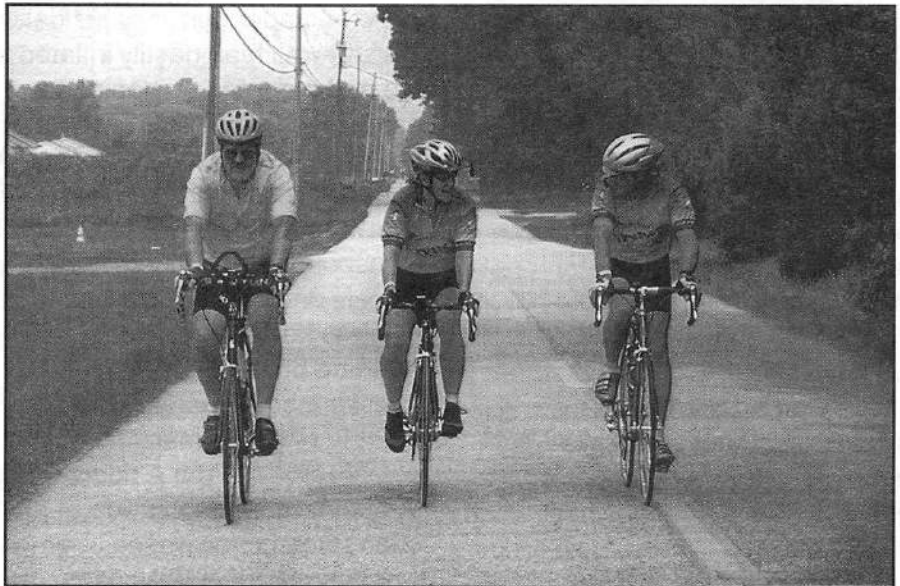
WANTED:

Members to get up off the couch this winter and lead a ride!

List a ride for Dec., Jan. or Feb.



Contact Tony Rocha
<tony@craftech.com>
by Nov. 10 with your ride.



Double crossin': Dave Trout, Bonnie Watkins and Bob Martin cruise together at last summer's Delaware Double Cross. Photo by Doug Bower.

BONKERS



CARTOONS
OF THE
DVBC



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Put Saddle Sores Behind You

By Bill Boston and Drew Knox

The first thing to do is go out and buy a brand new Brooks Pro saddle! And when the salesman asks if you want Proofhide, tell him where to rub it. I recommend Brooks Pro because you want a leather saddle that is not extensively pre-treated. My personal preference runs towards the looks and leather of the Team Pro with the large rivets.

Put the saddle on the bike in the proper position. The nose should be about flat or parallel to the ground. After it is set up, put a damp washcloth on the rear part of the saddle about an hour before you go for a ride. Make sure that it is about 2 to 3 inches in front of the rear-most part of the saddle in the area where most of your weight will rest. The cloth should be damp but not so soaking wet that it drenches your bike. Then, just before you ride, take your thumbs and knead the area where your ischial will hit in order to start softening the leather. Ride an hour or two, with the washcloth OFF. (Don't laugh, I saw a guy riding down the road leaving a dripping trail, thinking, "Damn, this thing's comfortable already!")

Repeat this procedure of dampening and riding for five or six rides until the saddle has noticeable indentations and has taken on a curve that looks like a three- or four- year old, well-ridden saddle. All you are trying to do is mold the leather, which is something you can't do with a plastic saddle unless you have a mighty hot set of buns.

When your seat fits your anatomy, stop! Now that your saddle fits, you don't want it to

absorb any more water because it will continue to change shape. Here's how you seal it: First, expose the pores on the top of the saddle by rubbing the leather with a triple-ought steel wool until the top turns white. If you want a custom-colored saddle, now is the time. Select any leather dye - not shoe polish - which comes in a variety of colors. The idea is to fill up the pores with the new dye, which will last longer than the original and keep the water out. Lightly scrub with the steel wool between coats, and then allow the last coat to dry before buffing with a shoe brush and a cloth. Let the saddle dry overnight, then rub in paste saddle soap and brush off the excess. Remember to not wear light colored clothes as the excess dye will wear off for a while. It will stop wearing off faster than the dye that came on the saddle.

Let me take a moment to make an urgent appeal: do not oil your saddle. Oil will allow the saddle to continue to change its shape. Eventually the horn of the saddle, which should be very hard, will soften and spread and chafe. The leather is formed by wetting and shaping it over a form. The tanning agents, which stiffen the leather, are broken down and softened by the oil. Wetting the rear of the saddle with water allows that area to be remolded while the front part of the saddle remains stiff. You can't do that with oil because you can't stop the migration of oil through the porous leather.

Now, to finish sealing your saddle coat the underside with a non-softening snow-seal. Paste it

on underneath the saddle and use a hair dryer to warm and spread it. Also bee's wax or paraffin will work.

Finally, take precautions to keep rain off your saddle by using a shower cap, baggie, or cheap plastic cover when not riding. Your fanny will do fine as a rain protector while you are riding. You will find that your riding shorts will act as a very efficient buffer, polishing your seat to a smooth, high luster. You will also have an extremely comfortable saddle that will give years of service.

NOTE: This article first appeared in DOUBLETALK, the newsletter of the Tandem Club of America. These ideas are not those of Wheelsmith, its employees or the Brooks saddle company. We cannot guarantee any results you may have following Bill Boston's instructions. Proceed at your own risk. However, many of us have successfully used these procedures, including John Howard who referred the article to us in the mid '70's. To some extent these procedures further convince many of us to stick to modern, low maintenance saddles!

Are you fed up with exasperating encounters with traffic?!

Then come to the next membership meeting.



Bicycling Safety

Monday, Nov. 11, 7:30 pm

See Ride Calendar for details.



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: ☐ Ride Leader
(check all interests) ☐ 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)