

Delaware Valley Bicycle Club



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

Winter 2002-03

Three-term President Chadwick to Unveil Slate of Officers and Board at Banquet

Jan Chadwick, backed by sweeping support from the DVBC membership, has agreed to serve a third term as president of a bicycle club she has helped mold into one of the best in the tri-state area.

New club jerseys, popular Bonkers and Brandywine Tours, volunteer parties, the Bonkers club picnic, interesting membership meetings, group velodrome trips, a full calendar of popular rides.... These are the successes of a young, energetic leader who works well with people.



At the December 9 club holiday banquet (see box below), the members will be asked to approve President Chadwick's "cabinet"--her fellow officers and the Board of Directors--for the coming year.

Drew Knox and Doug Bower--both in their first year of membership--have stepped forward and offered to serve on the Board. In an unofficial capacity, Bower has already lent his energy and creativity to many DVBC projects. And, just months after joining the club, Knox worked tirelessly as Coordinator of our 2002 Brandywine Tour.

This year's banquet, again subsidized by the club, will be held at Rosario's in Morton. The buffet will consist of Romaine salad, pasta primavera, flounder Florentine, chicken stuffed with prosciutto & cheese, rolls & vegetable, potatoes, coffee, tea and dessert.

Club members will be honored in a ceremony highlighted by presentation of the 2nd annual President's Award, and the FX Pedrix True Bicyclist of the Year Award. Photos from the past year of riding will be on display, and the coveted Bonkers Award recipients will be revealed.

Be sure to reserve your space by contacting Bob Leon (610-833-2365 or <bleon@craftech.com>) by the second of December.

Bob Leon Benefit Set for December 14

Those familiar with the man who has led two DVBC rides almost every weekend since the mid-90's know that Bob Leon can't wait to get back on his bike.

But Bob, the DVBC's "Ride Leader Extraordinaire," will continue to receive treatment for cancer until early



next spring. Meanwhile, Bob is not only off the bike but out of work.

Members and friends of the DVBC are asked to help Bob in any way they can. A benefit beef and beer fund raiser is being held on Saturday, December 20, at Folcroft Fire Hall on Delmar Drive. Tickets are \$20 and can be purchased at Cassie Leon's EXPRESSIONS Hair Studio, 1944 Delmar Drive, Folcroft 19032. Or call Cassie at 610-522-5121. You can also e-mail Bob's daughter Dorothy Ray at (<dorothyray1@yahoo.com>) if you would like to help sell tickets, chances, or would like to donate something for a doorprize.

Bob is not taking this sitting down. His spirits are high and his prognosis good. During his recovery period Bob has remained active as a DVBC Board member and treasurer of the club. Let's join together now and give something back to our Ride Leader Extraordinaire.



Holiday Banquet

\$5 for members & their family members, \$20 non-members

**Monday, Dec. 9
7 pm
at Rosario's in
Morton**

**DRIVING DIRECTIONS
ON PAGE 11**

Bicycling Safety – Not an Option

by Dominick Zuppo

The topic of the November general membership meeting was Bicycling Safety. While a rapt audience looked on, club members David Bennett and Bob LaDrew lead the discussion. They also shared narration duties during a screening of the video "Welcome to Effective Cycling" in the lower level of the Delaware County Peace Center.

As the video aired, it didn't take long for the attendees to realize that the film was somewhat dated, particularly in terms of the actors' dress and cycling equipment. But after the initial frivolity, the viewers soon understood the seriousness of the subject matter and settled into alternating intervals of quiet reflection and editorial exclamation when sections of the program paralleled their own experiences.

The video covered many of the basics of Bicycling Safety Equipment, such as the proper use of helmets, gloves, and brakes. Of particular interest to this writer was the segment on Bicycle Handling. It explained the

proper method of looking over your shoulder given the cyclist's position on the road, the shifting of the rider's weight during hard braking, and a procedure known as an "instant turn."

Traffic Safety dealt with the theory of how to yield to cross traffic, yielding when changing lanes, and intersection and speed positioning. Riding on the right invoked a lively discussion between those who thought riding to the left of the white line was the correct position and those who advocated the use of the bikeway space on the far right. The topics Riding in the Rain, Riding at Night, Climbing Hills and Group Riding were also covered.

At the end of the screening, the audience continued their discussion of some of the topics from the film and how they applied to cycling in the Delaware Valley. While the short shorts and Styrofoam helmets from the film added some brief humor, our club members left the meeting with a sober understanding of the importance of safety in the sport that they enjoy.

Mark Your Calendar



BONKERS METRIC

SUNDAY
MAY 18, 2003

BRANDYWINE TOUR

SUNDAY
AUG. 31, 2003

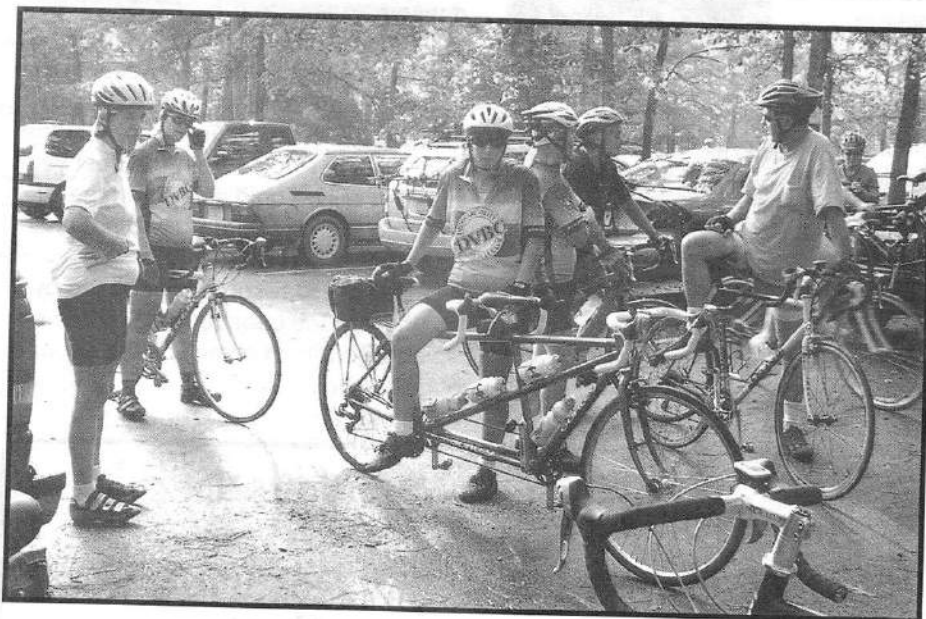
THANKS FOR THE DONATIONS!

DVBC thanks
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for donating items to be
used as doorprizes at
our holiday banquet:

CYCLE FIT
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CYCLE SPORT



DVBC members gather in the parking lot to ride the October 5 Belleplain Fall Century as a group. In true club spirit, they embarked together, got lost together, and decided together to abort the century after only 50 miles. Still, they were not left wanting for fun.

WELCOME



New Members!

Harry Havnoonian
Bob Tunick
David Reller

What the League of American Bicyclists Wants for You:

1. Drivers that pay attention to cyclists.
2. A well-paved road.
3. Riding bikes to work.
4. Sharing the road with cars.
5. Supporting bicyclists' rights.

Sunday morning mountain bike rides
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Senate Congratulates Lance Armstrong

The U.S. Senate voted unanimously on September 5 to congratulate Lance Armstrong for winning his 4th consecutive Tour de France, the world's most challenging athletic event. The Senate called Lance, "vital to the promotion of cycling as a sport, a healthy fitness activity, and a pollution-free transportation alternative." Texas Senators Kay Bailey Hutchison (R-TX, co-chair

CALL FIRST!

For winter rides it is important to always phone the ride leader before coming. Rides are scheduled 3 months in advance and weather or other circumstances can cause cancellation.



of the Senate Bike Caucus) and Phil Gramm (R-TX) introduced the act.



Mountain Bikes

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Cycle Fit of Delaware County

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Largest selection of bikes in Delaware County

Specializing in closeout models



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

Nightrider.... Walking the walk, not just talking the talk.

"The most important thing you can do with your bike is ride it to work" --Sheldon Brown "the Guru of Fix."

I've commuted to work on my bike for years in good weather, during daylight savings time. When the clocks change and the temperature drops I would hang up my hybrid and return to my emission spewing, road clogging, gut enlarging, brain numbing, stress producing, wallet emptying (I guess that's enough) four-wheeler. This year with noticeable increases in traffic and a greater personal commitment to biking as a statement that we need to change our automobile driven, carbon fuel based society (you should read *Eco-Economy*, by Lester R. Brown) I was determined to ride on into the night. My determination was given a big kick in the butt by the results of the recent congressional elections giving the Texas oil cartel near complete control of the federal government, i.e., The hell with the environment; let's sell oil! (Oops, this isn't a political column) And so for the last two months, weather permitting, no rain when I leave the house, and temperatures above 32 degrees, a new nightrider

is born.

I got out my bike books and studied up on what I needed to do to my commuter bike to make it night worthy and to my commuting wardrobe to make me more comfortable and visible. I added the following:

Double handlebar mounted headlights. Total of 24 watts, 1-2 hours running time depending if you're using one or two lights, rechargeable lead acid battery. I don't care about the weight on this bike!

Strobe light mounted on my rear rack. 270-degree visibility for 1.5 miles

Reflectors everywhere, white facing forward, big, red, automotive (Pep Boys) facing back, in the spokes of both wheels, and on the pedals. The front and back reflectors are mounted low where car headlights will pick them up.

A reflective vest and heavy, water-shedding tights (Tri-Flex by Performance. Been very happy with these) were added to my other winter riding garb.

Have you walked in the woods alone at night or perhaps ventured out in the dark cold of a ski resort on a clear evening when everyone

else is inside? There's an eerie quiet, a calm peacefulness that I love. It's just you and the night. On a dark road with only your headlights illuminating your path (you've picked a route away from the four-wheelers) it's the same with only the hum of your tires on the black pavement added. You can't ride fast, because you can't see the road ahead for more than about 25 feet. The night is a governor on your legs and your route. You go slow and stay on known smooth pavement. You brake on all the downhills, fearing a new pothole. Your mind is focused on the small patch of road ahead. It's simple after the intricacies of the day. I like it!

My wife hates it. She thinks it's too dangerous. I'm not convinced that it's any more dangerous than riding during the day if you have the proper equipment and you slow down. In fact I feel that if you're properly illuminated the brain-numbed drivers of the four wheelers will take better notice of you than they do in the daylight.

If you have the opportunity to ride rather than drive, do it, if not to work then to do errands or to visit friends. We all need to think of our bikes as transportation, not just recreation. The early sunset shouldn't hold you back. Venturing into the night, like any new challenge, can be invigorating and rewarding, but go slow, be seen, and be safe.



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DELAWARE VALLEY BICYCLE CLUB



Ride Calendar WINTER 2002 – 2003



*****Recurring Rides*****

Sundays, 9:00 am Miles:25 Class:C The Wayne Train Station Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12.361 mph. Call to confirm if weather iffy or temp less than 37 degrees. Contact Brian Wade at 610-254-9485 <bwadvedvbc@aol.com>
Mondays to Thursdays 10:00 am Miles:28+ Class:B/B- Escape from Work	Meet me at 320 Produce, 733 S. Chester Rd. in Swarthmore as I escape my responsibilities and get a nice ride in. Pace can vary with the day and time available. Expect a few hills. Call me the night before to confirm the ride. Rain and temps below 35 will cancel. David Cunicelli at 610-626-9874 <dcunicelli@rcn.com> NOTE: This ride will not take place between the 19th and the 25th
Tuesdays & Thursdays 6:00 pm 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 at 610-368-0760 <dm_trout@hotmail.com>

DECEMBER 2002

Sunday, Dec 1 9:30 am 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. Contact Bob Martin at 610-352-2114
Sunday, Dec 1 9:30 am Miles:50+ Class:A Art Museum	Meet at Rose Tree Park and we will travel to Manayunk, do our normal Art Museum loop and stop in Manayunk on the way back. Expect a fast pace and lots of nice friendly hills. Contact Antonio Rocha at 484-802-8374 or <tony@craftech.com>
Thursday, Dec 5 7:00 pm Miles:? Class:MTB Cross Country Ride	Cross Country Bike Ride thru Valley Forge Park (night ride) 1 1/4 hr. ride w/moderate pace; no technical terrain. Meet behind Valley Forge Park Visitor Ctr. Bright light required with battery power for at least 1 1/4 hours. I may be able to have Performance Bike Shop provide a loaner if someone would like to try this activity before investing in a light. Contact Phil Klara at 610-640-3704 <klarapc@aol.com>
Saturday, Dec 7 9:00 am Miles:? Class:MTB Cross Country Ride	Cross Country Bike Ride Through Valley Forge Park. 2 1/2 hour ride with moderate pace; some technical terrain. Meet at Manhattan Bagel Shop on Chesterbrook Blvd., Chesterbrook PA. Contact Phil Klara at 610-640-3704 <klarapc@aol.com>
Saturday, Dec 7 9:00 am Miles:10 Class:C Take to the Woods!	Meet on North (Philly) side of Rte. 420, Prospect Park at Heinz Wildlife Reserve side lot. We'll ride Reserve's pathways observing winter nature. Birds, deer, fox, rabbits & more. Low-impact MTB ride from Rte 420 to Reserve's nature ctr. (bring lock). Back to 420 via different rte. Trail is tame. Hybrid bikes fine. Mt. bike rides enjoyable even in low temps. Wet conditions may cancel but light snow may not. Call first. Frank Jackson 610-534-3978 <fjackson@rohnhass.com>
Saturday, Dec 7 9:00 am Miles:32-50 Class:B Kountry Kitchen Ride	Join me for a ride from Kingsway H.S. (Rtes. 322 & 551) through donkey country for breakfast at Kountry Kitchen. Contact Bob LaDrew at 610-383-9327 or <2ladrews@netreach.net>
Saturday, Dec 7 9:00 am Miles:30 Class:C Kountry Kitchen	Meet at Kingsway High School at routes 322 & 551 in New Jersey and ride to ride to the Kountry Kitchen in Elmer for breakfast. Contact Dave Trout at 610-368-0760 <dm_trout@hotmail.com>
Sunday, Dec 8 9:45 am Miles:30-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 <ira@dvbc.org>
Thursday, Dec 12 7:00 pm Miles:? Class:MTB Cross Country Ride	Cross Country Bike Ride thru Valley Forge Park (night ride) 1 1/4 hour ride with moderate pace; no technical terrain. Meet behind Valley Forge Park Visitor Ctr. Bright light required with battery power for at least 1 1/4 hours. I may be able to have Performance Bike Shop provide a loaner if someone would like to try this activity before investing in a light. Contact Phil Klara at 610-640-3704 <klarapc@aol.com>

Saturday, Dec 14 9:00 am Miles:? Class:MTB Cross Country Ride	Cross Country Bike Ride Through Valley Forge Park. 2 1/2 hour ride with moderate pace; some technical terrain. Meet at Manhattan Bagel Shop on Chesterbrook Blvd., Chesterbrook PA. Contact Phil Klara at 610-640-3704 or <klarapc@aol.com>
Saturday, Dec 14 9:00 am Miles:35 Class:C+ Ridley-Ridley Ride	Meet at Swarthmore train station (Rte 320, south side of tracks) for ride around Ridley lake then to Ridley Creek St. Park. Mileage depends on how cold our feet. If they're iceblocks we skip Ridley Pk portion & do flatter ride, if toes warm, expect longer & hillier. Call before 9pm night before for final plans. Bring \$ for coffee & muffin stop. NOTE: No ride if ANY ice on road. Jan Chadwick at 610-541-0784 <jc@dvbc.org>
Sunday, Dec 15 8:45 am Miles:40 Class:C Radnor Ramble	Manhattan Bagel Shop, Chesterbrook Shopping Ctr., Chesterbrook Blvd, (accessed from US202 or PA 252). Arrive early if you want breakfast. Rte. goes thru Upper&Lower Merion, Radnor, Newtown, Easttown & back to Tredyffrin Twp. Scenic ride w/some climbs. No one dropped. Cue sheets provided. Bring snacks, beverage and money. Joint ride: BBC and BCP. Steve Trobovic at 610-687-9229 <strobovic@juno.com>
Thursday, Dec 19 6:30 pm Miles:10 Class:ALL Christmas Lights Edition	NightRiders Special Christmas Lights Edition. Join us for an easy paced ride around some communities in south Delco to look at Christmas lights. If you don't have bike lights, let me know and we will see what we can work out. Hot chocolate, snacks and a roaring fire at my house after ride. Call to confirm you are coming (so we have enough goodies). Dave Trout at 610-368-0760 <dm_trout@hotmail.com>
Saturday, Dec 21 9:30 am Miles:32-50 Class:B Kountry Kitchen Ride	Join me for a ride from Kingsway H.S. (Rtes. 322 & 551) through horse country for breakfast at Kountry Kitchen. Contact Bob LaDrew at 610-383-9327 or <2ladrews@netreach.net>
Saturday, Dec 21 10:15 am Miles:15-30 Class:C CU at Selene	Selene Whole Foods Co-op, 305 West State St., Media. Enjoy first ride of winter thru quiet hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterwards inside store. Free parking in lot just west of Co-op. Call if weather or road conditions questionable. Ira Josephs at 610-565-4058 <ira@dvbc.org>
Sunday, Dec 22 9:30 am Miles:35+ Class:C Kountry Kitchen	Meet at the Kingsway H.S. routes 322 & 551. We'll ramble through farms & horse country and a few small towns and go to breakfast. Contact Bob Martin at 610-352-2114
Saturday, Dec 28 9:30 am Miles:30 Class:C Kountry Kitchen	Meet at Kingsway High School at routes 322 & 551 in New Jersey and ride to ride to the Kountry Kitchen in Elmer for breakfast. Contact Dave Trout at 610-368-0760 <dm_trout@hotmail.com>
Saturday, Dec 28 9:30 am Miles:30-50 Class:B/B- Holiday Roll	Meet at 320 Produce, 733 S. Chester Rd., RT 320 in Swarthmore. We'll go on a holiday roll to Chester County. Lots of downhills. Distance will depend on weather. Contact David Cunicelli at 610-626-9874 or <dcunicelli@rcn.com>
Sunday, Dec 29 10:00 am Miles:44 Class:A-/B+ Westtown-Downingtown	Westtown-Downingtown Figure Eight. Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. We will ride on scenic roads at a pace that will keep us warm. One stop in Downingtown. Contact Glenn Lyons at 610-399-0624 or <rollingspeed@cs.com>

JANUARY 2003

*****Recurring Rides*****

Sundays 9:00 am Miles:25 Class:C The Wayne Train Station Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Average pace is 12.361 mph. Call to confirm if weather iffy or temp less than 37 degrees. Contact Brian Wade at 610-254-9485 <bwadvedvbc@aol.com>
Mon. thru Thurs. 10 am Miles:28+ Class:B/B- Escape from Work	Meet me at 320 Produce, 733 S. Chester Rd. in Swarthmore as I escape my responsibilities and get a nice ride in. Pace can vary with the day and time available. Expect a few hills. Call night before to confirm the ride. Rain and temps below 35 cancel ride. Contact David Cunicelli 610-626-9874 <dcunicelli@rcn.com>
Tues. and Thurs. 6 pm 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 at 610-368-0760 <dm_trout@hotmail.com>
Thursdays 6:30 pm Miles:? Class:ALL Thursday Night Spinervals	Spin at Bob Blackburn's Garage in West Chester. Bring bike and trainer for a 45-60 minute intense Spinervals workout. Limited to 10 riders so please RSVP each week. Bob Blackburn at 610-429-3396 <TriBobPA@yahoo.com>

Wednesday, Jan 1, 12:00 pm Miles:43 Class:A-/B+ Bagels in Hockessin	Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. For those who stay up late to bring in the New Year, you can sleep in and ride during the warmest part of the day. A scenic route with one stop in Hockessin. Glenn Lyons at 610-399-0624 <rollingspeed@cs.com>
Saturday, Jan 4, 9:30 am Miles:32-50 Class:B Kountry Kitchen Ride	Join me for a ride from Kingsway H.S. (Rtes. 322 & 551) through jackass country for breakfast at Kountry Kitchen. Contact Bob LaDrew at 610-383-9327 or <2ladrews@netreach.net>
Saturday, Jan 4 9:30 am Miles:30 Class:C Kountry Kitchen	Meet at Kingsway High School at routes 322 & 551 in New Jersey and ride to ride to the Kountry Kitchen in Elmer for breakfast. Contact Dave Trout at 610-368-0760 <dm_trout@hotmail.com>
Sunday, Jan 5 10:15 am Miles:30-60 Class:B/B- Winter Westtown	Start at the Moylan-Rose Valley Train Station at Manchester and Woodward Rds. in Moylan. Ride through the beautiful wooded hills and valleys of western Delaware County, Chester County, and possibly Delaware. Food and rest stop at midpoint. Contact Ira Josephs at 610-565-4058 <ira@dvbc.org>
Saturday, Jan 11 9:00 am Miles:10 Class:C Take to the Woods!	Meet on North (Philly) side of Rte 420, Prospect Park at Heinz Wildlife Reserve side lot. We'll ride Reserve's pathways observing winter nature. Birds, deer, fox, rabbits & more. Low-impact MTB ride from Rte 420 to Reserve's nature ctr. (bring lock). Back to 420 via different rte. Trail is tame. Hybrid bikes fine. Mt. bike rides enjoyable even in low temps. Wet conditions may cancel but light snow may not. Call first. Frank Jackson 610-534-3978 <fjackson@rohmhass.com>
Sunday, Jan 12 10:00 am 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. Contact Bob Martin at 610-352-2114
Sunday, Jan 12 10:00 am Miles:40+ Class:A Show & Go	Let's meet at Rose Tree Park & decide where to go for a non-stop ride. Bring 2 water bottles and 2 bars and eat on the go. None of that "Let's stop for a while and get back on the bike to freeze our butts off" stuff. Mileage may change according to temp. Contact Antonio Rocha at 484-802-8374 <tony@craftech.com>
Saturday, Jan 18 10:15 am Miles:15-30 Class:C CU at Selene	Selene Whole Foods Co-op, 305 West State St. in Media. Enjoy winter scenery of hills and valleys to Ridley Creek State Park & beyond. Free refreshments afterwards inside store. Free parking in lot just west of Co-op. Call if weather or road conditions questionable. Contact Ira Josephs at 610-565-4058 <ira@dvbc.org>
Sunday, Jan 19 9:30 am Miles:35-40 Class:C+ Meet the Train Ridley Park to Ridley Creek SP	Ridley Park to Ridley Creek SP. We'll meet train from Philly & ride out to and thru Ridley Creek State Pk. Meet in parking lot of Pathmark on MacDade Blvd in Folsom, Ridley Twp & leave 9:30 AM, in order to get to Ridley Park train station to meet 9:58 train from city. Riders from Phila. can take R-2 train (#4209) that leaves Suburban Station at 9:29 AM. (Train riders be sure to call me so we know you're coming). Bring money for food stop. Cancellation subj. to weather. Dave Trout 610-368-0760 <dm_trout@hotmail.com>
Saturday, Jan 25 9:30 am Miles:35 Class:C+ Ridley-Ridley Ride	Meet at Swarthmore train station (Rte 320, south side of tracks) for ride around Ridley lake then to Ridley Creek St. Pk. Mileage depends on how cold our feet. If they're iceblocks we skip Ridley Pk portion & do flatter ride, if toes warm, expect longer & hillier. Call before 9pm night before for final plans. Bring \$ for coffee & muffin stop. NOTE: No ride if ANY ice on road. Jan Chadwick at 610-541-0784 <jc@dvbc.org>
Saturday, Jan 25 9:30 am Miles:30-50 Class:B "Witness" Ride	Join me at home near Coatesville for continental breakfast followed by ride thru Amish country to view sites where scenes filmed for movie "Witness." Call or e-mail by 6 pm day before, for directions & breakfast reservations. Must come at 9 for breakfast. Bob LaDrew 610-383-9327 <2ladrews@netreach.net>
Sunday, Jan 26 10:00 am 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 and go to breakfast. Contact Bob Martin at 610-352-2114

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Saturday, Feb 1 Miles:32-50 Class:B Kountry Kitchen Ride	9:00 am Join me for a ride from Kingsway H.S. (Rtes. 322 & 551) through sheep country for breakfast at Kountry Kitchen. Contact Bob LaDrew at 610-383-9327 or <2ladrews@netreach.net>
Saturday, Feb 1 Miles:30 Class:C Kountry Kitchen	9:00 am Meet at Kingsway High School at routes 322 & 551 in New Jersey and ride to ride to the Kountry Kitchen in Elmer for breakfast. Contact Dave Trout at 610-368-0760 or <dm_trout@hotmail.com>
Sunday, Feb 2 Miles:40-50 Class:A-/B+ Westtown-Mortonville Loop	10:00 am Meet at Westtown-Thornbury Elementary School on Westbourne Rd. north of 926. This is a new route for a winter ride (short). We may try it without a stop if everyone agrees. Contact Glenn Lyons at 610-399-0624 or <rollingspeed@cs.com>
Monday, Feb 3 Miles:0 Class:ALL DVBC Board Meeting	7:00 pm The DVBC 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 <jc@dvbc.org>
Saturday, Feb 8 Miles:32 Class:B Brandywine Junket	9:30 am Experience the undiscovered beauty of the East Branch of the Brandywine River. Meet at Kardon Park duck pond, Downingtown, Rte. 282 & Penna. Ave, one long block behind McDonald's. Contact Bob LaDrew at 610-383-9327 or <2ladrews@netreach.net>
Sunday, Feb 9 Miles:35+ Class:C+ Art Museum	10:00 am 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. Contact Bob Martin at 610-352-2114
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Saturday, Feb 15 Miles:10 Class:C Take to the Woods!	9:00 am Meet on North (Philly) side of Rte 420, Prospect Park at Heinz Wildlife Reserve side lot. We'll ride Reserve's pathways observing winter nature. Birds, deer, fox, rabbits & more. Low-impact MTB ride from Rte 420 to Reserve's nature ctr. (bring lock). Back to 420 via different rte. Trail is tame. Hybrid bikes fine. Mt. bike rides enjoyable even in low temps. Wet conditions may cancel but light snow may not. Call first. Frank Jackson 610-534-3978 <fjackson@rohnhass.com>
Saturday, Feb 15 Miles:35-40 Class:C+ Meet the Train Ridley Park to Ridley Creek SP	9:30 am Ridley Park to Ridley Creek SP We'll meet train from Phila. & ride to & thru Ridley Creek State Pk. Meet in parking lot of Pathmark on MacDade Blvd, Folsom, Ridley Twp & leave 9:30, in order to get to Ridley Park station to meet 9:58 train from city. Riders from Philly can take R-2 train (#4209) that leaves Suburban Station 9:29 AM. (Train riders be sure to call so we know you're coming). Bring \$ for food stop. Subject to weather cancellation. Dave Trout 610-368-0760 <dm_trout@hotmail.com>
Sunday, Feb 16 Miles:40+ Class:A Show & Go	10:00 am Let's meet at Rose Tree Park and decide where to go for a non-stop ride. Bring 2 water bottles and 2 bars & eat on the go. None of that "Let's stop for awhile & get back on the bike to freeze our butts off", stuff. Mileage may change according to temperature. Antonio Rocha at 484-802-8374 <tony@crafttech.com>
Saturday, Feb 22 Miles:35 Class:C+ Ridley-Ridley Ride	10:00 am Meet at Swarthmore train station (On Route 320, south side of tracks) for ride around Ridley lake then out to Ridley Creek St. Pk. Mileage depends on how cold our feet are. If they're iceblocks we'll skip the Ridley Pk. leg & do flatter ride, if toes warm, expect longer & hillier. Call before 9pm night before for final ride plans. Bring \$ for coffee & muffin. No ride if ANY ice on road. Jan Chadwick 610-541-0784 <jc@dvbc.org>
Saturday, Feb 22 Miles:15-30 Class:C CU at Selene	10:15 am Selene Whole Foods Co-op, 305 West State St., Media. Enjoy winter scenery of hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterwards inside store. Free parking in lot just west of Co-op. Contact Ira Josephs at 610-565-4058 or <ira@dvbc.org>
Sunday, Feb 23 Miles:35+ Class:C Kountry Kitchen	10:00 am Meet at the Kingsway H.S. routes 322 & 551. We'll ramble through farms & horse country and a few small towns and go to breakfast. Contact Bob Martin at 610-352-2114

Elsewhere....

Active DVBC member Ed Weirauch is seeking volunteers to work on the 2003 edition of the **American Cancer Society Bike-A-Thon**. On Tuesday, December 3, cyclists and friends are invited to Dave and Buster's (D & B) on Columbus Boulevard, just north of the Ben Franklin Bridge, to learn how they can help. Volunteers are needed for a wide range of tasks from distributing bananas to processing website registrations.

Last year's ACS ride hosted over 2900 riders and raised more than \$728,000 for the fight against cancer. If you are interested but can't make it Tuesday night, you can reach the ACS at 1-800-ACS-2345 or call Ed Weirauch at 610-363-6548.

On November 7th, noted exercise physiology expert **Edmund R. Burke**, 53, died of a heart attack while riding his bicycle. Preliminary autopsy results indicated that at the time he had an irregular heart-beat which could have triggered the heart attack.

In years past Mr. Burke was coordinator of sports sciences for the U.S. cycling team leading the 1996 Olympics as well as being a member of the 1980 and 1984 Olympic cycling teams. He also assisted cycling coach Chris Carmichael with Lance Armstrong's Tour de France wins. more recently, Mr. Burke was a biology professor at the University of

Colorado and wrote many books and magazine articles on nutrition and sports physiology. His books included "Cycling Health & Physiology," "The Complete Book of Long Distance Cycling," "High Tech Cycling," and "Complete Home Fitness Handbook."

At the funeral Dr. Burke's red-white-and-blue GT road bike stood lonely at the front of the room with his helmet and shoes, water bottle in place and the chain still in low gear. It was on a climb where Ed suffered his fatal heart attack on November 7.

Indications are that the noted physiologist failed to recognize symptoms that had been pointing toward a heart attack for some weeks prior to his death.

Quotable: "Before you criticize a member for his poor riding skills, ride a metric on his bike. That way, when you criticize him, you're 62 miles away and you'll have his bike." —**Matt Schottenfeld, Bicycle Touring Club of North Jersey.**

What clubs charge for their annual banquets:

Hanover Cyclers:.....	\$10
Bicycle Touring Club or North Jersey.....	\$25
Suburban Cyclists Unlimited.....	\$30
Delaware Valley Bicycle Club.....	\$5

Fax (610) 353-8230

Phone (610) 356-1515

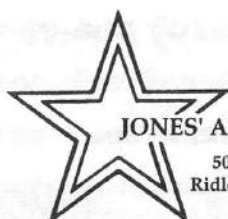
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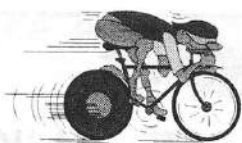
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Bike Dirt

By F.X. Pedrix



I could hear Babs' breathing getting harder and harder, she was beginning to sweat and make little sounds of physical exertion. "Why do you have to do your Power Yoga while I'm on the computer?" I asked. "Well, you're never off of it unless you're out riding and with all the rain lately you have been living in here," she panted. Sad but true I thought.

Speaking of computers, I know our club cartoonist likes to joke around, but nobody was laughing last month when an electronic virus traveled, under the cloak of his e-mail address, to all 120 computers on the receiving end of the DVBC list serve. It caused the Queen of Sheba's hard disk to blow up and some other tempers to flare. Bonkers Boy claims his PC was unplugged when that electronic grenade was tossed but can we trust the word of a man who lives in a cartoon world?

I was leafing through the Princeton Freewheelers newsletter the other day and saw that their club requires candidates for office to submit "candidate profile statements" which state qualifications and how the nominee would like to change the club. This is in contrast to the DVBC, which requires only that its potential officers have a pulse. Seriously, though, we do have a great list of candidates for office and the Board, which you members will be asked to approve at the holiday banquet. Our

Prez has graciously agreed to serve for a third one-year term. Vote "Yea" or be prepared to be drafted and sworn in within thirty seconds (if that long).

ERRATA Department: One of my spies has been suspended--without pay (They don't get paid anyway so why should I start when they are being disciplined?) for a report she submitted last month regarding the crash you read about in this column. This is the incident where the Canadian Lightning bolt went down and Senor Blanco, next in the peline, ran over her head. On the report form under "Injuries" my spy wrote "None." It seems she was referring to the status of the bikes. She neglected to mention that the two riders were badly shaken. If you hear the phrase "hourglass figure" used to describe the Lightning Bolt, it could be a reference to the shape of her head.

"Hills, Hills, Hills," "Climb to the Clouds," "Alpine Ascent".... Movie Man wonders why more people don't come to his C rides but maybe the titles he gives them are scaring people off. His rides really aren't that bad, folks. To bolster attendance he should try ride names like "Coasting & Cruising," or "Handlebar Meditation."

I was whizzing up a hill the other day between rainstorms and sadly thought to myself that the 2002 ride season was just about over and the struggle to stay in reasonable shape

through the winter has just begun. I started waxing nostalgic, thinking back to all the good times this past year. And a good year it was! In spite of the weather, both heat and rain, there were a lot of great riding and fun times. To jog your memory, remember: Kountry Kitchen Rides, time trials, route painting, a cold Bonkers Metric, attack geese, Sweetwater Road, Kountry Kitchen Rides, Shore Rides, the Hunter Mountain Trip, the crash on Hunter Mountain, another beautiful First Union Race day, The Famous Deli, evenings watching the TDF (Lance wins again), volunteer rides, post-tour pizza parties, Kountry Kitchen Rides, the heat, the Bucks County Coffee Shop in Manyunk, the Annual Bonkers Picnic, the Washington Trip, the heat, Kountry Kitchen Rides, the heat, big weight loss, the no-food-or-drink Amish Century (we made it anyway), 100 degree metric, the heat, The Brandywine ??? Tour, the "water" problem, shredded birds, "lost in New Jersey" (or the Belleplain Century), and last but not least, Kountry Kitchen Rides.

So if this makes you nostalgic too, then make sure you attend the Annual Club Banquet this month so you can swap stories and tell lies. I hear there will be tons of awards foisted on unwitting members like, the Crash & Burn, Road Kill, President's Award, Bonk of the Year, and most importantly F.X. Pedrix True Bicyclist Award as well as a many less serious awards. Babs and I hope to see you there this year.

From Babs and myself, we want to wish you a great holiday season and a happy and healthy new biking year. Oh and Bob -- get better real soon 'cause we miss ya on the road, buddy.

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

DIRECTIONS TO ROSARIO'S:

(113 S. MORTON AVE. MORTON PA)

FROM RTE. 476, TAKE MEDIA/SWARTHMORE EXIT.
TAKE BALTIMORE PIKE EAST FOR ONE MILE.
TURN RIGHT (SOUTH) ON RTE.420 AT TARGET & MOBIL.
GO ABOUT ONE MILE TO RAILROAD TRACKS.
TURN RIGHT AT TRACKS ONTO MORTON AVE.
ROSARIO'S IS ON YOUR LEFT.
PARKING LOT ONE-HALF BLOCK DOWN ON RIGHT.



The Year in Review

by DVBC President Jan Chadwick

I can't believe another year has come and gone. Somehow you just lose track, don't you? What did I do this year? I don't know but I did seem to be busy every minute. Granted, one of the benefits of a drought is that you can get more riding in, except of course, when it comes to planning tour rides. Yes, our Brandywine Tour got washed down the storm drains, but you just wait until next year. If you didn't get out on the new route, make sure you put it on your Must-do list for 2003, because it was one of the best new rides I did this year. Drew Knox, Brian Wade, David Bennett and others spent hours re-routing the tour and it is tremendous. The Bonkers Tour this year was also great, with a new food stop that every cyclist got to enjoy twice, and I mean really enjoy—oh, those fresh baked goods!

What else? Two trips to the Velodrome, two fun movie nights, a great summer picnic hosted by the LaDrews, a trip up Hunter Mountain, safety and training classes, countless trips to the Kountry Kitchen, and hundreds of club rides. It really was a great year.

One of the things I like best about DVBC is always having someone to ride with. If there isn't a scheduled ride, folks just bounce on the list serve and list a spontaneous ride. There is always someone up for a ride. But besides great riding companions, DVBC does a lot of things behind the scenes that you might not know about. For instance, did you realize that the

club is a member of the League of American Bicyclists? This is a national advocacy organization that is constantly pounding on our politicians' doors reminding them to keep cycling a top priority for the nation's transportation network. The League really came through for us this year when we had an "insurance emergency." We discovered that the company who held our insurance was under investigation for fraud. With all club activities temporarily suspended we had a tense couple of days. The League directed us to their insurance program and by the weekend everyone was out happily enjoying club rides, most riders totally oblivious to the temporary glitch.

DVBC is also a member of the Bicycle Coalition of Greater Philadelphia, which hounds local politicians on our behalf. David Bennett and Ira Josephs are both involved in various advocacy activities and they keep us filled in.

Where else does all the money go that is in the DVBC checking account? Well, your \$15/household membership? It doesn't even cover the expenses of the monthly newsletter you receive, not to mention your free trips to the Velodrome, the \$50 jersey you bought for \$45 (we still have some for sale, by the way), the free summer Bonkers picnic, the Board members' annual Hawaiian retreat fund... Oh, no, I wasn't supposed to mention that, was I? (That's just a joke.)

Anyway, with all this and a Brandywine Tour that lost money, we



**THANKS
TO THOSE
WHO ARE
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RIDES THIS WINTER:**

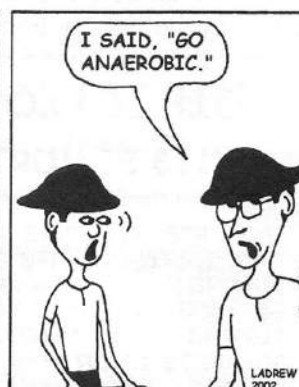
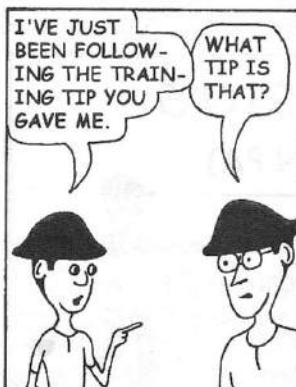
**David Cunicelli
Phil Klara
Brian Wade
Dave Trout
Bob Martin
Tony Rocha
Frank Jackson
Bob LaDrew
Ira Josephs
Jan Chadwick
Steve Trobovic
Glenn Lyons
Bob Blackburn**

still have funds enough that the Board voted to subsidize the December 9 banquet again this year. Even though the restaurant will be charging approximately \$22/person—club members can attend for only \$5. You can't beat that for a great night out!

I hope to see you all there. Come out and help me encourage and thank everyone who made this year happen. Especially our great Board of Directors, a group of amazingly dedicated people who make it all happen. Thanks, everyone!

BONKERS

CARTOONS
OF THE
DVBC



Take Advantage of Today's Developments in Winter Cycle Clothing

by Frank Jackson

Soon winter will be here in full force. Fortunately, surviving a Philadelphia winter in recent years has been a breeze. Well, maybe not any more. The birds departed early this year and where was Indian summer? Is this going to be known as the year without a fall? Unfortunately, we can't hibernate like Yogi Bear®. There's riding to be done. The obvious solution is to dress warmly and stay dry.

But is it that really so obvious? Just grabbing your winter parka isn't going to cut it. Clothing should be layered, with the outer garment capable of resisting the wind. Accompanying this the clothing should be able to breathe and have vents. Without good ventilation you'll either overheat or take in so much moisture that you'll be soaked like a mid-July day. Which will become very apparent once you stop at a light. It's amazing

how fast your body can get cold when soaked in sweat under your clothing.

Fortunately, today's cycle clothing is quite adaptable to winter riding. You can find outer clothing that is breathable such as Gortex®, wind breakers and rain gear that have vents in the appropriate areas, breathable outerwear with varying degrees of insulation, and wind protecting clothing which uses an added wind block in the front.

These all promote enjoyment of your cold weather riding. There is no excuse for being dressed either too light, too heavy, or just not having the right type of gear for the ride. That means fingered gloves, ear scarf, head or helmet cover, or those humongous shoe covers. Actually with the unpredictable nature of winter weather you really do need access to all available options. Either way, not being prepared for the elements makes the ride less

2002 Mileage Roundup



All club members are asked to send in their mileage roundup for the 2002 year. This is not a mileage contest. Every cyclist has a story to tell. Please send in your mileage total, and tell us your highlight and lowlight for the past year. We will print your reports in the March newsletter. Send them to Bob LaDrew, 139 Gabel Road, Coatesville PA 19320, or <2ladrews@netreach.net> Do not send them on the club e-mail list serve.

than it could be and may even threaten your health. The best protection against the cold starts with a good defense. So if you see you're lacking in winter bike clothes, bust out that wallet and get what you need. Otherwise, there is a whole part of the cycling year that you might just be missing.

HH News:
Andy Lackintosh Silver Jr. Worlds
Steve Lehman Gold Master, Worlds

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



11/1/05

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Application for DVBC Membership

(Expires 1 year from date joined/renewed)

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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: ☐ Ride Leader
(check all interests) ☐ 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) _____