



Delaware Valley Bicycle Club



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

OCTOBER 2003

The sun shines on a successful Brandywine Tour

by Drew Knox

If fun is the measurement of success, then this year's rollicking Brandywine Tour was a smash hit. The stage was set with painted roads, truckloads of food on hand, and a huge volunteer cast waiting in the wings. The big question was whether last year's villain, torrential rain, would reappear. Instead, fair skies made a grand entrance, took a star turn at center stage and made nearly 400 riders into actors in an SRO event.

The enthusiasm was palpable as toggled out riders pushed gleaming metal toward the registration table and were off, coasting away from the Pocopson promontory. At the end of the day, riders seemed to be having as much fun punching their way back up that hill. Maybe the riders were having so much fun because the volunteers had such a good time. Or maybe it was the other way around. In any case, this is a good time to again thank all of you who offered up your time. You really did make this one of the best tours of the season!

There is a lot more we can do. Sal LoSapio, with Central Bucks Bicycle Club, wrote to say that we have "the potential to have 500-1000 riders or even a lot more, if you want." He spoke from experience as he has seen his club grow their Covered Bridges ride from 300-500 riders to more than 2000 in about 7 years.

Why would we want to do that? Several reasons: the logistics can easily scale up, the excitement of a big event does likewise, and we can make our club a significant fundraising contributor to the bicycling community. This is one lesson we can quickly learn from CBBC which has donated part of its proceeds to East Coast Greenway, The Friends of

the Delaware Canal, The League of American Bicyclists to

promote bicycling advocacy programs, Windows of Hope, a charity to help victims of the September 11 attacks, and to the maintenance and upkeep of historic covered bridges.

There was a brief board discussion last year about dispersing funds but, because the rainout limited the tour's profitability, it made sense to table the issue. However, there was also a misconception that because some of the board members worked hard to raise money to support charity rides that that was

sufficient and excused the club from making any other donations. That seems off base and irresponsible to me. Maybe the commonality of bicycles clouds the issue and the distinction is clearer to me because my private donations go to education.

Let me know what you think. Where would you like to see the Brandywine Tour go and what causes should your club support?

Write me online at bwtour@dvbc.org or via snail mail to Drew Knox, 2410 Ramblewood Drive, Wilmington, DE 19810. And thanks again for your help.



Thank you, sponsors of the Brandywine Tour!



BRANDYWINE OUTFITTERS

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 12th of each
month.

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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

Obey all applicable
traffic regulations,
signs, signals
and markings.

Keep right.
Drive with
traffic, not
against it.
Ride single
file.

Watch out for car doors opening,
or for cars pulling into traffic.

Protect yourself at night
with the required reflectors
and lights.

Use hand
signals to
indicate stop-
ping or
turning.

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 Bonkers picnic, all club events are free to the general public. The general public is welcome!



Woody's Wheel Wise

After a quarter century of riding I've figured some things out, and my mom taught me to share. -- Woody Kotch

"Do you race?"

All of us fanatical bicyclists are asked this one regularly. New acquaintances, co-workers, relatives, fellow bikers and folks I just met on the road usually get around to this question once I have informed them that I ride between 50 and 150 miles a week, day and night, summer and winter, and in between. Besides, why would I be wearing spandex at my age and riding a bike that costs more than a nice vacation if I didn't race? I have never been a participant in an organized bicycle race, but my answer to this question has changed over the years as my years have taught me that many answers are more gray, than black or white.

My current favorite answer is, "NO, except when the rider in front of me actually thinks he's faster than I am." I've also used, "NO, unless I'm coming into a rest stop," or, "NO, except when the parking lot is 1 mile away," or, "NO, except when the hill is not too long and I think I can get to the top before anaerobic switches to aerobic." I guess the list could go on and on.

So what is it about being competi-

tive that seems to drive us? On the Lancaster Bicycle Club's Covered Bridges ride this year, I was hammering to stay ahead of some similarly minded riders I didn't even know. A woman in the group said to me, "All the testosterone flowing here is making the road slippery!" (She was hammering too.) Is it hormones?

During this year's MS-150 after yelling out "On your left" to a rider who was in the middle of the road and getting no yielding response, I explained to the rider that that means move right. The rider replied, "You don't have to be nasty." Am I competitive because I'm just nasty? I hope not!

Well I know why I "kinda" race. I like success, and I like success that I have to work hard for. Sometimes I can pull ahead, even drop that guy in front of me. Sometimes I do get to the rest stop first or to the parking lot first. Sometimes I can get to the top of the hill first and I know it's because I have put in the time and the effort to be fit, strong, and healthy. Yeah, that feels goood!

"Do you race?"



It's never too soon to mark your calendar!

The DVBC holiday banquet will be held December 8, 2003, at Rosario's in Morton. Look for more information in next month's newsletter.

DVBC member David Cunicelli is more than just a strong rider. As owner of 320 Produce, he is a generous sponsor of the Brandywine Tour. David says, "If you are in the area, come see our pretty new building and 320 Market Cafe." The new facility is at 733 S. Chester Rd., Swarthmore.



New Members!

WELCOME



Joan Anderson
Edward Becker
Ellen Brock
David Cohen
Robert Edmondson
Dan Green
Jimmy Kenny
Maya Martin
Carol McKee
Doug Mead
Joe Moser
Joel Neigh
Dawn and John Ogden
Tom Reimann
Valerie Shinbaum
Jussi Voima
Mike Willner



DVBC Bike Tour

Blackwater Wildlife Refuge
on the shores of the Chesapeake
October 17-19

Deadline for reservations: October 7

Each motel room is \$50 plus tax

Contact Bob LaDrew at 610-383-9327 or
2ladrews@netreach.net

Javier's Second Assault on Mt. Washington

by Javier Pazos

Last year I decided to try a new challenge. I competed in the Mt. Washington Auto Road Bicycle Hillclimb. Having never pedaled a bicycle up a mountain before, I wasn't sure how to train for it. I decided to just ride a lot of hills. Whenever I had a choice of two routes, I usually chose the hillier one. And in addition to my usual riding (commuting and solo rides), I decided to do plenty of "quality" miles. I did a whole slew of A level rides including Tony's Wednesday night rides and the Hunter Mountain weekend. I also entered several races, so come the day of the hillclimb, I would have good "race legs." When I arrived in New Hampshire, the mountain treated me to uncharacteristically good weather. What followed was the hardest 8-mile ride of my life. It was an hour and 31 minutes of pure suffering. I couldn't wait to do it again this year.

Since the event has a 600 rider limit and fills up fast, I pre-registered back in February when registration opened. The plan was that I would lose 15 lbs and work even harder to have **great** "race legs." This way I would break my PR and possibly qualify for the "top notch" group. Needless to say, things didn't quite work out as planned. I missed my 15 lb. weight loss target by about 10 to 15 lbs. I was still able to log plenty of miles, but for many reasons I won't get into, I didn't get in the "quality" miles. On the day of the hillclimb, I had only done one of Tony's A rides and competed in only one race. I didn't have the "race legs" I had so wanted when I pre-reged. I could tell things were going to be difficult.

On the other hand, I had done this race before, so I kind of knew what to expect. This would be an advantage

over last year. After I finished warming up and lined up for the start, I looked up to where I had seen the summit the year before. There was nothing there but a big heavy cloud. Then the starter announced the forecast: "20 to 30 mph winds at the summit." I was starting to get a bad feeling. Once the race started I didn't feel too bad, but the hill did seem a little harder than before. I had the same set-up as last year with a 34-cog sprocket as my bailout gear. Last year I used the bailout gear a total of three times, the first time being around the four and a half mile mark. This year I found myself in the bailout gear at the **one** and a half mile mark. I knew things were only going to get worse. And they did.

When I got above the tree line, the sky was still clear, but I was finally exposed to the 20 mph winds that had

See **Javier**, p. 8

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



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DVBC Ride Calendar

OCTOBER 2003



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

| | |
|--|---|
| Tuesdays 6:00 pm Miles: 15-20 Class: C NightRiders | We spin around Southern DelCo well into the dark. Bike lights front and rear are a must. You must call or e-mail to confirm start time & location. Very cold or wet weather will cancel ride. Most rides start at 6 pm. Dave Trout at 610-368-0760 or dmt trout@usa.net |
| Friday, Oct 3, 1:30 pm Miles: 30+/- Class: B+ Show & Go | With fewer hours of daylight, we need to find time during the day to stay in shape. Meet at my office at CraTech, 113 State Road in Media for a ride around the area. Please call first to confirm. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com |
| Saturday, Oct 4, 9:00 am Miles: 0 Class: ALL Fall Bicycle Flea Market | Lehigh Valley Velodrome 29th Annual Fall Bicycle Flea Market. Contact Gretta at 610-967-8033 or gretta@lvvelo.org |
| Saturday, Oct 4, 9:00 am Miles: 48 Class: B- The 3rd Annual Autumn Apple | Start at Rose Tree Park in Media, PA, ride to Northbrook Orchard via the usual roads because that's the way we have always done it (wouldn't wanna turn over anybody's apple cart), chow on the Autumn Apples and return. Expect seeds. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Oct 5, 8:00 am Miles: 50 Class: B- R5 Wayne Train Station | Start R5 Wayne Train Station. Never the same ride twice! But always a hill and a food stop. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Oct 5, 9:00 am Miles: 50+/- Class: C+/B- Salem Oak | Meet at the Salem Oak Diner on Route 49 in Salem. We'll ride the short route of the Peter O'Dell ride. Come early for breakfast or 9:00 for the ride. This is for my wife Cassie, her first time on the route. Contact Bob Leon at 610-833-2365 or bleon@craftech.com |
| Sunday, Oct 5, 9:00 am Miles: 50+ Class: A Art Museum | Meet at Rose Tree Park, for a ride to Manayunk and the Art Museum. Expect a fast pace and lots of nice friendly hills. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com |
| Monday, Oct 6, 7:00 pm Miles: 0 Class: ALL 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 Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Wednesday, Oct 8, 6:30 pm Miles: 0 Class: ALL Food | For ALL Wednesday and Thursday night Rose Tree Park riders, and whoever else would like to join us. 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 7th to make reservations. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com |
| Thursday, Oct 9, 9:00 am Miles: 52.1 Class: C+/B- Amish Tour | Play hooky from work. Leave from Bob LaDrew's house near Coatesville. Bagels & juice before ride. Call or email for reservation & directions. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net |
| Friday, Oct 10, 1:30 pm Miles: 30+/- Class: B+ Show & Go | With fewer hours of daylight, we need to find time during the day to stay in shape. Meet at my office at CraTech, 113 State Road in Media for a ride around the area. Please call first to confirm. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com |
| Saturday, Oct 11, 8:00 am Miles: 50+/- Class: B Kountry Kitchen | Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to the Saturday morning breakfast. I'll try to mix it up with some new roads. Contact Bob Leon at 610-833-2365 or bleon@craftech.com |
| Saturday, Oct 11, 9:45 am Miles: 28 Class: C CU at Selene | Start at Selene Whole Foods Co-op, 305 West State St. Media. Enjoy the hills and valleys to Ridley Creek State Park and beyond. Free refreshments afterwards inside the store. Free parking in a lot just west of Co-op. Ira Josephs at 610-565-4058 or ira@dvbc.org |
| Sunday, Oct 12, 8:00 am Miles: 50 Class: B- Tired of Hills? | ... then pick another ride. Start at the R5 Wayne Train Station, do numerous hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |

| | |
|---|--|
| Sunday, Oct 12, 9:00 am Miles: 40 Class: C+ Art Museum | An easy-paced ride starting from Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there, travel to the Art Museum, stop in Manayunk on way back. Expect some hills, but no one gets dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114 |
| Sunday, Oct 12, 9:00 am Miles: 40 Class: C Radnor Ramble | Start: Manhattan Bagels in Chesterbrook. Ramble around Upper Main Line area. (11 mph avg). A couple of challenging hills. Cue sheets; none dropped; multi-club ride. Bring snacks, H2O & \$. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net |
| Sunday, Oct 12, 9:00 am Miles: 50+/- Class: C+ Roaming South Jersey | Start at Kingsway High School, Routes 551 and 322 for a ride through South Jersey. We'll have our tandem but all bikes are welcome. Bring money for food and water. Contact Bob Leon at 610-833-2365 or bleon@craftech.com |
| Friday, Oct 17, Any time after 12 pm Miles: Many Class: All Blackwater Wildlife Refuge | A DVBC weekend event out of Best Value Inn, Cambridge, MD. Perfect, flat roads & beautiful scenery of Blackwater National Wildlife Refuge and Dorchester County. Must pre-register by Oct. 7. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net |
| Saturday, Oct 18, 8:00 am Miles: 40+/- Class: B Manayunk | Meet me behind the Dunkin Donuts on MacDade Blvd and Fairview Roads. Bring money for food and drink. Contact Bob Leon at 610-833-2365 or bleon@craftech.com |
| Saturday, Oct 18, 9:00 am Miles: 50 Class: C+ Brandywine 50 | Brandywine loop with Bonnie and Len. Leave from parking lot across from Chadds Ford Elementary School on Route 1 (Fairville Rd., left at light after Route 1/Route 100 intersection, if heading west). Contact Len at 856-722-3425 or lzane00@comcast.net |
| Saturday, Oct 18, 9:30 am Miles: 35-40 Class: C Cruise the Delaware Canal Towpath! | Meet: Riverside picnic area, Washington Crossing State Park. Fall foliage on Del. River, local wildlife. Stop New Hope French bakery. Hybrid or mountain bike only. Directions: North on I-95 then NJ 29 North immediately after Scudders Falls Bridge. Continue N. on 29 for 8 mi. to Mercer County Rte 546. Left, then quick right. Or take Septa R3 to West Trenton, then bike NJ 29 or canal path, 5 mi. to park. Pat Haggar 610-896-1987, phaggar@comcast.net and Frank Jackson 610-534-3978 or fjackson@rohmmaas.com |
| Sunday, Oct 19, 8:00 am Miles: 35 Class: B- R5 Wayne Train | I'm off to Indiana for The Hilly Hundred. Somebody else will lead ride. Start & end at Train Station. Probably less hilly than I would do. Rumor has it down to the Art Museum and Manayunk for coffee. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Oct 19, 8:45 am Miles: 35 Class: C/C+ Valley Forge to Coventry | Start: Valley Forge Park, Visitor Center, lower parking lot. Breakfast, after 25 miles. Some hills before breakfast. Mostly flat ride back. Cue sheet & Regional Bike Map for each rider. Bring H2O, \$ and snacks. Steve Trobovic at 610-687-9229 or wildyugo@comcast.net |
| Sunday, Oct 19, 9:30 am Miles: 64 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 |
| Friday, Oct 24, 1:30 pm Miles: 30+/- Class: B+ Show & Go | With fewer hours of daylight, we need to find time during the day to stay in shape. Meet at my office at CraTech, 113 State Road in Media for a ride around the area. Please call first to confirm. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com |
| Saturday, Oct 25, 7:30 am Miles: 50+/- Class: B+ No Frills | Just fifty or so miles leaving from the 320 Market in Swarthmore. Get out and get done. No long food stop. Contact David Cunicelli at 610-633-2530 or dcunicelli@rcn.com |
| Saturday, Oct 25, 8:30 am Miles: 60+/- Class: B/B- Hoagies in Buena Vista | Start at Kingsway High School, Routes 551 and 322. We'll ride to Buena to check out a new hoagie shop along Route 540. Bring money for food and water. Contact Bob Leon at 610-833-2365 or bleon@craftech.com |
| Sunday, Oct 26, 8:00 am Miles: 55+ Class: B- I'M BAAAACCKKKK | ... IA was flat compared to PA. So we be climbing. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com |
| Sunday, Oct 26, 9:00 am Miles: 77 Class: B+/A- Westtown-Chester Springs | Fall foliage should be excellent on this route on this date. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com |
| Sunday, Oct 26, 9:00 am Miles: 40+ Class: C+ Art Museum | Meet at Valley Forge Trail Head for an easy-paced ride to the Art Museum with a stop in Manayunk on the way back. Bring money for a snack. Contact Bob Martin at 610-352-2114 |
| Friday, Oct 31, 1:30 pm Miles: 30+/- Class: B+ Show & Go | With fewer hours of daylight, we need to find time during the day to stay in shape. Meet at my office at CraTech, 113 State Road in Media for a ride around the area. Please call first to confirm. Contact Antonio Rocha at 484-802-8374 or tony@craftech.com |

New DVBC Member Introduces Himself

by Ed Becker

About 3 - 4 years ago, I was at a low point in my life. I weighed about 285 and was doing many things that I shouldn't to try to feel better. I was hanging with friends who encouraged it.

One day, I decided to start a turnaround by joining a local gym for weight training. In the past, I was in near bodybuilding form from high school into my very early 20's.

After a couple of months and pounds, I picked up and dusted off my old Schwinn MTB for some added cardio. I trained my butt off (literally). In the meantime, I fell in love (some would say I became obsessed) with riding. I got out a lot on my MTB and even ended up buying a new one that actually fit. I got more and more into riding and am now on my third MTB. I did most of the riding alone.

Then this past, July I watched the Tour de France and got totally stoked about road bikes. So I went out and purchased a Specialized Allez about a month ago. When I purchased the bike, Harry Havnoonian at CycleSport told me of a ride that leaves from there every Tuesday evening. The very next week I participated. I feel I did fairly well for at least the first 20 miles and then got dropped. Instead of getting discouraged when I finally finished, a feeling that I haven't felt for many years came over me.

Some of the riders actually waited for me to finish (one was named Christine) and they told me of a local bike club named DVBC. The very next day I signed on to their website, joined and also signed up for the Brandywine Tour which was a couple of weeks away. At this time I weighed 220 and committed myself to dropping more weight, as I knew that would make me a better bike rider for the Tour. I put my head down, shut my eyes and went to work training.

The day of the Tour, I weighed 207 and did the 50-mile route. I completed the route and got even more of that feeling.

I model my riding technique after Jan Ulrich, for I feel my leg strength is a little more than the average human (about 900-1000 lbs. leg press). Of course in becoming an avid rider at the old age of 34, I have since lowered my weight and increased my reps to become a better rider.

As of right now (Sept 5th), I have broken the 200-lb. mark at a cool 198 and am going stronger than ever. I have found myself to be determined and competitive (mainly against myself).

I hope this helps you understand where I am coming from as it is just me, myself and I. I hope to contribute to the club and attend as many DVBC functions as I can.

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From **Javier**, p. 4
 been forecast. That's when I really started to struggle. I looked at my watch and saw that I was on a pace four minutes slower than last year. That's not too bad considering how I felt. Of course, at this point I was now permanently in my bailout gear, I was huffing and gasping, and I was having trouble holding a straight line. Another rider who passed me told me that I sounded horrible and that I should stop and take a break. But no! I wasn't about to let a little thing like gross fatigue, hyperventilation, and decline in motor-control get me off my bike before the finish line. No siree! God himself would have to come down and pluck me off my bike. Just then, I looked up and saw it. A dark cloud, moving in excess of 50 mph, was coming down the unpaved road towards me, clearing every speck of dust in its way. I really don't know how I was able to stay on the bike when that cloud hit me. I was hoping this was just a gust, but it wasn't. The whole rest of the race had 60 mph

winds and near zero visibility. I don't believe it was raining, but the clouds were so thick that I was soaking wet from the dew before I was done. The winds were so hard that in order to stay on my bike, I had to crouch low with my hands in the drops and my chin on the handlebars. Let me tell you that climbing a steep hill in this position is extremely stressful on the lower back. I couldn't sit comfortably for the rest of the day.

But despite my grit and determination, the wind and fatigue finally won. One particularly stiff crosswind managed to take me off my bike. I was able to catch myself so I didn't hit the ground, but the damage was done. Trying to clip back into your pedals on an 18% grade in 60 mph winds while suffering from exhaustion is a somewhat precari-



ous task. I had to resort to walking my bike up to a slightly "less steep" section before I could clip back in. Things were just not going well for me. Just then, the camera crew came up to me to ask me how I felt. Now isn't that just like Murphy's Law? One of my disappointments from last year was that I didn't get on the race video. And now it

looked like I was getting my wish . . . just when I didn't want it! When I was walking my bike. I was so embarrassed I used my remaining strength to raise my hand to block the camera, just like some celebrity being hounded by paparazzi after spending the night in jail. Geez, I really hope they don't use that footage.

When the road finally leveled out some (you know, to about 9%), I

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 Ridley Park, PA 19078

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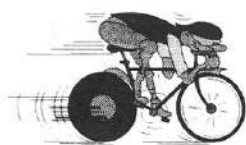
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Bike Dirt

By F.X. Pedrix

When I arrived home after this year's Brandywine Tour, my ever-so-empathetic wife Babs took one look at me, raised one eyebrow and said, "By the looks of you, I assume the ride didn't go too well." "The ride was great," I said. "It's me that is not so good. I swear, either that ride is getting hillier every year or I am getting older." The eyebrow lowered, "I think I will go with the former, Gramps."

Truly, the ride did go off wonderfully. The weather was nice, food was good and plentiful, and the route marked well. One would think that the team involved in pulling it off was a well-oiled machine. Oh but contraire. My spies spirited copies of last minute panic-filled emails, which painted a much different picture of the preparations. Let's just say this, after reading the emails, it makes one wonder if all organizations operate like that and if they do, I don't think I want to fly in a plane again.

A properly run event like the Brandywine Tour leaves riders with the impression they have experienced a perfectly run event in which no stone has been left unturned. Participants had no reason to believe things were any different for the recently concluded Tour. Behind the scenes, however, the unforeseen may occur which causes the affair to teeter on the brink of disaster. In the case of our Tour, well-meaning PennDOT workers came down one of our principle roads just three days before the event and laid down a smooth layer of asphalt.

Major upgrade, right? Wrong! Arrows painted on the road to show riders where to turn were paved over. Ride day dawned and some early-arriving bikers embarked on their century.

Fortunately, our Tour Coordinator was out before sunrise making one final route inspection. He has asked my spy never to divulge that, as he sprayed the final, critical arrow onto the virgin pavement, the first century riders were appearing in the distance. Little did those riders realize how close they had come to missing their turn and wandering aimlessly westward into Blair County and beyond.

One major casualty of the Tour was actually one of the SAG wagons. The SAG volunteer, after placing SAG signs all over his vehicle and stocking it with various SAG supplies noticed a puddle of transmission fluid on the ground. A quick check of the dipstick showed no fluid level at all.

HELP ME. As the riding season begins to come to a close, my mind starts to mull over the awards to be given out at the Annual Banquet. One category I would like to see is the DVBC Bike Ride Hall of Fame. The DVBC has many great recurring rides such as Bob Martin's Manayunk Ride, Bob Leon's Kountry Kitchen Ride, Bob LaDrew's Witness Ride, etc. Please nominate your favorite ride by emailing me at the address below. Next month I will pick the top three or four for final voting.

HELP YOURSELF. In any activity in life, especially one as passionate as bike riding, we may find ourselves doing things that make us feel guilty in the pursuit of our passion, i.e. ignoring the family too often. Here is a chance to unload your psyche. Send your "Bicycle Confessions" to me. Please indicate if they may be reprinted here.

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

ELSEWHERE....

DVBC member Maya Martin really is "elsewhere". She is also a member of the **Cairo Bicycle Club** and has emailed us to say that, "... Our annual, two-day, 260+ km challenge on the Sinai Peninsula is scheduled for March 4-6. There is also the 120 km Pinarello race (organized by an Italian group) in Sharm El Sheikh, a resort on the Red Sea and that is tentatively scheduled for February 19. I'll email more info later as it becomes set. It would be wonderful to have Stateside riders join us for any of these awesome rides. Imagine riding in the desert with the absolutely still Red Sea, not a wave, on one side and the Red Sea Hills interspersed with sand dunes and desert flats on the other with a palm tree oasis Stupendous !!!

Plans for Glenn Davis' 13-day **Tour de France trip** next July are progressing. You can get details by emailing Glenn at gpDavis2@verizon.net Last month his email address was reported incorrectly.

After her bicycling 55-year-old father was hit and killed by a tow truck, **Abby Reichardt**, of **Dover DE**, pushed successfully for the creation of a new Delaware law. It seems the truck driver had been charged with a crime whose penalty was no different than if he had hit a mailbox. The new law that Ms. Reichardt backed closes a gap in the legal code that had allowed some drivers to face little more than a reckless driving charge when involved in an accident, even if their actions caused the death of another person.

A character named **Gandalf** offers tips in "Masterlink", the newsletter of the **Bicycle Tour Club of NJ**. In August he suggested pulling your bike up to the ice machine at a convenience store on a hot day. Reach inside the freezer and scoop snow off the walls. This can be shaped into a snowball and dropped into the chamois of your biking shorts. Gandalf swears it will produce the desired effect.

Quotable: Steve Servey, of the **Brandywine Bike Club** in an article about mountain biking: "Man was made from dirt, and to the dirt he shall return. In between, let it be your playground."

REGIONAL EVENTS

Oct. 3-5: Rehoboth Beach Weekend, Rehoboth, DE. Various rides, 7-100 mi. \$210, incl. lodging, dinner, 2 breakfasts. No SAG. Potomac Pedalers Touring Club. Gary Nooger, 703-521-5333.

Sat. Oct. 4: Belleplain Fall Century, Belleplain State Forest, Woodbine, Cape May County, NJ. 2 loops in various combinations: 30/50/65/80/85/100 mi. Shore Cycle Club.

Sat. Oct. 4: Fall Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. \$5, 9AM - 2PM. Gretta 610-967-8033

Oct. 4-5: MS150 Bike to the Bay, Smyrna to Dewey Beach, DE. MS Society, Del. Chapter, Two Mill Rd., Ste. 106, Wilmington, DE 19806; 302-655-5610. karyn.jordan@ded.nmss.org

Sun. Oct. 5: Pumpkin Patch Pedal, Thompson Park, Jamesburg, NJ. 25, 50, 62, or 100-mi. \$25 + \$5 for lunch. Staten Island Bicycling Association (SIBA), P.O. Box 141016, Staten

Island, NY 10314; 718-948-2025.

Sat. Oct. 11: Bike the Pike. Tour of historic Kennett Pike & areas. Starts Al Dupont High School at intersection Hillside Road & Rte. 52, Wilmington (Greenville), DE. 8AM. 10, 25, or 55 mi. Kennett Pike, including Greenville, DE, Northern Christiana Hundred & Chester County. Free T-Shirt & bottle. \$10/10 mile; \$20/25 mile; \$30/55 mile. Kids under 14: \$5.00. Details at www.kennettpike.com or register on-line at www.active.com

Sun. Oct. 12: Covered Bridge Ride. Tinicum Park, Erwinna, PA; 20 or 30 mi. flat, or 33, 50, or 63 miles rolling to hilly. \$20 pre-reg. by 10/1 incl. long-sleeve T-shirt. \$25 after 10/1 but no shirt. Central Bucks Bike Club, P.O. Box 1648, Doylestown, PA 18901. Wayne Siefert, 215-504-2140.

October 16-19: BikeFest - LAB National Rally For Cyclists, Madison, FL. 2003. Rides of 15-100 mi. per day, workshops, clinics & meetings.. League of American Bicyclists, 1612 K St NW, Suite 800, Washington, DC 20006-2082. Phone: 202-822-1333,

Fax: 202-822-1334.
bikeleague@bikeleague.org

Sat. Oct. 18: Savage Century, Newark, DE. 40, 60, 75 or 100 mi. One of most difficult rides on east coast. Major hills only on 75 & 100-m. loops. \$15 by 10/11, \$20 after. White Clay Bike Club, 200 Fairhill Drive, Wilmington, DE 19808; phone 302-239-7415.

Sun. Oct. 19: Tour du Port, Baltimore, MD. 22-mi. city ride around Inner Harbor of Baltimore: Fort McHenry, harbor facilities, & ethnic neighborhoods of Baltimore. One Less Car, P.O. Box 1870, Pasadena, MD 21123; phone 410-360-6755. info@onelesscar.org

Oct. 24-26: Cape May Weekend. White Clay Bicycle Club from Smyrna, DE to Cape May, NJ. 3-day, 142-mile round trip at 12-mph avg speed, incl. stops, thru flat DE farmland. 71 mi. Fri., free day in Cape May Sat., return Smyrna Sunday. Two cruises crossing the Del. Bay. \$92.50/person, limited to 30 people. 302-764-2644 or Chucksue@hotmail.com

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From Javier, p. 8
was able to clip back in and finish the race on my bike. In hindsight, I think it was probably good that the wind forced me off my bike. Because after I got back on, even through all the pain and suffering that I endured, I never felt quite as bad as I did just before I was blown off the bike. I finished the race "strong" and was even able to stay on my bicycle during the finishing 22% grade, which was not only steep and windy, but also extremely slippery from all the condensation. I ended up 10 minutes slower than my PR, which I was very happy with. The only thing I was happier about was that it was finally over. That is, if you don't count the soreness.

I've already mentioned my back, but the worst was about to kick in walking back down to the car. As soon as I started to descend the 22% grade, both my calves and both my thighs seized up with "the

charlie-horses from hell." I can't recall my legs ever being so sore. I was walking with a limp for the next three days. I was hobbling so bad that my petite cousin had to carry my bike down for me. I felt bad watching her struggle with the bike in the wind. She looked like she was a wind-surfer and my bike was the sail. I might have found it amusing had I not been in such excruciating pain. How on earth was I able to bike in these conditions? You know the ride had to be hard if even I'm in awe of it.

On a closing note, here's a quote from Geneviève Jeanson, the young girl who won the women's race. *"I have never competed before in that sort of weather, but it was cool! Up there you couldn't see more than five metres and I couldn't stand up on my pedals, because then there wasn't enough weight on the rear wheel and the wind pushed it. A gust even threw me on the*

ground within 50 metres of the finish! The slope was at 22 percent there and with the wind I couldn't get back on my bicycle. I tried to run to the finish, but with the wind and the slope, on wet pavement and with clips, I couldn't run either! I lost a good minute and a half because of that fall, but I eventually managed to reach a less sloping portion and finish on my bike."

It's good to know I wasn't the only one. I can't wait for next year!

"You can say that climbers suffer the same as the other riders, but they suffer in a different way. You feel the pain, but you're glad to be there."

- Richard Virenque

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Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

Membership includes: DVBC Newsletter (10 issues per year), discounts at most Club sponsors, Club subsidized events. Your membership attracts advertisers and helps influence local government decisions concerning bicycle issues

The **DVBC Safety Fund** is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute:

☐ \$1 ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$20 ☐ \$25 ☐ other: _____

Amount enclosed: \$15 (membership) + _____ (safety) = _____

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

Please send your check or money order to the:

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

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

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

Signature

Signature of parent or guardian (if under 18 years)