

Delaware Valley Bicycle Club



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

NOVEMBER 2003

DVBC on Mount Ventoux

By Larry Green

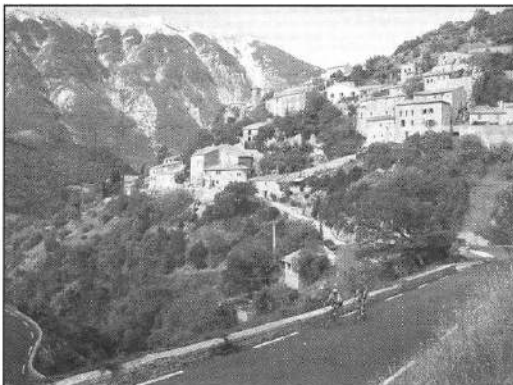
Imagine the big hill in Ridley Creek State Park and how good (?) it feels to get to the top. Now continue on up for 20 more similar sections as the inclination varies from 3%(fool) to 7-10.4%(you're there) and you have conquered the Giant of Provence- Mount Ventoux. Add the Mistral (gusting winds to 40MPH) especially on the last 6 kilometers to the peak

and you've earned your certificate. Forget racing. This is suffering and survival. You are shivering at the rest stop at the peak and you will shiver violently most of the way down.

Somehow, this was made fairly

pleasant by the Velo Vacations staff riding with us, advising about the next section, turns, wind exposure, increasing grade and especially the last painful pull to the summit into the wind. If you go, you will love it and love them.

Ride Provence is a bike camp which runs in the spring and fall in a small town in Southern France at the foot of Mt. Ventoux. You unpack only once. Bike rentals are \$100.00 (Fuji Team with Campy triple) and you stay in an apartment with full kitchen, balcony view of the mountains and pretty good beds. All rides are from the hotel, gradually increasing in difficulty until the Ventoux. There is a shake-down ride on arrival to sort out the skill levels, a rest day and a post- Ventoux cool down ride. Rides are in the morning, 30-65 miles at 14-16 MPH, 2 or 3 minor Cols (rated climbs), beautiful quiet roads, and great ride guides. Seven nights for about \$1500.00, including most meals. Get your free airline ticket with your frequent flyer miles and you're set.



DVBC Blackwater trip a success

Mother Nature spared no effort last month in hosting fifteen DVBC members on a perfect mid-October weekend of biking, sightseeing and socializing at the Blackwater National Wildlife

Refuge on Maryland's eastern shore. The riding and vistas were sublime as bikers pedaled their way at varying paces and routes around the Refuge and Dorchester County. The riders enjoyed beautiful scenery and a dazzling

display of wildlife. To their delight, numerous bald eagles and a variety of herons were observed and photographed.

Not the least of their pleasures was good food, including great seafood on Suicide Bridge.

The group was comprised of David, Hope and Sophie Cunicelli, Don and Susan Larson, Bob and Judy LaDrew, Ed Becker, David Bennett, Woody Kotch, Doug Bower, Dom Zuppo and Jan Chadwick. Ed Sobolewski drove down early Saturday morning to participate in that day's activities.



Weather and roads were great for both cycling and roller blading. Standing L-R: Ed Sobolewski, Don Larson, Doug Bower, Ed Becker, Dave Cunicelli, Woody Kotch, Susan Larson. Seated: Jan Chadwick.

Riding the Big Mountains in France is monumental. The Alps are awesome. I have not done the Pyrenees (ask Don Larson).

The area around Mount Ventoux was much more manageable for me than the Alps as there is some relief from the daily punishing climbs and you can actually chose to not suffer if you want to pass up the Giant and take a more reasonable ride with your guide.

I'll see you in the park.

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.

Board of Directors & Staff

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<bwadadvbc@aol.com>

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Doug Bower, *Board member* <dkbower@craftech.com>

Jan Chadwick, *Past president* <jc@dvbc.org>

Dave Trout, *Director of Publicity*, <davet@dvbc.org>

Club Affiliations



Bicycle Coalition of the
Delaware Valley

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

Ride Guidelines

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!



Bob's Bonkers on Bikes

After thirty years of riding, I've figured out very little but that didn't stop me from writing this column. -- Bob LaDrew

My Biking Confession

I noticed that, in his October *Bike Dirt* column, FX Pedrix invited us club members to send in our bikers' confessions. Mine is that I'm scared of riding no-handed. If I won a race I would have to raise both arms and it would be humiliating to have fans and cameras see me crash.

Some riders in the club, like Katrina, Doug Bower, Ed Becker and president Brian, probably wouldn't even notice if their bikes didn't have handlebars.

In fact, Brian and Doug go one step further with their talents on a unicycle. As a kid, Doug regularly rode his unicycle downtown on errands for Mom. He once appalled his father by fetching a fragile, expensive sailboat component and taking it to his dad via unicycle!

And Brian used to perform choreographed routines with teammates in a high school unicycle club.

Katrina can casually remove her jacket, fold it up, and stuff it in her back pocket--all while riding in a paceline with no hands.

Although a novice, Ed recently completed his first century and celebrated by clapping for himself as he crossed the finish line.

Meanwhile, I panic at the thought of removing both hands from the bars even on a smooth road with no one in sight. I take one hand off, hold the bar with just a few fingers of the second hand, steady the bike, look around to make sure sure nothing is coming, take the other hand off and.... Oops! I almost went rubber-side-up. Easy

does it.... There, I'm riding no-handed! I'm told that bikes want to go straight ahead but I sincerely believe mine prefers turning.

After several moments of screwing my courage I raise my arms in a brief, shaky finish line celebration that would make me the laughing stock of the *Champs Elysees*.

Several times a week Judy and I can be seen out on Culbertson Run Road practicing our no-hand riding. If you can't do it on the smooth, slightly downhill Culbertson, with the wind at your back, you will never ride no-handed. Truth be told, Judy is even worse at it than I but we think we are improving.

Even if I never master no-handed riding, the good news is two-fold:

First, I have a better chance of winning the South Dakota Pick-6 Lottery, which I do not play, than of ever needing to raise both arms at the finish line of a race.

Secondly, the League of American Bicyclists doesn't even *want* me to ride no-handed. It seems they consider it dangerous.

Nevertheless, I intend to confront my personal demons by pursuing the art when no one is close enough to be endangered. I wish I had something less embarrassing to confess but I know I can trust you DVBC members to be discreet.

Editor's note: This is the first (and, with any luck, the last) in a series of articles by Bob LaDrew. Look for "Woody's Wheel Wise" next month.

FOR SALE: Terry "Gambit", small-size frame, 12-speed custom woman's road bike. Chrome moly frame with alloy parts and wheels, \$125. Call Frank Jackson: 610-534-3978 evenings; 215-537-4299 day; or fjackson@rohmmaas.com



DVBC Holiday Banquet

Awards
Fellowship
Food

Monday, Dec. 8
Rosario's in Morton

\$5 per person
for club members
and their family

(Remainder of the cost is
underwritten by the club.)

Reserve by Dec. 1.

Contact Bob Leon, email:
bleon@craftech.com
or 610-833-2365.

WELCOME



New
Members!

Joe &

Susan DeSimone

Marylou Hartzler

Debbie Ney

Frank Spina

Maura Williams

Want to be a steward of the club's resources?

By Brian Wade

Wanna spend \$15,000? Then join the DVBC board because that's how much we have in our coffers and it won't all be saved for a rainy day.

Seriously, DVBC needs board members. We need members to actively participate in the monthly board meetings, plan general meetings and various club events, and professionally and appropriately allocate our financial resources.

The Board knows time is precious. That's why we are extremely grateful and proud that over a third of you DVBC members volunteered for our Bonkers and Brandywine Tours this year.

We know time is precious. A few of us travel far to attend the meetings. That's why we keep them focused and short, usually an hour long (and Bob LaDrew brings

refreshments!).

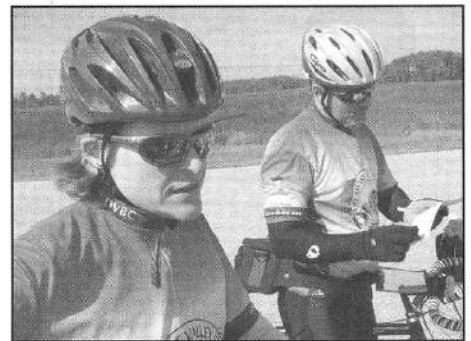
We know we would all rather be out riding. That's why we take great pride in planning DVBC's cycling events. (Currently, we are planning the Holiday Banquet.)

The Board also knows our membership is very eclectic and can bring a variety of perspectives and fresh ideas to the club. That's why we are asking for help. (They're making me write it.) Presently, we have two seats open. So please, if you have an interest, give me a call (email is so impersonal) and we can discuss the club further. (See inside cover for my contact info.)

Serving on the board really is fun and I encourage you to attend this month's meeting and get a feel for how fun and easy it is "running the club".



Volunteers help at a previous Brandywine Tour.



Blackwater Refuge: Jan Chadwick and Dom Zuppo (above) stop to check a road map. Dave Cunicelli, Don Larson and Eric Becker (below) enjoy the quiet roads around the refuge.



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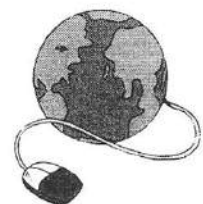


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DVBC Ride Calendar

NOVEMBER 2003



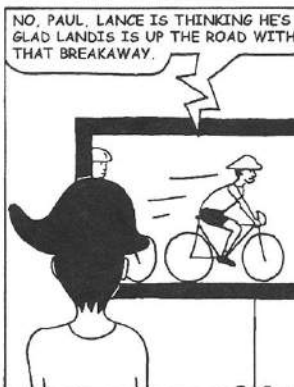
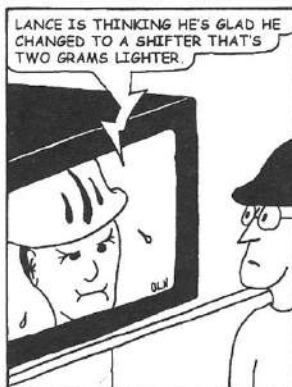
*****Recurring Weekday Rides*****

Tuesdays 6:00 pm Miles: 10-20 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 the leader to confirm start time and location. Very cold or wet weather cancels ride. Most rides start at 6pm. Contact Dave Trout at 610-368-0760 or dmtrout@usa.net
Fridays 1:30 pm Miles: 30+/- Class:B+/A- Show & Go	With less daylight, we need to find time during the day to stay in shape. If you can escape from work, meet at my office at CrafTech, 113 State Road in Media for a ride around the area. Call first to confirm. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Saturday, Nov 1, 9:00 am Miles: 50 Class:C LEADERS OF THE PACKS	Why no other rides today? Because DVBC's most prolific Ride Leaders are getting together for their 1st Annual Leaders of the Packs Ride. Members and nonmembers alike are encouraged to come on out for a great day of riding with the leaders who make DVBC the most recently voted "Best Cycling Club in the Greater Philadelphia Area." (Okay, so I polled myself, but it's true.) Start at Pocopson Elementary School and ride the old Brandywine Fifty at a social C pace. No one dropped, but may pushed. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Nov 2, 9:00 am Miles: 40 Class:C+/B- Kountry Kitchen	Start at Kingsway High School, Rtes. 551 & 322, for that familiar ride to a good breakfast. Ride goes rain or shine. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Nov 2, 9:00 am Miles: 40 Class:C+ Art Museum	An easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. 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, Nov 2, 9:00 am Miles: 45+/- Class:B- DAY OF THE DEAD RIDE	Start and end at the R5 Wayne Train Station. NEW START TIME but same hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Monday, Nov 3, 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
Saturday, Nov 8, 9:00 am Miles: 14+/- Class:C Take to the Woods!	Meet on the North side (Philly) of Rte. 420 in Prospect Park, PA at the John Heinz Wildlife Reserve side lot. Ride the Reserve's trails with hybrid or mountain bike. Wet weather or recent heavy rains cancels. Call ahead: Frank Jackson at 610-534-3978 or fjackson@rohmmaas.com
Saturday, Nov 8, 9:00 am Miles: 74 Class:B+/A- Tri-State Journey	Meet at Westtown-Thornbury Elementary School for a good ride to Elkton MD. We'll stop at the Main St. Cafe (They're open on Saturdays). I'm hoping the colored leaves will still be hanging on. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Saturday, Nov 8, 9:00 am Miles: 52 Class:B Witness Ride	Meet at Bob LaDrew's house near Coatesville for a tour thru Amish country to explore sites where the movie "Witness" was filmed. Bagels and juice before riding. Call for directions & reservations. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Nov 9, 8:45 am Miles: 40 Class:C/C+ Valley Forge to Pottstown	Start: Valley Forge National Park, Visitor Center, lower parking lot. Breakfast after 25 miles at the Spring City VFW. Expect some hills. Cue sheet & Regional Bicycle Map for each rider. A multi-club ride. Bring H2O, \$ and snacks. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
Sunday, Nov 9, 9:00 am Miles: 45+/- Class:B- The 700 Club	Start at the R5 Wayne Train Station and climb the only 700-foot hill around... from four different directions. Details, details, bah. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Nov 9, 9:30 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

Sunday, Nov 9, 10:30 am Miles: 40 Class:B/B- Philly Lunch ride	Meet at 320 Market parking lot-Swarthmore/Springfield, Chester Road, Rte. 320. Ride to Art Museum area for lunch. I will arrange depending on responses. Rain or serious cold cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Thursday, Nov 13, 9:00 am Miles: 52 Class:B- Hooky Ride	Play hooky from work to tour Amish country. Ride leaves 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
Saturday, Nov 15, 9:00 am Miles: 35+- Class:B- Manayunk	Meet behind the Dunkin Donuts on MacDade Blvd and Fairview Road for a ride to Manayunk. We'll stop at the Bucks County Coffee for food and coffee. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Saturday, Nov 15, 9:30 am Miles: 30 Class:C Highland Orchards	Meet at Pocopson Elementary School. We'll make one stop at Highland Orchards, so bring money for food and produce. Contact Steve Bertolini at 302-529-1122 or spbert@yahoo.com
Sunday, Nov 16, 9:00 am Miles: 45 Class:C Uwchlan Ramble	Start Manhattan Bagels, Chesterbrook. Ride around scenic Chester County to Upper Uwchlan. Mostly rolling to flat terrain, with a couple of significant climbs. Cue sheets; none dropped. Multi-club ride. Bring snacks, H2O & \$. Steve Trobovic 610-687-9229 wildyugo@comcast.net
Sunday, Nov 16, 9:00 am Miles: 42+- Class:C+/B- Riverview Park	Meet at Kingsway High School, Routes 551 and 322 in Jersey. We'll head south, grab some food, stop and eat, then ride some more. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Nov 16, 9:00 am Miles: 45+- Class:B- R5 Wayne Train	Start at the R5 Wayne Train Station, bike around and over hills and come back. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Nov 22, 9:00 am Miles: 60+- Class:B/B- Hoagies in Buena	Start at Kingsway High School, Routes 551 and 322 in Jersey. 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, Nov 23, 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
Sunday, Nov 23, 9:00 am Miles: 45+- Class:B- R5 Lite	Great Pace, Less Hilling. 1/3 the calories burned on a normal R5 ride, but you still won't come out and try new roads. Starts at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Thursday, Nov 27, 9:00 am Miles: 30+- Class:C+ The 3rd Annual Frozen Turkey Thirty	Rose Tree Park/Ridley/Beyond - Start at Rose Tree Park at 9:00 am. Bike out through Ridley State Park and beyond. Expect a hill and a chill. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Saturday, Nov 29, 9:00 am Miles: 55+- Class:B/B- Marsh Creek	Start at Ridley Creek Park headquarters and ride to Downingtown for food and water, then ride to the park, if the weather is not too cold. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
Sunday, Nov 30, 9:00 am Miles: 45+- Class:B- The Elimination Ride	Eagles were mathematically eliminated from the playoff last week, so come out biking. Start at the R5 Wayne Train Station and ride the day away. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Nov 30, 9:30 am Miles:40+- Class:C+/B- Kountry Kitchen	Start at Kingsway High School, Routes 551 and 322 in Jersey, for that familiar ride to a good breakfast. Ride goes rain or shine. Contact Bob Leon at 610-833-2365 or bleon@craftech.com

BONKERS

CARTOONS
OF THE
DVBC



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ELSEWHERE

Congratulations to DVBC member **Bob Blackburn** for becoming editor of the Brandywine Pedaler, the newsletter of the **Brandywine Bike Club**.

Clear Channel Communications radio stations in three cities (**Cleveland, Houston, and Raleigh, NC**) have recently broadcast talk show hosts and listeners encouraging violence against bicyclists, as one did in the greater San Francisco area in 2001. On September 22 and 23, Raleigh station G105 advocated violence against cyclists, complete with suggestions on how to run cyclists off the road, and urged listeners to call in with stories of harassing them. One listener, quoted in the Raleigh News Observer, said a DJ joked of pelting cyclists with empty Yoo-Hoo bottles and said he would, "love to be on a motorcycle and driving it down a bike lane because he didn't think bikers should be allowed on the

road. He said they should ride on the sidewalk." The Los Angeles Times covered the story on October 7. To voice your outrage at these broadcasts, please visit the League's Online Advocacy Center. In Raleigh, local cyclists are going *mano a mano* with G105. They have held a protest rally at the station and are planning another one. Major advertisers are cutting their sponsorships. The situation is evolving very rapidly.

At the October 6th meeting, the DVBC Board members voted to make contributions to the **League of American Bicyclists**, the **Bicycle Coalition of the Delaware Valley**, and **East Coast Greenway**. The Board was particularly appreciative of the active role LAB has taken in combating bicyclist hate talk on Clear Channel radio stations.

DVBC member **Lewis Neidle** earned a gold-winged Mercury award

last month by clocking a hilly 15.6-mile time trial in 46:15, the third fastest in a **Brandywine Bike Club** event.

In an October appearance on the **Jay Leno Show**, **Lance Armstrong** admitted to being unprepared for the 2003 Tour de France. "I began to take success in the event for granted," he told Leno.... "Honestly, starting the race I thought, 'I don't feel very good but I'll still win....' And I'll never start like that again. That was a real mistake.... I had some physical problems but I still felt like 'It'll work out.... I can start bad and I'll get better as it goes along.' I just basically squeaked by. I lost a minute and a half in the time trial and I began to think I wasn't going to win."

When Leno asked him if he thought he could do it a sixth time, Lance responded, "I'm not going over there to finish second."

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



Home of H.H. Racing Group, U.S. National, and World Champions.

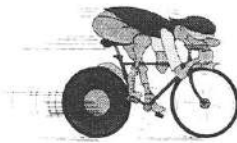
We service all bicycles from toddlers to World Champions and carry bicycles and accessories by:



Cycle Sports welcomes DVBC members in for a free sizing to introduce us to you. Just bring your bike, shorts, and shoes. Appointment preferred.

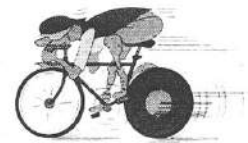
Special Discounts for DVBC members

801 N. Providence Road "Five Points" Media, PA 19063
Tel: 610-565-9535 Fax: 610-565-6033 E-Mail: cyclesport@verizon.net Web Site: HHRacingGroup.com



Bike Dirt

By F.X. Pedrix



In the four-plus years I have been penning my bike crud, my audience has grown and so has the confidence that my readers have in me (I wish Babs had the same level as they do). And so I should not have been surprised by the overwhelming response last month when I invited you readers to write in and share your "bikers' confessions" with other club members. After all, the DVBC is an intimate group based upon trust.

Here is just a sampling of the "bikers' confessions" you readers volunteered to share. I know that unburdening yourselves in this manner has provided a much needed catharsis:

1. All my rides are recovery rides—I've got nothing to recover from.
2. I'm an exercise bulimic; I only ride so I can eat like a pig.
3. Every time I try to work on my bike I break it. So I just wait till it

breaks, then take it to the bike shop.

4. Whenever I get a flat I call my mom.
5. If nobody is around, I break the laws of the road! That doesn't do any harm, does it?
6. If I can get from Point A to Point B without going up a hill, I do it.
7. I don't even know what my frame is made of.
8. I believe that people are more likely to mistake me for a pro rider—even though I only average 16 mph—if I wear my Saeco jersey.
9. I hang near the back of the paceline and hope that nobody notices.
10. I'm relieved when it rains and I don't have to ride.
11. When people beat me, I pretend I wasn't trying.
12. I only ride with people who are

slower than me so I can beat them.

13. I don't have any idea what the "dropouts" are.
14. I get a lot more pleasure out of buying cool cycling gear than I do in using it.
15. I never tell my wife the truth when she asks what time I will be back from a ride.
16. I like the smell of well-used bike gloves.
17. When walking in a restaurant or Wawa with my cleats clicking on the floor, I feel cool.
18. I record my indoor training miles in my mileage log.
19. I like when other riders have flats on rides.
20. I try to run over cats on purpose.
21. I LOVE the smell of Tri-Flow in the morning!

See **BIKE DIRT**, p.9



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Ridley Park, PA 19078

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Edgemont, PA 19028

Jim Moore
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From **BIKE DIRT**, p.8

I would like to thank all of the members who emailed their nominations for the 1st Annual DVBC Ride Hall of Fame. The following rides were nominated:

Kountry Kitchen Ride – Bob Leon

Manayunk Ride – Bob Martin

Vocabulary Ride – Dave Trout

Witness Ride – Bob LaDrew

The winner will be announced at the Annual Banquet in December. Send your votes to the email address below.

The Brandywine Tour volunteer party at Little Anthony's was going pretty well except for one thing: Most of the pizza was gone and still no sign of the club president. Finally, he made his entrance carrying an ornate cake he had baked and cleverly assembled into the shape of a bicycle. It turns out he was late because of difficulty he'd had mixing the cake's frame icing into precisely the right color: **Celeste Bianchi green**.

The Polish Prince has been more fortunate. Since being hit by a car he has continued to ride despite a bruised spine and a pelvis cracked in two places. His compromise is to reduce the miles and slow down to a **B** pace.

One of our more gregarious and fun loving members, a rock climber, inline skater, bungee jumper..., will turn *seventy* early next year. But if he didn't tell you, you'd never guess because at Blackwater he was taking regular turns at the front of a paceline comprised of studs two generations younger.

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

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

Application for DVBC Membership

(Expires 1 year from date joined/renewed)

Annual Membership: \$15.00 per household.

Check one: ☐ new member or ☐ renewal

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____

E-mail: _____

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

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

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

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

I'll volunteer for: ☐ 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)