

Delaware Valley Bicycle Club



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

MARCH 2004

Spinnin' Round the DVBC

by President Dominick Zuppo

We might not see them on the road much this time of year. But it's a different story on television.

A bicycle messenger is abducted and transformed into the new boyfriend of a Toyota Rav4 owner. Children stop riding their bikes and watch as a woman screams in horror over her wireless phone bill. A cyclist returns a wave and a smile to a young child seated in the back of a Mitsubishi. And don't forget who's "Driven by What's Inside."

Cyclists seem to be everywhere. In the movies, on television, and gathered at a certain South Jersey high school. Maybe we notice their use by the media because of our interest in the sport. Or maybe the media wants to equate their products or services with the health and vitality of bicycling.

For those of you who acquired this newsletter at a local bicycle shop, have you thought recently about your own health and vitality? Had visions of pedaling down the lane? Do you have a steel steed in the garage waiting for a spin? Spring is just around the corner, you know.

Maybe this will be the month you join our bike club. With many thanks and credit to Fred Matheny of www.RoadBikeRider.com, cycling is the perfect group sport. The DVBC offers a full schedule of rides, including weekend rides and occasional longer tours. We grade our rides in terms of distance, speed and ability so that newcomers don't accidentally bite off more than they can chew. Our social



New club president,
Dominick Zuppo

gatherings, like the Bonkers picnic and Kountry Kitchen rides, bring people together off the bike. And the DVBC sponsors major yearly tours

to promote the Delaware Valley to the regional cycling community.

While you're joining or renewing your membership, March will be another busy month for the Board of Directors. Projects include the production of business cards, which ride leaders and others can use to promote our club, a club brochure and the listing of club rides in local newspapers. We're also evaluating new ways

of distributing the club newsletter. I'll keep you posted.

It may still be cold outside, but your cycling companions will keep you warm and support you all the way. Members of the DVBC choose to support cycling in our community, and I hope you will, too. See you on the road!



Please!

Check your mailing address on the front of this newsletter to find out when your membership expires. Thanks!

General Membership Meeting

Monday, March 8, 7:30pm

Topic: Bicycling in Chester County

Speaker: Raymond Sachs,

Chester County Transportation Planner.

Learn about cycling in Chester County. Mr. Sachs is developing a comprehensive plan for improvements. This is the perfect time to bring your comments or gripes about the problems you experience cycling around our county to someone who is interested in listening and working to improve the situation. You can make a difference and learn about plans that are underway.

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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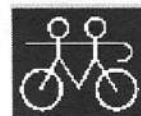
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Club Affiliations



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 stopping 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!

2003 Year-end Wrap-ups

DVBC members may not agree on much but they are unanimous in their love of miles. Twenty-eight dedicated cyclists submitted reports on their 2003 biking experiences:

Ed Becker: 1,686 miles

One highlight and lowlight happened on the same day, Tuesday, August 12th. After I bought my first road bike, Harry Hannonian talked me into joining a ride from Cycle Sport. I figured that since I had been going to the gym for a couple of years and had been riding an MTB, I would be a very good cyclist. I even remember bragging about how far I could ride. Well, I got dropped pretty quickly. Looking back, I would classify myself as a strong D rider at best. After the ride, Phil & Christine waited for me and told me about the DVBC. The next day I joined and decided to make some drastic changes in my life, some of which are very apparent to anyone who knows me. So my lowlight led to my highlight, which in turn changed my life. And it's not "just about the bike."

David Cunicelli: 5000.37 miles

I had a great year of riding. Highlights are hard to discern when I look back and see so much fun, but include commuting to work over a hundred times since March, riding my first solo century through 40 miles of the hardest rain I've ever seen, and finishing 130 miles at a 20+ pace with some really fast people to pull me.

Lowlights are few: a crash in November that resulted in a torn shirt, cracked helmet and concussion — all adding up to two weeks of downtime, followed by 19 days with the flu. Other lowlights were riding only once in February and not doing the 150-mile ride I vowed to complete.

Ira Josephs: I amassed 4450 miles, 318 less than last year (about 7%).

Longest ride was only 70. About half the miles were commuting and half were recreational. The wildest ride was on January 4, Winter Westtown. As soon as we reached the Brandywine, it began snowing. By Ridley Creek State Park, I was very cold and wet and my bike was completely covered in ice down to the last spoke. I stopped around Ridley Creek Road and Baltimore Pike to try to figure a way to keep the icy snow from biting into my eyes. I made it home but couldn't ride that bike again until I repacked the headset.

The most fun might have been my first race, a mountain bike event in Fairmount Park in July. I was very nervous and tried to treat it like a regular ride with a goal of not finishing last. After settling in to a routine of out-of-control downhill with sharp turns at the bottom, impossible little steep climbs, muddy creek crossings, and many logs which I fell trying to cross, I realized I was being held up by some riders in front of me. At first, I enjoyed the company as we could complain to each other about the course. Then I decided I could pass them and many others. I finally emerged from woods into a field, where I sprinted to the finish line. I was cheered on by some folks I had just met, but realized I could have pushed a lot harder. But was I satisfied when, muddy and bloody, bruised and scraped, I found I had beaten 10 riders in my age group and taken home a fourth place prize!

Glenn Davis:

Overall I had a great year in '03. It started badly when I stabbed my quad with the end of my handlebar during a MTB crash. The result was a painful muscle tear and a bruise that took a few weeks to recover from. I spent the last week of June riding rolling hills in Kansas. Then on to Longmont, CO for ten days of riding. The long grind up the

mountains is always worth the effort on those 40+ mph descents. Then off to France for two-plus weeks. I spent ten days in the Cote d'Or enjoying delightful food, wine and people. Back to Paris for much running around and the final day of the TdF. That was one large party, well attended by many of our fellow Americans. I got in 4000+ miles and rode five metric centuries, including one that I pushed out to 80 miles. All were in the hills of eastern PA. Many 50-plus mile days.

Phil Morris:

I've only been road biking for two years now, so I'm pretty darn proud that I managed to get in 3612 miles, including 4 centuries and 17 metrics. By far the most challenging ride, and therefore the most memorable, was doing the 100-mile Savage. I have never been so totally exhausted in my life! But I never gave up and I made it up every darned hill, including the ones that most other people were walking. Also memorable was all of the wildlife (foxes, birds, deer, etc). And getting to know many people was wonderful. Especially memorable was Ed Becker's first ride with the group going out from Cycle Sport. They are a fairly fast group and did a loop of just under 35 miles twice a week during the summer. Ed decided to give it a go and did great for the first 20 miles or so, but then started tiring out. Christine kept encouraging him to keep on going, and we promised to wait for him at the turns if he fell behind on the hills. Finally, on one stretch that included a long, fairly easy uphill grade, we were waiting for him for quite some time and, just as I was starting to ride back to see if he had a flat or something, he appeared over the crest of the hill. Once he got up to us, he apologized stating that he'd had to stop to throw up but was now ready to ride.

See WRAP-UPS, p. 9

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Regional Events

March 3-5: LAB National Bike Summit®, Washington, DC. 3-day educational forum on improving bicycling policies and initiatives incl. important day educating decision-makers on Capitol Hill. League of American Bicyclists, 202-822-1333.

Sat. March 27: Icicle Metric, U of Del., Hollingsworth Lot, N. Coll. & Cleveland Aves, Newark, DE. 16, 31, or 62 mi on moderately hilly terrain. *Indoor* food stop. \$12 pre-reg by 3/15, \$15 after. White Clay Bike Club, John McCormick, 1101 Hillside Blvd., Wilmington, DE 19803; 302-761-9066.

Sat. April 17: Spring Bicycle Flea Market, Lehigh Valley Velodrome, Trexlertown, PA. \$5 entry fee, 9AM-2 PM. 610-967-8033

Sat. April 17: Taxing Metric Century, Warwick County Park, just off Route 23, Knauertown, PA. 20, 32, or 64 mi on hilly terrain. \$12 pre-reg or \$15 day of, incl. lunch. Brandywine Bike Club, P.O. Box 3162, West Chester, PA 19381. Maliya Piergalline, 610-363-3538. PERK4357@aol.com.

NEWSLETTER POLL:

Club members, would you be willing to receive your newsletter by downloading it as a pdf from the club webpage instead of receiving a hard copy? This would help the club save a good bit of the \$4000 per year publishing cost. Email info@dvbc.org or phone a board member to let the club know what you think.

**MARK
THESE
EVENTS
ON YOUR
CALENDAR**



**Bonkers Metric,
May 16, 2004**

**Brandywine Tour,
Sept. 5, 2004**

May 4, Bike 4 Sight
Because we as a club are
supporting this fundraiser, there
will be no DVBC rides that day.

Sunday morning mountain bike rides
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DVBC Ride Calendar

MARCH 2004



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

Tuesdays 6:00 pm Miles: 15-20 Class:C NightRiders	We spin around Southern DelCo 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 Email: dmt trout@usa.net
Thursdays 6:00 pm Miles: 15-20 Class:C NightRiders	We spin around Southern DelCo 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 Email: dmt trout@usa.net
Fridays 1:30 pm Miles: 25+/- Class:B+/A- Show & Go	Weather and work schedule permitting, we'll meet at my office at CraTech, 113 State Road in Media for a ride to the surrounding area. Please call or email mid morning to confirm the ride. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Saturdays 9:30 am Miles: 45+/- Class:C+/B- Elwyn Jaunt	Start at Elwyn train station (just off 352 in Media, about 1 mile South of Granite Run Mall) promptly at 9:30 AM. Rain, Ice or Snow may cancel. Will try to keep legs pumping regularly to maintain even body temp :-). Call to confirm. Phil Morris (610) 558-0168 - morris1638@yahoo.com or Ed Becker at 610-348-0533 Email: edbeckerstar@aol.com
Monday, Mar 1, 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 Dom Zuppo at 610.544.8630 or membership@dvbc.org
Sunday, Mar 7, 9:00 am Miles: 40+ Class: C+/B- R5 Wayne Train Station Ride	Start at the R5 Wayne Train Station, and go west to Kimbertown or north to Skippack, or east to Philadelphia. Always fun, often hills and no flats. Call to confirm if weather iffy or temp less than 27 degrees. Contact Brian Wade: 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 7, 10:00 am Miles: 48 Class: B+/A- Westtown-Avondale	Meet at Westtown-Thornbury Elementary School for a ride to Avondale. If it is cold the stop will be brief. Contact Glenn Lyons at 610-399-0624 or rollingspeed@cs.com
Sunday, Mar 7, 10:00 am Miles: 20+- Class:C Farewell to Winter	Meet at Betzwood & ride the trail to Conshohocken or beyond (depending on group consensus) w/ optional lunch stop Norristown on return. Adverse weather could make this a hike. Call first. Contact Susan Growe at 610-626-1040
Monday, Mar 8, 7:30 pm Miles: 0 Class: ALL MEMBERSHIP MEETING	Bicycling in Chester County; Raymond Sachs, Chester County Transportation Planner. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road, in Springfield. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Mar 13, 9:00 am Miles: 58 Class: B Buena with Roberto	We'll ride 29 miles to Buena for pizza/hoagies at the Pavilion, then take scenic rte. home with wind at our backs. Meet Kingsway HS (Jersey)(Rtes. 551 & 322). Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Mar 14, 9:00 am Miles: 40+ Class: C+/B- Rolling Mad	Start and end at the R5 Wayne Train Station with rolling hills in between. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 14, 9:30 am Miles: 30-40 Class: All Leprechaun Ride	Valley Forge Park visitor center, lower parking lot. Ride to Parker Ford and Pennhurst looking for Leprechaun's pot of gold. We probably won't find it, but we'll find good biking roads & great, late, breakfast at Phoenixville Polish American Club near end of ride. Can we get an Irish breakfast at a Polish American club? Join us & find out. Szczesliwego Dnia Sw. Patryka! Cue sheets and Regional Bike Maps provided. A multi-club ride. Bring \$ & h2o. Steve Trobovic at 610-687-9229 or wildyugo@comcast.net

Sunday, Mar 14, 10:00 am Miles: 22-35 Class: C+ Art Museum	Easy-paced ride starting from the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. We'll start there and travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feels like going a few extra miles. Expect some hills, but no one will get dropped. Bring money for a snack. Contact Bob Martin at 610-352-2114
Sunday, Mar 14, 10:00 am Miles: 50+/- Class: B+/A- Art Museum or ???	Meet at Rose Tree Park for our Manayunk /Art Museum ride. We will have a short stop along the way to refuel if necessary. Expect a fast pace and lots of nice friendly hills. WARNING: Route and miles may change without notice :) Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
Saturday, Mar 20, 9:00 am Miles: 18+- Class: C Take to the Woods	Meet north (Philly) side of Rte 420, Prospect Park at Heinz Wildlife Reserve side lot. Ride the pathways observing abundance of nature. Trail is tame. MTB or hybrid. Wet conditions cancel. Call ahead. 215-537-4299 Or: Contact Frank Jackson at 610-534-3978 or fjackson@rohmmaas.com
Sunday, Mar 21, 9:00 am Miles: 40+/- Class: C+/B- The 321 Ride	Start at the R5 Wayne Train Station, route will vary depending on who shows. Some hills, some flat. Lots of fun. Confirm if weather iffy or temp less than 27 degrees. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 21, 9:45 am Miles: 30-60 Class: B/B- Spring Westtown	Start at Moylan-Rose Train Station, Manchester & Woodward Rds., Moylan. Ride thru beautiful wooded hills & valleys of W. DelCo., ChesCo., & maybe DE. Food & rest halfway. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Mar 21, 10:00 am Miles: 40 Class: C+ VF/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
Saturday, Mar 27, 8:00 am Miles: 19 Class: C Spring Training--G Lodge	Meet at Betzwood for 4-mile ride to breakfast, then 15 more with some worthy hills! Those hungry for more miles can do another loop down the trail. Contact Susan Growe at 610-626-1040.
Saturday, Mar 27, 9:00 am Miles: 65 Class: B Salem Oak Metric	Meet at the Salem Oak Diner, Route 49 in Salem, NJ. We'll ride the famous, scenic Peter Odell metric. Come early for breakfast or 9:00 for the ride. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Saturday, Mar 27, 10:15 am Miles: 15-30 Class: C C U at Selene	Meet at Selene Whole Foods Co-op, 305 West State St., Media. Enjoy spring scenery, hills & valleys to Ridley State Park & beyond. Free refreshments after, inside Selene's. Free parking lot just west of Co-op. Ira Josephs at 610-565-4058 or ira@dvbc.org
Sunday, Mar 28, 9:00 am Miles: 45+- Class: C+/B- Every Hill Possible	Start and end at the R5 Wayne Train Station and do all the ridge hills we can find. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Mar 28, 10:00 am Miles: 35+ Class: C Kountry Kitchen	Meet at the Kingsway H.S., Routes 322 & 551 in NJ. We'll ramble through farm & horse country, a few small towns and go to breakfast. Contact Bob Martin at 610-352-2114.

BONKERS



Member Support Needed for PA Bike Advocacy

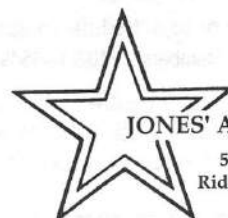
By Steve Trobovic

After attending the Pennsylvania Bicycle Rally at Lewisburg, PA last June, I saw the effort that the Bicycle Access Council is making to improve conditions for bicyclists in Pennsylvania and I believe that all Pennsylvania bike clubs should support that effort.

Here is some information, that I hope, will lead you to contact a member of the DVBC Board of Directors and urge them to support BAC's effort.

The Bicycle Access Council is a two-year-old cycling advocacy group that is re-establishing a grass roots connection with cyclists in Pennsylvania. Joe Stafford is BAC Executive Director. He is also the LAB regional director for PA, NJ, MD, DE, WV, and DC. He has worked hard and long to establish BAC as a statewide bicycle advocacy organization. Over the last two years, he has spoken at many local club meetings and events. He regularly attends the Southeastern PA Bicycle Issues Task Force meetings, and other such gatherings, advocating issues to improve the roads for cyclists. Last year BAC hosted a conference for all Pennsylvania bike clubs and will host it again, in York, PA on March 13th. BAC hosted a Pennsylvania Bike Rally in 2003. It was a well-run event. BAC will do it again this year, July 16 - 18, in Lewisburg, PA. At last year's rally, John Forester, former LAB President, author and creator of the Effective Cycling Program, was the guest speaker. For more information about BAC, visit: www.BicycleAccess-PA.org

I have heard from other bicyclists that LAB has not met their needs or expectations in recent years, especially regarding rallies (The LAB rally in 2004 is in southern Indiana over Labor Day weekend). There IS a need for a national bicycling advocacy organization. The LAB response and results with the recent Clear Channel issue was excellent and just what members expect. The ability to monitor federal legislation is important and the League does a good job of that. However, longtime members, in our region, miss the feeling that LAB cares about them, AND, they miss the GEARS. I hope you will agree that there is a need for a statewide bicycle advocacy organization and that we should support BAC.



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From **WRAP-UPS**, p. 3

Now most people in the club cannot even keep up with Ed on the hills anymore. What an inspirational turnaround! But best of all was getting to be with my S.O., Christine Long, for so much of the time when other people were leaving theirs at home!

Rich Alejandre:

... at some unmarked mile, a dark, rock turtle lumbered across the road. I stopped, parked my bike and picking that heavier-than-I-thought turtle up, carried it back to the side of the road from which it had come. With a thud I dropped it to begin its journey anew. I'm fairly sure it started back across that street after I left.

...rounding a curve to the right I clipped the bike tire in front of me and quickly met the ground. Bike was ok, but I jammed my left wrist and shoulder. Without fanfare, I pull off a crash every four-thousand miles.

...at the top of a rise, I rode by Canada geese feasting on winter corn. Atypically, I yelled out in their direction. They all took off, circled and took up V-formations.

...looking forward to 2004.

Christine Long:

While I am new to Pennsylvania, and new to the DVBC, I am not new to biking. This year was my best year yet, at least for mileage, with 3,738 road miles — over 400 miles more than my previous best — with more centuries (3) and metrics (16) than ever. This was a year of change for me: new job, new house and new fiancé, Phil, whom I got into road biking. We joined the DVBC, and though I only led 3 or 4 rides this year, since I was learning new roads and routes, I enthusiastically encouraged inexperienced riders whom I encountered on non-club rides to join the DVBC, and those new to the club to persevere when they were struggling. I did it for a love of biking, which I enjoy sharing with others.

Glenn Lyons: Total miles 5778.

A highlight was coming to the finish in the lead bunch at the Senior Nationals (20K). I also managed to keep the rubber on the road for the entire year's riding.

Steve Trobovic:

I didn't log my mileage last year but I will this year. My high points were the BAC Bike Rally in Lewisburg, PA, my two mini-touring trips and attending Woody's wheel building class. My low point was hearing the crunch of metal and screeching of brakes when Arnie Roseman got clipped on US1 on the Bonkers Metric. But Tony and Frank came riding to the rescue and it turned out OK.

Walt Linton:

7 metrics and 5 centuries, lots of great club rides and my own rides. I rode with the DVBC, Lancaster and Brandywine for a grand total of 4,239 miles. I think I'm starting my 19th year in this club.

Woody Kotch: I glided through 4,250 miles.

The high points of my season were riding the MS-150 with my son and daughter, sleeping in the swamps of Florida during Bike Florida, and helping some folks build their first wheels in the wheel-building group. I can't remember any low points on my bike. I think riding is something like becoming inebriated. Even if you don't have a good time you don't remember it in the morning anyway!

Bob Leon:

My riding year started on March 8th, 2003. It was a sunny day and after six months off the bike I just couldn't wait to get out and ride. I stayed close to home on mostly flat ground and, weakened and short of breath, rode 7 wonderful miles at a resoundingly 9.4 mph. As the days went by I had a renewed excitement for

riding. As I began to regain my strength and accumulate more miles, I rode farther each time I straddled one of my bikes. I ended the year with 3,804 miles and on every ride I was happy and thankful to be out with my friends enjoying the fresh air and serenity that comes with our sport. I did manage to do a century and one 95-mile ride the day of our club picnic. It was one of those days when one rides farther (you never get lost on a bicycle). There was lots of climbing that day and, when I got home, I was too tired to ride the extra 5 miles to complete a century.

The most memorable ride for the year was when Cassie and I rode the tandem in the September MS150. We did 80 miles each day. The weather was perfect and there was neither wind nor a cloud in the sky. We rode with 5,000 other cyclists and, except for Cassie's tender butt, we never got tired. On the way back we rode alongside hundreds of motorcycles for at least 4 or 5 miles. The noise was deafening but we seemed to glide along at a faster pace with ease. We made great time and it was the first time in 5 years that Cassie rode both days. I am so thankful I was able to ride and I thought I would have ridden fewer miles but thanks to DVBC members like Tony, Bob Martin, Bob LaDrew, Doug and Dave Trout, who helped me along, I was able to reach the 3800 mark. Thank you all!

Ed Sobolewski:

2003 was a difficult year for me, although I should be grateful that at the end of the year I am in one piece and not suffering from any noticeable effects from being hit by a car in August while biking in Poland. The bicycle helmet saved my brain but could not protect my butt. I suffered a fractured hip in two places and numerous scrapes and bruises. I had to cut back on my mileage for the rest of the year because it was difficult to mount a bike and sit on the narrow bicycle seat.

I made another trip to Poland over Christmas and New Years but this time they didn't get me. The weather cooperated, so I was able to add a few more miles to get to 11,144 miles: 5,885 miles were commuting and the remaining 5,259 were "just-for-fun." I completed only 13 centuries, the longest single ride was 141 miles, the fastest was 19.6 mph on a 131-mile ride — a far cry from previous years. All this was done before the accident.

I am looking forward to 2004 and hope to rejoin my DVBC friends on many rides including the shore rides. But I need to rebuild my stamina a little.

Frank Jackson:

Unfortunately in 2003 I only had 1441 miles, 558 fewer than in 2002. This dismal showing was due to a slow start and an early finish. Weather, holidays and weight gain made for a sluggish start to the summer riding season. In the fall flu sidelined me. A short time later, bronchitis ended my season,

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although 69 spinning classes at La Fitness provided a measure of consolation.

My best ride was BCP's Schuylkill Century. I was in top form making all the climbs like a champ and, after the ride, I ate pizza like a champ.

While all my 2003 rides were great, on one of Steve Tribovic's BCP rides I missed the connection point to the Perkiomen Trail. I crossed over to the paved trail which was a muddy mess. The nastiest road ride of the year was a rainy spring day in Amish country loaded with flying roadside biohazards. After that ride, I changed to mountain bike water bottles, the ones with a plastic flip cover, whenever in horse country. Riding through horse manure was still better than going to work, so I rode quite a few Amish Hooky rides. On one special autumn ride I met a fellow I hadn't seen since high school.

In ending, my New Year's resolution is to finish knocking off those extra pounds and put on more road miles than in recent years.

Debbie Chaga:

My yearly total was 2,309 miles which is the most I've ever ridden in a year, although the year started badly for me. On January 10th I injured my right knee skiing and was on crutches for 3 weeks. Mid-April I did my first ride of the year, a 25-miler from Chadds Ford to Northbrook Orchards and back. I remember being so excited that I was able to ride without pain.

Some other enjoyable and memorable rides were Tuesdays and Thursdays with Sarah and the July 50-miler with Maureen, Dom, and Walt when we met Maya from the Cairo Bike Club. Sadly, I hit a chipmunk on Dilworthtown Road. I felt so upset about that. On the volunteer ride the day before the Brandywine Tour, Frank and I wound up riding by ourselves. The Brandywine Tour had the best weather yet and I met a lot of riders from other areas, including Bob & Mike from NY who were training for a triathlon.

I rode my first century with Maureen on the Amish Country Ride where I learned that hills are good because they break the monotony. The Lake Nockamixon ride was a beautiful, fun ride. I did it by myself and ran into Bob and Mike again. I did the Savage

Century (62) with Maureen. That was great but demanding. Other memorable rides were the Salem Oak and Kountry Kitchen rides, as well as Bob Leon's Thursday night rides. I also did the Witness Ride in October and played hooky from work, which felt decadent. The Frozen Turkey Thirty was much warmer than expected and a lot of fun. Doug's Jingle Bell Ride was a hoot even though it was really cold. I liked wearing Xmas lights while riding. On New Year's Eve I realized that I was going to come up short of 2300 miles, so I went out for one last ride to pad my mileage.

When I ride my bike I'm a kid again with no problems. I'm not the fastest rider out there but that doesn't matter. I look forward to riding much more in 2004. This will be my first winter riding. I have been out on some cold rides already in December and January and I have found that I can do it.

Javier Pazos:

Miles, miles, miles,
It's all about the miles.
Or is it? I don't know.
Don't think about it much,
Just like to ride and ride.
From here to there,
Or just around,
It's this that I enjoy.
Not how many miles!
When I'm riding with my friends,
Or on my long commute,
Climbing mountains, cross-State touring,
Or taking in the view,
I'm one with nature, road and bike,
And putting on the miles.
Ah yes, miles!
Miles, miles, miles.

Larry Green:

My mileage for 2003 was 5249. Longest ride 82 miles. No centuries: weather and circumstances got in the way. Best event was going over the top of Mount Ventoux and the entire week in Malaucene. The worst was getting hit by a driver who said with true concern, "I'm so sorry, I just didn't see you" the week before I left for France.

Bob LaDrew:

8805 miles, placing emphasis, as you may have noticed, on distance rather than speed. Like many of you, I am sometimes at war with myself over whether to "enjoy" the ride or try to go fast. When riding centuries, I used to

suffer to attain the highest possible average speed. Now my goal is to finish each century feeling as good as I possibly can. In 2003 I felt pretty good and enjoyed my riding more than ever.

Pete LaVerghetta:

My 2003 total was 2,500 miles exactly. I went for a ride on New Year's Eve when I realized I was close to a round number. I rode two fixed-gear centuries. One of the highlights was riding the Bonker's Metric in a steady light drizzle on our new tandem.

Jan Chadwick: 4,700 miles.

My favorite rides in 2003 were Bob LaDrew's Witness/Hooky rides. Besides being an amazingly gorgeous route, just the pleasure of skipping work to ride made them that much sweeter! Lowlights: spending most of the second half of the year riding solo.... cementing my theory that any ride with a DVBC group is a good ride, even if it is an I-hate-Brian-lets-see-how-many-hills-we-can-do-today-ride! I miss you all! Save a place for me in your pacelines this summer.

Bob Blackburn:

The year started off with a bang when I was in a January ten-car pileup. After a long rehab for whiplash, I was able to complete my first half-Ironman (1.2 mile swim, 56-mile bike, 13-mile run) in September. For the year I swam 151.3 miles, biked 2,832 miles and ran 825 miles.

Eric Valencia:

I rode 835 miles last year. The only lowlight was not being able to ride more (although it was for a good reason; I had to finish grad school. I know it's a cliché but my highlights come every time I get on my bike and ride in the company of friends.

Chris McCunney:

2003 was a good year for me. I started racing for FSVS. I raced in over 20 races and finished first in the Brownstown Road Race in June.

Joel Perlish:

Between 1,500 and 2,000 miles. These include an ill-fated summer ride with Bob Martin and pals (boy, was I over-classed!) south toward DC. Not quite the kind of leisurely ride I was expecting. But mainly I just ride EVERY day. After my 1,500+ string of days was broken about a year and a half ago, I began a new streak that's now over 500. And on January 8th I

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passed 9,131 days without missing a day of running—which is 25 years. Between biking and running errands, I rarely drive. It's great being on a bike, and every day works for me.

Drew Knox:

I rode 800 miles in 2003 and am already on target for 1200 miles in 2004. All of those were hot, sweaty, tiring and noisy miles and most were spent chasing Lance and Jan but occasionally I left them to join other breakaways, study videos, or watch other sports. There are few peaks and valleys riding the rollers but, hey, we only count indoor miles, right? Who needs extra motivation to ride in nice weather by tracking outdoor miles? Sometimes it's cold or rainy or windy or searing but you don't keep going just to watch the odometer turn. Once in a while you have the sun overhead and a breeze at your back and you're climbing and climbing, effortlessly, and the light dances on pockets of mist and on the leaves bursting in colors and just remembering that is enough to keep you riding.

Lewis Neidle: 6264 miles cycled in 2003.

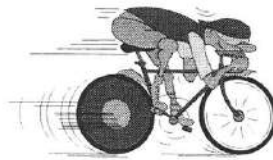
Often, it is difficult to distinguish a highlight from a lowlight. Perhaps the most gorgeous day of the year contributed to the success of our Brandywine Tour, yet it was painful not to be riding that day. It was great to complete back-to-back centuries on the classic TOSRV, but was it worth the tornado watches on Saturday, the 35 mph crosswinds on Sunday, and a friend's injury? Thanks to Ed and Katrina for taking most of the pulls on a 20 mph "B+" ride to the shore in June.

Tony Rocha:

Not much to show after taking the first two months of the year off the bike and then buying my fixer-up house in April. With only 914 miles by the end of June, I still managed to clock 4150 miles for the year.

Richard White:

For the 2003 season, I dedicated half my training to the gym and half to the bike. Unfortunately, being in Spain, I didn't even *get* my bike until March. I finished the season with a little more than 5000 miles, provided I properly converted kilometers to miles. As for indoor miles, who knows? Anyone have a formula to determine that?



If you were trapped in a basement with no windows and all you had was a computer that only told you the number of messages posted to the DVBC list server, you could still tell what the weather was outside. This past winter I felt as though I was trapped in that aforementioned room. With the cold wind howling outside my door (and I don't mean my lovely wife Babs' attitude toward me after being cooped up with me weekend after weekend), my email inbox was flooded with posts from housebound DVBC-ers talking about everything from bicycle kickstands to new members' last names. One day I opened my mail to find 37 DVBC emails!! Now that's bad weather.

Our newsletter editors got dropped so badly on a recent Lancaster Bike Club ride that the leader issued a public apology in their newsletter. Heck, our club does that to Bob and Judy all the time without thinking anything of it!

The Master of Mt. Washington got a beer machine for Christmas. He said, "obviously from someone who doesn't know me well since I abhor the evil substance. But in order to not insult my benefactor, I feel obliged to concoct some carbo-loading/recovery drinks." On the club's email list serve he requested advice from anyone with brewing experience.

The Queen of Sheba wrote back: "Like you, I of course abhor the substance. If you would like to have your product scientifically tested before you taste it, drop off a sample at my laboratory here in Lansdowne. It takes at least a gallon in order to produce an accurate analysis. This service is free to you because you are my friend." The letter was signed: "Freelance Scientist, Lansdowne Labs Inc."

My friend, who wears his frugality like a badge of honor, was grinning as he emerged from the bike shop carrying two new wheels, purchased at the bargain price of \$305. The free

Bike Dirt

By **F.X. Pedrix**

DVBC newsletter he had picked up inside was merely icing on the cake. For years, rather than pay \$15 to join the club, my friend has been going monthly to shops for free DVBC newsletters. But his grin melted into a frown when I explained to him the 10% bike shop discount that accompanies a club membership would have netted him an additional \$30.50 savings on the wheels.

The pony-tailed member of the "3 Bobs" is fastidious about locking his car door before departing on rides. That is because one time he got back from a century only to discover his car door had been open the entire seven hours. On February 8th, he saw the other side of that coin. At the end of a ride, Bob started his car then absent-mindedly locked the key inside with the engine running. Only he and his buddy, another pony-tailed veteran, remained in the lot. After half an hour, the pair had unsuccessfully employed every imaginable tactic to get into the car. Now concerned over the dwindling gas reserve, in desperation Bob asked his friend for the key to his pickup truck. He inserted it and the door opened.

One DVBC member, who normally can bike through the eye of a Neidle, collided in south Jersey last month with a super-sized German shepherd. Although the rider *is* one, you didn't have to be an actuary to predict who would get the worst of that collision. As a neighbor, an EMT by trade, gently bandaged the rider's wounds, the dog's owner looked over the bike's pricey battered components, then generously offered to pay for two broken spokes. As a sign of his sincerity, he refused to reveal his name or any other personal information. Then, upon further consideration, he decided he wanted the cyclists to compensate *him* for damages any injuries Bruno might have sustained.

Keep ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to fxpedrix@hotmail.com.



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: <input type="checkbox"/> new member or <input type="checkbox"/> 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
Please print clearly and use your 9-digit zip code, if known. Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Phone: _____ Date of Birth: _____ E-mail: _____	The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley. I wish to contribute: <input type="checkbox"/> \$1 <input type="checkbox"/> \$5 <input type="checkbox"/> \$10 <input type="checkbox"/> \$15 <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 <input type="checkbox"/> other: _____ Amount enclosed: \$15 (membership) + _____ (safety) = _____ I'll volunteer for: <input type="checkbox"/> Ride Leader (check all interests) <input type="checkbox"/> Tour Volunteer <input type="checkbox"/> Board Member
<p align="center"><i>Please send your check or money order to the:</i> Delaware Valley Bicycle Club, P.O. Box 156, Woodlyn, PA 19094-0156</p>	

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)