

# Delaware Valley Bicycle Club



P.O. Box 156, Woodlyn, Pa, 19094-0156 OCTOBER 2004

## How Do You Measure Success?

By Dominick Zuppo

What does success mean to you? How do we measure the results of some activity that's important to us or our families?

For those of you with children, it might be the tying of a shoelace, an unemotional day in kindergarten or the first dramatic reading in front of a large audience. For parental caretakers, it might be the discovery of a motivational fitness program, or the relocation of aging parents to a nearby assisted living community that emphasizes quality of life. And an ever-increasing percentage of our society is very familiar with the term "Sandwich Generation."

Personal success can be experienced in many ways as well. In the workplace, where we

spend a good deal of our time, a new client, an approved proposal or recognition by your peers are some of the ways by which we gauge our efforts. On the home front, examples include a bountiful rose garden, the completion of a family history or the installation of that new home

entertainment system you've always wanted.

Even in the world of cycling, success can be measured in as many ways as there are cyclists. Many of us followed the exploits of

home, success for some can mean pressing down on the pedals for the

first time after a long hiatus, attending your first club ride, finishing the

MS 150 tour or watching the completion of the 2.2-mile multipurpose trail in Radnor Township. For the DVBC, the

month of September had success written all over it. Despite the threat of a seemingly endless string of hurricanes and the "tireless" efforts of local road-paving crews, our volunteers successfully hosted the Brandywine Tour. 403 guests at-

tended the 28<sup>th</sup> annual version of  
(Continued on page 11)



Lance and Tyler during this year's Tour de France and the Olympics. And how about Lancaster's Floyd Landis and the Vuelta! Closer to

**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).



GO BONKERS!

DVBC welcomes articles and ride reports for the newsletter. Please submit your proofread materials to the Editor before the 12<sup>th</sup> of each month.

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### Club Affiliations



LAB



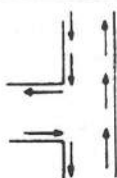
*Bicycle Coalition of the Delaware Valley*

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.



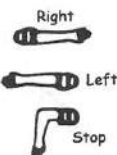
Keep right. Drive with traffic, not against it. Ride single file.



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 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!

# Mt. Washington Hillclimb 2004

By Javier Pazos

I am just now recovering — not from the hillclimb per se, but from my recovery thereof. I really should explain that statement (all in due time).

I showed up at this year's Mt. Washington hillclimb in the best shape I've been in — but with less climbing in my legs than previous years. It would be interesting to see what would happen. The morning started off miserably with a dreary and cold downpour. The only thing I was able to accomplish with my "warm-up" was to get cold and wet. But I felt pretty good when I lined up at the start. Besides, I had raced Lower Providence and Blue Bell in the rain, so I had the advantage. Right?

The cannon went off and the climb started. I decided to take it a little bit conservatively at the start, then turn on the gas at around mile 2. By the time mile 2 arrived, I was in deep despair. The lack of climbing was winning out over the better fitness. On the side of the road, I noticed DVBC's own Lewis Neidle cheering on the racers. I waved and shouted, "Hi Lewis! Thanks for coming out!" Of course, Lewis claims all he heard from me was an incomprehensible grunt. I don't know what that's all about.

My mind was hostage to two recurring thoughts: "Damn! I should've done more hill training." and "Come on! I can't have only gone THAT far." I tried to keep right to make it easier for everyone to pass

me. There was this one guy who kept passing me. He would stop and stare at his HRM while I passed him. Then a few minutes later, he would pass me again. Either he didn't know how to pace himself or decided to treat the race as an interval workout.

I kept trudging along slowly until the 4.5 mile mark. This is where the first unpaved section starts. Due to the torrential rains, it was muddy. Furthermore, I knew from experience that in less than a mile I would be exposed to storm-force winds. Since I was completely wasted, I decided to steal a page from my inchworm friend and take a short timeout. I stopped for about a minute or two to catch my breath and get ready for the push to the finish — at that point, I didn't really care about losing a minute and a half. I also took the opportunity to strip off my rain jacket which was smothering me. Ever since mile 1.5, I had been racing in a damp sauna. It was time to push on.

It's too bad I can't do that in every race, because it sure helped. I felt much better and was riding a lot stronger. I was passing other racers and no one was passing me. (Yeah, yeah, I know. Those are the same people who had already passed me, but allow me the ego boost, okay?) When the windy and



foggy section came up, I kept hammering away and passing people. I would still occasionally rue my lack of hill training, but nothing like I did on the first section. I felt strong. I was even able to stay upright on one 18% switchback with 50mph winds that took out several other racers.

I hammered it up the corkscrew and had enough energy left to sprint to the line. (My final time was one and a half minutes slower than last year. Go figure!) It was time to start my recovery.

I began to recover almost immediately with the Bota (Spanish wine boot). After the complementary turkey dinner, it was back to the cabin to continue the recovery with hot tub and beer. We had a selection of Belgian, Canadian, and Local New England beer, as well as suds that I had brewed up myself in my kitchen.

The next morning the recovery continued with a drive up to Lake Moosehead in Maine and copious consumption of recovery beverage. On Monday we rented kayaks to paddle around the lake and landed on Kineo Island. We changed into our hiking clothes and hiked up to Mount Kineo. I brought along the Bota to aid in my recovery during the hike. We paddled back to camp for more recovery beer.

Anyway, that's what I meant when I said that I am just now recovering from my recovery of the hillclimb.

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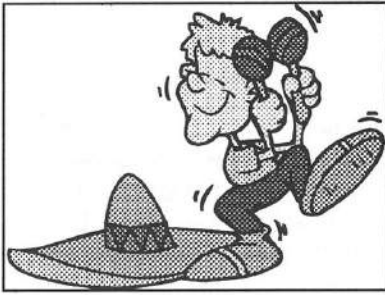


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*Thank you to all the volunteers who helped make this year's Brandywine Tour one of our most successful ever! We couldn't have done it without you.*

Doug Bower	Larry Green	Ed Sobolewski
Dave Hartrum	Walt Linton	Ed Becker
Frank Jackson	Debbie Chaga	Steve Bertollini
Woody Kotch	Gina Bezdziecki	Ira Josephs
Tony Rocha	Jill Gefvert	Cassie Leon
David Bennett	Don Larson	Kathleen Stayton
Mike Broennle	Judy Kennedy	Drew Knox
Bob Martin	Jane Pepper	Bob LaDrew
Lewis Neidle	Bob Leon	Eric Valencia
Javier Pazos		Dom Zuppo



We are ordering more club jerseys with better fabric and longer zippers.

If you would like to order one, contact Debbie Chaga, [dreamer@craftech.com](mailto:dreamer@craftech.com), and give her your size and other information, e.g. sleeves or sleeveless.

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# DVBC Ride Calendar

## OCTOBER 2004



### \*\*\*\*\*Recurring Weekday Rides\*\*\*\*\*

<b>Tuesdays 6:00 pm</b> Miles:15-20 Class:C <b>NightRiders</b>	We spin around Southern DelCo well in the dark. Bike lights front and rear are a must. You must call or e-mail the leader to confirm the start time and location. Very cold or wet weather will cancel ride. Most rides start at 6 PM. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
<b>Wednesdays 6:00 pm</b> Miles:15-20 Class:C <b>Show and Go</b>	Who ever shows up to ride in Delaware County. Meet at the Pathmark on MacDade Blvd in Folsom. Contact Dave Trout at 610-368-0760 Email: dmtrout@usa.net
<b>Saturday, Oct 2 8:00 am</b> Miles:50+/- Class:B <b>Kountry Kitchen</b>	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@crafttech.com
<b>Saturday, Oct 2 9:00 am</b> Miles:35+/- Class:C/C+ <b>Route 926 Ramble</b>	Start Culbertson Elementary School, Newtown Sq. Ride to breakfast at Hank's Place (or Wawa on Rte. 1 if Hank's is too crowded), then ride back. Rolling terrain. Cue sheets, no one dropped, bring water and \$ for food stop. Rain or extreme cold cancels. call or email to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
<b>Saturday, Oct 2 9:30 am</b> Miles:64 Class:B/B- <b>Lunch In Manayunk</b>	Leave from 320 Market parking lot, Swarthmore/Springfield, Pa. Ride the hills and dales to Manayunk, then the flats on the Schuylkill Trail to the end of the new Perkiomen Trail. Return to Manyunk for lunch at a tratoria, then home. Bring money for lunch. Serious rain cancels ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
<b>Sunday, Oct 3 8:00 am</b> Miles:60 Class:B <b>Your Pace Or Mine?</b>	Leg man seeks hill girl for rolling excursion with a stop to catch our breath and refuel. Start and end at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Oct 3 8:00 am</b> Miles:40+/- Class:B <b>Manayunk</b>	Meet me in front of Bally's in the MacDade Crossing shopping center on MacDade Blvd and Fairview Road. Bring money for food and drink. Contact Bob Leon at 610-833-2365 or bleon@crafttech.com
<b>Monday, Oct 4 7:00 pm</b> Miles:0 Class:ALL <b>DVBC Board Meeting</b>	The DVBC Board Meeting is open to all club members. We meet at the Delaware County Peace Center, Springfield Friends Meeting, 1001 Old Sproul Road in Springfield. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
<b>Wednesday, Oct 6 6:30pm</b> Miles:0 Class:ALL <b>Food - Iron Hill</b>	For ALL Wednesday and Thursday night 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 me by the 5th to make reservations. Contact Antonio Rocha at 484-802-8374 or tony@crafttech.com
<b>Saturday, Oct 9 8:30 am</b> Miles:35+/- Class:C <b>Philadelphia Old City Ride</b>	We'll meet at the Pathmark parking lot in Folsom and ride into Philly to the Art Museum. Then we will head across the city, through the old parts of town and end up in the Queen Village area. We will have a brunch at the Famous Deli on Brainbridge Street and then return home. Contact Dave Trout at 610-368-0760 or dmtrout@usa.net
<b>Saturday, Oct 9 9:00 am</b> Miles:45 Class:C+/B- <b>The 4th Annual Autumn Apple</b>	With a new start - the R5 Wayne Train Station, ride to an orchard in Chester County, chow down on Autumn Apples and baked goods and return. Expect seeds and rolling hills. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

<b>Saturday, Oct 9 9:00 am</b> Miles:50+/- Class:C+/B- <b>Salem Oak</b>	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 [8:00] for breakfast or the ride at 9:00. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
<b>Sunday, Oct 10 8:00 am</b> Miles:70 Class:B+ <b>THIGHS MATTER</b>	Because the wet summer gives way to spectacular fall colors and we're going to French Creek SP to see them. Expect 7,500 of climb. Please RSVP or I'll front load the ride and drop you early. Details? See title and description. Start at the R5 Wayne Train Station. Details: Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Saturday, Oct 16 8:00 am</b> Miles:85-100 Class:B/B- <b>Mays Landing</b>	Start at Kingsway High School Routes 551 and 322. We'll ride to Mays Landing and arrive at the same time as the A riders if we start at 8:00 sharp. Bring money for food and water. Contact Bob Leon at 610-833-2365 or bleon@craftech.com
<b>Saturday, Oct 16 8:30 am</b> Miles:85+/- Class:B+/A- <b>Mays Landing Out 'n Back</b>	Ride down to Mays Landing for a lunch stop with fellow friends of DVBC before heading back. Start at Kingsway High School Rtes. 551 & 322 New Jersey. We roll promptly at 8:30 sharp. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
<b>Saturday, Oct 16 9:00 am</b> Miles:40+/- Class:C/C+ <b>County to County</b>	Start Culbertson Elementary School in Newtown Square. Ride through back roads into Chester County, food stop at Wegman's in Downingtown. Rolling terrain is. Cue sheets, no one dropped, bring water and money for food stop, rain or extreme cold cancels ride, call or email to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
<b>Sunday, Oct 17 9:30 am</b> Miles:50+ Class:A <b>Art Museum or ???</b>	Meet at Rose Tree Park for our normal Art Museum Ride or some other ride. Expect a fast pace and some nice friendly hills. WARNING: Route and miles may change without notice :) Contact Antonio Rocha at 484-802-8374 or tony@craftech.com
<b>Saturday, Oct 23 8:30 am</b> Miles:74-83 Class:B+/A- <b>Cross County Tour</b>	The original Cross County Tour. Morgantown was too congested. Meet at Westtown-Thornbury Elem. School on Westbourne Rd. north of 926 (remember the bridge on 926 near Westtown Rd. is not completed). From SE Chester County north & west to Berks and Lancaster Counties. Contact Glenn Lyons at 610-399-0624 or rolling-speed@comcast.net
<b>Saturday, Oct 23 8:30 am</b> Miles:65 Class:B <b>Leaving Freddy</b>	Start: Fred Engle food stop, roughly follow the Brandywine Tour outer loop. We will jam up some hills but wait at the top to reassemble. Coffee and bagels at the start with water and food stashed at the mid-point. Cue sheets available. Write Drew if bad weather threatens or for directions to the start. Drew Knox at 302-475-1684 or Drew.Knox@bentley.com
<b>Saturday, Oct 23 9:30 am</b> Miles:18-28 Class:C <b>CU At Selene</b>	CU AT SELENE Start at Selene Whole Foods Co-op, 305 West State Street, Media. Enjoy the beautiful scenery of the hills & valleys to Ridley Creek State Park & beyond. Free refreshments afterward inside the Co-op. Free parking in lot just West of Co-op. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Sunday, Oct 24 8:00 am</b> Miles:60 Class:B+ <b>One Thousand And Rising</b>	If you have to ask, shame on you. Start at the R5 Wayne Train Station. Exit strategy? Yes! Vote! Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Oct 24 9:00 am</b> Miles:22-35 Class:C+ <b>Art Museum</b>	An easy-paced ride starting at the Drexel Hill Cyclery on Burmont Rd. in Drexel Hill. Travel to Manayunk and do the Art Museum loop if the weather is nice and everyone feel 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
<b>Sunday, Oct 24 9:30 am</b> Miles:62+/- Class:B/B+ <b>Northbrook Orchard</b>	Northbrook Orchard ...or Westtown and Beyond. Who knows? Meet at Moylan-Rose Valley train station at Manchester & Woodward Roads and find out. We may travel some different classic DVBC routes. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org
<b>Saturday, Oct 30 9:00 am</b> Miles:50-62 Class:B+ <b>Elwyn-West Chester</b>	Start at Elwyn train station off of Rte. 352, south of Granite Run Mall, and ride the infamous West Chester loop possibly adding an extra loop down to Delaware. Bring \$\$ for food and drink. Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com

<b>Saturday, Oct 30 9:00 am</b> Miles:35+/- Class:C/C+ <b>State to State</b>	Start: Dilworthtown Plaza shopping ctr., Rte. 202, ride through rolling Brandywine Valley, into Delaware and back into PA, with a food stop. Be prepared for ups and downs. Cue sheets, no one dropped, bring water and \$ for food, rain or extreme cold cancels ride, call or email to confirm. Valerie Shinbaum at 610-322-7829 or libra-joy@hotmail.com
<b>Sunday, Oct 31 8:00 am</b> Miles:60 Class:B <b>SWIFT BIKE BETTER SPIN GEAR TOOTH</b>	Go AWOL in Alabama, get five deferments, call it a 'waste of time' but don't miss this apolitical ride in memory for the 58,000 men and boys who 'lost' their lives in Vietnam. Start at the R5 Wayne Train Station. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
<b>Sunday, Oct 31 9:00 am</b> Miles:50+/- Class:C/B <b>Red Rooster</b>	Meet at the water fountain in the Betzwood parking area just off the Schuylkill River trail. Ride (~12mph) the western section of the BCP Scenic Schuylkill Century. Hilly, not a ride for beginners, regroup as required. No one dropped. Brunch at the Red Rooster in East Vincent. A multi-club ride with cue sheets. Bring snacks, H2O and \$. You must contact the leader, in advance, if you want to do the ride. Contact Steve Trobovic at 610-687-9229 or wildyugo@comcast.net
<b>Sunday, Oct 31 9:30 am</b> Miles:40 Class:C+ <b>Valley Forge/Art Museum</b>	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



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

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

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From *BIKE DIRT*, page 9

At the September 11 Amish Country Ride our Prez almost paid the price for disregarding his instincts. One squirrely rider, shod in sneakers and clad in over-the-calf sox, triggered an alarm bell that said, "Steer clear of this inexperienced biker." But Prez failed to heed his inner alarm and, riding in a paceline behind Sneakers, saw the greenhorn touch a wheel and get slammed to the pavement. Prez had no time to react as a now riderless bike was thrown into his path. He coolly guided his own bike over the rear wheel of the fallen steed, managing to stay upright after the crossing. Bonkers Boy, riding behind Prez and duly inspired by the acrobatic feat, also rode over the wheel and was flung to his left, nearly colliding with the Professor, who managed to hold him upright. Sneakers will be taking several weeks off as his collarbone mends.

At a food stop 31 miles later, a rider began telling Prez about this terrific feat he had witnessed earlier where there was a crash and two guys rode right over a guy's bike without falling. "Yeah, that was us," responded the Prez. Later he realized what he *wished* he'd said: "I would like to meet those guys and shake the hands of two such skillful riders." Or: "Actually, those guys are two of the *least* skilled riders in our Delaware Valley Bike Club."

When Septuagenarian runs an errand he generally does it on foot, by bike or on skates. Recently, something came up and he couldn't travel by any of those means. He was racking his brain trying to figure out an alternative when suddenly it occurred to him: "Hey, I could go by car!" We know the federal government is trying to cut down on auto trips, Don, but it is okay to drive your car once in awhile.

Keep ridin' and sendin' your gossip, news, jokes, trivia, rumors or outright lies to me or my spies.

## Chester Creek Branch Rail Trail Update

by David Bennett, DVBC/DELCO Cycling Committee

The Friends of the Chester Creek Branch, Inc. held its annual meeting on September 30 in Aston. The news I heard was all good. Mike Fusco has been shepherding this project for at least seven years and it looks like the plan will come to full fruition in a couple more. Here are the important points:

1. After years of negotiation, The Friends have completed the right-of-way agreement with Delaware County council. DelCo Councilman Andy Reilly was instrumental in putting pressure on SEPTA to complete their part of the right-of-way agreement by October 30, 2004. In a complicated arrangement, the agreements are nearly complete between the federal government, Delaware County, SEPTA, and The Friends. When it is completed, The Friends will be responsible for engineering and maintaining the trail.

2. As it stands now, Middletown Township, within which the largest portion of the trail lies, is in favor of the project. Aston is somewhat less supportive. The least support is in Chester Township. After the right-of-way agreements and engineering plan are finished, there will be a series of public meetings in the individual municipalities to sell the project. (That's where we DVBC

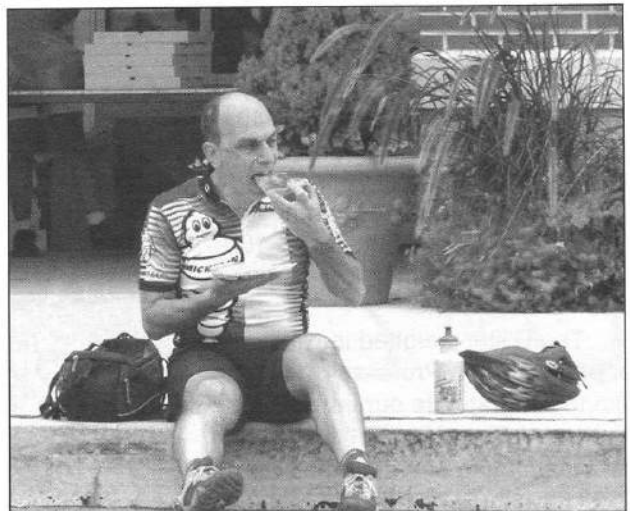
members come in).

3. The following board members were elected for 2004: Mike Fusco: president; Valerie Fusco: secretary; the DVBC's own Ira Josephs: vice-president; John Paulson: treasurer; and Barry Pinkowicz: vice-president. All outstanding bills were paid and the treasury is in the black.

4. When this project is completed, I'm certain we will all be enjoying its use. The Friends are on a shoestring budget and will need a lot of serious funding soon. When they get to the engineering phase, they will have to hire an engineer and a full time administrator. They have applied for grants to organizations like the William Penn Foundation but they need more help than that. They are looking for donations and memberships.

The easiest way to get on board and help is to join the organization. The mailing address is: Friends of the Chester Creek Branch, PO Box 2313, Aston, Pa 19014. The application lists the following options: Individual: \$10/year, Family: \$20/year, Student/Sr. Citizen: \$5/year, Sponsor: \$500/year. The application asks for your name, address, phone, email, and whether or not you are interested in volunteering. If you have any questions you should contact Ira Josephs or Mike Fusco.

Thanks to Ed Sobolewski who captured many wonderful moments of riders enjoying themselves at the September 2004 Brandywine Tour. Mother Nature and a lot of work by the club's volunteers provided the setting for over 400 riders to enjoy the day and the beautiful scenery of the Delaware Valley.





## RAGBRAI 2004

By DVBC members Marvelene & Keith Richards

RAGBRAI, held this year on July 24-31, is the Register Annual Great Bicycle Ride Across Iowa. We rode about 510 miles in the 7-day event, using our tandem bicycle.

We were not alone. RAGBRAI accepts 8500 riders for the week, and another 1500 riders for a day or two at a time. Every day, there are 9,000 to 10,000 riders on the road. Riding this tour is like biking in a river of bicycles.

Most people think of Iowa as flat, and sometimes it is. More often, the terrain is rolling, with an occasional genuine climb in it. The weather was moderate this year, according to long time participants. The temperature

never got over 90 F. There was only one afternoon with head winds and two mornings with rain.

Local churches, clubs, restaurants and mobile eateries provide a rich variety of offerings for breakfast, lunch, snacks and dinner. When you ride 70 miles a day, your eating and drinking patterns must change to maintain energy and hydration. Our favorite snack quickly became homemade pie, washed down with a bottle of Gatorade.

RAGBRAI has been described as a party every ten miles, as a traveling folk festival, and as a seven-day beer party. We saw some reasons for each of these views. RAGBRAI was a joy for us and we look forward to doing more of the cross-state tours. Maybe Cyclezydeco is next.



## Regional Events

**Sat. Oct. 2: Belleplain Fall Century**, Belleplain State Forest, Woodbine, Cape May County, NJ. Shore Cycle Club

**Sat. Oct. 2: Fall Bicycle Flea Market**, Lehigh Valley Velodrome, Trexlertown, PA. 610-967-8033

**October 2 – 4th Annual Ed Sander Memorial Ride** Buckeystown MD: 5 loops of 10, 25, 36, 50, and 101 miles. Start w/pancake breakfast. Fall foliage, Sugarloaf Mt. or cross into VA. Lunch, then watch cyclocross race. Chris Sander Scholarship fund. [www.ncvc.net](http://www.ncvc.net) or 301-593-0376, [eleaver@covad.net](mailto:eleaver@covad.net).

**Sun. Oct. 3: The Gap Gallop**, Bethlehem, PA. Lehigh Wheelmen Association

**Sun. Oct. 3: 31st Annual Marshallton Triathlon** invites entire family to compete in unique biking, canoeing & fast-walking race. Register on-line at [www.marshalltontriathlon.com](http://www.marshalltontriathlon.com). Iron-

man to Novice classes run every 6 to 8 min. 8:30am-3pm. Benefits All-Volunteer West Bradford Fire Co. 610-696-9374 or [info@marshalltontriathlon.com](mailto:info@marshalltontriathlon.com) \$30.00 per participant (incl. canoe) & \$60 for Ironman (incl. canoe).

**Sat. Oct. 9: Sea Gull Century**, Salisbury, MD. Must have been pre-reg. by Aug.

**Sun. Oct. 10: Raul Julia Bicycle Challenge To End Hunger**, Bryn Mawr, PA. Ninth Annual 25- or 50-mile ride.

**Sat. Oct. 16: Savage Century**, Newark, DE. White Clay Bicycle Club.

**Sun. Oct. 17: Covered Bridges Ride**, Erwinna, PA. Central Bucks Bicycle Club

**Oct. 24-26: Cape May Weekend**, Smyrna, DE to Cape May, NJ. White Clay Bicycle Club.

(Continued from page 1)

our signature event, and with the addition of T-shirt and jersey sales the club grossed over \$6,100. It continues to amaze me how a group of people from all walks of life come together for one day and work as a team to get the job done. Thank you, everyone!

I'm also happy to report that the ranks of our membership continue to grow. Thanks to the creative thinking of Drew Knox, the club gained 34 new members during the Brandywine Tour, enthusiasts who took advantage of a special tour/membership fee offer. And the efforts of our ride leaders continue to bear fruit as more new faces attend their rides and join the DVBC. It is our hope that a growing membership will provide a larger pool from which new volunteers will spring.

Finally, local organizations have sought the cooperation and input of the DVBC while planning their events. The Valley Forge Convention and Visitor's Bureau, which is planning a "Cycling Celebration" aimed at promoting bicycling and recreational events in the 5-county area, has contacted us. One of our members is also a member of the Shrine of North America, known for their hospitals that treat certain childhood illnesses free of charge. He believes our help while organizing their cycling event could result in further exposure and even more new members. And while schedule and road construction issues thwarted this year's bicycle tour, organizers of Delaware County's September 18<sup>th</sup> Riverfront Ramble along the Delaware River waterfront encouraged the club to help plan next year's festival.

We can measure success in many ways. Whether monetary, emotional or physical, we value the wonderful results that can happen when hard work and perseverance are applied to a task. And with a frequent dash of teamwork, your bicycle club has reaped the rewards sprung from the efforts of its members. For that, I am truly thankful. See you on the road!



**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:**  
(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)