

Delaware Valley Bicycle Club



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

SEPTEMBER 2005

Survivor: A Cyclist's Reality

By Dominick Zuppo

You may have noticed the advertisement run by our favorite (at least during the month of July) cable television station. No, it wasn't about bass fishing or bull wrestling. OLN, the station that hosts the annual Tour de France, planned to rerun the first season of "Survivor," the predecessor of our modern-day spate of reality programs.

Reality indeed. When was the last time you were stranded on a deserted island, with people you'd never met before, and without the usual accommodations of food, clothing, and shelter?

Some program producer or director should develop a television series about the perils imposed upon bicyclists and the attributes of a sport that requires its own training and discipline. A number of current events, both in the press and experienced by some of our own, could be chronicled in the first few episodes.

You'll recall the death this past July of Australian cycling's national road team member Amy Gillett and the injuries of her five teammates. These women were on a training ride in Germany when a young driver lost control of her car and struck the entire group. Yes, it was an accident. But can you imagine the physical and psychological wounds inflicted upon all involved? And could it have been avoided?

Or consider the recent case of James McBride, the Washington D.C. police officer who died while undergoing bicycle patrol training. According to an article in the August

11, 2005 edition of The Washington Post, "doctors believe that hyponatremia, a sodium imbalance caused by drinking excessive amounts of fluid, most likely caused or contributed to the death . . ." The Post went on to report that Officer McBride "consumed as much as three gallons of water during and after the 12-mile training ride . . ."

Hyponatremia, defined as an abnormally low salt concentration in the blood, occurs when a person loses a large amount of sodium or consumes a large amount of water. This condition has received some attention in the press this year, and while many cyclists, runners, and other outdoors-people realize the importance of proper hydration, perhaps not everyone has heard the warning.

Closer to home, our own Tony Rocha described a close call that occurred during a Tuesday night training ride. While heading away from West Chester Pike, the group led a dump truck and an automobile down Garretts Mill Road. One of the riders, hearing the impatience signaled by the blowing of a horn, motioned for the vehicles to pass (something that the DVBC does not condone). As the dump truck moved ahead, it occupied the opposite lane of traffic, just as another vehicle rounded a curve and approached the cyclists. The dump truck swerved back into its proper lane, forcing Tony off the road. Thanks to Tony's years of experience, he avoided what could have amounted to serious harm.

Errant motorists. Improper

training. And the rush of modern living. All of these and more contribute to an unsafe environment that makes bicycling a challenge for novice and experienced riders alike.

What can you do to correct the situation and improve the conditions for cycling in our community?

If you're a novice cyclist, check your local library or the Internet for articles about proper training and diet. You can also attend club rides and gain valuable information from the folks who've been riding successfully for many years. And like any exercise program, please consult with your physician if you have any health concerns or preexisting conditions.

You may not know it, but if you're a member of the DVBC, you've already helped the cause! Your club membership dues are the seed money that supports our annual tours. Our annual tours generate thousands of dollars in revenue. And

(Continued on page 4)

The Brandywine Tour



Sunday, Sept. 4

See page 4 for information.

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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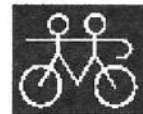
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Club Affiliations



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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.

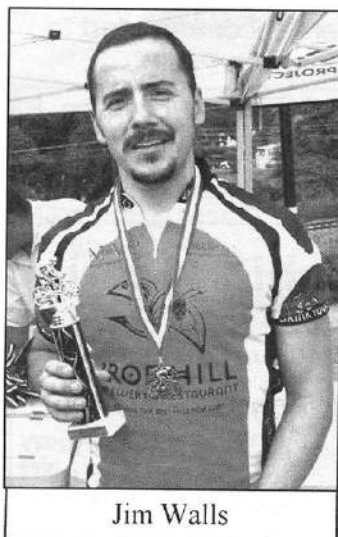
Protect yourself at night with the required reflectors and lights.

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!

Jim Walls wins CAT-5 Tour de Christiana



Jim Walls

On August 7th, Jim Walls won the overall CAT-5 victory in the three-stage Tour de Christiana. After taking first in Saturday's road race, Jim finished fourth Sunday morning in the time trial. Riders started at 30 second intervals and he passed four who had preceded him out of the gate en route to completing the 10-mile TT. On the final afternoon he finished a close sixth in the 12-lap criterium, ridden over a hilly, technical 1.2-mile course.

Walls' 61 points for the three events gave him a two-point margin of victory over Mark Darius, of team Yellow Breeches. He won a \$60 cash prize, a medal for the road race win, and trophy for the overall tour victory.

After just a few months of racing, Jim has now earned enough points for the move to the more challenging CAT-4. He says that next year's goal is to advance to CAT-3. Congratulations to Jim Walls, the Pride of the DVBC !

New Members!



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Joan & Jim Hall

Mark Henry

Stewart Hollingshead

Herschel Horn

Jim Irwin

John Kane

James Mallon

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(Continued from page 1)

after we pay the bills, your bicycle club donates thousands of dollars to organizations devoted to community projects and overall awareness.

But there's more work to be done. You can lobby the Pennsylvania, New Jersey and Delaware Departments of Transportation to develop education programs so that new and seasoned drivers understand the need to share the road. You can support your local advocacy group. You can even exchange the cost of "dinner and a movie" for membership in the Bicycle Access Council of Pennsylvania, the Bicycle Coalition of Greater Philadelphia, or the League of American Bicyclists.

Actually, if many of "you" resolve to do some of the above, the "you" will turn into "we." And together "we" can accomplish great things. It's happened before, and it can happen again (and again). See you on the road!



Sunday, September 4, 2005

32, 50, 68 and 100-mile routes

Time: 8-10am for all routes. All support services end at 4:30pm. Century riders recommended to arrive promptly at 8am.

Place: Pocopson Elementary School in Pocopson, PA

Cost: \$17 or \$25 with PDF membership.

DVBC General Membership Meeting



Monday, Sept. 19, 7:30 pm

Springfield Friends Center

Join us for a Q & A roundtable discussion with club experts talking about riding and bike maintenance. Refreshments served.

Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org



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DVBC Ride Calendar

SEPTEMBER 2005



*****Recurring Weekday Rides*****	
Tuesdays 6:00 pm Miles:15-20 Class:C Vocabulary Ride	Join us for an evening spin through Delaware County. Bring your bike and your brain. Meet us at the Pathmark on MacDade Blvd. in Folsom. Contact Dave Trout at 610-368-0760 Email: brider-ride@usa.net
Wednesdays 9:30 am Miles:30-60 Class:B/B- Doc's Ride	Start at 320 Market Cafe, 713 S. Chester Rd, Swarthmore, Pa. Various local routes starting from the Swarthmore area. Sometimes a lunch stop. Foul weather cancels ride. Call ahead for weekly plans. Contact Larry Green at 610-544-5799 Email: largreen@earthlink.net
Wednesdays 5:50 pm Miles:25+/- Class:A Workout	Meet at Rose Tree Park on Rte. 252. Expect a fast pace and some nice hills. As the days get shorter, it's more important to leave on time. Meet at 5:50 for a ride start at 6PM. Contact Antonio Rocha at 484-802-8374 Email: tony@craftech.com
Wednesdays 6:00 pm Miles:25 Class:B The Rose Tree Ride	Start at Rose Tree Park on Rte. 252. As the days get shorter, the ride doesn't, so BRING YOUR LIGHTS... front and back... with a hill or two. Contact Brian Wade at 610-254-9485 Email: bwadedvbc@aol.com
Wednesdays 6:00 pm Miles:20-30 Class:B South Jersey Ramble	NO RIDE ON THE 14th. Mileage will vary with the amount of daylight. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 Email: lzane00@comcast.net
Wednesdays 6:00 pm Miles:15-20 Class:C Show and Go	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: brider-ride@usa.net
Saturday, Sep 3 8:00 am Miles:30+/- Class:C/D Perkiomen Pedal	From Perkiomen Creek Park (Oaks exit off Rte. 422 W). Ride paved & flat Valley Forge Trail to Fort Royal and back. Good for all levels from beginners and up, length/speed adjusted to accommodate the group, no one dropped. Bring water and snacks to carry, no formal food stop on this ride. Rain cancels ride. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Sep 3 8am Miles:28-100 Class:All Volunteer Ride	Volunteer workers for tomorrow's Brandywine Tour choose a route of their own liking and ride with friends for last-min. checkout of the course. Pocopson Elem. Sch., Rte. 926, Pocopson. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Sep 4 8:00 am Miles: Various Class:ALL BRANDYWINE TOUR	28th Annual Brandywine Tour! See web site for details. http://www.dvbc.org/brandywine.php Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Sep 10 8:00 am Miles:35+/- Class:C/C+ Route 926 Ramble	From Culbertson Elem. School in Newtown Square, ride down Rte. 926 into Brandywine Valley. Breakfast stop at Hank's Place on Rte. 1. Cue sheets provided, no one dropped. Rain cancels. Bring water & money for food stop. PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Saturday, Sep 10 9:30 am Miles:45 Class:B/B- Center City	Start at 320 Market and ride to lunch in center city Phila and back with the Dr. Contact Larry Green at 610-544-5799 or largreen@earthlink.net
Sunday, Sep 11 8:00 am Miles:58 Class:B Back on Track	The R5 resumes its regularly scheduled departure from the Wayne Train Station. Join me for a mostly flat ride to Coventry and back. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Monday, Sept 12 7:00 pm Miles:0 Class:ALL Board Meeting	Meet at Springfield Friends Center. All welcome. See what goes on behind the scenes of your club. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Sep 17 8:30 am Miles:50 Class:B Amish Tour	Meet at Bob LaDrew's house near Coatesville for continental breakfast and tour of Amish country. Call or email for breakfast reservations and directions. Come early for breakfast. Contact Bob LaDrew at 610-383-9327 or 2ladrews@netreach.net
Sunday, Sep 18 8:00 am Miles:42+/- Class:C+ Northbrook Orchards, PA	Join Bonnie (maybe) and Len for a ride to Northbrook Orchards. Picturesque rolling hills, Brandywine Valley, and Northbrook as a rest stop. Cycling doesn't get any better. Moving average 14-15mph. Terrain is rolling with moderate climbs, no one gets dropped. Regroup after each climb. Start at Chadds Ford Elementary School on Route 1 and Fairville Rd. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Sep 18 8:00 am Miles:60 Class:B The Kimberton Loop	Accept this as a personal invitation to ride from the R5 Wayne Train Station out to Kimberton for a food stop with a few minor climbs on the way back. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com
Sunday, Sep 18 8:30 am Miles:34+/- Class:C Art Museum	Nice C paced ride from Drexel Hill Cyclery, Burmont Rd., Drexel Hill. We'll travel to the museum not for culture, but to cruise the museum loop taking in September weather. Bring \$ for snack. Contact Bob Martin at 610-352-2114.
Monday, Sep 19 7:30 pm Miles:0 Class:ALL General Membership Meeting	Q & A roundtable discussion with club experts. Riding and bike maintenance. Refreshments served. Springfield Friends Center. Contact Dom Zuppo at 610.544.8630 or membership@dvbc.org
Saturday, Sep 24 7:45 am Miles:100+/- Class:B+/A Mays Landing	Another century ride brought to you by Ed squared. This time we will travel to a familiar destination in Mays Landing, but search some new roads to stretch the ride out to a full century. Lots of fun with lots of drafting. Pace maintained at 18-20mph. Contact Ed Sobolewski at Email: sobolewski3@comcast.net Contact Ed Becker at 610-348-0533 or edbeckerstar@aol.com
Saturday, Sep 24 8:30 am Miles:32+/- Class:C Loop The Airport!	12-14 mph. Meet at the Folsom Path Mark on MacDade Blvd. in Ridley Township. Bike by the Historic Leiper House, loop the airport, and swing by Fort Mifflin. Return around noon. Terrain is almost totally flat (only one real hill). There will be a few stops as we watch the planes land and briefly check out the historic sites. Rain cancels the ride. Contact Frank Jackson at 215-620-0632 or cyclingfrankrides@hotmail.com
Saturday, Sep 24 8:00 am Miles:40+/- Class:C/C+ Jersey Jaunt	From Kingsway HS (Rtes. 551 & 322), ride around flat South NJ farmland. Cue sheets provided, no one dropped. Rain cancels ride. Bring water & money for food stops. Veterans of this ride have now told me to call it "the ride of many schools" - you be the judge! PLEASE call or email by the Friday before to confirm. Contact Valerie Shinbaum at 610-322-7829 or librajoy@hotmail.com
Sunday, Sep 25 8:00 am Miles:56+/- Class:C+ Salem Ride	Join Bonnie (maybe) and Len for a ride to Salem. Moving average 15-17mph. Terrain is flat to rolling. There will be breakaways for the faster riders. Main group will stay together, no one dropped. Start at Kingsway High School, NJ, Routes 322 and 551. Contact Len at 610-558-6232 or lzane00@comcast.net
Sunday, Sep 25 8:00 am Miles:2005 Class:B The Hill O'Rally Show	All spin. All the time. Join me for this political roller coaster of a ride. Start and end at the R5 Wayne Train Station with many a hill in between. Contact Brian Wade at 610-254-9485 or bwadedvbc@aol.com

Sunday, Sep 25 8:30 am Miles:82 Class:B+ Cross County Tour	Journey to the Great Northwest (of Chester County) and even into Berks and Lancaster counties. Stop at mile 28 in Glenmoore and a late stop when needed. Final average will be 16-18 mph. Meet at Westtown-Thornbury Elementary School on Westbourne Rd. Contact Glenn Lyons at 610-399-0624 or rollingspeed@comcast.net
Sunday, Sep 25 9:00 am Miles:50+/- Class:C+ Kountry Kitchen	Meet at the Kingsway High School, Routes 551 and 322 for that familiar ride to the Sunday morning breakfast. Contact Bob Martin at 610-352-2114
Sunday, Sep 25 9:15 am Miles:62 Class:B/B+ Northbrook Orchard or Delaware Loop	Meet at Moylan Rose Valley train station at Manchester and Woodward Roads for a nice hilly ride through some of our beautiful classic DVBC routes. Food/water stop at midpoint. Contact Ira Josephs at 610-565-4058 or ira@dvbc.org

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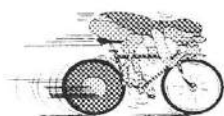


Five HH bicycles went to Athens, Greece and
one took a Silver Medal.

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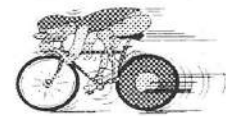
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Bike Dirt

By F.X. Pedrix



Last month the Professor and his two pals were loading their car for the trip northward for the week-long Big FANY ride up in the Empire State. The Professor was feeling rather smug because, for once, he and his friends had allowed plenty of time for a leisurely drive to the start of a tour. They would spend Saturday enjoying the drive, check into a motel, then arrive early Sunday for the all day bus ride to the starting line.

Just as they threw their last bag into the trunk, the Professor's cell phone rang. It was their FANY tour leader: "Where are you guys? The bus is leaving in two minutes. Are you going to be here?"

After a breakneck 300-mile drive, the Professor and his friends posted with the other bikers a day later at the FANY starting line and managed to have a great tour.

The Professor is about to become our club's new interim treasurer and I would understand if, as a dues-paying club member, you feel some distress at the prospect of this "Professor" handling your club's assets. However, you should be aware that the alternative was to make him our president's Appointments Secretary and I think the Board's estimation of his suitability for that post has now been validated.

There is no doubt that the annual club picnic, held at the Bonkers Estate on July 23rd, was a



Debbie Chaga cuts watermelon at the July 23rd club picnic. (Sobolewski photo)

success. Thirty-two members biked one-way distances of 25 to 57 miles to attend. Conversation was good, everyone had fun, and the eating was great. However, something must have been wrong with the treatment riders received in the feed zone because almost all of them moved down in ride classification for the return trip. A riders did the B ride, B riders the C ride, etc. Either the fare was not conducive to long distance biking or everyone overindulged. Or both

When our former president (a.k.a. "President for Life") moved to D.C. two years ago, she took with her an acute awareness of safe riding and the rules of the road. Since then, those who have visited Jan report that she is showing maniacal tendencies. She rides at breakneck speed along city streets, weaving in and out between cars and running red lights. When it is pointed out that she rides more wildly than the city's notorious bike messengers, Jan replies, "That's the only way to get around this city." You may already have observed that our President-for-Life is not the first to undergo a corruption of her ideals after a stay in our nation's capital.

On August 21, Dave Bellenzeni ("Big George") and Eds One and Two were joined by a newcomer on their well-advertised Strasburg Railroad Museum century out of Delaware County. A biking enthusiast named Jessie Rios (quickly dubbed "Longhorn") had flown

in from Texas to drop off his freshman son at Villanova and brought his bike to sample some of the Pennsylvania terrain. Said Ed Two, "I'm told that down in Texas it's mostly flats and pine trees so we gave Longhorn a taste of PA

hospitality and hills. He was blown away by the beauty of Lancaster County and creek beds containing actual water." In an email the next day, Longhorn wrote: "Now I can tell my riding buddies in flatland Houston, that I survived the Polish Prince Ride of the famous Pennsylvania Hills."

Just as my column went to press our own **Javier Pazos** ("The Cuban Missile") was racing Tyler Hamilton up Mt. Washington. You will be able to read about this head-to-head competition in his firsthand account in our October newsletter.

The Missile has amazed us year after year with his mastery of challenging climbs. After the July 31st Philadelphia Triathlon, we began to surmise that there might be a genetic component to El Señor's biking success. He and two other relatives formed "Team Pazos" and proceeded to take first place in the coed team division. Not surprisingly, the Missile opted to do the bike leg and scorched his 17-mile split at a 25.2 mph pace, beating the next nearest competitor by half a minute.

Two weeks later the DVBC's **Jennifer Kraut** made her club proud by competing in the Lums Pond Triathlon (Bear Delaware) and

finishing third overall among women of all age groups.

Also at Lums Pond, **Ed Becker** shined by placing fifth in his 35-39 age group. His event was the duathlon (2-mile run/19.5-mile bike/3.1-mile run) and his fifth place was earned despite a two-minute penalty for allegedly riding his bike

over the yellow line. Ed did his bike ride at a blazing 24 mph.

On September 18th, Ed will attempt his first half marathon.

Keep on riding and send your rumors, exaggerations, and falsehoods to me.



"Big George, Ed Two and Longhorn at the Strasburg Railway."

DVBC's Mike Keating at the Tour de France

Our own Mike Keating spent most of July in France watching the Tour de France and riding the same routes as the Tour peloton. Below are excerpts from Mike's diary:

Last winter I began debating whether or not to do a TDF trip. One by one my excuses vanished: Lance announced he was riding this year, I found a package doing both the Alps and Pyrenees; a triangular set of flights (PHL-LYS, TLS-PHL) came in at about a normal round trip price. The Colorado dry run

My brother lives in Colorado at the start of Squaw Pass Road - a 15-mile climb at 5.8% grade. I went out in May to get experience in 3 areas: taking the bike on a flight; doing an extended climb; and riding at altitude (climb starts about 7,800 feet and crests at 11,130). Three days of climbing proved altitude would be no problem but it was a humbling experience to have fat local riders wearing sandals and riding heavy clunky bikes (fenders, racks, wide tires) pass me.

Day 2 (Sat., 7/9) – Alpe d'Huez

Enough people had requested Alpe d'Huez so that it was offered as an optional two-day extension to the Alps portion of the trip. About half of the main Alps group did the extension. Little did we know this would be baptism by fire: 92 miles, including the 16 km climb.

The ride to the base of the climb was mostly a gradual uphill with one very enjoyable downhill that was temporarily forgotten once we started the real climb. Alpe d'Huez is friendly in two senses: the switchbacks are numbered so you get repeated updates of your progress; also, the first segments are at 10+% with the remainder roughly at 8%. Being the first day, one could not fully ap-

preciate getting the steepest parts out of the way first.

As we were loading up with water someone related the story that Cheryl Crowe had done the climb in 1:37. There was consensus that this was an actual story but there was much discussion over whether she could have done it in that time. If it was true no one wanted to have a slower time than Cheryl.

For the most part one can't see beyond the next switchback so there is little visual feedback of what remains to be climbed. However, there was a point where I could look down and see numerous switchbacks and be astounded that I had climbed up all that.

Reaching the summit was a tremendous high (no pun intended). I was very surprised my back had held up. Despite the sub-5 mph stretches the exhilaration at the top tipped the scales toward feeling more like Lance Armstrong than Louie Armstrong.

Just by luck there was a local race, which included Alpe d'Huez so the road was closed to motor vehicles and there were some fans along the climb shouting out encouragement to us as they awaited the racers.

We enjoyed lunch at a restaurant at the summit then got back on our bikes in "downhill mode": jackets on and relieved our climbing was done. That's what we thought until part way down we suddenly spotted a surprise 5-km climb at 10%. That was physically tough but even more so

mentally as everyone was expecting to coast all the way to the base.

Braking for sharp curves I realized I was over-using my rear brake and under-using my front. This

led to several mini-skids. Because the two options for missing a curve were a solid rock cliff or the

"unpaved, quick-descent" route, sometimes without any guardrail, I quickly became a more balanced braker.

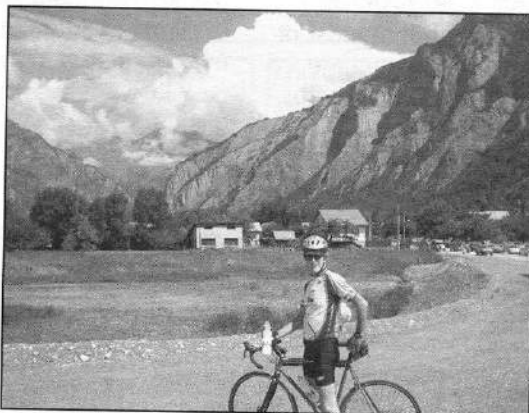
Day 3 (Sun., 7/10) – Lake Annecy

Today we bussed to Annecy to hook up with the main Alps participants. Once at Annecy we met up with the new arrivals. My concerns grew as each new arrival strolled into the lobby, each seemingly with increasingly massive legs. "I'm dead; I'm really dead meat," I thought as I sat there. Finally someone with more reasonable looking legs showed up – Jorge. However, I soon learned Jorge was from Argentina and my heart sank again. The thought, "Jorge lives in the Andes at 9,000 feet and has been doing 10% climbs since he was 8" immediately popped into my head. Fortunately Jorge was a good rider but not Botero.

Day 4 (Mon., 7/11) – Col de la Forclaz, Col de la Croix Fry, Col des Aravis

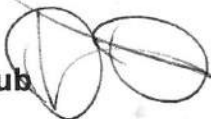
The three groups today consisted of a slower group doing all three climbs, a faster group doing all three climbs and a group bypassing Col de la Forclaz – shorter than most (8+ km) but with the highest percentage of red zone (> 10% grade) of any of our climbs. I checked with a group leader, Paul, as to which group I should go with. I expected to hear something to the effect of "After your performance yesterday on the paceline do you even have to ask?" Instead I was shocked when he said to do all three climbs because I was a "climbing machine." That surprised me considering that a significant number of riders had beaten me up Alpe d'Huez. I suppose some of those may have gotten to the base long before me and taken longer to do the actual climb but I was still skeptical. In any case, I was off with the slower group to do all three climbs.

The ride to the base of Forclaz was an ideal warm-up – 22 km, mostly flat. We met the sag wagon at Vessonne – the start of the climb. Due to extra time loading up with





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



1953 Chevrolet Corvette

USA 37

Expiration Date: 11/30/05

BOB & JUDY LADREW
139 GABEL ROAD
COATESVILLE PA 19320

19320+1284



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 on my heirs and assigns.

Signature

Signature of parent or guardian (if under 18 years)